



# The Organic Press



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

Volume 8 \* Issue 8  
August 2009

## Democratic Owner Control Concern for the Community

These are two of the cooperative principles that we follow at HCC. We have steadily grown from a small buying club into a \$3 million cooperative business that focuses on meeting the needs of our owners. Join the team of committed individuals who are responsible for linking with owners, writing and monitoring policies, and learning and dreaming about the possibilities. Work with a dynamic group of dedicated leaders focused on the future. Learn an effective governance structure like no other.

## RUN FOR A SEAT ON THE BOARD OF DIRECTORS

### Candidate Qualifications

- Current owner and dedicated to the ideals of the cooperative and its mission.
- A cooperative spirit, patience, passion, objectivity, humor, and vision.
- Able to attend monthly meetings, retreats and special events and to complete work of the board via the Internet, small group or individual assignments.
- Be accessible and responsive via phone, email and the board website.
- Understand that the Board oversees and provides direction to GM through established policies without involvement in day-to-day management decisions.
- Willing and able to participate in group decision making, share power in group process, and be comfortable with decisions made by consensus

### Duties and Responsibilities

- Enthusiastically serve a 3-year term, bringing skills and dedication to your position.
- Be able to think and dream about the future of HCC.
- Learn how to use Policy Governance and consensus in making policies and decisions.
- Serve on committees and small work groups.
- Learn to vigorously monitor policy reports and provide accountability to owners.
- Take responsibility for the success of the Board through leadership, recruitment of members, participation in its work and educational opportunities.
- Support the 7 Cooperative Principles, Board Policies and the decisions of the Board (the one voice principle)
- Actively participate in Board-Owner linkage and Community Outreach activities
- Devote an average of 10 hours per month on board related activities.

### Nominations and Elections Process

- **If interested and qualified, please pick up an application package at the Kiosk. Complete and return your application by August 31, 2009.**
- Candidate information will be published in the newsletter & posted at the Co-op.
- Potential Board members will be asked to attend board meetings prior to elections in order to observe process, outcome, and interaction.
- Potential Board nominees will be interviewed by members of the Nominating Committee
- 2009 Board elections take place in October & November and results are announced at the Annual November Ownership Meeting.
- If you have any questions or would like clarification before completing the application, please contact Steve Breckheimer at 749-9104 or call any board member.

Please Attend the Board Meetings Scheduled on:

AUGUST 25TH, SEPTEMBER 22ND AND OCTOBER 20TH

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715 Old Spartanburg Hwy.  
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828-693-0505  
[www.hendersonville.coop](http://www.hendersonville.coop)

Open to the public daily!  
Mon-Sat 8-8  
Sun 10-6



Editor

Damian Tody

Contributing Writers:

Gretchen Cummins, Robert Jones, Arrion Kitchen, Marisa Cohn, Jordan Randall, Beth Beasley, June Ellen Bradley, Joan Kennedy, Carolyn Widener

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 7th 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 their summer and have been able to take those much needed vacations. The weather has been great with plenty of opportunity to enjoy our mountains. I also hope that everyone's gardens are fruitful. It doesn't get any more local than your backyard. If you don't have a suitable backyard, then there is always the freshest produce in town in the store at the co-op, and outside at the Monday tailgate market. There is a new development at the tailgate market. There will be a rotating local chef grilling the best that the market has to offer. So now you not only get to know where your food is coming from personally, but you can get some ideas on how to prepare what is in season and maybe try some things you are unfamiliar with. So be sure to come out next Monday and see what it is all about.



The co-op has increased its web presence. We are now on Twitter and Facebook. So if you are web savvy and enjoy all that these applications can bring check us out. It's never been easier to see what's going on at the store and in the community. You can follow along as we install garden beds at the local schools, stay up on specials

and be able to keep informed on all things co-op. So if you are on the web come check us out.

On another note, our fall season looks like it will be as inconvenient as last fall. I am sure that many of you have seen the signs all over Old Spartanburg Hwy advertising the road closing. As of this writing they have not fully closed the road, but have started surveying to rebuild the bridge by the railroad tracks. The department of roads has said the project is scheduled to last until the end of November. They are already behind schedule so there is no telling when the actual end will be. This really hurt the co-op last year and promises to do about the same this year. We came through it well last year and I am fully confident that this time we will be able to avoid some of the hardships that it caused us. However, we won't be able to do it alone. This is truly a community venture with a collective outcome. We can use all the help we can get from our owners and regular shoppers. We all can make a big difference if we remind our friends that the co-op is still open despite the road closing and make it a point to drive around the detour to get the best food in town. Remember, even if the roads are closed we will be here making the food that you love and continuing to provide the service that you expect. See you in the store.

In Cooperation,  
Damian



## Co-op Calendar

### Saturday August 1st, 11 a.m.

*Introduction to Brain State Technology @ HCC*

State of the Art method of balancing the brain to maximize physical and emotional well-being. With Jim Nourse, Ph.D., L.Ac., Judith Nourse, R.N., C.R., and Juli Stempel, M.A. of Brain Integration Institute, Brevard.

### Wednesday, August 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!

### Wednesday, August 11th from 5:30 p.m. til 7:30 p.m.

*Sake Tasting @ HCC w/Richard from Tryon Dist.*

(Be prompt, you don't want to miss a single sip!)

*The Diversity of Sake with Richard McKinney*

\$15 owners/ \$18 non-owners

Fee includes sampling of 8 different styles of handcrafted sake, and a variety of delicious foods well suited to be paired with sake. COLD sake will be served. Please pre-register, as space is limited. Call or stop by the store.

Or send an email to [gretchen@hendersonville.coop](mailto:gretchen@hendersonville.coop)

Every Monday 3pm - 6pm

*Tailgate Market @ HCC*

Come see what your community has to offer!!

# A Board's Eye View -- August News

## CCMA'09

One of the highlights of my summer was being in Pittsburgh PA from June 11th to the 13th to attend CCMA, the annual meeting and educational forum for the food cooperative community. It was my and fellow HCC board member Tony Womack's great privilege to represent our co-op, along with General Manager Damian Tody.

Over 300 co-op board members, general managers, and staff attended from around 84 food cooperatives from across the country. Of these, there were quite a few start-up co-ops represented (which was inspiring for me to see)—all gaining knowledge and support for their future stores, in the spirit of "cooperation among cooperatives."

