

Ocean Beach People's Organic Food Co-op News

August 2015



Celebrating 43 Years of People's Food!

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we provide and
in the way
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International Year of Soils

The United Nations General Assembly has declared 2015 the International Year of Soils. But what does the ground beneath our feet have to do with human health, animal health, and the health of our planet? A lot, as it turns out. Just like clean air and pure water, healthy soil is vital to our well-being.

On the most basic level, soil supports and nourishes the plants that we eat. Soil filters and purifies much of the water we drink as well.

Healthy soils also play a role in human disease and medicine. Protecting soil from erosion helps reduce the amount of airborne dust we breathe. Soils teem with microorganisms that have given us many life-saving medications, including the antibiotic streptomycin, and cyclosporine—a drug widely used to prevent transplant patients from rejecting their new organs. Unfortunately, soils can also be a source of disease. Lead in soil from chipped lead paint and other sources can be a danger to children who play in mud and dirt. Soil can also harbor disease-causing microorganisms such as the bacterium that causes tetanus, or "lockjaw."

In short, healthy soils = healthy people. And with some 9 billion people expected to inhabit the planet by 2050, maintaining the health of our soils is more important than ever before.

The secret life of soil

by Peg Herring

Soil is alive. Much more than a prop to hold up your plants, healthy soil is a jungle of voracious creatures eating and pooping and reproducing their way toward glorious soil fertility.

A single teaspoon (1 gram) of rich garden soil can hold up to one billion bacteria, several yards of fungal filaments, several thousand protozoa, and scores of nematodes, according to Kathy Merrifield, a retired nematologist at Oregon State University. Most of these creatures are exceedingly small; earthworms and millipedes are giants, in comparison. Each has a role in the secret life of soil.

Bacteria make up the largest group in the soil jungle, and they are as diverse as

they are numerous. Some kinds of bacteria are responsible for converting atmospheric nitrogen into plant-available forms, a process known as nitrogen fixation. Actinomycetes, with cells like bacteria and filaments like fungi, are thought to contribute chemicals that give newly tilled soil its earthy aroma.

Mycorrhizae are fungi that form a relationship with plant roots and increase their ability to take up nutrients from the soil. These filaments, along with root hairs and other binding substances produced by bacteria and fungi, help hold soil particles together and keep soil from eroding.

Protozoa are single-celled, mostly motile

... continued on page 14



2015
International
Year of Soils



People's Owner
Appreciation Days
Thursday, August 13
10% off purchases*

Seniors with an active
People's membership
receive an extra
Owner Appreciation Day
Tuesday, August 11

* excludes no further discount items

People's Co-op
Birthday Party!!
Sat., August 15
11 a.m. - 2 p.m.

Enjoy a free vegetarian barbecue
with grilled veggie burgers, organic
watermelon, birthday cake, & fizzy
drinks! Plus there'll great live
music and a wagon raffle!!!



**Attention Shoppers:
People's will CLOSE at 7 p.m.
on Thursday, August 27th**

People's Co-op Board of Directors

Meeting Notes for June 25, 2015

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

Guests: Derek Casady, Paul Maschel, Jim Gabriel, Phillip Gianopoulos

Board Study

Jim Gabriel from Architects Hanna, Gabriel and Wells gave an overview of the possibilities for developing the East Voltaire properties.

Nominating Committee

Brandon reported the committee's recommended slate of officers. He asked for further nominations; none were made.

Brandon moved and Chet seconded that the following slate of officers be approved:

President, Ofelia Alvarado; Vice President, Stephanie Mood; Secretary Andi Briceno; Treasurer, Steve Myrick. Vote: passed unanimously.

Expansion Committee

Ofelia reported that the Expansion Committee's work has been completed. A new committee will be formed as advisory to the board regarding the East Voltaire project.

Outreach and Education Committee

Brandon nominated Andi as Committee Chair; Amber seconded. Vote: passed unanimously.

Mel Lions reported on the work to date at Wild Willow Farm & Education Center. Steve moved and Chris seconded a recommendation to the Finance Committee for approval of a \$1,000 a month donation for the next quarter. Vote: passed unanimously.

Nancy reported on the California State Board of Food and Agriculture meeting. Water management continues to be the issue of concern.

Andi distributed thank-you notes from organizations that have received donations from the Co-op.

A request for financial support for a film about the dangers of fluoride was postponed until committee members could read through the proposal.

The Climate Mobilization Coalition created a video of the re-enactment of the midnight ride of Paul Revere calling for a national mobilization to a clean energy system.

More than 1,000 people were at the San Diego March Against Monsanto rally. The World Health Organization has reported that the major chemical in Monsanto's pesticide Round Up™ is a possible carcinogen.

An industry sponsored bill to voluntarily label non-GMO products is moving in Congress. The Co-op is considering a postcard campaign to vote "NO".

Planning Committee

Andi nominated Stephanie as Committee Chair; Chet seconded. Vote: passed unanimously.

Tom presented a graphic promoting the cooperative business model. An ad hoc committee is being formed.

Ofelia reported on her trip to the Mondragon Corporation, a federation of worker cooperatives based in the Basque region of Spain. Some of the industries run by these co-ops include research and development, health and employee services, and education and banking. Stephanie suggested that the board work

GENERAL MANAGER'S MESSAGE

by Nancy Casady

In the course of our busy lives, it is important to take time to acknowledge the things that make us happy. So, to you, the co-op family, that acknowledgement is due. First, we thank our owners for investing in this business. We thank you because your \$15 dollars means you find value in the values we support. Values like trust in the products that we sell, generosity that allows employee benefits like dental care for our kids and livable wages for fulltime work; and concern for the community which keeps organic farming supported in our region and donations available for our local schools.

Next we thank our workforce. People with busy lives that can include school or second jobs. These folks routinely bring their best selves to serve shoppers who can be stressed or hungry or even having more than just a bad day. The work can be hard work: stocking product in winter in coolers that are 32 degrees or baking in the summer when temperatures hit over a hundred. It includes cleaning the parking lot and emptying the trash and regularly cleaning the bathrooms. We have workers who lift heavy crates of dripping broccoli daily and those who cheerfully agree to cover when a co-worker is unexpectedly absent. Our staff is comprised of more than a hundred people, and we sincerely thank them all for the helpful things they do without notice or credit.

Lastly, we thank the shoppers who serve on the Co-op's Board of Directors. These dedicated folks set aside time each month to meet and oversee the Co-op's financial health and plan for the long-range success of the business. To all, our shoppers, our workers and our board members, a heartfelt "thank you" for helping our co-op thrive for more than forty-three years. We are stronger together!



on uniting more co-ops in our area. A more complete report will be made for Board Study in July.

Finance Committee

Sales are down 3% year-to-date. Gross profit is up 1%. Sales per paid labor hour are down slightly to \$86.17; labor expense is 23.08%. Utilities are up 12.16% year-to-date.

Jamie moved and Stephanie seconded that the Board of Directors (BOD) approve up to \$11,000 for East Project preliminary development expenses. Passed unanimously.

Jamie moved and Stephanie seconded that the BOD approve up to \$10,000 for replacement of the server for the point of sale system. Vote: passed unanimously. Andi moved and Chris seconded that the BOD approve a \$1,000 per month donation for the third quarter to the Wild Willow Farm and Education Center. Vote: passed unanimously.

General Manager's Operations Report

This month's sales reflect the slowing trend that People's has been observing all year. We completed the first step of the competitor's analysis as outlined by the National Cooperative Grocers' strategy for maintaining market share.

Operating costs, cost of goods, margins and prof-

it are all within budget. Buyers also completed their second quarter price checks. People's prices, when comparing most of the Co-op's top-selling products, are equal to or better than competitors' pricing.

Owner discount week had mixed reviews. We did not see the normal "bump" in sales and many regular customers did not understand or did not appreciate the lower discount trial. More owners took advantage of the 5% discount, but many did so due to the cashiers reminding them about it. We are reconsidering how best to use the owner discount in light of this result.

Congratulations to the People's Potatoes, the Co-op's softball team who are the 2015 San Diego Co-ed Softball League Tournament Champions. This is the team's second consecutive championship win! Coffee connoisseurs from the Co-op's Deli and Bulk Depts. visited Bird Rock Roasters and Café Calabria. The coffee cup raffle remains as an incentive to give coffee a try in the Co-op's Deli, while reducing use of non-reusable cups.

