

Ocean Beach People's Organic Food Co-op News

July 2015



Give Bees A Chance!

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8 A.M. - 9 P.M.

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Food, Farming and Climate Change

by Ryan Zinn

Record-breaking heat waves, long-term drought, "100-year floods" in consecutive years, and increasingly extreme super storms are becoming the new normal. The planet is now facing an unprecedented era of accelerating and intensifying global climate change, with negative impacts already being widely felt. While global climate change will impact nearly everyone and everything, the greatest impact is already being felt by farmers and anyone who eats food.

When we think of climate change and global warming, visions of coal-fired power plants and solar panels come to mind. Policy discussions and personal action usually revolve around hybrid cars, energy-efficient homes and debates about

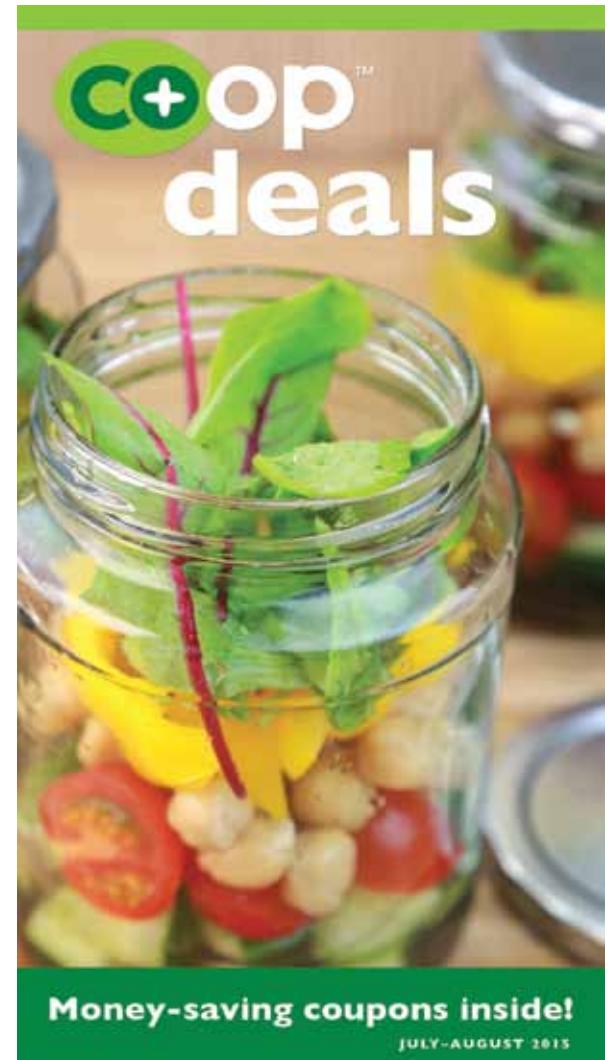


the latest technological solutions. However, the global agriculture system is at the heart of both the problem and the solution.

Industrial agriculture is a key driver in the generation of greenhouse gases (GHGs). Synthetic fertilizers, pesticides, heavy machinery, mono-cultures, land change, deforestation, refrigeration, waste and transportation are all part of a food system that generates significant emissions and contributes greatly to global climate change. Industrial agricultural practices, from Concentrated Animal Feeding Operations (CAFOs) to synthetic fertilizer-intensive corn and soy monocultures, genetically modified to tolerate huge amounts of herbicide, not only contribute considerable amounts of GHGs, but also underpin an inequitable and unhealthy global food system. Modern conventional agriculture is a fossil fuel-based, energy-intensive industry that is aligned with biotech, trade and energy interests, versus farmer and consumers priorities.

Farms and farmers are in the crosshairs of climate change. Though farmers have seen negative impacts related to climate change for decades, these impacts have been exacerbated in recent years. Even relatively small temperature increases are

continued on page 13



For Summer Savings See Page 4

**People's will
be CLOSED
on July 4th.**

**Have a
Safe & Happy
Holiday!**



S A N D I E G O ' S O N L Y C U S T O M E R O W N E D G R O C E R Y S T O R E

People's Co-op Board of Directors

Meeting Notes for May 18, 2015

Board of Directors Present: Stephanie Mood, Chet Nelson, Tom Baker, Steve Myrick, Andi Briceno, Brandon Fuller, and Jamie Decker.

Staff: Nancy Casady and Gloria Isselhard.

Guests: Paul Maschel, Phillip Gianopoulos, and Derek Casady.

Board Study

Stephanie distributed copies of the list of topics that have been presented for board study in the past and asked for suggestions for future meetings. Stephanie suggested a campaign to reach local groups to present information about the co-op business model. An ad hoc committee has been formed.

Old Business

The board reviewed a letter from the Co-op declining an offer to participate in the Liberty Public Market.

Outreach and Education

Andi Briceno read thank you letters from various organizations that received donations from People's. Feedback on the Co-op's Spring Food Fair and Spring Arts and Crafts Fair was excellent. Thanks to Heather Weightman and Amber Forest McHale for organizing these events.

The Ocean Beach Green Center submitted a summary of their recent activities, which included their help organizing the rally for climate action.

Andi moved and Brandon seconded a recommendation to the Finance Committee that People's donate \$200 per month, for three months, to the Ocean Beach Green Center. Vote: 5 - aye; 1 - abstain.

Planning Committee

Steve distributed corrected copies of the expansion communication plan for the property east of the Co-op's duplexes. Stephanie moved that the board approve the Voltaire East Development Communication Plan. Jamie seconded. Vote: passed unanimously.

Nancy reported that the board will be required to sign off on new agreements with the National Cooperative Grocers (NCG), including the upcoming United Natural Foods Inc. (UNFI) contract renewal.

Board members decided to forgo a full board retreat and use September's board study to review goals from 2014.

Finance Committee

Chet reviewed the April financial report. Total revenue was -3% for the month compared to April 2014. Total cost of sales was -7% for the month and -6% year-to-date. Gross profit is steady. Total expenses were -4% for the month and -3% year-to-date. Sales per paid labor hour is down slightly at \$84.95. Labor to sales ratio remained steady at 23.51% year-to-date. Cost of electricity continues to rise. Utilities for the month have increased 21.25% compared to April 2014.

Nancy reported that work on the sales floor lights is ongoing. Nancy reported that the price of the replacement freezer door was \$1,224.

The SDG&E rate structure for utilities is being analyzed for potential savings.

Andi made a motion that People's donate \$200 per month for the third quarter of 2015 to the Ocean

GENERAL MANAGER'S MESSAGE

by Nancy Casady

Thanks to all our shoppers for providing feedback on the owner discount coupon program, which had its inauguration in June. We had a great response and learned where we have some hiccups. First, having the coupon good for an added 5% discount helped us gauge how many more Co-op owners were able to use the discount without "breaking the bank" with a higher discount amount. We really did not know how successful the program would be and wanted to be conservative in our first trial. We hope to gradually be able to up the amount of the discount, as financial conditions allow. Second, we need to find a solution for shoppers who would like to purchase food in the Deli, get the discount there, and also get the discount on the sales floor for additional purchases. The Co-op's cash register system does not recognize the same coupon twice, so this is still an issue we are working to resolve.



Finally, we have a number of Co-op owners who would like to make more than one shopping trip on the day they use their discount. As noted above, the system currently recognizes only one use per owner. We have stocked, and are selling at cost, foldable wheeled shopping carts that can be used for larger loads. Hopefully, this will make multiple same day trips unnecessary.

By and large the new system is accomplishing what we hoped: more Co-op owners able to take advantage of the discount over a longer period of time. Not only is this more convenient for more owners, it also allows the staff to provide better service, lightens the demand for parking, and lets dept. buyers have more product on hand during the sales period. Thank you for your assistance in making the new program work. Look for the next discount period in August.

Beach Green Center. Jamie seconded. Vote: Yes - 6; abstained - 1.

Nominating Committee

Brandon reported that the committee has met and compiled a slate of officers. It will be announced and voted upon at the June board meeting.

East Property Working Group

Steve reported that he, Nancy, Jim Kase, Jim Gabriel, and Jim Bell met regarding the general plan for the east property. The architects' drawings were reviewed, however the concept and cost is more than anticipated and further consideration is planned.

General Manager's Operations Report

Sales improved this month with only a two percent drop compared to May of 2014. All financial indicators are within budget projections. We have considered Tiny's closure as a factor in providing additional parking for the Co-op. Security is in place at the east property during nighttime hours. Plans for converting the property into a café and juice bar with additional parking are moving ahead. Presentations on the general concept were made to the O.B. Town

Council and the O.B. Planning Board. Both organizations responded favorably.

Due to the efforts of Co-op owner, Ken Moss, the Co-op's utility bill rate structure will be changed, with savings estimated to run about \$1,500 per month. Thank you, Ken! Work continues on the sales floor flood lights, which have yet to be restored to their original efficiency. Three additional fans have been added to the Deli in preparation for increased temperatures this summer, and a new "take a number" system has been installed for more efficient Deli service.