This was my and Tony's first opportunity to attend a CCMA (Consumer Cooperative Management Association) conference, and we both feel the experience was nothing short of astounding. A quote on a tee shirt that got Tony's attention: "Cooperate Like You Mean It!" Coincidentally, we were in the Steel City during the Pittsburgh Penguins' win of the 2009 Stanley Cup—so emotions were charged, and there was good energy around the city.

"Everything, from experiencing the excellent 'green' Westin Hotel and Conference facility to the closing dinner banquet and entertainment atop the roof of the David L. Lawrence Convention Center, inspired and stirred my personal passions for the food cooperative movement," Tony says. "I saw an entire forest of food coop 'trees' where before I had only seem one 'tree,' our HCC coop. Our tree, among the forest, is so much stronger and more resilient than I previously understood because we belong to this large, diverse coop community."

The 53rd annual conference (yes! this has been happening since the 1950's!) was organized by the brilliant, hilarious Ann Hoyt, Professor of Consumer Science at the University of Wisconsin. Hoyt also serves as director of the University's Center for Cooperatives— from which we absorbed some recent research data.

The theme By Art and Design: Thriving in Trying Times, along with quotations from Pittsburgh native son Andy Warhol, were used to illustrate some key points at the conference, like finding opportunities for success during a prolonged recession, and inspiring action.

When we weren't getting to know other cooperators over a meal or listening to a speaker, Tony, Damian, and I were ensconced in a workshop of our choice. Tony thought one of the funniest things he heard a presenter say: "When I was asked to speak here today, I thought I would be speaking to about 40 weed smoking hippies."

Of course, we were a far more diverse group than that. And workshop topics had a strong relevance to today's issues. For example, Tony attended a workshop about how the cooperative business model could play a role in dealing with health care reform.

He enjoyed learning about the current administration's relationship with cooperatives, and how we could leverage this to achieve significant progress in creating a cooperative economy. Tony also enjoyed learning creative ways to enhance the connection

between the Board and you, the co-op owners. He hopes to craft an effective Owner Linkage plan to communicate more effectively with HCC owners.

"While the workshops and speakers were informative and inspiring, I found that just talking to other food coop board members, general managers, and staff over lunch or dinner was so intriguing," Tony says. "While all food coops are organized pretty much the same, significant differences exist among them in their approach to governance, their relationship to their members and to their respective communities."

Tony really saw this in action in an exhibit of various co-ops' 'Ends' (mission statements.) He says the beliefs and values that drive each co-op differed somewhat, but all wanted to make a positive and sustainable difference in their communities.

In a smorgasbord style-panel discussion of "Sustainability Successes" I learned about the myriad ways co-ops are stepping more lightly on the Earth, both within and outside store facilities. A representative from recent San Diego start-up People's Organic Foods Market in Ocean Beach talked about 'solar paint' (material that has energy-absorbing cells), adopting a zero-waste initiative, lobbying for bike lanes to their co-op, etc—all with the intention to Reduce, Reuse, and Repair.

I learned more about the ingenious and successful food shed program La Montanita Natural Food Coop in Albuquerque has undertaken in the last few years—a shining (and soon-to-be profitable) example of how a co-op can strengthen local food systems. Other co-op representatives shared about programs as diverse as helping to establish easements for local farms through the support of co-op ownership, to spearheading full-spectrum plastics recycling in their area.

I indulged in Ann Hoyt's workshops on the history of cooperative businesses, and especially enjoyed "Cooperatives During the Depression." (I felt like I was in college again!) I got to brainstorm about Member Participation with Julie Cross, Board member from Davis Food Co-op in Davis CA, while we walked along one of Pittsburgh rivers, during a workshop led by Marilyn Scholl, of Cooperative Development Services (CDS.)

Finally, in a panel discussion on Building Local Food Systems, I jotted down ideas while hearing a representative from Organic Valley speak, as well as folks doing what they can to foster local food networks from their respective co-op stores.

In all, it was a lot to take in, but we hope to use what we learned this year to make our co-op even stronger, and increase community, one step at a time.

In a joyful spirit of cooperation, Beth Beasley— member, HCC Board of Directors



For more information on CCMA—including workshop content—log on to <http://ccma09.wordpress.com>, <http://twitter.com/ccma2009>, or <http://www.flickr.com/photos/ccma2009>

### 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 August 25th. 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 [board@hendersonville.coop](mailto:board@hendersonville.coop) 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.



Steve Breckheimer  
749-9104/2008-11  
President



Tony Womack  
694-1083/2007-10  
Vice President



Roger Hull  
697-0116/2007-10  
Treasurer



Beth Beasley  
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



The Board of Directors meets a minimum of 12 times per year. The board is elected by Hendersonville 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 [board@hendersonville.coop](mailto:board@hendersonville.coop)

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billyhaynes1@aol.com

Billy Haynes  
Owner



**828-862-5691**

**Jacob Zimmerman**

Insured & References

BS Agriculture ~ M Ag Plant Health  
NC Reg. Landscape Contractor #1147  
Certified Arborist

Landscapes Installation  
Native Plants  
Boulders/Walls  
Tree Removal  
Stump Grinding  
Firewood  
Lot Clearing  
Roads/Driveways  
Ponds  
Riparian Repair  
Woodland Mgmt.  
Grassland Mgmt.  
HOA Snow Removal



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Interior Moldings  
Stair Replacement and Repairs  
Ceiling Fan Replacements  
Free Estimates  
Quality Workmanship  
Fully Insured

## Sake Tasting at the Hendersonville Co-op

Wednesday, August 12 from 5:30 p.m. til 7:30 p.m.

(Be prompt, you don't want to miss a single sip!)

The Diversity of Sake with Richard McKinney

\$15 owners/ \$18 non-owners

Fee includes sampling of 8 different styles of handcrafted sake,  
and a variety of delicious foods well suited to be served with sake.

COLD sake will be served.

Please pre-register, as space is limited. Call or stop by the store.

Or send an email to gretchen@hendersonville.coop

This fun and educational tasting event will be  
a geographic journey through the diversity  
of several different classifications and styles of sake,  
even a sparkling sake.

Subtle differences in styles dependant on species of rice, and where it's grown:  
Sometimes organic, always gluten and sulfite free, even kosher, sake is a very clean  
drink. There is much to be learned about the global aspects.

