



The Organic Press

Monthly Newsletter of the Hendersonville Community Co-op
Cooperatively Owned Natural Foods Market & Deli

Volume 8 * Issue 4
April 2009

Thirty Steps to Green Living

Green may be the new black, but it's more than a trend—it's a permanent shift towards creating a sustainable planet. In fact, taking steps to live a greener life—one that leaves as small an environmental footprint as possible—is part and parcel of living responsibly.

Sustainable living is serious business, but many effective changes require thoughtfulness more than sacrifice, good habits more than financial investment. In fact, you'll find that acting with the environment in mind often has a positive impact on your budget, too.

"Reduce, reuse, and recycle" is the green-living mantra. Let these three words steer you in the right direction—with your purchases, at home and at work, even while traveling. It's fun to see how many opportunities there are for greener choices. For starters, here are some simple ways to make a big impact:

Purchasing Power

* Buy in bulk to eliminate wasteful packaging and save money. Check out the bulk section of your co-op, where you'll find everything from beans to grains, nuts and granola, soaps and shampoos. Ask a staff person to show you the ropes if you're new to bulk buying.

* Choose products with the least amount of waste: produce without wrapping and trays, tampons without plastic applicators, and a large jar of juice (or concentrate) rather than a dozen juice boxes, for example.

* Support green businesses with your purchasing dollars. Sustainable business practices are marketable these days, but so is greenwashing, so be selective. Co-ops have a long-standing tradition of conscientiously supporting ethical business practices.

* Bring your own bags when you shop. Tied end-to-end, the nearly 4 billion plastic bags discarded around the world each year would circle the earth 63 times. When you do use plastic, be sure to recycle it. But get in the habit of bringing your own cloth bag when you head to the store. Many stores—including your co-op—sell

canvas or cotton string shopping bags.

* Choose nontoxic. Replace chemical cleansers and cosmetics with natural products. Nontoxic cleaners—which you'll find at your co-op—won't hurt the water supply, your family, or wildlife. When decorating, explore nontoxic paints, fabrics, carpeting, and flooring. Before remodeling, look into using nontoxic, recycled building materials.

* Purchase locally. Shop at community-owned stores and purchase locally grown food. You'll support neighboring farmers and reduce your carbon footprint at the same time. Co-ops are a great source for locally produced food, and many offer crafts items made by local artisans, too.

* Choose organic food whenever possible. In addition to health and taste benefits, your selection of organic over conventionally grown food contributes to cleaner air and water; soil enrichment; the reduction of pesticide, growth hormone and antibiotic use; and safer working environments for farmers and their families.

* Buy organic cotton whenever you can, too. While cotton is typically one of the most heavily sprayed crops, organic cotton growers use sustainable farming practices that replenish the soil and eliminate the use of toxic pesticides and fertilizers. Organic cotton production grew from \$583 million in 2005 to \$2.6 billion by the end of 2008, so availability is improving. Co-ops often offer a selection of organic cotton clothing and linens.

* Gift wisely. Select gifts that aren't wasteful. Make a batch of cookies or a jar of your signature salsa, or buy a co-op gift certificate. Choose presents from Fair Trade businesses (or local artisans) and gifts that encourage green living (like a wicker basket of earth-friendly detergents, honey from a local vendor, or a certificate to do an energy-saving project, like weatherizing). Consider green wrapping options, too!

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Editor

Damian Tody

Contributing Writers:

Gretchen Cummins, Robert Jones, Arrion Kitchen, Marisa Cohn, Jordan Randall, Laura Miklowitz, June Ellen Bradley, Joan Kennedy

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

The Blue Mountain Deli offers a delicious variety of fresh soups, salads & more.

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

Everyone can shop and anyone can join.

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

Submission Deadline

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

Interested in advertising in The Organic Press? Over 1,500 copies of the newsletter are mailed to our owners monthly & an additional 600 more distributed within our store and the community. Space is limited and rates are reasonable. Call 693-8557 to reserve your space today.

GM Musings:

I hope everyone is enjoying the beginning of spring. It feels good to finally feel the warmth of the sun again. It is always an inspiring time of year as everything outside begins to wake up again. We always have a fun time at the Co-op as spring comes in as well. There are a lot of opportunities to participate and enjoy the weather. We have our annual Earth Day celebration coming up, we will be out and about in the community at several festivals, and we will be having a summer gathering again (location yet to be determined). So we hope you will be able to join us as we enjoy the changing seasons and weather.

As we move further into spring we also get to enjoy more and more varieties of locally grown foods. We will be getting local produce from a few farms this year. We will be supporting Holly Hill, Oliver Organics, Windy Ridge and Cane Creek Organics, as well as all of the other growers that come our way over the course of the next few months.

At the co-op, we have decided to come up with an official definition of what local means to us. It is something that we have thought about and talked about for a while now. We also included questions about this topic in our latest survey. We considered including those items grown and produced in Henderson County, all of Western North Carolina, the distances of 100 miles and 500 miles and the south east region. The south east region would include our

state and the surrounding states.

In the end we have decided to go with a designator of 100 miles. Using this distance as our local designator gives us enough distance to include those areas close to us that don't happen to fall within the North Carolina border, but are close enough to be considered local. This becomes especially valid when many of our owners reside in these areas, like upper South Carolina. We did not feel that strictly using the political boundary of the Western North Carolina Counties was as effective as the 100 mile designation. After all, the ability to grow food and participate in a local and regional food distribution system is not limited to lines that have been drawn on a map. So when you shop at the co-op make sure to look for the local signs, and you will know that anything with this sign means it has been grown or produced within 100 miles of our store.

In Cooperation,
Damian



Co-op Calendar

Saturday, April 4th, 3:00 p.m.

Book Talk at HCC

Join us as we host a local writer and Certified Feldenkrais Method Teacher Lavinia Plonka as she presents her latest book Playing in the Kitchen: Recipes, Stories and Explorations to Feed the Whole Self by Lavinia Plonka.

Sunday, April 5th,

Owners save 5% at HCC

Owners, come on in to save 5% on your purchases and sample some of the wonderful treats that our co-op has to offer. Shop it like you own it -- you do!

Saturday, April 18th,

Owners save 5% at HCC

Owners, come on in to save 5% on your purchases and sample some of the wonderful treats that our co-op has to offer. Shop it like you own it -- you do!

Saturday, April 18th 11:00 - 6:00 p.m.

Earth Day at HCC

Come celebrate Earth Day with your Co-op. We will have a great time learning, sharing and of course eating a lot of great food.

