



The Organic Press



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

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June 2009

Is Local Food Better?

by Sarah DeWeerd

Yes, probably-but not in the way many people think.

(Editor's note: The local-food movement has been gaining momentum in developed countries, and in many developing countries as well, in recent years; in the United States alone, sales of locally grown foods, worth about \$4 billion in 2002, could reach as much as \$7 billion by 2011. Local food's claimed benefits are driving health- and environment-conscious consumers to seek alternatives to the industrial agriculture system whose products dominate grocery-store shelves. It is also linked to the localization efforts of people who believe that rising transport costs and reaction to globalization will trigger a shortening of economic links and greater reliance on local and regional economies. This two-part series examines the potential impacts of greater localization of food, beginning with the environmental effects and then, in our July/August issue, the economic implications.)

by Sarah DeWeerd

In 1993, a Swedish researcher calculated that the ingredients of a typical Swedish breakfast-apple, bread, butter, cheese, coffee, cream, orange juice, sugar-traveled a distance equal to the circumference of the Earth before reaching the Scandinavian table. In 2005, a researcher in Iowa found that the milk, sugar, and strawberries that go into a carton of strawberry yogurt collectively journeyed 2,211 miles (3,558 kilometers) just to get to the processing plant. As the local-food movement has come of age, this concept of "food miles" (or "kilometers")-roughly, the distance food travels from farm to plate-has come to dominate the discussion, particularly in the United States, the United Kingdom, and parts of Western Europe.

The concept offers a kind of convenient shorthand for describing a food system that's centralized, industrialized, and complex almost to the point of absurdity. And, since our food is transported all those miles in ships, trains, trucks, and planes, attention to food miles also links up with broader concerns about the emissions of carbon dioxide and other greenhouse gases from fossil fuel-based transport.

In the United States, the most frequently cited statistic is that food travels 1,500 miles on average from farm to consumer. That figure comes from work led by Rich Pirog, the associate director of the Leopold Center for Sustainable Agriculture at Iowa State University (he is also behind the strawberry-yogurt calculations referenced above). In 2001, in some of the country's first food-miles research, Pirog and a group of researchers analyzed the transport of 28 fruits and vegetables to Iowa markets via local, regional, and conventional food distribution systems. The team calculated that produce in the conventional system-a national network using semitrailer trucks to haul food to large grocery stores-traveled an average of 1,518 miles (about 2,400 kilometers). By contrast, locally sourced food traveled an average of just 44.6 miles (72 kilometers) to Iowa markets.

In light of such contrasts, the admonition to "eat local" just seems like common sense. And indeed, at the most basic level, fewer transport miles do mean fewer emissions. Pirog's team found that the conventional food distribution system used 4 to 17 times more fuel and emitted 5 to 17 times more CO₂ than the local and regional (the latter of which roughly meant Iowa-wide) systems. Similarly, a Canadian study estimated that replacing imported food with equivalent items locally grown in the Waterloo, Ontario, region would save transport-related emissions equivalent to nearly 50,000 metric tons of CO₂, or the equivalent of taking 16,191 cars off the road.

What's "Local"?

But what exactly is "local food" in the first place? How local is local?

One problem with trying to determine whether local food is greener is that there's no universally accepted definition of local food. Alisa Smith and J.B. MacKinnon, authors of *The 100-Mile Diet*, write that they chose this boundary for their experiment in eating locally because "a 100-mile radius is large enough to reach beyond a big city and small enough to feel truly local. And it rolls off the tongue more easily than the '160-kilometer diet.'" Sage Van Wing, who coined the term "locavore" with a friend when she was living in Marin County, California, was inspired to eat local after reading *Coming Home to Eat*, a chronicle of author Gary Paul Nabhan's own year-long effort to eat only foods grown within 250 miles of his Northern Arizona home. She figured that if Nabhan could accomplish that in the desert, she could do even better in the

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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 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:

As we move further into spring and the growing season, we are working hard to bring in as many local options that we can. More and more growers are coming by with the day's harvest. With the beginning of June there will be even more options to find local products with the start of the Tailgate Market. We will be hosting a Tailgate Market every Monday afternoon, from 3:00 pm to 6:00 pm, starting June 1st. There will be a variety of local products offered so make sure that you come by and check it out. Come and see what our local community has to offer.

We are also starting another program in June. We will begin collecting number 5 recyclable tubs and containers. The company Preserve has a program called Gimme 5 to recycle these containers into their toothbrushes and other products. We will collect them in the store and ship them to Preserve for recycling. If you would like to help keep these containers out of our landfill please feel free to bring them by and add them to our box for shipping. Remember we will only take clean and dry containers. We do not have the resources to clean containers before shipping so please make sure they are clean before you bring them in. Here is what Preserve has to say about their program:

- Preserve Gimme 5 promotes and enables recycling of #5 plastics like yogurt cups, hummus tubs and other food containers.
- Products packaged in #5 plastic are sold

widely, but #5 is not recycled in most communities. By recycling your #5 plastic through the Gimme 5 program, you are saving plastic from being sent to landfills, keeping the plastic local by recycling it here in the USA, and you are powering Preserve by helping us transform your recyclables into new Preserve products.

