NAKED BEAR
your guide to eating sustainably
Naked Bear Magazine was founded in Spring 2010 to educate and inform Cal students and the campus community about food sustainability issues and practices. Undergraduate and graduate students from a wide variety of academic fields took the DeCal Class Food Sustainability Journalism where they wrote articles that focused on topics relating to Cal students and Berkeley residents. Nearly all the artwork in this magazine is original, produced by students and local artists.

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It is our hope that Naked Bear will continue to publish biannual magazines, online or in print. Students who want to get involved should contact:

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An unfamiliar encounter challenges my resolve to eat more sustainably

The Ugly Truth

T he bag was labeled “Mixed root veggies, $5.” As I peered skeptically inside, at what I had been told was likely a turnip, I could feel one eyebrow start to inch up and my mouth form a bit of a scowl. These things looked nothing like my familiar grocery store vegetables. In fact, they hardly looked edible.

How had it come to be, I wondered, that this turnip had become a legitimate dinner consideration? The turnip’s journey had actually been fairly short. Grown by Heirloom Organic Gardens in Hollister, all of these winter vegetables traveled less than 100 miles here to the Ferry Plaza Farmers Market in San Francisco. Heirloom Organic Gardens adheres to organic growing practices, which means that my turnips, beets, and potatoes were free to grow without being drowned in chemical fertilizers or pesticides. The non-profit organization that runs the market, the Center for Urban Education About Sustainable Agriculture (CUESA), requires all of their vendors to report details of their farm and growing practices, which are posted in each vendor stall and on the organization’s website, Cuesa.org.

It surprised me to learn that a market so focused on sustainability actually has few rigid requirements, one of which is being a certified California grower. Instead, when deciding which vendors will be allowed to participate, they consider everything from growing practices to worker benefits to irrigation and pest control techniques to food miles and more. As Dave Stockdale, executive director of CUESA explains, “certified organic is a good metric for environmental sustainability, but you can use organic practices without being certified.”

Some farmers cannot afford the time or expense of the certification process. Others, many of whom pioneered organic farming practices, consider the certification standards to be too lenient and therefore refuse to participate in the certification program. Evaluating a farm as a whole allows a broader range of goods and sustainable practices to be represented at the market. Even with the added flexibility, two-thirds of the farms at the Ferry Plaza Farmers Market are certified organic and the average farm-to-market distance is only about 115 miles; without the five farthest farms, the average drops to 92 miles.

Allowing vendors with different strengths enables shoppers to make selections based on their own sustainability priorities. According to Mr. Stockdale, the philosophy at CUESA is that “we give you the information, we’ll answer your questions, but then you have to decide what your values are and make your own choices.”

Because sustainability issues are taken into consideration, virtually any food purchased at the Ferry Plaza Farmers Market will be more sustainable than a conventional product. However, the decision of which aspects of sustainability to support with their food dollars is left to the individual shoppers. The market’s information booth is a great place to get information on sustainability issues that can help guide these choices.

My own trip to the farmers market had only taken about 25 minutes by BART from my office in Berkeley, but my journey toward a more sustainable food lifestyle has taken much longer. Even though I am still learning about all of the issues involved, I have decided to switch to a produce-dominated diet consisting of as much local, seasonal, organic produce as I can find. Sadly, the modern grocery store, with its bright aisles and consistent selection of fruits and vegetables, does not provide many options that fit into my new lifestyle. Stepping out of that familiar food system has not been easy. Despite knowing how much our food system contributes to issues like our dependence on non-renewable resources, obesity and diabetes, and the mistreatment of animals, I still feel anxious about having to seek out better meat and produce and learning to cook with unfamiliar foods.

These locally-grown, organic turnips not only represent the food system I want to be a part of but also present the most clear and practical test of whether or not I am willing to do what it takes to be sustainable.

The indecision on my face must have been obvious because I was soon jolted from my reverie by the man behind the veggie stand. He was so enthusiastic about his interest in this bag of root vegetables that I found it hard to maintain my scowl. He gave me tips on how to prepare and cook the veggies and the “$5 mixed bag,” that I found it hard to maintain my scowl. He gave me tips on how to prepare and cook the veggies and the “$5 mixed bag,” and I left to wander through the rest of the market. I was actually excited and feeling a bit adventurous so I decided to pick up some organic kale – another scary vegetable I had been avoiding.

That night, I decided to prepare a special dinner using all of my farmers market finds. I started with the root vegetables. After cleaning, chopping, and tossing them in...
olive oil, I put the pan of veggies into the oven. I was surprised by how colorful they all were: bright orange from the beets, the vibrant purple of the potatoes, and the cream and golden colors of the turnips. Soon my whole kitchen was infused with the smell of roasting vegetables. It reminded me of pumpkin pie or roasted chestnuts—sweet and warm and somehow familiar. My dinner that night consisted of kale, sautéed with garlic, mushrooms, and olive oil, and a side of roasted root vegetables. It was about as far from my comfort zone as I could have imagined. And the truth is, these ugly vegetables were delicious. Perhaps eating sustainably will not be that difficult after all.

Alyssa Rhoden is a graduate student at UC Berkeley where she is pursuing a PhD in Earth and Planetary Science. Although she does not have a background in journalism, Alyssa is passionate about food sustainability and policy and maintains a blog about ethical eating. Sources: CUESA, Cuesa.org; Heirloom Organic Gardens, Heirloom-organic.com; Michael Pollan, The Omnivore’s Dilemma.

**How to Make Roasted Root Vegetables**

1. Remove greens, tops, and small roots
2. Chop into bit-sized pieces
3. Toss in ~1Tbsp olive oil, sprinkle with salt and pepper
4. Arrange on a non-stick or foiled baking sheet
5. Sprinkle with rosemary or other spice. Bake in 425° oven for 30 minutes

**Visit Ferry Plaza Farmers Market!**

101 Embarcadero
San Francisco, CA
Saturday, 8am – 2pm
Tuesday & Thursday, 10am – 2pm

Getting there by BART: www.bart.gov
One block from the Embarcadero BART station
Transit time: about 20 minutes
Price: $3.65 (one-way)

### SEDUCED by PRODUCE

**Berkeley’s love affair with Full Belly Farm**

by Elizabeth Scott

Every Tuesday, customers crowd theoverflowing Full Belly Farm stand at the Berkeley Farmers Market hoping to score the juiciest tomato or the most colorful squash. For these zealous shoppers, Full Belly Farm is more than just the name of their favorite stand at this fun, lively weekday market. Behind this name is a small family of farmers actively working to change the way people eat. Each carefully selected piece of produce undergoes a multifaceted and strategic journey from seed to belly.

Berkeley alum Lindsay Meisel has been an avid Full Belly supporter throughout her time in Berkeley.

“They’re basically the darling organic farm of the Bay Area,” Meisel says. “Everyone loves them and when you’re at their stall at the farmers market they recognize everyone and are happy to see you, which makes the food taste better, somehow.”

Full Belly is located in the Capay Valley, a mere two hours from the UC Berkeley campus. This 200-acre, certified organic farm includes a flock of chickens, a herd of wool-bearing sheep, cows and over 80 different fruits and vegetables, which are enjoyed all over the Bay Area and much of northern California. The four owners: Andrew Brait, Paul Muller, Judith Redmond, and Dru Rivers, their children, and 60 other farmhands seamlessly run the planting, harvesting, selling and managing aspects of farm life.

Hallie Muller, the daughter of Paul Muller and Dru Rivers, grew up on Full Belly and plans to carry on the family tradition of sustainable farming and community involvement. After receiving a degree in Agricultural Science and Education from Cal State Chico, Muller returned to the family business with new insight and ideas to expand its horizons. By adding educational programs and summer camps for local children, Muller has revolutionized the modern farm. Instead of merely growing and selling food, Full Belly reaches out to the community and creates awareness about food sources and the lost art of farming.

“One aspect of our work is making sales calls and making sure everything we grow gets sold,” Muller says, “but we also work with children to show how farms put a seed in the ground and eventually bring food to consumers.”

In addition to being certified organic, Full Belly Farm exemplifies a truly sustainable food operation.

“Sustainable is a super ‘hot’ word right now,” Muller says. “There is no exact definition and each owner has their own opinion of how Full Belly is sustainable.”

Through crop rotation, cover-crops and composting, Full Belly’s farm planners focus on the maintenance of soil fertility. They also integrate many aspects of farming such as having sheep graze and “clean-up” old crop residue. Unlike industrial farms, which use chemically enhanced feed and house animals in airless, factory-inspired barns, Full Belly allows its animals to graze and enjoy the vast pastures.

“Diversifying the farm with many different crops makes our effort sustainable,” Muller explains. “We want the children who grow up here, or visit, to have the farm here for as long as they want it to be. This makes sustainability very important.”

As evidenced by the countless food stands at the market each week, UC Berkeley is in close proximity with many small, organic farms that are in need of support.

“It may be easier to go to Safeway,” Muller says, “but supporting local stores and organic farmers will give food dollars to the organizations that need them most. By shopping directly from farmers, students can make connections, diversify their refrigerators, eat seasonably and ultimately get more out of each food experience.”

For more information about Full Belly Farm visit: Fullbellyfarm.com

Elizabeth Scott is a first year-Nutritional Science, Metabolism and Physiology major who loves running and buying apples from the farmers market.

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As a Berkeley enthusiast who appreciates the unique history and culture here at Cal, I frequent one of the most distinctly Berkeley places on campus: the Free Speech Movement (FSM) Café at the Moffit Library.