The Spring Arts and Craft Fair went very well. The next one is scheduled for the fall. Traditional Mother's Day card making was also well received. Speaking of thanks, a big note of appreciation is extended to San Diego Symphony violinist Nick Grant, who entertained Co-op patrons with a two-hour classical recital in the Deli. This is Mr. Grant's second appearance in what we hope will become a People's tradition.

The Millions Against Monsanto March was the most successful to date. Look for new music from Neil Young rejecting genetically engineered ingredients in his Starbucks coffee!

Among Co-op improvements, we replaced the juice cooler lights, added a scale to provide a sixth checkout lane at the Customer Service Desk, had the photovoltaic solar cells on the roof professionally cleaned – and then it rained – and successfully installed new touch screen timeclocks to address shift planning, vacation coverage and missed punches. We welcome back produce buyer, Chris Gautier, from his trip to Peru. The "deep bench" in the Produce Department held things together beautifully in his absence. Thank you for a job well done. We held the last of the traditional Owner Appreciation Days this month and look forward to the inauguration of the new coupon system during the week of June 15th – 21st.

The Co-op history movie "Food For Change" was viewed in the community room and I appreciated the opportunity this month to MC the awards for the O.B. Exposed photo contest, hosted by the Ocean Beach Historical Society. Thank you to Jamie Decker and her team for providing Co-op tours and for being a presence at O.B. Elementary School's Open House.

Next Board Meeting

Monday, July 20, 6 p.m.
Committees

- Outreach & Education Committee
 - Chair, Andi Briceno
 - Meeting: July 13, 5:30 p.m.
- Planning Committee
 - Chair, Stephanie Mood
 - Meeting: July 13, 6:30 p.m.
- Finance Committee
 - Chair, Chet Nelson
 - Meeting: July 13, 7 p.m.

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

PEOPLE'S COMMUNITY CALENDAR

All Community Room events are FREE.

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

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

Live Acoustic Music

Fridays 5:30 – 7:30 p.m.

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

People's Co-op Deli

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

Water Support Group

Thursday, July 2, 7 – 8:30 p.m.

People's Co-op Community Room

Join others for a weekly group discussion cultivating individual and family awareness of household water habits. Facilitated by a local communication and sustainability specialist dedicated to empowering communities toward resource efficiency. We share

Ocean Beach People's Organic Food Co-op News

Editor - Amber Forest McHale

Proofreader - Jamie Decker

Visit us at:

www.obpeoplesfood.coop

Contact us at:

General Manager
gm@obpeoplesfood.coop

Editor

editor@obpeoplesfood.coop

Membership

membership@obpeoplesfood.coop

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

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challenges and simple solutions to reduce water use. Attendance is limited to 18; to RSVP call (619) 517-8723. 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.

Morning After Cleanup

Sunday, July 5, 8 a.m. – 11 a.m.

Ocean Beach Pier

Join Surfrider for their annual Morning After Mess cleanup and help them help the beaches after the 4th of July weekend. Bags and gloves will be provided but you are encouraged to bring your own reusable ones in an effort to reduce plastic use. The first fifty volunteers will also receive a free t-shirt. For more information please visit www.s.coop/1wnw8.

DTLT for Pain and Regeneration

Thursday, July 9, 7 – 8:30 p.m.

People's Co-op Community Room

Learn about Class 4 Laser Therapy's use in a non-force professional chiropractic office. The newest most exciting healing tool for pain relief and regenerative care. Free information session with Dr. Randy Fulton D.C. It's the new wellness paradigm. Attendance is limited to 18; 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.

Healthy Shoulder

Wednesday, July 15, 7 - 8:30 p.m.

People's Co-op Community Room

Learn from Dr. Kino how he helped a UFC champion resolve frozen shoulder, impingement and rotator cuff syndrome naturally by adjusting the nervous system. Attendance is limited to 18; to RSVP call (858) 866-4545. 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.

Loving-Kindness Meditation

Thursday, July 16, 7 p.m. – 8:30 p.m.

People's Co-op Community Room

Join others for an introduction to meditation and experience the powerful benefits of the Meditation of Twin Hearts. This meditation increases inner peace and joy and offers tools to handle stress in a healthy manner. Attendance is limited to 18; to RSVP email neus@pranichealing.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.

Muscle Testing

Tuesday, July 21, 7 – 8:30 p.m.

People's Co-op Community Room

Learn to muscle test yourself and others, how to choose the best supplement and dose, and whether supplements or foods combine well and increase vital life force. Handouts will be provided. 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.

Drought-adapted Landscape Design

Wednesday, July 22, 7 – 8:30 p.m.

People's Co-op Community Room

California is in severe drought. Learn principles of xeriscape gardens, a basic low water plant palette, and how to create wildlife habitat. We'll talk about things to avoid and look at helpful resources. Presented by experienced landscape designer David Clarke. Attendance is limited to 18; to RSVP email david@davidclarkedesign.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.

Of Special Note this Month

Film Night

O.B. Green Center

Thursday, July 9, 7 p.m.

"I AM" is a 2010 documentary by commercially successful director Tom Shadyac. The film explores Shadyac's personal journey after a 2007 bicycle accident, "the nature of humanity" and "world's ever-growing addiction to materialism." He conducts interviews with scientists, religious leaders, environmentalists and philosophers including Desmond Tutu, Noam Chomsky, Lynne McTaggart, Elisabet Sahtouris, David Suzuki, Howard Zinn, and Thom Hartmann. The film asks two central questions: What's wrong with the world and what can we do about it? The O.B. Green Center is located at 4843 Voltaire St in Ocean Beach. For more information call (619) 225-1083. Free of charge.

Stronger Together:

A Workshop Series for Food and Farm Entrepreneurs

Nuts and Bolts of Cooperative Business Models

Tuesday, July 21, 6 – 8 p.m.

Marketing Cooperatives and Co-Branding

Tuesday, August 18, 6 – 8 p.m.

Cooperative Equipment Ownership Models

Tuesday, Sept. 22, 6 – 8 p.m.

Workshops co-hosted by Common Ground Collective, California Center for Cooperative Development, Ocean Beach People's Organic Food Market, and San Diego Small Farms Alliance. For workshop location and to RSVP, please email CommongroundcollectiveSD@gmail.com. Free of charge.

Our Cooperative Community

Volunteer with the Solana Center: Join a Vermicomposting Team!

The Solana Center for Environmental Innovation — a local nonprofit whose mission is to empower students and adults through education and action to become environmental stewards in their communities — is looking for a few good men and women to help them on an ongoing basis to tend to their worm bins. If you are available for an hour or two on Tuesdays or Thursdays and/or one Saturday a month, the Solana Center wants you.

The Solana Center has had such great success with their Compost Team that they are looking to create a Vermicompost Team that will assist center staff in harvesting worm castings and tending to the bins. If this sounds interesting to you or if you have questions, please contact Andrea by email at Andrea@SolanaCenter.org

The Solana Center needs more worms!

In a continued effort to provide worm bins to all of the school sites that the Solana Center for Environmental Innovation visits, and to make worms available to sell to the community, the center needs more worms! If you have a surplus and would like to donate some worms to the Solana Center please contact Andrea by email at Andrea@SolanaCenter.org to schedule a time to drop them off.



You Make a Difference
When You Volunteer

Hot Savings on Cool Co+op Deals

The July-August edition of the Co-op Deals coupon book is filled with deals on delicious summer eats, eco-friendly household products and so much more. Stop by the Co-op to pick up your copy today, and save on favorites, like Tofurky deli slices, Organic Valley cheese, Lundberg Family Farms multigrain chips and Cascadian Farm cereals. And while you're at the Co-op, check out the delicious delights in our vegetarian Deli and the bounty of local fresh fruits and vegetables in the Produce Dept. Everything you need for a picnic is right here. Look for the coupon books at the co-op beginning in July. Coupons are valid through August 31, 2015.



Money-saving coupons inside!
JULY/AUGUST 2015

Bag Raffle Winners

Congratulations to our recent bag raffle winners: Chatura, Angela, Martina, Donna, Mike, Elizabeth, John, Carl, Carmen, Garrett, Adam, Lori, Alli, Pat, Linda, Tammy, Lorenzo, Fran, Julie, Steve, Leah, Kat, Keith, Tyler, and Anna.

If you haven't participated yet, please join in. 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. Don't forget the Coffee Cup Raffle upstairs in the Deli. Each time you use your own cup, you'll receive a raffle ticket for a \$5 People's Co-op gift card.

What's Unique about the Co-op?

There are three major ways that cooperatives differ from private sector stores, and belonging to a co-op is a commitment in and of itself. First, the decision-making process in co-ops is not driven by the desire to increase the wealth of individual shareholders. Secondly, co-ops handle money differently than privately-owned stores. Co-ops invest in consumer and staff education, organic farming and environmentally sound products made by businesses that are committed to making life better. Finally, co-ops are a model for social change because they conduct business in a democratic way, with community service as the core value that guides decisions.

