



# The Organic Press



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

Volume 8 \* Issue 3  
March 2009

## Stay in, Spice up Dinner and Save Money

(ARA) - With more and more of us cooking for ourselves to save money, it makes sense to assemble an assortment of basic herbs and spices. It's an easy, economical way to add fun to your cooking and flavor to your food.

Before we get started, you may need to freshen up your spice rack and now is the perfect time to reorganize and restock. Bottled herbs and spices have a long shelf life, but after they've been unsealed, they lose their robust flavor and color intensity usually within a year, even if they're kept in a closed-door pantry. Bulk herbs and spices also have a similar flavor and color timeline.

Perhaps you're setting up your seasoning supplies for the first time. In any case, just a few common spices will enhance almost any dish you make. "Simple dishes become deliciously elegant when paired with the right herbs and spices," says Kendall McFarland, research and development director at Frontier Natural Products Co-op. But which spices should you choose as basic staples for your kitchen?

The spices you'll reach for the most will depend on your personal preferences, of course. To discover your favorites, you may want to buy from bulk bins, so you can experiment with small quantities. Combine herbs and spices to complement each other and perk up the flavor of other ingredients. Most spices and seasonings are available in organic versions -- use them to boost the flavor and nutritional value of your meals. Always use a light touch -- your seasonings should accent dishes, not dominate them.

"The question of which spices are the best

to keep on hand has as many different answers as there are cooks," says McFarland. But there are some constants. Here are her recommendations for eight spices no kitchen should be without:

\* Garlic is compatible with virtually every savory food and is available in a number of convenient dried forms. Just the aroma of garlic can speed guests to your table. Use it in tomato-based dishes, dressings, sausage, and spice blends. Or sprinkle it on buttered bread before broiling.

\* Onion seasons cuisines worldwide. The many varieties play various roles -- primary ingredient, vegetable accompaniment, or seasoning. The earthy aroma and taste of onion comes in several convenient dried forms. Use onions in casseroles, soups, sauces, vegetable dishes, relishes, breads and stuffing.

\* Paprika is a sweet and sassy relative of the chili pepper. It's used to add warm, natural color and mildly spicy flavor to soups, grains, and a variety of hors d'ouvres. A shake or two livens up cheeses and garlic bread. Try it in spreads, salads, egg dishes, marinades and smoked foods.

\* Parsley leaf brightens up soups, dressings, salads, casseroles, and stuffing -- any dish that might gain from fresh green color and clean, vegetable taste. It's especially good with fish, egg, and grain dishes.

\* Cinnamon wins the spice world's popularity contest. Use it to add depth of flavor to sweet and savory dishes alike. It's a key baking ingredient and vegetables -- especially carrots, spinach and onions -- are enhanced by cinnamon's pungent sweetness.

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715 Old Spartanburg Hwy.  
Hendersonville, NC 28792  
828-693-0505

[www.hendersonville.coop](http://www.hendersonville.coop)  
Open to the public daily!

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Sun 11-6



Editor

Damian Tody

Contributing Writers:

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

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

The co-op is open to the public and ownership is not required to make purchases. Everyone can shop and anyone can join.

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

#### Submission Deadline

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

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

## GM Musings:

I would like to thank everyone that participated in our customer satisfaction survey. We had a pretty good response rate. This is a very important part of participating in the co-op. In order for us to make informed decisions for the co-op, we need to have the input of those that use the co-op. We are all in this together and the more opinions we can collect through this type of method the better equipped we will be to meet your needs. These results will help us move the co-op in the right direction and ensure that we are offering the items that you want us to carry. As we plan for the next couple of years the results from this survey will be a great help.

One topic that we are working on right now is our definition of local. Over the past few years the definition of what is a local product has flowed and changed as the availability of products has been inconsistent. We are in the process of developing a store wide definition so that everyone who walks through the door will know exactly what is meant by "local." In today's world of food, local will continue to take on more and more importance. The current structure of food processing and distribution continues to present us with problems and dangers. This continues to prove true as we are forced to deal with more food recalls and other national issues. The answers that many of you provided in our survey will help us develop our definition of local and how we rate the importance of the varying degrees of organic vs. local. One way that we can help with the inadequacy of our national food system is to ensure that we are supporting as much local, state and regional production. Here are the results from our latest survey.



As the weather starts to get a little warmer it makes us think of spring and getting those gardens started. We will again be carrying the supplies that you will need to make them as fruitful as possible. We will have the McEnroe Lite growing soil, the Organic Harmony fertilizer, Organic Compost, and an assortment of items to meet your fertilizer and pest management needs. We have our initial delivery in already, but if you need any additional items we will be glad to work with you on any of your special order needs.

In cooperation,  
Damian



## Co-op Calendar

#### Thursday, March 5th,

*Owners save 5% at HCC*

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

#### Saturday, March 14th,

*Ko-op Kids at HCC*

*10:00 AM - 12:00 PM*

Window Painting with M Rathsack

#### Saturday, March 14th,

*Organic Gardening Classes*

*1:00 PM to 2:30 PM*

Join Hal Oliver of Oliver Organics as he teaches this class on Greenhouses. This class will be at Hal's Farm. Directions are available in the store.