- Before starting the mail-back Gimme 5 program, we wanted to make sure that we were taking a positive step for the environment. We produced a single factor Life Cycle Assessment to analyze the impact of the Gimme 5 program. The results showed the benefits of keeping #5 plastics out of landfills and remaking them into new products outweigh the environmental impacts of shipping them back to us. We hope that the success of our program will help convince local recyclers of the value of taking #5 plastics back in more communities across the US.

We hope you will take advantage of both of these opportunities. See you at the market.

In Cooperation,
Damian



Co-op Calendar

Friday, June 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!

Sunday, June 28th,

HCC Summer Picnic and Potluck

Owners, join us at the Highland Lake Inn and grounds for a day of fun and sun with your Co-op staff and community. Bring a dish to share. Highland Lake has been gracious enough to give us the run of the place, so get ready for boating, swimming, food, drink and summer fun.

Saturday, June 13, 10-12noon

Workshop @HCC

Claim your True Self

To facilitate letting go of the old, making way for the new, your presenter uses Ritual, Stories and Simple Self Healing Techniques

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A Board's Eye View -- June News

Localization not Globalization

We the people have to justify bonuses for AIG executives and taxpayer bailouts of privately owned banks and corporations, while corporate profit is at the expense of our natural climate and world (among other things). Most of us are asking: could there be a better business model?

Now the rest of the world realizes, albeit a little late, that capitalism does indeed need to be regulated and that perhaps the classic corporate motive of larger stockholder dividends and profits simply isn't sustainable any longer. Business, be it owned by the state (i.e. utility companies) or privately owned by stockholders, has generally neglected the requirements of the collective population now pushing six billion people in a rapidly changing ecosystem. At HCC, we model another way of doing business and continue to vote with our dollars to support and grow the business model of cooperative capitalism.

The cooperative business model can exist in many industries. There are healthcare and banking cooperatives. As a matter of fact, banking Co-ops are generally the best run, as exemplified by balance sheets without over-leveraged assets. There are also agriculture, childcare, energy and telecommunications co-ops. The cooperative model means that the business is owned and controlled by the people who use it. It is built upon voluntary and open membership and is comprised of people working together to meet their mutual needs. Co-ops are built by the members of their community and serve that community.

The first cooperative grocery was opened in Rochdale, England in 1844. It was formed in response to the injustices of the Industrial Revolution. Displaced workers, low wages, child labor and dangerous work and conditions had left virtually all but the rulers of government and business severely impoverished and malnourished. Workers were fed adulterated food by the factory owners; flour was mixed with plaster and cocoa with dirt.

The founders of the Rochdale Co-op had a vision

of a better life for everyone and insisted upon access to pure, whole food. This intention proved to be invaluable to the local community. In addition to the stocking wholesome food, when more flour was needed, they purchased a mill to grind the wheat, then purchased land and began to farm their own food. Jobs were generated, wealth was distributed, and the co-op provided speakers to educate their owners on how to read and understand economics. Eventually the Rochdale Co-op started formal adult education classes. Owners soon realized that not only was it up to them to improve their lives, they were empowered to do so and began uniting in solidarity to re-enforce human dignity for all.










Even if we could purchase stock/ownership in other natural food stores, would we be sure that our local community would benefit? Would our voices be heard? Co-ops have bottom-up governance, not top-down governance (which oftentimes serves neither stockholders, tax payers nor the broader economy).

Our co-op has processed and studied the recent customer surveys. Management and staff listen to owner input and will do their best to incorporate as many of the suggestions and preferences as possible. Store hours have been increased and the 5% discount is offered on additional special days, like Earth Day. Our website is being upgraded and we have settled on the definition of "local" food, all in response to the customer survey.

The co-op demonstrates a more equitable and sustainable business model. We can be proud of HCC and the principles it adheres to. Let's pass the word on to our friends and family.

In Cooperation,
Carolyn



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

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 June 23rd. 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 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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year-round agricultural cornucopia that is Northern California, so she decided to limit herself to food from within 100 miles.

There's some evidence that a popular understanding of local food is, at least in some places, coalescing around this 100-mile limit. A 2008 Leopold Institute survey of consumers throughout the United States found that two-thirds considered local food to mean food grown within 100 miles. Still, a variety of other definitions also persist. Sometimes local means food grown within a county, within a state or province, or even, in the case of some small European nations, within the country. In the United Kingdom, reports Tara Garnett of the Food Climate Research Network, "on the whole, organizations supporting local are now less likely to put numbers on things." Meanwhile, rural sociologist Clare Hinrichs, of Pennsylvania State University, has found that in Iowa local has shifted from signifying food grown within a county or a neighboring one to food grown anywhere in the state. For some in the agricultural community, promoting and eating "local Iowa food" is almost a kind of food patriotism, aimed at counteracting the forces of globalization that have put the state's family farmers at risk.

All of those are perfectly valid ways of thinking about local. But they don't have all that much to do with environmental costs and benefits.

Tradeoffs

In any case, warns Pirog, food miles/kilometers don't tell the whole story. "Food miles are a good measure of how far food has traveled. But they're not a very good measure of the food's environmental impact."

That impact depends on how the food was transported, not just how far. For example, trains are 10 times more efficient at moving freight, ton for ton, than trucks are. So you could eat potatoes trucked in from 100 miles away, or potatoes shipped by rail from 1,000 miles away, and the greenhouse gas emissions associated with their transport from farm to table would be roughly the same.