What drives a co-op is service to the community that founded it, sustains it, and needs what it has to offer.

While profit-driven businesses thrive by selling us the image of ourselves as islands of unique, separate needs, co-ops emphasize the connections between growers and buyers, country and city, animal welfare and food quality, farming practices and environmental/health concerns, co-ops and their member-owners. By joining a co-op, member-owners commit themselves to a business that serves and reinvests in the community. (*excerpted from "The meaning of membership," originally printed in "Co-op Consumer News", a publication of Twin Cities Natural Food Co-ops.*)



People's Asks: What is your favorite summer food ?



Debbie

Watermelon!



Jarrett

Watermelon!



Bradley

Watermelon!



Steve

Corn on the cob.



Laurie

Peaches, corn and tomatoes.

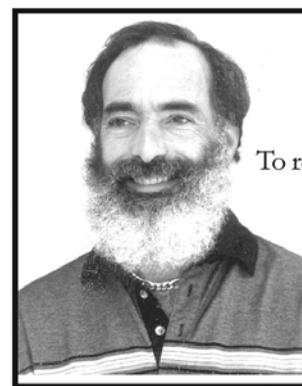
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PEOPLE'S SUGGESTION, COMMENT & QUESTION BOX

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

Dear People's, I just learned that you use cheese on some of your sandwiches in the Deli and I was shocked and disappointed. When I recommend People's as a great place to shop, I'm always sure to mention that they have an outstanding "vegan" Deli. Non-vegans can always add their own dairy cheese. People's is a wonderful place to shop especially because of all the wonderful people who work there! Thank you, Terry.

Dear Terry, Thank you for your comments and suggestion. As a vegetarian grocery, People's does not have a vegan Deli, though 99% of the food is vegan. The non-vegan options offered are cream cheese in the Deli's upstairs' grab 'n go case, as well as cheddar or Swiss cheese on sandwiches made to order and on some of the premade sandwiches available in the first floor grab 'n go case. Additionally, the Deli offers dairy half and half for tea and coffee service. Kindly, Amber, Editor

Dear People's, Breakfast Burritos, please. Sam
Hi Sam. The Deli makes these burritos on Saturday mornings and occasionally during the week. Cheers, Mike, Deli

Dear People's, The vegan bleu cheese dressing in the Deli is very good. Is it available to purchase in a bottle? Nothing compares! Chris

Dear Chris, We're glad you liked the dressing, Stacy created that recipe. When we make it again, we'll package some in bottles. Thanks for the uplifting feedback. Cheers, Mike

Dear People's, It would be nice if the Co-op's employees were paid time and half for holidays. It would build work morale, I work in HR and I know. Lynee

Dear Lynee, Thanks for having the Co-op's excellent staff members in mind. The Co-op currently provides five paid holidays a year, a week of paid personal leave and from one to four weeks of paid vacation, depending on length of service. All full time employees are paid a livable wage within the first year of hire. Thanks for shopping at the Co-op and making these benefits possible. Nancy Casady, General Manager

Dear People's, Please carry monk fruit. Everyone at the Co-op is great! Kristen

Dear Kristen, Fresh monk fruit is unavailable to us through our current distributors. Dave, Produce

Dear People's, Please carry Lundberg Thin Stackers. Andrea

Dear Andrea, Thank you for the suggestion! We now offer these rice snacks. Namaste, Bryan, Grocery

Dear People's, If you offered meat and seafood this would save me from having to drive to two grocery stores. Soybeans used to make all the heinous amount of tofu sold is much worse for the human body and the environment. I can't eat grains so it is difficult for me to find protein options. Plus my body needs meat and fish. Mandy

Dear Mandy, Thanks for letting us know about your diet preferences. The Co-op's stated mission is to operate a vegetarian store and as such, we do not carry meat, poultry or fish. Kindly, Amber, Editor

Dear People's, Please offer an option for not printing a receipt. Laura

Dear Laura, Making sure shoppers have an option for reviewing their transactions at the time of purchase outweighs the use of paper, while also providing accountability for the cashiers. Nancy Casady, General Manager

Dear People's, Hooray for Prager Brother's Bread and the new Owner Appreciation discount system. Double hooray to the Deli, which I find to be consistently scrumptious. Paul

Dear Paul, Thank you for your kind words. It's always nice when people comment on the good things happening at the Co-op. Amber, Editor

Dear People's, Please carry Nancy's Unsweetened Plain Soy Yogurt. Nigel

Dear Nigel, By the time you read this it should be on the shelf. David O., Perishables

Dear People's, I'm disappointed that you have commercial jicama next to the sustainable limes. Everything else is perfect. Shoula

Dear Shoula, People's Produce Dept. is certified organic. Under the certification rules commercial produce cannot commingle with organic produce. Therefore, due to limited space in the dept., we keep sustainable and commercial produce in the same area. Thank you for understanding.

Dave, Produce

Dear People's, When you put in the new café parking, please include a spot for charging electric vehicles. Even better, one that is solar powered! Molly

Dear Molly, Due to the pressure on parking, it is unlikely that we can designate and then monitor a parking spot dedicated to electric vehicles. New battery technology is right around the corner that will allow longer driving distances. Power from the sun is certainly the way to go! Nancy Casady, General Manager

Dear People's, It would be wonderful if the Deli offered sautéed garlic (or raw garlic) on the side instead of added to many of your recipes. Molly

Hi Molly, That is an interesting idea. While some recipes call for garlic to be cooked together with other ingredients from the beginning, it is possible to leave it out of other recipes. I'll bet that garlic lovers would like to have extra garlic on the side and those who desire garlic-free food would have more options. I'll give this great idea some serious thought. Thanks, Mike, Deli

Dear People's, Could you color code the food heat level in the Deli? The soup was described as delicate, but my mouth found it hot! My kale salad was also hot; not spicy, but boldly hot. Needless to say, my mouth is on fire and my nose is still running. Carol

Dear Carol, I'm sorry that you had such an unpleasant experience. I wish I knew what soup and variety of kale salad that you had as it would help me figure out what heat source was used. In some cases, for example, the recipe calls for jalapeno peppers, but not all jalapenos are the same. We taste all of the food before it goes out, but evidently most of our cooks have a "hot tooth." Maybe I need a few tasters who don't love spicy foods as much. Again, I apologize and I hope you decide to give us another chance. You are always welcome to sample anything that is in the hot and cold case, as well as the soups.

Mike, Deli

Summer Recipes for the Table

recipes provided by National Co-operative Grocer

Fattoush is a traditional Middle Eastern salad that goes well with many Mediterranean-inspired dishes, like lentil soup, chickpea stew, and tempeh gyros or kebabs. Add chunks of feta cheese or Kalamata olives to add more complex flavors and serve with lemon wedges

Fattoush

Serves 6. Prep time: 30 minutes

1/2 pound romaine lettuce, chopped into bite-sized pieces

1 cucumber, diced into 1/2-inch pieces

1 tomato, chopped

3 scallions, diced

1 cup chopped fresh parsley

1/2 cup chopped fresh mint

4 Tbsp. lemon juice

3 Tbsp. olive oil

1 Tbsp. minced garlic

Sea salt and black pepper to taste

1 pita bread, toasted and broken into bite-sized pieces

In a large salad bowl, gently toss the romaine, cucumber, tomato, scallions, parsley and mint. In a small bowl, mix together the lemon juice, olive oil, garlic and a pinch each of sea salt and black pepper. Toss the salad with some of the dressing, add the pita pieces and mix gently. Taste and add more dressing as needed.

• • • • •

Spread peach butter on waffles, pancakes, toast, scones or biscuits to liven up your breakfast, or drizzle over a chunk of salty blue cheese on an appetizer platter. Add vanilla, mango or strawberries for more exotic flavor combinations. Peach butter will keep refrigerated for a few weeks.

Peach Butter

Makes 3 cups. Prep time: 15 minutes active; 90 minutes total

6 cups roughly-chopped fresh peaches, pits removed

Pinch of ground cinnamon and/or ginger

2 to 4 Tbsp. honey (adjust according to the sweetness of the peaches)

In a large, heavy-bottom pot, stir together the peaches, spices and honey. Cook over low-medium heat, uncovered, stirring frequently, for about 45 minutes, until the peaches begin to break down. Use an immersion blender to puree the peaches until smooth. (A regular blender can be used, blending the peaches in small batches. But be careful – the peach mixture will be very hot and sticky!) Cook the peach puree another 15 to 20 minutes, stirring frequently, until the mixture is thick and spreadable. Remove from heat and let cool. Pour into mason jars or other glass containers, cover and refrigerate.

What Type of Cup is Best and Six More Things You Need to Know About Tea

Tea is making a huge comeback in popularity and for good reason. It's versatile, delicious, and is rich in antioxidants, vitamins and minerals.

