

The Organic Press



The Newsletter of the
Hendersonville Community Co-op

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Composting Community
Cooking with Fresh Herbs
Looking Glass Creamery



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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.

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Submission Deadline

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



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June Ellen Bradley	

GM Musings

Spring is a great time of year. We get to shake off the cold and get back outside. The dirt begins calling our name and we can start to dig in again. It is a wonderful sight to see the plants and fertilizers showing up at the store. It is a great thing to be able to be involved in producing some of your own food. I always enjoy this time of year because I get to share that with my boys and begin to develop healthy habits for their future. Even if they just think that gardening means they get to sling mud for a while right now it is instilling a crucial awareness in them.

This spring is an especially good symbol of the state of our co-op and the state of co-ops in general. As we look to spring to bring us new growth and new beginnings in our gardens and around the mountains, we are also looking at the possibility of new growth for our store and many others around the country. I want to thank everyone who voted for our articles of incorporation and bylaw changes in March. It is because of your foresight and participation in the cooperative model that we can continue to explore our options to make our co-op into what we as a community want it to be.

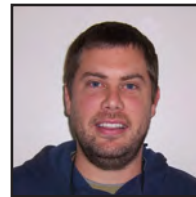
It's an exciting time to be at HCC and involved in the cooperative world right now. There are a lot of stores that are mirroring our process of development and there are a lot of communities that are trying to provide for themselves what we provide for ours here. Having come through the economic turmoil of the last couple of years and having seen the shortcomings of our current systems of finance and agriculture, communities are coming together to create better ways of doing business. They are following the cooperative model and trying to work together to provide for themselves.

When I was at an NCGA (National Cooperative Grocers Association) meeting last month we heard a presentation about the state of organics and co-ops. In this presentation was a map full of locations where natural foods co-ops were sprouting up. At present there are over 250 new co-ops in some stage of development. We even have the beginnings of a new neighbor to the south in the Hub City Co-op in Spartanburg, SC. One of the major topics of discussion at this meeting was how do we as a national network reach out and help aid the development of these up and coming ventures? We just have to take a look at the 6th cooperative principle: "Cooperation among cooperatives." If we were to poll the members of the NCGA, the vast majority would say that they are currently involved in some way with helping another cooperative, whether it is an existing one or a start up store. Like those of us in NC who are lending a hand to the Hub City Co-op. The topic at the national level is how do we as an organization (the NCGA) provide resources and knowledge to those that are in development so that we can support the current growth

in the co-op model and provide those communities with the opportunity that they want. We are already putting the resources in at the local level, but how do we make better use of the consolidated power that we have together.

As always, it is a great pleasure to be a part of HCC and the greater movement that is happening in our country and around the world. When I get to attend a gathering like the NCGA meeting it provides such an inspiration to see all that is happening in the world of co-ops. I am very excited about our possibilities and look forward to working with you all to continue to make our cooperative great.

In Cooperation,
Damian



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A Board's Eye View

For a number of years, your HCC Board of Directors and GM have been educating ourselves and you about all aspects of expansion, in the hopes of relocating to a larger and more visible space, while staying ever true to our Co-op charm and ideals.

Our studies (and common sense) have shown that securing funds is one of the first steps to a successful project. A growing number of co-ops are selling preferred shares as a means of both financing and garnering local support. In order to consider this option, changes were required to both our Bylaws and Articles of Incorporation. Our mission seemed barely possible: obtain favorable votes from 2/3 of all our owners in a month's time. We drafted a letter, set a Special Meeting date for March 3rd, crossed our fingers and went to work.

WOW. Talk about cooperation! Aided by our lovely assistant Liz Malloy and our intrepid GM Damian Tody, board members met early one Sunday morning to code, sort and stuff 1,600 envelopes and begin the calls to each and every owner or family. The staff gave their full support and enthusiastically brought in hundreds of votes. Damian emailed us frequent updates, and we made more calls. Every day. For weeks.

On March 3rd, about 35 owners attended the meeting in the annex warehouse, which also serves as our plush Board Headquarters. Jordan and the deli staff provided wonderful food. Damian, Board Treasurer Steve Breckheimer and director (and attorney) Thomas Beckett outlined our progress and history and took questions. Owners in attendance expressed support, voiced concerns, asked excellent questions and raised legitimate concerns. One question was why we waited until the last day of voting to hold a meeting. The short answer is that our Bylaws require 30-days notice and that we had attempted to engage with everyone. (As it turns out, we were about 60 votes

short of the required 1100 votes and a motion was raised and accepted to increase the voting period. Within two weeks, we met our goal!) Several owners felt that the board had been unable to answer their queries satisfactorily- some felt there was too much information, some felt there was too little. This is a learning experience, and we appreciate your standards and scrutiny. The board takes the future of our co-op to heart and we are passionate about the stability and future and possibilities for HCC. Let us know how we can better represent and inform you.

We have all pondered the risks of expansion. As a board, we feel that the greatest risk is to stay put and do nothing. We've used every square inch of our current space and wish to expand

our product line, offer more education and socializing and truly become a hub of the community. Everything is a risk. When you cross a busy street, you look both ways, assess the traffic patterns and proceed with both caution and confidence. How else can you get to the other side?

We have had discussions on the board and with owners about raising needed funds from a variety of sources: loans from the bank, owner loans, and selling preferred shares. Owner and savvy cooperator Ruth Apter summed it up beautifully: if you're buying a new house and can't get all the necessary funding through traditional methods, you go to family. One of our next steps will be raising funds within our own HCC community.

As we go to press, we're still in the feasibility stage and have not yet secured a location. There will be numerous occasions on the horizon for all us to meet and talk and dream together about the future of our co-op. Stay tuned for lots more information and opportunities.

Expansively,
Laura



All aBoard!

2011 Board Meeting Dates

Meetings are held at 6:00 p.m. on the fourth Tuesday of the month. The next meetings will be on May 24th and June 28th. 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.

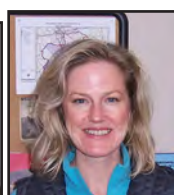
Please include your name and contact information. You can access board meeting agendas and approved minutes on our website.



Tony Womack
President
2010-13
694-1083



Beth Beasley
Vice President
2009-12
329-7991



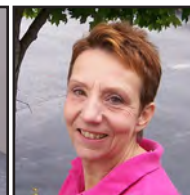
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Laura
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Thomas
Beckett
2010-13
713-1668

Join the Composting Community!

NCGA News Service

What better way to celebrate the earth than by composting? It's the ultimate in recycling and easy to do. Composting simply involves taking organic materials -- like plant remains and food scraps -- and transforming them into a rich, soil-like material called compost. Nature does it automatically. When you compost, you're just helping the natural process along.

Composting is a great way to use those fall leaves you rake up, the grass clippings you bag, and the food scraps you generate every day. By recycling this kitchen and yard waste, you reduce the amount of garbage sent to landfills (an average of 700 pounds per household per year). There's a tangible reward for you, too. The end product is a high quality, inexpensive amendment for your soil. (Even if you don't have a garden or houseplants, compost is a valuable commodity to share!) Adding nutrient-rich compost can enrich depleted soil, increase the ability of sandy soil to hold water, and add porosity to clay soil to improve drainage. Compost also provides food for microorganisms in the soil, which in turn produce nitrogen, potassium, and phosphorus.

How does composting work?

If you leave a pile of organic waste in a corner of your yard, it'll decompose on its own, thanks to nature. (There's even a name for this kind of composting; it's called "passive composting.") If you put a bit more effort into helping the process along, you can have more compost, in a shorter amount of time (and a little tidier yard, too.)

Helping the process means providing good conditions for decomposition, which is fueled by microorganisms like bacteria and fungi. Good conditions include the right carbon to nitrogen ratio, moisture, and aeration. A working compost pile will be warm, usually about 140 and 160 degrees F.

A good carbon to nitrogen ratio is about 25 to 30 parts carbon to 1 part nitrogen by weight. Composters think of carbon and nitrogen ingredients (which are food for the microorganisms) as "greens" and "browns." The "greens" are high in nitrogen. These include weeds, manures, hay, grass clippings, vegetable scraps, seaweed, garden waste, most food waste, clover, and alfalfa. The "browns," on the other hand, are high in carbon. "Browns" include wood ashes, cardboard, corn stalks, fruit waste, leaves, newspaper, peanut shells, pine needles, sawdust, straw, soil, and wood chips.