Card making for Fathers' Day turned out to be the best to date.

Wild Willow Farm and Education Center—our partner in an effort to provide local, organic food and farming education—celebrated its 5th birthday with a day (and evening) of festivities. Congratulations to Mel Lions and the outstanding staff at the farm. People's is co-hosting, along with Common Ground Collective, California Center for Cooperative Development, and San Diego Small Farms Alliance, a series of workshops on co-op development in July, August and September. Staff and board members are participating.

The fifth annual Berry Dinner for 350 organic farmers, restaurateurs and retailers was held on the La Jolla estate of co-op owners Bill and Michelle Lerrach this month to celebrate the berry harvest and organics in San Diego.

Check out the YouTube coverage of the re-enactment of the warning ride of Paul Revere in June at www.s.coop/1wpc2. About 100 "patriots" greeted former Congressman Jim Bates as he rode down Sixth Avenue in Balboa Park. Speakers included Bishop George McKinney from St. Stephens, Nick Ervin from the Sierra Club and Marshall Sanders from the Citizens' Climate Lobby. All support the call for the United States to begin a WWII-scale mobilization to organize the transition off fossil fuel and onto safe, clean, renewable energy.

Next Board Meeting

Monday, August 31, 6 p.m.
Committees

• Outreach & Education Committee

- Chair, Andi Briceno

Meeting: August 17, 5:30 p.m.

• Planning Committee

- Chair, Stephanie Mood

Meeting: August 17, 6:30 p.m.

• Finance Committee

- Chair, Steve Myrick

Meeting: August 17, 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.

Yoga for the Brain

Wednesday, August 5, 7 - 8:30 p.m.

People's Co-op Community Room

Learn a simple technique that energizes and balances the brain through activation of certain energy pathways throughout the body. These energy channels or meridians provide subtle "energy fuel" to energize the brain. Attendance is limited to 18; to RSVP email

Ocean Beach People's Organic Food Co-op News

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

Advertising Representative - Jamie Decker
Ad deadline is the 5th of the preceding month.
jdecker@obpeoplesfood.coop

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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.

Water Support Group

Thursday, August 13, 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 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.

Alternate Perspective in Health

Friday, August 14, 7 - 8:30 p.m.

People's Co-op Community Room

Dr. Wil Spencer is a Naturopath, author, and researcher with a background in farming. Be prepared to shift your paradigm as he speaks about reversing and healing conditions of illness and imbalance in humans, animals, our honeybees and the soil. Attendance is limited to 18; to RSVP email cheryl.handscans@gmail.com. To ensure that there are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

Vegan Outreach Review

Tuesday, August 18, 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@newoptions-foodgroup.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, August, 25, 7 – 8:30 p.m.

People's Co-op Community Room

Learn to muscle test yourself and others, how to choose the best supplements and dose, and whether supplements or foods combine well and increase vital life force. Handouts will be provided with hands-on experience using actual products. 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.

Healthy Shoulder

Wednesday, August 26, 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.

Of Special Note this Month

Film Night

Ocean Beach Green Center

Thursday, August 13, 7 p.m.

This month's film is "Food for Change," a 2013 documentary focusing on food co-ops as a force for dynamic social and economic change in North American culture. The movie tells the story of the cooperative movement in the U.S. through interviews, rare archival footage, and commentary by the filmmaker and social historians. This is the first film to examine the important historical role played by food co-ops, their pioneering quest for organic foods, and their current efforts to create regional food systems. Additionally, the film shows how the co-op movement strengthens communities where they are located, enhancing local economies and food security. The Ocean Beach Green Center is located at 4843 B Voltaire Street, 92107. For more information, call (619) 225-1083. Free of Charge.

Stronger Together: A Workshop Series for Food and Farm Entrepreneurs

Marketing Cooperatives and Co-Branding

Tuesday, August 18, 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.

Doggie Street Festival

Sat., August 22, 9 a.m. – 4 p.m.

NTC Park at Liberty Station

San Diego's largest adoption event features tips from vets, special guest speakers, a kids' art area, live music, and much more. At last year's event more than 40 rescue groups attended and 200 animals found forever homes.

Whether you're looking for a dachshund or a sheep dog, a domestic short-haired kitten or a long-haired Persian, your future furry companion is waiting to greet you! NTC Park at Liberty Station is located at 2455 Cushing Road. Free of charge.



Our Cooperative Community

People's Organic Food Supports CA Plastic Bag Ban

Speakers from Environment California and Surfrider joined San Diego City Council President Pro Tem Marti Emerald and People's Board of Directors Vice President Stephanie Mood at the Co-op last month to support the California plastic bag ban.

SB 270, authored by former Senator, (now Secretary of State) Alex Padilla was adopted by the legislature and signed by Governor Jerry Brown in 2014. That law, which was slated to go into effect on July 1, 2015, would have been the first statewide ban of single-use plastic grocery bags in the nation. However, implementation has been delayed until November 2016, pending the outcome of a referendum financed by plastic bag companies located in Texas and South Carolina.

Big plastic companies from out of state are pouring millions of dollars into a deceptive campaign. Their goal: to undo California's historic plastic bag ban that the Governor signed to reduce litter and pollution in our neighborhoods, waterways, beaches, and oceans. California cities and counties spend an estimated \$428 million annually to clean up litter and prevent marine pollution. Plastics bags contribute \$34 million to \$107 million to these costs, based on litter data from San Jose and L.A. County. Every day that California's statewide plastic bag ban is delayed, 17 million more plastic bags are sold in the state that would not have been sold if the ban were in effect. The delay, according to California vs. Big Plastic, is providing plastic bag companies with \$138 million more in revenue from July 2015 to November 2016.

Learn more about this issue at www.CAvsBigPlastic.com



San Diego City Council President Pro Tem Marti Emerald joined with People's Board of Directors Vice President Stephanie Mood to support the California ban of single-use plastic bags.

Volunteer at Wild Willow Farm & Education Center

Saturdays, 11 a.m. to 4 p.m.
(rain cancels)

No experience necessary.
No reservations required.

Wild Willow Farm & Education Center is a six-acre working farm located three miles from the Pacific Ocean and two-thirds of a mile north of the Mexican border. The farm is a 15-minute drive from downtown San Diego, with easy and quick access from most of urban south San Diego County.

Come to the farm and participate in your food system! Often the best way to learn is by doing, and you'll get a taste of the myriad things a farmer does while preparing and growing San Diego's seasonal plantings of vegetables, greens, medicinal and culinary herbs and cover crops.

Gloves and tools are provided, just come prepared for sunshine and dirt. Please bring a sun hat and wear appropriate clothing, including sturdy closed-toe shoes. Please bring a lunch, or plan to enjoy lunch made at the farm and served around noon (suggested donation is \$5).

People of all ages and abilities are welcome, but please leave your pets



at home. For more information please email volunteer@sandiegoroots.org.

Donations from Shoppers

Donation boxes located at each of the first floor registers at People's feature non-profit organizations that focus on food, land, and animal welfare. New organizations are rotated in every three months and funds donated by shoppers are sent directly to the non-profit.

During the months of April, May and June, People's customers donated: \$102 to San Diego Rabbit House, a rescue operation that provides education about responsible rabbit care, spay/neuter, and

adoption; \$120 to Mama's Kitchen an organization that provides nutrition support to men, women, and children affected by AIDS or cancer who are vulnerable to hunger; and \$63 to the San Diego River Park Foundation, whose vision is to protect and enhance the San Diego river's valuable natural and cultural resources and to celebrate it with the creation of a river-long park system.

Thank you shoppers! For more information on the donation box program, please email Amber at editor@obpeoplesfood.coop.

People's Asks: What foods do you take on picnics?



T.J.

Watermelon, sandwiches, coconut water.



Maritza

Watermelon, softboiled eggs, berries, and fried rice.



Berend

Tzatziki, baguette, caprisci salad and fruit salad.



Mia

Fresh grown harvest foods that you can eat with your hands.



Michelle

Sandwiches, carrots and guacamole.



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Life is transitory and constantly changing. Although some things may appear solid, it is all in flux. We can ride the transformations gracefully and joyfully by always following Light, wherever it may lead.

