

FEBRUARY/MARCH 2017



# CORNERSTONE CHRONICLE

Newsletter from Cornerstone Edibles

## EPA EXISTENCE IS ON THE LINE ... read all about it! **YOUR ACTION IS NEEDED!!**

The Environmental Protection Agency's existence is on the line. Send your Representative and Senators a message to defend the EPA.

The signs are clear: On Friday, Congress introduced a bill to "terminate" the EPA<sup>1</sup>, Trump has signed an executive order requiring

that for every one new Federal regulation, two must be revoked<sup>2</sup>, and he banned EPA employees from "providing updates on social media or to reporters."<sup>3</sup>

On top of that, people with close ties to Big Oil and Dirty Coal are being put into high level positions at every turn -- the vote for big polluters' favorite lawyer, Scott Pruitt, as EPA Administrator is on the horizon this week or next. And leaked Trump Administration documents<sup>4</sup> show their plans to destroy the EPA.

This bill is just the next step to fulfill Trump's campaign promise to "eliminate" the EPA.

This ends now. Send Congress a message that you oppose any attempt to eliminate the EPA or hurt their ability to protect our environment.

If the EPA were to be eliminated, chaos would ensue. Polluters would be unchecked, and even programs that are popular in red states, like Superfund cleanups, would go away.

Our air and water would be largely unprotected, and more disasters like the Flint water crisis would undoubtedly follow. Polluters would have a field day, and climate change would continue unabated.



**Send your Representatives and Senators a message to defend the EPA today!**

## RECIPE OF THE MONTH: ABC SLAW

### Ingredients:

- 1 granny smith apple-cored, cut into cubes
- 2 carrots- washed & diced
- 1 head bok choy- rinse, pat dry and chop fine
- 1 pkg ramon noodle with seasoning (chicken)
- 2 Tbsp lemon juice/zest
- 1 tsp ginger- fresh, chopped fine
- 2 tsp olive oil

Coat bok choy with salt and pepper. Mix bok choy with apples, carrots, lemon juice & zest, oil, ginger, spices in large bowl. Just before serving add ramon noodle for crunch factor.

Serve immediately or put in refrigerator for 15 min to give time for all flavors to blend together.



## INSIDE THIS ISSUE

Major Milestone Reached 2  
in Conservancy

Free Oxygen 2  
Everywhere

Everglades Restoration 2  
Puzzle

Blue Zone Project has 3  
come to Cornerstone

TAKE THE BLUE ZONE 4  
SURVEY

Gardening Connects Us 4  
To The Earth

What Vegetables to Use 4  
When Fermenting

### UPCOMING EVENTS:

#### \* FARM TO TABLE POTLUCK

Sat. March 18 at 5:30pm

Bring a friend, a meal to share for a great time building community with the locals. Come at 4:00pm for a tour.

#### \* LEARN HOW TO MAKE FERMENTS:

##### KIMCHI /WATER KEFIR SODA

If interested call Jan Etzel 269 7341

#### \* STRAWBERRY FESTIVAL

will be Fri March 3-5 . Come by our booth to purchase strawberry & raspberry jam, carambola glaze, pesto, etched glass votives, herb soaps, and live demo on making the house special ABC SLAW.



I am very pleased to share with you a major milestone has been reached in the Conservancy’s three-year effort to protect our water resources from expanded forms of oil and gas exploration in Florida.

This morning in Tallahassee, Senator Dana Young, a Republican from the Tampa area, introduced Senate Bill 442 proposing to ban all forms of enhanced well stimulation techniques, including fracking, in Florida. This bill is co-sponsored by both Republican and Democratic Senators. In addition, a companion bill has been filed in the House by Republican Representative Mike Miller. This represents the first time in the State of Florida that bi-partisan support has been realized for this very important environmental issue.

As recent independent reports outline, Florida is already facing fresh water resource constraints as the population continues to grow, with almost 1,000 people a day moving to our State. The use of millions of gallons of our fresh drinking water for an industrial activity that benefits a very few, at the potential risk of a vital public resource, is clearly not in the best interest of the majority of our State’s citizens.

We applaud the political leadership of Senator Young and Representative Miller and their colleagues who have committed to advancing these bills in this year’s legislative session for the good of all Floridians.

Your continued support and involvement on this issue is essential. Please stay tuned to learn ways you can support the movement of this bill through critical decision-points by monitoring our e-communications and social media alerts.

Thank you for your continued support.

Rob Moher

Conservancy of Southwest Florida

### FREE OXYGEN (EVERYWHERE)

submitted by Jane G. Poole

Only From Trees!