Saturday, April 25th, 8:00 - 11:00 a.m.

Medical Screenings at HCC

Ray Fritch will be offering Medical Screenings in the Co-op annex.

Saturday, April 25th and 26th, Look for us at the YouTheater Festival. This event takes place at the Flat Rock Playhouse. Two days of performances all over the grounds of the Robin R. Farquhar Education Center campus, plus activity booths and fun for the whole family.

A Board's Eye View -- April News

Once upon a time, the Co-op was pretty much the one place in town to find wholesome food and healthy supplements. Natural, organic and local foods are now a booming mainstream industry. Harris Teeter, BI-LO and Food Lion all carry organic milk, but when you buy it at HCC, you're contributing to YOUR business. You have a vested interest.

Ron Angermuller and I led a discussion on A Sense of Pride and Belonging at the February board meeting. An essential element of board evolution is continuing education. We reserve time each month for study and engagement on topics for sustaining co-ops and communities.

Pride is a high opinion of one's importance and merit, resulting in pleasure and satisfaction. Think "pride and joy". A group of lions is referred to as a pride, with shared strength and majesty. Belonging is a sense of both continuity and community, a sense of fitting naturally into a group.

As owners, we share the rewards and risks of running a business. For some, the key benefit of ownership is the variety of goods and the discount. For others, it's a shared vision and driving passion, a social and philosophical connection. There is no wrong way to be involved.... and plenty of opportunities to increase your commitment.

So how do we make ownership more meaningful?

The Six Principles of Co-op Ownership are:

- Provide real and meaningful benefits
- Communicate a clear message about Co-ops and ownership
- Earn owner loyalty and trust
- Provide continuous education
- Ensure effective and meaningful control by owners
- The WOW factor: keep programs lively and interesting

We have our work cut out for us- and are always open to suggestion.

Recently, 1300 owner families had the option of filling out an owner survey. 232 responded. Please consider using the suggestion box, attending board meetings or running for the board to make your voice heard. Consider signing up for classes. Attend the November Annual Meeting Celebration. Let us know what the Co-op means to you and what your expectations are. Send your ideas and observations to me at vimik@bellsouth.net or to Board President Steve Breckheimer at sbreckheimer@gmail.com. Together, we can make a difference.

With a sense of pride, belonging and purpose,
Laura



Steve Breckheimer
749-9104/2008-11
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694-1083/2007-10
Vice President



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329-7991/2006-09
Secretary



Ron Angermuller
692-3519/2008-11



David Weintraub
693-9491/2008-09



Joan Kennedy
692-7282/2006-09



Laura Miklowitz
693-6261/2006-09



Carolyn Widener
329-4826/2008-11

2009 Board Meeting Dates

Meetings are held at 6:00 p.m. on the fourth Tuesday of the month. The next meeting will be on April 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 Steve at sbrec@cytechcis.net or a 749-9104. Written information may also be sent to the Board of Directors of HCC, 715 Old Spartanburg Hwy, Hendersonville, NC 28792. Please include your name and contact information.

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Lot Clearing
Roads/Driveways
Ponds
Riparian Repair
Woodland Mgmt.
Grassland Mgmt.
HOA Snow Removal

Hendersonville Community CO-OP
Natural Foods Market & Organic Deli

The Board of Directors meets a minimum of 12 times per year. The board is elected by Hendersonville Community Co-op owners to represent them in supervising the operations of the co-op, as well as setting policy. If you would like to get in touch with the board, please feel free to contact any of the directors. Phone numbers are listed. You may also send e-mail messages to sbreckheimer@gmail.com

4 Thirty Steps... Cont. from pg. 1

Habits at Home

- * Eliminate paper waste by banking online, downloading your music, using cloth napkins, and canceling unnecessary catalog subscriptions via snail mail. Use both sides of paper (recycled of course) when printing, and junk your junk mail: Visit the Federal Trade Commission's website for how-tos: www.ftc.gov.
- * Drink tap water. If necessary, use an in-sink faucet filter, or a water-filter pitcher instead of purchasing bottled water. Americans use 3.3 million plastic bottles every hour, and they only recycle one-fifth of them. In addition, many plastic water bottles contain chemicals that are harmful to your health and to the environment.
- * Plan veggie meals. Meat-free meals reduce land, food, energy, and water waste, as well as pollution. (Methane, emitted by cows, is the second most significant greenhouse gas.) Cutting meat out of your diet for two days will reduce your carbon dioxide (CO₂) emissions by 13.2 pounds. When you do eat meat, choose sustainably raised beef, poultry, and fish.
- * Don't waste food. Americans throw away almost one-third of their food. Plan carefully, use up leftovers, and compost.
- * Install a programmable thermostat. A properly set programmable thermostat can save the average homeowner \$100 a year. You can get similar results by diligently setting back your manual thermostat, too. Because almost half of household energy is used for cooling and heating, adjusting your thermostat up 2 degrees in summer and down 2 degrees in winter could save about 2,000 pounds of carbon dioxide (CO₂) annually.
- * Use water-efficient fixtures. In an average household, using a high-efficiency showerhead and kitchen faucet aerator will save about 7,800 gallons of water each year. (And no, while low-flow showerheads save between 12 and 32 gallons of water per shower, depending on the model, they don't cause the water to trickle. In fact, because they have added air, the pressure usually feels stronger.)
- * Turn off the faucet while you brush your teeth for a savings of three gallons every minute, and shorten your shower by 2 minutes for a savings of 15.3 pounds of CO₂ a month. Only wash full loads in the washing machine and dishwasher, and collect rainwater for your garden plants.
- * Take good care of things. The savings add up: An average home can waste over 11,000 gallons of water a year because of running toilets and leaky faucets. Cleaning the coils under your refrigerator can reduce CO₂ emissions by 300 pounds a year, while changing furnace and air conditioner filters can save 350 pounds of CO₂ annually. A dryer with a lint-filled screen uses up to 30 percent more energy to dry your clothes.
- * Choose the low-energy option on your dishwasher. Simply open the door when the cycle is done and let the dishes sit until dry. In one month you'll have saved 20.5 pounds of CO₂.
- * Eliminate phantom loads. The television, computer, printer, cell phone chargers, and other electronics use electricity even when you've shut them off. A television that's on for three hours a day, and on standby for the rest of the time (plugged in but not turned on), will use about 40 percent of its energy while on standby. You might want to plug several items into one power strip so that you can more easily turn them off when not in use.
- * Put a blanket on your hot water heater. Providing insulation for your hard-working hot water heater can cut heat loss by 25 to 45 percent. While you're at it, turn down the temp on the heater; 120 degrees F is about right for most households. (Next to heating and cooling, water heating is the largest home energy user.)
- * Use an outdoor clothesline and/or indoor drying rack for just 6 months a year and you'll save 700 pounds of CO₂. Just one load a week will reduce your CO₂ emissions by 18.8 pounds. While we're talking laundry: Use cold or warm water instead of hot for washing and you'll save 500 pounds of CO₂ a year.
- * Purchase renewable energy from your utility company. The way this typically works is that you pay a bit more for your energy and

your contribution covers the added expense of harvesting the alternative energy used in the program. As the program brings more renewable sources into the energy pool, it displaces electricity that would otherwise come from fossil fuel sources.