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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, Please carry Dr. Bronner's toothpaste. Also, Dr. Bronner's Sal Suds in bulk. Patrice
Dear Patrice, Thank you for the suggestions. We'd be happy to add Sal Suds to the bulk soaps. The toothpaste is currently out of stock from our distributor, but when it is available, we will bring it in. Andi, Health & Beauty

Dear People's, I miss the Pachamama Five Sisters coffee and the bulk protein powder. Linda

Dear Linda, The Five Sisters coffee did not sell fast enough to keep it fresh, so we discontinued it. Our source for the bulk protein powder no longer sells it in bulk. Jon, Bulk

Dear People's, Loved the Spicy Garlic Tofu. Thank you. M.J.

Dear M.J., We love that you loved the Spicy Garlic Tofu. Thanks for the compliment. Mike, Deli

Dear People's, I used to enjoy the Deli food until you started putting jalapenos and hot chilies in almost everything. Please, leave out the hot peppers. Eric
Dear People's, Recently, a lot of the Deli food has had jalapenos or another hot spice in it. I don't like spicy food and I used to enjoy eating here once or twice a week. Ellen

Dear Eric and Ellen, Thanks for the feedback. It is not our intention to overwhelm the hot and cold cases with spicy foods. I will remind our cooks to be mindful of the need to include a diverse selection of foods for the Co-op's diners. Mike, Deli

Dear People's, Please carry dried kiwi in bulk. Carmen
Dear Carmen, We don't have a source for organic kiwi, but we'll keep looking. Jon, Bulk

Dear People's, Crystal Geyser adds fluoride to their water. Carolyn

Dear Carolyn, I contacted Crystal Geyser and was told that all of their water is bottled at the source and that they do not add fluoride. There is naturally occurring fluoride in the water, and that varies somewhat, depending on what source the water comes from. I am comfortable with the level of transparency in Crystal Geyser's operation. If you have further concerns, please contact me directly. Bryan, Grocery

Dear People's, Please carry Pippen apples. I love green apples for cooking, but the Granny Smith variety hurts my stomach. I hold People's capable of finding some organic Pippins when they are available. Thank you, Celeste

Dear Celeste, Summer is not an optimal time for apples in the U.S., as they are out of season. You can expect to find Pippins back in the Produce Dept. in autumn. Thank you for your patience. Chris, Produce

Dear People's, I have purchased watermelons in the last two weeks, but they were not very sweet. The watermelons that I bought a month ago were sweet. Yuko

Dear Yuko, Thanks for letting us know about the watermelons! During the summer months, we find that watermelons vary in taste and texture. When we find a farm we like, we buy as much as possible from them. Chris, Produce

Dear People's, Please offer Gopal's bars. They are delicious, raw, and organic. Ruth

Dear Ruth, Currently, we do not have enough shelf space to bring in this quality bar. We would be happy to special order them for you by the case if you would like. Bryan, Grocery

Dear People's, How about some boysenberry yogurt? John
Dear John, We cannot locate a source for organic boysenberry yogurt. We did carry this variety in the past, but unfortunately the company went out of business. David O., Perishables

Dear People's, Please carry Sunwarrior Plus Natural Flavor Protein Powder. Andrea

Dear Andrea, We are in the process of reviewing the Co-op's protein supplements and will give Sunwarrior strong consideration. In the meantime, we are happy to special order this product for you. Jim, Wellness

Dear People's, Please make a new edition of the "People's Deli Cookbook." Cyrese

Dear Cyrese, A new cookbook in 2015 may be a bit optimistic. Until then, if you have any questions regarding the ingredients used in the Deli, I would be glad to fill you in. Contact me anytime here at the Co-op. Mike, Deli

Dear People's, Please offer oil free food in the Deli. Jim

Dear Jim, We can prepare more items that do not include oil. It is easier to do so with soups, but necessary for sautéing and baking. Thanks for the inspiration. Mike, Deli

Dear People's, Carry taro flour. Chelo

Dear Chelo, Taro flour is something that we can special order for you. Unfortunately, it is not an item that we have space for in the Co-op's baking aisle. Bryan, Grocery

Dear People's, I ate the Deli's oatmeal the other day and it was delicious. Please make this a regular breakfast item. Ereka

Dear Ereka, We're pleased that you liked the oatmeal. The response for this breakfast item has been positive, so we'll be making it more often. It's made in small batches however, so get here early before it's gone! Mike, Deli

Dear People's, Serve more Deli items that are priced the same as the beans, rice, broccoli and gravy. M.T.

Dear M.T., Hot entrees are priced at \$7.89 lb. while the sides you mentioned are \$3.99 lb. Entrees are typically made with more ingredients than sides and require more time and skill to prepare. Thank you, Mike, Deli

Dear People's, I use the paper bags in the Bulk Dept. for food transport. I don't need the over designed window bag. Bea

Dear Bea, Thank you for your comment regarding the new bulk bags with the "see-through" window. We are using these new bags to allow the cashiers to see what the product is, without having to open the bag. Amber, Editor

Dear People's, It was disappointing to only receive a 5% discount during Owner Appreciation Week. It seemed like a lose-lose situation rather than a win-win. Johanna

Dear People's, It's bogus that you only gave 5% off for Owner Appreciation Week. Go back to the old way. Jane

Dear Johanna and Jane, Although many more Co-op owners were able to use the discount when we made it available for a week, many other owners were not happy with the change. As a result, we will be returning to the original system until we can determine how to provide a more generous discount for all. Nancy Casady, General Manager

Summer Recipes for the Table

recipes provided by National Co-operative Grocer

A summer favorite, this Spanish soup makes a refreshing and simple lunch with a green salad and crusty bread or alongside a Mediterranean mezze platter—a variety of veggies, dips, cheeses, and other appetizers. You can sweeten the dish by adding some cubed fresh melon or strawberries.

Heirloom Tomato Gazpacho

Serves 6

2 pounds ripe heirloom tomatoes, roughly chopped
1 cucumber, seeds removed, roughly chopped
1 small red onion, chopped
1 green bell pepper, chopped
2 Tbsp. minced garlic
1 jalapeño pepper, chopped
1 cup cubed bread (whole grain, rustic bread)
2 Tbsp. red wine vinegar
2 Tbsp. lime juice
4 Tbsp. olive oil
2 Tbsp. chopped fresh cilantro
Salt and black pepper to taste

Combine all ingredients in a blender (in 2 to 3 batches, as everything will not fit into the blender at once). Blend until very smooth. Place in a bowl, stir the blended batches together and refrigerate for a few hours to allow the flavors to meld. Taste for salt and black pepper and serve chilled.

Garnish the following recipe with lemon wedges and serve as a side dish with grilled Portobello mushrooms or tempeh, or chop and toss the zucchini with chunks of fresh tomato, feta cheese and cooked couscous for a light Mediterranean salad. Picnicking? Put the zucchini and marinade in an airtight container just before leaving home and grill them on-site.

Grilled Marinated Zucchini

Serves 6

1 pound zucchini
2 Tbsp. olive oil
2 Tbsp. minced garlic
Zest from 1 lemon
2 Tbsp. lemon juice
1 Tbsp. red wine vinegar
1 tsp. dried oregano
Sea salt and black pepper to taste
1/4 tsp. crushed red pepper flakes (optional)

Remove the ends from the zucchini and slice them lengthwise into halves or thirds. In a small bowl, whisk together the olive oil, garlic, lemon zest and juice, vinegar and spices. Place the zucchini in a large dish or on a rimmed sheet pan and pour the marinade over the zucchini. Let sit for 30 minutes or more, stirring occasionally. Preheat grill to medium-high heat. Grill the zucchini slices for 3 to 4 minutes on each side, basting with any remaining marinade when flipping. Serve warm.

Relief Valve

Potassium is vital to keeping your blood pressure at safe, healthy levels.

by Lisa James

It's called "the silent killer" for a good reason: in too many cases, the first symptom of high blood pressure is death. According to the Centers for Disease Control, this condition is a primary or contributing factor to more than 348,000 U.S. deaths every year, playing a role in seven of every 10 first heart attacks and 8 of every 10 first strokes.

