

# FRUIT GARDENER

California Rare Fruit Growers



See Fruit News Flashes for  
**Skeeter Solutions**  
plus a few gardener gadgets and goodies

**CITRUS LOVER'S PARADISE**  
**Touring Lindcove**  
A PLACE FOR PICKIN' AND GRINNIN'

- ❖ Babaco: *Carica pentagona*
- ❖ How-To: Grafting Avocado Trees
- ❖ Orange County Subtropicals and Tropicals

## FRUIT NEWS FLASHES

### BOOK OF POSSIBLE INTEREST

TIP SUBMITTED BY DAVID KARP

#### Have a Grape Day!

By Francisco Contreras, MD. ISBN 57946-003-8. Interpacific Press, San Diego, 2003; tel. 800-950-6505 or 619-428-0994; 685 Precision Park Lane, Suite L, San Diego, CA 92173

*Discover how grapes have been a source of health for centuries; reduce the risk of heart attacks; can help prevent cancer; protect against Alzheimer's disease; minimize metabolic oxidative stress.*

### SKEETER SEASON ALERT

Did you know that only female mosquitoes bite? Not that this fun fact is likely to comfort you—especially if you're one of those who, for some mysterious reason, are in the "Favored Prey" category of the flying bloodsuckers. If you have ever awakened with numerous itching bumps on your body while your spouse was entirely untouched, you know what the word resentment means. But there are various ways to keep the mosquito plague under control.

#### Skeeter Prevention

- Dump out standing water. As you almost certainly know by now, make sure there are no spring rain puddles anywhere around your house; bird baths, empty planters, buckets, children's pools and old, disposed-of tires are preferred breeding grounds for mosquitoes.
- Attract skeeter eaters. A small, pump-fed pond with larvae-eating goldfish will also attract frogs and dragonflies to your garden; guess what their favorite dinner is. Or put up some bat houses; you can build them yourself or buy them at a birding or garden supply store. A bat house should always be unpainted and unvarnished, with rough inner surfaces. Put it at a height of at least 10 feet (15-20 is better), ideally in a spot that gets a lot of sun during the day. If you think bats are kind of creepy, remember that each one of them can eat more than 3,000 mosquitoes a day—a fact that drastically increases their charms.
- Plant marigolds in your garden. For some reason, mosquitoes don't seem to like the scent of marigolds, so make sure to have some around your favorite sitting area.

#### Skeeter Defense

Mosquito repellants containing DEET are being touted as the best solution to protect yourself outdoors. However, the thought of spraying toxic substances on themselves makes many people uncomfortable. Natural health proponents say that DEET repellants, if used at all, should only be sprayed onto the clothes, never on the skin. And aside from the chemical overkill, there are other, more natural methods to keep mosquitoes at bay.

- Wear loose-fitting, protective clothes. Dark colors attract mosquitoes, so light-

colored, long-sleeved shirts and long pants are the better choice of clothing.

- Try natural repellants. Entomologist Richard Fagerland, the San Francisco Chronicle's "Bugman," swears by catnip oil, which is said to be even more effective than DEET. Catnip oil, which according to one seller also repels other biting insects like deer flies, black flies and no-see-ums, is now available as spray, for example at <http://www.insectrepel.com>. Other widely recommended natural repellants are lemon eucalyptus oil, neem oil and cinnamon oil.
- Protect your sleep. Nothing is more excruciating and disruptive than mosquitoes in your bedroom. If necessary, you can install a decorative mosquito net over your bed, but a fan might do the trick as well. Mosquitoes don't do well when the wind blows, so even a slight breeze pointed at your side of the bed will keep them away. If you want a "mosquito cure" from the inside, try taking Vitamin B-1 supplements or garlic capsules—apparently, they ensure that the biters find your scent rather unattractive.

### REMEDIES FOR SKEETER CONTROL

Since the first human hand swatted in vain at a swarming mosquito, people have been valiantly trying to repel an insect onslaught every time they head outdoors—for good reason. Mosquitoes, fleas, ticks and black flies all bite, which can cause painful irritation at best and debilitating or fatal disease at worst.

The West Nile Virus, a virus transmitted by mosquitoes, has invaded 18 states since it was discovered in New York in 1999. Reports of the national death toll from this disease vary from one source to another. Of particular concern to health experts is that the virus has spread farther west and at a quicker pace than they anticipated. In September 2005, the Sacramento Bee reported that 14 Californians have succumbed to West Nile Virus.