Of course, you don't need to measure your ingredients exactly. Start with two parts "greens" to one part "browns" by volume. If you notice that your compost pile isn't heating up and decomposing as fast as it should (or was), it might mean that there's too much carbon. On the other hand, if the pile starts smelling, it might mean that you have too much nitrogen. (That's because if there's too much carbon in the pile the microbes won't get enough air and anaerobic microbes will take over the pile. These types of microbes cause slower decomposition as well as a pile that smells like garbage.)

The right moisture level is also important for decomposition. Moisture content of 40 to 60 percent is a good range. If the compost is too dry, the microorganisms will slow down, but if it's too wet, it will interfere with aeration and leach out nutrients. The compost should feel damp, like a sponge that's

been wrung out. If the weather is very dry, you might need to water the pile occasionally. If it's too wet, it might be necessary to cover it with a tarp now and then.

Aerating the pile is an important step because you need to disperse the microorganisms throughout the pile and because oxygen is necessary for decomposition. Using a bin with plenty of air holes helps with aeration, but, for best results, you'll also want to turn the pile regularly, using a pitchfork. (When you turn the pile, you introduce oxygen to the middle of it.) Some composters turn their piles every month or week, others every few days. The more you turn, the quicker the results. You can also help by increasing the surface area of the materials you compost -- by shredding or chopping them up, for example.

Do I need a compost bin?

No, you don't. (Remember "passive composting?") If you choose to have a simple, uncontained pile in your yard, for maximum effectiveness make it at least three feet by three feet by three feet. A bin keeps things tidier, though. A double bin allows you to turn the pile from one to the other when aerating. You can easily make bins out of old wooden pallets, wire mesh, or snow fencing. You can also purchase composting bins, including those that rotate.

In fact, you can even compost indoors. One method of doing this, called vermicomposting or worm composting, uses red worms. The worms are placed in a bin, along with moistened, shredded paper or cardboard, which is used as bedding. The worms convert the bedding and the food waste into "castings," which make nutrient-rich fertilizer for garden or houseplant soil. How many worms does it take? You'll need about two pounds of red worms for every pound of garbage your household produces daily and an indoor environment of 50 to 70 degrees F.

What can I put in the compost?

Things you can safely compost outdoors (besides most of your food scraps, including eggshells, tea bags, and coffee grounds) include: cow or horse manure, cardboard rolls, clean paper, cotton rags, dryer and vacuum cleaner lint, fireplace ashes, grass clippings, hair and fur, hay and straw, houseplants, leaves, nut shells, sawdust, shredded newspaper, wood chips, wool rags, and yard trimmings.

Can all organic materials be added to the compost?

No, some organic materials can't be composted because they contain substances that are harmful to plants, or because they may create odors and attract rodents. Don't add: bones; meats; fish or oily fats; black walnut tree leaves or twigs; coal or charcoal ash; dairy products; disease- or insect-ridden plants; fats, grease, lard or oils; pet wastes; or yard trimmings or household plants treated with chemical pesticides.

How will I know when my compost is ready to use?

When your compost is ready, it will be dark brown and, well, transformed. It will smell and feel earthy. Different composting methods take different amounts of time, but, in general, slow methods (such as a pile that you don't turn) might take six months to two years (if it's very large), while cont. on pg 18



Cooking with Fresh Herbs

Robin Asbell

There are a few things that distinguish a great dish and the cook behind it. Of course, the quality of the ingredients, the energy of the cook, and the inspiration of the recipe will all come to bear on the finished dish. But in the course of putting food on the table there are a few things that will lift your food from the mundane to the sublime. One of those things is a skillful use of herbs. In fact, I'd say that using fresh herbs is one of the easiest and most natural ways to make everything you make taste just a little bit better.

Dried herbs have their place, but most of them are pale shadows of their fresh counterparts. When fresh herbs are available, they are undeniably more flavorful, more nuanced, and even more nutritious. Don't be intimidated. Over the years, I can't tell you how many people have come to cooking classes, and confessed that they "don't know anything about herbs." Instead of enjoying the flavors, they worry that they aren't doing it right. Well, one step to doing it right is to use fresh, and with a few concepts, you don't have to worry about anything.

There is a general rule about substituting fresh for dried and vice versa. Three times the amount of fresh to dried, so a tablespoon of fresh stands in for a teaspoon dry. It's just a suggestion, and in many cases, wrong. In herb-centered dishes, like say, basil pesto, you just can't do dried. Maybe you could use parsley and add a bit of dried basil for flavor, but a mouthful of basil flakes doused with oil is missing the whole point.

In looking at herbs, it is illustrative to divide them into two groups. There are the leafy herbs, which are delicate and tender, and then there are the twiggy herbs, which are resinous and sturdy. In the leafy category fall all the ones you eat raw or just barely cooked, like basil, cilantro, parsley, dill, chervil, tarragon, arugula and mint. These are the most fleeting and delicate, and you don't want to simmer them in a long-cooking stew.

Leafy herbs are the ones you can be the most liberal with. Many of them are associated with summertime, although good old parsley is a year round standard. If you have ever made pesto, you have seen a big pile of fresh herb turn into a small amount of sauce, and it is so delicious that you can eat it with a spoon. Just about any of the leafy herbs can jump into that pesto-like mode, like the cilantro in the tropical sauce recipe below. These herbs can be added by the handful to green salads, although you might want to start slow with some of the more intense ones, like dill and tarragon. Just take a bite and see if you think it might overwhelm.

The twiggy herbs are the most assertive, with their decidedly strong scents and tastes. We associate them more with cold weather cooking, where they hold their own with rugged roasts and long simmered pots of beans. The twiggy herbs

include rosemary, thyme, sage, lavender, and to some degree, oregano. These are the ones that are almost too much when eaten raw, and that really sing when they are sautéed in a copious amount of olive oil before adding to a dish. They can be thrown into a pot of beans and cooked along with them, perfuming the beans and broth. All flavors are carried within the plant in small amounts of oil, and then released as the oils of the plant spread throughout the dish. Twiggy herbs are a little more oily, and their flavors hold up to cooking.

Once you have that part down, the best thing to learn about herbs is what cuisines they are used in and which foods complement them.

In general, light herbs are used with milder foods. Rich and creamy foods are often accented and offset by a spark of herbiness, whether a handful of parsley or a teaspoon of thyme. A spark of tarragon cuts the richness of a creamy cheese or white sauce.

These general guidelines are a start for choosing herbs to add to your favorite cuisines, so start there and see where it takes you!

Robin Asbell is a longtime contributor to the Mix, and as the former head chef of the Wedge Deli, she developed many recipes for popular foods still sold today. Her books, The New Whole Grains Cookbook (Chronicle 2007) and The New Vegetarian Cookbook (Chronicle 2009) is available at your local food co-op. Robin writes for magazines like Vegetarian Times, Better Homes and Gardens, Heart Healthy Magazine, Experience Life and Health Magazine.

Herbal Flavors from Around the World

South of the border: Cilantro, mints, oregano, made often with citrus, chiles and garlic.

France: Tarragon, basil, thyme, rosemary, chervil, parsley, with olive oil or butter, wine.

Italy: Fennel, basil, thyme, oregano, sage, tarragon, with olive oil, garlic, wine.

Northern Europe: Dill, marjoram, combined with sour cream or vinegar.

Southeast Asia: Cilantro, Asian basil, cilantro and exotic herbs, with lime, chiles, fish sauce, soy sauce, coconut.

Japan: Shiso/Perilla/Beefsteak leaf, in pickled ginger or with sushi.

India: Cilantro, mint, with yogurt, coconut milk, spices.



Oven Steamed Salmon with Grapefruit Gremolata

4 servings

Oven-steaming is a gentle, moist way to cook salmon, and especially good for keeping wild-caught salmon from drying out. Check the fish sooner if your filets are thinner than an inch.

Gremolata is a Spanish condiment, usually made with lemon zest, and this grapefruit version is a zingy variation on the classic.

4-4 ounce salmon fillets, thick
coarse salt and freshly cracked black pepper
1 large red grapefruit, zested
1/2 cup flat-leaved parsley
1 clove garlic, crushed and minced
2 teaspoons extra virgin olive oil
1 teaspoon grapefruit juice

Preheat the oven to 350 degrees. Boil about a quart of water for the roasting pan. Put a baking rack in a deep roasting pan. Rub each fish fillet with olive oil, and sprinkle with coarse salt and cracked black pepper. Put the fish on the rack and roast for 14-20 minutes. It is done when the fattest part of the fish will feel firm when pressed.