Those grim statistics make controlling blood pressure crucial to well-being. That means eating properly, especially getting adequate amounts of the mineral potassium.

Damaged Pipes

Blood pressure readings measure the amount of resistance to blood flow within the arteries. The upper number (systolic) represents pressure when the heart beats, while the lower number (diastolic) represents pressure between beats.

According to the American Heart Association, anything under 120/80 is normal; higher readings indicate the presence of some degree of high blood pressure (also known as hypertension). Symptoms such as nosebleeds, dizzy spells or dull headaches generally don't develop until pressure reaches dangerous levels. Excessive pressure harms artery walls, hastening plaque development and raising the risk that a rupture-prone bulge, or aneurysm, will form. Hypertension causes the heart to work harder, which can lead to heart failure. Additionally, injured blood vessels within the kidneys or eyes can damage those organs as well.

Blood pressure generally rises with advancing age and hypertension tends to run in families. Excess weight, sodium intake and alcohol usage are risk factors, as are smoking and not being active enough. The CDC says nearly a third of all [North]

10 Plant-based High Potassium Foods

Food	Potassium Content
Potato, Russet, medium	952 mg
Tomato sauce, 1 cup,	811 mg
Sweet potato, medium	542 mg
Avocado, 1/2 fruit	507 mg
Edamame, 1/2 cup	485 mg
Banana, 1 medium	422 mg
Carrot, 1 cup	390 mg
Corn, 1 cup	389 mg
Pinto beans, 1/2 cup	373 mg
Lentils, 1/2 cup	366 mg

Americans have high blood pressure and only half of those 67 million people have it under control.

Easing Pressure

Diet is the key to pressure control, especially foods that provide potassium. Potassium works with sodium and other minerals to help the body maintain proper fluid balance. Too much sodium and/or too little potassium creates an imbalance that causes blood pressure to rise, and a number of studies have linked low potassium intake with higher hypertension risk.

Plant-based foods are the richest sources of potassium. Bananas are well known for providing potassium, and they supply fiber and cholesterol-lowering sterols as well. Other foods rich in potassium include parsley, used since ancient times to treat kidney problems and green tea, which has been found to reduce hypertension risk among habitual imbibers.

Blood pressure readings tend to creep up with age, sometimes with devastating results. Getting plenty of potassium is one of the best ways to stay in the safe zone.

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are risk factors, as are smoking and not being active enough. The CDC says nearly a third of all [North]

Listen Up: You Need Sun Protection

It's August, we're in the dog days of summer, and it's likely that you're spending more time outdoors. This is a good thing! Sunburns however, are a bad thing.

According to the Skin Cancer Foundation, most of us are exposed to large amounts of UVA (ultra violet A) throughout our lifetime. UVA rays account for up to 95 percent of the UV radiation reaching the Earth's surface. Although they are less intense than UVB (ultra violet B), UVA rays are 30 to 50 times more prevalent. They are present with relatively equal intensity during all daylight hours throughout the year, and can penetrate clouds and glass.

UVA, which penetrates the skin more deeply than UVB, has long been known to play a major part in skin aging and wrinkling. Additionally, studies show that UVA damages skin cells called keratinocytes in the basal layer of the epidermis, where most skin cancers occur. UVA contributes to and may even initiate the development of skin cancers.

UVB, the chief cause of skin reddening and sunburn, tends to damage the skin's more superficial epidermal layers and plays a key role in the development of skin cancer. Its intensity varies by season, location, and time of day. The most significant amount of UVB hits the U.S. between 10 a.m. and 4 p.m. from April to October. However, UVB rays can burn and damage your skin year-round, especially at high altitudes and on reflective surfaces such as snow or ice. These surfaces bounce back up to 80 percent of the rays so that they hit the skin twice. UVB rays do not significantly penetrate glass.

At O.B. People's Organic Food Market, you'll find more than 25 varieties of sunscreens that can be applied as sprays, creams, or rub-on sticks. With careful consideration of ingredients, the Co-op's Body Care Dept. buyer has brought in a selection of sunscreens that are safe for babies, children, and adults.

To keep yourself protected, the use of hats, sunglasses, shade and sunscreen can be your best friends. And when it comes to sunscreen, it's important to slather on protection that is safe for both your body and, for you swimmers and surfers, is safe for the environment. For efficacy, it's important to re-apply sunscreen frequently. Since sunscreen absorbs UV radiation by converting it to heat, once the sunscreen has been converted it begins to breakdown and ceases to offer protection. Read labels on sunscreen bottles carefully: Unless approved by the FDA, sunscreens can no longer state that they provide protection for more than two hours.

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

Bulk

Café Virtuoso - Organic Costa Rica La Amistad Coffee: Locally roasted, this single origin coffee has layers of roasted nut and savory caramel with subtle stone fruit notes. It is well balanced, has a smooth milk chocolate finish, and mild acidity.



Café Virtuoso - Organic Columbia Tatama Coffee: Locally roasted, this single origin coffee has flavors of orange blossom, dried fruit and caramel with a sweet acidity and chocolate finish. It is well balanced with a round, syrupy mouthfeel.

Grocery

Lundberg - Organic Thin Stacker Rice Cakes in 5 Grain, Lightly Salted, Salt Free, and Red Rice & Quinoa varieties: Whole grain snack cakes that are light, crunchy, and flavorful. Top with sliced cheeses and vegetables or spread with your favorite hummus or bean dip.

Ancient Harvest - Organic Quinoa Supergrain Pasta Elbows: Great for making your own mac and cheese, this corn-quinoa pasta has all the taste and texture you want. Gluten-free

Eden - Organic Rye Spirals: Rye is a superior muscle builder and an excellent source of healthy fiber and folate B9. It provides protein, iron, thiamin B1, niacin B3, and magnesium.

Pacific - Organic Coconut Non-Dairy Beverage in Original, Original Unsweetened and Vanilla Unsweetened varieties: Enjoy as a delicious non-dairy alternative in your favorite recipes or poured over cereal straight from the carton.

Perishables

búcha live kombucha - Organic Grapefruit Sage Kombucha: The combination of sage and red grapefruit make a refreshing drink with complexity and depth. And it's good for you, too!

Wallaby - Organic Lowfat Kefir in Plain and Vanilla varieties: Kefir is a probiotic milk beverage that contains a variety of live and active cultures, and has long been associated with different health benefits.

Artisian Tofurky - Spinach Pesto Sausage: A combination of sweet basil, garlic, Parmesan cheese, spinach and crushed fennel seeds makes this mild Italian veggie sausage a great addition to a variety of marinaras and pasta dishes.

Carla Lee's - Organic Nutburger: Each perfect texture and spicy finish gourmet Nutburger is made with cashews, sunflower seeds, brown rice, organic carrot juice and coconut amino acids and is loaded with organic non-irradiated spices. Vegan, soy-free and gluten-free.

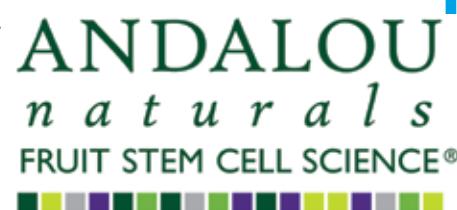
Amy's - Tortilla Casserole and Black Beans Bowl: Made with organic baked corn chips and melted cheddar and jack cheeses. Plus an assortment of organic vegetables and Amy's made from scratch tofu and slow-cooked black beans.

Amy's - Broccoli and Cheddar Bake Bowl: Made with organic ingredients, creamy cheddar sauce and crisp organic broccoli florets. Gluten-free toasted bread crumbs are added for flavor and crunch.

Health and Beauty

Andalou Naturals - 1000 Roses™ Color + Correct Sheer Nude with SPF 30:

Andalou Naturals Fruit Stem Cell Science renews skin at the cellular level, blending nature and knowledge for visible results. The first Color + Correct moisturizer with alpine rose stem cells provides soft, sheer mineral coverage with essential hydration, cellular support, and proven UVA/UVB sun protection for a naturally, flawless complexion in one easy step. Mattifying tinted-coverage works great for most skin tones and is comfortable for everyday wear. **Andalou Naturals - 1000 Roses™ Roses Floral Toner and 1000 Roses™ Roses Floral Cleansing Foam** available, too.



