

Ocean Beach People's Organic Food Co-op News

September 2015



Celebrate the Organic Harvest!

OPEN DAILY
8 A.M. - 9 P.M.
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Beans for Lunch: 5 Days, 5 Ways

Whether you're heading back to school or preparing meals for hungry students, budget-minded cooks can look to nutritious beans for a variety of rib-sticking, uber delicious, low-cost meals.



Beans are wondrously healthy and an inexpensive source of protein. The dried beans you'll find in bulk at the Co-op are considered one of the best foods you can eat. Full of fiber, vitamins and minerals, beans protect your heart, may help fight cancer and have a whole host of side benefits. But that is not the only reason to indulge in these creamy, delicious little gems. Beans are tasty, too!

They are also incredibly versatile, and every cuisine has a few distinctive ways to serve them. From the nutty chickpea to the creamy cannellini bean, there is a bean that will make your taste buds sing, all while keeping your heart (and wallet) healthy. So, cook up a batch of your favorite beans (you'll find an easy recipe for cooking beans at the end of this article) divide it into five portions, then try these five fabulous lunch ideas to keep you fueled and satisfied for the week.

Balsamic Beans with Tomatoes

Beans love tomatoes, and when you get some ripe, flavorful tomatoes, this is the salad

to make. Start by combining a tablespoon of balsamic vinegar with a couple tablespoons of extra virgin olive oil and a pinch of salt. Add drained beans, chopped tomatoes, fresh chopped basil and a chopped bell pepper (green or yellow makes a nice color contrast). Add salt and pepper to taste.

Chili Bean and Jack Wraps

Your flavorful freshly cooked beans make a quick and tasty wrap, with just a few additions. Toss drained beans with salt, a pinch of cumin and a pinch of red pepper flakes. Chop some onions, shred a carrot, chop a few roasted red peppers or any cooked leftover veggies you have on hand, and shred some jack cheese. On a big whole wheat tortilla, place a line beans down the center, cover with chopped veggies and shredded cheese, then roll up like a burrito and wrap in foil. BYOHS ("bring your own hot sauce") and you're done.

Easy Layered Beans

Make yourself a hearty, colorful lunch by mashing cooked beans with a pinch of cumin, salt and chili powder, and spread it in the bottom of a storage container. Pile chopped tomatoes, crumbled queso, chopped peppers and a small handful of fresh cilantro on top. Pack half a lime on top and bring an avocado. Tote a portion of tortilla chips, some zucchini planks, baby carrots and bell pepper slices for dippers. At lunch, you can warm your dip in a toaster oven if one is available, or eat it cold. Slice the avocado over the top, squeeze the lime half over it all, and dip to your heart's content.

Bean and Basil Pesto Stuffed Baguette

Flavor-packed pesto is a delicious complement to mild, creamy beans. Take a couple of big handfuls of fresh basil, a garlic clove and a few pine nuts or walnuts

... continued on page 14



**People's Owner
Appreciation Days**
Thursday, Sept. 17
10% off purchases*

**Seniors with an active
People's ownership
receive an extra
Owner Appreciation Day**
Tuesday, Sept. 15

* excludes no further discount items

**People's will
be CLOSED
on Monday,
Sept. 7th
in observance
of Labor Day**

People's Co-op Board of Directors

Meeting Notes for July 20, 2015

Board of Directors Present: Ofelia Alvarado, Jamie Decker, Chet Nelson, Steve Myrick, Andi Briceno, Chris Young, and Stephanie Mood.
Staff: Nancy Casady, Tasha Dewey, Enoc Torres, and Gloria Isselhard.
Guests: Matt Junker, John Sloane, Derek Casady, Tom Baker, Paul Maschel, and Phillip Gianopoulos.

Board Study

Ofelia introduced Matt Junker who, along with Ofelia, visited The Mondragon Corporation, a corporation and federation of worker cooperatives based in the Basque region of Spain.

New Business

Ofelia reported that at an Executive Session, the board accepted the resignation of a board member due to conflict of interest, and the dismissal of another board member due to unresolved issues of eligibility.

Outreach and Education

Andi presented thank-you letters received from recipients of donations made by the Co-op. The Co-op's Marketing Director reported on an outreach campaign scheduled to launch in September 2015.

General Manager Nancy Casady reported on the monthly meeting of the CA State Board of Food and Agriculture. There are growing concerns that drought conditions may give way to a powerful and very wet El Nino this winter.

Planning Committee

Stephanie reported that August's Board Study will be a review of goals set at the last board retreat. Tom Baker presented additional ideas regarding the process for expansion.

Stephanie reported on the East Voltaire Project Advisory Committee, which she chairs. Stephanie moved and Andi seconded that the Planning Committee recommend to the board the proposed expansion timeline. Vote: passed unanimously.

Stephanie moved and Andi seconded that the Planning Committee recommend to the board the proposed project concept of a sit down café with an organic juice, beer and wine bar on the East Voltaire Property site. Vote: passed unanimously.

Finance Committee

Chet reported that Steve Myrick has been elected chair of the committee and will begin to serve in August.

Chet reviewed the June financials. Total revenue was down 5% for the month and down 3.5% year-to-date compared to 2014. Total cost of sales was down 1% for June and down 5% year-to-date. Sales per paid labor hour was \$86.88, down from \$87.30 last year, but still high. Total labor expense for the month was 24.35% and 23.29% year-to-date, which is below the 23.75% target. Utilities were down for the month, but the total expense was up 9.05% year-to-date compared with last year due to rate increases.

Chet reported that income on the Co-op's duplex property exceeds expenses to date. Jamie made a motion that the board approve the six month revision to the 2015 budget. Stephanie seconded. Vote: passed unanimously.

GENERAL MANAGER'S MESSAGE

by Nancy Casady

Plans are moving ahead for People's next phase of service that will offer Co-op owners an eating establishment. This delightful new dining operation will include an organic juice bar, espresso and coffee drinks, and an upstairs dining deck with organic wine and local craft beer on tap and in cans. The downstairs area will have plenty of indoor and outdoor seating and an area set aside for the youngsters, with seating for moms and dads close enough to monitor. Initially, the café will offer lunch and dinner and both vegan and vegetarian dishes will be served. Morning baked treats, and other current Deli operations will remain as they are now. We hope to have the ability to offer more catering from the Co-op's Deli and perhaps provide some of our specialty items (think cinnamon rolls!) for outside sales.



As of September, the board will be making some final decisions on project design and budget. At present we are contemplating a 1.5 million dollar expansion, amounting to a debt of about a dollar a month for each of our owners, paid out of Co-op profits. All Co-op owners will be enrolled in an owners' premium program, which will entitle Co-op owners to perks such as free drinks or entrees based on their purchase levels.

Beginning next month, People's will announce the Name That Restaurant contest. Café, saloon, eatery, bistro . . . your suggestions are welcome. Some previous suggestions (of mine) that have not made the cut include: Voltaire's on Voltaire, Gandhi's, Mae's Café, O.B.'s Chat and Chew, and Walk In Eat and Taps. Think, people, help is needed!

Chet made a motion that the board approve Co-op member-owner Paul Maschel as a member of the Finance Committee. Jamie seconded. Vote: passed unanimously.

Nominating Committee

Chris reported that the committee met and plans to meet once a month prior to the board meeting.

Chris made a motion that the board appoint Tom Baker to the Board of Directors (BOD) to fill a vacancy on the board and to serve until the next election. Chet seconded. Vote: passed unanimously.

Stephanie distributed copies of a timeline and a description of the BOD's role during the expansion of the East Voltaire Property. Discussion followed. A vote will be taken on these issues at the next meeting of the board.

Stephanie made a motion that the board approve Jim Kase as a member of the Project Advisory Committee. Chris seconded. Vote: passed unanimously.

General Manager's Operations Report

Sales are holding in what is our "new normal" at - 3% compared to 2014. Competition in the grocery aisle as well as in our fresh departments is a factor, as well as the undeniable trend for more restaurant

meals—reflected in the Co-op's increasing Deli sales.

Co-op personnel, with particular appreciation for department buyers, have kept up with the changes and delivered another profitable month. Most of the departments met or exceeded their year-to-date margins. Co-op department margins are variable, and based on our philosophy, are lowest in the Bulk and Produce Depts.

