

# Ocean Beach People's Organic Food Market News

January 2016



## Happy and Healthy New Year!

OPEN DAILY  
8 A.M. - 9 P.M.  
[obpeoplesfood.coop](http://obpeoplesfood.coop)  
(619) 224-1387



At People's,  
we are committed  
to promoting  
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sustainability  
with the products  
and services  
we provide and  
in the way  
we operate  
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### Delicious Food Is Not an Indulgence ~ It's a Way to Solve Our Ecological Crises



by Frances Moore Lappé

I grew up in Cow Town. Or make that Fort Worth, Texas. It was the '50s and supper was canned spinach with either meat loaf or with what my brother and I called "loose meat"—ground beef and canned mushroom soup. Iceberg lettuce and Jell-O rounded it out.

Food was not a big deal.

But when I ended up in Berkeley in the '60s, food was a big deal. The food scene buzzed with experimentation. We rejected white-bread culture, and eating brown rice became a political statement. With stir-fried veggies, what could be better? At the same time, food became my teacher: I spent long hours in the university agriculture library trying to figure out why there was so much hunger in the world. Were we really running out of food? Well, no, there was more than enough for all. I was more startled to discover that we humans are actually creating scarcity.

The global marketplace is driven by underlying economic rules that concentrate wealth and generate extreme inequality. Millions of people are too poor to pay market price for food. So grain that could feed the hungry instead becomes a raw material for a luxury product: grain-fed meat.

How illogical, how destructive! I don't have to be part of that, I realized. It dawned on me that eating low on the food chain—a plant-centered diet—was best for

... continued on page 14

People's Co-op Owner  
Wellness Day

Thursday, January 14th



All Co-op Owners  
receive 10% off  
purchases\* in the  
following Depts.:

Vitamins, Bulk Herbs  
& Body Care

\* excludes no further discount items

OCEAN BEACH PEOPLE'S  
ORGANIC FOOD MARKET  
4765 Voltaire St.  
San Diego, CA 92107

### Winter Hat & Jacket Drive



If you've purchased new warm essentials this year, please consider donating your older hats and jackets to those without. Scarves, gloves and lightweight sleeping bags are most welcome too!

People's will have a collection box at the front of the Co-op all month and will be distributing all donations to those in need during January.

Children's sizes welcome, too. Thank you!

People's will  
be Closed on  
Friday,  
January 1st

# People's Co-op Board of Directors

Meeting Notes for November 23, 2015

Board of Directors Present: Ofelia Alvarado, Chet Nelson, Andi Briceno, Chris Young, Tom Baker, Stephanie Mood, Panha Ouch, Steve Myrick. Staff: Nancy Casady, Gloria Isselhard, Jeremy Deitz, Karen Yoo, Hadiya Husien. Guests: Derek Casady, Phillip Gianopoulos.

## Board Study

Each member of the Board of Directors (BOD) gave a two minute speech answering the question, "what is a co-op?" Nancy requested copies of them for inclusion in a future newsletter column.

## New Business

Stephanie moved and Chet seconded that BOD members certify that they have read and agree to the provisions in documents A and B of the new National Cooperative Grocers (NCG) agreements, and that Nancy may sign all documents related thereto. Vote: passed unanimously.

Nancy reported that all BOD members have received the annual CPA Review. CPA Scott Thompson signed off on a "clean" report.

## Outreach and Education Committee

Andi reported that members of the Ad Hoc Committee on Co-op Education have made contact with Point Loma and High Tech High Schools. Applications for a scholarship (see page 4) are due by 8 p.m., March 1, 2016. The finalists will make presentations to the board at its March 21, 2016 meeting.

Nancy reported on the November CA State Board of Food and Agriculture meeting; topics included drought and flood measures the state is considering.

Tom suggested we focus on communicating about the new restaurant to ensure its success. Nancy has appointments with two PR firms to investigate their ideas for a PR campaign.

## Planning Committee

Nancy reported on the progress for the new Café/Restaurant project. She and Jamie Decker, the Co-op's CFO are recommending that the Co-op secure a line of credit rather than a term loan given uncertainty about the schedule, due to the forecasts for heavy rain.

Tom presented his thoughts on adding more open-ended questions to the Board Self-Evaluation. The questionnaire will be reviewed at the January meeting.

Nancy asked BOD members to review the new NCG agreement in preparation for a vote at the next board meeting.

Nancy reported that the exterior wood work has been completed. She also reported on preparations that are being made at the Co-op in response to the coming El Nino. Some water damage has been found on one of the glu-lam beams in the Co-op's interior. Repairs are scheduled.

The General Manager's evaluation is due from board members and selected staff for January review by the Executive Committee.

## Finance Committee

Steve reviewed the October financials. Even though sales have remained at 3.5% below 2014, cost of sales and operating costs have also dropped

# GENERAL MANAGER'S MESSAGE

by Nancy Casady

Welcome to the future. As we know by now, Paris talks concluded with more progress than expected but not enough for us to become complacent. The good news is, however, that people all over the planet have communicated their desires for governments to act in accordance with climate change reality and governments are responding. Right here at home we have found that the textbook used in the San Diego City Unified School District's advanced placement Environmental Studies classes cites the work of Stanford Professor Mark Jacobson who, with his team of engineers, has modeled all the work needed in the United States and in the world to make the transition off fossil fuels and on to wind, water and sun energy.

Some may think that current lifestyles will have to change and thus they resist calling for the transition to the clean energy systems that must occur for the survival of our species. Not so, says Professor Jacobson. We can generate all the power we need and create six million good jobs in the U.S. (replacing the four million we'll lose in coal, oil, gas and nuclear) in manufacturing and installing our share of the renewable energy system. Here's the list for the entire world using current working technologies: 490,000 tidal turbines, 5,350 geothermal plants, 900 hydroelectric plants, 3.8 million wind turbines, 720,000 wave converters, 1.7 billion rooftop PV systems, 49,000 concentrated solar power plants and 40,000 PV power plants! Granted these are some big numbers but they apply to the entire world and they do not yet take into account what will be gained by efficiencies and innovation still to come. What's important to know is that there are global solutions to our global climate problem. It has been vetted and it is being presented to some of our brightest young people right here at home. Keep hope alive!



resulting in profits consistent with 2014. Sales per paid labor hour is down slightly and labor to sales is within budget at 23.8%. Utilities are up almost 8% year to as a result of rate increases and more refrigeration use due to warmer weather.

Income and expenses remain the same for the Voltaire St. duplex. Current costs for the Voltaire East property are limited to insurance coverage, water, and property taxes.

## Nominating Committee

Chris Young reported that he has not received any applications for board candidacy as of mid-November.

## General Manager's Operation Report

Store performance remains at the "new normal" and buyers and department managers have done exceedingly well all year to adjust to slightly lower sales. Profits are within budget as are labor targets. Grocery stores and distributors across the country—with a few exceptions—are noticing the same trend. People are seeking prepared food and dining out experiences. Our Outreach Postcard Campaign is going well with a number of new neighbors shopping and joining the Co-op.

The new restaurant plans are also going well. We have just about completed the initial design phase and will be finalizing construction costs before the end of the year. Regular meetings are being held with interested and experienced staff from our current food service operation, as well as with the kitchen designer, the architects and various consultants. I attended a workshop with SCORE about restaurant fundamentals and had a free consultation with a PR and Marketing professional.

I was invited to speak at Seaside Church in Encinitas about food insecurity and food waste. As you may know, about 40% of food in the U.S. is considered "plate waste" due to taking or being served more food than we eat. In the rest of the world, about 40% of food is wasted due to lack of transportation or adequate storage.

