

Ocean Beach People's Organic Food Co-op News

October 2015



Celebrate Co-op Month!

OPEN DAILY
8 A.M. - 9 P.M.
obpeoplesfood.coop
(619) 224-1387



At People's,
we are committed
to promoting
ecological
sustainability
with the products
and services
we provide and
in the way
we operate
our business.

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Co-ops Make a Difference Every Day



Food co-ops bring people together to share good food and create healthy communities.

All co-ops are part of an international movement that has strong impacts globally. Members of the world's communities and cooperatives play an important role in this. When you support your local co-op with your shopping dollars, you are taking part in a business system that cares about people and contributes to a livable community.

Our food co-ops contribute to many local economies in the U.S. with \$1.5 billion dollars in annual sales and more than 1.3 million members. That's just one of many benefits food co-ops bring to the table. Food co-ops have spent the last decades being at the forefront of virtually every positive reform in the food industry. From product labeling laws and reduced packaging to organic food production, we have set the standard for food safety and quality.

We strive to connect our farmers and shop-

pers so you know where your food comes from.

Did you know that nearly 30 percent of all farmers' products in the U.S. are marketed through producer-owned cooperatives? And of course, you can find many of these popular co-op food brands, such as Organic Valley Family of Farms, Frontier Natural Products, Equal Exchange, Florida's Natural and Cabot Creamery, in retail food co-ops.

Food co-ops continue to extend their influence beyond the doors of the store to make it possible for everyone to participate in the local food movement

by also promoting community supported agriculture, community gardens and farm-to-school initiatives.

In co-op classrooms nationwide, we love to share what we know about enhancing wellness and enjoying delicious food. We're not just handing out information, but giving everyone a way to think about and explore a different relationship to food, one that reflects the values and agriculture of a certain place.

Our co-ops are also a critical part of neighborhoods because we are building and sustaining local communities. The co-op is owned by

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O. B. People's Co-op
Healthy Halloween
Saturday, October 31
3 PM - 5 PM

Be sure to pick up your pumpkin coloring contest entries at the Co-op and return them by Friday, October 30th at noon. Winners will be posted at the Healthy Halloween Celebration. Contest categories and information are available at the Co-op.



- Pumpkin Bread & Cider
- Healthy Treat Bags
- Two Clowns & a Magician!
- Pumpkin Coloring Contest



People's Co-op Board of Directors

Meeting Notes for August 31, 2015

Board of Directors Present: Ofelia Alvarado, Jamie Decker, Chet Nelson, Steve Myrick, Andi Briceno, Chris Young, Tom Baker, and Stephanie Mood. Staff: Nancy Casady, Natasha Dorsey, Danielle Melody, and Gloria Isselhard

Guests: Marcus Tinnons, Paul Maschel, Derek Casady, and Phil Gianopoulos

Board Study

Stephanie reported that Board Study will be a review of the board goals set at the Board of Directors' (BOD) retreat in 2014. The Board Study for September will be "Educating on the Co-op Business Model."

New Business

Chet made a motion that the BOD authorize the loan and the architects' fees for the Co-op's expansion concept. Stephanie seconded. Vote: passed unanimously.

Outreach and Education Committee

Andi reported that more than 450 people were served at People's 43rd birthday party. Hosting the party at the Co-op is working well. Placement of the grill to provide additional shade is being reviewed for next year.

Andi read thank you notes from recipients of donations made by People's.

Nancy reported a return to the previous owner appreciation discount days as requested by owners. Nancy reported on the California State Board of Food and Agriculture meeting including an update on the Delta water transfer and measures to reduce greenhouse gas emissions.

Albert's Organics—one of People's produce suppliers—has developed a new retail "toolbox" for success.

Nancy reported on a Welcome to the Neighborhood postcard campaign to introduce People's to new residents in zip codes located in the vicinity of the Co-op.

Nancy presented the opportunity to donate to a co-op start-up in Washington. It was decided to direct their request to the National Cooperative Grocers' Development Co-op.

Planning Committee

Stephanie reported that the August Board Study topic will be educating on the co-op business model. Stephanie reported that the September Board Study will be a goals review from the BOD retreat in 2014. Stephanie reported on the first meeting of the Farmers in Solidarity Co-op. Nancy spoke, as did a representative from the Center for Co-ops in Davis, California.

Nancy reviewed the terms of the 1.5 million dollar expansion loan including debt service of \$8,200 per month. A formal resolution will be presented at the August Board meeting.

As required, Nancy reported on the succession plans for managers. A revised document will be considered at the September board meeting.

Finance Committee

Steve reviewed the July financial reports. Total sales were down 3.6%, and total cost of sales was down 4.6% year-to-date compared to the prior year. Profit is steady and sales per paid labor hour is \$86.89. Labor to sales ratio for the month was under target at 23.47%.

Utility costs increased 12.5% compared with 2014 year-to-date.

GENERAL MANAGER'S MESSAGE

by Nancy Casady

Welcome to our opportunity to save civilization!

Although this piece is being written prior to the Pope's visit to the Congress and the United Nations, we can surmise that his call for climate action will not go unnoticed. The science is in, and the facts are not in dispute: ever-increasing greenhouse gases in our atmosphere are resulting in hotter, more extreme and more frequent climate disruption. The next generation, or certainly the one after that, will be facing conditions intolerable for the survival of human civilization, unless we reverse course. Could you pause here and let this sink in? Because honestly, it does not seem to me that enough of us are confronting the very real emergency situation we're in.

With all due respect, here's my wish list:

We—the co-op community—should decide we're going to fight for a future for humans and we should listen when scientists and world leaders say we still have time to act to avoid the worst. But that time is growing short and we should do the one thing that needs doing the most; go to www.theclimatemobilization and read and sign the climate pledge. Why? Because all else, and I mean ALL else, will not matter if we continue putting greenhouse gases into the atmosphere. The fact is our government needs to organize the mobilization to transition off fossil fuels and onto clean, safe energy as modeled by Professor Mark Jacobsen and his team at Stanford. And every one of us needs to demand this and do everything else we can think of to insure that this happens at wartime speed.

You know those guys in the park with signs that read "The End Is Near"? Could you please help return us to the days when we did not have to confront that message?



Chet made a motion that the BOD approve \$1,500 for replacement of ten shopping carts. Jamie seconded. Vote: passed unanimously.

Nominating Committee

Chris reported that a new employee board member will be elected by the next BOD meeting. In order to do better long range planning, Stephanie suggested that board members formalize reporting how long they plan on serving.

General Manager's Report

This has been an exciting month. People's celebrated its 43rd birthday by hosting what is our traditional vegetarian barbecue for 500. Outdoor tables covered with cheerful red-checked tablecloths made the afternoon a festive celebration of our Co-op's success.

Bird Rock Coffee Roasters hosted a coffee tasting and tutorial for the Deli and Bulk Department staff. Ceiling panels in the Produce and Bulk Dept. back-stock areas were replaced.

San Diego Weights and Measures inspected Co-op scales and all passed.

The City of San Diego's Code Compliance officer responded to a neighbor's concern about activity

at the Co-op's East Voltaire Property. The building is not suitable for anyone to be inside, due to uncapped gas lines. Service for both gas and electricity was turned off immediately following the inspection.

This month People's received a report from the Occupational Safety and Health Administration (OSHA) detailing violations from a previous inspection. We had three relatively minor corrections to make, however fines are incurred before remedy. All OSHA corrections have been made and documented.

This month People's had a Country of Origin inspection. This agency allows for corrections before penalties are levied. We were in compliance except for two instances, which were immediately corrected. No costs were incurred.