Aside from increased utility costs, other expenses are within projections. The six-month budget revision was approved by the board.

This month we resealed the Deli floor, performed plumbing repairs on the duplex property and installed a new server for the cash register system. The Co-op transitioned from standard recycling pick-up and is now using the services of Closing the Loop, a local company that provides food scrap pick-up and composting, as well as traditional recycling services.

Tours of the Co-op this month included twenty students from the University of San Diego and twenty-three from Pomona School of Extended Studies.

A good part of the month was devoted to meetings regarding our anticipated expansion project. A restaurant feasibility consultant has been hired to review our pro forma and offer advice on the concept of a casual café for lunch and dinner with an organic juice, beer, and wine bar.

At the behest of the California State Board of Food and Agriculture, I visited the California State Fair specifically to review their "Saving the Soil" exhibit. Although a relatively modest start, it is encouraging to note that 2015 has been designated by the UN as the International Year of Soils and that California's Governor Brown has included a Healthy Soils initiative in his annual budget. As noted previously, soil scientists predict that under current growing practices, the U.S. has no more than 60 years of topsoil remaining. Organic farming practices renew and replenish the dirt while conventional practices deplete it.

Three staff members, Bryan Gambell, Tressa Garrison and Ruby Haynes traveled to St. Paul for the National Co-op Grocers' convergence meeting of Wellness and Grocery Dept. buyers.

Donations made by People's this month included support for the California State Honey Bee Foundation, and the Rare Fruit Conference in San Diego. The National Heirloom Exposition follows in Santa Rosa in September.

Next Board Meeting

Monday, September 28, 6 p.m.

Committees

• Outreach & Education Committee

- Chair, Andi Briceno

Meeting: September 21, 5:30 p.m.

• Planning Committee

- Chair, Stephanie Mood

Meeting: September 21, 6:30 p.m.

• Finance Committee

- Chair, Steve Myrick

Meeting: September 21, 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.

Macrobiotics 101

Friday, Sept. 4, 7 – 8:30 p.m.

People's Co-op Community Room

Food can enhance your health and bring more joy into your life. Take responsibility for your health. Learn what foods work for the life you want. Get the lowdown from Jean Richardson of Gold Mine Natural Food Co. Attendance is limited to 18; to RSVP email customerservice@goldminenaturalfoods.com. To ensure that there are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

Ocean Beach People's Organic Food Co-op News

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

Advertising Representative - Jamie Decker
Ad deadline is the 5th of the preceding month.
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Vegan Outreach Review

Tuesday, Sept. 15, 7 – 8:30 p.m.

People's Co-op Community Room

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

Triple your Energy

Tuesday, September, 22, 7 - 8:30 p.m.

People's Co-op Community Room

Do you suffer from chronic fatigue, low energy, and adrenal exhaustion? Dr. Blum can show you how to correct your energy problems so you have the energy to happily face a new day. Reduce stress, correct sugar problems, gain energy. 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.

Thermal Imaging for Health

Thursday, Sept. 24, 7 - 8 p.m.

People's Co-op Community Room

Clinical Thermography is exceptional when used appropriately. Learn what is most appropriate for thermographic examinations, and be sure the exam is in your best interest. The proper procedures, equipment and providers' training/experience are crucial to accurate diagnosis and validity. Attendance is limited to 18; to RSVP call (619) 269-8360. 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

Friday, Sept. 25, 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 professional 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.

Postpartum Transition

Wednesday Sept 30, 7 - 8:30 p.m.

People's Co-op Community Room

Sunshine Chrispeels of Mother to Mother Midwifery, is a mother, homebirth midwife and Birthing From Within Mentor. She draws from her personal and professional experiences to give you this insightful preparation for the transition into parenthood. Attendance is limited to 18; to RSVP email info@mother-tomothermidwifery.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

Ocean Beach Green Center

Thursday, Sept. 10, 7 p.m.

This month's film is "Climate of Doubt," a 2012 PBS documentary that investigates groups that changed the debate on climate and redefined the politics of global warming. In 2008 climate change was a hot issue and politicians from both sides seemed poised to act. By 2012 public opinion on the climate issue had cooled considerably. Most politicians either ignored it or proclaimed their skepticism. What was behind this massive reversal? After the film we will have updates on issues and events leading up to the UN Climate Change Conference in Paris this November. The Ocean Beach Green Center is located at 4843 B Voltaire Street, 92107. For more information, call (619) 225-1083. Free of Charge.

California Coastal Cleanup Day

Sat., Sept. 19, 9 a.m. – 12 p.m.

Last year, more than 7,600 volunteers participated in removing a record-breaking 104 tons of debris from local rivers, creeks, canyons, neighborhoods, beaches, and bays. Sign up today to volunteer at I Love A Clean San Diego's biggest event of the year, Coastal Cleanup Day. For information, please visit www.cleanupday.org

Stronger Together:

A Workshop Series for Food and Farm Entrepreneurs

Cooperative Equipment Ownership Models

Tuesday, Sept. 22, 6 – 8 p.m.

Workshop 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.

Facing the Future:

Where Co-ops Fit

Wed., Sept. 23, 7 - 8:30 p.m.

People's Community Room

Join us for a conversation about the benefits of creating and supporting cooperatives. The cooperative business model offers many advantages to local communities. Entrepreneurs, educators and others concerned about community are invited to attend this event. Light refreshments will be served. Attendance is limited to 18; to RSVP email stephmood@cox.net by Tuesday, September 22. 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.

Our Cooperative Community

Get More Involved in Your Co-op! Join the Co-op's Nominating Committee

The Nominating Committee is now forming for Ocean Beach People's Organic Food Market's 2016 Board of Directors' election. As required by the Co-op's bylaws, committee membership is open to non-directors—staff or consumer owners—who are not running as a candidate in the Board of Directors' current election. The time commitment for this committee is approximately 2 – 3 hours per month for 8 -10 months. If you are interested in participating, please contact Nominating Committee Chair, Chris Young at c.andrew.young@gmail.com or Amber at editor@obpeoplesfood.coop by September 15, 2015.



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

People's Co-op will host its annual owners' Fall Arts and Crafts Fair this year on Saturday, November 21. Now is the perfect time to get those knitting needles clicking and your paint brushes flowing. Kids are also encouraged to bring their crafts to the fair! For Co-op owners who would like to participate in the fair, please call People's Co-op at (619) 224-1387 and ask for Amber or Jamie. Space is limited.

Wrap Up Summer with Savings!

The September-October edition of the Co-op Deals coupon book is packed with money-saving coupons on your favorite products. Stop by the Co-op to pick up your copy today, and save on great products from companies like Organic Valley, Cascadian Farm, Sambazon and many more. Co-ops like ours are helping to build a better world, locally, nationally and internationally, and we couldn't do it without the support of our member-owners and shoppers like you. We are stronger together! Learn more about the positive impact food co-ops have on their communities at www.strongertogether.coop. Look for the coupon books beginning in September. Coupons are valid through October 31, 2015.



People's Asks: What inspires you to be healthy?



Robert

Self-actualization.
We are nothing without health!



Jared

Healthy foods make me feel better, gives me more energy, and they taste better!



Danielle

Feeling good and having the energy to keep up with my beautiful family.



Holly

My Gram made it to 101! If I'm going to live long, I want to feel good.



Andrea

My body feels good and my mind feels clean when I put good things into it.