Tea is making a huge comeback in popularity and for good reason. It's versatile, delicious, and is rich in antioxidants, vitamins and minerals. Here are seven things you need to know about your brew, from how to choose the best cup, to potential issues with your brew.

Green tea and black tea are made from the same plant leaves, but black tea has been withered, and the water within the leaves evaporates allowing the leaf to absorb more oxygen from the air (oxidation). The color of black tea comes from this full oxidation and yields a hearty and more pronounced flavor as well as higher caffeine content than other teas. This processing also renders it chemically different from green tea. For one thing, black tea has a lot more caffeine than green tea, making it a great morning wake-up call.

Thick mug versus a thin tea cup? The answer might surprise you. According to Mark Miodownik in his *Stuff Matters* book, when tea first made its way from China to England, it was accompanied by very fine porcelain, which didn't bleed the heat away so quickly. A thick mug might feel nice in your hands, but the thinner the cup, the longer the tea will stay hot. The take away here? If it's a very thick cup, a ceramic cup, you're going to cool down the tea very fast.

Know your brew time and temperature. All teas have a specific brew time and temperature. This is usually on the label. Brewing for too long will release too many of the tea's tannins, the same substance found in wine, chocolate and berries that is bitter and astringent. However, too short a brew won't allow the caffeine and flavors to fully infuse the water. Temperature is also just as important as you don't want to burn the tea.

Tannins: the good and the bad. The astringent flavor characteristic of tea is due to the presence of antioxidant tannins. Tannins in tea have an anti-inflammatory, antibacterial, antiviral, and an antiparasitic effect, so they are great

for promoting health. On the flip side, one of the issues associated with tannins is that they bind with iron in the intestinal tract making it less readily absorbed. It's recommended that one should drink green tea between meals to avoid interfering with iron absorption. Adding lemon (which contains vitamin C, aiding in iron absorption) can help offset some of the effects. It is important to note that tannins only reduce the bioavailability of plant sources of iron and have no effect on animal sources.

Tea has many health promoting properties and an increasing number of studies show that the benefits of drinking tea are numerous. Besides being a refreshing drink with zero calories, tea is a good source of minerals including: manganese, which is essential for physical development, and potassium, which maintains body's fluid balance, and it's an electrolyte. Tea is also packed with flavonoids, which are antioxidants that help combat free radicals in our body. Studies also show that tea drinkers are less likely to suffer from cardiovascular disease than non-drinkers.

The already famous flavonoids also demonstrate their ability to prevent the oxidation of "bad" cholesterol, as well as protecting the blood vessels from inflammation and inhibiting blood clotting. Black tea is also a natural source of fluoride, which can help strengthen tooth enamel and help cut down plaque on teeth.

Tea does not have more caffeine than coffee; it contains about half the amount, but if sensitive to caffeine choose teas lower in caffeine like white tea. (source: SupermarketGuru)



Moderate drinking in later years may damage heart

Drinking two or more alcoholic beverages daily may damage the heart of elderly people, according to research in the American Heart Association journal *Circulation: Cardiovascular Imaging*. The study correlated weekly alcohol consumption among 4,466 people – average age 76 – to the size, structure and motion of various parts of the heart.



Researchers found:

The more people drank, the greater the subtle changes to the heart's structure and function.

Among men, drinking more than 14 alcoholic beverages weekly (heavy drinking) was linked to enlargement of the wall of the heart's main pumping chamber (left ventricular mass).

Among women, moderate drinkers had small reductions in heart function.

"Women appear more susceptible than men to the cardio-toxic effects of alcohol, which might potentially contribute to a higher risk of alcoholic cardiomyopathy, for any given level of alcohol intake," said Scott Solomon, M.D., senior author of the study and professor of medicine at Harvard Medical School and Director of Noninvasive Cardiology at Brigham and Women's in Boston.

Previous research has shown that light to moderate drinking may protect against some cardiovascular disease, while heavy drinking has been linked to a higher risk for cardiomyopathy – in which the heart muscle becomes larger, thicker, more rigid, or is replaced by scar tissue.

"In spite of potential benefits of low alcohol intake, our findings highlight the possible hazards to cardiac structure and function by increased amounts of alcohol consumption in the elderly, particularly among women. This reinforces the U.S. recommendations stating that those who drink should do so with moderation," said Alexandra Gonçalves, M.D., Ph.D., lead author of the study and Postdoctoral Research Fellow at Brigham and Women's in Boston.

Moderate drinking is generally defined as two drinks a day (beer, wine or liquor) for men and one drink a day for women. The American Heart Association guidelines and 2010 U.S. Dietary Guidelines recommend limiting alcohol intake to up to one drink a day for women and up to two for men.

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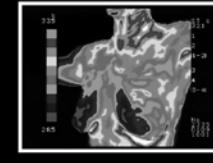
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What's New at People's Co-op ?



Bulk

There's a new bag in the Co-op's Bulk Foods Dept. Made from 100% recycled kraft paper, the bag features a lining made from EarthFirst™ compostable film. This film is made from the nearly carbon neutral polymer Ingeo™. Ingeo™ is comprised of material made from annually renewable plants. And, with the little cutout window on one side, you always know what's in the bag! When composting, please remember to remove the small tin tie that is used to reseal the bag.

Grocery

The Great and Wonderful Sea of Change Trading Co. - Wild-harvested Seaweed Salt in four varieties. **Kelp:** Earthy umami flavor, high in potassium, magnesium and vitamin B6. **Nori:** Hearty and sweet, high in vitamin B2, B6, and B12. **Dulse:** Anise notes and an ocean finish, high in potassium, vitamin B6, and vitamin B12. **Super Blend:** Supercharged with six different seaweeds, high in potassium, iron and vitamin B6.

Livin' Spoonful – Sprouted Crackers in Coconut Curry, Kale, Sour-dough, and Pesto Pumpkin Seed varieties, now in re-sealable pouches: Raw, vegan and gluten-free!

Perishables

So Delicious – CocoWhip Coconut Whipped Topping: Enjoy generous dollops of sweet creamy and very fluffy indulgence to desserts, beverages, and even recipes. Made with organic ingredients. Vegan, gluten-free.

Nancy's – Organic Unsweetened Plain Soy Yogurt: Made with fresh organic soymilk and Nancy's own amazake. Fully cultured with live probiotics and cultures.

So Delicious – Unsweetened Plain Coconut Yogurt: Another unsweetened yogurt for you! Made with organic coconuts.

Baba Foods – Organic Hummus in Roasted Garlic, Spicy Pepper, and Classic varieties: Hummus is a nutritious plant food that can be a part of virtually any diet. Chickpeas, like most beans, are an excellent source of fiber that digests slowly and keeps blood sugar levels from rising too rapidly. Chickpeas also contain molybdenum, a trace mineral that helps the body detoxify sulfites, as well as iron and manganese, which are essential for healthy blood and high energy. Locally made!

Body Care

Organic Essence – Pure Organic Shea Butter in Grapefruit and Lemongrass Mint varieties: We love this product! The beauty of shea butter is that it melts on contact and is readily absorbed into the skin. It can be applied directly on your lips, dry patches or as an all over body care treatment. But there's more! Organic Essence realizes that a global packaging paradigm needs to be implemented. Thus, they've innovated the paper eco jar and eco tube for organic creams and balms, including their shea butters. The paper labels and adhesive (casein) are plastic free, so that the eco tubes and jars can be safely composted into your garden without peeling off the labels. Thank you Organic Essence!

ThinkSport – Think SPF 50+ Sunscreen Adult and For Kids varieties: This water resistant, broad spectrum UVA/UBB protection is a mineral based sunscreen that applies nearly clear and is not oily. Top Rated on Environmental Working Group's database for safe sunscreens. **ThinkBaby SPF 50+ available, too.**

Alaffia - Everyday Shea Liquid Hand Soap in Vanilla Passion, Peppermint Tingle, Lemon Verbena, Honeysuckle, Mandarin Mango, and Lavender Spice varieties: Alaffia not only makes premium bath and body products but every single item is completely pure, handcrafted and certified fair trade. Their products are made in Africa and use indigenous ingredients which have been used for centuries. Each one is gentle, non-irritating, and effective.

Alaffia – Bar Soap in Fresh Lavender Shea Butter and Lemongrass Citrus Shea Butter African Black varieties: Alaffia balances science with tradition to holistically benefit your body, communities, and the environment. These long-lasting triple milled Certified Fair Trade shea butter soaps leave skin feeling soft and sumptuous. Lather up friends!

Body Care & Wellness

Zion Health

Calming Cream 4 oz. **\$15.99** reg. 18.89

Works to reduce redness and soothe itching from almost any type of skin condition.

ThinkSport

SPF 50+ Sunscreen 3 oz. **\$8.29** reg. 9.75

Regular and For Kids varieties. **ThinkBaby SPF 50+ Sunscreen on sale too!**

Nutribiotic

Stick Deodorant 2.6 oz. **\$3.99** reg. 4.79

Three varieties. Made with grapefruit seed extract, witch hazel, and aloe vera.

