

The Organic Press

The Newsletter of the
Hendersonville Community Co-op

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International Year of Cooperatives

All hail the mighty fava!

**Do we need to worry about
our water?**



Editor: Damian Tody

Contributing Writers: Gretchen Cummins, Robert Jones, Arrion Kitchen, James Ends, Jordan Randall, Joan Kennedy, June Ellen Bradley, Beth Beasley, Christopher Fielden, Dorothee Kellinghusen, NCGA News Service

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.

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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.



100% Recycled Paper

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GM Musings

Hendersonville Co-op Report for Fiscal Year 2010-2011

Operations Report

The last year for our co-op was a very solid year. We continue to perform better and better each year. This past year we saw growth in sales, gross margin and net profit. All indicators that our business is performing in a healthy manner. The management team has been working very hard to continue to improve our financial performance and deserves a lot of credit for the improvements seen over the last couple of years and especially the improvement shown last fiscal year. All of these improvements are especially timely and important as we look towards a possible expansion. These types of performances will be the key to a successful project and the continued success of our co-op in a new setting.

This past year also saw the passing of two very important votes by our ownership. The first vote in March created our ability to raise money in multiple ways and will allow the ownership to invest in our co-op and support this important local enterprise. The second happened in November and has allowed our board to work towards reincorporating the co-op in North Carolina. This will also give the co-op the ability to work towards raising money more effectively. I would like to thank all of our owners for their careful consideration in these matters. The board and the staff all appreciate the support you have shown through these votes and your daily participation in the co-op.

The co-op has also worked hard to increase our participation in the community and our support of organizations that are working towards similar goals. This year one of our main focuses through our outreach department has been to create a growing partnership with HandsOn! A Child's Gallery. Through this partnership we have been able to reach a lot of children and their families in our community. This year not only are we the sponsors of the grocery exhibit, but they have introduced an area dedicated to education around knowing where your food comes from. This partnership has proven very valuable in our efforts to help provide education around good healthy food for our community. I would like to thank Gretchen for her continued efforts in outreach and our very successful partnership with HandsOn! For more information on the HandsOn! exhibit see the kids page in the November/December edition of the Organic Press or visit <http://handsonwnc.org>.

There is more information on the co-ops financial performance in Jane's column on this page as well as on page 18. If you would like a full copy of the annual report feel free to give us a call or shoot us an email. As always, we will be glad to answer any questions you may have.

In Cooperation,
Damian



Financial Report

Our Fiscal Year, ending 9/30/2011, brought much improvement over 2009-10. Sales increase by 1.45%. Margin management has improved greatly, providing a gross margin needed to maintain expenses and still generate a net income of 22k.

We also had a 5% increase in New Ownerships from our prior fiscal year, welcoming 340 new families to Hendersonville Community Co-op. Our 1631 active owners had supported the co-op with more than 53% of the total sales (after discounts). Owner baskets are typically more than twice the size of non-owners, at about \$34.00 compared to \$15.00!

Expenses increased by almost 5% this year over last year. Governance and Occupancy remained the same, where-as payroll, operating, administrative and depreciation expenses increased. Though payroll did increase, it still remained within budget and industry standards. Operating increases included departmental supplies, with a large percentage needed for the deli. Operational expense increases also include Credit Card processing fees. We are seeing an increase, once again in credit/debit card sales! Depreciation expense had the largest increase percentage (almost 40%). It was used as a beneficial tool for Income Tax preparation.

Total checking and savings increased by 12%. Some of this increase was created by a decrease in inventory. Along with better margin control, inventory is a target of improvement. We have always had a history of high inventories. Similar co-ops maintain inventories that 20-25% less than ours. When inventories are too high, slow turn-over rates cause cash to be tied up longer. Inventory dropped 6% this fiscal year, most of it happening in our 4th quarter in the Wellness Department. The Co-op maintains timely accounts payables with no long-term outstanding debts.

- Debt to Equity Ratio is .30, below the benchmarks of .40-1.0. (Lower is better.)
- Current Ratio (a measurement of credit risk qualifications) is 4.14, with an industry benchmark at 3.24 or higher. (Higher is better.)
- Debt Ratio is .23, compared to the benchmark of .50. This measures long term risk. Lower is better.

I welcome all questions you should have regarding the financial reports for your Co-op! You can arrange an appointment with me by calling 693-8557 ext104, or emailing me at jane715@gmail.com

Jane Bagby
Finance Manager

A Board's Eye View

CO-OPS ROCK!!



All aBoard!



Beth Beasley
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2009-12
329-7991



Carolyn Widener
Vice President
2011-14
329-4826



Susan O'Brien
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2009-12
693-5553



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Michael Reim
2011-14
692-8173



Laura Williams
2011-14
749-3624



Tony Womack
2010-13
694-1083

It's sometimes easy to forget that our co-op is not an island—we are part of a global network of co-ops that runs the gamut from retail, banking, housing, worker, farming, and utilities. To celebrate this global business movement and call attention to the economic impact and potential of cooperatives, the United Nations General Assembly has declared 2012 the International Year of Cooperatives.

The IYC is a way to “highlight the contribution of cooperatives to socioeconomic development, particularly their impact on poverty reduction, employment generation and social integration,” says the UN website. The designation also seeks to encourage the growth and establishment of cooperatives all over the world (that includes a possible expansion by HCC!)

Co-ops have a big impact nationally, as well. According to a recent study of all types of cooperatives in the U.S. by the University of Wisconsin Center for Cooperatives, “cooperatives own more than \$3 trillion in assets, and generate over \$500 billion in revenue and \$25 billion in wages. The [study] estimates that cooperatives account for nearly \$654 billion in revenue, over two million jobs, \$75 billion in wages and benefits paid, and a total of \$133.5 billion in value-added income.” That's a pretty big piece of the economic pie, no?

Following are some of the key statements for the IYC:

- Cooperative enterprises build a better world
- Cooperative enterprises are member owned, member serving and member driven
- Cooperatives empower people
- Cooperatives improve livelihoods and strengthen the economy
- Cooperatives enable sustainable development
- Cooperatives promote rural development
- Cooperatives balance both social and economic demands

- Cooperatives promote democratic principles
- Cooperatives and gender: a pathway out of poverty
- Cooperatives: a sustainable business model for youth

Like HCC, many cooperatives worldwide are guided by the seven cooperative principles: *voluntary and open membership; democratic member control; member economic participation; autonomy and independence; education, training and information sharing; cooperation among cooperatives; and concern for community.*

How cool is it—and timely in terms of what's happening in the world—that there's a business format that is values-driven? Co-ops are truly democratic in their structure and operations, and have multiple 'bottom lines,' making the benefit of the people they serve a top priority.

That said—the HCC Board is excited about moving forward in 2012, which aims to be a big growth year for cooperatives. We're busy planning how we might best spend our time learning this year so we can better serve HCC and its future. I'm excited about taking on the president's role, and I'm reassured by having three past presidents on the board to guide me if I need help. We're also very happy that Laura Smith-Williams and Michael Reim are now part of the Board of Directors—we are confident that they will make great additions to our team. Look for updates in this column on what we've been up to—it's going to be a busy year!

In a spirit of enthusiastic cooperation,
Beth Beasley, HCC Board President

*more about IYC at: <http://social.un.org/coopsyear/index.html>
learn daily about co-op success stories at www.stories.coop*

2012 Board Meeting Dates

Meetings are held at 6:00 p.m. on the fourth Tuesday of the month. The next meetings will be on January 24th and February 28th. 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.

All hail the mighty fava!

Christopher Fielden of Red Wing Farm

The fava bean is:

- A) a cover crop
- B) a delicacy
- C) a soil aeration tool
- D) an ornamental plant
- E) a fertilizer factory
- F) easy to grow
- G) all of the above

If you guessed all of the above, you're right! The fava is all that, and more. If you're a gardener and have never grown fava beans before, you should give them a try. Fava beans are easy to grow, delicious and nutritious, add nitrogen to your soil, and grow at a time when there is little else in the garden.



Fresh green favas ready to eat.

The time to plant favas here in Western North Carolina is now. You might not think of winter as bean-planting time, but anytime between November and March is when favas need to go in the ground here in our climate. Technically, favas are not really beans, at least botanically speaking. Fava beans, also called broad beans, *Vicia faba*, are a legume in the vetch family and one of the most ancient cultivated plants.

From a cooking and eating point of view, favas look, feel, taste, and are cooked like beans, either savored fresh and green in the shell stage or as "gigantes," giant dry beans. Fresh favas are juicy, buttery, and silky. Dry favas are fat, nutty and meaty, sticking to your ribs in a satisfying way.

We must at this point inject a warning that a very small percentage of the human population has an allergy to fava beans and the reaction for those susceptible can be extremely severe, especially for young children. Favism, as it's called, occurs in people primarily from Africa and the Mediterranean region who have inherited a deficiency of a specific enzyme. The vast majority of the human population has this enzyme and is not affected.

From a gardening point of view, the non-bean status of favas is clear. While beans can only be planted when the soil is warm and grow like gang busters in the heat of summer, favas like a long, cool growing season. On our farm we plant them in December and harvest in May and June. They fill a great niche in the garden, growing when few other plants grow during the coldest months of

the year.

Fava beans are a great cover crop and green manure because like other legumes, they increase soil fertility by causing nitrogen to be fixed in the soil. The roots of nitrogen-fixing plants are hosts to symbiotic bacteria called Rhizobia which produce nitrogen compounds that help the plant to grow and compete with other plants. When the plant dies, the nitrogen is released, fertilizing the soil.

When you plant favas, sow them an inch or two deep, about 6" apart. Mulch the bed with a light to moderate layer of fluffy straw. Water them in or plant before a good rain. The seeds should begin to sprout in a week or two. In the spring, harvest for fresh green beans when the green pods are big and plump. Crack open the pods and wallah, there they are. Or let the pods dry on the vine, allowing the beans to dry in the pod, if you want to dry and store them.

After harvesting the favas in the spring, instead of pulling the plants cut them off at the base, leaving the roots to decompose so that the soil can fully benefit from the nitrogen. By this time, the soil is loose, aerated and nitrogen-rich, perfect for planting warm-season crops when the favas are done!