A contested ownership matter went to mediation. The mediator was unable to reconcile the two sides in the matter.

The National Co-op Grocers (NCG) has announced the completion of the Co-op's new supplier contract with United Natural Foods Inc. (UNFI). Various provisions will improve delivery times, out of stocks and mispick items. Thanks to UNFI for being a willing partner as we face increasing competition.

NCG also initiated a conference call on The Cooperative Advantage. This is the second of seven "units" helping to improve our business. The Co-op's business plan and financial pro forma for the planned café have been sent to NCG's Western Corridor Advisory. A determination will be made regarding the amount we provide for the Joint Liability Fund based on their analysis of the financial risk to the organization as a whole.

New aisle signs have been ordered for the Co-op's Wellness and Body Care Depts. Produce "school" is being offered to Produce Dept. staff, along with additional services including new sign templates for that department.

Restaurant consultant, Tom Kelly met with People's GM, HR, CFO and board representative to report on a feasibility study he prepared for the planned café. Recommendations were made and the project given the go-ahead.

The summer all-staff was held, once again, at Pizza Port. A beach bonfire concluded an evening of camaraderie and fun!

October 2015

Next Board Meeting Monday, October 19, 6 p.m. Committees

• Outreach & Education Committee

- Chair, Andi Briceno

Meeting: October 12, 5:30 p.m.

• Planning Committee

- Chair, Stephanie Mood

Meeting: October 12, 6:30 p.m.

• Finance Committee

- Chair, Steve Myrick

Meeting: October 12, 7 p.m.

Meetings are held in the Co-op's Community Room

PEOPLE'S COMMUNITY CALENDAR

All Community Room events are FREE.

For a complete calendar schedule, please visit the Co-op's website at obpeoplesfood.coop

Additionally, please check with the workshop leaders to ensure that there have been no schedule changes.

Live Acoustic Music

Fridays 5:30 – 7:30 p.m.

Sundays 11 a.m. - 1 p.m.

People's Co-op Deli

The Co-op's Deli continues to present the finest in folk, jazz, blues, and bluegrass performed by local musicians. Our highly acclaimed organic, vegetarian fare features a variety of award-winning soups, salads, entrees, baked goods and desserts. All food, including breakfast, lunch and dinner, is prepared fresh daily. Top off your meal with a complement of Fair Trade, certified organic teas and coffees, freshly made juices, and more. Bring a friend or make new friends here. Free of charge.

Miraculous Mondays

Mondays, 6:30 - 9 p.m.

International College of Holistic Studies

The International College of Holistic Studies offers free wellness clinics with fun and informative lectures and demonstrations every Monday night followed by a massage and/or energy balancing session with students and instructors. For a current schedule visit the school's website at <http://itcohs.com/free-classes/>.

Ocean Beach People's Organic Food Co-op News

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www.obpeoplesfood.coop

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Views expressed in the *Co-op News* are the writer's opinion and do not necessarily reflect the views of People's Co-op.

Advertising Representative - *Jamie Decker*
Ad deadline is the 5th of the preceding month.
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The International College of Holistic Studies is located at 1500 State Street, 92101.

Benefits of Probiotics & a Healthy Gut

Friday, October 2, 7 – 8:30 p.m.

People's Co-op Community Room

Jean Richardson of Gold Mine Natural Foods and Laara Israhel, LMFT, discuss how all disease starts in the gut, and how to regain your health and feel better by eating probiotic lacto-fermented foods. Attendance is limited to 17; to RSVP email customerservice@goldminenaturalfoods.com. To ensure that there are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

Vegan Outreach Review

Tuesday, October 13, 7 – 8:30 p.m.

People's Co-op Community Room

Get information on new vegan food products, hear from guest speakers, discuss current events and find out what's happening in our area to promote plant-based living. Includes light refreshments. Attendance is limited to 17; to RSVP email liz@newoptionsfoodgroup.com. To ensure that there are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

Preconception & Prenatal Nutrition

Tuesday October 20, 7 - 8:15 p.m.

People's Co-op Community Room

Presented by licensed midwives, Nancy Baird and Kayti Buehler of Mother to Mother Midwifery, this talk will review nutrition recommended for a healthy pregnancy and explore vegetarian and vegan options. Come learn new recipes and information and meet new friends! Attendance is limited to 17; to RSVP email info@mother-tomothermidwifery.com or call (619) 297-BABY. To ensure that there are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

Optimal Fetal Positioning

Tuesday October 27, 7 - 8:15 p.m.

People's Co-op Community

Presented by nurse midwife, Brooke Ray, of Mother to Mother Midwifery. Using demonstration, props, and interactive practice, Brooke shows how to position your baby for birth. Credit is given to Gail Tully of Spinning Babies for her original ideas. Wear comfortable clothes! Attendance is limited to 18; to RSVP email info@mother-tomothermidwifery.com or call (619) 297-BABY. To ensure that there are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

For information regarding booking the Co-op's Community Room, which is a free service for Co-op owners, please email membership@obpeoplesfood.coop or call (619) 224-1387 and ask for Kylie.

Of Special Note this Month

Film Night

"Blackfish"

Ocean Beach Green Center

Friday, October 2, 7 p.m.

"Blackfish" tells the story of Tilikum, an orca held by SeaWorld that killed three people while in captivity. Along the way, director-producer Gabriela Cowperthwaite compiles shocking footage and emotional interviews to explore the creature's extraordinary nature, the species' cruel treatment in captivity, the lives and losses of the trainers and the pressures brought to bear by the multi-billion dollar sea-park industry. This emotionally wrenching, tautly structured story challenges us to consider our relationship to nature and reveals how little humans have learned from these highly intelligent and enormously sentient fellow mammals. Tilikum still lives in captivity at SeaWorld Orlando, Florida.

The Ocean Beach Green Center is located at 4843 B Voltaire Street, 92107. For more information, call (619) 225-1083. Free of Charge.

Editor's note: The California Coastal Commission's meeting in Long Beach during October 7 - 9 lists a request from Sea World for tank expansion as an agenda item. As reported in a "San Diego UT" article ("SeaWorld offers details on whale tanks," January 21, 2015) Chris Dold, vice president of veterinary services for SeaWorld Entertainment said, "Part of the reason why we do what we do is so that our guests can see and experience these animals within our parks, and the concept of sea pens or an ocean sanctuary is not inherently better nor does it allow us to fulfill our mission of inspiration and education."

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Film Night

"Queen of the Sun:

What Are the Bees Telling Us?"

Ocean Beach Green Center

Friday, October 16, 7 p.m.

"Queen of the Sun: What Are the Bees Telling Us?" is a profound, alternative look at the global bee crisis from award-winning filmmaker Taggart Siegel, director of "Real Dirt on Farmer John." Taking us on a journey through the catastrophic disappearance of bees and the mysterious world of the beehive, this engaging and ultimately uplifting film weaves an unusual and dramatic story of the heartfelt struggles of beekeepers, scientists and philosophers from around the world, including Michael Pollan, Gunther Hauk and Vandana Shiva. Together they reveal both the problems and the solutions in renewing a culture in balance with nature.

The Ocean Beach Green Center is located at 4843 B Voltaire Street, 92107. For more information, call (619) 225-1083. Free of Charge.

Our Cooperative Community



Run for a Seat on the Co-op's Board of Directors!

People's Co-op's Board of Directors (the board) is made up of member-owners like you. There are three seats open to be filled in the upcoming election, which will conclude at the Co-op's Annual Meeting in April, 2016.

