

The Organic Press

A large, weathered tree stump stands in the foreground of a grassy field. The stump is covered in moss and lichen, and its top is flat and cut. The background is a vast, open landscape under a bright blue sky filled with fluffy white clouds. The overall scene is peaceful and natural.

The Newsletter of the
Hendersonville Community Co-op

Volume 9 * Issue 4
July/August 2010

**Delicious Legacy: Growing Heirloom
Tomatoes**

**Minimizing Seasonal Allergy
Symptoms Without Pharmaceuticals**

Run For A Seat On The Board



Editor: Damian Tody

Contributing Writers: Gretchen Cummins, Robert Jones, Arrion Kitchen, Marisa Cohn, Jordan Randall, Joan Kennedy, Laura Miklowitz, June Ellen Bradley, Beth Trigg, Frank and Rowan Trombetta

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.

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.

Submission Deadline

All submissions, including articles and advertisements, must be received at the co-op by the 7th of the month preceding the issue.



Table of Contents

| | |
|--|----|
| GM Musings | 3 |
| <hr/> | |
| Damian Tody | |
| Boards Eye View | 4 |
| <hr/> | |
| Beth Beasley | |
| Delicious Legacy | 5 |
| <hr/> | |
| Beth Trigg | |
| Minimizing Allergy Symptoms | 7 |
| <hr/> | |
| Frank Trombetta, D.Sc. and Rowan Farrell-Trombetta LMBT | |
| News and Views | 9 |
| <hr/> | |
| Gretchen Cummins | |
| Run for the Board | 10 |
| <hr/> | |
| Healthy Q and A | 11 |
| <hr/> | |
| Joan Kennedy | |
| Staff Spotlight: Julie Swisher | 13 |
| <hr/> | |
| Gretchen Cummins | |
| Department News | 14 |
| <hr/> | |
| The Habitual Herbalist | 16 |
| <hr/> | |
| June Ellen Bradley | |
| Producer Profile: | |
| <hr/> | |
| Roots & Branches | 19 |
| <hr/> | |
| Gretchen Cummins | |
| The Green List | 20 |
| <hr/> | |
| Politics and Food | 22 |
| <hr/> | |

GM Musings

I want to take this opportunity to remind everyone that we are switching our Owner Discount Day from 5% on the 5th to the second weekend of the month, Thursday through Sunday. There has been concern from owners that 5% on the 5th is not a very good system. Keeping our discount system to just one day of availability a month is not allowing some owners to utilize this opportunity on a regular basis. Depending on when the 5th falls during the month it may or may not be possible for everyone to try and make it into the store that day. It also places a bigger burden on the staff as they have to stock the store for bigger sales and a move a larger volume of shoppers throughout the store that day.

As we would like for everyone to have as much opportunity to take advantage of their monthly discounts as possible, we will be changing 5% on the 5th to Owner Appreciation Days. Our discount days will take place over a four day period ending in the second weekend of the month. They will run from Thursday through Sunday. This will give everyone four days to be able to choose when they would like to use their discount. In July the first Owner Appreciation Days will be from July 8th through July 11th. All owners will still receive one opportunity a month to save 5% on the purchase of their choice, and everyone will still have twelve opportunities over the course of the year. With Owner Appreciation Days everyone will now have four days in which to choose to shop and use their one time discount, instead of only one day. We look forward to seeing you in the store for our first Owner Appreciation Days, and we look forward to hearing from you on how this change is working out for everyone.

In Cooperation,
Damian



Attention
HCC
Owners!

5% on the 5th Is now
Owner
Appreciation Days!!!!

OAD

Don't forget to
come to
Owner
Appreciation
Days!

Owners save 5% on one shopping trip
of your choice between July 8th and July 11th!!!!

Just pick which day you want to shop and let your
cashier know you would like to use your discount.

Stay tuned for Summer Picnic Info!!
We will be changing venues this year. We will post
location info and dates as soon as we can. Think
trees, and lake, and fun!

A Board's Eye View

Board Retreat Advances

Once a year, your HCC Board of Directors meets for a weekend retreat of education, elucidation, camaraderie and creative thinking. Saturday is a full day, and our GM Damian Tody brings his expertise and enthusiasm. For the past four years, we've rented co-op owner Katie Breckheimer's family's digs in a blissfully remote location in Burnsville. The Co-op Deli provides wonderful and wholesome food, we sleep up to four in a room, and we bond even further through work and play.

The work of the board is to provide vision and leadership, represent and link with owners, set and monitor policies and perpetuate the board each year by recruiting new talent. Through CBLD (Cooperative Board Leadership Development), we work with a co-op consultant to set goals specific to the growth of Hendersonville Community Coop. Over the weekend of April 30th, we met with our new consultant Michael Healy, who has long been a driving force in the Co-op world. Within the first 15 minutes, he taught us ways to reduce time, coordinate information and improve effectiveness. We came to the realization that we can hold future retreats for a full day right here in Hendersonville and accomplish just as much, while spending less time and money and using considerably less fuel.

This was the first meeting for new board members Susan O'Brien, Marilyn Jackson and Kristen Harkey, who bring plenty of enthusiasm and fresh ideas. It was my ninth – and the best by far. We're all in the learning stage of board development and have a beneficial balance of experience and new perspectives. Board President Tony Womack said, "I especially liked the feeling of intimacy, freedom of expression without judgment, our capacity to receive and give constructive feedback, and openness to changing direction in some of the ways we do our business".

We reviewed practical aspects of board prep and performance, reiterated the importance of strategic thinking, developed a focused process for policy monitoring, discussed expansion and made a plan for the board's study and engagement work for the coming year. And we laughed, ruminated about matters of local and global importance and shared our personal histories.

It's the job of the board to set Ends, our stated expectations of value on behalf of all owners. Ends are not what we do, but why we do what we do; effect rather than effort. We had been struggling over the content, and Michael helped us to restate as follows

HCC exists so that people in the Hendersonville community have

- a cooperatively owned business providing healthy food and related products
- a thriving local economy supporting sustainable agriculture
- education about health, food and cooperatives

It was a heady weekend of participation, passion and inspiration. We came away with a better understanding of our work and better ways to use our time and talents to serve our owners and community. If you have the interest, inclination and time to Help shape our future.

In Cooperation,
Laura



Laura
Miklowitz
2009-12
693-6261

2010 Board Meeting Dates

Meetings are held at 6:00 p.m. on the fourth Tuesday of the month. The next meetings will be on July 27th and August 24nd. All owners and staff members are welcome to attend the meetings. If you have a concern or topic for the board to discuss, Contact Tony at board@hendersonville.coop or at 694-1083. Written information may also be sent to the Board of Directors of HCC, 715 S. Grove St. Hendersonville, NC 28792.

Please include your name and contact information. You can access board meeting agendas and approved minutes on our website.



Tony Womack
President
2007-10
694-1083



Beth Beasley
Vice President
2009-12
329-7991



Roger Hull
Treasurer
2007-10
697-0116



Carolyn Widener
Secretary
2008-11
329-4826



Ron
Angermuller
2008-11
692-3519



Kristin
Harkey
2009-10
628-2568



Susan
O'Brien
2009-12
693-5553



Marilyn
Jackson
2009-10
817-3457



Delicious Legacy: Growing Heirloom Tomatoes

Beth Trigg

The names of heirloom tomato varieties evoke images of old-fashioned homestead gardens and mouthwatering memories of the taste of a homegrown tomato: Brandywine, Mortgage Lifter, Pink Firefly, Hillbilly Flame, Arkansas Traveler, Pink Heart, Cherokee Purple, Golden Sunray. And the flavors of these treasured heirlooms are the very essence of summer to many gardeners. There are literally thousands of heirloom tomato varieties – the Seed Savers Exchange currently lists more than 7,500 varieties available from its members around the world – and opportunities abound for gardeners and tailgate market shoppers to experience the delights of heirloom tomatoes.



These tomatoes are available to us today because of the stewardship of gardeners past. Tomatoes started out as berry-sized fruits borne on plants native to South America and were selected for larger and larger-sized fruit by growers over many years. In the early 1800s, the vast variety of tomatoes in cultivation

were crossed and cultivated into many of the heirlooms we know today, and over the past 200 years beloved tomato varieties have been passed down from gardener to gardener. Varieties born from natural mutations, happy accidents of plant genetics, and deliberate and careful breeding over time have been preserved and propagated through the generations.

Every heirloom tomato has a story, and some tomato stories have been told and retold until the tale has a life of its own. A famous example is the Mortgage Lifter, a giant red slicer introduced by “Radiator Charlie” Byles, a self-taught plant breeder who created one of the most popular tomato varieties of all time through a long process of crossing and re-crossing four of his favorite varieties. Charlie’s tomatoes became extremely popular, and legend has it that he sold enough tomato plants to pay off his mortgage! Charlie donated some of his seeds to the Southern Exposure Seed Exchange, leaving a legacy for future generations.

Choosing heirloom varieties is a way that gardeners can carry on the rich traditions of these special tomatoes. Many heirloom varieties have already been lost, and many others are endangered. As elderly gardeners and farmers die, treasured varieties are dying with them. Preserving heirloom varieties preserves genetic diversity, so gardeners growing heirlooms and tailgate shoppers buying heirlooms help to ensure food security for the future.

In addition to the romantic and ideological reasons for

choosing heirlooms, old-fashioned tomatoes offer home gardeners a number of practical advantages over modern hybrids. Heirlooms were developed by small-scale home gardeners and small farmers choosing traits that they and their families appreciated – taste, beauty, storage life, long harvest window and culinary value. In contrast, most modern hybrids were bred for large-scale commercial growers, with the most desirable traits being ability to withstand mechanized handling and trucking, long shelf life, and “all-at-once yield” rather than taste or nutrition. Heirlooms’ tendency to ripen over a long window as opposed to all-at-once is far better for home gardeners – as any tomato gardener knows, even a few tomato plants with fruit ripening all at once can quickly create a tomato overload!