Mature Pines can take 100+ years to grow and support much life, including the air we breathe. Not to mention cool shade from hot FL sun. This is Pine and Cypress land. Cypress can grow 1000 years and help prevent flooding. Most palms, except Sable, are foreign. Oaks are typically further North and not as useful to local birds.



*“Mature Pines & Cypress can take 100+ years to grow and support much life, including the air we breathe.”*

Mature trees are a gift—Stop chopping them. It worsens air quality and pollution.

There are county codes to follow when “clearing” your lot and you are responsible to follow them.

## THE EVERGLADES RESTORATION PUZZLE and POLLUTED WATER

It is with great enthusiasm I reach out to you again this week with good news from the Florida legislature. We now have a clear path to help solve the Everglades restoration puzzle and stop the ripple effect of polluted water.

Senator Rob Bradley (R) filed a bill (SB10) outlining a plan to buy 60,000 acres of land south of Lake Okeechobee and initiate planning of the Everglades Agricultural Area (EAA) Reservoir Project. This bill outlines the steps and funding needed for the plan that Senate President Joe Negron first proposed

amid toxic algae blooms last summer.

The Conservancy of Southwest Florida thanks Senators Negron and Bradley for advancing this timely legislation to help protect our estuaries from harmful discharges, and to restore clean freshwater to the Everglades and Florida Bay.

These lands located in the EAA are a critical missing piece of the Everglades restoration puzzle. The Conservancy has long advocated for a multi-pronged approach to addressing the source of our water problems, which has had a

negative ripple effect on our economy, environment, wildlife and overall quality of life

***I encourage you to visit our website to learn more about SB10 and what you can do right now to help show support for this important legislation.***

Sincerely,

Rob Moher

President and CEO

Conservancy of Southwest Florida

# Q&A: BLUE ZONE PROJECT HAS COME TO CORNERSTONE UMC

## WHAT IS BLUE ZONE?

The purpose of the Blue Zones Project is to encourage other cities and regions in America to adopt a lifestyle principles of these exceptionally healthy zones to bring transformation in other areas so that people can live longer and better lives.

Southwest Florida is one of only a handful of regions in America where the Blue Zones Project is seeking to bring about change for improved health. The Blue Zones Project is always **FREE OF CHARGE TO THE PEOPLE IN A REGION**, as a corporate sponsor pays for the entire project. Our NCH (Naples Community Hospital) is the generous sponsor for Southwest Florida.

The Blue Zones Project relies on churches and other religious organizations in cities to help improve community well-being by bringing individuals together to support them in their journey to better health and longevity.

## WHAT ARE THE BENEFITS OF PARTICIPATING IN THE BLUE ZONE PROJECT?

There are several personal benefits of participating and making the Personal Blue Zone Project Better Health Commitment.

- \* Improve health and well being
- \* Living a longer and happier life
- \* Having a sense of purpose and significance
- \* Better family communication and connectedness
- \* Closer relationships with others on the journey
- \* Support from the Blue Zone Team in my church and from others on the journey
- \* Access to free Blue Zones Project resources and events
- \* Being a better steward of God's gift to you (your body)



**PLEASE TAKE A FEW MOMENTS TO COMPLETE THE BZP PERSONAL CHECKLIST.** Choose at least 5 of these suggestions for better health and happiness that you will begin with in the next 6 months.

\_\_\_ Keep a comfortable pair of walking shoes or a bike in plain sight to encourage me to move naturally daily.

\_\_\_ Participate regularly in a move naturally group—walking, biking, dancing.

\_\_\_ Stock my cabinets with 10-inch dinner plates and use them to decrease the amount of food I consume.

\_\_\_ Practice the 80% rule at meals. Stop eating when I feel 80% full.

\_\_\_ Attend a plant-based cooking class to increase the amount of vegetables and fruits I eat.

\_\_\_ Display a bowl of fresh fruits in a highly visible place in my house and remove less healthy snacks.

\_\_\_ Participate in a BZP Purpose Workshop as individuals who live with a sense of purpose Live Longer Better.

\_\_\_ Serve in a volunteer capacity in an organization that focuses on fulfilling my purpose and helping others.

\_\_\_ Remove (or turn off) TV's computers, ipads and cell phones from the dining area in my home.

\_\_\_ Designate a space in my home for quiet time, prayer and meditation and use it regularly.

\_\_\_ Attend religious services at my church at least 3-4 times a month.

\_\_\_ Participate in a weekly small group for building relationships and spiritual growth.

\_\_\_ Schedule a weekly social time with friends and/or neighbors to relax and reduce stress.

\_\_\_ Have a family time where the family just talks and enjoys each other at least weekly without TV or entertainment.

LET ME KNOW HOW YOU DID ON SURVEY.....