Qualifications include an interest in the continued success of People's Co-op, experience working cooperatively in a group, and the willingness and ability to make a regular time commitment. Each director contributes approximately five to ten hours per month for up to a three year term. Most meetings are held on Monday evenings after 5 p.m. A few times a year, directors are required to attend weekend events such as the Co-op's Annual Meeting and the Co-op's Owner Appreciation Birthday Party.

The board makes policy and financial decisions to ensure that People's Co-op remains strong and healthy, and is responsive to the needs of the membership. The board is also responsible for hiring and evaluating the Co-op's General Manager, who handles the day-to-day operations of the business.

Experience on a board, in business or in finance can be helpful, but is not required. Additionally, there are opportunities that may require out of town travel once or twice per year. Travel expenses are funded by the Co-op.

Need more information? Email Chris Young at c.andrew.young@gmail.com or call People's at (619) 224-1387 and ask for Amber.

Get involved now!

Board candidate application forms are available at People's. Applications are also available on the Co-op's website at www.obpeoplesfood.coop, by clicking the "Board of Directors" page link. All applications must be submitted in person to the Membership Desk, located on the second floor, no later than 6 p.m. on Tuesday, Dec. 1, 2015.

Name That Restaurant!

Stop by the Co-op's Customer Service Desk this month to enter the Name That Restaurant contest. If you have a creative idea for naming the Co-op's planned café and juice bar, which will be located just east of People's on Voltaire St., your suggestions are welcome. If your restaurant name is chosen, you'll win Dinner for Four once the café is open! Anyone can enter the contest and you can enter as many suggestions as you want. Good luck and think delicious. Love, People's



Call for Co-op Crafters for Annual Arts & Crafts Fair

People's Co-op will host its annual owners' Fall Arts and Crafts Fair this year on Saturday, November 21. Now is

the perfect time to get those knitting needles clicking and your paint brushes flowing. Kids are also encouraged to bring their crafts to the fair! Co-op owners who would like to participate in the fair, please call People's Co-op at (619) 224-1387 and ask for Amber or Jamie. Space is limited.

Store Tours for Children!

Dear teachers, troopleaders and homeschoolers, did you know that People's offers free store tours for children? On the tour, children will receive healthy snack samples as well as a take-home activity book that contains games and puzzles to reinforce what they learn on the tour. Important reasons to eat organic food and other nutritional information are also included for families to read. Store tours are approximately one hour long. To schedule a tour, please call the Co-op at (619) 224-1387 and ask for Jamie or Amber.

The Seven Cooperative Principles

First Principle:
Voluntary and Open Membership

Second Principle:
Democratic Member Control

Third Principle:
Member Economic Participation

Seventh Principle: **Concern for the Community**

Fourth Principle:
Autonomy and Independence

Fifth Principle:
Education, Training, & Information

Sixth Principle:
Cooperation Among Cooperatives

People's Asks: If you bought the groceries, what would you buy?



Eva

Berries, mangoes, coconut, lettuce, cucumber and carrots.



Dallas

Organic fruit, water, Juice Squeeze, kombucha and ginger beer.



Alex

Apples, bananas, pizza, spaghetti noodles and cookies.



Henry

Jackson's Honest Organic Sea Salt and Vinegar Potato Chips, almond milk and cereal.



Mia

Apples, blueberries, raw milk and Annie's Cheddar Bunnies. That's it!

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PEOPLE'S SUGGESTION, COMMENT & QUESTION BOX

The suggestion box is located just inside the Co-op's entrance.
You can also email suggestions and comments to Editor@obpeoplesfood.coop
When emailing, please put "Suggestion Box" in the subject line.

Dear People's, I suggest you have aloha Thursdays. Play Hawaiian music and have the staff wear Hawaiian clothes. Carole

Dear Carole, People's supports aloha! We'll add some Hawaiian music to the Co-op's playlist. Keep your ears tuned for some slack-key guitar as well as traditional Hawaiian tunes. Thanks for the suggestion!
Amber, Editor

Dear People's, Please add more legume-based recipes in the Deli. Stefan

Hi Stefan, I had to chuckle when I read your suggestion because lately, I felt we have been leaning a bit too much on legume dishes in the hot case. It is good to remember that

there are some people who see things differently. The fact is that we make quite a few legume-based entrees and salads. Here is a list for you in case you are interested or if you would like to place a special order: Mjedra, Chana Masala, Red Beans and Rice, Tikka Masala, Spinach, Lentil and Potato, Karmic Chick Pea, Lentil and Sausage. Black-eyed Peas and Greens, Black-eyed Pea Masala, Split Pea Cakes, Falafel, Lentil Salad, Mexican Chickpea Salad, Baked Lima Bean and Dill, Succotash, Tamale Pie, Lentil Walnut Burgers, White Bean Salad, People's Hummus and the list goes on. Don't get me started on the soups . . . no really, I'm out of breath! Thanks, Mike, Deli

Dear People's, I was unpleasantly surprised that People's carries dish soap with sodium laurel sulfate as the first ingredient after water. That is the stuff I thought I shopped at People's to avoid. Please tighten up the standards for household products. Same goes for the health and beauty department. Elyssa

Dear Elyssa, We appreciate your concerns. Household cleaners are a challenging category for the Co-op and we are continually looking for products that meet the highest standards for both safety and effectiveness. Thank you for the reminder. Bryan, Grocery

Dear People's, Please let me know when you have Sugar Booger cloth lunch bags back in stock for my daughter's back-to-school. Thank you! Varsana

Dear Varsana, I'm sorry that we were out of stock when you shopped. I've ordered more and will call you directly when they arrive. Tressa, General Merchandise

Dear People's, Once in a while, please offer sautéed vegetables in the breakfast hot case in place of the sautéed greens. Rita

Dear Rita, That's a great idea. The sautéed greens have been such a big hit we just hadn't thought about other vegetables. We do occasionally sauté bell peppers for the morning hot case, so I don't see why we can't

Hey Co-operators! Need organic produce scraps for your urban farm friends? Call the Co-op at (619) 224-1387 and ask for the Produce Dept. We'll set you up for free! Quantities are limited.

Harvest Recipes for the Table

recipes by Leanne Brown

Autumn Corn Soup

Serves 4 – 6

This thick, sweet, satisfying soup is a favorite of kids and adults and is wonderful to make at the beginning of autumn. Though corn is out of season in San Diego, using canned or frozen makes this soup a warm reminder of summer.

4 cups corn, fresh, canned, or frozen
1 Tbsp. butter
1 onion, finely chopped
2 sticks celery, finely chopped
1 green or red bell pepper, finely chopped
1 small potato, diced
4 cloves garlic, finely chopped
1 chili pepper, finely chopped (optional)
1 Tbsp. cornmeal or flour
Salt and pepper
5 cups vegetable or no chicken broth

Melt the butter in a large pot or Dutch oven on medium heat. Add onion, celery, bell pepper, and potato, then stir. Cover the pot and let everything fry and steam for about 5 minutes. Take the lid off the pot and add the garlic and chili pepper, if using. Stir the vegetables, using a splash of water or broth to free any that get stuck to the bottom of the pot.

Let the vegetables cook, stirring occasionally, for another 5 minutes. They should be lightly browned and soft, although the potatoes will not be fully cooked yet.

Add the corn and cornmeal or flour to the pot and stir. Cover with about 5 cups of broth and bring to a boil, then turn the heat down to low and simmer for about 30 minutes. The broth will thicken and become opaque.