With all of this in mind, it seemed prudent to offer *Fruit Gardener* readers information about a few remedies that have come across the editor's desk.

#### Skeeter Defense Patch

Most liquids and sprays used to repel mosquitoes contain a substance called DEET. Adults and children are at risk for toxicity due to DEET's effect on the central nervous system. Up to 56% is absorbed into the bloodstream but only about half of an applied dose is excreted by the body over a five-day period. The rest accumulates in body fat and tissue, where it can remain for months, or even years. Dr. Marion Moses, of the California-based Pesticide Education Center, comments, "In any concentration, the chemical DEET is somewhat toxic to the brain and nervous system. Mild DEET



poisoning can cause headache, restlessness, irritability, crying spells in children and behavioral changes: more severe cases can include slurred speech, tremors, convulsions and coma."

Children are at increased risk because their metabolic rate is higher than an adult's, and they have less body fat to capture and store toxins. Frequent reapplication increases the risk of toxicity. Recently, the American Association of Pediatrics (AAP) issued a warning that DEET solutions over 10% should not be used on children.

Lanco Research LLC has introduced to the United States, an all-natural (DEET-free) mosquito repellent patch called the "Skeeter Defense Patch." It is being marketed as the first truly effective natural mosquito repellent. The patches, manufactured in Italy by Larus Pharmaceutical, contain 60 mg of micro-encapsulated citronella oil. Citronella was used by American soldiers during World War II and is the most effective natural essence known for preventing insect bites. Just squeeze the little yellow patch to release the lemon scented fragrance and you are protected for up to six hours. Convenient to use, you can stick the patch anywhere including, but not limited to: picnic tables, lawn chairs, clothing, and even your skin—but the patches are "peel & stick," not transdermal. It is safe for the entire family, even infants and children.

The Skeeter Defense Patch has been clinically proven to be safe and effective at the London School of Tropical Medicine. It is a best seller in Europe and Australia.

The *Flint Michigan Journal* gave the Skeeter Defense Patch its highest rating for efficacy. This newspaper reported, "The tester raved about the citronella patches and would use them again. The product was tested in early morning, while gardening, when mosquitoes usually drive a tester inside even when wearing spray."

The Skeeter Defense Patch is available in food, drug and natural health outlets for approximately \$8.99 for 24 patches. Consumers can call the Lanco toll-free number 877-367-6853 to order. Skeeter Defense has a website located at <http://www.skeeterdefense.com> and their products can be ordered online.

#### Mosquitoes No Longer Have the Back Yard to Call Home

Garlic Research Labs, Inc. has discovered that spraying liquid garlic on lawns will keep ticks and mosquitoes away for up to three weeks or longer with one application. Originally used by master gardeners and farmers for generations to keep insects off of plants, it has now been proven effective at keeping mosquitoes and ticks out of lawns and away from homes.

Company President William Anderson states that, "Our patented liquid garlic Mosquito Barrier product becomes odorless after spraying, and it is being used by city governments for parks, golf courses and school grounds because it's effective and does not harm humans, pets or plants." Mosquito Barrier kills the adult mosquitoes on contact, thinly coats plants to keep mosquitoes out of the area, and suffocates any mosquito larvae in standing water such as puddles, under decks, water in tin cans or depressions in lawns.

The studies and research at Garlic Research Labs, Inc. have enabled them to develop insect repellents from garlic that are all natural, non-poisonous and beneficial to the environment. Anderson added, "Since much of agriculture today is turning to organically grown food which requires that no chemical poisons are sprayed on them, liquid garlic is an ideal product to use for insect protection of farm and garden plants, as well as homeowners wishing to keep their family safe of diseases from mosquitoes and ticks."

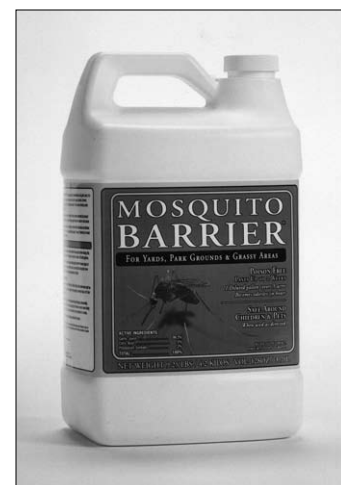
Garlic Research Labs, Inc. was formed in 1990 to study the effects of garlic juice and garlic oil on farm and garden plants and the efficacy of spraying liquid garlic on these plants to repel insects. Their research has provided farmers and gardeners with successful, all-natural solutions for repelling insects from various types of agricultural products.