In my role as a member of the State Food and Agriculture Board, I attended a presentation on genetic engineering of food at UC Davis. The panel was pro GE (not unexpected at Davis, the California home of Monsanto). I was also invited to a reception hosted by Cal Poly Riverside in Sacramento to recognize college seniors who are heading for careers in agriculture.

Exterior painting and metal capping of the large beams on the east side of the Co-op was completed in preparation for the heavy rains which are forecast for late winter. An additional temporary shed roof is being installed in the Co-op's service yard to protect employees from being drenched.

Store Manager Jim Kase attended a National Co-op Grocers workshop for emerging co-op leaders in Albuquerque and Chief Financial Officer, Jamie Decker, completed People's Annual Review with CPA Scott Thompson.

The Fall Arts and Craft Fair was another success. Thanks are due to Co-op owners, staff, and board members who were in attendance.

This month we attended, and donated to, the annual Peace Resource Center dinner celebrating 35 years of good work promoting peace and justice here and around the world.

Pre-Thanksgiving Owner Appreciation Days went well and the Co-op closed on Thursday so we could be with our families for the holiday.

The Paris Climate talks began this month. Nothing will contribute more to a peaceful world than reaching an accord for a livable planet. Stay tuned.

## Next Board Meeting

Monday, January 25, 6 p.m.

## Committees

### • Outreach & Education Committee

- Chair, Andi Briceno

Meeting: January 11, 5:30 p.m.

### • Planning Committee

- Chair, Stephanie Mood

Meeting: January 11, 6:30 p.m.

### • Finance Committee

- Chair, Steve Myrick

Meeting: January 11, 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](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. 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.

## Integrated Hearts Circle

Thursday, January 7, 7 – 8:30 p.m.

## People's Co-op Community Room

Facilitated by Shannon Rayman, Heart IQ Mastery Coach. Learn present moment embodiment practice and speaking authentically in a supportive, safe circle. Experience individual transformation through group connection. Attendance is limited to 12; to RSVP email [heartshealtogthernow@gmail.com](mailto:heartshealtogthernow@gmail.com) or call (619) 481-7064. To ensure that there

## Ocean Beach People's Organic Food Market News

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are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

## Skype Satsang with Sat Shree

Friday, January 8, 7 – 8:30 p.m.

## People's Co-op Community Room

Sat Shree's purpose is to awaken you to your eternal unchanging reality and to assist you to live and grow in that awakened state until it becomes permanent. The goal is an enlightened life. Attendance is limited to 18; to RSVP call or text (401) 578-5505. 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.

## Got Blood Test? Now What?

Tuesday, January 12, 7 - 8 p.m.

## People's Co-op Community Room

Join us to see how much you can learn about your health from an ordinary blood test. Attendance is limited to 18; to RSVP call or text (619) 523 - 5464 or email [functionalhealth@gmail.com](mailto:functionalhealth@gmail.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.

## Holistic Emotional Wellness

Wednesday, January 13, 7 – 8:30 p.m.

## People's Co-op Community Room

Join Danielle Daniel, LCSW and clinical psychology PhD student specializing in holistic emotional wellness to learn which essential oils to use for your health and the brain through the mind and intestine connection. Attendance is limited to 18; to RSVP email [Danielle.drdanielledaniel@gmail.com](mailto:Danielle.drdanielledaniel@gmail.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.

## Empower Healthy Eating

Wednesday January 20, 7 - 8 p.m.

## People's Co-op Community Room

If you don't take care of your body, where will you live? An informative talk about how to shop, prepare, store and enjoy healthy eating. Attendance is limited to 18; to RSVP call or text (619) 300 – 7332. 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.

## Muscle Testing

Tuesday, January 26, 7 – 8:30 p.m.

## People's Co-op Community Room

Learn to muscle test yourself and others, how to choose the best supplements and dose, and whether supplements or foods combine well and increase vital life force. Handouts will be provided with hands-on experience using actual products. Please bring a partner. Attendance is limited to 18; to RSVP call (858) 263-7716. 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.

## Real Love?

Thursday, January 28, 7 – 8:30 p.m.

## People's Co-op Community Room

Real love is showing genuine concern for another person's happiness without expecting anything in return. It cuts across all racial, social, religious and cultural barriers. It eliminates anger and disappointment. Learn to enjoy peace in all your relationships. Attendance is limited to 18; to RSVP email [alsmith333@gmail.com](mailto:alsmith333@gmail.com) or (619) 779 – 2235. 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

### Golden Rule

### Peace Boat Presentation

Wednesday, January 13, 7 p.m.

### Ocean Beach Green Center

Come enjoy a presentation by Captain Ron Kohl and crew member

Allen McAfee as they share their experience sailing on the historic nuclear abolition/peace boat, Golden Rule. This 30 foot wooden sailboat set out in



1958 toward the restricted zone of the Marshall Islands, with a goal to stop the testing of atomic bombs. Come learn about its voyage, the arrest of its crew, its sinking, its restoration, and its current mission to create a nuclear free future. The Ocean Beach Green Center is located at 4843 B Voltaire Street, 92107. For more information, call (619) 225-1083 or email [oceanbeachgreencenter@gmail.com](mailto:oceanbeachgreencenter@gmail.com) Free of Charge.

## Film Night

Thursday, January 14, 7 p.m.

## Ocean Beach Green Center

Building from last month's Film Night, we continue to show the Emmy Award winning 2014 documentary, "Years of Living Dangerously." Each episode features celebrity investigators along with well-known journalists. Traveling around the world they interview experts and everyday people seeking solutions to the effects of climate change. This month will feature episodes 5 and 6. The Ocean Beach Green Center is located at 4843 B Voltaire Street, 92107. For more information, call (619) 225-1083 or email [oceanbeachgreencenter@gmail.com](mailto:oceanbeachgreencenter@gmail.com) Free of Charge.

# Our Cooperative Community

## Board of Directors' Message

### People's Announces Co-op Scholarship

In an effort to reach out to the local community and to assist students in furthering their education, Ocean Beach People's Organic Food Market, a California food cooperative, is sponsoring two \$1,000 scholarships for all eligible college-bound high school seniors.



With these scholarships, Ocean Beach People's Organic Food Market is reaching out to extend knowledge and appreciation of the cooperative business model in order to effect change. We believe the co-op business model fosters thriving communities and we wish to encourage young people to seek alternatives to "business as usual" and actively engage in their communities at the local level.

To access the application, please go to the Co-op's website at [www.obpeoplesfood.coop](http://www.obpeoplesfood.coop). From the homepage menu, click on the Board of Directors link, then click on 2016 Scholarship. The application period runs from January 1 to 8 p.m. on March 1, 2016.

### People's Asks: What are your New Year's Resolutions?



**Lydia**

Ease off chocolate, sugar, and bread.



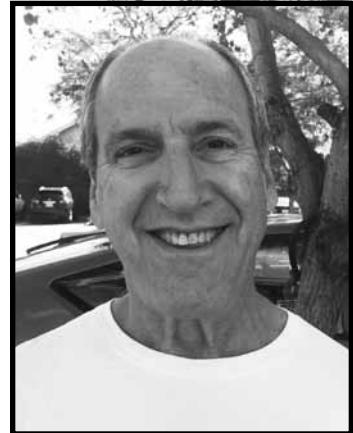
**Mattie**

I will stay fit all year for once! My goal is to gain 20 lbs. Also, feed the children and save the animals.



**Vanessa**

Successfully harvest honey from my beehive and reach the full potential of my band, Butterfly and the Skulls.



**Shakerman**

Continue my commitment to support organic farming and sharing Peruvian superfoods so I stay young and healthy!



**Betty**

To spend more time walking in nature.

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employees or residents (as in housing-co-ops) they have an equal say in what the business does. As businesses driven by values not just profit, co-operatives share internationally agreed upon principles and act together to build a better world through co-operation.

the ethical values of honesty, openness, social responsibility and caring for others.