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PEOPLE'S SUGGESTION, COMMENT & QUESTION BOX

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

Dear People's, It would be awesome if People's sold Eben-Haezer eggs since it's such a drive to get them elsewhere. Linda

Dear Linda, I spoke with a rep at Eben-Haezer Poultry Ranch and was told that they have a very limited supply. They assured me that they would contact me when they have enough eggs for the Co-op to purchase. The price for a dozen of these certified organic eggs, which come from pasture raised hens, will be approximately \$9. David O., Perishables

Dear People's, Make much more of your fresh squeezed organic orange juice in the large containers. Most of the time you are out when I look for this item. Also,

Deli's Split Pea soup is the best in town. Serve it more often, especially on Saturday afternoons. Philip

Hi Philip, We're happy you like the orange juice! We have three sizes of O.J.; 8 oz., 16 oz., and 32 oz. We don't typically bottle the 32 oz. size unless we receive a special order for it. If you desire the large size, please take advantage of the Deli's special order program, by letting us know 48 hours in advance. I agree with you that the Split Pea soup is awesome and we'll definitely make it again. Currently, we are featuring Yellow Split Pea Dahl as Saturday's soup of the day. Perhaps we can rotate a batch of the classic Split Pea soup from time to time. Otherwise, look for it during the week. Thanks, Mike, Deli

Dear People's, Please carry Three Twins Mocha Difference ice cream. This is the best Three Twins flavor. It's is mocha-licious. Joshua and Kristie

Dear Joshua and Kristie, We now carry this flavor! Thanks for the suggestion. David O., Perishables

Dear People's I'd like to compliment a new item in the Deli's hot case: the fried tostada with guacamole. It is awesome. Thanks Deli cooks! Marcus

Dear Marcus, Thanks for the positive vibrations. I let the cooks know that their creativity is appreciated. Cheers, Mike, Deli

Dear People's, Please carry reusable hemp coffee filters. I saw them at Rainbow Grocery in San Francisco. Hap

Dear Hap, That's a great suggestion. I will order some the next time I order kitchen supplies. Tressa, General Merchandise

Dear People's, Please carry a larger size of Millie's Vanilla Caramel Sea Salt gelato. Eileen

Dear Eileen, Millie's vegan, gluten-free and mostly raw gelato is a popular item at People's. We'll give the larger size of the flavor you're requesting a try. Thanks, David O., Perishables

Dear People's, Whoever is scooping the Earth Balance™ (for the small containers in the upstairs grab-and-go case) should, at the very least, be recognized. The scoops are perfect, consistent, and just beautiful. I see mindfulness in their work. Grateful

and thankful, Thomas

Dear Thomas, Thank you for the thoughtful words. I'm still trying to track down our vegan butter packaging artist to share your compliments with. Ciao, Mike, Deli

Dear People's, The gold potatoes have been turning green on my last few visits. Maybe they are too close to the window? Teagen

Dear Teagen, Thank you for your comment. We noticed this as well and have moved the spuds away from the window and back to the potato bins. This should ensure that you will find fresh yellow potatoes instead of green ones. Dave, Produce

Dear People's, Can you please order a smaller size of the Inka Instant Grain Beverage? Also, please have the Deli's Tahini Garlic dressing more often in the Deli. Andrea

Hi Andrea, We have not been able to find a source for a smaller size of the Inka beverage for some time, but we will continue to keep our eyes open to see if it goes back into production. Tahini Garlic dressing is one of the Deli's most popular dressings and we make it frequently, at least twice a week. It goes fast though, so we cannot guarantee that it will always be available. Please consider a special order if you want to make sure that it is available. Thank you! Bryan, Grocery and Mike, Deli

Dear People's, Please offer gender neutral onsies! Wow. Please. Surely you've sold out right? Because I can't imagine my co-op thinks boy - girl, pink - blue - or whatever. Elaina

Dear Elaina, I'm sorry that we ran out of our sage green onesies. I will be sure to order more. Tressa, General Merchandise

Dear People's, Please carry more organic Lammsbrau Pilsner. The Dunkel is always in stock, but the pilsner is often out of stock. Organic Beer Drinker

Dear Organic Beer Drinker, Thanks for letting us know. I've increased the order for this delicious vegan pilsner. David O., Perishables

Dear People's, Re-do your salads in the Deli. Most are awful. Others that shop here agree including my whole family. More Peach Cobbler though, it's amazing. Sydney

Dear Sydney. Thanks for letting us know how you feel. I'm sorry that you and your family couldn't find a salad to your liking, but we are glad that you liked the cobbler. Mike, Deli

Dear People's, Thank you to the Deli chef this morning for perfect Breakfast Potatoes! They were delicious. Also Steve's Greens! It was all cooked with care and much appreciated. Jutta

Hi Jutta, Rob was the cook who prepared the potatoes and greens the morning that you ate at the Deli. I shared your thoughts with him and he was smiling all day. Thanks for the love. Ciao, Mike, Deli

Dear People's, You should carry Kick-Ass Immune Activator. It's a great product for preventing illness. Carey

Hello Carey, Thanks for letting us know about what products you love. I will research information on this company. Tressa, Wellness

Harvest Recipes for the Table

recipes provided by National Co-operative Grocer

Garlic Basil Ratatouille

Serve this delicious vegetable stew over cooked couscous or nutty brown rice sprinkled with shredded or flaked Manchego cheese, and a side of garlic green beans. Use fire-roasted instead of plain diced tomatoes for a smoky, outdoor flavor!

Serves 6. Prep time: 30 minutes.

2 Tbsp. olive oil
1 yellow onion, diced
1 red or green bell pepper, seeded and diced
3 Tbsp. minced garlic
1 small zucchini, diced
1 small yellow squash, diced
1 small eggplant, stem removed, cut into ½-inch cubes
1 14.5-ounce can Muir Glen Diced Tomatoes
1/3 cup minced fresh basil
2 Tbsp. pine nuts
Sea salt and black pepper to taste

In a large soup pot, heat the olive oil over medium-high heat. Sauté the onion, bell peppers and garlic for a few minutes. Add the zucchini, yellow squash, eggplant and diced tomatoes (with juice) and bring to a simmer. Cover the pot and simmer on low for 10 to 15 minutes, stirring frequently. When the eggplant and squash are tender, stir in the basil and pine nuts, and add salt and black pepper to taste. Remove from heat and serve warm.

Apple Raspberry "Nachos"

Get creative with these kid-friendly dessert nachos! Toast the nuts and coconut, replace the nuts with granola or crushed graham crackers, drizzle the apples with honey or caramel sauce, top with ice cream, and sprinkle with cinnamon. If you have extra raspberry sauce, swirl it into the yogurt dip.

Serves 4. Prep time: 20 minutes.

1 cup frozen or fresh raspberries
1Tbsp. maple syrup
1/2 cup chocolate chips
2 large Honeycrisp apples, halved, cored and sliced thin
1/4 cup pecans, chopped
2 Tbsp. shredded coconut
2 Tbsp. plain or vanilla yogurt

In a small pot, simmer the raspberries and maple syrup for 5 to 10 minutes, stirring frequently. Remove the raspberry sauce from the heat and pour into a small container through a fine mesh strainer to remove the seeds. (Tip: Use the back of a heavy spoon to push the raspberry sauce through the strainer.) Set aside the finished sauce.

Melt the chocolate chips in a double boiler on low heat. To build the nachos, spread out or overlap the apple slices on a platter or large plate. Lightly drizzle the apple slices with the melted chocolate and raspberry sauce, sprinkle pecans and coconut over the top, and serve with yogurt as a dipping sauce.

Antioxidant Rich Foods More Powerful Than Once Thought

A quick refresher on antioxidants. Antioxidants came to public attention in the 1990s, when scientists began to understand that free radical damage was involved in the early stages of artery-clogging atherosclerosis and may contribute to cancer, vision loss, and a host of other chronic conditions.

Antioxidants combat this damage. Some studies showed that people with low intakes of antioxidant-rich fruits and vegetables were at greater risk for developing these chronic conditions than people who ate plenty of these fruits and vegetables. Today we are familiar with antioxidant-rich foods, like blueberries, green tea, pinto beans, prunes, black plums and the list goes on. From polyphenols to lycopene there are a lot of antioxidants to know about.

But antioxidant rich foods are even healthier than we previously thought – way healthier, according to new research published in the journal *Food Chemistry*. Scientists in Spain recently completed a study (visit www.s.coop/1wpzl for an abstract) that suggests the antioxidant content of some citrus juices may be up to ten times greater than previously believed.

How did they do this? The researchers discovered that a lot more antioxidants were released when they simulated the digestion of the large intestine with a new process called global antioxidant response, or GAR. Previously, researchers only counted antioxidants found while investigating the digestion of the small intestine. Many believed the fiber that reached the large intestine was too dense for any more antioxidants to be extracted.