Use a microplane to get about a tablespoon of zest, then finely mince parsley and garlic. Slice off the end of the grapefruit and squeeze it for a teaspoon of juice, save the rest to eat. Mix zest, parsley, garlic, olive oil and grapefruit juice in a small bowl. Add a pinch of salt if desired. Spread about a tablespoon of gremolata over each portion of fish.

Provencal Spinach and Peppermint Salad with Citronette

4 servings

Spearmint is more common than peppermint, and you can certainly use it in this salad. Peppermint is just a little peppery, and a fun surprise among the spinach leaves. You can always make this salad a meal by tossing on some toasted walnuts, crumbled chevre, or poached shrimp.

5 ounces baby spinach, washed
1 cup peppermint leaves, packed
2 cups grape tomatoes, halved
12 edible flowers, optional
1/4 cup extra virgin olive oil
3 tablespoons fresh lemon juice
1 teaspoon Dijon mustard
2 tablespoons fresh chives, minced
2 tablespoons cream or plain Greek yogurt, optional

1/4 teaspoon salt
freshly cracked black pepper

Arrange spinach on a pretty platter, sprinkle with mint and tomatoes, then garnish with edible flowers. In a small bowl, whisk the olive oil, lemon, mustard, chives and cream or yogurt together until thoroughly blended. Taste for salt and pepper and add to taste. Pour dressing over spinach just before serving.

Tropical Mango-Cilantro Sauce for Grilled Fish, Shrimp or Tofu

4 servings

This makes a creamy, spicy topper for grilled foods, but you can use it year 'round if you broil or bake instead. It also makes a great salsa with chips or nachos, or a sauce for a bowl of rice and beans.

1 large red Fresno chile, seeded
2 cloves garlic, peeled
1 small ripe mango, peeled and pitted
1/4 teaspoon salt
1/4 cup coconut milk
2 tablespoons lime juice
1 cup fresh cilantro leaves, chopped
1 pound fish, large shrimps or tofu
1 lime
coarse salt
oil for the grill
cooked rice

In a food processor or blender, mince the chile and garlic. Scrape down and add the mango, then process to chop as finely as possible. Add salt, coconut milk and lime juice and puree until smooth. Add the cilantro and process to mix well. Can be done the day ahead.

Preheat the grill and let the food come to room temperature. Skewer the shrimp if using, or if using fish, portion in four pieces, or slice tofu. Squeeze lime over the food and sprinkle with salt. Oil grill grate and cook the food. Serve on a bed of rice, with the sauce poured over and more for dipping. Makes about 1 cup.



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Warning: New Tea Line Supports Small Farmers

By Ashley Symons, Equal Exchange Writer and Worker-Owner

We're excited about the launch of our new line, which contains some of our classic teas like Organic English Breakfast, as well as some newbies like Organic Peppermint.

What's most exciting to us about this tea launch is that it represents something completely different than what you see in the rest of the tea aisle. In the tea industry even "Fair Trade tea" often comes from plantations, which means tea pluckers have no ownership and little say over their daily work lives. It's not the kind of Fair Trade we want to participate in.

Enter our model (which, actually, we've been building since 1988). This revamped line of 12 teas has a strong small farmer focus, but it's still a work in progress. Currently we're working with innovative producer groups in Sri Lanka, South Africa, India, and the United States. We'll be introducing them to you over the next year in future newsletter articles. Their stories have inspired us, and we think they'll inspire you, too.

There are many challenges that lie ahead in building a stronger small farmer supply chain in tea, but we believe that this new line is one giant step forward. Our hope is that, with your help, we will be able to transform the tea industry as successfully as we have in coffee, to one that offers an alternative to the plantation model. We hope that buying "Fair Trade tea" will instead mean supporting small farmers.

So now you've been warned: our new tea line is dramatically different from others you see on the shelf. We invite you to join us in building this exciting new supply chain - one that values the voice of small farmers, their products, and democracy in trade.



News and Views

from Outreach

Have you been shopping for local products~ putting your best effort toward finding those products that haven't travelled further than the immediate 100 mile radius? Do you weigh the price of your food to the price to our environment when you shop? HCC is not new to the local food revolution. You know the Co-op staff has already been actively searching out the local producers for everything from soap to greens, including value added products and deli items.

It's high time we formalize our relationship with this endeavor and give our undertaking a name. We all deserve bragging rights and now we have tools available for monitoring your local food dollars spent. (See the 10% local food campaign for the most user friendly tool.)

I know, sometimes I think if I hear the words "eat local" one more time, I am going to cry. It just loses its oomph after awhile. So let's put our mouths where our money is and get really obnoxious about the HCC Local Food Campaign. I'm actually pretty

excited about this because it gives us measuring tools, human interest stories, pure deliciousness, and a big celebration at the end. This will be fun. You can play too, even if just a little bit. You can start anytime, quit anytime, participate at whatever level of intensity suits you, or just watch omnisciently from afar. We're gearing up to get started officially the first part of June.

This season, you will not see the Monday Afternoon Tailgate Market. Sadly, polls show that the Monday Market was not sustainable~ especially for the farmers who painstakingly set up booths every Monday Afternoon here for the last two years, rain or shine. Instead, we will focus our efforts on local by creating avenues for you to find the goods around the area, either in the store, or through tailgate markets and CSA's (Community Supported Agriculture). So the challenge will be ours~ a shared responsibility~ to seek out and spend our precious food dollars on the products that we find as close to home as possible.

Feel the need for ideas on how to prepare these delightful delicacies? Well, we intend to help. In fact the National Cooperative Grocers Association has developed a great blog spot chalk full ideas on the seasonal products that we will face in our local food adventure. <http://strongertogether.coop/> And we will do our best to provide recipes and be a resource for you. Once a month, an invited farmer or producer will be given the opportunity to sit outside our doors and market their products directly to you. You will have face time with the ones who work

so hard to provide the food that truly nourishes our bodies and our communities.

I know we are not the only ones, nor the first ones to create this pipeline of information, but I believe it will do more good than harm to make a big deal of it. So here are a few places to look.

Center for Environmental Farming Systems: <http://www.cefs.ncsu.edu/getinvolved/listservs.html> with links to the statewide 10% Local Food Campaign: <http://www.ncsu.edu/project/nc10percent/> and <http://www.ncchoices.com/> where you will find information about local pasture-based meat producers.

Ruth Gonzales, the Tailgate Market Fan Club champions the local market on her website <http://tailgatemarketfanclub.wordpress.com/>

Our very own ASAP (Appalachian Sustainable Agriculture Project) just up the road in Asheville, <http://www.buyappalachian.org/> where you can find all kinds of info on regional tailgate markets, CSA's in the area, as well as farms, u-pick, restaurants and more.

Carolina Farm Stewardship Association~ I love their motto: "Join the Food Revolution" <http://www.carolinafarmstewards.org/>

North Carolina Cooperative Extension Office: <http://www.ces.ncsu.edu/index.php?page=localfoods>

North Carolina Organic Grain Project: <http://www.organicgrains.ncsu.edu/>

I have even run across a new book: "The Locavore Way: Discover and Enjoy the Pleasures of Locally Grown Food," by Amy Cotler. <http://www.amycotler.com/> You can see how this food movement is shaping up around the country: <http://www.localharvest.org/>

Thanks for Cooperating.
Gretchen



P.S. Look for the "Discover Local" sticker in the store.



Co-op Calendar

May

Saturday May 7th 9-11 am Ray Fritsch with Medical Screening Services. Please sign up for an appointment time on the clip board in the store. Questions: Call Ray at 1-800-758-2387 or <http://thebloodguy.com>

Also on Saturday, May 7th, from noon til 3:00, Chair Massage will be offered in the store for \$1 per minute, 20% discount for owners (must present HCC card at time of service) Meredith Neale-Boyd, LMBT # 5503.

Thursday through Sunday, May 12-15, Owner Appreciation Days. Owners come in and take advantage of the 5 % discount off your groceries any ONE of these 4 OAD's.

Saturday, May 14th 11:00 to 3:00 Meredith Neale- Boyd, LMBT # 5503 will be back to offer Chair Massages in the store for this OAD. Again, she will be offering 20% discount to owners!

