

Profugo

P.O. Box 393
Wynnewood, PA 19096
www.profugo.org
info@profugo.org

The Kernel



Volume 2, Issue 4

May 2009

Inside this issue:

- World Food Short- 1
age: Threat to Fair
Trade?
- Organic Wine 2-3
Tasting Notes
- Can Local, Healthy 4
Food Transform Our
Community?
- Upcoming Events & 4
News

World Food Shortage: Threat to Fair Trade?

The last couple of years have seen the rise in the price of commodities all over the world. Some countries have faced severe shortages in staple grains. The rising income levels in some of the most populous nations of the world such as India and China have increased consumption. People in these countries have started consuming more meat and therefore, more cattle have to be raised to keep up with the rising demand. Cattle in turn consume large amounts of grain among other things. Some grains are also now used to synthesize bio-fuels. These, among other factors have contributed to the shortage of food.

One aspect of a nation's security lies in its ability to source adequate amounts of food and fuel for its citizens. When there is a shortage of these resources, or perceived danger of these resources becoming unavailable, there is increased anxiousness. The Economist magazine published an article on May 21, 2009, called "Outsourcing's third wave". While the title may be deceptive, this article is a great eye opener in terms of what's taking place on a global scale. Rich countries with ample resources are buying large swathes of land in poor countries whose governments are very willing to sell. This story brings to mind the grim images of what has taken place in the Niger delta and scenes from the movie "Darwin's Nightmare" that portrays the large scale fish farming that has taken place in Tanzania. In both instances (Nigeria and Tanzania), the people of the country have benefitted very little from the harvesting of their resources.

The Economist article suggests that the deals that have been struck between the rich foreign governments and the poor countries seem to heavily favor the former. However, if we should have learnt anything by now, it is that these types of deals are not sustainable and the very reason why Fair Trade institutions were established. We are back to the days when countries colonized others to protect their



own interests! As tensions rise and resources are threatened, this may be the type of environment that the world is headed towards.

At Profugo, we are definitely not sitting back and watching the play unfold! We believe we have an active role in protecting those who are vulnerable. Even though we may not know everything that we need to, or have all the tools prepared, we are certainly venturing out to lend a helping hand. This winter we are looking to send a clinical team to Wayanad to perform a needs assessment. This assessment will help us identify the most crucial needs in this region and hence a suitable location for Profugo's Center of Development. We also plan to begin monthly meetings where we will be educated and equipped by experienced teachers and leaders in the field of International Development. We hope you will join us in learning!

In June we have planned two events, Profugo's Volley Fest and Wine Taste 2009. Both events should be great fun! We would love to meet fellow profugos and share stories. You can register at <http://events.profugo.net>. Hope to see you there!

~Greetings from one profugo to another!

Organic Wine Tasting Notes

By Erich Sachse

Some members of Profugo and friends recently gathered to taste some organic and biodynamic wines in preparation for Profugo's Wine Taste. Although not all of the wines we tasted that evening can be recommended, here are some of the better wines – some of which will be featured at Profugo's Wine Taste, June 27th at Pentimenti Gallery in Philadelphia PA. Register now at <http://events.profugo.net>!

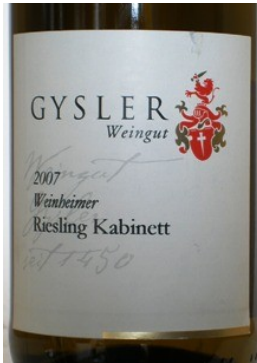
2007 Golan Heights Yarden Chardonnay "Odem Organic Vineyard" (87 points, \$23)

A dry white wine produced in the Golan Heights sub-region in the Galilee region in the far north of Israel.

The nose has fragrant aromas of under ripe green apple, gooseberry, and tropical fruit with some subtle ginger notes. The light-medium intensity palate shows a medium-high acidity that is harsh at points, with flavors of crabapple, pink grapefruit, and ginger. The short-medium finish pleasantly carries some of the green fruit. Drink now.

The Odem Vineyard is in the Golan Heights and has been farmed organically since 1998. The highest altitude of any vineyard in Israel, the Odem vineyard sits on a volcanic plateau that peaks at nearly 4,000 ft altitude. The wine is fermented in French oak barrels and aged on the yeast (sur lies) for 7 months. In addition to being organic, this wine is also Kosher.

Try this wine at Profugo's Wine Taste!



2006 Gysler Weinheimer Riesling Kabinett (88 points, \$18)

An off-dry white wine produced in the Rheinhessen region of southwest Germany.

The nose shows an interesting toasty diesel character, with some almond notes. The light bodied palate shows medium sweetness with peach, juicy pear and ripe red apple notes. The medium length finish continues the juicy character of this wine, and is quite pleasant. Although this wine tastes great and will be a crowd pleaser, it is somewhat simple on the palate. Drink now.