- * Recycle everything from your newspaper to your appliances, your remodeling waste to your electronics. (Less than 1 percent of the 500 million used cell phones in the U.S. are recycled.) Donate items to charity, sell them at consignment shops or online, or visit www.Earth911.com to locate recycling centers in your area. Set up an efficient recycling area at home, making it easy to recycle plastics, glass, paper, etc. Recycling just half of the waste in your household will save 2,400 pounds of CO₂ each year. Aim even higher.
- * Switch to CFLs. According to the EPA, if every household in the U.S. replaced their five most used conventional bulbs with compact fluorescents, we would prevent greenhouse gases equivalent to the emissions from nearly 10 million cars. No matter the bulb, turn off the lights when you leave a room!
- * Use rechargeable batteries. All batteries release harmful metals into the environment, but rechargeable batteries can be re(and re)cycled—up to 1,000 charges.

On the Road Again

- * Carry your own travel mug for coffee and other beverage refills on the go. You can even carry your own eating utensils rather than use plastic utensils for food takeout.
- * Drive less, drive smart. Coordinate your trips so that you do your errands all at once, in logical order. Drive under the speed limit, keep your car tuned, break wisely, keep tires properly inflated, and drive under the speed limit. (Driving 70 mph instead of 60 mph on the highway is equivalent to paying, on average, 54 cents more per gallon of gas.) Carpool and your savings instantly double. Think outside the car, too, by riding a bike, walking, or taking public transportation when you can.
- * Take the stairs. Surely you've heard this advice for getting exercise, but did you know that some elevators use enough energy in one year to power seven households?
- * Travel sustainably. Plan vacations close to home, and choose green hotels when you travel. Offset the carbon emissions you produce with your trip. To find out how, visit: www.drivinggreen.com.

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News and Views From Outreach

We are planning our annual Earth Day Celebration here at the Co-op on April 18th from 11:00 til 5:00 p.m. As always, this outside mini-festival promises to be lots of fun while we celebrate our great planet. There will be plenty for kids to do, too.

- We're still looking for creative vendors to sell their creations and wares in our parking lot. If you, or someone you know, would be interested, please contact me, and I will send an application your way.
- We also need some good local music, so maybe you know someone who is just starting out and would like a venue to play.
- Also, we would like to have a BOOK SWAP that day. Bring a book and trade out for a good summer read.

Call me, 693-8557 or
email: gretchen@hendersonville.coop



On April 2nd we will host a local writer. Please come and enjoy her unique approach to life and cooking. 3:00 p.m. sign up in the store, or by email.

Playing in the Kitchen: Recipes, Stories and Explorations to Feed the Whole Self by Lavinia Plonka

"Lavinia Plonka offers a delightful smorgasbord of opportunities for culinary delight, going beyond standard cookbook fare to provide a feast that transcends the five senses. Your sense of taste will be tempted by the delicious recipes. In order to take the stress out of cooking, each recipe contains a Playing With Your Food Section. This provides substitution tips, how to avoid kitchen disasters, ways to rescue mistakes and much more. For your sense of humor, Plonka has included stories; both traditional folk tales as well as humorous essays

that explore subjects like cooking with a significant other, fear of an empty refrigerator, and the universe as a cosmic soup. But what makes Playing in the Kitchen completely unique are the movement explorations designed to make everything from chopping to washing the dishes a pleasurable and ergonomic adventure. Lavinia Plonka is an expert teacher of the Feldenkrais Method, and has created innovative sequences based on Feldenkrais' teaching that awaken your kinesthetic sense. You'll never cook the same way again!"

Much gratitude goes to the fabulous bowlers on the Team Co-op who came out to Bowling for Kids Sake on February 21st at Tarheels Lane. During this huge fund-raiser for Big Brothers, Big Sisters, Team Co-op was responsible for raising over \$300.00 that day!

A big THANK YOU to Robert Jones, Madison Flowers, Beth Beasley, and her two sons, Luke and Cian Fogarty, their good buddy, Leo Scott, Steve Breckheimer, and Miriam and Louise Cummins. Congratulations on the exquisite show of bowling prowess. It's all about the turkey, man.



Thanks for Cooperating,
Gretchen



Attention HCC Owners!

5% on the 5th and the 18th

come in on Sunday,
April 5th and Saturday
April 18th to save on your
groceries!

Health Screening at the Co-op!

SATURDAY April 25 8 – 11 a.m.

Hendersonville Community Co-op In the Annex bldg.

**SAVE \$200 !! w/ HeartTrak/PlakTrak Special!
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Walk-ins are welcome but appointments are preferred.
Please SIGN UP in the store. Cash or Check.

Most results will be available in the store in one week.
See labtestsonline.org for GENERAL info on tests.

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The Green List Co-op Owner Advantage Discount offers are subject to change without notice.

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: 828 553-8146. Massage Therapy & Bodywork plus Healing Touch, Energy Healing, Aromatherapy, Raindrop Therapy Technique. 828-553-8146. 10% discount on initial session.

Sylvia Huntsman, ARCB Certified Reflexologist/Nail Tech 828-698-6634 Ext. 4 Discount on 5 sessions of Reflexology. Call for information or appt. 10% off Spa Manicures & Pedicures for co-op owners, ALWAYS! Special rate for Seniors.

Jennifer Smith LMBT#1232 massage therapist specializing in pain management using craniosacral, 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 Road, Hendersonville, NC 28792 A private, serene, tranquil & comforting atmosphere dedicated to your well-being. By Appointment 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.

Claire Collins, Esthetician/Nail Tech 828-674-2339 www.purelysensationalskincare@yahoo.com Luxury European Facial 1st Time Clients \$45 Facials, Back Facials, & Waxing,

Karen Toledo, Detox Diva LMBT/nail Tech, hydrotherapist, detoxification, weight loss. 828-215-6565 10% off initial service for co-op owners All three offer 10% off spa manicures and pedicures for co-op owners always.