The environmental impact of food also depends on how it is grown. Swedish researcher Annika Carlsson-Kanyama led a study that found it was better, from a greenhouse-gas perspective, for Swedes to buy Spanish tomatoes than Swedish tomatoes, because the Spanish tomatoes were grown in open fields while the local ones were grown in fossil-fuel-heated greenhouses.

That seems obvious, but there are subtler issues at play as well. For example, Spain has plenty of the warmth and sunshine that tomatoes crave, but its main horticultural region is relatively arid and is likely to become more drought-prone in the future as a result of global climate change. What if water shortages require Spanish growers to install energy-intensive irrigation systems? And what if greenhouses in northern Europe were heated with renewable energy?

Perhaps it's inevitable that we consumers gravitate to a focus on food miles—the concept represents the last step before food arrives on our tables, the part of the agricultural supply chain that's most visible to us. And indeed, all other things being equal, it's better to purchase something grown locally than the same thing grown far away. "It is true that if you're comparing exact systems, the same food grown in the same way, then obviously, yes, the food transported less will have a smaller carbon footprint," Pirog says.

But a broader, more comprehensive picture of all the tradeoffs in the food system requires tracking greenhouse gas emissions through all phases of a food's production, transport, and consumption. And life-cycle analysis (LCA), a research method that provides precisely this "cradle-to-grave" perspective, reveals that food miles represent a relatively small slice of the greenhouse-gas pie.

In a paper published last year, Christopher Weber and H. Scott Matthews, of Carnegie Mellon University, wove together data from a variety of U.S. government sources into a comprehensive life-cycle analysis of the average American diet. According to their calculations, final delivery from producer or processor to the point of retail sale accounts for only 4 percent of the U.S. food system's greenhouse gas emissions. Final delivery accounts for only about a quarter of the total miles, and 40 percent of the transport-related emissions, in the food supply chain as a whole. That's because there are also "upstream" miles and emissions associated with things like transport of fertilizer, pesticides, and animal feed. Overall, transport accounts for about 11 percent of the food system's emissions.

By contrast, Weber and Matthews found, agricultural production accounts for the bulk of the food system's greenhouse gas emissions: 83 percent of emissions occur before food even leaves the farm gate. A recent life-cycle analysis of the U.K. food system, by Tara Garnett, yielded similar results. In her study, transport accounted for about a tenth of the food system's greenhouse gas emissions, and agricultural production accounted for half. Gar-

nett says the same general patterns likely also hold for Europe as a whole.

How Green Is My Valley?

So, is local food greener? Not necessarily. But look at the question from the opposite direction: if you're a consumer interested in greener food, the local food economy is currently a good place to find it. By the same token, a farmer who sells in the local food economy might be more likely to adopt or continue sustainable practices in order to meet this customer demand. If local food has environmental benefits, they aren't all-or perhaps even mainly-intrinsic to local-ness. Or, as Hinrichs has written, "it is the social relation, not the spatial location, per se, that accounts for this outcome."

For local food advocates like Sage Van Wing, that interaction between producer and consumer, between farmer and eater, is precisely the point. Regarding food miles, Van Wing says, "I'm not interested in that at all." For her, purchasing an apple isn't just about the greenhouse gas emissions involved in producing and transporting the fruit, "it's also about how those apples were farmed, how the farm workers were treated"—a broad array of ecological, social, and economic factors that add up to sustainability. Interacting directly with the farmer who grows her food creates a "standard of trust," she says.

Christopher Weber, who followed a vegan diet for 10 years and calls himself "some-what of a self-proclaimed foodie," agrees: "That's one thing that's really great about local food, and one of the reasons that I buy locally, is because you can actually know your farmer and know what they're doing."

Van Wing says that her approach to local food has evolved over time—she started out trying to eat within a 100-mile radius, but now she simply tries to get each food item from the closest source feasible. Foods that can't be grown nearby are either rare treats or have disappeared from her diet altogether. "I just don't do things that don't make sense," she says. Her statement echoes journalist and sustainable-agriculture guru Michael Pollan, who in his recent book *In Defense of Food* offers a common-sense guide to eating ethically and well: "Eat food. Not too much. Mostly plants." You could sum up the ecological case for eating locally by adding one more sentence: "Mostly what's in season and grown not too far away."

Yet there are limits to this common-sense approach. In many areas, the climate is such that eating local, seasonal, field-grown produce would be a pretty bleak proposition for much of the year. Large concentrations of people live in areas not suited to growing certain staple crops; it's one thing to forego bananas, but quite another to give up wheat. And population density itself works against relocalization of the food system. Most of the land within 100 miles of large cities such as New York is itself very built up; where will the farmland to feed us all locally come from? (By the same token, that very situation makes preservation of what farmland remains all the more important, a goal that buying from local farmers can help advance.)

In this sense, life-cycle analyses of the current food system offer a paradoxically hopeful perspective, because they suggest that, if the goal is to improve the environmental sustainability of the food system as a whole, then there are a variety of public policy levers that we can pull. To be sure, promoting more localized food production and distribution networks would reduce transport emissions. But what if a greater investment in rail infrastructure helped to reverse the trend toward transporting more food by inefficient semi-truck? What if fuel economy standards were increased for the truck fleet that moves our food? Or, to name one encompassing possibility, what if a carbon-pricing system incorporated some of the environmental costs of agriculture that are currently externalized? Local food is delicious, but the problem—and perhaps the solution—is global.

