

# The Organic Press

The Newsletter of the  
Hendersonville Community Co-op

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May/June 2010



Following Nature's  
Example in the Garden

Transforming the Tea  
Industry

Kitchen Garden Potager



Editor: Damian Tody

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

The co-op is open to the public and ownership is not required to make purchases.

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**Submission Deadline**

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



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# GM Musings

Well it seems that we have fully progressed from winter to summer and back to spring again. We finally have the cold weather behind us and we can start spending more of our time outdoors. It is so nice to be able to ride my bike to work again. Now that the greenway is finished from Patton Park all the way to Jackson Park, it is so much easier to navigate through town utilizing methods of transportation other than a car. Riding a bike is much more fun when you don't have to worry about cars on one of the many highways around here. There is nothing like the screech of car brakes behind you to wake you up in the morning on a bike ride.

Along with the many changes in nature that spring brings us, we are bringing you some changes in the store as well. Starting in July we will be transitioning from 5% on the 5th to Owner Appreciation Days. There has been a lot of 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 through out 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 shop and use their discount instead of only one day.

Over the course of the last few months we have explored many options for changing the discount struc-

ture at the co-op. The main goals of our search were to increase the accessibility of the discount to the owners, keep it affordable to the co-op (by not incurring too many extra costs such as mailing coupons, wasting paper, etc.), and not increase the work load too much on the cashiers and slow down the process too much at the registers. We have explored mailing out coupons, attaching discounts electronically to owner accounts, tracking discount usage manually at the registers, and various other versions of these ideas. Mailing out coupons would be too expensive and time consuming for us right now. Our POS system is not currently set up to attach one time use discounts to each owner account at this time. We have put in a request, as well as a lot of other co-ops that use the same system we have, that this be available in the future. This would be the ideal situation as owners would then be allowed to use their discount whenever they like during the course of the month. We have been assured that this ability is currently in development and will be available in the future. So until that feature becomes a reality we have decided that the best method for increasing discount opportunities for owners while balancing the operating impact on the co-op is to change to a four day long Owner Appreciation Days. We look forward to seeing everyone in the store and hope that this change will allow many of you who have had difficulty in the past, to take advantage of your monthly discount.

In Cooperation,  
Damian



# A Board's Eye View



**All aBoard!**

**\$ SLOW MONEY \$**

I didn't really expect it when I was first elected to the Board, but life as a member of the Coop Board is a fantastic learning experience. Every month, the Board takes a close look at issues and topics to gain understanding for the betterment of the Coop, its ownership, and the wider community. In short, we're all about *Vision*.

Right now, we're gearing up for our annual retreat, to be held again this year at Plum Branch, the home of the late Clara 'Kitty' Couch—ceramic artist and mother in law to the former HCC Board President, Steve Breckheimer. It's a beautiful, peaceful setting where we can bond in friendship, strengthen the way we work together, and hone our skills as a board of directors. This year, our new consultant, Michael Healy, will join us from his home in Vermont.

At some point in the weekend retreat we'll look at topics we might want to cover in our work of "Study and Engagement." The Board looks at these big issues, like sustainable agriculture, ways to create community, issues related to possibly expanding the store to a different site, to name a few.

At a recent meeting, we looked at how Coop principles harmonize with a new grassroots movement called Slow Money, as featured in the March/April Cooperative Grocer magazine. Yes, 'Slow Money' is akin to the Slow Food movement that has

thousands of members around the world, linking "the pleasure of food with a commitment to community and the environment." The non-profit Slow Money Alliance is focused on providing "nurture capital" to support small-scale food and farming businesses—to bring our food systems back to the local level.

Some of the ways Slow Money and Coop principles overlap are the concentration on long-term goals, the support of sustainable farming and food systems, and an emphasis on local economies. Keeping *community* at the heart of the matter is important to both. By the way, the principles of Slow Money, as outlined in Woody Tasch's 2008 book of the same title, are as follows:

1. *We must bring money back down to earth.*
2. *There is such a thing as money that is too fast, companies that are too big, finance that is too complex. Therefore, we must slow our money down—not all of it, of course, but enough to matter.*
3. *The 20th Century was the era of Buy Low/Sell High and Wealth Now/Philanthropy Later—what one venture capitalist called "the largest legal accumulation of wealth in history." The 21st Century will be the era of nurture capital, built around principles of carrying capacity, care of the commons, sense of place and non-violence.*
4. *We must learn to invest as if food, farms and fertility mattered. We must connect investors to the places where they live, creating vital relationships and new sources of capital for small food enterprises.*
5. *Let us celebrate the new generation of entrepreneurs, consumers and investors who are showing the way from Making A Killing to Making a Living.*
6. *Paul Newman said, "I just happen to think that in life we need to be a little like the farmer who puts back into the soil what he takes out." Recognizing the wisdom of these words, let us begin rebuilding our economy from the ground up, asking:*

continued on pg 23

## 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 May 25th and June 22nd. 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.

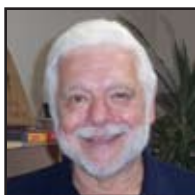
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# Following Nature's Example in the Garden

## Christopher Fielden

As organic gardeners, our job is to imitate nature in the garden. This work begins with the soil. Does your garden soil have what it needs to support healthy plants? Healthy soil should be full of life and rich with organic matter providing food for the soil food web. In building healthy soil, we help make sure that the plants in our garden get their needs met. We do this by imitating the way that the earth supports plants.

If you are growing vegetables, you are removing nutrients from the soil every time you pick a tomato or dig a carrot. So for all of the food you remove from the system, you need to add back an equal or greater amount. In nature, living things die and produce waste, and those dead things and waste products break down into organic material, which feeds the soil, which in turn supports plant and animal life. In the garden, we imitate nature by adding compost and composted manure to our beds, which give back nutrients and organic matter to the soil. Adding compost and manure to your garden at least once a year is perhaps the most important thing you can do for the health of your soil.



The leaves of plants obviously need oxygen, but so do the roots. In nature, the roots of trees and perennial plants break up the soil and create pathways for air to reach plant roots. In garden beds where you grow annual vegetables, you need to mimic this action by aerating your beds by using a pitchfork or broad fork to gently lift and

loosen the soil. This is essential for soil health and should be done once a year, before planting.

Many gardeners till every spring, but repeated tilling is destructive. Tilling causes microbial die off, weakening the soil food web. It kills living things in the soil and disturbs the soil structure that sustains a healthy environment for your garden plants. It's a better idea to cultivate once, either with hand tools or a tiller, and create permanent raised beds. Once your beds are established, you should never need to cultivate them again. If you need to loosen the soil a bit in order to plant in your established beds, it's easy to do so with a hand tool.

Once you've made your beds, it's time to mulch. Nature doesn't leave soil exposed and neither should we. Leaving the soil exposed to the sun and the elements is detrimental to soil health. Mulch is critical. The best mulch, in our opinion, is straw. After planting, put down a layer of straw around your plants and on all exposed areas in your beds. The mulch will also help keep down weeds and preserve moisture.

By using simple techniques and methods, we can imitate nature and be successful as organic gardeners. Permanent raised beds, compost, mulch, and aeration are ways to maintain soil health in your garden. Healthy soil is key to a healthy garden.