Add salt and pepper to taste. Serve with Whole-Wheat Jalapeño Cheddar Scones or thick-sliced garlic bread.

Whole-Wheat Jalapeño Cheddar Scones

Makes 6 scones

These are delicious for breakfast or with a plate of beans, a pile of vegetables, or alongside a chili, stew or the recipe that follows for Corn Soup. Spicy, cheesy, flaky—these are best eaten straight out of the oven.

Scones

1/2 cup butter
2 1/2 cups whole-wheat flour
1 tbsp. baking powder
1 tsp. salt
4 oz. sharp cheddar, diced
1 jalapeño, finely diced
2 eggs, lightly beaten
1/2 cup milk

Egg wash

1 egg
salt and pepper

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Can Anti-Inflammatory Foods Help You Lose Weight?

Even if you can't change your genes, you can change the outcome of what will happen in your body!

Research now demonstrates that multiple genes can affect our chance of becoming overweight. According to Dr. Mitchell Gaynor, author of *The Gene Therapy Plan: Taking Control of your Genetic Destiny with Diet and Lifestyle*, "Genes are largely dynamic, and you can change the expression of genes." For example, you can eat foods that are protective against things that your genes might predispose you to like cancer or obesity.

Translation: even if you can't change your genes, you can change the outcome of what will happen in your body! And this includes your weight! There are three major hormones that affect your weight: insulin, which helps the body process sugar; and leptin and glucagon, which make you feel full. Everyone has them, but sometimes inflammation can block them from working properly.

Inflammation is a natural part of the body's immune response; it is not entirely a bad thing. It signals to the body that there is an injury or an area that needs care and protection. However, sometimes inflammation can become self-perpetuating - if we don't have the correct balance of nutrients, more inflammation is created in response to the existing inflammation. Dietary improvements including more anti-inflammatory foods can be a natural way to manage some symptoms of chronic inflammation, which could ultimately help you to keep your weight in check.

What are some foods rich with anti-inflammatory properties? Head to People's to stock up on colorful antioxidant-rich foods.

First up, berries. Cranberries, raspberries, strawberries, black and blueberries are rich in antioxidants, and their dark purple and red coloring are a sure sign. Their color comes from anthocyanins or plant pigments that have demonstrated powerful anti-inflammatory properties.

Cherries, tart cherries, in particular are known as powerful anti-inflammatory foods. The flavonoid and carotenoid phytonutri-

ents in cherries have strong anti-inflammatory and antioxidant properties. A study conducted at UC Davis found that regular consumption of cherries (for approximately a month) produced a decrease in markers of inflammation in blood. Observation included a 25 percent reduction in C-reactive protein, a marker of inflammation potentially associated with an increased risk of heart disease and stroke.

Omega-3 rich foods such as flax seeds and walnuts are powerful inflammation fighters. Omega-3 fatty acids alleviate inflammation and can even block inflammatory pathways. Other benefits of flax include fiber and phytochemicals such as lignans. Diets rich in plant lignans (found in whole grains, nuts and seeds, legumes and more) have been associated with reductions in risk of cardiovascular disease.

Spice meals up with cayenne, ginger, and turmeric. Cayenne pepper contains powerful anti-inflammatory properties and protects our cells where they need it the most, in the nucleus. Ginger is another powerful anti-inflammatory known to reduce pain. Gingerols (the active constituent of fresh ginger) offer free radical protection and have been shown to reduce discomfort and swelling related to arthritis. Lastly turmeric, also a plant of the ginger family, contains the powerful curcumin and may have a positive effect on the mechanisms that cause inflammation.

Other beneficial anti-inflammatory foods for your shopping list? Green tea, and dark green veggies, pomegranates and yes, dark chocolate. Choosing vibrantly colored foods is a sure way to get your antioxidants and have a healthy inflammatory response and shed some pounds!

(Supermarket Guru)



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Izelle Cloete, Licensed Acupuncturist, Herbalist



Purple potatoes could pack powerful cancer prevention punch!

Compounds found in purple potatoes may help kill colon cancer stem cells and limit the spread of the cancer, suggests a team of researchers who released their findings in the "Journal of Nutritional Biochemistry." In tests, baked purple-fleshed potatoes suppressed the growth of colon cancer tumors in petri dishes. Attacking stem cells is an effective way to counter cancer, according to Jairam K.P. Vanamala, Associate Professor of Food Sciences, Penn State and faculty member, at the Penn State Hershey Cancer Institute.

"You might want to compare cancer stem cells to roots of the weeds," Vanamala said. "You may cut the weed, but as long as the roots are still there, the weeds will keep growing back and, likewise, if the cancer stem cells are still present, the cancer can still grow and spread."

The researchers used a baked purple potato because potatoes are widely consumed and typically baked before they are consumed, especially in western countries. They wanted to make sure the vegetables maintained their anti-cancer properties even after cooking.

In the initial laboratory study, the researchers found that the baked potato extract suppressed the spread of colon cancer stem cells while increasing their deaths. The portion size for a human would be about the same as eating a medium size purple-fleshed potato for lunch and dinner, or one large purple-fleshed potato per day. According to the researchers, there may be several substances in purple potatoes that work simultaneously on multiple pathways to help kill the colon cancer stem cells, including anthocyanins and chlorogenic acid, and resistant starch.

"Our earlier work and other research studies suggest that potatoes, including purple potatoes, contain resistant starch, which serves as a food for the gut bacteria, that the bacteria can convert to beneficial short-chain fatty acids such as butyric acid," Vanamala said. "The butyric acid regulates immune function in the gut, suppresses chronic inflammation and may also help to cause cancer cells to self-destruct."

In addition to resistant starch, the same color compounds that give potatoes, as well as other fruits and vegetables, a rainbow of vibrant colors may be effective in suppressing cancer growth, Vanamala added.

"When you eat from the rainbow, instead of one compound, you have thousands of compounds, working on different pathways to suppress the growth of cancer stem cells," said Vanamala. "Because cancer is such a complex disease, a silver bullet approach is just not possible for most cancers."

(MNT Adapted media release)

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One Degree Organic Foods - Organic Sprouted

Red Fife Raisin Bran: Raisins from California's rich Central Valley sweeten this remarkable cereal made with sprouted Canadian Red Fife, a non-hybridized heritage grain brought to Canada from Scotland 170 years ago. Add a dozen ripe strawberries to this cereal bowl, and there's no going back.



Gopal's - Organic Rawma Bars in Delicious Apple, Pumpkin Date, Carob Quinoa, and Walnut Fig varieties: Rich and fruity, multi seed bars packed with raw enzymes for lasting energy.

Drew Salsa - Organic Mango Habanero: Drew's chefs started this salsa off with a blend of organic tomatoes, green bell peppers, onions, garlic and other seasonings. Then they added some sweetness from mangoes and some heat from habanero peppers. The result is a delectably balanced salsa that starts sweet and ends hot!

Perishables

Millie's Boutique Vegan Gelato - Vanilla Caramel Sea Salt Gelato: Made with organic fair trade vanilla, Millie's starts with a smooth and silky almond milk, then they blend in velvety cashews, swirl in coconut nectar caramel and add a touch of Celtic sea salt. Sweet and salty heaven.

Pitaya Plus - Raw Organic Dragon Fruit Smoothie Packs: A good source of fiber and magnesium, these Dragon Fruit Smoothie Packs are 100% fruit with no added sugar. And because they are never heated or pasteurized, each pack contains active enzymes.

