

The Organic Press

The Newsletter of the
Hendersonville Community Co-op

Volume 10 * Issue 6
November/December 2011



Just Label It!

Owner Profile: Fred Chaffee

Holiday Recipes



Editor: Damian Tody

Contributing Writers: Gretchen Cummins, Robert Jones, Arrion Kitchen, James Ends, Jordan Randall, Joan Kennedy, June Ellen Bradley, Beth Beasley, Toby Hunter

We are the Hendersonville Community Co-op, a member-owned natural and organic food market and deli. We have been serving Hendersonville and the surrounding community since 1978 when 15 families joined together to purchase quality food at better prices. We offer the best in certified organic produce, groceries, herbs, bulk foods, vitamins and supplements, cruelty-free beauty aids, wine and beer, and items for special dietary needs. The Blue Mountain Deli offers a delicious variety of fresh soups, salads & more.

The co-op is open to the public and ownership is not required to make purchases.

Everyone can shop and anyone can join.

Opinions expressed in The Organic Press are strictly those of the writers and do not necessarily represent an endorsement of any product or service by the Hendersonville Community Co-op, board, management or staff, unless specifically identified as such. The same is true for advertisers.

Interested in advertising in The Organic Press? Over 1,500 copies of the newsletter are mailed to our owners monthly & an additional 600 more distributed within our store and the community. Space is limited and rates are reasonable.

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Submission Deadline

All submissions, including articles and advertisements, must be received at the co-op by the 7th of the month preceding the issue.



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GM Musings

Welcome to the last edition of the Organic Press for 2011. We now have six more editions under our belts and we hope that you have been enjoying them. Our goal is to bring you a newsletter that entertains as well as informs all of our co-op owners and shoppers. We try our best every edition to bring you timely updates about what is happening in your co-op and in the world of food around us. We would love to hear what you think so if you have any suggestions please feel free to drop them in the suggestion box or email us at mail@hendersonville.coop.

For those of you that could not make it out to the lake in September we had another great picnic at Camp Pinnacle. I would like to thank everyone at the camp for allowing us to hold our annual gathering at their lovely facility. I would also like to give a big thanks to Gretchen and Jordan for putting on such a great event every year. If you were not able to make it this time be sure and put it on your calendar for next year. It truly is a great place and it has something for everyone. The weather was a little cooler this year than last but we still had a few brave souls take advantage of the swimming and there were plenty of boaters out on the water. And of course the food was delicious as always.

Since this is our last edition of 2011, that means it is also Turkey Time! Pre-orders are now being taken for free-range turkeys at the kiosk. No holiday meal will be complete without a turkey from the co-op. So make sure you get your order in early. They will go fast!

Happy Holidays!

In Cooperation,
Damian



JOIN US AT The Annual Owners Meeting/Party

POTLUCK

Dinner & Dance

Saturday, November 12th from 5-8 PM
at The Opportunity House, 1411 Asheville Hwy
Arrive by 5. Vote by 5:45. Eat at 6!

Bring your dancing shoes.

Final votes are cast and tallied & year-end results are reviewed.

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A Board's Eye View

Looking back—A Dynamic 2011 by Beth Beasley

It's been a busy year for us Board members, but altogether satisfying and enriching—given all we've learned, and all the owners we've been getting to know better.

Personally, I am grateful for the slate of very qualified candidates on the ballot, any of which would make an enthusiastic member of our Board. **Be sure to vote in the election—the Co-op needs the input of its owners regarding its future leadership.** Voting is one of the ways the cooperative spirit shines, where we use our "muscle" to make this democratically run business operating optimally.

Voting will continue in the store (ask a front end employee about it if you're a current owner) and through November 12th, at the Annual Meeting. Let's celebrate a year of local, cooperative business, while looking forward to a bright future. **See you November 12th at the Annual Meeting!**

Following are some reflections from my fellow board members about accomplishments this year:

Steve Breckheimer

I am most proud of how the board has improved its ability to have conversations with owners and customers at meetings and in the store. We are continuing to learn about the issues surrounding expansion and sharing that information with owners through the Organic Press and personal contacts.

Laura Miklowitz

- Mailing out 1600 ballots, calling 1600 owner families and getting over 1100 votes to pass article/bylaws for future expansion.
- Monthly Board education focusing on expansion
- Updating the policies that govern the Co-op
- Having a great Board retreat right here in Hendersonville, supporting local businesses that support local growers.
- Hosting a series of expansion update gatherings for owners
- 10 years on the board for Ron and Laura (and Ron's last year)
- And many thanks to the deli staff who keep us healthy, well-fed and ever appreciative at our monthly board meetings

Susan O'Brien

While working on the "change the by-law campaign" I often saw names I recognized but had never realized they were owners. It was wonderful to realize I live in a community with people whose passions are so interwoven. During the voting process I answered many questions and heard from many people who said, "I know, I know – VOTE." As we got closer to the deadline to vote I started hearing, "Hey I voted!" It was such a joy to see we had accomplished the tremendous task of getting the changes passed and that we had the support of so many people.

Listening to owners at owners' meetings I realized how important the sense of community is to them. Most talk about having a larger deli section and seating for gatherings of friends. So many wonderful ideas have come out of these gatherings. It is great to realize that owners see the Co-op as a center in our community.

Carolyn Widener

One of the most memorable experiences and highlights of this year for me was meeting and talking with owners about what it meant for us to be able to offer preferred shares of stock in our fundraising efforts in preparation for our expansion. I got to meet many of the owners and hear what they really appreciated about our co-op as well as their vision of what they hoped our expansion would entail. I was thrilled to hear how many people depended on our store and its product offerings, and what an asset they thought it was to our community.

Tony Womack

I think putting into place a much-improved financial conditions and activities policy was significant for us this year. It calls for reporting with comparative and trend data rather than a quarterly snapshot. Our retreat resulted in us focusing our visioning and education efforts on expansion. I think that resulted in an excellent process for looking at all of our options in a thoughtful, analytical way. Lastly, our nominations committee work resulted in a slate of qualified candidates.

A big change for HCC and the board is the announcement that **Ron Angermuller**, who has dedicated a decade to the Co-op by serving on the Board of Directors, is retiring his position at the end of this year. Here are a few words from Ron about his experience:

I've been honored to serve on the HCC board of directors for 10 years—the amount of time surprises me! I was chairman my first year and my successors have been great chairmen. The integrity and sense of community of board members, Co-op managers and staff have been a great joy to me. Their energy and enthusiasm amazes me, older than I am at 82.

I can feel the good vibes and cooperation of this group, and its goals are worthy ones that offer a sense of real community in our town. I'll miss the group and the great light suppers that we have before meetings, served up by the Blue Mountain Café, but I can always stop in at my favorite store to sample their soups and delicious fare, you bet. My wife always asks me what we had at supper; since I'm mostly non-vegan, I may never know exactly what the main dish was, but can report that it was delicious!

I wish everyone well and especially in the expansion venture. May the gods smile down!

—Ron Angermuller

Gratitude also goes out to Ron's wife Linnea, who has been a supportive email correspondent to the board. We love you, Ron and Linnea!



All aBoard!

2011 Board Meeting Dates

Meetings are held at 6:00 p.m. on the fourth Tuesday of the month. The next meetings will be on November 15th and December 13th. All owners and staff members are welcome to attend the meetings. If you have a concern or topic for the board to discuss, Contact Tony at board@hendersonville.coop or at 694-1083. Written information may also be sent to the Board of Directors of HCC, 715 S. Grove St. Hendersonville, NC 28792. Please include your name and contact information. You can access board meeting agendas and approved minutes on our website.



Tony Womack
President
2010-13
694-1083



Beth Beasley
Vice President
2009-12
329-7991



Carolyn Widener
Secretary
2008-11
329-4826



Steve Breckheimer
Treasurer
2010-13
749-9104



Ron
Angermuller
2008-11
692-3519



Susan
O'Brien
2009-12
693-5553



Laura
Miklowitz
2009-12
693-6261



Thomas
Beckett
2010-13
713-1668

JUST LABEL IT!

We have the right to know

justlabelit.org

- The Just Label It: We Have a Right To Know campaign was created to advocate for the labeling of genetically engineered foods – also known as GM or GMO foods.
- Without labeling of genetically engineered (GE) foods, we cannot make informed choices about the food we eat.
- In late September, a legal petition was filed with the Food and Drug Administration (FDA) calling on the FDA to label genetically engineered foods.
- There are more than 350 organizations representing millions of consumers who believe Americans have a right to know what they're eating, and the right to make informed choices about what they eat.
- We need to flood FDA with comments from Americans from coast to coast to let them know that we care. At www.justlabelit.org, people can submit official comments to the FDA, voice their support for the petition and stay up to date on the initiative.
- According to the Congressional Research Service, it is estimated that 60% to 70% of processed foods available in U.S. grocery stores likely contain some GE material.
- Genetically engineered (GE) foods, also referred to as genetically modified organisms, or GMOs are those that are altered at the molecular level in ways that could not happen naturally. This means plants and animals have had their genetic makeup altered to exhibit traits that are not naturally theirs.
- Studies show that 93% of Americans agree that genetically engineered food should be labeled.
- Most developed countries including the 15 nations of the European Union, Japan, Brazil, Australia, New Zealand, South Korea, Russia and China have mandatory labeling of genetically engineered foods.
- There is a growing body of scientific research that indicates genetically engineered crops are not living up to their potential, and have credible reasons for consumer concern. For more information, check out <http://www.justlabelit.org>.

American Consumers and the Right to Know:


Several recent polls and surveys show that a great majority of Americans believe they have the right to know what is in the foods they are eating and favor mandatory labeling of GE foods. A 2010 Thomson Reuters PULSE™ Healthcare Survey showed that 93 percent of Americans believe GE foods should be labeled (“National Survey of Healthcare Consumers: Genetically Engineered Food”). And an overwhelming 89 - 96 percent of people who responded to online surveys favor the Right to Know (sources: ABC, the New York Times blog, MSNBC).

About Genetically Engineered (GE) Foods:

GE foods, also referred to as genetically modified organisms, or GMOs are those that are altered at the molecular level in ways that could not happen naturally. This means plants and animals have had their genetic makeup altered to exhibit traits that are not naturally theirs. These techniques use DNA molecules from different sources, sometimes different species, and combine them into one molecule to create a new set of genes (i.e. mixing of flounder genes into tomatoes so they can grow larger and more quickly).

According to the Congressional Research Service, an estimated 60 --- 70 percent of processed foods available in U.S. grocery stores likely contain some GE materials. GE ingredients are prevalent in many products consumers buy every day including breakfast cereals, crackers, cookies, chips, sweetened soda, frozen meals and more.

