

# The Organic Press

The Newsletter of the  
Hendersonville Community Co-op

Volume 10 \* Issue 2  
March/April 2011



**Spring Fever**

**Does Organic Have a Right to Exist?**

**Composting Bonanza**

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Editor: Damian Tody

Contributing Writers: Gretchen Cummins, Robert Jones, Arrion Kitchen, James Ends, Jordan Randall, Joan Kennedy, June Ellen Bradley, Christopher Fielden, Katie Breckheimer, Robynn Shrader

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.

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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.



## Table of Contents

<b>GM Musings</b>	3
<b>Damian Tody</b>	
<b>Boards Eye View</b>	4
<b>Spring Fever</b>	5
<b>Christopher Fielden</b>	
<b>Does OG Have a Right to Exist?</b>	6
<b>Robynn Shrader</b>	
<b>News and Views</b>	9
<b>Gretchen Cummins</b>	
<b>Co-op Calendar</b>	10
<b>Healthy Q and A</b>	11
<b>Joan Kennedy</b>	
<b>Cook for Good</b>	13
<b>Department News</b>	14
<b>Politics and Food</b>	17
<b>Composting Bonanza</b>	19
<b>Katie Breckheimer</b>	
<b>Co-op Connections</b>	20
<b>The Habitual Herbalist</b>	23
<b>June Ellen Bradley</b>	

# GM Musings

As March approaches it signals the end of the vote on the articles and bylaw changes proposed by our board of directors. I hope that everyone has had the chance to review the proposed changes and have had their questions answered. The board has been personally calling everyone that is eligible to vote to encourage participation and answering questions. The major change that is being proposed is to allow for the offering of preferred shares. This will create a second class of shares in addition to the common shares that each owner holds when they start making their \$25.00 payments towards their one household share of \$250.00. This new class of shares is a non-voting share that will allow the co-op to raise money in the form of equity. When the co-op offers member loans it is qualified as debt. This new option would be a very good tool for the co-op when exploring financing options. It improves our position with lenders and will help to keep co-op finances in a healthier position when considering any potential development project. This method of raising money is not a new method in the co-op world. There are many cases where preferred shares have enabled successful projects. A couple of examples are St. Peter Co-op in MN, and Viroqua Co-op in WI. I have included some excerpts from articles in Cooperative Grocer Magazine about these two co-ops and their use of preferred shares. If you would like to see the entire articles the links are located after the respective excerpt.

St. Peter Food Co-op Chooses Flexibility in Reincorporation  
By Stuart Reid Cooperative Grocer #151 November - December 2010

St. Peter Food Co-op in Minnesota →reincorporated under Minn. 308b →statutes, one of the first state limited cooperative associations (LCA) options, in 2007. They decided to make the change in anticipation of a major expansion, after its recommendation by attorney Joel Dahlgren and careful review by their board.

The co-op, located in a city with a population of about 10,000, needed to make major changes to its existing corporate structure in order to create the equity options they would need to raise nearly \$800,000 from their owner-members. Among the changes were:

- Establishment of dividend-paying shares (no defined payoff dates, with anticipated buy-back in years five through ten) so that capital could be raised as equity rather than debt (member loans), with two types of shares:

C-shares: \$1,000 at 3.5 percent interest rate—291 shares sold (half shares were also available at \$500).

D-shares: \$10,000 at 5 percent interest rate—49.5 shares sold.

Altogether, the co-op raised \$790,000 in C and D shares.

By selling nonvoting, preferred shares, the co-op was able to reduce borrowing by nearly \$800,000. These shares offer an attractive interest rate and will be retired in the future when the co-op can afford to repurchase them. This high level of equity helped enable the co-op to qualify for a USDA loan guarantee for its bank loan.

General Manager Margo O'Brien says that the board did a lot of research and thinking before adopting this approach. They used the advice of an experienced consumer cooperative attorney and made sure that their articles and by-laws protected the basic interests of the co-op

and its members.

<http://www.cooperativegrocer.coop/articles/2010-12-08/st-peter-food-co-op-chooses-flexibility-reincorporation>

Small Town, New Building

By Jerry McGeorge Cooperative Grocer #118 May - June - 2005

Like many co-ops, we initially designed and launched a member loan program. However, I work for Organic Valley/CROPP Cooperative, and I had recently spearheaded a project there to create an investment vehicle that allowed for investment by both members and nonmembers alike. I felt this strategy might also work for the Viroqua Food Co-op, so I proposed it to the general manager and board of directors.

What Organic Valley had done, and what the Viroqua Food Co-op decided to do, was create a class of preferred stock that is used as an investment vehicle by the co-op. When people hear the word "stock" they usually think of the common stock of publicly held companies. Preferred stock, however, is very different from common stock. It is more like a bond in how it operates and has a per share value that does not fluctuate in value—in our case, \$25 per share. Preferred stock also normally has a fixed dividend rate—in our case, a 5.5 percent annual rate of return. We discussed the return rate at length before settling on this figure. We felt this was a rate of return that balanced our need to attract investors with our desire to limit the co-op's financial obligations.

Compared to a traditional loan program, preferred stock offers two advantages that led our board to this decision. First, preferred stock is considered equity on a balance sheet whereas loans are considered liabilities. Like many small, young co-ops, we didn't "own" much, and our newly formed membership equity was still building on our balance sheet. Having preferred stock investments as equity on our balance sheet was a big plus when we sat down to talk with bankers about financing our project.

The investment our members make in the co-op through preferred stock strengthens our business by building equity. Strong equity, in turn, permits other financial institutions to lend with confidence, helping cooperatives fund growth and to own their property. Preferred stock is the cornerstone for the beautiful new Viroqua Food Co-op.

<http://www.cooperativegrocer.coop/articles/2009-01-21/small-town-new-building>

I encourage you to vote if you have not already done so. The deadline is March 3rd. This is an important vote for the future of our co-op, so please take advantage of your right and make your voice heard. This vote requires a 2/3 majority of all active owners. You may download a ballot from the website or pick one up at the kiosk in the store if you have misplaced the ballot you received in the mail. If you have any questions please don't hesitate to ask.

In Cooperation,  
Damian



# A Board's Eye View

Engage and Expand!

If you're an HCC owner, you'll have received a phone call from a board member or another volunteer in the last month, encouraging you to turn in the ballot mailed on February 1st. We're calling the nearly 1600 owner families so we can get a 2/3 majority needed to approve the proposed changes to our Articles of Incorporation and Bylaws.

As you may know, approval of these changes is the first step we're taking towards assuring a successful expansion/relocation project. Accepting member-owner loans at variable rates and selling preferred shares will allow us to raise funds that will be necessary for expansion (that's in addition to a bank loan). A number of other cooperative groceries across the nation—such as St. Peter Co-op in St. Peter, MN and Three Rivers Market in Knoxville—have completed expansion projects using these types of collateral-building techniques.

Engaging as a voting participant is just one way to exercise your rights as an owner of the Hendersonville Community Co-op—the only democratically run business in Hendersonville. Having a voice and using it happens to be the perfect way to support the Co-op and all it stands for!

The staff and board of directors want HCC owners to feel reassured that we are doing all we can to ensure a successful expansion. Learn more about what we've been working toward at the special Owners' Meeting at the Co-op Annex on Thursday, March 3rd, 2011 at 5:30pm. (In case of snow, we'll meet on March 10th at 5:30pm.)

You may also cast your ballot in the store or at the owners' meeting—but March 3 will be the last chance to turn in a ballot. Owners who vote will be eligible to receive a one-time 5% discount coupon. At the meeting, get your questions answered, voice your concerns, talk with board members, and meet fellow co-op owners. Light refreshments will be served! Please mark your calendars for this important meeting.

Over the past few years, Damian and the HCC Board have been working with consultants from the Cooperative Development Services (CDS) and Cooperative Board Leadership Development (CBLD). These amazing individuals are steeped in the cooperative business model, and have extensive experience working with co-ops that have gone through similar growth stages. These consultants have given us a treasure trove of information that will prevent us from "reinventing the wheel" or stumbling unnecessarily—because we can learn from the experience of other co-ops.

So let's celebrate the possibilities we have for moving to a space that can accommodate a larger deli and seating area, and a wider range of products—including local produce and meat. A larger community room will give us needed room for educational workshops, as well as the co-op's social events.

Together, let's hold the vision of how we want our Co-op to look in future years. That vision starts with you, the owners!

