



# The Organic Press



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

Volume 8 \* Issue 5  
May 2009

## The ABCs of a CSA

Sometimes an idea is just so perfect you wonder why everyone doesn't do it (like joining a cooperative, for example!). Community Supported Agriculture (CSA)—which produces thriving family farms and high quality, fresh food for entire communities—is one of those ideas. CSAs build healthful relationships among people, the food they eat, the farmers who raise it, and the land on which it was grown.

CSAs aren't new; the first two in the United States were founded in Massachusetts and New Hampshire over twenty years ago. But the constellation of concerns and interests right now—about strengthening local communities, environmental health, supporting the small family farmer, insuring the healthfulness of the food we eat—have put the concept in today's spotlight. In 1990, there were about 50 CSAs in the United States; today there are about 1700. Tomorrow, who knows?!

To the cooperatively minded, CSAs make perfect sense. The folks who benefit in the bounty of a season's produce also share in the risks of the farm; it's a local and equitable system. When the farm prospers, so do the farmer and the members. Democratic decision making reigns, membership is open, local bonds and communities are strengthened—in a nutshell, people work together with shared ideals toward common goals. It's no surprise that many CSAs are tangibly supported by local food co-ops, which may offer information about the CSA, provide for sign up, and even act as a distribution center.

### Sowing and Growing a CSA

Community supported agriculture is exactly what it sounds like—farmers being supported by their communities. CSAs are made up of groups of people who pledge their support to farms in return for portions of the season's harvest. Typically, the operating budget for the farm—including expenses for seeds and other supplies, land payments, water, equipment, and labor—is tallied, and these costs are then split among members of the CSA, who commit to the farm by purchasing a share of the season's harvest ahead of time.

In return for their investment, members receive regular bundles of fresh food from the farm during harvest—typically from late spring through early fall, depending upon the local growing season. CSAs might provide fruit, vegetables, flowers, herbs, meat, honey, and/or dairy products. The amount of each allocation depends in part on the success of the harvest (influenced by favorable or unfavorable growing conditions, such as weather and pests) and the number of shares the member has purchased. One share might provide enough produce for a family of four each week throughout the season, for example.

As surely as each crop varies, so do CSAs. Where the farm is located, what the farmer grows, and what the community needs are just a few of the variables that come into play. In some CSAs, members weigh out or count their own shares, while in others staff weighs and packs shares to be picked up or delivered to distribution points or to individual members. (Some CSA farmers will deliver, usually for an added fee.) Most CSAs ask members to pay up front for a year (at the beginning of the season, for example), but some accept regular monthly or weekly payments throughout the growing season. In some cases, members work on the farm, helping during the busiest times and offsetting a portion of the membership fee. Some CSA farms offer apprenticeships, extending the promise of small farms into the future. Many CSA farmers offer shares in the farm as well as the harvest. And some CSAs have even been organized by consumers, who rent land and hire farmers.

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Editor

Damian Tody

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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 hope everybody is enjoying their spring. There are a few items that I would like to talk about this month that we have either changed at the co-op or added. A couple of these items are the result of your requests and survey answers.

One new feature is a special order share board located near the grocery back room. This is a place where customers and owners can find others that might like to share in special orders. Sometimes it makes sense to take advantage of a good price or special deal but a case is just too much to take home. It might be a dated item that won't get used fast enough or maybe a half a case will do. This special order board will give you the opportunity to see if anyone would like to share in a case discount. You can come by and leave a note if you are seeking a specific case or check the board and see if anything catches your eye to get involved in.

The next change is not brand new but is a newer benefit for owners. The Organic Press is now available electronically. If you would like to receive the organic press and store specials by e-mail instead of paper copies please send an e-mail with Electronic Organic Press in the subject line and your name and street address in the body to [mail@hendersonville.coop](mailto:mail@hendersonville.coop). We will still continue to send out the paper copies for those who wish to continue to receive them.

The last change is one that we have gotten a lot of requests for in the last few months

and in the survey from January. The co-op will be running new summer hours. There were a lot of requests for us to stay open longer throughout the week so that it might be easier for some to shop after work. So we are going to extend our hours Monday through Saturday to 8:00 p.m. and we will open one hour earlier on Sundays at 10:00 am. So the new co-op hours will be 8:00 am - 8:00 p.m. Monday through Saturday and 10:00 am - 6:00 p.m. on Sundays. We will start the new hours on Monday May 4th. So come out and enjoy the longer daylight hours at your co-op. Hopefully everyone will find some of these changes useful. If you have any other suggestions don't hesitate to use the suggestion box.