#### Saturday, March 21st 1:30 - 4:00 p.m.

*in the HCC Deli area*

**Dr. Jennifer Harris from Isle of Sky Chiropractic will offer free spinal screenings and her massage therapists will offer chair massage.**

#### Saturday, March 28th 1:30-2:30

*Feng Shui lecture in the HCC Deli area*

**"How might your surroundings be influencing your health?" with Judith Nourse, FREE**

**Judith will be available afterwards at \$45 per half hour for consultations. Please sign up.**

**March 21st and 22nd. Look for us at the Organic Growers School. This event takes place at the Blue Ridge Community College and is now a weekend long event.**

# A Board's Eye View -- March News

## The Economic Benefits of a Cooperative Business

Our current economic crisis has many causes and influences. Some people are blaming subprime mortgages; others are blaming greedy executives or the lack of government regulations. When faced with uncertainty, people gravitate toward things that are comfortable and secure. Credit unions have gained added respect recently because of their ability to weather the poor financial situation. They did not have to answer to investors who demand higher and higher returns. They did not make risky financial moves to try to maximize profits and today, credit from these institutions continues to flow freely. In the same vain, business cooperatives such as ours are attractive. In a co-op, the people who use the services of the business own equal shares of the business and have a say in its governance, creating an atmosphere of transparency. Revenues generated stay local. There are no elusive executives holding large shares of stock influencing policies. There is not single pool of investors who can sell their stock and put the business at risk. Co-ops are a great alternative to the profit-first model that has come to dominate our country.

Owner economic benefit is an important part of being in our co-op. Together we can sustain and grow a business that serves each owner and the community. Owners receive additional economic benefit if the co-operative makes a profit. This money can be used to buy or replace equipment, pay off debts, add new features to the store. Profits can also be used to plan for the future or be returned to the owners in the form of a patronage refunds. The benefits of patronage refunds for owners include:

- ▶ A fair return on investment
- ▶ Can be applied to share requirements
- ▶ Have no tax implications if purchases were made for personal use
- ▶ Encourages the co-op to improve services
- ▶ Supports viability of the business we own
- ▶ Can be supplemented with other tangible

benefits throughout the year (owner appreciation days, member only specials, bulk purchases, etc.)

The advantages of patronage refunds to HCC are:

- ▶ Protects against lean years
- ▶ Improves the ability to manage and price competitively
- ▶ Encourages growth in ownership
- ▶ Responsible method of returning surplus to owners

(The above information is taken from the Webinar (Web based seminar) on Member Economic Participation sponsored by the Cooperative Development Services. Much of the Webinar is based on an article written by Brent Fairbairn in 2003 entitled "Three Strategic Concepts for the Guidance of Co-operatives.")

Last year we returned approximately \$4000 to owners based on their purchases for that year. Fiscal Year (FY) 2008 was marked by slow sales due to the economy and the road closing. The co-op was able to show a small profit of \$55,000 for the year before taxes, discounts, and rebates mainly by controlling costs.

The HCC Board of Directors has again decided to return a portion of the profit to owners based on their purchases for FY 2008. Over 500 checks will be issued in a total amount of \$4000. \$16,000 will be retained and added to our savings for emergencies or future opportunities. Rebates will be available beginning this month at the Kiosk. Although the checks may seem small, remember that your contribution to HCC by being an owner is much more than a check. It is an investment in your community. If you would like to donate your rebate checks back to the Co-op or use the money to help pay your owner equity, please talk to the employee at the customer service desk.

With a strong spirit of cooperation,

Steve



Steve Breckheimer  
749-9104/2008-11  
President



Tony Womack  
694-1083/2007-10  
Vice President



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697-0116/2007-10  
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329-7991/2006-09  
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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 Community Co-op owners to represent them in supervising the operations of the co-op, as well as setting policy. If you would like to get in touch with the board, please feel free to contact any of the directors. Phone numbers are listed. You may also send e-mail messages to [sbreckheimer@gmail.com](mailto:sbreckheimer@gmail.com)

## 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 March 24th. All owners and staff members are welcome to attend the meetings. If you have a concern or topic for the board to discuss, Contact Steve at [sbrec@cytechcis.net](mailto:sbrec@cytechcis.net) or a 749-9104. Written information may also be sent to the Board of Directors of HCC, 715 Old Spartanburg Hwy, Hendersonville, NC 28792. Please include your name and contact information.

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\* Basil has a warm, sweet; mild mint/peppery flavor is delicious with vegetables, especially tomatoes. Add to soups and stews, sauces and dressings. Basil pairs well with many other seasonings.

\* Oregano has a strong personality, but it partners well with other seasonings. Use in any tomato sauce, and on baked chicken and fish. Earthy and pungent, -- it has a special affinity for basil. Team them up in vegetable, cheese, pasta and tomato dishes, and especially pizza.

\* Celery seed adds interesting texture and taste to side salads, dressings, breads, and casseroles. Potato salad is lost without it. Try this distinct, pungent taste in egg salad and stir fries, too. It even enhances soups.

**Here's a simple recipe that uses a few of these basic seasonings to make ordinary pasta special:**

Penne with Tomato and Herbs

Preparation time: 10 minutes.

Cooking time: 40 minutes

1 pound penne, cooked al dente

1 tablespoon vegetable oil

1 large onion, finely chopped

2 teaspoons garlic flakes

1 28-oz. can chopped tomatoes, with liquid

2 teaspoons dried basil

1 teaspoon dried oregano

2 tablespoons dried parsley

Freshly grated Parmesan cheese-optional

In large non-stick skillet, heat oil over medium heat. Add the onion and cook, stirring occasionally, until soft, 5 to 10 minutes. Add the garlic, tomatoes, basil, oregano, and

parsley and simmer, stirring occasionally, until the herbs have plumped and the flavors have blended nicely, about 30 minutes. Season to taste with salt and pepper.