For more information or to ask about proposed changes in the Articles of Incorporation and the Bylaws, please contact me at eabeasley@gmail.com or (828) 329-7991, or Steve Breckheimer at sbreckheimer@gmail.com or (828) 749-9104.

Thank you for your continued support of the Hendersonville Community Co-op!

FAQs about Expansion

Question: With the struggling economy, this does not seem to be a good time to expand.



Beth Beasley  
Vice President  
2009-12  
329-7991

cont. on pg 7

## 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 January 25th and February 22nd. 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

# Spring Fever: Spring Vegetables You Can Plant Now

## Christopher Fielden of Red Wing Farm

When the first warm days arrive in March and April, the gardening urge is powerful. Feeling the call of warm air and sunshine, waking out of winter hibernation, gardeners feel an almost primal urge to get out into the garden.

In Western North Carolina, however, Spring is almost always a mercurial, unpredictable time. Gardeners are tempted to plant like crazy on those first warm days, but seasoned growers wait until soil and air temperatures have warmed and all danger of frost has passed before setting out warm weather vegetables and other tender annuals. Old-timers will tell you that there's no harm in planting tomatoes and green beans a little bit later and that the warmer soil and air may actually give you an earlier harvest and larger yield. For warm weather crops, it is best to wait to plant until temperatures are consistently above 50 degrees at night.

But some common annual vegetables thrive in the cool, wet conditions of Spring. Planting vegetables suited for early Spring means a longer harvest season and lets gardeners fulfill their Springtime planting urge. Some of the earliest Spring crops bring welcome color and flavor to the garden on cold, grey days when bright green and fresh veggies are most welcome.

### Peas

Peas are a favorite cool-weather crop that can liven up a garden like no other vegetable. Traditionally planted around St. Patrick's Day, peas are one of the earliest Spring plantings – and they hit the ground running. Direct-seeded into a furrow in a prepared garden bed, peas will be up and growing in no time flat. Pea shoots are a wonderful addition to salads and young peas in the pod are delicious raw or cooked. Shell peas can be eaten fresh or dried on the vine for pea soup. Our favorite heirloom variety is a traditional Dutch shelling pea called *Blauwschokkers*, or Blue-podded shell peas. The plants produce gorgeous, early flowers that are pretty enough to be grown purely for their ornamental value, followed by striking purple pods full of plump green peas. Other popular varieties are Green Arrow (an heirloom shelling pea), the famous Sugarsnap, and Sugar Ann (a bush snap pea). Most peas will need a trellis which is best placed before planting to avoid damaging young plants. Building trellises is another great Spring garden project. Get creative with reused and found materials like old fencing or use bamboo, willow, or sticks collected from around the yard to make a sturdy trellis for your peas.

### Lettuces

Many heirloom lettuce varieties were developed by gardeners to grow in the cooler weather of Spring, Fall, and even Winter. While there have been some lettuce varieties bred to hold up to summer heat, there are dozens of varieties that are great for Spring planting. Lettuce can be direct-sown in the garden or started indoors a few weeks ahead of your planned planting date. Lettuce is a great crop to succession-plant, starting sometime in March and planting once a week or every other week through May for a steady supply of salad greens. Some of our favorite cool-weather lettuce varieties are Winter Density, Italienischer, Brun d'Hiver, Rouge d'Hiver, and Black Seeded Simpson. There are many treasured lettuce varieties available to gardeners. Members of the Seed Savers Exchange (SSE) offer over 300 heirloom varieties of lettuce this year. If you have a hard time choosing, several seed catalogs including SSE and Fedco offer mixed lettuce seed packets including a range of colors, textures, leaf shapes, and flavors.

### Radishes, Beets, and Carrots

Radishes are one of the earliest, easiest, quickest, and most satisfying garden crops. A great choice for gardening with children, radishes grow incredibly fast – some radish varieties mature in as little as 21 days. Sow seed directly in the garden as early as mid-March, and before you know it, you will have an abundance of radishes peeking up out of the soil like spicy little Easter eggs. There is even a variety of radish called Easter Egg, which grows from seed to full-grown radish in 25 days, producing a rainbow of round pink, red, white, purple, and lavender radishes. Other favorite varieties include French Breakfast, Black Spanish Round, and Sparkler White Tip. Beets and carrots also grow well in early Spring, though more slowly than radishes. Both beets and carrots are quite cold tolerant. Both should be sown directly in the garden, as they dislike transplanting, and can be planted as early as March. Beets provide nutritious, colorful greens for salads or cooking mixes in the Spring as you thin the plants to make room for beet roots to form. Carrots are persnickety about moisture and require consistently moist soil in order to germinate. Favorite heirloom beet varieties include Bull's Blood, Chioggia (the famous Italian "bullseye" striped beet), Golden Detroit, and Early Wonder. Heirloom carrot varieties that are popular with home gardeners include Scarlet Nantes, Danvers, and Ox Heart (a French heirloom from the 1800s).

### Hearty Greens

Spinach is an example of a plant perfectly suited to the cool weather of Springtime. In our market garden, we have found that spinach performs best in early spring and fall with a bit of frost protection. Some favorite heirloom spinach varieties include Longstanding Bloomsdale, which can continue growing into the warmer months without bolting, and Monstrueux de Viroflay (a French heirloom from the 1800s). Kale (green, red, Lacinato, and purple), Swiss chard, and other less commonly-known cold hardy greens such as arugula, mache, mizuna, tatsoi, bok choy, claytonia, escarole, and radicchio are great early Spring crops for the home gardener. All of these greens appreciate a little protection from hard freezes and frost, but many will stand up to very cold weather and light frosts just fine.

### Leeks and Onions

Onions and their cousins, leeks, are extremely cold-tolerant and can even overwinter in our climate. But they are best planted in late Winter or very early Spring – we start our onions in February indoors and set them out in the garden in March. WNC gardeners should select short-day (as opposed to long-day) varieties of onions, and there are not very many short-day non-hybrid varieties commercially available today. One of our favorites, the heirloom Italian Red Bottle Onion, goes by many names—variously listed in seed catalogs as Red Torpedo, Torpea Rossa, Torpea Red, Torpedo Red Bottle, and Tropeana Lunga. By any name, it is a wonderful onion for our climate, maturing in mid-summer to a juicy, spicy, beautiful long red-purple bulb. Other favorite heirloom onion varieties include Rossa di Milano, Walla Walla, Australian Brown, Bronze d'Amposta, and Jaune Paille des Vertus (also known as Brown Spanish).

### Frost Protection

If you do plant early, it is a good idea to protect plants from frost damage using straw mulch and other crop protection tools—floating row cover, clear plastic, and cold frames can protect young plants from later freezes, temperature fluctuation, and frost. (See our article entitled "Four Season Gardening" in the Nov/Dec 2010 "Organic Press" for details.)



# Does Organic Have a Right to Exist?

Robynn Shrader

February 4, 2011 : Stronger Together

By Robynn Shrader, Chief Executive Officer  
National Cooperative Grocers Association

Members of the sustainable food movement are furious and, frankly, we have a right to be. January's decision by the USDA to fully deregulate GE alfalfa isn't just a minor skirmish in a long and exhausting battle. It threatens the existence of organic farming and organic food, and flies in the face of USDA's mandate from Congress under the Organic Foods Production Act to promote and preserve organic agriculture.

Bio-tech loves to talk about how safe and beneficial GE technology is, and regardless of where your opinion lands on those claims, the simple fact is this: GE is not allowed in USDA organic certification. Period. GE contamination of conventional and organic crops is not a myth. It's a fact. Just look at the gene flow contamination of corn and soy. Deregulating yet another crop, particularly one that could have an enormous impact on organic dairy farming, undermines the future of organics.

Organic not only has a right under Congressional mandate to exist, we have earned the right to thrive. Organic is the fastest growing segment of agriculture in the United States. Hundreds of thousands of consumers have voiced their feelings about organics and GE contamination. I'd love for someone to point me toward a compilation of U.S. consumers clamoring for GE food. We've certainly heard resistance from consumers in our foreign markets around the world.

Tensions following USDA's action have run high as members of the organic industry reacted to the news. Now, sustainable agriculture advocates including NCGA, Organic Valley, Stonyfield, and organic champion Maria Rodale are

calling for organizations to "stand together in opposition to GE alfalfa." As we regroup and redouble our efforts to protect organic agriculture, these unifying messages are more important than ever. The USDA's decision last week was a tremendous setback, but the fight is far from over.

