

# Ocean Beach People's Organic Food Co-op News

June 2015



## C e l e b r a t e Y o u r F a t h e r !

OPEN DAILY  
8 A.M. - 9 P.M.  
[obpeoplesfood.coop](http://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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### Nation's Beekeepers Lose 40 % of Bees



*The Environmental Protection Agency (EPA) has begun taking some steps to protect honey bees, including changes to pesticide labels by being clearer and more precise in their directions for pesticide application. The revised labels include specific limits such as "Do not apply this product while bees are foraging. Do not apply this product until flowering is complete and all petals have fallen . . . "*

Beekeepers across the United States lost more than 40 percent of their honey bee colonies during the year spanning April 2014 to April 2015, according to the latest results of an annual nationwide survey led by a University of Maryland professor. While winter loss rates improved slightly compared to last year, summer losses—and consequently, total annual losses—were more severe. Commercial beekeepers were hit particularly hard by the high rate of summer losses, which outstripped winter losses for the first time in five years, stoking concerns over the long-term trend of poor health in honey bee colonies.

The survey, which asks both commercial and small-scale beekeepers to track the health and survival rates of their honey bee colonies, is conducted each year by the Bee Informed Partnership in collaboration with the Apiary Inspectors of America, with funding from the U.S. Department

of Agriculture (USDA). Survey results for this year and all previous years are publicly available on the Bee Informed website: [www.beeinformed.org](http://www.beeinformed.org).

"We traditionally thought of winter losses as a more important indicator of health, because surviving the cold winter months is a crucial test for any bee colony," said Dennis vanEngelsdorp, an assistant professor of entomology at the University of Maryland and project director for the Bee Informed Partnership. "But we now know that summer loss rates are significant too. This is especially so for commercial beekeepers, who are now losing more colonies in the summertime compared to the winter. Years ago, this was unheard of."

Among backyard beekeepers (defined as those who manage fewer than 50

*. . . continued on page 14*



**Make a Father's Day Card!**

**Sat., June 20, 12 – 2 p.m.**

**Co-op Community Room**

We've got all the art supplies you'll need to make Dad a card on his very special day! Hosted by People's - all ages welcome and encouraged to attend. Free!

**Owner Appreciation  
Discount now features  
Electronic Coupon!**

**Pick Your Own Day!  
This month's owner  
discount days run from  
June 15th - June 21st.**

**For Complete Details  
See Page 4**



# People's Co-op Board of Directors

Meeting Notes for April 18, 2015

Board Members Present: Ofelia Alvarado, Steve Myrick, Stephanie Mood, Jim Kase, Brandon Fuller, Andi Briceno, Chet Nelson and Chris Young.

Staff: Nancy Casady, Pasqual Carrillo, Jamie Decker, and Gloria Isselhard.

Guests: Tom Baker and Phillip Gianopoulos.

## New Business

Brandon made a motion that the board install Chris Young, Tom Baker, and Jamie Decker as board members. Andi seconded. Vote: passed unanimously.

Steve made a motion that the current board of officers remain in their positions until the Nominating Committee can prepare a slate of officers for the board to vote on at a future meeting. Steve retracted his motion. Chet made a motion that the Nominating Committee meet and select a slate of officers and present it to the board for their approval. Nominations will also be taken from the floor. Steve seconded. Vote: yes - 8; opposed - 1; abstained - 0.

Ofelia thanked Jim Kase for his ten years of service on the board.

Ofelia asked that board members sign and return the Code of Conduct and Ethics to her.

## Outreach and Education

Andi reported that a request from Sherman Elementary School was made for a \$500 donation to help with the school's organic garden. A donation application has been sent to them.

Nancy reported on the successful March 15, 2015 Climate Walk and Rally. Photos of the event were circulated worldwide.

Nancy reported that the California State Board of Food and Agriculture held a joint meeting with officials in Tijuana. The Trans Pacific trade agreement was discussed.

Evanthia reported that visits and tours by general managers from other co-ops attending the annual National Co-operative Grocers spring meeting went well.

Marketing Manager Amber Forest McHale gave a report on the Co-op's social media outreach.

Jamie reported that, due to a communication glitch, People's held its Annual Meeting outdoors and that it went very well. Those in attendance pitched in to set up tables, chairs and help with food service. Ofelia and Nancy provided recaps of 2014. The movie "Food for Change" was rescheduled for May 8th at the Co-op.

A voluntary staff meeting yielded suggestions for reducing water use.

Stephanie requested that Nancy prepare a timeline for communication with the committee, Co-op owners and the community at large regarding People's plans for the development of the properties located to the east of the Co-op.

Stephanie distributed a report, "Who buys organic food where."

The Expansion Committee met and considered an offer to locate a produce outlet at Liberty Station. The committee is recommending that the board not proceed at this time, due to People's commitment for expansion to the east of our current location.

## Finance Committee

Chet reviewed the financial report for March. Total revenue was - 5% for the month and minus 3.5% year-to-date. Total cost of sales was - 6% for March and - 5% year-to-date. Gross profit was - 2.7% for the month

# GENERAL MANAGER'S MESSAGE

by Nancy Casady

Last month the world famous Rodale Institute published its thirty year study on organic farming compared to conventional systems, and what we thought is now a proven fact, "Organic farming is far superior to conventional systems when it comes to building, maintaining and replenishing the health of the soil. When one considers soil health, yields, economic viability, energy use and human health, it is clear that organic farming is sustainable while current conventional practices are not. For thirty years of side-by-side research . . . Rodale Institute has demonstrated that organic farming is better equipped to feed us now and well into the ever changing future."

There you have it. As with so much of our current "operating systems," the choice is not between good and better, but rather between what isn't working and what could be.

Let me list some things that could be: sustainable plant-based agriculture grown in healthy soil, free public education through college or trade school, efficient and ubiquitous affordable mass transit, single payer health care for all U.S. residents, full employment with living wages, cooperatives as the preferred business model, and an active participatory democracy which includes weekend hours for all libraries, and elections held on weekends. Given the direction we're headed now, none of this is possible because all of it depends on a safe and stable climate.

And there's the rub. Too many of us think we still have the luxury of continuing our current way of life while we should improve. Seriously people, we need to get a move on. Big problems are already here and only big solutions can solve them. That's why People's Co-op is a founding member of the Climate Mobilization Coalition and why you should go to [www.theclimatemobilization.org](http://www.theclimatemobilization.org) to read and sign the pledge.



and - .8% year-to-date, compared to 2014 data. Sales per paid labor hour was \$82.99 compared to \$83.89 last year. The labor to sales ratio remained under target at 22.67% for March and 23.71% year-to-date.

In March, People's spent more on electricity due to a rate and usage increase; gas and water were down—resulting in an 11.57% increase in utilities. An analysis of our meters is underway to determine the most advantageous rate selection.

Stephanie made a motion that the board approve an additional \$180,000 for the expansion project at 4741-4749 Voltaire St. Steve seconded. Vote: passed unanimously.

Steve made a motion that the board approve the financing of the development at 4741-4749 Voltaire St. in the amount of \$250,000 through North Island Credit Union. Stephanie seconded. Vote: passed unanimously. Debt service will be approximately \$1,300 per month.

Steve made a motion that the board approve a resolution to authorize the general manager to secure a loan for an amount not to exceed \$250,000 to develop the property at 4741-4749 Voltaire St. Jamie seconded. Vote: passed unanimously.

## Expansion Committee

### Next Board Meeting

Monday, June 22, 6 p.m.  
Committees

- Outreach & Education Committee
  - Chair, Andi Briceno
  - Meeting: June 15, 5:30 p.m.
- Planning Committee
  - Chair, Stephanie Mood
  - Meeting: June 15, 6:30 p.m.
- Finance Committee
  - Chair, Chet Nelson
  - Meeting: June 15, 7 p.m.