Stoney Mountain Healing Center: Meg Reim, Hendersonville. Home-828-274-0429. Cell- 757-274-1240 or e-mail at mreim@rocketmail.com.

Wonderful healing sessions in a octagonal dome-like structure. 25 years of experience in medicine and alternative health. No-one should be denied healing! Everyone with intent to heal will be considered. 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

Retail

Crystal Visions: 5426 Asheville Hwy. (Hwy 25), Naples. 828-6871193, www.crystalvisionsbooks.com. 15% off regularly priced jewelry.

The Red Door - 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. Winter hours Thursday, Friday, Saturday 11:00-5pm. 828-693-1611 www.monapaints.com 10% discount with your Co-op Owners card.

Zen, etc!, 351 Main St., Hendersonville. 828-692-2191. A tranquil haven featuring books, music and gifts to enhance serenity. 10% discount on books and music with your co-op owners card.

Services & Classes

Connie Knight, Studio Artist: The Arts Council, 538-A No. Main St., Hendersonville. 828-243-0084,

10% off monthly fee for four "Juicy Art" art classes - ages 6-HighSchool.

Compassionate Home Care, Inc., licensed thru N.C. bonded, insured, (C.N.A., LPN, RN) 696-0946, 877-5906 or www.compassionatehc.com \$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.

10 % off for Co-op Owners.

M.C. Gaylord 699-8418 and Tammie Bogin 699-6007 www.AllSeasonsErrandService.com

Persimmons Design

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Everything is vibration. NATURE ESSENCES help remove blockages from your energetic (vibrational) field. This can facilitate the balancing of your body, mind & spirit. Diana Hawkins makes nature essences & can make a personal remedy just for you. 10% off your first personal remedy to co-op owners. 828-808-9013 www.oneheartpeacecenter.org

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.

Due to an ever expanding list of participants and limited space we will be rotating the categories of The Green List every month. The entire list is available on our website - www.hendersonville.coop

Spectacular Spring!

with June Ellen Bradley



Inspiration, birth, ideas popping up like the spring flowers...the rush of life bursting forth in spring encourages those dormant energies in us to surface as well. I say: "Ride that wave!" We can be outside more often, breathing fresh air and cleansing our lungs from all that indoor recycled heated drying air. Our lungs will rejoice! Take some time to breathe and soak up light.

Can it be possible that we are in such a hurry these days that simply going somewhere outside to breathe and be still is just not a priority? Why have we created our world this way? This year, let's rebel from the status quo...go outside, lie on the ground and soak up some sun (or moonlight) for at least 15 min...fill your lungs with fresh air and sink into the bosom of Mother Earth. Walk outside barefoot. You will be glad you did! It really does reset our whole body and it gives us a sense of peace and grounding...as long as you are mindful not to lie in a fire ant nest!

This practice is energizing and reinvigorating, signaling our bodies that it is time to awaken our creative spirit. It firms up our innate sense that we belong in this specific place in the Universe. If you have children, you will see that they will naturally roll around on the ground—perhaps they have something to teach us! We can experience the freedom kids live in all the time if we too will take advantage of these free rechargers. Why not delve into the new life energy and play a little bit?

We have new chicks and lambs on the farm now and the joy they embody lifts everyone's spirits. We can embody this playfulness too. In fact, with our economic crisis at hand we need to resonate the lighter and appreciative energies to counteract the heaviness of our times. No matter what turmoil we as humans have created, Nature always sends forth the joyful and celebratory newness of springtime. It helps us to remember that everything is cyclical. Every season has its time and now we can use our powerful creative forces as humans to blossom and create beauty regardless of the mass consciousness tendency to moan.

In fact this is the best possible time in our world to start something new...reinvent your life with an eye towards sustainability and long term stability. Now more than ever, we need creative solutions that work for everyone—as our Native ancestors would say for "The Great Life." We need to stop blaming—ourselves or others for the mess we're in. We created it—we can also change it. Now is the perfect time to do so.

We have gathered together at the Coop to create community gardens and to purchase foods that are organic and locally grown, as it should be—if we are to truly embrace what it means to be healthy. In response to our need to develop more self-reliance, the Coop also has new plant starts to get an herb garden or vegetables started. Maybe our passion for lawns needs rethinking. Does it make a lot of sense to poison the groundwater and soil for future generations for nice lawns today? That is what we are doing. Native edible plants are also beautiful and they are practical. They require less maintenance and tolerate drought. (Do you think there is any connection between the massive amount of tree removal in this area and lack of rain?)

It is important to begin extending ourselves for the purpose of partnership with our planet and in community with each other. Notice how the earth is extending herself in renewal right now. The rejoicing and inspiration is plainly seen and felt whether or not we choose to join it. What will you choose? The diversity of all natural life forms work in cooperation to make up a unified whole...there is no "trash" in Nature. Everything is recycled. So too, there is no one who does not belong, we all have a purpose and a space. Perhaps it would be wise for us to follow the lead of the natural world if we care about the possibilities we are leaving for future generations to manage.

Imagine a world that honors and nurtures the cyclical nature of our humanness. The constant drive to work and grow without respecting the receptive aspects of the cyclical process leads to burnout and imbalance. Nature is a great model and metaphor for our edification. Do you think we could probably pay more attention and work with these concepts as a species to realize our true connection?

Winter was a time to go within and evaluate what was working and what could be let go. Now is the time to begin anew and put those ideas into effect. Even if you didn't do this consciously, I'd be willing to bet that there are things in your life that have surfaced for your creative juices to work on. We have an opportunity like no other in

these times. As part of the earth—which we all are whether we admit it or not, we have the capacity for creativity, ingenuity and rebirth. We have the capacity for destruction. We also operate in a cyclical paradigm. What will we choose to do with this opportunity?

We can roll with it or fight against it but as the saying goes, "you can't fool Mother Nature." Some of what we created is in destruction because it is not in harmony with responsible stewardship of the planet that sustains our life. This is evident by the absence of personal responsibility for our own creations.

We create consciously or unconsciously, wouldn't it be wiser to do so consciously? Let's focus on creating harmony; first, start within ourselves—then, be so with each other. In a world of peace, lives will still live on other lives—it's part of the cycle. Other animals are not concerned with our idea of peace because they are in harmony with the natural plan. We're the ones who haven't figured out yet that war doesn't work.