In order to preserve organics, the sustainable food movement must unite. Here's what each of us should do today to take action on this issue:

1. Let the White House know that organics has a right to exist and thrive, and that you do not support the deregulation of GE alfalfa or any crop at <http://s.coop/aj1>.
2. Support organizations like the Center for Food Safety (CFS) as they raise funds for legal action against the USDA's deregulation of GE alfalfa. CFS and others have legal grounds to contest the USDA's Environmental Impact Statement assessment as being incomplete. While Monsanto has billions in lobbying funds, the sustainable food movement has legal precedent on its side. Let's support groups who aim to take the USDA to court. You can also sign up to receive CFS action alerts at <http://s.coop/aiz>.
3. Continue to support the farmers and processors who bring us organics. Although growing, organic is still a small part of the agricultural industry. By increasing our market power, we can have a greater impact in Washington and throughout the nation. Let's vote with our dollars.
4. Continue to demand that the USDA and Congress protect farmers and consumers from the risks of GE crops, products and ingredients. Farmers have the right to use organic farming methods and should be protected from losses due to GE contamination. GE-free seed programs must be developed. Long-term research on the implications of GE crops must be conducted. Consumers have a right to know what's in their food,



**stronger together**

cont. on pg 22

**A Board's Eye View** cont. from pg 4

Why can't we just stay where we are and continue to operate as we are and expand when the economy improves?

Answer: This is actually a good time to consider expansion because, interest rates for loans are near an all time low and the real estate market is down, providing an opportunity to expand and offer owners and the public a wider range of desired products and services. We cannot expand any further in our current location and market studies show that if we relocate to a larger, more visible location, we will be able to increase sales significantly. Higher sales will allow us to offer more competitive prices on a wider range of goods. The Co-op has been an integral and valuable asset to our community for over 27 years. We are the only store in town that maintains a high standard for quality foods that are good for individual health as well as the health of the planet. Higher quality translates to a preference for organically grown produce and a rejection of genetically modified organisms (GMOs). More and more people want to know where their food comes from—the rigorous standards of a cooperatively run grocery build confidence and trust. The Co-op is the only grocery store in Hendersonville that is owned within and by the community—including you.

Question: Can you give us some details of what the expansion will look like?

Answer: Our goal is to develop HCC into a focal point for the community with an attractive store, deli, and community meeting space where classes in cooking, healthy living, nutrition, and exercise could be held. We would like to be able to hold special events inside and outside and make the location attractive for children and adults who want to shop, eat, attend a lecture, watch a movie or listen to live music or just sit and talk over coffee. Ideally the building would be more energy efficient, 3 to 4 times the size of our present one, with easy access for customers and delivery trucks, wider aisles and adequate parking. We want to be able to carry more local fresh fruits and vegetables, and more local, organic cheeses, fish and cruelty-free meats.

Question: What if the expansion is not successful?

Answer: As you may have read in the Organic Press or heard at some of the store events or annual meetings, the operations team and the Board of Directors have been studying expansion for the past several years. As part of this process, we have conducted customer surveys, completed market studies, and consulted with experienced professionals with the Cooperative Development Services (CDS) and the Cooperative Board Leadership Development (CBLD) for planning and financial advice. Our constant objective has been to keep an eye on future growth while not putting the Co-op at financial risk. We have had consistent and steady growth over the past 5 years and in 2010 there was a 3% increase in sales despite the slow economy. There are no guarantees of success, but our GM and the Board feel confident in our ability to increase our size and sales and continue the friendly, hometown atmosphere we all have created over the past 27 years.

Question: Why do we need the preferred stock option? Can't we just do member loans?

Answer: Having the option to issue preferred shares along with member loans would give HCC another option for raising capital for the expansion. Preferred shares would allow individuals in the community to invest in our cooperative business. Offering preferred shares would also help us secure bank loans. Preferred shareholders would have no voting rights. When and how the preferred shares are redeemed would be controlled by the Board of Directors

Question: Why do some issues need a two-thirds vote of all owners and others two-thirds of those who vote?

Answer: We are incorporated in the District of Columbia and the laws governing us require a 2/3rds majority of the ownership to approve offering preferred shares of stock.

Question: Why are we incorporated in the District of Columbia?

Answer: When we first incorporated in 1983, North Carolina did not have laws governing the incorporation of food cooperatives. The laws in the District of Columbia governing food cooperatives were deemed to be the best option for us at that time. We are duly licensed to do business in North Carolina.

Question: When and where can I buy the preferred shares? How much will the shares cost and will they pay yearly dividends? How will the shares be redeemed?

Answer: Details of the member loans and stock offering will be completed, if and when the necessary changes in the Articles of Incorporation and Bylaws are approved by the owners. More information will be presented when the owner loans and the stock offering are available.

Question: What if the owners do not approve the changes you have asked for? Can expansion still happen?

Answer: We would continue to look at expansion possibilities, but we would not be able to complete everything we would like to. So for example, we might be able to increase the size of the store, but not have space for classes or special events.

Question: Will the owners be able to vote on whether or not to expand?

Answer: The Bylaws give this responsibility to the Board of Directors. They have been studying expansion for several years and are in the best position to make this decision. The Board welcomes input and ideas from owners and invites interested owners to be involved in planning and completing the expansion. Please let a board member or the GM if you'd like to be involved in the effort.



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**The Organic Press**

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# News and Views

## from Outreach

It's about making connections. From our very own kitchens to food issues on a global level: mindful choices make every difference in the world. As Earth Day approaches, there will be many reminders that we live in a global community, and that the minutia of the decisions that we make every day can and do affect our world.... bit by bit. But many of you already live each day with this knowledge and act accordingly. Ever notice how the values you seem to embrace end up as mainstream advertising buzz words eventually? That is a sign of leadership. As I see it, you are all the visionaries, and it is only a matter of time before everybody else in world catches on. More power to you!

Springtime tends to bring on a flurry of happenings, and this year is no exception here at the Co-op. Among the ka-jillion activities that are out there, keep us in mind. You might just come away with a renewed commitment. From the important special HCC Owners Meeting and Vote on March 3rd to the Earth Day Celebration at BRCC on April 30th. Keep your eyes on the calendar, and on the email reminders that come your way. There is truly something for everyone- so if you want your email address on our list, we will be happy to add you. Sign up at the front door, or send us quick email to: [info@hendersonville.coop](mailto:info@hendersonville.coop)

As for our community efforts, we know that the future leaders of our community and perhaps our globe are out & about having play dates everyday now. The very young among us are going to Hands On! A Child's Gallery and learning how to cooperate, and experientially taking part in the "hands on" exhibit in this wonderful place. If you've never been there, you really must grab a friend between the age of 2-8, and go check it out.

"This is a safe gathering place where kids can be kids while learning is nurtured." <http://www.handsonwnc.org/pages/exhibits.php>

HCC is a primary sponsor of the 'little grocery store' exhibit. Hands On! has effectively created a mini-Co-op grocery store environment. In partnership, the Co-op has helped to make new changes to the play area along with ASAP (Appalachian Sustainable Ag project). We have Grower Profile Posters

that identify certain crops grown locally by our very own local farmers. The 'little co-op' will have these on display just like we do in our store- thousands of children (and their parents) will see the smiling faces of farmers that grow their food in our area. In order to further make the 'little co-op' resemble our very own, there are re-usable shopping bags, a vitamin display, food wheel, and soon to be a bulk department. But we noticed that the products on the shelves are in need of some help. More and more of us are feeding our kids whole grain foods, organics- or at least more all natural- foods: High fructose corn syrup, preservatives, and hydrogenated oils are things we might be watching out for on the ingredient lists. So, if you shop at the Co-op, and buy products in packages that could be re-purposed for the little co-op at Hands On!, we need your help with this! We are gratefully collecting VERY clean and undamaged pack-

aging for the Gallery. Things like cereal boxes, granola bar boxes, pet food containers, pizza and frozen food boxes, etc. Anything that looks like you could tape it up and put it back on the shelf... we'll take it. Just let me know: Gretchen 693-8557 ext 102 or send me an email: [gretchen@hendersonville.coop](mailto:gretchen@hendersonville.coop)

Have you dreamed of actually cooking the foods you know are good for you and the environment while saving money and enjoying what you cook? Now is your chance to become certifiably a Wildly Good Cook. See page 13 for more information on the upcoming Cook for Good classes.