Griffin Remedy - Moisturizing Body Bar Soap in Himalayan Cedarwood and Grapefruit varieties: Formulated with pure essential oils to nourish, replenish and revitalize skin. As with all soaps sold at the Co-op, these body bars do not contain sulfates or parabens.

Body Care & Wellness

Ojas

Anti-Itchy Bug Juice 1 oz. \$7.99 reg. 9.39

A long lasting insect repellent that's formulated with organic herbs and essential oils.

RealAloe

Aloe Vera Gel 32 oz. \$8.79 reg. 10.35

Organically grown in Southern California.

Thursday Plantation

Tea Tree Foot Powder 3.5 oz. \$10.09 reg. 11.95

Keeps feet dry, comfortable and free from foot odor. Does not contain talc.

Perfect Bar

Peanut Butter Food Bar 2.5 oz. \$2.19 reg. 2.59

100 calories, 5 grams of protein, and 20+ organic superfoods in each tasty bar. Free of gluten and soy.

Gaia Herbs

KidsDefense™ Herbal Drops 1 oz. \$9.29

This formulation supports a rapid response to immune stressors and reg. 10.95 supports healthy digestive function.* *This statement has not been evaluated by the FDA.

Lifetime

Life's Basics Plant Protein Mix 18.52 oz. \$30.15

Vanilla variety. An easy to digest, energy-boosting protein source for reg. 35.49 anyone seeking a superior-quality protein source they can use every day.

Formulated with pea, rice, hemp, and chia protein. Rich in omega 3-6-9 essential fatty acids, amino acids, vitamins, minerals and antioxidants

Household & General Merchandise

Biokleen

Produce Wash 16 oz. \$3.69 reg. 5.35

Effectively removes sprays, wax and soil with citrus and grapefruit seed extracts.

Seventh Generation

Laundry Liquid 100 oz. \$9.99 reg. 14.99

Free & Clear, Citrus, and Eucalyptus Lavender varieties.

Biokleen

Automatic Dish Powder 32 oz. \$6.69 reg. 9.55

Plant-based surfactants break down grease while oxygen bleach helps remove stains.

Lifefactory

Glass Baby Bottle 4 oz. \$11.15 reg. 12.95

BPA free glass bottles with silicone sleeves in assorted colors. Dishwasher safe, all components are made in the U.S. or Europe.

Norpro

Stainless Steel Locking Tongs each \$4.19

Locking mechanism ensures compact storage.

Neem Aura

Citronella Outdoor Sticks 10 count \$4.95 reg. 5.95

Now in stock for the summer "bug" season.

Deli/Bakery

Peanut Pasta Salad

\$6.89

per pound reg. 7.89

Banana Bread

Ho Ho's

\$7.39

per pound reg. 7.89

Bulk

Equal Exchange - Organic & Fair Trade!

French Roast Coffee

\$8.99

per pound

Organic Banana Chips

\$2.99

per pound

Flageolet Beans

\$2.89

Organic!

per pound

Mountain High - Organic!

Green Lentils

\$1.69

per pound

Hulled Sunflower Seeds

\$2.69

per pound

Raw &
Organic!

Grocery

Honest Tea

Organic Bottled Tea

Selected varieties

99¢

16 oz.

reg. 1.55



Bionaturae

Organic Tomatoes

Whole Peeled, Diced, Crushed

\$2.69

25.4 oz.

reg. 3.99



Field Day

Organic Pasta Sauce

Tomato Basil, Italian Herb, Roasted Garlic, Marinara

\$2.69

26 oz.

reg. 3.99



Annie's Naturals

Organic Salad Dressing

Selected varieties

\$2.69

8 oz.

reg. 4.25

R.W. Knudsen

Organic Juice Boxes

Apple, Pear, Grape, Lemonade

\$2.39

4 / 6.75 oz.

reg. 3.55



Santa Cruz - Organic!

Apple Sauce Cups

Apple, Apple Peach, Apple Apricot

\$3.39

6 / 4 oz.

reg. 4.49

Perishables

Cascadian Farm

Organic Vegetables

Peas, Corn, Broccoli, Green Beans, California

Blend, Shelled Edamame



\$1.99

10 oz.

reg. 2.79 - 2.99

Wallaby Organic

Whole Milk Greek Yogurt

All varieties

\$1.49 - \$5.69

reg. 1.99 - 6.59 5.3 - 32 oz



Tofurky

Tempeh

Made with organic ingredients. Smoky Maple Bacon, Sesame Garlic, Coconut Curry.

\$3.39

7 oz.

reg. 3.99 - 4.29

Follow Your Heart - Organic!

Vegan Salad Dressing

All varieties

\$3.39

12 oz.

reg. 4.49

Rice Dream

Frozen Pies

Mocha, Vanilla, Mint, Chocolate varieties

Vanilla Nutty Bars

\$1.19

3.4 - 3.7 oz.

reg. 1.49 - 1.59



August 16 - 31



Deli/Bakery

**Lemon Rice
with Peanuts**

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per pound reg. 7.89

Indian Rice Pudding

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per pound reg 7.89

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Equal Exchange - Organic & Fair Trade!

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Organic Kidney Beans

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per pound

reg. 3.59

Organic Fava Beans

\$2.39

per pound

reg. 2.79

**Mountain High - Organic!
Brown Flax Seeds**

\$1.69

per pound

reg. 2.15

Green Split Peas

\$1.39 **Organic!**

per pound

reg. 1.69

Grocery

**Nature's Path - Organic!
Flax Plus Cereal**

Selected varieties

\$2.99

10.6 - 14 oz.



R.W. Knudsen

Organic Juice

Selected varieties

\$2.99

32 oz.



Koyo

Organic Udon

Selected varieties

\$1.99

8 oz.

reg. 2.85

**Gimme - Organic!
Roasted Seaweed Snack**

Sea Salt, Sesame, Wasabi, Teriyaki

\$1.39

.35 oz.



Jovial

Organic Cookies

Crispy Cocoa, Checkerboard, Ginger Spice

\$2.99

8.8 oz.

reg. 4.25

**Two Mom's in the Raw
Organic Raw Granola**

Cranberry, Goldenberry, Blueberry, Goji Berry

\$6.99

8 oz.

reg. 9.59

Perishables

**So Delicious
Coconut Milk
Frozen Dessert**

All varieties. Made with organic ingredients.

\$4.39

pint

reg. 6.49



Gardenburger

Original Veggie Burger

\$3.69

4 count

reg. 4.99



Julie's - Organic!

**Ice Cream Bars, Sorbet
Bars, Sandwiches**

Select varieties

\$3.69 - \$ 4.39

reg. 4.99 - 6.29 4 / 2.5 oz. - 3 / 3 oz.

Rudi's Organic Bakery

Organic Bread

Multigrain Oat, Rocky Mountain Sourdough,
Spelt Ancient Grain varieties.

\$3.69- \$4.39

reg. 4.79 - 5.99 20 - 22 oz.

GT's

**Organic Synergy
Chia Kombucha**

\$2.69

16 oz.



reg. 3.29



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Bored of Salad, Try these 6 Greens to Mix it up

Are you getting tired of your kale salad? Have you forgotten that there are other greens you can use to make a delicious and highly nutritious salad? A big salad of 2-3 cups is a great and easy way to get your veggies every day. Eating lettuce has many benefits; most greens are a great source of vitamin C as well as vitamin A and other phytochemicals and potent antioxidants. Thought there were only a few boring types of lettuce? Think again! Here is a guide for adding flavor and zing to your salads with tasty greens.

Arugula or as they call it across the pond, rocket, offers a spicy, peppery kick and is low in calories, only seven per cup (most lettuces are low calorie). It's also a great source of vitamin A, C, calcium and potassium. Arugula is great for giving any salad a tasty kick.



A simple salad of arugula, steamed beets, sesame seeds, and oil and vinegar can be as pleasing to the palate as it is to the eyes.

Plate full of salad? Now top it off

Edamame. Also known as green soy beans, edamame adds muscle-building, tummy-filling protein. Fresh edamame only keeps for a few days, so remember that when purchasing them from the produce dept. People's also offers edamame in the Co-op's frozen foods section.

