The Organic Press
The Newsletter of the Hendersonville Community Co-op
Volume 20* Issue 3
Late Summer 2020

• Unique Co-op Strength
• Curbside Pick-up
• Fair Trade La Riojana Olive Oil
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 Deli offers a delicious variety of fresh soups, salads & more.

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

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

Interested in advertising in The Organic Press? Over 2,500 copies of the newsletter are mailed to our owners monthly and additional copies distributed within our store and the community. Space is limited and rates are reasonable. Call 693-0505 to reserve your space today.

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

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100% Recycled Paper
To say that 2020 has been an interesting year so far is an understatement and probably a sentiment that most of us are tired of hearing. As we roll into fall and the final four months of the year, I am sure that 2020 has a few more surprises in store. Even with the world around us still full of uncertainty, the changes that fall brings to the mountains are truly exhilarating. It is definitely my favorite time of year and I hope that everyone can get outside and enjoy the changing weather and what will hopefully be a colorful end to 2020.

This is the time of year that brings change to the co-op and the board of directors as well. We will begin to exercise that democratic right and vote for your board of directors! In the next few weeks, you will receive information on board candidates and how to vote in this years’ election. Voting will open at the end of September. You can vote online at home, in the store, or if you must, pick up a paper ballot at the kiosk and choose from our qualified candidates. If you have any questions, feel free to give us a call.

Over the last few months, a lot of changes have been made in the co-op, but one thing that hasn’t changed is it is time to start planning for those holiday meals! The co-op is always the best place for delicious, nutritious holiday meal planning. Turkey pre orders will be underway, and the deli will be gearing up to provide you with all of the best tasting options in town. Our staff always does a great job in providing the right options for those family gatherings and holiday celebrations!

One thing that cannot be said enough is how amazing the staff at the co-op have been and the outstanding job they do everyday to keep the food you know and love on the shelves and make sure that the co-op is a safe place to shop. Please take some time to show your appreciation the next time you shop. I am sure that most of you have received your patronage letter in the mail. If you have not had a chance to do so, come in and have your dividend applied to your next shopping trip. This is a great indicator that the co-op is strong, and we all appreciate the support you show us with your shopping.

In Cooperation,
Damian
What does it mean to be stronger together? Here at the Hendersonville Community Co-op you can’t help but notice the spirit of cooperation each time you walk through the doors. HCC was one of the first businesses to implement Plexiglass barriers to protect staff and shoppers. Where other stores had bare shelves ours were continuously stocked all while keeping the high standards of our product policy. The staff is always friendly and compassionate. Our co-op has proved now more than ever what it means to be an owner of a store that puts staff wellness, community outreach and education, exceeding the needs of shoppers, and ownership as a top priority which is why I am proud to serve on the board of directors.

What does the board of directors do? We are the trustees of the owners. We oversee and provide direction to the general manager through clear and established policies. This is done through monthly meetings, policy governance, retreats and special events. Our work doesn’t have any involvement with day to day management decisions. We have been so fortunate to work with an incredibly strong GM who has consistently exceeded expectations and has brought our co-op to where it is today. I will forever be grateful for the experiences, knowledge, and training that I have received the past 3 years from serving as a director. It has contributed to my own growth in ways I never imagined.

Keeping continued safety precautions and wellness in mind, voting will be online in our 2020 election. Our Harvest Celebration: Growing a Stronger Community will be conducted without physical gathering and will encompass weeks of fact quizzes on social media and in-store raffle drawing opportunities. Plan to visit your Co-op and enter the drawings each week by writing your name and a way to contact you on the back of your receipt. If you don’t want to enter using your receipt, the cashier will provide you with a raffle ticket. You will also have the opportunity to vote for prospective board directors.

Join us on social media October 1 - November 30 for our unconventional Harvest Celebration! If you want to attend a meeting, have a question or would like information about becoming a future board candidate email: board@hendersonville.coop

In cooperation,
Andrea Larsen

2020 HCC Board Meeting Dates

This year, the board will hold 10 meetings at 6:00 p.m. on the fourth Tuesday of the month. The meetings for the next two months will be on September 22, and October 27. All Owners and Staff members are welcome to attend. If you would like to attend a meeting or have a concern or topic for the board to discuss, contact Angela Prodrick at board@hendersonville.coop. Written information may also be sent to the Board of Directors of HCC, 60 South Charleston Lane, Hendersonville, NC 28792. Please include your name and contact information. The proposed Board meeting agendas may be viewed on the HCC website and on the Bulletin Board in the store.
Unique Co-op Strength During the Pandemic

Equal Exchange works with farmer co-ops in over 20 countries, and our model is to actively seek and partner with marginalized farming communities. These remote communities face significant challenges during the best of times. During a pandemic, the challenges become more acute. We intentionally work with farmers who have organized themselves into democratically-run cooperatives. We believe this structure helps change the balance of power long-term. We’re seeing that during the pandemic, the co-op systems have provided lifelines to farmers, helping them in ways that would not have existed were it not for the existence of the co-op.