Worldwatch Institute, World Watch Magazine, www.worldwatch.org

DeWeerd, S., "Is Local Food Better?" World Watch Magazine, Vol. 22, No. 3, pp. 6-10

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Owner

News and Views From Outreach

Annual Summer Potluck Picnic



Bring the whole family for an afternoon of fun and community!

When: Sunday, June 28th 11:00 am til 6:00 p.m.

Where: on the beautiful grounds of the Highland Lake Inn Picnic Pavilion

What to bring: Bring a salad or side dish to share, and something for grill...
we'll supply the hot coals and the condiments.

Bring your swimming suit, badminton, bocce ball or croquet, Frisbee, etc.

Bring some money for the musicians.

(Sorry no pets allowed.)

Highland Lake Inn has generously agreed to host our summer picnic at the Pavilion next to the pool!

- Enjoy swimming, boating, fishing (catch 'n release), and games on the lawn
- Listen to live music performed by local musicians: Jenny Arch, Tania Battista, and the eclectic, and groovy sounds of Ten Toe Turbo.
- Cash bar (wine & beer) will be available courtesy of the Highland Lake Inn and Season's Restaurant. (We cannot allow BYOB of alcohol.)
- We'll bring the lemonade and fresh cool water to drink.

Beginning June 1, 2009
**Hendersonville Community Co-op
 Tailgate Market**

Come to the parking lot at the Co-op to get your fresh fruits and vegetables, herbs, flowers, eggs and plants from local growers.

Conventional, transitional, low-spray and organic produce will be available.

Every Monday from 3pm to 6pm
Come see what your community has to offer!!

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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.

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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

Emotions In Motion

with June Ellen Bradley



Emotion is energy in motion. In order to keep flow going in our lives, it is important to be free of emotional clutter and release emotions that keep us from our inherent radiance. We often want to avoid the trauma of reexperiencing painful emotions, however, that we must do to heal ourselves.

Healing our emotional wounds is not so traumatic if we can imagine that our emotions are analogous to thunderstorms. Our feelings can serve to cleanse the air (mental body) and the earth (physical body) aspects of ourselves. They are not to be used to manipulate others, nor are they caused by others. If we blame someone else for our feelings we miss the gift the emotional body is trying to make us aware of; emotions are about us and for us if viewed from the correct perspective.

The emotional body is related to the water element. As such, it can be cleansing or, if stagnant, can lead to all kinds of disease. The most prominent aspect of emotions is flow. Used correctly, our emotions flow right through us, exposing the untruths held in our minds that “made” us feel a certain way. While they may not be logical, they can be educational as well as healing! When we choose to ignore or suppress feelings, the problem tends to magnify each time they come up.

It is enlightening to realize that we actually choose the emotional content of our experiences. How we react to others tells us what we believe about ourselves. To get the flavor of this, compare how you feel when a friend’s 2 yr. old screams “I hate you” and compare that feeling to when the same words come from your lover, friend or family member. We give away our personal power when we allow someone else to destroy our emotional well being.

I think the scariest aspect of our emotional nature is that we never know whether a small event will yield a big emotion or vice versa. We have this false idea that to show our emotions means we aren’t “in control” of ourselves. In my world, owning that the emotion belongs to me while expressing it is the correct way to master one’s emotions. Emotions help us join together instead of separating us when they are managed with the intent of love. We all know we are not capable of loving anyone else unless we love ourselves.

If someone is in a bad space, it seems that the first thing we want to do is to move them out of it. We really aren’t interested in sitting with another’s pain especially if we haven’t resolved our own.

We do not honor as sacred our emotional experience and so we do the same with others. We have forgotten that the energy of a feeling will just get lodged somewhere in the body if it is not felt fully and released.

Most literature on emotional release stops there, however, there is yet another step. We need to refill the space left vacant by the emotion we released with the light of love. After all, nature abhors a vacuum, and the emotion will simply return. You will know healing has taken place when you actually feel different under similar circumstances. If you really want to understand the full process, go to www.jackiewoods.org and order the CD “Fully clearing emotions.” Jackie Woods, founder and director of Adawehi Healing Center, brings you through the steps necessary to claim the gifts from all your emotions.

Feelings aren’t facts; that’s a hard one for folks to understand, particularly if you are like me. If I’m having a hard time emotionally it is like the sun will never shine again. I know mentally that this is not true, and still, it can be difficult not to wallow in upset. It takes real commitment to use the emotional process correctly and have it serve as a growth experience rather than being just another disaster.

Many folks would rather not deal with the emotional elephant in the living room, even though it blocks the view of the expansive landscape outside. Often we have buried some feelings so deeply we aren’t even aware they exist until something ‘sets us off’ and then we have two issues working together to create emotional turbulence.