In Cooperation,  
Damian



## Co-op Calendar

**Tuesday, May 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, May 16th, 10:30 am - 11:30 am**

*Class at HCC*

Ann Wolman and Junie Norfleet, Lic. Ac. will give a talk on "Staying Healthy through the Principles of Chinese Medicine".

**Saturday, May 23rd, Look for us at the Garden Jubilee Festival in Downtown Hendersonville. The Deli will have a booth selling the best food at the festival.**

# A Board's Eye View -- May News

Awareness and interest is growing all over about local food and products, and Hendersonville is definitely getting on the bandwagon. There's a rise in local tailgate and farmers' markets; some new CSAs (Community Supported Agriculture) popping up in the area; ground being broken on community gardens—including the NC Co-operative Extension's site at Jackson Park and the garden being spearheaded by the Co-op's own Gretchen Schott Cummings, as a Co-op community outreach project.

Individuals and families are also getting into eating from their own backyards, either as a yearly undertaking or for the first time, to which the popularity of Hal Oliver's organic gardening classes can attest.

And, in our nation's capital, it was announced on March 20th that the White House will grow 55 varieties of vegetables from organic seeds on the grounds of the Presidential home. Every member of the Obama family will be involved.

Also, in case you hadn't heard, the Co-op will be hosting a tailgate market on Monday afternoons starting this summer. There are lots of exciting things happening with the local food movement...

So, as part of the Board of Directors' visioning and education efforts, we recently focused a lens on local food as it relates to sustainable food systems. We looked at possible ways the Co-op can meet the challenges of what we see as an inevitable shift from the current ways food is grown and/or manufactured, and transported, to a new way—not unlike how food was grown and processed a century ago—that uses less energy to deliver, because it's right next door, and is at its optimum freshness for taste and healthy eating.

'Sustainable food' is even more multifaceted than that. The Alliance for Better Food and Farming in the UK defines it as meeting all of the following criteria:

- Proximate – originating from the closest practicable source or the minimization of energy use
- Healthy as part of a balanced diet and not containing harmful biological or chemical contaminants
- Fairly or cooperatively traded between producers, processors, retailers, and consumers
- Non-exploiting of employees in the food sector in terms of pay and conditions

- Environmentally beneficial or benign in its production (e.g. organic)
- Accessible both in terms of geographic access and affordability
- High animal welfare standards in both production and transport
- Socially inclusive of all people in society
- Encouraging knowledge and understanding of food and food culture

Our brainstorming session at the last Board meeting led to some interesting ideas, of which these are a few: creating a List Serve so gardeners can connect with other gardeners and thereby exchange extra produce, etc.; highlight local goods, farms, and producers in the store for visibility and shopper information; give classes or workshops in cooking, canning, and preserving so veggies can be enjoyed all year round; connect with other local organizations on issues to increase our effectiveness and advance the Coop's aim to be the 'Hub of the Community.'

Do you have any ideas? Hal Oliver joked to me today to "buy local—be vocal!" This sums it up well—we need to hear from you to see how we can be a part of the shift toward sustainable food systems. What does this shift look like to you? Can we help feed the hungry of Henderson County? Can we educate young people about healthy eating and show them the fun of growing food? What else is possible?

Feel free to send a message to [board@hendersonville.coop](mailto:board@hendersonville.coop) or call me at (828) 329-7991, or Damian at the store (828) 693-8557.

In a spirit of joyful cooperation,

Beth Beasley



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694-1083/2007-10  
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329-4826/2008-11



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

## 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 May 26th. All owners and staff members are welcome to attend the meetings. If you have a concern or topic for the board to discuss, Contact Steve at [board@hendersonville.coop](mailto:board@hendersonville.coop) or a 749-9104. Written information may also be sent to the Board of Directors of HCC, 715 Old Spartanburg Hwy, Hendersonville, NC 28792. Please include your name and contact information.