Thanks for cooperating,  
Gretchen



# Co-op Calendar

## March

**Wednesday, March 2nd** ~ 9:00 a.m. til noon ~ WOW Van will be here in the HCC parking lot! (Wellness on Wheels from Park Ridge Hospital) Prostrate and Bone Density tests, free. No appointment necessary.

**Thursday, March 3rd** 5:30-6:30pm Special Meeting of HCC Owners To discuss an expansion project and vote changes to the Articles of Incorporation and Bylaws. (In the event of prohibitive weather, the meeting will take place on March 10th ). In the Annex. Call 828-693-8557 with any questions.

**Saturday, March 5th** ~ 2:00 to 5:00 p.m. Linda Watson will offer the Wildly Good Cook Certificate Program. The first class in the series is twofold:  
1. Best Use of Your Resources: Shopping, Planning, and Cooking and  
2. Delicious, Thrifty, Healthy Beans (See details on pg 13.)

**Thursday through Sunday, March 10th - 13th OAD's** Owner Appreciation Days. Owner's come in and save 5% off your groceries any ONE of these four days.

**Saturday, March 12th** 2:00 p.m. By popular demand, another opportunity to participate in the workshop with Greg Carter of Deepwoods Mushrooms **INOCULATE A MUSHROOM LOG** for your very own uses.  
~Class cost is \$10.00 per non-owner or \$5 for Co-op owners  
~Pay for class at the register  
~Sign up in the book  
~Bring \$10.00 for every 4ft log you wish to make.

**Saturday, March 19th**, 10:00am to 3:00pm Composting Bonanza: NC Cooperative Extension Office in Jackson Park. The cost for the presentations is \$15, or \$35 for the entire event that includes a worm bin. Space is limited, and registration is required by calling the ECO office at 692-0385. See page 19 for details.

**Thursday, March 24th**, Free Event! 12:00 noon-1 pm Heart Centered Living: an inspirational talk with Alice McCall Space is limited. For more information, please contact Alice: <http://healingpath.info/about.htm>

**Saturday, March 26th** at 1:00- 2:00 p.m. **Delve into the Mysteries of Medicinal Mushrooms:** Discussion with Greg Carter of Deepwoods Mush-

rooms

\$15 for owners and \$20 for non-owners

Learn about the fungi that people have revered for thousands of years for their healing properties Reishi, Cordecepts, Chaga, Maitake, Shiitake, and Turkey Tail. Samples and take home materials.

~Sign up in the book and pay for class at the register.

## April

**Friday, April 1st** APRIL FUELS DAY Declare April 1st April Fuels Day. As a step toward wiser transportation opportunities, ECO will launch a county-wide carpool day they're calling April Fuels Day, this April 1, 2011. This will be a fun opportunity for our community to begin to find practical ways to reduce our dependence on fossil fuel. We'll be encouraging every resident to carpool, bicycle, walk or telecommute by working with the county and municipalities, subdivisions, schools and businesses to encourage carpooling.

**Saturday, April 2nd** ~ 2:00 to 5:00 p.m. Linda Watson will offer the Wildly Good Cook Certificate Program series continues with 1. Making the Most of Seasonal Vegetables— You can afford to enjoy organic vegetables! Learn to squeeze the most flavor and value out of produce in every season. 2. You Bought It, So Cook It! Making Green Cooking Affordable — You can afford to cook with local, sustainably grown, and organic ingredients. (See details on pg 13.)

**Thursday through Sunday, April 7th - 10th OAD's** Owner Appreciation Days. Owner's come in and save 5% off your groceries and ONE of these four days.

**Friday, April 22nd** the Official Earth Day~ Do something nice for your Earth!

**Saturday, April 30th** The Environmental and Conservation Organization and Blue Ridge Community College present EARTH DAY: 41th ANNIVERSARY CELEBRATION, Blue Ridge Community College  
Open Field- 10 a.m. to 4 p.m. (See details on page 18)

For more information on any of these classes or to see class fees go to upcoming events at [www.hendersonville.coop](http://www.hendersonville.coop)  
For pre-registration or more information on any of the events email [gretchen@hendersonville.coop](mailto:gretchen@hendersonville.coop) or call 693-0505

## WELCOME NEW OWNERS

Maralyn & Brianny Yadle, Jamie Lauren & Debra Mattiaon, Julie Baker & Adam Silverberg, Peter & Deidre Goldsmith, Tammy Ball, Courtney Jackson & Christopher Tesauro, Mark Weinbaum & Nataly Rubenstein, Elizabeth Harding & T John Snodgrass, William Grier, Linda Jones & Shelley Melgar, Bryan & Kyndra Luce, Patricia & Bruce Pope, S Tom & Loretta Terrana, Donna Story, Darla & Jim Krause, Neela & Jorge Munoz, Erica Woodall & Neil Doyle, Walter & Nancy Carroll, Pat & Dave Robinson, Amber & Mike Phillips, Gloria & Alan Wasserman, James A & Deborah A Fleming, Nancy M Barnett & Mark Gardner, Ron Bennett, Nancy & Chad Jones, Ted Ward, Helen Appel, Lisa M Francher, Ron Schueneman & Denise, Brondino, Andrea Soble, Julia Brockman, Evelyn Garing, Kenneth & Harriette & Casey Tanner, Keith Fields, Gwen Hill & Tom Lamorte, Kathleen V Burklow, Leslie Reim Zarnowski & Peter



# Healthy Lifestyle Q and A

with Joan Kennedy of StayWell, Inc.

## QUESTION:

I am beginning to understand the concept that inflammation inside our bodies fosters disease, but will you me some “markers” I can use to determine if I have a high degree of inflammation in my body.

## ANSWER:

Yes. There are quite a variety of ways you determine if your body’s tissues are inflamed. Let’s take them one by one.

Internal inflammation manifests itself in a variety for physical symptoms. Fatigue, indigestion, specifically heartburn, chronic muscle aches, allergic sinusitis and chronic insomnia are a few examples. All of these symptoms indicate that our bodies are either not getting enough exercise, sleep, healthy nutrition or are reacting to an overload of physical or emotional stresses. You might remember in previous articles I have referred to the “General Adaptation Syndrome (GAS)” the process by which our bodies automatically work to accommodate to the unhealthy ways we treat ourselves. In the progress, blood pressure and heart rate often rise, muscles get tight and additional gastric acid is produced to mention just a few of the automatic responses. High blood pressure, fast heart rate, tight muscles and increased gastric acid all make it hard for our bodies to relax and go to sleep. Then we have inadequate sleep added to inflammatory mix.

Researchers have found that seemingly unrelated diseases have a common link—excess internal inflammation. A partial list of these chronic inflammatory conditions include allergies, Alzheimer’s, arthritis, cancer, fibromyalgia, heart attacks, kidney disease, heartburn, lupus, psoriasis, strokes and surgical complications. Actually any disease whose name ends in “itis” belongs in this list.

Our bodies give us external “markers” of inflammation also. Skin rashes, acne, itchy skin and scalp and oily skin are all ways our bodies attempt to get rid the wastes of the extra inflammation. Many likely have found that when a skin condition is treated from the outside with lotions, creams, ointments, scrubs and masks, the condition often returns when we stop using the product. Sometimes just simply drinking more water and/or decreasing sugar foods and large amounts of red meats improves skin problems because our internal environment becomes less acidic. Remember our skin is our largest organ and it is an organ of excretion just like our kidneys and intestines.

There are also a variety of tests to verify elevated internal inflammation to verify your own observation skills. There are simple urine or saliva dipsticks that changes colors depending upon your degree of inflammation. You can buy

those in many drug, grocery and health food stores. Check our Coop. If you are going to use one of these strips, be sure you follow the directions carefully or your test results will be wrong. There are also some blood tests which you can ask your health care provider to do though some can be relatively expensive. Or you can have them done at the Coop on a blood screening days. One of these blood test is a “Sed. Rate or sedimentation rate. This is exactly what it sounds like. The waste products of internal combustion, or sediment, are concentrated in a blood sample and compared to a normal range. If your combustion wastes are too high, you have too much extra inflammatory sediment. A test being used more frequently by health providers who are monitoring heart disease, is a CRP, or C - reactive protein. It is a marker of inflammation specifically linked to an increased risk of cardiovascular disease including heart attacks, strokes and peripheral vascular disease.

You did not ask, but the following are actions you can take to decrease your internal inflammation.