Co-op Structures During Covid: International Connections

Equal Exchange has worked hard to create co-op supply chains as the core of our business. Unlike traditional trade of international goods, a large portion of our products move through a co-op supply chain: from farmer co-op at source to Equal Exchange (we are a worker-owned co-op) to about 200 food co-op stores in the U.S. (most of which are consumer-owned co-ops, with a few being hybrid models including workers and consumers).

First and foremost, our co-op-centric alternative food system has enabled delicious food to successfully get from farmer to eater. That alone has been an achievement during these times. The co-op supply chains are living examples of how trading based on respectful, long-term relationships and good environmental and social values are not just philosophically sound, but also create reliable and sound business.

As the organization in the middle of the co-op supply chain—between the farmer end and the U.S. co-op food store end—we worked hard to facilitate farmers getting information, access to financing, and timely decisions from us around purchases and contracts. For example, our long-term relationships and collaborative work on quality standards enabled us to quickly approve shipments of coffee to get containers of coffee on the water toward the U.S. to us, bypassing some of our normal protocols, securing coffee shipments before some international ports closed. We switched to digital logistics, which enabled payments to happen more quickly. Due to investment over time in technology both at source and at Equal Exchange, we were able to pretty seamlessly switch more of our international work to online instead of in-person right from the start of the pandemic.

In this heavy time, there have been true moments of connection and inspiration that are important to recognize and appreciate. Out of necessity, many of us are finding new ways to listen, to share, to respond. Each co-op is engaging deeply with its membership, and as a network of co-ops, we are finding new ways to interact with each other across the supply chain. During October, we often take the time to celebrate the concept and practice of “cooperatives.”

Co-op Impact in US Communities

This work continues, as farmer co-ops, the Equal Exchange co-op, and food co-ops each and collectively continue to evolve, adapt, and keep food, income, and support flowing. As members or consumers at food co-ops in your own community, we invite you to reflect upon how it has mattered to you to be a part of your local food co-op in these times. What have you done to support your food co-op? What have they done to support their members and their communities? There is much to be grateful for. In these trying times, we all recognize that the food matters that is traded through these systems, but that the co-op systems themselves are also unique, valuable, and worthy of a spotlight.
Department News

What’s In Store For You?

**Grocery ~**

Happy summer from the Grocery Department! We have many new things on our shelves.

Hendersonville’s own local Bakery, The Underground Baking Co. is now delivering to us. We are stocking their Cranberry Raisin Walnut, Organic 7 Grain, Organic Rustic Sourdough, and Sprouted Whole Wheat and Oat bread. We also have expanded our selection of their Independent Beans Coffee due to popularity. Everything I have tried from them is exceptional!

Something else that is new is GT’s sparkling drink ALIVE. It pairs loose leaf tea with an infusion from a trio of adaptogenic herbs and mushrooms (Reishi, Chaga, and Turkey Tail), known to fight free radicals and help the body combat oxidative stress. The flavors we have are Matcha Vanilla, Cascara Spice and Black Lemon. It’s a refreshing way to support the immune system with medicinal mushrooms and herbs.

One of our favorite brands, Primal Kitchen, is always innovating to create the world’s best-tasting, real-food pantry staples. They started out with a mayonnaise made with avocado oil and expanded to condiments, dressings/marinades, and avocado oils. Now they have created frozen meals that are Paleo-friendly, Gluten-Free, Soy-Free and Whole 30 approved. Cut down on cooking and cleanup time as well as excess ingredients ...no chopping required! Real-food eating is easier than ever!

For Vegans or those who are eating a more plant-based diet, there are some new and exciting options for breakfast. JUST Egg has come out with a frozen folded egg replacement that can be heated up in a toaster, microwave, oven or skillet. It would pair nicely with the Beyond Meat breakfast sausage. Beyond Breakfast Sausage offers the delicious taste of traditional pork breakfast sausage while being a convenient plant-based breakfast option.

Wishing everybody a safe and fun summer! Hope to see you in the store!

~Marisa
Meat & Seafood ~

As the summer winds down, we continue to make the safety of our customers and employees our top priority. Our employees are taking every precaution to make your shopping experience a safe one.

I am also happy to report that our product availability and pricing has remained very stable throughout most of this year. Working with locally based vendors has allowed us to avoid the supply problems associated with huge meat packing operations. It is reassuring to see how well a small supply chain can work during these challenging times.

We are still offering a full assortment of local beef and pork from farms like Hickory Nut Gap, Colfax Creek, and Vandele. We are also making all of our tasty, housemade sausages and burgers. Stop by the counter and ask any of us for a recommendation if you aren’t sure what to get!