I recently learned that not only does the café display images that represent Berkeley traditions of political activism and free speech; it also falls in line with one of Berkeley’s unique values: food sustainability.

The city of Berkeley is a mecca for people who are conscious about the kinds of food they buy and eat. The Organic Movement actually started in our humble backyard (literally, it started at People’s Park!) More recently, Graduate School of Journalism professor Michael Pollan reintroduced the importance of food sustainability and its political and social impacts through his prominent book, The Omnivore’s Dilemma. Even Alice Waters, the founder of the internationally renowned Chez Panisse, is an alumnus.

With such a rich history of sustainable food activism, one would think that UCB students would be more conscious about their consumption. But UCB alum Daryl Ross, who owns Caffe Strada, FSM Café, Adagia Restaurant, and the Bancroft Hotel, disagrees.

“The level of apathy among students about food is higher than what one would expect at a place like Berkeley,” Ross says.

Ross runs Caffe Strada and FSM Café as socially responsible businesses that reciprocate to the campus community. Cafe Strada has been in business for 20 years and FSM opened ten years ago through the donation of an alumnus who attended UCB during the Free Speech Movement. Ross expresses commitment to sustainable dining services. He supports local farmers by purchasing produce from the Berkeley Farmers Market. His cafés offer fair-trade, shade-grown organic coffee, and pastries made with flour from Giustos, a local organic flour mill. His menu items at Adagia include high-quality, grass-fed Marin Sun beef and his catering services at the Bancroft Hotel are green certified.

“Sometimes, you just want a muffin. You don’t feel the motivation to read a long biography about the muffin.”

Students are constantly bombarded by the diverse ideologies, movements, opinions, and political expressions and it is easy for them to feel exhausted and apathetic towards various issues that compete for attention.

Nevertheless, Ross remains optimistic about students’ level of consciousness regarding this topic, especially now with the rebirth of the Food Sustainability Movement through the popularity of The Omnivore’s Dilemma.

“Pollan brought this discussion of food to intelligent circles. Before, it has always been important among foodies, but he has created a dialogue that hasn’t really existed before,” Ross says.

Although Pollan has revived a discourse regarding the social, political, environmental, and cultural impacts of food among students, one can only wonder how long it will last or how deeply it can impact people’s lives.

Is it just an ephemeral Berkeley trend, or will students adopt it as part of their permanent lifestyle?

Ross fears that students only appreciate sustainability on the surface. Industrial food corporations like Whole Foods label all kinds of products as being “organic” or “environmentally friendly,” so it is easy for students to transfer their decision-making power as socially-conscious consumers to these entities. This allows sellers to take advantage of customers’ ignorance and sell unsustainable products under a false label.

Ross reiterates that our decisions about food affect the way in which the market...
“Everyone should become more conscious of food-buying decisions because these are what drive the market; it’s what makes stores go into business or out of it. Hopefully, people will understand such nuances as to why buying industrialized organic is not as good as buying from a small farm.”

Ross feels such market constraints. He tries to serve food that is strictly organic and local but cannot make his business as sustainable as he would like it to be, simply because higher prices would produce negative response from customers who would refrain from buying his products. Similarly, if he were to stop serving tomatoes because they happen to be out of season, he can expect backlash from customers.

“That’s just the reality of the market under capitalism,” he says.

Ross still hopes to emphasize the importance of food decisions that affect people’s lives on a daily level. In the near future, he hopes to design an educational curriculum that will allow students to connect with local farmers and intern with chefs at the Adagia restaurant. It is up to the students to decide whether or not to accept food sustainability as an issue that is worthy of study and practice.

As Berkeley students, we take significant pride in our history of political activism and the way in which we continue to champion issues that we are passionate about.

Just as we fought to defend the ideals of free speech to uphold justice in society, we have the responsibility to make decisions that are environmentally safe, ethical, sustainable, and healthy. This cannot just be a trend we blindly follow but a life-style that we consciously choose to adopt.

It is also about recognizing that we, as consumers, have the power to demand changes in our current agricultural policies and practices that are environmentally unsustainable and detrimental to our health. It is important to understand that even something as basic as food carries enormous political, economic, and social implications. So the next time you are drinking your fair-trade organic coffee at FSM Café, be sure to remind yourself that food sustainability is much more than a very “Berkeley” thing to do. It is a global movement that we can and should access anytime at any place.

Candace Won is a second-year Business Administration major and World Poverty and Practice minor. She relies on her daily intake of fair-trade, shade-grown coffee and organic fuji apples to survive her hectic weekday schedule and is also an avid café-hopper during the weekends! Contact her at: candace.won@berkeley.edu

Berkeley Student Food Collective

Providing a Sustainable Alternative and Building A Community Around Good Food

by Jenna Kingkade

Last year, a group of students formed the Berkeley Student Food Collective with a mission to open a food cooperative to UC Berkeley and provide students and community members with sustainable and affordable food.

The group has secured $150,000 in grants, worked with lawyers to establish their non-profit status, and started up a sandwich stand on Sproul, to name a few accomplishments.

All food sold and served at the storefront will be at least humane, sustainable, local, and/or fair-trade.

Outreach-coordinator Serena Parr describes the Collective as a “high-energy movement” involving hundreds of volunteers, with a group of about forty committed Cal students comprising the core.

“There are so many people working on it who will have no direct return,” says Parr.

The community of volunteers includes a Boalt Law professor, two law students, and a Haas graduate student. According to Parr, the Collective has received advising from “legal and foodie professionals all over the Bay-Area,” including the Arizmendi Cooperative and the founder of Gather restaurant.

“What we are doing is bringing students together and building a student community around good food,” says Parr.

The Collective emphasized its commitment to sustainability and community in its fund-raising at a gala they held last fall at the David Bower Center, one of the greenest buildings in the Bay Area. Members brought their own dinnerware and served homemade food.

They envision their storefront to function as a social hub and a gathering place, featuring art displays, live music, and, of course, good food. A “Breaking-bread series” will invite student groups with conflicting ideologies to come together and have a discussion over a meal.

The Collective is excited to open a storefront and members are enjoying every part of the process.

“It is a balance between the learning process of starting an organization and how fun it is—meeting cool people, visiting farms—it is so incredibly fulfilling,” says Parr.

Until the storefront opens, students can enjoy wholesome homemade sandwiches at the Collective’s stand on Sproul or get involved in the movement itself.

Jenna Kingkade is a second-year Peace and Conflict Studies Major and French minor, and is the Founder and Editor-in-Chief of Naked Bear Magazine. Contact her at: jenna.kingkade@gmail.com

Learn more about the Food Collective: Berkeleystudentfoodcollective.org

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A Better Way to Eat Beef

Sustaining the Earth, a Healthy Lifestyle, and a Clean Conscience

by Nick Duffy

Think back to the last time you were standing near the grill at a delightful summer barbecue. While watching the juicy burgers and steak cook to perfection, your mouth waters and your taste buds squeal in excitement. Once you get your hands on that long-awaited burger, you devour it to the satisfaction of your inner primeval carnivore. Like many Americans, you most likely have been around meat since you were a little kid. But do you really have any idea where you get your meat from?

Many Americans eat meat and have been raised on it, but in actuality, they know nothing about it and where it comes from. This is unsettling because meat has been such a cultural mainstay in the United States’ post-World War II era. If you have qualms about the mysterious nature of meat, do not feel alone. The majority of the American populace deceives itself by thinking that the standard beef at Safeway comes from pasture-grazing cows on a rustic family farm.

The truth of the United States’ commercial beef-chain is that the majority of cattle are raised in what are called Concentrated Animal Feeding Operations (CAFOs) for the bulk of their lives. In these high-density facilities, cows feed on corn instead of grass for two notable reasons: federal subsidies make corn cheap, and corn fattens the cows faster than a grass-based diet. The idea behind concentrating so many cattle together is to make sure that they do not move, which helps them fatten up faster.

Since cows did not evolve to eat corn, many complications arise like acidosis, which is an acid build-up in the cow’s digestive system that causes destructive ulcers to develop and eventually kill the cow. Antibiotics are given to the cows to diminish this problem, but many cows still die and the other cows that survive are slaughtered before the acidosis can kill them.

CAFO-style beef can be very dangerous to those who eat it. Cattle become susceptible to lethal pathogens such as E. coli bacteria, cryptosporidium, and salmonella because of their corn-based diet and high-stress levels from close confinement, which weaken their immune systems. Because the cows are standing in massive amounts of their own manure, it is extremely easy for the pathogens to spread from one cow to another.

When it comes time for the industrial slaughterhouse, the cattle’s hides are caked with manure. The mass slaughtering of these animals makes it difficult to keep the infected feces from contaminating the carcasses, which will be turned into the meat for consumption. Pathogens in the meat can kill humans. In recent history, the news has reminded us of deaths caused by infected beef and subsequent nationwide recalls in 1993, 1998, 2001, 2002, 2007, and 2009 to name a few.

These industrial farms demand massive amounts of limited resources and generate destructive amounts of waste. Fossil fuels are the driving force behind these feedlot operations; they are used for running the meat processing stage, creating the pesticides/fertilizer for cattle feed, and powering transportation. The wastes generated by CAFOs pollute the air, land, and water.

Over 168 gases are emitted from CAFO waste, including hazardous chemicals such as ammonia, hydrogen sulfide, and methane. Airborne particulate matter is found near CAFOs and can carry disease-causing bacteria, fungi, or other pathogens. Any nearby bodies of water will experience algae blooms because of nutrient run off, which in turn causes all the fish in the water to die, as the algae depletes all of the dissolved oxygen. It is also difficult to treat this contaminated water for human consumption. In short, these CAFOs destroy the surrounding region’s environment, and pose as a safety threat to humans.