The five foods that are most likely to be GE/GM unless they are certified organic or Non---GMO Project Verified are corn, soy, cotton, canola and sugar made from beets (sugar from cane is NOT GMO).

a. Corn: 88%₁ of US corn planted is genetically engineered. The vast majority of this is not sweet corn that you eat as corn-on-the-cob (although some of that is GE too!), but corn grown for grain, animal feed, fuel,  see pg 6

Just Label It cont. from pg 5

sweeteners and cooking oil. This type of genetically altered corn is found in many processed foods in different forms including high fructose corn syrup, corn oil, corn starch and corn flour. Many of the popular cereals, crackers, frozen entrees, tortillas, pizza dough, salad dressing, and corn chips likely contain GE ingredients.

b. Soy: 94% of all soybeans planted in the US are genetically engineered. Soy is found in food in a multitude of products including soy milk, soybean oil, soy proteins, lecithin, miso, textured vegetable proteins, soy proteins, soy sauce, soy flour and soy nuts.

c. Cotton: 90% of the cotton planted in the US is genetically engineered. Cotton finds its way into our food through cotton oil made from the cotton seeds that are removed in producing cotton fiber. Walk down the snack food aisles and pick up some chips, cookies and cakes and you will find that cottonseed oil is prevalent in US food.

d. Canola: Over 90% of Canola oil is genetically engineered. Canola contains the lowest level of saturated fatty acids of any vegetable oil and is a rich source of Vitamin E.

e. Sugar (from sugar beets): About 59% of the sugar produced in the US is made from sugar beets and 90% of the beets are genetically engineered. No sugar made from cane is genetically engineered.

For information on GE foods, what the science says, and ways to avoid GE food, go to www.justlabelit.org

The Coalition

More than 350 partner organizations representing the healthcare community, consumer advocates, farmers, concerned parents, environmentalists, food and farming organizations, retailers, businesses, the faith-based community, and many more concerned with protecting the consumer's right to know have joined together in support of the FDA petition and the mandatory labeling of genetically engineered foods.

The list of partners will be up on the website at: [justlabelit.org/about/partners](http://www.justlabelit.org/about/partners)

1 2011 data from USDA ERS <http://www.ers.usda.gov/Data/BiotechCrops/>

8 Things You Can Do If You're Concerned About the Lack of Labeling of Genetically Engineered Foods

1. With just one click, tell the FDA that you support mandatory labeling of genetically engineered food. www.justlabelit.org
2. Look for the USDA Organic seal and buy organic – The National Organic Standards prohibit the use of genetic engineering.
3. Avoid the 5 products that are most likely to be genetically engineered (GE) unless they are USDA certified organic, state that they are not made with genetically engineered ingredients or have a verifiable claim such as Non-GMO Project Verified: Corn, Soy, Canola, Cotton, Sugar made from beets (sugar from cane is NOT GMO).
4. When buying produce, look at the PLU # (price look up). If it's 5 numbers starting with an 8, then you will know it is genetically engineered. If it starts with a 9, it is organic. USDA certified organic per the organic standards prohibits the use of genetically engineering.
5. Eat fresh! While some produce is genetically engineered, most GEs will be found in processed foods containing soy and corn. Eat more fresh vegetables and unprocessed foods. Your body will thank you and you will avoid genetically engineered foods.
6. Download the True Food Shopper's Guide from the Center for Food Safety for a list of brands with products that claim to be made without genetic engineering (also available via mobile app). <http://truefoodnow.org/shoppers-guide/>
7. Look for products that identify themselves as not genetically modified or Non-GMO, like Non-GMO Project Verified, North America's first third-party Product Verification Program.
8. When in doubt, ask! Call the manufacturer of your favorite foods and ask if they contain genetically engineered products. This way you get the information you need and you can let the company know how you feel about GE foods.

For more info go to www.justlabelit.org.



Fresh from the “FARMACY”

Recipes for Health and Healing by Toby Hunter

Ready or not here come the holidays....

But you don't have to compromise your health or diet. Here are some festive recipes that are easy and healthy.

I wish for a happy and healthy holiday season to you all.

“Nutty Hemp Seed Pate”

1 cup raw sunflower seed
 ½ cup raw almonds
 ½ cup raw hemp seeds
 ½ cup raw walnuts
 ¼ cup of toasted sesame seeds

Place all nuts and seeds in a food processor and chop till it looks like corm meal. Then move to a mixing bowl.

1 large carrot finely grated
 ½ cup of finely chopped parsley
 ½ cup of dehydrated chive
 ¼ cup of nutritional yeast
 ¼ cup of tamari
 sea salt and white pepper to taste
 Vegenaise

Add the rest of the ingredients to the bowl, and start with ½ cup of vegenaise and mix well adding more vegenaise till its the consistency you like. Thick is good for sandwiches and spreading on crackers. If you want a dip, make it thinner by adding more vegenaise.

“Millet Pilaf”

Millet is a very under used grain that deserves much more attention from us. Here's a recipe that will make it one of your favorite's. This can be a main corse or a side dish.

1 ¼ cups of millet
 ½ cup of red lentils
 1 med onion diced
 2 carrots diced
 4"x4" piece of kelp chopped
 ½ cup chopped parsley
 2 tbs toasted sesame oil
 sea salt and pepper to taste
 3 ¼ cups of boiling water

Add lentils, carrots, onions, and kelp to water and bring back to a boil. Now add sesame oil, salt, pepper, and Millet. Cover, and turn heat down to med low, and set timer for 27 mins. After 27 mins. Take off heat and let stand for 15 more mins. Spoon into a serving dish and mix in parsley. Enjoy...

“Daikon Radish Ginger” (No Cooking)

This last recipe will surprise you. It is so delicious. Its perfect for any relish tray, and makes a wonderful hostess gift.

This recipe is up to you on how much you want to make. You can make just 2 to 4 jars for your own use or you can make as many as you like to give them as gifts. This recipe is for 4 jars. For the brine you will need 2 cups of raw Apple Cider Vinegar with mother, ½ cup of raw Agave sweetener, and 2 ½ teaspoons of sea salt. Mix and set aside.

Peel and slice 3 lbs of daikon into 1/8 inch coins
 Peel and slice 1 lbs of Ginger into thin coins

Now place daikon and ginger in jars mixed well. Poor brine over your daikon making sure to completely cover. Place lid on tightly and place in refrigerator for 2 weeks. After 2 weeks they are ready to eat. Great on sandwiches and salads.

Age with Vitality & Beauty

A NEW PERSPECTIVE ON ANTI-AGING WITH ALICE MCCALL

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Be inspired to age with grace.

Free Event at the Co-op Annex
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The Organic Press is distributed to more than 1500 families in the WNC area. It can also be found at the Visitor's Center, the Henderson County Public Library, and more.

Rates

For HCC Owners

Small \$40 /issue

Medium ads \$60/issue

large ads \$110 /issue

For nonowners

Small ads \$50

Medium ads \$70

large ads \$120

There is a 10% discount for three issues and greater reservations.

To reserve your ad space, contact Damian Tody at mail@hendersonville.coop or at (828)693-8557.

The deadline for ad submissions or changes is the 7th of the month prior to the month being published.

News and Views

from Outreach

What is your elephant in the room?

By Gretchen Schott Cummins

Forgive me, I am given over to idiom whenever there is a truly profound point to make, and I won't spare you this one because I stumble across it daily. My elephant in the room is made of plastic.... precious #5 plastic. We grew the mountain here at the Co-op to see if the people would come. Then we brought people to the mountain to worship the recycling gods and participate in ritualistic packing of plastics to send them to the great and ever powerful Preserve where they would be up-cycled into yet another usable product.

You may have heard about the mountain of #5 plastics in our warehouse- some of you have even gotten to know the "mountain" intimately: Hats off to Michele Skeele, Paula & Ron Bakule, Michael Reim, Geri Conley, Brooke Audreyal, Susan O'Brien, Mark & Jean Raymond, and Pam Kauppert and a special shout out to Katie Breckheimer. The goal, for all of us, was to make those boxes full of lightweight plastics as heavy as possible (you see, when shipping boxes, size really matters). The winner of the heaviest box- weighing in at 12.8 lbs, is Katie Breckheimer. Michele Skeele came in at a close 2nd place with her heaviest box weighing 11.9 lbs. Oh, the things we never thought we would care about let alone celebrate - like being able to pack a box full of plastics- because the alternative is to see them pile-up in our ever growing landfills.



The Mountain of #5's BEFORE

We had conversations during our packing sessions that covered the gamut of topics from "how to best pack a #5" to "what drives people and companies to create so much packaging! And, why so many different sizes and shapes!" The process really opened eyes, sometimes to things that no one really wants to see: Our culture is drowning itself in a sea of packaging based on its desire to have food fast, easy and frequently, in a single serving container.

As you probably know, the Co-op has taken on this project at its own expense. As we all toiled away placing the many and diverse plastic containers into boxes for many people hours, we fell victim to some of the weaknesses of being human- and we started to complain. We complained that these couldn't be shipped for free like they do from


the Whole Foods stores. (Though we were grateful for the donations from all of you). We complained that people didn't wash them well enough, or threw in extra "garbage" that was not #5 plastic. There seemed to be a number of items thrown in for good measure, just in case we happen to miraculously find a way to recycle them. We complained that these plastics packaging materials were even invented!



Katie Breckheimer- #5 packer and Winner of heaviest box

Then, also as a result of being human, we got tired of complaining and started to think of some solutions: Some folks were even creating inventions in their heads as to how to "chip" the plastic to make the packing and shipping more expedient. It was true to the nature of a group of good hearted volunteers to be thinking collectively about how to make this process faster and more economical. We started to talk about who we should contact at the bigger "richer" companies to try to guilt trip them into compensating us- the "little guy" for our efforts. We got all fired up and were ready to launch a campaign! Armed with a litany of logic for social justice that I had discussed with my new found friends-in-righteousness, I picked up the phone to call the folks at Preserve: Gimme 5 Program, ready for a good healthy debate. Well you guessed it, the voice at the other end had heard it all, and we were in for a simple, yet educational conversation. In fact, we had a great conversation. What it comes down, I learned, is the fact that this company, Preserve, could actually source the plastics for their products far more cheaply if they were to buy it fresh from the petroleum processing plants. The sad fact of our economic world right now is that it is often more expensive to "up-cycle" a product, than to make it from scratch. As for shipping expenses, indeed, Whole Foods has its own trucks so it can afford to schlep the boxes full of #5's to and fro as they deliver products to the stores. (Insert snide remark about the influence of large corporate companies here. Then take it back because if it weren't for the actions of large powerful companies, some of the good things in our society would not get done.)

In the course of my conversation with Andrew at Preserve, I was humbled by the largeness of their efforts at the Gimme 5 Program. Though the Co-op may be small in size and effort, we are taking part in the bigger picture. At least we are addressing the

 see pg 12

Co-op Calendar

November

Tuesday, November 1st First day you can order your Grateful Harvest All Natural Fresh Turkey Come on in, select your size and put down \$10 to reserve your special bird this holiday which will be available for pick up Nov 22 & 23. <http://www.gratefulharvest.com>

Tuesday & Wednesday, November 8th & 9th ~ Put the Co-op on your list of places to be for the Small Plate Crawl! <http://smallplatecrawl.com> You may have heard of this fun filled culinary event in our little town. This year, the Blue Mountain Deli will also be on the tour, and you can take part in the best eating in town.