Flower essences are special remedies to help us access the emotions that are in need of transformation. Sometimes they work by helping one become more acutely conscious of these emotions. By applying the alchemical law of the ‘union of opposites;’ two polarities—for example, courage and fear, are integrated into a higher synthesis. The flower essence for our example is Mimulus. By taking frequent small doses (4 drops) of Mimulus; we do not eliminate our fear, rather it gives us the courage to face the fear. This is how we heal and regain our flow.

Flower essences gently allow us to move beyond our denial and resistance in order to change our inner attitudes, beliefs and perceptions. When we are unaware of the purpose and necessity of our illnesses as agents of change, a flower essence can help us with the

self-discovery and sensitivity necessary to become whole again no matter what other therapies are being utilized.

The Coop has a great selection of flower essences. There are support materials you can use for reference to help with your particular issue right at the point of sale rack. You can determine the remedy you need by answering questions about how you are feeling, what limits your expression, and acknowledging certain core beliefs. The folks at the herbal counter can help you choose what’s right for your circumstances.

You can be part of the healing of our collective emotional wounds by becoming aware of your feelings. Learning to use these feelings to go to your heart and claim who you are is to bring more of who you are into physical manifestation. This is how we can heal some serious ailments and connect to each other in a meaningful way. We can access our creativity to solve some of our culture’s current dilemmas. Creativity by its very nature requires the expenditure of emotion. Our passion is what makes life the grand experience. We need to out of our heads and into our hearts. Now is the time.

When working with the Andean shaman in Ecuador, I was impressed that their whole philosophy of healing centered around the birds that represent our respective countries. The Condor represents the heart and our Eagle represents the mind. “When the Eagle and the Condor fly together, man will walk the path of light.” We are here to light the path of humankind through this world. Won’t you join in the journey? Future generations will flourish with the light we can bring now as we engage our emotions to cleanse and purify their world. Thank you for your contribution!

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wellness@riversongvet.com

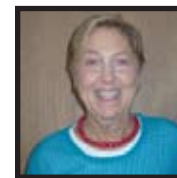
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10 Healthy Lifestyle Q and A

With Joan Kennedy of StayWell, Inc.



Question:

I understand that eating Mexican and other spicy foods such as Cuban and Indian can be good for us because the spices used have anti-inflammatory benefits. Yet, when I eat these foods, I get “acid-indigestion” to quote one of the familiar TV ads for the little purple pill. That does not seem healthy. What is the real scoop on this? “Spicy”

Answer:

You are correct that spices such as curry, turmeric and garlic have good anti-inflammatory qualities and I encourage eating them for that benefit. They are very stimulating, though, often causing the stomach to produce extra acid. If your stomach is already producing extra stomach acid secondary to stress, poor food choices, eating too fast or too late at night and/or drinking many cups of coffee or tea/day, eating these spices can be just the thing to kick in indigestion. Extra stomach acid often regurgitates back into the esophagus (acid reflux) which is what causes the burning sensation. I encourage you to look at your lifestyle for reasons why your stomach may be producing a high level of acid on a regular basis. Changing unhealthy lifestyle practices alone will decrease the inflammation in your body. Then you could really benefit from eating the anti-inflammatory spices such as turmeric and curry.

You did not tell me your age. There is another scenario that could be contributing if you are in the last third of your life. As we age the stomach often produces less acid, especially if your eating habits and lifestyle have been less than ideal. Stomach acid is produced automatically by our bodies as it necessary for digestion of the food we eat. When food enters the stomach it triggers the automatic release of acid which to begins the breakdown of food into a form that can be absorbed by our bodies. When stomach acid levels are too low, food stays in the stomach longer thus increasing the risk of acid regurgitation even though the amount of that acid is low. In such situations, taking Betaine HCl WITH food can relieve symptoms. Over use of anti-acid for an extended period of time can cause this scenario as well. Unfortunately many older adults take these OTC anti-acids frequently thus actually increasing the cause of their indigestion. Prescriptions medications, called proton pump inhibitors, such as “the little purple pill” or Prilosec also reduce stomach acid. Other medications in this category are Prevacid, Nexxium and Aciphex. This category of prescriptive medicines was developed to be taken for 1-4 weeks to allow an irritated stomach to heal while the person changes his/her eating habits and stress to prevent further gastro-esophageal irritation. Unfortunately many Americans take these little pills for months, even years without changing their eating and lifestyle behaviors. The results of taking these proton pump inhibitors on a long term basis can lead to chronic constipation because food stays in the stomach longer and is not digested fully, obesity for the same reason and osteoporosis from inadequate digestion of calcium which requires stomach acid to be absorbed. So if you a family member or friend who is taking these prescriptive medications on a regular basis help, them understand how these drugs could be detrimental to their health and urge them to change their eating habits and reactions to stress.

THOUGHTS FROM JOAN: Have you noticed how many ads, products and articles subtly indicate how “not OK” we are. There are drinks that claim to give us energy or calm us down, vitamins that do the same, cosmetics and skin care that “erase all those ugly wrinkles in just weeks. Ads that tell us to take this a pill to improve our health as well as ones for clothing that make us look thinner, younger or more desirable. Ads tell us that drinking alcoholic beverages makes us sexy. There is a subtle theme in America that we are not OK. We have to be thinner, more energetic, and more athletic; wear high-heel, pointed-toe shoes because they make your legs look better and take a pill that will produce more and firmer erections. I encourage you ignore these self-effacing ads and be self-affirming. Tell yourself daily that you like yourself. The latest brain research proves that we can influence our brain cells by what and how we think. Partner with a loved one, friend or colleague to reinforce the good qualities of each other, and create new positive realities for each of you. Your brain cells can change regardless of your age. Let’s work as individuals and groups to create positive energy



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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

For HCC Owners	For nonowners
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

Business Card Size: 3.5" x 2", Medium Size: 4" x 6", 2 Column Large: 10" x 7"

There is a 10% discount for six months and greater reservations.