The wild salmon season has also just started to pick up. We have been getting some good sockeye salmon and king salmon from Alaska and hope to see the price coming down over the next couple of weeks. We have also been able to source some great North Carolina seafood from Simply Caught Seafood. Captain Frank travels to the coast to go fishing once every week or two and brings back some of the best quality fish you can find anywhere.

Hope to see you soon.
Stay safe,
Chris

~ Chris

Deli ~

For many of us, it has been quite a whirlwind these past couple of months, and we have been forced to adapt and persevere. Much gratitude goes to the entire Deli Staff for their patience, understanding, and ability to adapt during these pressing times. A big “Thank You!” goes out to the many customers who have truly shown their appreciation for the Co-op and the employees in the past few months.

To give back to the community, the Co-op Deli and Bakery have been providing 35 meals a week, gallons of soup, and many delicious baked goods to Meals on Wheels for the past couple of months. That’s over 800 meals!

As we spring into Summer, be on the look out for new salad selections in our case. Some of these include, Tart Cherry Tabbouleh and Crunchy Cashew Quinoa, as well as some Keto-Friendly options like the Loaded Cauliflower Salad. Also, the Deli and Bakery is now taking orders on Grubhub for sandwiches and other select items. So, if you are in a hurry or want it delivered, place your order on Grubhub, and it will be ready to go when you arrive. If you’re looking for a quick pick-up meal, all hot bar items and several soups and salads are now individually packaged, and we are still serving biscuits during our breakfast hours.

Also, we would like to introduce Sandra DuBeau as our new Deli Manager and Regan Lloyd as our new Service Manager. Both Sandra and Regan have been part of our team for some time now and will continue to be a great benefit as they lead our team by

Department News cont. on page 8
Department News continued~

providing excellent service and continuing to create healthy, fresh and uniquely Co-op crafted meal options for you. As always, we in the Deli are always open to suggestions for new items or dishes, and we always appreciate any feedback from our customers. If you ever have a suggestion for something, you would like to see in our cheese case or a new deli item, please drop us a line in the suggestion box - or email: deli@hendersonville.coop.

~ Matt

Bakery ~

We’re wrapping up the summer and preparing for autumn here in the bakery. We’re looking forward to making the Pear and Apple Crisp with Cranberries, Pumpkin Cheesecake, and a new roster of muffin and scone flavors. We’ll be saying adieu to the wonderful Zucchini Bread and welcoming back our Apple Walnut Bread.

We have a few new faces in the bakery. If you have a moment please say hello and welcome Ally, Kye, and Jordan to our co-op family. They are working hard and learning fast!

As always, we welcome your suggestions for new flavors and items. Happy Fall!

With love, Natalie

Wellness ~

LO & BEHOLD
North Carolina Made Skincare
by Lizzie Chadbourne

Almost 10 years ago, I walked away from a career in education to pursue my passion for creating natural skincare. In the beginning, my mission was for Lo & Behold to maintain an uncommon air of fun while exceeding the highest standards of the natural care industry. Now, I’m proud that we sell our products online and in more than 50 independently owned businesses, most recently the Hendersonville Co-op! I feel lucky to be achieving my goals as a small business owner in my home state of North Carolina, whose natural beauty inspires so much of what I do.

We source locally grown ingredients from small farmers, use original artwork from NC artists for our artwork and gift sets, and partner with a workforce development nonprofit called Partners for Youth Opportunity (PYO) to hire our staff. This is an organization that collaborates with youth to help them access the educational, economic, and social assets they need to experience a self-determined and sustainable life.
Lo & Behold has been a work site through PYO’s economic stability and workforce development program since 2014; we host paid interns during the summer and employ high school and college-aged students year round. While working at Lo & Behold, employees build professional work experience and grow their confidence by learning the basics of starting and operating a small business, all while saving for their future goals. I hope that by collaborating with PYO, Lo & Behold can give back to the community we love so much.

Together, we work hard to ensure that when you try Lo & Behold, you will love the textures and aromas, experience noticeable results, and look forward to using the products day and night.

~Arrion

A question I get asked a lot about our produce is “Does this contain GMO’s?” I am proud to answer no. The produce in our (your) Coop is organic and organic standards do not allow the use of GMO’s. To be organic means that not only is there no GMO, it is also not irradiated, no toxic and synthetic pesticides and fertilizers allowed, no added coloring, no artificial flavors. Organic certification is required to call produce “organic”. It takes several years of having soil tests, fees, inspections and requires a lot of documentation. Organic practices protect more than just your health. They protect the land its grown on and the water sources that we so desperately need to keep clean and unpolluted.

~Robert

On-line Shopping and Curside Pick-up
https://hendersonvillecoop.storebyweb.com

Hendersonville Community Co-op online shopping is designed to allow you a quick, easy, and pleasant shopping experience. Select your items, choose your pickup time, and then let us do the shopping for you! There is no fee for this service!