Considering the ethical, environmental, and public health problems of industrial beef, what better beef choices can be made? The best alternative to CAFO-generated industrial beef is local grass-fed beef. Grass-fed beef ranchers let the cattle roam free on pastures instead of confining them to densely populated and high-stress lots. At Highland Hills Farms, a local beef ranch in Vacaville, “wastes are recycled and used to fertilize the grass that the cows will in turn eat,” says ranch-hand Anya Kamenskaya. She goes on to say that “the process is entirely powered by the sun,” meaning that the sun’s energy creates the grass that the cows will eat.

Pasture ranching has a low environmental impact because it produces less waste, uses less resources, and poses much less of a public safety hazard because wastes are absorbed by the earth. It is also an ethical approach, because the cattle have humane living conditions.

Grass-fed beef is also better for one’s health. Grass-fed beef contains high levels of good Omega-3 fatty acids and lower levels of Omega-6, and industrial beef has the opposite relationship. Omega-3 is known to reduce the risk of cancer, lower the likelihood of high blood pressure,

Places to Get Grassfed Beef:

Both Berkeley Bowl locations, the Tuesday Berkeley Farmers Market, Barons Meats, Star Meats, Berkeley Star Meats, and the Full Plate. You can also contact the ranchers directly and buy in bulk:

Chileno Beef: (707) 765-6664
mgale@chileno-beef.com

Morris Grassfed: Morrisgrassfed.com

Western Grasslands: 530-253-1193.
langstoncattle@frontiernet.net

In these high-density facilities, cows feed on corn instead of grass for two notable reasons: federal subsidies make corn cheap, and corn fattens the cows faster than a grass-based diet.
Pizza has taken a strong hold on everyone's lives, and for good reason. Its delicious greasiness and easy accessibility has made first dates less awkward, allowed students to survive without mom's cooking, helped brew more excitement at sports games, and instantly satisfied insatiable cravings. Pizza is a phenomenon that has deeply embedded itself in American culture. Without a doubt, pizza has stolen a little bit of everyone's heart.

Ask any kid on the streets today for his favorite food. More often than not, he'll blurt out, “Pizza!” Flash back sixty years ago and the voice of Dean Martin, aka “The King of Cool,” singing, “When the moon hits your eye like a big pizza pie, that’s amore” would be filling the air. Even further back in 6th century BC, soldiers of the Persian Empire baked flat bread on their shields, covering it with cheese and dates to keep them energized for the long marches across thousands of miles.

The origin of pizza and its international popularity is more complicated than imagined. From being sold on the streets of Naples in a copper cylindrical drum “by a peddler crying his wares at two cents a chew,” as states “What's Cooking America's” pizza page, to being served with fork and knife in a 3-star restaurant, pizza has certainly come a long way from simple flat bread and cheese over a make-shift fire. It has taken on new forms in the innovative hands of passionate people in different regions around the world, each claiming their pizza as the best. Deep-dish Chicago pizza, thin-crust New York Pizza, or even fat slices sold at, well, Fat Slice: each of these different pizzas has its group of loyal fanatics.

Though pizza first came to America in the late nineteenth century with Italian immigrants, its popularity did not take off until American soldiers serving in Italy during WWII developed an affinity for pizza. In the 1950s, stars of Italian origin like the above-mentioned Dean Martin, Frank Sinatra and Joe DiMaggio all consumed pizzas, quickly creating a dining trend.

From the last 50 years to now, large fast food pizza chains and their commercials of hot, cheesy pizza and promises of fast delivery have charmed the appetites of millions of Americans, making it perfect for just about any occasion. Here in Berkeley, however, the popularity of those infamous 1-800 numbers is quickly falling, as people have options like the Cheeseboard Collective, Gioia Pizzeria, and Pizzaiolo.

What could explain the 50-person line just to grab a slice or the multitude of warm smiles, children's laughter, and friendly banter between customer and cook? There has to be something magical about these thin-crust pizzas. Pizzaiolo practices a ritual, one that does not sound too complicated and procedural.

This ritual involves buying only organic, seasonal meat and produce from local farmers, developing good relations with them. They buy organic, locally-milled flour and buy whole animals from ranchers they know and trust.

Will and Karen Gioia and Art Kinsey of Gioia Pizzeria also believe in the principles of using the best seasonal ingredients grown sustainably by local farmers, and treating those ingredients with care and respect.

“We care for the look, taste, and smell of our final product. We want to achieve a balance with all the different flavors, making sure each does not overpower the other. We respect the integrity of our ingredients. Right now, we're making a butternut squash and Gorgonzola pie. We want to bring out the sweetness of the squash with the tanginess of the Gorgonzola, adding a lemony brightness. We use less mozzarella so that the natural flavors harmonize well,” says Kinsey.

It is hard not to salivate and get lost in a world of swirling natural flavors when listening to Kinsey speak about his newest pizza. No wonder Berkeley residents have been loudly tooting their horns, trying to get people to move away from processed, unhealthy food and food practices, namely cheese from who knows where and pepperoni from a factory, not a farm. But these tenets have existed for more than two decades under the Slow Food Movement, which is quickly gaining speed in the Bay Area so much so that restaurants have to prove their allegiance to local farms in order to meet the wants of the customers. Interestingly enough, the Slow Food Movement originally started in Italy to resist the opening of a McDonald's in Rome. Through Slow Food, a non-profit organization established in 1989, the movement is now actively moving about internationally and preaching values such as lobbying against genetic engineering, teaching gardening skills to students and prisoners, and encouraging ethical buying in the local marketplace. It now has over 100,000 members in 132 countries. As stated in its pledge, Slow Food “counteracts fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes, and how our food choices affect the rest of the world. To do that, Slow Food brings together pleasure and responsibility, and makes them inseparable.”

Embracing the values of the Slow Food Movement does not necessarily mean that one has to wait 40 minutes for a slice of pizza or hurt her pockets. Worker-owner Steve Manning of the Cheeseboard Collective proudly stands by a business model where efficiency and affordability are vital.

“We essentially serve fast food pizza. Because we sell one pizza a day, people have no choice but to eat it or go elsewhere. We don't want to keep our customers waiting,” says Manning.

“We buy better ingredients, food sourced locally and sustainably, in larger quantities, allowing us to serve quality pizza to more customers at an affordable cost. That's our business model. It leads us to our philosophical belief that started in the 1960s. Our products should be available to a wider segment of society. We don't want to leave anyone behind.”

That explains the $2.50 per slice, plus an extra half slice, and the less than 15 minute wait despite the usual long line that stretches around the store. Furthermore, Manning and the other twelve worker-owners of the collective believe in the value of the community.

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To Khaled Almaghafi, the idea that bees are pests is completely ridiculous. Almaghafi hails from the country of Yemen, where citizens’ love of bees has prompted them to take each other to court for the rights to a swarm of the creatures. The popularity of honey, he says, can be discerned by simply walking through any Yemeni town or city: “You know how on every corner in America, there is a liquor store? In Yemen, there is a honey store.”

I met with Khaled as he extracted a large swarm of bees from a house in downtown Oakland. Khaled’s calm demeanor helped alleviate my fears as I walked into a room with literally thousands of bees: “I only do live extractions,” Khaled explains earnestly. “People call me thinking that I am an exterminator or something. I just tell them to find somebody else.”

To Khaled, preserving the bees makes sound ethical and financial sense. Khaled takes the bees and places them in hives around Oakland, selling the honey through his company Bee Healthy Honey.

Khaled acknowledges that for many Americans, the desire to eat something sweet can mean turning to processed foods or beverages made in a factory far away. Most of these products will be laden with preservatives and sweetened with a substance called High Fructose Corn Syrup (HFCS). In addition to possessing little to no nutritive value, HFCS require lengthy processing and relies on corn subsidized by the taxpayer.

While other common sweeteners such as sugar, molasses, and maple syrup are superior to HFCS from a nutritional standpoint, they often require an enormous amount of transportation, contributing to carbon emissions.

So what options remain for those who want to make sound environmental choices without completely neglecting their sweet tooth? The answer to this question is older than humankind itself. The humble Honey Bee has been producing its namesake substance for millions of years, and there is evidence that we have been enjoying their efforts for quite some time.

The first record of humans gathering honey from wild colonies dates back roughly 7,000 years, and carvings depicting the practice of beekeeping adorn an Egyptian temple that is 4,500 years old. Fascinatingly, honey recovered from these archaeological discoveries is often still edible, as honey is one of the few food substances that do not appear to degrade over time. The long shelf life of honey is partly attributable to its anti-bacterial, anti-viral, and anti-fungal properties. Perhaps this is why honey has been used as a topical treatment for infections for centuries, and why a recent study found raw honey to be more effective than cough syrup in treating nocturnal cough and sleep difficulty.

Honey is widely reputed to provide relief from allergies, as the low doses of pollen found in honey work as a natural vaccine. Before you run into a supermarket and purchase the first jar of honey you see, it is important to remember that not all honey is of the same quality.

Much of the honey available in the supermarket is produced far away and purchased and repackaged by large corporations. Sue Bee Honey, a popular American honey brand purchases much of its honey from China. Last year, the Seattle Post Intelligencer reported that much of the honey that Sue Bee imports is contaminated with banned antibiotics. To make matters worse, most commercially available honey undergoes pasteurization, a heating process that eliminates many of honey’s potential health benefits.