We all need to learn where our food comes from and honor all the lives—vegetable and animal who have given their lives so we might live. To allow these massive production farms is unconscious. To destroy trees at the rate we are going—is to choke ourselves...is that smart? Is it in alignment with the energy of inspiration?

There is a wonderful metaphor I'll borrow from Taoist mythology that is in alignment with inspiration. It will help us in the Western world to host those qualities that bring the joy of life to this material world. In Chinese medicine, the word Shen refers broadly to our concept of spirit. There are tiny wild birds that represent Shen that desperately want to live in our hearts. When they reach the center of our hearts they nest and are cozy. In the manner of wild things they are easily frightened.

When we are anxious, angry or afraid they leave their nest in fright and go back to the stars from whence they came. They hover and wait for us to invite them back...for they need the hollow of our heart to nest and be at peace. When making decisions, especially for future generations—and I would say all decisions have that possibility, are we doing so in harmony with the wild birds in our hearts?

If you'd like to learn more about Taoist mythology, check out a book called "Five Spirits: Alchemical Acupuncture for Psychological and Spiritual Healing" by Lorie Eve Dechar. The analogy was given to me by Mark B. Thanks Mark for such a sweet and receptive picture for healing. If we could internalize this one concept, imagine how it can bring healing to our day to day lives.

If we will care for the wild things, I believe we can turn our destruction into creation. Thoreau once said: "In wildness is the preservation of the world." That truth applies today. So look around at the wildness emerging this spring and feel the companionship of kindred spirits in your heart. What can you bring to the world as your legacy? Why not look at what's right and make more of that—instead of focusing on problems that seem insurmountable. Above all, let's hold this energy of spring flowers, nurture it and allow it to guide our actions and attitude. We are part of this magnificent symphony so let's play our parts with passion and radiance.

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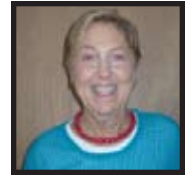


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QUESTION: How can I decrease, and in the future, prevent the low back pain that bothers me almost daily?

ANSWER: Perfect your posture

Do you find yourself slouching in front of the computer or walking with your head down? It is important to always think of your posture during daily activities to avoid complications down the road. Not only does better posture improve symptoms in the back and neck, it can also correct other minor and major problems related to the spine.

Bad posture can be habitual or caused by muscle tension, illness or disease, depression and even a non-active lifestyle. From my experience, poor posture has become epidemic in the United States. Too many of our activities involve sitting. Our furniture style with large, soft cushions encourages bad posture and far too many have abdominal obesity, one of the worst enemies of good posture. People with poor posture can suffer from muscle strain and/or soreness, nerve impingement and joint problems. Low back pain has become one of the most common medical problems in the United States. It cost millions of dollars in care, lost work days and disability. Simple steps can be taken to correct posture and relieve painful symptoms.

Correct posture means keeping all body parts in alignment for better balance and support. You can make a determination of your posture by standing against a wall and noticing any bending or leaning in your stance. You want to be able to draw a straight line from your shoulder to your ankle through your hips and knees. Do you remember when a grandmother or an aunt used to tell you to pretend you have a string through the top of your head pulling you up to the sky? I do and I remember my mom reminding me constantly to stand straight as it looked much more

feminine.

In order to improve your posture, you must first examine your current posture. How do you sit in a chair or while driving? Are you slouching or leaning forward? Also, what is your standing posture? Far too many people today walk and sit leaned forward slightly at the shoulder. Excuse me golfers, but I call this the “golfing posture.” Do you seem off-balance? You can evaluate yourself and ask someone else to watch you during these activities.

Once you identify what activities affect your posture, be sure to remain conscious of these habits daily and correct them. Changing your posture does not happen overnight, but can offer relief over time. Here are some ways to help you stand tall again:

Enhanced Ergonomics

Invest in a headset if you are on the phone for long periods of time. Find a desk chair that will support your back and neck. Be sure to locate your computer screen at a height that will promote good posture. Also, arrange items on your desk for easier reach. There are many choices in kitchen and bathroom counter heights today. Choose one that accommodates your standing straight.

Better Sleep Support

There are a number of supportive pillows and mattresses on the market today to improve spine posture and movement while you sleep. One good sleeping posture is on your side with a pillow between your knees to keep the top leg in a straight line. Find a pil-



low that exactly fits the space between your head and the bed to avoid neck strain/pain.

Spring is a great time to focus on your posture. We are wearing fewer and lighter weight clothes, are outside more and hopefully doing more

exercise that fosters stronger muscles.

Stretching

If you are experiencing pain, it is important to ask your doctor about stretching activities that are best for you. Practicing yoga or Pilates which involves deep stretching can improve posture. Yoga is particularly good for stretching muscles and fostering good posture. Water aerobics can help relieve muscle strain and soreness. Physical therapy loosens muscles with a variety of treatments and exercises to release tension that may be affecting your posture. If you are not interested in these simple activities, just be sure you stand up and stretch at least every hour, before going to bed, when awakening and before and after exercise. Many people forget the stretching before sleep and after exercise.

Relaxation Technique

A good amount of rest and relaxation can help release tension, correct posture, relieve stress and improve your mood. Lying on a hard surface like on a floor at home with lights dimmed and a relaxation CD can help relax and even help straighten the spine. Meditation can boost focus and concentration on your spine to help relieve symptoms.

Muscle strengthening Exercises

Using a Pilate’s ball is a great way to strengthen the small muscles in your abdomen and low back. It is these small muscles that give the most support and prevent poor posture. These small muscles are not exercised by doing activities such as sit-ups and crunches. You can sit on it while working at your computer or watching TV. Just sitting on it works those small muscle fibers in abdomen and lower back. Each ball also comes with a set of exercise instructions that increase the level of difficulty and muscle strengthening.

It is important to remember that posture is part of our everyday health, like drinking plenty of water and eating right. Correct spine alignment is the foundation of our muscular-skeletal system and if neglected can lead to painful symptoms.

Advertise in the Organic Press!

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

Rates

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Staff Picks for April

11

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

Brittany: Back to our roots hoodie! Get One!

Jeanne: Brown Cow cream on top Ummm!

Madison: Chocolate Almond Breeze.

Brandon: Kettle Chips new Sweet Onion flavor. It's the bomb, yo!

Mary: Egg and Cheese Biscuit in the deli. even better on a muffin.

Patrick: Puroast low acid coffee

Robert: Sambazon Acai Supergreens juice, delicious and extremely healthy!!