*Christopher Fielden is a gardener and gardening teacher. He and his partner, Beth Trigg, live and work at Red Wing Farm, a small diverse, four-season market garden in Swannanoa, NC. They grow heirloom vegetables, herbs and flowers using biointensive, ecologically responsible and sustainable growing practices. You can find them at [www.redwingfarm.net](http://www.redwingfarm.net) or on facebook at <http://www.facebook.com/pages/Swannanoa-NC/Red-Wing-Farm/140559981581?ref=ts>*



# Co-op Calendar

## May

**Saturday, May 1st** Ray Fritsch with Medical Screening Services will be here from 9-11 am. Appointments preferred. See clip board in the store.

**Miercoles, Cinco de Mayo~** Owner Appreciation Day 5% off your groceries, all day

**Friday, May 14th** Community & School Gardens Meeting at 5:00 p.m. Questions: gretchen@hendersonville.com 693-8557

**Friday, May 14th** American Red Cross Blood Mobile will be here for a combined effort on the part of HCC and Morris Broad Band. Please stop by and sign up for a time slot to give blood.

**Saturday, May 15th** 10 am til 5 pm World Wide Wellness Nutritional Blood Analysis with Laura Grala & Bill Brobeil. Appointments are necessary. Sign up on the clip board in the store. \$50 for a 30 min. consultation. Do not eat 2 hours prior to appmnt. For info. call 828-693-5497 or visit WorldWideWellness@madriver.com

**Monday, May 17th** 3-6 pm First Tailgate Market of the Season here at the Co-op. Come show our growers/producers your support. There will be lots of our friends from last year here. Taste the fresh and the local.

Watch for our Chef at Market Series on Monday afternoons this spring and summer. We invite area Chefs to come select from the

For more information on any of these classes or to see class fees go to upcoming events at [www.hendersonville.coop](http://www.hendersonville.coop)  
For pre-registration or more information on any of the events email [gretchen@hendersonville.coop](mailto:gretchen@hendersonville.coop) or call 693-0505

seasonal ingredients, and create a dish that you could go home and make for yourself.

**Thursday May 20th** 10:00 am Composting Class with Diane Turner, Extension Agent, Consumer Horticulture NC Cooperative Extension Henderson County (Time~ to be announced.) No Charge.

**May 29 & 30 Memorial Day** Join the Blue Mountain Deli and all the healthy delights they will have to offer at the Garden Jubilee for this weekend.

## June

**Saturday, June 5th** Owner Appreciation 5% off your groceries, all day. (Stay tuned for the Owner Appreciation Weekend coming in July)

**Friday, June 18th** Community & School Gardens Meeting 5:00 p.m.

**Monday, June 28th** Special Guest Chef Mark Starr from Chef-Starr-to-Go will join us at our Tailgate Market to demonstrate some delicious dishes using the freshest, local products available.

**Every Monday, weather permitting, our Tailgate Market will be held in the parking lot from 3-6 p.m.**

## WELCOME NEW OWNERS

Ashley & Matthew Searels Rodgers, Robert Tabor, Paul & Gina Atherton, David & Pamela, Hedrick Hammond, Ann M & Emily Korhorst, Angie & Jaison Malan, Burt & Barbara M Petersen, Linda Bregartner, Brynn & Randal A Schmitt, Mary Susan & Arthur Dubral Daniels, Lillian & Michael S Hall, Karin & David Mackel, Erin & Vincent Marini, Stacia & Aaron Sparks Wagner, Daniel & Christi Cortese, Lillian & Rebecca Hoy Chabot, Kenneth Cushman, William B Wallace Jr, Heidi Mayfield, Jon Lyerly, Johan & Resa Edwards Smith, GeorGe & Virginia Duncan, David Windhorst & Katherine Slonaker, Eden & Sarah Lewis, George & Patricia Danz, Dolores & Jeff Gunter, Ethel Hamilton, Elizabeth Smolski & Damon Miklowcic, Duane Bateman & Mary Steffens, Parker Browning, Ralph Finke & Billy Hoilman 11, Ron Patterson, Bill & Will Cleary, Judy & Haskel A Davis, Michael & Sherry Kai, Carolyn Mayhew, Jessica Rischer & Tj Constantino, Kate Creed, Khan & Saonia Farooq, Kristie & Barbara Pace, Mauricio & Kelly Mercado, Dan & Kathryn Shearer, Janet Cooper, Barbara Stott, Garcia Valentin, Ruth Apter & Jim Whalen, Ronald & Elie Bajakian, Jessica Nicole Bentley, Susan Mcilvaine, Teri Nadler & Michael Thorz, Sheila, Jeff, Brittany & Christina Trahan, Sandra & Jose Chavez, Kristy & Nicky D Henderson, Megan & Jack Spence, Jaye Perterdon, Susan Lyday, Larisa Ceisel & Lucas Newton, Brad & Mary-Henry Thompson, Rebecca Booher, Zada E David W Francum, Quin O'connor & Jesse Martin, Hunter Soper & Emily Boone, Darrell & Pamela Ellis, Annemarie & Robert Gray, Loree P & TimotHy J Kelly, Shelley & Jeff Gates, Janet Walczak & Robert Talley, Hannah Eicholtz, Jonathan Wright, Cheryl G & Richard & Chispah Tuttle, Charlotte & Thomas Mason, Melody & Rob Worley, Missy & Dan Merritt, Helen Rapp, Beverlycandrews, Stephanie Lively, Michelle Sciupider & Michael Higgins, Betty T Rowe, Kathy & Michael Spires, Patricia Detwiler & Charles Vizzini, Carolyn & Ralph G Miller, Oasis Coffee & Cake Lounge



# Transforming the Tea Industry: From Plantations to a Small Farmer Model

By Phyllis Robinson, Equal Exchange Education & Campaigns Manager

## A Different Kind of Tea Model

We think the time for change in the tea industry is now, and our tea partners - in India, Sri Lanka, and South Africa - share this conviction. The time of large-scale, colonial-era plantations is over. On a November 2009 trip to Darjeeling, India, a small group from Equal Exchange visited our partners, Tea Promoters of India (TPI), and saw an array of exciting projects that are part of their vision of a transformed tea industry where the farmers are empowered, making decisions, taking risks, building their own businesses and improving their lives and communities.

## Small Farmer Co-operatives

Sanjukta Vikas, a dairy co-operative comprised of 450 small farmers, also exports high-quality, organic Fair Trade tea with the technical assistance of a local non-governmental organization, and the processing and marketing assistance of TPI. Walking through the community felt like that mythical Shangri-la of the movies. The village was clean and well maintained; water flowed in abundance; the brightly-painted homes were surrounded by sweet smelling flower gardens, terraced hills, and shaded farms planted with oranges, bananas, onions, garlic, ginger, and turmeric.

We visited farms and spoke with many farmers. The commitment they have made to bio-dynamics, organic farming, and permaculture was clear. Materials are recycled and reused. The farmers displayed a sense of pride and self-assurance. Owning their land affords a stronger sense of investment and control over their business.



## Worker-owned Plantations

The Potong Tea Garden, established over 100 years ago by the British, is the story of a plantation repeatedly abandoned, taken over, mismanaged, and abandoned again, until 2005 when the 350 farmers decided to take control, and with the support of TPI, run the estate themselves. 2,500 people now depend on the plantation for their livelihoods, shelter, medical needs and educational services.