Another benefit of heirlooms for home gardeners is that there are varieties adapted to a wide variety of growing conditions. Local or regional heirlooms are adapted to local climate and soils and are more resistant to local diseases and insects. Heirloom varieties originating in Western North Carolina and adapted to our climate include Boyd Smith Yellow German, Margaret Best Yellow Tommy Toe, and Pink Plum.

Heirlooms also offer a much wider variety than the standard round, red hybrids. Let’s start with color: there are red, pink, brown, black, mahogany, orange, purple, yellow, white, cream, green, striped, and multi-colored heirloom tomatoes. Heirlooms vary in size from blueberry-sized currant tomatoes to whopping, juicy slicers weighing more than a pound each! Heirloom tomatoes may be smooth, round, bulbous, heart-shaped, ruffled, oblong, ribbed, ruffled, fluted-- and some are even shaped like sweet peppers with a hollow center. If you want tomatoes for sauce, salads, slicing, drying (homemade sundried tomatoes!), salsa, soups, bruschetta, sandwiches, and any other tomato purpose you can imagine, there is a perfectly-suited heirloom tomato for you.

Lastly, far and away the foremost reason that gardeners and tailgate market shoppers choose heirloom tomatoes is flavor. Once you have tasted a Pink Brandywine, an Emerald Evergreen, or a Paul Robeson, there is no going back to bland supermarket tomatoes. There are a vast variety of flavors in the world of heirloom tomatoes, some extremely complex and subtle. At an heirloom tomato tasting, you will hear people describe the flavors as tangy or sweet, rich or mild, musky, fruity, smoky, tart, robust, or just plain “tomatoey.” The descriptor they all have in common is “delicious” – heirlooms are varieties that gardeners and farmers chose to save and carry on, and they wouldn’t have been chosen for seed-saving if they were not acclaimed at the table as well as in the field.

Resources: For a full listing of heirloom tomato varieties available from seed savers around the world, join the Seed Savers Exchange (www.seedsavers.org) and you will receive the SSE Yearbook, an encyclopedic resource that lists all seed offerings by SSE members everywhere. The Sustainable Mountain Agriculture Center (www.heirlooms.org) offers several Western North Carolina heirlooms. Other great resources for locally-adapted seeds are seed swaps and local farmers. Southern Exposure Seed Exchange (www.southernexposure.com) offers a number of heirlooms adapted for the Southeast in general and the Appalachians in particular. Other good sources of heirloom tomato seeds include: Baker Creek S&E (www.rareseeds.com), Tomatofest (www.tomatofest.com), and Fedco Seeds, a worker- and consumer-owned cooperative (www.fedco.com).

Beth Trigg with her partner Christopher Fielden operates Red Wing Farm, a small farm and market garden specializing in heirloom varieties and committed to sustainable growing practices. Beth and Christopher teach classes on organic gardening on their farm and elsewhere in WNC. Beth’s favorite heirloom tomato is the Emerald Evergreen.

For more information on growing heirloom tomatoes, visit Beth’s blog, *The Milkweed Diaries*, at <http://milkingweeds.blogspot.com>.



Co-op Calendar

July

Every Monday afternoon, 3-6 p.m. Tailgate Market.

Owner Appreciation Days

July 8, 9, 10, 11 Thursday through Sunday

***Conveniently use your 5% Owner discount once a month on any ONE of these days.

Monday, July 12th 11:00 am - 4:00 pm American Red Cross Blood Drive, in the parking lot near Morris Broad Band (our neighbor). Donate Blood! Please sign up on the clip board in the store or sign up online at: www.membersforlife.org/cbsr/schedule code # 15997 All donors will receive a coupon from the Co-op: "buy one, get one lunch special".

Monday, July 26th special Chef at Market at the Tailgate Market, Jennifer Salkewicz, kitchen manager at Talisman Programs for Exceptional Children will join us to demonstrate a simple recipe that you can taste and try at home. Ingredients will be from the farmers/producers at our market that day. Demo to begin at 4:30 p.m.

Saturday, July 31st 9 am - 11 am Medical Screening Services *Appointments Preferred*. Please sign up in store. Cash or check. *FREE Breakfast Burrito w/ Complete or Exec Profiles any questions please call: 1-800-758-2387

Stay tuned for Summer Picnic Info!!

We will be changing venues this year. We will post location info and dates as soon as we can. Think trees, and lake, and fun!

August

Every Monday afternoon, 3 pm - 6 pm HCC Tailgate Market. Watch for another Chef at Market this month. TBA.

Owner Appreciation Days

August 12, 13, 14, 15 Thursday through Sunday

***Conveniently use your 5% Owner discount once a month on any ONE of these days.



Tailgate Market
Hendersonville Community Co-op

Come to the parking lot at the Co-op to get the freshest fruits and vegetables, herbs, flowers, eggs and plants from your local growers. Conventional, transitional, low-spray, biodynamic and organic produce will be available.

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



715 S. Grove St., Hendersonville, NC 28792

For more information on any of these classes or to see class fees go to upcoming events at www.hendersonville.coop For pre-registration or more information on any of the events email gretchen@hendersonville.coop or call 693-0505

WELCOME NEW OWNERS

Royall Burns, Carol Ruetee, Desiree Christa Ricker & Andrew Livingston, Carla & John Kraft, Deborah & Dwayne Besser, Brandon Hooper, Eric Duncan, Erica Vasilj & Cooke Harvey, Darryl & Bill Green, Laura & Ron Brendel, Joleen & Justin Underwood, Susan & Kara Mack, Donna & Lou Palmer, Judith & Lee Goldman, Ronald Hollmeier & Lynn Hodges, Thomas & Barbara Jeffers Sr, Mollie & Anthony Lebude, James & Carol Ward, Harold & Betty Coston, Kim & Jon Wood, Robert C Nelson & Kate (Mary) McCarthur, Bruce & Doris Smith, David & Maria Miller, Diane, Jim & Nicole Wright, Ellen & Randall Carnahan, Christine Pappas & David Heishman, Joanne Chinkers, Angela Heatherly, Cindy Hemenway, Sudavit Chubthaison & Greg Hollingsworth, Christine & Tuu Lau, Doreen & John McTigue, Susan Chitwood Barton & Jessica Chitwood Wagner, Katie & Mike Cox, Michael Nease & Lynn Flodin, Laura & John Baylor, Sabra & Don Boelke, Jon Little & Adam Jernigan, Dana & Amy Ashworth, Nancy & Chris Gruber, Pamela Leigh, Paul G Ramsaier, Ronnie & Roxanna Pepper, Anne Maliff, Nancy & Laurence Pellegrini, Lorraine Frangesh & Alix Benitez-Brown, Adventure Treks, Megan & Dylan Hopkins, Bill & Amy Mcferlend, Louisa & Richard Foss, Mike Tate & Julie Miesbauer, Glenda Lancaster

Minimizing Seasonal Allergy Symptoms Without Pharmaceuticals

Frank Trombetta, D.Sc. and Rowan Farrell-Trombetta LMBT

Everyone's response to allergens is fairly unique. What is common to most is an experience of some form of inflammation in the body, which may express in quite a variety of ways. These may include itchy, red eyes, asthmatic symptoms, runny nose or eyes, fatigue, skin rash, muscular or joint pain and sometimes even depression.

Why may some individuals have a response and others none and why do different people express different symptoms? And should everyone be treated the same? Probably not, because we have individual chemistries and genetics, individual histories and even different psychological make ups.

With this in mind, we can summarize some steps or processes an individual can take that may be helpful. In our practice we screen for and try to correct some of these key areas: Overall cellular, colon and liver toxicity, heavy metals burden, adrenal function (often affected by prolonged stress levels), general fitness levels, antigenic load from diet and environmental factors, to name a few.

Each individual can take major steps then to minimize the effects of allergens, keeping in mind a concept referred to as total antigenic load. Lowering as many stressors on your body as is possible leaves you in a much healthier state to deal with the stressors that you can do nothing about.

Many of our clients do an annual detox. There are methods and products readily available for this. Eating the healthiest diet possible and avoiding food allergens is extremely helpful. We also suggest the use of quercetin, bromelain and high concentrations of pancreatic enzymes (available also at the Co-op as Wobenzyme), to reduce the effects of airborne allergens.

HEPA filters work extremely well and can make the home environment a safe refuge for allergy sufferers. We'd suggest a HEPA with a cleanable filter rather than a throw away because of the high cost of replacement filters.

Wild spring greens and wild medicines resurface just in time to support and nourish our immunity. Salads with chicory, radicchio and dandelion leaves nourish the body with essential enzymes and bitters that promote liver, stomach and kidney, pancreatic and intestinal health. The Co-op produce department often offers local wild crafted Dandelion.

Stinging Nettle *U. dioica*, an alternative, is a primary treatment for asthmatic allergies and "nervous" eczema. *Urtica dioica* Known for reducing sensitivity to food allergies by a binding action on immunoglobulin G. Stinging Nettle is a "power food" which promotes longevity by nourishing and

supporting the entire body, particularly the endocrine, immune, urinary, respiratory and nervous systems. Make an infusion by pouring boiling water over a fistful of dried Nettle in a quart jar (glass), steep four-eight hours and take a cupful daily. Dried Nettle is available in the Co-op bulk herb department.

Stinging Nettle is also an excellent pot herb when boiled then drained and sautéed with butter and fresh goat cheese. The richest and most nourishing soup we've ever had was also the simplest: fresh young Nettle tops brought to a boil, covered, and let sit overnight to steep before reheating. Two excellent references for wild food and tonics are Juliette Barclay Levy's classic, *Nature's Children* and *Susun Weeds, Healing Wise* both available through the Co-op.