# Small farmer co-ops cultivate democracy – it's in their roots

February 5, 2009 by Phyllis Robinson, Equal Exchange

This May, we celebrate World Fair Trade Day. We're excited to honor all that we co-operatives have accomplished to support small farmers. Yet, it feels important to also take this opportunity to revisit the roots of Fair Trade, and reconsider what we *aim* to accomplish. Most people understand the critical importance of higher prices, advance credit and direct relationships - they allow farmers to stay on their land, send their children to school, and diversify their incomes. Yet, there's another equally – some would say even *more* important – goal of Fair Trade, one that seems to be slowly disappearing as new iterations of “ethical trade” and “direct trade” appear in the market: *empowering communities and social movements*. It is for this reason Equal Exchange chooses to work with small-farmer co-operatives.



In our culture, individualism is steeped into our subconscious from an early age. The American Dream says anyone who works hard enough can “pull themselves up by their bootstraps,” to become a millionaire - or the country's President. Americans have a hard time with the idea that movements are built by many anonymous, “ordinary” people each putting in “their grain of sand.” In contrast, many indigenous cultures are built around this central theme of “community”; even most European countries place a higher premium



on “collective welfare” than we do. For people who have had to shed blood and lose family members to earn their most basic rights, it is obvious that true success can only happen through collective efforts, organization and cooperation.

This empowerment of indigenous peoples, and the poor in general – many of whom rely on farming as their livelihoods – is a concept that makes some people uncomfortable. As a society, we are okay with poverty alleviation and charity, but when the world's disenfranchised begin to organize and take control over their own lives, businesses, and communities, when they start gaining economic power in the marketplace and political power in their countries, and in our own... that makes people nervous. Why would we rather raise money and give it to “poor farmers” than support their efforts to make their own livings?

For me, this notion of *empowerment* is the missing ingredient when folks in the coffee industry start talking about “going direct,” or referring to a co-operative as yet another “middleman.” The strategy places too much emphasis on one person's benevolence, and gives that person, or company, the upper hand. Today, I come to your village and establish a friendship, offer a scholarship for your family's children and purchase your highest quality coffee. Tomorrow, I might go elsewhere. It is a strategy, that while well-intentioned and produces positive results, does little to build democratic control and power at the producer level.

These same strategies: scholarships, direct relationships, community projects, have a completely different, and I would argue stronger impact, when they occur within the framework of an organized co-operative, association, or community. It's a question of who's in control, who makes the decisions, who is acquiring experience, and ultimately who has the power to set the terms.

It's about producers, consumers, and alternative trade organizations



working together to ensure that the terms of trade are more fair. Higher prices – yes; advance credit; direct relationships; and social projects ... all of these are critical. But the emphasis and ultimate goal of all our work needs to be about equity and social justice.

Fair Trade through co-operatives enables farmers to invest in their own businesses and improvements in their own communities. Through co-ops, they can participate in other organizations and social movements to influence, improve upon, and change national trade and agricultural policies.

In this way, organized and well-run small farmer co-operatives can acquire the economic and political power necessary to create lasting and deep-seated change.

To learn more go to [www.smallfarmersbigchange.coop](http://www.smallfarmersbigchange.coop) or [www.fairfoodfight.com](http://www.fairfoodfight.com)

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# News and Views From Outreach

## Bring Your Own Bag Report

This is my favorite report! I am honored each time I have the opportunity to tally up the quarter's contributions to the BYOBag organizations and report them to you.

It is in this process that I sense the full circle of our community; from our little store, to the greater global sense of making a difference. When it seems like ten cents is just a drop in the bucket, think of the change you inspire, the improvements in which you participate, each time you drop that little wooden chip in the box, and save a bag from being produced and/or put in the landfill.

To the Blue Ridge Community Health Services, the Co-op contributed: \$277.10, and to the HCC Community and School Gardens Project, the total amount raised was: \$295.80.

Thank you for making choices each time you shop. And thank you for making the choice to shop at HCC, your community Co-op.

The Community and School Gardens Project has been working on plans for a school garden. I will surely report more next month, but for now, let it be said that we are excited,

motivated and enthusiastic. All great ingredients for a successful program. With an extraordinary group of talented individuals from the Co-op community, we hope to be in the dirt soon.