Thursday through Sunday, November 10th – 13th. Owner Appreciation Days. That's 5% off for owners any ONE of these 4 days.

Saturday, November 12th at Annual Meeting, Vote and Potluck with Board of Directors~ Opportunity House, 5:00 – 8:00 p.m. See page 3 for details.

Thursday, November 17th , noon – 1:00 p.m. Age with Vitality & Beauty: A new perspective on anti-aging with Alice McCall. Learn why cellular health is vital to aging with health and well-being and why it works! Alice will discuss the importance of cellular health and regeneration. Be inspired to age with grace. Don't miss this event - free - at the Co-op Annex.

Tuesday & Wednesday, Nov 22nd & 23rd ~ pick-up turkeys! Thursday, November 24th~ The Co-op will be closed for the Thanksgiving Holiday! We wish you a day of delicious feasting and fun. We are thankful for you!

December

Thursday, December 8th through Sunday, December 11th OAD's. 5% discount off your groceries for owners any one of these four Owner Appreciation Days.

Friday, December 9th 5:30 - 7:00 p.m. Please join us for a Wine Tasting hosted by our own local wine- makers, Falderal Winery. Sample some special wines created just for the holiday season, and try some tasty samples from the store as well.

Saturday, December 10th, Co-op Kids! 10:30 am Drop in and make something fun and festive for the Holidays. Gingerbread people will be on hand for decorating. Any questions, let me know: gretchen@hendersonville.coop or call Gretchen 696-8557 extension 102

Saturday, December 24th, EARLY CLOSING AT 5:00 PM.

Sunday, December 25th CLOSED.

Saturday, December 31st, EARLY CLOSING AT 5:00 PM.

Sunday, January 1st CLOSED.

For more information on any of these classes or to see class fees go to upcoming events at www.hendersonville.coop For pre-registration or more information on any of the events email gretchen@hendersonville.coop or call 693-8557

WELCOME NEW OWNERS

Barbara & Lawrence J Gerhard, Mark & Shannon Drane, Olivia & Fred Post, Sally ,Darleyne & Shannon Stephens, Evelyn Williams, Wanda Kuykendall, Jane Reinoso, Lynne Bryson, Susan & Steven Wyatt, Billy E & Christina Ward, Suzanne & Marty Kelly, Yolanda Bautista, Sandra W & Maurice Jones, Christine & Tj Ledbetter, Marcia Burrus, Mary Kaye Frankey, Patricia Johnson A & Ed Diehl, David & Estell Osten, Joyce & Jim Duffy, Sarah Bradley, Thomas & Susan Bullard, Jill Silver & Richard Conn, Lynn & Jamie Ronzello, Doris Cole, Rochelle & Rick Splide, Howard Troxler & Lynn Casey, Stefanie & Phetsmone Kom-pathoum, Carolina Village, Sheila Davis & Beverly Morrow, Rock C & Margaret Mckinnish, Sally Clark, Emily Jernigan & Michelle Carter, Sally & Michaels Collins, Carol & Natalie Pierce, Cheria Duncan, Mary Ann Nease, Vervin & Amy Stamey, Carol Brandon-Reid & James C Reid, Jessica Neese & Ashton Powell, Alys Wild & Jeff Morgan, Stacy Roberts, Erin Hill & Carol Kramer, Melissa Bridgeman & Melinda Champion, Joan Russell & Richard Mackey, Shanna & Jeffery Stepp, Sarah & Bill Baldwin, Tara & Donald Tinsley-Ledbetter, Elizabeth Reid, Ryan Cannon, Cathy Easterbrook, Amayethci Olivores, Dianne Bornia, Carolyn & Don Long, Johnny B Rice & Lamar Brogden, Lauren Marie Royal-Woods & Rhett Woods, Tina Martin, John & Nancy Eskew, Deborah Gilmaker & Jefferson Medley, Sherna & Alan C Brody, Sherman & Ella Phillips, Brandon & Barry Reynolds, Betty Blackerby, Heather & Joel Weber, Harry Wozniak & Karen Jones, Susan Mahnken, Barbara Kingston, Lenora Harris, Mark Dulken, Peggy & David Riddle, Deborah Kay & Donald N Abbott, Nancy Buchanan, Beverly Donahue, Nancy Thalacker, Angie & Dan Collins, James & Karen Reynolds, Gail & Ron Forester, Lisa Konklin, Jonathan & Sami Butler, Peggy & Laurie Hickman, Dawn S Keller, Ann & Bob Walter, Connie White, Michael Alburl & Kim Jones, Maria King, M Carol & Edward J Oleksiak, Robert Linder & Mary Meyers, Carol Jemison & William Walz, Ed & Kathy Wahler, Ana Alancastro & Natasha Feria, Gail Livingston, Anne & Sterling Anderson, Patricia Hart



Healthy Lifestyle Q and A

with Joan Kennedy of StayWell, Inc.

Question: About a month ago, I heard on the news that Denmark imposed a “fat tax” which taxes products containing a certain percentage of saturated fats and evidently had two goals. One was to increase revenue from taxes and the other to discourage unhealthy eating in an attempt to decrease their prevalence of obesity. Do you think taxing saturated fats will have an effect on obesity?

Answer: I wish it were so easy. While the monies collected from such a tax might help a national economic situation, I doubt it will have a significant effect on obesity rates. I have my doubts for two reasons:

1. Though the rate of smoking has decreased significantly in the last 50 years, the tax levied on them has had little to do with most people’s decision to quit. Other important factors are changed social norms and expectations, family and medical pressure to quit, large country-wide educational efforts aimed at children, multi-media anti-smoking publicity, the general increase in price of cigarettes, the lack of advertising for tobacco products in mass sales media, restrictions on where smoking is permitted and the fact that cigarettes are not available on store shelves, but have to be requested from behind the sales counter. The anti-smoking campaign has included governmental, business, advertising, medical and social components.
2. Obesity, like smoking is so multi-focused that simply taxing a few particular types of foods will likely have very little impact on helping people make better food choices. For one thing I doubt that many people will take the time in planning and doing their food shopping to determine how much extra they might pay for a product because of the taxes.

Like tobacco smoking, attempts to help people decrease obesity must come from many sources. We are living in the first generation where food is available everywhere, 24/7. Want something to eat in the middle of the night, go to your refrigerator or pantry or hop in your car and drive to a local grocery open 24 hours/day, convenience, a drug or big box variety store which is usually less than 10 minutes from your home unless you live in a remote location. A generation ago, food was much more difficult to obtain and to store safely.

Since food is available everywhere all the time, our senses are constantly bombarded with appealing aspects of food. Pictures and ads are in regular newspaper ads, on computers and portable device apps, TVs, in movie theaters and in books and magazine, to mention just a few of the places we see and smell food. I often wonder why people cannot sit through a 90 minute movie without eating. Mainly because movies and food are portrayed as a package and when someone enters a movie theater, the first thing he/she sees (and smells) is popcorn.

Did you know the following?

- Americans 65 years and older eats out at a restaurant 2.4 times week.
- The average working adult eats lunch out 2.7 times per week.
- There are 55 magazines that have food as a primary topic in each issue.

- Every major Sunday newspaper in the USA contains at least 4 major inserts that advertise food.
- There are at least a dozen places to eat right here on Main Street, Hendersonville, NC.

Just those facts alone illustrate many of the issues involved in the increase in obesity.

Back to the “fat tax”, the latest nutritional research does not support that fats are the primary cause of obesity. Since the American Heart Association began recommending low fat eating, the rate of obesity has risen steadily and quickly, as has the rate of chronic illnesses such as diabetes mellitus II, hypertension, heart disease, hyperlipidemia, joint disease, gastritis, cancer etc. Though Dr. Atkins started publicizing low carbohydrate eating for weight loss and weight maintenance years ago, many, including medical and nutritional professionals, have criticized this approach as unhealthy. Research in the last 10 years has shown, though, that low carbohydrate eating is the most effective way to lose weight and decrease chronic illnesses. It is high carbohydrate eating that over-stimulates the production of insulin, and other gut hormones, that lead to the development of diabetes mellitus II. Starchy carbohydrates contribute to elevated triglycerides which contribute to heart disease and stroke. When a person eats extra calories, especially carbohydrates, the liver increases the production of triglycerides. Other less well known results of high carbohydrate eating include acid regurgitation, lethargy, constipation, thyroid disease, dementia and even some cancers.

So though I would support taxing unhealthy foods as a small part of a large multi-faceted approach to decreasing obesity and generally improving a nation’s health, alone I believe it would have little effect on the health of any Americans and other nationalities. Furthermore, if it has little effect on improving health, the escalating high health care cost, will outweigh any tax benefit gained from the tax. I do think the current emphasis on growing our own food and buying local can help both our economy and our health so I suggest that we at the coop put our energies in those directions. Such an approach also supports a current thrust at “locavesting”—supporting our local economy.

Thanksgiving, Hanukah and Christmas, are American’s biggest food and family holidays. If you are going to be with family for these special days, remind yourself that all the wonderful food your grandmother put on the table was mainly from her garden. So, let’s all focus on family instead of food.

Though I am passionate about healthy eating and decreasing obesity, in the New Year I want to discuss some other health-related subjects. So, please send me questions about other health subjects.

Happy Holidays,
Joan Kennedy, FNP-BC
StayWell Health Care
828-329-8897
joankennedyfnp@gmail.com



News and Views cont. from pg 9

proverbial elephant in the room, while few of the general public is even willing to squint at it. We name the elephant, then we ask for volunteers to help us move the elephant and pay for the elephant and so on and so on - until it becomes second nature to the society as a whole to care for the elephant until it is not longer an elephant. (Remember when you had to tie up the newspapers with string and cart them down to the recycling center?)

If you have ever explored the Gimme 5 website, you have already learned about the basic premise behind their efforts: Reduce. Reuse. Recycle. Those are the principles that have driven our company since 1996 and that motivate us to encourage more households to choose our 100% recycled and recyclable products over conventional products.

Our plastic products are made from #5 polypropylene plastic collected from individuals via our Gimme 5 program and from companies like Stonyfield Farm®. We take this plastic, sort it, clean it, test it, recycle it, and turn it into new Preserve products. Choosing Preserve Plastic (in the form of a toothbrush or razor, for example) means a sizeable reduction in greenhouse gases emitted, and significantly less water, energy, oil, natural gas, and coal used in making plastic.