For detailed answers to any questions readers might have, or to order the product and get complete usage instructions on how to keep mosquitoes at bay forever, visit our website at <http://www.MosquitoBarrier.com>.

**Editor's Note:** *The editor tried Mosquito Barrier and found that it does work essentially as claimed. In wetter, humid climates, at least two or three applications during the season will be needed for continuous effect. Garlic odor lingers temporarily after application, diminishing over a period seemingly influenced by weather factors. Some users may find this annoying, but the product's repellent action persists long after the odor is no longer detectable to humans. No direct killing of adult mosquitoes was observed; surfactant (dish soap) used with the product may be responsible for the insecticide action.*

#### Threat of West Nile Virus Increases Need for an "Instant Screen Door"

With the growing threat of the West Nile Virus, Wolf & Moon Products, Inc. has ramped up production of its Bug Off Instant Screen Door, to combat the bugs of summer. This unique product was invented by Carol Lynch, president of Wolf & Moon Products, Inc. Lynch said, "Sales are continuing strong this season because people want an easy way to keep the bugs out of their homes and Bug Off allows you



to screen almost any door in minutes." The Bug Off Screen costs less than other screen doors and provides additional benefits:

- Takes just minutes to install and will not damage any door frame.
- Provides hands-free entry and exit for both people and pets.
- Center and bottom magnets allow you to walk through Bug Off Screen with your hands full and it automatically snaps closed behind you.
- Bug Off cannot be accidentally left open to allow bugs in.
- Makes any door a pet door. Pets come and go without assistance.
- Can be installed in apartments, condominiums and rentals, where standard screen doors are often not permitted.
- Can be moved from door to door, taken to vacation homes and used when and where a screen door is needed.
- Can be used year round, or stored away at season's end.
- Manufactured in six standard sizes and custom sizes are also available.

For a complete product overview including a video demonstration, Wolf & Moon Products, Inc. invites you to visit their website at <http://www.bugoffscreen.com>. Orders can be placed online or by phone. The company can be reached toll-free by calling 888-342-5270. Bug Off Screen can also be found in several national mail order catalogs including Solutions, Improvements, Gardener's Supply, Silvo Hardware, Gaiam, Plow & Hearth, Home Trends and The Orvis Company.

**SKIN PROTECTION FOR GROWERS**

**Is Farming or Gardening Destroying Your Hands?**

Skin MD Natural is not your typical hand or body lotion. It is, in fact, a completely new category of product that looks like a lotion but acts very differently on the skin. Most lotions only attempt to artificially add moisture to the skin. Shielding lotions instead are designed to create an invisible, protective barrier that helps keep harmful chemicals out and keeps natural moisture in, letting Mother Nature provide the necessary healing to repair skin at its deepest levels.

"Your skin wasn't designed to deal with soap, with paints, solvents, adhesives and thousands of other everyday chemicals," explains Dr. Peter Helton, a board-certified dermatologist specializing in cosmetic dermatology. "Nearly everyone's skin is exposed to harmful chemicals on and off the job. That is why shielding lotions are so important."

Unfortunately, traditional lotions have one basic goal — to simply make up for the moisture that our bodies are losing by adding an external source of moisture. Many common workplace and household chemicals, pesticides, fertilizers, paints, solvents and even soaps are absorbed directly into your skin, causing skin disorders or just plain dry cracked skin. Also, when participating in other activities such as working on machinery,

fishing, camping, sports, or exposure to harsh weather, you are further drying and irritating your skin.

According to Dr. Helton, shielding lotions help prevent this by bonding with and protecting the skin. "They not only add moisture to your skin, but also stop the loss of your natural moisture."

"We have developed a formula that can duplicate the natural action of the skin and help to heal the dry, damaged skin," says Enrique (Ike) Alabata, the director of research and development for 21st Century Formulations in Beverly Hills, Calif.

Alabata spent almost twenty years as director of research and development for Raffaello Research Labs where he developed personal care products for companies like Sebastian International, Dermalogica and Murad.

"The formula for this shielding lotion, Skin MD Natural, is a result of cutting edge chemistry and new products only recently available on the market. While we were researching and testing the formulation one of the most exciting new ingredients to come out in years was released to the cosmetic industry," explains Alabata. "Glycerin has been the standard against which all humectants are measured (no other humectant pulls in as much moisture as glycerin). This new substance, in addition to a very effective combination of natural ingredients, has a moisturizing factor 10 times higher than glycerin and we were able to include it in Skin MD Natural."