We'd like to share our mission statement with all of you:

The purpose and mission of the HCC Community and School Gardens Project Group is to create organic gardens in the schools and/or community that are supported by the community (maintained and on-going).

The gardens will serve to create inter-generational and multi-cultural cooperation, forging environmental and sustainable awareness, social awareness, education about nutrition, and to promote personal and community empowerment.

If you wish to be on the email list for future meetings, please let me know.

Offerings for the months to come includes the Tail Gate Market which is scheduled to begin the first week of June. Please come support the local growers who will be offering their goods in our parking lot on Monday afternoons.

Then there's the Summer Picnic. We are fortunate to have been offered a beautiful place to hold our Summer Picnic this year. Save the date for Sunday June 28th. The Highland Lake Inn will make the grounds available for our Picnic Potluck. We'll have access to the pool, the lake for boating and fishing, and there's lots of lawn for games. Look for more information about the Picnic in the weeks to come. And be sure to show the Highland Lake Inn and Season's Restaurant your support. Thanks for Cooperating,  
Gretchen



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[billyhaynes1@aol.com](mailto:billyhaynes1@aol.com)

Billy Haynes  
Owner

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[backdoorrecycler@gmail.com](mailto:backdoorrecycler@gmail.com)

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### 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.wncfunctional-health.com](http://www.wncfunctional-health.com)

**Blessings Wellness Center,** Health care with a Christ-centered approach. Asyra Health assessment and balancing remedies, Nutritional assessment and counseling, Pain management, Allergy testing and remedies, Wellness Pro sessions. Hendersonville area. Nancy Chase ND, CNHP 828-348-0212 & Carol Brinkley, LPN, CNHP 828-891-5311 *Co-op members receive first Wellness Pro session free.*

**Peace at Hand** 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3139 Far Infrared Sauna *free 20 min. sauna visit w/ first 1 hr therapeutic massage session for Co-op owners by appointment only.*

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

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

## The Bounty

The nourishment you receive as a CSA member is immeasurable. You and your family benefit from the highest quality, freshest products—often organic—at excellent prices (thanks to the lack of middlemen and transportation costs). Participating in a CSA shows respect for the direct link between food production and consumption, between gratitude for the food on your plate and appreciation for the farmer who grew it. (If you have children, this is a great way for them to experience these links first hand. And involvement in a CSA can teach them about how food is grown and what factors influence its production.)

At the same time, your participation supports the environment through land stewardship and regional food production. (According to the University of Massachusetts, almost every state in the U.S. buys 85 percent of its food from someplace outside its state lines. This kind of food system taxes the environment, the economy, communities, and small farmers.)

CSAs keep more food dollars in the community, and, because members share the risk of farming, they provide economic stability for farmers. When CSA members pay at the outset of the season, the farmer doesn't need to wait until after harvest to be paid—and the guaranteed sale of products means he or she doesn't need to spend time marketing, but can instead focus on farming. Less food is wasted, and there's little need for long-term storage. Farmers often grow a wide variety of produce, in answer to member's requests, increasing agricultural diversity and sustainable farming practices.

Visiting a CSA—especially on distribution day—is a good way to learn more about what participation might be like. As with most cooperative ventures, you're likely to find yourself feeling welcome and enthused about joining in!

NCGA News Service

For more information on CSAs check out the following websites:

Community Supported Agriculture (And Other Farm Subscriptions), Local Harvest, <http://www.localharvest.org/csa/>

Community Supported Agriculture, UMass Extension, [http://www.umassvegetable.org/food\\_farming\\_systems/csa/index.html](http://www.umassvegetable.org/food_farming_systems/csa/index.html)

Alternative Farming Systems Information Center, 1993 Community Supported Agriculture (CSA): An Annotated Bibliography and Resource Guide [http://www.nal.usda.gov/afsic/AFSIC\\_pubs/at93-02.htm](http://www.nal.usda.gov/afsic/AFSIC_pubs/at93-02.htm)

The History of Community Supported Agriculture, Part 1, Rodale Institute <http://www.newfarm.org/features/0104/csa-history/part1.shtml>

CSA's World of Possibilities, Rodale Institute <http://www.newfarm.org/features/0204/csa2/part2.shtml>

Alternative Farming Systems Information Center, Community Supported Agriculture, <http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml>