However, the insoluble fraction arrives at the large intestine and the intestinal bacteria can also ferment it and extract even more antioxidants, which can be assessed with the GAR technology.

According to José Ángel Rufián Henares, professor at the University of Granada, “The antioxidant activity is, on average, ten times higher than that which everyone thought up until now, and not just in juices, but also in

any other kind of food analyzed with this methodology.”

So what other foods contain antioxidants? All fruits, vegetables and even whole grains contain antioxidants. Here are a few examples of well-known antioxidants and the foods that contain them.

Anthocyanins are a natural pigment that help protect the body from aging, degenerative diseases and infections. They are found in blue and purple fruits and vegetables like blueberries, blackberries, eggplant, dried plums and red grapes.

Beta-carotene is converted in the body to the antioxidant vitamin A and found in many foods that are orange in color, including sweet potatoes, carrots, cantaloupe, squash, apricots, pumpkin, and mangos as well as collard greens, spinach, and kale. Vitamin A is important for vision and also supports skin cells and a healthy immune system.

Lycopene is an extremely potent antioxidant found in tomatoes, watermelon, guava, papaya, apricots, pink grapefruit, and blood oranges. The USDA estimates that 85 percent of North American dietary intake of lycopene comes from tomatoes and tomato products. Lycopene is a carotenoid pigment that is protective against heart disease and some cancers (and gives tomatoes their red color). Tomato products that are cooked (like pasta sauce, canned tomatoes, etc.) have more lycopene than

fresh tomatoes.

Vitamin E, also known as alpha-tocopherol, is found in almonds, sunflower seeds, wheat germ, mangos, nuts, and broccoli and is great for our skin with a pronounced anti-aging effect. This vitamin also helps protect against skin diseases including psoriasis and acne, and has breast and prostate cancer fighting properties.

We can all use more nutrient dense, antioxidant rich foods in our diets. Choosing colorful fruits, vegetables and whole grains and cooking as much as possible from whole foods will help you achieve this. (source: Supermarket Guru)



There's more... Our body's defense against oxidative stress decreases over time, which is why a diet rich in food containing antioxidants is needed as we age. Oxidation is a normal process that occurs in the body through normal cell function and metabolism—as well as from outside sources, which include pollution, radiation, cigarette smoke, motor vehicle emissions, and many other processes. Environmental free radicals then enter the body through the skin, respiration, and other means. Therefore, achieving a balance with an antioxidant-rich diet is crucial to maintaining

Processed Sugar Makes Cancer Light-Up

A new study from the University College London (UCL) Centre for Advanced Biomedical Imaging shows that processed sugar is one of the primary driving forces behind the growth and spread of cancer tumors. The results were so conclusive, in fact, that future cancer screening may rely on scanning the body for accumulated sugar for signs of the disease. Researchers made this discovery after experimenting with a new cancer detection method that involves utilizing a unique form of magnetic resonance imaging (MRI). The scientists sensitized an MRI scanner to look specifically for glucose in the body, and it revealed that cancer tumors – which have been shown to feed off sugar – light up brightly as they contain high amounts of sugar. The study's senior author reports that the amount of sugar in "half a standard sized chocolate bar" is all it takes to effectively identify the presence of tumors using the glucoCEST method. This suggests that even relatively low amounts of sugar have the potential to promote cancer proliferation. Read more about the study's findings at www.s.coop/1wpuz

Back to school in the cafeteria

The Physicians Committee for Responsible Medicine recently reviewed advertisements in each 2014 issue of School Nutrition Association's *School Nutrition* magazine, a publication for school nutrition professionals. While there were some ads for pasta, beans, blueberries, sweet potatoes—and even hummus and soy milk—they were outnumbered by ads for pepperoni pizza, corn dogs, and other junk foods.

Of 106 ads for unhealthful meat and dairy products, 23 were full-page ads for Domino's or Pizza Hut pepperoni pizza. Pizza is the number-two source of calories for children and adolescents ages 2-18, according to the 2010 Dietary Guidelines for Americans. It is also the second-leading source of saturated fat and the third-leading source of sodium.

A Domino's ad in one issue of the magazine even urges "Help us take a slice out of cancer," despite the fact that a daily serving of pepperoni or other processed meat is linked to colorectal cancer risk. Similarly, women who consume the most red meat during childhood are at higher risk for developing breast cancer.

Back to school beverage tip ~ Drink Water Instead of Sugary Drinks

There are so many reasons that water is a great choice for good health. To begin with, water offers an efficient way to rehydrate — it's loaded with exactly what you need without a single empty calorie to get in the way.

What's an empty calorie? An empty calorie has the same energy content as any other calorie, but it doesn't have any fiber or nutrients. Sugary drinks are very high in empty calories and can displace more healthful and nutritious calories. Empty calories bring us to the second reason why it's wise to choose water instead of sugary drinks: overall calorie consumption.

When people consider their eating patterns, they often forget about their drinks. Beverages can be sneaky — many of them hold more calories than you might think. And the crazy part is that our bodies actually treat drinks differently than food. For example, a study by DiMeglio and Mattes explored satiety by offering its participants either jelly beans or soda before a meal. The servings of each sugary treat had the same number of calories, but the soda had no impact on the participants' calorie intake at the meal, while people who ate the jelly beans first ate fewer calories later. In other words, people didn't notice the calories when they drank them. Choosing water instead of sugary drinks will help you sidestep this issue entirely. (www.foodandhealth.com)

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

Bulk

Organic Roots - Organic Extra Virgin Arbequina Olive Oil

Olive Oil: With its fresh, grassy front and peppery finish, this versatile oil is great on many foods, from sautéed vegetables to garden pesto. Made from California grown and pressed olives.



Grocery

Mary's Gone Crackers - Organic THINS Light and Tasty Snack Crackers in Kale, Italian Herb, Garlic and Onion, and Lightly Salted varieties: Gluten free, vegan, whole grain crackers that are free of dairy and nuts. "From small choices comes great change; from ancient ingredients comes a healthier future; from a forgotten garden comes a rediscovery of what we've celebrated all along; ... a delicious life!" ~ Mary

Doctor in the Kitchen - Rosemary Flackers Flax Seed Crackers: Made with organic flax seeds and organic herbs and spices. High in omega 3's. 5g protein and 7g fiber per serving. Raw and gluten free.

Nurture Me Nature - Organic Brownie & Chocolate Dessert Baking Mix: Nurture Me Nature is the world's first company to make gluten and grain free seed-based baking mixes. Made with certified organic ground sunflower seeds and flax seeds as the base, the Brownie & Chocolate Dessert baking mix will make brownies, pie crusts, cakes, and many other premium chocolate desserts.

Nurture Me Nature Organic All Purpose Baking Mix now available, too!

Ancient Harvest - Organic Quinoa Elbow Pasta: This corn-quinoa pasta has all the taste and texture you want with none of the gluten you don't. Try using it in your favorite mac and cheese recipe or top with a simple marinara.

Navitas Naturals - Organic Yacon Syrup: Yacon Syrup is a low-glycemic sweetener that tastes like molasses. With half the calories of sugar and a high concentration of indigestible inulin, yacon is a friendly alternative sweetener for diabetics and those looking to reduce sugar. Use it like any other sweet syrup to liven up baked goods, smoothies, desserts, sauces and dressings.

Perishables

Temple Turmeric - Organic Coconut Nectar Elixir

Nectar Elixir: Coconut nectar is the sap from coconut tree blossoms that has a near neutral pH and is abundant with amino acids, vitamins and minerals. It is a low glycemic sweetener that when combined with coconut oil and a bouquet of spices turns this elixir into a curcumin absorption powerhouse.

Temple Turmeric - Pure Prana Life Force Super Tonic

Force Super Tonic: Made from a blend of plant-based fat from coconut oil, black pepper, ginger, cardamom, spearmint and cinnamon to help maximize the full potential Hawaiian Oana Turmeric™ in each serving.

Carla Lee's - Organic NutTacos

For an appetizer, snack or meal, these nutty tacos are crafted with taco seasonings, cashews, sunflower seeds, brown rice, organic carrot juice and coconut amino acids. Vegan, soy free and gluten free.