• Curbside (and in store) pickup times: 8-11 am and 2-6 pm
• Orders can be placed as little as three hours ahead of time, all the way up to seven days in advance
• On the day your order is scheduled, our foragers will do all that they can to ensure that you get everything you ordered as requested.

Any questions, or receive the link to this site, please call Gretchen at: 828.693.0505 ext 102 or send an email: outreach@hendersonville.coop
Bread

Mmmmmm!

Irish Soda Bread

Servings: 12 slices (1 loaf). Prep time: 1 hour; 20 minutes active.

- 1 1⁄2 cups all-purpose flour
- 1 cup whole wheat pastry flour
- 1 teaspoon baking soda
- 1⁄2 teaspoon salt
- 1 tablespoon caraway seeds
- 6 tablespoons cold butter
- 3⁄4 cup buttermilk, plus 2 tablespoons for brushing the top
- 1⁄4 cup honey
- 1⁄2 cup raisins or currants

1. Heat oven to 375°F. Mix flour, baking soda, salt and caraway seeds in large bowl. Use the large holes of a grater to grate the cold butter into the dry mixture, then toss until it resembles coarse crumbs.

2. Add 3⁄4 cup buttermilk and honey to flour mixture; stir to make soft dough. Press the dough together; it will be dense like biscuit dough. If some of the mixture is too dry to incorporate into the dough, sprinkle in an extra tablespoon or so of buttermilk just to moisten loose flour. Stir in raisins.

3. Shape into rounded disk about 8 inches across and place on greased cookie sheet. Brush top with the reserved buttermilk. If desired, cut an “X” in the top with a sharp knife. Bake for 40 to 50 minutes, until golden brown and crusty. Keeps tightly wrapped at room temperature for three or four days.

Slow-Cooker Whole Wheat Bread

Servings: 10 slices (1 loaf). Prep time: 3 hours, 30 minutes; 20 minutes active.

- 1 1⁄2 cups lukewarm water
- 1⁄2 teaspoon instant dry yeast
- 1 tablespoon honey
- 2 cups whole wheat flour
- 2 cups unbleached flour
- 1 teaspoon salt

1. Place a piece of parchment paper in the cooker, covering the bottom and at least part way up the sides.

2. In a large bowl, stir the water, yeast and honey. Let the yeast bubble a bit; it should be foamy in about 5 minutes. Add the flours and salt and stir with a wooden spoon until the dough is stiff, then switch to kneading with your hand. In the bowl or on a lightly floured counter, knead the dough for about 5 minutes.

3. Form the dough into a round ball and place in the slow cooker on the parchment paper. Cover and let stand for 1 hour to rise.

4. Turn the cooker on high and cook for 2 hours. Use an instant-read thermometer to test the temperature of the middle of the loaf; it is baked through at 180-200°F. If the loaf has not reached that temperature, cover and cook for another 15 minutes, until it reaches 180°F.

5. Use the parchment to lift the finished loaf out of the cooker, and cool on a rack.
**Irish Soda Bread**

Servings: 12 slices (1 loaf). Prep time: 1 hour; 20 minutes active.

1 ½ cups all-purpose flour
1 cup whole wheat pastry flour
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon caraway seeds
6 tablespoons cold butter
¼ cup buttermilk, plus 2 tablespoons for brushing the top
¼ cup honey
½ cup raisins or currants

1. Heat oven to 375°F. Mix flour, baking soda, salt and caraway seeds in large bowl. Use the large holes of a grater to grate the cold butter into the dry mixture, then toss until it resembles coarse crumbs.
2. Add ¼ cup buttermilk and honey to flour mixture; stir to make soft dough. Press the dough together; it will be dense like biscuit dough. If some of the mixture is too dry to incorporate into the dough, sprinkle in an extra tablespoon or so of buttermilk just to moisten loose flour. Stir in raisins.
3. Shape into rounded disk about 8 inches across and place on greased cookie sheet. Brush top with the reserved buttermilk. If desired, cut an “X” in the top with a sharp knife. Bake for 40 to 50 minutes, until golden brown and crusty. Keeps tightly wrapped at room temperature for three or four days.

**Slow-Cooker Whole Wheat Bread**

Servings: 10 slices (1 loaf). Prep time: 3 hours, 30 minutes; 20 minutes active.

1 ½ cups lukewarm water
½ teaspoon instant dry yeast
1 tablespoon honey
2 cups whole wheat flour
2 cups unbleached flour
1 teaspoon salt

1. Place a piece of parchment paper in the cooker, covering the bottom and at least part way up the sides.
2. In a large bowl, stir the water, yeast and honey. Let the yeast bubble a bit; it should be foamy in about 5 minutes. Add the flours and salt and stir with a wooden spoon until the dough is stiff, then switch to kneading with your hand. In the bowl or on a lightly floured counter, knead the dough for about 5 minutes.
3. Form the dough into a round ball and place in the slow cooker on the parchment paper. Cover and let stand for 1 hour to rise.
4. Turn the cooker on high and cook for 2 hours. Use an instant-read thermometer to test the temperature of the middle of the loaf; it is baked through at 180-200°F. If the loaf has not reached that temperature, cover and cook for another 15 minutes, until it reaches 180°F.
5. Use the parchment to lift the finished loaf out of the cooker, and cool on a rack.
Honey Whole Wheat Bread
Servings: 12 slices (1 loaf). Prep time: 2 hours; 20 minutes active.