## Area CSAs

### Blackbird Farms

300 West Ton-a-wandah Road  
Hendersonville NC 28739  
phone: (828) 693-4664  
fax: (828) 692-9780  
www.blackbirdCSA.com  
billyhaynes1@aol.com

### Fields of Gold Farm

Organic/Biodynamic CSA  
Willow Road  
Hendersonville  
(828) 692-7096  
fieldsofgold@mindspring.com

### Cane Creek Valley Farm

1448 Cane Creek Road  
Fletcher NC 28732  
phone: (828) 338-0188  
www.canecreekorganics.com  
canecreekvalleyfarm@charter.net

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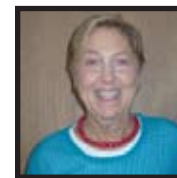
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Landscapes Installation

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

# 10 Healthy Lifestyle Q and A

With Joan Kennedy of StayWell, Inc.



This month's article is not one question, but many. Enjoy a few chuckles—they are good for your health.

Are you old enough to remember when:

Moms cut chicken, chopped eggs and spread mayo on the same cutting board with the same knife and no bleach, but we didn't get food poisoning? And, our moms defrosted hamburger on the counter, not the refrigerator or microwave. Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but no one got E.Coli.

We all took gym and risked permanent injury with a pair of high top Keds instead of cross-training athletic shoes with air cushion soles and built in light reflectors. Personally, I can't recall any injuries, but there must have been some because we are told that we are much safer today. Oh and where was the Benadryl and sterilization kit when someone got a bee sting? We could have died!

We played 'king of the hill' on piles of gravel left on vacant construction sites, and when we got hurt, Mom pulled out the 48-cent bottle of mercurochrome. Kids liked it better than iodine because it didn't sting as much. Now it's a trip to the emergency room, followed by a 10-day dose of a \$69 bottle of antibiotics. And, today, a Mom might call an attorney to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

Not a single person I knew was ever told that he or she had a dysfunctional family, attention deficit disorder, emotionally deprived disorder or bi-polar syndrome. We did not realize that we needed group therapy and anger management classes. We were obviously so duped by awful societal ills, that we didn't even notice that the entire country wasn't taking Prozac or Ritalin!

How did we ever survive? And, how do we survive our current economic challenges?

I am old enough to remember all of those things and hope we will return to some of those simple ways of living as we wind our way through these difficult economic times. I believe that living by standards that owners and shoppers at the coop have, we can be examples to others more consumption oriented.

1. Buy local.
2. Buy simple. We don't need 100+ varieties of cereal and just as many types of breakfast bars and shakes to have a healthy breakfast.
3. Cook your own meals at home using basic home and locally grown ingredients.
4. Create your own healthy skin care products from those locally grown fruits and veggies. Your children will have fun and learn at the same time.
5. Shop at thrift stores.
6. Recycle belongings as well as trash.
7. Play games at home with your family. They are really fun as well as challenging for hands, eyes and brains.
8. Make gifts.
9. Change school classroom learning to concepts and abilities that can be

applied to healthy living, including inter-generational communication skills and "fit-it" instead of replace it skills.

10. Play kickball, basketball, football, soccer on local courts and fields for the fun of it rather than traveling all around the world to learn to compete.
11. Have hula hoop contests and do cartwheels in the grass.
12. Take nature hikes.
13. Work together to find ways to prevent disease instead of treating it after it occurs. It is a whole lot cheaper and much more fun.
14. Get rid of all those chemical household and self-care products. Baking soda, vinegar and good old fashion soap and hot water can work better anyway and are much less expensive.
15. Help ECO clean up our local environment.

What are you and your family going to do to improve your quality of life as a result of our economic challenges?

## COMPLEXIONS

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# Advertise in the Organic Press!

The Organic Press is distributed to more than 1500 families in the WNC area. It can also be found 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 sizeds ads \$50 per issue	Medium sizeds 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"

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To reserve your ad space,  
contact Damian Tody at [mail@hendersonville.coop](mailto:mail@hendersonville.coop)  
or at (828) 693-8557.

# Staff Picks for May

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: Growing Expressions Cards! One for every occasion and you can plant them!!