How much of a difference? Preserve plastic requires:

- At least 54% less water than virgin polypropylene
- At least 64% less greenhouse gases (in CO2 equivalents) than virgin polypropylene
- At least 75% less oil than virgin polypropylene
- At least 48% less coal than virgin polypropylene
- At least 77% less natural gas than virgin polypropylene
- At least 46% less electricity than virgin polypropylene

How did we calculate these numbers?

Preserve uses a tool known as a Life Cycle Assessment (LCA) to assess the environmental impact of our materials, products, and services. Life Cycle Assessment is a tool used to compare the environmental impact of a product or system's entire life cycle, from raw material sourcing to manufacture to disposal. Or more simply, an LCA measures the impact from the beginning to the end: including transporting the source material for Preserve Plastic, making Preserve products, getting the product to the store and your doorstep, and finally, what happens to the product when you are done with it. From: <http://www.preserve-products.com/recycling/gimme5.html>

More than 55 lbs of #5's
boxed and ready to travel.



Preserve Gimme 5 has partnered with some pretty big players in this program: Brita, Stonyfield Farms, Tom's of Maine and Seventh Generation as well as Whole Foods, are all involved. Come to find out, we are not the only Co-op participating, so we are not alone. Discouraged at times, by the mountain that grows in our warehouse, I believe we could put some energy and effort into creating a way for all of us "little guys" to get together and move some #5 plastics using partnerships instead of dollars.

As you can see, the mountain has been harnessed and is ready to travel to New York for processing. My thanks and my admiration goes out to the people who helped to make the mountain a molehill. Keep them in mind when you are preparing to bring your #5's to the Co-op. Is it really a number 5? Is it clean? (Do you know what a dirty yogurt container looks like when it has been sitting for a few weeks? What it smells like? Use your imagination.) Maybe it's time to reconsider the product and its importance in your shopping cart. Can it be bought in a larger container rather than lots of little ones? There is so much to think about when recycling. There is just so much to think about when shopping and eating! And that is really what it comes down to: What impact does our lifestyle have on our environment, and vice versa?



Brooke Audreyal, Michael Reim, Michele Skeele, Susan O'Brien, and Geri Conley



Paula & Ron Bakule as well!

Many thanks to all of you who have dropped your spare change into the box for shipping #5's and thanks to all of you who have painstakingly cleaned and delivered your #5's to the Co-op. This is the only way we can make a difference, because elephants don't just go away, they must be seen.

We will have another #5 packing session on Saturday, November 5th from 10:00 am til noon. I can offer you a bottomless cup of coffee or tea for the morning and my undying gratitude. We might even have a good chat. Let me know if you'd like to join us.

Packingly Yours,
Gretchen



Staff Picks

Our knowledgeable staff have highlighted some of their favorite products on our shelves, why not give them a try. They're highly recommended!

Marcia	Deli egg and cheese biscuit - Yummy!
Crystal	Synergy Kombucha Tea
Dylan	Kettlecorn!
Toby	Tempt Hemp Milk
James	Organic Wines - check out our new wine selections!
Ben	Greek Gods Yogurt - The best greek yogurt we've got
Gretchen	Squash!
Brittany	Wild Alaskan Fish Nuggets! Yum!
Laura C	*Miso Master Miso Paste - Traditionally made right in Asheville, NC Nourishing and so delicious
Phil	Cheeky Monkey/Justins Peanut Butter Cups - They are awesome if you like peanut butter.
Brian	Inko's White Honeydew Tea - Delicious and Refreshing!
Jonathan D.	Blue Monkey Coco. Water (refreshing/tasty/tropical!)
Maren	"Fire" Buchi - Word on the street is Woody Harrelson digs it too!

Co-op Classified Ads

Have Pain? Healing Touch Energy Sessions provide relief. Used in Hospitals. Also, Qigong /Feng Shui Consultations. Call Linda Gardner. Cell 388.2036. ACU-NA Wellness Center 828.692.2440

EDITH DZIORNEY, LNMT, #836
Licensed Neuromuscular Therapist
@ Fountain of Youth Day Spa, 516
Kanuga Street, H'ville. 698-2954 \$15
off your first session.

Pyradym Sound Healing by Ann Weeks
@ the Acu-Na Wellness Center, 330 E.
1st Avenue, Hendersonville. If you've
never experience the amazing Pyradym
sound healing session now is the time!
It induces a deeply meditative state that
promotes deep tension relief, lessens
pain, boosts the immune system and
promotes emotional and spiritual
healing and growth. Call Ann Weeks
now at (828) 329-8883 or the AWC at
692-2440

Nutritional and personal health
consultations offered by Jean Snipes at
the Acu Na Wellness Center, 330 E. 1st
Ave., Hendersonville, 828-692-2440.
Please visit our website @ www.acu-na.com
for further information.

Personal financial assistant available
to provide support to individuals and
small businesses. CPA since 2007.
Call Elizabeth of Elizabeth C. Smolski
CPA, PLLC at 674-1438.

Looking for part time work in the eve-
nings. Maintenance, janitorial, factory,
convenience store preferred. 891-5418

Granite Chinese Lantern for yard, with
light sensor automatically comes on
and off dawn. 3' tall x 18" large &
heavy - \$375.00

Home repairs, and energy saving reno-
vations by general contractor, 30 years
experience - Bill Brooks 692-6921

JOIN US AT The Annual Owners Meeting/Party



Dinner & Dance

Saturday, November 12th from 5-8 PM
at The Opportunity House, 1411 Asheville Hwy
Arrive by 5. Vote by 5:45. Eat at 6!

Bring your dancing shoes.

Final votes are cast and tallied & year-end results are reviewed.

**BRING A HEALTHY DISH TO SHARE, A SERVING UTENSIL
& A LIST OF INGREDIENTS.**

For more info, call Laura Miklowitz at 693-6261 or Steve Breckheimer at 749-9104.

Department News

What's In Store For You?

Deli ~

Holiday greetings from the Blue Mountain Deli staff! That time of the year is here and most of you have probably noticed our offerings starting to change with the weather. As we approach the holidays and the Winter solstice in December, there will be several new items and offerings from the deli. We will be offering deli made apple cider in November and hot chocolate in December to accompany our full selection of various coffees. We will be offering a Thanksgiving lunch and Christmas lunch this year and will be seasonally themed. The menu's for these days will be posted in advance in the store and also emailed to you.

We are in the process of creating and developing several holiday platters that will have the option to be pre-ordered. Our goal is to have a pictorial brochure with various pricing and a method for ordering to be easy and convenient. Please stay in touch as these are developed.

New for breakfast we will be offering a new healthy alternative. The deli will be making parfaits daily with granola, yogurt and various dried fruits. These are going to be a quick and convenient item for you to take to work or on the go.

New salad offerings in the deli case this fall will be a "Farro Salad", "Pomegranate Beet Salad" and a "Harissa Roasted Root Salad". The faro salad will be composed of roasted butternut, fennel, cranberries, thyme, sage and tossed in a light white wine vinaigrette. The beet salad will be composed of currants, red onions, spinach, roasted beet, carrot, red cabbage, toasted cumin seed, pumpkin seed, sunflower seed, sesame seed, fresh mint, orange and tossed in a pomegranate molasses vinaigrette. The harissa salad will be composed of roasted cauliflower, tomatoes, butternut, onion, yams, bell peppers, lemon and tossed in a slightly spiced Turkish harissa. These all look to be incredibly awesome and we will be delighted to sample them to you.

Remember that we serve lunch from 11:30-2:30, Monday through Saturday. We serve biscuits around the clock as long as they last. We are also packaging biscuits in our grab & go for your convenience. The Blue Mountain staff wish you and yours a safe and happy holiday season.

~ Jordan

Wellness ~

A message from one of our leading brands in Wellness:

Sustainability Begins with Intention, Committed to organics

New Chapter was founded with the intention to support health and well being by delivering expertly formulated, time-honored herbal therapeutics. This remains our foremost commitment and guides our every business decision. Our commitment to using organic botanicals whenever possible is also abiding. Given these congruent missions, there are times when our priority must lie with delivering a healing product when an organic source is commercially unfeasible. In every instance, we make these choices with the health of people and planet in our minds.

Taking a stand on Non-GMO

New Chapter is a proud participant in the Non-GMO Project's Product Verification Program. By assessing every level of the supply chain, all the way back to the seeds, the Project ensures viable non-GMO alternatives long into the future. We are pleased to announce that our multivitamins are the first in the nation to achieve Non-GMO Project Verification.

We have long been committed to rooting out Genetically Modified Organisms (GMOs), and are now demonstrating that commitment by pursuing Non-GMO Project verification for our entire line of whole-food vitamins, minerals, and herbs.

To learn more about the Non-GMO Project, visit <http://www.nongmoproject.org/>

To learn more about New Chapter, and their policies, visit

<http://www.newchapter.com/sustainability/organic>

~Arrion



Grocery ~

'Tis the Season

The holiday season is fast approaching and here in the grocery department we are gearing up for this wonderful time of year. We have placed our order for the holiday turkeys and will start taking reservations in the coming weeks. They are all natural free range turkeys from Grateful Harvest hormone and antibiotic free. In the past we have been asked if these turkeys are fresh the answer is yes. Here is some Frosty bird information that our distributor sent to me.

FROSTY BIRD INFORMATION

You may have noticed in the past that our Grateful Harvest turkeys arrive to your store with a hard, cold layer of ice on the outside of the birds. This is because our turkeys are put through a deep chill blaster as soon as possible after they are packaged. They stay in this deep chill blaster until the internal temperature reaches 26 degrees. Turkey meat does not begin to freeze until the temperature gets below this temperature. This is due to the naturally occurring sodium in meat products. This deep chill creates a hard crust on the outer surface of the turkey. If a turkey arrives in your facility in the 26-28 degree range, and has this rather hard surface, it is an indication that both the packer and the trucker have done their jobs well. Studies have proven that quality and flavor are not compromised with this deep chill procedure, and you are ensured that you are providing the safest turkey possible to your customers.

What is a holiday meal/get together without a nice bottle of wine to share with your friends and family? We are very excited to be carrying a variety local and organic wines and have expanded and reorganized our wine selection in hopes of making your search for the perfect wine a little bit easier. I personally am very excited about our newest local wines from Falderal Winery. They are located in downtown Hendersonville just off Main Street on 3rd Avenue West. Established in 2009, they make all their wines on premises, as well as sells wine and beer making products to those so inclined to make it for themselves. They source their grapes and fruits from top viniferous regions around the globe, as well as from local farms and backyards right here in Henderson County. The wine maker, Paul, learned how to make wine at Thistle Meadow Winery in Laurel Springs, NC. After working there for 6 years, he and his wife Julia, decided to make the move to being business owners and opened their own winery in November 2009. They offer daily tastings, monthly wine making classes. And I am happy to say we are currently one of just a few retailers that are carrying these great wines.

Happy Holidays from the grocery crew!