1. In a large bowl or a stand mixer, stir the lukewarm water and yeast to dissolve. In a small saucepan over low heat, heat the milk and honey just to dissolve and bring the milk to lukewarm temperature; if it’s too hot it will kill the yeast. Add the milk mixture to the yeast mixture and stir. Let stand for 10 minutes; the mixture should be bubbly.

2. Stir in egg and olive oil and blend well. Mix in the flour and salt to make soft dough that begins to come away from sides of bowl and can be handled. Knead by hand or with the dough hook until smooth and elastic, about 5 to 8 minutes. Lightly oil a large bowl and put the dough in the bowl, turn the ball of dough to coat with oil. Cover and let rise in a warm spot or near the oven until dough doubles in size, about 45 minutes to an hour. Heat the oven to 350°F.

3. On a lightly floured counter, pat the dough to a 12 × 8-inch rectangle. Roll up from short side. Pinch seam and ends to seal. Place seam side down in greased 9 × 5-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 45 to 60 minutes. It should rise to the top of the pan. Bake for 35 to 40 minutes or until golden brown, and it sounds hollow when tapped. Remove from pan to wire rack to cool.
**Whole-Grain Bagel Rolls**
Servings: 8 bagels. Prep time: 2 hours; 15 minutes active.

1 cup water  
2 tablespoons vegetable oil  
¼ teaspoon rice vinegar  
1 ½ cups whole wheat bread flour  
1 cup all-purpose flour  
1 tablespoon sugar  
2 teaspoons quick-rise yeast  
1 teaspoon salt  
1 large egg  
Optional toppings: 2 tablespoons poppy seeds, sesame seeds or everything spice

1. Heat water in a small pot over high heat until it starts to bubble. Measure the temperature with an instant-read thermometer, adding cool water until the temperature drops to 130°F. Pour 1 cup of the water into a measuring cup and add the vegetable oil and vinegar.

2. In a large bowl, mix the whole wheat flour, all-purpose flour, sugar, yeast and salt. Stir in the warm water mixture until it becomes a shaggy mass (lumpy yet well-mixed), then switch to kneading with your hands. Knead until it forms a soft dough.

3. Oil a large mixing bowl and scrape the dough into the bowl. Cover tightly with plastic wrap and let rise in a warm place for at least 45 minutes or until dough has doubled in size.

4. Line two sheet pans with parchment paper. Heat the oven to 375°F. Divide the dough into 8 even portions.

5. To form bagels, roll each portion under your palm on the counter to make a 6-inch long rope. Coil the rope around two of your fingers and press the ends together to seal, then roll between your fingers to make a smooth circle where the joint is sealed. Place each on the prepared sheet pan, leaving 2 inches between the bagels. Cover lightly with a damp kitchen towel and let rise in a warm spot for at least 30 minutes or until the dough has again doubled in size.

6. Just before baking, whisk the egg with 1 teaspoon of water and brush the bagels with egg, then sprinkle the bagels with any desired toppings. Bake for 15 minutes at 375°F. Slide the bagels off the pan onto a rack to cool.
What’s new with you? How is the view from behind your mask? I imagine it’s a lot like mine – and everyone else who wears a mask. It’s rough. But we adapt and do the best we can.

As a co-op, we are in a unique position through all of “this” to not only survive, but to thrive! *

While there may be hiccups in the supply chain during times of crisis, and even as we might be taking measures to limit quantities for individuals, we have experienced your tolerance and patience.

Our need to adapt to shortages and changes only makes us stronger. Our faith is that the situation might not ‘right itself’ but that it will actually be a shift to a more sustainable system… better adapted.

The staff and the patrons have adapted to pandemic requirements: wearing masks when we ask, utilizing the curb side pick-up option, and being generally very kind and grateful.

You may not know that your comments and compliments go a long way to keep us motivated to continue us to keep showing up to do our best. What you may not see, is that the cooperative organization and management is doing a bang up job of supporting us, as well. I can only speak for myself, but I’ve heard it echoed among my colleagues – staff is well supported during this ever changing and often challenging time and we are grateful for it.