Apples. Whether you cut them in chunks or slice them thin, apples are a delicious salad top-

ping for weight maintenance by combining low-calorie nutrition with high-fiber flavor. And, because this fruit comes in so many varieties, you can experiment with plenty of different tastes. For instance, you might find you prefer a Pippin instead of a Fuji with your greens.

Seeds. Sprinkle some pizazz on your leaves with hemp seeds, pumpkin seeds, sunflower seeds, or sesame seeds. Tiny but powerful, seeds are packed with nutrients like protein, fiber, iron, vitamins and omega-3

fatty acids.

Sugar Snap peas. Not a fan of bell peppers? Snap peas are another way to add crunch to your salad while reaping the benefits of vitamin C; a three-ounce serving provides more than half of the recommended daily intake. Additionally, snap peas are a great source of B-complex vitamins, niacin, and vitamin K — the latter helps support bone health.

Bibb or Butterhead lettuce features tender large leaves with a sweet flavor and a soft texture. Bibb lettuce is a great source of vitamin A, folate, and vitamin K.

Baby kale, chard and other baby dark leafy greens are also excellent and delicate for mixed salads. Most baby greens are an excellent source of phytonutrients as well as vitamins A, C, calcium, iron, and fiber.

Mâche is tender with a sweet, nutty flavor and can be sautéed as a side dish. Mâche was brought to the states about 20 years ago from France. Mâche is high in folate, fiber, and omega-3s.

Purslane is considered a weed to many farmers but packs a huge nutritional punch. It tastes slightly lemony and is juicy and crisp as well as a great source of omega-3s. Store purslane with stems in cold water in the refrigerator to maximize shelf life and freshness.

Romaine with its long leaves and deep taste is an excellent source of vitamin A, C and calcium as well as being a good source of potassium. With only eight calories per cup, romaine offers a good crunch and can even be used in smoothies!

Best way to store lettuce? Lettuce tends to keep well in plastic bags in the crisper section of the refrigerator. If you want to reduce your use of plastic (good for you!), you can store your lettuce, whole, in a damp, airtight container such as large glass jar. Loose greens are more delicate and won't last long, so purchase only as much as you will use within a day or two. The fresher the lettuce, the more vitamins it contains.

It's also important to keep in mind that many of the nutrients in our salad greens are fat soluble, which means they need to be combined with fat to aid in their absorption in the body. So go ahead drizzle a little extra virgin olive oil or flax oil or add some avocado, nuts, seeds and other sources of healthy fats to your salad today. (*Source: Supermarket Guru*)



What's in Season?

The following is a list of various produce items that are typically in season during August in Southern California. These are approximate harvest dates because weather, including this year's extreme drought, and other factors can affect availability. Additionally, not every item on this list will be available at the Co-op given that the Produce Dept. strives to offer the best in quality.

This month, look for apricots, asparagus, avocados, basil, green beans, beets, broccoli, cabbage, carrots, cauliflower, celery, cherries, citrus, collards, corn, cucumber, eggplant, figs, grapes, kale, kohlrabi, lettuce, melons, mushrooms, mustard greens, nectarines, okra, onions, passion fruit, pears, peas, plums, potatoes, raspberries, sapote, spinach, summer squash, strawberries, tomatoes and turnips.

Love certain foods, but don't want to buy them out of season?

Consider canning. People's offers affordable canning supplies including various sizes and colors of plain and quilted jars, as well as Ball's Utensil Set for Preserving.

Sylvia Eurotherapy

Sylvia Lomota Flanagan, MT, HHP, Clinical Herbalist and Alternative Healer

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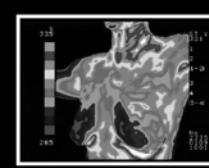
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This Picnic Staple Never “Spudders” Out!

by Stefanie Perricone, Deli Cook

Fourth of July festivities may have faded, but fear not. There is still ample time to take part in the mother of summer activities, picnicking.

As North American as the picnic may seem, the origins of this pastime are French. The term “*pique-nique*” started cropping up in the mid to late-1600s. As with many other aspects of life at the time, these alfresco events were only enjoyed by elite society. The French intelligentsia—the social class engaged in shaping a society’s culture and politics—would come together to philosophize, perform and of course, eat in an outdoor environment. Guzzling Champagne and eating baguettes and cheese were undoubtedly the order of the day.

Fortunately, the evolution of the picnic has allowed every class beyond the bourgeoisie to partake in the fun. By the 1800s, picnics spread to England and eventually, the United States. Now, anyone can set up an umbrella, light a grill and share a variety of food and drink amongst friends and family. While the choice of sides to bring to these blanketed soirees is myriad, one dish remains a staple: potato salad.

The potato salad is a welcome sight nestled next to the main entrée at a picnic. Simple to prepare and easy to improvise, there are two major considerations to make a potato salad excellent (disclosure: my grandma’s version is the best). Boil the potatoes until just fork tender to avoid a mushy consistency. And ease back on the dressing to reduce “gloopiness.” Keep this in mind and your salad will be spud-tacular!

Potato salad is versatile in regards to preparation. While the dressing is generally mayonnaise-based, substitutions can include yogurt or mustard. Feel free to expand the vegetables to go along with the celery and onion, such as bell peppers, minced jalapenos and even pickles. You can also satisfy raw diet followers by switching out the potatoes and feature cubed jicama as the foundation for the salad.

The Co-op’s Deli makes a variety of styles, from the classic Picnic-Style Potato Salad, with peas and corn, to the self-explanatory Dilly Potatoes. We also feature potato salad styles from around the globe. German Potato Salad utilizes red spuds and a mustardy flavor, while the Italian version has a complimentary vinegar tang. A personal favorite is the Sri Lankan Potato Salad which has sautéed red onion, cilantro, lemon juice and a great mix of spices.

Don’t forget! On August 15th, a picnic of sorts will take place in front of People’s Co-op to celebrate our 43rd birthday celebration. There will be music, festivities and a free vegetarian barbecue. See you there!

People’s Picnic Style Potato Salad

Salad

2 lbs. red potatoes, cubed

1/2 cup celery, sliced

1/4 cup corn kernels

1/4 cup peas

2 green onions, sliced

Dressing

3/4 cup Vegenaise™

2 Tbsp. red wine vinegar

2 tsp. yellow mustard

1/4 tsp. sea salt

1/4 tsp. black pepper

1/4 tsp. celery seed

Now that you’ve got them, how do you store them?

Once you get your taters home, you’ll want to store them in a cool, well ventilated place. Colder temperatures lower than 50 degrees, such as in the refrigerator, cause a potato’s starch to convert to sugar, resulting in a sweet taste and discoloration when cooked. If you do refrigerate, letting the potato warm gradually to room temperature before cooking can reduce the discoloration.

Avoid keeping your potatoes in areas that reach high temperatures (beneath the sink or beside large appliances) or receive too much sunlight (on the countertop by a window). Because dampness promotes early spoilage, you don’t want to wash potatoes (or any produce, for that matter) before storing.

In a large sauce pot cover potatoes with water and bring to a boil, then remove from heat. Allow potatoes to sit in hot water until fork tender. Drain potatoes and spread them out on baking sheet to cool to room temperature. When cooled (not chilled) combine with vegetables, pour dressing over the veggies and mix well. Serves 4 picnickers.

Vegetable soup is a superb place to try cooking without a recipe, using whatever you have in your fridge and pantry. Once you have the basic formula down, you’ll be able to make any kind that strikes your fancy. Be brave! Soup is comforting and delicious; even if your first couple of tries at developing your own soups are only so-so, you can make them shine with a little pesto, flavored oil, a bit of cheese, or a squeeze of lemon.

1. Just about any soup starts by sautéing some onion. Any kind will do, from Spanish onions to leeks. Add any other nice, long-cooking vegetables.

The standards are carrot, celery, bell pepper, or chilies. I always add garlic as well. At the same time, add any tougher spices, seeds, or a bay leaf. You can either cook the onion and vegetables for a while, carefully caramelizing them, or just cook until the onions are translucent.

2. Add a main vegetable or combination of vegetables, like with my cauliflower soup or something like

potato and pickle. If you’re planning to keep the soup chunky, make sure the vegetables are chopped up uniformly. Either way, sauté the main vegetables a bit just to get everything mixed up before you add the broth.