Devan: Organic valley 2% milk. A nice cool drink to enjoy in the spring!!

Laura D: Purely Decadent Ice Cream made with coconut milk - yum yum.

Jordan: Vermont Cheddar Varieties from Organic Valley

James: So Delicious coconut mini frozen snacks!

Dave Hall: Bulk Prunes!! Keeps me movin'!

Graham: Creole Roasted Sweet Potatoes in the deli. Exciting and new.

Britney: Produces already chopped up veggies. Who wants to cut up veggies if you don't have to.

Please Recycle



The Organic Press



This quarter we are BYO-bagging for:

The Housing Assistance Corporation

The Housing Assistance Corporation is a private, non-profit organization committed to providing safe and affordable housing for persons of limited income living in Henderson County, because we believe every human being deserves the opportunity to live in a decent home. Housing Assistance offers Home Buyer Education courses, housing counseling, down payment assistance, home repairs, and provides three different housing options in Henderson County. www.housing-assistance.com (828) 692-4744 X108

The Global Warming Task Force

The Global Warming Task Force (GWTF) of Henderson County is a nonpartisan and nonprofit organization working to reduce carbon dioxide emissions and pollution. The Task Force encourages informed and active participation of citizens in their government and seeks to influence public policy through education and advocacy.

What is our BYO-Bag program? When you shop bring in any bag-canvas, paper, plastic, etc. Use it to carry out your groceries and you will receive a 10 cent chip to donate toward one of two chosen charities for the quarter. At the end of the quarter we donate the money and pick two new charities. It's a great way to reduce waste, recycle bags, and donate to worthy non-profits.

EVERYONE WINS!

OCA at PCRM's Take a Bite Out of Childhood Obesity

Child Nutrition Act Reauthorization

Physicians Committee for Responsible Medicine's Capitol Hill Briefing

By Chantal Clement

Organic Consumers Association, March 3, 2009

Child-friendly, healthy and truly delicious food can be served in school lunchrooms: that's what I learned at "Take a Bite out of Childhood Obesity", a briefing on the Child Nutrition Reauthorization Act sponsored by the Physicians Committee for Responsible Medicine (PCRM). Held at Canon House on Capitol Hill, the event on February 26th was almost too good to be true; for the first time ever, I was able to go to a professional event I was actually able to eat at, as it was exclusively catered by Gail's, a local vegetarian/vegan catering company. Mock egg salad sandwiches, low-fat guacamole, hummus and fruit kabobs were only some of the tasty samples there to convince us how easy it is to eat healthy and cheap. The Child Nutrition Reauthorization Act is an opportunity to prove these claims and make them a reality.

Dr. Neal Barnard, President of PCRM, was only one of three speakers to deliver an extremely convincing talk on how to reverse America's childhood obesity epidemic by prioritizing fresh fruit, vegetables and whole grains in schools. In addition, the PCRM is stressing the need for dairy-free options on lunch menus. Dairy is currently the highest source of fat in children's diets today. In addition, 90% of Native Americans and Asians, 70% of African-Americans, 50% of Latinos and 15% of White people suffer from some form of lactose intolerance; a fact schools choose to ignore completely.

Since the 1950s, consumption of meat (since the first wave of factory farms), cheese (since the advent of take-out pizza), and sugar (in the form of High Fructose Corn Syrup) have skyrocketed along side obesity rates and its related diseases, causing children today to be in the worst shape than any previous generation in our country. The estimated lifetime risk for individuals born in 2000 to contract Type 2 Diabetes (a disease doctors generally treated patients aged 30 or more for) is 32.8% for men and 38.5% for women. Due to widespread unhealthiness, boys will lose 11.6 years from our current life expectancy rates and girls will lose 14.3 years.

Like the food served at the talk, the panelists showed how easy it is to introduce tasty, complete meals into school meals. Cost-neutral options that haven't successfully tested included veggie burgers, vegetarian chili, and roasted vegetable whole-grain pizza, only to name a few of the many choices widely approved by students in public schools all across the country. Such claims came in drastic contrast to those made by the panelists of the Institute of Medicine's public forum held in February, that children never choose the healthier options when presented with them in school.

Private schools everywhere have already caught on to the need to satisfy the demands of a growing number of children opting for alternative diets. If vegetarian options and dairy-free substitutes are good enough for children in schools including Sidwell Friends, attended by our President's own children, they should be good enough for all our children. Are public school children less deserving of healthy meals than private school children? Have they less need to benefit from healthy meals?

Ms. Eboni Morris of the National Urban League also presented frightening data based on a case study on Washington DC's Ward 8, our nation's capitol's most food insecure area. What was most alarming about Ms. Morris' discussion was not simply the complete lack of fresh food accessibility in Ward 8 nor was it the neighborhood children's reliance on soft drinks and junk food as the staples of their diet, it was the undeniable parallel that can be drawn between the diet of our District's poorest and most disenfranchised ward to the 'food' our government is consciously choosing to feed our children every day. How can our government claim it is making efforts to feed our children healthy foods when kids are forced to eat high-sodium, high-sugar, processed foods, with no other options available? Our current school meal system is as inadequate to feed our youth as the government is to provide areas like Ward 8 with decent access to nutritious food.

Dr. Robert Lawrence from the Center for a Livable Future emphasized that children are currently consuming too many 'empty calories' of little nutrient value. As he stated, "we are fed by a food system that knows nothing about health, and we are cared for by a system that knows nothing about food." Stressing the talk's emphasis on a need for healthier options in school meals, he highlighted the need to develop Farm to School programs across the nation and that federal aid had to play a role in bolstering these initiatives and other innovative programs.

Though Dr. Barnard and his fellow speakers presented vital information in Congress last Thursday, they did so in front of a disappointingly empty room. Why is no one listening? Why are children's health issues and our federally funded school meal programs being swept under the table by our government? Though major agro-industry lobbyists eagerly flocked to the Institute of Medicine's recent public forum to gather information on how to make their next moves, none of them found it worthwhile to listen to our nation's very own doctors on how to improve child nutrition. Dr. Barnard did have a very simple answer as to why so little is being done to change our nation's food system; it is because more often than not, when it comes to food issues, "the forces of darkness are stronger than anything else."



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STAFF SPOTLIGHT

Britney Dunneback

Position: Cashier, Baker, Wellness



Britney needed a place to land as she came “down off the mountain” last fall. She had been working at Mt. Mitchell State Park as a naturalist when she found Hendersonville and the Co-op. What she found here was a nice place to work that embraced her ideologies as well. Originally from New Jersey (Mt Laurel/ Cherry Hill exit), Britney finished High School in South Carolina, then Winthrop College. After the 6684 ft experience on Mt. Mitchell, she passed up Asheville

for the less transient town of Hendersonville. “I like the community permanence of Hendersonville,” she told me.