Richard will introduce us to 8 different sake from

Oregon, Japan, and California:

Divine Droplets

Hana Awaka (Sparkling)

Hawk in the Heavens (Mountains)

Momokawa (Organic Ginjo)

Ozeki Dry

Tanrei Family Reserve

Tozai Snow Maiden

Wandering Poet

東西  
雪娘

純米  
にごり酒

## Health Screening at Hendersonville Community Co-op

SAVE \$100 w/ HeartTrak Special! plus ADDITIONAL \$20 OFF ON 4+ TESTS!!

Complete Blood Profile..(\$185 value).....\$35

Includes 23+ tests: Full cholesterol panel(HDL, LDL),  
electrolytes, proteins, glucose, etc.

Executive Profile... (\$290 value) 30+ tests .....\$55

All above plus CBC(reds, whites, h-globin, crit)  
& thyroid(TSH). Add FREE T4 for only \$10.

Prostate Specific Antigen (PSA).....\$30

Homocysteine Linked to Alzheimer's and CHD... \$50

C-Reactive Protein (Inflammation) ....\$40

Mercury.....Seafood is major source .....\$60

VAP (17 tests)... See TheVapTest.com.....\$85

HeartTrak Special...\$100 OFF reg. price .220

Includes: VAP, CRP, H-cyst., ferritin, fibrinogen, Vit. D

Vitamin D....key for bone and immune system.....\$65

Syndrome X Profile..(\$280 value).....\$95

A.K.A. metabolic syndrome or insulin resistance.

Complete Blood Profile, Insulin, hglobin-Alc.

Candida Profile IgG, IgM, IgA....\$155

H-Pylori Stomach bug linked to ulcers.....\$40

Also to migraines, skin, auto-immune & heart disease.

MaleTrakex...8-test male hormone panel.....\$215

FemTrakex..8-test post-menopause hrms.....\$215

Adrenal Stress Index™ ...8 test panel.....\$220

Add Fem/MaleTrakex for only \$100! Save \$115!

ALCAT 200 foods...\$150 OFF alcat.com!.....\$450

OsteoTrak...measures bone loss products .....\$80

Hair Analysis .....see TraceElements.com...\$125

30 minerals & 8 heavy metals, written eval and book.

Saturday OCTOBER 31st

Please sign-up in the store on Oct. 1st.

Most results will be available in the store in one week. Cash or Check.

MEDICAL SCREENING SERVICES SINCE 1988 800-758-2387

# News and Views From Outreach

## Pastured Chicken Anyone? Perhaps a chevre wrap sandwich for lunch?

With the onslaught of school days this month, there will come that sense of feverishly trying to be caught up. The issue of feeding the family a well-balanced meal can loom huge and burdensome as the minutes tick by on the already short evening. On days like this, there's nothing that can bring me to my knees in tears quite like the thought of fixing dinner. Perhaps it's the prospect of the time consuming mess in the kitchen, or the scrunched up little faces of children sneering at their plates, that just sends me whirling into a state of culinary insecurity.

Well this year, I will have at least one favorite meal plan that I can pull off with ease.

And I am pleased that it will include a locally grown, pastured, hormone and antibiotic free, all vegetable fed chicken that we recently started carrying in the Co-op: Hominy Valley Farms Whole Chickens are now available in our meat freezer. (They come straight to the Co-op from Candler where they are raised on a 4th generation farm currently run by Frank and Jeanette Wilson, delivered by Jeanette. Available for you very reasonably at \$5.69 per lb.)



If you are stymied by the prospect of roasting a whole chicken just try this easy recipe:

Let the frozen bird defrost in your fridge for a day or so.

2 1/2 -3 lb chicken, rinsed and pat dry. Rub with olive oil, season with salt & pepper, slice a lemon and some garlic cloves to stick inside the cavity. Oven at 425, throw in a roasting pan and into the oven for an hour or so. I like to start the chicken on its breast, then halfway through the roasting, flip it over to its back, and put in some halved local new potatoes tossed in the juices coming off the bird. They will be just right by the time the chicken is ready.

Very easy meal!

- The drumstick should move about freely when wiggled.
- The juices of the chicken run clear upon inserting a skewer into the leg.
- When properly cooked, remove the chicken from the oven and leave it to rest for 15 - 20 minutes on a carving board. This will allow the juices to settle.
- The juices from the roasting tray can be used to make delicious gravy.
- Take its temperature and at 180-190 out it comes.

You'll feed the family one night with this, and then another night, when you need a quick dinner, just pull the remaining meat for quick chicken burritos or tacos: I sautéed garlic, onion, red peppers, and grated zucchini, frozen corn and cilantro ~ all local, purchased at the tailgate market~ added some refried beans to the this and the shredded chicken to stretch the protein content, then topped it off grated cheese and salsa.

Then, finally, the bare carcass can be tossed into a pot, covered with cool fresh water and simmered with a few carrots, ribs of celery, onion, garlic, bay leaf, parsley and pepper corns for a fabulous broth that can be frozen for later, or used right away.

Nutritious school lunches can give rise to some anxiety for me too. The current gastronomic demands of a 6 and 9 year old are starting to change and become more complex, luckily. But the lunch boxes will likely be the same old PB&J for a while. One of the few alternatives that my kids love~ that you might try~ is a wrap sandwich made with fresh veggies like lettuce, cucumber and sweet red pepper, and

a smear of goat cheese all rolled up into a nice whole grain tortilla. The Co-op now carries a locally made fresh goat cheese produced in Fairview called "Looking Glass Creamery Chevre". It comes in some great flavors; besides the clean, tangy plain, there is garlic/herb and ginger. When school starts this month, life will no doubt return to that chaotic state of tight schedules and running around. What I do love about this month is the bounty of veggies and fruits available at our tailgate market and in the produce department, but I will miss our lazy dog days of summer.

\*\*\* Pricing for the roasted chicken dinner and the broth \*\*\*

3 lb Hominy Valley Chicken ~ \$20.64

New red potatoes @ store price \$1.49 lb/ tailgate market price \$2.00 per lb

Vidalia onion @ \$1.49 lb~ I used 75 cents worth.

Garlic ~ approx. \$1.00 worth of the whole clove I bought for \$2.50.

Carrots from the tailgate market~ I used 50 cents worth.

Fresh parsley from the produce dept. @\$1.99 per bunch~ I used 75 cents worth.

Rib of celery~ I used approx. 25 cents worth of what I bought at \$1.99 bunch.