**16th ANNUAL**  
**Organic Growers School**  
**Spring Conference**



**MARCH 21 & 22, 2009**  
**NOW A TWO-DAY EVENT!**

**A Weekend of Workshops for Beginning Gardeners to Advanced Commercial Growers**

**Choose from over 70 classes! Topics include:**  
**Gardening - Farming - Livestock- Forestry**  
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**REGISTRATION ONLINE JANUARY 15TH**  
**(OR CALL TO REQUEST A MAILED REGISTRATION FORM)**



**[www.organicgrowersschool.org](http://www.organicgrowersschool.org)**  
**828.450.2026**

# News and Views From Outreach

The Co-op recently received a letter from an owner who expressed some concerns that you all might find familiar. The bottom line for most of us right now, is how much we have budgeted to spend on our grocery bill, and how far we can stretch it. Are you as sick and tired of hearing that as I am?! And probably just as sick and tired of the fact that it really is our problem, that we must watch our spending. Arghh! I will site the letter and my reply for its illustrative content.

To the folks at the Co-op:

“Ever since I moved (away from Hendersonville)... I have been using the Co-op; first to supplement my grocery needs and later on for just about all food items. It definitely paid me to drive to Hendersonville to shop for wheat-free items as well as organically and locally grown vegetables.

When you were charging \$3.39 for a loaf of bread, the Brevard Ingles was charging over \$5.00. Your prices for dairy items were also lower than our local stores. But now the opposite is happening. Fortunately, I am able to walk to our local Ingles and buy wheat and gluten-free products and organic dairy products at much lower prices than the Co-op is able to charge.

Not only that, but since a membership is no longer an automatic 5% discount, I will no longer renew my membership. Due to volunteer commitments it is rarely possible for me to shop on the 5th of the month.

However, I will continue to shop at the Co-op whenever I am in the area. Where else is one able to buy those incredibly delicious scones or talk with informed staff?”

My response:

“Thanks for letting me know. Your note is thoughtful and thorough, and we appreciate your candor. I will not badger you to renew, however I noticed some things that might indeed make it worth while for you to remain an owner and shopper here at the Co-op.

Firstly, I looked up your owner/membership: you are only \$60 away from being fully invested (which is \$250). Once you are fully invested, you no longer have to pay the annual fee of \$25. That means, within two and a half years you would no longer have to make that annual investment, but you will forever get the benefits of ownership here at the store.

You mentioned, in your note, that you have some volunteer commitments. Are you aware that, as an owner, and a volunteer in the community, you could qualify for a 10-15% discount EVERYTIME you shop? (So you would not have to wait, or schedule shopping trips for the 5th of the month in order to get a discount). Our Outside Volunteer Program grants the discount on a monthly basis, depending on how many hours of volunteer time you put into a community non-profit: 4 hours per month will earn a 10% discount, 8 hours is worth 15% discount. We do not offer anything more than that. Up to 4 hours can be carried over to the next month, but will expire at the end of the following month. There is some paperwork involved, but it is worth the savings on your grocery bill. (You are not able to use the 5% on the 5th discount when you use the Outside Volunteer Discount).

When you shop at the Co-op, the organic produce is more likely to be local, or we can tell you where it came from. And when you are an owner, you can make special orders for supplements and vitamins that can save you alot of money. Bulk buying at the Co-op can be a money saving device as well. Perhaps the most compelling argument to shopping at the Co-op would be the health benefits to you, the community and the environment. (It can hurt to state obvious sometimes).

The fact that you are an invested “owner” also means that you are eligible for the equity returns at the end of our fiscal year. The Co-op and its’ board of directors will either take profits and re-invest them to create a BETTER store for you, or return a percentage of the money YOU spent at the store, to you. The more money you spend, the more is returned, and the healthier the economy of your local store. If the Co-op is thriving, then the Co-op can offer better pricing and better

variety, maybe even grow to point of offering everything you need.

I’m sure I have gone on enough. I will now get off my soap box, and hope that you will reconsider.

We so appreciate that you took the time to write to us. We encourage more folks to let us what they think, so that we can improve the store and its’ programs.”

What I discovered in addressing these pertinent points, was that these are concerns many of you have expressed, or at least thought to yourself as you wonder whether you should be shopping at the Co-op or not. What sacrifices do we have to make to weather this economy? I truly believe one can still shop at the Co-op, eat well, and feed the family even on a budget.

Shopping here must be a conscious choice. Then again, shopping anywhere these days requires conscientious thinking. I commend this shopper/owner for walking to her shopping place, for one thing. Think of the energy and carbon footprint savings in that! It’s hard to compare apples to apples when we compare an enormous corporate store like Ingles to our community owned cooperative. Still, I had to do some price comparisons of my own. Here is what I found:

<u>Product</u>	<u>Ingles</u>	<u>HCC</u>
Rudie’s Organic Bread	\$4.68	\$4.59
Fig Newmans	4.88	4.69
Barbara’s Puffins	4.88	4.19
Organic Valley Milk ½ Gal.	4.18	3.99
Annie’s Mac & Cheese	1.97	1.99
Organic greens in a clam shell box	3.98	3.69

As always, thanks for cooperating.

Gretchen



## Attention HCC Owners!

### 5% on the 5th

come in on Thursday,  
March 5th to save on  
your groceries!