Gently move the cookie with your finger onto the baking sheet. Bake for 7 minutes. Cool before eating. Store in an airtight container or refrigerate up to 7 days.

Wallaby's - Organic Greek Yogurt

in Lowfat Blueberry and Lowfat Strawberry varieties: Authentically strained and protein rich. The unique two-compartment cup allows you to control how much fruit is added to each thick and creamy spoonful.

Body Care & Wellness

Desert Essence

Island Mango Conditioner 8 oz. \$5.99

reg. 8.45

Nutrient-rich mango butter deeply moisturizes hair to leave it feeling smooth and silky. **Island Mango Shampoo** on sale, too!

Aubrey Organics

Chia Hairspray 8 oz. \$8.09

reg. 9.49

Protein-enriched hairspray in Regular and Strong Hold varieties.

Nourish Organic

Fresh Fig Deodorant 2.2 oz. \$6.49

reg. 7.75

Lightly scented with organic fig and apricot. 100% Organic. **Wild Berry variety** on sale, too!

Sun Warrior

All Sun Warrior Products 20% Off

Sunwarrior creates raw, plant-based supplements and protein powder that includes essential amino acids and heart healthy foods.

Sovereign Silver

All Sovereign Silver Products 20% Off

The #1 selling silver supplement in North America, Sovereign Silver Bio-Active Silver Hydrosol is formulated to support your immune system. Just in time for back-to-school!

Herb Pharm

Brain & Memory 1 oz. \$8.45

9.95

Works to support healthy brain function, memory and concentration. Formulated with ginkgo, gotu kola and other rapidly absorbed liquid herb extracts. Herb potency assured through High Performance Thin Layer Chromatography (HPTLC) analysis.

Household & General Merchandise

Green Forest

Facial Tissue 2 ply / 175 ct. \$1.75

reg. 2.35

Free of additives, such as lotions or scents. 100% recycled.

Earth Friendly

Dishmate 25 oz. \$2.19

reg. 3.79

Almond, Pear, Free & Clear, Grapefruit, and Lavender varieties.

Biokleen

All Purpose Cleaner 32 oz. \$5.39

reg. 7.65

Leaves no harsh residues or fumes behind and is gentle enough for most surfaces.

Ore Originals

Wooden Desk Storage Box \$5.89

reg. 6.95

Send your star student back to school with a retro-styled pine wood storage box, perfect for their classroom essentials. Sized just right for a locker or classroom desk.

Lifefactory

2 Cup Glass Food Storage \$13.55

reg. 15.95

A colorful silicone sleeve makes this the perfect container for taking food on the go.

To-Go Ware

Snack Stack Stainless Container \$13.55

reg. 15.95

This food tiffin is great for both hot and cold food. Just pack it, stack it and go.

Deli/Bakery

Sunset Cliffs Salad

\$6.89

per pound reg. 7.89

Peanut Butter Cups

\$10.09

per pound reg. 10.59

Bulk

Equal Exchange - Organic & Fair Trade!

Love Buzz Coffee

\$8.49

per pound

Organic Pinto Beans

\$1.69

per pound

Organic Hulled Millet

\$1.39

per pound

Grain Millers

Organic Rolled Oats

\$1.19

per pound

Pistachios in the Shell

Roasted &
Organic!

\$8.99

per pound

reg. 9.99

Grocery

Kettle

Organic Potato Chips

Sea Salt, Country Style Barbeque,
Salt & Fresh Ground Pepper

\$1.99

5 oz.

reg. 2.99

Jovial - Packaged in Glass!

Organic Tomatoes

Whole Peeled, Crushed, Diced

\$2.69

18.3 oz.

reg. 4.45

Montebello

Organic Olive Oil

Extra Virgin - from Italian grown olives

\$10.55

16.9 oz.

reg. 13.55

Living Harvest

Tempt Hempmilk

Selected varieties

\$3.19

32 oz.

reg. 3.99

Bearitos

Organic Refried Beans

Selected varieties

\$1.89

16 oz.

reg. 2.15

Peace Cereal

Organic Cereal

Selected varieties

\$3.39

11 oz.

reg. 4.79



Perishables

Straus Family Creamery

Organic Yogurt

All varieties except Greek

\$4.69

32 oz.



reg. 4.99

Rumiano - Organic!

Cheese Blocks & Slices

Havarti, Fontina, Gouda, Chipotle White Cheddar, Sharp Cheddar, Monterey Jack, Pepper Jack varieties

\$2.69 - \$3.69

reg. 3.39 - 4.39 6 - 8 oz.

Rudi's Organic Bakery

Honey Sweet



Whole Wheat Bread

\$3.69

22 oz.

reg. 4.79

Amy's

Burritos



Non-Dairy, Cheddar Cheese, and Gluten Free varieties - made with Organic ingredients

\$2.39 - \$2.69

reg. 2.69 - 3.19 5.5 - 6 oz.

Brown Cow

Cream Top Yogurt

Plain, Vanilla, Cherry Vanilla, Strawberry, Maple, Coffee, Raspberry, Peach, Blueberry



79¢

6 oz.

reg. .99



Prices on Specials
While Supplies Last

September 16 - 30



Deli/Bakery

**People's
Tempeh Chunks**

\$6.89

per pound reg. 7.89

Blueberry Mutants

\$7.39

per pound reg 7.89

Bulk

Equal Exchange - Organic & Fair Trade!

French Roast Coffee

\$8.49

per pound

Organic Black Beans

\$1.99

per pound

Yellow Split Peas

\$1.39

per pound

Equal Exchange - Organic & Fair Trade!

Breakfast Blend Coffee

\$8.49

per pound

Organic Black Lentils

\$1.99

per pound

reg. 2.39

Grocery

**Organic India
Organic Tulsi Tea**

Selected varieties

\$3.39

18 tea bags

reg. 4.85



Seeds of Change - Heat & Serve!

Organic Rice

Selected varieties

\$2.69

8.5 oz.



reg. 3.39

DeBoles

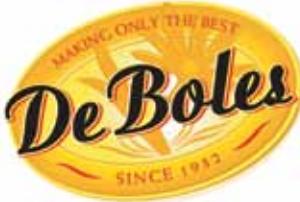
Organic Pasta

Selected varieties

\$2.39

8 oz.

reg. 2.85



Arrowhead Mills

Organic Cereal

Selected varieties

\$3.69

10 - 12 oz.



reg. 4.85

Alive & Radiant - Raw!

Organic Kale Krunch

Selected varieties

\$4.59

22 oz.

reg. 5.99

Jovial *inherently good*
Organic Cookies

Checkerboard, Crispy Cocoa, Ginger Spice

\$3.15

8.8 oz.

reg. 4.25



Perishables

**Cascadian Farm
Organic Berries**

Raspberries, Blackberries, Blueberries,
Strawberries, Harvest Berries

\$2.99

reg. 3.99 - 4.79



three twins

Organic Ice Cream

Sea Salted Caramel, Chocolate Malt, and
Cardamom varieties

\$3.69

pint

reg. 4.79



Kevita - Organic!

Sparkling Probiotic Drink

All varieties

\$2.39

15.2 oz.

reg. 3.49

Rising Moon - Organic!

Ravioli & Gnocchi

All varieties

\$2.99

8 oz.

reg. 4.59



Tofurky

Deli Slices

Hickory Smoked, Oven Roasted, Bologna

\$2.39

5.5 oz.

reg. 3.29



**Prices on Specials
While Supplies Last**

9 Vegetables that Put Protein on Your Plate



With September's organic harvest in full swing, it's a wonderful time to explore the produce at People's and plan new and exciting meatless meals with local and regional fruits and vegetables. The team at MeatlessMonday.com have put together a list of protein-packed produce to look for at the Co-op when adding to your menu plans. These delicious (and nutritious) veggies make it easy to create balanced meals for Meatless Monday!

1. Green Peas

At the Co-op you'll often find fresh-picked green peas still in the peapod. Peas have a powerful serving of protein, up to 9 grams of protein per cup when cooked, and are also rich in fiber, potassium, iron, zinc, folate, B vitamins, vitamin A and vitamin K. Make them the star of your entrée or add them to soup, salad, or stir fry.