Members of the Potong Welfare Committee (which serves as a social council for the members) told us about the economic hardships they suffered during these periods of abandonment:

schools were closed, malnutrition was rampant, illnesses abounded and dozens of people died. The committee's president, Sher Bahadur, said, "It was so very, very bad. There was no food in the house. The plantation system was structured in such a way that we were never taught any other means of livelihood. We were 100 percent dependent on the tea plantation. So when the plantation was abandoned, what could we do?"



The government took over the plantation, and in 2005, Potong was auctioned to a Kolkatta unfamiliar with the tea industry. After suffering huge losses, the owners sought out TPI to see if they would consider running the estate. TPI approached the workers, explained the situation and proposed a solution to keep the estate in operation: the workers take over management – and 51% ownership. TPI would purchase 25% of the remaining shares and provide the technical assistance and market support. Like Sanjukta Vikas, the farmers could process their tea at TPI's facilities.

After 45 days of deliberation, the workers agreed and a Management Team was created comprised of farmers, TPI, and representatives of the Kolkatta business which still owns a minority share. "Now we have a new structure and we can work with dignity and for our own development," he said. "We are working for ourselves and no one else. This is our model and if we are successful, then we will have a future."

## Nothing Short of Transformation

We believe there is a path toward a small farmer tea model like the ones we saw at Sanjukta Vikas and the Potong Tea Garden: one which paves the way for small farmers to have greater access to the market, affording them more economic power, stronger control, better lives, and healthier communities. There is no reason to accept anything less.





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**The Organic Press**

# News and Views

## from Outreach

Sustainability is one of those words that will likely seem worn out soon. But I am noticing that the idea is catching on regardless. Whether it's in your own backyard garden or a global action, the little things add up, and the Co-op is a place to find this concept in action.

After an especially welcome, but busy springtime, I am happy the dog days of summer are now beginning to take shape here at the Co-op. We started early in the year with organic gardening classes. Then a variety of classes and talks every weekend ranging from social media instruction, to book talks, alternative healing and even a special guest presentation on healthy, budget conscious cooking with Linda Watson from **Cook for Good**. It's as if the melting of the snow & ice, and the opening of our road once the bridge was fixed- gave way to new energy and vitality. Now we can slow down and ease into the regularity of the summer schedule. Monday Afternoon Tailgate Market will be starting up May 17th. Watch for our Chef's at Market demonstrations for ideas on how to cook the seasonal items you will find there.

All this good learning has made something very clear to me: We can be responsible for our own sustainability, bit by bit. You can make simple choices like soaking beans overnight because you're following Linda's advise from her **Cook for Good** website and eBook to "Start saving money, eating well, and doing good today! Learn how to make the best use of your time in the kitchen, cooking several dishes at once and cutting down on dishwashing...You'll also find a new recipe or two plus information on key Cook for Good skills, such as shopping in a farmers' market, buying in bulk, freezing food, and using a kitchen scale." Her talk here on April 10th gave me new confidence that it can be done!

I think the most important thing I've learned from all these classes and talks is that we have the tools to make choices toward a sustainable living. We just need to put them into action in our shopping, cooking and eating habits. Then we can pass on this legacy to our children, and insure that the future of our communities will be healthy.

Speaking of kids...there is great news for the **Community and School Garden Project** this season. We are being gifted with some organic starter plants and seeds from **Gaia Herb Farm** in Brevard, NC. Our thanks go to Jackie Greenfield, VP Global Sourcing and Sustainability, **Gaia Herbs, Inc** 828-883-5902 who will see to it that we have some fun veggies to help the children at the schools get their gardens going.

Also, Nia instructors and fundraiser organizers, Ondine Constable and Lia Collman, are holding their Nia Dance Jam on Saturday, May 1st at the YMCA/ Henderson County, 10:15 to 11:30 am. (for more info call 697-7449). Proceeds from this Dance Jam will go to the Community and School Gardens Project, so don't miss it!

If you would like to get involved with the **Community and School Gardens Project**, please join us for a meeting here at the Co-op Annex on May 14th at 5:00 p.m. We will be planning more gardens for the schools, and we hope to move toward a more communal garden in our area that could be accessible to everyone, of all ages. Your thoughts and ideas are welcome, and so is your time! Contact me for more details: gretchen@hendersonville.coop

Thanks for cooperating,  
Gretchen



**Attention  
HCC  
Owners!**

**5% on  
the 5th**

**Come in on Wednesday,  
May 5th and Saturday,  
June 5th to save on your  
groceries!**

# Kitchen Garden Potager

Beth Dooley

Leave it to the French to make digging in the dirt sound sexy. Take the term “potager.” It’s really just a backyard plot of vegetables and herbs, but just saying it conjures the fragrant, lush kitchen gardens of Provence. God knows we’re due. As the earth softens and we come to our senses, the promise of snappy radishes, tangy rhubarb and pretty climbing peas is but a few seed packets away.

Literally translated “soup garden,” the potager is continually replanted through the growing season, so that the first crops will peak as the next round is coming to fruition. This way, vegetables are harvested in succession, not all at once. It makes the most sense to stick with the fast-growing, cold-hardy, shade tolerant plants that don’t need a lot of attention: a rainbow of herbs and lettuces, radishes, beets, peas, kale, and more kale, and then later in the season, beans, tomatoes, peppers, squashes and melons. I leave the trickier crops to the pros, the farmers who supply our markets through the growing season.

Plotting the potager, you’ll want the herbs to be close to the kitchen within easy reach (better to enjoy their perfumes). Though most seed packets advise full sun, about six hours is usually sufficient for any greens and most vegetables. Lacking that, plant in pots or large plastic dish tubs (poked with holes) that can be easily moved to follow the sun. Start with seeds that can tolerate cold, moist soil, such as greens, radishes, beets, and rhubarb. The rest (tomatoes, cucumbers, peppers, squash, etc.) can be started inside or, wait until the ground warms up even more, for harvests later in the year. (I’ve found tomatoes really tough to start from seed and have had better luck getting starter plants from the farmers markets.)

Even in the dreariest weather you can grow a salad bowl within a few weeks once the soil temperatures have reached 45 degrees. Just work in a little compost or organic fertilizer (and if the loam is too thick and heavy, a bit of sand or wood shavings for drainage). Mixed seed packets—gourmet mixes, mesclun, Asian—sown densely will provide a glorious blend of greens in just a few weeks. When the leaves are big enough to nibble, start cutting them, leaving the plant to continue growing and sending out more leaves. To give salads, stir-fries and sautés oomph, plant peppery arugula and lemony sorrel. Both grow in a wink. The baby leaves are the mildest and taste best. Once the plants mature, they will bolt and flower, which is fine if you allow a few to do so to seed the next crop. Remember that heat is the enemy of all greens. When the temps spike to the 80s or 90s for just a day, they may look great, but they will become bitter. They can, however, take the chill and withstand light frosts.

Radishes and beets are both easy to start from seed and ready in less than a month. There are dozens of interesting heirloom varieties in all shapes and sizes. I like the Easter egg radish packets that yield a beautiful mix of purple, red and white radishes, all mild and delicious. Beets come in all kinds of shapes and sizes and colors, too. Bull’s Blood is especially sweet, with lovely pink rings inside and their leaves are nice steamed and stir-fried. Soak beet and radish seeds in water overnight before planting (to aid germination) and then sow about 1/2 inch deep and 1 inch apart directly into well-drained soil amended with plenty of compost.