Tuesday, May 17th 5:30 to 7 owners meeting - information session on expansion - location TBA

Wednesday, May 18th Join HCC at Hands On! A Child's Gallery to celebrate local foods! Oh, and Bring the Kids! The Co-op will provide a snack from one of our local growers. You may even get to meet a farmer! <http://handsonwnc.org>

Also, Wednesday, May 18th 6pm - 8pm Transition Hender-

sonville www.transitionhendersonville.com will be sponsoring a showing of "The World According to Monsanto" at Black Bear Coffee Shop on Main Street in Hendersonville.

Saturday, May 28th and Sunday May 29th Garden Jubilee, Downtown Hendersonville A great time to get the plants for a summer greenery and flowers. Have lunch downtown while you shop because our staff at the Blue Mountain Deli will be there offering healthy and delicious lunch foods and drinks. http://www.historichendersonville.org/garden_jubilee.htm

June

June 1st marks the launch of the HCC Local Food Campaign. Watch the store and the emails for ways you can find, track, enjoy locally sourced products (from within a 100 mile radius of H'ville) and brag on your local food consumption.

Thursday through Sunday, June 9,10,11,12, Owner Appreciation Days. Owners come in and take advantage of the 5 % discount off your groceries any ONE of these 4 OAD's.

Saturday, June 11th 11- 3 Chair Massage will be offered in the store: Peggy Kelly, LMBT #10483 , from Friends Salon and Spa. She will offer \$1 per minute chair massage, 20% discount for owners.

Sunday, June 19th is Father's Day. Bring home something yummy for your dad, or find the perfect card from our selection of Leanin Tree greeting cards.

For more information on any of these classes or to see class fees go to upcoming events at www.hendersonville.coop For pre-registration or more information on any of the events email gretchen@hendersonville.coop or call 693-0505

WELCOME NEW OWNERS

Jonathan & Lia Ceccherini Douglas, Reed & Chloe & Karen Weatherill, Susan & Alan Leonard, Sandra & Joe Worley, Erin & Zach Weaver, Marcia & Noel Hendrix, R.D. Whaley & Nancy Belt , Jeannette Manzi, Susan & Charles Thompson, Zanna & Curtis Shew, Wankumbu & Elsie Singogo, Melissa & Sharon Wooten, Valerie Jean Reed & Aaron Anthony Wilson, Suzanne Tindol & Carol Zia, Anna & Jerry Conner, Kelly A & John A Motes, Tom Bryant, Margaret & Christopher Brindell-Watt, Linda & George Bischoff, Ellen C & Harold W GarbarIno, Amy Ledbetter Shelia Keith, Maura & Wil Richardson, Jim Schaeffer & Vicki Van Vynckt, Katina & Michael Okpych, Vivienne Jordan, Bj & Matt Jones & Lori Dooley, Louise McClure & Chris Heisey, Julie M & Dennis D Lafond, Mary P Pickett & Roger A Stark, Sherry & Chester Shumaker, Carol S & B Frank Davis, Shirley & Lawrence Bucholz, Elaine & Raymond Trull, Jamie & Benjamin Belue, Janie Bradley, Rick & James Beardsley, Jonathan Wyatt, Kamiel Strongheart Joshua Bledsoe, Judy & Michael Mcknight, Joy K Rockett, Shirley Myers & David Walsh, Douglas Adams C & Lisa Gassman, Dori A Ray, Caitlyn Riley, Alys M Gooch, Alexander & Anni Vining, Beth C Cecil & Isabel Forbes, Celia & Randy Cooksey, J Robert & Sarah P, Jennifer & Kevin Hensley, Moiena Gilbert, Susan & David Wood, Cara & Matt Weinzapfel, Linda Robinson, Carol & Jason Fife, James Sasser, Tayloe Rogers & Bill Drake, Ruth & Malcolm Bell



Healthy Lifestyle Q and A

with Joan Kennedy of StayWell, Inc.

When you get your copy of the Organic Press all of our Western NC flowering trees and shrubs will either already have bloomed or are in full bloom. The air will be warm and daylight long. Those gardens you planted when it was still cold, will now be supplying your family with healthy, tasty local fruits and vegetables.

I recently came back from a national obesity conference during which I learned much about how to decrease the obesity epidemic in the United States. I heard presentations explaining that fat cells are not inert and actually produce hormones that, in turn, promote retention of obesity. These hormones are secreted in excess making it difficult for obese individuals to lose weight. One of the most significant of these hormones is Leptin, which in excess blunts the feeling of satiety. So anyone who wants to lose weight can actually be sabotaged by their own body. You are likely thinking that this feedback mechanism does not sound positive towards decreasing our American obesity epidemic and you would be correct. Fortunately biochemists, nutritionists, physicians, psychologists etc. are learning ways to “outsmart” this negative feedback loop. And the body has the unique innate ability to protect itself from imbalance if we, the humans living in the body listen and respond.

Nutritionally, the body requires carbohydrate, protein and fat to maintain the health of its cells and actions of its organs. These nutrients are digested differently as they proceed through the body. Carbohydrate foods are digested more quickly than fats and proteins. This is because their primary purpose is to provide energy while fat and protein maintain healthy organ and muscle functioning. Since carbohydrate is digested more quickly, it passes through the body more quickly, thus stimulating hunger for more. In healthy active people that feedback is effective, but in our over and poorly fed society, this feedback mechanism leads to food cravings and more eating. This is because we consume mostly simple, rather than complex carbohydrates. Overly refined grains found in much of our bread and cereal and simple sugars in cookies, candy, ice cream, soft drinks and MANY packaged products, even peanut butter, make up a huge majority of our carbohydrate intake. In addition most of us are not active enough to burn these calories effectively. So, in addition to the extra Leptin on board, we crave food because the food choices we make are often poor ones. What those of us who care for obese people know is that we can motivate them to change their eating choices and we can help them break this viscous cycle of eating stimulating cravings to eat more. Since protein takes longer to be digested,

eating it instead of carbohydrate satiates hunger longer. Most overweight and obese people eat more, and more often, than they realize and exercise less because their food choices make them feel sluggish. Research and health care practices have clearly demonstrated that if we can encourage and support these people to make different food choices when they crave food, they can counteract the effects of Leptin and simple sugars. This is not easy and it takes a great deal of support from health care providers, family and friends. But it can be and is done. Increasing exercise even by little amounts helps this transition also. One obesity expert related that he asks his obese, lethargic people to commit to walking only four minutes around their home four times per day which helps decrease their hunger. Experience has also proven that relatively minor degrees of weight loss can lead to increased energy, decreased chronic illness such as diabetes, elevated lipids and heart disease and improved self-image.

Let me interject here that I believe most Coop members and shoppers eat much healthier than the general public. And, though I obviously have no documentation of this, I believe the frequency of obesity amongst us is far lower than in the general public. Still we can learn something from what we have learned from helping overweight and obese people lose weight. The following are basic guidelines that have proved to be successful in promoting and maintaining weight loss.

1. Decide that you want to lose weight and set realistic expectation.
2. Find a qualified health professional or professionals (nutritionist, physician, nurse practitioner, etc.) who will help you and commit to work with that person or persons.
3. Always eat breakfast that includes protein. Breakfast is the most important meal of the day and including protein prevents mid-morning food cravings. (If you are not overweight and do not have trouble maintaining your weight and you do not eat breakfast with protein, I am not saying that you have to change. Doing so though makes it easier to maintain a steady metabolism so your day gets off to a good start.)
4. Eat at least three meals a day, all of which include some form of protein. I am not suggesting an excessively high protein intake, but rather including some form of protein on a regular basis throughout the day. Meals that are high in carbohydrates, especially simple carbohydrates, usually leave you feeling hungry after just a few hours. The carbohydrates you eat should be high fiber, complex ones that are digested at a speed more like protein. 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 24th 12noon,
Hendersonville Co-op

To learn more contact Alice:
828-577-5623 or www.HealingPath.info

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



Victoria Flanagan

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New Adult groups forming May - July
Groups meet once a week for 4 weeks

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Small Ad

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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 or at (828)693-8557.

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

Organic Industry CEOs: “It’s a war” over GMOs

Ken Roseboro

Following US Department of Agriculture approvals of genetically modified alfalfa and sugar beets, leaders of the organic industry recently met to discuss strategies to address threats posed by GM crops and USDA’s failure to address those threats.