Q: What’s the best part of your job?

A: The Regulars, like Enar & Homer.

Q: What has changed about you as a result of working at the Co-op?

A: I have a greater appreciation for wisdom. People are so forth coming with advice. I try to listen.

Q: What do you want to be when you grow up?

A: I don’t want to grow up. I like to eat peanut butter and banana sandwiches and play on the monkey bars.

Q: Tell us something others might not know about you?

A: I went to Japan about two year ago. I traveled with a friend for a vacation. We stayed with another friend’s grandma whom we called “Baba”.

Q: What do you do outside work?

A: Contra Dance, monkey bars, cloud watching.

Q: What music do you listen to?

A: All kinds... most of all Will Oldhim. Sort of alternative country.

Q: What is your favorite product in the store?

A: Soy Delicious Coconut Milk Ice Cream- well any variety really!

Our Vision

Community

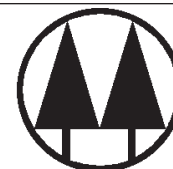
To serve as a resource to nurture and promote community, unity & diversity.

Sustainability

To champion the principles of sustainability in all our endeavors.

Transformation

To be a catalyst for transformation in the fields of personal health, well-being, community & business.



International Cooperative Principles

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- Member Economic Participation
- Autonomy and Independence
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Rich Bowerman,
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What's in Store For You? Department News

Produce News~

One of the most common and versatile things found in the modern kitchen is ginger. Ginger has been a prized item in the kitchen for about as long as history has been on record; it was even a taxable commodity during the Roman Empire. Contrary to popular belief, ginger is not a root but rather a rhizome, or enlarged underground stem. These rhizomes grow in the shape of a palm with fingers, called a hand of ginger. It is native to tropical India and today grows throughout the tropics. In Asian cooking it is second only to salt, and is found in about half of the native recipes. However it is even more popular as a medicinal plant. Ginger can be the universal healer of your body. It stimulates digestion, boosts circulation, respiration, and nervous system function. It treats colds and fevers, and is an effective remedy for motion sickness and nausea. It is an anti-inflammatory and destroys many intestinal parasites. It normalizes blood pressure and helps support liver function. It eases throat and lung congestion, and helps with menstrual discomfort. All these uses with no crazy side effects. ~Robert

Grocery News~

This month in the Grocery Department we have many new exciting foods and healthy refreshing drinks for the whole family. Honest Tea Kids thirst quenchers in Tropical Punch, Grape, and Berry Lemonade are great for children on the go and can be purchased individually in the drink cooler or in a box of eight for school lunches. They are organic and low in sugar and taste great too! For anybody looking for a natural soda without the sugar, there is Zevia Soda sweetened with Stevia. Zevia comes in classic flavors like Root Beer, Cola, Orange, and Lemon-Lime. For Tea lovers, there are the Santa Cruz Organic Teas flavored with juice of Lemon, Mango, Raspberry, or Mint leaves. Some natural ideas for Easter treats are Let's Do Organic Gummy Bears, Divine Chocolate Easter Eggs in Milk or Dark Chocolate, or Sunspire Sundrops and Jelly Beans in the bulk section. Also, check out our new cookies by World of Grains. They are high in fiber, low in sugar, and are terrific with a cup of tea or coffee. They are packaged in serving size bags that are convenient for a snack on the go. For something more decadent, Heaven Sent Naturals has delicious choices like Raspberry Spritz, Fudge Thumbprint, and Double Chocolate Angelica cookies. Enjoy! ~Marisa

Wellness News~

(Brevard, NC) – Gaia Herbs has been awarded the 2008 Environment and Sustainability Award from Nutrition Business Journal. Each year, this award is presented to organizations within the nutrition industry that demonstrate innovation in supporting the environment and related causes. A committee of natural products industry leaders, many of whom are past award winners themselves, made the selection after an exhaustive evaluation process.

The factors causing Gaia Herbs to be chosen include a dedication to organics throughout the supply chain, innovative product development, energy use, and charitable giving. The dedication to organics is highlighted through Gaia Herbs' own certified organic farm and manufacturing facility located in the mountains of Western North Carolina. According to Ric Scalzo, founder and president of Gaia Herbs, "We try to accomplish as much as we can in the soil and harvest the plant at its peak performance so that we

end up with a product that is as close to the chemical profile found in nature as we can deliver. We do this without doing any damage to the soil or to the ecosystem, including the people and animals around that soil."

Charitable giving in 2008 included the donation of over 17,000 pounds of organically-grown produce both to employees and to the local community, as well as founding sponsorship of an 800-acre botanical sanctuary in Costa Rica. Once completed, this preserve will protect medicinal plants native to Central America, generate skilled employment for local people, and provide a place for regional sustainability research.

One of the more groundbreaking achievements of 2008 was the creation of the EarthBottle™– the world's first all-natural, plant-based, biopolymer composite resin technology for dietary supplements. The EarthBottle™ was developed by Gaia Herbs using technology licensed from Clemson University and resulted in the founding of Earth Renewable Technologies, a research-based company dedicated to bring "bio-plastics" to a variety of applications including rigid packaging, industrial/agricultural fabrics, and construction materials. Gaia Herbs also will be honored at the 2009 Nutrition Business Journal Summit to be held July 22-24 in Dana Point, California. ~ Arrion

Deli News ~

With spring around the corner, we in the deli are gearing up for the change of seasons. A personal favorite of spring is the ramp, which usually can be found from South Carolina to Canada. If you love onions and garlic, then watch out for cheesy buttermilk ramp biscuits. Besides the ramp hunt, the deli will be starting a new soup program. One of our goals in the deli is to always have your favorite items available. Beginning this month, we will carry 4 of your favorite soups and always have those available. Your input would be greatly appreciated as to what varieties we will carry. Please leave comments in our suggestion box or email to deli@hendersonville.coop. Remember that we serve a hot lunch from 11:30 am till 2:30 pm Monday through Saturday, and make green salads to order. ~ Jordan

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MOSAIC CLASSES - Beginner's mosaic classes are being offered at Tessera. The 1/2 day class is \$58.00, including supplies. Call 828-808-0279 for more info.