#### Co-operative Principles

The co-operative principles are guidelines by which co-operatives put their values into practice.

##### 1. Voluntary and Open Membership

##### 2. Democratic Member Control

##### 3. Member Economic Participation

##### 4. Autonomy and Independence

##### 5. Education, Training and Information

##### 6. Co-operation among Co-operatives

##### 7. Concern for Community

## 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, Paper straws make drinks taste horrible.

*Dear Gentle Shopper, In an effort to reduce plastic use at every opportunity, the Co-op's Deli makes paper straws available by request. If paper straws are unappealing to you, may I suggest that you consider purchasing a glass straw from the General Merchandise Dept.? The glass straws are economically priced and come in a variety of widths for your sipping pleasure.*  
Kindly, Amber, Editor

Dear People's, Please, please, please share your current recipes with Co-op shoppers in the form of a new Deli cookbook. Love your food, love your staff, love your store. Thankful for still being here! Rose

*Hi Rose, Thanks for the suggestion and for the love. A new Deli Cookbook is a project that we are looking forward to! We'll keep you posted. Mike, Deli*

Dear People's, Please carry Temecula Olive Oil. My favorite flavor is the basil. I love this store, thanks for staying pure. Julie

*Dear Julie, While I like the idea of a regional olive oil, I strive to uphold the Co-op's organic standards and at this time do not think that this item is the right fit for People's. I will keep an eye on this company. Namaste, Bryan, Grocery*

Dear People's, Thank you for the "light in sodium" frozen food section. I didn't see the Amy's Light in Sodium Bean and Cheese Burritos though. You used to carry them. They were good! Louise

*Dear Louise, Unfortunately, those burritos did not sell well. However, since people are becoming more sodium conscious, we will give them another try and see how they do. David O., Perishables*

Dear People's, Please update Facebook or Twitter daily with the menu for the Deli. I'd make a trip over depending on what is being served. Thanks!! Melissa

*Dear Melissa, While we would like to post a daily menu, we don't always know everything that the Deli is making on a given day. Additionally, we don't always know what time an entrée or salad will make it into the hot and cold case, or how long it will last. But, that doesn't mean that some arrangement can't be worked out for the Co-op's website or Facebook page (with Twitter's limited character use, it wouldn't be feasible to post there). In the meantime, please feel free and most welcome to call us any time during business hours and we'll give let you know what's currently being served and what's coming up next. (619) 224-1387.  
Bon appetit! Amber, Editor*

Dear People's, Please carry pumpkin seeds in the shell. Scott

*Hi Scott, Currently, we are unable to source a certified*

*organic variety of this nutritious seed. We will keep looking though! Thank you for the suggestion. Jon, Grocery*

Dear People's, Please consider making apple pie in the Deli with peeled apples. It's hard for me to digest the skins once the apple has been cooked. Nancy

*Hi Nancy, Thank you for the suggestion. We have purchased a Johnny Apple Peeler for the Deli. This piece of equipment peels, cores, and slices apples, and it's fun to use! We'll continue to make our classic skin-on apple pie, but in order to better serve our customers, the Deli will also feature apple pies that are skin-free. Now we'll have to figure out what to do with all of the peels! Any suggestions? Mike, Deli*

Dear People's, I just wanted to say thank you! I'm so grateful to have this happy place in my neighborhood . . .

*I always leave smiling. You have the best staff ever and the bakery makes for one happy, lucky vegan.  
Samantha*

*Dear Samantha, You are kind and thoughtful to let us know how you feel. Your continued support is what makes People's shine the brightest. Yours in service,  
Amber, Editor*

Dear People's, Please offer a zinc-based sunscreen in bulk. Adrian

*Dear Adrian, This is a great suggestion. Due to limited shelving space however, we do not have room for a bulk sunscreen. And because there is such variety in personal choice for sunscreens, I'm not sure that we could choose just one to offer. I will keep your suggestion in mind if space allowances change in the future. Andi, Body Care*

Dear People's, Sometimes the Deli forgets to fill and pack my special orders. I so appreciate the opportunity to place special orders and it would be great if the process was more consistent. Thank you! I love People's Co-op!!! Julie

*Hi Julie, I'm very sorry about the mistake with your special orders. Some days the Deli prepares up to twenty special order items. Alas, the system is not foolproof and occasionally, our humanity gets in the way. I hope you can forgive us, as we are always striving to do our best to make each person who comes to the Deli a happy diner. Give us another chance; we will get it right next time.  
Cheers, Mike, Deli.*

Dear People's, What happened to the bulk salted nut mix? Now it has peanuts and no hazelnuts. It also appears to have less of the other nuts as well, with just more peanuts. It used to be a perfect blend. Randy

*Dear Randy, The company we were sourcing the salted nut mix from raised the price drastically, so much so that we could not sell it fast enough to keep fresh. Therefore, we switched brands and now order a mix from another distributor. Jon, Grocery*

## Winter Recipes for the Table

recipes provided by National Co-operative Grocer

### Farmhouse Bean Soup with Parsnips and Greens

This warming soup will chase away chilly days. Thanks to convenient and nutritious canned beans, it's quick to make and is a delicious weeknight main dish. Just add a side salad if you wish, and a plate of sprouted corn tortillas.

Makes 6 servings. Prep time: 30 minutes total.

2 Tbsp. olive oil  
1 yellow onion, diced  
1 large carrot, peeled and diced  
3 parsnips, peeled and diced  
3 cloves garlic, peeled and minced  
1 15-ounce can diced tomatoes  
4 cups vegetable broth  
3 to 4 sprigs each of fresh rosemary and thyme  
1 15-ounce can northern beans, rinsed and drained  
1 15-ounce can pinto beans, rinsed and drained  
1 15-ounce can kidney beans, rinsed and drained  
5 cups fresh spinach, chopped  
Salt and black pepper to taste

In a large pot, heat the oil over medium-high heat. Add the onion, carrots, parsnips and garlic and sauté 5 to 7 minutes. Add the tomatoes, broth and herbs and bring to a boil. Add the beans, reduce heat to simmer and cook 20 to 30 minutes until vegetables are tender. Stir in the spinach and season with salt and pepper to taste. Serve warm.

### Corn Cakes with Avocado

A tray of warm corn cakes served with bowls of chopped avocado, lime wedges, sour cream and salsa makes a great snack. These are also a delicious side with baked tempeh or baked tofu with Southwestern spices, or vegetarian chili (see page 11.)

Makes 12 cakes. Prep time: 45 minutes.

1 ½ cups corn kernels (frozen or canned)  
¾ cup milk  
½ cup ricotta cheese  
2 cloves garlic, peeled and minced  
2 Tbsp. minced fresh herbs  
(basil, parsley, cilantro or chives all work well)  
1 tsp. smoked paprika  
3/4 cup all-purpose flour  
1/4 cup corn meal  
1/2 tsp. baking soda  
1/2 tsp. salt  
Black pepper to taste  
1 to 2 Tbsp. vegetable oil for cooking the corn cakes  
1 avocado, peeled and sliced or diced

Thaw or drain corn kernels. In a large mixing bowl, blend together all of the ingredients except the vegetable oil and avocado. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Pour 2 to 3 tablespoons of batter into the hot skillet for each corn cake. Cook 3 or 4 cakes at a time, so as not to

... continued on page 14

## Curcumin: Nature's Power Ingredient

Tempeh, roasted vegetables, stir-fry; you can curry anything. But did you know that there's one ingredient in curry that can have amazing effects on the body? Turmeric is a source of curcumin, a powerful antioxidant that is a key component in many joint- and brain-support dietary supplements.