So Delicious - Coconut Milk Non-Dairy Frozen Dessert Simply Strawberry: The smooth strawberry delight will bring back the taste of summer. Made with organic coconut and organic strawberries, this pint is pure flavor.

So Delicious - Coconut Milk Non-Dairy Frozen Dessert Cookies 'N Cream: Loaded full of chocolaty cookies with a rich creamy filling, this non-dairy dessert can be enjoyed all by itself, or for the more adventurous soul, complemented with an endless array of toppings.

Health and Beauty

Acure Organics - All Better Balm: This truly is the all-in-one quick fix for whatever is bothering baby . . . and you! Baby needs a rub-down? Covered. Cracked hands, chapped nose? Moisturizes and protects. Stretch marks and scars? A little smooths them over a lot!

Acure Organics - Baby Buns: Butter up those baby buns with this non-nano zinc diaper cream that contains certified organic ingredients!

Acure Organics - Yummy Baby Lotion with

Vanilla Citrus: Protect that baby soft skin with this super yummy lotion that moisturizes and protects with delicious olive oil and shea butter, and the soothing effects of cucumber, calendula and chamomile.

Acure Organics - Yummy Baby 4-in-1 Foamer:

After mud pies, finger painting that ends up being face painting, and getting all sorts of food stickiness on everything, who doesn't want to refresh their little one to be a yummy baby again? This 4-in-1 is all things bath: bubble bath, shampoo, baby wash and hand soap!



Acure Organics - Bare Baby Lotion:

Protect baby's delicate skin with this ultra-moisturizing, unscented lotion that soothes with colloidal oatmeal, cucumber and calendula. Shea butter and olive oil seal it with a nourishing kiss!

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*These statements have not been evaluated by the Food and Drug Administration.

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Shoyeido

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Deli/Bakery

Sweet Potato Salad

\$6.89

per pound reg. 7.89

Pumpkin Bread

\$7.39

per pound reg. 7.89

Bulk

Equal Exchange - Organic & Fair Trade!

Breakfast Blend Coffee

\$8.99

per pound

Organic Red Quinoa

\$5.39

per pound

Steel Cut Oats

\$1.19

Organic!

per pound

Equal Exchange - Organic & Fair Trade!

French Roast Coffee

\$8.99

per pound

Organic Pinto Beans

\$1.69

per pound

reg. 1.89

Grocery

Pacific - Carrageenan Free Organic Coconut Milk

Original, Unsweetened Original,
Unsweetened Vanilla

\$2.39

32 oz.

reg. 3.29

Health Valley Organic Soup

Selected varieties

\$2.39

14.5 - 15 oz.

reg. 2.99



Ancient Harvest Organic Quinoa Pasta

Elbow, Rotelli, Spaghetti

\$2.39

8 oz.

reg. 3.25



Artisana - Organic Raw Cashew Butter

Creamy texture and dense nutrition!

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Guru Energy Drink

Lite, Organic Original

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Perishables

Amy's - Made with Organic ingredients Pizza!

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reg. 8.65

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10.5 oz.



Nancy's Springfield Creamery Organic Plain Yogurt

Whole, Lowfat, Nonfat

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32 oz.



reg. 4.99

Hillary's Eat Well - Organic!

Veggie Burgers

All varieties

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reg. 3.89

Rumiano

Organic Cheese

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\$2.99 - \$3.99

reg. 3.39 - 4.39

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October 16 - 31

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Equal Exchange - Organic & Fair Trade!

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Organic!

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Grocery

Go Macro

Organic Macro Bar

Selected varieties - Vegan - Macrobiotic

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2 - 2.5 oz.

reg. 2.99



\$2.39

32 oz.

reg. 4.25

Equal Exchange Organic Tea

English Breakfast, Black, Vanilla Rooibos

\$3.39

20 tea bags

reg. 4.69



Mediterranean Organic Organic Preserves

Selected varieties

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reg. 5.75

Santa Cruz Organic Apple Sauce

Apple, Apple Apricot, Apple Peach

\$2.99

6 / 4 oz.

reg. 4.49



Late July - Organic!

Thin Tortilla Chips

Sea Salt, Quinoa, Sea Salt & Lime, Purple Corn

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10 - 11 oz

reg. 3.99



Perishables

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Vegetarian Sausages

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All varieties

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reg. 1.39



So Delicious

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All varieties - Made with Organic ingredients

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All varieties

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reg. 1.99 - 6.59

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Wildwood

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All varieties

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5.5 - 6 oz.



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A Season for Pears

It's officially autumn and that means pears. Whether it's a dessert baked in cider and rolled in pecans, or a perfectly ripe fruit eaten fresh on a crisp fall afternoon, it's simply hard to imagine life without pears.

The fact is pears have been part of North American culture since the 17th century, when early colonial settlers introduced the first pear trees. Pears grew well in the eastern settlements for many years until they were hit with several seasons of crop blight. While this made it hard to sustain their widespread cultivation in the East, it was a great opportunity for pear lovers west of the Mississippi. In the 1800s, pioneers brought pear trees to Oregon, Washington and California, where they've flourished ever since.

Today, these three western states provide the majority of the pear production in the United States. Oregon and Washington grow 75 percent of all pears followed by California. The majority of these pears are the familiar Bartlett, Bosc, Anjou, and Comice varieties. Bartlett pears love California's sunny weather, and today the Golden State accounts for the majority of all Bartlett production. Surprisingly, these three varieties are relatively the same as the pears first cultivated in France and Belgium centuries before.

Pears actually are considered to be one of the world's oldest cultivated fruits. It is believed that this much-loved fruit was first grown high in the mountain valleys between Russia and Turkey. With the help of nomadic tribes, pears were brought across Europe and into Northern India. Recent discoveries have found evidence of pears in several different parts of the world thanks to these ancient tribes. In Switzerland, anthropologists excavated traces of a pear-like fruit dating back 10,000 years to Ice Age dwellings. In a

Chinese tomb, evidence of pears was found dating back to 2100 BCE. It was the Romans who used grafting techniques to develop more than 50 varieties. They also are credited with introducing the pear to other parts of Europe, where it became a much-desired commodity of the ancient world due to its versatility, flavor, and long storage life.

Even the famous Renaissance painters couldn't resist the lure of the pear as many of their still life paintings include this widely cultivated fruit of 17th century Europe. From those first 50, hundreds of varieties were developed, and today, several thousand varieties of pears are cultivated worldwide.

Picky about Pears

A medium-sized pear has about 100 calories and is a good source of fiber and vitamin C, vital components our bodies need every day for good health. For best results, look for fragrant, firm and unblemished pears. Russetting, a brown network or speck-

ling on the skin, is common on many types of pears and may indicate good flavor. Avoid pears that are very soft at the bottom end or shriveled at the stem end.

Here's a quick rundown of common pear varieties grown in the United States:

Anjou (ON-ju): Also referred to as d'Anjou pears because of their French origin. Both red and green Anjou pears have abundant juice and a sweet flavor when ripe. They do not change color as they ripen.

Bartlett: The classic pear in shape and taste. Both yellow and red Bartletts are very sweet, juicy and perfect for fresh eating. Yellow Bartletts may be green in the store, but will turn bright yellow when they are ready to eat. The Red Bartlett has a bright red skin when fully ripe. August - April.

Bosc (Baa-sk): Highly aromatic, flavorful pear. Dense flesh makes it

ideal for baking and cooking. They are brown and often russetted. They do not change color as they ripen. August - April.