Ultima Replenisher

Orange Electrolyte Powder 4.6 oz. **\$16.09** reg. 18.95

All Ultima Products 15% Off this Month!

Genesis Today

Organic Power 4™ 32 oz. **\$38.05** reg. 42.29

An organic juice supplement formulated for daily health and made from four of the world's most popular superfruits, including goji, açai, noni and mangosteen.

Fungi Perfecti

Host Defense CordyChi 60 ct. **\$23.39** reg. 27.55

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Household & General Merchandise

Seventh Generation

100% Recycled Paper Towels 120 ct. **\$1.99** reg. 2.39

Unbleached, 100% recycled, no dyes, inks or fragrances.

Earth Friendly

Ecos Laundry Liquid 100 oz. **\$8.99** reg. 12.99

Magnolia Lily, Free & Clear, Lemongrass, and Lavender varieties.

Biokleen

Oxygen Bleach Plus 32 oz. **\$4.69** reg. 5.99

Made with grapefruit seed extract and special detergent boosters to fight stains and mildew.

To-Go-Ware

Bamboo Utensil Set 1 set **\$9.29** reg. 10.95

Holder made of RPET and recycled plastic bottles and includes a handy carabiner. Heat and stain-resistant, won't impart or absorb flavors.

Goodlight Natural Candles

Tea Light Candles 6 pack **\$2.49** reg. 2.95

Non-toxic, paraffin-free tea light candles with cotton wicks.

Auroshikha

Lemongrass Incense 10 gr. **\$1.65** reg. 1.95

No glue or dung used in incense paste. Guaranteed non-toxic.

July 1 - 15

Deli/Bakery

Cucumber Wakame Salad

\$6.89

per pound reg. 7.89

Chocolate Brownie

\$9.79

per pound reg. 10.29

Bulk

Equal Exchange - Organic & Fair Trade

Breakfast Blend Coffee

\$8.99

per pound

Breakfast Blend Dark

\$8.99

Equal Exchange
Organic & Fair Trade
per pound

French Roast

\$8.99

Equal Exchange
Organic & Fair Trade
per pound

Colorado Organic

Organic Millet

\$1.49

per pound

Organic Mung Beans

\$1.89

per pound

Grocery

R.W. Knudsen - Organic!

Very Veggie Juice

Original, Spicy, Low Sodium

\$2.69

32 oz.



Napa Valley

Organic Olive Oil

100% Cold pressed unrefined

\$9.99

25.4 oz.



Spectrum - Organic!

Virgin Coconut Oil

Unrefined

\$7.99

14 oz.



Blue Sky

Organic Soda

Root Beer, Ginger Ale, Cola, Orange, Black Cherry

\$3.39

6 / 12 oz.

Rising Moon

Organic Pasta Sauce

Garlic Merlot, Garlic Basil

\$2.99

14 oz.



Amy's

Organic Refried Beans

Selected varieties

\$2.49

15.4 oz.

reg. 2.99

Perishables

Hilary's Eat Well

Organic Veggie Burgers

Selected varieties -

All free of gluten, corn, soy, dairy, and tree nuts

\$2.69

reg. 3.89 6.4 oz.

Tofurky

Vegetarian Sausages

Beer Brats, Kielbasa, Italian, Andouille

\$4.39 - \$4.99

reg. 4.79 - 5.99 14 oz



Rudi's Organic Bakery

Organic

Whole Wheat Buns

Hot Dog, Hamburger

\$2.99 - \$3.69

reg. 4.99 12 - 18 oz.

Kevita - Organic!

Sparkling Probiotic Drink

All varieties

\$2.39

15.2 oz.

reg. 3.49



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Coconut Milk

Unsweetened, Original, Vanilla -

Made with Organic coconuts

\$2.99

64 oz.

reg. 3.99



July 16 - 31

Deli/Bakery

Mexican Chickpea Salad

\$6.89

per pound reg. 7.89

Cashew Date Bar

\$8.49

per pound reg. 8.99

Bulk

Equal Exchange - Organic & Fair Trade

Ethiopian Coffee

\$8.99

per pound

Black Silk Espresso

Equal Exchange
Organic & Fair Trade
per pound

\$8.99

reg. 12.19

Love Buzz Coffee

Equal Exchange
Organic & Fair Trade
per pound

\$8.99

reg. 12.19

Rye Berries

99¢
per pound

Organic!

reg. 1.39

Organic Adzuki Beans

\$1.99

per pound

reg. 2.45

Grocery

**Go Macro
Organic Macro Bar**

Selected varieties

\$1.99

2 - 2.5 oz.

reg. 2.99

**Pacific - Organic!
Almond Beverage**

Selected varieties

\$2.39

32 oz.

reg. 3.19



**Westbrae
Organic Beans**

Selected varieties

\$1.69

15 oz.

reg. 1.95



**Muir Glen
Organic Pasta Sauce**

Selected varieties

\$2.99

25.5 oz.

reg. 3.99

**Late July - Organic!
Multigrain Tortilla Chips**

Selected varieties

\$1.99

5.5 oz.

reg. 2.99



**Newman's Own - Organic!
Balsamic Vinegar**

Sourced from Modena, Italy

\$5.99

16.9 oz.

reg. 7.99

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Perishables

Organic Sunshine Burgers

Organic Sunshine Burgers

All varieties

\$3.99

8 oz.



**Stonyfield - Organic!
Frozen Yogurt**

Nonfat and Lowfat - All varieties

\$2.99

pint

reg. 3.99



Goodbelly - Organic!

Probiotic Juice Drink

All varieties

\$2.69

32 oz.

reg. 3.99



daiya

Vegan Cheese

Block and Shreds - All varieties

\$3.69

7.1 - 8 oz.

reg. 4.99



Rudi's Organic Bakery

Organic Bread

7 Grain with Flax, Whole Wheat Sandwich

\$3.99

20 - 22 oz.

reg. 4.99



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Cantaloupe ~ The Summertime Treat

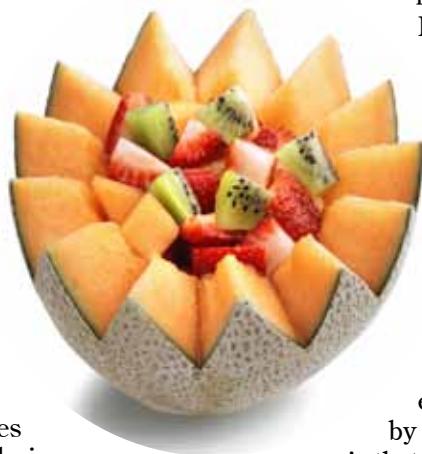
Cantaloupes in the Co-op's Produce Department are a good sign that summer has returned. These succulent melons are great for quick recipes on hot days because their sweet flavor and smooth texture is compatible with many other fruits and herbs.

According to the California Cantaloupe Board, cantaloupes are an excellent source of both vitamin A and vitamin C; a six-ounce serving, or roughly a quarter of a melon, provides 100 percent, or more, of the U.S. recommended daily allowances of each of these vitamins. Cantaloupes are also high in dietary fiber as well as folacin, a nutrient needed for growth and the development of hemoglobin. All of the nutrition in cantaloupes comes with minimal calories. There are 60 calories in a six-ounce serving of cantaloupe.

Cantaloupes are originally from Iran, India and Africa. Because there is no native cantaloupe in the U.S., these melons have no natural insect allies to protect them from the insects that attack them. And, since cantaloupes are related to cucumbers, squash, and all the other melons, there are a number of pests that threaten them. Commercial growers respond by aggressive pesticide spraying, which is also toxic to bees—the pollinators of melons—without which there would be no cantaloupes!

When shopping for cantaloupe, you may wonder what the differences are between organically grown and commercially (also known as conventional) grown melons. Knowing a little bit about the growing methods can help you make an informed purchase.

Organic growers take a more holistic approach. By rotating crops, growers don't use the same ground to grow melons two years in a row, which keeps many overwintering insects and diseases away, at least for the start of the season. Spun polyester cloth is also



used to protect young seedlings and later removed so the plants can grow, reach maturity and develop high levels of sugar in the fruit. At that point growers might use organic, plant-based pesticides because the plants will be very vulnerable.

Many of the melon pests are too tough for most botanical pesticides, so more and more organic growers are choosing clay. Kaolin—a fine, white clay—is mixed with water and sprayed on the leaves to disguise the plant to insects. It works by reflecting light so flying insects don't "see" the plant. It has to be re-applied after rain or heavy winds, but it's worth it. Field trials have shown it to be as effective as systemic pesticides used by commercial farmers. The good news is that kaolin is nontoxic and doesn't kill bees.

By choosing to buy organic, you are supporting a sustainable way of farming that is better for the environment, wildlife, and your palate! Many people believe organic cantaloupes simply taste better than the commercially grown ones. Some say they are sweeter, with more depth of flavor. It's true that organic soils tend to be higher in organic matter than conventional soils, and melons do thrive in rich soil.