Favas are such a good cover crop that some large-scale farmers use them solely for that purpose, tilling them under in the spring as green manure without even harvesting the beans. For home gardeners, however, missing the opportunity to harvest and eat the beans would be a tragic waste. Fresh favas provide one of the earliest harvests of the season, a welcome flash of bright green protein-rich food at a time of year when gardeners are itching to start eating from the garden.

Another advantage of growing fava beans is the ease of saving seeds. Because no other plant cross-pollinates with the fava, it is extremely easy to save your own seeds for the following season. Just let the seeds dry in the pods on the plant, harvest and shell and allow to dry on newspaper or a screen for two weeks, then store in a glass jar in a dry dark place until it's time to plant again. This is the process for saving all dry beans for storage for eating.

As if the food value and soil-building value of favas were not enough, the icing on the fava bean cake is their value as an ornamental plant and food for pollinators. The bushy, utilitarian workhorse plants produce small, pretty, elegant black and white pea-like flowers. Like sweet peas, favas are one of the earliest plants to bloom in the garden and their flowers are lovely little bright spots against the vigorous, bushy green leaves of the fava plant. All of the green of the hearty plants is a welcome sight in early spring, when most of the rest of the garden still looks fairly drab. And honeybees and other pollinators are attracted to their flowers which provide much-needed early season food for the insects.

So here's to the fava bean: gourmet delicacy, garden workhorse, spring garden jewel, and ancient sustenance-provider. All hail the mighty fava!



International Year of Cooperatives

NCGA News Service

When you hear the word “co-op,” what springs to mind? For some people, “co-op” may be their local grocery store; for others it may be a housing community. Whatever your initial association, you may be surprised by the many types of co-ops around you.

More than 800 million people around the world belong to cooperatives, and at least 100 million people are employed by co-ops. And more often than you might realize, co-ops play a vital part of your everyday life. Grocery stores, credit unions, housing co-ops, utility co-ops, health care cooperatives and food producer co-ops are just a few types of co-ops you have likely encountered, knowingly or unknowingly.

Declared by a United Nations resolution, 2012 is being recognized worldwide as the “International Year of Cooperatives.” The International Year of Cooperatives aims to share and celebrate the social and economic contributions of cooperatives businesses, in which users can become owners. National Cooperative Grocers Association (NCGA) and its 122 retail food co-ops are marking the year with a variety of initiatives to help showcase the many benefits of cooperatives.

Consider the cup of coffee and cranberry muffin you recently enjoyed at your breakfast table. That coffee was likely purchased from a grower co-op in Indonesia, Sumatra or Peru. The flour in the muffin may have started as wheat from a farmer-owned grain milling co-op, and those cranberries could be from Ocean Spray, a producer-owned co-op. Those colorful walls? Perhaps they were painted with supplies purchased at Ace Hardware, a co-op owned by individual store operators. Maybe you're wearing clothes bought at REI, a customer-owned co-op, or standing under a light fixture with electricity powered by an electricity co-op owned by residents in your community.

“From grocery stores and New York City apartments to credit unions and coffee producers, co-ops are all around us,” said Robynn Shrader, chief executive officer of NCGA. “Whether the co-op is operating on behalf of producers, workers or consumers, their general purpose is the same: to serve the needs of owners.”

Types of co-ops you may encounter everyday include:

- **Grocers.** For nearly 80 years in communities across the country, retail food cooperatives have been leaders in providing consumers with high-quality local, organic and sustainably produced food. Food co-ops take pride in building relationships with area growers and suppliers, and supported the concept of “local” long before local was cool. Food co-ops continue to lead and innovate to nurture and promote the growth of the local sustainable food systems – something that benefits both producers and consumers.
- **Financial services.** Cooperative lending institutions often go where many investor-held banks won't, which means they're

pumping billions of dollars into urban neighborhood stores and small-town businesses – and everything in between. Credit unions' rich history begins in the early 1900s, when poor and working classes were denied credit from established banks and were forced to borrow from pawnbrokers and other unscrupulous moneylenders. They came together and took action, forming “people's banks.” In 1934, President Roosevelt signed into law the Federal Credit Union Act in support of their community-minded stance. Today, the Act regulates approximately 12,000 credit unions, serving more than 76 million consumers around the country.

- **Food brands.** Did you know that nearly 30 percent of all farmers' products in the U.S. are marketed through more than 3,000 producer-owned cooperatives? Co-op food brands offer high-quality local, organic and sustainably produced food. And of course, you can find many of these popular co-op food brands – such as Organic Valley Family of Farms, Frontier Natural Products, Equal Exchange, Florida's Natural and Cabot Creamery – in retail food co-ops.
- **Health care.** Health care premiums and prescription medication costs are at an all-time high. But health care co-ops can help provide relief to both consumers and local business owners. Co-ops – such as HealthPartners – advocate for affordable premiums for members and small businesses, and they help community-owned nonprofit hospitals and independent pharmacists remain autonomous and affordable.
- **Housing.** More than 1.2 million Americans, including upwards of 10,000 students, enjoy the affordability and community support of a housing co-op — from townhomes and high-rise apartments to senior citizen residences, mobile home parks and student housing. Members own a share in the cooperative, which manages the property where they live, and they pay a monthly fee to cover expenses like mortgage and maintenance.
- **Utilities.** Electric cooperatives are owned by those who buy power and other services from the co-op. Their formation began in the 1930s when private, investor-owned utility companies refused to serve rural areas that were considered insufficiently profitable, with only a handful of customers per mile of line. The local farmers and residents banded together to found rural electric cooperatives. Today, electric co-ops own and maintain more than half of the nation's power lines and provide service to communities large and small across the United States.

For more information, visit www.go.coop. About National Cooperative Grocers Association - National Cooperative Grocers Association (NCGA), founded in 1999, is a business services cooperative for retail food co-ops located throughout the United States. NCGA helps unify food co-ops in order to optimize operational and marketing resources, strengthen purchasing power, and ultimately offer more value to natural food co-op owners and shoppers everywhere. Our 122 members and associate co-ops operate nearly 160 storefronts in 34 states with combined annual sales over \$1.3 billion. NCGA is a winner of the dotCoop Global Awards for Cooperative Excellence in recognition of the application of cooperative values and principles to drive cooperative and business success. visit www.ncga.coop, www.strongertogether.coop or www.go.coop.



Do we need to worry about our water?

Dorothee Kellinghusen

Without water there is no life. That is general knowledge. It is also known that the quality of water is very important. This area seems to be very fortunate to have lots of water coming from the mountains. Basins holding water from the watersheds provide tap water for Hendersonville and areas in the county. Before it runs out of faucets the water from the resources are filtered, chemically cleaned and enhanced.

The Soil and Water Conservation District (SWCD) helps landowners protect and restore the water sources. One goal of the employees is to reduce the amount of pollutants in a watershed and reduce their chances of reaching streams. This is not easy if landowners believe that they can do anything they want on their property without any concerns about the impact affecting the whole community. But there are also many landowners who do care. The District, a non-regulatory Henderson County department, gladly helps landowners with technically sound advice, action and occasionally financial assistance to repair, protect and improve streams on their properties for the benefit of everybody downstream.

A very visible example is the storm water-cleaning wetland on Highway 191 in Mills River. Bert Lemkes, co-owner of the Van Wingerden Intl. Inc. greenhouses, worked with the District to capture and treat rain water that drains off of 28 acres of greenhouse rooftop and parking lots before it enters the streams. The project has just been finished with the planting of native plants. Now, this wetland will not only be an effective filtration system, but also an eye catcher for a pretty natural landmark.

Some of the biggest problems water quality experts notice in this area are pollution, disturbances and destruction of streams. Storm water runoff is a common term used when talking about water quality. It describes the fact that soil, dirt, oil, spills and just everything that is washed off roads as well as off paved and sealed, impervious surfaces runs unfiltered into the streams. In a community with a growing population, more roads and more developments, this is a serious problem. At the same time farmers use their fields for more profit – planting all the way to the edge of streams without leaving buffers for protection and filtration. On some pastures, farm animals are allowed to use the streams for their needs and not only damage the banks but also pollute the water, the water we drink. Once landowners are aware of the problem, they usually work with the District and support the efforts to repair the streams.

The awareness of water quality problems is growing and more and more people are getting involved. Some citizens just recently formed a group to protect the Green River Water Shed in their section in Saluda and Polk County. One of their goals is to get the upstream neighbors in Henderson County involved. The group noticed in their backyards the water pollution which caused them to contact local and state administrations besides doing their own research. The more knowledge

they gained the more it became obvious to them that they needed to take action. As a non-profit organization they work hard to educate people in their community and to get their support and participation to save the waterways from pollution and destruction.

There are several leading organizations in this county who are taking action. The Environmental and Conservation Organization (ECO) in Hendersonville has a big group of volunteers testing the water quality of local streams on a regular basis, providing the information to institutions and federal agencies that would not be able to do this detailed work. Their data helps to take immediate action if needed and to prevent bigger damage. Diane Silver, NC Cooperative Extension Services, offers public classes about Water Management focusing on simple ways to build natural filtrations in the backyard. Examples are rain gardens, wetlands, buffer zones along creeks and streams and stream-bank protection. Diane Silver also initiated and leads a program for eighth graders in middle school called “Kids in the Creek”. The students learn by walking in the river, catching bugs and vertebrates and identifying them. They test the pH of the water and look for signs to predict the quality of the water. Silver also works closely with Shaun Moore on grant funded stream repair projects.

Consumers started to question the chemically achieved quality increase of water and look for “better” or “natural” or “healthier” water. One way is to buy expensive bottled water shipped thousands of miles from spring-water sources all around the globe in plastic bottles that are not degradable. Reverse osmosis water, as provided by the Hendersonville Community Co-op, is another option. This procedure of natural filtration purifies the essential liquid. The Co-op is noticing a growing demand from customers who bring containers to fill them with distilled or reverse osmosis water. About 113 gallons have been filled up per day, which is the average of 40,341 gallons that have been sold last year.