1. Decrease sugar, even more importantly corn syrup, decrease red meat, decrease the size of your meals, eat slowly, and decrease packaged and refined food and eat more whole food such as fruits and veggies. Most of us would benefit from eliminating, or at least reducing, the intake of dairy products and food high in gluten.
2. Include a high quality omega three fatty acid at least once a day. Aim for 3000-4000 mg/day.
3. Take at least an 81 mg. aspirin daily.
4. Make sure you are getting a good supply of Vitamins C and E daily.
5. Try digestive enzymes between meals as the help to counteract gut inflammation.
6. Exercise, especially aerobically, most days as this increases you heart rate and lung capacity both which increase our bodies’ ability to get rid of inflammatory waste.
7. Find ways that work for you to decrease your tension and negative reactions to stress. A walk, yoga, meditation, gardening, music, laughter are just a few ideas.
8. Create a routine that is sleep promoting and go to bed at a time that allows you to get no less than 7, preferable 8, hours of sleep most nights.
9. Do everything you can to clean the air around you. Get rid of carpets and heavy drapes, have good air circulation, avoid artificial air fresheners, walk, bike or car pool instead of driving everywhere, combine trips to avoid unnecessary gas usage, use natural cleaning products (baking soda and vinegar are wonderful) and, by all means, stop smoking if you do.

cont. on pg 18



# Follow Your Heart

to a Free Event with Alice McCall

Learn why your heart is your source of wisdom & why living in trust is important!

Attend **Heart Centered Living** on:

Thursday, March 24<sup>th</sup> 12noon,  
Hendersonville Co-op

To learn more contact Alice:  
828-577-5623 or [www.HealingPath.info](http://www.HealingPath.info)

Alice (BS Psych, MBA) is an Author & Cellular Level Healing Consultant



Thursday, March 24th,  
Free Talk, 12 noon:  
Alice McCall  
(Author, Healing Consultant,  
Speaker) returns to the Hendersonville Community Coop to give a one hour free talk "Heart Centered Living". Learn why it is critical to make the wisdom of your heart the compass for your life.

In the "annex".

For more information  
or questions contact  
Alice at 828-577-5623  
[www.healingpath.info](http://www.healingpath.info)

Do something good for yourself...

**Nia** ...Movement guided by Pleasure!

Weekly Fitness Classes  
with Denise, Annie & Lia

All Ages & Abilities  
First Class FREE!



(828) 768-8809 • [www.NiaCarolina.com](http://www.NiaCarolina.com)

## Large Half Page Ad

7.25" x 4.75"

\$120

\$110 for Co-op Owners

## Small Ad

3.5" x 2.25"

\$50

\$40 for Co-op Owners

## Medium Ad

3.5" x 4.75"

\$70

\$60 for Co-op Owners

## Advertise in the Organic Press!

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](mailto: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.**

We welcome back Linda Watson

~ March 5<sup>th</sup> and April 2<sup>nd</sup>

## Wildly Good Cook Certificate Program



Learn to cook delicious, seasonal food from scratch for \$5 a day per person or less! Complete these four courses and get your signed certificate as a **Wildly Good Cook!** All classes include a cooking demonstration, a sample to taste, and handouts with recipes. **\$30 for owner's per afternoon (2 classes) or \$35 for non-owners. Sign up for all four classes and get a 10% discount on the series.**

**On Saturday, March 5<sup>th</sup> ~ 2:00 to 5:00 p.m. (there will be a short break in between)**

- 1. Best Use of Your Resources: Shopping, Planning, and Cooking** — Save time and money preparing delicious meals. Learn where to scrimp and where to splurge in the grocery store, including the truth behind some popular food myths. Find seasonal bargains beyond the produce section and make your own by feeding your freezer. Learn tips to get organized, stretch your budget, and trim your waistline. Even cut down on dish washing and let foods "cook" while you sleep! See how the recipe for Better Blueberry Pancakes puts many of these ideas together. Includes tasting and handout.
- 2. Delicious, Thrifty, Healthy Beans** — Delicious, nutritious beans are one of the great food bargains. Learn about cooking dried beans, including why to soak and when to salt. Find out how to turn one big pot of beans into three or more different recipes. Learn to make and freeze your own beany "fast food" loaded with vegetables to help you get through any time or budget crunch. This fun class includes cooking demonstrations, samples to taste, and a handout with recipes.

**On Saturday, April 2<sup>nd</sup> ~ 2:00 to 5:00 p.m. (there will be a short break in between)**

- 1. Making the Most of Seasonal Vegetables**— You can afford to enjoy organic vegetables! Learn to squeeze the most flavor and value out of produce in every season.
- 2. You Bought It, So Cook It! Making Green Cooking Affordable** — You *can* afford to cook with local, sustainably grown, and organic ingredients. Just squeeze every last drop of flavor and nutrition out of the food you buy. I'll show you how to make delicious dishes out of food that many people throw away. Learn how to make Magic Asparagus Quiche, Parsley Pesto, Chickpea Gravy, and Spanish Rice. Develop new habits that will provide you with "free" meals every month. Save hundreds of dollars a year and up your locavore score by making the best use of your freezer.

Hendersonville Community Co-op is located at: 715 South Grove Street, Hville, NC

Call for directions or details: (828) 693-8557 ext 102 or (828) 693-0505

or email: [gretchen@hendersonville.coop](mailto:gretchen@hendersonville.coop)



## Co-op Classified Ads

Acu-Na Wellness Center offers Massage, Acupuncture, Facial Rejuvenation, energy work, qi-gong, pyradym sound healing sessions and so much more. Please visit our website at [www.Acu-Na.com](http://www.Acu-Na.com) for full list of services. Holiday Gift Certificates available at a 15% Discount (Nov./Dec). Discounts cannot be combined. Call (828) 692-2440.

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, Hville. 698-2954 \$15 off your first session.

Sears Fireplace Insert - 34" wide by 29" tall, good condition \$250.00 891-5418

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](http://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.

# Department News

## What's In Store For You?

Deli ~

We made it through another winter Hendersonville! It's time for spring and the introduction of local produce back into our diets. Many owners from the years prior may remember that we make a big deal over "ramp season" so we will keep you informed as to when to expect them to appear in biscuits, soups and lunch specials. There are several new items in the deli this month as well as some of our seasonal favorites coming back. Returning will be our asparagus antipasto, raw beet salad, spring quinoa with candy ginger and seared Murghi Tikka kebabs.

New in the deli case this month we will be offering several new dishes including Tikka seared chicken kebabs, sweet potato quinoa fritters and a Moroccan Orange Walnut Salad. The sweet potato quinoa fritters will replace the quinoa and corn fritters. The sweet potato fritters are composed of red quinoa, onion, garlic, carrots, cilantro and black beans with a hint of balsamic. The Moroccan orange salad will be composed of segmented oranges, lime, kale, chard, spinach, red onion, walnuts and celery in honey-cinnamon vinaigrette. We will also be playing with several other recipes over the next several months so be on the lookout. I would like to remind everyone that we have over one hundred recipes that we cycle throughout the year. If there is one that you would like us to make, please let us know beforehand and we will see if we can schedule it into production soon. Remember that we serve lunch Monday through Saturday, 11:30am till 2:30pm and biscuits served around the clock while they last.

~ Jordan

Grocery ~

I would like to take this opportunity to formally introduce myself. My name is James and I am very happy to be taking over for Marisa as grocery manager here at the co-op. I want to wish Marisa well in her new adventures in Colorado. Most of you have probably seen me around the store in the grocery department over the last few years. I have been the grocery buyer for the last three years and have probably helped the majority of you with special orders. I was born and raised on an organic farm in Wisconsin. I have enjoyed the quality of the food and community that is made possible by co-ops for many years. I am very excited about this new opportunity to work with all of you and to provide you with the best, most nutritious food available. If there is anything I can help you with feel free to contact me.

As Spring comes in and the warm weather begins to be more frequent it is only natural to want to get back outdoors. One of the best activities is to get out in the yard and start working the garden. It is a great way to connect old and young, experienced and beginner. The co-op is a great resource for all of your gardening needs. We have just received fresh shipments of soils and fertilizers. We have plenty of seed packets down near the produce department and the starter plants will begin to flow soon as well. So if you need anything for your organic garden just give us a call. If you would like to do a bulk order of soils or fertilizers we usually get another truck sometime near the middle of March so feel free to contact us about your needs. We have an extensive catalogue and you can find all manner of organic certified and compliant growing supplies.