Hardest (and perhaps fairest) of all is kale. It can take the heat and withstand the cold (and goes by names like Sicilian beet, strawberry spinach, Roman kale). It’s bursting with nutrients and vitamins. It grows beautifully in containers and is another cut and come again plant. One crop will supply beautiful bounty for a good month or more. The early, baby leaves are tender and mild enough to toss into green salads.

Peas, oh those sweet peas! So pretty as they climb up poles and stakes with delicate tendrils tiny flowers that become the snappy pods. Look for the early varieties, they grow fastest, and harvest them right away, as they get “woody” if left on the vine too long. Toss those shoots in soups and stir-fries, too.

There’s no greater gift to the cook than green garlic, the younger, milder essence of the beloved garlic bulb. No matter if you didn’t plant garlic in the fall with the daffodil and tulip bulbs, it’s not too late to do so now. Just stick individual cloves of garlic in between the radishes and beets. Garlic helps ward off pests as it sends up fine green shoots. Plant enough to enjoy it now and later as it matures into the fall.

Old-fashioned rhubarb is an old-fashioned harbinger of spring. It’s best started with a crown, so pick one up at a nursery or Farmers market, or ask a friend to dig one up for you. Plant it along borders and give it room to spread, it does well in dappled light, too. It’s best in the spring and early summer, once it gets too hot, it turns bitter. Famous in pies and dessert sauces, rhubarb is loaded with vitamin C. There’s no healthier elixir for the winter-weary than rhubarb lemonade spiked with fresh mint.

Perennial herbs like chives, lovage, sorrel, rosemary, thyme, tarragon as well as annual basil, chervil, cilantro, marjoram, dill, oregano and mint can be seeded directly as soon as the soil is around 50-degrees. But, given my shady back yard, and the fact that I love the smell of fresh herbs, I grow them in pots on the back stoop where they get full sun. So, here is a fist full of ideas (and seeds) to get growing. Even though those

continued on pg 15



# Healthy Lifestyle Q and A

with Joan Kennedy of StayWell, Inc.

**QUESTION:** Several of my co-workers have sleep apnea. What is it and can it be prevented?

**ANSWER:** Sleep apnea is another of the multitude of “syndromes” that have become medical issues especially in America. It is a form of interrupted sleep caused by an obstruction of air flow. The trachea flattens (collapses) decreasing the amount of air that gets into the lungs. This disruption causes cessation of breath for seconds, usually repetitive times during one night of sleep. Also, when the trachea collapses, snoring results. The result in this reduction of air is automatic arousal from a deep level of sleep (REM) to a more wakeful level. Then the deeper breathing pulls more air into the lungs. Our wonderful bodies know automatically when danger looms and responds with an action to save itself.

There are a variety of types of sleep apnea, but the most common is Obstructive Sleep Apnea—a diagnosis that was not in my pathology books 40 years ago. Having obstructive sleep apnea, described in the first paragraph, means that a person with it rarely gets a full restful night of sleep. Time spent in sleep stages 3, 4 or REM (Rapid Eye Movement) sleep is short and sometimes non-existent. These levels of sleep are where we truly get rested.

The most common result is that the person with sleep apnea wakes in the morning not feeling rested even though she believes she has slept well through the night. Daytime fatigue is the most common reason why people seek medical care. A second reason is that a significant other complains about the excessive snoring.

There are a number of causes of sleep apnea. Unfortunately most are a result of poor lifestyles typical for many Americans.

1. Obesity. The excessive abdominal fat pushes against the diaphragm during hours of sleep. The pressure on the diaphragm translates into more pressure against the trachea, the tube that carries air into the lungs. The trachea then collapses during sleep and causes the cessation of breathing mentioned above.
2. Lack of exercise. Exercise tones muscles so they are not flaccid. Poorly toned muscles can translate into easier collapse of the trachea.
3. Eating before bed. Food in the stomach also causes pressure upward against the trachea, especially in overweight people who already have added pressure on the trachea.
4. Evening alcohol. Many people drink alcohol after dinner believing it helps them sleep better. In reality while it pro-

motes relaxation so that going to sleep can be easier, it actually contributes to shortened sleep because it is absorbed very quickly. The person consuming alcohol in the evening will typically waken early and not feel rested. It is similar to taking a sleeping medicine that artificially promotes sleep, but leaves the body waking early when the medication wears off. Alcohol typically promotes sleep, but not necessarily a deep stage 3, 4 or REM sleep.

5. Chronic use of stomach acid reducers such as “the little purple pill.” Such medications were developed to be taken for two weeks or less to decrease excessive stomach acid, but only until they change the way a person eats. They were not meant to be taken for months, even years. Yet today they are prescribed and used for long periods of time, often indefinitely. Ask around. You’ll be amazed at how many people you know are taking a “protein pump inhibitor, like Prilosec\*, or who frequently buy Tums\* or Rolaids\*. People take them freely and often rather than changing the way they eat. They decrease stomach acid which results in food staying in the stomach longer. The resultant full stomach also increases pressure against respiratory organs.
6. Poor sleep hygiene. Aspects of poor sleep hygiene include unhealthy body position in bed, low quality or old mattress, falling asleep while watching TV, going to bed with a head full of worrying thoughts or deadlines, not having time for 7-8 hours of sleep and sleeping with children and pets. All of these scenarios make it difficult to get into the deep levels of sleep and many contribute to unnecessary pressure against the trachea.

So, to the second part of your question, can it be prevented. By changing the causative factors listed above, the possibility of sleep apnea decreases. People who do yoga breathing rarely have sleep apnea as yoga breathing techniques strengthen the respiratory system. So take a yoga class or do yoga breathing on your own at home in evening. Don’t eat or drink within 4 hours of going to bed. Do something restful before sleep. Work with your family to develop a schedule that allows time for each person to routinely get 7-8 hours of sleep every night.

My biggest concern regarding sleep apnea and other “dis-eases” that have become so common in America is that we are teaching our children these unhealthy habits. Computers, electronic games and TVs in bedrooms keep the mind (and eyes) in high gear in the time before sleep. Accepting the fast pace of life that has become the norm for our children is not healthy for them (or their parents.) continued on pg. 23



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# PRODUCER PROFILE

## Yardbird Poultry and Eggs

**A Chicken and Egg Story in the Hood**  
by Gretchen Schott Cummins

One of the first steps is admitting is it, but Kerri Pelz has no intention of ever stopping her chicken habit. When I asked how she arrived at having all these chickens in her backyard, she very plainly stated, “chickens are addictive, anybody will tell you that!” Apparently, this all began about two years ago when Kerri was able to convince her husband that a few chickens was a good idea. Well, a few grew to the many that she now manages. There are 6 different breeds of chickens, with names you might find in a story from the enchanted forest: Silkies, Black Copper Marans, Black Australorps, Buff & Blue Orphingtons, Salmon Faverolles, and Golden Comets. And they are just as colorful as their names. “Having a bunch of beautiful chickens in your yard is like having Yard Candy,” says Pelz. Their behavior is as different as the varying colors of feathers, and so are their eggs.