2. Broccoli

Farm-fresh broccoli is as rich in flavor and fiber as it is in protein. Broccoli can be enjoyed raw, steamed, roasted, stir-fried, baked in casseroles or stirred into soups. Broccoli provides over 5 grams of protein per cup and plenty of vitamin A, niacin, vitamin E, vitamin C and vitamin K and high levels of potassium, calcium and phosphorus.

3. Mushrooms

Mushrooms are a protein-rich food but are better known for their savory flavors, meaty textures, and versatility in the kitchen. On their own one cup of raw mushrooms has

roughly 2 grams of protein – add them to dishes with other veggies for even more flavor and vegetable protein. Ask the produce clerks at the Co-op which varieties to try.

4. Brussels Sprouts

If you've never seen Brussels sprouts fresh on the stalk, you'll often find them at the Co-op. This tiny, protein-packed (about 4 grams of protein per cup) cruciferous vegetable may have gotten a bad rap in popular culture, but you'll love what happens when you roast them with a little olive oil and your favorite spices.

5. Asparagus

Asparagus is a wonderful vegetable that's perfect for the grill, roasting, quick blanching, or even eating raw. This vegetable contains up to 4 grams of protein per cup and also adds a lot of fiber and minerals like potassium, calcium, iron, folate and chromium to your meal. Asparagus looks fancy, but it's an easy-to-cook nutritional powerhouse.

6. Artichokes

Artichokes might be known for their



flavor and fiber content, but they have substantial protein to offer as well (roughly the same as spinach). These flowers can be blended, steamed, roasted, or transformed into a delicious dip. Purchase fresh artichokes and your dinner guests will be more than impressed with a meatless spread.

7. Spinach

Spinach is probably the most famous protein-rich veggie in the bunch; this vi-

brant seasonal green is not to be missed. Spinach shines as a raw ingredient in salad, sautéed with other vegetables, or blended in green juices and smoothies. With more than 5 grams of protein per cup, spinach makes getting your daily servings of protein easy.



8. Kale

Kale is a versatile, protein-filled green that works well in everything from salads and smoothies to soups and casseroles. With nearly as much protein per serving as spinach, kale offers fiber, vitamin A, and more vitamin C per serving than oranges. Farmers cultivate many varieties of kale, including curly, frilled, and textured "dinosaur" leaves.

9. Cauliflower

A cruciferous cousin of broccoli, cauliflower makes a moderate protein impact of its own while adding texture and body to meatless meals. Cut your fresh head of cauliflower into thick slices width-wise to make cauliflower steaks, chop into florets and swap in for broccoli in your favorite recipes, or mash it with potatoes for a less starchy alternative.

People's offers a large variety of protein-rich foods to make your Meatless Monday fresh, tasty and healthy. Stop by to find even more ideas for delicious meals this season!

(Adapted and reprinted with permission from MeatlessMonday.com. Meatless Monday is a nonprofit

public health initiative of The Monday Campaigns. Sid Lerner, the organization's chairman, founded the Meatless Monday movement in 2003, with Johns Hopkins Bloomberg School of Public Health.)

29

Number of pesticides in the average North American's body. That's 29 reasons to eat organic!

Source: Centers for Disease Control and Prevention



What's in Season?

The following is a list of produce items that are typically in season during September in Southern California. Because weather, including this year's extreme drought, and other factors can affect availability, not every item will be available at all times at the Co-op.

This month, look for apples, artichokes, avocados, green beans, basil, beets, broccoli, blackberries, cabbage, carrots, celery, cucumbers, eggplant, figs, garlic, grapes, grapefruit, leeks, lemons, limes, melons, onions, pears, peaches, persimmons, plums, pomegranates, potatoes, pumpkins, radishes, raspberries, scallions, spinach, strawberries, summer squash, tomatoes, tomatillos, and zucchini.

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Flavors from the Deli

Out of the Pool and Back to School

by Mike Ferrill, Deli Manager

September is back-to-school time for many people. At the Deli we are preparing for this special time by cooking up some tasty treats that you can pack up in your lunch box. Whether you have a child starting their first day of school, or you're a college student heading back for a new semester, we have something for you! Maybe you are a teacher or a parent homeschooling your children. The Deli is here for you as well. For all those folks out there getting ready for the seasonal transition that is marked by the return to school, People's Deli will be right beside you. Here a few things we will be doing to help you out.

In the morning, we will continue to feature your favorite breakfast fare. If you have time for a hot breakfast we've got that going on every day. If you are on the run, grab a fresh squeezed organic orange juice or a healthy blended green drink. One of our goals this year is to have these grab and go items ready to serve when we open at 8 a.m. We are also gearing up to have more bagel sandwich options available in the hot case and in the grab and go cold case. The plan is to have our assembly line ready so that we can start rolling out the sandwiches as soon as the fresh baked bagels arrive at the Co-op.

If you need to pick up something for lunch we will have that, too. We make sandwiches fresh every morning and keep them stocked in the cold case downstairs near the produce department. Try the BLT with avocado on whole wheat bread (vegan of course) or for the vegetarians maybe a delicious organic cheddar cheese sandwich on a French roll. Easy to eat snacks like Tempeh Chunks or Tofu Nuggets will be on hand in the cold case as well.

Ben, one of the Deli's veteran cooks, suggested that we make salads pre-packed with dressing on the side offered in the cold case downstairs. Therefore, we are going to bring back the Rainbow Salad that we used to make, in addition to a few other options that are in the development stage. If sandwiches aren't your thing keep your eyes open for some ready-to-eat mixed green salads packaged for your convenience.

As you can see, the Deli is ramping up for the back-to-school season. And while it may mean starting a little bit earlier in the morning for us, I think it will be worth it if it means helping you get your day off to a good start. So whatever "back-to-school" means to you just remember that your friendly neighborhood People's Co-op Deli will be right there beside you. Just don't copy my test.

People's Tempeh Chunks

Serves 4

1 lb. tempeh
1/2 cup brown rice vinegar
1/4 cup tamari
1/4 Tbsp. toasted sesame oil
3 Tbsp. mirin
1/4 cup water
6 cloves garlic, minced
1 Tbsp. chili powder
3 tsp. ginger powder
3 tsp. garlic powder

Tempeh contains health promoting phytochemicals such as isoflavones and saponins. Isoflavones have many health benefits: they strengthen our bones, help to ease menopausal symptoms, and may reduce the risk of coronary heart disease and some cancers.

Preheat oven to 300°F. Steam the tempeh for 20 minutes, until soft; allow to cool, then cube. Combine the rest of the ingredients, then pour over the tempeh. Mix together until all tempeh cubes are coated with marinade. Spread tempeh out on a baking pan sheet and bake for about an hour, stirring every 15 minutes. Tempeh should be browned but not burned. Serve hot or cold.

Spending too much on water?

Save water & create a sustainable landscape!

- Rainwater Harvesting
- Greywater Recycling
- Living Roofs

619.300.7114
BuildingGreenFutures.com



Spotlight on a Superfood

Fluffy and Nutritious Quinoa!

recipes by Cathy Banks

Quinoa (pronounced 'keen-wah') is an ancient seed that contains all 9 essential amino acids. Essential amino acids are specific, because they cannot be made by the body and they can be provided only through the diet. Quinoa contains 156 calories per 1/4 cup serving. Per calorie, it also has about the same amount of protein, a lot more complex carbohydrates, and significantly less fat than comparable options. What many vegans and vegetarians love about quinoa is that it has a higher protein content than brown rice.

Quinoa has a slight nutty flavor and can be prepared as a savory salad dish, served warm or at room temperature, or it can be made with some sweet fruits for a sweet bite and served chilled. The Co-op's Bulk Dept. offers both golden and red organic quinoa, which is nice for variety.

Sweet Quinoa Salad

serves 4 - 6

For this salad, red quinoa is used for its bold color. The salad has a nice crunch with a sweet bite, is easy to prepare, and can be made in advance.