Whether you choose an organic melon for the way it's grown or simply for its flavor, there are a number of ways to enjoy it. The rough, netted rind can harbor bacteria that could be transferred to the fruit, so be sure to wash before your melon before you cut into it.

To get the best flavor from your cantaloupe, it is best to "ripen" it at room temperature for up to four days. 70 degrees is the optimum temperature. The ripening will accelerate as the temperature increases, so be sure to check the fruit daily. When ripe, cantaloupes will keep in the refrigerator for up to two weeks.

Is This Ripe?

This is one of the most frequently asked questions during the summer in the Produce Department. The fact is, cantaloupes are considered ripe when they're picked, even though they are still firm. Once the melon leaves the vine, it does not increase in

sweetness—that's because there's no extra starch to be converted into sugar. But they do get softer, and that's one thing to check for. So how do you know if you have a great cantaloupe? Follow these simple rules. First, check the skin or rind. A good melon will have a slightly golden color, not that greenish undertone often seen when they've been picked too early, and there will be no sunken areas. Second, look at the stem area, where you want to see a slight indentation. Third, press gently with your thumb on the opposite end from the stem. This is the blossom end and it should have a slight bit of give. Lastly, do a smell test at room temperature—a cold cantaloupe won't have the same smell as one that is warmer. Put the blossom end to your nose and inhale, it should offer a sweet, aromatic, melon fragrance. If your cantaloupe passes these tests, you have a ready-to-eat treat.

Cantaloupe & Fig Salad

1/4 cantaloupe, sliced thin
3 figs, halved
fresh basil leaves, torn
ground black pepper to taste
1 Tbsp. sliced almonds, optional

Place the cantaloupe slices and fig halves on a plate. Dust with black pepper. Sprinkle fruit with almond slices and top with fresh basil leaves.



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It's Slaw Season

by Mike Ferrill, Deli Manager

The cabbage salad is a classic, favorite warm weather dish. Of course in the Deli, slaw season is a year round affair. We can't make enough of the stuff to be honest. Cabbage is quite versatile naturally; boiled, braised, baked, stir-fried, oven fried, pan-fried, shaved, sliced or diced, cabbage can play many roles. In the end though, nothing can quite compare to a healthy and delicious serving of coleslaw. We have a few versions of this venerable favorite. So in the spirit of slaw season I present to you a tour of the cabbage salad as envisioned by the Deli.

When I first started working at People's, we had a couple of coleslaw variations. Raw coleslaw was, and still is, a popular coleslaw that we make regularly. It starts with the cabbage of course, both red and green cabbage are used for this particular salad. The dressing is a thick creamy concoction that has finely blended sunflower seeds as a base. For long time shoppers out there you may remember the Sunseed Dip that we used to make quite often. The dressing for the slaw is basically the same recipe as the Sunseed Dip.

Another blast from the past is Coleslaw con Tempeh. We don't make this particular slaw as often as we used to. It's one of the recipes that sort of drifted away from us for one reason or another, only to reappear once in a while to remind us of how delicious it is!

During the last few years we have added a few cabbage salads to our repertoire. The most popular is Soomi Salad, of which we sell about twenty pounds or more of every day. Made with lots of fresh green cabbage, green onions and cilantro, Soomi Salad is characterized by a mildly sweet sesame dressing. Tossed together with toasted almonds and sesame seeds, it is a fresh, crunchy delight that rounds out any meal. Another relatively new addition is the Umeboshi Slaw, made with healthy and nutritious umeboshi vinegar. It is a simple salad with a tangy bite that gets better as it sits, marinating in the dressing and the natural juice of the cabbage. If it gets busy in the kitchen and we need a quick and easy salad, we conjure up a batch of cabbage salad we simply call Slaw. It's made with cabbage, carrots and onions, with a dressing made of Vegenaise® and tamari. It can be made in minutes and is best served right away. You'll see pop up when the bullets are flying in the kitchen.

As you can see, we love our coleslaw in the Deli. That versatility of cabbage lends itself to countless variations. There are no rules for slaw; I think that's why we like it so much. See you in the Deli.

People's Slaw

Serves 2 - 3

4 cups green cabbage, sliced thin.

1/2 cup of yellow onions, sliced thin

3/4 cup Vegenaise®

2 Tbsp tamari

Black pepper to taste

Whisk together Vegenaise®, tamari and pepper, add vegetables and toss together with dressing. That's it! You are ready to serve your slaw. Enjoy.



Hamburgers, hot dogs, and barbecued ribs. Sounds like the perfect all-American cookout—unless you're a vegetarian or one of the animals on the grill. With more people adopting a mainly vegetarian diet, the choices might seem limited for all those great outdoor parties.

Whether it's a barbecue or a picnic in the park, it's time to get creative with meatless summer meals! Inside are mouthwatering recipes such as:



- Grilled Seitan with Apple Salsa
- Creole Slaw
- Grilled Eggplant Panini
- Chipotle Bean Burgers
- Roasted Insalata Caprese

Forget boxed veggie burgers and bland pasta salad! This book shows you how to make delicious, unique, and fresh vegetarian meals so you'll never miss the burgers and dogs again!

Jolinda Hackett has been vegetarian for nearly twenty years and a vegan for almost ten. She is the About.com Guide to Vegetarian Food and the author of *The Everything Vegan Cookbook*.

"Cookouts Veggie Style! 225 Backyard Favorites Full of Flavor, Free of Meat"

by Jolinda Hackett, \$17.95, paperback

Garlicy Grilled Cauliflower

Serves 4

Chef's tip: Add a bit of color to this recipe with a dash of cayenne or paprika.

2 Tbsp. margarine
1 medium – large cauliflower
3/4 tsp. garlic salt
1/2 tsp. onion powder
1 Tbsp. nutritional yeast, or to taste

Spread margarine evenly over cauliflower and sprinkle with garlic salt and onion powder. Wrap whole cauliflower tightly in aluminum foil and place on grill over medium heat. Allow to cook for 40 – 50 minutes, or until soft. Remove from grill, carefully open foil, and sprinkle with nutritional yeast. Serve hot.

What's So Great About Cauliflower?

Cauliflower is an excellent source of vitamin C and a good source of fiber. Cauliflower is also a source of vitamin K, folate, and potassium. Like most vegetables, cauliflower is low in calories, fat, and cholesterol.

Cancer Preventing

A cruciferous vegetable, cauliflower contains chemicals that may be helpful in the prevention of some cancers.

Nutrient-Rich

Cauliflower is an excellent source of vitamin

Selecting Cauliflower

The white edible portion is called "the curd" and the heavy outer leaf covering is called "the jacket leaves." Cauliflower is sold with most of the jacket leaves removed. When purchasing cauliflower, look for white to creamy-white, compact, solid, and clean curds. Speckles on the curd are a sign of insect injury, mold growth, or decay, and should be avoided.

(source:
PA Nutrition Education Network)

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OTA adopts policy positions on pollinator health

The Organic Trade Association's (OTA) Board of Directors has unanimously endorsed a set of policy positions and sent letters to the Obama Administration—both the White House and U.S. Department of Agriculture (USDA)—to officially recognize organic farming practices as beneficial to the health of honey bees and other pollinators, and to emphasize agricultural production methods in its approach to identifying a set of best practices to solve the pollinator crisis of the last decade. This policy position was developed from the results of The Organic Center's research on protecting pollinator health, released in a report in June. The center's report shows that organic farming practices are effective in maintaining the health and populations of pollinators. Armed with that scientific evidence, OTA urged USDA to investigate the most successful models—including organic systems and organic agricultural practices—to protect pollinators' habitats, among other recommendations.

FDA rules against trans fats

The Food and Drug Administration (FDA) has given the food industry three years to eliminate artificial trans fats from the food supply. According to health experts, the new rule will save thousands of lives a year. Trans fats are a major contributor to heart disease in the United States due to their artery-clogging properties. They have already been substantially reduced in foods, but they still lurk in many products, including cake mixes and frostings, packaged pancake and waffle mixes, frozen pizzas, margarine, and coffee creamers. The FDA has proposed that partially hydrogenated oils, the source of trans fats, no longer be "generally recognized as safe." *The New York Times* reports that, "... companies would have to prove that such oils are safe to eat, a high hurdle given that scientific literature overwhelmingly shows the contrary. The Institute of Medicine has concluded that there is no safe level for consumption of them, a conclusion that the FDA cited in its reasoning." (NYTimes)

Dr. Bronner's Announces Partnership with Sea Shepherd

Dr. Bronner's, family-owned maker of the top-selling natural brand of soap in North America, is partnering with Sea Shepherd to support the group's upcoming campaign to save pilot whales off the coast of the Faroe Islands. Established in 1977, Sea Shepherd is an international non-profit, marine wildlife conservation organization. Their mission is to end the habitat destruction and slaughter of wildlife in the world's oceans, in order to conserve and protect ecosystems and marine species. Dr. Bronner's is supplying soap to the three Sea Shepherd ships departing Bremen, Germany for the 2015 Faroe Islands Pilot Whale Defense Campaign, Operation Sleppid Grindini. "Sea Shepherd is thrilled to team up with Dr. Bronner's. It's so refreshing these days, in which economic growth and profit seems to rule



Food for Thought: Brands Still Using Toxic BPA in Canned Food

Environmental Working Group (EWG) analysts have surveyed more than 250 brands of canned food and have found that more than 110 brands still line all or some of their metal cans with an epoxy resin containing Bisphenol A (BPA). Another 100 brands landed in EWG's "uncertain" category because they did not respond to the survey or provide enough information. The analysis, titled "BPA in Canned Food," lists Target's Market Pantry, Bush's, Carnation, Dinty Moore and Eagle Brand among the brands using BPA, while Amy's Kitchen, Annie's Homegrown, and others are BPA-free.