### Curcumin and the Brain

Turmeric has been consumed in India for approximately 2,500 years as food and medicine, and some believe this is the connection to this country's superior track record for brain health. The prevalence of Alzheimer's disease among adults aged 70–79 years in India is 4.4 times less than that in the United States. This neurological disorder causes progressive and debilitating memory loss as well as cognitive decline over time.

While the cause isn't entirely known, many believe these effects on cognitive function are caused by amyloid plaques and neurofibrillary tangles in the brain. According to the National Institute of Aging, "Amyloid plaques are insoluble deposits filled with toxic protein peptide and neurofibrillary tangles are a collection of twisted proteins inside the cell." The tangles make inter-neuron communication difficult, which can ultimately result in neuron death and brain shrinkage. The presence of amyloid plaque also induces inflammation in the brain.

Curcumin has a strong antioxidant effect that thwarts free radical damage and decreases inflammation. It also decreases the low-density lipoprotein oxidation and the free radicals that cause the deterioration of neurons, not only in

Alzheimer's disease, but also in other neurodegenerative disorders such as Huntington's and Parkinson's disease.

### Curcumin and Joints

The inflammation-support properties of curcumin may also be beneficial for joint health. Studies have shown improvement in rheumatoid arthritis symptoms in patients during a flare up when using curcumin. In a two-month study, 45 people with active rheumatoid arthritis tested the effects of curcumin during a flare up. The patients were divided into three groups.

Group One only took 500 mg of super-absorbent curcumin. Group Two received 50 mg per day of diclofenac – a non-steroidal anti-inflammatory drug (NSAID), along with a curcumin formulation. And, Group Three received only diclofenac. At the end of the study, all patients showed significant improvement. The curcumin-only patients improved 44.5%, the curcumin-diclofenac group improved 44.4% and the diclofenac-only group improved the least at 42.1%.

Another study showed that curcumin improved pain about as much as an NSAID. For a month and a half, 107 patients received doses of ibuprofen (800 mg/day) or curcumin (2 g/day). Patients had significant decrease in pain while idle or exercising during the whole trial with either ibuprofen or curcumin. These effects may possibly be attributed to curcumin's ability to help regulate the expression of inflammatory enzymes. Curcumin also seems to lack the adverse side effects that most inflammatory drugs cause.

*Source: WF Consumer Bulletin*

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## Do you need fish oil to be healthy?

Fish are the main source of omega-3 fats EPA and DHA. EPA and DHA have been associated with lower rates of heart disease in some studies. When it was discovered that EPA and DHA might reduce heart disease, supplement manufacturers started marketing supplements with fish oil and they gained widespread attention. Fish oil supplements were considered particularly useful in reducing triglycerides, which are linked with heart disease.

The results of studies on fish oil supplements have been mixed and in September of 2012, the *Journal of the American Medical Association* published a large analysis of all the research and concluded that fish supplements do not prevent heart disease, stroke, or death.

There is still a question as to whether eating fish on a regular basis can prevent heart disease and stroke and there is some evidence that it can. However, that evidence is based on comparing meat eaters to those who only eat fish. When you compare people who eat fish as their only "meat" to vegetarians, the fish eaters have about the same rates of heart disease as do the vegetarians, with both groups having lower heart disease rates than regular meat eaters. And while the heart disease rates of vegans have not yet been studied thoroughly, research has shown vegans, on average, have lower rates of type-2 diabetes than fish eaters and also lower levels of triglycerides.

In addition to heart disease, DHA might be important for brain function, although the jury is still out on that question. DHA can be made from other omega-3 fats that are found in plants such as in flaxseeds, hemp seeds, chia seeds, canola oil, walnuts, and soy oil. Because vegetarians who do not add these foods to their diet tend to have lower levels of DHA in their blood, vegetarians are encouraged to include a good source of omega-3 in their diet. A DHA supplement is the easiest way to ensure that you get enough DHA. Some health professionals recommend 200 – 300 mg of DHA every other day for vegans and vegetarians under 60 and every day for those over 60.

If a DHA supplement is not doable for you, you should eat plenty of the omega-3 foods mentioned above. The easiest way is to eat 1/4 cup of walnuts each day (which have many benefits in addition to the omega-3s) or put some raw [organic] canola oil on vegetables, bread or a salad.

*Article courtesy of Jack Norris MD, sourced from the Food Empowerment Project [www.foodispower.org](http://www.foodispower.org)*

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



### Bulk

#### Café Mam – Organic Fair Trade Tango Decaf

**Blend:** Café Mam (pronounced "mom") coffee is grown by fair trade cooperatives of native Mayan farmers living in the highlands of Chiapas, Mexico and Guatemala. The Tango Decaf Blend is an equal combination of French and Italian, blending the smoky finish from the French with the full-bodied richness of the Italian.

### Household

**Better Life – Dryer Sheets:** These compostable sheets will soften your most stubborn threads and leave your laundry static free. Made from unbleached paper and vegetable-derived softening agents.

### Perishables

**Kevita – Organic Lemon Cayenne Probiotic Sparkling Drink:** The tongue-clarifying tartness of lemon. The system-cleansing spiciness of cayenne. A blast of probiotics. A triple treat for the palette. Low in calories, non-dairy, and naturally sweetened with stevia.

**Myoko's Creamery – Organic, Vegan, Aged English Smoked Farmhouse Cheese:** A hard, aged, sharp round with complex flavors and a long finish that will continue to deepen in flavor and texture as it ages in your refrigerator. Serve with crackers, in a sandwich, or turned into a luscious sauce for pasta or vegetables when melted with nondairy milk.

**Myoko's Creamery – Organic, Vegan, Classic Double Cream Chive Cheese:** This versatile round packs a buttery, savory, mild herbal garlic flavor. The creamy delight is a crowd pleaser enjoyed by everyone from kids to sophisticated foodies. Serve on crackers or use as a delicious sandwich spread.

**Rebbl – Organic Ashwagandha Chai Super Herb Elixir:** One of the most important and universally prescribed herbs in Ayurveda, Ashwagandha has a "neutral" character that makes it perfect for enhancing vitality for all ages and body types.

**Rebbl – Organic Turmeric Golden-Milk Super Herb Elixir:** The bioavailability of curcumin, turmeric's star antioxidant, is increased by up to 20 times with the addition of black pepper fruit extract in this herbal elixir.

**Rebbl – Organic Matcha Latte:** Emerald green matcha is the finely ground powder of the whole, young green tea leaf. It is partial shade grown to develop its characteristic sweet flavor and an abundance of cleansing and detoxifying chlorophyll.

### Body Care

**Estrella – All Natural Whitening Toothpaste:** Formulated with bamboo powder that gently polishes the teeth and natural amino acid cleansers that help clean away bacteria and food particles.

**Zatik - Hair Care, Skin Care, Bath and Body:** Zatik strives to preserve the earth by only using botanicals from bio-renewable sources, such as pure essential oils, plant and seed cold pressed oils, natural antioxidants, herbs and food-based ingredients. Glass bottles are used for their face care line and all boxes are made from 70% recycled materials. All of Zatik's hair care products are filled inside recyclable plastic (PE) bottles made free from phthalates or any kind of leaching chemicals.

### General Merchandise

**Now – Real Bamboo Ultrasonic Oil Diffuser:** This attractive diffuser unites aromatherapy with modern scientific innovation to create an essential oil diffuser that's the perfect complement to your home or office. The diffuser is BPA-free and utilizes high-frequency ultrasonic electrical vibrations to create an ultra-fine mist. This diffusion method doesn't utilize heat, which maintains essential oil integrity and holistic properties. Just add 150 ml (5 fl. oz.) of water and 5 drops of your favorite essential oils and enjoy. Choose your desired time; 1 hour or 2 hours, then your mode; intermittent or continuous. It diffuses for up to seven hours on continuous or fourteen on intermittent, then shuts off automatically.