Please help us welcome our new neighbors here on South Grove: WNC Functional Health is now located next to the Artistic Framing Shop, just across the parking lot from the store. They recently moved from a downtown location. Both the Co-op and Frank & Rowan Trombetta have been enjoying some of the natural benefits to being located in such close proximity to each other and sharing the same dedication to healthful living. And talk about nice neighbors; these folks are always friendly and happy to see you. They even forfeited access to their own offices on Monday afternoons so that we could hold our tailgate market there from 3-6 p.m. Truly good neighbors right off the bat. Hopefully you can enjoy some of the wisdom offered here in this article that they generously shared with us. They can be reached at: (828) 696-1915 www.wncfunctionalhealth.com



Health Screening at Hendersonville Co-op
Take an ADDITIONAL \$20 OFF ON 4+ TESTS!!

Complete Blood Profile..(\$185 value).....23+ tests.....\$35*
 HDL, LDL, lytes, proteins, glucose, plus heart, liver and kidney enzymes.
 Ideal if taking statins, niacin, red yeast, fungus or arthritis meds.
 4-8 hour fast preferred but not required. Drink 12-16oz. water!

Executive Profile... (\$290 value) 30+ tests\$55*
 Above +CBC,hgb, crit, red & white cells, plates & TSH. Add T4 for only \$10.

Prostate Specific Antigen (PSA).....\$35

Mercury Seafood is major source...linked to AD and CHD.....\$60

Candida Profile IgG, IgaM, Iga antibodies & antigen.....\$155

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

C-Reactive Protein...Can increase CHD risk by 600%\$40

VAP incl: lipo(a), HDL & LDL particle size...See TheVapTest.com.....\$85

HeartTrak Special... SAVE \$85 off reg!!..Reg. Price is \$305.....\$220
 Incl: VAP, CRP, H-cyst, ferritin, fibrin, Vit. D. Add PlakTrak for ONLY \$80!!

PlakTrak I.D.s rupture-prone plaque.....NEW PRICE...\$105
 Raises risk 75-600% even if low LDL. Best predictor of stroke w/ low LDL.

NOT voided by other inflammation like hs-CRP. See plactest.com

OmegaTrak(rbc fatty acids) \$30 OFF omegaquant.com..... \$120
 23 tests incl aa/epa/dha.Low # incr risk of sudden cardiac death 90%

Syndrome X Profile..(\$280 value!)..10 hr. fast.....\$95
 A.K.A. metabolic syndrome: Complete Blood Profile, Insulin and H-globin A1c.

H-Pylori linked to migraines, skin conditions, auto-immune & cancer\$40

FemTrakex..8-test saliva post menopause hrms.....Save \$180.....\$215

Adrenal Stress Index™..9 tests. See DiagnosTechs.com.\$220

OsteoTrak Measures bone breakdown rate. Shows gain in 3-6 mo...\$80

Vitamin D...chd, stroke, FM, SAD, CFS, ITP.See vitaminDcouncil.org. \$50

Hair Analysis TraceElements.com. 30 minerals & 8 hvy metals..... \$95

Saturday July 31 9-11a.m.
 Appointments Preferred Please sign up in store. Cash or check.
 *FREE B-Fast Burrito w/ Complete or Exec Profiles
 Medical Screening Services 800-758-2387



**Pet Sitting, Errand
 and Companion
 Services**

Laura Frohling
 828.489.8009
 ldf10@bellsouth.net

**Member of Pet Sitters International,
 Bonded & Insured.**



GENTLE PAIN RELEASE® CENTER
 Richard Fowler, P.T. Inc.

Gentle Manual Therapies
**Specializing in Fibromyalgia, Headaches,
 Back and Neck Pain** (Covered by Most Insurances)

call (828)698-3489 · www.gentlepainrelease.com
 323 N. Washington St., Hendersonville, NC 28792 · rfpt@bellsouth.net



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

828-862-5691
Jacob Zimmerman
 Insured & References
 BS Agriculture ~ M Ag Plant Health
 NC Reg. Landscape Contractor #1147
 Certified Arborist

Salamander

books • cards American &
 wine • music fair trade craft



jewelry • hats • handbags

Raise your spirit • Enliven your home

7 W. Main, Saluda, NC • 828-749-3466

OAD

**Don't forget to
 come to
 Owner
 Appreciation
 Days!**

Owners save 5% on one shopping trip
 of your choice between July 8th and July 11th!!!!

Just pick which day you want to shop and let your
 cashier know you would like to use your discount.

News and Views

from Outreach

Bring Your Own Bag Update:

HCC owners and shoppers brought their own bags and donated chips to these three organizations:

My Place received \$435.00.

My Place provides shelter, love and a real world education for homeless youth in North Carolina. For a young person, home is more than shelter. My Place is a grass roots demonstration project committed to positive youth development. We are the only service offering a comprehensive solution for homeless youth ages 18-24 years, in Henderson County. My Place - Gen "Y" • 210-B South Church St, Hendersonville, NC 28792 • Phone: (828) 693-6875

Dispute Settlement Center of Henderson County received \$238.00.

The Dispute Settlement Center offers and promotes alternative dispute resolution processes – including mediation, conciliation, facilitation, and training – as means to peacefully resolve conflicts. 101 South Grove Street, Hendersonville, NC 28792 (828) 697-7055

And finally, when the earthquake struck, and there was a flurry of activity to assist with the crisis, we added a third box to the options resulting in the following:

Cooperative Development Foundation: Haiti Emergency Fund received \$340.00.

The following press release explains the impact of your donations, and donations from cooperatives around the country.

CDF GRANT AWARDS FOR COOPERATIVE RECOVERY IN HAITI

Washington, D.C.—Citing the need to help the long-term recovery of the Haitian economy, the Cooperative Development Foundation (CDF) today announced over \$62,000 in grant awards from CDF's Co-op Emergency Fund for Haitian Earthquake Recovery. "Fundraising began within days of the earthquake and we are pleased to announce these first grant awards to three U.S. organizations that are helping to rebuild the Haitian cooperative community and assuring that cooperatives will be part of the rebuilt Haitian economy," said CDF Board Chair, Terry Lewis.

Grant awards were made on Wednesday, May 5th in Washington, DC, during the annual meeting of the National Cooperative Business Association (CDF's affiliated organization) to the following organizations:

- World Council of Credit Unions (WOCCU) for their work to help rebuild the Haitian credit union community (\$23,730).
- NRECA International Foundation for their work to help rebuild the electric generation and distribution system, countrywide, but with an initial focus on the Port-au-Prince area (\$24,250).
- ACIDI/VOCA for its work related to cooperative development in the rural, southeastern part of Haiti (\$15,000).

In all three cases, the projects for which the funds will be used are major initiatives for which substantial additional public and private sector funds are being committed. The CDF grant awards will primarily cover the costs of volunteers with special expertise to travel to Haiti and participate in the rebuilding.

"This is all about co-ops helping co-ops," said Lewis. "We're thrilled to know that CDF's Haiti fund can help make it possible for WOCCU to bring its experts to Haiti to help re-open sustainable credit unions... and for the NRECA International Foundation to bring volunteer line crews to Haiti to help bring reliable electricity back to the country...and for ACIDI/VOCA to provide skills training that will benefit cooperatives in rural areas of the country."

Lewis singled out the food cooperative community for special thanks for their response to the fundraising appeal. "Every time there has been a major disaster, the food cooperative community has shown great compassion and generosity. They always step up to the challenge and the Haiti response was no different -- 78% of the funds raised to date have come from food cooperatives and their individual members."

Contributions still are being accepted for the Co-op Emergency Fund for Haiti Earthquake Recovery (online at www.cdf.coop). CDF collects no administrative fee for any of its costs associated with the Emergency Fund and, as a result, 100% of the funds raised is used for grant awards. The Cooperative Development Foundation is a nonprofit charitable organization that promotes community, economic and social development through cooperative enterprise.

I couldn't mean it more when I say,
Thanks for cooperating,
Gretchen



WHO OWNS THIS PLACE? YOU DO.

Become a part of our future.

RUN FOR A SEAT ON THE BOARD.

Work with a dynamic group of local leaders focused on guiding the Co-op into a thriving and meaningful future.

Candidate Qualifications:

- Be a current HCC owner & active shopper, dedicated to the ideals of the cooperative mission.
- Understand that the work of the board is to set policy and engage in long-term visioning without involvement in day-to-day management decisions.
- Possess a cooperative spirit, patience, passion, humor, objectivity and vision.
- Be available to attend meetings, retreats and special events and to complete the work of the board via the Internet, committee work or individual assignments.

Duties and Responsibilities:

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



Get on Board!

Nomination/Election Process:

- If interested and qualified, please ask for a nomination packet at the Kiosk- and return your application **NO LATER THAN JULY 20TH.**
- Attend several board meetings prior to elections in order to observe process, interaction and outcomes.
- Potential Board nominees will interviewed with the Nominating Committee by August 1st, 2010.
- Board elections take place in October & November and are announced at the Annual Owner Meeting/Celebration in November.

For more information or clarification contact:

**Laura Miklowitz at 693-6261
or Carolyn Widener at 329-4826.**

2010 BOARD MEETINGS: 5:30-8:45

July 27, August 24, September 28, October 26, November 23

Healthy Lifestyle Q and A

with Joan Kennedy of StayWell, Inc.

It seems like I spend much time talking about food and health. I work in a medical center where we treat people with chronic pain, a high percentage of whom are obese. Each person I treat knows that weight loss and healthy eating are essential parts of their pain management plan. Obesity is a major contributing factor to the rapid increase in chronic pain in America.

We also have a weight loss program, so I spend time helping people who want to lose weight understand how to do that in a healthy way. I am constantly reading labels and nutrition research for my own wellbeing and many of the articles I write for this Organic Press include nutritional content. In this issue I am going to answer several questions related to what we eat.

QUESTION:

I see so many advertisements for the value of yogurts for their probiotic content and many brands are vying to be the best of the lot. Can you help me sort this out?

ANSWER:

I can understand why you are confused so here are some facts.