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

## Alternative Health

**Asheville Integrative Medicine** Now at the new location in Etowah: 6071 Brevard Road Etowah, NC 29729 (828) 891-6545 Discount as a Green Provider for Hendersonville Co-op Owners This agreement is valid for visits with John Paul McNeil, PA in the Etowah office only: *25% discount given for first provider consultation, 10% discount given for future office visits, 10% discount on I.V., 10% discount Nutrients Etc.*

**Hendersonville Acupuncture Center:** Amanda Stierwalt. 828 Fleming St., Hendersonville, NC. 828-692-9090, *20% discount.*

**Saluda Healing Center: Bonnie L. Williamson, DC.** Chiropractic, ChiroYoga, acupuncture, neuromuscular re-education, colonics, detoxification, psychotherapy, regression therapy and neurofeedback. 43 Pearson Falls Rd., Saluda, NC. 828-749-3875. *10% off initial visit for co-op owners.*

**Henderson Chiropractic:** Joseph Silva 1630B Spartanburg Hwy, Hendersonville. 828-696-2455. *20% discount on all services. Regular fees for individual services range from \$18 up to \$250.*

**StayWell:** Joan Kennedy. 418 Village Greenway, Flat Rock 28731. 692-7282, [www.saluda/staywell.com](http://www.saluda/staywell.com). *10% off any self-pay service.*

**Center for Natural Healing,** 1353 Ecusta Rd, Brevard. Kevin Richard and Sierra Lamanna 862-8806. *10% off first consultation. Consultations \$70/hr*

**Healing Therapies, Inc,** BEYOND SURGERY: Judy Lynne Ray offers Guided Imagery + Healing Touch sessions for pre and post surgical clients. 828 553 -8146. \$70 fee includes book and tape. *10% discount on initial session.*

**Isle of Sky Chiropractic,** 1534 Haywood Rd. Hendersonville, NC 28791. 828-693-3319. Dr. Jennifer Harris, D.C. We are a family wellness center offering the Insight Millennium Infrared organ scan, nutritional counseling, kids playroom, special pediatric and prenatal adjustments, and care for all ages. *Complimentary initial consultation.*

**WNC Functional Health, Frank Trombetta D.Sc.,**

**Rowan Farrell Trombetta, NMT.** Integrative Health Care for all conditions with 25 years experience in private practice. Complete holistic services for chronic illness as well as Hakomi Therapy and Homeopathics. For Co-op Members: *50% off first Detox Therapy; 25% off first Microcurrent and Laser Therapies; 25% off first Cranial Sacral Therapy.* [www.wncfunctionalhealth.com](http://www.wncfunctionalhealth.com)

## Counseling Services

**Conscious Choices:** Roberta A. Moore, Psychotherapy Services, Downtown 828-329-0431. *15% discount on 1st five sessions.*

**Janice Mewborne, ACSW:** Private Psychotherapy Services. 714 Oakland St. 828-692-0029, *10% off private pay*

**Joseph Howard, MSW:** Personal Growth Coaching & Emotional Release. (828) 651-8646 *25% off first session*

**Lella Holland, LPC:** Psychotherapy, regression therapy and neurofeedback. 43 Pearson Falls Rd., Saluda, NC. 828-749-3875. *10% off initial visit for co-op owners.*

**Terri Morgan, LPC, LCAS:** Psychotherapy & Substance Abuse Services, Downtown 828-458-1188. *25% off first session / 10% off ongoing sessions.*

## Fitness & Spiritual Well-being

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

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

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

**Kathleen Wallace** offers yoga classes at Brightwater Yoga,

506 1/2 N. Main Street, Hendersonville: Yoga 101 on Mondays, 6:45-8:15 p.m., and Wednesdays, 9:30-11:00 a.m.; She offers a special class for Teachers (current and retired) on Tuesdays, 4:30-6:00 p.m. 828-577-0721. *10% off for co-op owners*

**The Lebed Method of Exercise and Movement:** Kathleen Wallace is certified in Lebed and available to teach classes in Hendersonville. Call 828-577-0721 for special group sessions. *10% off for co-op members when possible*

**Graceful Hearts Physical Therapy** offers TurboSonic Whole Body Vibration Training. Using the Science of Sound to benefit all types of conditions from Asthma to Fibromyalgia, Autism to Parkinsons. Antiaging and fat/cellulite reduction programs also available. Call Grace for more information (828) 545-2948. *\$5 off each session for co-op owners.*

## 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](mailto:david_henry@bellsouth.net) *\$10 off first session* <http://davehenry.reflexology-usa.org>

**Fountain of Youth Day Spa** Hot stone massage, Swedish massage, reiki., neuromuscular massage. 516 Kanuga St. Hendersonville. 698-2954. *10% off for co-op owners on each & every visit*

**Polarity Therapy -- Energy Healing:** Joseph Howard, MSW; Certified Polarity Practitioner. Hendersonville. (828) 651-8646 *25% off first session*

**Judy Lynne Ray, LMBT, CHTP/I:** 828 553-8146. Massage Therapy & Bodywork plus Healing Touch, Energy Healing, Aromatherapy, Raindrop Therapy Technique. 828-553-8146. *10% discount on initial session.*

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

**Jennifer Smith LMBT#1232** massage therapist specializing in pain management using 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/Nail Tech 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,** 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.*

**Emily McCulley, R.N.** I will come to you for healing and balance work. Healing touch, Reiki, accupressure. Transpo fee may apply. H:694-1538 C:489-9126 45"- \$50. 90"- \$100. *20% off first session.*

**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*

## Retail

**Crystal Visions:** 5426 Asheville Hwy. (Hwy 25), Naples. 828-6871193, [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.*

## Services & Classes

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

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

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

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# Mushrooms, anyone?

with June Ellen Bradley



Even though it is far from mushroom season in March, I wanted to sing the praises of mycelium during the dormant months. Summer and fall are prime fungi time; however, the Coop has some excellent dried as well as fresh mushrooms even as you read this. The Coop IS your mushroom connection till then. Eat them regularly for excellent health and you'll bump up your immune system immeasurably.

Lately I have been fascinated by the literature on this mysterious and wonderful species of life form. In the Southern Appalachian Mountains here, we've managed to catalogue over 2,300 species alone though some scientists estimate the possibilities to be around 200,000. Wow.

One thing I learned at a mushroom class is that mushrooms are composed of chitin...you know the same indigestible stuff bug shells and crustaceans are made of, therefore we don't want to eat them raw. I never did get all excited to eat those button mushrooms on the salad bar and now I know why. It takes high temperatures to unlock the magic of the mushroom. Be sure to always cook your mushrooms.