3 Add your broth and let the vegetables cook until everything is tender. Some vegetables gain flavor if you cook them for a long time, but spring and summer vegetables tend to be tastiest when they are only just cooked through.

4. If you want to purée the soup, use an immersion blender while it’s still in the pot, or let it cool and use a conventional blender. For a chunky soup, add any noodles or pre-cooked proteins like tofu after the vegetables are cooked.

5. Taste the soup, then season with salt, pepper, chili flakes, or other spices. Lastly, add any ingredients that don’t require cooking, like dairy or peanut butter. Finish with any garnishes, cheese, or oils once it’s in the bowl.

French Onion Soup

Serves 6 because soup, as you know, is best shared with friends.

4 lbs. onions, any type

4 cloves garlic

2 Tbsp. butter

2 bay leaves

1 Tbsp. vinegar, any type (optional)

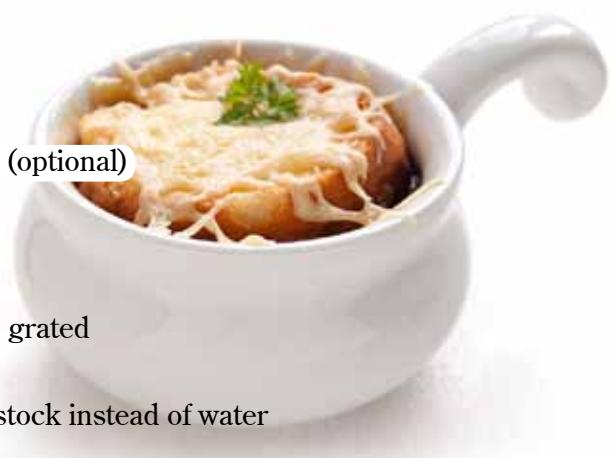
3 tsp. salt

pepper

8 cups water

6 slices bread

1½ cups cheddar cheese, grated



Additions

vegetable or no chicken stock instead of water

red wine

chili flakes

fresh thyme

Best if you accept it now: you are going to cry making this recipe, since the first step is to chop a mountain of onions. But crying is good for us from time to time. Soon you will be on to the magical part, watching a colossal pile of onions shrink and caramelize to make a sweet, flavorful, wonderful soup. Chop each onion in half lengthwise, peel them, then cut them into half-moon slices. These big slices are fine since you’re cooking the onions for so long. Slice the garlic as well. Melt the butter in a large pot on medium heat. Add the onions, garlic, and bay leaves. Cover the pot with a lid and leave it for 10 minutes. When you come back, the onions should have released a lot of moisture. Give them a stir. Pour in the vinegar and put the lid back on.

Cook for 1 hour, stirring every 20 minutes. When the onions at the bottom start to stick and turn dark, add a splash of water to unstick them. Don’t worry, the onions aren’t burning, just caramelizing. The water helps lift off the sticky, delicious, sweet part!

Once the onions are very dark and about a quarter the volume they once were, add all the water and a bunch of salt and pepper. Cover the pot again, turn the heat down to low, and let it simmer for another hour. Taste and adjust salt and pepper as needed. Ladle the soup into bowls.

Now it’s time to make cheese toast! If you want classic French onion soup—with the toast directly in the soup, which makes it a bit soggy—place a piece of bread on top of each bowl of soup, sprinkle with cheese, then heat the bowls under your oven’s broiler until the cheese is bubbly. If you don’t like soggy toast, just make the cheese toast on its own.

3 Strategies for Stress-Free Meals

Stress-Free Strategy #1

Bake Once and Serve Twice

Planning ahead for busy nights pays big dividends! When you find yourself with some free time in the kitchen, make the most of it by preparing a double batch of whatever you're cooking. For example, it's almost as easy to make two lasagnas as one. Use one lasagna the night you make it, and the second one can go, unbaked, into your freezer. Then, on another night when you're feeling rushed, you can pop that frozen lasagna in the oven and have dinner on the table, no stress required.

There are lots of foods that you can make ahead and store in the freezer, including casseroles.



Baked Tomato Rice Casserole

Serves 4 | Serving Size: 1 cup
Total Time: 55 min | Prep: 5 min | Cook: 50 min

Lentils and Arborio rice in tomato sauce is a creamy side-dish you can make ahead.

1 tablespoon extra virgin olive oil
1 cup Arborio rice (from the Bulk Dept.)
2-1/2 cups low sodium vegetable broth
1 cup low-sodium tomato sauce
1/2 cup lentils (from the Bulk Dept.)
4 tablespoons grated Parmesan cheese
Black pepper to taste

2 tablespoons chopped fresh parsley

Preheat oven to 400°F. In a large pan, heat the olive oil and add the rice. Stir the rice for about a minute. Add the vegetable broth, tomato sauce, and lentils. Cook over medium heat until the mixture comes to a simmer. Let simmer for 3 minutes. Add 2 tablespoons Parmesan cheese and stir. Pour the rice mixture into a large baking dish and cover. Bake in the center of the oven for 35 to 40 minutes, until the rice is creamy. Remove from oven and let it cool for a minute or two. Sprinkle with 2 tablespoons Parmesan and the parsley and then serve.

Chef's Tip: Serve this dish with a large tossed salad.

Stress-Free Strategy #2

Plan Ahead

For stress-free meals, plan what you want to make for the week, then make a grocery list. Keep seasonal produce and sale items in mind in order to get the most bang for your buck. Then, after you've bought what you need, store it properly and think about what items will keep well and what needs to be used right away. How does this strategy pay off? In a stocked pantry, fridge, and freezer! Bid farewell to staring into the depths of the fridge, wracking your brain for inspiration. By planning your meals ahead of time and shopping accordingly, you'll seriously reduce the stress of mealtime. Plus, you'll have healthy food on hand when you're hungry, which makes it easier to make nutritious choices.

Stress-Free Strategy #3

Use One Pot!

Low-key prep, minimal cleanup, and a wide range of options make one-pot meals a stress-free way to get food on the table. Plus, when everything is going into

one pot, it's easy to see if the ingredients are balanced according to USDA's MyPlate guidelines.

Try the following two recipes the next time you want to keep it simple.

Mexican Minestrone

Serves 4 | Serving Size: 1-1/2 cups
Total Time: 20 min | Prep: 5 min | Cook: 15 min

This delicious one-pot meal is full of flavor and color.

1 15-ounce can kidney beans, rinsed and drained
1/2 cup prepared chunky salsa
1 cup corn kernels, fresh or frozen
2 1/2 cups non-chicken broth
3/4 cup macaroni
1/2 cup red bell pepper, diced
1/2 cup green bell pepper, diced
1 cup sliced cabbage

Combine all ingredients in a large pan or microwave container. If making on the stove, bring to a boil then reduce to a simmer and cook until macaroni is tender - about 15 minutes. Stir occasionally. Chef's Tip: Garnish with nonfat plain yogurt and chopped cilantro or dried oregano.

Spinach Bean Orzo

Serves 5 | Serving Size: 1 1/4 cup

Total Time: 25 min | Prep: 5 min | Cook: 20 min

A one-pot wonder, this veggie, bean and grain dish is delightful.

2 1/2 cups non-chicken broth
1 14.5-ounce can diced tomatoes no salt
1 can cannelloni beans
1 10 oz. bag frozen spinach
1/2 cup orzo or small pasta
1 teaspoon Italian dry herbs
Granulated garlic to taste
Black pepper to taste

Combine all ingredients in a medium-sized saucepan and heat over medium-high heat until mixture comes to a boil. Lower heat to simmer and cook until pasta is done, about 10 minutes. Serve with optional grated Parmesan cheese over the top and a side of fresh fruit.