Madison: Brandon's Pizza from the Deli  
Brandon: Baked Tofu from the Deli great snacking

Patrick: Starter Plants and High Mowing Seeds

Robert: High Country Kombucha

Laura D: Mt. Vikos Feta - Tangy!!

Britney: Chocolate Peanut Butter Cake from the Deli, They are awesome!!

Mary: Jordan's new Cheddar Ramp Biscuits

Laura C: So Delicious coconut milk! New in grocery and found in the dairy cooler. So Good!

Brian: Deli soups, something different and delicious everyday!

Arrion: Kiss My Face toothpaste. Aloe, whitening, and cool mint freshness. It's what keeps my pearlys the whitest in the co-op.

Gretchen: Any fair-trade chocolate on Mother's Day!

## 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](http://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!

## HR 875 Update:

Will the Real “Monsanto Bill” Please Stand Up?

News of a “Monsanto Bill to Criminalize Organic Farming” has been speeding around the internet. The Organic Consumers Fund, OCA’s lobbying partner in Washington, DC, analyzed the bill and determined that we could not support food safety legislation like this that could be applied in a one-size-fits-all manner to all farms, including organic and farm-to-consumer operations -- especially a bill that references the National Animal Identification System (a voluntary USDA animal tagging program that some influential members of Congress are trying to make mandatory for every owner of even a single farm animal). With these concerns, we put out this alert on March 12.

Nevertheless, we were alarmed by the misleading headlines attached to anti-HR 875 alerts. Even if this bill were passed as is today, it wouldn’t criminalize organic farming. The bill would require farms to have a food safety plan, allow their records to be inspected, and comply with food safety regulations. To say this is tantamount to criminalization doesn’t give organic farmers enough credit.

Worse, linking this bill to Monsanto (for no other reason than because the bill’s sponsor Rosa DeLauro is married to political operative Stan Greenberg, who lists Monsanto as a past client) obscures the real damage Monsanto is doing in Congress. This past week, Monsanto got a bill passed in committee that forces GMOs on Africa.

## Climate News

### USDA Revises Plant Hardiness Map

The United States Department of Agriculture is responding to climate change by updating the Plant Hardiness Zone Map for the first time in 20 years. The map shows where various types of plant species can thrive, and as warmer annual temperatures move northward, the more than 80 million U.S. gardeners and farmers will be looking to the map to see what new plants may be able to grow in their area. The Plant Hardiness Zone Map is typically used for domesticated plants, but this graphic display also sheds light on how native plant species are shifting due to climate change. The updated map is due out later this year.

## Sustainability Tip

### Eight Ways to Join the Local Food Movement

1. Turn your lawn to a vegetable garden or join a community gardening program.
2. Start a community garden program if there isn’t one in your area.
3. Eat more vegetables--a heavy meat diet creates more greenhouse gases.
4. Can your foods and throw a “preserve party” to swap foods.

5. Create a group to glean local farm fields of unharvested crops.
6. Look for farmers markets, roadside stands and CSAs.
7. Form an organic food buying club.
8. Throw potlucks, with an emphasis on organic and locally-grown foods.

## Food Safety

### New Study Finds Infant Formula Contaminated With Rocket Fuel Chemical

The Centers for Disease Control and Prevention (CDC) has found that 15 brands of infant formula are contaminated with perchlorate, an environmental toxin found in rocket and missile propellants. Two of the brands account for 87% of milk-based infant formula sales in the U.S. Perchlorate is a potent thyroid toxin that may interfere with fetal and infant brain development. The study found that reconstituting the formula with water that has levels as low as 4ppb of perchlorate would cause 54% of infants to exceed “safe” dosage levels of the toxin.



## Fountain of Youth Day Spa Mother’s Day Specials:

**Swedish Massage (with ad) \$45**  
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# STAFF SPOTLIGHT

## Brittany Lawson

Wellness/ Cashier



Since August of 2008, Brittany has been with the Co-op, smiling from the wellness window or helping you at the cash register. I asked her how she came to work here, and her reply was: "I heard it was a really nice place to work from Brandon, so when I was offered a job, I said sure." She is originally a Canadian, from Edmonton in Alberta. But her mom grew up here, and they moved back to Hendersonville to be near her grandfather when she was twelve.

Q: What's the best part of your job?