~ James

Wellness ~

Great news from Wellness: Your special orders are changing for the better.

After April 1st, we invite you to take advantage of a more convenient way to support your community and keep your dollars local with the freedom to take special orders from our shelves immediately during any shopping trip, and yes, you may now go ahead and mix your item choices, too.

Here are those changes to anticipate at a glance:

### *Current System*

Place orders and wait  
Required to order 3 of same item

Pricing: 40% above wholesale

### *New System*

Place OR take orders from shelf\*  
Any 3 in category qualify  
(3 vitamins or 3 body care)

Pricing: Vits 20% OFF FROM SRP,  
Body care 15% OFF FROM SRP  
\*if available

After April 1st, allow us to offer you more special ordering choices:

- Choose the vitamins or body care items on your next visit, and we'll prepare your order while you shop.
- Call ahead to have an order prepared before you arrive.
- Continue to place orders as usual, and expect a call from us when it arrives. This is always the most reliable way to make sure you have the products you take regularly.

Happy Spring!

~Arrion

Produce ~

Spring is right around the corner. Not soon enough if you ask me, this winter has been brutal, cold, windy, and no lack of winter weather. Almost time for short sleeves and flip flops!

One of the things I enjoy most about this time of year is the planning of my garden. I already have plenty of organic seeds that I got from the co-op, mostly greens and a few things I'm going to direct seed. But what really has me excited though is the word of the arrival of starter plants. Early spring plants are due to arrive at the end of March and are coming from Appalachian Seed Company, a local favorite of ours. Now some of you may have heard that Appalachian Seeds is closing their doors for business. When I heard of this I was surprised to say the least. The loss of high quality organic plants is a loss that I was not ready to deal with. Luckily, they did not shut down, they did however change ownership with the promise that the same high quality organic plants will be provided. The selling of Appalachian Seeds also spawned a new business named Sunny Hill Greenhouse and Nursery. This new nursery was formed by Alvin Hurt one of the main employees of App Seeds. The plants from Sunny Hill will be very similar to the ones we have come to love from Appalachian Seeds. Either way the Co-op will be making both available to everyone this spring and summer. You will see things like broccoli, hearty greens, and herbs early on and as the weather gets warmer you will start to see the arrival of heirloom tomatoes, summer squash, and melons. We will also have blueberry bushes, elderberry and Concord grape vines for sale. This year's plants promise to be plentiful with a wide variety of organic and heirloom starters.

Happy spring to everybody! Remember, think organic, love the earth, and be kind.

~ 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:



Climate Ground Zero is a project of the American Forest Alliance and works in cohesion with Mountain Justice, a regional network of organizations in Kentucky, Tennessee,

Virginia, and West Virginia, that seek the abolition of mountaintop removal in Appalachia and throughout the country.

The Community Garden Historic Seventh Avenue District  
Mission: To reestablish a thriving commercial area that serves the needs of the adjacent neighborhoods, Henderson County residents and visitors. Through an active partnership with the City, HSAD coordinates district projects and activities in the area of beautification and design, economic development, safety, and promotions.



Growing Minds is Appalachian Sustainable Agriculture Project's (ASAP) Farm to School program, and the Southeast regional lead agency for the National Farm to School Network. We work to connect farm and schools and give children positive experiences with healthy foods, including farm field trips, nutrition education, school gardens, and local food in cafeterias.

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

Looking for part time work in the evenings. 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

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

FOR SALE: 1987 -VW Camper- 139,000 miles, new clutch and front brakes, air, 6x CD \$4500.00 Bill Brooks 692-6921

FOR SALE: 1996 Ford Extended Van, 104,000 miles, 54,000 on 6 cylinder OD \$2500.00 Bill Brooks 692-6921

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

PIANO FOR SALE! Wurlitzer Spinnet. Mahogany/matching bench. Good condition. Tuned to A 440. \$700.00. Call 6925471.

Fireplace Insert - good condition 39" wide abd 34" tall, 16" deep. \$150.00 891-5418

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

Bamboo Walk Tour, Once Sunday a Month November 14th 1:30p.m.-3p.m. Fee: \$15 Pay in cash upon arrival. What could be nicer way to walk among the Bamboo Forest enjoying the Beauty, Shadow and the Sound of the Grove. Join us for 1 1/2 hour stroll. To Learn about the bamboo, distinguishing characteristics each Species, Shape, Poles, Leafs and healthy environment. Please wear walking shoe. No sandals... Call to register 828-685-3053 9-5 M-F venting 685-3050 www.haikubamboounursery.net

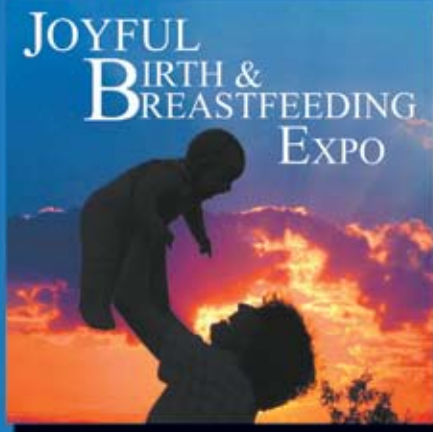
## Keeping you well. Giving you options.

In addition to delivering babies, nurse-midwives take care of women throughout their life cycle – from their first gynecological exam through menopause. Pardee's nurse-midwives provide holistic care with a personal touch and are accredited by the American College of Nurse-Midwives, licensed in the state of North Carolina and are affiliate members of the medical staff at Pardee Hospital.

They deliver at Pardee's state-of-the-art Women & Children's Center which features private, single birthing rooms in a friendly and comfortable environment. Water labor, water birth and massage services are available.

For more information, call 1-866-790-WELL (9355).

**Pardee**  
Center for Women's Health  
512 Sixth Avenue West  
Hendersonville, NC



## BirthNetwork of WNC

**FREE**

Saturday March 12, 2011  
10am-5pm

ASHEVILLE MALL (by Sears)

Come be inspired by what birth can be!

Water birth presentation: Barbara Harper, RN, internationally known author sponsored by Pardee Hospital  
Free Keepsake Photo, Prizes, Kids Activities & Maternity Fashion Show  
Speakers, Films, Mother-friendly Exhibitors

[www.BirthNetwork.org](http://www.BirthNetwork.org) "Events" page

# Politics & Food

from the Center For Food Safety [truefoodnow.org](http://truefoodnow.org)

Farmers And Conservationists Challenge Latest Federal Approval Of Genetically Engineered Sugar Beets

Posted on February 4, 2011 by Heather

In defiance of earlier court ruling, USDA allows continued growing of controversial, illegally planted crop

Today the USDA's Animal and Plant Health Inspection Service (APHIS) issued a new decision to allow the U.S. sugar beet industry to continue growing Monsanto's "Roundup Ready," genetically engineered (GE) sugar beets. The decision will be immediately challenged in court by a coalition of farmers and conservation groups: the Center for Food Safety, Organic Seed Alliance, High Mowing Organic Seeds, and the Sierra Club. This is the same coalition that in August of last year had APHIS's previous decision to allow planting thrown out because it violated environmental laws. The coalition declared the new decision unlawful as well, and vowed to overturn it.

The sugar beets are genetically engineered by Monsanto to tolerate repeated applications of that company's weed killer Roundup, or glyphosate. Judge Jeffrey White of the federal district court for the Northern District of California found in earlier rulings that growing the GE sugar beets is likely to cause irreparable harm to the groups' members and the environment, and "may cross-pollinate with non-genetically engineered sugar beets and related Swiss chard and table beets," and ordered the federal government to prepare an Environmental Impact Statement (EIS) as required by the National Environmental Policy Act before allowing the GE sugar beets to be grown. The USDA is continuing to work on the court-ordered EIS, but considers today's documents sufficient to allow growers to continue growing the controversial crop illegally planted in defiance of the earlier court ruling.

"There is clear evidence of harm to the environment from GE sugar beets," said Paige Tomaselli, Staff Attorney for the Center for Food Safety. "Because USDA continues to bow to industry pressure and permits further commercial production of Roundup Ready sugar beets, without first preparing an EIS or protecting the public, the Center for Food Safety will once again seek to halt the planting in court."