Comice (Co-meece): One of the sweetest, juiciest varieties, and often are very large. A divine dessert pear that's excellent with cheese. August - February

Seckel (Seck'l): Tiny pears with ultra-sweet flavor, maroon and olive green in color. Excellent choice for children's snacks, pickling, or as a garnish.

Roasted Pear Pasta with Cinnamon and Feta

This is a wonderful, warming pasta dish full of unique flavors. Roasted pears, cinnamon, feta cheese, and toasted pine nuts make for a surprisingly delicious combination, and this meal comes together in a snap. You'll fill your kitchen with the aroma of sweet, roasting pears and spicy cinnamon before you get your first bite of this creamy pasta. Enjoy this dish as a meal on its own, or pair it with a simple green salad.

1 Tbsp. plus 2 Tbsp. butter
3 firm ripe pears, such as Bosc or Red Anjou, cut into ½-inch slices
12 ounces penne pasta
1 Tbsp. salt (for the pasta water)
½ tsp. cinnamon, plus more for dusting
¾ cup crumbled feta cheese



¼ cup pine nuts, toasted

Preheat the oven to 350°. Melt 1 tablespoon butter in a small pan, being careful not to burn the butter. Spread the pear slices out onto a sheet pan, drizzle with the melted butter, and toss gently to coat. Roast the pears for 15-20 minutes or until just tender. While the pears are roasting, fill a large pot with 4 quarts of water plus 1 tablespoon of salt. Cover and place over high heat to boil.

To toast the pine nuts, place them into a small sauté pan over medium-low heat and stir frequently until lightly browned, about 5 minutes. Set aside until ready to use.

When the pasta water boils, cook the penne according to the package instructions. Drain the pasta and return to the dry pot. Add the remaining 2 tablespoons butter, cinnamon, feta, and pine nuts. Stir together to melt the butter and combine the ingredients. Lastly, gently stir in the still-warm roasted pears. Transfer the pasta to a platter or bowl and sprinkle with a few pinches of cinnamon to garnish.

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Hello, Gourd-geous!

by Stephanie Perricone, Deli Staff

It's time for fair trade chocolate, apple cider and lots of winter squash! While October is traditionally overshadowed by its end-of-the-month holiday, it is a great time to start enjoying the season for pumpkins and their winter squash cousins. One can decorate their porch with decorative gourds and Jack-o-lantern's, but these native North American plants are a wonderful item to utilize for fall cooking. Just check out People's Produce Department for proof: a bounty of butternuts, kabocha (a Japanese varietal) and delicata squash are just waiting to be steamed, roasted or pureed.



Winter squash have many healthy properties, including fiber and potassium. They are also a great source of iron; the darker the skin, the higher the content. These fall regulars are also a zero-waste food item. When you are cooking a winter squash, slice off the skin and roast with salt and pepper

People's Barley Bonanza Salad

serves 3 - 4

Salad

2 cups barley
4 cups water
2 large delicata squash,
seeded and cut into crescents
2 large broccoli crowns, cut into florets
Olive oil
1 tsp. sea salt
1/2 cup almonds, chopped and toasted
1 bunch scallions, chopped

Dressing

1/4 cup currants
1/2 bunch dill, minced
3 tablespoons fresh thyme, minced
1/2 cup lemon juice
1/2 cup olive oil
1/2 tablespoon salt and pepper



In a heavy bottom sauce pan, bring barley and water to a boil. Reduce heat to a simmer. Cook, covered, until tender and most of the liquid has been absorbed, 40 to 50 minutes. Preheat oven to 375°F. Coat squash and broccoli with oil and salt and place on separate baking sheets. Roast each item until soft and toasty (broccoli 10 minutes, squash 30 - 40 minutes). Mix the dressing ingredients in a metal bowl, then add the cooled barley, squash, broccoli and almonds. Add the chopped scallions and mix salad together. Shazam!

Tahini: Health & Nutrition



Tahini is a seed butter made from sesame seeds that are hulled, ground, and toasted. It is commonly used in North African, Greek, Iranian, Turkish, and Middle Eastern cuisine and is a major ingredient in hummus and baba ghanoush, a dip similar to hummus, made with eggplant rather than chickpeas.

According to the USDA National Nutrient Database, a 2-tablespoon serving of tahini from roasted sesame seeds contains 178 calories, 16 grams of fat, 6 grams of carbohydrates (3 grams of fiber and 0 grams of sugar) and 5 grams of protein. That same 2 tablespoon serving provides 30% of your daily thiamin needs, 24% of magnesium, 22% of phosphorus, 14% of iron, and 12% of calcium. Do not be alarmed by the amount of fat in tahini - only 2 out of the 16 grams are saturated, the rest are mono- and poly-unsaturated fats, known to be beneficial to the heart and overall health.

Sesame seeds provide many nutrients, but it's difficult for the body to absorb them due to their hard outer layer, the hull.

Consuming sesame seeds in the paste form of tahini allows the body to better absorb the nutrients they provide.

A 1 oz. serving of sesame seeds contains three times more iron than 1 oz. of beef liver, which is commonly known as a high-iron food. Sesame seeds also contain more phytosterols than all other nuts and seeds, which are important for their cholesterol-lowering and anticancerous effects.

Heart health

Sesame seeds contain the unique lignans sesamin and sesamol, which have been shown to lower cholesterol. "Nutrition Research" published a study in which subjects consumed 1.5 ounces of tahini a day. After 4 weeks, the subjects' average total cholesterol and LDL ("bad") cholesterol decreased by 6.4% and 9.5%, respectively. Subjects were then asked to return to their normal diets without tahini. Four weeks later their cholesterol levels returned to their original level.

As discussed in the nutritional breakdown, tahini is high in monounsaturated and polyunsaturated fats. Studies have shown that consuming these types of fats can lower harmful cholesterol levels as well as lower the risk of heart disease and stroke. The calcium and magnesium in tahini also work to decrease blood pressure naturally.

Cancer

Lignans, chemical compounds found in certain plants, have a similar structure to estrogen. The sesamin and sesamol lignans in tahini are able to bind to estrogen receptors, which can protect against hormone-related cancers.

Arthritis

In a study published in the "International Journal of Rheumatic Diseases," patients with knee osteoarthritis were given either glucosamine plus Tylenol twice a day (a standard treatment for osteoarthritis) or 40 grams per day of powdered

. . . continued on page 14

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Study finds local food movement rooted in relationships and values

According to a new University of Iowa (UI) study, people are shopping at farmers markets and joining food co-ops at record numbers because they enjoy knowing who grows their food. These so-called 'locavores' are also driven to eat locally grown because their commitment to do so makes them feel a part of something greater than themselves – a community that shares their passion for a healthy lifestyle and a sustainable environment.

"It's not just about the economical exchange; it's a relational and ideological exchange as well," said Ion Vasi, an associate professor with a joint appointment in the Department of Sociology and Tippie College of Business at the UI and corresponding author of the study. Vasi said the local food market is what sociologists call a "moralized market," that is a market in which people combine economic activities with their social values. Among their findings, the UI researchers discovered local food markets were more likely to develop in areas where residents had a strong commitment to civic participation, health and the environment.

"It's about valuing the relationship with the farmers and people who produce the food and believing that how they produce the food aligns with your personal values," Vasi said.

So, what's behind this need to know who grows your food and to believe in how it's produced? It was the onslaught of big-box stores and globalization forces that reigned "buy local" campaigns across the country in the 1990s, said the UI researchers. According to the study: "A growing number of communities have attempted to gain control of their own economies by encouraging civic engagement that supports investing in locally owned businesses instead of outside companies."