-James

Produce ~

Once again the holidays are upon us. This time of year it's all too easy to put healthy eating habits to the wayside. All the cookies, chocolate, and heavy meals are very tempting and very delicious. That is why I'm sending out this message to not forget your organic vegetables. Going to a holiday party? Instead of bringing chips and dip, how about an assortment of fruits, or a sliced veggie tray? Your Co-op has fresh organic fruits and veggies even during this cold time of year.

It is sad to see the abundance of local produce come to an end for the year. This year we have supported more local farmers than ever before! Even though the local goodies are mostly over, I still put an emphasis on foods point of origin. I will continue to supply produce from as close to home as possible and rely on imported produce only as a last resort.

Let's go into the new year with an organic lifestyle. Happy holidays!

~ Robert



International Cooperative Principles

- Voluntary and Open Membership
- Democratic Member Control
- Member Economic Participation
- Autonomy and Independence
- Education, Training and Information
- Cooperation Among Cooperatives
- Concern for Sustainable Communities

Bring Your Own Bag

Reduce, Recycle, Reuse, Donate!

Bring your own bag - canvas, paper, plastic, etc. and receive a 10 cent chip to deposit in the donation box of your choice.

At the end of the collection period HCC will donate the collected funds to the chosen charities.

We are Currently BYO-bagging for:



The Free Clinics (TFC) enhances the Henderson County healthcare system to ensure the accessibility of quality healthcare for uninsured, low-income clients. TFC works with volunteers and partnering healthcare providers to provide healthcare, prevention, education, medication access, and case management services, including specialty referrals.

With concerns on the rise about the health and environmental impacts of genetically engineered foods (GMOs), we hope you'll join us in support of the Non- GMO Project as we host programs designed to raise consumer awareness, empower shoppers to confidently make Non-GMO choices, and protect the long-term availability of food and products that haven't been genetically engineered. The Non-GMO Project believes that you have a right to know what's in your food, and a right to choose Non-GMO.



Serving the Elderly of Henderson County Since 1969
The Council on Aging acknowledges our senior citizens with respect and dignity – while honoring their need for independence.
Meals on Wheels ~ Partnership for Independent Living ~
Sammy Williams Center for Active Living

Make a Difference Every Time You Shop! **BYO-Bag!**

It's a great way to reduce waste, recycle bags, and donate to worthy non-profits.

EVERYONE WINS!

Co-op Classified Ads

Natural by Stephanie, natural products, with no additives; Face lotion, hand & body lotion's, soaps, bath salts, sachets, prices; \$5-\$10. each. 243-2197, or email; stephaniehs@bellsouth.net

Buck Wood Stove 30" high, 25" wide, 24" deep. Burns Efficiently, \$500.00 697-2058

2008 Dodge Caravan mini camper for sale. Includes: bench back seat, bed, refrigerator/freezer, CD/DVD/TV, sink, tent, screens, awning, table and seats, AC/DC/inverter, bike and luggage rack, more. Great for couple or small family. 44,000 miles, auto, ac, 22 mpg, excellent condition, \$15,500. call Steve 828-749-9104

For Sale: 9" X 22" Mirror framed by a western harness horse collar, overall dimension: 32" X 28" \$50.00
Call: Juanita 828-697-5757

Migun bed for sale. Like new. Original cost \$3500.00. On sale for \$1800.00. Please contact Nina Mills at 828-808-0859 or email: ninamae9@earthlink.net.

Friendly, experienced housecleaning with attention to details. Several Co-op members references. Call Khristy at 388-1047

Discover Sylvia's Couture, a local wearable art studio creating whimsical and unique hand-dyed and handmade clothing for women. By appointment. Call Kathy Skomsky, 828-808-0279.

Massage Table - Like New, Extras \$325.00

Darlene or Bill Oberlin 693-7494

HOUSE/PET SITTER

Professional, experienced, responsible. Also available for errands, dr. appts.

Joanne 828-696-0808 / 828-243-6173

Owner Profile



Happy Birthday ~ Fred!

By Gretchen Schott Cummins

Now for a little back story: The creation of the first Co-op. *It was during the industrial revolution, in Rochdale England. They were weavers who had been fired from their jobs for trying to organize a union. They came together to sell five main products. It took them two years to save whatever spare change they had to have enough money to open. They opened on December 9th to the laughter and derision of the neighbors. The gas company turned the gas off, so they were in the dark and they had to buy candles to light the store, and they sold the extras.*

First U.S. Food Co-op: *There were many first co-ops in the United States, and one of them was Hanover Natural foods. They just celebrated 75 years. During the depression a group of Dartmouth professors wanted to bring more affordable food to Hanover. They were visited by a Japanese man who came and spoke to their clergy. He was a man of Christian faith and he came and spoke with the folks at Hanover and they started the food Co-op. He called it, Brotherhood Economics.*

'Tis human to have an appetite for nostalgia: reflecting on something in the past can sometimes offer perspective, while inspiring a glow of reminiscence for simpler times. Reflection is often more illustrative than any planning can be. Caught in the perpetual mode

of needing to be reminded, I believe humanity needs constant reminding (I know I do) about the important transitions we must go through in order to improve. As a species, what could be more important than knowing and returning to your food source? Our relationship to food mirrors our relationship with life. Where we go to find our food, our sustenance, is our modern day version of hunting and gathering and it carries great universal importance on a personal level as well as in the big picture.

I've never really believed that a trip to the grocery store was just a simple "trip to the grocery store." We bring with us a litany of tribal ritual and flavors when we seek our nourishment. Co-op owners and shoppers seem to be especially in tune with the "place and the process" by which they get their food: where it comes from, what went into it, and how our bodies will ultimately benefit. Who doesn't love a little trip down memory lane, especially when it is about something so vital to us as our food supply? It seems to me, we must keep going back- as a culture, in order to remind ourselves of the very utter importance of eating and the very powerful impact our eating has on our world and our community.


You may already know, HCC began as a buying club – a group of people who used purchased foods in bulk in order to better afford them. Transformations and growth spurts along the way meant it moved from the garage to being housed in several locations: the old train depot off of 7th Avenue, a building on Balsam Road behind Pro's Pizza, and finally here on what was Old Spartanburg Highway, now South Grove Street.

In search of some of the history of HCC, I recently called on a great resource to catch me up on some of "the back story of the Hendersonville Community Co-op", Mr. Fred Chaffee. Besides being a long time owner, shopper, volunteer, and two term board member- Fred has been a proponent of natural, healthy foods and a Co-op supporter for over 20 years. Not only that, Fred had kept and archived meeting notes and clippings about the Hendersonville Community Co-op, which he gladly shared with me in the hopes that I might be able to pass on some of the heritage of this wonderful place. Fred showed up one day not long ago and handed over a well organized, dated and annotated, packet of papers, pictures and files that had to do with his service time here at HCC.

Getting caught up on the history of our Co-op was educational for me. And talking to Fred was more than just fun and informative. Fred spoke of some times when the Co-op really struggled financially: Times when it pulled through only as a result of the strong dedicated volunteer base.

"They used to call on me when not enough volunteers showed up," he laughed.

Mostly Fred elaborated on how things had changed over the years. From where we sat in the deli that day, he peered around the store with a candid smile. "This is upscale!" Fred

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exclaimed at one point, “Of course, back then, we never knew any better. We just pitched in when something needed doing. When the floors needed washing, we just did it! Or when the hopper needed scrubbing! But we thought it was fun, because of the fellowship.”

Through different managers and boards, the Co-op kept changing. The name morphed as well, but the basic premise remained the same. It may surprise many of you that the move to its present location was actually quite contentious at the time. According to the 1992 Times-News headlines on some of the articles that Fred brought in: “CO-OP MOVE SPARKS ETHICS DEBATE” and “FOOD CO-OP MEMBERS AT ODDS OVER NEW SITE”

The newspaper articles elaborate on some familiar issues concerning environment, energy efficiency, and as always, the need for better communication. You may recognize these as timeless issues, and as ever, we need to keep these concerns in our sights. The Co-op has always prided itself on being able to walk its talk. A strong sense of transparency resonates throughout all the clippings and articles about the Co-op.

Some may argue that right now in our community, there are some very controversial issues that burden our little town. Even the proposition to move the Co-op has brought up some debate. Fred told me that even back then; there were some pretty hotly debated topics that had to be overcome before the co-op could make changes.

Rather bemused with himself and how time has afforded him some perspective, Fred laughed many times that “those days were simpler in many ways, but more complicated too.” He told me that the Co-op was made up of “a lot of interesting people back then- mostly transplants to this area.” And it was run primarily by volunteers, except for the general manager and a part-time bookkeeper. “It was a lot of fun!” He reminisced. But he does remember that there would be problems. “The cooling systems would break, for example, and sometimes it seemed the equipment was out of order more than it was in order.” Fred remembers many late night inventory sessions, too. Without the technology that we now employ to track our product, inventory would go late into the night with many volunteers hard at work counting each individual item.

This left a lasting impression on him.

Always available with a smile and story, you can count on Fred to enthusiastically attend picnics and potlucks. He might be best known around town for his alternative transportation: Fred gets around on a lovely scooter now, but for a long time it was a moped and before that, a bicycle. After moving here in 1988, he began the Co-op chapter of his life when he joined HCC in 1990 and served on the BOD until 1994. He continued his involvement for as long as there was an “in house volunteer program.” Fred was always an active part; not to mention all the newsletter articles and countless hours of service to this Cooperative. His stamina and general well being speaks well of the choices he has made by being a part of the Co-op- and, he would claim, being vegan, and eating well and being active. Though his service and contributions to this organization have been noted and celebrated over the years, it is worth mentioning again.

As you read this, please join us here at the Hendersonville Community Co-op, as we honor Fred Chaffee and wish him a HAPPY BIRTHDAY. Fred will celebrate his 83rd birthday on November 8th! Many Happy Returns, Fred! We are so glad you were born, and that you spent the last 25 years of your life here in Hendersonville contributing to this Cooperative. It is you and the folks who worked alongside you lo those many years that set the foundation for HCC and what it is today.

OAD

Don't forget to come to Owner Appreciation Days!

Owners, save 5% on one shopping trip
of your choice the second weekend of the month!!!!

November 10th through November 13th.
and
December 8th through December 11th.

Just pick which day you want to shop and let your
cashier know you would like to use your discount.