In spite of that court order, the federal agency today issued a far less comprehensive Environmental Assessment, claiming it adequately considers the damage the GE sugar beets are likely to cause. According to APHIS, Roundup Ready sugar beets can be partially deregulated without having a significant effect on the environment. This conclusion is at sharp odds with earlier court rulings and the views of growers of organic and non-GE crops, who will likely see their crops contaminated by the GE sugar beets, threatening their livelihoods and the ability of farmers and consumers to choose non-GE foods.

cont. on pg 22

## Co-op Classified Ads

Free Yoga Classes - Monday Nov. 8th at Brightwater Yoga, 506 1/2 N Main St. Relax and Renew 5:30 - 6:45 pm. Yoga Basics 7:00 - 8:15 pm 828-595-1894

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

Spiritus Studio, a new yoga and wellness center located at 720 Spartanburg Highway will be celebrating the 9th Annual National Women's Health and Fitness Day. Local guest speakers, door prizes, and refreshments will be featured. Pre-registration is required as space is limited. Please call to register and/or visit the website for more information: 551-8545 or [arlene@spiritusstudio.com](mailto:arlene@spiritusstudio.com). SEPTEMBER 29 12 NOON TO 5PM

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: [ninamac9@earthlink.net](mailto:ninamac9@earthlink.net).

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

HOUSE/PET SITTER  
Professional, experienced, responsible. Also available for errands, dr. appts.  
Joanne 828-696-0808 / 828-243-6173



**Healthy Lifestyle Q and A** cont. from pg 11

10. I also suggest that you look at Joe and Terry Graedon's paperback book, Recipes and Remedies.

The recipe below is from their book and is called the:

**Anti-Inflammatory Curcumin Scramble**

4 large eggs  
Pinch of salt and black pepper  
1 tsp. turmeric powder (a source of curcumin)  
2 tbl. Milk or water  
1 tbl. Olive or grape seed oil  
1 tsp. grated Parmesan  
Sprinkling of chopped chives

In a medium-sized mixing bowl, use a fork to mix eggs, salt, pepper and powder turmeric. (Be very careful with the turmeric as it will dye everything it touches a bright yellow color.) Add olive or grape seed oil to a large sauté pan or skillet and set your burner to medium-low heat. While the oil is heating, stir milk or water into your egg mixture. When oil is hot, pour egg mixture into pan/skillet. Let the egg set for 15-20 seconds before gently scrambling with a wooden spatula. Add Parmesan and let set for another 15 seconds before you gently scramble again. Repeat until all eggs are used. Garnish with chives and serve.

This little gem of a book also lists a variety of anti-inflammatory cooking ingredients in addition to curcumin such as garlic, ginger, cinnamon, olive oil, cumin, parsley, lemon juice and curry, nuts and seeds in limited quantities.

So have fun cooking and "listen to your body talk." It will tell you loud and clear when your internal combustion is too high.

Staywell, Joan

# 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!!!!

March 10th through March 13th.  
and  
April 7th through April 10th.

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

The Environmental and Conservation Organization and Blue Ridge Community College present

# EARTH DAY

41st ANNIVERSARY CELEBRATION

SAT., APRIL 30, 2011 Blue Ridge Community College Open  
Field- 10 a.m. to 4 p.m.

**Watershed Festival-** Move through the environment as a raindrop, participate in a water taste test, explore the creatures of our local streams, and meet aquatic turtles

**Green Olympics-** Run in a recycling relay, test your conservation IQ in trivia, try your hand at green building and try to get a strike in recycled bowling

**Art Table-** Use recyclable materials to make fun crafts to take home

Also come to enjoy a solar stage featuring music, performance art, storytelling, workshops, short film festival, electric car "race," a tailgate market, good healthy food from the Hendersonville Community Co-op and much more.



**eco**

environmental & conservation organization

For more information, contact ECO at  
(828) 692-0385 or visit [www.eco-wnc.org](http://www.eco-wnc.org)

# What is a Composting Bonanza?

Katie Breckheimer

Ever since my friend Diane Rhoades started calling herself a worm rancher I've been thinking about her as some kind of cowgirl! That's where the name of our event originated: Composting Bonanza. ECO's Recycling Committee, in partnership with the NC Cooperative Extension Service will be holding a composting event on Saturday, March 19th from 10:00am to 3:00pm at the Extension office in Jackson Park. Everything you've always wanted to know, from residential composting on a small scale to industrial and commercial composting on a large scale.

Four guest speakers will make presentations early in the day and a vermicomposting, originated workshop will be given in the afternoon, resulting in participants taking home their own active worm bins. The cost for the presentations is \$15, or \$35 for the entire event that includes a worm bin. Space is limited, and registration is required by calling the ECO office at 692-0385.

The presentations will begin with Brian Rosa, composting specialist with the NC Department of Environment and Natural Resources, who will discuss the growth of composting across the state from residential to commercial. Chandler Cummins with Advanced Composting Technologies based in Candler NC will discuss his company's use of a special aeration technology, which is used primarily in the animal agriculture industry. Janice Sitton of Good Green Graces will be speaking on behalf of Waste Stream Innovations, a local company that is partnering with Van Wingerden International to compost their used potting soil. Katie Breckheimer will talk about the challenge for the Blue Ridge BBQ Festival to reduce their waste by 75% over 3 years by using a small type-3 demonstration compost.

The word recycling brings to mind stacks of newspapers, and bags of aluminum cans, jars and jugs, but when we look at the other areas like diverting organics, especially food waste, it makes sense to have an active compost. EPA estimates show that over 14% of household garbage is food waste. On a national scale less than 3% of the 34 million tons of food waste generated per year is recovered and recycled. The rest —33 million tons— is thrown away into landfills or incinerators. What a waste!

The Real Benefits of Compost, excerpted from *Second Nature* by Michael Pollen:

Some gardeners, and even some garden writers, talk about compost as if it were fertilizer, but that is only part of the story, and it is somewhat misleading. It is true that compost contains nitrogen, phosphorus, and potash (the principle ingredients in fertilizer), but not in terribly impressive quantities. The real benefits of compost lie in what humus, its main constituent, does for the soil. Consider:

1. Compost improves soil's "structure." Soil is made up of clay, silt, sand, and organic matter, in varying proportions. Too much clay or silt, and the soil tends to be compacted, making it difficult for air, water, and roots to penetrate. Too much sand, and the soil's ability to retain water and nutrients is compromised. An ideal, friable garden soil consists of airy crumbs in which particles of sand, clay, and silt are held together in humic acid. Compost helps these particles to form.
2. Compost increases the soil's water-holding capacity. One experiment I read about found that 100 pounds of sand will hold 25 pounds of water, 100 pounds of clay will hold 50 pounds of water, and 100 pounds of humus will hold 190 pounds of water. A soil rich in compost will need less watering, and the plants growing in it will better withstand drought.
3. Because it is so dark in color, compost absorbs the sun's rays and warms the soil.
4. Compost teems with microorganisms, which break down the organic matter in soil into the basic elements plants need.
5. Because it is made up of decaying vegetable matter, compost contains nearly every chemical plants need to grow, including trace elements such as boron, manganese, iron, copper, and zinc, not often found in commercial fertilizer. Compost thus returns to the soil a high proportion of things agriculture takes out of it.

Worms are one of nature's many decomposers, and their castings can make very fine fertilizer. Come to the Bonanza and learn how the little wigglers do it, and what you need to do to keep them happy. Participants can take home their own laundry-basket-size bin, complete with worms, to try out. Henderson County will also be selling Soil Saver compost bins on March 19th if you want to start a larger back-yard compost.

For more information or to register please call the ECO office at 692-0385. ECO is a 501C3 organization dedicated to the conservation of our natural resources. Fees from the event will help support ECO's work in the community.

## Co-op Classified Ads

Antique bedroom set; solid mahogany, double bed, high dresser & lovely dressing table with mirror. Asking \$700. or best offer, moving. 243-2197 or home 698-0440

### 4-H Small Fruit Sale

Buy small fruit plants to support programs and awards for youth: strawberries, blueberries, blackberries, raspberries, and asparagus  
<http://henderson.ces.ncsu.edu/files/library/45/2011plantorderform.doc>  
 Orders due March 15.

### 4-H Sewing Classes

Youth ages 7 - 18 learn to sew garments and wear them in the 4-H Fashion Revue  
<http://henderson.ces.ncsu.edu/index.php?page=youth4h>

### \$ UTILITY BILLS- TOO HIGH?!

Additional insulation may be the least expensive, most efficient way to lower costs. Tax credits have been extended to December 2011. CALL Bill Brooks 692-6921  
 30 year general contractor

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

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](mailto: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

**Peace at Hand** 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3003 Far Infrared Sauna free 20 min. sauna visit w/ first 1 hr therapeutic massage session for Co-op owners by appointment only.

