

SEAFOOD WATCH – NEW POCKET GUIDES FOR SUSTAINABLE SUSHI

Yes, there has been some criticism for us folks here in BC using these sustainable seafood consumer guides, but they do give you a general idea of which fish are endangered and which there are still plenty of. You can download the regular guides here:

http://www.montereybayaquarium.org/cr/cr_seafoodwatch/download.aspx

For Sustainable Sushi, Hold the Farmed Salmon Life just got easier for sushi aficionados wanting to do right by the ocean. The Blue Ocean Institute, Monterey Bay Aquarium, and Environmental Defense Fund recently co-released wallet sized guides for making sustainable sushi choices – and if anyone needs confirmation, farmed salmon (sake) is on the 'red list' of items to avoid. Download your card here:

http://www.mbayaq.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_SushiGuide.pdf

BEST CHOICES
Abalone (farmed)
Barramundi (US farmed)
Catfish (US farmed)
Clams, Mussels, Oysters (farmed)
Cod Pacific (Alaska longline)
Crisp Dungeness
Halibut: Pacific*
Lobster: Spiny (US)
Pollock (Alaska wild)
Rockfish: Black (CA, OR)
Sablefish/Black Cod (Naska*, BC)
Salmon (Alaska wild)
Sardines
Scallops: Bay (farmed)
Shrimp: Pink (CR)
Striped Bass (farmed)
Sturgeon, Caviar (farmed)
Tilapia (US farmed)
Trou: Rainbow (farmed)
Tuna: Albacore (US*, BC troll/pole)
Tuna: Skipjack (troll/pole)
White Sea bass



OCEAN WISE MONTH DINE OUT – BC LOWER MAINLAND

Eating eco-friendly seafood never tasted so good! Visit your local Ocean Wise restaurant, enjoy a guilt-free 'Ocean Wise' meal and enter to win an Ocean Wise dinner for two, each week for a year. <http://www.vanaqua.org/oceanwise/>

MICHAEL POLLAN OUTLINES 3-POINT SUN-FOOD AGENDA TO PRESIDENT-ELECT

[Michael Pollan's recent open letter to the U.S. president](#) elect has been creating quite the buzz. Check out Pollan's full article in the New York Times, or this [summary posted at TreeHugger](#). Also of note is [evidence that Obama actually read the letter](#).



He proposes a 3-point plan that includes: (1) Resolarizing the American Farm; (2) Reregionalizing the Food System; and (3) Rebuilding America's Food Culture. There is even an online petition to make Michael Pollan Secretary of Agriculture!

MELAMINE AT HOME IN NORTH AMERICA

"For all the outrage about Chinese melamine, what American consumers and government agencies have studiously failed to scrutinize is how much melamine has pervaded our own food system. On a more concrete note, melamine not only has widespread industrial applications, but is also used to buttress the foundation of American agriculture.

Fertilizer companies commonly add melamine to their products because it helps control the rate at which nitrogen seeps into soil, thereby allowing the farmer to get more nutrient bang for the fertilizer buck. But the government doesn't regulate how much melamine is applied to the soil. This melamine accumulates as salt crystals in the ground, tainting the soil through which American food sucks up American nutrients."

Should we be concerned about this in Canada? Considering British Columbia imports \$3.3 billion of food/farm products each year (a high portion of which comes from the United States), the answer could be yes. To read the full article, click here: <http://www.nytimes.com/2008/11/17/opinion/17mcwilliams.html>

METRO VANCOUVER BOARD UNANIMOUSLY BACKS UBC FARM



At its Halloween board meeting, Metro Vancouver directors unanimously endorsed UBC Farm retaining its 24-hectare footprint.

The board voted to "send a letter in support of a long-term role for the existing Centre for Sustainable Food Systems at the UBC Farm", and designate the farm for agricultural use.

"It is an incredible pressure on them [UBC]," Lehan told the *Straight*. "We've already got 15,000 petitions and if we have to get 50,000, we're going to do it. I've been taking this petition around, and I've never had a petition that's been easier to get people to sign. People literally grab it out of my hand and ask if they can go and get more people to sign it. It's the easiest thing I have ever done. People are really concerned." To read the full article, click here:

<http://www.straight.com/article-168778/metro-vancouver-board-unanimously-backs-ubc-farm>

To sign the petition, click here: <http://www.thepetitionsite.com/1/save-ubc-farm>

COMBAT MONSANTO IN ENGLISH, FRENCH AND SPANISH

5 Gene Giants (Monsanto, Syngenta, Dupont, Bayer, and Dow) selling
4 GE Seed crops (soybeans, corn, canola, and cotton) to farmers in
3 countries (US, Canada, Argentina) with
2 agricultural traits (herbicide-resistant and Gt pesticide-spliced) have
1 goal: control of the global food system.



This was written by Silvia Ribiero, ETC Group, in June 2003 with an 2008 update that states the "5" are becoming the "4" as DuPont & Monsanto are now sharing proprietary agricultural biotechnologies. Many people will admit that they never heard of Monsanto until Saskatchewan farmer, Percy Schmeiser was sued by Monsanto over Roundup Ready blowing into his canola fields in 1999, but Monsanto has been around since 1953 and were the creators of Agent Orange. Now, there is a global effort to rid the world of Monsanto and his GMOs, growth hormones, Roundup Ready, and PCBs. This new website is available in English, French and Spanish. Check it out: <http://www.combat-monsanto.co.uk/>

CSA GRAIN IS BIG NEWS!



You've heard of vegetable/fruit/eggs Community Shared Agricultural programs... and we know a few "protein" CSAs existed prior to the new meat regulations, but for the past 2 years, the Kootenays have created a grain CSA. <http://crestonfarmfresh.ca/?p=csa>

In our efforts to spread the success of the Creston Grain CSA this year, Canada's largest agricultural publication, The Western Producer, took an interest in the model. A story about the CSA ran in their November 6 edition. They also became interested in the test plot of lentils grown by one of the CSA farmers and they ran a subsequent article on that in the November 13 edition. The Western Producer has long been a medium for industrial-scale agriculture and so seeing an article about a B.C. CSA using organic practices, horse labour and sailboats, alongside an advertisement for Monsanto products, is a big step towards encouraging a redefining of how the country views food systems. The two articles are posted on the Deconstructing Dinner web site at www.cjly.net/deconstructingdinner/thelocalgrainrevolution.htm

ORGANIC AGRICULTURE CENTRE OF CANADA – WEBINAR SERIES

The second installment of the organics webinar series for professional hosted by the Organic Agriculture Centre of Canada (OACC) is happening December 2nd starting at 9am. This national symposium will be broadcast live across the country, and is targeted to professionals who are working in agriculture, but not necessarily in organics. It will help to address some of the questions and issues related to organics which professionals may be running up against more and more out there. <http://www.oacc.info/symposia/welcome.asp>



Bonita Magee
Project Manager

Get Local Metro Vancouver
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www.getlocalbc.org