Co-op Classified Ads

Sparks of Life Therapeutic Massage
Joanne Sparks, NC LMBT #10218
Swedish, Deep Tissue, Touch for
Health, Energy Healing, Reflexology,
Infant Massage Instructor, Integrated
techniques for injury rehab. 828-243-
6173, Flat Rock, NC

FOR SALE: Perelandra Products
Nature Program Essences – nine ½ oz
bottles & guide – never used, Soul Ray
Essences – eight ½ oz bottles & guide
– few drops used, Rose and Garden
Essences – thirty-two 1/8 oz bottle &
guide – never used, Soil Balancing Kit
– eight 1 oz bottles & guide – never
used, Microbal Balancing Program
Manual, Machaelle Small Wright
Garden Workbook, Second Edition,
Machaelle Small Wright
Contact phoebe.miller@gmail.com

“Hendersonville Seniors Network” -
Repairs, maintenance, carpentry and
other help as needed. (We are semi-
retired seniors.) Insured. Licensed
and bonded. Non-profit Organization.
Charging \$15.00/ hour 699-3993

Tower Garden Patented Hydroponic/
Aeroponic Gardening. www.mytowergarden.com. Available April 1, 2012.
To place your order now or for more
info. bruceandbonny@yahoo.com

For Sale: Beautiful private home in
Hendersonville. 3,200 SF, 3 BR+, 2.5
BA, 2 FP, Garage, Deck, Porch, Base-
ment, Attic, Bonus Room, 1.58 Acres.
You Tube video / 200 Whispering
Stream Trail

Free Talk on the benefits of Yoga
Therapy Where: WNC Functional
Health, 711-B South Grove Street,
Hendersonville, 28792. (next door to
the Co-op) When: Saturday, Nov. 5th,
10 - 11:30 a.m. Given By: Leslie Mor-
rill, E-RYT, Registered Yoga Therapist
for Mission Hospital's cancer research
clinical trials program.
(828) 333-1537



Turkey Roasting Tips

- Remove the giblets from turkey cavities after thawing. Cook separately.
- Set oven temperature no lower than 325° F.
- Place turkey or turkey breast on lower rack in a shallow roasting pan.
- For even cooking, bake stuffing in a separate casserole dish, versus in the bird. Use a food thermometer to check the internal temperature of the stuffing. The center should reach 165° F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time. Separate wet and dry ingredients, and chill wet ingredients (butter/margarine, cooked celery and onions, broth, etc.) until ready to prepare. Mix wet and dry ingredients together just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches 165° F.
- Whole turkeys should be cooked to 180° F. To check for doneness, insert a food thermometer in the thickest part of the inner thigh without touching the bone.
- Turkey breasts should be cooked to 170° F. Insert a food thermometer in the thickest part of the breast to check for doneness.
- Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.



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See reverse side for turkey roasting timetable and turkey thawing instructions.

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Turkey Roasting Timetable

(325° F oven temperature)

Unstuffed		Stuffed	
4–8 lbs	1.5–3.25 hours	6–8 lbs	2.5–3.5 hours
8–12 lbs	2.75–3 hours	8–12 lbs	3–3.5 hours
12–14 lbs	3–3.75 hours	12–14 lbs	3.5–4 hours
14–18 lbs	3.75–4.25 hours	14–18 lbs	4–4.25 hours
18–20 lbs	4.25–4.5 hours	18–20 lbs	4.25–4.75 hours
20–24 lbs	4.25–5 hours	20–24 lbs	4.75–5.25 hours

It is safe to cook a turkey from the frozen state. The cooking time will take at least 50 percent longer than recommended for a fully thawed turkey. Remember to remove the giblet packages. Remove carefully with tongs or a fork.

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072

10:00 a.m. to 4:00 p.m. Eastern time, Monday through Friday
E-mail: mpholine.fsis@usda.gov

Turkey Thawing Instructions

TO THAW TURKEY IN THE REFRIGERATOR:

Keep the turkey wrapped and place it in a pan. Let it stand in the refrigerator roughly 24 hours for each 5 pounds. Large turkeys should stand in refrigerator a maximum of 5 days. The giblets and neck, which are customarily packed in the neck and body cavities of frozen turkeys, may be removed from the bird near the end of the thawing period. If desired, the giblets and neck may be refrigerated and reserved for use in giblet gravy.

TO THAW TURKEY IN COLD WATER:

Make certain that the turkey is in a leak-proof package or a zipper-seal plastic bag. This prevents bacteria in the surrounding environment from being introduced into the food, and prevents the poultry tissues from absorbing water. Change the cold water every 30 minutes. Approximately 30 minutes per pound of turkey are required for thawing. After thawing in cold water, the turkey should be cooked immediately.



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www.strongertogether.coop

Age with Vitality & Beauty

A new perspective on anti-aging with Alice McCall

Learn why cellular health is vital to aging with health and well-being and why it works! Alice will discuss the importance of cellular health and regeneration with tips for achieving. Be inspired to age with grace. Don't miss this event - free - at the Co-op Annex on **Thursday, Nov. 17, 12-1pm.**



Hendersonville Community Co-op and Red Wing Farm Present Organic Gardening Basics

A series of 4 gardening classes starting January 7

Saturday, January 7, 1-4pm: Growing Healthy Soil

Cultivating and maintaining healthy soil is the key to success in your garden. Growing good soil is the organic gardener's most important job. Healthy soils grow healthy plants, and fertile, living soils are the first line of defense against pests and disease. In this class you will learn about building beds to build healthy soil -- we will discuss several methods and approaches with an emphasis on the advantages of permanent no-till raised beds. We will also cover methods and tools for cultivating the soil, understanding soil tests and soil amendments, using compost and manures to build and preserve soil fertility, nurturing the web of life in the soil, using mulches to preserve soil health, integrating a permaculture approach, crop rotation, cover crops, and the importance of rest and renewal for soil health. Participants will leave this class with resources for further learning, and a basic understanding of how to build healthy soil in your garden.

Saturday, January 14, 1-4pm: Starting from Seed

Seeds are the beginning of the cycle of life for plants in your garden. This class is an overview of how to grow your own vegetables, herbs, and flowers from seed. Participants will learn all about gardening from seed, including: organic and heirloom seed sources, preserving heirloom varieties, making your own seed starting mix (potting soil), which plants to direct seed in the garden and which to start indoors, germination requirements, caring for seedlings, when to plant seeds and seedlings, succession planting to extend your harvest, seed saving, and seed storage. We will also discuss seed sovereignty and seed heritage, learn about how to become a seed steward, and share heirloom seed stories. In this class, you will learn all of the basics you need to know to start seeds indoors and in the garden. You will also gather resources for further exploration of growing from seed and seed saving.

Saturday, January 21, 1-4pm: Insects in the Garden

Insect pests are the biggest challenge for many home gardeners and small farms in western North Carolina. You've sited your garden well, you've got healthy soil, you're keeping everything watered and weeded and then the bugs strike--cabbage worms, bean beetles, harlequin bugs--these are just a few of the insect pests that can decimate a garden. This class will focus on how to prevent and treat pest problems in the garden. We will learn to identify major insect pests of our area and discuss organic pest control methods. We will also spend some time talking about "good bugs" -- including methods for attracting and keeping beneficial insects in your garden, getting beneficials working for you for effortless pest control, and creating a healthy garden ecosystem to keep pests and beneficials in balance.

Saturday, January 28, 1-4pm: Four-Season Garden Sustainability

In this class, we will discuss sustainable organic gardening methods in the year-round vegetable gardening cycle. We will begin with the basics of four-season gardening and discuss techniques and strategies to keep your garden healthy and productive throughout the seasons over many years. We will focus on the value of interplanting, crop rotation, and companion planting (polyculture), perennial edibles, fall and winter gardening, and selecting plant varieties for year-round harvests. We will spend some time discussing season extension methods such as row cover, mulch, cold frames, stoophouses and hoophouses. We will also touch on the concept of food forests and permaculture approaches to gardening.

"The Organic Gardening Basics classes with Beth and Christopher were inspiring. A great team, they were organized, each lesson well planned to give us smart, easy-to-follow directions to a healthy garden—as well as a few lively stories from personal experience. Using beautifully designed graphics, they also provided notes after each class, and valuable info on local suppliers. I'm a beginner gardener and I felt the more experienced folks were getting just as much out of it as I was. It is abundantly clear that Beth and Christopher love what they do and that they have a sincere respect for the earth and their chosen field. And that made us all just want to dig in!" ~Tarleton

"I have been to many organic gardening classes before and none compares to the one given by Christopher and Beth. Their presentation was detailed yet concise. The materials used were clear and relevant. They take turns doing different topics which provides variety and focus. The presentation was very professional and had the right mix of graphics and text. I took all four classes and plan to go to the ones they are offering at their farm." ~Suzanne

Co-op owners: \$20 per class, \$60 for the series. Non-owners: \$30 per class, \$90 for the series.

Classes held at the Hendersonville Community Co-op, 715 S. Grove St., Hendersonville, NC

To register or for more information, contact Gretchen Schott-Cummins at

828-693-8557 or gretchen@hendersonville.coop

Co-op Classified Ads

Deck furniture for sale. Like new. Large table with umbrella and six chairs.

Also a bar with two bar stools. Original cost \$1,000.00. On sale for \$500.00

Please contact Nina Mills at 828-808-0859 or email: ninamiae9@earthlink.net.

House for Sale; 4.99 acres, 3 arbors, pool, hot tub, Jacuzzi, Walking trails, 2640 sq. ft, 3BR, 2.5BA, 3 miles from DuPont; Contact; Stephanie @ Keller Williams

2000 VW Beetle 2.0L 21-31 MPG Red, sunroof, automatic, immaculate/great condition, 200,000 miles brand new rebuilt engine. \$4900 828-348-4868

The Fitness Club At Laurel Park in Hendersonville

Looking for Certified Instructors who can teach Yoga and Pilates

Please Contact Denise Alexander: (828) 698-8233 for an appointment.

Papa san chair in excellent condition. Off white colored cushion. \$50 firm 685-8105

Classified ads are free to all HCC members. Non-members pay a 25 cent charge per word. We accept typed or clearly written ads only. 25 words max. No ads will be accepted by phone. Submit ads to the suggestion box in HCC or by email at mail@hendersonville.coop. 828-693-8557 We reserve the right to refuse or edit ads. The deadline for classifieds is the 7th of the month prior to the month being published. We may remove ads after two months if not notified of an end date.

Co-op Connections

A Co-op Owner Advantage

Alternative Health

Hendersonville Acupuncture Center: Amanda Stierwalt. 828 Fleming St., Hendersonville, NC. 828-692-9090, 20% discount.

Saluda Healing Center: Bonnie L. Williamson, DC. Chiropractic, ChiroYoga, acupuncture, neuromuscular re-education, colonics, detoxification, psychotherapy, regression therapy and neurofeedback. 43 Pearson Falls Rd., Saluda, NC. 828-749-3875. 10% off initial visit for co-op owners.

Henderson Chiropractic: Joseph Silva 1630B Spartanburg Hwy, Hendersonville. 828-696-2455. 20% discount on all services. Regular fees for individual services range from \$18 up to \$250.

StayWell: Joan Kennedy. 418 Village Greenway, Flat Rock 28731. 692-7282, www.saluda/staywell.com. 10% off any self-pay service.

Center for Natural Healing, 1185 Ecusta Road, Brevard. Kevin Richard and Sierra Lamanna 862-8806. 10% off first consultation. Consultations \$70/hr

Healing Therapies, Inc, BEYOND SURGERY: Judy Lynne Ray offers Guided Imagery + Healing Touch sessions for pre and post surgical clients. 828 553 -8146. \$70 fee includes book and tape. 10% discount on initial session.