One whole lemon at 69 cents.

(I have not included the cost of olive oil and salt & pepper as these things usually exist in your pantry at pennies per use.)

Total spent on a roasted chicken dinner with roasted potatoes \$26.08. This includes the leftover chicken used to make burritos, and the quart and a half of chicken broth then frozen for later use. If you break it down to a family of four, that's an investment of \$2.17 per person for the three meals. That does not include pricing on the items that went into the other meals, but I don't believe I spent more than another \$1.50 per person.

My point is, sure, when you see a \$20 price tag on a chicken, you wonder whether the effort of buying it is worth it, just try it sometime. The flavor of these chickens is so fresh and delicious, it's worth it, especially at a price comparable to anything else you might fix for dinner.

Thanks for Cooperating,  
Gretchen



## Attention HCC Owners!

# 5% on the 5th

come in on Wednesday,  
August 5th to save on your  
groceries!



Point The Way  
Health Consultants



580 Upward Road  
Unit 1  
Flat Rock, NC USA 28731

Tel: 828-696-3531

Fax: 828-696-0952



Trisha Miller, PhD  
Clinical Psychologist

# 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 Refl exology. 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 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 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/NailTech**

828-674-2339 [www.purelysensationalskincare@yahoo.com](http://www.purelysensationalskincare@yahoo.com) Luxury European Facial 1st Time Clients \$45 Facials, Back Facials, & Waxing,

**Karen Toledo, Detox Diva LMBT/nail Tech,** hydro-therapist, 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](mailto: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

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

## Retail

**Crystal Visions:** 5426 Asheville Hwy. (Hwy 25), Naples. 828-6871193, metaphysical & spiritual books, gifts, classes and events, [www.crystalvisionsbooks.com](http://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](http://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.

**Peace at Hand** 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3139 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.

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

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

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

**MAC 2 YOU,** specializing in computer help for beginners, women, and seniors. Mac only. Call Elizabeth Shore @ 828-290-7723 or visit [Mac2You.biz](http://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](http://www.AllSeasonsErrandService.com)

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**WEGO-4U,** Errands and Business Services Bonded, Insured and Registered in Henderson County Please visit [www.wego-4u.com](http://www.wego-4u.com) for complete list of services. Gary and Linda Prichard 674-9940 or 674-9943 \$5 OFF 1st service for Co-op members.

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

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](http://www.hendersonville.coop)

## Services & Classes

# Please Pick the Plants

with June Ellen Bradley



Last month, I was honored to be able to present at the tenth International Herb Symposium, held every two years at Wheaton College in Massachusetts. Herbalists from all over the world come to share healing knowledge, plant lore and culture. It is a magical event. Celebrating our natural world is a wonderful way to renew our connection with each other as well as to celebrate ‘The Great Life.’ As we fortify our right relationship with our environment, we understand on a deep level that we are all a part of something greater, and that every being belongs.

The Symposium, brainchild of Rosemary Gladstar, my mentor, is about the many facets of plant medicine. We tend to think we have to ingest something in order for it to be medicine; however, I’d like to propose we expand that definition to include bathing, as well as simply being, with plants. The Native concept of medicine meant power. We can experience the power of an oak simply by standing with it and tuning in. Your particular medicine is who you are when you are standing in your power.

When I got to sit in on some classes, I chose to be with the elders of indigenous communities. These are folks who have cared for community members for 40-60 years in places where modern medicine as we know it is unavailable. They have so much to share that cannot be learned in books. One woman, Dona Enriqueta Contreras, a Zapoteca curandera, has cared for the women of her village for over 40 years. She has been the midwife for over 200 babies – these are rural home births... she uses plants for every delivery and she has never had a baby die coming into the world under her care. Her parents lived to be 115 and 118 yrs old. To her, this is normal. The folks in her remote village rest and rise with the sun; they live close to their people and their environment using plants every day for health, food and ceremony.

A common theme all healers share is ‘pick the plants’. The plants want to be noticed, helpful and to feel cared about...just as we do. Imagine for a moment, you are all dressed up to go to a party...you are beautiful, radiant and excited to be a part of the celebration. You wait with your party shoes on for your friends to come get you... then they don’t show...you feel disappointed, sad and left behind...that is how the plants feel when we forget them. Just as we like to be greeted before being whisked away, so too the plants require the same courtesy. It is also a good practice to ask their family if it is ok for them to go, and to thank them for allowing that. Once the formalities are over, it’s party time!

So when you are feeling less than your true radiance, ask the plants for help. There is a ritual I learned in Ecuador, taught to me nine years ago by shaman Rocio Alarcon who rekindled its importance for me at the Symposium. It is called La Limpia –or the cleaning ceremony. You can use any plants that draw you, or try this: Pick several sprigs of peppermint, rosemary, basil, maybe even a few garden flowers that boost your spirits. Vigorously sweep yourself all over, briskly slapping the bouquet against your skin to break up the stagnant energy, the plants will remove your stress and uplift your spirit with their powerful healing alchemy. It really tears up the flowers, yet they are glad to help restore the original flow of energy through your body. You can do this for a friend and let them pick their own plants.

Afterwards, you (or have your friend) toss the bouquet in a river to be swept away, and don’t look back. In our paradigm, we can toss the spent flowers in the woods. Do not put them in your compost (remember the energy shards they contain.) Let the plants go back to the Earth for transformation.

We are already familiar with ways to experience plant medicine. We bring cut flowers into the house as a way to brighten the energy of a room. We also

bring flowers to people who cannot get out and be with the plants themselves. When you choose the plants with intention, you can bring about a more powerful connection. We all need TLC and this is simple and basically free!

It is easy to look up what certain plants and flowers mean symbolically. An old timey craft was to make “tussie mussies” a very ordered hand bouquet containing specific flowers and herbs that carried very specific meanings. For example, rosemary is for remembrance, basil for friendship. Every common plant we have in our gardens has an energy and meaning that used to be commonplace knowledge. How about reviving an art like that!

Bathing with plants is a practice that many cultures use regularly to celebrate the medicine of our green friends. In our culture, it might be a stretch to dump armloads of plant material into the tub, or to brush ourselves with plants in the shower...expansion is good! We can also make a big pot of tea to add to the tub or put the plants in a pillowcase keep things tidy. Remember that the skin is our largest organ of absorption and elimination –what an awesome way to take your herbs! Don’t take my word for it, try it and see. This works wonders for getting the herbs into children, they love the flowers in the tub!