The best solution would be a healthy system of creeks, rivers and streams. According to the experts from the District the smaller waterways would hardly be seen, because they are protected by buffer zones with overgrowing bushes and trees. The root system is holding the soil along the banks and prevents erosion. Their shade also keeps the water cool, which is important for the water wildlife to exist and to clean it. Many insects and tiny vertebra can only live in “good” water. They are then again food for the fish. It is a very sensitive eco-system but well functioning for the benefit of all living creatures – if it is not disturbed.

This article was written by Dorothee Kellinghusen, Environmental Science Student at Blue Ridge Community College.



Age with Vitality & Beauty

A NEW PERSPECTIVE ON ANTI-AGING WITH ALICE MCCALL

Learn about cellular health, why it is vital to aging with health and well-being, and why it works!

Be inspired to age with grace.

Free Event at the Co-op Annex
Thursday, Nov. 17, 12-1pm.

For More Info Call 828-577-5623 or
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Saturday, January 21, February 4th, 2012 9am-11am

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SCREENING RESCHEDULED FOR FEBRUARY 4TH.

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

For HCC Owners

Small \$40 /issue

Medium ads \$60/issue

large ads \$110 /issue

For nonowners

Small ads \$50

Medium ads \$70

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.

Large Half Page Ad

7.25" x 4.75"

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\$110 for Co-op Owners

Small Ad

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\$40 for Co-op Owners

Medium Ad

3.5" x 4.75"

\$70

\$60 for Co-op Owners

News and Views

from Outreach

It's a dirty job, but somebody has to do it

Everything in nature contains all the power of nature. Everything is made of one hidden stuff. -Ralph Waldo Emerson

My first resolution this year is to rot more. Well at least I will talk about rotting more, and I will do my best to cause more carbon and nitrogen breaking down in my own environment. There may be more to creating organic matter than just the food scraps from my kitchen and leaves from my yard. I have friend who composted everything, including the T.P. in her home, and it worked out just fine. She probably extended the life of her septic system that much more! It is not always a pretty subject, but I want to get down in the dirt and talk details. That's right; I am jumping on the bandwagon for that nutrient rich, black gold –elixir of the earth and my garden- compost. Some may even say that one of the key ingredients to the fate of our planet relies on our ability to compost. Besides running out of fossil fuel and other valuable resources- it seems we are also running out of space. All that waste that ends up in the land fill could be fished out before it even gets in the garbage truck.

The amount of food wasted in the US is staggering. The US generates more than 34 million tons of food waste each year. Paper is the only material category where we generate more waste, but we also recycle more. Food waste is more than 14 percent of the total municipal solid waste stream. Less than three percent of the 34 million tons of food waste generated in 2009 was recovered and recycled. The rest —33 million tons— was thrown away. Food waste now represents the single largest component of MSW (Municipal Solid Waste) reaching landfills and incinerators. Statistics taken from: <http://www.epa.gov/osw/conservation/materials/organics/food/fd-basic.htm>

In the next few issues of this newsletter, I hope to tout some tremendous undertakings in a series that notices great cooperators. To begin, I'd like to recognize a few of my heroes who are hard at work in Boone, NC at Appalachian State University. I had the distinct honor of being in attendance at a ribbon cutting ceremony for a rather large compost bin. An extraordinary visionary and hard working conservationist at App State, Jennifer Maxwell and her team of cohorts, had the gumption to believe it possible, and were innovative enough in their course of study, to create a "pile" of garbage and call it compost. They ultimately used the end product to in applying that compost to the ASU grounds, thus closing the loop on a resource that would otherwise end up in a landfill. In a nutshell:

The Office of Waste Reduction and Recycling at ASU is committed to composting the food waste generated on campus. We add the food waste to leaf litter and wood chips for an appropriate Carbon to Nitrogen ratio for accelerated decomposition. In the process, we lower our carbon footprint, reduce landfill tipping fees, and create a usable soil amendment on campus.

Housed next to the ASU Biology Greenhouse, the compost program was started by students and has grown tremendously in the past 12 years. Each day, food waste is collected from Food Services, Broyhill Inn, Living Learning Center, Outdoor Programs, Cascades, and Crossroads & Wired Scholar Coffee Shops.

Once appropriately aged, the compost is used in landscape application by Landscape Services. We also deliver the finished compost to the Sustainable Development Farm in Valle Crucis and occasionally the greenhouse uses it for their raised beds. At times, we deliver working compost to the Biodiesel Collaborative Project for use in their experimental glycerin composting process.

Compost Happens at ASU - History

- Spring 1999: Sustainable development students spearheaded project to collect food waste from food services
- Pilot program began: Approximately 18 tons collected in the first year
- Spring 2000: Appropriate Technology students expanded program and built aerated static pile
- 2006- 2010: 300% increase in tonnage
- Spring 2011: New covered facility built for increased

From: <http://recycle.appstate.edu/composting-appalachian-state>




ASU's new state of the art compost facility features: Multiple bin system, consistent 160 degrees F, metal doors for easier loading, fiberglass to prevent corrosion, aeration system of each bin, aeration control pump system, leachate collection system, separate dry storage area.

Composting is a naturally occurring phenomenon, in which microorganisms break down materials when given the proper amounts of air, water, carbon in the form of wood chips and tree trimmings, and nitrogen in the form of food waste. The process generates heat, which further breaks down the materials. All pathogens in the material are killed when the compost reaches a sustained temperature of 131 degrees Fahrenheit for three days followed by 11 consecutive days of temperatures above 104 degrees Fahrenheit. Compost is ready to cure following this two-week period, and can be used as a soil amendment after a 45-day curing period.

The bins are designed with under-floor piping of air and collection of moisture run-off, known as leachate, which can be reapplied as needed to facilitate the composting process. A kiosk will be installed at the site to explain the process of turning food waste into compost.

The new compost facility accommodates a 300 percent increase in composted materials since 1999, when students helped develop a compost facility to reclaim pre-consumer food waste for other uses on campus. "This is exciting to me because I was a part of this movement as a student," said Jennifer Maxwell, university resource conservation manager.

 see pg 16

Co-op Calendar

January

Sunday, January 1st, New Years Day, the Co-op will be CLOSED.

Wednesday, January 4th, WOW Van will be in the parking lot for free screenings: Cholesterol (should be fasting), Blood Pressure, Glucose, and B.M.I. For more information: <http://www.parkridgehealth.org/experience-park-ridge/events>

Beginning Saturday, January 7th- continuing every Saturday in January, the Organic Gardening Class Series. This will be the third year in a row that we bring the dynamic duo down from Swannanoa: Beth Trigg and Christopher Fielden of Redwing Farms. The popularity of these classes and the successful gardeners are a testament to the wonderful – informative, and useful information you will gain from these classes. See page 19 for details. Sign up by calling Gretchen at 693-8557 ext 102 or email: gretchen@hendersonville.coop

Saturday, January 7th 9-2 Hendersonville Christmas Tree Recycling Jackson Park (Parking lot at Ball Field 6).

Thursday, January 12th through Sunday, January 15th OAD's. 5% discount off your groceries for owners any ONE of these four Owner Appreciation Days.

February

Saturday, February 4th - 9:00 – 11:00 am Ray Fritsch with Medical Screening Services. Please sign up for an appointment time on the clip board in the store. Questions: Call Ray at 1-800-758-2387.

Saturday, February 4th 11:00 am til noon Come to the MOUNTAIN! ...the mountain of #5 plastics that has grown over the past few years - This is a very special opportunity to take part in an enormous recycling process. We are currently seeking do-gooder volunteers to come pack #5's with me in the warehouse. Call or email me for details. Refreshments will be served. gretchen@hendersonville.coop or call: 693-8557 Ext 102

Thursday, February 9th through Sunday, February 12th OAD's. 5% discount off your groceries for owners any one of these four Owner Appreciation Days.

Friday, February 10th 4:30 – 6:30 pm in the store- Wine Tasting: Sample some great wines to go with the chocolate for Valentine's Day! Oh, I guess we will have some chocolate for the tasting as well.

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 693-8557

WELCOME NEW OWNERS

Amanda Hanson, Christa & Bradley Hallmark, Barbara Keller, Joanne Radman, Crystal Bradley, Barbara Hipwell, Betsy Burnett, Roberta & David Woods, Terry & Laurie Brock, Greg & Katherine Vanb Hoorhis, Eleanor E Morgan, Brenda Osteen, Cara & Sam Douglass, Christina Skillin-Federman & Joshua Federman, Carolyn Bachand, Avere Savage & Drew Refshauge, Barbara Lynch-Blosse, Abigail & Bryan Robertson, Michael & Linda Easton, Kelly & Robert Zehrunge, Jan Isserman, Tonya & Allen Brotherton, David Olin, Pearl & Arthur Frank, Richard & Gail Dodge, Laura Greenlee & Kelli Kuhn, Sylvia Huntsman, Darlene & David Anderson, Elise Pratt, Pam & Fred Foushee, Karen W Saine, Cliff Berry & Marilyn Stano, Edwrd & Theresa D'avanzo, Sally & Andrew Buchanan, Elwood & Janis Shoemaker, Kathy Konduros, Gail E Halford, Kelly & Andrew Cubbin, Jerolyn Hirschkind, John & Mary Linville, Tammy Carpenter, Brad Schwartz & Sandra Phillips, Margie West, Barbara & Gary Eblen, Joseph A Johnson, Connie Newman & Charles Leister, Mary Kathryn Webb & Chelsea Preciado, Thomas Kreimeier & Karen Brown, Roy Clifford Eubanks, Mary & John P Cleary, Sherry & Robert Clay, Becky Watkins, Joan & John H Hensley, Carol & Austin Watson, Cynthia & Todd Danielson, Barbara Bohannon, Brian & Priscilla Comolli, Kathy Flodin & Samantha King, Peter & Pam Voisin, Paul & Kate Pittman, Erin Hardy & Greg Justice, Susan Warner, George Gower, Donna & Ron Donigan, Melanie Archer & Chloe Baumrin, Tom & Barbara B Zimmerman, Susan C & Blake H Bickford, Judy & Jerry Tadlock, Susan & Lois R Taylor Cahn, Rebecca & Joseph Criscione, Rhonda Archenbach & Eric Miller, Tamara Phillips & Kenneth Mendoza



Healthy Lifestyle Q and A

with Joan Kennedy of StayWell, Inc.

