

INDUSTRIES

Take the Gas and Chemicals Out of Our Food



Heidi Marion and her daughter, Fionnuala Marion, of Wild Blue Yonder Farms, are advocates of organic farming in the Yukon.

Coining the word "green", carries so many new inferences. It doesn't just mean having a greener lawn or growing plants on the patio or around the deck.

Going green is now considered a lifestyle choice and an environmental statement beyond what is just grown in our yard.

I think green is just the tip of the iceberg when it comes to real food. My thoughts for this column have always been about organic, natural, wholesome, local, sustainable, good food.

The biggest complaint/excuse I ever hear from people when asked why they don't buy local is that it just costs too much and it's never



Real Food

with Tom Rudge

available when they want it.

I tend to get defensive when people complain about locally grown food. Tethetwothingstogetheranditperfectly describes what is wrong with our lifestyle: Western soci-



ety is driven by corporate interests. We might be deluded into thinking we are making our own choices but, realistically, corporate profits drive our lives. Whether advertising is

Here we go... In the world today, the top half dozen seed suppliers control over 75 per cent of the vegetable seeds known.

With the recent unopposed takeover of the American seed giant Delta and Pine Land, Monsanto is now the number one



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seed supplier in the world. If the profits aren't there, the seed is on the shelf and we will eat what they decide.

More likely we will eat what we've seen from their advertising campaign. Monsanto also happens to be the top supplier of insecticides

and pesticides (nice relationship). Entering into the box stores, we're deluged with food from around the world and we believe we have this infinite freedom of choice but, in reality, it is under tight boardroom control.

Food is not a right in North America, it is a commodity to be sold to the highest bidder so production costs must be minimized. By minimizing food costs the food producer, more commonly known as the farmer, is now the lowest paid link in the chain. For a dollar of food sold at the store, the farmer is paid less than five cents. Imagine what the hired labour is paid.

The more you Google into the food system in North America the more depressed you will become. Consumers have very little control over the food system. We've been

It means making the decision to talk to our farmer, growing our own food or asking the grocer to find in-season crops grown closer to home. Next time someone tells you that local is too expensive and the choice is



limited, ask them what the real cost of food is. The real cost is not what is advertised on the shelf. The real cost is what the labourers are not being paid, the real cost is the environmental disasters occurring with the increased use of pesticides, insecticides and chemical fertilizers. The real cost is the pollution from shipping food thousands of miles so we can eat totally out-of-season crops because the corporations can make larger profits. Real food is local. When you shop, shop the edges of the store, not the processed aisles.

Shop in season and make a difference. That's what green means. Talk to me about real food.

Tom Rudge farms with his wife, Simone, and children, Claire and Graham, at Aurora Mountain Farm, one of several certified organic farms in the Yukon.

lead to rely on heavily processed food, none of which was developed for our health or the farmers' well being.

This is all about profit. Here in the Yukon, green can mean making an informed choice about our food.

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