1. Just so we all have the same understanding, I want to define probiotics. They are “good” bacteria produced by the human gut to keep the amount of unhealthy bacteria, yeast and fungus at minimal levels. (There are many types of these healthy bacteria.)
2. While most yogurts do contain some amount of probiotics, the type and amount of probiotics is limited. In addition, almost ALL types/brands of yogurt have very high sugar content. The few that don't use chemical artificial sweeteners like aspartame. In addition to high sugar contributing to extra calories and extra weight, high sugar also fosters the growth of bacteria, fungus and yeast in our guts. This extra growth of such organisms actually increases the need for healthy bacteria (probiotics.) So, in my opinion, the benefits you get from the probiotics in the yogurt are outweighed by the detriments of the high sugar content. Even the good Greek and organic yogurts have high sugar content. I was shopping for some yogurt for my granddaughters recently and found 4-6 ounce container with 24 grams of sugar!! Even the ones targeted to children (Dora and Disney) still have around 13 grams of sugar per TWO ounce serving. Checking the serving size on any food label is very important. Many serving sizes are much smaller than we would think.
3. The probiotics in yogurt are limited to forms of Lactobacillus and Bifidobacterium. While both of these are good probiotics, they are only two of the many forms that help maintain our normal healthy flora.
4. Even though yogurts are refrigerated, their shelf lives can be quite long. Therefore, it is hard to determine how much of the probiotics actually find its way to our guts.

In most cases, I do not recommend yogurt as good source of probiotics. In reality, if we eat healthy, avoid high sugar and antibiotics

whenever possible, our guts do a good job of producing the healthy bacteria needed for good digestion. There are certain situations when taking additional probiotics is helpful such as with high sugar diets, antibiotic use and constipation. For example, a sluggish colon (constipation), contributes to inadequate probiotics because the feces stay in the colon and ferment for longer periods of time, thus increasing the need for healthy bacteria. In fact, chronic constipation can often be relieved by taking extra probiotics.

QUESTION:

I am working hard to lose a few extra pounds I put on over the winter. Where can I look for hidden calories?

ANSWER:

One of the first places to look is in what you drink. It is amazing the number of calories (and sugar) you can consume quickly in just few swallows of many beverages. Our media, once again, is trying hard to convince us to drink beverages that are mainly sugar drinks under the names of vitamin, health and energy drinks. I am appalled everytime I check on one of those so-called healthy drinks to see the number of grams of sugar in them. Just recently I checked the sugar content in a carbonated fruit drink that our very own coop had on sale—20+ grams of sugar in a six ounce can. And, not to single out our wonderful coop, a few weeks ago when I was in Earthfare—a rare occurrence on my part—they had a display of beverages right at the check-out counters called a vitamin drink that had 13 grams of sugar per servings and there were 2 ½ servings in each 12 ounce bottle. Oh, you can find such drinks with zero sugar, but they are hard to find and are not usually the ones on sale or on a featured display.

Our alcoholic consumption has become very creative too. Cosmopolitans, Margaritas, Daiquiris, Black Russians and even gin and tonics, to mention just a few, are all calorie laden alcoholic beverages. There is as much sugar in organic wine as in non-organic and most of the sweeter ones go down smoothly (and quickly.) A friend bought me some pomegranate wine. It is delicious and pomegranates are healthy—right? Right, but also quite high in calories when concentrated into a drink. Check most fruit juices. Though fruits are good sources of vitamins, most are also heavy in sugar. Fruits are best consumed as a whole food, not as a drink.

And how about our coffees today, lattes, etc. Most are loaded with calories. And beware of smoothies. They can have many calories as well even, though they are considered a healthy drink. Even McDonald's has recently gotten into the “stop here for a drink” business. Sounds healthy, right? Wrong. Analysis of food and drinks served there, and other such places, show more calories in the drinks than in many of the food selections such as hamburgers, fries and egg McMuffins.

QUESTION:

We know that buying local is better for the

continued on pg. 23



CHANGE YOUR WATER CHANGE YOUR LIFE

KANGEN WATER™ AWARENESS PRESENTATION AND DEMONSTRATION

Lecture and Demo every Thursday evening at 7pm
Location: Fitness SOULutions – Beacon Commons
475 S. Church St., Hendersonville, NC

Bring clean jugs for your FREE samples
of KANGEN WATER™

Lecture and Demo now in Asheville Call for location,
dates and more info

www.health2others.biz
828-698-7642



OAD

Don't forget to come to Owner Appreciation Days!

Owners save 5% on one shopping trip
of your choice between July 8th and July 11th!!!!

Just pick which day you want to shop and let your
cashier know you would like to use your discount.

Large Half Page Ad
7.25" x 4.75"
\$120
\$110 for Co-op Owners

Small Ad
3.5" x 2.25"
\$50
\$40 for Co-op Owners

Medium Ad
3.5" x 4.75"
\$70
\$60 for Co-op Owners

Advertise in the Organic Press!

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

Rates

| | |
|------------------------|----------------------|
| <u>For HCC Owners</u> | <u>For nonowners</u> |
| Small \$40 /issue | Small ads \$50 |
| Medium ads \$60/issue | Medium ads \$70 |
| large ads \$110 /issue | large ads \$120 |

There is a 10% discount for three issues and greater reservations.

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

The deadline for ad submissions or changes is the 7th of the month prior to the month being published.

STAFF SPOTLIGHT



Julie Swisher: Baker Extraordinaire at the Blue Mountain Deli

by Gretchen Schott Cummins

She makes her magic during the wee hours of the morning. But she is rarely seen. Still she has a numerous, and healthy following in Hendersonville. If you think this article will hold the secret treasures of Julie's baking, you will be disappointed. But read on anyway, because Julie revealed some real gems about her baking and what all goes into making it so wonderful.

"It's all about the texture," Julie tells me. Indeed, texture and flavor is what we get with Julie's breads: a delightful balance of softness- with the chewy, tangy dried fruits, and the crunchiness of nuts for protein, and subtle, rich sweetness from Black Strap Molasses- all of which you will find in the healthy Energy Bread, for example. And it all begins with the spelt difference that her customers have come to appreciate both for flavor and for health.

Julie began her cooking and baking career in a little co-op in Mississippi. There she managed a vegan cafe: Vegan cooking means finding the right combinations for protein and knowing how to create nutritional value in the food while paying close attention to allergies and dietary needs- limiting the in-

gredients to nothing containing dairy, poultry or meat products. Julie learned some basic baking technique while working at that little cafe, and claims it all kind of clicked for her when it came to the art of baking. Thus was born the spelt movement in Julie's repertoire. She discovered that people who were aware of their own intolerance to wheat responded well to the spelt products and clamored for more. Julie remembers folks telling her that they "felt so much better eating spelt." Not that this grain is gluten free. Just that they had had certain reactions to the wheat. So she made more, and developed many recipes which would utilize spelt among other grains as well: rye and buckwheat for example. Baking bread, and innovating recipes became her passion.

We're all a little stumped as to how Julie came up with these gloriously tasty foods. It seems she can accomplish anything from the decadent chocolate gooey cookie "Mental Meltdown" or Espresso Brownies, to the healthful "Yogi Bars" and vegan spelt bagels. The best seller seems to be the Energy Bread which she actually formulated years ago before she even started baking here at the Blue Mountain Deli.

She's developed these recipes by trial and fire, and has worked hard for the devotees she boasts. Her fans asked me to specifically talk with Julie about sweeteners in her baking. She sighed a bit because the topic can be so touchy. There is some discussion as to what sweeteners have a dangerously high glycemic index and which ones' don't. Agave works well as a substitute, but Julie is aware of people's concerns, and she's ready to hit the drawing board for alternatives if need be. Then, there's always the question of how much to use and how to offset the other ingredients so it will work. This can only be answered by "time, and trial and error." Julie rarely uses just plain old sugar, if she does, you'll see it on the label and you can rest assured it will probably be organic. Her favorite sweetener though, is the Black Strap Molasses. At least she knows there is some nutritional content since the molasses is so high in iron. She did offer some advice for those who want to sweeten without sugar- try using date paste and/ or apple sauce.

Or rice syrup as it is continued on pg. 23

Co-op Classified Ads

Intentional Community. We seek individuals and families who are committed to living in community. The Core Group is now being expanded to help organize and manifest the concept of sustainable living. We will organically grow most of our food, spawn micro businesses, and lead a healthy lifestyle through preventive health care. Please call Brecharr 828-288-2699 or Grace 828-545-2948

Acu-Na Wellness Center offers Massage, Acupuncture, Facial Rejuvenation, energy work, qi-gong, pyradym sound healing sessions and so much more. Please visit our website at www.Acu-Na.com for full list of services. Holiday Gift Certificates available at a 15% Discount (Nov./Dec). Discounts cannot be combined. Call (828) 692-2440.

Have Pain? Healing Touch Energy Sessions provide relief. Used in Hospitals. Also, Qigong /Feng Shui Consultations. Call Linda Gardner. Cell 388.2036. ACU-NA Wellness Center 828.692.2440

EDITH DZIORNEY, LNMT, #836 Licensed Neuromuscular Therapist @ Fountain of Youth Day Spa, 516 Kanuga Street, H'ville. 698-2954 \$15 off your first session. Sears Fireplace Insert - 34" wide by 29" tall, good condition \$250.00 891-5418

Pyradym Sound Healing by Ann Weeks @ the Acu-Na Wellness Center, 330 E. 1st Avenue, Hendersonville. If you've never experience the amazing Pyradym sound healing session now is the time! It induces a deeply meditative state that promotes deep tension relief, lessens pain, boosts the immune system and promotes emotional and spiritual healing and growth. Call Ann Weeks now at (828) 329-8883 or the AWC at 692-2440

Set of blue Shiatsu/Massage body cushions including face cradle for use on floor or table, \$32. Call 696-9081.

Department News

What's In Store For You?