The meeting, held at Natural Products Expo West in Anaheim in March, featured Walter Robb, co-president, Whole Foods Market, Gary Hirschberg, president, Stonyfield Farms, George Siemon, CEO, Organic Valley, Michael Funk, chairman of United Natural Foods and president of the Non-GMO Project, and Robynn Shrader, CEO, National Cooperative Grocers Association.

“This is about freedom of choice”

Gary Hirschberg spoke about the biotech industry’s influence on the US government. “The chemical companies have deep roots in all three branches of government,” he said, citing that the biotech industry has given \$22.4 million to members of Congress.

Hirschberg said that “aggressive research” was needed to expose GM food risks, as well as legal efforts to limit GM crop expansion and consumer efforts to demand government action.

“This is about freedom of choice, about taking back our country,” Hirschberg said.

George Siemon described USDA’s GM crop regulations as a “complete failure.” “USDA is releasing products without regard for other parts of agriculture,” he said.

Siemon also said that the fight over GMOs is not limited to the organic industry. “There is a much bigger community,” he said, referring to producers of conventional, non-GMO crops.

Siemon spoke about the need to develop a pure non-GMO seed supply because the largest source of GMO contamination is from tainted seed.

Organic Valley has tested its feed and found GMO levels between 0.1% and 0.2%. Echoing Hirschberg’s comments, Siemon said, “We need to stand up for our rights.”

“Godzilla vs. ants”

Michael Funk pulled no punches describing the battle between proponents and opponents of GMOs. “It’s a war. It will be a long, hard fight for years.”

While some people have described the battle as David vs. Goliath, Funk went further. “It’s Godzilla vs. ants,” he said. But he said that ants working together can destroy a forest.

Funk emphasized the importance of the Non-GMO Project in preserving the non-GMO integrity of organic and natural foods. “There is one thing we can do now and that is to participate in the Non-GMO

Co-op Classified Ads

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

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

Free Yoga Class - especially for Beginners, Monday, May 2nd, 5:30 - 7:00pm with Anusara Certified teacher Vicki Beilharz. Location: Brightwater Yoga, 506 1/2 N. Main Street, Hendersonville, NC. For More Information Call: (828)698-5557

cont. on pg 19



Department News

What's In Store For You?

Deli ~

As we are finishing up spring and moving toward the Summer solstice, we are happy to continue serving you the hottest ideas in fresh food with the best sourced ingredients at our disposal. Our goal in the local growing season is the spotlight your local agriculture as they appear in our dishes. Look for our local stickers on some of your favorite products. We will continue to carry local ramp biscuits into May as long as they last. Our biscuits are the hottest item in town with spelt flour, local chives and/or local ramps and locally farmed Hendersonville eggs. They are served around the clock while they last.

New in the deli this month we will be offering several new items as well as rotating many of your favorites into our daily production. Some of our classic recipes that we will rotate in will be the black eye pea salad, black bean salad, fresh mozzarella salad and summer couscous. New in the deli we will be offering a black bean and mango salad, Paneer and pea salad and a broccoli and tempeh salad. The black bean mango salad is composed of Caribbean spiced black beans, white cannellini beans, red onion, lime, red peppers, mango, jalapeno, cilantro and corn. The Paneer salad is composed of peas, Paneer cheese, garlic, ginger, lemon zest, tomatoes and Indian spices. Lastly, the broccoli tempeh salad is composed of local tempeh, red onion, tamari, broccoli, sunflower seeds, golden raisins and cherry tomatoes.

Remember that we serve lunch from 11:30am-2:30pm, Monday through Saturday and biscuits around the clock. Please come visit us at the local "Garden Jubilee Festival" as we bring our deli to Main Street as a healthy alternative to "festival foods". It is our pleasure to serve you and we hope to see you soon.

~ Jordan

Wellness ~

A letter to our Hendersonville Co-op owners

From Jonathan Glauser, owner of Mountain Well-Being

I just wanted to take this opportunity and sincerely thank all of you local supporters of Mountain Well-Being and the Hendersonville Co-op's long time support of my growing company.

I have found the Co-op to be always very welcoming to local producers like me, and I know they have worked diligently to promote my high quality, local supplements over the years. A lot of areas around the country are suffering from a stagnating economy, but we in the Western North Carolina region have a good chance to partner and thrive by increasing this kind of loyal support. These partnerships benefit everyone right now and in the long run.

This is why I know that personally, whenever possible, I buy locally. For example, I recently needed some new stainless steel equipment for my business, and although I found a lower price from a dealer in Atlanta, I chose to support a local vendor instead. When I asked him in an e-mail if he could match that price of the Atlanta store, he said unfortunately no, but was thrilled and surprised when I still chose to do business with him.

I took that opportunity to explain why it's important to keep our money in the local economy and avoid sending it away to giant corporations where it will serve no benefit to us and our community.

On that note, I'm happy to say that since originally partnering with HCC, my product line has grown from only one product – colloidal silver – to nine different items. My company is continually improving and has become a trusted source for the best colloidal solutions. So thank you, everyone, again for enjoying my products and please take a moment to learn more about the benefits of colloidal supplements at www.mountainwellbeing.com.

~Arrion

Grocery ~

A rustle of hay being pulled from hay feeders amongst a chorus of bah-bahs, the crunching of corn and oats followed by a satisfied snort and the five o'clock wakeup cock-a-doodle doo just outside the window. These were the sounds of my childhood.

At the age of 11, on a small 5 acre organic farm in southern Wisconsin, my parents let me have two Nubian kids (baby goats) to show at the 4-H fair. That was a summer to remember. It was filled with my mom yelling from the kitchen "The goats are out!" and then a 20 minute chase around the barnyard. And walking outside to hear a terrifying scream that could not be from anything on this earth only to find that one of the goats had been trying to get some "greener" grass from the other side of the fence and have subsequently gotten its head stuck. With an indignant bleat it would look at me as if to say "How's it going? Are you going to help me out?" Unbeknownst to me these two goats would introduce me to the importance and awareness of small farm and local production of animal products. The following year (after a slightly disappointing second place ribbon) I decided to try my luck with a wether (a male goat for meat) something that would revile my sisters champion duck that she sold for big bucks the previous year. And would you believe it I took first place along with the champion trophy to boot. I sold the goat for \$89 (my sister's darn duck was sold for \$120) to a man from my township at the 4-H auction. Although he kept my champion goat as a pet it wasn't far from my mind that these animals were raised for a purpose.

On holidays my family and I would sit down and enjoy fresh turkey for thanksgiving, Ham for Christmas, a leg of lamb for Easter and pork brats on the fourth of July all grown on the farm. My brother was dismayed one year to find out he was going to eat one of the ducks

cont. on pg 19

Produce ~

There are many things that influence what produce is stocked on our shelves. Quality, cost, demand for a particular product, availability, and of course point of origin. Our standard on items in stock is the closer to home the better, with imported goods as a last resort. Now certain times of year some imported produce is inevitable. For example if you want cucumbers and it is February you're going to have to get them from a non-domestic origin and label them as so. And that is why this time of year is exciting to me. Everyday there is more and more produce being grown closer to home meaning that fresher, higher quality veggies are more readily available with more variety and more nutritional value. This also means that local farmers are busy at work growing and harvesting all the food that this diverse and fertile growing zone can provide. Many of these farmers have a higher standard of organic growing than the large scale farms found in faraway places. They realize that the earth is not just a way to make a living, but a place to raise their children and call home. Organic farming is the only way for them, even if they cannot afford to become certified organic and call their produce organic. Some things are more important. Here at the coop we are committed to supporting our local farmers and hope that you are too. Why source veggies from a faraway place when superior veggies are grown right here in our back yards. And when you support local farms you are keeping your hard earned money right here in western North Carolina, where it strengthens our local economy and provides honest livings for local families. Local produce also lessens the environmental impact that standard produce creates by traveling less distance to your plate, lowering fuel consumption and keeping the **air clean. Look for the "Discover Local" signs and know that your purchase helps benefit everyone, including yourself.**

~ 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:

(828) 693-3840
www.mainstayhelp.org

Mainstay



Mainstay's Mission Statement

To build and support a community free of domestic violence through advocacy, education and intervention. Mainstay was founded 27 years ago and we serve women and children in shelter while providing outreach services to those who want to stay in their home and yet who need counseling and support

in emotionally and physically violent times. Over 3,000 911 calls were registered in 2010 relating to issues of violence in the home.

