

Howdy,  
Wanting to get away from anthrax hysteria I went to hear a talk given by Kevin Danaher (Medea Benjamin's husband and co-founder of Global Exchange) and David Korten who wrote, "When corporations rule the world". For the most part most of what they covered, you've heard in this newsletter over the years. It was good to be reminded of all the fronts that those of us who want a positive future have been making progress. Of course everything we've done is jeopardized now with the new illegal concentration of power bordering on Fascism. Not just in the US, but the continuing specter of global corporate control of much of the world. Some of the stuff they talked about was truly hair-raising about just what is happening around the world while we Americans remain awash in our grief and fear from September 11th. Much of the discussion concerned social justice, amazing protests, awful massacres, successful movements, the instant outpouring of peace demonstrators everywhere, the globalization of the new trade union movement, and lots of both positive and negative things we never hear about in our press.

The most harrowing I think was the discussion which I've heard other places about the Antarctic Ice Shelf. Now the Antarctic is different than the Arctic. There isn't any land in the Arctic. The Arctic ice cap is nothing more than floating ice. This year of course the ice at the North Pole itself melted through and there was literally a little sea at the pole. Remember now, Bush says that global warming is just a theory. Now Kevin didn't get into the full implications of this eco-catastrophe because, as he said, he didn't want to paralyze people. Permit me to expand somewhat on what he skirted.

In light of the melting at the North Pole, the South Pole dynamics are quite an ominous and different kettle of fish. Antarctica is a continent. Sure, there has been a bunch of floating sea ice there but the real deal there is the Ice Shelf, which rests on the solid rocky ground of the continent. Recently most of the sea ice around the continent has melted and floated away! Without this sea ice to hold back the Antarctic Glaciers, the glaciers have truly become rivers of ice moving very rapidly down to the ocean. Glaciers that moved mere feet per year are moving thousands of feet per year now. They dump some huge quantities of gigantic icebergs into the ocean. Awesome. And at the same time, very small potatoes.

The big event that's got the ecologists and geologists losing sleep over is the early signs that, without the restraining action of the ocean ice and the warming of the waters, that there is a real potential for the Ice Sheet, to dislodge itself. Doesn't sound like a big deal. A bit of old ice sliding off the rocky continent and splashing into the ocean. We've been hearing about ice chunks the size of Rhode Island breaking

loose from Antarctica and heading north for years. So far we've been lucky with those big icebergs which could do way intense damage if they went aground up north somewhere. But that's only sea ice breaking away.

If the Antarctic Ice Sheet decides to slide off the continent like a smaller ice sheet sliding off a New England roof in spring, we will truly see, in real time what global warming really means. You see this ice sheet is up to 4000 feet thick and covers an area the size of Brazil. In Antarctica everything is really big.

If this Ice Sheet dives off the continent and into the ocean there will be a Tidal Wave that will reach all the way to the Arctic. Virtually every shoreline will be scoured. How big will it be? No one really can say but some of the estimates make the big wave in the Perfect Storm look like a ripple on a pond. What really matters after the Tidal wave though is where the shoreline will be. Try to imagine what the world would look like if the oceans permanently raised themselves TWELVE FEET all at once.

We have already been talking about losing whole island nations if the ocean just goes up a conservative 2-3 feet from moderate warming.

Locally, think about the ocean pouring up the Sacramento River, inundating Sacramento and flooding the Central Valley where a sizeable portion of the food for the ENTIRE PLANET comes from. Foster City would become an underwater reef with house wreckage and roofs floating off buildings into the bay. Vallejo, San Pablo, Redwood City, Menlo Park, Palo Alto, most of the mid peninsula flatlands, San Leandro, Oakland, San Jose all largely destroyed. The Mission district in San Francisco would become a shallow bay lapping at a new shoreline in Dolores Park. No more South of Market or Downtown San Francisco either. Our drop off near the ocean in San Francisco would be under water and we might lose the last ten blocks of the Sunset District. San Francisco's Bayview would simply become Bay and Visitacion Valley would not be a place to visit without a boat.

Ninety percent of the world's population lives near a shoreline. Something like 70 percent of the world's population lives very close to the shoreline and most of these folks would likely be directly impacted by the first tidal wave.

Has this happened before? The geologists say that they have pretty damn good evidence that in past warm spells it has happened perhaps a few times.