Deli ~

We would like to extend our greetings this month from the Blue Mountain Deli and Bakery. Summer is finally upon us and what an awesome time of the year it is. The local produce is pouring in and we are taking full advantage of our rich Appalachia farmed produce and meats. Please enquire at the deli counter and we would be happy to inform you of local food sources and how we utilize them in our production.

New in the bakery this month we would like to mention several new items that we have been developing for the last several weeks. One of which are the coconut macaroons made by Laura. Some other desserts that she is working on are key lime pie, lemon meringue, lemony bars and hopefully fresh berry tartlets coming soon. She is also available to make special orders for your birthdays, parties and gatherings. Orders should be placed before Sunday for pickup the following week.

Fresh in the Deli this month we are going to be offering several new salads and replacing several other items. One of our new salads over the next couple of months will be the Radicchio Chicken Salad inspired by the NCGA. This salad will be composed of all natural chicken, red onion, snow peas, celery, green onion, craisins, toasted pecans and tossed in a light sherry vinaigrette. In addition, we will also be offering a summer couscous salad composed of toasted Israeli couscous and grilled local veggies including zucchini, yellow squash, tomatoes, asparagus, bell peppers, and others where available. In addition to the two new salads, we will be replacing our southwest chicken with a jerk marinated and grilled chicken breast in the deli case. We will also include a new packaged salad in the mix containing fresh greens, craisins, toasted pecans, red onion, feta cheese and a balsamic or berry vinaigrette.

Remember that we serve lunch from 11:30 AM until 2:30 PM, Monday through Saturday and biscuits served while they last. Hope to see all of you as we kick off summer.

~ Jordan

Grocery ~

Looking for a mid-summer guiltless treat? Try So Delicious fruit juice sweetened Coconut Water Sorbet. It is available in great flavors like Lemonade, Mango, Raspberry, and Hibiscus. So Delicious Coconut Water Sorbet has 0 fat, 100 calories per serving, and is made with organic ingredients. It is made with hydrating coconut water and is very refreshing. This sorbet is also certified vegan, dairy/lactose free, gluten free, and contains no soy, so it makes it a wonderful option for many people with diet restrictions as well as being delicious. Another reason to try it, is it won "Best in Show" award from VegNews Magazine at Natural Products Expo West. Something else new at the co-op is tea from Charleston Tea Plantation on Ladmalaw Island in South Carolina. It is from America's only commercial tea farm. Charleston Tea is true tea from the Camellia Sinesis plant, like other black and green teas are produced from. It is all natural, and produced without herbicides and pesticides. Since it is grown regionally it is very fresh and full of flavor. It is packaged in pyramid tea bags that contain large pieces of tea that allow the leaves to steep a strong and full bodied tea. It would make a true cup of "southern" iced tea for these hot summer days.

~ Marisa

Wellness ~

Faerie Made Soaps: A Word with Tina Glenn

What inspired you to start your business?

Faerie Made began after my daughter was born and I wanted a way to make money and be creative while being there for her as she grows, and we are now heading into our 8th year ... :)

Some Co-op owners might be a little unfamiliar with your soap. Can you tell us more about it?

Faerie Made soaps are created to provide you with an excellent bathing experience! Our all natural soaps are made with food grade oils and nut butters, scented with quality pure essential oils, and are visually appealing (just 'cause). There is no skimping on the ingredients here, and our soaps last and last ... as long as you don't leave them drowning in water. One thing about my little soap company is that if I don't love it, I don't want to make and sell it. And I'm a bit of a hedonist ... I do like nice things.

What do you really like (or maybe even love) about co-ops?

Co ops are true community stores. They are all about supporting the community, supporting small businesses and I've never been in a co op anywhere around the country where I haven't felt a sense of belonging.

We hear more and more about local all the time now---but why is supporting local so important to you?

Supporting local is such a part of my life, that I find it hard to detail WHY supporting local is important. I've always preferred knowing where my food is coming from, who is preparing the products I am using. I want to know that my dollar is helping to make a difference in someone's life. In addition to local, I support other small businesses and artisans globally. I prefer to spend money with others who are just trying to make a living.

So we're all buying organic when possible and supporting local--now what?

What other suggestions might you have for people who are seeking to live more sustainably?

I really try to keep my carbon footprint small. I live in a small house. Sometimes, it's a bit crowded, but I have less space to heat, cool etc. & I've realized that I really don't need a big place especially new construction, I don't care how green it's built. I've kept my business on site so that I have a very minimal commute (out the backdoor & on to the shop!) I also have a garden so we can grow plants and we are growing heirloom only so that we can help our planet that way.

If I have to big box shop (like at a chain type store), I look where they spend their profits, how they treat their employees and the communities they are in. Little things like that help.

I realize not everyone can do that, but we can all be as conscious of what we do to impact this planet, so I just feel if we can be mindful of where we shop and how we commute, how we live, who we support and how we treat others.

~Arrion

Produce ~

In the summer time I do anything I can to cool off, swimming mostly. But my favorite way is to sit down in a shady spot and enjoy a slice (or more) of watermelon. Sweet, juicy, and cold its no wonder watermelon is loved and well known by most people today. But did you know that watermelons origins come from the Kalahrai region in Africa? And that the watermelon is more closely related to the cucumber than a cantaloupe? It's hard to imagine a summer without watermelon. So hydrating and cooling, it has less sugar than apples (about 5-6%), and has few calories and no fat. You could eat massive amounts and not feel like you're doing wrong. Come on in and ask the produce department for a slice!

~ Robert



Peak Pet Health - Naturally

NCGA News Service

Providing premium pet care doesn't mean serving Fido or Fluffy a feast on fancy china. In fact, taking good care of your pet is a lot like taking good care of yourself—it's best done with the help of a like-minded healthcare practitioner and natural, healthful everyday choices.

Your pet's needs are very individual, so finding a good veterinarian is an important step. In addition to a full physical every year (more often for younger pets or those with special needs), you'll want to talk with the vet about vaccinations and other preventative measures, food and supplement choices, and grooming. You may also want to explore homeopathy, herbal remedies, and other holistic care options.

Nutrition and Supplements

Choose wholesome food for your pet. Eating unhealthy food can cause inflammation and allergies, intestinal problems, skin disorders, kidney and liver problems, cancers, and other chronic disease. Pet food recalls have resulted in more people reading pet food labels—an important skill for a pet owner.

Here's what to look for:

* The first ingredient on the label is the product's main ingredient. For most pets, this should be a high quality meat source like beef, chicken, turkey or lamb. While some pet owners have raised vegetarian animals, most experts agree that cats and dogs, at least, thrive as carnivores and are not efficient at digesting plant materials as their source of protein. Look for pure meat proteins rather than processed meats and byproducts (meat meal is a good protein source).

* Look for whole grains, but make sure they are not the main ingredient. Grains provide energy, but are sometimes used as inexpensive filler.

* Avoid plant and animal "byproducts," hydrogenated oils, high fructose corn syrup and other sugars, steroids, fillers, sodium, artificial flavors and additives, and chemical preservatives like ethoxyquin, BHA and BHT. Look for natural preservatives like vitamins E and C.

* Keep in mind that words like "natural" and "premium" don't mean much on pet food labels (or people-food labels, for that matter), as these words are not industry defined or regulated. With well-defined standards set by the USDA, organic pet foods contain no antibiotics, pesticides, hormones, preservatives, artificial ingredients, or genetically modified ingredients.

* Look to see that the food will provide your pet with adequate nutrition—including vitamins and minerals, and the right amount of fats—based on his size, age, and how much food he'll be consuming. "Complete and balanced" means that the food meets nutritional requirements set by the Association of American Feed Control Officials and the FDA.

* Consider supplements for your pet's particu-

lar needs. There are special supplements for young pets and old, pregnant pets and pets with specific ailments. Glucosamine chondroitin might be useful for a pet with arthritis, for example, while zinc, selenium and saw palmetto might be perfect if you're concerned about your pet's prostate health. Other useful supplements include antioxidants, probiotics, and omega 3 fatty acids. Some pet foods are fortified with supplements, but most can be given separately, too.

You'll also want to watch for recalls of pet foods. Two places to find recall information are:

*The FDA's pet food recall database: <http://www.accessdata.fda.gov/scripts/newpetfoodrecalls/>

*The American Veterinary Medical Association's webpage of recalls and alerts: <http://www.avma.org/petfoodsafety/recalls/default.asp>

Remedies and Grooming

There are natural pet care remedies for everything from anxiety and arthritis to bad breath and ear problems. Pet homeopathic remedies are one choice. Herbs are another. And there are plenty of natural, healthful grooming options, too.

You'll want to avoid toxic shampoos, like those with chemical pesticides designed to repel fleas and ticks. Instead try a safe, nontoxic shampoo (a plain castile liquid soap is one good choice). If you like, you can add appropriate essential oils (like rosemary for fleas) to the soap, but check with your vet first to determine amounts and to make sure the oil you've chosen is safe for your pet.

For added flea control, regularly vacuum and dust at home, and wash your pet's bedding in hot water. Comb your pet with nontoxic, natural flea powders; there are many herbal options available (don't use flea collars, which are toxic). Ask your vet about dabbing a nylon collar with essential oils like eucalyptus and rosemary instead. Or discuss adding a little garlic or brewer's yeast to your pet's meal.

If your pet has dry skin, simple home remedies such as humidifying the air can help. And again, look to supplements: adding an omega 3 fatty acid or flax oil to your pet's diet might provide amazing relief. Your vet can tell you what's safe, in what amounts.

To keep your pet's ears healthy, clean them regularly. If you're battling mites, talk with your vet about using a mixture of almond or olive oil and vitamin E. Also ask about green tea, which is also a gentle astringent for moisture-prone ears.

Be sure to use biodegradable kitty litter. Clay litters aren't biodegradable, but there are plenty of natural, eco-friendly alternatives. Some are made of corn or wheat, others of shredded pine and/or old newspaper.

It's fun to find natural ways to pamper your pet, too—with healthful treats and safe toys, for example. Like you, your pet will thrive on natural TLC.