BPA is a synthetic estrogen that scientists have linked to breast cancer, reproductive damage, developmental problems, heart disease and other illnesses. It is often an ingredient in the epoxy used to coat the inside of a variety of food containers and is also found on many store register receipts.* In 2007, EWG testing showed that the chemical readily leaches into food.

Thirteen states and a few local governments have taken action to ban BPA in reusable food containers and five states ban or limit it in some disposable food containers. In 2011, California prohibited BPA in baby bottles and children's sippy cups. And in May of this year, the state added BPA to its Proposition 65 list of toxic chemicals. Less progress has been made at the federal level. The Food and Drug Administration continues to claim that BPA is safe, despite significant evidence to the contrary, and allows its use in food packaging and other consumer products.

**Editor's note: Register receipt tape at Ocean Beach People's Organic Food Market is free of Bisphenol A (BPA) and Bisphenol B (BPS), both of which have been linked to a variety of health concerns. The register tape used at the Co-op is manufactured using a vitamin C based thermal heating coating, allowing images to be produced when exposed to the heat of the receipt printer. The register tape is a faint yellow color and the printed text is light, but it will remain legible for up to five years under normal storage conditions*

the world, to work with a company that has a deep understanding of the consequences of our actions on the planet," says Captain Alex Cornelissen, CEO of Sea Shepherd Global. "Dr. Bronner's not only makes great natural products but also cares about our natural world and all its inhabitants. Dr. Bronner's is a role model of how corporations should run worldwide," continued Cornelissen. For more information, watch Sea Shepherd's Set the Whales Free campaign video: www.s.coop/1wo8j. (PRNewswire-USNewswire)

Cracking down on food waste

The French National Assembly has voted unanimously to enact a law that will ban French grocery stores from throwing away or destroying unsold food. Under the new law, food waste will have to be either donated to charities or used for animal feed. In North America, according to estimates from the USDA's Economic Research Service, 30-40% of the food supply (equating to approximately 133 billion pounds and \$161 billion worth of food) is wasted each year. *Editor's note: At People's all food scraps not donated to urban farmers are picked up by Closing the Loop, a local service that turns food scraps into compost.*

France bans glyphosate

Ségolène Royal, the environment and energy minister of France, has announced a plan to ban Roundup™ from all garden-store shelves in the country. Royal's announcement comes after France's largest consumer defense organization CLCV asked European Union officials to stop selling glyphosate-based products to amateur gardeners. The International Agency for Research on Cancer (IARC), part of the World Health Organization, said in a March report that glyphosate, the active ingredient in Roundup™ is a probable carcinogen. Monsanto has contested IARC's findings. "Under the conditions recommended on the label, the product does not present any particular risk for the user," the agribusiness giant told Reuters. France, the EU's largest agricultural producer, plans to ban the use of all pesticides

for home-gardening by 2022. (International Business Times)

Denmark lists glyphosate as a carcinogen

Following the recent ruling made by the World Health Organization that glyphosate is a probable carcinogen, Denmark has followed suit and listed glyphosate as carcinogenic. Philippe Grandjean, professor of environmental medicine at the University of Southern Denmark, has called for people to stop using Roundup™, stating, "Gardeners should remove Roundup™ as hazardous waste. Pesticides have often proved more dangerous than we thought, and I do not think they belong in our homes." (Institute of Science in Society)

Doctors call for glyphosate ban

Argentina's union of 30,000 doctors and health professionals is demanding a ban against the herbicide glyphosate since the research wing of the World Health Organization announced that it's a probable carcinogen. They're asking the Ministry of Health to open a debate on the necessary restructuring of agribusiness, focusing on the application of technologies that do not endanger human life. (Gmwatch.org)

EPA "might" test for glyphosate

The Environmental Protection Agency (EPA) has announced that it may start testing foods for residues of the herbicide glyphosate, the main and active ingredient in Monsanto's Roundup™, following the World Health Organization's announcement that glyphosate is a probable carcinogen. The EPA increased the amount of glyphosate residues allowed in foods to accommodate genetically engineered crops in 2013. As reported by RT.com, the EPA's new standards, the amount of allowable glyphosate in oilseed crops such as flax, soybeans and canola increased from 20 parts per million (ppm) to 40 ppm and increased limits on allowable glyphosate in food crops from 200 ppm to 6,000 ppm.

Action Alert

Ban Fracking in California

Fracking is an intensive process to release and extract oil or gas by blasting water, chemicals and sand at high pressure into deep underground rock formations. Fracking breaks up rock formations to allow oil and gas extraction. But it can also pollute local air and water and endanger wildlife and human health.

From the Sacramento Valley to Los Angeles County, hydraulic fracturing, or fracking, is taking place across California, polluting local water and air, accelerating climate change, eroding property values and creating tremendous amounts of waste, the disposal of which has been linked to earthquakes. As there is no safe way to frack, Food & Water Watch* and its allies are working throughout California to achieve a statewide ban on fracking and they need our help.

Fracking Facts

Fracking produces massive volumes of toxic and radioactive waste. The disposal of this waste is causing earthquakes and putting drinking water resources at risk.

Fracking pumps hazardous pollutants into the air.

Fracking utilizes more than 100 dangerous chemicals known to cause life-threatening illnesses, including cancer.

Fracking destabilizes the climate. Fracking wells release large amounts of methane gas, which is known to trap 87 times more heat than carbon dioxide in the atmosphere and contributes greatly to global warming.

Sign a Petition to Ban Fracking in California

Visit the Food & Water Watch website at www.foodandwaterwatch.org/california/ to sign an electronic petition to let Governor Brown know that you want to ban fracking now!

*Food & Water Watch champions healthy food and clean water for all. This non-profit stands up to corporations that put profits before people, and advocate for a democracy that improves people's lives and protects our environment.

farming . . . continued from page 1

having significant impacts on farming, including accelerated desertification and salinization of arable land, increased presence of pests, crop losses due to high temperatures and flooding, and, paradoxically, increased clean water scarcity.

While many people may be familiar with the term "peak oil" to describe the diminishing supply of petroleum, few are familiar or prepared for "peak coffee." Farmers and scientists now openly discuss the notion of "endangered crops," including everything from cocoa and wine grapes to peanuts. The emergence of super-charged pests related to climate change, like the "La Roya" coffee fungus in Central America, is threatening not only our morning cup of joe, but the livelihoods of hundreds of thousands of small-scale farmers. The International Center for Tropical Agriculture (CIAT) has detailed how much of Ivory Coast and Ghana, the two largest cocoa-producing countries in the world, will be too hot to grow cocoa by 2030. The average cocoa farmer's plot in Ghana is five hectares, and farmers there are very reliant on income from cocoa sales.

Compared to large-scale industrial farms, small-scale agroecological farms not only use fewer fossil fuel-based fertilizer inputs and emit less GHGs, including methane, nitrous oxide and carbon dioxide (CO₂), but they also have the potential to actually reverse climate change by sequestering CO₂ from the air into the soil year after year. According to the Rodale Institute, small-scale farmers and pastoralists could sequester more than 100% of current annual CO₂ emissions with a switch to widely available, safe and inexpensive agroecological management practices. These practices emphasize diversity, traditional knowledge, agroforestry, landscape complexity, and water and soil management techniques, including cover cropping, composting and water harvesting.

Importantly, agroecology can not only sequester upwards of 7,000 pounds of CO₂ per acre per year, but it can actually boost crop yields. In fact, recent studies by GRAIN (www.grain.org) demonstrate that small-scale farmers already feed the majority of the world with less than a quarter of all farmland. Addressing climate change on the farm can not only tackle the challenging task of agriculture-generated GHGs, but it can also produce more food with fewer fossil fuels. In other words, as the ETC Group (www.etcgroup.org) has highlighted, industrial agriculture uses 70% of the world's agricultural resources to produce just 30% of the global food supply, while small-scale farmers provide 70% of the global food supply while using only 30% of agricultural resources.