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

Steve made a motion that Jim Kase be appointed as a member of the Expansion Committee. Chet seconded. Vote: passed unanimously.

Nancy and Steve met with architect Jim Gabriel on March 30. A plan was presented that included demolition of both properties and the construction of a new building. Demolition costs for the current structure at 4741 Voltaire may be \$10,000 and cost for demolition of the duplex may be \$15,000. The Co-op has up to two years to complete the project.

## General Manager's Operations Report

Sales are holding steady at the "new normal" which began in October 2014. This trend is being reported and continued across the country. Our seasoned buyers have adjusted to this and cost of sales, inventory levels, and gross and net profit remains within projections.

The Co-op played host to a variety of folks this month. More than 150 general managers from co-ops belonging to the National Co-op Grocers met in San Diego for three days. Our Co-op was included in the scheduled tours and positive feedback was received and appreciated. Lastly, we hosted about 40 Co-op owners for the annual meeting which was a happy event.

We welcome new members to the Board of Directors, Tom Baker and Jamie Decker, and returning member Chris Young. The board provides vital oversight and long-term strategic planning for the future of People's. Board Study provides an opportunity to discuss trends, input from the national organization and aspirations for a better world. Thanks to retiring board members Bryan Pease and Jim Kase for many years of dedicated service.

This month the Co-op also hosted a fantastic Food Fair. Thanks to all who helped, led by staff member Heather Weightman.

Expansion planning has begun for the property to the east. We are looking at a mixed use project.

Representatives from People's presented testimony at the National Organic Standards meeting, held in La Jolla. Our position is one calling for strengthening protections for organic production and processing. Please be reminded that the Climate Mobilization Coalition (of which People's is a founding member) will be holding a re-enactment of the warning ride of Paul Revere at midnight, Saturday, June 13, 2015.

# 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](http://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 Lectures

Mondays, 6:30 - 9 p.m.

## School of Healing Arts

The School of Healing Arts offers free wellness clinics with lectures, demonstrations and student massage every Monday night. Call Candice at (619) 233-0938 for a current schedule or visit the school's website at [www.schoolofhealingarts.com](http://www.schoolofhealingarts.com). Click on the Resource tab and then the FREE Wellness Clinic

## Ocean Beach People's Organic Food Co-op News

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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.  
[jdecker@obpeoplesfood.coop](mailto:jdecker@obpeoplesfood.coop)

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People's Co-op will not knowingly accept newsletter advertisements that are deceptive, misleading or expressly incompatible with our mission and goals. People's Co-op does not endorse, advocate or guarantee offers, viewpoints or representations made by advertisers in the *Co-op News*.

tab. The School of Healing Arts is located at 1001 Garnet Ave., Ste. 200, in Pacific Beach. Free of charge.

## DIY Facial and Skin Care

Thursday, June 11, 7 – 8:30 p.m.

## People's Co-op Community Room

Licensed esthetician Ginger Mele will give a brief introduction on healthy skin care, followed by individualized consultations, and tips on doing your own facials. All ages welcome. Attendance is limited to 16; to RSVP call (858) 206-0179. 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.

## S.D. Really Really Free Market

Sunday, June 14, 11 a.m. – 2 p.m.

## Teralta Park, City Heights

The San Diego Really Really Free Market provides a chance to give and get cool stuff for absolutely free. Simply bring the things around the house you aren't using anymore, put them in the "free pile," and look around to see if there is anything you'd like to take yourself. It's surprising how much great stuff shows up! Teralta Park is located at 40th Street and Orange Avenue, in City Heights. Learn more at [www.sdrrfm.blogspot.com](http://www.sdrrfm.blogspot.com)

## Intro to Nonviolent Communication

Wednesday, June 10, 7 – 8:30 p.m.

## People's Co-op Community Room

Please join Tera Gardner, San Diego area Nonviolent Communication (NVC) facilitator/coach, for a fun, lively and interactive introduction to Nonviolent Communication. NVC supports using language in self-responsible, mutually respectful, compassionate and empowering ways to maximize the possibility of real connection. Attendance is limited to 18; to RSVP call (858) 344-0898. 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.

## Of Special Note this Month

### Film Night

### O.B. Green Center

Thursday, June 11, 7 p.m.



This month's movie is *Disruption*, a film by Kelly Nyks and Jared P. Scott. "When it comes to climate change, why do we do so little when we know so much?" Through a relentless investigation to find the answer, *Disruption*

takes an unflinching look at the devastating consequences of our inaction. The exploration lays bare the terrifying science, the shattered political process, the

unrelenting industry special interests and the civic stasis that have brought us to this social, moral and ecological crossroads.

The film also takes us behind-the-scenes of the efforts to organize the largest climate rally in the history of the planet during the UN world climate summit. This is the story of our unique moment in history. We are living through an age of tipping points and rapid social and planetary change. We're the first generation to feel the impacts of climate disruption, and the last generation that can do something about it. The film enlarges the issue beyond climate impacts and makes a compelling call for bold action that is strong enough to tip the balance to build a clean energy future.

The O.B. Green Center is located at 4843 Voltaire St. in Ocean Beach. For more information call (619) 225-1083. Free of charge.

## Make Dad a Father's Day Card

Saturday, June 20, 12 – 2 p.m.

## Co-op Community Room

We've got all the art supplies you'll need to make your Pop a thank-you card on his special day! Hosted by People's - all ages welcome and encouraged to attend. Free of charge.

## Climate Rally -

## Re-enactment of Paul Revere's Ride!

Saturday, June 13, Midnight

## Rally at Sixth and Laurel

Join former Congressman Jim Bates for a reenactment of the warning ride of Paul Revere. The event will begin at the All Saints Church at 625 Pennsylvania Ave. (at the corner of Pennsylvania Ave. and Sixth Ave.) and proceed down Sixth and into Balboa Park at Laurel Street.



Modern day patriots will gather at the Kate Sessions statue, one block east of Laurel Street, to call on the U.S. Government to fight climate

change with a World-War II style national mobilization that will transition the country — at wartime speed — off fossil fuel and on to renewable energy. Music and short speeches will follow. Bring friends! Visit [www.theclimatemobilization.org](http://www.theclimatemobilization.org) and take the climate action pledge. For more information email [oceanbeachgreencenter@gmail.com](mailto:oceanbeachgreencenter@gmail.com)

Find out how to book the Co-op's  
Community Room at no cost.

Call People's at (619) 224-1387  
and ask for Membership.

# Our Cooperative Community

## Attention Shoppers . . .

### Owner Appreciation Day Changes: New Electronic Coupon!

Beginning this month, People's is rolling out a new system which will allow current Co-op owners to choose when to use their owner appreciation discount through an "electronically attached discount coupon."

The discount coupon is available at any cash register. The discount coupon can be applied by the account owner for one shopping trip during the first Owner Appreciation Week, scheduled for June 15 – 21, 2015. Subsequent Owner Appreciation discount weeks and discount amounts will be posted throughout the Co-op and in the Co-op's newsletter.

Please note that household purchasing is eligible for the discount, however the discount coupon may only be used for one shopping trip per owner number. Shoppers renewing or joining during an Owner Appreciation Week will also be eligible to use the discount.