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What's healthy for people is healthy for the planet

The United States Department of Agriculture (USDA) is due to update its guidelines on what Americans ought to be eating for their health. For the first time this year, their panel has advised that the guidelines also take the health of the planet into account. (The Guardian)

The power of citrus combined with tea

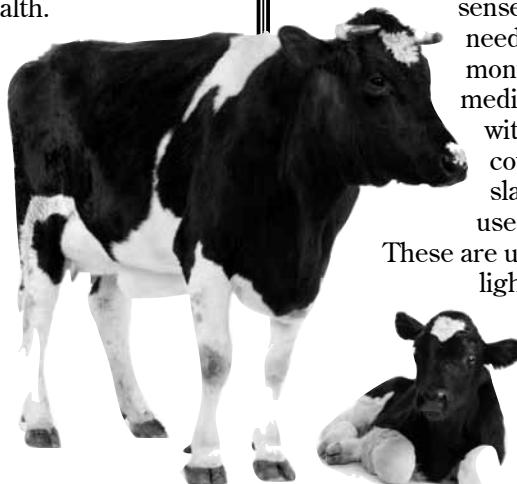
Next time you enjoy a cup of tea, consider adding a lemon wedge to your brew. Researchers have found that citrus juices enable more of green tea's unique antioxidants to remain after digestion, making the pairing even healthier than previously thought. The study, funded by the National Institutes of Health, compared the effect of various beverage additives on catechins (pronounced KA'-teh-kins), naturally occurring antioxidants found in tea. Results suggest that complementing green tea with either citrus juices or vitamin C likely increases the amount of catechins available for the body to absorb. Catechins display health-promoting qualities and may be responsible for some of green tea's reported health benefits, like reduced risk of cancer, heart attack and stroke. (Purdue News Service)

Moms and kids protest for clean air

Raising the alarm about hundreds of premature deaths and 150,000 child asthma attacks per year linked to climate change and carbon pollution, an estimated 400 moms and kids gathered in a park on Capitol Hill to hold a "Play-In" protest last month. Organized by Moms Clean Air Force (www.momscleanairforce.org), the mothers and their children called for action on climate change and air pollution, as well as to voice support for the Environmental Protection Agency (EPA) Clean Power Plan. (PRNewswire-USNewswire)

Antibiotic resistance grows

The routine use of antibiotics on livestock (farm animals) is leading to the emergence of antibiotic resistant bacteria that can impact humans, says Danielle Nierenberg of Food Tank.org. Nierenberg reports that, according to the Natural Resources Defense Council (NRDC), in 2010 almost 52 percent of chicken breasts tested were contaminated with antibiotic resistant E. coli. The U.S. Food and Drug Administra-



Food for Thought: Taking a look at the dairy industry

When people consider a steak or a piece of chicken, they know – on some level – that an animal died in order for that piece of "meat" to end up on their plate. Even when modern production methods turn recognizable flesh into sandwich slices, patties or "nuggets," most everyone still understands that they are parts of animal bodies. It's not so obvious with milk.

Cows are mammals like us. They only produce breast milk as a result of pregnancy, which makes sense, since it is for their babies. In order to keep them producing milk, the dairy industry needs the cows to give birth regularly. Because cows' pregnancies, like humans', last nine months, dairy cows are forced to always be pregnant. Once born, the calves are taken immediately away so that they don't consume their mother's milk. Female calves (heifers) with dairy breeding may be kept as replacement cows for the dairy herd. If a replacement cow turns out to be a substandard producer of milk, she then goes to market and can be slaughtered for beef. Male calves can either be used later as a breeding bull or sold and used for veal or beef.

These are uncomfortable truths that the dairy industry strives hard to paint in a very different light. The good news is that for centuries, people have been producing milk from beans, grains and nuts. And at People's, we offer plant-based options of every dairy item that the Co-op sells, including cheeses, spreads, yogurt, ice cream and of course, milk.

(Sources: *Food Empowerment Project*, *Dairy cattle - Wikipedia*, *Marketing Versus Reality: The Myth of the Organic Happy Cow*)

tion reports that 80 percent of all antibiotics are fed to farm animals that aren't sick, in order to promote rapid growth.

The overuse of antibiotics results in high costs to consumers who become sick from antibiotic-resistant bacteria. According to the Centers for Disease Control and Prevention (CDC), excess healthcare costs in the U.S. from antibiotic resistance are estimated at U.S. \$20 billion annually.

In the U.S., at least 2 million people become infected with antibiotic-resistant bacteria every year, according to the CDC, and 23,000 people die every year as a direct result of those infections, with many more dying from complications. Because of these exorbitant costs and serious public health risks, there is a national movement to end the use of sub-therapeutic antibiotics in agricultural production.

Plant-based diet improves diabetic neuropathy pain

A plant-based diet reduces the pain of diabetic neuropathy, according to new research published in *Nutrition & Diabetes*. Neuropathy is a complication of diabetes manifesting as pain, numbness, and other nerve symptoms. "A dietary intervention reduces the pain associated with diabetic neuropathy, apparently by improving insulin resistance" notes Neal Barnard, M.D., president of the Physicians Committee, co-authors of the study along with California State University, East Bay, and the George Washington University School of Medicine and Health Sciences. "The same diet also improves body weight and reduces cholesterol and blood pressure." This is welcome news as sixty percent of diabetes patients suffer from

peripheral neuropathy.

"The dietary intervention is easy to prescribe and easy to follow," says Cameron Wells, M.P.H., R.D., acting director of nutrition education for the Physicians Committee. "Steel-cut oats, leafy greens, and lentils are widely available at most food markets and fit well into most budgets."

More than 29 million [North] Americans are diagnosed with diabetes each year. One in three children born in 2000 will develop diabetes at some point in his or her life. (Medical News Today)

Organic violations?

Aerial photographs of 14 of the largest U.S. organic egg and dairy farms showed few animals outside on pasture, but the U.S. Department of Agriculture (USDA) says it won't investigate whether these operations are violating organic rules. The photos, taken by the Cornucopia Institute, show huge livestock facilities that reportedly supply Wal-Mart, Target and Costco. In declining to investigate, USDA said all the farms are in good standing with their inspectors and the photographs weren't enough to prompt an official inquiry. (The Cornucopia Institute)

Oilfield wastewater used on crops?

Oil companies in California are selling oilfield wastewater to non-organic farmers, raising concerns about the safety of food from irrigated crops. Lab tests over the past two years reportedly found the wastewater contains toxic compounds, including industrial solvents acetone and methyl chloride, and oil, which is supposed to be removed from the wastewater during recycling. (Los Angeles Times)

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organisms that feed on bacteria and other tiny organisms as well as each other. There may be thousands of them living in that teaspoon of soil. Protozoa release nitrogen, making it available to plants. As much as 80 percent of the nitrogen in plants can come from bacteria-eating protozoa.

Nematodes, simple roundworms, have evolved several feeding strategies. In temperate soils, some eat bacteria while others eat fungi or soil algae. Some nematodes attack plants, piercing plant cells and sucking out the contents. Some nematodes eat other nematodes or other small invertebrates.

Earthworms, giants of the soil jungle, mix and aggregate soil particles, creating deep channels that help aerate the soil and provide channels for growing roots. They shred and bury plant residue that stimulates microbial activity and increases the soil's capacity to retain moisture. Earthworms consume tiny soil organisms and excrete even more microorganisms in their castings.

The base of the soil food web is organic matter, material derived from living stuff that provides a source of energy stored as fixed carbon. Nutrients are "served" along with fixed carbon as carbon is converted to energy. Chemical fertilizers supply specific nutrients directly to plants, but they do not replace the other kinds of food that bacteria and fungi need. Soils with more organic matter tend to have more life. Mulching with compost, cover cropping and no-till farming practices tend to increase organic matter and

thus increase the number and diversity of microorganisms in soil.

"All these things that live in the soil may seem unimportant," says Merrifield, "but they work together in a system that is truly the foundation of life."

Peg Herring is Director of Communications at Oregon State University's College of Agricultural Sciences. Reprinted with permission.

The Last Word . . .

How Do Soils Form?

Dig down deep into any soil, and you'll see that it is made of layers, or horizons. Put the horizons together, and they form a soil profile. Like a biography, each profile tells a story about the life of a soil.

Every soil originally formed from parent material: a deposit at the Earth's surface. The material could have been bedrock that weathered in place or smaller materials carried by flooding rivers, moving gla-

ciers, or blowing winds. Over time, sun, water, wind, ice, and living creatures help transform, or change, the parent material into soil.

Soil changes with age. As a soil ages, it gradually starts to look different from its parent material. That's because soil is dynamic. Its components—minerals, water, air, organic matter, and organisms—constantly change. Some components are added. Some are lost. Some move from place to place within the soil. And some components are transformed into others.

Learn more at about soil at www.soils.org

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