The belief of the “bush” folk is that you honor your body, keeping it fortified and protected to stay strong and not allow sickness to enter...kind of the opposite of what we do in our culture which seems to be to run yourself ragged until you get sick from exhaustion and/or malnutrition. Daily honoring the life force, keeping oneself “in beauty” using plants abundantly, and lots of caring touch characterize the indigenous way of life... we could learn from these cultures. As Rocio always says “You clean your physical body, why wait until you are sick to clean your energy body?” We are energy beings after all. Reverence of the elders, purity of whole foods and water, and daily empowerment of Sacredness all go a long way toward longevity.

An act as simple as carrying a flower (or gifting one to a friend) goes a long way toward establishing remembrance and restoring our interconnectedness. We cannot continue to be oblivious to each other (as well as the other beings sharing this planet) and expect the resulting creation to be good.

So introduce yourself to your neighbor if you don’t already know them. Heck, have a block party this summer! Pick the plants and invite them along –beauty, nourishment and food, they’ll be happy to contribute to the celebration in whatever form you wish. Honor their living beingness by thanking them for the gifts they bring to our human family. Get to know the plants in your surroundings too. We all have powerful medicine we wish to share. Thank you for your part in our celebration of this wonderful life. We need to stand in our power, now more than ever, rather than stepping into fear, isolation or victimhood. We are all connected. Remember to pick the plants, they’d pick you!

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# <sup>10</sup>Healthy Lifestyle Q and A

With Joan Kennedy of StayWell, Inc.



**QUESTION:** It is almost time for my children to return to school. I know how important good dental/oral care is to overall health promotion and illness prevention, but sometimes in the rush of the days, I forget to check to see if my children have brushed and flossed their teeth. I want to make dental care a priority for my whole family, so I want to know as much as possible about protecting our teeth. Dental care is very expensive so we can't go to a dentist as often as is recommended.

**ANSWER:** First I commend you for realizing that oral care is very important to good health. The mouth environment is where the nutrients in the food we eat begin to breakdown for digestion, but it is also fertile ground for bacteria to grow. If you think back to your high school chemistry class, sugar in a Petri dish soon grew bacteria. Think of the mouth as a Petri dish.

Recently research shows that using a toothpaste/mouth rinse that contains CoQ10, folic acid, vitamin C, hydrogen peroxide and tea tree oil (all nutrients to protect against gingivitis) and Xylitol, for the sweetener, provides significant bacterial defense while nurturing healthier gums. They also help to boost the immune system. Recent anti-oxidant research shows that adding Pomegranate extract may boost the anti-bacterial qualities even more. Unfortunately most readily available dental products do not contain these ingredients. While they are becoming more available in grocery, drug and discount stores, you will find them at our Coop. Using an oral rinse before brushing your teeth helps to clear loose fragments of food before they get lodged between the teeth during brushing. Teach your children proper techniques and buy soft-bristle toothbrushes. Improper brushing can irritate the gums and miss important areas of the mouth such as the molars in the back. Chewing gum with Xylitol and tea tree oil is a good "on the go choice." And, I just learned that probiotic lozenges are now available. This way of getting healthy bacteria directly to the gums and teeth, is an excellent idea as it puts these helpful bacteria directly into the mouth and on gums to help protect against infection.

If you believe in muscle testing (kinesiology) have a good kinesiologist test you teeth for energy drops once a year and more IF you are having tooth and/or gum irritation. If noticeable energy drops are found, have the person testing you evaluate if these drops are coming from a tooth (or teeth) or from a corresponding organ(s) linked by the meridian in that tooth. Early dental problems can often be found by doing this to help you use your dentist wisely.

If financially possible, make it a priority to have your bi-annual teeth cleaning. For years physicians and dentists recommended that people with certain chronic health problems take an antibiotic before

cleaning. The statistics on that are still out, but I certainly do NOT support the use of antibiotics unless specifically needed. I do think that taking some extra vitamin C and probiotics before a cleaning could provide an extra boost to our immune system. Also, you might want to look at research regarding mercury fillings. Some people like to select a dentist who does not use mercury fillings if you or one of your children has a cavity.

And since many people today are vitamin D deficient, consider having your 25-hydroxy-vitamin D level checked to be sure you have adequate stores of vitamin D. (That can be added to the screening blood work you can have done at the Coop.) Vitamin D is important for strong teeth as well as strong bones. Also, simplistic as it may sound, food choices are important. Sugar, sticky foods, coffee, gums with sugar, soft drinks and smoking can actually attack the enamel of teeth—especially in children.

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Business card size ads \$30 per issue	Business card size ads \$40
Medium sized ads \$50 per issue	Medium sized ads \$60
2 column large ads \$100 per issue	2 column large ads \$110

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To reserve your ad space, contact Damian Tody at [mail@hendersonville.coop](mailto:mail@hendersonville.coop) or at (828) 693-8557. The deadline for ad submissions or changes is the 7th of the month prior to the month being published.

# Staff Picks for August

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: Vegan Cashew Cheese Dip - pretty incredible stuff!!

Madison: Annie's Fruity Bunnies - oh goodness

Brandon: Newman - O's - Hint - O - Mint

Robert: Cilantro, greatest herb ever.

Maren: Baked Tofu from the Deli...yum

Graham: BBQ Balsamic Chicken Wings. Brand New and tasty.

Ailsa: Julie's Vegan Yogi Bars - delicious!!

Melana: GAIA Passionflower extract to support calm.

Beth: Sami's Bakery Cinnamon Raisin Bread - Tasty and gluten Free!!

Julia: French Vanilla Almond Granola - mmm granola!

Jordan: Looking Glass Creamery Goat Chevre

Laura D: The drunken Goat Spanish Cheese has a cult following.

Gretchen: Hominy Valley Farms Chicken from Candler, NC

## Please Recycle



The Organic Press



## This quarter we are BYO-bagging for:

### Helping Hand Development Center Inc.

Is a private, non-profit, 5-star rated preschool program which provides services for children 2-5 years of age who have an extensive range of special physical, health and emotional needs. Mission: To provide quality child development services to all children in Henderson County with a unique commitment to serve those who are physically, emotionally, and educationally challenged to that they may realize their potential.

