

🌸 Organic Ideas 🌸: 10 Things You Can Do To Get Started

1. Visit a farmer's market. There are many farmers' markets in the area. I have not been to all of them, but my favorite is held every Friday at Valco Shopping Center in Cupertino.
2. Visit a farm. There are still farms in the area. The most famous is located in Los Altos and is called Hidden Villa. There are many farms in our area.
3. Try an organic breakfast cereal. Even Costco carries "organic" cereal. Trader Joe's and Whole Foods carries a much better selection. Some brands that are the best are: Barbara's, Healthy Valley, Nature's Path, Kashi, Perky's, Shredded wheat with bran, All Bran, Erwhon, New Morning, Uncle Sam's cereal, Bob's Red Mill.
4. Read labels. If the list is too long or includes things you can not pronounce or do not know what they are, put it back on the selves. The later the expiration day means that the more chemicals it contains to preserve it.
5. Clean out your cupboard and get rid of anything that contains: hydrogenated vegetable oils, vegetable shortening or partially hydrogenated oil. They can be found in frozen foods, baked goods, canned foods, crackers and salad dressings. If you feel bad about throwing this food out, you can donate it to a food bank. Personally, I would not feed this food to an animal because of the damage it causes.
6. Try Organic laundry detergent. Seventh Generation as well as other brands, are reasonably priced and last a long time because you need less. They are supper concentrated. While you're at it, toss oxygen bleach into your cart. Non organic laundry detergents are petroleum based and, " If every household in the U.S. replaced just one bottle of 18 load petroleum based powder laundry detergent with our (Seventh Generation) vegetable based product, we could save 93,200 barrels of oil, enough to heat and cool, 5,300 U.S. homes for a year!" (*Seventh Generation*)
7. Try an organic chocolate bar and taste the difference! Cacao, where chocolate comes from is the richest sources of magnesium. Magnesium is a vital nutrient that most Americans are deficient in and is used in over 300 enzymatic reactions in the body, particularly in energy production and we all could use more of that.(Michael Murray, N.D. *The Encyclopedia of Nutritional Supplementation*). In addition, chocolate is filled with anti-oxidants that are powerful against the development of cancer. The darker the chocolate the better and the less the sugar content the better. If you don't like chocolate, try your favorite thing in an organic version. Just watch out for vanilla extract, because alcohol is used.
8. Got milk? Real milk? Try raw milk. For the first week only take one ounce at a time. Raw milk is clean milk. The reason we pasteurize milk is because of the filthy condition dairy farmer's keep their cows in. As a result the milk contains fecal matter, pathogens and is a venerable cesspool. In 1929, J. E. Crewe, M.D, co founder of the world renowned MAYO clinic, wrote an article supporting the use of raw milk as a

cure and the MAYO clinic embraced its use. (Ron Schmid, ND *The Untold Story of Milk*, 78-70).

9. Buy organic halal meat. The more you support the Muslim businesses that carry organic foods, the more they will carry. Most and I mean 85% of the items available at halal markets are not fit for human consumption. Halal Market on Saratoga in Santa Clara carries organic meat. I would love to see our local halal markets carry grass feed beef and beyond organic chicken. Grass feed beef (what Allah subhantallah meant cow's to eat) has more omega 3 than fish. (Sally Fallon, *Nourishing Traditions*) Halal grass feed beef is available from a company based in New York state and from one based in North Carolina. If we buy, they will supply.

10. Go outside. We can not connect to what we do not know. Nature is foreign to us and often times scary. Yet, we are part of Creation and Allah tells us in the Quran to think and reflect on how the night follows the day, He swears by the stars and mentions the blessings of the cows and the bees. We have lost so much of ourselves by neglecting the "natural intelligence" and more importantly we have denied it to our children. I remember Layalto Qadar (The Night of Power) in my house in the countryside where the cows, horses, roosters and dogs worshiped their Lord with such force. And how the sun spread across the horizon and bathed the earth in pinkish, golden light. And all was clear, all was pure, because I saw it, felt it and knew it. Offer such experiences to yourself and to your children. This is what being organic means. It means feeling Creation in your bones and running through your veins and truly being nourished.

Resources:

<http://www.localvores.org/>

[www.wisefoodways](http://www.wisefoodways.com)

<http://www.westonaprice.org/index.html>

www.womenshealingcircle.org

<http://www.ucsusa.org/>

<http://www.ucsusa.org/>