I’ve noticed that our greater Hendersonville (global) community is innovating to remain accessible in a most industrious fashion. The Co-op has had the opportunity to contribute to fundraisers and school children and the folks who rely on Meals on Wheels to provide important nutrition and human connection through the Council on Aging (See Deli Department News). Our contributions to ‘virtual events’ has not slowed because there are so many virtual events happening that will keep the necessary funds flowing into those non-profits that provide support in our community. We’ve made donations of reusable shopping bags, food and money to the following industrious, adapting, innovative organizations over the last few months: FernLeaf Charter School, Camplify, St. Gerard House, The Mountain Community School, Hands On Children’s Museum, The Children & Family Resource Center, Bee City USA, YMCA, Blue Ridge Health and Big Brother’s Big Sister’s.

If adapting means survival, then I see hope for us all to be innovative and industrious whether you’re baking bread, gardening, perfecting the Zoom background, or trying to help your kid navigate on- line learning. The initial trauma of the situation is over, and we now have the tools and may some new habits to incorporate into our everyday lives. I know I am having to dig deep sometimes for cause for carrying on. So much of what we have always known to be true about the turn of the seasons, the cooler evenings, the wonderful fall harvest of apples and hard squash - all that has NOT changed. Let’s capitalize on what we know to be and work with what we’ve got.

I will try to remember to be cautious, courteous, compassionate and cooperative. All this practice makes the view from behind the mask so much more pleasant.

~In Kindness (said in muffled, incomprehensible words of encouragement)

Gretchen

* See article page 5, this issue of The Organic Press, Unique Co-op Strength During the Pandemic from Equal Exchange
Wheatberry and Apple Salad

By:
Co+op, welcome to the table

Recipe Information
Total Time:
2 hours
Servings: 6

Chewy and nutty in flavor, wheat berries (the grain of whole wheat) pack in the fiber in this sweet and tangy salad that's sure to please.

Ingredients

- 1 cup dry wheatberries
- 1/4 cup walnuts, toasted and chopped
- 1/2 cup dried cranberries
- 3 scallions, sliced
- 2 celery ribs, diced
- 1 Granny Smith apple, cored and cubed

Dressing

- 1/2 cup light mayonnaise
- 1/3 cup sour cream (or plain yogurt)
- 2 tablespoons red wine or rice vinegar
- 3 tablespoons apple juice
- salt and pepper to taste

Preparation

1. Bring 3 cups of water to a boil, then stir in the wheatberries and 1/2 teaspoon salt. Reduce the heat to a simmer and cook the wheatberries, uncovered, for 1 1/4 - 1 1/2 hours until tender and chewy. Drain the wheatberries in a colander and cool. Wheatberries can be cooked and stored in the refrigerator for up to three days to reduce your preparation time to 30 minutes.
2. In a mixing bowl, combine the mayonnaise, sour cream (or yogurt), vinegar, and apple juice. Mix the dressing with the cooled wheatberries, walnuts, cranberries, scallion, celery, and apple. Season the salad with salt and pepper to taste.

Serving Suggestion: Serve on a bed of lettuce or lightly-steamed greens.

Nutritional Information
Calories: 282, Fat: 4 g, Cholesterol: 11 mg, Sodium: 196 mg, Carbohydrate: 42 g, Dietary Fiber: 6 g, Protein: 5 g
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

Reduce, Recycle, Reuse, Donate!
Bring your own bag - canvas, paper, plastic, etc. and receive a wooden 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.

Bring Your Own Bag

The Disaster Recovery Fund helps cooperatives and cooperators get back on their feet after disasters or other emergency hardship situations.

Who can apply:
Cooperatives and cooperative support organizations

What we fund:
Aid to employees and volunteers of cooperatives and cooperative support organizations to support recovery from disasters or emergencies. Basic necessities, such as food, clothing, housing (including repairs) transportation and medical assistance (including psychological counseling).
Aid to cooperatives by covering uninsured expenses needed to return the business to viability.

Cooperatives and cooperative support organizations

What we fund:
Aid to employees and volunteers of cooperatives and cooperative support organizations to support recovery from disasters or emergencies. Basic necessities, such as food, clothing, housing (including repairs) transportation and medical assistance (including psychological counseling).
Aid to cooperatives by covering uninsured expenses needed to return the business to viability.

Donate today to support COVID-19 response. Visit cdf.coop/disaster-recovery-fund
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!

- **Kacy**  Growing Natural Protein Powder
- **John M**  Just Vegan Egg Patties
- **Alexa**  Dried Mango
- **Jordan**  Dried Mango
- **Daniel**  Cellulose Sponges
- **Christie**  Sundried Tomato & Basil Chicken Wrap
- **Sarah Jane**  Macaroni Salad (Deli)
- **Sarah**  3 Graces Goldie Gouda
- **Brittany**  Big Trouble Coffee – Counter Culture
- **Marisa**  Castillo De Pinar Citrus Balsamic
- **Alex**  Chicken Thighs
- **Caleb**  Red Seedless Grapes
- **Bill**  Funky Monkey Smoothie
- **Jeremy**  Local Heirloom Cherry Tomatoes
- **Hannah B**  Topo Chico & Greek Salad
- **Gretchen**  Liberte Yogurt
- **Damian**  Let the good times roll Bamboo TP
- **Janet**  Salmon from the Deli
- **Tammy**  Buried Treasure Liquid Nutrients
- **Mary**  Samazon Acai Bites
- **Adam**  Q Drink Ginger Beer
- **Laura**  Dolmas
- **Everyone**  Wearing a mask!
Give Yourself a High Five

Simplify your life with these hearty High Five recipes — delicious dishes made with only five main ingredients.

