

BYOB

(Bring Your Own Bag, Basket, Box, etc.)

According to my lovely daughter Simone, we have one of the best Grower's Markets in the five states she has lived and worked in. She is a fussy shopper and something of a gourmet cook. And we are so lucky that our beautiful market is open most of the year. The farmers are wonderful and dedicated and bring us treasures from their fields, orchards, pastures, coastline, kitchens, and greenhouses.

But in our modern world plastic has begun to invade our lives in ways that are truly alarming. Toxins from plastics are getting into our foods and are even absorbed through our skin. THEREFORE, IT IS BEST NOT TO PUT FOOD IN PLASTIC BAGS, OR CONTAINERS. Having said this, I wonder what on earth we are going to do with fish and meat? **(Bio Bags maybe?)**¹ So let's put that problem on the back burner for a moment.

What we can do is bring natural fiber bags and baskets for our food treasures. Synthetic fibers are just as bad as plastics so they are best avoided. When I was in my twenties, my great-grandmother left me some cotton cloth from the now, old-fashioned, towels in public bathrooms. I cut and sewed these into little draw string bags to store my food. Natural string was used to close them. Now I purchase such bags from **Sunshine Natural Foods** or the **Farmer's Market** on Rogue River Highway. Both **Farmer's** and **Gooseberries** also carry beautiful baskets from West Africa which last for years and years and years.

So why is this important? It turns out that plastics are now known to cause a number of diseases:

Attention Deficit Disorders	Dementia	Learning Disabilities
Prostate and Testicular Cancers in men		Testicular problems in young men
Breast and Ovarian Cancers in women		Endometriosis
Cardio-vascular Diseases	Inflammation and Immune Disorders (Auto-Immunity)	
Digestive problems	Diabetes	Metabolic Syndrome (x) i.e. belly fat
Asthma	Allergies	Eczema
Premature wrinkling of the skin		Premature graying of the hair
Hepatic (Liver) Diseases	Kidney Diseases	Bladder Diseases

This is only a partial list as research is still uncovering more problems as time passes.

So food should not come into contact with plastic. End of story. But as it turns out, food keeps much better wrapped in damp cotton cloth in the refrigerator. I once forgot a zucchini for 2.5 weeks. But it was wrapped in cloth and still looked as fresh as the day I purchased it! In plastic, food rots. When we eat such food, we literally rot inside.

In Eureka, the community decided to work towards Zero waste. We could decide to have a zero waste and plastic free market as time goes on. It is up to us. The Petro-Chemical Barons have no interest in reducing something that makes them very, very, very rich. **The Coca Cola Bottling Company, for example, makes enough plastic bottles EVERY YEAR, to circle the earth 700 times over.** As our numbers increase, so does the plastic. OR WE CAN CHANGE.

¹ I have used Bio Bags (compostable plastic made from corn), in the freezer. It seems to work well. I then wash out the bags and use them for my dog's poop. In our Acupuncture office, we also use compostable plastic bags for trash. But they are opaque. Do we really need to see what is inside? Would not a paper label do? Something to think about. Our meat and fish vendors are angels and we are lucky to have them. This is not their fault, just the way we currently live.