Our Mission:

To enrich and extend the lives of animals in Henderson County and the surrounding communities through education, planning, and assistance for pet owners.



PO Box 1021 Flat Rock, North Carolina 28731-1021
828-693-5172 CPforPetsInc@aol.com

Our Mission: Promote local and organic agriculture in the Carolinas by inspiring, educating and organizing farmers and consumers.

Our Vision: A regional food system that is good for the farmer, the consumer and the land. CFSA is a membership-based 501(c) (3) non-profit organization of more than 1,500 farmers, gardeners, consumers and businesses in North and South Carolina. These members are committed to sustainable agriculture and the development of locally-based, organic food systems.

What We Do: CFSA helps people in the Carolinas grow and eat local, organic foods by advocating for fair farm and food policies, building the systems family farms need to thrive, and educating and organizing farmers and the communities they serve.



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

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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 vening 685-3050 www.haikubamboonursery.net

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

PRODUCER PROFILE



Looking Glass Creamery

By Gretchen Schott Cummins

There is something you need to know about me: I have a near and dear appreciation for goats and goat's milk cheese. (Fear not, this article won't be about me~ well not entirely anyway). You see, my first job out of college was to build and grow a cheese producing goat dairy farmstead back in Colorado.

Due to my own experience and years blood sweat and tears in that endeavor, I don't have any qualms about critiquing a goat cheese produced on a small scale and I couldn't rave more about the clean tasting, pure creamy character of the Looking Glass Creamery Chevre.

So you can see why my recent excursion to Looking Glass Creamery held very special interest for me. To my delight, Jennifer Perkins, Proprietor, honored me with over an hour of her precious time one morning last week. After a long drive down country roads bursting with spring green, we arrived at the little creamery perched on a hill with a view on both sides of rolling, lush hills. She welcomed me to her front porch and we compared notes on the business of cheese production.

Jenn's background brought her right to this very place she is in now: running a successful creamery in the bucolic and humble setting in Fairview, NC. Though the creamery is in its third year (in this case the 3rd year seems to be the charm if you ask me), she has been in training for this for some time now. Not old enough to appear really seasoned, Jennifer recounted her many

years in preparation.

Jenn has been dairying, in one form or another for the last 12 years. It seems her passion for the process and the product began when she worked as the Assistant Cheese Maker and Dairy Technician at Blackberry Farms in Tennessee. I asked about the nuances of such a grand job title and she smiled and said "that means I milked the sheep in the morning and made cheese in the afternoon."

Then she worked on a business plan to launch a farmstead dairy at the Biltmore Estate. It seemed a no brainer considering the history of the Biltmore and the Dairy and all. But as Jenn said, "5000 board meetings later, the dairy just seemed like it was never going to happen." To our benefit, she dropped that project, and got herself started in the little barn on the hill in Fairview now known as Looking Glass Creamery.

I must have timed my visit well. The process of making cheese can seem a bit like the proverbial "hurry up and wait" activity. The milk just happened to be churning away in its pasteurizer as it cooled to the temperature where it would be inoculated for cheese. A tour of the creamery opened a window onto the half science, half magical aspect of cheese making. Careful monitoring and handling of the milk and rigorous record keeping are key to a successful "cheese-make." Trial and error has yielded success for Looking Glass to boast three basic, extraordinary cheeses. Their signature aged cheeses include Ellington, Early Bird, and Chocolate Lab- Ellington and Early Bird, are the semi-soft, bloomy rind varieties of aged goat cheese. All having very unique characteristics, and each crafted to perfection. "Early Bird is a petite crottin of goats milk. It is a confident cheese with delicate red highlights on the rind when fully developed. Ellington is a beautiful pyramid of goat's milk. The interior is immaculate white wrapped in a pencil thin layer of ash that is coated in a velvety white rind.

Our hard, aged cow's milk cheese is called Chocolate Lab. It has a firm but not dry interior with a distinctively ridged rind that develops a dusty red color as it is washed in a brine solution over time. The final step of the process is to hand rub each wheel with a blend of dark cocoa and Chocolate Stout from Lexington Avenue Brewery which gives the cheese its distinct mahogany rind as well as its name."

Jenn buys fresh milk from a number of local dairies, both goat and cow. (If you've ever wondered, the cost of a gallon of fresh cow's milk runs around \$2 and a gallon of goat's milk around \$5 gallon. Now you have no reason to balk at the shelf price when this doesn't even take into consideration the overhead.) She usually goes and picks it up in the transportable 130 gallon bulk tank attached to a trailer. Of course, the milk has to pass the test before she turns it into



cheese, so she is careful to test and taste for any oddities which might taint the cheese that will ultimately carry the label from her creamery. "There are so many factors that can influence the quality of the milk" explains Jenn. And it's true; everything from the choice of the feed, the flavor of the weeds that the goat might snack on, to the air quality in the barn can have an impact on the milk.

Back when I was making and selling goat's milk cheeses, folks used to ask me if our goats were given antibiotics (a practice that was taking place in cow dairies.) It might not seem obvious at first, but the science behind cheese making dictates that nothing can be in the milk that could kill or influence the culture used to inoculate the milk. Goats are a hearty animal that naturally produce large amounts of beautiful milk without the need for hormones, either.

Looking Glass is poised to launch into its next phase. If you've tasted the cheese, you will know why they have no trouble selling out at the current production rate. Jenn's husband, Andy, is about to take a leap of faith into the business of the creamery instead of working a full time job. For the first few years in production, they have had the opportunity to take part in a supportive program offered by the N.C. Department of Agriculture wherein they have had the use of a "loaner" pasteurizer. The loaner is about to be passed onto the next upstart creamery and Looking Glass will upgrade to a larger pasteurizer, making it possible for them to increase production and meet the growing demand for their wonderful cheeses.

I asked Jenn about her perception of the local food scene in our area. She enjoys the network of small farms and dairies that really help each other out. She feels that there is a unique culture in our area which encourages this kind of agriculture as well as the artisanal farm products that we are able to find now. Jenn tells me that in her experience there is a "sense of community in the grassroots build-

ing of this local food culture that lends itself to providing quality food locally."

So now that you know there will be plenty to go around, you will want to make sure to find them. Besides the cheese case here at the Co-op, they will be selling their cheeses at a few



tailgate markets in the area: Flat Rock Tailgate Market, and the Black Mountain Tailgate Market. Looking Glass Creamery will also be on the Farm Tour this year, June 25th and 26th (sponsored by ASAP- the Co-op will be selling tickets again this year to the event). She showed me the new herb

garden that will serve to provide extras for their booth at the various tailgate markets where they sell each season. Their cheeses are on the menu at many fine restaurants across the area including Square 1 Bistro here in town, as well as the Blue Mountain Deli in the Co-op (of course). Hey, if you want to mail some to your crazy aunt in Ipswich who loves goat's milk cheeses, you can go to www.william-sonoma.com and find Looking Glass Cheeses featured in the North Carolina collection.

As stated on their web site: "The establishment of Looking Glass Creamery was the fruition of a decade of work, research, and passion for artisan cheeses that capture the character of a place, reflect the quality of the milk, the farm it came from, and the hand of the cheesemaker." And what hat a treat it was to visit them too. <http://www.ashevillecheese.com/>

I'm not sure what made me happier~ the gentle giant nuzzling of the Great Pyrenees, "Moses"~ the nibbling of the pregnant mama goats, or just the sight of all that fabulous cheese in the creamery. Whatever it was, I am still smiling from the wafting aroma of warm milk, butter fats, and blooming molds! I am unashamed in my love for freshly made cheeses, especially goat's milk cheeses and you can be too.