### People's Bag Raffle Winners

Congratulations to our recent bag raffle winners: Mayra, K.C., Rosalie, Sam, Mike, Katrina, Matt, Jessica, Marcia, James, Jackie, Joe, Sydne, Varsana, Frank and Chris, Robin, Lisa, Cyndy, Aaron, Sean, Maria, Michelle, Roz, Chel, Leslie, Julie, Marcella, Chris, David, Elliot, Megan, Anne, Barb, Heather, Brian, Molly, Carol, Dan,

Amber, Mary Anne, Troy, Shellie, Rose, Liz, Bri, Maribel, Jesse, Susan, Adam, Sali, Zoe, Carolyn, Mark, Alan, Kalen, Phil, Ashley, Dianna, Mariana, Ellen, Andrea, Gail, Jan, Ed, Kim, Timothy, Leah, Maureen, Pete, Scott, Gabriel, Marylyn, Rob, Brandie, Pam, Patty, Margo, Jen, Macklie, Kim, Lola, Vanessa, Remko, Shannon, Danah, Teagan, Heidi, Arun, Natalia, Ty-

ler, Linda, Marci, Kai, Taylor, Jennifer, Andrea, and Stacey.

All it takes to receive a raffle ticket—which entitles you to the Co-op's daily drawing of a \$30 People's Co-op gift card—is to bring your own large grocery bag, or box when you shop. Each large bag that you bring in and use, entitles you to one raffle ticket.

### People's Asks: What is your favorite summer fruit?



Max

I absolutely love strawberries because they remind me of eating them with my Grandma.



Brittany

Avocado! I love them because you can add them to anything and it just makes life better.



Tina

Mangoes! They're sweet and juicy and they remind me of my first pregnancy.



Jen

Mangoes! They're sweet and juicy and fun to eat! They remind me straight from the tree. The taste and of warm tropical destinations. Apple. You can't beat picking one straight from the tree. The taste and the memories are unforgettable.



Peck

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### Owner Appreciation Week – Pick Your Own Day!

This month's owner appreciation discount runs from Monday, June 15th - Sunday, June 21st.

#### Here's how it works:

- ① Pick the day you want to shop, June 15 - June 21 for your 5% discount.
- ② Once at the register, give the cashier your owner number and let them know that you want to use your 5% electronic coupon.
- ③ Receive your 5% discount on that purchase.

#### Important to Know!

Your owner number can only be used one time with the electronic coupon. If someone other than the primary shareholder (i.e. the person whose name is on the ownership card) uses the electronic coupon (for instance a roommate or spouse), that counts as the one time use.

If you have any questions, please don't hesitate to ask any cashier or call People's at (619) 224-1387.

### Hemp History Week!

Join us June 1 - 7 in celebrating hemp as more than just a healthy whole food source of plant-based protein, Omega-3 essential fatty acids and GLA (gamma linolenic acid). Did you know hemp is also a growing U.S. industry and an environmentally sustainable solution for potentially thousands of non-toxic products ranging from car parts and building materials to paper products, textiles, plastics and even ethanol? We can also sequester carbon from the atmosphere into the biosphere by cultivating hemp to heal our distressed farmlands!



Do you choose to boost your nutrition with hemp seeds because hemp has no known allergens? Maybe you just like the creamy, nutty flavor of hemp hearts, the smooth rich texture of hemp milk, or chewy hemp granola bars. But, did you know all the raw hemp for products stocked on retailers' shelves must be imported from other countries?

### Take Action to return Industrial Hemp Farming to U.S. Farmers!

We're now closer than ever to returning hemp farming to North America! Hemp research is now permitted in states where hemp farming is legal under state law thanks to Section 7606 of the 2014 Farm Bill. The Farm Bill which was signed into law by President Obama on February 7th of this year, defines industrial hemp as distinct and allows research by institutions of higher education or state departments of agriculture in states where hemp is legal. We still need action on several bills pending in Congress before farmers can grow hemp commercially so please call or write in support of hemp. Learn how to take action by visiting [www.capwiz.com/votehemp/home](http://www.capwiz.com/votehemp/home).

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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](mailto:Editor@obpeoplesfood.coop)

When emailing, please put "Suggestion Box" in the subject line.

Dear People's, It has become difficult to get pre-made vegan sandwiches lately, as many of them have cheese. As a vegan, I rely on People's Deli to provide vegan food. Also, we accidentally bought a sandwich with cheese on it because it was in a basket that read Vegan Club, yet the label read Sandwich of the Day. I notice that many of the sandwiches do not have the label of what they actually are, but rather the generic Sandwich of the Day. Please be sure to accurately label them so we don't buy something that we don't want. Thank you! Jeanne

*Dear Jeanne, Thank you! The way you worded your comment was informative and kind. You're right; labels on food should always be 100% accurate. I'm so sorry that you got a sandwich with cheese. We will remind all Deli staff of the extreme importance of correct labels. We will also strive to make more pre-made sandwiches without dairy. Sincerely, Amy, Deli*

Dear People's, Why does People's Organic Market offer non-organic potato chips? They are listed on the Environmental Working Group's Dirty Dozen list. Amber

*Dear Amber, In searching for the perfect selection and quality for the Co-op, sometimes reality does not meet ideals. I have brought in all of the organic potato chips that are currently available to us, and I am constantly looking to upgrade the non-organic varieties. Namaste, Bryan, Grocery*

Dear People's, Quiche in the Deli please. John

*Hi John, Thanks for the suggestion. Quiche is typically made with eggs and cheese. In the Co-op's Deli, we do not cook with either of these items. Thanks John. Mike, Deli*

Dear People's, Please clear the postings on the outside window. The sign says that they are cleared on the first of the month, but they have not been cleared in a long time.

*Dear Anonymous, The bulletin window is a labor of love and attention. I personally monitor this window every day that I work. I look for over-sized postings, duplicate postings, postings that cover other postings, unacceptable postings (animals for sale, etc.), and more. I assure you that the window is cleared monthly, if not on the 1st of the month, then no later than the 2nd day. Perhaps you are noticing posts that people repeatedly put up each new month. Kindly, Amber, Editor*

Dear People's, This note of suggestion regards the Deli. Is there any way that you can hold the onions? I can't handle them . . . This evening everything except for the Lemon Quinoa had onions in it. Both soups, every salad in the cold case . . . Please try to hold the onions! Not everything requires onions. There are sure to be others like me around. Very disappointed, Del Monte p.s. I love this place and the Deli, but this evening was just too much.

*Dear Del Monte, Message received. We will try harder to feature onion-free food. Thanks, Mike*

Dear People's, Please carry Beanfield's Unsalted and Ranch varieties. Jan

*Dear Jan, These new flavors are already on the way to our Co-op shelves. Namaste, Bryan, Grocery*

Dear People's, The bulk foods aisle used to carry or-

ganic Anasazi beans, also called Aztec beans, Cave beans, or appaloosa beans. They were often sold out. Please stock these again. Andy

*Dear Andy, I'm sorry, but none of our sources for organic beans have Anasazi beans available. We have been trying for months to get these beans back, but with no such luck. Jon, Bulk*

Dear People's, In the May issue of the Co-op's newsletter I read that member appreciation day is being restricted to one shopping trip. I walk here and can only carry a limited amount. Must the future member appreciation days limit non car drivers to one time on one day? Should I start walking away with one of your wheeled shopping carts? Hmm?? We love our planet and we love People's. Hannah

*Dear Hannah, Thanks for taking the time to let us know how the new owner discount days will affect you. We intend to have personal sized wheeled shopping carts available for sale for your convenience. And, we welcome your feedback once the new discount program is underway. Nancy Casady, General Manager*

Dear People's, Please offer a spicy, hot hummus. Mia  
*Dear Mia, Good news! By the time you read this, People's will have organic Spicy Pepper Hummus by Baba Foods. And, it's made locally in Chula Vista! David O., Perishables*

Dear People's, Please bring back the individually wrapped, mini Equal Exchange chocolates that you carried in bulk. Nancy

*Dear Nancy, Those chocolates were a very slow seller. Since we had to purchase them in bags of 800, keeping them fresh was too difficult. Our apologies. Jon, Bulk*