QUESTION: It has always been my impression that the “flu season” is mainly in January-March yet flu shots have been advertised everywhere, and I mean everywhere, since this past August. I have two questions regarding that. First, my mom got a flu shot in early October. Will she still be protected now? Also, I read that North Carolina has one of the highest incidences of “the flu” in the US. I am normally healthy, eat mainly organic and exercise several times a week. I have not gotten a flu shot yet so I wonder what your advice is regarding flu shots as well as what I can do to keep me and my family healthy?

ANSWER: I have some general philosophies and approaches to boosting a person’s immune system. If you want specific guidance for you and your family, please call me at 329-8897.

1. In general I am not a big advocate of an annual “flu shot”

UNLESS you

- Are elderly and live in an environment where many live and eat together and are cared for by shared care providers;
- Have a specific immune deficiency condition;
- Work in a common space with others--especially if those others refuse to stay home IF they have flu symptoms;
- Are not willing or able to create a lifestyle that allows for regular restful sleep of at least 7 hours and healthy eating;
- Have a pre-existing respiratory conditions such as asthma, emphysema and/or smoking that puts you at higher risk for pneumonia;
- Have received the flu shots on a regular basis in the past; (Once you start getting flu shots on a regular basis, I believe it is likely best to continue.)
- Have anemia or some other chronic illness that could weaken your immune system;
- Are a health professional who works closely with patients who frequently have upper respiratory infections;
- Work in daycares or elementary schools;
- Work or travel on an airplane on a regular basis and are not in excellent health. (For single or infrequent air travel flu risks can be handled in more pro-active ways than a yearly flu shot.) and finally;
- For the protection of others, if you are a person who simply refuses to stay home if you get an upper respiratory infection or refuses to use proper hand washing techniques.

Today most health professionals support the flu shots because many Americans have compromised immune systems from our culture of overactive, stressful lifestyles. Until our society begins to “redefine and change the accepted norm” flu shots will continue to be recommended as a regular part of infection prevention.

2. As to your question about your mom who got her flu shot in early October, the duration of protection is approximately **three** months. This means that she will be getting little protection now and for the rest of the winter from the one she got in October. I don’t recommend she get another one though, but rather do everything she can to boost her own immune system. Of course, she should definitely consult her own health care provider though as I know nothing about your mom’s health status.

3. There are a variety of ways to help boost the immune system.

- Vitamin C in high doses has been debated and researched by authorities since the days of Linus Pauling. Personally, I believe 2-3 grams/day during the flu season has no known disadvantages and likely has some benefit in boosting the immune system. I recommend taking some at the first sign of a cold or flu. A sore or scratchy throat is often the first sign. Others can include: fever, fatigue, watery eyes and/or a runny nose. I encourage taking 3-4 grams per day until symptoms resolve.
- Zinc is also known to boost the immune system. Take zinc as a lozenge, nasal or throat spray or mouth wash for the most benefit for an upper respiratory infection so that the zinc is absorbed directly into the involved tissues.
- Beta 1, 3 Glucan, a component of the Reishi mushroom, has been shown in many studies to provide helpful immune boosting abilities. You can buy the product alone or in combination with other natural herbs.
- In the past 5+ years, Vitamin D has received much research especially in relation to osteoporosis. Most recently, studies show that it improves the immune systems as well as helps to stabilize weight. Its immune boosting characteristics have now been linked to prevention of some forms of cancer. I strongly urge everyone to have their 25-hydroxy-vitamin D level checked, especially in the winter when sun exposure is low and flu germs are high. I generally urge adults to take 1,000 IU of Vitamin D3 every day during the winter months for both osteoporosis prevention and flu protection.
- Allicin, the active component in garlic, has anti-viral, bacterial and fungal properties. If you want to boost your immune system even more, I recommend you take Allicin as a supplement since much of the immune boosting qualities of garlic are lost in cooking and roasting.
- I have seen in my office that taking OTC cold preparations, especially those that contain anti-histamines, actually often increase the length of the flu and can lead to complications more easily than if they are avoided. Drying out the secretions that our body automatically produces to rid viruses from our sinuses, throat and lungs makes it harder for the body to heal itself on its own. Many find that irrigating the nose and gargling with normal saline (salt water) helps to dilute the germs and keeps mucus membranes moist, both of which can help decrease the severity and length of an infection if you get one.
- A variety of other herbs, such as Echinacea, Astragalus, elderberry, Goldenseal, Larch Tree, have been reported to have immune boosting qualities, but these are less well documented. If you have used them successfully in the past and are not taking prescription medicines or do not have a chronic health condition, then I see no reason not to use them. Be cautious though if you are taking prescription medications by checking with your pharmacist or looking up potential drug-herb-vitamin interactions.

My best wishes for a happy, healthy winter. Get your daily 7 hours of sleep, eat lots of veggie soup and get up from those comfy couches. Finally, I do not believe the old tale that you get sick by going out in cold weather. If you get wet, overly cold and also have a weakened immune system, you may increase your vulnerability. Your most common source of the flu is another individual. So enjoy some safe, outdoor activity regularly.





Pardee

Center for Women's Health
www.pardeehospital.org

Keeping you well. Giving you options.

Pardee Nurse-Midwifery is committed to providing women with the best care for every stage of life.

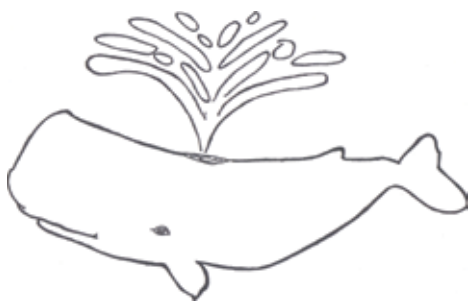
In addition to delivering babies, nurse-midwives take care of women throughout their life cycle – from their first gynecological exam through menopause. Pardee's nurse-midwives provide holistic care with a personal touch and are accredited by the American College of Nurse-Midwives, licensed in the state of North Carolina and are affiliate members of the medical staff at Pardee Hospital.

They deliver at Pardee's state-of-the-art Women & Children's Center which features private, single birthing rooms in a friendly and comfortable environment. Water labor, water birth and massage services are available.

To make an appointment, call (828) 698-7181.

Victoria Fleury, MSN, CNM, Barbara Davenport, MSN, CNM, and Martha Dysart, MSN, CNM

The Fountainhead Bookstore



Your Community Bookstore

408 North Main Street
in Downtown H'ville
www.fountainheadbookstore.com

Hendersonville Community Co-op and Red Wing Farm Present **Organic Gardening Basics**

A series of 4 gardening classes starting January 7



Co-op owners:

\$20 per class, \$60 for the series.

Non-owners: \$30 per class, \$90
for the series.

Classes held at the Hendersonville Community Co-op,
715 S. Grove St., 28792

To register or for more
information, contact
Gretchen Schott-Cummins at
828-693-8557 or
gretchen@hendersonville.coop

Staff Picks

Our knowledgeable staff have highlighted some of their favorite products on our shelves, why not give them a try. They're highly recommended!

Marcia	Julie's Maple Pecan Crunch
Crystal	Dried Mango Slices
Toby	Organic India Tulsi Tea "Original" Very good for the brain and spirit. Caffeine free and tastes great!
James	Barrier Water Filter Pitcher - Only \$17.99 That's \$.22 per gallon of water. (80 gallon life on the filter)
Ben	Organic Classics Kitchen Towels - 100% Organic Cotton - great for winter baking fun!
Gretchen	Fire on the Mountain Smoked Habenero Hot Sauce
Brittany	Somerdale-Wensleydale Cheese with a refreshing blend of juicy cranberries! Yum!
Brian	Blue Sky Cafe Energy Mocha Mountain - Mountains of Mocha Manic Maddness!
Jonathan D.	Big Beautiful Local Broccoli!
Mary	Glutino - Gluten free Pretzel Twists - Buttery taste w/ crunch!
Jordan	Trilogy Kombucha
Patrick	Appalachia Energy Bar Bites from Pure Bliss
Jeanne	100% Salmon Oil Wild, Pure from New Chapter
Lynne	Alpha Omega Salad Nutty, Mild - Hearty - Good!
Megan	Cheeky Monkey
Devan	Route 11 Lightly Salted Chips

Hendersonville Community Co-op and Red Wing Farm Present
A series of 4 Organic Gardening Basics classes starting January 7, 2012

Saturday, January 7, 1-4pm: Growing Healthy Soil

Cultivating and maintaining healthy soil is the key to success in your garden. In this class you will learn about building beds to build healthy soil.

Saturday, January 14, 1-4pm: Starting from Seed

Seeds are the beginning of the cycle of life for plants in your garden. This class is an overview of how to grow your own vegetables, herbs, and flowers from seed.

Saturday, January 21, 1-4pm: Insects in the Garden

Insect pests are the biggest challenge for many home gardeners and small farms in western North Carolina. This class will focus on how to prevent and treat pest problems in the garden.

Saturday, January 28, 1-4pm: Four-Season Garden Sustainability

In this class, we will discuss sustainable organic gardening methods in the year-round vegetable gardening cycle. We will begin with the basics of four-season gardening and discuss techniques and strategies to keep your garden healthy and productive throughout the seasons over many years.

Co-op Classified Ads

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

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

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.

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.

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

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

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

For Sale: 9" X 22" Mirror framed by a western harness horse collar, overall dimension: 32" X 28" \$50.00
Call: Juanita 828-697-5757



Department News

What's In Store For You?

Deli ~

Winters greetings from the Blue Mountain Deli! We hope that all of you had a wonderful holiday season with friends and family and made some healthy resolutions for the New Year. Hopefully winter will be short lived this year and Spring will be right around the corner. One of our goals this year is to make some changes to our hot lunch program that will offer a standard selection of hot sandwiches along with hot lunch style items that will be priced by the pound. As we inch closer to a new store location, these programs will become more defined.