A good mushroom tincture does wonders for the body's ability to heal. I have personally experienced profound healing at a deep level for some serious health issues. It is no wonder that mushrooms are now being scientifically studied for their anti cancer properties. The Chinese have used such species as Gandoderma (Reishi) and Cordyceps mushrooms for centuries for kidney function improvement. You can find entire books on how mushrooms heal.

Just to give an example of how vast the healing spectrum of a species of mushroom can be, let's look at the Cordyceps mushroom. This fungi has a somewhat gruesome lifecycle that I can't leave out of the discussion though I probably should. Some Cordyceps species infect living creatures—insects. Once the insect dies the mushroom fruits...this is what we use for medicine. Cordyceps have been scientifically studied in humans to be anti-viral, anti-oxidant, anti-bacterial, regulating blood pressure, blood sugar, reduces cholesterol, immune enhancer, cardiovascular strengthener, and a kidney, liver, nerve, and lung tonic. How's that for a powerful healer?

Shiitake mushrooms are great for fighting cancers of the breasts, liver, prostate, and for melanoma. They are easily grown in our region. A mushroom log will produce for years. All you need to do once it has been inoculated with spore is to soak it overnight and let it fruit. There's a local shiitake farmer, Greg Carter, of Deep Woods Mushrooms, who does clinics at the farm to inoculate oak logs with the shiitake spores. His website is [www.deepwoodsmushrooms.net](http://www.deepwoodsmushrooms.net). It's a great process for kids to grow up knowing how to grow mushrooms and it's fun to partner with nature just like gardening. It is my hope that the children of future generations will become more aware of where their food comes from and what energies are being put into the food that becomes part of them. Most of all, the respect and gratitude that this knowledge will engender can help to repair the damage to the Earth that our deviation from connection to the source of our sustenance has caused.

That discussion brings us to another wonder of our mushroom friends. Mushrooms can restore entire ecosystems. They not only transform decaying debris, they break down larger chemical components into smaller different ones. Mycoremediation is the term used for the mushroom's process of cleaning up toxins and radioactive waste from the environment. If you want to learn more about this fascinating subject, it is discussed at length in the wonderful book "Mycelium Running" by Paul Stamens. In this thorough examination of the multiple marvels of the magnificent mushroom, you can learn how these unique life forms perform their feats of environmental transformation and learn to cultivate

your own medicinal and culinary cornucopia. It's got great pictures too.

So whenever you are thinking of expanding your health—think mushrooms. There are great opportunities in our region to learn more. Some good websites include; [www.ashevilmushroomclub.com](http://www.ashevilmushroomclub.com) and [www.rogersmushrooms.com](http://www.rogersmushrooms.com) [www.americanmushrooms.com](http://www.americanmushrooms.com) [www.alanmuskat.com](http://www.alanmuskat.com). There are all kinds of mushroom hunting field trips in the summer and late fall if you might be looking for a unique way to enjoy the woods this year.

Whenever I cook just about anything, I like to sauté a few kinds of mushrooms with onions as a starter for greens, grains, pasta or to slather over the occasional nice juicy steak. Mushrooms are great in burritos, and salads—just remember to cook them, and maybe marinate them in the dressing of your choice.

My all time favorite recipe is to make shitake mushroom chips. A pound or two will do. I like to quarter the big caps. Toss the mushroom caps lightly with olive oil and a dash of salt, spread them out on the cookie sheet and bake at 375 for 15min to 30 min until they shrivel up into little dark chips. Keep an eye on them. They have a distinct aroma when they're ready. They should be crunchy and will continue to crunch up after being removed from the oven. You can put them on salads, soups and stews or any other dish you'd like. Store them in an airtight jar for future use if you don't just eat the whole batch right off. I like eating them plain as a snack too. I have yet to get to the storage part.

Mushrooms are also great because they inspire passion. Not just literally, though it is one attribute, but you can always find people who are either crazy about mushrooms or who just hate them. ..in the culinary sense. Regardless of personal taste, we've found medicinal value as well as environmental value in this fungi.

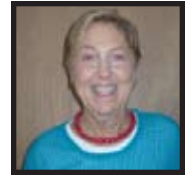
What an awesome gift these life forms share with us. Mushrooms are actually the fruit of the living creature underground—the mycelium that has a symbiotic relationship with the trees and plants. We wouldn't have lady slippers and other great plants if it weren't for mycelia. Some myceliums are so big they cover entire states. They are the original underground internet, communicating chemically with everything else under there. I take your leave with a little joke...What kind of room has no windows or doors? You know the answer!

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# 10 Healthy Lifestyle Q and A

With Joan Kennedy of StayWell, Inc.



Since no one sent me a question this month, I looked elsewhere for my topic. When I received one of my professional journals in the mail I knew what I wanted to write about. The topic of one of the features was "Premenstrual SYNDROME. Ladies (and gents) did you realize in the conventional medical world, the bloating, abdominal cramping, headaches and irritability you feel (and our significant others have to deal with) are a syndrome! Yes, that medical diagnosis is listed in the large book of recognized diagnoses that includes 8 pages of 'syndromes.' In that same diagnostic code book, there are 3 pages of 'dysfunctions' and 9 of 'disorders.' These disease states have become so common that they almost all have alphabet acronyms. Some examples are: adult hyperactivity disorder (AHAD), gastro-esophageal reflux disorder (GERD), chronic fatigue syndrome (CHF), cognitive impairment disorder, periodic leg movement disorder (PLMD), chronic neuropathic pain syndrome (CNPS), adjustment disorder, chronic anxiety disorder, metabolic disorder and irritable bowel syndrome (IBS). Disorders and dysfunctions are similar. They both refer to something not working as it should in our bodies. Syndromes refer to a collection of symptoms that are grouped together to produce a disease. All of these emphasize something 'wrong' with our bodies rather than emphasizing what is 'good.'