Dear People's, Please carry Stella and Chewy's dog food. Ree Anna

*Hello Ree Anna, Thank you for your suggestion. Stella and Chewy's is meat-based and as a vegetarian food co-op, we do not offer this item. Point Loma Pet Pantry, who advertises in the newsletter (see page 10) does carry this brand. Bryan, Grocery and Amber, Editor*

Dear People's, The Deli food is so much better without the hot sauces and spices. Thank you. M

*Dear M, We're glad you found something in the Deli to match your taste buds. It's a good feeling to know that we made a customer happy. Mike, Deli*

Dear People's, Where are those wonderful meatballs that you serve in the Deli? Thanks for all you do, hard work, and good food. Helga

*Hi Helga, We now feature vegan meatballs every Monday. You can purchase them ala carte or in a sandwich. Thanks, Mike*

Dear People's, Thanks for the pre-Mother's Day Spring Arts and Crafts Fair. Great idea!!! Arlene

*Dear Arlene, We're glad you stopped by! Everyone seemed to have a very good time, and it was so nice to be outside and share the space together. If you enjoyed this fair, mark your calendar for People's Fall Arts and Crafts Fair, scheduled for the first Saturday before Thanksgiving. See you then, Amber, Editor*

A Climate Rally and Re-enactment of Paul Revere's Ride will take place on Saturday, June 13, Midnight at Balboa Park. Please see page 3 for complete details.

## Eggs and Cheese Please!

recipes by Cathy Banks

Welcome back to the first month of summer! This is the season we throw off our cardigans and bringing out the deck chairs. It's time for potlucks, picnics, and friends over for light suppers. Whether you're in charge of making appetizers or the main dish, the following vegetarian recipes are sure to please the crowd. Round out the meal with a glass of organic red wine or a highball of juicy fruit spritzer.

### Cheesy Creamy Spread

This recipe will be enough to spread on top of 20 - 25 slices of toasted baguettes.

16 oz. container whole milk ricotta cheese  
5 - 6 oz. blue cheese or gorgonzola cheese, lightly mashed with a fork  
1 tsp. freshly chopped fresh basil  
1/2 tsp. freshly chopped fresh parsley  
2 - 3 Tbsp. mild flavored honey  
20 - 25 toasted slices of French bread or baguette  
2 red or green apples, sliced  
1/3 cup walnuts, chopped and lightly toasted (optional)

In a large bowl beat the ricotta cheese with a mixer for 2 - 3 minutes. Stir in the lightly mashed blue cheese or Gorgonzola and the fresh herbs. Stir to combine. Add the honey and walnuts, and thoroughly combine. Taste for desired sweetness, adding a bit more honey if desired. Spoon into a serving bowl, cover and chill for at least 1 - 2 hours and up to 24 hours. Bring to room temperature and spread on top of the toasted bread. Place 1 - 2 apple slices on top of the cheese spread and sprinkle with nuts, if using. Serve with a nice crisp organic green salad.

### Mushroom & Red Bell Pepper Quiche

Serves 4-6

1 cup sliced mushrooms  
2 medium sized red bell peppers, sliced in strips  
2 - 4 Tbsp. unsalted butter  
4 eggs  
1/2 cup cream and 1/2 cup milk  
1/4 tsp. each parsley and black pepper  
Pinch of sea salt  
2/3 cup cheddar cheese, grated

Pre-heat the oven to 350°. Lightly oil a medium-size glass baking dish or 6 ramekins; for this recipe, do not use metal baking pans.

Sauté the bell pepper in the butter until tender. Remove and set aside at least 1/4 cup for garnish. Add the mushrooms and more butter, if needed, and sauté until they begin to get a golden color. Remove from heat and set aside.

In a large bowl, whisk the eggs, milk, cream and seasonings together. Add the mushrooms and bell peppers and mix. Add the cheese and stir gently to combine. Pour mixture into the prepared baking dish. Bake for about 25 - 30 minutes or until a knife inserted into the middle comes out clean.

Cool quiche slightly and top with the extra sautéed bell pepper. Cut into wedges and serve. If ramekin dishes are used, the quiche can be served directly in the dish or unmolded and plated. Serve with a tangy green salad and crusty rolls.



## Eyeing Healthy Skin

Lutein, best known for vision protection, may also defend skin against UV rays.

by Lisa James

Soaking up the sun's rays on a lovely summer day can feel wonderful. However, that warm glow can soon give way to dry, itchy discomfort—and to the type of skin damage that can, over time, foster the development of cancer.

Lutein, a carotenoid found (along with its partner, zeaxanthin) in kale, corn, egg yolks, spinach, broccoli and other foods, has long been known to help protect structures within the eye against sun damage. Scientists now believe that lutein may provide a similar defense for sun-exposed skin.

### Ruthless Rays

Sunshine contains two types of ultraviolet rays: UVB, which penetrates the skin's outermost layer, called the epidermis, and UVA, which penetrates into the underlying dermis. The most common result is the red, hot inflammatory response known as sunburn.

Excessive UV exposure can also age skin prematurely. Besides causing dryness and flakiness, UV can degrade collagen, the protein that helps keep skin supple and toned. Results can include wrinkles, fine lines, discolored areas (known commonly as age spots), a leathery texture and bleeding from damaged blood vessels. What's more, sun damage can lead to actinic keratosis, small, scaly, reddish or brownish bumps or patches that do not disappear without treatment. Left untreated, up to 15% of keratoses can develop into squamous cell cancers (SCC). According to the Skin Cancer Foundation, an estimated 700,000 cases of SCC are diagnosed each year in the U.S. and the incidence rate has been rising.

### Skin Shield

Because lutein and zeaxanthin are the only two carotenoids to be found in significant quantities within the eye, most lutein research has been on how these nutrients affect vision. Lutein and zeaxanthin have been found to soak up free radicals and filter harmful blue light. As a



result, "supplementation with lutein and zeaxanthin is effective for treating macular dysfunction in the central retina in early AMD (age-related macular degeneration) patients," according to the American Academy of Ophthalmology. Researchers are discovering that lutein may provide similar benefits in terms of skin protection. A study team in Korea found that "lutein significantly reduced several skin inflammatory responses"; further analysis revealed that "lutein was able to act as a strong antioxidant" (*Mediators of Inflammation 2013*). Researchers writing in the *Journal of Investigative Dermatology* found that lutein "modulates the skin's response to UVR (ultraviolet radiation) and may contribute to the defense against some of the deleterious effects of solar radiation."

Scientists have made other intriguing discoveries. One research team found a link between high concentrations of lutein and zeaxanthin in the retina and sharper thinking among older people (*Age and Ageing 3/14*). In another study, supplementation led to improvements in the way the brain processes visual information (*PLOS ONE 9/14*).

When used for skin protection, lutein and zeaxanthin are most effective in formulations that support collagen production with amino acids and a natural substance called MSM, along with glucosamine and fatty acids from sources such as chia and flax seed.

Looking to lutein for eye protection in the summer sun? Don't forget that it may help defend your skin, too.

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## Toxic Chemicals in Clothing, Cookware, Food Packaging and Other Everyday Products

"Stain-resistant, Nonstick, Waterproof and Lethal" is how journalist Callie Lyons refers to a chemical called C8 found in the bodies of nearly all humans and animals on the planet. Exposure is linked to a wide range of health problems including cancer, liver malfunction, hypothyroidism, obesity, ulcerative colitis, and decreased immune response to vaccines in children. More than 200 scientists from 38 countries have reached a consensus: the entire class of highly fluorinated chemicals such as C8 (also known as PFCs or PFASs) is extremely persistent, potentially toxic, and should be replaced with safer alternatives. The *Madrid Statement* documenting this scientific consensus was published last month in *Environmental Health Perspectives* (EHP), a peer-reviewed scientific journal.