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

Staff Picks for June

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: Emergen-C
Madison: Alba cocoa butter hand and body lotion
Brandon: Steeze Organic Peach Green Tea
Patrick: Sumatra Coffee from Dynamic Roasting Co. Locally roasted in Black Mountain
Robert: Broccoli, eat it every day!!
Arrion: Choice Earl Grey Tea
Gretchen: The bulk greens in the produce department. The Freshest!!!
Zach: Sierra Nevada Torpedo
Kelsey: Broccoli Pancakes- surprisingly yummy!
Olivia: Ramp biscuits...So good, plain or loaded!
Maren: Nature's Path cornflakes in the earth friendly packaging....simple, crunchy and environmentally conscious.
Melana: Annie's mac and cheese. Healthier version of my favorite comfort food.
Jordan: Alpha Omega salad in the Deli.
Devan: Izze sparkling juice. Better than soda!
Lynne: Leafy Greens from Produce- Always crisp, fresh and clean
Jeanne: dried pineapple rings, sweet and satisfies the desire for dessert

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!

12 What exactly is “Organic”?

It can get confusing, figuring out what “organic” actually defines, as well as what defines “transitional” and “low spray”—and even “Beyond organic” and “Biodynamic.”

Here’s a brief guide to a complex and ever-changing scope of definitions—please do more research on your own to learn more about the broader picture.

Personal products like shampoo are one area the public has been misled about what is ‘organic’—a little is said here about that, too.

And remember, buying local, even if the produce is conventionally grown—can be just as good as buying organic, because long-haul transit of food—using non-renewable petrochemicals as fuel—is greatly lessened.

Also—it’s a good idea to wash all produce thoroughly, even organic produce, before consuming.

Organic production is based on a system of farming that maintains and replenishes soil fertility without the use of toxic and persistent pesticides and fertilizers.

- Organically produced foods also must be produced without the use of antibiotics, synthetic hormones, genetic engineering and other excluded practices, sewage sludge, or irradiation.
- Cloning animals or using their products would be considered inconsistent with organic practices.
- Organic foods are minimally processed without artificial ingredients, preservatives, or irradiation to maintain the integrity of the food.

In the US, the National Organic Program (NOP) was enacted as federal legislation in Oct. 2002. It restricts the use of the term “organic” to certified organic producers (excepting growers selling under \$5,000 a year, who must still comply and submit to a records audit if requested, but do not have to formally apply).

Certification is handled by state, non-profit and private agencies that have been approved by the US Department of Agriculture (USDA).

In the US, federal organic legislation defines three levels of organics.

- Products made entirely with certified organic ingredients and methods can be labeled “100% organic.”
- Products with at least 95% organic ingredients can use the word “organic.” Both of these categories may also display the USDA organic seal.
- A third category, containing a minimum of 70% organic ingredients, can be labeled “made with organic ingredients”.
- In addition, products may also display the logo of the certification body that approved them. Products made with less than 70% organic ingredients cannot advertise this information to consumers and can only mention this fact in the product’s ingredient statement.

Transitional farming requires that land and soil must be managed for three years using only accepted inputs and practices before it can be certified organic. (So, it’s on its way to being organic, but doesn’t quite yet meet the standards.)

Low Spray refers to crops that have been sprayed with a limited amount of chemicals—perhaps only for a limited time—as a last-resort method for dealing with bugs, fungal blight, etc.

“Organic” in Personal Care Products

The word “organic” is not properly regulated on personal care products (example: toothpaste, shampoo, lotion, etc.) as it is on food products, unless the product is certified by the National Organic Program.

The Organic Consumers Association’s “Coming Clean Campaign” has been working to clean up the ‘natural’ and ‘organic’ personal care industry for the past five years. Unlike organic foods, many personal care products are falsely labeled as “organic.”

OCA’s Coming Clean Campaign is focused on cleaning up the organic personal care industry by ridding of fraudulent labeling that is misleading consumers. The OCA believes that organic body care standards should mirror organic food standard.

“**Beyond organic**” is a concept aligned with the idea of creating sustainable and ecological systems of food production capable of transcending the standards currently affixed to foods and processes now categorized by the term “organic.”

Since the organic food movement has been increasingly industrialized and often forced to undergo processes similar to those of conventional agriculture (such as monocultural plantings on massive scales) due to market pressures, many members of what was originally the organic food movement are demanding that new standards be established for sustainable organic foods.

Many ardent supporters of organic foods are frustrated that the integrity of what constitutes “organic” foods and farming methods have been compromised by FDA legislation that allows for synthetics to be introduced into organic processed foods and other unsustainable industrial attributes associated with “organic” foods.