Kind of brings the issue of global warming into focus doesn't it. It makes the battle over Mideast oil something like two bald men fighting over a comb. Neither of them can use the damned thing. If we succeed in securing and developing the oil field on the other side of Afghanistan so what? Is it conceivable that anyone would favor burning the stuff and risking destruction of the entire world just because you can make a profit selling the stuff? I say we need to stop fighting over oil now since we really need to admit we can't actually use it. It's just like nuclear weapons in its own way, what good

is having them if using them ends the game for everyone. Forty Billion dollars would have built a huge number of alcohol fuel plants all over America generating MILLIONS of permanent jobs as studied by the Office of Technical Assessment back in the 80's. With all that bio-fuel for our cars we'd have a thriving rural economy, a major manufacturing sector and all the trades to service it, no unemployment, and our balance of trade payments would shrink to a tiny number while the government would have surplus and no high interest loans to pay. We wouldn't need a military presence in the mid east saving another few hundred billion over the next couple of decades. The answers are often this easy. Well I bet I took your mind off this stupid Anthrax hysteria for a few minutes. By the way, the mainstream media has failed to report that right-wing anti-abortion terrorists have sent over 100 anthrax letters to clinics and doctors over the last few years. In fact anti-abortion terrorists have struck over 2400 times in the last couple of decades with bombs, fire, shootings, and a wide range of tactics which scarcely cause the FBI to twitch an eyebrow. Makes you wonder who hired these guys to pull off this current little flurry culminating today with the President saying today "I don't have Anthrax"

The Food

Genovese Basil: Make your winter pesto now and the next couple of weeks. Basil won't go on much longer.

Mizuna: I know you've had a lot of this stuff. More variety of greens will be coming your way next week.

Lettuce: A second cutting from our Pescadero patch. New lettuce is sizing up for a cutting in a couple of weeks.

Bell Peppers: These plants have been great.

Summer squash: The squash is almost petered out.

Tomatoes: Green and Pinkish tomatoes. The hot weather has ripened a few up but we gave you green ones too. Put them on your counter to ripen up. Next week we'll give you green tomato recipes.

Turnips: The last harvest of turnips for the year.

Purple Scallions: These are so colorful in salads.

Lettuce type Nappa Cabbage: This type tastes just like the hard headed types but are more flexible to grow.

Red Russian Kale: These red leaves are super nutritious.

#### NAPA OR CHINESE CABBAGE

This Asian cabbage cooks quickly and is milder than European varieties.

Chop the whole cabbage, including the firm white base, into strips of whatever width appeals to you. Heat a few tablespoons of water or rice

vinegar in a wide skillet, add the cabbage, and sprinkle with salt. Cook over medium-high heat, turning the leaves with tongs, until wilted.

Drain, then toss with toasted sesame oil, roasted peanut oil, or butter.

Garnish with chopped cilantro, snipped chives, toasted sesame seeds or

Gomashio. (See below)

#### GOMASHIO

1/3 cup white or black sesame seeds or a mixture

2 tsp. sea salt or kosher salt

Roast the sesame seeds and salt in a heavy skillet over medium

heat until fragrant and light gold, about 3 minutes. Grind them in a

suribachi or a small spice grinder. Leave plenty of texture, it should

not be a powder.

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Gomshio, a Japanese condiment, is delicious over rice and grains, including hot breakfast cereals like oatmeal, cornmeal, or rice cream.

#### MIXED GREENS WITH CUMIN

##### AND PAPRIKA

Mixed green (kale, escarole, mustard greens, broccoli raab, chard, or beets)

Salt

4 large cloves garlic

1/2 cup chopped parsley

1/2 cup chopped cilantro

2 Tbsp. olive oil

2 teaspoons paprika

2 teaspoons ground cumin

For garnish: oil-cured black olives, wedges of lemon and tomato

Discard any inedible parts of the greens, such as kale stems and

tough ribs. Set the leaves in a steamer-the

tougher ones on the bottom,

the most tender on top - and cook until tender.

Chop into pieces about 1

inch square.

Pound the garlic with 1/2 tsp. salt in a mortar until smooth, then work

in the parsley and cilantro and pound them briefly to release their

flavors.

Warm the oil with the paprika and cumin in a wide skillet over medium

heat until they release their fragrances. Don't let them burn. Stir in

the garlic, then add the greens and cook until any

extra moisture has