Many corporate honey retailers feed their bees sugar water and even HFCS, a process that leaves bees vulnerable to infections, and renders a lower quality honey. Bees are increasingly used to pollinate genetically modified monoculture crops, and bees will often be transported great distances.
Many Berkeleyans share a passion for dining well and sustainably. Thanks to people like June Taylor, Berkeley remains at the forefront of food sustainability. Her delicious creations are a testament to the fact that taste does not have to be sacrificed for responsibility.

Taylor has been creating homemade marmalades, conserves, and other products for as long as she can remember. She began making jams twenty years ago by teaching herself at home. “I was encouraged by a farmer at my farmers market to start selling my jams there,” says Taylor. She honed her skills over the years and finally opened her shop in 2008, where she works with her assistant Magali Hernandez to create a variety of products. She reads and studies 17th and 18th century British cookbooks, from which she learned how to make fruit cheese and candied citrus.

Lately, Taylor has been approaching her work more “from the sugar end than the fruit end” by expanding her confectionery work and creating products such as fruit cheeses, herbal and floral syrups, and citrus candies, in addition to her fruit sauces, marmalades, butters, and pastes.

The majority of her ingredients are local and all of them are fresh and seasonal. So fresh, in fact, that Taylor may only have a two week window to make her preserves. The ingredients she works with constantly change.

Taylor works directly with local family farms to preserve heirlooms, fruit varieties that were grown in the past but are no longer used in modern commercial agriculture. By gathering her fruits from nearby farms, she nurtures community spirit while providing economic support to her neighbors.

“I get my produce from farmers who grow in California, whether they are located in Fresno or around the corner,” says Taylor, who believes in making lasting relationships with farmers.

In addition to sourcing locally, Taylor creates her confections from scratch and free of additives such as pectin, a gelling agent used in jellies and jams that is found in terrestrial plants, but is almost exclusively a commercial product. Taylor instead creates pectin from the seeds and membranes of citrus fruits.

Taylor attempts to utilize the whole fruit “from blossom to stem.” She uses the ends of the citrus fruits, for example, to create delectable citrus candies.

“In the old days these were considered poor man’s candy; now they are no longer made and are considered exclusive and expensive. Remember, no-one wasted then,” Taylor says.

While her creations are helping to bring local farmers to the spotlight, Taylor also has other concerns and hopes for Berkeley’s food culture.

“I would like to see a connection between young people and cooking, and a growth in urban gardening,” says Taylor about the future of food sustainability in Berkeley. “I’d like to see the school system become a greater force of support for not only the purchasing of food with integrity, but giving people the skills to cook for themselves.”

Taylor believes that observing nature is vital and looks to her own garden, where she grows herbs and flowers, for ideas about new creations. “Nature will inform us,” she says.

She insists that handcrafting and learning for oneself are key steps toward a sustainable society. It is no surprise that enthusiasts from all over the country flock to her studio to learn how to recreate signature Taylor products in their own kitchens.

As conscious, informed consumers, Berkeleyans can help foster togetherness, healthy diets, safe farming practices, and environmental awareness. In the words of June Taylor, “awareness and understanding of what it means to grow food well...is growing food in a sustainable fashion.”

Taylor’s products can be found at her store, on her web site, at the Ferry Plaza Farmers Market in San Francisco on Saturdays, and in Tokyo, Japan.

Amy is a first year intended chemistry major with a minor in French. Hailing from Palos Verdes, CA, she enjoys fine dining, camping, and jazz. You can reach her at hanuichoi@berkeley.edu.

June Taylor Co. Still-Room Shop
Open Tuesday-Saturday, 11am-4pm
2207 4th Street, Berkeley, CA 94710
Tel: 510.548.2236
www.junetaylorjams.com

June Taylor Bags Blood-Orange Candies

Page Mandarins tops and bottoms, ready to be candied

From Blossom to Stem
by Hanui Amy Choi and Jenna Kingkade
Coffee, Chocolate and Tea
The Fair Trade Movement in Berkeley and Beyond
by Jenna Larson

An exciting movement is sweeping across the Bay Area, and will soon land right here in Berkeley. Although many students may feel bogged down to a state of apathy with all the opportunities for action on campus, they certainly can not ignore something so important, something so intricately bound to their very existence. Everyone knows that humans need food to survive, but not many people are aware that current modes of production and consumption are not only diminishing Earth’s food growing capacity, but are also creating unprecedented conditions of labor exploitation for farm workers across the globe.

This is specifically why Berkeley is on a path towards becoming a Fair Trade Town, to show how changing one’s food choices can really change the world.

For the past decade, Fair Trade goods have been working their way into mainstream markets around the world, in a variety of different industries. While Fair Trade is a model of international trade that benefits over one million farmers and farm workers in 58 developing countries across Africa, Asia and Latin America, it also speaks to the way the product itself was produced. When an item displays the Fair Trade Certified label, consumers can be certain that the farmers who produced that product received a “fair” or “living” wage from its sale, one that is often double what workers on non-Fair Trade farms make.

Not only do workers and producers benefit financially from the certification of their products, they are also given the opportunity to invest in the well-being of their farms, families and communities through the development of various social programs. Hinga Kawa, a women’s cocoa cooperative in Ghana, was able to use their Fair Trade premium to invest in programs such as HIV/AIDS education, medical screening, children’s school fees and women’s literacy initiatives. Many growers’ cooperatives are also beginning to invest in sustainable farming practices. To become Fair Trade Certified, producers must adhere to a strict set of environmental standards that prohibit the use of genetically modified organisms and ban a large number of toxic chemicals and fertilizers.

These regulations are in fact quite similar to Organic Certification. As of 2009, about 58 percent of all Fair Trade Certified products were also organic, and the number continues to grow everyday. Farmers also produce shade-grown products, meaning that their crops are grown in natural forest habitats which allow for the maintenance of the region’s natural biodiversity.

Although consumers may have to pay a slightly higher price for these products, the money they spend goes directly back to the farm where it was produced, helping communities to lift themselves out of poverty by investing in the well-being of their families and their land.

“It is hard for farmers to take care of the environment if they can’t take care of themselves,” says Katie Barrow of TransFair USA, the leading third party certifier of Fair Trade products.

With the higher wages earned under Fair Trade, farmers and producers are able to generate economic stability within their communities, and are thereby empowered to invest in sustainable farming practices. In the long run, it is actually economically beneficial for farms to adhere to the strict environmental guidelines of Fair Trade, as the consumer market demands more environmentally friendly farming practices. This is how we are able to affect change on a global level, by “voting with our dollar” on the local level.

Most natural, specialty and gourmet food stores sell some Fair Trade products, though places like Target and Wal-Mart are beginning to carry Fair Trade wine, coffee, tea and chocolate that sell for a very reasonable price. As the first Fair Trade Certified products to enter the market, coffee, tea and chocolate are currently the most widely available.

While many new products undergo certification every day, it is important to show continued support for the Fair Trade movement to increase availability of Fair Trade Products. The Berkeley Fair Trade Town campaign specifically addresses this.

The process of becoming a Fair Trade Town (FTT) requires meeting a strict set of guidelines that includes ensuring that a certain percentage of businesses sell two or more Fair Trade products. Berkeley has already met most of the FTT requirements and the city government is in the final stages of putting a policy in place that ensures Berkeley’s long-term commitment to Fair Trade. Will UC Berkeley follow suit?

“If we succeed in making Berkeley a Fair Trade University, then every store on campus would have to offer at least some Fair Trade Certified product,” says Katrina Soelter, president of the UC Berkeley Fair Trade Club.

“Hopefully the passage of legislation regarding these products and the increase of student knowledge about Fair Trade would encourage stores on campus to of-
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hopping at the farmers market supports the local economy and the farmers. It also shortens the gap between the food we eat at the table and the food as it originated on the farm.

The Local, run by the ASUC’s Sustainability Team (STEAM), is a student-funded and student-run group that provides students with fresh market produce right on campus.

The Local began four years ago and continues to be successful due to students’ rising demand for fresh, local produce. “That’s what’s keeping it going,” says Mickey Davis, a project leader of The Local. “If you shop at The Local, you’re part of The Local. Farmers are part of The Local. Even if you just come by and buy a mandarin or orange on your way to class you, too, are part of The Local.”

How do they get to the market and bring back all that produce, which can be thirty pounds of apples and oranges? Every Sunday a group from The Local visits the Temescal Farmers Market in Oakland and buys a plethora of produce, which they sell at the exact market price at their stand on the following day. The Temescal Market is just a couple of miles from campus so, when the weather is nice, they ride bikes and rely on hand-made bike trailers to transport their produce. Although they usually sell most of their produce, anything left over from the Monday stand is sold to one of Cal’s student housing co-ops.

The Local is quickly gaining popularity. “Why don’t you have The Local every day?” students often inquire. Davis laughs, “The Local is a lot of work! It’s fun, but I definitely don’t have five hours every day to devote to it.”

The Local considers itself to have a vital role in the distribution of sustainable produce to those who might not make it to one of the weekly farmers markets. “Rather than more farmers markets, what we really need are more small distributors,” Davis says, “and that’s not a role that’s so hard to play.”

The Local is a “no talk,” a “just get out there and do it” true activism kind of approach. “We just go to the market, eat good food, take it back, and sell it. We’re doing something real, for a lot of people including the farmers. I love The Local,” Davis says with a smile, “It makes my day.”
Pizza makes me weak. Goldfish give me migraines. Spaghetti hurls me into painful stomach cramps. Going to a fast food restaurant feels like walking in a minefield because one leftover crumb from a hamburger bun might knock me down for days.