The Gysler family has a history of winemaking going back to 1450, with the construction of their current winery in 1750. Current winemaker Alex Gysler inherited the winery from his father in 1999. Alex, motivated by his wife's first pregnancy, undertook a conversion to organic principles that was completed in 2004. The Rheinhessen is Germany's largest wine region, located on the Western side of the Rhine river encompassing the cities of Mainz and Worms.

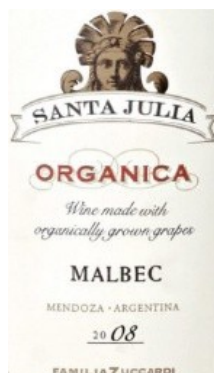
Try this wine at Profugo's Wine Taste!

2007 Finca Luzón Monastrell Jumilla Verde (89 points, \$13)

A dry red wine produced in the Jumilla region in southeast Spain.

Interesting spicy rous notes on the nose, with some earthiness evident. The medium bodied palate shows a good level of acidity, but light tannins. There is quite a bit of fruit here, with plum most evident, but also some black currant notes. The earthiness also returns on the midpalate, with some interesting mushroom/truffle notes that I enjoyed. The finish is short, but pleasant. Great value.

Made from 100% Monastrell (a.k.a. "Mourvedre") grapes, this is a "verde" version of the popular Finca Luzon wine, certified organic by the USDA! Bodegas Luzon was founded in 1916, and the monastrell grapes in this vineyard are over 50 years old. The Jumilla region is west of the city of Alicante in southeast Spain.



2008 Familia Zuccardi Malbec Santa Julia Organica (88 points, \$9)

A dry red wine produced in the Mendoza region in western Argentina.

Medium purple color, with legs streaking the glass. Medium intensity nose shows lots of black fruit, with black currant and blackberry most prominent. The medium intensity palate continues with black fruit, but with a dark plum moving to the foreground. The surprisingly complex palate also shows notes of sweet spice, most notably cloves, as well as some nutty and floral notes. A medium length finish closes out this impressive value.

The Zuccardi family winery, founded in 1963, has been part of Argentina's wine revolution, led by the increasing popularity of the Malbec grape. This wine is made from 100% certified organic Malbec grapes, grown in previously desert regions of Argentina. Winemaking has been made possible through irrigation from seasonal snow-melt in the Andes mountains.

(continued on page 3)

Organic Wine Tasting Notes

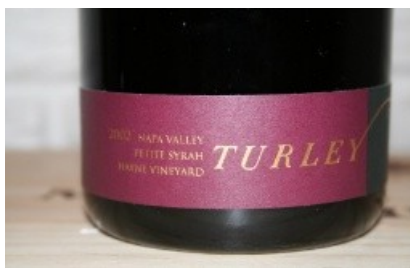
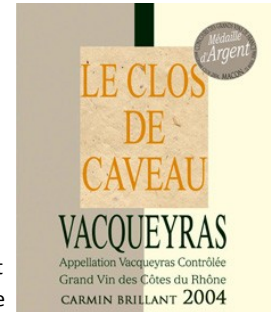
(continued from page 2)

2006 Domaine Le Clos de Caveau Vacqueyras Carmin Brillant (91 points, \$25)

A dry red wine produced in the Vacqueyras appellation of the southern Rhone region in southeastern France.

Medium intensity nose shows an interesting combination of kirsch liqueur and garrigue/forest floor. The medium intensity palate shows lovely violet and milk chocolate notes dancing on top of the dark plum and meat flavors that dominate. A woody foundation brings the palate together. The medium length finish is pleasant and leaves the fruit flavors behind in the mouth with hints of menthol. Excellent value.

Le Clos de Caveau, only recently imported to the US, has been an organic winery since 1989. The vineyard is situated about 20 miles northwest of Avignon. The Carmin Brillant comes from the highest altitude vineyards at Clos de Caveau, and is comprised of 70% Grenache, 30% Syrah, and a little Cinsault. Interesting trivia: Le Clos de Caveau was owned by Stephen Spurrier, who organized the infamous wine tasting described in the book "The Judgement of Paris" and the movie "Bottle Shock".



Try another Turley wine at Profugo's Wine Taste!

2004 Turley Petite Sirah "Hayne Vineyard" (95 points, \$75)

A dry red wine produced in the St. Helena appellation of the Napa Valley in northern California.

This deep purple wine shows legs on the glass. Lovely nose shows dark chocolate, coffee, plum, black cherry, and blackberry liqueur, but stays light thanks to some violet notes that are very refreshing. Full bodied wine, but a smooth, milky mouthfeel refreshes the palate amidst continued black fruit and chocolate. The medium-high alcohol is evident on this, but it is not hot by any means. A medium-long finish leaves you wishing it would linger forever. This was revisited after 48 hours, and it had developed even further, with the fruit, alcohol, and tannins in perfect sync. Although one of the oldest wines we had this evening, this is still a very young wine, with a long, 30+ year life ahead.