A: Customers. I like chatting with them because they have interesting things to say.

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

A: I interact with people better. And I know how to run a cash register, now.

In the wellness department, I've learned a lot about supplements and health. Once I was watching "Cash Cab" on TV and I got the answer right to a question because I learned it in wellness.

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

A: I want to be a teacher.

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

A: I am deathly afraid of ladybugs, butterflies, moths and all those little critters.

All except the common house fly.

Q: What do you like to do outside of work?

A: Hiking. Going to hear local bands and concerts.

Q: What kind of music do you listen to?

A: A lot of Indie alternative music. All kinds, really.

Q: What is your favorite product in the store?

A: Well it's a toss up between the Kettle Sweet Onion Chips and the Divine White Chocolate with Strawberries.

## 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!

Brooke Audreyal,  
Sheila Berger,  
Phoebe Blackwell,  
Laura Bloemsma,  
Donna Brezack,  
Faith Eargle,  
Robert Ebert,  
Jana Eshaghian,  
Debra Halborn,  
Sophia Hudson,  
Debra Isreal,  
Paula Jones,  
Susan Kain,  
Ceil Mattingly,

Richard Naylor,  
Rebecca Owens,  
Kim Ramsey,  
Lynda Reeves,  
Susan Rhines,  
Stephen Ross,  
Charlotte Shope,  
Jean Snipes,  
Jennifer Styles,  
Autumn Thompson,  
Judy Townsend,  
Luke Wood



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## Produce News~

Going out to eat as a child with my parents, I would always see this kinda tough, uncooked weird looking green on my plate. “Do people eat this stuff?” I would ask and my mom would say yes and so should you! It was always this uncooked garnish put on my plate for appearance. Years later I know that it is much more than a garnish, it is in fact one of the healthiest things I could eat, and when cooked it is quite tasty and one of my favorites. With its exceptional nutritional value and availability, it is easy to see why it is such a popular vegetable.

Kale is actually a form of cabbage; it does not head like cabbage, and is related to collard greens, broccoli, and cauliflower. It is native to Europe and North America as it prefers a cooler climate, and most soil types. And unlike many of its family members, kale is resistant to pests, making it a great crop for new gardeners and farmers to grow with much success.

The nutritional benefits of kale are great. Kale is an exceptional source of anti-oxidants and chlorophyll, vitamin A and C, iron, and calcium. It also contains lutein and zeaxanthin, which have been shown to protect your eyes from maculae degeneration. It would be a good idea to eat kale more often! (Or any green for that matter). Steamed, sautéed kale takes many flavors well. My favorite is to sauté it in light oil with garlic and onions. ~Robert

## Grocery News~

May is a great month to gather with friends or family for Cinco de Mayo, Memorial Day, or Mother's Day. Whatever the occasion, we have many specials in the grocery department for you and your family to eat well and save money too!

To celebrate moms there are many delicious, fair trade, and organic treats that you could give her like Green & Black Ice Cream, Dagoba Chocolate, or Ciao Bella Sorbet. We also have meal solutions like Putney Pasta skillet meals that would give mom a break and are easy to prepare. For a taste of Mexico, look for Green Mountain Gringo tortilla strips and salsa. Also, Little Bear re-fried beans, Organic Valley Cheese, Nancy's Sour Cream are some Mexican food staples that are on special in May. Amy's burritos are great too and save time! There are so many great foods for Memorial Day gatherings like Applegate Hot dogs, Knudsen Spritzers or Recharge, Popcorn Indiana popcorn, Kettle Chips, and Fig Newman's. If you like to Bar-B-Q look for Annie's BBQ sauce and other condiments. Hope you have a great spring and enjoy the weather as it warms up. ~Marisa

## Wellness News~

The Arnicare Difference - Arnicare does more than just offer powerful pain relief. Why just mask your pain when the natural ingredients in Arnicare do so much more? Arnicare contains extracts from the Arnica montana plant that work by reducing swelling, bruising and pain associated with an active lifestyle. These extracts work deep down at the cellular level by reducing pain and swelling at the site of injury. Unlike other pain relievers, Arnicare combines fast relief with active healing. Arnicare assists your body's natural healing process in working faster to bring relief. Whether used systemically or topically, Arnicare gets to the root of your pain and provides the relief that your body needs.