2 cups red quinoa, cooked
1 cup celery, chopped
1 1/2 cup golden delicious apples, chopped, skin on
1 1/2 cup red delicious apple, chopped skin on
1/2 cup of chopped dates
3/4 cup almonds, chopped
3/4 cup freshly squeezed orange juice
2 tsp. grated orange rind, optional
1/4 cup olive oil
2 tsp. maple syrup or orange flavored honey

Fluff the cooked, cooled quinoa with a fork. Add the celery, apples and dates, stir to thoroughly combine. Whisk the orange juice, olive oil and maple syrup or honey to combine. Taste for sweetness adding a bit more syrup or honey if desired. Add rind, if using. Pour dressing over quinoa mixture and stir to combine. Sprinkle with the nuts. Serve at room temperature or cover and chill for later. Enjoy!

Savory Quinoa Salad

serves 4 - 6

Chef's note: Adding 2 - 3 Tbsp. of white wine when sautéing the vegetables in this recipe adds another layer of flavor!

2 cups quinoa, cooked
1 cup celery, chopped
1 cup sweet onion, chopped
1/2 cup shallots, chopped
1/2 cup fennel, chopped
1 cup zucchini or yellow squash, cut in 1/2-inch cubes
1 cup peas, frozen or fresh (thaw if frozen)
3/4 cup almonds, sliced
1/2 cup olive oil
3 - 4 Tbsp. olive
1/4 cup lemon juice
1 tsp. balsamic glaze or vinegar
1 tsp. maple syrup or honey (optional)
Sea salt and pepper to taste

Heat 3 - 4 Tbsp. olive oil in a large sauté pan and cook the celery, onion, shallots fennel and zucchini until tender. Remove from heat and cool while you make the dressing. Whisk 1/2 cup olive oil with lemon juice, balsamic vinegar, and maple syrup or honey if using. Add sea salt and pepper to taste. Fluff the quinoa with a fork and add the cooked vegetables and the peas. Stir to combine. Pour the dressing mixture over the quinoa and mix thoroughly. Sprinkle with the nuts. Serve or cover and let set at room temperature for 30 - 45 minutes and serve. Enjoy with a glass of your favorite organic wine or goblet of sparkling water.

Dinner as a Poem

Enchant, stay beautiful and graceful,
but do this, eat well.
Bring the same consideration
to the preparation of your food
as you devote to your appearance.
Let your dinner be a poem, like your dress.

~ Charles Pierre Monselet

News Bites

Pesticide cocktail

A new *Consumer Reports* survey reports that a third of North Americans believe there's a legal limit on the number of different pesticides allowed on food. But that's not the case. Nearly a third of the produce recently tested by the USDA had residues from two or more pesticides. "The effects of these mixtures is untested and unknown," says Urvashi Rangan, Ph.D., a toxicologist and executive director of the Food Safety and Sustainability Center. "Tolerance levels are calculated for individual pesticides, but finding more than one type on fruits and vegetables is the rule—not the exception."

Refined carbohydrates and depression

A recent study published in the *American Journal of Clinical Nutrition* reports that eating a diet higher in refined carbohydrates could increase risk of depression, especially for postmenopausal women. Studies show that these foods actually trigger a hormonal response in the body which instructs the reduction of blood sugar levels. Refined carbohydrates break down into simple sugars which can be quickly absorbed into the blood stream, and can cause an increase in insulin levels because they have a high glycemic index. A higher index entry has been associated with mood changes, fatigue, and other symptoms of depression. Researchers also found, alternately, that foods rich in dietary fiber—like whole grains, fruits and vegetables—are actually associated with a lower risk for depression. (Pioneer News)

Climate change and its effects on food

Citing the UN's Intergovernmental Panel on Climate Change (IPCC), the latest Grantham Mayo van Otterloo (a privately owned investment manager) quarterly report noted, "Humanity is risking a breakdown of food systems linked to warming, drought, flooding, and precipitation variability and extremes." Two examples of the ways climate change effect food production are:

1. A warming planet leads to less food. Climate changes affect how farmers plan for the upcoming year. According to the IPCC's report from 2014, every decade of warming that happens decreases the amount of food the world can produce by 2%, or 4.4

Food for Thought: Curbing Food Waste by Gleaning

Do you have a fruit tree at home that yields more lemons or oranges than you know what to do with? Don't worry, the San Diego Food Banks has a solution: gleaners. Gleaning, performed by gleaners, is the act of collecting excess fresh foods from farms, gardens, restaurants, etc. to provide it to those in need. According to the USDA, hundreds of thousands of pounds of edible produce is landfilled each year while an estimated 23 million Americans, including 6.5 million children, go hungry. If you need help gleaning fruit or vegetables from your property, please visit www.WasteFreeSD.org and enter "gleaners" in the search menu. If you're able to harvest it yourself, the San Diego Food Bank will accept that as well! For more information, call I Love a Clean San Diego at 1-877-R-1-EARTH.



million metric tons of food.

2. Droughts cut back on the food produced. The California drought is an example of how the climate affects food and how much access people have to it. The USDA noted in June that "depending on its continued severity, the drought in California has the potential to drive prices for fruit, vegetables, dairy, and eggs up even further." (Business Insider)

Bee decline worsened

The die-off of honeybees got worse this past year. An annual survey by a consortium of universities and research laboratories learned about 5,000 beekeepers reported losing 42.1 percent of their colonies in the 12-month period that ended in April. That is well above the 34.2 percent loss reported for the same period in 2013 and 2014, and is the second-highest loss recorded since surveys began in 2010. (PCC Natural Food Market)

Bees addicted to pesticides?

Bees may become addicted to nicotine-like pesticides in the same way humans get hooked on cigarettes, according to a landmark field trial. The study, published in the journal *Nature*, showed bees have a preference for sugar solutions laced with the pesticides imidacloprid and thiamethoxam, possibly indicating that they can become hooked on these neonicotinoid chemicals. (The Guardian)

Organic is bee-friendly

An important and timely report just released by The Organic Center shows that organic farming practices are effective in maintaining the health and population of important crop pollinators, predominantly bees, which have been declining

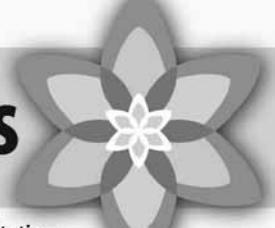
at an alarming rate in the past decade and threatening global food security.

Titled *The Role of Organic in Supporting Pollinator Health*, the report reviewed 71 studies detailing current threats to pollinators and the impact of organic practices. It found that organic methods not only reduce risks to bees, but actively support the growth and health of populations of bees and other pollinators. The paper outlines pollinator-friendly techniques used by organic farmers that can also be incorporated into conventional farming systems. Seventy-five percent of all crops grown for food rely on pollinators, mostly honeybees, for a successful harvest. But over the past decade, the bee population has plummeted. Since 2006, beekeepers have lost over a third of their beehives. More than \$16 billion worth of crops in the United States alone benefit from pollination every year. Without pollination from honeybees, many favorite fruits and vegetables such as apples, berries, carrots and onions would not be on our grocery shelves.

The Center's report notes that no one factor has been consistently singled out as the cause of the disproportionate bee declines. Instead, a number of factors – including exposure to toxic pesticides, parasite and pathogen infections, poor nutrition and loss of habitat – likely interact together, resulting in lethal consequences for bees. Large-scale chemically intensive agricultural production has been implicated as a major source of the threats to pollinators.

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Glyphosate herbicides toxic below regulatory safety limits?

A new review of the scientific literature shows that glyphosate herbicides may be toxic below regulatory safety limits. According to U.S. Geological Survey data, North American farmers sprayed 280 million pounds of glyphosate on their crops in 2012, amounting to nearly a pound of this broad-spectrum herbicide for every person in the U.S.

Dr Robin Mesnage, of King's College London, and co-authors examined a number of different types of toxic effects to arrive at their conclusions, including liver and kidney toxicity, neurotoxicity, carcinogenicity, reproductive toxicity, and teratogenicity (ability to cause birth defects).

Unlike regulatory authorities, the researchers considered studies from the independent literature, as well as the few industry toxicity studies, which were conducted in support of regulatory approvals, that have been made public. They shared this approach of considering the entirety of the published literature with the World Health Organization's cancer agency IARC, which recently concluded that glyphosate is a probable carcinogen.