Why chickens, and why so many breeds in a small space? Kerri smiles, and tells me it’s a very functional hobby. She had always wanted a small farm, and realizing that backyard chickens might be as close as she would get, she decided to go for it, all the way. Not only are they great for having fresh eggs,



they are obviously a great teaching tool for explaining some of the scientific details about

life and birth. Kerri has three children. She keeps an incubator and the children used to find the “candling” of the new eggs fascinating. By now the kids are only mildly interested, but still love the baby chicks upon emerging from the shell. The kids still consider them all as pets. The favorite for little three year old Auden (seen here) is the hilarious looking Silkie. She calls them “fuzzy” and scrunches up her face as if she were describing her favorite stuffed animal. The Black Copper Maran is an old heritage French breed, and the Salmon Faverolles are endangered. Kerri finds the need to preserve these breeds important, and occasionally lets some eggs hatch to keep the lines alive and share the beauty of these birds. As for egg production, the Golden Comet has



been bred for quantity. And the Black Australorps lay a lot too, according to Pelz. The eggs themselves offer some aesthetic pleasures, as they vary in size, shape and the soft colors reminiscent of natural Easter egg dyes.

Since egg production is the main purpose for having these chickens, Kerri is faced with the issue of a burgeoning population. As in a microcosm of what agri-business animal growers must face daily, Kerri realizes the problems of having too many males when egg production is your business. She has yet to “harvest” a bird for consumption, but soon will have to do something about space. Here in lies a fact that I had not known until talking with Kerri: Chickens continued on pg.18

### 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

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# Department News

## What's In Store For You?

Deli ~

Greetings from the Blue Mountain Deli staff this spring. We hope you are all enjoying the much needed transition this year. We hope you all have taken notice of our published weekly menus available at Hendersonville.coop and Facebook's fans of the Coop. We will include scones, muffins, soups and weekly specials in this and hope that it helps you plan your day a little better. Please feel free to drop by any suggestions that would help us to improve how we serve you. Upcoming in the deli I would like to mention that we will be slightly expanding our dessert selections available in the Grab/Go deli case. New in the deli this month we are going to offer an "Asparagus Antipasta Salad" in cooperation with your NCGA, as well as a fresh "Tahini Green Bean Salad with Grilled Tofu". The Asparagus Antipasta will be composed of asparagus, red onion, bell peppers, ham and feta cheese tossed in roasted garlic-lemon-flax vinaigrette. The Tahini Beans salad will be composed of fresh green beans, bell peppers, scallions, parsley, tomatoes, marinated grilled tofu and a lemon-sesame-tahini dressing. Remember that we serve lunch Monday through Saturday, 11:30am-2:30pm and biscuits (hopefully with ramps) served while they last.

~ Jordan

Grocery ~

The growing season is here in full force, and at the co-op we have some great soil amendments and growing supplies. We have Harmony Organic Fertilizer made from 100% all natural poultry manure. It is an all-purpose fertilizer for vegetables, fruits, lawn, and landscape. Harmony fertilizer is released slowly for steady, long-lasting, color, and growth. The fertilizer comes packaged in 50 lb bags.

McEnroe Organic Compost is made from organic horse and cow manures, and waste from organically grown vegetables. It can be used as any other compost product or vermiculite could be added to make your own potting mix.

If you are looking for a ready to use soil, try McEnroe Organic Light Growing Mix or McEnroe Organic Potting Soil. The soils contain compost, peat moss, rock phosphate, calcinated clay, gypsum, and blood meal. The differences are that the Light Growing Mix also contains vermiculite and perlite, while the Potting Mix has a little sand added. They both have PH ranges from 6.2 to 6.8. We have two sizes available in each, a 22 quart and a 35 quart bag for any size growing project.

We have several varieties of natural pest control to protect your plants that are all OMRI (Organic Materials Review Institute) listed for use in organic production. Lawn & Garden Spray with Spinosad works on a broad spectrum of pests without significantly impacting beneficial insects. It is good for use on vegetables, fruit, lawns, and ornamentals. Also, Bonide Potato Beetle concentrate is used for controlling Colorado Potato Beetles on potatoes, tomatoes, and eggplants. For household and garden pests like cockroaches, ants, slugs, fleas, beetles, and many other crawling insects there is Concern Diatomaceous Earth. Diatomaceous Earth is the finely ground fossils of prehistoric freshwater diatoms. It is a 100% organic, eco-friendly pesticide and does not harm birds or mammals.

Hope you enjoy a season of abundant growth!

~ Marisa

Wellness ~

For many people, after a long hard winter, the budding of trees and spring flowers is a greatly anticipated time of year. However, for allergy sufferers, it can be an unwelcome time as sneezing, runny nose and itchy eyes prevail. Being proactive with your health during allergy season can help prevent most symptoms and make springtime a time to be outdoors planting your garden and enjoying some warm sunshine. During allergy season, the body has a tendency to produce higher levels of histamine. Histamine is a neurotransmitter that is released from mast cells when the body is exhibiting an allergic reaction or immune response. Histamine dilates blood vessels and increases blood vessel permeability. This can lead to visual signs in the body such as localized swelling, warmth, and redness.

There are several things you can do to support your body in an effort to normalize histamine levels and regulate overall bodily inflammation. Berries such as blueberries, cherries, and raspberries as well as mango contain a good amount of bioflavonoids. These phytochemicals help to stabilize mast cells in the body and decrease overall histamine response, thus reducing inflammation.

The Nettle plant is a perennial herb well known for its stinging hairs on the stem and leaf. Nettle leaf has a great number of naturally occurring nutrients, including chlorophyll, protein, ascorbic acid, calcium, magnesium, Vitamin K1, potassium and zinc. These nutrients work together to promote the health of skin, bones and joints as well as encouraging a healthy immune and respiratory system.\* Nettle leaf also contains flavonoids such as quercetin and rutin that help to maintain healthy levels of histamine in the body by increasing histamine efficiency.\*

Also, try taking a daily dose of Vitamin C during allergy season. Research shows that 1-gram a day can help to reduce overall histamine levels in the body. There are also a number of foods that tend to increase histamine levels in the body such as strawberries, tomato, chocolate, wine, bananas and shellfish. These foods should be limited or avoided all together during allergy season.

Lastly, try using a HEPA air filter. It can reduce dust in your home's main living areas as well as eliminate circulating pollen that enters through open windows. by Keri Marshall, MS, ND

~ Arrion

Produce ~

This time of year I enjoy several things. The warm sunny days and extended day light. The sounds of birds and wild life while walking in the forest. And the availability of local produce. It's always good to know where your food is grown. And it's good to know that the food you eat is not negatively impacting the environment. Is it still sustainable agriculture if it was shipped from the opposite side of the planet? That is why we list the state of origin on all of our produce.

I believe that the best and freshest organic produce is grown right here in Western North Carolina. You may even see these farmers shopping right here at the Co-op. People that care about healthy foods and respecting our water sources. People that feed their neighbors and heal the soil. People that care about the impact they have on our earth. That is why shopping local organics is important to our community.

~ Robert



**Kitchen Potager** cont. from pg 10

last crusts of snow still cling to the muddy puddles, the flavors of Provence and the promise of a greening kitchen garden are but a few seed packets away.