Co-op Classified Ads

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. 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: ninamae9@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

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

Healthy Lifestyle Q and A cont. from pg 11

5. Weigh yourself daily at the same time, preferably in the morning while naked. This may seem like an unnecessary task, but studies have shown it to be very effective in promoting and maintaining weight loss. Keeping a chart of your weight helps you see trends and so you can avoid negative ones before you have gained pounds that you do not want.
6. Write down what you eat if you are truly motivated to lose weight. The simple act of writing down your food intake helps to prevent negative eating trends. Be honest. This is not to punish you; rather to educate.
7. Decide on an exercise you like and write it in your appointment book at the beginning of each week. Experience shows that if an activity is written on your calendar, you will more likely do it than if it is not. Have an exercise buddy, if that helps.
8. Set aside time on a regular basis to do most of your own housekeeping. Sweeping, mopping, doing laundry, washing your car, gardening are all good sources of regular exercise. This way you get your household chores done without paying someone else and you get exercise in the process. Exercise physiology shows that regular daily activities are as effective for burning calories as scheduled physical fitness. If you are a parent, include your children. Teaching by example is the most effective form of parenting. At this time of year, if you garden you are not only getting exercise, but good, chemical free food that cost a lot less than what you buy at the store. I suspect your children will like it much better than what they get at school or at the grocery.
9. Get a pedometer and wear it. Aim for 10,000 steps/day. If you have a child (or children) who tend to be inactive, give them one too and reward them, but not with food, for increasing their steps every day.
10. And, speaking of teaching by example, studies done of obese children show that more often than not, they mimic their parents eating habits. If you buy and eat packaged foods, soda and other sweetened beverages and simple carbohydrates, they will too. But I suspect you all know this since you shop at the Coop.
11. Most obesity centers use meal supplements for 1-2 meals a day instead of food especially when significant weight loss is desired. While using these products does help with serving sizes and simplicity of meal planning, I urge people to make their own "meal supplements." Make some protein and complex carbohydrate, grab-n-go snacks so there are healthy and easily available to eat if you get hungry. If you buy pre-packaged healthy snacks, beware as some have large quantities of sugar even if they are organic.
12. Commit to using smaller plates on a regular basis. It is amazing how much less food you will eat if it is on a small

plate. American's standard plate sizes have increased more than 3 inches in circumference over the last 100 years.

13. It is best not to attempt weight loss in secret. Elicit support from loved ones. It is often best to choose one or two people who commit to helping rather than sabotaging weight loss efforts.
14. Establish eating, exercise and relaxation habits that are sustainable all prevent regaining weight.

Weighing daily, keeping a food diary, exercising at something you like most days and continuing a good support system all help prevent weight regain. If you want additional help to lose weight, call me at 329-8897. My goal is to provide care that treats obesity and that works to prevent obesity related health problems.

Staywell, Joan

Composting cont. from pg 5

a quick method (like a rotating barrel) might only take three weeks to six months.

How can I use the ready compost?

Mix the compost (fondly referred to as "black gold" by gardeners) into your garden soil, or mix it with the soil for your houseplants. Or use it as a mulch or top dressing (spread it on top of the soil around your plants). You can also use it as a regular houseplant or seedling fertilizer by mixing a little compost into the water in your watering can.

By the way, you can put compost that's not completely ready on a garden, and it will continue to decompose. If you're using it for seedlings, though, it's best to wait until it's completely done so the ongoing process doesn't burn the tender plants.

To read more about composting, visit the EPA's website: http://www.epa.gov/osw/conserves/rrr/composting/by_compost.htm

Composting Basics Sources

Compost Guide -- Composting Fundamentals, How to Compost, <http://vegweb.com/composting/how-to.shtml>

Composting 101.com, <http://www.composting101.com/how-it-works.html>

Composting for Beginners, Plow & Hearth, http://www.plowhearth.com/magazine/compost_how_to.asp

Composting, <http://www.no-dig-vegetablegarden.com/composting.html>

Create your Own Compost Pile, EPA, http://www.epa.gov/osw/conserves/rrr/composting/by_compost.htm

How to Compost.org, http://www.howtocompost.org/info/info_composting.asp

Organic Gardening, Composting 101, <http://www.organicgardening.com/learn-and-grow/composting-101?page=0,1>

University of Missouri Extension, How to Build a Compost Bin, <http://extension.missouri.edu/publications/DisplayPub.aspx?P=G6957>



Department News cont. from pg 14

he had seen running around the barnyard. My mom said “but Joel it’s all dark meat” and his reply was “mm I like dark meat!” and so the duck was much enjoyed.

After I moved out of my parent’s house I could not afford to buy organic meats on my own so I settled for the conventional unknown meats. After a few months of getting sick I decided I would rather become vegetarian than put something unknown and potentially dangerous into my body. After I moved to North Carolina and started working here at the Co-op I was pleasantly surprised to find local meats in the freezer from farms that were as close as a 15 minute drive. Although I am still vegetarian I enjoy the fact that I am able to support local family farms that remind me of home by being able to carry their product here in the store. We have slowly been expanding the local meats we offer and plan on continuing.

As of right now we support Three Arrows farm with their ground beef, Carolina Bison with their ground bison and stew meats. Everett Farms with their ground beef and stew meats. High Farms ground pork and Italian sausage and Hominy Valley Farms whole chicken. All farms are within a 60 mile radius to our store. All of the farms have an open door policy and some give tours throughout the year. They welcome anyone who is interested in seeing where their food comes from and how it is raised and I’m sure that they have many interesting stories to tell similar to the ones from my childhood.

You can also visit them on their web sites. www.threearrowscattleco.com, www.carolinabison.com www.everettfarmsbeef.com www.highfarmssl.com www.hominyvalleyfarms.com

Thanks for reading.

-James Grocery Manager

Organic CEOs cont. from pg 13

Project,” he said.

USDA’s “crowbar” regulations

Robynn Shrader discussed four strategies her

association is promoting: 1. Contacting President Obama to express outrage over GM crop approvals. 2. Support the legal effort led by the Center for Food Safety to stop new GM approvals. 3. Support farmers and the organic and natural food industry. 4. Lobby for mandatory GM food labeling.

Also needed is a “regulatory strategy to manage an unfriendly USDA,” Shrader said. “We need multiple strategies.”

She also encouraged the organic industry to work together with consumer and advocacy organizations. “We need to weave the industry and non-governmental organizations together.”

Melissa Hughes, general counsel for Organic Valley, described USDA’s crude, GMO-friendly GM crop regulations as a “crowbar” and said that new regulations developed in 2007 have never been implemented.

“There needs to be a coordinated effort to work with USDA to update their rules,” Hughes said.

“Time to act is now”

In a question and answer session, audience members and speakers suggested a range of other strategies.

David Bronner, president, Dr. Bronner’s Soaps, suggested a march on Washington, DC. Michael Funk suggested actions during Non-GMO Month in October. Another audience member said: “It’s time for civil disobedience.”

Hirschberg emphasized the need for action in the next 18 months before another and more hostile administration possibly comes to office. “We have to be organized and speak as several million voices. If we miss this opportunity, our children won’t forgive us.”

In his closing remarks, Walter Robb said: “This is a crossroads with everything on the line. It’s time to act, and the time is now. There is room for everyone in the tent.”

The Organic & Non-GMO Report, Volume 11, Issue 4, April 2011, Page 4 - 6.

www.non-gmoreport.com

Co-op Classified Ads

4-H Pumpkin Patch Kids ages 5 – 8, meet at the Bullington Center on Zeb Corn Rd. every other week during the summer to grow giant pumpkins, starting May 27, at 4:00 pm. Summer meetings will be 10:00 am. \$15 registration fee

4-H Mini-Garden Contest for ages 9 – 18: Youth grow a 10 x 12 foot vegetable garden at home, or a place where they can easily take care of it. 4-H provides seeds, tomato plants and specific instructions. Register by May 13. Orientation will be May 17 at 7:00 pm at the Bullington Center on Zeb Corn Rd. No fee.

4-H Creative Gardening Contest for ages 9 – 18: Youth who have already planted and maintained a garden for the whole summer can compete in this contest. Register by March 31. Orientation will be March 31 at 6:00 at NC Cooperative Extension, across from the ball fields in Jackson Park. No fee.

For more information, visit <http://henderson.ces.ncsu.edu/4-H> or call 697-4891.

\$ 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. 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

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

Fitness & Spiritual Well-being

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

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

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

Kathleen Wallace - 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 psdicures 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

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

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

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

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

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

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

WEGO-4U, Errands and Business Services Bonded, Insured and Registered in Henderson County Please visit 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 Custom web design for your small business or organization. See site for details. \$50 off package for Coop members.

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

Discount offers are subject to change without notice.



Politics & Food

from the Cornucopia Institute

On January 27, USDA Secretary Tom Vilsack announced the complete deregulation of Monsanto's controversial genetically engineered (GE) Roundup Ready Alfalfa. Although more than 200,000 public comments were received by the USDA and the White House opposing deregulation of GE alfalfa, Vilsack and the White House wilted in the face of the raw political power of the biotech industry.