For these enthusiasts, supporting the local food movement is a sort of civic duty, an act to preserve their local economy against the threats of globalization and big-box stores.

Eating Organic: The Health Benefits

Organic products reduce public health risks to farm workers, their families, and consumers by minimizing their exposure to toxic and persistent chemicals on the farm and in food, the soil in which they work

and play, the air they breathe, and the water they drink. Children are especially vulnerable to pesticides. Thus, offering organic food and fiber products into the marketplace gives parents the option of choosing products produced without the use of



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Food for Thought: Celebrating Co-op Month

A cooperative is a business owned and democratically controlled by the people who use its services. In many ways, cooperatives resemble other businesses. They have similar physical facilities, perform similar functions and must follow sound business practices. They are usually incorporated under state law by filing articles of incorporation, granting them the right to do business. The organizers draw up bylaws and other necessary legal papers. Member-owners elect a board of directors, who then sets policy and hires a manager to run the day-to-day operations.

But in some ways, cooperatives are distinctly different from other businesses. These differences are found in the cooperative's purpose, its ownership and control, and how benefits are distributed. They are reflected in cooperative principles that explain the unique aspects of doing business on a cooperative basis.



these toxins.

Not only does organic production help reduce public health risks, mounting evidence shows that food grown organically are rich in nutrients, such as Vitamin C, iron, magnesium, and phosphorus. There is also less exposure to nitrates and pesticide residues in organically grown fruits, vegetables, and grains when compared to conventionally grown products.

While proving health benefits of eating a particular food is a complex question to answer, evidence is mounting that there are some healthier nutritional profiles linked to consuming various organic products. For instance, a research article published in December 2013 in *PLOS ONE* found that organic whole milk contained significantly higher concentrations of heart-healthy omega-3 fatty acids compared to milk from cows raised on conventionally managed dairy farms. Meanwhile, a research article published in the journal *Food Chemistry* found organic soybeans have a healthier nutritional profile than conventionally grown or Monsanto's genetically engineered Roundup Ready® soybeans. (Organic Trade Association)

Report finds most fast food chains serve meat raised on drugs

A new report and scorecard, "Chain Reaction," released last month by several consumer, health, and environmental groups grades North America's 25 largest fast food and fast casual chains on their meat and poultry antibiotics policies, with all but five of them earning "F"s for allowing routine antibiotic use by their meat suppliers. Subway, Starbucks, KFC, Jack in the Box, Taco Bell and Domino's Pizza were among the industry leaders graded "F" for their antibiotic policies.

An estimated 70 percent of antibiotics important to human health are sold for use in meat and dairy production. "From bacon cheeseburgers to chicken nuggets, most meat served by America's chain res-

taurants comes from animals raised in industrial-scale facilities, where they are routinely fed antibiotics to prevent disease that is easily spread in crowded, unsanitary, stressful conditions," said Kari Hamerschlag, a lead author of the report who is senior program manager at Friends of the Earth.

Steven Roach, food safety program director at Food Animal Concerns Trust and analyst for Keep Antibiotics Working said, "The meat industry's misuse and overuse of antibiotics reflects larger problems of poor animal welfare and farm management practices in U.S. meat production."

For more information on the scorecard, visit www.foe.org/chain-reaction.

Junk food and the brain

New research has shown for the first time that the part of the brain used for learning, memory and mental health is smaller in people with unhealthy diets. The results of the study by researchers at Deakin University and the Australian National University (ANU) suggest that older persons with unhealthy diets have smaller hippocampi - the hippocampus is a part of the brain believed to be integral to learning, memory and mental health. It has also shown that older people with healthier diets have larger hippocampi.

Associate Professor Felice Jacka, lead author of the study, said that as the negative impact of unhealthy foods on the waistline of the population grows, so does the evidence suggesting that our brain health is also affected.

The results of the study, now published in the international journal *BMC Medicine*, suggest that older adults who eat more unhealthy foods, such as sweet drinks, salty snacks and processed meats, have smaller left hippocampi. It also shows that older adults who eat more nutrient-rich foods, such as vegetables and fruits have larger left hippocampi. These relationships existed over and above other factors that may explain these associations, such as gender, levels of physical activity, smoking, education or depression itself. (biomedcentral.com)

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Nano in Agriculture: Unregulated, Unhealthy, and Ineffective

One of the undisputed effects of the increased use of genetically engineered (GE) crops in agriculture is the increase in superweeds that have accompanied them. Many GE plants, like Monsanto's Roundup Ready® soybeans, are genetically engineered to be tolerant of herbicide like glyphosate or Roundup®. That means farmers can spray more herbicide to kill unwanted plants without worrying about killing the intended crop. Through time, weeds learn to resist increased application of herbicides and become what are termed as superweeds.

To stay ahead of nature, industrial agriculture applies ever more technological fixes. One that is emerging is the use of nanomaterials. Nanomaterials are manufactured particles so small that they are measured at the nanoscale. Adjuvants are materials added to herbicide formulations intended to enhance the herbicide. Adjuvants made of nanomaterials are now readily available to farmers worried about superweeds.

One such product is NanoRevolution 2.0. This product is marketed as helping glyphosate (Roundup) work better by increasing absorption. And it is advertised as doing so naturally. The manufacturer of NanoRevolution 2.0, Max Systems, claims, "We understand that producers prefer all-natural products for the soils on their family operation. NanoRevolution 2.0 is a Nano Driven Adjuvant that is 100% all natural."

These claims may lead one to believe this is a sustainable product ready to save family farming. The reality, as reported by Tom Philpott, food and agriculture correspondent for "Mother Jones," this product is neither safe nor effective (www.motherjones.com/tom-philpott/2015/07/are-farmers-using-nanotech-fight-superweeds).

Carbon nanotubes, the nanomaterial in NanoRevolution 2.0, are of particular concern and have been compared to asbestos in terms of health effects, as they can lodge in the lungs of those exposed as well as passing through cell membrane barriers. Nanotechnology is a concern because such small particles can go in the human body where larger particles cannot and have been associated with a variety of negative health impacts.

Those directly exposed to carbon nanotubes during the application of the herbicide, that is

farmers and farmworkers, are at risk. People living in surrounding communities are also at risk as the pesticides regularly drift through the air or enter the surrounding waterways. The particles that do not drift away, but stay with their intended target may make their way into the food system to be ingested by consumers. Those likely most at risk are workers who manufacture the product as they are exposed to these particles consistently, directly, and often in more confined spaces.

Because adjuvants are used to enhance a pesticide, but are not a pesticide themselves, they are not regulated by the Environmental Protection Agency. This leads us to having an unregulated product on the market claiming to be "natural" and help family farmers, but is actually a novel, largely untested, manufactured product that puts farmers, farmworkers, manufacturing workers, public health, and the environment at risk.

In 2012, the National Research Council conducted an EPA requested study of nanotechnology research and found that "despite increasing budgets for nanotechnology-EHS (environmental, health, and safety) research and a growing number of publications, regulators, decision makers, and consumers still lack the information needed to make informed public health and environmental policy and regulatory decisions."

In 2013, the President's Council of Advisors on Science and Technology, in its assessment of the National Nanotechnology Initiative (NNI), expressed concerns about "a lack of integration between nanotechnology related [environmental health and safety] research funded through the NNI and the kind of information policymakers need to effectively manage potential risks from nanoparticles."