*Beth Dooley is a Twin Cities-based food writer and cookbook author.*

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## Arugula, Parsley and Walnut Pesto

Makes about 1 cup.

This is lovely on broiled chicken, fish, burgers and steak. It's also terrific tossed with grilled vegetables (especially grilled mushrooms). Swirl it into chilled tomato or potato soup.

1 cup parsley leaves  
1 cup arugula leaves  
1 clove garlic, crushed  
Zest and juice of 1 medium lemon  
1/4 cup lightly toasted walnuts  
3/4 cup extra-virgin olive oil  
Salt and freshly ground black pepper to taste.

Put the herbs and garlic into a mortar and pestle (or food processor) and then pound in the lemon zest and juice along with the nuts, and then slowly pound in the oil until you reach the consistency desired.

This will keep in the refrigerator for about 5 to 7 days covered with a thin layer of oil and plastic wrap. It also freezes nicely.

---

## Sorrel Sauce

Makes about 1/2 to 3/4 cup

Toss this with new potatoes, or serve it with chicken or fish.

About 30 sorrel leaves  
3 shallots, peeled and chopped  
1/2 cup heavy cream  
Salt and freshly ground pepper to taste  
Splash white wine, optional

Rinse the sorrel, remove the stems and drain well then roughly chop. Put the shallots in a small saucepan with the cream and bring to a boil. Reduce the heat, simmer for about 5 minutes. Add the sorrel and cook until completely wilted and melting, about 3 minutes. Season with salt and pepper and a splash of wine. You may puree the sauce or use as is.

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## Green Garlic Soup

4 servings

Green garlic resembles thick scallions with very dark green stalks and slightly bulbous white or rose streaked root ends. This young garlic is very aromatic and mild and blends beautifully with other vegetables making excellent purees, soufflés, puddings, soups and sauces. It's great in poaching liquids and stews. Put a few stalks into the cavity of a chicken before roasting.

1/2 pound green garlic (about 5 plants)  
2 tablespoons unsalted butter  
1 small onion, chopped  
Salt and freshly ground pepper, to taste  
1/4 pound Yukon gold potatoes, peeled and cut into 1/2-inch cubes  
1 quart chicken or vegetable stock

Trim away the root and peel away any tough, dirty layers from the garlic and cut off the tough upper portion of the green leaf. Use the lower couple inches of green along with the bulb. Cut into thick rounds. Melt the butter in a heavy-bottomed pot, add the onions and cook slowly until the onion is translucent and tender, about 5 minutes. Sprinkle with the salt and pepper; add the garlic and the potatoes and cook together for about 5 minutes. Add the stock, bring to a boil and then lower the heat and simmer until the potatoes are tender. The soup may be pureed or served chunky.

## Co-op Classified Ads

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# The Habitual Herbalist

with June Ellen Bradley

## Diversity is good

In the spirit of “Let your food be your medicine and your medicine be your food,” that oft quoted phrase of Hippocrates, let’s consider a different perspective on our food. The key is diversity. Our ancestors knew from the study of nature that the genetic variety of food was paramount to survival. The Mayans, for example had over 300 varieties of tomato. Some were good during drought years, some could survive heavy rains, some could withstand higher or lower than normal temperature, when the pests that ate tomatoes came in record numbers, there were some varieties that were not so tasty to those pests. The Mayans did not use chemicals and fed large numbers of people on a regular basis. The land continued to be productive for hundreds if not thousands of years, and seeds were saved and honored for the abundance they represented.

Today we have a trend of “Big Agriculture” and the creation of farming in monoculture –where one type of one species of plant is grown in large quantity...Nature hates that so she sends all kinds of insects to eat the plants, and diseases to bring down the population and let us know that it is not sustainable. Do we listen? NO. We invent toxic chemicals to correct the imbalance we created, creating a bigger imbalance. Hmmmm. The part about letting food be our medicine –well let’s look at the metaphor of what we created with antibiotics.

Every one of the antibiotics on the market today is primarily one chemical. We have a specific chemical to combat a specific bacterium. So what has happened with the bacteria that cause these diseases for which we created those antibiotics specifically? Well, just as everything that lives wants to continue to do so, they mutated to become immune to that one chemical. Now we have “superbugs” which really aren’t so super. Let’s apply this obvious skill of living things to survive by becoming genetically diverse to our food.

Did you know that 90% of the genetic diversity of our fruits and vegetables has actually DISAPPEARED forever? Seriously...all those grammas saving seeds and cataloguing which ones did best in which conditions –all that information...gone. How did we let this happen? It happened simply because we aren’t paying attention. This is the first time in history that so many people –massive numbers, are removed from their food sources. What does a businessperson do when spotting a trend such as this? Capitalize on it and that is what has been done. The control of our seed supply is in the hands of 5 or so big companies. Biotech companies, chemical companies and seed companies are working together to produce our fruits and vegetables with two major factors in mind –whether the produce

will ship well and whether it will store well. Are we considering the highest nutritional content? No, not important for profit and bottom line. Sad.

We have been hearing about genetic modification of plants and often I have heard folks say; “SO what, we’ve been modifying plants for centuries! How do ya think the Mayans came up with 300 varieties of tomato?” Well they did do a form of genetic modification and were quite adept. The difference is that, in order to have control over modification and patent the seeds, our modern supercool technology allows us to implant the genes of one species into another. This has never been done before in the history of the world. So now our tomato has fish genes spliced into it so that Company X can identify its seeds and their progeny.

This gets into nebulous territory legally because if the winds blow farmer B’s pollen a few miles into your fields you may find fish genes in your tomatoes and owe Company X some big bucks for poaching.

To combat this sticky (pardon the pun) situation, big biz has brilliantly created the “terminator seed” WOW that sounds so macho and it is! This seed basically gives rise to a plant that grows and produces seeds just like any other plant of that species except for one detail. Those seeds do not make offspring. You have to go back to company X to get seeds that will grow next year...the same genetic blend too. The seeds are all genetically identical. Back to our monochemical antibiotic, it doesn’t take that much of a stretch to see how precarious our tomatoes are in the light of Nature’s laws.

Another thing we remain in the dark about is how this affects other countries. Those countries which used to have 50 varieties of rice, (seeds saved lovingly and guarded over centuries by the grammas and grandpas to ensure that the children that they will never see will be well fed,) how does this affect them?

Well, times being what they are, every farmer is doing his or her level best to grow things that will not only feed their families but also crops that they can sell to a larger market to pay for their land, heavily taxed by the governments. They start growing coffee and corn, round up ready soybeans (modified to withstand being sprayed by roundup...how healthy can that be?) and cotton. They get the seeds from Company X and since these seeds also come with all those chemicals to keep the plants alive, they get those too. Soon they are in debt. They are working so hard to keep this unsustainable and costly farming practice that they have been sold to believe is the new best way, that they quit saving seeds for several seasons until realizing “Hey, this sucks” By this time the seed supply is narrowed

continued on pg. 23





## 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

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](http://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

6-in-1 Samson Multipurpose Juice Extractor \$100. Bullet Express \$100. Irene Hicks 692-6920

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. Certified Public Accountant since 2007. Call Elizabeth of Elizabeth C. Smolski CPA, PLLC at 674-1438.