Think for a moment about the difference between disease and dis-ease. In America, we emphasize diseases, which are chronic and often not curable. More effective would be fixing dis-ease which can be improved or eliminated by changing behavior such as starting to exercise, eating fewer sweets, relaxing instead of over committing and taking actions to assure that you can get 7 to 8 hours of sleep each night. It is difficult in America, however, to seek guidance from a health provider without having something 'wrong' with you. Medicare and most private insurance companies require a diagnosis code to be able to bill for a consult or therapy.

A medical approach for many dis-ease states is to order a medicine. It is easier to prescribe a medicine than to teach and expect

behavior changes. One of my favorite examples of fostering chronic disease instead of improving dis-ease is GERD, gastro-esophageal disorder and gastritis. Both of these states of dis-ease are caused by an increase in stomach acid from over eating, obesity, eating foods that irritate the stomach and/or eating before going to bed. The typical medical treatment is a medicine called a proton pump inhibitors. These medicines, which include Prilosec, 'the little purple pill,' Nexium, Acidphex and Protonix, were developed by pharmaceutical companies to decrease the production of stomach acid UNTIL the person taking them can change the way they eat so that the stomach does not make the excess acid. Because gastritis and GERD cause irritation of the protective lining of the esophagus and stomach and eventually bleeding and/or cancer of these organs, it is common today to find many adults and some children, taking these medications for years! Why? Because not enough emphasis is placed on changing eating habits to ones that will decrease the harmful excess gastric acid. Stomach acid is essential to proper digestion, but is destructive in excess.

Results of this inappropriate approach to GERD and gastritis is an incomplete digestion of food which then leads to constipation, irritable bowel disorder, cholelithiasis (inflammation of the gall bladder) pancreatitis, and decreased calcium absorption which contributes to the increase in osteoporosis. If, on the other hand, people were not only urged, but expected to make changes in their eating habits and then given the guidance on what eating behaviors need to be made and how make them, not only would the gastritis and GERD be temporary, but other subsequent health problems would be prevented. This better more therapeutic approach takes more time as well as more knowledge on proper nutrition and on how to help people make the necessary changes. Conventional health care providers in America don't have the time, mainly because of the limitation imposed by insurance companies, and most don't have the knowledge about proper digestion and how to motivate behavior change be-

cause neither of these receives much emphasis in their medical education.

It is not fair however, to criticize only the conventional health providers. Who can anyone consult in complementary and alternative medicine that knows anatomy and physiology, healthy nutrition, psychology and effective adult education? Obviously I am biased, but I recommend a nurse practitioner who is open and knowledgeable about natural approaches to health. We are taught wellness as well as illness, listening skills as well as patient education and caring as much as curing. Usually we can give more time to our patients because we are less expensive than physicians. Gradually medical school curriculum is including more content on patient communication, nutrition and exercise. Hopefully as we move forward conventional medicine and alternative health care will embrace each other to provide comprehensive preventative and curative health care. Also, hopefully more Americans will increasingly take responsibility for their own wellbeing so that chronic illness declines significantly. Instead of treating disease we, individually and as a nation, will ease dis-ease and prevent disease. As co-op owners, I believe we can lead this change.

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# Staff Picks for March

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: Bananas!!

Jeanne: Energy spelt bagel from Julie our baker, and the soup of the day.

Madison: Cascadian Farm Organic Honey Oat Cereal!!

Brandon: Sweetwater 420, Amazing!

Mary: All of Newmans Cookies

Emile: Julies Brownies

Kelsey: Cascadian Vanilla Almond Crunch Cereal - a great way to start the day!

Patrick: Organic Berry-ific Mix

Robert: Bulk Spinach

Devan: Kettle Chips

Gretchen: Hail's "Jersey Girl Milk" non-homogenized organic, grass fed milk

Kelly: Puroast low acid coffee. Finally a low acid fair trade organic coffee that tastes good.

## Please Recycle



The Organic Press



## This quarter we are BYO-bagging for:

### Blue Ridge Community Health Services

Community Health Centers are local and non-profit. They improve access to healthcare for all residents, regardless of insurance status, and provide reduced-cost care based on ability to pay. In addition to healthcare services, Community Health Centers tailor services to fit the special needs of their communities, providing services such as translation, medication assistance programs, and health education. Blue Ridge Community Health Services offers four sites in the Hendersonville area, ensuring medical and dental services in particular to residents who are low income, uninsured, underinsured, and Spanish-speaking. Most health insurance plans, Medicaid, Medicare, NC Health Choice also accepted at our health center locations.

### HCC Community & School Gardens Project

The community and school gardens project will organize folks from diverse sectors of our community who are interested in creating a program of community gardens and gardens in the schools. These gardens will not only serve to better educate people about food and it's origins and health and nutritional benefits of fresh food-- they will also bring folks together like no other activity can.

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!

## Why the Farming Crisis Has Everything to Do With the Economic Crisis

“We live off of what comes out of the soil, not what’s in the bank. If we squander the ecological capital of the soil, the capital on paper won’t matter... For the past 50 or 60 years, we have followed industrialized agricultural policies that have increased the rate of destruction of productive farmland. For those 50 or 60 years, we have let ourselves believe the absurd notion that as long as we have money we will have food. If we continue our offenses against the land and the labor by which we are fed, the food supply will decline, and we will have a problem far more complex than the failure of our paper economy. Remember, if our agriculture is not sustainable then our food supply is not sustainable... Either we pay attention or we pay a huge price, not so far down the road. When we face the fact that civilizations have destroyed themselves by destroying their farmland, it’s clear that we don’t really have a choice.”