## PRACTICAL STEP WE CAN ALL TAKE AS WE MOVE ABOUT OUR COMMUNITY: BIKE RIDE

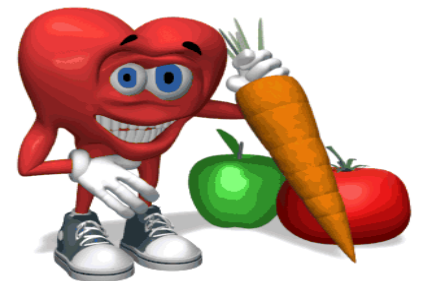
**WHY DO IT?** Bike racks give citizens and members who commute via bicycle the feeling of security that their bike will be protected. Lack of secure parking is one of the top three reasons that people don't bike to their destination. Bike racks send the message that cycling is welcomed by the organization. It is a great way to encourage natural movement into our daily lives.

## HOW DO I GET INVOLVED?

We have begun to meet on a monthly basis for an hour. The location is in Church office 8200 Immokalee Road next to Gulf Coast High School. If you are interested in attending or have some input please contact me Jan Etzel 269 7341.

### 1 Corinthians 3:16-17

*“Do you not know that you are God’s temple and that God’s Spirit dwells in you? If anyone destroys God’s temple, God will destroy him. For God’s temple is holy, and you are that temple.”*



## CORNERSTONE EDIBLES

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[www.localharvest.com](http://www.localharvest.com)  
[youtube.com cornerstone edibles](https://www.youtube.com/c/cornerstoneedibles)

COME, TASTE and SEE  
WHAT IS GROWING IN  
YOUR NEIGHBORHOOD!



## GARDENING CONNECTS US TO THE EARTH IN SPECIAL WAYS

Written and submitted by: Jane C Poole

You haven't really tasted food until you've gotten some dirt under your fingernails and grown some yourself. Not only are the flavors more pronounced, but you can taste the success of your effort.

Gardening connects us to the earth in special ways. Rich, moist soil reminds us that there are rewards for getting our hands dirty, like continued mobility that comes with physical labor.

Seedlings teach us patience, nurturing, anticipation & growth. Watering teaches us to invest our time wisely, and harvest that we reap what we sow.

Insects & pollinators teach tolerance & remind us that we share this earth and its bounty with all God's creatures, many small, overlooked and misunderstood, yet mighty in their own ways.

Gardening reminds us that we are just part of the food chain circle, not the top of some pyramid, and if we take for granted, neglect & abuse, instead of cultivate our food sources, then our health suffers as well.

**LET US KNOW YOUR THOUGHTS ON WHAT YOU HAVE LEARNED,  
EXPERIENCED, AND STUDIED WHEN CONNECTING TO THE EARTH  
WHERE YOU LIVE.**

## EXPERIMENTING WITH FERMENTING/ WHAT ORGANIC VEGGIES TO USE

ARUGULA: salad, pesto, kimchi

BASIL: pesto, pastes

GREEN BEANS: pickle

BEETS: kraut, kvass, curtido rojo, curried, pickled

BROCCOLI: NO FERMENT

BRUSSEL SPROUTS: pickle, kraut

BURDOCK: sauerkraut, kimchi, salad

CABBAGE: kraut, kimchi, sauerkraut

CARROTS: kimchi, pickle, salad

CAULIFLOWER: NO FERMENT

CELERIAC: soups, salad, roasted

CELERY: stuffing, salad, soup

CHARD: NO FERMENTING

CILANTRO: pickle, salsa, soup, salad

COLLARD GREEN: NO FERMENT

CUCUMBER: pickle, relish, kraut

EGGPLANT: pickle, soups

ESCAROLE: salad, soup, kimchi, kraut

FENNEL: chutney, kraut, pickle

GALANGAL: kimchi

GARLIC: paste, pickled, paste, kimchi

HORSERADISH: condiment, kraut

JICAMA: pickle

KALE: NO FERMENT

KOHLRABI: kraut

LEEKS: kimchi, paste, kraut

MUSHROOMS: pickle

MUSTARD GREENS: NO FERMENT

OKRA: pickle, curried, soup

ONIONS: kimchi, sauerkraut, pickle, relish, chutney, salad, soup

PAK CHOI/BOK CHOI: kimchi

PARSLEY: chimichurri, condiment, kraut, relish, pickle, paste

PARSNIPS: kimchi, pickle, kraut

PEAS: relish, chutney, salsa, salad

PEPPERS: pastes, salsa, pickle, kraut kimchi, soup, salad

RADICCHIO: kraut, salad

RADISHES: kimchi, pickle, sauerkraut

RAPINI: kimchi

RUTABAGA: kraut

SHISO: kraut

TOMATO: soups, salad, salsa

TURNIPS: soups, kimchi