There will be several new options in the deli this month that we would like to mention. Our hot beverage of the month will be warm almond milk-chai coffee with cocoa. New in the grab and go case this month we are offering a garden vegetable hummus with parsley, onions, carrots, cucumber and lemon. New in the deli case this month we will be offering an NCGA inspired Cran-Apple Caraway Slaw, Winter Wheat Berry and Fig Salad and a Millet Salad with Curry-Ginger dressing. The Cran-apple slaw will be composed of green cabbage, dried cranberry, broccoli, sunflower seeds, granny smith apples, toasted caraway seeds and an cider-orange vinaigrette. The Winter Wheat Berry salad is composed of cooked wheat berries, orange poached golden raisins and figs, almonds, parsley, mint, red onion, celery and lemon zest. The Curried Millet will be composed of millet, chickpeas, carrot, bell pepper, raisins, cilantro, scallions, and peanuts tossed in a curried ginger dressing.

Remember that we serve lunch from 11:30 until 2:30, Monday through Saturday. We also have parfaits, bagels, sweet items and biscuits while they last. Come warm up in your deli with a hot soup and warm almond-chai drink this winter. ~ Jordan

Produce ~

Kale, for too long I thought of it as a garnish on my plate while eating at restaurants. Little did I know that kale is one of the healthiest things I could eat. It is high in beta-carotene, vitamin K, vitamin C, lutein, calcium, as well as several natural chemicals that have been shown to have anti-cancer qualities. This member of the brassicas family is considered a non-heading form of cabbage and is related to broccoli, cauliflower, collards, and Brussels sprouts. It is widely used across the world in many dishes from soups to stir-fry, steamed, boiled, and some even eat it raw. I juice it on a regular basis with apple, carrot, and ginger.

One of the common questions I get asked in our produce department is "how do you cook this?" My favorite way is to first boil it until it is wilted (about 5 mins) then I strain the water out. Meanwhile I sauté chopped onion and garlic in olive oil. Next I add the wilted kale into the pan and add salt and pepper. After about 8-10 minutes of cooking and stirring this I add a dash of soy sauce and a small bit of white vinegar. Done. This is a loose recipe for me that I don't follow a strict amount of ingredients on. Another recipe to try is a little more demanding of measured ingredients. I found this on All Recipes and like it very much

Sweet and Savory Kale.

2 Tbls olive oil	1 small onion-diced
2 cloves garlic-minced	1 Tbls Dijon Mustard
4 tsp sugar (or less if desired)	1 Tbls cider vinegar
1 ½ chicken or veg broth	4 cup destemmed-torn kale
¼ cup dried cranberries	¼ cup sliced almonds
Salt & pepper to taste	

Grocery ~

The coldest time of year, warm up with some tea! January and February the coldest months of the year, a time where you may still be digesting those huge holiday meals and getting as cozy as possible with a cup of tea next to the fire place. We have doubled the tea section here to meet all your tea drinking needs from soothing sleep help to fighting off that pesky cold bug. Come in and check it out! Here are a few more reasons to get your tea on.

1. Tea contains antioxidants. Like the Rust-Oleum paint that keeps your outdoor furniture from rusting, tea's antioxidants protect your body from the ravages of aging and the effects of pollution.
2. Tea has less caffeine than coffee. Coffee usually has two to three times the caffeine of tea. An eight-ounce cup of coffee contains around 135 mg caffeine; tea contains only 30 to 40 mg per cup. If drinking coffee gives you the jitters, causes indigestion or headaches or interferes with sleep --switch to tea.
3. Tea may reduce your risk of heart attack and stroke. Unwanted blood clots formed from cholesterol and blood platelets cause heart attack and stroke. Drinking tea may help keep your arteries smooth and clog-free. A 5.6-year study from the Netherlands found a 70 percent lower risk of fatal heart attack in people who drank at least two to three cups of black tea daily compared to non-tea drinkers.
4. Tea protects your bones. One study that compared tea drinkers with non-drinkers, found that people who drank tea for 10 or more years had the strongest bones, even after adjusting for age, body weight, exercise, smoking and other risk factors. The authors suggest that this may be the work of tea's many beneficial phytochemicals.
5. Tea gives you a sweet smile. Tea itself actually contains fluoride and tannins that may keep plaque at bay. So add unsweetened tea drinking to your daily dental routine of brushing and flossing for healthier teeth and gums.
6. Tea bolsters your immune defenses. Drinking tea may help your body's immune system fight off infection. When 21 volunteers drank either five cups of tea or coffee each day for four weeks, researchers saw higher immune system activity in the blood of the tea drinkers.
7. Tea protects against cancer. Thank the polyphenols, the antioxidants found in tea, once again for their cancer-fighting effects. While the overall research is inconclusive, there are enough studies that show the potential protective effects of drinking tea to make adding tea to your list of daily beverages.
8. Tea helps keep you hydrated. Caffeinated beverages, including tea, used to be on the list of beverages that didn't contribute to our daily fluid needs. Since caffeine is a diuretic and makes us pee more, the thought was that caffeinated beverages couldn't contribute to our overall fluid requirement. However, recent research has shown that the caffeine really doesn't matter; tea and other caffeinated beverages definitely contribute to our fluid needs. The only time the caffeine becomes a problem as far as fluid is concerned is when you drink more than five or six cups of a caffeinated beverage at one time.
9. Tea is calorie-free. Consuming even 250 fewer calories per day can result in losing one pound per week. If you're looking for a satisfying, calorie-free beverage, tea is a top choice.
10. Tea increases your metabolism. Lots of people complain about a slow metabolic rate and their inability to lose weight. Green tea has been shown to actually increase metabolic rate so that you can burn 70 to 80 additional calories by drinking just five cups of green tea per day. Over a year's time you could lose eight pounds just by drinking green tea.

Stay warm and have a happy new year!

From The Grocery Guys ~James

In a large pot, heat olive oil on medium heat, stir in onion and garlic. Stir until onions are cooked (about 5 mins). Next stir in mustard, sugar, vinegar, stock, and bring to boil on med/high heat. Next stir in cranberries and continue to boil until the liquid has reduced by about ½ (about 15-20 mins) sprinkle salt and pepper. Sprinkle with sliced almonds before serving.

~ Robert





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

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 collection period HCC will donate the collected funds to the chosen charities.

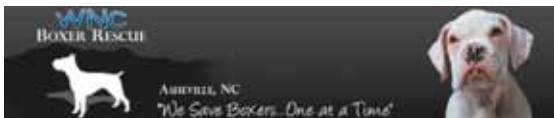
We are Currently BYO-bagging for:



La Leche League of Hendersonville provides breastfeeding support and information and meets at 10am of the 2nd Wed. of each month at the Universalist Unitarian Fellowship of Hendersonville at 2021 Kanuga Road. Visit www.llofnc.org/groups for information about LLL and surrounding area Groups.



NAMI Four Seasons is a two county affiliate and grassroots organization. Our mission is to provide support, education and advocacy for families affected by mental illness in our local communities. Membership consists primarily of family members, friends of people who have mental illnesses, and mental health professionals. We are a 501C3 organization and rely on memberships, donations, and grants.



WNC BOXER RESCUE, INC, with the help of many volunteers and input from other rescue leagues and has been growing rapidly, rescuing and placing as many Boxers as we can each week. We are based locally in Asheville, NC. The main goal of our organization is to provide the many unwanted, abandoned, mistreated Boxers with the tender loving care that they truly deserve.

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

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

EVERYONE WINS!

Co-op Classified Ads

2008 Dodge Caravan mini camper for sale. Includes: bench back seat, bed, refrigerator/freezer, CD/DVD/TV, sink, tent, screens, awning, table and seats, AC/DC/inverter, bike and luggage rack, more. Great for couple or small family. 44,000 miles, auto, ac, 22 mpg, excellent condition, \$15,500. call Steve 828-749-9104

Migun bed for sale. Like new. Original cost \$3500.00. On sale for \$1800.00. Please contact Nina Mills at 828-808-0859 or email: ninamae9@earthlink.net.

Friendly, experienced housecleaning with attention to details. Several Co-op members references. Call Khristy at 388-1047

HOUSE/PET SITTER

Professional, experienced, responsible. Also available for errands, dr. appts. Joanne 828-696-0808 / 828-243-6173

Sparks of Life Therapeutic Massage
Joanne Sparks, NC LMBT #10218
Swedish, Deep Tissue, Touch for Health, Energy Healing, Reflexology, Infant Massage Instructor, Integrated techniques for injury rehab. 828-243-6173, Flat Rock, NC

Rental Home – Great Value! Unfurnished home, 2 bdrm + computer/music area, garage, basement, deck, peaceful woods, appliances, energy-efficient. Non-smoking. Lease \$795 includes water/septic/trash collection. 828-692-2228

Elena Gallenberger, LMBT (NC #2916) at Fitness for the Body, Mind & Soul, 419 S. King Street. Swedish, Reiki, craniosacral, Integrative massage therapy. 15% off each and every massage for Co-op members. Call me at 828-329-4545 to schedule your session.

News and Views cont. from pg 9

“Sustainable development students proposed food waste collection to the Physical Plant in 1999 and they started composting with a static pile. In a class I took in 2000, we built an aerated system with an old blower motor and perforated pipe. It was pretty low-tech but it worked and it worked for 10 years,” she said.

ASU News <http://www.news.appstate.edu/2011/11/21/appalachian-opens-new-compost-facility/>

The fact that 2012 is the International Year of Cooperatives could prove to be illuminating for all of us. Besides all the great socio-economic benefits of cooperation and the cooperative business paradigm, the idea of cooperating is important from the smallest to the largest things imaginable- especially the “hidden stuff” of Emerson’s quote. Perhaps we will feel the shift on a global level, if we simply look to our own daily habits to start to truly appreciate the concept of cooperation.

The systems that work best are those in which cooperation amongst the parts somehow agree to make the outcome important. Yet, the individual parts are all getting just exactly what they need. Mother Nature has already got this one figured out with systems in place that work because of how well they cooperate- whereas we humans have to put some thought into this process. We are saddled with our ever burdensome brains doing the hard work of thinking, and making choices- making resolutions even!

the honey you get in the grocery store is actually honey and what’s in it? The occasional outbreak of E Coli is enough to one give pause when trying to select from the fresh greens that stand before you in the produce section. Indeed, we must constantly remember to look “resolutely” at the issues with our food supply.

It will take big cooperation for our civilization to come around to the understanding that just because we can’t see it, it isn’t necessarily gone. And it’s not always “somebody else’s job” to take care of it.