## Body Care & Wellness

suki

**Exfoliate Foaming Cleanser** 4 oz. \$22.89

Soft sugar crystals provide granular & AHA cell renewal without tearing skin. reg. 28.59

Zatik - Organic!

**Sunscreen Mineral Moisturizer** 1.7 oz. \$12.59

Argan and Yarrow variety. SPF 25 broad spectrum.

reg. 15.75

Badger - Organic!

**Aromatic Chest Rub** 2 oz. \$3.75 reg. 4.75

Eucalyptus & Mint formula. Can also be used as a steam inhalant when added to hot water.

Sun Warrior - Organic!

**All Sun Warrior products 10% Off**

Includes Raw Warrior Blend Vegan Protein Powders in Vanilla, Chocolate, and Natural varieties, as well as Raw Ormus Supergreens in Peppermint variety.

Gaia Herbs

**Supreme Cleanse Kit** 1 kit \$23.75 reg. 27.95

This safe and effective vegan cleanse kit works to support the natural role of the liver, a healthy lymphatic system, digestion, and elimination. Just in time for the New Year!

Nutrex

**Pure Hawaiian Spirulina Pacifica** 100 tabs \$10.15

Adding spirulina to your diet is one of the smartest things you can do.

reg. 11.95

As one of nature's most nutritious superfoods, it provides support to nearly every single organ and bodily function.

## Household & General Merchandise

Biokleen

**Bac-Out** 32 oz. \$5.99 reg. 8.35

Made with a blend of live enzyme cultures, citrus extracts and plant-based surfactants.

Seventh Generation

**Natural Dish Liquid** 25 oz. \$2.49 reg. 3.99

Lemongrass, Free & Clear, Lavender, Citrus & Ginger varieties.

Better Life

**Dryer Sheets** 80 sheets \$6.75 reg. 7.75

Unscented, Lavender Grapefruit varieties.

High Mowing

**Sprouting Jar Lid** each \$3.95 reg. 4.95

Made of a durable food-grade plastic with mesh holes big enough to drain just the water, not tiny alfalfa seeds!

Rawsome Creations

**More Than a Nut Milk Bag** each \$8.45 reg. 9.95

Designed for juicing, sprouting, and straining! For home use or travel.

To-Go Ware

**Small Sidekick Container** each \$3.95 reg. 4.95

## Deli/Bakery

### Tempeh Taco Salad

**\$6.89**

per pound reg. 7.89

### Indian Rice Pudding

**\$7.39**

per pound reg. 7.89

## Bulk

### Solar Roast - Organic!

### Apollo Espresso Blend

**\$7.99**

per pound

### Organic Rolled Oats

**\$1.19**

per pound

### Organic Pistachios

Roasted &  
Salted Variety!

**\$8.99**

per pound

### Tamari Sunflower Seeds

**\$5.39**

per pound

### Organic Raw Sunflower Seeds

**\$2.99**

per pound

reg. 3.35

## Grocery

Westbrae

### Organic Beans

Garbanzo, Black, Kidney, Pinto

**\$2.19**

25 oz.

reg. 2.59



Bionaturae

### Organic Fruit Spread

Apricot, Peach, Strawberry, Wildberry, Bilberry

**\$2.99**

9 oz.

reg. 4.69



Koyo

### Organic Udon

Selected varieties

**\$1.69**

8 oz.

reg. 2.85



Bob's Red Mill

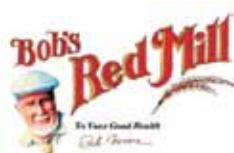
### Organic Coconut Flour

High in fiber and low in digestible carbohydrates

**\$4.69**

16 oz.

reg. 6.99



Artisana Organics

### Raw Coconut Butter

Made from whole organic coconut

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Equal Exchange - Organic & Fair Trade!

### Hot Cocoa

Just add hot water

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Rising Moon Organics

### Ravioli and Gnocchi

All varieties

**\$3.00**

8 oz.

reg. 4.59

Kevita

### Organic Probiotic Sparkling Drink

All varieties

**\$2.39**

15.2 oz.

reg. 3.49



Straus Family Creamery

### Organic Yogurt

All varieties

**\$4.69**

32 oz.

reg. 4.99



So Delicious

### Coconut Milk

Original, Vanilla, Unsweetened

Made with Organic coconuts

**\$2.69**

1/2 gallon

reg. 3.99

Tofurky

### Organic Tempeh

Soy, Five Grain Other Tofurky products on Sale, too!

**\$2.39**

8 oz.

reg. 2.89



# January 16 - 31



## Deli/Bakery

### Beet and Onion Salad

**\$6.89**

per pound reg. 7.89

### Apple Cake

**\$7.39**

per pound reg 7.89

## Bulk

### Solar Roast - Organic!

### Sumatra Coffee

**\$7.99**

per pound

### Organic Green Lentils

**\$1.55**

per pound

### Hard Red Wheat Berries

**\$1.29**

Organic!

per pound

### Mountain High Organics

### Brown Flax Seeds

**\$1.89**

Organic!

per pound

### Raw Buckwheat Groats

**\$1.99**

Organic!

per pound

## Grocery

### Bionature Organic Juice

Apricot, Peach, Pear

**\$3.39**

25.4 oz.

reg. 4.69



### Ancient Harvest Organic Hot Cereal

Honey Vanilla Spice, Banana and Brown Sugar,  
Maple Morning - All gluten-free

**\$5.39**

10.58 oz.

reg. 6.39



### Go Raw Organic Raw Granola

Selected varieties

**\$7.99**

16 oz.

reg. 11.45



### Bob's Red Mill Organic Flax Meal

**\$2.99**

16 oz.

reg. 3.99



### Organic Valley - Organic! Shelf Stable Milk

Whole, Low Fat, Low Fat Chocolate

**\$1.19**

6.75 oz.

reg. 1.49



### Choice - Fair Trade Organic Tea

Selected varieties

**\$3.69**

16 bags

reg. 4.45

## Perishables

### Rudi's Organic Bread Organic Bread

Selected varieties

**\$3.00**

22 oz.

reg. 4.79 - 4.99



Rumiano

### Organic Cheese

All varieties - Slices and Blocks

**\$2.99 - \$3.99**

reg. 3.39 - 4.39

6 - 8 oz.



Cascadian Farm

### Organic Frozen Fruit

All varieties

**\$2.50**

8 - 10 oz.



Nancy's Springfield Creamery

### Organic Plain Yogurt

Whole, Low Fat, Nonfat

**\$4.69**

.32 oz.



reg. 4.99

Wildwood - Organic!

### Smoked or Baked Tofu

All varieties

**\$2.99**

5.5 - 6 oz.

reg. 4.75



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while supplies last

## Spice Up Your Root-ine

by Stefanie Perricone, Deli Cook

Welcome to the year 2016! Right now, you are probably taking a moment to reflect on the year that was, while cleaning last night's confetti off of your carpet. What was memorable? And what do you look forward to? With the New Year and its emphasis on new beginnings and healthy habits, there is always a sense of both optimism for the future and a little bit of dread. Perhaps an easy place to start is to incorporate root vegetables into your diet.

Delving into the world of root vegetables can be a bit overwhelming when scoping out your options. What is the difference between a sweet potato and a yam? Yams are starchier. Are the peels edible on turnips? Yes, when cooked. And as delicious as they are, root vegetables have the unfortunate fate of looking slightly alien, with their divots, tendrils and just-pulled-from-the-ground appearance. However, this misconception should not deter your desire to forge ahead with roots, as they are cost-effective and wildly varied in their preparation.