WNC Functional Health, Frank Trombetta D.Sc. Rowan Farrell Trombetta, NMT. Integrative Health Care for all conditions with 25 years experience in private practice. Complete holistic services for chronic illness as well as Hakomi Therapy and Homeopathics. For Co-op Members: 50% off first Detox Therapy; 25% off first Microcurrent and Laser Therapies; 25% off first Cranial Sacral Therapy. www.wncfunctionalhealth.com

Trinity Healing Arts - Sierra Lamanna. BioEnergetic (how the biology is affected by energy) Intuitive. Specializing in matching supplements to your specific energy, therefore addressing core imbalances. Work over the phone or in person. 828-862-8806 www.trinityhealingarts.com. Free 20 minute consultation to co-op members.

Living Points Community Acupuncture Clinic - sliding scale acupuncture \$20-\$40 per treatment w/ \$15 one-time first treatment paperwork fee - 5 Allen Ave, Suite B South Asheville, NC 28803 828-687-8747 www.livingpoints.net We will waive the first treatment paperwork fee for co-op members - \$15 savings

Acu-Na Wellness Center, 330 E. 1st Avenue (1st Ave. & Grove), Downtown Hendersonville. (828) 692-2440. Mary Houge, L.Ac., LMBT. Using a new ground breaking system we help women with menopause symptoms naturally. We help you feel better— without drugs. We also offer acupuncture, massage, facial rejuvenation, lymphatic treatments, Chinese herbal remedies, and natural supplements...www.Acu-Na.com. 15% discount on Co-op members first visit.

Iridology - special offer - Do you want to discover the underlying cause of imbalances and deal with them naturally. Prevention and balancing your body will save you money & suffering using aggressive therapies that suppress symptoms & create a cycle of disease. Save 50% on an Iris Analysis, i.e. \$40 an hour To take charge of your health. Call Kashmyra for an appointment (828) 891 1602

EFT - Emotional Freedom Technique is like acupuncture for the mind only without the needles. Works when almost nothing else will. Freedom from fears, sadness, grief, uncontrollable cravings, low self esteem & more. 2 hour session \$20.00 off to Coop members. Carol S. Rios BCH MH EFT-Crt. 828-698-4936 www.EFTmiracles.com

Healing Path with Alice McCall - Transformational Energy Healer, Counselor, and Author of 'Wellness Wisdom' inspired by her journey with cancer. Alice works at the cellular level to source and heal the root cause of your health issues, disease, unwanted patterns. 25% discount off first session and 15% off ongoing to Coop Owners. www.healingpath.info Cell 850-585-5496 / 828-692-5423.

Max Lowd - Vibrational Energy Work, Utilizing state of the art 'Life System' technology. Feel the difference that vibrational release can bring to you and your body. Call

850-375-0296 (cell); 828-692-5423; email tudmax@gmail.com. 50% off first session; 20% off ongoing sessions to Coop Owners.

Ethereal Essences, Betty Murray, B.S., LMBT, NC#4096, Sensitive, Empath, Intuitive Energy Healer, and Body Worker. Ethereal Essences announces another dimension in healing inspired by God and channeled by Archangel Gabriel. Our metaphysical based spiritual oils will clear, repair and balance your etheric body and the physical body. Co-op owners 20% off. Call 828-699-4081 for your consultation or visit www.etherealesences.com

Counseling Services

Conscious Choices: Roberta A. Moore, Psychotherapy Services, Downtown 828-329-0431. 15% discount on 1st five sessions.

Janice Mewborne, ACSW: Private Psychotherapy Services. 714 Oakland St. 828-692-0029, 10% off private pay

Joseph Howard, MSW: Personal Growth Coaching & Emotional Release. (828) 651-8646 25% off first session

Lella Holland, LPC: Psychotherapy, regression therapy and neurofeedback. 43 Pearson Falls Rd., Saluda, NC. 749-3875. 10% off initial visit for co-op owners.

Terri Morgan, LPC, LCAS; Psychotherapy & Substance Abuse Services, Downtown 828-458-1188. 25% off first session / 10% off ongoing sessions.

Confidential Counseling: Shirley M. Nicholson, Psychotherapy & Hypnotherapy Services. Downtown office. 828-242-7806. 15% discount for co-op owners.

Joan King, BCH, NGH Board Certified Clinical and Sports Hypnotherapist, NLP Performance expert. Since 1992 training amateur and professional athletes how to access their peak performances, Flat Rock, 828-696-2547, www.pmi4.com. For co-op owners 25% discount on first session, 10% discount for ongoing sessions.

Asheville Nutrition Therapy, your food and nutrition experts! Carol Shimberg, MHS, RD, LDN. Individualized nutritional counseling with registered dietitians and licensed nutritionists. Office located in South Asheville. Blue Cross BlueShield covers 6 visits per year for members, no co-pay or deductible! Call Carol Shimberg at 828-329-3855 or email at cshimberg@gmail.com. 20% discount to all coop members.

Coy Newton, MDiv, LPC: Integrating Christian Faith with Psychology, 431 N. Main St. H'ville (828) 697-7768 www.coynewton.com 15% off private pay for Co-op owners

Victoria Flanagan, LFMT, Flat Rock 606-5020 remarriage, stress, caregiving, families in transition, 20% discount on 4 group sessions for co-op owners

Fitness & Spiritual Well-being

The Yoga Studio at Highland Lake Inn: Fred Brown, Highland Lake, Flat Rock. 828-891-4313. www.highlandlakeyoga.com. 10% off to co-op owners

Brightwater Yoga: 506 1/2 N. Main Street, Hendersonville. (828) 698-5557, www.brightwateryoga.com 10% off Yoga classes.

Kashmyra Asnani, C.P., C.Y., C.M.T., offers 20 minutes private postural, alignment & gait instruction free with purchase of 1 session of yoga or Pilates. Or 40 minutes private body sculpting free with purchase of 1 session of both yoga & Pilates. Call (828) 891-1602.

Kathleen Wallace - offers private and small group Yoga classes in a studio set in a peaceful, wooded area of historic Flat Rock. Certified in Integrative Yoga Therapy with special interest in arthritis and aging. Registered with Yoga Alliance. She also teaches at Brightwater and the Kenmore Fitness Center. Call for information: 696-0808. First group class free and one time discount of \$25.00 for a private lesson for Co-op members.

Graceful Hearts Physical Therapy offers Turbo Sonic Whole Body Vibration Training. Using the Science of Sound to benefit all types of conditions from Asthma to Fibromyalgia, Autism to Parkinsons. Antiaging and fat/cellulite reduction programs also available. Call Grace for more information (828) 545-2948. \$5 off each session for co-op owners.

Steve Westin, DC, gentle adjustments, nutritional counseling, no x-rays req.d. 828-



551-8012 \$25/visit for co-op owners, \$35/visit for non-owners.

Spiritus Studio, yoga and wellness center: Arlene Riley, 720 Spartanburg Highway, Hendersonville. (828) 551-8545, www.spiritusstudio.com. *10% discount given to co-op owners for yoga classes.*

Joan King, BCH, NGH Board Certified Clinical and Sports Hypnotherapist, NLP Performance expert. Since 1992 specializing in mind-body-spirit training for golfers & others to move into "the zone" for peak performances, Flat Rock, 828-696-2547, www.pmi4.com. *For co-op owners 25% discount on first session, 10% discount for ongoing sessions.*

Massage & Bodywork

David Henry: Nationally Board Certified Reflexologist, Certified Quantum Energy Practitioner, Comprehensive Reflexology Inc. 580 Upward Road, Suite 1, Flat Rock 828-778-9985. Email: david_henry@bellsouth.net \$10 off first session http://davehenry.reflexology-usa.org

Fountain of Youth Day Spa Hot stone massage, Swedish massage, reiki., neuromuscular massage. 516 Kanuga St. Hendersonville. 698-2954. *10% off for co-op owners on each & every visit*

Polarity Therapy -- Energy Healing: Joseph Howard, MSW; Certified Polarity Practitioner. Hendersonville. (828) 651-8646 *25% off first session*

Judy Lynne Ray, LMBT, CHTP/I: Massage Therapy & Bodywork plus Healing Touch, Energy Healing, Aromatherapy, Raindrop Therapy Technique. 828-553-8146. *10% discount on initial session.*

Jennifer Smith LMBT#1232 massage therapist specializing in pain management using cranio-sacral, lymphatic drainage and deep tissue techniques. H'ville office 243-4942. *25% off first visit.*

Angel's Touch Spa Duncan Hill Commerce Center Suite 211 Duncan Hill Rd, Hendersonville, NC 28792 A private, serene, tranquil & comforting atmosphere dedicated to your well-being. By Aptmnt Only

Deborah Angel, LMBT/Nail Tech non-surgical face lift, ear candling, en vogue gel nails. 828-698-6634 \$10 off one hour massage for first time clients.

Karen Toledo, Detox Diva LMBT/nail Tech, hydrotherapist, detoxification, weight loss. 828-215-6565 *10% off initial service for co-op owners.*

All three offer 10% off spa manicures and pedicures for co-op owners always.

Stoney Mountain Healing Center: Meg Reim, Hendersonville. Home-828-274-0429. Cell- 757-274-1240 or e-mail at mreim@rocketmail.com. Wonderful healing sessions in a octagonal dome-like structure. 25 years of experience in medicine and alternative health. Sliding scale fees, love donations, bartering, etc.

Jill Johnson, LMBT, NMT NC#4924, #56162 Therapeutic Swedish Massage, Certified Neuromuscular Therapist. 10 years experience combining various modalities for a unique healing experience. \$5 off for Co-Op owners-ALWAYS. 244 Fifth Ave. W. #103 828-553-4605

Grace Shen, PT offers Total Motion Release, Craniosacral Therapy, deep tissue/fascia work, and Holographic Memory Release. Offices in Fletcher and now at Asheville Healing Arts. (828) 545-2948 by appointment. *10% off initial visit*

Peace at Hand 1531 Haywood Rd (Hwy 191) Hendersonville, 828-243-3139 692-3003, \$10.00 off first therapeutic massage for co-op owners by appointment only

BodyHarmony Massage - Karen Cash LMBT I am 20 years experienced and trained in a multitude of Therapeutic Techniques. I have also studied holistic nutrition and inner awareness health. I most frequently work integrating Swedish, Neuromuscular Therapy, Trigger Point Therapy, Craniosacral Therapy, and Matrix Energetics; but it's great to have the ability to integrate other techniques to help meet your needs. Whether it's stress relief, pain management, or wellness maintenance, my goal is for you to receive the best bodywork for your ultimate health. *25% off your first Session for coop members.* 828-890-5996 or 828-329-4858 BodyHarmony@bellsouth.net Karen-Cash.com

Margaret Ellis: Licensed Aesthetician specializing in Holistic Skin Care, Body Detox therapies, Natural Nail Care, Reflexology and the benefits of drinking Kangen Water.