Turley Wine Cellars has been certified organic since 1984 by the California Certified Organic Farmers (CCOF). Known for its Zinfandels and Petite Sirah, Turley wine is sold direct to the consumer via a mailing list – or a waiting list if you sign up now! The wines often cost much more than the release price and are frequently sold at auction.

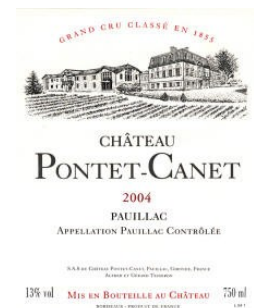
2004 Chateau Pontet Canet (92 points, \$48)

A dry red wine produced in the Pauillac appellation of the Bordeaux region in western France.

Try this wine at Profugo's Wine Taste!

Dark purple color that is opaque almost to the rim of the glass. The medium intensity nose shows initial notes of green bell pepper, before working through forest notes, with black fruit appearing and beginning to dominate after that. A medium-full bodied palate is dominated by blackberry and plum, with some raisin, cedar, tobacco, and tar evident as well. The medium-long finish is full of fruit and tar. This was revisited 48 hours later, and had faded somewhat with significantly less fruit apparent on the palate. Drink over the next decade.

Chateau Pontet Canet, established in the early 18th century, is one of 18 fifth growths established in the legendary Bordeaux classification of 1855, which remains in effect today. Although they have been exclusively using organic fertilizers for years, the 2008 vintage is the first that was farmed 100% biodynamically, with the plows pulled by their new horses, Reine, Babette, and Kakou. The wine is 65% Cabernet Sauvignon, 29% Merlot, 4% Cabernet Franc, and 2% Petit Verdot.



Erich Sachse is Profugo's Treasurer, but also holds an Advanced Certificate from the Wine and Spirits Education Trust (WSET) and is a certified Spanish Wine Educator. He is a 2009 candidate for the WSET Diploma.

Can Local, Healthy Food Transform Our Community?

By Becca Zinn

Is our food system off balance? We might assume that consuming more healthy, locally-grown foods will improve our health. However, did you know that it would improve our neighborhoods and communities, as well? Perhaps I can convince you!

Our food spends an average of 7 to 14 days in transit as it's trucked more than 1,500 miles from its source to our plates! Here's an example: the broccoli we buy at the supermarket travels nearly 1,800 miles to get there. However, broccoli is grown within 20 miles of the average American's house. Buy the local broccoli... and you save a lot of CO2 while also investing in the local economy, building up the businesses and people around you. Pretty interesting, huh?

We thought it was so interesting that we hosted a conference around the topic of local food! On Wednesday, April 8, 2009, Temple University hosted its 4th Annual Social Entrepreneurship Conference: "Can Local, Healthy Food Transform Our Community?". Organized by the Innovation and Entrepreneurship Institute (the graduate chapter of Net Impact), and Students for Responsible Business, this conference brought together over 150 people to discuss what's on our plates.

Dr. Dickson Despommier from Columbia University kicked off the day with an inspiring keynote address about vertical farming. This visionary approach to bringing fresh foods to urban centers suggests that people develop farms within skyscrapers.. This would provide underserved, urban areas with broadened access to healthy, fresh fruits & vegetables. It would also reduce the carbon emissions omitted by shipping foods such great distances, making an impact on global climate change. Thirdly, it would increase food security – all while augmenting the local economy. While no vertical farms currently exist,



people are developing sketches and plans to envision the potential for the future.

After the keynote address, participants attended a variety of expert panels. There, they explored questions about successes & challenges in educating communities about nutrition, how local food is impacting the supply chain, potential opportunities for entrepreneurship in food businesses, and issues surrounding urban access to healthy foods.

At the end of the day, many attendees and participants had learned a great deal, made some new connections, and were planning to implement a few changes in their eating habits. Hopefully, this conference encouraged people to continue dialogues about local foods and how they might impact our communities!

Upcoming Events & News

June 6, 2009—Profugo's Volley Fest, Plymouth Meeting, PA

Profugo is busily planning a volleyball tournament June 6th at the Plymouth Meeting Community Center in suburban Philadelphia - space is limited, so start forming your team now! Register at <http://events.profugo.net>.

June 27, 2009—Profugo's Wine Taste 2009, Philadelphia, PA

Join us June 27th at Pentimenti Gallery in Philadelphia for a wine tasting event featuring 12 organic and biodynamic wines from all over the world. This will be a great chance to meet others interested in international development. Tickets are going fast! Register online at <http://events.profugo.net>.

Winter 2009—Wayanad Survey Trip, India

Are you a healthcare professional? Are you interested in business development? Join us for our survey trip to Wayanad this winter. Email us at info@profugo.org, if you're interested.