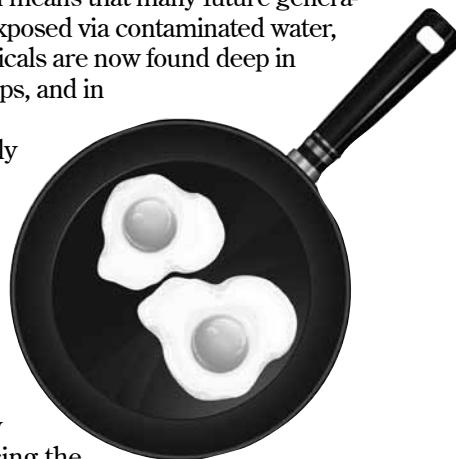
Highly fluorinated chemicals can make consumer products stain-resistant, nonstick, or waterproof. They are used, for instance, in outdoor and fashion clothing, carpets, furniture, cookware, food contact paper, and some cosmetics.

"Must our population be the guinea pigs to determine if similar chemicals are as harmful as C8?" asked Arlene Blum, PhD, Executive Director of the Green Science Policy Institute and first author of the *Madrid Statement*. "Before adding any fluorinated chemicals to consumer products we should ask whether we really need them. Or can the same function be achieved with a safer solution?"

Highly fluorinated chemicals can persist for thousands of years in the environment, which means that many future generations will continue to be exposed via contaminated water, air, and food. These chemicals are now found deep in the ocean, on mountain tops, and in nearly all living creatures.

"Every second, highly fluorinated chemicals are leaching out of the clothing, carpets, and food packaging we use ever day," said Arturo Garcia-Costas of The New York Community Trust, a major funder for the Green Science Policy Institute's work on reducing the use of classes of harmful chemicals. "Once these extremely persistent toxic chemicals make their way out of these products and into our bodies and the environment, there is no going back. Classes of chemicals like this should be proven safe before they're used in consumer products."

For more information, visit [greensciencepolicy.org/highly-fluorinated-chemicals](http://greensciencepolicy.org/highly-fluorinated-chemicals) or [www.s.coop/1wmj5](http://www.s.coop/1wmj5).



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## What's New at People's Co-op ?

### Grocery

#### Newman's Own - Organic High Protein Pretzels:

These organic crisp, hearty pretzels offer great flavor without the use of artificial flavors, colors or preservatives commonly found in conventional pretzels. Plus you get 5 grams of protein per serving!



#### Beanfields - Bean and Rice Chips in Ranch and Unsalted varieties:

One serving of Beanfields chips gives you 5 grams of protein, 6 grams of fiber and zero grams of sugar. All that in a snack chip!

#### TeeChia - Sustained Energy Cereal in Blueberry Date and Cranberry Apple varieties:

Made from 6 organic super seeds plus certified gluten-free rolled oats. Sweetened purely with fruit, these cereals produce lasting energy, satiety (satisfying fullness), and regularity.

### Perishables

#### Alden's - Organic Salted Caramel Ice Cream:

Vanilla ice cream blended with swirls of caramel and a touch of salt. Bring out the cones or dig in with spoons and a bowl.

#### Field Roast - Chao Vegan Cheese Slices in Original and Tomato Cayenne varieties:

A rich and creamy non-dairy coconut cheese alternative seasoned with a traditional Vietnamese fermented soybean curd called Chao.

#### Super Rebbi Herbs - Organic Fair Trade Maca Mocha Coconut Milk Elixir:

This mocha-rich energy drink is coffee free and made with maca root. Maca is traditionally used to enhance vitality, stamina and energy.

#### Good Faith Farm - Tapenade, Olive and Sunflower Tapenade, and Olive and Garbanzo Hummus:

A trio of olive spreads and dips made with organic ingredients. The farmers at Good Faith use a traditional lye-free, salt brine method that preserves the olive's natural probiotic enzymes and showcases the subtle flavors of this fruit.

#### Food for Life - Organic Gluten Free Sprouted for Life™ Almond Bread:

Made with organic almonds for extra flavor, nutrition and to help aid in blood glucose regulation. Try it served warm to release its amazing nutty flavor.

#### Prager Brothers - Organic Artesian Sprouted Spelt Bread:

This is a great whole grain bread that keeps well and works well for sandwiches or toast. The flavor of the sprouted spelt berries and buckwheat come through to create a nice sweetness. Locally made!

#### Prager Brothers - Organic Artesian Walnut Whole Grain Bread:

A darker bread with a full flavor, toasted seeds, walnuts, and oats that blend well with the sharp bitter whole grain flavor. Locally made!

#### Prager Brothers - Organic Artesian Multigrain Bread:

A lighter bread loaded with flax seeds, sunflower seeds, and whole cracked grains (millet, barley, rye, triticale, wheat, corn, and oats). Locally made! Prager Brothers Organic Artesian Farm and Country Sourdough breads available, too!

### TeeChia Berry Protein Smoothie

The sweet mixture of fresh fruit with a bit of honey, coupled with TeeChia's nutrient-dense super seeds and protein-rich tofu provide a healthy snack or meal replacement any time of the day.

#### Ingredients:

2 cups mixed berries (fresh or frozen).  
1 cup silken tofu  
1/4 cup fruit juice (your choice!)  
1 to 3 Tbsp. honey (optional)  
1/3 cup Blueberry Date TeeChia  
1 tsp. ginger, peeled and grated (add a bit more for a spicier kick!)  
Directions:

In a blender, combine berries, tofu and pomegranate juice, 2 tablespoons honey, Blueberry Date TeeChia, and ginger. Blend until smooth, 15 to 20 seconds. Adjust sweetness and spice by adding honey or ginger. Enjoy!



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#### Vega Snack Bar

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### Seventh Generation

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# June 1 - 15

## Deli/Bakery

### Picnic Style Potato Salad

**\$6.89**

per pound reg. 7.89

### Pineapple Upside Down Cake

**\$7.79**

per pound reg. 8.29

## Bulk

### Equal Exchange - Organic & Fair Trade

### Breakfast Blend Coffee

**\$8.99**

per pound

### Organic Rolled Oats

**99¢**

per pound

### Organic Hulled Millet

**1.39**

per pound

### Organic Dry Roasted Valencia Peanuts

**3.99**

per pound

### Tamari Sunflower Seeds

**\$4.69**

per pound

**Organic!**

reg. 5.99

## Grocery

### Annie's Naturals Organic Salad Dressing

Selected varieties

**\$2.69**

8 oz.

reg. 4.25



### Mother India Organic Indian Meals

Selected varieties

**\$3.69**

9.3 - 10.6 oz.

reg. 4.79

### R.W. Knudsen Organic Juice

Selected varieties

**\$2.99**

32 oz.

reg. 4.55



### Imagine Coconut Dream

Original, Unsweetened, Vanilla

**\$2.39**

32 oz.

reg. 2.99

### Eden Organic Beans

Selected varieties

**\$1.65**

15 oz.

reg. 1.95



### Bionaturae - Organic! Balsamic Vinegar

Made from Trebbiano and Lambrusco grapes

**\$4.69**

17 oz.

reg. 6.85

## Perishables

### Rudi's Organic Bakery Organic Bread



Honey Sweet Whole Wheat, Whole Wheat,  
7 Grain with Flax, Whole Wheat Sandwich Flatz

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reg. 4.79 - 4.99 12 - 22 oz.