To date, the U.S. Food and Drug Administration has not enacted any nanomaterial-specific regulations to protect consumer health. The FDA has published guidance regarding nanomaterials in food products, stating, "At this time, we are not aware of any food ingredient or FCS [food contact substance] intentionally engineered on the nanometer scale for which there are generally available safety data sufficient to serve as the foundation for a determination that the use of a food ingredient or FCS is GRAS [Generally Recognized As Safe.]"

California EPA moves to label Monsanto's Roundup "carcinogenic"

The California Environmental Protection Agency announced in September that it plans to label glyphosate — the most widely used herbicide and main ingredient in Monsanto's Roundup® — as a chemical "known to cause cancer". The World Health Organization's research arm also recently found that the chemical is probably carcinogenic to humans, and research has also linked glyphosate to the steep decline of monarch butterflies.

As reported in the "East Bay Express" (www.gmwatch.org/news/latest-news/16394), "Scientists have increasingly raised new alarms about potential negative health impacts tied to Roundup®, including a recent study suggesting that long-term exposure to tiny amounts of the chemical (thousands of times lower than what is allowed in drinking water in the U.S.) could lead to liver and kidney problems."

Germany joins Scotland in seeking ban on GE seeds

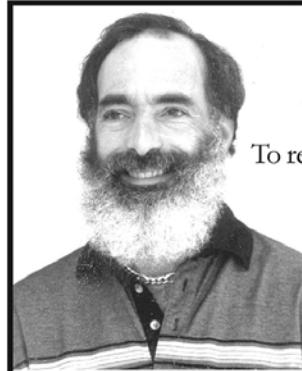
Germany is taking steps to outlaw the cultivation of genetically engineered crops in Europe's biggest economy. The Agriculture Ministry plans to officially request that producers of GMOs exclude Germany when applying to sell seeds in the European Union, Christian Fronczak, a spokesman for the ministry, said. Scotland took similar measures in August. "The German government is clear in that it seeks a nationwide cultivation ban," Fronczak said. "There's resistance from all sides, from the public to the farmers."

Switzerland's Syngenta AG and U.S. rival Monsanto Co. have been among the strongest proponents of the seeds, which are mostly banned in the EU because of what some say are uncertain environmental and health effects. Monsanto maintains the products are safe. (Bloomberg)

Russia to ban GE food production

A senior Russian government member, Deputy PM Arkady Dvorkovich, recently told reporters that the cabinet decided that any food production in the country will completely exclude any genetically engineered organisms or parts thereof. "As far as genetically modified organisms are concerned, we have made the decision not to use any GMO in food productions," Dvorkovich said at an international conference on biotechnology in the Russian city of Kirov.

According to official statistics the share of GE ingredients in the Russian food industry has declined from 12 percent to just 0.01 percent during the past 10 years, and currently there are just 57 registered food products containing GE ingredients in the country. The law ordering obligatory state registration of GE products that might come in contact with the environment will come into force in mid-2017. (Russia Today)



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thousands of people who care about where they live. Vermont's governor, Peter Shumlin, is a member of the Putney Food Co-op in Putney, Vermont. He says, "The great thing about the co-op is that you see people from all walks of life coming together. It's really a community center. It's a community resource." That's why we put so much into what we do to make the world better. It all comes together at the co-op.

Reprinted by permission from StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogther.coop.

tahini

... continued from page 12

sesame seeds (comparable to 2 tablespoons of tahini). The group consuming sesame scored better on measures to test the inhibitions associated with knee osteoarthritis, reported less pain, and did not experience the adverse side effects associated with Tylenol.

Bone health

The high magnesium content in tahini is beneficial for maintaining healthy bones. Adequate magnesium intakes are associated with a greater bone density and have been effective in decreasing the risk of osteoporosis in postmenopausal women.

Adding Tahini to Your Diet

Tahini is a major component of classic hummus. Anytime you are consuming traditional hummus, you are consuming tahini! Other ways you can add this powerhouse food to your menu include:

- Top salads with a quick dollop of tahini
- Make your own salad dressing using tahini.
- Dip veggies in a tablespoon or two of tahini.

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Place the butter in the freezer for 30 minutes.

Turn the oven to 400 °F. Line a baking sheet with parchment paper, or lightly grease the pan if you don't have the paper. In a large bowl, combine the flour, baking powder, and salt.

Prepare your jalapeño and cheese. Cutting the cheese into cubes rather than grating it means you'll have pockets of gooey cheese that contrast nicely with the scone. If you want the spice of the jalapeño, leave the seeds and membrane; if you like it milder, remove them and chop up only the pepper itself.

Remove the butter from the freezer and grate it directly into the flour mixture. (Use a cheese grater—it's the best way to break up butter without melting it.) Using your hands, gently squish the butter into the flour until everything is incorporated but not smooth. The chunks of butter will create flaky scones. Add the jalapeño, cheese, eggs, and milk to the bowl, then use your hands to gently mix everything until it just comes together. It will probably be a little shaggy, but that's just fine.

Sprinkle flour on a clean countertop and dump the dough onto it. Gently shape the dough into a disc about 1½" thick. Cut the dough into six triangles, like a pizza, and move them to the cookie sheet.

In a small bowl, gently beat the egg for the egg wash. Brush it over the scones, then sprinkle salt and pepper over each one. Bake for 25 minutes or until the scones are golden brown.

(Leanne Brown author of "Good and Cheap")

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The Co-op Classifieds

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Free aura readings 7:30 – 9 p.m. First Mondays: 10/5, 11/2, and 12/7/15. Intuitive Insights, 4455 Morena Blvd 108, San Diego, 92117. (858) 509-7582. www.MyIntuition.Net

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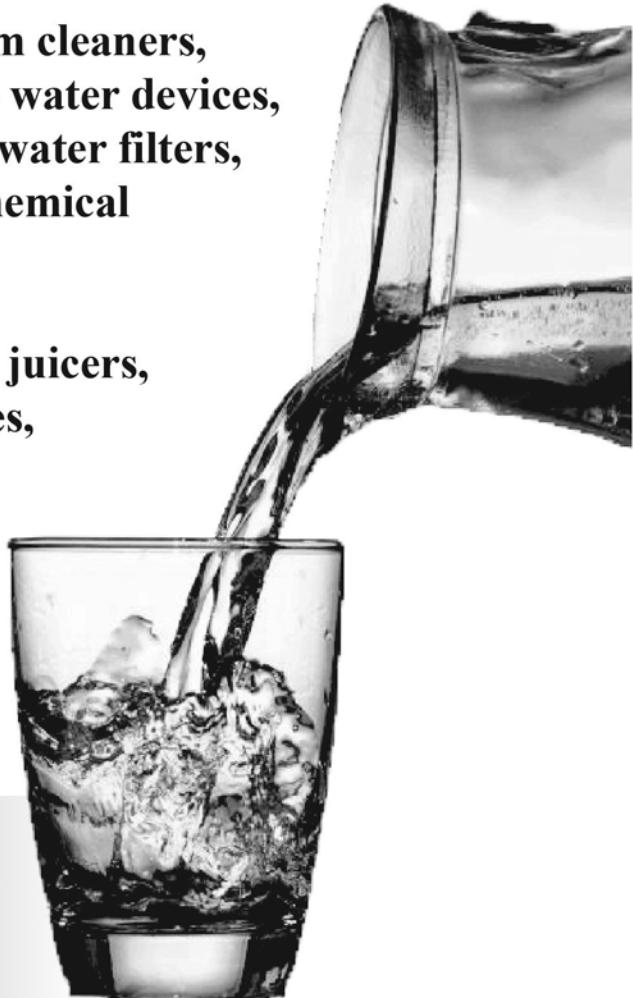
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