



Healthy Living

THE ORGANIC BOX NEWS

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Pesticides and Health

At The Organic Box, we are passionate about organic foods. One of the reasons that we are organic advocates is because of the detrimental effects of pesticides on our health. Choosing organic allows you to make the world a little better one small step at a time by keeping pesticides out of the ecosystem.



Pesticide use has significant effects on our soil, air and water sources. Further study is required on how dietary exposure to these chemicals impacts our health over time, as pesticide use is possibly linked to illnesses such as cancer, endocrine disruption, and birth defects.

A growing body of research is beginning to emerge that draws a connection between pesticide ingestion and terminal illnesses. One study suggests that ongoing "exposure to pesticide residues may increase the risk of various cancers and neurological problems, and impair the immune system"*.

Imported food typically contains more pesticides and preservatives than locally grown food. Sadly, this means that the workers handling imported non-organic produce are highly exposed. Conventional farmers also may have an increased risk of crippling health issues such as leukemia and lung cancer. In the farming community there are multiple instances of lifetime farmers ending their lives with ALS, cancers or other afflictions.

What can you do? Keep choosing to buy organic. Whether you are buying something from around here or grown elsewhere, the choice to invest in health all the way across the food chain is meaningful.

*Source: Winston Craig, MPH, PhD, RD. <http://www.vegetarian-nutrition.info/updates/pesticides.php>

Great Greens

We often hear that the more people embrace healthier diets, the more their palate changes to crave kale, raw broccoli and other green goodness. However, most of us still need to find a way to use the amazing greens that you find in your Organic Box in enticing dishes (especially to appeal to the kids!). Lots of local greens are still in season: kale, bok choy, spinach and swiss chard to name a few.

For anyone who needs a little help to enjoy these great greens, try this dressing recipe:

Green Goddess Dressing Serves 2 - 4



- 1 avocado, skin removed
- 3 Tablespoons apple cider vinegar
- 1/3 cup water
- 1 1/2 teaspoons lemon juice
- 1 clove garlic, minced
- 1/4 cup fresh parsley
- 10 basil leaves
- 1 small sprig of mint
- 2 green onions
- 2 Tablespoons honey
- 1/4 cup oil
- Freshly ground black pepper & sea salt to taste

Add the avocado, apple cider vinegar, water, lemon juice, garlic, herbs, onions and honey to a food processor or blender. While the blender or food processor is running, add the oil in a thin stream. Blend until thoroughly mixed. Add in salt and pepper to taste.

Add to lightly-steamed kale or swiss chard, or to any raw salad, and enjoy.

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