Co-op Classified Ads

Migun bed for sale. Like new. Original cost \$3500.00. On sale for \$2800.00. Please contact Nina Mills at 693-4160 or email: ninamae9@earthlink.net

Nutritional and personal health consultations offered by Jean Snipes at the Acu Na Wellness Center, 330 E. 1st Ave., Hendersonville, 828-692-2440. Please visit our website @ www.acu-na.com for further information.

Quantum Bio-feedback - energetic cellular stress identification of your physical, mental, emotional and spiritual bodies. Intro offering \$50.00 contact Bill 693-5497 or toyourhealth@ma-driver.com

For Sale: Ionways Athena water purification unit. Brand new, never used. Purchased for \$2300.00 selling for \$1900.00 Call Bill at 693-5497 visit www.ionways.com/worldwidedeliveries

Internet Marketing: Turnkey Global Business - No pills, potions, juices, auto-orders or downlines. Positive cash flow with integrity. Financial independence is your birth right! Call Bill at 693-5497

If you have pain, stiffness or poor circulation --you MUST experience ZERO POINT ENERGY!! Call Bill at 693-5497 for free demo !!

INVERSION TABLE by Health ark. LIKE NEW. . . \$125. Please call Ginny @ 891-4115

SAT preparation. Learn strategies to score higher. Individual, semi-private, or class rates offered. Certified teacher with 10 years SAT experience. Polly Crabtree 891-4073

Personal financial assistant available to provide support to individuals and small businesses. CPA since 2007. Call Elizabeth of Elizabeth C. Smolski CPA, PLLC at 674-1438.



The Habitual Herbalist

with June Ellen Bradley

Summer Savoring

There is nothing like savoring a fresh garden tomato, its juiciness, taste and texture. It is time to reap the harvest of your own—or someone else's, garden as the squash, tomatoes, beans and other vegetables become ripe for the picking. Fresh herbs like basil, parsley, thyme and mint are wonderful accompaniments to our meals, and many of these fresh herbs are great to add to your water bottle for some extra flavor. Savor a glass of fresh mint water and give thanks for the beginning of a bountiful harvest season.

If you don't have a garden, just head to the Coop for local produce and participate in sustainable agriculture. You will be doing yourself and the planet a favor. Farmers markets are also a rich experience this time of year. The more we become conscious of how our buying choices affect the local economy, impact the food market, and contribute to the overall health of our species, the easier it is to make choices for sustainability, simplicity and sheer goodness. See how we can make a difference in having food that works not only for us, but for our communities as well? Convenience does not always equal simplicity, and in fact often complicates things in the long run. It is evident that we are becoming more aware of the impact our consumer habits have on the greater good. It is also evident that taking on unsustainable mega-companies is virtually pointless; however, we can make changes in our own lives that ripple out and collectively raise awareness in the bigger picture. As this happens, the unsavory practices and procedures will diminish.

Choose to get your herbal products from companies like Gaia Herbs—a local conscientious plant medicine producer. They sponsor educational conferences and bring purity and integrity into their product intentionally. They also have farm tours scheduled for the public if you want to make a trip to Brevard to see their facility. Now that is accountability. Savor the lush gardens of medicinal plants and feel the healing that emanates from the land.

Knowing that the Coop does the research to bring you local organic produce and sustainably farmed (and wild) meats is a great caveat. The appreciation you feel as you make these choices is what empowers sustainable energy to be anchored into our collective consciousness. We need this kind of practice now more than ever and it is easy to do. Enjoying your luscious tomato sandwich and bringing health and wholeness too... thank you, what a gift you are!

Summer (moving to fall) is an abundant time in the natural world. The lush greenness of the plants, the beauty of flowers and butterflies, the new babies of the forest growing, it is a time when the fullness and vibrancy of life is at its fullest. We can tap into that energy at any time by simply shifting our attention to its presence and asking for renewal. Eating ripe juicy fruits that come directly from the plants around us can also boost that experience. Local honey also comes from those plants and is highly good medicine. Fresh blueberries, elderberries and blackberries, etc, are all ready to help us connect and savor—all we need to do is set the intention. If

you are going to be doing something anyway, why not make it a powerful expression by celebrating your intentions for energy to manifest as well?

Think of the way you set up your garden; in the winter, looking at heirloom seeds and setting the intentions for the garden. You can almost see the plants bursting forth with vitality and goodness. Next, we make sure the soil has all it needs to sustain the plants, imagining the fluffy living soil soon to host our selected plantings. Then comes sowing, weeding, watering, and weeding. Sometimes even eating those weeds or using them for medicine. Think of all the other creatures that are participating in the garden, and the alchemy of the four elements becoming food. Before you know it you are eating those sumptuous products of your own labor and the simplicity of walking your talk sustaining more than just us.

The gratitude for efforts rewarded takes over a few days before eating that first tomato that you have been tracking from the first flower. You have been putting energy and intention into it for weeks now and tomorrow is the big day...oh, the anticipation! Maybe you even dream about it.

Even if you do not have a garden you can feel that same simplicity by walking your talk and choosing to put your valuable time and energy in places that yield return and match your intentions. The most important task before you is to know exactly what you want, and following through.

Lately, it isn't unusual to hear folks lamenting the economy and focusing on lack, whether it is health, relationship, environment or cash. How can you savor lack? I urge those folks to go out into the forest and connect with the abundance of Nature. See how there are enough blackberries for the birds, possums, foxes and us? Marvel at the abundance of seeds, plants and even the bugs. Wow. If you follow the lead Nature sets before you, soon you will be focused on the richness and lushness of life itself, savoring the deep dampness and coolness of the forest and that lack mentality will soon fade away as you notice and celebrate (—feel fully) that your life is abundant. Set your intention right then and there. There is no better time for this exercise than right now! Actually the planet needs this from us now more than ever... appreciation, intention, gratitude. Eat your food slowly and savor every bite instead of catching yourself shoveling in food on the way to something else. Savoring summer is a way to enrich your life in a way that enriches other lives. We all eat, make it a prayer. You will be more relaxed, feeling privileged and open and your being will cause others to notice on a subtle level. Summer Savoring is a practice that keeps you ever in the present moment. So savor and be rich in spirit...that is the richness you will always keep! Sense the juiciness, ripeness and growth within yourself and resonate the abundance of your being in places that help that energy to grow. May you capture the blissful opportunity that awaits as you savor your summer!





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

Co-op Classified Ads

Garage Sale: Stereo and Home Recording/Entertainment Equip. Shelving, misc. 891-5418

Looking for part time work in the evenings. Maintenance, janitorial, factory, convenience store preferred. 891-5418

Fireplace Insert (Sears) good condition \$200.00 891-5418

Women's Bikes

1. Roadmaster Chromium Edition 10 Spd. Like Brand New, Very Smooth Ask \$125.00

2. Nishiki/Sport Performance 4130 10 Spd. Ask \$125.00
Call Laura at 693-5497

Granite Chinese Lantern for yard, with light sensor automatically comes on and off dawn. 3' tall x 18" large &* heavy - \$375.00

Elegant Antique Cherrywood game table w/custom made cover, Must see to appreciate. - \$450

15th Century Antique dark wood desk brass knob handles on drawers- \$500.00

Beautiful 18th century Antique vanity with 7 rounded brass pulls on 7 drawers, - \$275.00

Queen Sofa Sleeper, Green, Beige & Gold striped – excellent condition - very comfortable - \$300.00

AIWA 3 disc, digital audio system, with dual tape deck & AM/FM, karaoke, 2 speakers, \$50.00

Wood Floor Screen 5' tall - Attractive portable room divider — paid \$200, asking \$100.00

Black Mesh Office chair with rollers & designer arms - \$40.00

Riha Adante Medium sized organ, beautiful oak, with 2 keyboards, 40 accompaniment sounds & floor pedals. \$200.00

Invacare, 4 wheel walker, hand loop brakes, sturdy seat, folds down easily - Like New – Paid \$250, asking \$100.00

Call 808-0689 or 390-0106

Bring Your Own Bag

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:



By recycling your #5s through the Gimme 5 program, you are:

- Saving plastic from being sent to landfills
- Keeping it local by recycling it here in the USA
- Powering Preserve by helping us transform your recyclables into new Preserve toothbrushes and razors



Our MISSION is to improve the lives of children by providing services and resources that

- prepare children, ages 0-5, for success in school
- increase and improve parenting skills
- increase the availability, affordability and quality of childcare
- lead advocacy efforts to improve the way our community thinks and acts on behalf of children.
- We believe that investing in children benefits everyone.



The Blue Ridge Humane Society - is a nonprofit, no kill, animal welfare organization, dedicated to ensuring a safe environment for homeless, injured, and abused animals awaiting adoption. We are committed to proper animal care, and spay and neuter education throughout our community.

Make a Difference Every

Time **BYO-Bag!**
You Shop!

It's a great way to reduce waste, recycle bags, and donate to worthy non-profits.

EVERYONE WINS!

Tomatoes, zucchinis, and basil, oh my!

This summer, when you're overwhelmed with produce from the garden or CSA box- especially all those zucchini and tomatoes, here are a few classic recipes:

Zucchini Squares

INGREDIENTS:

| | |
|--|--|
| 2 ½ cups | zucchini, grated and drained |
| 1 cup | butter, softened |
| ½ cup | sugar (turbinado) |
| 1 cup | brown sugar |
| 2 each | large eggs |
| 2 teaspoons | vanilla |
| 2 teaspoons | baking powder |
| 1 ½ teaspoon | salt |
| 1 cup | flaked coconut |
| 2 cups | flour, all purpose (try using ½ unbleached white flour and ½ ww flour) |
| 1 cup (optional, but good for protein) | walnut pieces |

ASSEMBLY:

Cream together the fully softened or partially melted butter, sugar and brown sugar until fluffy.

Add eggs one at a time and blend.

Add Vanilla.

Add Zucchini, mix well.

In a separate bowl, mix together flour, salt, nuts, baking powder and coconut.