"Most lotions are oil-based or lanolin-based and just sit on top of the skin," Dr.

Helton explains. "They don't reach into the crucial underlying layers. Trying to replace the lost oil with other oils doesn't always work very well; you don't know if you are replacing the right oil and even then you are just putting a patch on the problem. It is much better to protect the skin from the environment and then your body will take care of itself."

"I literally have my life back," says Linda Lemke, a Largo, Fla., upholsterer of 35 years.

Lemke, like many professional and career oriented women, had a job that was wreaking havoc on her hands. In this case, the culprit was fabric samples, which often contain formaldehyde. Her condition was so serious that she was forced to retire after suffering from anaphylactic shock caused by exposure to the chemical.

"I couldn't work for nine years. Now (after using a Skin MD Natural) I can and I'm telling everybody why," says Lemke.

It's also becoming clear that dry and cracked skin and hands have ramifications beyond physical pain and discomfort. There is also often an emotional toll, with women talking about "intense embarrassment" or low self-esteem as a result of their condition.

Linda Lemke, who has since returned to the upholstery business, credits shielding lotions for "getting me back to work and giving me back my life."

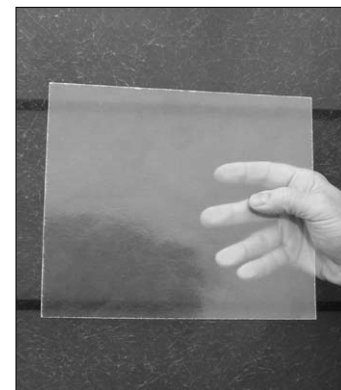
Ed Goodman, a Licensed and Certified Athletic Trainer and a PSIA (Professional Ski Instructors of America) Certified Ski Instructor and a part time police officer wrote, "The fact that I live up at almost 10,000 feet where the air is extremely dry and harsh on my hands is bad enough, but when you add the facts that I have an 18 month old son and also a job that requires me to wash my hands constantly these lead to dry and painfully chapped hands. As I have been using Skin MD Natural for the past month I have not had these problems.

Ed went on to write, "Skin MD Natural works great! I will be strongly suggesting to all my colleagues who suffer from chapped and painful hands that they should be using Skin MD Natural! Once they try it they will also be convinced of its benefits."

Linda Sereda, a jewelry designer, says, "All my life, I've had dry hands. For the most part, I don't mind it but sometimes my hands are so dry, they are as rough as sandpaper and snag my clothes. When they get like that, they really bother me. I then put lotion on them to try to soothe them."

Linda wrote, "Over the years, I've tried at least 30 different lotions and creams, probably more. None of them worked to moisten my hands for more than two minutes. That is, until I tried Skin MD Natural. On the first application, my hands stayed moist for 90 minutes. On the second application, it was 4 hours. After that, it was a day, then 3 days. When I work a lot with paper, which just sucks the moisture right out of my hands, I need to use it twice or three times a day but otherwise, I hardly need to use it at all and my hands stay just how I like them. Now, that is truly a miracle! I also really like the fact that it is fragrance free and contains mostly 'natural and organic' ingredients."

Call 800-540-4790 for the nearest store or visit [www.SkinMDNatural.com](http://www.SkinMDNatural.com).



**Sun-lite® HP For Solar and Greenhouse Applications**

Using Sun-Lite HP (glass-fiber-reinforced polymer) for greenhouse glazing provides the excellent diffused light that completely floods the inside of the growing area. Well-shaped, symmetrical plants, which grow faster with greater size, uniformity and quality, result from diffused light free of shadows, glare, sun shafts and hot spots. The need for frequent re-racking is eliminated as the light reaches all corners, under rafters, and even under benches. The spectral performance of Sun-Lite HP is very favorable to plant growth and development in the three important ranges of ultraviolet, visible, and infrared transmission.

Sun-Lite HP transmits ultraviolet in the .33- to .38-micron range (from about 5% at .33 microns to 85% at .38 microns) that helps control viral and bacterial populations. At the same time, Sun-Lite HP screens out the harsh ultraviolet rays that cause stem elongation, collapse, and discoloration.

In the visible range (.38 to .76 microns), Sun-Lite HP transmits over 90% of the available energy. This portion of the spectrum, and especially the red and blue sections, is essential to photosynthesis by which plant cells change carbon dioxide and water into sugar in the presence of chlorophyll. Low-intensity light and darkness upset this process and lead to partially developed stems, leaves and tissue.