### Kevita - Organic! Sparkling Probiotic Drink

All varieties

**\$2.39**

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reg. 3.49



### So Delicious Coconut Milk Non Dairy Frozen Dessert

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reg. 6.49



### Nancy's Springfield Creamery Organic Yogurt

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# June 16 - 30

**coop™ deals**

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## Bulk

### Equal Exchange - Organic & Fair Trade

### Decaf Breakfast Blend

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### Organic Roasted Salted Pistachios

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### One Degree Organic Cereal

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### Drew's Organic Salad Dressing

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## Perishables

### Luna & Larry's Organic Coconut Bliss

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**Prices on Specials  
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# Bring on the Berries!



Berries are packed with nutrients and flavor. They're relatively low in calories and are considered to be an excellent source of vitamin C and a good source of potassium. Since potassium is a nutrient of concern for many (most people don't get enough of it), berries are even more attractive when it comes to good health. Plus, berries have lots of dietary fiber, which is another nutrient of concern for many North Americans.

### Berries and Your Health:

According to the study, *Berries: Emerging Impact on Cardiovascular Health*, "Berries are a good source of polyphenols, especially anthocyanins, micronutrients, and fiber. In epidemiological and clinical studies, these constituents have been associated with improved cardiovascular risk profiles." In other

words, in some circumstances, berries can decrease your risk of heart disease. Now let's take a look at the health benefits of some of the most common berries.

Strawberries are excellent sources of vitamin C. In fact, a single serving of strawberries offers 80% of the vitamin C that you need in a day. Vitamin C helps protect your cells from the damage of oxidation, and since your body can't make vitamin C on its own, you need to eat a certain amount of it every day in order to stay healthy. So pick up some strawberries for a tasty health boost!

Raspberries are rich in antioxidants and anti-inflammatory elements. The phytonutrients in raspberries help reduce the risk for atherosclerosis, high blood pressure, obesity, and even type 2 diabetes. Make these flavorful berries a part of your diet, today!

According to the *Survey of antioxidant capacity and phenolic composition of blueberry, blackberry, and strawberry in Nanjing*, "Blackberries are notable for their health benefits based on high nutritional contents of dietary fiber, vitamin C, vitamin K, folic acid, and the essential mineral, manganese. Blackberries also rank highly among fruits for antioxidant strength, particularly due to their high contents of phenolic compounds." Those antioxidants are great

for your health, protecting your cells from free radical damage.

Blueberries are some serious health rock stars. They're packed with phytochemicals that reduce inflammation, fight neurodegeneration, protect cells from oxidation, and even reduce cancer risk. Blueberries are also good sources of fiber.

Last, but not least, are cranberries. Cranberries contain compounds that can help prevent urinary tract infections. They also contain significant amounts of salicylic acid, which is a key ingredient in aspirin. Salicylic acid helps reduce swelling and prevent blood clots. Adding cranberries to your diet will allow you to start reaping the health benefits!

### Berries as Flavor Boosters:

It's great that berries are so good for your health, because they're tons of fun to eat too! Berries serve as flavor boosters for all kinds of dishes. They're tart, sweet, and bright — in other words, they're great at adding zings of flavor to a wide variety of dishes. Berries can be featured with foods that are either savory or sweet. Toss a few raspberries with fresh greens, crumbled bleu cheese, and a bit of balsamic vinegar for a tasty and elegant salad, or dip strawberries in chocolate for a beautiful dessert.

## Blueberry, Watermelon Pizza with Kiwi

There are a lot of variations of pizza, but this watermelon-based pie may be the healthiest version you'll have this summer. It's extremely simple to make and you can experiment with your favorite berries, or any type of sliced fruit, as long as they fit on your pizza.

To begin, cut a large round of watermelon; this will be your pizza base. Slice kiwis and lay on pizza as you would pepperoni. Add a good sized handful of blueberries and any other fruits you may be using. Next, use a pizza slicer to cut triangles out of your watermelon to create your slices. Top with sprinkles of shredded coconut!



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## The Sasquash Strikes Again!

by Stefanie Perricone, Deli Cook

Summertime. Traditionally, this stretch of the year evokes serene imaginings of the beach, barbeques and baseball games. Once the mind starts to linger over these options, one may naturally shift to the food that accompanies this fun. Chips and dip? Veggie hot dogs? How about squash? Yes, lurking in the shadows of those obvious choices is the fruit that is summer squash. This benevolent giant of a plant presents a conundrum this time of year. Garden plots once manicured and lovely are soon overrun by summer gourds; while you may be happy with the bounty, you soon realize the output is so overwhelming, you begin to contemplate zucchini ice cream. But fear not! However you may find yourself with summer squash, there are many ways to incorporate it into everyday dishes.

As opposed to winter squash varieties, which have a hard rind, summer squashes are harvested when immature. Due to the short shelf life of these soft morsels, May through July is the time when summer squash flourishes. While most assume squash is a vegetable, botanically they are considered a fruit due to the swollen ovary in their flower. Health-wise, the nutritional advantages of zucchini include low calories, and a serviceable amount of potassium and vitamin A. Since this plant is abundant in temperate climates, most countries grow and utilize variations on the summer squash. Check out People's Produce Department and you will find yellow crooknecks with their swan-like appearance nestled next to flying saucer-shaped sunburst squash, not to mention the common zucchini. Mix and match for an attractive color burst.

For an easy side dish, steam medium diced summer squash until soft and toss with salt, pepper and a bit of lemon juice. Grilling zucchini with other kebab-style veggies reduces its wateriness and brings out a nice charred flavor. Appealing main course options include stuffing zucchini or mixing squash into pasta sauce. Even raw, squash is a great snack dipped in hummus.

The Co-op's Deli makes the most of this squash overload with a "zuc-creamy" delight, Creamy Curried Zucchini Soup. This soup is delicious hot, or if you wish, eat it gazpacho style, and top with avocado and cayenne pepper.

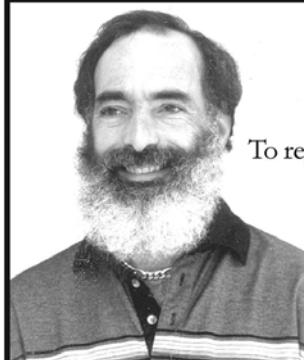


### Creamy Curried Zucchini Soup

2 cups onion, chopped  
8 cups zucchini, quartered  
1/4 cup ginger, chopped  
3 tablespoons garlic, minced  
2 jalapenos, diced  
4 cups potatoes, diced  
1 bunch cilantro, chopped  
1/4 cup sunflower oil  
1 Tbs. each brown mustard seed, coriander seed, cumin seed, cumin powder  
2 tablespoons curry powder  
Sea salt

In a large pot, cover potatoes with water and boil until very mushy. Do not drain. Sauté all other ingredients, except the cilantro, in oil until soft. Add sauté and cilantro to the potatoes and stir to mix. Puree with an immersion blender until smooth.

Dig in.



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## Ode to Kale

by Heather Weightman, Human Resources

Oh kale, how do we love thee? Let us count the ways:

Dehydrated for chips; fermented for tummy health; sautéed, shiny and with garlic; blended up strong and unabashedly in a green drink or tempered and buried in a berry smoothie; raw and ribboned in a salad; for breakfast, lunch, dinner or a snack; curly, red, or dark green; and in spring, summer, autumn, and winter, because San Diego enjoys a year-round growing season. We love thee so much we wear you on sloganized T-shirts and devote whole festivals to revel in your glory. And kale, we love thee for thy many virtues and nutrients.

Lest you dislike kale (blasphemy!), there are a plethora of other plant-based foods that are high in calcium. These include other greens such as collard greens, turnip greens, spinach and arugula. Additional sources of plant-based calcium include fortified nondairy milks and orange juice, okra, broccoli rabe, almonds, tahini, blackstrap molasses, garlic, great northern beans, figs, amaranth, hemp milk, and even seaweed!