From carrots to daikon radishes to jicama, root vegetables are diverse, healthy and for the most part, available year-round. Because they grow underground, root vegetables absorb a great amount of nutritional value. Not only are they packed with vitamins and iron, they also contain a high concentration of antioxidants. Additionally, root vegetables contain fiber and complex carbohydrates, which leave you feeling sated while also providing a great source of energy to get you through the day.

Root vegetables are classified in a few ways, based on how they grow. There is the taproot varietal, such as carrots, beets and radishes—plants with this growth system have a dominant root (the taproot) with secondary roots sprouting laterally. Then there are tuberous roots like sweet potatoes and cassava—these crops are especially important in tropical and subtropical regions of the world, as they thrive through extreme weather conditions, therefore



*Slice cleaned potatoes and parsnips long-ways, toss in vegetable oil and spread out on a baking sheet. Roast at 425° until tender and golden brown, stirring occasionally, about 30 to 45 minutes. Season with sea salt and serve with your favorite condiment.*

## Roasted Vegetable Medley



1-inch rounds  
2 onions, quartered  
2 beets, peeled and cubed  
1 celery root, peeled and cubed  
8 cloves garlic, peeled  
3 Tbsp. rosemary  
sea salt and pepper to taste  
1 cup olive oil

Preheat oven to 400°. Place all the vegetables and

rosemary in a large baking dish. Season well with salt and pepper. Drizzle the olive oil over the vegetables and toss to coat them evenly. Put the baking dish in the oven and cook until the vegetables are tender and golden brown, stirring occasionally. This will take 30 to 40 minutes. Transfer to a platter and serve.

providing a reliable source of nutrients for their citizens. Lastly, while not officially "root" vegetables, there are modified plant stems that happen to grow underground. Examples of these quasi-roots are ginger, sun chokes and turmeric root.

Commonly, when root vegetables are prepared, it is by roasting them. This is a great option as you can include numerous varietals. By cooking them at high heat, their natural sweetness emerges. But it doesn't stop there, folks! Rutabagas, which are a hybrid of turnips and cabbage, are an excellent alternative to use when making mashed potatoes—just peel, boil and puree. For a healthy version of chips and dip, slice up jicama and carrots and dig into your favorite salsa or dressing. Braising is another method that complements the subtle flavors of root vegetables. Slow cook parsnips, turnips and kohlrabi until tender and top with fresh herbs.

Additionally, many roots can be eaten raw—jazz up salads by adding sliced daikon radishes or shredded golden beets. Turnip and radish greens can be cooked down and incorporated into soups and stews. Beet or carrot juices are an ideal start to your day with their anti-inflammatory powers. And, while we're on the topic of juice regimens, root vegetable greens can also be mixed into your green smoothies.

So, don't let your New Year's resolutions "beet" you up. Radish-alize your diet with root veggies!

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## Hello Year 2016

by Mike Ferrill, Deli Manager

Hello year two-thousand and sixteen. Welcome aboard. We don't know you yet or what you're going to become. That is a beautiful thing.

A few things though that we can look forward to in the Deli include the following . . .

The Deli has had a bit of success with our French toast in the morning hot case. So much so in fact, that I think we'll turn it into an actual recipe and begin featuring it more than once or twice a week. Right now we make French toast on a whim, or when we have extra bread to use, or when one of the cooks gets a craving for it themselves. Once we turn it into a recipe then we can have any of our cooks prepare it. Expect a few variations to start popping up.

More cooked greens in the hot case throughout the day is also on the list. With the variety of leafy greens to choose from, (I happen to love collard greens myself) and the relative ease of production, there isn't any reason why we can't roll out the greens all day. Cue the cooks to provide me with at least fifty reasons why this might not be possible. We'll see . . . a compromise may be in order.

One our great customers, Jack, has been requesting that the Deli's version of the classic Reuben sandwich be made more often. This creation is from the fervid imagination of our cook Stefanie. The trick is to get her to share her secret with me so I can share it with our regular sandwich makers. Stefanie has been training in other areas and so she works less often at the sandwich station. It will require some stealth work on my part, disguises and the like, but with some luck we'll making the Reuben at least once a week.

The salad makers have been given an assignment to create some new salads that we can start rotating in our cold case. Katie has gotten a jump on things with her Sweet and Spicy Tofu Nuggets and her Garbanzo Bean Salad, both of which are delicious. Jorge has done a few test runs with his Broccoli Salad with great response. Now it's time for the rest of our intrepid salad makers to test their skills. The salad makers always enjoy a new challenge.

The Deli gained a good number of new cooks and servers to the team in 2015. I am really looking forward to the upcoming year to see how bright the newcomers will shine now that they've gotten their groove. And you never know what those crafty veterans are going to spring on us. We've got a few surprises for you I'm sure. Let's get this show on the road!

## People's Butternut Squash and Ginger Soup

This warming winter soup serves 4 – 6. To make less soup, simply reduce the recipe by half.

6 cups butternut squash, seeded and thinly sliced  
1 cup onions, diced  
3 Tbsp. ginger, peeled and minced  
1 Tbsp. garlic  
3 Tbsp. olive oil  
2 Tbsp. tamari  
2 tsp. ground coriander  
1/2 tsp. black pepper  
1/4 tsp. cinnamon  
1/2 cup cilantro, chopped

In a fry pan, sauté onions, ginger, and garlic in oil until onions are translucent. In a heavy bottom sauce pot, add onion mixture, squash and spices, tamari, and enough water to cover squash. Cook until squash is tender, then remove from heat. Using an immersion blender, blend soup until pureed. Garnish with cilantro.



## Fiber for Weight Loss and Good Health

Fiber is hugely important for good health. It's even the focus of two FDA-approved health claims appearing on foods labels, for the prevention of heart disease, and certain types of cancer. Fiber is packed with a variety of health benefits, yet most North Americans only consume about 10 -15 grams per day. That's half of what experts recommend.

A diet rich in fiber helps keep you regular, may lower your risk of colon and rectal cancer, and if you are watching your weight, can make you feel full longer, so you'll eat less. In addition, certain types of fiber help lower blood cholesterol levels, and can even help to control the rise of blood sugar levels after a meal.

Fiber is found in plants and although often a component of healthy foods, fiber is not actually considered a nutrient because it alone does not contribute any calories, since it cannot actually be digested.

There are two forms of fiber, soluble and insoluble. Soluble fiber dissolves in water and comes mostly from oats, legumes and some fruits (berries have the most) and vegetables. These fibers are frequently used in low fat and nonfat foods to add texture. Insoluble fiber does not dissolve in water and is found in wheat bran, vegetables and whole grains. Insoluble fiber helps prevent constipation, adding bulk, and acts as a broom through your intestines.

Fiber helps curb hunger, by turning down hunger hormones and cutting cravings. What foods are best? Raspberries standout among all hun-

ger stoppers. Why? A one-cup serving of fresh or frozen red raspberries has only 80 calories and a whopping 9 grams of fiber. Seaweed is also a great fiber rich hunger stopper, and is more than just a garnish, slowing digestion and helping with blood sugar control. Add seaweed to soup, stews and stir-fry recipes. You can also try packaged seaweed snacks, which People's offers in the Grocery Dept.

**How much fiber should you consume daily?**

It's recommended to consume between 20 to 35 grams of fiber daily, but in order to avoid uneasiness in the digestive tract, be sure to increase fiber intake gradually, and drink plenty of water to stay hydrated.

Shop smart for fiber rich foods! Fiber rich foods include avocados, nuts, oranges, coconuts, apples, blackberries, raspberries, pears, sweet potatoes, squash, broccoli, beets, greens, beans (all beans are high fiber including red beans, adzuki beans, lentils, mung, split peas, etc.). Other fiber foods include amaranth, barley, oats, wheat bran, quinoa and flax seeds.