The Cornucopia Institute is going into federal court to block the action. Lawyers from the Center for Food Safety are spearheading the lawsuit, which was filed on March 18. Other plaintiffs that are part of the lawsuit include independent alfalfa seed farmers, the California Farmers Union, and organizations such as Beyond Pesticides and the Sierra Club.

Nearly 20 million acres of land across the U.S. are in alfalfa production, making it the fourth most widely grown crop. It is a fundamental protein source for foraging livestock. Alfalfa is also a perennial, meaning that the GE alfalfa's seeds are subject to transport by animals, water, farm equipment, hay bales or other mechanisms and will spring to life in their new environments. Designed to be resistant to Roundup herbicide, GE alfalfa will be much more difficult to eradicate. And with a pollination radius of approximately five miles, bees and other insects will likely carry Monsanto's patented DNA past fence rows and onto neighboring fields, contaminating crops raised for forage and seed.

Jim Munsch, a Cornucopia member and organic beef producer from Coon Valley, Wisconsin, says: "We rely on alfalfa in pasture mix and for winter feed. GE alfalfa means contamination of all alfalfa seeds within a few years. When that happens we will no longer be able to get North American produced alfalfa seed. Our options include giving up organic production at great revenue loss or finding another forage at great cost increase."

The FDA announced on March 3 that it plans to conduct a study assessing the effects of certain health claims by infant formula makers on mothers' feeding choices. The agency specifi-

cally mentioned the claim, "supports brain and eye development," which The Cornucopia Institute, along with numerous breastfeeding advocacy groups, has argued for years to be false and misleading, and discourages breastfeeding to the detriment of public health.

In our 2008 report on the additives DHA and ARA in infant formula, "Replacing Mother," we wrote: "These [DHA and ARA] oils are produced by Martek Biosciences Corporation and appear to be added to infant formula primarily as a marketing tool designed to convince parents that formula is now 'as close as ever to breast milk.'"

We went on to say: "Given the universal acceptance of the multiple and very significant benefits of breastfeeding over formula feeding, any advertisements or labeling claims that undermine breastfeeding are a detriment to public health."

We filed a petition with the FDA, and a complaint with the Federal Trade Commission (FTC), alleging these claims constitute false and misleading advertising. Scientific review studies and meta-analysis studies show that the additives DHA and ARA in fact have no benefit to infant development. According to Dr. Katherine Kennedy, the lead researcher for the longest-term follow-up study of these additives to infant formula, "This field of research has been driven to an extent by enthusiasm and vested interest." She also notes, "The scientific evidence base for their addition is recognized by most investigators and Key Opinion Leaders in the field to be weak."

More distressing are reports from parents and health care professionals suggesting that some infants react with diarrhea, vomiting, and other gastrointestinal symptoms to this synthetic additive which has already been added to most organic infant formula. This should not be tolerated in organics!

For more information you can visit www.cornucopia.org.



CORNUCOPIA
INSTITUTE



The Habitual Herbalist

with June Ellen Bradley

Cultivate Our Riches And Share The Wealth

Isn't the natural beauty of our region absolutely stunning? The Appalachian Mountains are the oldest mountain range on the planet. They are home to many beautiful creatures, some mighty rich soils and wise old plants. The Wisdom of the land is Sacred and healing. Western North Carolina is a repository of deep ancient traditional knowledge amid immense beauty. We are so lucky to be living in this magical kingdom. What a blessing it is to be surrounded by such Majesty.

Ever marvel over how everything in Nature is diversely grouped, interconnected and communicating all at once? It is so cool that you can see a plant, and then by that plants very presence, you can know what animals, birds and other plants will be there too. Collectively they radiate a specific kind of energy. Each and every forest has a different energetic signature, just like you can feel with groups of people. You can tell the health and power of a community by its radiant energy, you can sense the sheer force of its Being. It is a wordless communion greater than the sum of its parts.

When you look around at our community at the Coop, we see people who are committed, passionate and caring. We are defined as being a part of a larger system and the energy speaks for itself. Whether our passion is focused on buying local produce, encouraging sustainable farming, eating pure foods or promoting organic stewardship of the soils, we honor our connection to the land in many ways. Many folks practice recycling, composting, or vermiculture; they enjoy learning to grow mushrooms, raising chickens, buying these products or gardening. These skills weave us intricately within the web of life. We feel our value tangibly in this grand evolving wealth of life sustaining practices. This is how we create true richness. Letting go of that which makes us separate and cultivating that which makes us whole is what brings us fulfillment on a deep level, both personally and as a community. Focusing on that which is greater than ourselves places us at the heart of Service. Sometimes the process is uncomfortable, risky or it can be adventurous, it definitely evokes the spirit of the wild heart.

Taking a walk in the woods can inform our wholeness in a short period of time because the natural world is always operating as a unified whole. Participating in the many aspects of growing crops for medicine or food places us in creative partnership with natural forces where we once again find ourselves a valuable part of a greater system.

There are so many easily accessible places in Western North Carolina where we can connect with the richness of Nature as well as our agricultural heritage. Visit a farm or take a hike. Both of these ventures can bring us to a place of connection and inspire such gifts as Humility, Awe, Creativity and Stewardship.

So celebrate living here in Western North Carolina! Let's make the effort to reconnect with our forests, and also tune in to how we can reshape our relationship with agriculture. The agricultural landscape is changing and we can be agents of that process and plan now for a future niche that is yet unfilled. We all realize how powerful local plants are medicinally, energetically and nutritionally as well as the benefits of resource stewardship. Thinking long term, we create heaven on

earth.

I love travelling around and giving my "Planting the Future" presentation. One thing that always amazes me is that over 60% of the plants that are on the endangered list and are encouraged for cultivation are plants that are actually locally abundant where we live. The global market for these herbs is increasing, exhausting the supplies in other countries, and these plants are still found in the wild here in our mountains.

What if WNC were to become a resource for these plants, growing them sustainably, increasing the healing power of the land and providing energetically superior herbs to use for medicine? We can also save seeds of wild populations as a source for genetically superior species for others to cultivate in other states, and serve as a model for these simple practices which sustain our very species. We forget that many civilizations have crumbled because they forgot to take care of the "6" of topsoil that all of us depend upon to live.

Farmers who want to add additional income can choose herbs that compliment their harvest schedule. There are many different plants to grow which suit different personalities. Since the land is already growing these amazing healing plants, why not partner WITH Nature? It would be a synergistic experience with benefits greater than we could possibly now imagine. Reclaiming our place within the Natural world is an act of power as well as humility.

Right now is one of the prettiest times of year... I encourage you to go out into the forest, be absolutely present, if only for 15 min... longer would be even better. Notice all the little things; a bud, a blossom, animal tracks, mushrooms, insects, trees in flower. Become an explorer. Discover some of the medicine plants, some are really weeds. Let go of judgments. Examine everything as if it were the first time you have ever seen it. Cultivate 'beginners mind' and forget what you know -to experience what is -at this moment. You will be amazed. I love looking at all the little vignettes of leaves, pine needles, moss and stones as well as the grand sweeping vistas. Vary your vision. Notice how Black Cohosh is sending up fairy wands of white flowers at this time of year to notify us that it is time to reclaim the magic of our wilderness!

Tune into that wild aspect of yourself. What is your heart yearning to create in your life? The forest has a unique way of opening us to receive Creativity and many other gifts. Every tree, shrub, and all the native flowers are magnificent gentle healers by their very presence. There was a time when everyone knew the magic and message of each type of plant, each rock, each kind of soil. The magic is still there, waiting to be rediscovered, engaged in, interacted with and celebrated. Remember our traditional roots and create your own magnificent tree of human expression!

When you walk around the forest, feel into it and connect with vibrant energy. Let it beckon you into a deeper level of consciousness and feel the radiance of the life force. When everyday worries completely disappear as you connect with Nature, inspiration will guide your choices and your Value will be unquestionable. From this space, our collective future is emboldened with passion and clarity. Cultivate the riches of our ancient forests and share the wealth!





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Local photographer, Patricia Roshaven, photographs the natural beauty of this area and has been gathering awards and praise for her work since moving here in 2005. In all kinds of weather, she can often be seen bending over a tiny flower to capturing a landscape view of the mountains. Patricia's work has been seen at the Tryon Fine Arts Center, the Henderson County Library, the Transylvania Arts Council (Brevard), Kiveo (Tryon) and at the Asheville Airport Gallery. This fall, her "Woodpecker" was chosen to be on the cover of Fresh, a southern literary magazine.