Years had gone by with me being sick every day until I woke up one morning and felt like I was in a different body. Without the constant stomachache and headache that cruelly greeted me every morning, I thought I was dreaming. But no, I was fully alert. And then I remembered. It was something I ate, or rather, something I didn’t eat. That was my first day of a pain-free world, thanks to taking one item out of my diet: gluten, a protein found in wheat, barley and rye.

My first few weeks eating gluten-free foods made me aware of what I was putting in my body. Food could no longer be convenient. I walked through the grocery store picking up box after box and seeing wheat, barley, rye and ambiguously titled ingredients, such as maltodextrin, modified food starch and natural flavors, all of which could contain the dreaded gluten.

Foods continually surprised me with their ingredients. Bread and pasta are obvious, but why does there have to be wheat in soy sauce, salad dressing, or lunch meat? I began to loathe the food scientists that decided to throw all these unnecessary ingredients into the food that I wanted to eat.

Life became easier when I decided to boycott the processed food section of the grocery store, annoyed that it was wasting my time. That meant spending my grocery trips walking around the periphery of the store. I found a bounty of gluten-free food: chicken, fish, eggs, avocados, apples, carrots, spinach. I didn’t have to read ingredient lists anymore. It was liberating! Eating a diet of whole foods made me feel ill. My reaction to dairy is not food intolerances. Having a baseline of feeling ill. My reaction to dairy is not just because I no longer have spikes and corresponding drops of blood sugar from eating sugar-filled processed food. During my journey I became worried that I might be missing nutrients, since I was no longer eating the type of diet that most people follow. I began to see a nutritionist named Simla Somturk Wickless to make sure that my new diet contained everything that I needed to be healthy. Simla surprised me when in one of our first meetings she offered me cake. How could a nutritionist offer me something so unhealthy? It turns out it was homemade, gluten-free, dairy-free, egg-free cake, and it came along with the idea that it was a treat, not something to eat every day. Simla did not give me a list of nutrient levels to meet every day, like previous nutritionists had when I visited them about my health problems. Instead she had me write down what foods I was eating and then suggested additional whole foods that I wasn’t eating that she thought could balance out my diet. Simla introduced me to unfamiliar foods such as kale, chard, different types of squash, and nutritional yeast.

According to Simla, “The Standard American Diet (SAD) essentially ensures that those who follow it will be overfed and undernourished.” She believes the SAD is one of two main reasons why Americans and, increasingly, people of other cultures to which we’re exporting the SAD, are increasingly obese and struggling with chronic illnesses such as heart disease, cancer, allergies and asthma, and autoimmune conditions.

Simla has seen many powerful health transformations brought about by people abandoning the Standard American Diet. She says that her clients have ended up with “better sleep; natural, easy, lasting weight loss, when needed; improved moods and focus; natural, sustainable energy all day long without having to depend on caffeine, sugar, or other stimulants; reversal and healing of chronic health conditions, such as autoimmune conditions such as fibromyalgia, chronic adrenal fatigue, brain fog, brain damage, atherosclerosis, hypertension - some of which are called “incurable”; better relationships with their bodies, themselves, and others; improved resilience to stress and reversal of the damage chronic stress has inflicted on their physical and mental health.”

My new diet has given me a fresh perspective on “health food.” It seems that many foods are considered healthy one day and then are on the evil list the next. Fad diets spring up every few years, along with correspondingly mechanized process food, but as scientists have worked hard to re-engineer our diets to make everyone healthier, Americans have just...
Berkeley Farmers Market
by Kaitlyn Buck

Every Saturday from 10-2 the Farmers Market comes to Berkeley at the intersection of Center St. and MLK. We gathered a sampling of pictures to show you some of what this market has to offer.

1. A worker bags dried fruit for a customer
2. A young woman sells her assorted jams
3. Tons of fresh produce lure shoppers
4. Band members offer entertainment
5. People from all around Berkeley come to shop at the market
Sitting at the breakfast table one day in my typical early morning daze, I could not help but notice the label on the peel of my banana—“Grown in Panama.” This got me thinking. Panama is thousands of miles away, but within a few days, it traveled more than I had in the past year. Then I took a sip of coffee. Brewed from beans grown in Sumatra. At that point I knew my breakfast had officially logged more miles than I had in the past five years. But it did not stop there — the strawberries accompanying the banana in my yogurt were grown in Chile and the side of toast was surely not made from wheat grown in California. The realization struck that my breakfast had originated from more countries than I had ever travelled to. This meal is more cultured than I am.

The term “food miles” refers to the number of miles food travels from where it is produced to where it is consumed. The concept has been around since the 1990s when the phrase was coined by Tim Lang, an expert on the U.K. food system. The more food travels, the more energy is needed to transport it, which creates pollution and emits greenhouse gases into the atmosphere, leading to detrimental effects on the environment and our health.

The distance our current meals travels is a direct result of the increasingly globalized world we live in. Only with globalization has it become feasible and less expensive to import food from far-away countries. Additionally, high food mileage can be attributed to consumer demand for foods that are not in season or cannot be grown in the local climate.

The strawberries in my breakfast on that fateful day could be grown in California, but because I wanted to eat them in February—when they are not in season here—they had to be imported from Chile. The banana provides an example of a common food on the American menu that is not cultivated in this country. Because they require a tropical climate to grow, most of the bananas we eat come from Central or South America.

It is not just climate that dictates where bananas—among other fruits and vegetables—are grown. Cheap labor and outsourcing play a role. Corporations like Dole and Chiquita have their major plantations in developing countries where they can get away with poor labor practices. An April 2002 Human Rights Watch news release states that “harmful child labor is widespread in Ecuador’s banana sector.” Adults working on these plantations can often lose their jobs if they try to unionize to get better working conditions and higher pay. The result is an exploited labor force and cheap, imported, high-mileage bananas.

Another contributing factor to the easy import of cheap food is the North American Free Trade Agreement (NAFTA). In an effort to expand their economies, Canada, Mexico, and the U.S. agreed in 1994 to eliminate tariffs when trading with each other. Importing produce from Mexico under NAFTA is now relatively cheap.

Up to this point I had only learned about the history of and reasoning behind food miles. To see it on a large scale in real life would mean going to a grocery store. After repeatedly hearing about Berkeley Bowl and its famous produce selection I decided to do some shopping there. Surely if the store offered a large assortment of produce it had to import a great deal of it.

Immediately upon entering the produce section, I was impressed by its variety. To help customers know where their food originated, Berkeley Bowl has hand-written labels for all its produce with the name of the country—and even which state for the U.S.—the item came from. While there, I came across the banana section. The regular yellow bananas Berkeley Bowl supplied had all been grown in Ecuador—a country with human rights violations abundant in its banana sector. However, Berkeley Bowl had a pleasant surprise in store—many of the bananas were fair-trade certified, indicating the plantation owners and workers had been treated well. I was pleased.

Perusing the produce section made it clear that a large portion of it had actually been grown in California. Berkeley Bowl also carried produce mostly imported from Mexico—no doubt helped along by an absence of tariffs under NAFTA. Berkeley Bowl’s food mileage was not by any means low, but it could have been worse.

After learning about the basics of food miles, the logical question in my mind became, “How do I reduce my food miles?” Purchasing foods that have traveled less is the obvious answer. Helping the consumer accomplish this are stores like Berkeley Bowl and stickers on produce that indicate where the item was grown or

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In the midst of the growing number of food movements to bring local, organic, and sustainably grown food into people's homes, the average person has been asked to consider where his food comes from, how it is transported, and what outside agents were used to grow it. There are movements for slow food, raw food, local and fair-trade, but how many people have stopped to think about the basic growth cycle of the food they eat? If there is a great interest in finding out where food comes from, why do people turn a blind eye when it comes to actually growing the food?

For college students living in a city surrounded by brick and concrete, it may seem that there is no place to grow food. For people who have chosen the path of academia, especially in the rigorous environment of UC Berkeley, more importance is placed on cultivating papers and lab research experiments than on planting seeds and bulbs. The extent of the average student's gardening experience most likely involves playing FarmVille on Facebook.

However, Tim Kline, who works with the Student Organic Garden Association on its garden located on the north side of campus, makes gardening a reality for students. For Kline, the value of gardening is twofold—on one hand it minimizes an individual's reliance on the industrial agricultural system that "exploits workers as well as natural resources." The other positive aspect of gardening is the process itself.

“For me the real satisfaction of gardening is participating in some of the basic natural processes that sustain human life-like soil, water, and plant growth-and being continually mystified, impressed, and humbled by them," Kline says.

The truth is that students can live sustainably without ever having to pick up a shovel, but maybe it is not enough to just buy food from the farmers who grow it. Knowing what food looked like in all stages of its life cycle creates a relationship with the food we eat that goes beyond the grocery store produce aisle.

The problem is that not many students have room to grow their own food. They live in strictly regulated dorms or in apartments the size of shoeboxes. Even students who have room to garden probably do not have the time to tend to one. Gardens take time and energy that the majority of UC Berkeley students just do not have. Thus, community gardens are great options for students. UC Berkeley has been the host of several student gardens over the years. The late Victory Garden was the result of a proposal presented to the University, which allowed students to use the space for a year and a half before the land was cleared for use in the Stephens Hall renovation. Although this particular garden is no longer around, its legacy lives through gardens such as the Student Organic Garden. By giving their time to these gardens, students can be ensured that sustainable processes for food growing will be around for future generations of students to enjoy.