### Latino Advocacy Coalition

The mission of the Latino Advocacy Coalition is to cultivate the dawn of a new day by enriching relationships, empowering people and promoting a just community for all.

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!

**On Factory Farming**

"If one person is unkind to an animal it is considered to be cruelty, but when a lot of people are unkind to animals, especially in the name of commerce, the cruelty is condoned and, once large sums of money are at stake, will be defended to the last by otherwise intelligent people."

Ruth Harrison - Author of *Animal Machines*

**Tell USDA Deputy Secretary the Difference Between Factory and Family Farms**

USDA Deputy Secretary Kathleen Merrigan, who helped craft the organic law and regulations as an aide to Sen. Patrick Leahy (D-VT) and the head of the USDA's Agricultural Marketing Service under President Clinton, should be well-versed on the organic industry's worst controversies. In a speech at the All Things Organic trade show in Chicago on June 17, 2009, Deputy Secretary Merrigan said that she was going to get "tough on crime" and go after fraud in the organic marketplace. But, when asked whether she was going to do something to help family-scale dairy farmers who are struggling to compete with factory farms masquerading as organic, Deputy Secretary Merrigan tried to dodge the organic dairy controversy by saying, "I'm not sure what a fac-

tory farm is or what a family farm is."

As Organic Consumers Association network members know, the current organic dairy crisis was precipitated by widespread fraud in the organic dairy industry. The USDA has delayed enforcement for over five years of the law requiring mandatory pasture access for organic cows, while allowing giant intensive confinement dairy feedlots with thousands of cows to supply nutritionally inferior "organic" milk to Aurora and Dean Foods/Horizon, who in turn supply Wal-Mart, Safeway, and Target with the cheapest "organic" milk in the country. Justice delayed is justice denied. While we wait for the USDA to enforce the law, the 90% of small and medium-sized organic dairy farmers (and even some large ones), who play by the rules and put their cows out to pasture every day during the growing season, are going out of business because they can't compete with the big confinement dairies of Aurora and Horizon, where production costs are 30% lower than grass-fed, pasture-based organic dairies.

Please tell Deputy Secretary Merrigan that, as an organic consumer, you know the difference between family farms and factory farms and that you expect President Obama's USDA to stop labeling fraud in the organic dairy and personal care sectors and to maintain consumer trust in the USDA Organic label.

**OCA on New Food Safety Bill-HR 2749**

There's been a lot of buzz on the web about the new Food Safety Enhancement Act of 2009 (HR-2749). Many of our supporters have called or emailed us to find our stance on the issue. Although the Organic Consumers Association is fairly satisfied that the bill is intended to protect organic farmers from being negatively impacted by new food safety regulations, the bill does not address the underlying causes of America's persistent and evermore serious food safety crisis: factory farms and chemical-intensive agriculture. When addressing the concerns of E.coli or salmonella, the bill focuses on fresh vegetables and fruits rather than CAFOs or intensive confinement factory farms, in effect treating the symptom and not the disease. A close look at the nation's food poisoning epidemics over the past decade reveal that the overwhelming majority of fruit and vegetable contamination incidents are a direct result of water and soil pollution from large factory farms. The OCA believes that HR-2749 should be amended to address factory farming:

- 1) Animals should never be fed blood, manure or slaughterhouse waste.
- 2) Cows need to eat grass.
- 3) Animals need to be spread out on enough land to absorb their waste.
- 4) CAFOs (Confined Animal Feeding Operations) pose unacceptable risks to human health such as antibiotic resistance, incubate dangerous viruses and pathogens such as the Swine Flu and Bird Flu, contaminate the environment, institutionalize animal cruelty, and need to be phased

out and shut down.

**Environmental Working Group Releases 2009 Sunscreen Consumer Guide**

Does your sunscreen work? Surprisingly, 3 of 5 brand-name sunscreens either don't protect skin from sun damage or contain hazardous chemicals - or both. An Environmental Working Group investigation of 1,590 sunscreens rates the season's best and worst.

**Preservatives in Meat Linked to Dementia and Cancer**

According to a study published last week in the *Journal of Alzheimer's Disease*, sodium nitrite, which is a very common additive added to meat and fish to destroy toxins, reacts with proteins in the meat, damaging human DNA cells. The study links the preservatives to dementia diseases such as Alzheimer's and Parkinson's. The ingredient, which has also been linked to cancer, can be avoided by reading ingredient labels on meats like cold-cuts, hot dogs, and sausages. Sodium nitrite is a synthetic ingredient not allowed in organic foods.

**Top 12 Food Additives to Remove From Your Diet**

Thanks to MSN Health & Fitness contributor Jean Weiss, a list of the most medically questionable and harmful additives in everyday foods has been compiled:

1. Sodium nitrite
2. BHA & BHT
3. Propyl gallate
4. Monosodium glutamate
5. Trans fats
6. Aspartame
7. Acesulfame-K
8. Food colorings (Blue & , Red , Green , Yellow )
9. Olestra
10. Potassium bromate
11. White sugar
12. Sodium chloride

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# PRODUCER PROFILE



## Blackbird Farms

Billy & Delana Haynes and their son Hollis

Chatting with the folks selling at the farm stands is half the fun of shopping the market; eating the freshest possible foods, straight from the fields, is the other.

I talked to Karla McFadden at the Blackbird Farms tent on Monday this week. (Blackbird Farms also sells at the Thursday afternoon market in Flat Rock.) Karla is the “face” for the farm at the HCC tailgate market, and a fine salesperson at that. You can always stop by and get a sampling of something just picked when you're there. Formerly a project manager, Karla has been assisting Billy Haynes in getting the whole CSA/ tailgate market end of the business going for Blackbird Farms this year. Karla told me that these efforts have allowed the farm to grow more variety and specialty items in small quantities.

Both tailgate markets and the CSA program are new to this fledgling company, and Billy says it has made a tremendous difference in how they've

been able to capitalize their crops this year. Instead of having to come up with the financing ahead entirely on his own, and get the returns later, the CSA investments made it feasible to plan his crops more thoroughly, especially his tomatoes. It's just plain good business sense. “It really does help the farmer a lot to do it this way (CSA),” says Haynes, the CSA program has created a healthier economy for the farmer. “Tomatoes,” says Haynes, “are the most labor intensive crop. And this year, I will have the nicest tomato crop ever.” Some of his tomatoes are low-spray, some are organic, but all are doing well in the fields this year.