[http://www.organicconsumers.org/articles/article\\_16680.cfm](http://www.organicconsumers.org/articles/article_16680.cfm)

Source: Wes Jackson, co-founder of The Land Institute, in an interview with Alternet -- Read the Full Interview

## Tell Your Senators: ‘Yes’ to a Green Jobs, Good Health, and Reduced Hunger

President Obama and Congress are currently crafting an economic stimulus and recovery plan. Although OCA believes, given the severity of the crisis, that the the plan should be “bigger and bolder,” the stimulus package nonetheless contains important provisions which could jumpstart a new green economy, begin to address global warming, and create hundreds of thousands of green jobs. The House of Representatives signed on to Obama’s economic stimulus plan last week, including \$500 million to train workers for green-collar jobs. But a number of Senators need a little nudge to get on board. Please write to your Senators today. Tell them to pass President Obama’s stimulus bill, including \$500 million for the Green Jobs Act. It’s time to simultaneously address the economic, energy, and climate crisis and build a strong, green economy.

[http://salsa.democracyinaction.org/o/642/campaign.jsp?campaign\\_KEY=26580](http://salsa.democracyinaction.org/o/642/campaign.jsp?campaign_KEY=26580)

## Saving the Family Farm

While Congress debates a second major federal stimulus package, the banks are salivating in anticipation of their next payout. Meanwhile, thousands of family farmers find themselves squeezed between increased energy and production costs and a monopolized banking and distribution system bent on maximizing corporate profits. To stand up for the family farmer, a coalition of farm groups are pushing Congress to include loan restructuring for family farms as part of the economic stimulus package. As noted by Willie Nelson, the President of Farm Aid, “American family farmers are the backbone of our economy, the first rung on the economic ladder. When family farmers thrive, local economies thrive, and that’s a common-sense approach for rebuilding our country.”

[http://www.organicconsumers.org/articles/article\\_16712.cfm](http://www.organicconsumers.org/articles/article_16712.cfm)

## A Consumer’s Guide to Sustainable Sushi

The sushi that we eat today is derived from traditional recipes that are hundreds of years old. Back then, the oceans seemed to have an endless supply of fish. The increasing popularity of sushi cuisine has created a massive and often unsustainable demand for multiple species of fish that most Americans didn’t even know existed. So, how is the green-minded consumer supposed to know which of these exotic fish are sustainably harvested and safe to eat? Scientists at Monterey Bay Aquarium recently analyzed the data and put together a handy and practical “Seafood Watch Sushi Pocket Guide” that helps you order seafood that’s sustainable and healthy.

[http://www.mbayaq.org/cr/cr\\_seafoodwatch/content/media/MBA\\_SeafoodWatch\\_SushiGuide.pdf](http://www.mbayaq.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_SushiGuide.pdf)

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# STAFF SPOTLIGHT

## Zack Schmitt

Position: Grocery



Zack joined our team about 6 months ago. He can be found spiffing up the shelves in our grocery aisles.

Zack has been a creative force behind the scenes at the Flat Rock Playhouse for a while. Recently, however, he returned to school and is working toward an Associates Degree in Arts & Graphic Design. When I asked him what brought him to the Co-op, he said he had been shopping here for a long time. Now that he is back in school, it is a good place to work part-time.

Q: What is the best part of your job?

A: I would say delivery day. I like when the truck comes in and we can fill the shelves. It doesn't beat going home time, at the end of the day, but I like

having plenty to do.

Q: What has changed about you since working at the Co-op?

A: I'm more into raw foods.

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

A: I've already grown-up a bunch of times- tried a bunch of different things. Now, journalism, magazine layout and free-lance work.

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

A: I'm a real big fan of Pit Bulls.

Q: What do you do outside of work?

A: Do you want the whole list, or the short list... I do a lot of carpentry. I hike a lot and kayak a lot.

Q: What music do you listen to? (with those sub-woofers going in that Jeep)

A: Camp Van Beethoven, Avett Brothers, Asop Rock

Q: What is your favorite product in the store?

A: I'm likin' that Wild Root live Kambucha from High Country.



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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
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- Member Economic Participation
- Autonomy and Independence
- Education, Training and Information
- Cooperation Among Cooperatives
- Concern for Sustainable Communities

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Larry Siedentopf,  
Laura Spencer,  
Theresa Tyree,  
Bruce Williamson,  
Jim Wohlgemuth

# What's in Store For You? Department News

## Produce News~

Greetings from the produce department! Winter is almost over and its time to start your gardens. We have the seeds to make your garden beautiful and full of variety. Our seeds come from High Mowing Seeds, a smaller Vermont based seed company. They are organic and high quality, and are available in many different varieties. If you'd rather have starter plants, some will be available further into the spring. Our starter plants come locally from Oliver's Organics and from Appalachian Seeds. Either way your sure to have a garden spot anyone would want for there own! ~Robert

## Grocery News~

How wonderful is it that it is March now? Nothing like a cold winter to help you appreciate the coming of spring. The birds are singing their songs and the Winter Equinox is here. It's a great time to be rejuvenated, re-energized, re-invigorated, and also to celebrate St. Patrick's Day!!

We are blessed to live in an area that is rich with healthy local foods, products, and businesses. Yancey county has even started to produce local maple syrup! There is the Local Food Guide that is an amazing resource for finding out where these foods are available. We have free copies of the guide at our store and it is available at many other locations in WNC where natural foods are sold. Buying local is a way to live a more sustainable life and to become more connected to your community around you. There are so many benefits to buying and supporting local. You are saving valuable energy resources because the food does not need to be transported so far before it gets to your table and the quality is that much better because it is so fresh.