Mary Zilkie is a fourth-year English major and will be going to graduate school in the fall to get her Masters degree. Although she used to have vegetable gardens as a kid, she has yet to figure out how to successfully grow anything in her often sunless Berkeley apartment. Special Thanks to Tim Kline, Yelena Filipchuk and Jarrod Valentine for their invaluable information.

Local Community Gardens and Volunteer Opportunities

Student Organic Garden
The Student Organic Garden Association (SOGA) runs a garden at Virginia and Walnut street on the north side of campus. The garden is used to teach the Organic Gardening DeCal. Visit the garden on Sundays from 12:30-3:30 or become a volunteer, and have a share in the produce. Ocf.berkeley.edu/~soga

City Slickers Farms
This Oakland-based organization tends several gardens in the East Bay and works with people in lower-income areas to create community plots to grow fresh produce. Volunteer or attend a workshop to learn how to start your own garden. Cityslickerfarms.org/volunteer

Spiral Gardens
This Berkeley community garden on Sacramento and Oregon Street holds open hours Tuesday, Wednesday and Saturday from 10:00 – 5:00. Spiralgardens.org

Alice Waters Edible Schoolyard Foundation
Created by Alice Waters, a Berkeley alum and founder of the restaurant Chez Panisse, the program uses gardens to teach elementary and middle school students about where their food comes from, and provides fresh produce for school lunches. Volunteer to help with the gardens and work with the students. Edibleschoolyard.org

Garden |gärn| noun
a piece of ground, often near a house, used for growing flowers, fruit, or vegetables.
THE BATTLE AGAINST BOTTLED WATER
Why tap water is better for your health, wallet, and environment

by Jill Lorack

Every time you go to the sink, you turn the knob and expect water to come rushing out. We live in a nation where clean water will flow from the faucet every time we need it. According to the United Nations Development Program, there are 544,580,000 people in rural areas worldwide that obtain water from untreated lakes, rivers, dams, or unprotected wells or springs. These untreated water sources carry diseases that kill more than two million people every year, mostly children under the age of five.

The ability to walk ten feet from our rooms to the bathroom or kitchen and drink high quality water straight from the tap is a privilege that many Americans take for granted. The source of tap water in Alameda County is a combination of surface water from the Hetchy Hetchy Reservoir in Yosemite Park, treated water from the Sacramento/San Joaquin Delta, and local groundwater from the Niles Cone Groundwater Basin. Alameda County determines water quality through monitoring and testing for contaminants such as bacteria, viruses, organic chemicals, and radioactive contaminants. The results of these tests must meet or surpass federal and state drinking standards. The Alameda County Water District passed all of the regulations put in place by the Environmental Protection Agency (EPA) and the California Department of Public Health in 2009 and have published their results in water quality reports.

Despite the availability of such high quality tap water, many people feel the need to drink bottled water and are under the misconception that it is safer to drink or comes from a cleaner, more natural source. However, the notion that bottled water is safer, because it is sold by private companies and stored in a plastic container, is inaccurate. Bottled water companies must follow regulations put in place by the Food and Drug Administration (FDA), but these regulations have major flaws.

In Irena Salin’s film documentary “Flow” (2007), Erik D. Olson, the former senior attorney for the Natural Resources Defense Council (NRDC) says that the FDA has “less than one person…regulating the entire multibillion bottled water industry in the US,” meaning that if one were to ask the Food and Drug Administration what is in the bottled water that is sold in the US they will say, “we have no idea.” The NRDC tested over a hundred brands of bottled water sold in the U.S. and discovered that bottled water “is not necessarily any safer or better or purer than your city tap water.”

They found high levels of arsenic in some brands, organic chemicals or bacteria in others, and a contaminant problem in a third of all of the brands of bottled water they sampled.

According to the Environmental Working Group (EWG), the FDA standards for bottled water do not specify which microorganisms should be tested for nor does it give a level of microorganism contamination which would make the water unsafe to bottle.

The FDA standards require that bottles list on their labels the type of water: distilled, drinking, mineral, purified or sterile. If the bottled water source is from a public water system, and according to the EWG, 44 percent of bottled water is just tap water, then the label must state that the water is from a community water system. However, if the water is from a public water system that is treated to meet the definition of purified or sterile then the companies are under no legal obligation to give the community water source on the bottle. Olson says that in their bottled water testing many bottled water brands

Artesian water, ground water, spring water, well water- water from an underground aquifer which may or may not be treated. Well water and artesian water are tapped through a well. Spring water is collected as it flows to the surface or via a borehole. Ground water can be either.

Distilled water- steam from boiling water is condensed and bottled. Distilling water kills microbes and removes its natural minerals, giving it a flat taste.

Drinking water- water intended for human consumption and sealed in bottles or other containers with no ingredients although it may contain safe and suitable disinfectants. Fluoride may be added within limitations set in the bottled water quality standards.

Mineral water- Ground water that naturally contains 250 or more parts per million of total dissolved solids.

Purified water- water that originates from any source but has been treated to meet the U.S. Pharmacopeia definition of purified water. Purified water is essentially free of all chemicals (it must not contain more than 10 parts per million of total dissolved solids), and may also be free of microbes if treated by distillation or reverse osmosis. Purified water may alternately be labeled according to how it is treated.

Sterile water- water that originates from any source, but has been treated to meet the U.S. Pharmacopeia standards for sterilization. Sterilized water is free from all microbes.
Grégoire Restaurant
A Good Bet for a Taste-Good, Feel-Good Meal  by Hanui Amy Choi

Located in a nondescript building on a quiet street in Berkeley’s Gourmet Ghetto, Grégoire restaurant provides a healthy, sustainable alternative to consumerist carry-out food.

Chef Grégoire Jacquet, a French native who has served as the Executive Sous Chef for the Ritz-Carlton and Chef de Cuisine for Amelio’s in San Francisco, started Grégoire with a vision of providing high quality French food to locals and forging lasting relationships with local growers. Boasting a new menu every month, Grégoire seeks to create foods with as much sustainable and local produce as possible. Some local favorites include crispy potato puffs and smoked duck breast with Pixi Clementine chutney & daikon salad in sweet roll.

With a tiny kitchen and only two outdoor tables, the restaurant looks dismissive at a cursory glance. Nevertheless, Grégoire uses its size to its advantage by using its space creatively and sustainably. It uses compostable take out boxes for every meal and everything is made to order. Jacquet’s approach to take out dining has instigated much positive response from the Berkeley community, spurring articles in numerous publications including the Daily Californian.

Spreading the word and being aware of one’s options can help the environment, support locals, and delight one’s inner epicurean, all at once.

Grégoire Restaurant
2109 Cedar Street
Berkeley, CA 94709
Tel: 510.883.1893


Jill Lorack is a first-year Environmental Science major. She is vegetarian and is a big fan of tofu and all things soy. Contact her at lorackj@berkeley.edu

Did not accurately represent the source of their water. “Some of the water [bottles] we saw that had pictures of mountains on it was tap water; glacier water came from ground water in Florida.”

Tap water is not only high quality and safe to drink, it is also cheaper than bottled water. The cost of buying a 20 oz. water bottle from a vending machine on campus is $1.25. If one were to buy a bottle of water every day for a year it would cost $456.25. Replace that bottled water with tap water from Alameda County and the cost decreases to a meager 20 cents for the exact same amount, about 57 gallons.

The U.S. spends a tremendous amount of money on bottled water. According to “Flow,” Americans purchased 31 billion liters of bottled water in one year, costing a total of $108 billion, three times the amount estimated by the UN that is needed to provide safe, clean drinking water to the entire planet.

Tap water does not produce as much waste or require as much energy to produce as bottled water does. Over a 100 billion plastic water bottles were thrown into landfills in 2008, according to the Container Recycling Institute, and the energy required to replace them with new plastic bottles is equivalent to about 36 million barrels of crude oil a year. A study conducted in 2009 by Peter Gleick and Heather Cooley from the Pacific Institute in Oakland, California calculated that the total energy in joules to produce bottled water was 2,000 times more than the energy necessary to produce tap water. Bottled water requires 5.6 to 10.2 million joules of energy whereas the production of tap water uses only 5,000 joules.

Universities across the country are banning the sale of bottled water on their campuses. University of Portland is the first school on the west coast to publicly ban the sale of bottled water on its campus. Other campuses that carry this ban are Harvard University, Washington University in St. Louis, Colgate University, Belmont University, University of Montana Western, and the University of Winnipeg in Canada.

Will UC Berkeley eventually ban the sale of bottled water? The campus consumes more than 2 million plastic containers each year, and only half of those bottles get recycled. These statistics can change if the campus cuts back on bottled beverages. The movement towards tap water has already begun on campus through the “I Heart Tap Water Campaign,” which promotes tap water as a preferred beverage to bottled water. Participants include Cal Dining, Recreational Sports, and University Health Services. Many students have taken the pledge to switch from bottled water to tap water on the web site uhs.berkeley.edu/tapwater.

As an individual, there are simple ways to ditch bottled water and join the tap water movement. One way is to buy a reusable water canteen. Water canteens last longer and are cheaper than purchasing multiple plastic water bottles. Fill this canteen with tap water from the sink, or from water fountains on campus. Another way to avoid plastic is by purchasing a water filter. According to Filterforgood.com, a Brita filter can replace as many as 300 sixteen oz. water bottles in its lifetime. These steps will lead you to a bottle-free lifestyle and will lower the number of plastic containers on campus and in landfills.