While many packaged snack foods are high in calories and low in fiber, you can still find snacks that contain substantial amounts of fiber. Popcorn, for example, contains 3.5 grams of fiber per 3-cup serving. Other healthy high fiber snacks include nuts and seeds. Choose a quarter cup of sunflower seed kernels or 1 ounce of pistachios to add 3 grams of fiber to your meal.

## Easy Vegetarian Chili

With 15 grams of fiber per serving, this hearty chili goes well with cornbread muffins (see recipe on page 14). For dessert, serve sliced pears sprinkled with cinnamon and nutmeg.

1 Tbsp. olive oil  
1 small yellow onion, chopped  
12 ounces extra-firm tofu, cut into small pieces  
2 cans (14 - 15 oz. each) diced tomatoes  
1 can (14 - 15 oz.) kidney beans, rinsed and drained  
1 can (14 - 15 oz.) black beans, rinsed and drained  
3 Tbsp. chili powder  
1 Tbsp. oregano  
1 Tbsp. chopped fresh cilantro

In a soup pot, heat the olive oil over medium heat. Add the onions and sauté until soft and translucent, about 6 minutes. Add the tofu, tomatoes, beans, chili powder and oregano. Bring to a boil. Reduce heat and simmer for at least 30 minutes. Remove from the heat and stir in cilantro. Ladle into individual bowls and serve immediately. Chef's note: If you prefer, substitute tempeh for the tofu.



## California first in organic sales

Just 10 states represented 78 percent of U.S. organic sales in 2014, according to the U.S. Department of Agriculture. California was #1 (\$2.2 billion) and Washington was #2 (\$515 million). Sales from organic farms across the country boomed last year, with consumer spending up 72 percent since 2008. The first point of sale for 80 percent of all U.S. organic products was less than 500 miles from the farm, compared to 74 percent in 2008. (ecowatch.com)

## California cracks down on antibiotics

California Governor Jerry Brown has signed a bill that sets the strictest government standards in the United States for the use of antibiotics in livestock production. The move comes amid growing concern that the overuse of such drugs is contributing to rising numbers of life-threatening human infections from antibiotic-resistant bacteria known as "superbugs." Roughly 70 percent of antibiotics important for human medicine are sold in the United States for use in meat and dairy production. (Reuters)

## "Natural" food labels

"Natural," "all natural" or "made with natural ingredients" are common terms used by food manufacturers, but there currently aren't any formal rules or regulations that determine what they mean. After years of calls to action from courts, food companies and consumers to define the term "natural" and even abolish it all together, the Food and Drug Administration (FDA) is now asking the public to weigh in on the subject. Specifically, the FDA wants the public to comment on whether or not it's appropriate to define the term "natural," and if so, how it should be defined. Despite the fact that the term "natural" has no official definition and can be used by pretty much any manufacturer on any item, a survey completed last year by Consumer Reports National Research Center found that nearly 60 percent of respondents look for the word on food labels when they shop. Shoppers surveyed also said they believed that products labeled as natural are better and healthier than others.

Under current FDA standards, foods with no artificial or synthetic ingredients, such as artificial colors, are considered "natural." However, the FDA says those standards do not address food production methods like use of pesticides or manufacturing methods such as genetic engineering. Unfortunately, it's unclear what will come from the FDA's effort to open up a public comment period on the meaning of the natural label.

If you have ideas on how the word "natural" should be defined and used, visit the FDA's website at [www.s.coop/1xpbc1](http://www.s.coop/1xpbc1). Comments from the public are being accepted through February 10, 2016.

(GRACE Communications Foundation)

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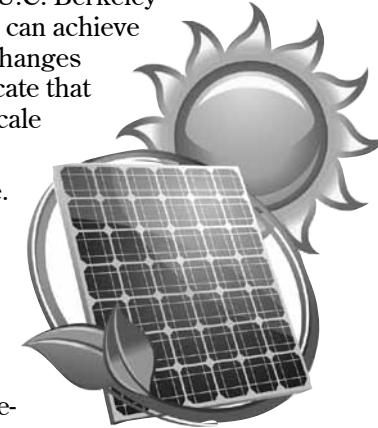
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## Food for Thought: 100% clean, renewable energy by 2050

One potential way to combat ongoing climate change, eliminate air pollution mortality, create jobs and stabilize energy prices involves converting the world's entire energy infrastructure to run on clean, renewable energy. This is a daunting challenge. But now, in a new study, Mark Z. Jacobson, a professor of civil and environmental engineering at Stanford, and colleagues, including U.C. Berkeley researcher Mark Delucchi, are the first to outline how each of the 50 states can achieve such a transition by 2050. The 50 individual state plans call for aggressive changes to both infrastructure and the ways we currently consume energy, but indicate that the conversion is technically and economically possible through the wide-scale implementation of existing technologies.

"The main barriers are social, political and getting industries to change. One way to overcome the barriers is to inform people about what is possible," said Jacobson, who is also a senior fellow at the Stanford Woods Institute for the Environment and at the Precourt Institute for Energy. "By showing that it's technologically and economically possible, this study could reduce the barriers to a large scale transformation." The study is published in the online edition of *Energy and Environmental Sciences*. An interactive map summarizing the plans for each state is available at [www.thesolutionsproject.org](http://www.thesolutionsproject.org). (Stanford News)



## Surfrider says no to Carlsbad Desalination Plant

The Surfrider Foundation, along with its San Diego Chapter is objecting to the Carlsbad desalination plant. Poseidon Resources Inc. built the \$1 billion plant – the largest ever attempted in the U.S. – with taxpayer-backed bond financing at Agua Hedionda Lagoon in Carlsbad. Surfrider stresses that desalination is not the solution for drought-stricken California or other states in similar conditions, claiming that desalination plants not only pose significant risks to our marine habitats, but will have significant economic impacts.

In a press release issued by Surfrider three days before the plant's scheduled opening last month, the environmental nonprofit said, "Even if the Carlsbad plant performs flawlessly, there are significant problems with this approach. The Pacific is not a limitless resource; furthermore, the staggering energy requirements and greenhouse gas emissions of this water supply option make it the worst option in light of climate change. Environmentalists agree that San Diego and Southern California need to develop local supplies of water, but the order in which that is pursued and the amount of water that is produced requires thoughtful planning. Desalination may be part of the solution eventually, but it needs to be sized and located appropriately. It should be the last tool in the tool box, not the first." The plant will produce approximately 50 million gallons of drinking water per day.

## Meat consumption and biodiversity

According to a recent study, the growing demand for meat is the greatest threat to global biodiversity.

The study, *Biodiversity Conservation: The Key is Reducing Meat Consumption*, published by *Science of the Total Environment* (Volume 536, 1 December 2015, Pages 419–431), found that if demand for meat increases along current trends through 2050, the environmental cost of producing it would put species around the world at risk. As production efforts increase to meet demand, more land will be required to produce livestock and livestock feed. Researchers found that this need for more land is likely to lead to the destruction of diverse habitats, and by extension, to the extinction of many species of plants and animals. Some of the most diverse areas of the world, or mega-diverse regions, are particularly at risk as the demand for meat increases. Researchers identified the mega-diverse regions of the world and compared them to the regions most likely to be used for future meat production. As they worked, a startling trend emerged: the areas most rich in diverse species were also some of the most likely to be destroyed to make way for meat production. According to the study, "Livestock production is the single largest driver of habitat loss, and both livestock and feedstock production are increasing in developing tropical countries where the majority of biological diversity resides." Learn more about the study and its important implications at [www.s.coop/1xpbc](http://www.s.coop/1xpbc).