Fun fact: Did you know that San Francisco is on track to be one of the first major municipalities to produce zero waste? That’s a big initiative. According to an article in the July 2011 issue of *Biocycle*, In 2006, the city directed its contracted waste hauler, Recology, to institute the Commercial Recycling Discount, giving businesses a break of up to 75 percent on their trash bill for recycling and composting (customers could actually track the correlation between their diversion rate and their bill for service online). In 2009, the San Francisco Board of Supervisors passed an ordinance requiring every property in the city to recycle and compost. “It was the first mandatory composting law of its kind in North America,” says Recology spokesman Robert Reed. “Recology delivered additional collection bins, and customers across the city embraced composting.”

The program now recycles nearly 220,000 tons of organics annually, producing compost utilized by area farms, vineyards and residents. These achievements and a host of others are due in large part to a successful partnership between the city of San Francisco, its residents and commercial and institutional sectors, and Recology, an employee-owned company that provides landfill diversion and resource recovery services to homes and businesses through collection, recycling and composting.

“Our ultimate goal is ‘zero waste’ or ‘waste zero,’ depending on whether you’re talking to the San Francisco Department of Environment [SFDE] or Recology,” says Jack Macy, Commercial Zero Waste Coordinator at the Department of Environment, noting that the slogans are two ways of stating the same goal. That doesn’t mean people won’t have discards, he explains, it just means the city won’t be landfilling or burning them.”

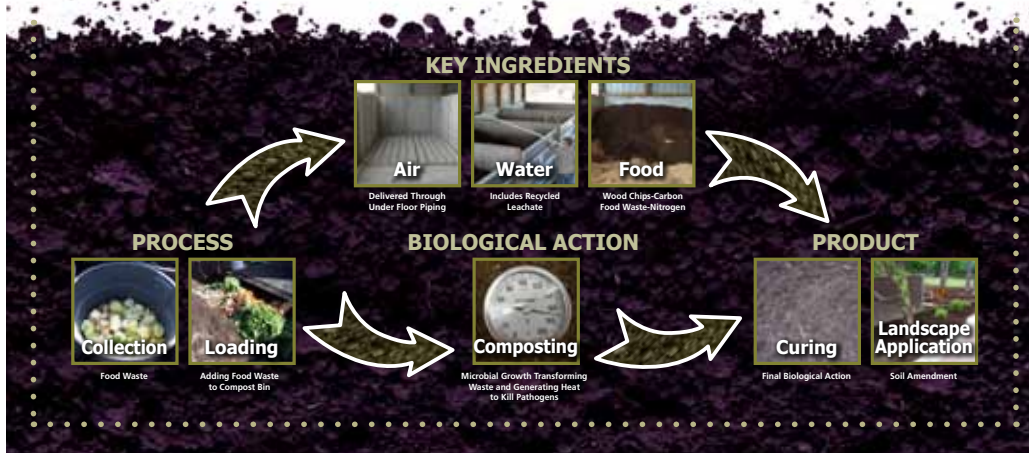
“A key point about San Francisco is that we have pursued maximum source separation for the highest and best use of materials, especially food scraps and other organics for composting,” adds Macy. “After years of comprehensive three-stream collection programs for all sectors and strong financial incentives, outreach and assistance — the carrot approach — participation and diversion started to level off.”

Compostably Yours,
Gretchen



Appalachian State University’s commitment to composting began as a student driven initiative in 1999. Over the years, the program has grown into a successful and effective way to sustainably recycle campus food waste into a compost soil amendment for use in the campus flower beds. In September 2011, the university completed this state-of-the-art composting facility that expands our annual composting capacity from 100 to 275 tons. The increased capacity will allow the university to expand food waste composting opportunities and further our commitment to sustainability.

Our Advanced Composting Technologies, Inc. facility creates the perfect environment for the naturally occurring biological process where microbes do all the work. The key is to give them what they need (air, water and food), when they need it, in the right proportions and let them do the work.



So I’d like to begin my International Year of the Cooperative emulating a few small role models whose efforts make a big difference: Microbes, worms and bees. Each of these little beings cooperates by design to help replenish our ecosystem while it simply exists doing its thing. Peering into their world for a moment is going to help me be patient and act accordingly, “in cooperation” with my counterparts to make the outcome work for all of us. For these large scale composting projects, a whole lot of organizations and office have to come together with the same intention. It’s time to take a look and see what ‘is’ working.

There seems to be much legitimate concern about food safety in our country right now. From the debate over GMO’s to the issues around whether



Staff Profile



Brittany Lee

Front End Manager

By Gretchen Schott Cummins

Brittany was featured in a staff profile way back in May of 2009 when she was interviewed for the Organic Press. She had only worked here for about 9 months at the time. Now her sweet familiar smile is one you've come to recognize every time you come in the store.

In her new role as the Front End Manager, Brittany will be able to put her now 3 plus years experience to good use. She has really grown into her new job in many ways, having started as a cashier and worked extensively in the wellness department.

In a recent interview, she reflected on her years here:

Q: What have you seen change here at the Co-op in the 3 years that you've worked here?

A: The co-op has grown! There are more and different people – lots of new owners. And the staff has changed- but not much!

Q: How have you changed since you started working here?

A: I eat more greens! And I feel more knowledgeable about healthy food and what we have to offer at the Co-op.

Q: What do you love about the Co-op?

A: I really love the community aspect and how the Co-op gives back to the community; the “bring your own bag” program for example. I like that we try to educate our customers so that they can make good choices.

Q: What do you wish for the Co-op?

A: If we could be bigger and we could host some movie nights here. I've learned a lot by working here and seeing films like “The Future of Food”. It has been really eye opening for me to learn about our food system and what is really going on. I think people need know these things.

Q: The Co-op is a different sort of store- what do you see that sets us apart from other grocery stores?

A: Our customer service, of course! We spend more time with individual customers.

Q: Now that you are the Front End Manager, what do you plan to do in your new role?

A: Well, I hope to help make the customer service even better. I am just so excited to have this new position and to be of service to our customers and staff.

I looked back at the Staff Profile of Brittany when she was a youngster in May of 2009 and noticed a great quote from her that I thought you all could appreciate, now especially. Brittany said, “I had heard that this was a really nice to work... so when I was offered a job, I said ‘sure!’”

We are so glad you did, Brittany, and glad you are still here - better than ever.

Co-op Classified Ads

“Hendersonville Seniors Network” - Repairs, maintenance, carpentry and other help as needed. (We are semi-retired seniors.) Insured. Licensed and bonded. Non-profit Organization. Charging \$15.00/ hour 699-3993

Tower Garden Patented Hydroponic/Aeroponic Gardening. www.mytowergarden.com. Available April 1, 2012. To place your order now or for more info. bruceandbonny@yahoo.com

For Sale: Beautiful private home in Hendersonville. 3,200 SF, 3 BR+, 2.5 BA, 2 FP, Garage, Deck, Porch, Basement, Attic, Bonus Room, 1.58 Acres. You Tube video / 200 Whispering Stream Trail

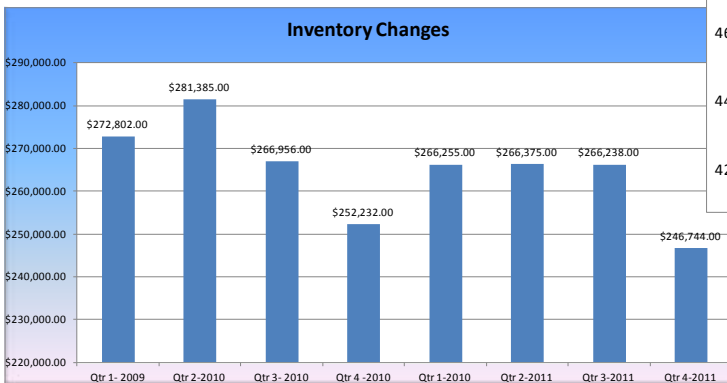
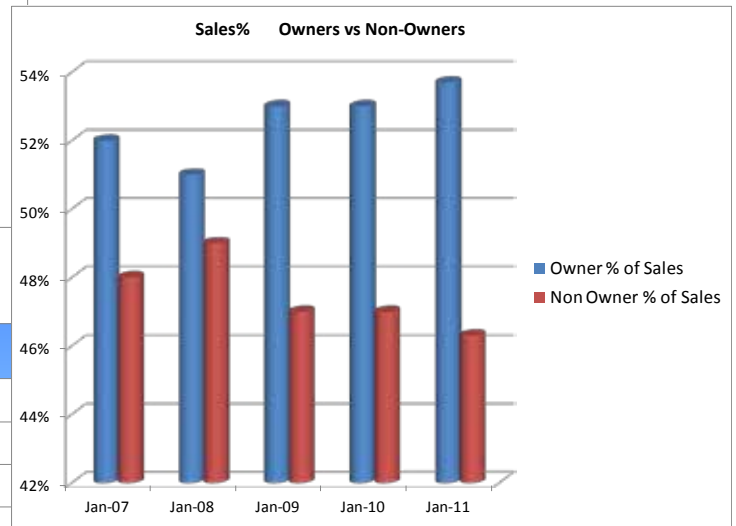
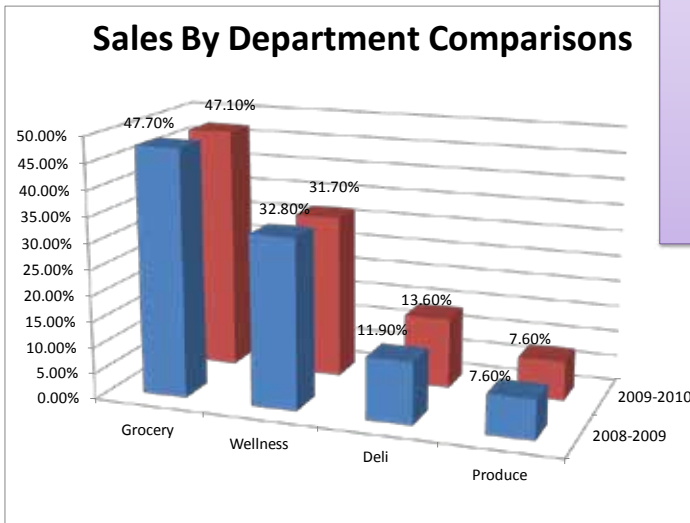
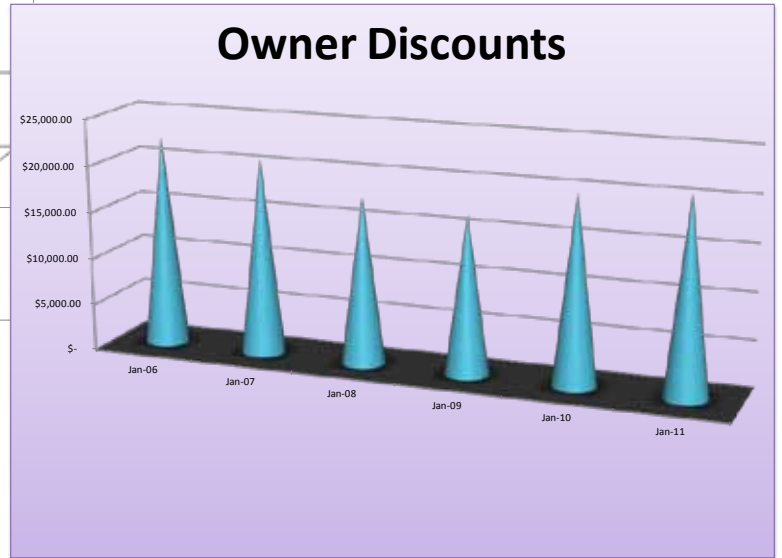
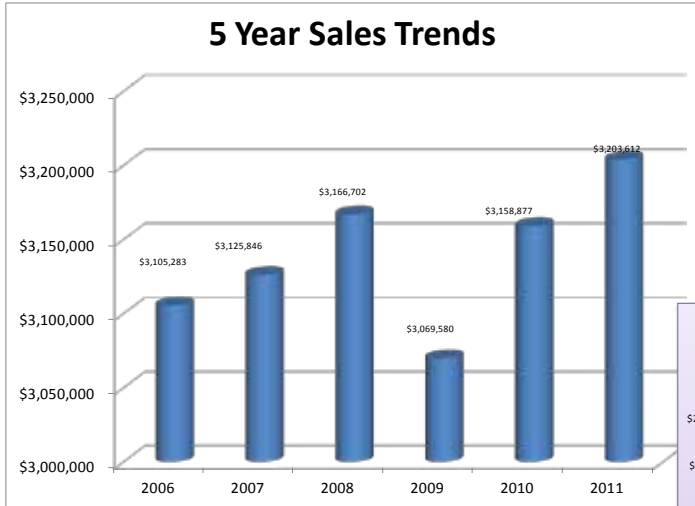
Free Talk on the benefits of Yoga Therapy Where: WNC Functional Health, 711-B South Grove Street, Hendersonville, 28792. (next door to the Co-op) When: Saturday, Nov. 5th, 10 - 11:30 a.m. Given By: Leslie Morrill, E-RYT, Registered Yoga Therapist for Mission Hospital's cancer research clinical trials program. (828) 333-1537