**Powerful pain relief** - Don't let aches and pains keep you from living your life the way you want to. Muscle aches, joint pains, pulled muscles, sprains and strains are all part of an active lifestyle, and are accompanied by bruising, swelling, stiffness and pain. You can count on Arnicare to target your symptoms and relieve your pain fast!

**Wipe out bruising and swelling** - Active people choose Arnicare for fast recovery from bruising and swelling associated with active lifestyles. Arnicare helps relieve symptoms surrounding overexertion and trauma. So whether you are beginning a new exercise routine, spending too much time in the garden or are involved in contact sports, Arnicare is your recovery solution.

**Speed healing** - The healing components in Arnicare work together, assisting your body's natural healing process. That means you can be back on your feet and feeling better faster. Active people, athletes, doctors, surgeons and moms have been using Arnicare for years for its healing abilities.

**Arnicare is safe** - You have a reason to use Arnicare everyday. And you can because it's free from artificial ingredients and harmful chemicals.

The specialized formulation of Arnica montana used in Arnicare is safe, so you don't have to worry about drug interactions. This may be especially important after trauma or surgery. Plastic surgeons have been using Arnicare for years to aid the body in healing and to reduce unsightly swelling and bruising of even the most delicate skin. In the event that injured skin is inaccessible due to bandages, Arnicare Pellets will get working on your symptoms from the inside.

Arnicare is the perfect choice for children, whose delicate skin and bodies require special care. And because there is no camphor or menthol in Arnicare, you don't have to worry about medicinal odors or skin irritation.

- **Arnicare gives you a choice** one size doesn't fit all. That's why Arnicare gives you a choice.
- **Arnicare Cream** is soothing, moisturizing and lubricating. This is the best choice for massaging sore muscles and caring for delicate skin.
- **Arnicare Gel** absorbs fast! Use it before, during and after sport activities to keep you in the game.
- **Arnicare Ointment** is designed for use on tendon and ligament sprains.
- **Arnica Pellets** in the blue tube are taken orally and are best used for more generalized pain, stiffness and swelling. Appropriate when discomfort is widespread or when experienced in large areas of the body. The pellets may be combined with topical application for healing and relief both inside and out.
- **Arnicare Arthritis** tablets are the perfect solution for those suffering from arthritis symptoms. This formula contains additional ingredients specifically targeted for pain from stiff and inflamed joints.

~ Arrion

## Deli News ~

As spring is coming in strong, so is your local co-op deli! We hope that all of you had the chance to stop in and try the local Etowah ramps as they appeared in soups, sandwiches, biscuits and anything else deserving a high octane dose of spring. There are many spring vegetables that we look forward to using including asparagus, radishes, Vidalia onions, artichokes, arugula, ramps, spring onions, and watercress. Also, check out celeriac during the spring season. Celeriac and mint are always an awesome flavor combination. Fresh from the deli this month, we would like to offer our new “Alpha and Omega” salad as well as our “Artichoke and Bulgur” salad. The “Alpha and Omega” salad is composed of kamut grains, dried cranberries, bell peppers, parsley, chives, onions, peas, and sunflower seeds. This mixture will then be tossed with a red wine vinaigrette. Kamut, preserved in its ancient, non-GMO form, has been considered to be nutritionally superior to many other forms of wheat. It has also been found that many people who are intolerant to wheat can consume kamut. Remember that we serve hot lunch from 11:30 am to 2:30 pm Monday thru Saturday, and hot cheddar biscuits served around the clock. We look forward to seeing you this month to try our new recipes. ~ Jordan

# 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 in person at the kiosk in HCC or by email at [mail@hendersonville.coop](mailto:mail@hendersonville.coop). 828-693-8557 We reserve the right to refuse or edit ads.

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.

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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](http://www.monapaints.com) 10% discount with your Co-op Owners card.

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

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

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

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

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

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 delv.

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

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

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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.

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GE Uniden 2.4 GHZ's caller ID cordless phones. Used for Vonage service. Total 4 phones in all Like new in the box. Paid \$300.00 asking \$150.00, headset capable, 828-697-6100

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](http://henderson.ces.ncsu.edu/4-H).

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

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



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

Make a Difference  
Every Time  
You Shop!    BYO-Bag!