**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. Also specializing in streamlining your current supplement program, allowing it to be more affective. 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. Your eyes are the WINDOWS TO YOUR BODY, MIND & SOUL. 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.

### 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! Disease management, weight management, diabetes, weight loss, healthy cooking, healthy lifestyle coaching. 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

### 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** - Integrative Yoga classes at: Brightwater Yoga Studio, 506 1/2 N. Main Street, Hendersonville, Tuesdays from 4:30 – 6:00 p.m. and Wednesdays from 9:30 – 11:00 a.m.; Kenmore Fitness Center, Mondays and Thursdays from 9:00 – 10:30 a.m.; and at her home studio, Tuesdays 9:30 – 10:30 a.m. and Thursdays 5:00 – 6:30 p.m. In her home studio she also offers private sessions. For information or to schedule a private class, call Kathleen at 696-0808. First class free.

**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.

**Peace at Hand** 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3003 100% soy candles, relaxation cd's, gems and minerals, NATural Bath and Body Products, Wind chimes and more. 10% discount with Co-op owner card on any regular priced item.

**Advanced Thermal Solutions:** Skip Skeele and Tomas Koenig, 1630-C Spartanburg Hwy., Hendersonville, NC 28792. 828-693-3334. Over 10 years experience with solar hot water & electricity, daylighting, and solar attic fans to help with cooling. Radiant heat, in-floor or with radiators, for comfortable dust free heat. 5% off any installed system for Co-op owners.

## **Services & Classes**

**Connie Knight**, Studio Artist: The Arts Council, 538-A No. Main St., Hendersonville. 828-243-0084, 10% off monthly fee for four "Juicy Art" art classes - ages 6-HighSchool.

**Compassionate Home Care, Inc.**, licensed thru N.C. bonded, insured, (C.N.A., LPN, RN) 696-0946, 877-5906 or [www.compassionatehc.com](http://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](http://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**, Errands and Business Services Bonded, Insured and Registered in Henderson County Please visit [www.wego-4u.com](http://www.wego-4u.com) for complete list of services. Gary and Linda Prichard 674-9940 or 674-9943 \$5 OFF 1st service for Co-op members.

**1Site1Day Website Design-** 864-335-8672 - [www.1Site1Day.com](http://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](mailto:cshimberg@aol.com) 10% off to all Coop members.

Discount offers are subject to change without notice.



**Does Organic Have a Right to Exist?** cont. from pg 6

and to make informed decisions about what they choose to eat. These fundamental principles are part of a seven-point plan National Organic Coalition created to provide clarity and focus for the organic movement on this issue.

By uniting around common goals, the sustainable food movement has established an organic standard with high integrity; one that includes certification, accreditation, and consumer labeling. We must continue fighting for organic protections. We must demand that our government recognize organic's right to exist and thrive. We urge you to join us.

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**Politics and Food** cont. from pg 17

Earthjustice attorney Paul Achitoff commented: "The lax conditions on growing the GE sugar beets in today's approval are not materially different from those earlier rejected by the federal court as inadequate to protect other farmers, the public, and the environment. USDA has yet again violated the law requiring preparation of an EIS before unleashing this genetically engineered crop."

Monsanto created "Roundup Ready" crops to withstand its Roundup herbicide (with the active ingredient glyphosate). The introduction of previous Roundup Ready crops over the last decade, such as soy, cotton, and corn, have led to a 382 million pound overall increase in herbicides. It has also led to the spread of herbicide resistant weeds on millions of acres throughout the United States and other countries where such crops are grown, as well as contamination of conventional and organic crops, which has been costly to U.S. farmers.

In 2008, the groups sued USDA for deregulating Monsanto's genetically modified sugar beets without complying with the National Environmental Policy Act's requirement of an EIS before deregulating the crop. On August 13, 2010, the federal court banned the crop until USDA fully analyzed the impacts of the GE plant on the environment, farmers and the public in an EIS.

Three weeks later, despite the court's ruling, and without any prior environmental analysis, USDA issued permits to seed growers to again grow the genetically modified sugar beets. The groups again sued USDA. On November 30, 2010, the court granted the groups' motion for a preliminary injunction and ordered the seed crop destroyed. That order was stayed pending appeal, which is scheduled for argument on February 15, 2011.

The Center for Food Safety is a national, non-profit, membership organization founded in 1997 to protect human health and the environment by curbing the use of harmful food production technologies and by promoting organic and other forms of sustainable agriculture. CFS currently represents over 180,000 members across the nation.

Earthjustice is a non-profit public interest law firm dedicated to protecting the magnificent places, natural resources, and wildlife of this earth, and to defending the right of all people to a healthy environment



# The Habitual Herbalist

with June Ellen Bradley

## Luscious Lavender

*Lavandula Augustifolia* is in the Lamiaceae family. It is a beautiful herb which has many uses: crafting, beauty care, medicinal and culinary arts. In France, there are fields plush with purple for miles and the scent is expansive, relaxing and unforgettable. A friend of mine, who is French, opened her grandmother's trunk and found a lavender wand at least 20 years old which, as she crushed the flowers, released its soothing scent.

Lavender is great for sachets in your lingerie drawer because it repels vermin as well as delights the senses. The flowers are tiny yet strongly scented and add beauty to teas, facial products and potpourris.

Medicinally, Lavender helps relieve stress related headaches. It is good in cases of light depression especially when used in combination with other herbal remedies. It is a gentle, strengthening herbal tonic that can help restore exhaustion and nervous depletion. I include lavender in my tea blends for its soothing properties as well as a beautiful color splash.

If you are experiencing a stressful time, it wouldn't hurt to make a lavender spritzer and use it often to soothe those jangled nerves. To make one, simply purchase an atomizer, fill it mostly with distilled water and then put in 10-20 drops of Lavender essential oil, shake well and you are ready to spritz away the blues! I have a spritzer in my car.

During my aromatherapy training, it soon became apparent that if I were to have only one essential oil, Lavender would be it. I use it in my healing salves for an extra boost both for sensory and topical healing. It is in my first aid kit for burns, cuts and to relieve trauma. Even the color Lavender attunes one to transcendent Love.

Lavender has flavonoids, triterpenes and volatile oils as well as coumarins, for those of you that like scientific data. It is carminative (eases gas), antispasmodic (stops cramps), hypotensive and rubefacient (increases

blood flow to the skin upon which it is applied, increasing healing, cleansing and nourishment.) It is also an emmenagogue –which means that it can bring on a late menses. The pains and aches of rheumatism can be soothed by topical applications of lavender essential oil. It also eases the swelling of arthritic joints; it has good anti-inflammatory properties. You can put a few drops of Lavender essential oil into a carrier oil such as grape seed or apricot kernel oil for a wonderful after bath body moisturizer.

Be aware of lavender essential oil that is not steam distilled from the actual plant. There are chemical products out there that are not pure and can cause burning. True lavender essential oil is topically safe and feels wonderfully soothing. In fact it heals burns very effectively. The oil is anti-bacterial, anti-viral and yet, gentle and powerful. I like the nature of lavender because it reminds me of the feminine aspects of healing which gently and unobtrusively allow healing to take place by nurturing the spirit as well as comforting and relaxing the body. It seduces the senses with beauty, fragrance and soothing.

My friend Linda Bond grows lavender on her farm and makes lovely lavender wands which are beautiful and fragrant. She makes dream pillows with her lavender and some of her soaps contain scent. You can find her products at the Polk County Farmers Market.

Lavender grows very well in our climate and loves full sun. Try growing this luscious plant to learn more about it by its presence in your garden or yard. You will be rewarded by its physical radiance and can make all kinds of remedies, teas, and use it in your culinary repertoire. Try making some beauty products or sachets with the flowers so you can experience the hot summer sun, the magic of many moons and the energies of your very own ecosystem all winter long.





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Marcia Duplechain arrived in Western North Carolina in 1996. Even with some formal training she sees herself as a self-taught artist. She has enjoyed the freedom of developing her own style. Marcia's art is abstract. Some pieces have recognizable forms and some do not. Marcia is very connected to nature and that is often reflected in her work. 697-1947