Jill Lorack is a first-year Environmental Science major. She is vegetarian and is a big fan of tofu and all things soy. Contact her at lorackj@berkeley.edu

The U.S. spends a tremendous amount of money on bottled water. According to “Flow,” Americans purchased 31 billion liters of bottled water in one year, costing a total of $108 billion, three times the amount estimated by the UN that is needed to provide safe, clean drinking water to the entire planet.

Tap water is not only high quality and safe to drink, it is also cheaper than bottled water. The cost of buying a 20 oz. water bottle from a vending machine on campus is $1.25. If one were to buy a bottle of water every day for a year it would cost $456.25. Replace that bottled water with tap water from Alameda County and the cost decreases to a meager 20 cents for the exact same amount, about 57 gallons.

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In a perfect world, I would have a million dollars to spend on food so I would buy fresh organic produce, locally bred meat, and a fantastic green kitchen that I would cook it all in. In the real world, however, I have a mini-fridge, my floor mate’s microwave, and a dormitory meal plan. My limited spending money goes toward BART tickets, toiletries, and the occasional splurge, a Kingpin doughnut— not exactly the budget of champions. Still, there are ways to eat sustainably, even within a meal plan.

After a semester and a half, stepping into the dining commons is still an overwhelming experience. Hundreds of students mill about; the lines seem to stretch for days. And the food...There is so much food. It is easy to forget about the environmental impact of this endless buffet. Fortunately, Berkeley students already have access to a number of items that are sustainable.

“We live in the salad bowl of the world...” says Executive Chef Ida Shen. “We have an easier time doing this than other schools.”

Cal Dining takes advantage of this salad bowl by purchasing about 60-80 percent of its produce from local and sustainable farms. This makes the organic salad bar the most sustainable item available to Cal students.

Sustainability does not end with the salad. Several other meal options supplement those leafy greens. Of all the meats, turkey is the best option; it comes from Sonora, just 3 hours away. Cal Dining prepares multiple meals with turkey and one can add the cold cuts together with some veggies at the sandwich bar. Another sandwich option is a good ole’ PB&J. At Crossroads, one can find organic peanut butter right next to the salad bar near the toasters. In addition, one can drink organic milk or fair-trade certified coffee.

“We’ve never had a written manifesto,” says Shen. “It was doing things that made sense.”

Cal Dining implements several creative measures to increase the sustainability of its facilities. The tables include recycled bases, and cooking oil is reused as biodiesel. During the fall, Cal Dining buys the majority of its apples from one student’s family farm. They time the deliveries with family visits, so the transport adds no extra carbon footprint.

By the same token, there are several foods the sustainability-savvy student should be wary about. Bananas have to be imported from overseas, and the chicken is not consistently local. Often times, these challenges cannot be avoided, as Cal Dining serves so many meals a day.

Besides the measures already in place, Cal Dining plans to extend many of their sustainability programs; such as, obtaining green certification for the café at Lawrence Laboratory and creating an herb, vegetable, and fruit garden for Clark Kerr. It also aims to educate customers and to increase research on sustainability, looking beyond the label.

“It is not just about what is local, but the whole process,” says Shen. “It is about who we’re getting it from, not just the label. Most of the time, it is just me and my computer.”

At the same time, there is room for improvement, and this is where the students come in.

“Students are great for ideas and beginning and ending projects,” says Assistant Director Mike Laux.

Indeed, many of the staple sustainability programs—from composting to trayless dining—were student-initiated and student-driven.

“Students themselves must be active in maintaining a level of green that challenges their normal realm of comfort,” says Sally Westcott, Residence Hall Association Vice President of Advocacy and Outreach. “Berkeley makes them challenge themselves, which is truly great about this university.”

Westcott is one of many students involved in the recent trayless campaign, in which Dining Sustainability Education Coordinators (DSECs) and the Residence Hall Assembly teamed up to remove trays from Crossroads. DSEC students performed fieldwork to find that food waste decreased 16%, and RHA members such as Westcott conducted surveys of students to gauge responses. Armed with this information, the students lobbied Cal Dining to remove trays from Crossroads. In addition to suggesting and implementing projects, students can influence Cal Dining through the choices they make at the dining commons.

“We’re a customer service based operation,” says Shen. “We’re not forcing people to eat healthy; we just want to make sure there are options.”

So while meal points may not apply at farmers markets, they need not constrain students from leading a sustainable lifestyle. Students can make decisions themselves with their forks: starting with a salad, choosing turkey over chicken, and remembering to compost and recycle.

Katie Fleeman is a first-year intended History major whose height does not correlate with the amount of milk she drinks.
Making Sense of the Disparities Between Organic and Conventional Foods

Imagine yourself stepping into a magical, fluorescent-lit, four-walled cornucopia and being immersed in the soft ambiance of smooth jazz. As you trudge along the aisles upon aisles of neatly-packaged cookery, your shoes quacking onward, slightly sticking to the tiles, you direct your attention to the gallery of bountiful produce. Greens, yellows, reds, oranges, browns and all the other colors of the vegetarian rainbow are arranged in neat piles, laid before your picking whims. Unusually segregated from the rest of the pack lies a small section labeled “Organic.”

Now here's the kicker, the apples are relatively the same hue of red, the conical bunches of celery aren't grossly disparate in size and the potatoes look like...Potatoes. Perhaps the only observable difference is a little bit of extra ink on the price tag. If you've been saving up for that Juicy Couture handbag or the spiffy mud flaps you've been dying to install on your station wagon, then an exercise in penny pinching is mandatory. You might have only a vague aftertaste of a thought about bagging up a few organic fruits and veggies, after all, green lettuce is green lettuce and yellow corn is yellow corn...Right?

So, why in Julia Child’s name is organic significant? According to the USDA’s National Organic Program's web site, organic production entails “site-specific conditions by integrating cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity.” What's so great about veggies being made differently? When you pick up a tomato from the financially-savorous pile and admire its hardiness and its flawless, blemish-less, brilliant peel, consider the significance of the efforts to make this tomato more eye-appealing. In spite of its appearances, the tomato shaped by conventional agricultural business is primarily focused on marketability over nutrition and taste. An industry-bred tomato might be redder, smoother and rounder than an organic heirloom tomato because Americans seem to quantify these aesthetics as the quintessence of a good tomato.

Roughly 80 percent of tomato varieties have gone extinct from the asteroid of industry which profoundly craters crop biodiversity and taxes heavily on natural resources due to transporting, packaging, fertilizing and pesticide applications. Furthermore, Carlos Petrini, founder of the Slow Food Movement, characterizes the conventional grocery store tomato, in his book Slow Food Nation, as exhibiting a deliciously cardboard piquant. That's not to say that all produce lack flavor and nutrition; veggies and fruits are definitely beneficial to one’s well-being, but the long-term environmental damage is up for debate.

If the possibility of biting into a red papier-mâché sphere still isn’t fazing enough, consider the idiomatic “You are what you eat.” Put that into context with healthcare expenses, something that usually cannot be bargained or scrimped on. Writer, UC Berkeley professor and food activist extraordinaire, Michael Pollan, wrote a piece called “Farmer-in-Chief” directed toward the President-elect (at the time) which posited that “[there] is no coincidence that in the years national spending on health care went from 5 percent to 16 percent of national income, spending on food has fallen by a comparable amount -- from 18 percent of household income to less than 10 percent.”

Imagine having to shell out expensive trips to the emergency room for nutrition-related diseases, as Pollan iterates, “four of the top 10 killers in America today are chronic diseases linked to diet: heart disease, stroke, Type 2 diabetes and cancer.” This is especially true of poverty-stricken Americans that may not have access to information about organic foods or the means to purchase them. This glaring correlation between cheap food and expensive healthcare clearly offsets the small cost of purchasing more nutrient-enriched, chemically-reduced foods. It is more than being environmentally conscious; rather, it is prolonging the quality of life itself. I’m not saying that you can’t pick up a burger and fries now and then, but the price of food should not be the deal breaker in deciding what to purchase.

When cheap, poor quality produce and meats in the grocery store start fattening up our children and tempt adults for their price-club value, one can’t help but think there’s a witch in the gingerbread confectionery house.

If you’ve been reading up to this point, then that is a very good sign. You might be thinking to yourself, as one UC Berkeley student eloquently put, “I can see why organic food could be better for me, but it seems so much harder and more expensive to acquire real organic foods.” My answer would be that organic foods need not be overpriced or inaccessible.

There are many avenues to purchasing your organic goods other than the grocery store. You may purchase organic foods in Berkeley farmers markets and community-supported produce stands. There are federal implements to aid those who absolutely cannot afford organic foods through the Women, Infants, and Children (WIC) farmers market nutrition programs. The program provides pregnant, breast-feeding and postpartum women and children below the age of five with coupons to receive organic foods and food education at no cost. A similar program has also been established for low-income senior citizens.

It’s about time in this unusual economic climate to reexamine your spending budget and perhaps make an investment for your future financial and dietary well-being...So when you step out of the grocery store, you can soak in the California sun and breathe in the fresh air, instead of keeling over, clutching your heart, soaked in sweat and heaving rapidly...Or maybe not. But it pays to be a little bit more health-conscious and to be aware of and safeguard the world we live in.

Savio Chan is a third-year Psychology student trying to understand the phrase “all-natural artificial flavoring.”
Pizza: continued from page 9

“Community is important to our business and better for society. Most of our customers are regulars. We try to keep the money in the community, keeping it strong. That’s a good business model.”