Deck furniture for sale. Like new. Large table with umbrella and six chairs. Also a bar with two bar stools. Original cost \$1,000.00. On sale for \$500.00 Please contact Nina Mills at 828-808-0859 or email: ninamae9@earthlink.net.

House for Sale; 4.99 acres, 3 arbors, pool, hot tub, Jacuzzi, Walking trails, 2640 sq. ft, 3BR, 2.5BA, 3 miles from DuPont; Contact; Stephanie @ Keller Williams

2000 VW Beetle 2.0L 21-31 MPG Red, sunroof, automatic, immaculate/great condition, 200,000 miles brand new rebuilt engine. \$4900 828-348-4868

Co-op Performance FY 2010/2011



A recent headline in an article on <http://www.foodsafetynews.com/2011/08/honey-laundry/>:

Asian Honey, Banned in Europe, Is Flooding U.S. Grocery Shelves: FDA has the laws needed to keep adulterated honey off store shelves but does little, honey industry says.

by Andrew Schneider | Aug 15, 2011

“A third or more of all the honey consumed in the U.S. is likely to have been smuggled in from China and may be tainted with illegal antibiotics and heavy metals. A Food Safety News investigation has documented that millions of pounds of honey banned as unsafe in dozens of countries are being imported and sold here in record quantities.”

The author goes on to explain; “Government investigators in the U.S. and Europe and customs brokers in India told FSN that previous successful criminal investigations had proven that the Chinese honey suppliers and their brokers are masterful at falsifying shipping documents.

Each of the shipments - whether from China or India - bore an identical FDA inspection number. However, FDA’s Division of Import Operations did not respond to requests for information on how and where it issued that FDA number.

Food Safety News left several messages for the Little Bee Group to discuss the source of their honey and how they were breaking records when the rest of India’s honey producers were months behind schedule. None of the phone messages or emails

were returned.”

Folks are sourcing more and more food locally, and honey is abundant in Western North Carolina. If you would like to learn more about beekeeping, you need only look to our local Cooperative Extension Service.



North Carolina has more beekeepers than any other state. We are blessed with Beekeeping Clubs in most counties which are affiliated with the NC State University Cooperative Extension offices.

If you’re interested in learning how to keep bees, for honey, pollination or fascination, the Henderson County Bee Club offers a Winter Bee School starting January 16, 2012 at the Mountain Horticultural Crops Research and Extension Center on Old Fanning Bridge Road near the Asheville Airport. The club also meets monthly at Jackson Park. Please contact the Henderson County Cooperative Extension office at 697-4891 for registration and questions.

Where can you get local honey? Contact Stuart Van Meter, President of the Henderson County Beekeepers, with that question. His answer will be either from a beekeeper or a source you know and trust. Better yet, your own back yard.

Co-op Classified Ads

The Fitness Club At Laurel Park in Hendersonville

Looking for Certified Instructors who can teach Yoga and Pilates
Please Contact Denise Alexander: (828) 698-8233 for an appointment.

Papa san chair in excellent condition. Off white colored cushion. \$50 firm 685-8105

SWAN SERVICES Helping You Make Your Home TRULY A Place of Health Peace and Beauty using Simple, Easy no-cost and low cost strategies. Have Fun Making Your Home ‘Nest’ Nice and Cozy just in Time for more Living Indoors this Winter. And Save Utilities costs with Ease. I’ll show you How! Call Polly ToDAY For An Appointment. 692-4330

Free Talk on Yoga Therapy for Cancer Where: WNC Functional Health, 711-B South Grove Street, Hendersonville, 28792. (next door to the Co-op)
When: Saturday, January 14th, 10 - 11:30 a.m. Given By: Leslie Morrill, E-RYT, Registered Yoga Therapist for Mission Hospital’s cancer research clinical trials program. Please call to reserve a space: (828) 333-1537.

Volunteer Sewing Teachers needed for youth ages 7 - 18
Thurs - 2:00-3:30 pm - Jan. 26 - Mar. 1
Fri - 4:00-5:30 pm - Jan. 27 - Mar. 2, and Mar. 9 - Apr. 20
Sat - 10:00-11:30 am - Jan. 28 - Mar. 3, and Mar. 10 - Apr. 14
Contact Sue_Janowiak@ncsu.edu for more information, or call 697-4891.

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

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/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.

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

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. 828-862-8806 www.trinityhealingarts.com. Free 20 minute consultation to co-op members.

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 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. 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

EFT - Emotional Freedom Technique is like acupuncture for the mind only without the needles. Works when almost nothing else will. Freedom from fears, sadness, grief, uncontrollable cravings, low self esteem & more. 2 hour session \$20.00 off to Coop members. Carol S. Rios BCH MH EFT-Crt. 828-698-4936 www.EFTmiracles.com

Healing Path with Alice McCall - Transformational Energy Healer, Counselor, and Author of 'Wellness Wisdom' inspired by her journey with cancer. Alice works at the cellular level to source and heal the root cause of your health issues, disease, unwanted patterns. 25% discount off first session and 15% off ongoing to Coop Owners. www.healingpath.info Cell 850-585-5496 / 828-692-5423.

Max Lowd - Vibrational Energy Work, Utilizing state of the art 'Life System' technology. Feel the difference that vibrational release can bring to you and your body. Call 850-375-0296 (cell); 828-692-5423; email tudmax@gmail.com. 50% off first session; 20% off ongoing sessions to Coop Owners.

Ethereal Essences, Betty Murray, B.S., LMBT, NC#4096, Sensitive, Empath, Intuitive Energy Healer, and Body Worker. Ethereal Essences announces another dimension in healing inspired by God and channeled by Archangel Gabriel. Our metaphysical based spiritual oils will clear, repair and balance your etheric body and the physical body. Co-op

owners 20% off. Call 828-699-4081 for your consultation or visit www.etherealesences.com

Counseling Services

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

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

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

Lella Holland, LPC: Psychotherapy, regression therapy and neurofeedback. 43 Pearson Falls Rd., Saluda, NC. 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.

Joan King, BCH, NGH Board Certified Clinical and Sports Hypnotherapist, NLP Performance expert. Since 1992 training amateur and professional athletes how to access their peak performances, Flat Rock, 828-696-2547, www.pmi4.com. For co-op owners 25% discount on first session, 10% discount for ongoing sessions.

Asheville Nutrition Therapy, your food and nutrition experts! Carol Shimberg, MHS, RD, LDN. Individualized nutritional counseling with registered dietitians and licensed nutritionists. Office located in South Asheville. Blue Cross BlueShield covers 6 visits per year for members, no co-pay or deductible! Call Carol Shimberg at 828-329-3855 or email at cshimberg@gmail.com. 20% discount to all coop members.

Coy Newton, MDiv., LPC: Integrating Christian Faith with Psychology, 431 N. Main St. H'ville (828) 697-7768 www.coynewton.com 15% off private pay for Co-op owners

Victoria Flanagan, LFMT, Flat Rock 606-5020 remarriage, stress, caregiving, families in transition, 20% discount on 4 group sessions 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.

Kathleen Wallace - offers private and small group Yoga classes in a studio set in a peaceful, wooded area of historic Flat Rock. Certified in Integrative Yoga Therapy with special interest in arthritis and aging. Call for information: 696-0808. First group class free and one time discount of \$25.00 for a private lesson for Co-op members.