## January Green Tip: Bring your own bag



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## Consumer Victory: DARK Act fails to pass

In a press release issued by the Center for Food Safety last month, the nonprofit commended Congress for not including a policy rider in the must-pass federal omnibus spending bill that would have blocked states from implementing mandatory genetically engineered (GE) food labeling laws. Three states, Connecticut, Maine and Vermont, have passed such laws, with Vermont's slated to be the first to go into effect in July 2016. All three democratically passed laws would have been nullified, while any future state GE labeling legislation would have been preempted.

In July, the House of Representatives passed H.R. 1599, dubbed by opponents the "Denying Americans the Right to Know (DARK) Act," which preempts state and local authority to label and regulate GE foods. Instead, the bill sought to codify a voluntary labeling system approach, block FDA from ever implementing mandatory GE food labeling, and allow food companies to continue to make misleading "natural" claims for foods that contain GE ingredients.

The Senate chose not to take up that bill, despite heavy pressure from the food and biotechnology industries.

The omnibus spending bill does include language directing the Food and Drug Administration (FDA) to develop guidelines for mandatory labeling of GE salmon and prevent its sale until such labeling is in effect. "As of right now, the newly approved GE salmon could be deceptively marketed as 'Atlantic salmon' to consumers. We are pleased the Senate had the wisdom to include language to correct this so that consumers are not denied important information," said Jaydee Hanson, senior policy analyst at Center for Food Safety.

By an overwhelming margin, North American

voters say consumers should have the right to know if their food is genetically engineered, with 89 percent in support of mandatory GE labeling, according to a new national poll\*. Nearly the same number of consumers would like to see the labels in an easy to read format.

Numerous nonprofit environmental agencies, consumer groups, and food cooperatives, including Ocean Beach People's Organic Food Market support bipartisan legislation introduced by Senator Boxer and Representative DeFazio called the Genetically Engineered Food Right-to-Know Act, which would require food manufacturers to label foods that contain genetically engineered ingredients. This common sense bill would guarantee all North Americans the right to know what is in their foods while respecting the need by companies for a uniform, federal standard.

*\*The national poll survey was conducted by The Mellman Group and confirms previous polls that found heavy support for GE labeling. The new poll shows labeling is supported by large majorities of Democrats, Republicans and Independents, as well as people with favorable or unfavorable views of genetically engineered foods.*

### Philippines Supreme Court bans GE

The Supreme Court of the Philippines has ordered a permanent ban on field trials of GE (genetically engineered) eggplant and a temporary halt on approving applications for the "contained use, import, commercialization and propagation" of GE crops, including the import of GE products. The court ruled

in favor of Greenpeace Southeast Asia and fellow campaigners in a major victory for Filipino farmers and activists. Virginia Benosa-Llorin, Ecological Agriculture Campaigner for Greenpeace Philippines, called the ruling "a major setback for the GE industry". It will affect GE golden rice, which is currently back at the research and development stage after proving to be a disappointment in field trials. (Greenpeace Southeast Asia)

### Scientists challenge EFSA claim of glyphosate safety

A group of more than 90 independent scientists has written an open letter to the European Health and Food Safety Commissioner, strongly challenging the European Food Safety Authority's (EFSA) conclusion that glyphosate is not likely to be carcinogenic to humans. The scientists state that the verdict of the World Health Organization's cancer agency IARC that glyphosate is a probable carcinogen is "far more credible". EFSA responded by accusing the scientists of engaging in "Facebook" science.

But EFSA's credibility has not been helped by its publication of blank declarations of interest forms for some of the experts it consulted on glyphosate. One of the experts was previously the subject of a breach of trust procedure at EFSA after he failed to declare that he worked for chemical firms. Meanwhile, a group of scientists assembled and paid by Monsanto has unsurprisingly concluded that glyphosate is not carcinogenic. (gmwatch.org)

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others, my body, and the Earth. The ultimate win-win.

I never felt I was "giving up" anything. It soon dawned on this daughter of Cow Town that, while animal foods come in a few shapes and flavors, the world of plant food is almost endless: Think of green, red, yellow veggies. Root foods—from yams to purple potatoes. Legumes, including peas, beans, lentils, each with jillions of varieties. Fruits, from the bright, giant watermelon to the dark, delicate fig.

I learned that nuts and seeds are not just for the birds. I started trying out different taste combinations. What ... you mean mushrooms and barley make a great casserole? I scandalized my Lebanese girlfriend by adding garbanzos to my tabbouleh. I had a great old time making up stuff.

I felt not deprived but liberated. In Berkeley, we were sprouting a movement that was not about sacrifice but about rediscovering the deliciousness of the Earth. Since I first published *Diet for a Small Planet* in 1971, I've watched that movement blossom around the world—it has grown far beyond what I could ever have imagined. In the United States, there are more than four times as many farmers markets as there were nearly two decades ago. There are thriving organizations all over the country that save seeds, grow a vividly colorful palette of thousands of kinds of food plants, and develop wild and organic farms where crops coexist alongside habitat for butterflies

and birds. Biodiversity, as it turns out, can make a farm more productive. And well-tended organic soil can store carbon—so good food is also a solution to climate change.

In the past four decades, food has taught me what is possible. I have realized that delicious eating is not an indulgence. It is the body's way of reminding us how we can solve the ecological crises we face. All of us long for good food, and I believe that it's possible for a groundswell of food lovers to heal the Earth—as millions of us align our taste buds with what the planet and people need.

*Frances Moore Lappé wrote this article for How to Eat Like Our Lives Depend On It, the Winter 2014 issue of YES! Frances is the author or co-author of 18 books, including the bestseller Diet for a Small Planet and her most recent book, EcoMind: Changing the Way We Think to Create the World We Want. She is a YES! contributing editor.*

## recipes

... continued from page 11

overcrowd the skillet. Cook the corn cakes for 2 to 3 minutes on each side, flipping when the edges become firm. Keep cooked corn cakes in an ovenproof dish in a warm oven until all the cakes have been made. Serve warm with avocado and your favorite prepared salsa.

## The Last Bite

### Cornbread-Walnut Muffins

Fresh and hot from the oven, this cornbread studded with crunchy walnuts is light, airy and delicious with nutty overtones from the toasted walnuts.

#### Ingredients

3/4 cup cornmeal  
1 cup flour  
1 cup California walnuts, toasted, finely chopped  
1/3 cup sugar  
1 Tbsp. baking powder  
1/2 tsp. sea salt  
1/4 tsp. black pepper, freshly ground  
1 cup corn kernels, chopped  
1 cup milk, nonfat  
2 eggs, large  
4 Tbsp. vegetable oil

Preheat the oven to 425°F. Grease a 12 muffin pan and set aside. In a medium bowl, whisk together the cornmeal, flour, walnuts, sugar, baking powder, salt and pepper; set aside. In a separate bowl, combine the milk, eggs and oil; mix well. Add to the cornmeal mixture and stir until just combined. Add the corn kernels and stir just to mix. Spoon the mixture into the prepared muffin pan.

Bake until golden brown and the top springs back when you lightly touch it, about 15 minutes for muffins. Gently remove from the pan and serve hot!

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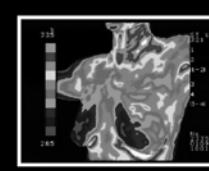
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**Food as Medicine:** Preventing and Treating Disease with Diet. Lecture with Michael Greger, M.D. of [www.NutritionFacts.org](http://www.NutritionFacts.org). Saturday, January 16, 7:30 - 9:30 p.m. Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this new presentation based on the latest in cutting-edge research exploring the role diet may play in preventing, arresting, and even reversing our leading causes of death and disability. Location: Joyce Beers Community Center, 1230 Cleveland Ave. Free admission to all, with vegan cookies and iced tea! Optional vegan dinner buffet 6 -7 p.m. For more information and to purchase dinner tickets by January 10, see [www.LCASanDiego.org](http://www.LCASanDiego.org). Sponsored by Last Chance for Animals.

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