Slowly fold dry ingredients into wet mix.

Spread into greased sheet pan with a shallow lip and bake at 350' for approx 30 minutes.

Let cool before adding icing.

ICING:

½ lb powdered sugar, ½ stick butter - softened, 2 tsp cinnamon, ¼ cup heavy cream



Tomato Bruschetta Relish

INGREDIENTS

| | |
|------------|--|
| 3-5 pounds | Roma tomatoes (if available, other wise any homegrown/ heirloom to mato will do). Cut in half, seeded, diced small |
| ½ pound | red onions, diced small |
| 1 cup | fresh basil, chopped |
| 1 cup | parsley, chopped |

Dressing

| | |
|----------------------|---------------------------|
| ¾ cup | olive oil |
| ¼ cup | balsamic vinegar |
| ¼ cup | red wine vinegar |
| 3 TBLSNS | garlic, fresh, chopped |
| 1 tsp (or to taste) | salt |
| to taste | fresh ground black pepper |

ASSEMBLY:

In a bowl, whisk dressing ingredients together.

In another large bowl, mix together the tomatoes, onions, basil, and parsley.

Add dressing to the tomato mixture and toss and serve atop freshly toasted bread.

[note: bruschetta is a traditional tomato relish, often served with fresh mozzarella, goat cheese, feta or large peels of grated parmesan on toasted baguette or bread slices].



PRODUCER PROFILE



Clark and Ana Mitchell Vegan Specialties & Baked Goods

As with so many things that are delicious, and good for you- you simply have to come try them in order to find out just how good they are! Clark Mitchell offers samples of his granola, granola bars, and breads, right there at the tailgate market on Mondays. I fell for the cherry chocolate granola and found myself conveniently not telling the rest of my family about it at breakfast.

Clark is new to the HCC Monday tailgate market this season, and he already has a following of regular shoppers here. With a beautiful logo, and some very eye pleasing packaging, he seems to be happy on this new venture in food. While I talked with him, he had a customer come by for the second week in a row claiming that she needed some of the healthful granola bars to take on the plane with her. She said she not only “loves the granola bars because they’re healthy, mostly because they are fresh and they taste good because they are so fresh!”



The story behind Roots and Branches begins back in Asbury Park, New Jersey, where he owned and operated a vegan restaurant called the Twisted Tree Cafe. It was hugely successful, but he and his wife were ready to leave the rigors of New Jersey and restaurant life. They went in search of a lifestyle change, which lead them to Asheville. The expertise he brings to the vegan treats comes with years of experience. Selling them at tailgate markets keeps him sitting outside under a tent, enjoying contact with the customers.

Clark is entirely self-taught in the art of vegan cooking and baking. “I cook what I like to eat” he says. “when folks started asking for wheat free, gluten free, vegan foods- I just started to make what I would eat.” He finds the process of baking bread especially satisfying: “it is Zen-like, working with dough” he said. After that, he is just very happy watching the people buy it and take it home.

As for the future of the business, Clark could see expanding his production to the point of wholesale and placing it in stores around the area. He is “searching for a niche in this sea of great bread bakers in western North Carolina.” (I’ve heard if you try the Cinnamon Raisin Bread, you’ll believe he has achieved excellence.) For now, we are fortunate to have the chance to try his creations right here every Monday. Other than the tailgate market, you can reach Clark at Roots and Branches by email: rootsandbranches@live.com or check out the blog: www.rootsandbranchesasheville.blog.com

Roots and Branches can be found at 5 different tailgate markets right now. Besides the HCC market on Monday, he is selling at Black Mountain Tailgate Market, Greenlife Tailgate Market, West Asheville Tailgate Market, and South Asheville Tailgate Market.

Co-op Classified Ads

4-H Solar Car Workshop, Ages 12 – 18, June 19 or August 14, 10 am – 2 pm. Fee: \$5. Call 697-4891

4-H Sewing Camp, Ages 9 - 18, Week of 6/19 or 6/26. Tote bag or locker caddy. Purchase own fabric and supplies. Fee: \$10

4-H Quilting Camp, begins August 9, ages 12 – 18 with sewing experience. Purchase own fabric and supplies. Fee: \$10

Wheel Chair NEW top of the line- seat: 16” wide, 15 1/2 “ deep, height 18” seat to floor \$200 Call 693-1552

FOR SALE: 1987 -VW Camper- 139,000 miles, new clutch and front brakes, air, 6x CD \$4500.00 Bill Brooks 692-6921

FOR SALE: 1996 Ford Extended Van, 104,000 miles, 54,000 on 6 cylinder OD \$2500.00 Bill Brooks 692-6921

Home repairs, and energy saving renovations by general contractor, 30 years experience - Bill Brooks 692-6921

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

Co-op Connections

A Co-op Owner Advantage

Formerly the Green List - Where Co-op owners can save money in the local community.

Alternative Health

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. 10% off any self-pay service.

Center for Natural Healing, 1185 Ecusta Road, Brevard. Kevin Richard and Sierra Lamanna 862-8806. 10% off first consultation. Consultations \$70/br

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

Peace at Hand 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3003 Far Infrared Sauna free 20 min. sauna visit w/ first 1 hr therapeutic massage session for Co-op owners by appointment only.

Trinity Healing Arts - Sierra Lamanna. BioEnergetic (how the biology is affected by energy) Intuitive. Specializing in matching supplements to your specific energy, therefore addressing core imbalances. Also specializing in streamlining your current supplement program, allowing it to be more affective. Work over the phone or in person. 828-862-8806 www.trinityhealingarts.com. Free 20 minute consultation to co-op members.

Living Points Community Acupuncture Clinic - sliding scale acupuncture \$20-\$40 per treatment w/ \$15 one-time first treatment paperwork fee - 5 Allen Ave, Suite B South Asheville, NC 28803 828-687-8747 www.livingpoints.net We will waive the first treatment paperwork fee for co-op members - \$15 savings

Acu-Na Wellness Center, 330 E. 1st Avenue (1st Ave. & Grove), Downtown Hendersonville. (828) 692-2440. Mary Houge, L.Ac., LMBT. Using a new ground breaking system we help women with menopause symptoms naturally. We help you feel better— without drugs. We also offer acupuncture, massage, facial rejuvenation, lymphatic treatments, Chinese herbal remedies, and natural supplements... www.Acu-Na.com. 15% discount on Co-op members first visit.

Iridology - special offer - Do you want to discover the underlying cause of imbalances and deal with them naturally. Prevention and balancing your body will save you money & suffering using aggressive therapies that suppress symptoms & create a cycle of disease. Your eyes are the WINDOWS TO YOUR BODY, MIND & SOUL. Save 50% on an Iris Analysis, i.e. \$40 an hour To take charge of your health. Call Kashmyra for an appointment (828) 891 1602

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. 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.

Confidential Counseling: Shirley M. Nicholson, Psychotherapy & Hypnotherapy Services. Downtown office. 828-242-7806. 15% discount for co-op owners.

Fitness & Spiritual Well-being

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

Brightwater Yoga: 506 1/2 N. Main Street, Hendersonville. (828) 698-5557, 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.

Steve Westin, DC, gentle adjustments, nutritional counseling, no x-rays req.d. 828-551-8012 \$25/visit for co-op owners, \$35/visit for non-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 \$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: Massage Therapy & Bodywork plus Healing Touch, Energy Healing, Aromatherapy, Raindrop Therapy Technique. 828-553-8146. 10% discount on initial session.

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 Rd, Hendersonville, NC 28792 A private, serene, tranquil & comforting atmosphere dedicated to your well-being. By Aptmnt 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.

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 psdicures for co-op owners always.

Stoney Mountain Healing Center: Meg Reim, Hendersonville. Home-828-274-0429. Cell- 757-274-1240 or e-mail at mreim@rocketmail.com. Wonderful healing sessions in a octagonal dome-like structure. 25 years of experience in medicine and alternative health. Sliding scale fees, love donations, bartering, etc.

Jill Johnson, LMBT, NMT NC#4924, #56162 Therapeutic Swedish Massage, Certified Neuromuscular Therapist. 10 years experience combining various modalities for a unique healing experience. \$5 off for Co-Op owners-ALWAYS. 244 Fifth Ave. W. #103 828-553-4605

Grace Shen, PT offers Total Motion Release, Craniosacral Therapy, deep tissue/fascia work, and Holographic Memory Release. Offices in Fletcher and now at Asheville Healing Arts. (828) 545-2948 by appointment. 10% off initial visit

Peace at Hand 1531 Haywood Rd (Hwy 191) Hendersonville, 828-243-3139 692-3003, \$10.00 off first therapeutic massage for co-op owners by appointment only

BodyHarmony Massage - Karen Cash LMBT I am 20 years experienced and trained in a multitude of Therapeutic Techniques. I have also studied holistic nutrition and inner awareness health. I most frequently work integrating Swedish, Neuromuscular Therapy, Trigger Point Therapy, Craniosacral Therapy, and Matrix Energetics; but it's great to have the ability to integrate other techniques to help meet your needs. Whether it's stress relief, pain management, or wellness maintenance, my goal is for you to receive the best bodywork for your ultimate health. 25% off your first Session for coop members. 828-890-5996 or 828-329-4858 BodyHarmony@bellsouth.net KarenCash.com

Margaret Ellis: Licensed Aesthetician specializing in Holistic Skin Care, Body Detox therapies, Natural Nail Care, Reflexology and the benefits of drinking Kangen Water. ACU-NA Wellness Center, 330 E. 1st Ave., Hendersonville. 828-692-2440

Retail

Crystal Visions: 5426 Asheville Hwy. (Hwy 25), Naples. 828-6871193, metaphysical & spiritual books, gifts, classes and events, www.crystalvisionsbooks.com. 15% off regularly priced jewelry.