**Potato Lasagna**
Servings: 4 – 6. Prep time: 1 hour; 30 minutes active.

*The High Five*
- 3 medium potatoes, scrubbed clean
- 1 pound part skim ricotta cheese
- 2 cups shredded Parmesan cheese
- 1 stalk broccoli, chopped into bite-sized pieces
- 2 cups thick spaghetti sauce

*Pantry and Kitchen Items*
- 1 tablespoon olive oil

1. Heat the oven to 400°F. Drizzle olive oil in a 2-quart baking dish and tilt dish until the bottom has been evenly coated. Set aside.

2. Place potatoes in a pot and cover with cold water, then place on the stove over high heat. Bring to a boil and cook for about 20 minutes, then check the tenderness of the potatoes by piercing with a paring knife. When they are tender but not falling apart, remove from heat and drain. When cool enough to handle, slice potatoes into ½-inch thick rounds.

3. Line a fine mesh strainer with two layers of paper towels, place over a bowl, and dollop the ricotta on the paper towels. Gently pat the cheese and let stand to drain off as much liquid as possible, at least 20 minutes. Scrape the cheese into a medium bowl and stir in ½ cup of the Parmesan.

4. Assemble the casserole: Place a layer of sliced potatoes on the bottom of the prepared pan. Dollop the ricotta mixture over the potatoes and spread to make an even layer. Sprinkle the broccoli over the ricotta and press gently to make a level surface. Cover the broccoli and ricotta with the remaining potato slices, then top with spaghetti sauce and spread evenly. Cover the sauce with the remaining Parmesan cheese.

5. Bake lasagna, uncovered, for 30 minutes. The sauce will be bubbling vigorously around the edges and the cheese will be golden brown. Let stand 5–10 minutes before slicing.
Broccoli and Cheddar Rice Casserole

Servings: 6. Prep time: 55 minutes; 25 minutes active.

The High Five (Four!)
- 1 cup basmati rice
- 1 ½ cups milk
- 8 ounces cheddar cheese, shredded, divided
- 4 cups broccoli florets

Pantry and Kitchen Items
- 1 tablespoon oil
- 1 ½ cups water
- 1 teaspoon salt, divided
- 2 tablespoons flour

1. Heat the oven to 375°F and lightly oil a 2-quart baking dish.
2. In a 1-quart pot, bring the water to a boil and add the basmati rice and half of the salt. Return to a boil, cover tightly, and reduce the heat to low. Cook for about 15 minutes, until all the water is absorbed. Take off the heat, fluff and let stand for 5 minutes, then scrape into the prepared baking dish in a pile to cool.
3. In a small saucepan, whisk the flour and milk and place over medium heat. Whisk until the milk starts to boil and thicken slightly, take off the heat and pour over the rice.
4. Sprinkle in all but half a cup of the cheese and add the broccoli, then stir to combine. Pat the mixture flat with the back of your spoon and top with the remaining cheese.
5. Bake, uncovered, for 25 to 30 minutes, until the top is golden brown and melty. Serve warm.

Baked Salmon Provençal with Olives

Servings: 4. Prep time: 35 minutes; 5 minutes active.

The High Five
- 1 cup cherry tomatoes, halved
- ½ cup Greek olives, coarsely chopped
- 1 teaspoon fresh rosemary, chopped
- ¾ cup white wine
- 1 pound salmon filet, cut in four portions

Pantry and Kitchen Items
- 2 tablespoons olive oil, divided
- ½ teaspoon coarse salt
- ½ teaspoon freshly ground black pepper

1. Heat the oven to 400°F. Lightly oil a 9-inch square pan or small casserole.
2. Pour 1 tablespoon of the olive oil into the pan, and add the cherry tomatoes, olives, rosemary and white wine; toss to mix. Place in oven and roast for 15 minutes.
3. Place the salmon filet, skin side down, on the vegetable mixture, then salt and pepper the salmon portions and drizzle with remaining olive oil. Return to the oven and bake for 15 minutes, until the salmon flakes when pierced with a paring knife.

An elegant entrée that’s effortless — just some tomatoes, rosemary and wine, and the heat of the oven makes a flavorful sauce.

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**Co-op Connections**

**A Co-op Owner Advantage**

**Alternative Health**

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

**Saluda Healing Center:** Bonnie L. Williamson, DC: Chiropractic, ChiroYoga, acupuncture, neuroeducation-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.