Small-scale farmers are especially critical to confronting the food and farming crisis at the root of climate change. Small-scale farms are demonstrably more resilient in the face of severe climatic events, weathering major storms much more effectively than large-scale industrial farms. Small-scale, agroecological farmers in particular have fared comparatively better after major hurricanes and storms. According to Food First executive Eric Holt-Gimenez, following Hurricane Mitch in 1998, a large-scale study on 180 communities of smallholder farms in Nicaragua demonstrated that farming plots cropped using simple agroecological methods, including rock bunds or dikes, green manure, crop rotation, the incorporation of stubble, ditches, terraces, barriers, mulch, legumes and trees, plowing parallel to the slope, live fences and zero-tillage, had on average 40% more topsoil, higher field moisture and fewer economic losses than control plots on conventional farms. Moreover, on average, the agroecological plots lost 18% less arable land to landslides and experienced 69% less erosion, compared to conventional farms.

In addition to their adaptability and resilience in the face of climate change, small-scale farmers play many other critical roles, from feeding their local communities to providing ecological services to the global community. As described by UC Berkeley Professor of Agroecology Miguel Altieri, small-scale farms act as biodiversity reservoirs. Compared to large-scale industrial monoculture operations, which plant just one variety of one crop, small-scale farmers often cultivate dozens, if not hundreds, of varieties and species used for food, fiber, fodder, fuel and medicine. It is not uncommon for small-scale farmers to plant a healthy genetic diversity of crops adapted to local conditions and well-suited for climatic variability and pest resistance. Agricultural biodiversity not only nourishes local farming communities and hedges against market and weather fluctuations, but it also fosters critical habitat for other flora and fauna. Farmer knowledge and social capital are crucial common denominators for vibrant and functional farming communities. Without the traditional knowledge of farmers, there is little hope to address climate change on the farm in a meaningful way.

While small-scale farmers are by and large more productive than large-scale farmers and play key roles in confronting climate change, we are losing them in many places, while large-scale farms are getting bigger and gaining more political and eco-nomic influence. Small-scale farmers and pastoralists are increasingly endangered and vulnerable to unfair trade agreements, collapsing financial markets, the export-oriented cash crops that global agriculture fuels, land grabs, the expansion of speculation within the food

. . . continued on page 14



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market, and the privatization of genetic resources, among other threats. Current prevailing policies and practices in trade, land use, energy use and patent law favor large-scale agribusinesses that contribute to climate change, while making it more difficult for small-scale sustainable farmers to stay on the land where they are able to produce food for the world and mitigate climate change. Without safeguards and support, we are putting both the global food supply and combating the climate crisis at risk.

Fair trade and climate change

Fair trade is often characterized as a "trading partnership, based on dialogue, transparency and respect that seeks greater equity in international trade." Fair trade principles include long-term direct trading relationships, payment of fair prices and wages, no child, forced or otherwise exploited labor, workplace non-discrimination, gender equity, and freedom of association, among others. But fair trade is proving to be more than its original mandate, as it relates to climate change. Fair trade premiums — the additional sums of money beyond the fair trade price that are paid to producers for social, environmental and economic development projects — are proving to be effective vehicles for addressing



climate change at the local level.

For example, COOCAFE, a coffee cooperative in Costa Rica, used its fair trade premiums to greatly reduce the amount of water used to wash coffee beans, allowing for other farmers to plant shade trees around their crops, which is good for both the quality of their crops and the environment. In Sri Lanka, the Serendipol fair trade organic coconut project uses its fair trade premium to provide free compost to all member farmers. In Uganda, tea farmers are reproducing drought-resistant varieties for distribution to other growers.

Beyond fair trade premiums, strong fair trade farmer organizations are critical vehicles for fortifying local farming communities through farmer exchange, education and advocacy. Fair trade farmer networks are integral for advancing agroecology and social justice in the Global South.

From despair to action

Author and activist Rebecca Solnit famously said of climate change that "It's bigger than everything else." Climate change is at the intersection of many social and environmental justice issues, and it is forcing us to question every aspect of our society and econ-

omy, including how we produce and distribute our food. The stakes are certainly high — and the window of opportunity is quickly closing.

Facing down climate change is both a challenge and an opportunity. Re-creating a political economy that fosters and safeguards small-scale farmers is critical to addressing not only climate change but hunger and inequality as well. There are no policy "silver bullets" per se, but reforming the trade, subsidy and financial sectors is a good start. While we cannot buy our way out of the climate crisis with market alternatives alone, harnessing consumers' purchasing power does make a difference. Committed fair trade brands, partnering with small-scale family farmers, are leading the transition to a just and climate-friendly economy — and purchasing from these brands deepens the impact of fair trade on local communities.

Last, but not least, taking small, yet impactful steps at home can have positive benefits. Simple actions, like home composting and gardening, can not only reduce one's carbon footprint and feed one's family, but can also directly connect one with the global movement of small-scale farmers addressing global climate change.

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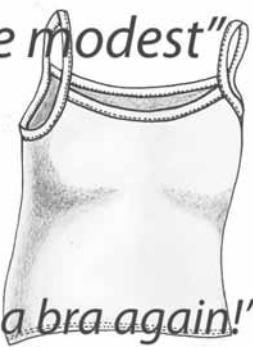
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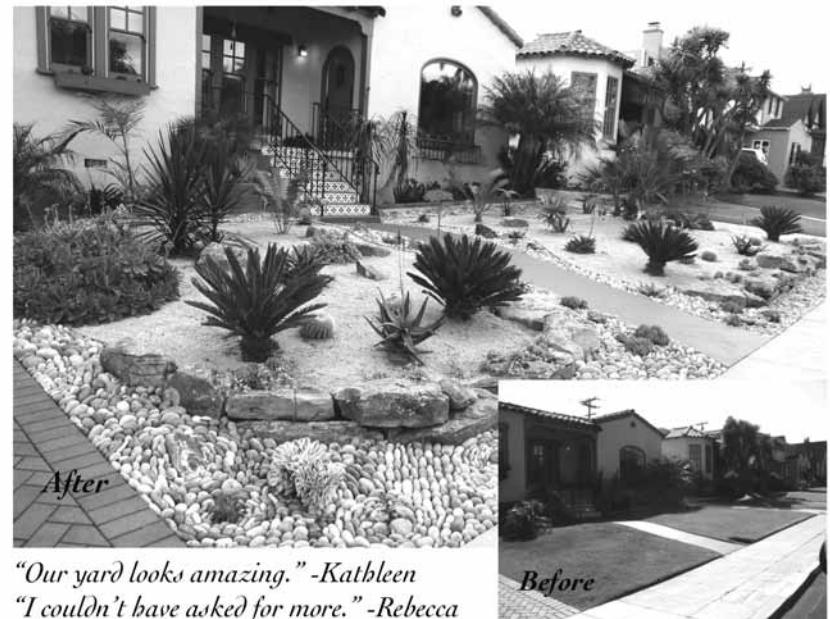
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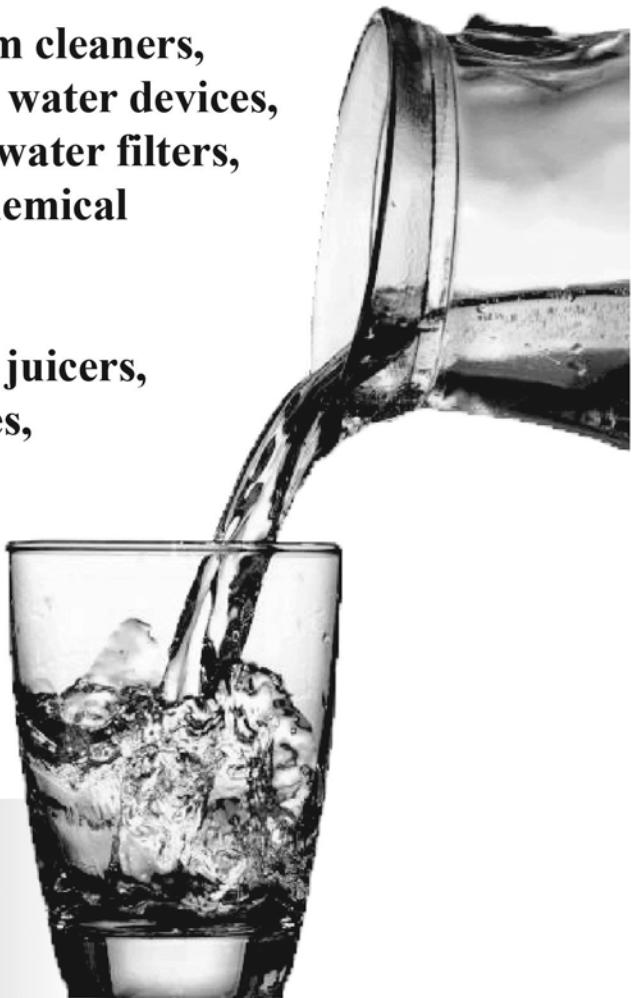
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