The Red Arbor - Holistic Family Hair Care Clipper cuts, women and children's styles, peaceful atmosphere, Organic products used, Reiki sessions by appt. 551 Israel St. off Kanuga Rd.(behind Blue Water Seafood) \$1.00 off any service to Co-op members. Call: 828-329-8921 for hours

Eco-Conscious, one-of-a-kind, hand sculpted sweaters! Shop at MONA! Eclectic Artwear For You and Your Home. 308 Davis Street, Hendersonville. Winter hours Thursday, Friday, Saturday 11:00-5pm. 828-693-1611 www.monapaints.com 10% discount with your Co-op Owners card.

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

Peace at Hand 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3003 100% soy candles, relaxation cd's, gems and minerals, NATural Bath and Body Products, Wind chimes and more. 10% discount with Co-op owner card on any regular priced item.

Services & Classes

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

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

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

MAC 2 YOU, specializing in computer help for beginners, women, and seniors. Mac only. Call Elizabeth Shore @ 828-290-7723 or visit Mac2You.biz for more info. 10% discount to co-op owners.

All Seasons Errand Service LLC

Grocery and personal shopping, pet and house sitting, meal pick-up and delivery. M.C. Gaylord 699-8418 and Tammie Bogin 699-6007 www.AllSeasonsErrandService.com 10% off for Co-op Owners.

Persimmons Design

Home Redesign, Restoration and Repair. Green Alternatives and Consultation. 828.697.8713 Co-op owners receive 15% discount.

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

1Site1Day Website Design- 864-335-8672 - www.1Site1Day.com Custom web design for your small business or organization. See site for details. \$50 off package for Coop members.

Carol Shimberg, MHS, RD, LDN, registered dietitian, licensed nutritionist available for nutritional counseling, for disease management, weight loss and healthy lifestyle coaching. Blue Cross Blue Shield insurance accepted. Call Carol at 828-329-3855 or email at cshimberg@aol.com 10% off to all Coop members.

An Evening with Gregg Braden

Tuesday, July 20th at the BRCC Conference Hall, Gregg Braden is an internationally acclaimed author and speaker, and a pioneer in bridging science and spirituality, Tickets are on sale now at www.greggbradennevent.com eventbright.com Special \$5 Discount for Co-op owners Contact Debbie Schults for Discount Code - 828-290-7441 www.charlottemcginnis.com

Discount offers are subject to change without notice.



Politics & Food

from organicconsumers.org

U.S. Clears a Test of Bioengineered Trees

By Andrew Pollack

New York Times, May 12, 2010

Federal regulators gave clearance Wednesday for a large and controversial field test of genetically engineered trees planned for seven states stretching from Florida to Texas.

The test is meant to see if the trees, eucalyptuses with a foreign gene meant to help them withstand cold weather, can become a new source of wood for pulp and paper, and for biofuels, in the Southern timber belt. Eucalyptus trees generally cannot now be grown north of Florida because of occasional freezing spells.

The Agriculture Department, in an environmental assessment issued Wednesday, said no environmental problems would be caused by the field trial, which could involve more than 200,000 genetically modified eucalyptus trees on 28 sites covering about 300 acres.

The permit would be issued to ArborGen, a biotechnology company owned by three big forest products companies: International Paper and MeadWestvaco of the United States, and Rubicon of New Zealand.

The Agriculture Department would have to grant separate approval for the trees to be grown commercially, clearance that ArborGen is already seeking.

Although two genetically engineered fruit trees - virus-resistant papaya and plum trees - are already approved for commercial planting in the United States, no forest trees have yet received that clearance in this country.

Genetically engineered trees have the potential to arouse even more controversy than genetically modified crops like corn or soybeans, which are made using the same techniques. That is partly because many people have an emotional attachment to forests that they do not have to cornfields.

Moreover, because trees live longer than annual crops and generally can spread their pollen farther, there are concerns that any unintended environmental effects may spread and persist longer in a woodland environment than in crop fields.

The Agriculture Department said Wednesday that it had received comments opposing the field trial from 12,462 people or organizations, compared with only 45 supporters of the trial. But a vast majority of the opposing comments were nearly identical form letters, it said.

Critics say that the eucalyptus trees, even without foreign genes, may become invasive. They also said the trees were heavy users of water, could spread fires faster and could harbor a fungus that sickens people.

"They've been a disaster everywhere they've been planted," said Anne Pe-termann, coordinator of a coalition called the Stop GE Trees Campaign.

California Proposes Use of Methyl Iodide,

Known to Cause Cancer, Late-Term Miscarriages and Chronic, Irreversible Brain Damage

In February 2010, a Scientific Review Committee commissioned by the California Department of Pesticide Regulation (DPR) concluded that the use of methyl iodide in agriculture would endanger public health:

"Based on the data available, we know that methyl iodide is a highly toxic chemical and we expect that any anticipated scenario for the agricultural or structural fumigation use of this agent would result in exposures to a large number of the public and thus would have a significant adverse impact on the public health. Due to the potent toxicity of methyl iodide, its transport in and ultimate fate in the environment, adequate control of human exposure would be difficult, if not impossible. This is clearly shown in the DPR risk calculations and the evidence of the toxicity of methyl iodide upon which these conclusions are based is compelling. In addition to the evidence for significant toxicity there is a lack of information that adds further uncertainty to the evaluation of the toxicity. We have concluded there is little doubt that the compound possesses significant toxicity."

Susan Kegley, a consulting scientist for Pesticide Action Network, summed it up for the San Francisco Chronicle:

"This stuff just kills everything," said Kegley, a chemist, who pointed out that even low doses have caused neurological damage and fetal death in laboratory animals. "It is a known carcinogen."

Methyl iodide has been linked to thyroid disease, including cancerous tumors that can also affect the lungs and brain, she said. If tarps typically used to cover the treated soil were to blow off, she said, the substance could waft into the air.

"We are likely to see a greater incidence of thyroid disease with use of this chemical," said Kegley, who wears double gloves and uses syringes, a fume hood and ventilation devices whenever she handles the chemical in the lab.

Despite scientist concerns, on April 30, 2010, California proposed using methyl iodide in agriculture.

Methyl iodide is so reliably carcinogenic that it's used in the lab to cause cancer. Scientists say it "cannot be used safely," yet DPR has proposed approval.



Organic Consumers Association

CAMPAINING FOR HEALTH,
JUSTICE, SUSTAINABILITY,
PEACE, AND DEMOCRACY

Healthy Lifestyle Q and A cont. from pg 11

local economy, but I am sure there must be other reasons for doing that. What are some?

ANSWER:

Some others are obvious such as the food is fresher. Fewer chemicals are needed to preserve the food before it is eaten. It saves on gasoline and other transportation fuel costs and it decreases air pollution as fewer vehicles are needed to transport the food long distances.

Another reason for eating from small local farmers was discussed in interesting detail on a recent "On Point" NPR program. The lively discussion on this program centered around the fact that the massive use of "Roundup," a well know weed-killing chemical product, particularly by large farms has led to "super weeds"—weeds that are Roundup resistant. This is the same unfortunate result we see in humans from the overuse of antibiotics. We now have antibiotic-resistant bacteria which can be deadly in humans. Unfortunately round-up resistant weeds are being found in neighborhood yards and gardens. This is one good reason to grow organic. As conscientious consumers, let's work to limit our use of these super weed killers just as we are working to decrease the over-use of antibiotics

The farming industry now has to find ways to combat these super-weeds that are choking out crops. Genetically engineered seeds are one solution, but now these hardy weeds are even over-coming these engineered seeds. Solutions? There were many possible ones discussed on this NPR program which is available online in the archives of the "On-Point" radio show. A simple one is for all of us to buy as much of our food from local sources as possible. Our western North Carolina local greens are fabulous right now as are the South Carolina peaches. Both of these as well as many other local fresh produce items are currently available at roadside stands and tailgate markets such the one we have at the Coop every Monday afternoon and in our coop market and super markets. Enjoy.

Joan Kennedy, FNP-C, MN
Carolina Medical Multicare Center
828-894-0377

STAFF SPOTLIGHT cont. from pg 13

both a sweetener and a good binder for those vegan recipes that don't have any egg.

My favorites of Julie's goodies are 1) every kind of focaccia. (There are too many to mention; just hope you happen to be shopping in the store on a day when she is sampling them out, and you will know what I mean. 2) The cinnamon sweet topped Coffee Cake: an incredibly moist and delicious, subtly sweetened cake with a Cinnamon Sugar Crumb topping. This, with a cup of coffee or tea in the morning is a superb way to start the day! What amazes me is how she had retrofit a grandmother's recipe called "Cinnamon Flop" (which had been made

with real butter and brown sugar) into a vegan treat made with organic spelt, succanat, and almond milk. (My children go nuts for this treat.)

I figure one secret to understanding any great chef or baker is knowing what they eat. You've got to love what you make. So I asked Julie her favorite: "Like I said, it's texture and



the balance, that is most important to me" she told me. "Super Omega, Sauerkraut Rye, and the Hemp Seed Bar. I'm very seedy, grainy, and nutty in my tastes. I think I've got some squirrely ancestors." You have to get up pretty early if you want to actually talk to Julie. So if you can't make it in time, just drop by to try one of her breads. You can request your favorite bread on the list next to the baking rack, and get a phone call when she has baked it fresh. You'll get hooked, too.

For a complete list of Julie's breads, go to: http://www.hendersonville.coop/wp-content/uploads/2009/07/Julies_Bread_Sign1.pdf





715 S. Grove St.
Hendersonville, NC 28792

PRSRT STD
U.S. POSTAGE
PAID
Monroe, GA
Permit No. 15

Return Service
Requested

Digital Artwork by students from Blue Ridge Community College.
An exhibit compiled by Brian Glaze, Art Faculty
This image was taken by Kalya Edney and is an abstract night shot
of a cop car driving past her.
The Art Department offers a number of courses ranging from drawing,
painting, sculpture to digital photography and computer art.
Program: Associate in Arts- Art (AFA-ART) program, 2yr. transferable
to 4yr. institutions.