2003 VW Jetta TDi - Get 46-50 MPG & run Bio-Diesel! Dark grey with grey cloth, 4-door sedan, 5-speed manual, one owner, non-smoker, all maint. up-to-date, exc. cond., 143,000 miles (low for a diesel), \$8700, call 828-697-2590

Needed: Housing arrangement. Young family with two moms and two children seeks creative housing arrangement. Having trouble finding a home within our budget in Henderson County. Let's get innovative. Will care take or estate sit to help defray cost of a healthy living situation. Call 828-275-1229.

36" RCA Color TV (tube, not flat screen). 9 years old. Perfect working condition. Large screen with excellent picture. \$150 or best offer. Hendersonville. Call Chris at 698-2311.

Fully furnished two bedroom one bath cottage available for long or short term rental. Quiet neighborhood within walking distance to downtown amenities. \$725/ month rent includes utilities, lawn maintenance. Pets welcome! Call 828-625-9080

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For Sale: 36" solid oak door with oval cut glass window, brass hardware, jamb with oak threshold, asking \$200. Pair of black vinyl exterior shutters, 14 1/2" by 38 5/8", asking \$25. Electric chandelier on brass chain, 6 antique brass candles, domed cut glass shade (matches oak door glass window), asking \$95. White cotton lace cafe curtains, 2 panels 65" by 37", 3 valances 64" by 12", 1 valance 58 1/2" by 12", like new, asking \$75. 828-696-0808 or 828-577-0721.

Want to plant a garden? Need help getting started? I can help with planning, preparation, digging, tilling, hauling supplies, whatever you need. Call Mike at 808-2966.

For Sale: 7'x12' Atlas enclosed cargo trailer, 7000# capacity, dual axle, electric brakes, double rear barn-style doors & single side door - mint condition - \$3,100. 828-595-3526

Hand painted china, 1930's. Setting for 5; teapot, creamer, sugar bowl, covered dish. Family heirloom, \$200. OBO. Call Edward @ 828.272.0550.

Double Gate Leg Table, brown mahogany, ca. 1950. Extends 35x92" + leaf.

Recently repaired and refinished. \$250. OBO. Call Wagner:

272.0550.

Local Green Man, Eric Monteith, P.E., Consulting Engineer, available to develop your property; grading, roads, sediment control, etc. Professional, affordable, honest. Will consider creative barter. 828 329.2888.

'03 Wildcat/Prowler Travel Trailer - 25' with slide-out extension, 2-30lb tanks, large bathroom with shower stall, good cond., \$9,500, (828) 779-6627.

Full size truck tool box, alum. treadplate, \$100, 828-779-6627.

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2 - 6ft gates, 1 - 4ft gate, 6 - 8ft sections, 2 - 6ft sections, hardware, will delv.

Help Wanted: Caretakers - Individual, Couple or Family. Must be Non-Smokers. Farm/Event Center. FREE RENT (Pay utilities only) in return for modest chores. Call Lori (828) 779-6627.

1948 Dodge - 5 windows, 9ft bed, has eng. & trans., needs restoring, \$1500, 828 779-6649.

Interdimensional healing, past lives, soul contract clearings. Release and start 2009 fresh and in alignment with divine self. Ginger 828 288 7061 (private phone sessions)

Beautifully furnished room in Flat Rock for rent \$300./mo. Laundry available. Ref. required 808-5959.

Full size organic wool topper by Surround Ewe. Used only two months and changed to queen size bed. Paid \$399, asking \$\$150. For details go to web site -surroundewe.com. Pristine non-smoking environment. 828-696-9633.

Tempurpedic pillow. Size medium. Used one night only. Bought wrong size and could not return it Paid \$110. asking \$50. Pristine non smoking environment. 828-696-9633.

Henderson County 4-H is selling small fruit plants to support programs and awards for youth. Place orders by March 13. Call 697-4891 or visit henderson.ces.ncsu.edu/4-H.

BCS 8 horse power walk behind tracktor w/ bush hog rototiller and cart. Older model, good shape. Hal Oliver says it is worthy at \$2000.00 696-9969

Outbuilding/workshop, new, all heavy gauge steel metal building kit. 20' x 20' w/ arched roof, 14' high. \$4,000 includes construction assistance. Call Delyn or Leila 698-6060

"Hendersonville Seniors Network" Repairs, maintenance, carpentry and other help as needed. (We are semi-retired seniors) Insured, Licensed and Bonded Non-Profit Organization, charging \$15.00/hr. 699-3993

Furnished 1-Bdrm Apt in private home. \$750/mo includes all utilities. Very well kept. 2 miles west of city. Also Available for short term \$900/mo. References required. Call 692-3311

Musical Fitness

The music will lift your mood & energize your body for a rejuvenating experience & you will welcome a super-easy way to stay in shape and have fun!!

Instructor: Denise Alexander -Certified in YMCA Healthy Lifestyles 10.3 Foundation of YMCA Group exercise Cost: \$3.00 OnlyWhere: Sammy Williams Center for active living (3rd Ave & Justice St.)

When: Mon.-Wed.-Thur.

Time: 8:15 To 9:00 A.M.

Info: 692-3320 For Mary Lowande

Holistic House Cleaning Using Natural Products; Better for the Earth, Better for You! Call for a quote 702-4425.

Storytelling from the Heart. Stories & Spiritual Teaching for All Ages. Available for retreats, meetings, gatherings, churches, workshops or festivals. To schedule a story time or for more information call Diana Hawkins, minister of One Heart Peace Center at 702-4425 or e-mail rainbowvisionbear@gmail.com

FREE Spiritual Guidance, May Include Prayer, Listening and Healing Touch, Diana Hawkins, Minister of One Heart Peace Center Love Offerings appreciated. 702-4425, oneheartpeacecenter.org, rainbowvisionbear@gmail.com

There's a new business in town to help you with all your pet and errand needs. We can help you with grocery shopping (at the Coop, of course!), Doctor and Vet appointments, airport pickup & delivery, dog walking, pet & house sitting, etc. Call us at 828-489-8009!



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Ken Weitzen Artist for April 09

I consider myself to a “portrait” photographer. Wildflowers are my subjects. My “studio” is the natural environment of Western North Carolina. The majority of my photos are taken in Henderson and Polk Counties. I hope my photos will inspire others to take advantage of the unique opportunities that we have in our area for observing local wild flowers in their natural environment.



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 quarter HCC will donate the collected funds to the chosen charities for the quarter.

This quarter we are byo-bagging for (more information on Page 11)

Make a Difference

Every Time

You Shop! BYO-Bag!