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

## 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!

**PRODUCER PROFILE** cont. from pg 13

really only lay well in the first few years of life. "At best, they will lay ONE egg a day!" A fact that Kerri even found rather astonishing. (Something we don't likely consider when we are sitting down to our two-eggs-over-easy in the morning.) As they age, their egg production dwindles, but they can live for up to



10 years. You end up with a lovely "pet yard candy" for quite awhile. Kerri does not seem phased at the prospect of eating one of her chickens. She speaks of this detail quite plainly. Although they might only be good for stewing by the time she gets around to it. And then there's the problem of roosters. Besides the early morning issues for neighbors, statistically, there will be as many roosters as hens when they hatch. She'd have to find them all homes. They don't seem to cost much for

upkeep though. They eat yard waste, and vegetable compost, with a preference for fruity leftovers. After they're past their prime laying years, (which is a time when they must consume higher protein), the demand really isn't hard to meet. When it comes time to downsize the flock, Kerri will welcome another opportunity to learn something new. "Maybe," she says, "I can pass on my knowledge to other folks who want to become backyard chicken farmers too. I'd really like to be able to mentor anyone who wants to get into this."

I asked Kerri how she sees this chicken operation fitting into her life philosophically. It turns out she is a certified doula, and in training to be an EMT and mid-wife. Somehow this just didn't surprise me (it being about eggs and life and all). "It's really important to me that we strive to be more self-sufficient." Says Pelz. "We need to be more responsible for our own health care, and our nourishment too." It all makes sense.

The HCC Monday Afternoon Tailgate Market will be fortunate to offer Kerri's eggs. Please come look for her between 3-6 p.m. Chances are she'll have some lovely children with her and maybe even a few chickens. She promised to bring some along in their diapers. (Chicken I mean.) No really, there is a diaper for chickens so you can have them in your car, or in the house as some folks really like having their pets around.

## USED BOOKSTORE NOW OPEN

Joy of Books



307 Davis Street  
Hendersonville, NC  
Kanuga Cottage District

Quality Used Books  
Sell & Trade

828-551-7321

Mon. - Sat. 10am til 6pm

In the Pink Cottage on Davis Street

Reduce Reuse Recycle 

# BOARD MEMBER PROFILE



Marilyn Jackson

Where are you originally from?  
St. Petersburg, FL

When you were a kid, what did you want to be when you grew up?  
A Broadway Dancer or a Rockette

What are a few of your favorite places you've traveled to?  
Niagra Falls, Cozumel, Mexico; Have a life long dream to travel to Ireland.

What's your favorite part about living in Henderson County?  
I love the mountains and waterfalls, the beauty of Henderson County. I enjoy the friendliness of people here, and the focus on conservation of natural resources.

Do you have any pets?  
I do not have any pets currently. I've had cats in the past!

What kind of work do you do when you're not busy with the Coop Board?

I am a R.N., and Director of Behavioral Health Services at Park Ridge Hospital. I am a long time Psychiatric nurse, and love the opportunity to care for people body, mind and spirit.

Anywhere else you volunteer?  
I am also on the Board of Directors for Sixth Avenue Psychiatric Rehabilitation Partners, Inc. in Hendersonville. SAPRP provides clubhouse and outpatient services to the mentally ill.

What got you interested in serving on the Coop Board?  
My friend Steve Breckheimer let me know of the opening, and I was thrilled to have the opportunity to pursue it. I want to give back to the community in a way that touches, educates and promotes the health of our owners.

Favorite item in the store?  
The soups, and kombucha teas.

How do you see the Coop changing/making a difference in the next 5 years?  
I think the co-op will continue to grow in popularity and respect in Hendersonville over the next 5 years. Expansion, in whatever form that takes, will allow many more to become educated and enthusiastic about contributing to a healthier community. That is very exciting to me!



## Co-op Classified Ads

### 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

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

# 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, Chi-roYoga, 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/hr*

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

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

**WNC Functional Health,** Frank Trombetta D.Sc. Rowan Farrell Trombetta, NMT. Integrative Health Care for all conditions with 25 years experience in private practice. Complete holistic services for chronic illness as well as Hakomi Therapy and Homeopaths. *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, 828-692-3139 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 acupunc-

ture, massage, facial rejuvenation, lymphatic treatments, Chinese herbal remedies, and natural supplements...www.Acu-Na.com. *15% discount on Co-op members first visit.*

### Counseling Services

**Conscious Choices:** Roberta A. Moore, Psychotherapy Services, Downton 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, 692-3139 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](http://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](http://www.monapaints.com) 10% discount with your Co-op Owners card.

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

**Peace at Hand** 1531 Haywood Rd (Hwy 191) Hendersonville, 828-692-3139 100% soy candles, relaxation cd's, gems and minerals, NATural Bath and Body Products, Wind chimes and more. 10% discount with Co-op owner card on any regular priced item.

## Services & Classes

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

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

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

**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](http://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](http://www.wego-4u.com) for complete list of services. Gary and Linda Prichard 674-9940 or 674-9943 \$5 OFF 1st service for Co-op members.

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

**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](mailto: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](http://www.greggbradennevent.com) eventbright.com Special \$5 Discount for Co-op owners Contact Debbie Schults for Discount Code - 828-290-7441 [www.charlottemcginnis.com](http://www.charlottemcginnis.com)

Discount offers are subject to change without notice.



# Politics & Food

from rodaleinstitute.org

## OpEd: Ten good reasons why GMOs are not compatible with organic agriculture

By Jim Riddle

Despite fundamental differences in what they represent, there are occasional calls to allow the use of genetic engineering (which produces genetically modified organisms, known as GMOs) within the USDA National Organic Program. GMO varieties are currently most widespread in corn, soybean, canola and cotton crops, in dairy production, and in minor ingredients, such as dairy cultures, used in food processing, but new products are being introduced and commercialized.

Here are 10 essential points that I believe show why GMOs are incompatible with organic production:

1. **Basic science.** Humans have a complex digestive system, populated with flora, fauna, and enzymes that have evolved over millennia to recognize and break down foods found in nature to make nutrients available to feed the human body. GMO crops and foods are comprised of novel genetic constructs which have never before been part of the human diet and may not be recognized by the intestinal system as digestible food, leading to the possible relationship between genetic engineering and a dramatic increase in food allergies, obesity, diabetes, and other food-related diseases, which have all dramatically increased correlated to the introduction of GMO crops and foods.

2. **Ecological impact.** Organic agriculture is based on the fundamental principle of building and maintaining healthy soil, aquatic, and terrestrial ecosystems. Since the introduction of GMOs, there has been a dramatic decline in the populations of Monarch butterflies, black swallowtails, lacewings, and caddisflies, and there may be a relationship between genetic engineering and colony collapse in honeybees. GMO crops, including toxic Bt corn residues, have been shown to persist in soils and negatively impact soil ecosystems. Genetically modified rBST (recombinant bovine somatotropin, injected to enhance a cow's milk output) has documented negative impacts on the health and well being of dairy cattle, which is a direct contradiction to organic livestock requirements.

3. **Control vs harmony.** Organic agriculture is based on the establishment of a harmonious relationship with the agricultural ecosystem by farming in harmony with nature. Genetic engineering is based on the exact opposite -- an attempt to control nature at its most intimate level - the genetic code, creating organisms that have never previously existed in nature.