A favorite variety of kale is called lacinato or dinosaur (dino for short) kale. Dino kale's texture is less tough, it has a beautiful dark green color, and the flavor is wonderful: sweet, delicate, and earthy. Compared to other kale, this variety is faster to prep and has less waste because you can consume the whole leaf! The leaves lay flat and you can chop the thicker stem parts thin so they are easier to eat.

### Heather's Sautéed Kale

Makes 1 serving

1 cup of kale sliced into 1/2" ribbons  
1/2 tsp. olive oil  
1 garlic clove, peeled and minced  
sea salt

Heat oil on medium heat in a sauté pan. Add the kale, toss and cook, stirring for 2 – 3 minutes. Add the garlic and cook stirring for 2 more minutes. Salt to taste. For variations, add a pinch of red pepper flakes when you add the garlic. Another option is to add a splash of lemon juice or vinegar to brighten the flavor, once the kale is cooked. You can also try this kale recipe for breakfast, used as a bed for cubed and roasted sweet potatoes, which are moderately high in calcium.



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## Groups' Petition to Ban Antibacterial Pesticide Rejected by EPA

In a response that took more than five years, last month the Environmental Protection Agency (EPA) issued its long-awaited response to a Citizen Petition filed by Beyond Pesticides and Food & Water Watch, denying the request to cancel registered products that contain the antibacterial pesticide triclosan, often sold under the trade name microban. The decision allows this toxic substance to continue to be sold nationwide in common household products, from toys, cutting boards, hair brushes, sponges, computer keyboards to socks and undergarments. The agency did, however, grant one request, and will evaluate and conduct a biological assessment of the potential for effects on listed species under the Endangered Species Act (ESA) in the ongoing triclosan registration review. The cosmetic uses of triclosan, such as toothpaste and liquid soaps, are regulated by the Food and Drug Administration (FDA) and subject to a separate petition for which there has been no response since its filing in 2005 and again in 2009.

"Numerous studies have shown that antibacterial soaps cause more harm than any of their perceived benefits," said Nichelle Harriott, science and regulatory director at Beyond Pesticides. "For the protection of human health and the environment, we are troubled that EPA has decided not to ban triclosan, but are glad that they will finally evaluate potential for effects on wildlife –something the agency should have done before allowing its widespread use."

Research indicates that the toxic antibacterial can interfere with the action of hormones, potentially causing developmental problems in fetuses and newborns, among other health concerns. In December 2013, the FDA announced that the growing body of scientific evidence warranted requiring manufacturers to prove that their antibacterial soaps are safe and effective against bacteria, as product label claims stipulate, but no action has been taken by the agency. (PRNewswire-USNewswire)

## Congressional Hearing on Pollinator Health Skirts the Issues

In a press release issued last month, the Center for Food Safety reported that the Congressional House Agriculture Subcommittee on Horticulture,

## Food for Thought: Vegetarian Diets and Weight

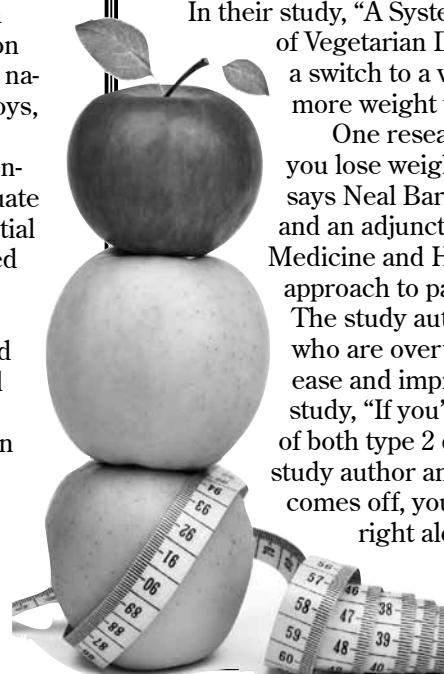
There's a new study in town, and its results indicate that vegetarian diets may aid weight management efforts. A team of researchers from the Physicians Committee for Responsible Medicine reviewed 15 studies from 6 countries — the U.S., Spain, Finland, Poland, Sweden, and Norway. These studies had a total of more than 700 participants, and the length of the studies ranged between 1 month and 2 years. Though the quality of the studies varied, the overall message was clear. Vegetarian diets can improve weight loss efforts. After sifting through all the data, the research committee concluded, "The prescription of vegetarian diets reduces mean body weight, suggesting potential value for prevention and management of weight-related conditions."

In their study, "A Systematic Review and Meta-Analysis of Changes in Body Weight in Clinical Trials of Vegetarian Diets," the researchers revealed that the average weight loss that accompanies a switch to a vegetarian diet is roughly 10 pounds, but that heavier people tend to lose even more weight when they choose a vegetarian diet.

One research review quoted, "The take-home message is that a plant-based diet can help you lose weight without counting calories and without ramping up your exercise routine," says Neal Barnard, M.D., lead author of the study, president of the Physicians Committee, and an adjunct associate professor of medicine at the George Washington University School of Medicine and Health Sciences. "We hope health care providers will take note and prescribe this approach to patients looking to manage their weight and health."

The study authors also emphasized the importance of even a little weight loss for those people who are overweight or obese, highlighting the effect of weight loss on decreased risk of disease and improved health. Another article featured this quote from another lead author on the study, "If you're overweight, losing just 5 to 10 percent of your body weight can slash the risk of both type 2 diabetes and cardiovascular disease," says Susan Levin, M.S., R.D., C.S.S.D., a study author and director of nutrition education for the Physicians Committee. "As the weight comes off, you'll start to see blood pressure, blood sugar, triglycerides, and cholesterol fall right along with it."

So what's the bottom line? Switching to a vegetarian diet can make it easier to lose weight, which in turn can help people reduce their risk of chronic disease. (source: foodandhealth.com)



Biotechnology and Research held a hearing on pollinator health in June, but failed to address the impacts of systemic pesticides, like neonicotinoids (neonics), on bees, birds and other pollinators in the context of federal coordination and response to pollinator declines. The hearing chided USDA and EPA for their public disagreement over pesticide treated seeds, but failed to advance policy solutions that would protect pollinators from the unnecessary use of pesticides. Current independent science and EPA's own analysis demonstrate that neonic-coated seeds fail to increase yields or provide protection from target pests during critical times of plant activity.

A major point of discussion in the hearing was a recent USDA letter to EPA critiquing the agency's October analysis on neonicotinoid seed coatings for soybeans. USDA's support of coated seeds ignores peer-reviewed science and real world evidence that indicate coated seeds do not provide any significant economic benefits to farmers. USDA also fails to ac-

count for the numerous environmental and economic harms resulting from the prolific use of neonicotinoid seed coatings, particularly the impacts on pollinator populations. To read the full press release, visit [www.s.coop/1wmfc](http://www.s.coop/1wmfc) (Center for Food Safety)

## Organic? Here's the Good News!

- Organic agriculture can feed the world.
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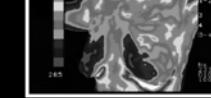
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## USDA Voluntary GE Label

The Agriculture Department has developed a new government certification and labeling for foods that are free of genetically engineered ingredients. The certification, which is the first of its kind, would be voluntary and companies would have to pay for it. If approved, the foods would be able to carry a "U.S.D.A. Process Verified" label along with a claim that they are free of GMO's\*. The agriculture secretary, Tom Vilsack, outlined the new certification in a May 1 letter to department employees, saying it was being done at the request of a "leading global company," which he did not identify.

(Associated Press / New York Times)

### \*What's in a word – GMO vs. GE

Here are definitions of both as explained by the Home Garden Seed Association:

**GE (Genetically Engineered):** The terms GE and

GMO are frequently used interchangeably in the media, but they do not mean the same thing. It is modern genetic engineering that is the subject of much discussion. Genetic Engineering

describes the high-tech methods used in recent decades to incorporate genes directly into an organism.