Sun-Lite HP transmits most of the short-wave infrared (0.76 to 2.2 microns) but blocks almost all of the long-wave infrared energy (2.2 to 50 microns). Short-wave infrared energy provides heat that helps create optimum temperature for seed and plant growth by heating the air and soil surrounding the plants. Because short-wave infrared is usually converted to long-wave when it strikes an object, Sun-Lite HP helps keep the heat in the greenhouse by blocking most of the long-wave infrared. This "greenhouse effect" is particularly desirable for wintertime use of a greenhouse.

Sun-Lite HP literature and product samples are available from Solar Components Corporation. Visit our website, where print-resolution photos are available for download at [www.solar-components.com/Sun-Lite.htm](http://www.solar-components.com/Sun-Lite.htm).

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# FESTIVAL OF FRUIT

## CALIFORNIA RARE FRUIT GROWERS INVITES ALL TO ITS ANNUAL MEETING The Festival of Fruit 2006 • September 5–9, 2006 • The Year of the Healthful Grape

**Tours:** September 5 through 7 and the morning of the 8th. **Festival Meeting:** Begins at 1 p.m. Friday, September 8th and ends at 5 p.m. Saturday, September 9th. No formal tours or meetings on Sunday, September 10th. We are following the format of the successful Festival in Santa Cruz!

**Location:** San Luis Obispo, California. Festival meetings will be held on the campus of California Polytechnic State University. **Special Reception and Registration:** 3 to 6 p.m. Thursday, September 7, to be hosted at the Sands Suites and Motel, 1930 Monterey St., San Luis Obispo. The owner of the Sands will provide some refreshments and non-alcoholic beverages for our reception! **Conference Hotel:** The Sands Suites and Motel. A block of rooms have been reserved for CRFG. Call 800-441-4657. Mention you are attending the Festival of Fruit for the special conference discount rate at the Sands. Visit their website at: <http://www.sandsuites.com>.

San Luis Obispo is a popular destination for tourists and travelers. All major hotels and motels are expected to be full during September 5–10. It is highly recommended that you make your lodging arrangements well before summer. There are a variety of options for lodging, with first-class hotels to economy motels; campsites in our state parks and county parks; and nice bed-and-breakfast facilities and oceanfront rentals! Check out this website for more ideas: [http://www.visitslo.com/ecom/Where\\_To\\_Stay/Home.html](http://www.visitslo.com/ecom/Where_To_Stay/Home.html). The program for Friday and Saturday is being developed, and details will come later. In brief, there will be a general session all afternoon Friday followed by an outdoor BBQ with a speaker. Saturday will feature more speakers, workshops, plant sales, good food, healthful grapes and Festival Fun!

Pet Daniels and Joe Sabol are serving as cochairs for the Festival and already have a strong team of volunteers dreaming, planning and working to make this Festival of Fruit a memorable one!

## FRUIT NEWS

(from page 22)

### Ceramic Rotating "Perfect Peeler" Offers a Unique Spin In The Kitchen

It's a unique new kitchen tool that has all the angles covered. The Kyocera Advanced Ceramics Perfect Peeler is a hand-held food prep tool that rotates to vertical, horizontal and 45-degree positions for optimum peeling angles. The optimum cutting angles help the Perfect Peeler glide effortlessly through foods and the ergonomic non-slip handle fits any size hand, allowing for consistent, even peeling of fruits and vegetables. The Perfect Peeler lessens hand fatigue and is designed for both right-handed and left-handed users.

Unlike traditional peelers, the Kyocera Perfect Peeler is made of zirconium oxide, a highly advanced ceramic that is razor-sharp. The Perfect Peeler's blade lasts much longer than average peelers and because ceramic is chemically inert, it won't alter the taste or smell of food. The Perfect Peeler won't rust and is dishwasher safe.

The Perfect Peeler sells for \$19.95 and is available at Sur La Table stores nationwide. A store locator is listed at the Kyocera Advanced Ceramics site: <http://www.kyoceratoy.com/fineceramics/search/>

Manufactured in Japan, the Perfect Peeler is a unique product from Kyocera, renowned for ceramic cutlery and accessories with exceptional technical characteristics.

To make the blades, ceramic material is ground into a micro-fine powder, made into slurry and poured into a machine where it is subjected to 100 tons of pressure and molded into blades. Following the molding process, the blades are sintered at a temperature of over 1,000 degrees, surface finished, tumbled and buffed. The blades are then precision-polished, buffed, honed and sharpened using diamond wheels to create the primary cutting edge. The result

is a zirconium oxide blade that is extremely sharp and durable, close to diamond in hardness.