Although customers buy food in a quick, efficient process, they can enjoy eating it in a slow food experience. On Saturday afternoons, one can expect jazz musicians showcasing their talent, providing an amiable, relaxing atmosphere for the locals to greet each other and share in contagious laughter. Above all, it is always the taste that brings people back.

“My home page is Cheeseboard’s web site. I plan my weeks around the different pizza flavors. I’ve become a pizza snob, because I expect so much from them. It’s become a lifestyle for me,” says Tyler Stowe, a fourth-year who is currently taking the Organic Gardening Decal.

These pizzerias provide a sustainable alternative to the pizza we usually eat, and it does not stop there. They are each involved in uplifting community life, making sure each person, including young students, can get hands-on experience with sustainable cooking practices.

Pizzaiolo often holds community events at its restaurant, such as fund-raisers to send low-income students to cooking schools that promote healthier lifestyles. Gioia Pizzeria supports classroom activities held at Martin Luther King Jr. Middle School, home of the famous Edible Schoolyard founded by Alice Waters and the Chez Panisse Foundation.

“The Edible Schoolyard started a pizza-making class. They came by to our store for a field trip. Will [Gioia] and I showed them around the store and taught them about the ingredients and dough. It’s always a lot of fun to get students interested in something we love and value,” says Kinsey.

Geoff Palla, a garden teacher at the Edible Schoolyard, started the pizza-making class because of one simple fact—kids love pizza.

“We teach students how to create dough and assemble toppings with ingredients from the garden—that way pizza is a vehicle for eating healthy vegetables. Everything tastes a lot better smothered in sauce and cheese. We’re also going to have pepperoni from a local butcher. We always use high quality ingredients. We then use the brick oven in the garden to cook the pizzas. The field trip to Gioia Pizzeria allowed students to learn professional ways of creating pizza while eating a slice themselves. We used that knowledge to make our own,” says Palla.

But it is more than just making and eating good food, it is about making a positive impact on the students’ lives.

“The students have a lot of fun making the pizzas. Some of the students took the dough home to share with their families. We hope that the students will continue to make and eat good, healthy food as alternatives to less fruitful activities like video gaming. It opens a lot of possibilities for their futures as well,” says Palla.

These pizzerias have more on their agenda than just providing good food—they want to change the way we think about the food we eat. Whoever knew that eating a slice of pizza would be supporting a movement for food sustainability and community enhancement?

Next time I sit down with a box of pizza from any of these pizzerias, I will have to think about all the time and care the cooks and Mother Earth put into creating this little masterpiece. Perhaps I’m being a little too romantic, in both senses of the word, but knowing the origins of these pizzas does indeed keep my heart longing for more.

Hana Joe is a lover of art, literature, and cats. She loves volunteering at the Edible Schoolyard and yelping (follow her: www.hellojoeyful.yelp.com).

King of the Hive: continued from page 10

ances for this process. Khaled points to all of these as factors behind the disappearance of bees, known as Colony Collapse Disorder.

Alternatively, consumers can look to purchase honey that is produced by independent local apiarists, the technical term for beekeeper. Honey that has been produced locally does not have to be transported a great distance and supports farmers who engage in conscientious beekeeping practices.

Happily, there are plenty of such small-scale apiarists that ply their trade in the Bay Area. For the foreseeable future, this Cal student will be supporting the efforts of Khaled Almaghafi’s Bee Healthy Honey. With a main store on Telegraph Avenue, Khaled and his associates can be found selling their honey in several farmers markets and at The Local on campus. Additionally, his honey is available at several grocery stories including Berkeley Bowl. The majority of Khaled’s honey comes from hives around the East Bay. His honey is additive free and is never pasteurized. Sustainability never tasted so sweet!

Will Dean is a Canadian fourth-year English Major who is still impressed by a climate that supports citrus trees after four years.

Sources: Whfoods.org; Seattlepi.com/local/397445_honey26.htmlFood Miles: continued from page 16

made. Once armed with that information, it is easy for one to decide which items to buy. Will the strawberries from California or Chile have fewer food miles? That’s a tough one— I might have to think about it for a bit.

Purchasing low-mileage produce was made even easier when I stumbled across The Local one day on Sproul Plaza (for more about The Local, see page 13). Mickey Davis, a student who has worked at The Local since Fall 2008, says that most of the food sold there comes from within a 50 mile radius of Berkeley. Buying from The Local is not only a good way to save money, but also a good way to decrease food miles.

My food miles research had provided all the answers I wanted except one: How many miles had my breakfast traveled to get to Berkeley? Using the labels on my food and Google Earth, I was able to roughly estimate that my breakfast had traveled at least 19,300 miles. This is a high number, but even the average meal travels 1,500 miles. Assuming I eat three meals a day, that adds up to 1,642,500 miles per year—enough to go around the world at the equator 66 times. Buying food from within 100 miles of Berkeley will take you around the equator about six times per year. Personally, I would rather eat local and save the exotic travels for myself— not for my food.

Katie Mascovich is a junior transfer student majoring in Conservation and Resource Studies. Her focus is on wildlife conservation and environmental policy. She loves to travel and has a soft spot for sea turtles.


Banished from Bread: continued from page 14

gotten unhealthier. The real health food is silently sitting on the sideline.

For more information I would recommend reading Michael Pollan’s Food Rules and In Defense of Food.

To get in touch with Simla Somturk Wickless: Enjoydelicioushealth. com

Tess is a graduate student in the Earth and Planetary Science department. When she isn’t busy studying Venus and Mars, she wants to help other people find health through food, so if you have any questions email her at tessm@berkeley.edu.
Suspended in the 6,247 mile stretch of ocean that separates San Francisco from Tokyo swirls the Great Pacific Garbage Patch. It is speckled with trillions of dime-sized bits of plastic—the remnants of DVD cases, Styrofoam cups, grocery bags and fishing nets that have been swept into a gyre at least the size of Alaska. In the world of thrills-to-go, the phenomenon is a clear indication that our throw-away culture is not even a float-away culture. And given that an estimated 35 percent of all plastic waste is comprised of food packaging, many cast a menacing finger at the food packaging industry, which over the past several decades has soared to become the $100 billion juggernaut of the globalized food system.

“But does the industry create or merely feed our insatiable appetite for things as convenient and frivolous as Go-Gurt? The case against food packagers is a hard one to shake. It is an industry that thrives on research showing consumers prefer unnaturally shiny apples to organically matte apples, and it makes decisions accordingly. One popular grocery store chain goes so far as to repackage every food item it supplies so that each can of pinto beans and frozen pack of ravioli bears its brand name and aesthetic (the original packaging is quietly discarded).

In its defense, many within the industry maintain that most packaging is designed simply to keep food fresh. The Cucumbers Growers’ Association, for one, is quick to point out that just 1.5 grams of plastic packaging can extend a cucumber’s shelf life of three days to two whole weeks. This simple form of innovation allows one to ship food farther, store food longer, and enjoy the miracle of a tomato in February. It is also the backbone of a system in which produce typically travels an absurd distance within the United States to get from farm to fork—on average of 1,700 miles, according to the National Sustainable Agriculture Information Service.

Many are well-aware that eating locally can curb the environmental costs of fuel and plastic packaging, but the trend has received a reputation for building morale while ripping wallets to shreds. How can a college student reconcile eating responsibly with eating on a budget?

Meet Matt Senate. He’s a fourth-year student who, like many of his peers at UC Berkeley, has championed the art of avoiding food packaging. Senate is a member of the Berkeley Student Cooperative, an organization of roughly 1,300 students who pool their resources to purchase food in bulk. “Buying five-pound boxes of milk is just more efficient than buying it in individual cartons,” Matt explains. He carries the burden with pride: Neatly stored in his backpack are metal utensils, a coffee mug, a water bottle, a large yogurt container to hold his lunch, and scraps of aluminum foil—clean but crumpled from wrapping so many bites to go. “In an age where irreparable human impact on the earth’s delicate ecosystem is real and measurable, it is imperative to redouble efforts to reduce and reuse waste,” Senate says.

Beef: continued from page 8

and make people less susceptible to depression. Grass-fed beef also contains higher levels of Vitamin E, Beta-Carotene and CLA, another good fat also known to lower the risk of cancer, than industrial beef. For example, a t-bone steak of industrial corn-fed beef has around 9 grams of saturated fat while one of grass-fed beef only has 1.3 grams. The best part is, grass-fed beef still tastes great.

Industrial beef degrades the environment, depletes valuable resources, compromises the safety of the public, is unethical, and produces a type of beef that is extremely unhealthy for us to eat. The remedy to this crisis of industrial beef is local grass-fed beef. Yes, grass-fed beef does appear more expensive than CAFO beef, but one must take into account the farm subsidies that allow industrial beef to be cheap as well as the ecological cost and long-term medical costs associated with unhealthy industrial beef. So when you are that next summer barbecue, what is going to be on your grill?

Nick Duffy is a freshman who plans on majoring in Conservation and Renewable Studies. He is from Davis, California and hopes to work in the field of ecology in the future. He is very interested in food, how it is produced, and how to eat more sustainably.

Sources: “King Corn” (2007); “Food Inc.” (2009); Eric Schlosser; Fast Food Nation; “Harvesting the Power of the Sun” (video), Think.tv/m.tv/054DFPFFFF098A1320017009BF75C; Marinusafarms.com; Sierra Club, Michigan Chapter, Sierraclub.org/Issues/greattakes/articles/casofacts.html; Llanoeseco.com; Cauchico.edu/agr/grsfbdef; Pbs.org/wgbh/pages/frontline/shows/meat/safe/know.html