The new review shows that endocrine (hormone) disruptive effects can occur below the doses deemed not to cause any toxic effects in industry studies performed for regulatory approvals. Endocrine disruption may increase the risk of certain types of cancer. Yet regulatory studies do not test low dose exposures for endocrine disruptive effects.

Neither the U.S. nor the EU regulators have finalized their endocrine disruption testing requirements. That's in spite of the fact that the U.S. Congress mandated the U.S. EPA to develop an endocrine disruptor screening and testing program in 1996 – yet it still has not done so. In Europe, legislation on endocrine disruptors has been delayed by industry lobbying, apparently helped along by the actions of the former EU chief scientific advisor, Anne Glover.

The conclusions of the new review stand in

contrast with those of several Monsanto-sponsored reviews, which all concluded that the herbicide is safe.

Dr Robin Mesnage commented, "This is the first independent systematic and peer-reviewed review to balance the dozens of Monsanto-sponsored reviews of Roundup® (Monsanto's trade name for glyphosate) and glyphosate toxicity, which have concluded that these substances are safe to use. Our review shows that there is a coherent body of evidence showing that toxic effects can occur below regulatory safety limits.

Contrary to many claims, the toxicity of glyphosate herbicides has not been thoroughly assessed. For instance, lifelong toxicity tests in laboratory animals have never been done with the complete glyphosate formulations as sold and used. Even glyphosate alone has never been tested throughout the entire lifespan, because chronic tests are not carried out for the whole natural lifespan of the animals but are begun on young adults that are then killed before they get old. Yet clearly human beings are not euthanized at 60 years old. We need a clearer picture of how toxins affect the old as well as the young.

Our study shows that glyphosate toxicity thresholds determined in regulatory assessments can be controversial. Thus a precautionary approach should be applied and glyphosate should be banned from all unnecessary uses. For example, there should be a moratorium on glyphosate spraying of crops for pre-harvest desiccation (drying down). This makes harvesting easier but is not necessary for the crop's survival or growth." (GM Watch)

Big Food Companies Spend Millions to Defeat GE Labeling

Federal lobby disclosure forms from big food and biotechnology companies, and their trade groups opposed to mandatory labeling of genetically engineered (GE) foods reveal a surge in lobbying expenditures during the first half of 2015, according to a new analysis report by Environmental Working Group (EWG).

A major reason for the explosion in lobbying money is the food industry's support for the Deny Americans the Right to Know – or DARK – Act (H.R.1599), which the House passed last month by a vote of 275-150. The legislation blocks state GE labeling laws, blocks state laws prohibiting "natural" claims on GE foods, and makes it virtually impossible for FDA to create a mandatory national GE labeling system.

"With the House passing the Deny Americans the Right to Know – or DARK – Act (H.R.1599) last month, Big Food will certainly restock the cash pipeline and unleash its army of lobbyists who are pushing the Senate to pass the DARK Act and deny Americans in every state the right to know what's in their food," said Libby Foley, a policy analyst with EWG and the author of the report.

Foley's analysis shows that Coca-Cola, Pepsi Co., Kraft, Kellogg's, General Mills, and Land O'Lakes disclosed the largest lobbying expenditures that mentioned GE labeling.

The Grocery Manufacturers Association (GMA), which represents these and other food manufacturers, reported expenditures of \$5.1 million that mentioned GE labeling, hiring 32 lobbyists exclusively to advocate for legislation to block state and federal GE labeling. GMA lobbying dwarfed expenditures reported by GE labeling advocates, including EWG and Just Label It. Since 2013, industry lobbyists have outspent GE labeling advocates by 25-to-1.



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and process them in the food processor or blender, adding a pinch or two of salt and a drizzle of olive oil (just a little oil, because it's good for the pesto to be thick for this sandwich). Toss the pesto with beans and some cubed Italian cheese. Fill a split baguette with the mixture and wrap it in foil. Bring along a few leaves of lettuce separately to add before eating.

Instant Bean Chili

Chili can simmer for hours, or you can take a short cut. Put some beans and half a can or jar of diced tomatoes in a small pot, stir in minced onions and a chopped bell pepper and bring to a boil. Add chili powder to taste, and salt. When the mixture thickens, transfer to a resealable lunch container.

Pack a handful of tortilla chips for dipping into your thick chili.

How to Cook Beans

Beans are super easy to make. The trickiest thing about prepping beans is figuring out how much you'll need. Beans triple in volume, so a half cup of dried beans will yield 1 1/2 cups of cooked beans, which is the amount of beans in a 15 ounce can. A pound of dried beans is about 2 cups, or 6 cups cooked.

Ingredients

- Your choice of dried beans (red, kidney, cannellini, pinto, etc.)
- Water
- Salt, if desired
- Kombu, if desired
- Bay leaf and onions, garlic, or celery, if desired

Preparation

- Spread the dried beans on a sheet pan or your counter top, and sort through, discarding any rocks or twigs. Rinse and drain the beans, then put them in a pot or container and add three times the volume of water to beans (3 cups water for 1 cup beans). Soak for 8 hours or overnight. This can be done at room temperature during cooler weather, but in the hot summertime, soak beans in the refrigerator to prevent fermentation. If you don't have time to soak the beans for 8 hours, use the quick-soak method: put beans and water in a pot and bring to a boil. Cook for 3 minutes, then remove from the heat and let stand for 1 hour.

- Drain the soaking water. Put the soaked beans in a pot large enough to hold four times their current volume. Add water to cover by three inches.

- Add kombu, bay leaf, or other vegetables and herbs.

- Bring to a boil over high heat, then lower the

heat and simmer, partially covered, until the beans are tender. To test, remove a bean and let it cool completely before biting it to test for doneness (beans may be soft in the center when hot, even when not fully cooked).

- Soaked beans can take about 1-2 hours to cook on the stovetop. Smaller beans cook a little more quickly than larger beans, and older beans take more time to rehydrate fully.

- Once the beans are tender, drain and let cool if not using right away. Cooked beans can be refrigerated for up to 6 days.

Authored by Robin Asbell for Stronger Together.

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Find articles about your food and where it comes from, recipes and a whole lot more at www.strongertogther.coop.

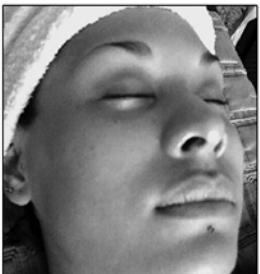


Prepare your beans by spreading them out on a cookie or baking sheet and sorting through them for small rocks and debris.

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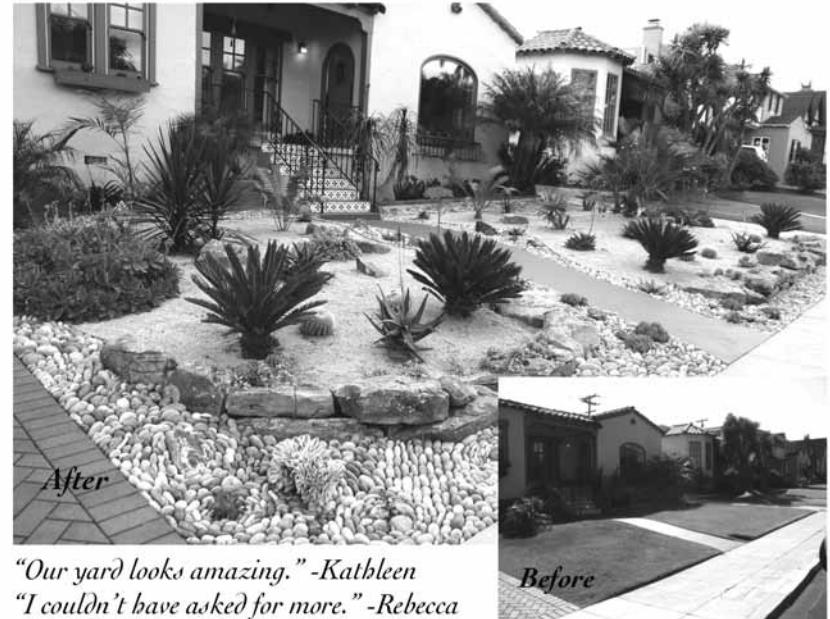
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