The worldwide leader in advanced ceramics, Kyocera has been dedicated to the development, manufacture, and application of advanced ceramics since 1959. Kyocera's complete line of kitchen products includes ceramic knives, peelers, mandolin slicers, grinders and graters. Special utility tools include ceramic scissors, steel knife sharpeners and utility scrapers. For more information on Kyocera Advanced Ceramic products, please call: 800-537-0294 or visit: [www.KyoceraAdvancedCeramics.com](http://www.KyoceraAdvancedCeramics.com).

### Consumer Reports Helps Consumers Become Savvy Organic Shoppers

*Organic products worth buying—and those you can skip; Tips on buying organic without breaking the bank*

An investigation for the February 2006 issue of *Consumer Reports* has found that shoppers do not need to buy organic foods across the board to get added health value. The report tells shoppers which organic products are worth seeking out—and which ones are not. Consumers can pass on organic seafood and cosmetics, for example, because their labels can be misleading.

The complete report, including a list of organic products that are worth buying and which are not, is also available on [www.ConsumerReports.org](http://www.ConsumerReports.org).

Among some of the recommendations *Consumer Reports* gives shoppers about organic products:

- Organic products worth buying to avoid chemicals found in the conventionally produced versions: Fruits and vegetables, such as apples, bell peppers, celery, cherries, spinach, and strawberries. The USDA's own lab testing reveals that even after washing, some fruits and vegetables consistently carry much higher levels of pesticide residue than others. Meats, poultry, eggs, and dairy products are also worth seeking out.
- Organic products worth buying only if price is no object, include: processed foods and certain produce items, such as: cauliflower, sweet corn, broccoli, mangos, and sweet peas. Multiple pesticide residues are, in general, rarely found on conventionally grown versions of these fruits and vegetables, according to research by the Environmental Working Group (EWG).
- Organically labeled items not worth buying include seafood and cosmetics. Whether caught in the wild or farmed, fish can be labeled organic, despite the presence of contaminants such as mercury and PCBs. The USDA has not yet developed organic certification standards for seafood. And while the USDA claims that organic labeled-cosmetics follow the same standards as food, *Consumer Reports* has found indiscriminate use of synthetic ingredients and violations of food-labeling standards.

The article also found that because of inconsistent and often weak government standards, organic-sounding labels could be confusing to consumers and even meaningless on some products due to lack of enforcement. Urvasi Rangan, Ph.D., Environmental Health Scientist at Consumers Union, publisher of *Consumer Reports*, says, "Not all organic products are created equal. It is important that consumers know where their organic dollars spent meet their expectations and where they don't."

Even among the most meaningful and verified organic labels, there are subtle but important differences. If a product is labeled "organic," at least 95 percent of its ingredients must be organically produced. There is one important exception, however: organic labels on seafood are meaningless because the U.S. Department of Agriculture has no standards to back them up. Also meaningless is the label "natural" or "all natural." No standard definition for these terms exists except when it's applied to meat and poultry products, which the USDA defines as not containing any artificial flavoring, colors, chemical preservatives, or synthetic ingredients, and even those claims are not independently verified.

Consumers interested in learning more about the health and environmental benefits of organic foods can visit [www.Greener-Choices.org](http://www.Greener-Choices.org). Information about food labels is available at [www.eco-labels.org](http://www.eco-labels.org).

### Buy Organic Without Breaking the Bank

"As soaring consumer demand for organic brings more big players into the industry, organic standards are under attack, so it's more important than ever to know how to prioritize your spending to get the biggest bang for your buck," says Andrea Rock, senior editor at *Consumer Reports*.

The experts at *Consumer Reports* found many ways to save when buying organic, including:

- Comparison shop — Doing price checks for regularly purchased organic items pays off. *Consumer Reports* found the price for the same jar of organic baby food ranged from 69 cents to \$1.29 among several grocery stores in the suburban New York City area.
- Go local — Find organic growers at most farmers' markets. A USDA study in 2002 found that about 40 percent of those farmers don't charge a premium.
- Join the farm team — By buying a share in a community-supported organic farm consumers may get a weekly supply of produce in season for less than non-organic supermarket prices.
- Order by mail — National providers will ship items such as organic beef ([www.mynaturalbeef.com](http://www.mynaturalbeef.com)). Other helpful sites are [www.eatwellguide.org](http://www.eatwellguide.org) and [www.theorganicpages.com](http://www.theorganicpages.com).