4. **Unpredictable consequences.** Organic ag is based on a precautionary approach - know the ecological and human health consequences, as best possible, before allowing the use of a practice or input in organic production. Since introduction, genetic modification of agricultural crops has been shown to have numerous unpredicted consequences, at the macro level, and at the genetic level. Altered genetic sequences have now been shown to be unstable, producing unpredicted and unknown outcomes.

5. **Transparency.** Organic is based on full disclosure, traceability, information sharing, seed saving and public engagement. Commercial genetic en-

gineering is based on secrecy, absence of labeling, and proprietary genetic patents for corporate profits. The "substantial equivalence" regulatory framework has allowed the GMO industry to move forward without the benefit of rigorous, transparent scientific inquiry. The absence of labels has allowed genetically modified products into the U.S. food supply without the public's knowledge or engagement, and without the ability to track public health benefits.

6. **Accountability.** Organic farmers must comply with NOP requirements and establish buffer zones to protect organic crops from contamination and from contact with prohibited substances, including genetically engineered seeds and pollen. Genetically engineered crops do not respect property lines and cause harm to organic and non-GMO producers through "genetic trespass," with no required containment or accountability.

7. **Unnecessary.** It is well established that healthy soils produce healthy crops, healthy animals, and healthy people. Research and development should focus on agricultural methods, including organic, which recycle nutrients to build soil health, producing abundant yields of nutrient dense foods, while protecting environmental resources. To date, recombinant genetic modification has contributed to the development of herbicide-resistant weeds and an increase in the application of synthetic fertilizers and pesticides, with associated increases in soil erosion and water contamination, while producing foods with lower nutritional content. Technologies, such as genetic engineering, which foster monocropping are not compatible with organic systems, where soil-building crop rotations are required.

8. **Genetic diversity.** Organic farmers are required to maintain or improve the biological and genetic diversity of their operations. Genetic modification has the exact opposite effect by narrowing the gene pool and is focused on mono-cropping GMO varieties.

9. **Not profitable.** According to the 2008 Organic Production Survey conducted by the USDA National Ag Statistics Service, organic farmers netted more than \$20,000 per farm over expenses, compared to conventional farmers. Use of GMO varieties has lowered the net profit per acre for conventional producers, forcing them to farm more land in order to stay in business.

10. **No consumer demand.** Consumers are not calling for organic foods to be genetically engineered. In fact, over 275,000 people said "no GMOs in organic," in response to the first proposed organic rule in 1997. "Organic" is the only federally regulated food label, which prohibits the use of genetic engineering. By genetically engineering organic foods, consumer choice would be eliminated, in the absence of mandatory labeling of all GMO foods.

*Jim Riddle is an organic farmer who was an organic inspector for 20 years. He was founding chair of the International Organic Inspectors Association (IOLA), served on the National Organic Standards Board from 2001-2006 (chair in 2005-06). He currently works as Organic Outreach Coordinator for the University of Minnesota and has written authoritatively on organic issues many times on this website. The views expressed are those of the author.*



**Habitual Herbalist** cont. from pg 16

down to almost nothing and the choices they make are becoming more limited. There are sad reports of farmers drinking round up and committing suicide. There have been over 1,000. The farmers cannot see a way out and it is a terrible situation. Farming was never meant to be done on such a large scale.

There is hope. We can change our ways. Think about shopping in your grocery store for food, you'll find one or two tomato varieties...and one variety of most everything else. Could you walk into a store and choose between 7 varieties of Okra? I was talking to my buddy Lee Mink as he was saving seeds from 7 varieties of Okra that will be planted at the gardens at Giardini in Columbus. He made the commitment to practicing organic farming and seed saving on a small scale after hearing all the horrors of genetic modification and large agribusiness. He said that there has been an explosion of small organic seed saving companies, networks of farmers cooperating to form a seed saving exchange, and that many people are realizing that as we touch one part of this web of life, the whole is affected as well. Why would we poison our grandchildren to feed our children? It doesn't make sense. Saving seeds keeps the gene pool broad. Seeds grown in your area over years develop hardiness and require less maintenance to grow and flourish.

It is time to gather together and become people of place once more. Buy local, organic and save your seeds or support people who do. Why we think that cheaper is better is the reason we act in unconscious ways. We think this way because we are only thinking about ourselves. True cost considers the whole...what is the cost to our soils, our health and most importantly to future generations. The best life assurance policy, according to Lee is "We got seeds" The seed has always been a symbol of hope and potential, let's keep it that way.

Let's open our hearts and think beyond our personal life to the greater impact our choices have on everything else... like the environment, and farmers in India. What is really important? What is the real cost. What is your intention? Let's use our supercool technology to make the world a place where all can grow and flourish...leaving behind seeds of hope and renewal.

**Healthy Lifestyle Q and A** cont. from pg 11

As a health promotion care giver, I challenge each of us at the Co-op to look at our unhealthy behaviors as we also examine the way we are using our natural resources. I am not happy about the rising price of gasoline, but maybe it will encourage us to re-assess our lifestyles.

There is a great deal more we can talk about regarding sleep apnea and other sleep issues. If you would like to do that, let Gretchen know and a time for further discussion can be of-

fered at one of the wonderful educational programs she offers on a regular basis.

Joan Kennedy, FNP-C

**A Board's Eye View** cont. from pg 4

- *What would the world be like if we invested 50% of our assets within 50 miles of where we live?*
- *What if there were a new generation of companies that gave away 50% of their profits?*
- *What if there were 50% more organic matter in our soil 50 years from now?*

The correlation with Coop principles is quite apparent, and we as a Board brainstormed some ideas on how we could bring our Coop into the fold with the Slow Money movement. Here are some of the results of our meeting discussion, with possible action items:

- We agreed that Slow Money principles dovetail with co-op principles.
- Would like to learn more about micro-lending
- Support area land trusts
- Learn more about alternate economy/currency
- Support seed saving by farmers
- Contact the Slow Money group in Asheville to see if someone will speak here
- Solicit signatures on Earth Day for Slow Money Alliance
- Support Advantage West, Blue Ridge Ventures— that provide support for value-added small businesses
- Offer more local products and produce in the store
- Investigate membership in the Slow Money Alliance

To find out more about the Slow Money movement, visit [www.slowmoneyalliance.org](http://www.slowmoneyalliance.org). If you'd like to share some ideas, write to us at [Board@hendersonville.coop](mailto:Board@hendersonville.coop). Alternately, we'd love to see you at an upcoming meeting, for a little visioning and discussion!

In a spirit of enthusiastic cooperation,

Beth Beasley



Beth Beasley  
Vice President  
2009-12  
329-7991





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Hendersonville, NC 28792

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A long time resident of Henderson County, Otto (my Dad!) has been painting for as long as I can remember. One of my earliest recollections is of an old wooden wheelbarrow painted with daisies and filled with planted flowers. Now that he is retired and empty-nested, the hobby has grown, along with his talents. He especially likes taking pictures locally here in North Carolina and putting the images to canvas. He and his wife enjoy the craft together, and I delight in the wonderful collection of hand painted greeting cards sent to me over the years, as well as the “specially painted for me” that garnish my home !

~Jane Murphy

Accounting, Hendersonville Community Co-op