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. 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.

Spiritus Studio, yoga and wellness center: Arlene Riley, 720 Spartanburg Highway, Hendersonville. (828) 551-8545, www.spiritusstudio.com. 10% discount given to co-op owners for yoga classes.

Joan King, BCH, NGH Board Certified Clinical and Sports Hypnotherapist, NLP Specializing in mind-body-spirit training for golfers & others to move into "the zone" for peak performances, Flat Rock, 828-696-2547, www.pmi4.com. For co-op owners 25% discount on first session, 10% discount for ongoing sessions.

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

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. 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

Harmonic Acupuncture: Françoise Hesselink LAC uses sound vibration and Oriental medicine to balance body, mind and spirit. Gentle yet effective; no needles. 30 years experience; now in Hendersonville on Thursdays. (828) 255-0896 www.harmonicacupuncture.com 10% discount for co-op members.

Skin Care Traditions-Deborah Tomchuk, Licensed Esthetician, Registered Nurse; Facials, Back Treatments, Skin Treatments, Herbal Green Peel by Dr. Schrammek, for natural plant based skin care as well as other treatments, www.skincaretraditions.com, 828-890-9018, 3754 Brevard Rd., The Plaza at Horse Shoe. 10% off 1st treatment for coop members

Blue Skye Holistic Wellness Studio located within Anew Salon & Spa 578 Upward Road, #3, Flat Rock (next to curves), Organic Holistic Spa Therapies for Natural Wellness, including Ayurveda Spa Therapies, Raindrop Therapy, Thai Yoga Massage. Grace Singingheart, LMBT 5720 and Vicky Oxner LMBT 0415. Co-op Owners receive \$10 off first massage and \$5 off on-going. 692-5977.

Elena Gallenberger, LMBT (NC #2916) Swedish, Craniosacral, Reiki, Integrative – at

Fitness for the Body, Mind & Soul, 419 S. King Street, Hendersonville – Over 20 years experience. 15% off regular price for Co-op members ALWAYS. For your appointment, call 828-329-4545.

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. 828-693-1611 www.monapaints.com 10% discount with your Co-op Owners card.

Skeele Services, Skip Skeele, owner. 828-778-5392. Over 25 years remodeling experience and 10 years experience with solar daylighting to brighten dark rooms and solar attic fans to help keep attics cooler. 5% discount on light tubes or attic fan installations for Co-op owners.

Juice Plus+ Fruits and Vegetables in capsules or chewables. The most thoroughly researched and most widely sold nutritional name brand product in the world. Free to children ages 4-college undergraduates. www.bonnycjuiceplus.com or call 828-698-7016 Co-op members receive their first week free with order.

Services & Classes

Juicy Art Classes of Costanza Knight, Studio Artist. All media plus art history lessons. Ages 6-High School. Taught at The Starving Artist Arts Supply Store, 814 Kanuga Rd. www.costanzaknight.com, 828-243-0084. 10% off monthly fee for four classes for Co-op owners.

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, Mobile Notary Public and Business Services. Registered and insured. Visit www.wego-4u.com for complete list of services including imaginal website design. Gary & Linda Prichard 674-9940 or 674-9943, email mynotary1@gmail.com. \$5 Off first service for Coop members when you mention this ad.

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.

Beauty Myth Consulting by Lorre Diamond, FL. Licensed Skin Care Therapist and Miessence Independent Rep. Optimize your health! Investigate personal care products and become an Ingredient Detective. Reduce your risk of cancers by making healthier less toxic product choices. 828.290.5715 or lcdiamond1818@yahoo.com Complimentary Beauty Myth Consult and 10% off of any Miessence products on first order. After that 10-20% off on all orders.

Discount offers are subject to change without notice.



Co-op Kids



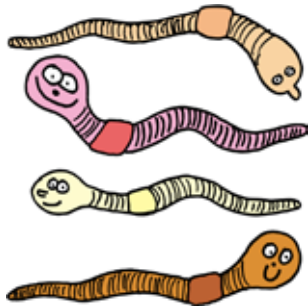
Composting

Question: What materials should we add to a compost pile?

Answer: One of the reasons kids like composting is that there really is no one “proper” way to do it: No matter what you do, eventually everything will decompose and turn into compost. However, to speed the process along, you need to manage four ingredients.

1. Carbon (sometimes referred to as “browns”), such as dried leaves, straw, corn stalks, sawdust, woody landscape trimmings, and shredded paper (the edges of sheet-fed computer paper that are torn off work very well).
2. Nitrogen (greens), such as grass clippings, kitchen fruit and vegetable scraps, coffee grounds, manure, leafy prunings, and “spent” plants from the garden.
3. Water.
4. Oxygen. You can aerate the pile by turning it “inside out” on a regular basis or putting a sinking into it a PVC pipe with holes.

An easy way to start out is to mix the carbons and nitrogens in about a 50/50 ratio. As you construct the pile, sprinkle it with water from your hose. The ingredients should be as wet as a damp sponge. HINT: Don't try to make the pile and then water it all down from the top. The water finds paths to pour out through the bottom without moistening all the materials!



The pile should be at least 3 feet by 3 feet by 3 feet (1 cubic yard) to have enough mass to insulate and retain heat. As the billions of microorganisms that are decomposing the material die off, they release heat. When the pile cools, they've probably run out of oxygen, which is where frequent turning of the pile comes in. The more turning and reapplying of moisture, the more quickly the materials will decompose, in perhaps two to four months.

On the other hand, you can construct a good pile and then just let it sit. It will decompose, but will take six to eight months.

HINT: the smaller the ingredients, the faster they will decompose, so chop them up whenever possible.

From: <http://www.kidsgardening.org/faq/compost-ingredients>

We challenge YOU to compost!

Some “food for thought” while the garden is taking its long winter nap. Nature takes care of itself under the right conditions. You can create the environment, and help matters along.

- **Make and Bake A Compost Torte.** You choose the size and site for this project. Making compost is like baking dessert for your garden. Start at the bottom with fresh green plant material, and then add a layer of old brown plant material such as leaves or straw. Keep layering materials, and every 10 inches or so, frost it with a cup of limestone and an inch of well-aged manure. When the pile is 4 feet high, glaze it with a sprinkling of water. Say magic words over the top. Water and turn it every week and it will heat up and become as rich as chocolaty brownies by fall.

<http://www.kidsgardening.org/parent/primer/10>

2012 is the International Year of the Cooperative!

Do you have New Year's Resolution that includes COOPERATING?

Write it down, bring it into the store, and get a free CANVAS SHOPPING BAG that you can re-use over and over again! (Ask for Gretchen when you come in)

Name: _____

Resolution to Cooperate: _____



The Habitual Herbalist

with June Ellen Bradley

Soothing Skin for winter bliss

Winter can be a glorious opportunity to enhance your relationship with your skin. Do you know how hard your skin works for you? The skin protects, absorbs, excretes and moves us to wonder when we really pay attention to the quality and quantity of our integumentary system...that's fancy talk for skin. Our skin is not only our largest organ, it is actually an entire system! With many parts all working in concert to accomplish its aim, our skin is miraculous.

Let's look at how we can support this system which undergoes great stress in the winter. Dry heat, indoor air, low moisture, being covered and sometimes smothered all create stress.

Sometimes it is difficult for us to remember to drink enough water during the winter. I actually drink warm water when working outside and even at the office because cold weather and cold water are not my favorite combination. We tend to forget about drinking half our body weight in ounces in the winter time, yet that is what our skin craves.

Included in the integumentary system as part of our skin we might forget about is the mucosa –ever get dry nasal passages from indoor heat? Drinking plenty of water helps immensely and I have discovered that putting comfrey salve up my nose at night helps repair any damage dryness causes. I noticed that if I keep that nasal lining moist, colds stay away. Comfrey salve also works wonders on hands and feet that tend towards that cracked desert clay look. Comfrey actually repairs those cracks and helps the skin to do its job... moistness plays a leading role in keeping our skin system running well. Since we all tend to dry out in the winter from dry heat, a vaporizer might help out a lot, especially since the lungs need moisture to function too.

A good moisturizer would be one with a large percentage of water. Oils sooth, protect and hold in the water so a great moisturizer would have an equal balance of oil and water. It is tricky to make creams that stay together for the very reason that oil and water tend not to mix well.

Let's look at some oils for skin care. **Almond oil** is sweet smelling, light and made from kernels of almonds. It does well for most skin types and is readily available. **Apricot kernel oil** is light and odorless and a good skin care product ingredient.

Sometimes I will put several drops of my favorite essential oils in the Apricot oil and use it neat. My skin is really dry especially when combined with swimming, my favorite exercise. A good lube up with scented oil after the shower rejuvenates my skin and spirits entirely.

Cocoa butter is the fat surrounding the cacao bean and smells heavenly! Be sure you want to smell chocolatey if you use this one. If you have oily skin, you might be sparing with it though it is excellent for dry, mature skin. **Coconut oil** is emollient and most often used in skin care products. It smells like the beach to me. You can even use it to moisturize your hair. **Grapeseed oil** is the lightest oil and quickly absorbed...perfect for oily or blemished skin, especially teenage skin. It is odorless and also can be custom scented to tantalize your senses and lift your spirits.

If you want a more in depth discussion of oils, remedies and recipes for the skin, check out polkcountyfarms.org and see which class in January suits your interest. My main rule about skin care and using skin products is that they must always be prepared and administered with great love and grace. Positive thoughts, radiant feelings and reverence for your miraculous body are the recipe for deep abiding beauty. May you enhance the sense of inner enchantment with your uniqueness and special contribution in life. Radiant skin begins within. Treat yourself as royalty and honor all you are. This winter be in bliss and expand your skin regimen even if it is with a simple step. You deserve it!!!

Our Habitual Herbalist lives in Polk County, June Ellen can be reached by phone at 828.899.2787 or at studiobug7@gmail.com

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Zachariah Schmitt is just now completing his Associate Degree in Fine Arts at BRCC and will soon be transferring to Maryland Institute College of Art in Baltimore. So far, Zack says, printmaking is his favorite.