Haynes finds that the CSA, the tailgate markets and the restaurant business is all a part of the plan, and that he finds balance in making his living as a farmer by selling tomatoes to the grocery stores as well.

Their website says it all, “Our farm is dedicated to producing naturally raised produce using only OMRI (Org Materials Review Institute) approved products in our two fields and there is limited use of synthetic products in our big tomato field. We enjoy the farm. We like growing all kinds of things; we like trying out new varieties but we also like growing the old time staples as well. Blackbird Farms strives to give the customer fresh out of the field produce, a good variety and a real relationship with the farm and the farmer.”

So come talk to Karla, and Billy at the market on Monday afternoons, 3-6 p.m. Karla says that she really enjoys the conversations she has with the shoppers here at the Co-op. “They're a pretty well informed bunch!” Then I asked her what she enjoys most about selling at the tailgate markets: “Everything!” was her reply.

You'll also find Cherish Stephens-Vickers at their tent. She's the intern from Hendersonville High School, earning money to go to Chicago with the school concert and symphonic bands this coming fall.

Located in Flat Rock on Ton-A-Wandah Road 828-693-4664 You can visit their website at: [www.blackbirdcsa.com](http://www.blackbirdcsa.com)

Gretchen wrote this.

## Our Vision

### Community

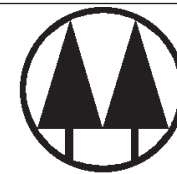
To serve as a resource to nurture and promote community, unity & diversity.

### 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

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

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Anne Backer,	Charles Redfern,
Dabney Brown,	Diana Sierra,
Eileen Eldredge,	Paula Smith,
Candace Folks,	Cassandra
Dawn Frerk,	Smith,
John Horn,	Margaret
Mary Houge,	Swinston,
Jerry Jones,	Jackie West
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# What's in Store For You? Department News

## Produce News~

North Carolina Blueberries are here! Always a popular summer treat, blueberries are not only delicious, but are extremely beneficial to your health. Blueberries are one of nature's highest sources of anti-oxidants, vitamin C, and vitamin A. A sweet and delectable berry native of North America, they can be used in many different dishes. Everything from muffins, pancakes, cakes, add to cereal, or add to a scoop of ice cream. You may even like them on their own.

Thanks for supporting local organic farming and thanks to all the local farmers who have been supplying us with the freshest organic produce around. A strong community begins with its farms.

~Robert

## Grocery News~

It's August and back to school time for many families. We have many great pantry staples to get everyone stocked up and prepared. Knudsen aseptic juices, EnviroKids Crispy Bars, Cascadian Fruit Spread, and Maranatha Peanut Butter are all at exceptional values this month.

Natural By Nature is celebrating their 15 years of producing the healthiest organic dairy products available using sustainable and responsible farming practices. By purchasing Natural By Nature Dairy Products, you are directly supporting small, family owned farms who are stewards of the land. Pasture is the main diet for their cows living on small Amish and Mennonite family farms in Lancaster, PA. The milk from pasture-fed cows contains 30-40% higher levels of CLA than cows fed grain. CLA is a "good" fatty acid produced

by cows and found in their milk. In studies, CLA has been shown to promote muscle growth and fat burning in the body and has disease protective properties. Grass-fed milk naturally contains higher levels of beta-carotene, Vitamin A and E, because grass contains

more of these nutrients than grain. It is also very fresh, with the milk leaving the dairy no more than 17 days before the "Sale By" date. At the co-op we stock whole and 2% Natural by Nature milk and whipped cream. If you buy milk, you may want to try and experience the quality of this fresh and nutrient-rich milk. ~Marisa

## Deli News ~

The summer is getting hotter at the Blue Mountain Deli, so we are going to keep it cool by continuing to offer chilled soups at least once a week. It was nice to see everyone who showed up for the picnic at Highland Lake Inn. There was a great variety of flavor and we would love to consider using your recipe at the coop. Please submit any recipe from the cookout to deli@hendersonville.coop, and we will choose a featured salad to run during the month of September. We will personalize our case card to include the name of the submitting owner. I would also like to mention that while the local farms are supplying us with greens, you can find them in all our wraps, sandwiches, and packaged salads. This month I would like to spotlight a new local creamery. The Looking Glass creamery is located in Fairview, NC and specializes in handcrafted fresh goat milk chevre cheeses. My favorite flavors include the plain, garlic-dill, and ginger spreads. Look for these flavors during your next visit. Keep it cool and remember that we serve lunch from 11:30 am – 2:30 pm, Monday through Saturday, and biscuits served around the clock. ~Jordan

## Wellness News~

Gaia Herbs', a certified organic grower and manufacturer of liquid herbal extracts based in Brevard, is one of "Five Companies to Watch" in the dietary supplement and functional food businesses, according to Nutraceuticals World magazine June issue.

Voters were impressed with Gaia's sustainable business model and commitment to environmentally sustainable packaging solutions like their new EarthBottle™—the first plant-based packaging made from a mixture of natural fibers, minerals and botanical extracts.

The company was highlighted by North Carolina Governor Beverly Purdue and the Western North Carolina Biotechnology Center as a model of economic and environmental sustainability this year, and won the Environment and Sustainability Award from Nutrition Business Journal in this February.

Launched in 1987, Gaia Herbs' developed the first standardized full spectrum fluid extracts that preserve the natural array of phyto-constituents and listed guaranteed concentrations on product labels. A decade ago, the company produced a vegetarian liquid capsule line.

Greg Cumberford, vice president of strategic initiatives at Gaia, believes one of the reasons his company was selected as a "Company to Watch" is "the way we're honoring ancient and traditional (pre-20th century) medicinal systems, while constantly pursuing 21st century methods for validating and authenticating the quality, safety and efficacy of traditionally used medicinal herbs."

The selection at Nutraceuticals World came from among 50 companies that were nominated by third parties to the selection board at the magazine which consists of non-affiliated industry officials. A simple vote tally resulted in Gaia Herbs being among the top five companies.

This month you can find Gaia on sale 15% off. ~Arrion



Charlotte McGinnis

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Nutritional Consultations, Outpatient Conventional Treatments

# Classified

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

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.

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. 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.