Biodynamic agriculture, a method of organic farming that has its basis in a spiritual world-view (Anthroposophy—first propounded by Rudolf Steiner) treats farms as unified and individual organisms, emphasizing balancing the holistic development and inter-relationship of the soil, plants, animals as a closed, self-nourishing system.

Regarded by some proponents as the first modern ecological farming system, biodynamic farming includes organic agriculture’s emphasis on manures and composts and exclusion of the use of artificial chemicals on soil and plants.

Methods unique to the biodynamic approach include the use of fermented herbal and mineral preparations as compost additives and field sprays and the use of an astronomical sowing and planting calendar.

Sources:

Organic Trade Association

www.ota.com

Biodynamic Farming and Gardening Association

www.biodynamics.com

Organic Consumers Association

www.organicconsumers.org

Wikipedia

www.wikipedia.com

Rodale Institute

www.rodaleinstitute.org

compiled by

Beth Beasley



Fountain of Youth Day Spa Father’s Day Specials:

Sports Massage (with ad) \$60
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PRODUCER PROFILE



Forest Creek Farm and Nursery

We'd like to introduce one of our tailgate market growers in each issue of the Organic Press. Come meet them yourself on Monday afternoons in our parking lot. Starting in June.

A goal at Forest Creek Farm and Nursery is to eventually become Certified Organic. "A lot of people don't want to be certified, and it's just



a matter of personal preference," Mollie told us, "We are interested in having that credibility, and possibly being able to enter wholesale markets someday where having the organic label will be helpful."

You can find Forest Creek Farm and Nursery on the web at fcfn.blogspot.com or visit them at the tailgate market. They sell Monday afternoons from June - September at the Hendersonville Food Co-op, and also on Thursday afternoons from May - October in Flat Rock, behind Rainbow Row.

Q: Why did you decide to start farming?

A: I started farming as a way to provide food for my family after I finished school. I moved up here and got married in 2006. I sold the extras while looking for jobs. But the farm turned out to be a promising venture in itself.

Q: What is the best part of your experience in providing homegrown produce to the community?

A: It allows for interaction directly with customers. I have a lot of friends through the tailgates, and I enjoy being able to be a part of the local food supply. It makes me feel like a member of the community. Each of the markets has a different group of people, and I enjoy the direct contact. This allows me to tailor the produce and varieties to each market.



Our Vision

Community

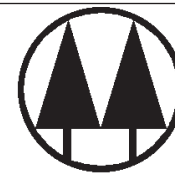
To serve as a resource to nurture and promote community, unity & diversity.

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

Welcome New Owners!

Tim Asbury,	Cynthia Martinez,
Carolyn Ashburn,	Ellen Miles,
Wilma Baldwin,	Sharron Muccia,
Daniel Burdett,	Patricia Pierce,
Doris Champion,	Beth Ratliff,
Donna Donnelly,	Lynn Redmond,
Mrs. Oma D. Edney,	Bruce Reith,
Joy Edwards,	Cheryl Skaggs,
Michelle Gates,	Brit Skeeel,
Sheran Glenn,	Cathy Stewart,
Sarita Haney,	Daniel Turpin,
Kathleen Harrington,	Dan Watson,
Roger Heschung,	Christopher Westall,
Betty Jackan,	Susan Williams,
Shannon King,	Abbie Yandle
Peter Kutt,	
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14 What's in Store For You? Department News

Produce News~

Perhaps the most beneficial thing to eat in our produce department is the shiitake mushroom. In the wild they can be found growing on dead logs, and today is grown around the globe both in controlled labs, and outdoors on wood. The second most widely grown mushroom, the shiitake has an almost woody flavor and a meaty texture once cooked. They can be roasted, sautéed, or lightly grilled and are most commonly used in soups, stir-frees, and pasta sauces.

Shiitakes strengthen, detoxify, and restore with two proven potent pharmacological effects as immune regulators, antiviral and anti tumor agents, as well as having a positive affect on the cardiovascular system. Shiitakes have been used for treating disorders involving depressed immune function, including but not limited to cancer, AIDS, environmental allergies, and flu and cold symptoms. They also help reduce high cholesterol, regulate incontinence, and bronchial inflammation. Shiitake is so beneficial to our health that you can even buy it in capsule form! Eat shiitakes! ~Robert

Grocery News~

This month I want to bring your attention to GT's Kombucha. Many of you already know about Kombucha and have tried it or even drink it regularly. For those of you this is just a reminder of how great this beverage is and for others it may be an introduction to this miraculous elixir. It has been utilized as early as the Tsin Chinese Dynasty of 221 BC and throughout many other countries of the world such as Russia, India, Germany, and Japan.

Kombucha is a living culture of beneficial micro-organisms and contains enzymes, probiotics, amino acids, polyphenols, and antioxidants. All of these properties combine to create a tonic that promotes health and well being in the body. More specifically, Kombucha has an adaptogenic effect that improves the body's ability to adapt to stress and to regenerate. Normalizing PH levels and detoxifying are other functions of this healthy beverage. It also can give you a lift and make you feel good.