The only way scientists can transfer genes between organisms that are not sexually compatible is to use recombinant DNA techniques. The plants that result do not occur in nature; they are 'genetically engineered' by human intervention and manipulation. Examples of GE crops currently grown by agribusiness include corn engineered with a naturally occurring soil bacterium for protection from corn borer damage (Bt-corn), and herbicide-resistant ('Roundup Ready®') soybeans, corn, cotton, canola, and alfalfa. All of these are large acreage, commercial crops. At the present time, home gardeners will not encounter any packets of GE seeds sold through home garden seed catalogs or garden center seed racks.

**GMO (Genetically Modified Organism):** The USDA defines a GMO as an organism produced through any type of genetic modification, whether by high-tech modern genetic engineering or long time traditional plant breeding methods. While you often hear the GE and GMO used interchangeably, they have different meanings. For hundreds of years, genes have been manipulated empirically by plant breeders who monitor their effects on specific characteristics or traits of the organism to improve productivity, quality, or performance. When plant breeders, working with conventional or organically produced varieties, select for traits like uniformity or disease resistance in an open-pollinated variety or create a hybrid cross between two cultivars, they are making the same kind of selections which can also occur in nature. In other words, they are genetically modifying organisms and this is where the term GMO actually applies. Examples of 20th century breeding work include familiar vegetables and fruits such as seedless watermelons, pluots and modern broccoli.

## World's Number 1 Herbicide Discovered in U.S. Mothers' Breast Milk

In the first ever testing on glyphosate herbicide in the breast milk of [North] American women, Moms Across America and Sustainable Pulse have found 'high' levels in 3 out of the 10 samples tested. The results point to glyphosate levels building up in women's bodies over a period of time, which has until now been refuted by both global regulatory authorities and the biotech industry.

The levels found in the breast milk testing are 760 to 1,600 times higher than the European Drinking Water Directive allows for individual pesticides.

They are however less than the 700 ug/l (microgram per liter) maximum contaminant level (MCL) for glyphosate in the U.S. This was decided upon by the U.S. Environmental Protection Agency (EPA) based on the now seemingly false premise that glyphosate was not bio-accumulative.

The initial testing that has been completed at Microbe Inotech Labs, St. Louis, Missouri, is not meant to be a full scientific study. Instead it was set up to inspire and initiate full peer-reviewed scientific studies on glyphosate, by regulatory bodies and independent scientists worldwide.

Read the full article at  
[www.s.coop/1wmf2](http://www.s.coop/1wmf2)  
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## Tell Congress: Support the AWARE Act to End Animal Cruelty at the USDA

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A January 20, 2015 *New York Times* investigative report, "U.S. Research Lab Lets Livestock Suffer in Quest for Profit: Animal Welfare at Risk in Experiments for Meat Industry," written by Michael Moss ([www.s.coop/1wlmd](http://www.s.coop/1wlmd)), uncovered a disturbing pattern of systematic animal cruelty, spanning decades at the Nebraska-based U.S. Meat Animal Research Center.

The center, funded with \$200 million in taxpayer money, is operated by the U.S. Department of Agriculture (USDA). According to the *New York Times*, at least 6,500 animals are known to have starved to death at this facility.

The report prompted legislators from both parties in Congress to introduce H.R. 746 (S. 388), the AWARE Act, intended to expand protections for farm animals at federal research facilities. Animals involved in scientific research enjoy basic protections under the Animal Welfare Act, but farm animals in agriculture research are exempt. The AWARE Act would close that exemption.

The USDA is trying to duck responsibility for the research facility's inhumane treatment of animals.

An internal review found no evidence of mistreatment at the facility. Several legislators have complained that the agency is stonewalling congressional requests for more information.

Bill sponsor Rep. Mike Fitzpatrick (R-Penn.) said in a press release, "As stewards of taxpayer dollars, we felt a responsibility to present the AWARE Act as a legislative fix that holds the USDA to the same humane standards that countless research facilities across the country are held to. If we expect staff in these facilities to recognize their professional and legal obligations to safeguard the welfare of animals – we should set the bar at an equal, or higher, level for the federal government." Researchers justified their actions at the Nebraska facility as a means toward an end: maximizing profits for the country's big meat producers. We must hold the federal government to a higher standard.

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colonies), a clear culprit in losses is the varroa mite, a lethal parasite that can easily spread between colonies. Among commercial beekeepers, the causes of the majority of losses are not as clear.

"Backyard beekeepers were more prone to heavy mite infestations, but we believe that is because a majority of them are not taking appropriate steps to control mites," vanEngelsdorp said. "Commercial keepers were particularly prone to summer losses. But they typically take more aggressive action against varroa mites, so there must be other factors at play."

As reported in the *New York Times*, "Dr. vanEngelsdorp said increasingly poor nutrition could be a factor in the rising summer death rate." The *Times* went on to say, "Rising crop prices have led farmers to plow and plant millions of acres of land that was once home to wildflowers; since 2007, an Agriculture Department program that pays farmers to put sensitive and erosion-prone lands in a conservation reserve has lost an area roughly equal to half of Indiana, and budget cuts promise to shrink the program further. Dr. vanEngelsdorp and other scientists cite two other factors at work in the rising death rate: a deadly parasite, the varroa mite, and pesticides."

This is the ninth year of the winter loss survey, and the fifth year to include summer and annual losses in addition to winter loss data. More than 6,000 beekeepers from all 50 states responded to this year's survey. The survey is part of a larger research effort to understand why honey bee colonies are in such

## Vanishing Pollinators

While the honey bee is the primary pollinating species our food crops depend upon, native species of other bees and insects are also essential. Many of our fruits, vegetables and nuts are reliant upon pollinators for their production. In fact, without these species, 70% of plants would be unable to reproduce or provide food. According to the United Nations Environment Program, of the 100 crop varieties that provide 90% of the world's food, 71 are pollinated by bees. In North America, honey bees alone pollinate nearly 95 kinds of fruits, such as almonds, avocados, cranberries and apples, in addition to commodity crops like soy. The health of pollinators is directly linked to our country's food security. Pollination services are also a core component of global agricultural production, valued at over \$125 billion annually. The value of pollination services in the U.S. is estimated to be \$15-\$20 billion annually. Each year, about 2 million honey bee colonies are rented for U.S. crop pollination services.

Unfortunately, these critical pollinators are now declining at alarming rates. For instance, the number of managed honey bee colonies in the U.S. has dropped from over 5 million in 1940 to less than 2.5 million today. Additionally, the U.S. Fish and Wildlife Service lists nearly 40 pollinator species as threatened or endangered, and several more are currently being considered. While certain other factors, such as pathogens, parasites, poor nutrition and habitat loss may also play a role, the toxicity of pesticides on pollinating species is undeniable. (Center for Food Safety)



poor health, and what can be done to manage the situation. Colony losses present a financial burden for beekeepers, and can lead to shortages among the many crops that depend on honey bees as pollinators. Some crops, including blueberries and cherries, are 90 percent dependent on honey bee pollination. Crops such as almonds, depend entirely on honey bees for pollination. Estimates of the total economic value of honey bee pollination services range between \$10 billion and \$15 billion annually.

"The winter loss numbers are more hopeful

especially combined with the fact that we have not seen much sign of Colony Collapse Disorder (CCD) for several years, but such high colony losses in the summer and year-round remain very troubling," said Jeffery Pettis, a senior entomologist at U.S. Department of Agriculture and a co-coordinator of the survey. "If beekeepers are going to meet the growing demand for pollination services, researchers need to find better answers to the host of stresses that lead to both winter and summer colony losses."

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