Here at the Co-op we are excited to have good local foods available for our customers. Some new additions to what we have are Hill's free-range natural eggs. They are from Flat Rock, NC and have beautifully colored hard shells. Also we have Lusty Monk mustard from Asheville, NC. It's sold in the refrigerated section by the pickles. This mustard is not for the faint of heart; it's got a kick to it, but it's the real deal-very fresh! There is something special

about products that have been produced in your area because it connects you directly to the people, land, and animals in your community.

~Marisa

## Wellness News~

Whole World Botanicals

Viana Muller, Ph.D, is cofounder and president of Whole World Botanicals. She wishes to provide highly beneficial natural health products to consumers while helping the producing communities.

"By founding Whole World Botanicals™ in 1995, I discovered a way to join forces with native people to provide a market for their medicinal herbs and to make them partners in our company's venture by returning to them a percentage of profit," states Dr. Muller.

"The trail that led me to studying the Maca root began in 1989 during an anthropological field research trip to the jungles of Peru," the anthropologist explains...

"In 1994, I came upon Maca and spent the next two years researching its botany, history of use, and how it's used today by native peoples and medical doctors practicing in Peru.

"The farmers who produce Maca are sheep, llama and cattle herders living under very harsh conditions in communities high in the Andes that have existed for centuries. In order to survive they need to partially integrate economically and socially into Peruvian society, but they still live on communal land that is distributed to households by the communal council.

Decisions about what to grow and how to use the land are made by the council. They still speak Quechua, their ancestral language, and maintain many traditions such as the worship of Pachamama, Mother Earth."

~ Arrion

## Deli News ~

Greetings from the Deli. This month in the deli we are introducing several new lines of sweet breads from Annie's bakery. These were an immediate hit with the staff and hope

you enjoy them as well. The flavors include Banana Currant Sweetbread, Blueberry Sweetbread, Apple-Crumb Sweetbread, and Lemon-Poppy Sweetbread. In the deli case we are also going to be offering several new seasonal items. These include Creole Roasted Yams, Coconut Curry Tempeh Salad, and a Orzo salad with spinach and feta. We look forward to seeing you for our made to order lunch, which we offer Monday through Saturday from 11:30-2:30.

~ Jordan

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

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

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.

For Sale: 36" solid oak door with oval cut glass window,

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

Wanted: Used Canon i860 desktop photo printer. (The waste ink tank in mine is getting full). 828-697-1915 Leave message.

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

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

Feeling fear or off balance with all the changes? In times of crisis, the Nature Spirits offer their healing energies to return us to balance. Healing Vibrational Essences co-created by Spirit & RainbowVisionBear: Shasta Daisy, for releasing personal & planetary fear, Wild Clematis, for claiming our true perfection and others, \$10 per remedy. Personal Formulas also available \$15. Look for upcoming workshops at the coop in March. [rainbowvisionbear@gmail.com](mailto:rainbowvisionbear@gmail.com) 828-702-4425.

Dance of Life Celebration, April 4 & 5, at the Sanctuary in the Pines, Flat Rock, NC, Remembering and celebrating our oneness thru story, song, dance and celebration. We will create our personal shield and dance the sacred Grouse Dance. Facilitated by RainbowVisionBear & others 828-702-4425 [rainbowvisionbear@gmail.com](mailto:rainbowvisionbear@gmail.com)

Spiritual Consultations by Shaman, Rainbow Vision Bear, She helps bring clarity to your life for healing and balance. This allows you to identify and go forward with your purpose. The animal spirits, nature spirits and angels guide her in promoting your growth. If there is a health issue, she is often guided which herbs, essences or other remedies are appropriate. Call today to start your new life! 828-702-4425 [rainbowvisionbear@gmail.com](mailto:rainbowvisionbear@gmail.com)

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 Engi-

neer, available to develop your property; grading, roads, sediment control, etc. Professional, affordable, honest. Will consider creative barter. 828 329.2888.

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

Full size truck tool box, alum. treadplate, \$1007 bicycle helmets, \$5 ea.; 28 DOT approved helmets (14 white, 10 black), \$10 ea

Horse Tack Box - sliding drawer inside, 20" high X 18" deep X 32" long, \$65; Birdcage - 33in high, like new \$35 Metal fence 4 ft high, 6 sections, approximately 20ft x 10ft, \$165, 828 779-6627.

Tractor - 1950 Golden Jubilee Ford, runs good, needs restoring, with 3-pt harrow and 2 bottom plow, \$2200, 828 779-6649.

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

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

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

Full size organic wool topper by Surround Ewe. Used only two months and changed to queen size bed. Paid \$399, asking \$150. For details go to web site -[surroundewe.com](http://surroundewe.com).

Pristine non-smoking environment. 828-696-9633.

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

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

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



715 Old Spartanburg Hwy.  
Hendersonville, NC 28792

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Return Service Requested

Rowan lives in a tree-house in Horseshoe with her husband Frank, eight hens, a gimpy rooster, Fresh the dog, daughter Che, Hunter and baby Alder. She received a BFA from the Atlanta College of Art in 1993 then earned a threefold certification from The Academy of Somatic Healing Arts. Passion for the arts spills over into passion for healing. Cranial Sacral Therapy is her first hands-on modality of choice. An extensive six year Apprenticeship in Holistic Midwifery grounds Rowan firmly in the Wise Woman Tradition. She has taught a wide range of bodywork therapies in four Asheville area schools and currently offers a Holistic Doula Immersion program. For more details visit her at [www.wncfunctionalhealth.com](http://www.wncfunctionalhealth.com).

“Art is my gratitude offering, given with joy to feed that which makes life live”.

Rowan Farrell Trombetta  
2009



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  
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BYO-Bag!