BCS 8 horse power walk behind tractor 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-Cost: \$3.00 Where: Sammy Williams Center When: Wed. Time: 9:00 TO 9:45 A.M. Info: 692-3320

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!), appointments, airport pickup & delivery, dog walking, pet & house sitting, etc. Flat Rock Furry Friends & More, Laura Frohling, 828-489-8009

KANGEN WATER is now available in H'vill. For your free jugs of KANGEN WATER and to learn more about the benefits of drinking KANGEN WATER Call 828-698-7642

COLONICS with Helen Davis, certified colon hydro-therapist, I-ACT, NBCHT, specializing in the cleansing of the large colon. Closed system. For appt. call 828-698-7642  
Ages 5 - 8: Grow Giant Pumpkins at the Bullington Center - one-hour classes. May 30 - Sept. 19. Cost: \$15. Call 697-4891 or visit [henderson.ces.ncsu.edu/4-H](http://henderson.ces.ncsu.edu/4-H).

Ages 9 - 18: Mini-Gardening - grow your own vegetables at home. Garden judges teach and visit to offer advice. Call 697-4891 or visit [henderson.ces.ncsu.edu/4-H](http://henderson.ces.ncsu.edu/4-H).

Energetic, hard working mother and mature teenage daughter are looking for a creative, mutually agreeable, living situation. Works well with all life forms; plants, animals and humans. If interested, let's talk. Call Jenny at 828 808.7430.

House cleaning, elderly care (bathing, etc.) Vegetarian/Vegan

cooking. Specialty. Mexican food. Come home to a clean house & delicious meal! Ref. available. Esther Sanabria (828) 808-0894

For Sale: Blender- Vita MX 4000 commercial with action dome- Excellent condition. Just reduce to \$150, Blender- Vita MX 3600 with action dome- excellent condition \$125 828-685-3080

National Geographics- 1977 thru 2000 Take all for \$20 828-685-3080

Cranberry La-Z-Boy 3-seat sofa (excellent cond.) \$300. Larger sturdy sofa table \$35. Smaller coffee tables \$40 + \$30. Late model Kenmore Wash/Dry (avail mid-June) \$400. 2 reconditioned IBM Selectric Type, I \$60, II \$70. 696-2187

For Sale: 100 plus new 2 oz cylindrical round clear plastic bottles with dispensing, screw on caps. \$15.00

For Sale: Nikken Kenko Magnetic Pad for twin bed. \$45.00 For Sale: Slim Spurling Light Life Rings (1/2 cubit - \$8, 1 cubit - \$12, and 3 cubits - \$18), AcuVac Coils \$20, and Harmonizer 2x2" \$50. Check website [www.slimspurling.com](http://www.slimspurling.com) for information on geobiology and application of Light Life Tools. Contact [phoebe.miller@gmail.com](mailto:phoebe.miller@gmail.com) for more information about products for sale.

Fabulous recession proof business with a debt free, BBB approved Green company, consistent residual income, easily duplicatable. Details 483-4088, ext 2, or 808-0689 ask for Claire

GE Uniden 2.4 GHZ's caller ID cordless phones. Total of 4 phones in all, Like new in the box. Paid \$300.00 asking \$150.00, headset capable - 483-4088, ext 2

New QMS Toner cartridges for Minolta 3100 printer, Yellow, Magenta & Cyan New in box. Paid \$190.00 each. Sell all 3 for \$235. Huge savings of \$335.00! - 808-0689 or 483-4088, ext 2

RIHA andante beautiful solid oak organ, medium size, 2 keyboards, 40 accompaniment sounds, & floor pedals, with music: \$300 Negotiable - 483-4088, ext. 2 or 808-0689

Classic VHS Disney Movies - New & Used - "Original" Song of the South, Snow White, Lion King, Aladdin, Pinocchio, buy 1 or all - 808-0689 or 483-4088, ext 2

Collectible Tom Clark Gnome, Henson 87 signed, Like new \$50.00 - 483-4088, ext. 2 or 808-0689

Golden Coral necklace & earrings from Indonesia w/ papers of authenticity, 808-0689 or 483-4088, ext 2

Classical guitar Giannini with music in guitar case - \$100.00

Washer/gas Dryer, Maytag front loading Neptune pair, Like New Condition. 5 yrs new, used by 2 person family. \$450 Call 692-3311

Omega Juicer 8003. Sold on Dr. Mercola's website for \$235.00. Used for one month until I decided juicing was not for me. Available for \$95.00 828-287-8815

Henderson County 4-H invites you to celebrate 100 years of 4-H at the Do-Tell Storyfest in Downtown Hendersonville, Saturday, July 11: <http://dotellfestival.org/>

feed a man a fish, he eats one dinner, teach a man to fish, he eats the rest of his life. learn to manage your own health. medical qi-gong seminar, august 8&9, hendersonville. [www.medicalqigongcenter.org](http://www.medicalqigongcenter.org). 698-6595.

Massage and Pain Relief Therapy, Reduce stress & anxiety, Increase energy & flexibility, Enhance immunity & circulatory systems, Balance hormones & detox, Relax muscles & improve posture, Also: Facial & Scalp Massage, Reflexology: Hands and feet, For these overall health benefits, call for an appointment: 828-696-6105

ORGANIC Liquid Marine Fish Fertilizer Available below retail prices. Buy thru local farm co-op, 1-55 gallons and up. Call 828-625-1180

For sale: Champion Juicer Model #G5-NG-853-S - Off white. Excellent condition. Includes: juicer, tamper, screen, blank, sliding screen or blank holder, instructions for use booklet with recipes. \$85. 828-697-5635 or [cckemper@bellsouth.net](mailto:cckemper@bellsouth.net).

## Restore Your Body, Mind & Spirit to Wellness



### Infrared Heat Benefits

Arthritis • Chronic Fatigue  
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Joint and Muscle Pain • Removes  
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1531 Haywood Rd.  
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Hendersonville, NC 28792

**Pre-Sorted Standard**  
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Return Service Requested

June Ellen Bradley is an internationally renown artist who works in multi media. Her paintings are mostly representational images of Nature...botanicals, landscapes and animal portraits. She has become well known more recently as a muralist, painting the outdoors indoors. JE seeks to convey that we are all part of a larger picture. There is always more going on in her paintings than you'll see at first...it takes time and attention to become aware of the many layers which (serve as a metaphor and) comprise her artwork. You'll feel something when you are surrounded by her paintings that is expansive and inclusive. She would also like to change the whole idea of artwork into artplay. Are you aware of the illusion within the illusion?



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!