GT's Kombucha has many different varieties available that are flavored with fruit juice. Everybody has their favorite flavors. I like grape and strawberry. There are also new botanical flavors out this month-

SSuper fruits YYum berry and Camu Camu

Botanic #3- Lavender and Elderberry

Botanic #7- Hibiscus, Orange, Chamomile, and Ginger

Botanic #9- Bilberry, Honeysuckle, and Red Clover

The month of June is a great time to try all these flavors because GT's Kombucha is on special for \$2.79! ~Marisa

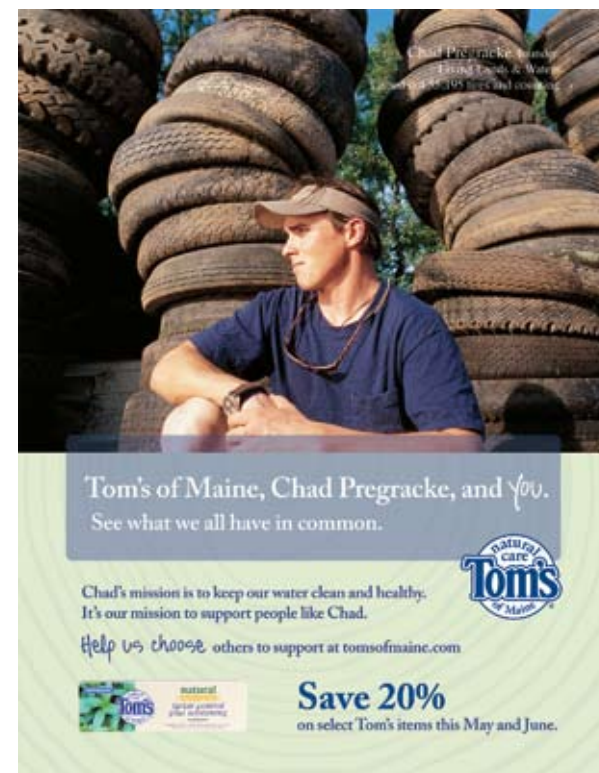
Deli News ~

We would like to offer several new selections to our deli case as well as our grab and go. New from our grab and go are several lines of Bobbi's Best Hummus which are well worth the price. In the case this month we would like to offer new vegetarian spinach croquette burgers. These are composed of finely chopped spinach, onion, roasted red pepper, garlic, sun-dried tomatoes, and parmesan cheese. Also new in the case this month will be the "Peace in the East" salad composed of cucumber, tomato, green and red onion, and parsley tossed in a yogurt-lemon-tahini dressing. We are also working on some ideas for a new vegan sandwich and or wrap to include with our daily selections. Remember that we serve lunch Monday through Saturday, 11:30 am – 2:30 pm, and biscuits served around the clock. ~Jordan

Wellness News~

Tom's of Maine will donate a dollar to non-profit groups that work for clean water for every tube of toothpaste you buy from our in-store promotional display this month.

Tom's is inspired by the work of Chad Pregracke, who started Living Lands and Waters in 1998, a non-profit that has collected 3 million pounds of trash with the help of over 30 thousand volunteers since 2006. ~ Arrion



Tom's of Maine, Chad Pregracke, and you.
See what we all have in common.

Chad's mission is to keep our water clean and healthy.
It's our mission to support people like Chad.

Help us choose others to support at tomsofmaine.com

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Grassland Mgmt.
HOA Snow Removal

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. 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.

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! 4-door sedan, 5-speed manual, one owner, non-smoker, all maint. up-to-date, 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. 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. Call Chris at 698-2311.

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

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

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.

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

7 bicycle helmets, \$5 ea.; 24 DOT approved helmets (14 white, 10 black), \$10 ea.; 828-779-6627.

Horse Tack Box - sliding drawer inside, 20" high X 18" deep X 32" long, \$65; Birdcage - 33in high, like new \$35, 828-779-6627. Metal fence 4 ft high, approximately 24ft x 12ft, \$165, 828 779-6649.

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

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. 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

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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: Tues.-Wed.-Fri. 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. 828-489-8009

New QMS Toner cartridges - Minolta 3100 printer, Yellow, Magenta & Cyan New in box. Paid \$190.00 each. Sell all 3 for \$300. Save \$270.00 - 697-6100 number as of June 1st will be 483-4088, ext 1002

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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 hydrotherapist, I-ACT, NBCHT, specializing in the cleansing of the large colon. Closed system. For appt. call 828-698-7642

Two wireless routers for sale. Never been used. Linksys Wireless G and D-link Wireless G. Call 693-8557

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.

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.

For Sale: Toyota Camry Wagon 1990 150 K miles, burgundy, new tires, excellent condition (garaged most of its life) Asking \$2,000 Call 693-4330

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 Geographic- 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

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Contemporary artist Adonna Schroer is a well-known painter with a wide variety of both influences and subjects. Although her acrylics range from impressionistic seascapes to Pollock-inspired drip paintings, her personal and very distinctive style serves as a vivid hallmark of each work of art she produces. She has a BA degree from Centenary College of Louisiana and has studied with various professionals. Her paintings today hang in galleries, private collections, homes, and businesses across the country. A native of Louisiana and longtime resident of Houston, Texas, she now lives and has her studio in the historic village of Flat Rock, NC.

Adonna says, about her work: "Painting, like the appreciation of painting, is an individual and personal experience. My work brings me dual satisfaction: the pleasure of painting itself, and the satisfaction that comes with knowing my work is appreciated and enjoyed by others. "



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