ACU-NA Wellness Center, 330 E. 1st Ave., Hendersonville. 828-692-2440

Harmonic Acupuncture: Françoise Hesselink LAC uses sound vibration and Oriental medicine to balance body, mind and spirit. Gentle yet effective; no needles. 30 years experience; now in Hendersonville on Thursdays. (828) 255-0896 www.harmonicacupuncture.com *10% discount for co-op members.*

Skin Care Traditions-Deborah Tomchuk, Licensed Esthetician, Registered Nurse; Facials, Back Treatments, Skin Treatments, Herbal Green Peel by Dr. Schrammek, for natural plant based skin care as well as other treatments, www.skincaretraditions.com, 828-890-9018, 3754 Brevard Rd., The Plaza at Horse Shoe. *10% off 1st treatment for coop members*

Retail

Crystal Visions: 5426 Asheville Hwy. (Hwy 25), Naples. 828-6871193, metaphysical & spiritual books, gifts, classes and events, www.crystalvisionsbooks.com. *15% off regularly priced jewelry.*

The Red Arbor - Holistic Family Hair Care Clipper cuts, women and children's styles, peaceful atmosphere, Organic products used, Reiki sessions by appt. 551 Israel St. off Kanuga Rd.(behind Blue Water Seafood) \$1.00 off any service to Co-op members. Call: 828-329-8921 for hours

Eco-Conscious, one-of-a-kind, hand sculpted sweaters! Shop at MONA! Eclectic Artwear For You and Your Home. 308 Davis Street, Hendersonville. 828-693-1611 www.monapaints.com *10% discount with your Co-op Owners card.*

Skeele Services, Skip Skeele, owner. 828-778-5392. Over 25 years remodeling experience and 10 years experience with solar daylighting to brighten dark rooms and solar attic fans to help keep attics cooler. *5% discount on light tubes or attic fan installations for Co-op owners.*

Juice Plus+ Fruits and Vegetables in capsules or chewables. The most thoroughly researched and most widely sold nutritional name brand product in the world. Free to children ages 4-college undergraduates. www.bonnyjuiceplus.com or call 828-698-7016 *Co-op members receive their first week free with order.*

Services & Classes

Juicy Art Classes of Costanza Knight, Studio Artist. All media plus art history lessons. Ages 6-High School. Taught at The Starving Artist Arts Supply Store, 814 Kanuga Rd. www.costanzaknight.com, 828-243-0084. *10% off monthly fee for four classes for Co-op owners.*

Compassionate Home Care, Inc., licensed thru N.C. bonded, insured, (C.N.A., LPN, RN) 696-0946, 877-5906 or www.compassionatehc.com \$1.00 off per hour for co-op owners.

Earth School -- Nature Awareness & Self Reliance. Lovetheearth.com. Richard Cleveland. (828) 507-1920 *15% discount to co-op owners.*

MAC 2 YOU, specializing in computer help for beginners, women, and seniors. Mac only. Call Elizabeth Shore @ 828-290-7723 or visit Mac2You.biz for more info. *10% discount to co-op owners.*

All Seasons Errand Service LLC Grocery and personal shopping, pet and house sitting, meal pick-up and delivery.M.C. Gaylord 699-8418 and Tammie Bogin 699-6007 www.AllSeasonsErrandService.com *10% off for Co-op Owners.*

Persimmons Design Home Redesign, Restoration and Repair. Green Alternatives and Consultation. 828.697.8713 Co-op owners receive 15% discount.

WEGO-4U, Mobile Notary Public and Business Services. Registered and insured. Visit www.wego-4u.com for complete list of services including imaginal website design. Gary & Linda Prichard 674-9940 or 674-9943, email mynotary1@gmail.com. *\$5 Off first service for Coop members when you mention this ad.*

1Site1Day Website Design- 864-335-8672 - www.1Site1Day.com Custom web design for your small business or organization. See site for details. *\$50 off package for Coop members.*

Carol Shimberg, MHS, RD, LDN, registered dietitian, licensed nutritionist available for nutritional counseling, for disease management, weight loss and healthy lifestyle coaching. Blue Cross Blue Shield insurance accepted. Call Carol at 828-329-3855 or email at cshimberg@aol.com *10% off to all Coop members.*

Discount offers are subject to change without notice.



Co-op Kids



at HandsOn!

Where can you go to shopping at a Co-op and not spend any money from your piggy bank?

Plant and harvest your own veggies all in the same day?

Pick some herbs and flowers without getting in trouble?

Find a tailgate market and a bee hive? And not get stung!

And play drums on a watermelon or an orange?

HCC has renewed its sponsorship of the little co-op grocery store at Hands On! and this year we worked together with ASAP to help them install a new exhibit:

WHO GROWS YOUR FOOD?

Visitors will be able to plant herbs and flowers while learning about their culinary & medicinal uses. Vegetables can be planted and pulled from the ground. Aspiring farmers can use various garden tools to tend & nurture their garden. Be a part of selling produce from a tailgate while learning about worms and pollinators. "Who Grows Your Food?" – lots of local farmers and you!

From Hands On! <http://handsonwnc.org/>

The Importance of Play

Play is more than just fun and games for children! According to the American Academy of Pediatrics, play stimulates the imagination; helps expand dexterity; and helps develop physical, cognitive, and emotional strength. It is through playing that children get to know the world around them, while building confidence. Children also learn valuable lessons through playing such as sharing and conflict resolution.

"Hands On! believes in the importance of play and fosters an environment that welcomes children ages 1-10 to grow and learn through age appropriate fun. Our carefully thought out gallery engages children in a variety of "hands on" activities, with exhibits such as:

- Hands On! Community Co-op, where children are put in charge of the shopping. During the fun of collecting groceries, children add and subtract, plan nutritious meals, play at job roles and learn about family responsibilities, such as budgeting.
- The Baby Place, which teaches social and emotional development skills while children take care of baby dolls. Speech development occurs as they read books and listen to lullabies from around the world.
- Creative Arts, including our music room that promotes concentration and memorization, our stage with dress-up clothing to stimulate the imagination and our art area where children are provided the tools to be the artist –with paint, chalk or tiles!



Kids: What are you thankful for at the Co-op?

Name: _____ phone #: _____

Drop this in the suggestion box, and be entered to win a holiday raffle prize!



The Habitual Herbalist

with June Ellen Bradley

Herbal Soups

All soups are herbal soups. Soup contains roots, veggies and herbs and it is the most ancient form of cooking. Asian traditions actually formulate medicinal soups on a regular basis. Bone broth is a great way to get your Calcium. Soup is the second best way to take herbs behind teas! All you need is a big pot, imagination, water and some great ingredients and it's almost soup!

The beauty of soup is that it is a creative endeavor. Once you learn a few basic pointers, you can make just a soup that will have family and guests raving over your culinary skills. I like soup for the one pot convenience of it. As a matter of fact, one winter all I'd cook were soups and stews. Everything went into that one pot. It is a great way to win friends and influence people by to sharing some nice homemade soup. I make big batches and always have wide mouth quart jars handy. A rule I have regarding soup jars is; "Ya want more soup? Bring back the jar!" Not only does that empower Stewardship, it guarantees a visit real soon from hungry pals. Having some nice freezer containers are also a good idea. Sometimes I will store soup in a zip lock bag to conserve freezer space

If you are living alone, by the time you get everything you want into your soup pot, you'll want to share your magic soup or have a nice freezer so you can store single sized portions. It is also a good idea, if you are on a soup making binge, to start off light at first, keep it brothy and delicate right off the bat. Add something new to the pot in successive rounds so you won't get tired of eating the same thing. Successively add richer ingredients and watch how your palate expands along with the richness of the soup over the week.

Crock pots are great for whipping up soup while you are away. Put all the ingredients in there and come back after work to a delicious meal all hot and ready. The house will smell wonderful and greet you with aromatherapy. This is a part of soup that heals before the first slurp. Can you remember the aroma of your favorite soup?

The Coop provides excellent ingredients for soup from the produce aisle to the meat department you will find it all right in the store. Be sure to get some awesome local vegetables! Taste your soup as you go to be sure it's headed in the direction you want.

No matter what kind of broth I make, I like to put my freshly chopped herbs in last...dried herbs go in towards the end too if you do not have fresh herbs handy, always remember you need twice as much fresh as dried.

As far as selecting your herbs goes, you can see what herbs fit your taste -I like to add quite a bit cuz I like my soups spicy! My soups tend towards strong complex dishes with lots of flavor. It is up to you. Practice makes perfect so try all kinds of combinations until you find your favorites.

There is no wrong way to make your soup. One time I blended up leftover pasta, added some chicken broth and some diced tomatoes, zucchini and pesto and presto...a yummy soup. Blender soups are easy to drink from a thermos if you are travelling. I like to blend ingredients to make a thicker soup...sometimes you can just blend half -or a blender full to make the soup rich.

Once you are done the cooking part, it's time to "finish" the soup. This final process is done right after you turn the heat off for that final taste. You taste it and see what it might need. A little brightening perhaps? Add lemon juice or some acid like vinegar. If it is a little bitter...add something sweet like honey or take it hot with a little hot sauce which, in small amounts, oddly, can make it taste a little sweeter. If there isn't enough body, add some sour cream, cream, or finely grated Parmesan cheese. Dried Sassafras leaves, ground up, is what Cajuns call file(feel-ay) -the thickener used in gumbo.

Here are some simple soup tips. Add just enough water to cover your initial ingredients. Sometimes you might want to start off sautéing onions and garlic in a small amount of oil before adding veggies and broth. You can always add tastes (like salt or heat) but it's hard to get rid of "too much." If you add water, it may help. Add ingredients a little at a time until you know what you like. Sometimes, a soup that comes out too funky as a soup is actually good over pasta! Adding diced tomatoes has saved more than one soup for me!

Soup is a kind of alchemy. It is synergistic too. The ingredients add up to more than the sum of its parts and the love you infuse into the brew makes it wonderful. Never cook in a bad mood... you are in enough stress without then eating it again too or energetically poisoning your family! Actually intentionally putting harmonious thoughts and even prayers into soup is a great practice.

I hope you are inspired to try out making some homemade soup from scratch. Soups make excellent gifts and excellent health!

Share your soup adventures with me at junebug@polkcountyfarms.org





715 S. Grove St.
Hendersonville, NC 28792
Phone: 828-693-0505
Office: 828-693-8557

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Besides being on staff here at the Co-op, Toby Hunter is also a member of the Southern Highlands Craft Guild. He is a self-taught artist who finds inspiration in nature and brings forth each of his pieces with his desire to “bring more beauty into this world.” Toby does handmade, hand painted ceramic tiles and mosaic’s. All the frames are also handmade. Some in wood and ceramic. And Toby will do commission work.