**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. $7 fee includes book and tape. 10% discount on initial session.

**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:** +170 Old Naples Rd., Hendersonville. (828) 974-7058. Mary Houge, L.Ac., LMBT, and professional team. 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. 828-683-8409. 20% discount on Co-op owners first visit.

**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

**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 Co-op Owners.

**Ethereal Essences:** Betty Murray, B.S., LMBT, NCA#4906, 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 ethereal body and the physical body. Co-op owners 20% off. Call 828-699-4081 for your consultation or visit www.etherealesses.com


**Counseling Services**

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

**Joseph Howard, LCSW:** Psychotherapy-body, mind and emotions approach. Downtown, 828-333-7354. josephhowardcounseling.com - 20% off private pay for Co-op members.

**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.


**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.

**Mark W. Neville, MDiv:** Holistic Health Professional specializing in care of spirit, life-changes, end-of-life, grief. 828-551-8852. 10% off for Co-op owners.

**Fitness & Spiritual Well-being**

**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, South Park Plaza, 110 Joel Wright Rd, 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.

**One-to-One Therapeutic Yoga Sessions:** Heal and achieve your peak health through private medical yoga. Duke Integrative Health Coaching is included to provide structure and support for positive lifestyle changes. Leslie Morrill, Registered Yoga Therapist, E-RYT 500, Duke-trained Integrative Health Coach. (828) 333-1537. wellbeingyoga@bellsouth.net. Hendersonville and Brevard locations. 10% discount for Co-Op Owners.

**Certified Therapeutic Yoga** Suzanne Tindol instructs Beginner Yoga or Level 1. This form of yoga is holistic, targeting the whole body and works well with those with limitations. Call Suzanne @ 910-308-8982 or see website at www.agentlestretch.com. Classes are $8 and the second class is free.


**Frank Iborra, AP, Dipl. Ac.**- Profound healing of core issues to restore emotional, physical and spiritual health and balance with (NSEV) acupuncture. 10% discount for co-op owners.

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**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 visit.

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.

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-. 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 1 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

Skin Care Traditions, an organic skin salon. 3754 Brevard Rd, Ste.104, Horse Shoe, NC 28742. 828.890.9018 www.skiincaretraditions.com, see us on facebook. 10% off co-op members always.

Dr. Marie Andersonson - Sage Wellness Group 820 Flemming Street Hendersonville, NC, 28791 828-696-8900 Co-op owners $15 off first appointment.

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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, disease management, weight loss and healthy lifestyle coaching. Blue Cross Blue Shield accepted. Call Carol at 828-329-3855 or email at cshimberg@aol.com 10% off to all Coop owners.

RBS Design Thoughtful residential and commercial design. Environmentally conscious strategies and equipment for renovation or new building. The first consultation meeting is free for Co-op members + 10% off. rbs@rbsarchitect.com 828-817-7113 www.rbsarchitect.com

Align Physical Therapy: Erin Passarello, PT, CST gentle hands on therapy for headaches, migraines, and chronic and acute pain. Henersonville, 828-606-2264, epassapa.dance@gmail.com. For co-op owners 10% off first 3 sessions of regular pricing.

Baby Boot Camp Asheville/Hendersonville - Jennifer McDonald Owner And Instructor, Registered Dietitian, Certified Diabetes Educator and Certified Personal Trainer - 248.303.8807 jen.mcdonald@babybootcamp.com Positive Mind, Positive Vibes, Positive Life. $10 off registration fee for Co-op Owners

Veg Jaunts and Journeys is a full-service travel agency specializing in travel for vegans. Please see www.vegjauntsandjourneys.com. Contact Kim at 774-269-6558 or kim@vegjauntsandjourneys.com. 10% off trip planning fee for co-op owners.

KITTY KARE Treat your feline friends to a stay-cation when you’re away! Expert pet sitting in your home. Nothing but the best for your kittens! Bonded and insured. Excellent references Call 828-489-8009 kittykareofflatrock@gmail.com 10% discount for co-op owners.

Retail


Skeee Services. Skip Skeeele, 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.

Services & Classes


MAC 2 YOU, specializing in computer help and classes for beginners, women, and seniors. Mac, iPad and iPhone. Call Elizabeth Shore @ 828-290-9140 or visit Mac2You.biz for more info. 10% discount to co-op owners.
**African Market Baskets™**

Our business is focused on handcrafted Bolga baskets and the remarkable artisans who weave them. We exclusively sell wholesale to retailers. If you are an individual trying to purchase a basket for yourself, please go to our store locator to find a store near you.

We work directly with artisans in Bolgatanga, Ghana and are wholeheartedly devoted to creating a positive experience for all involved.

Proceeds from the sale of our baskets help to provide healthcare, education and financial support to over 1,000 African villagers and their children.

African Market Baskets™ is a member of the Fair Trade Federation.

African Market Baskets™ is a division of The Overseas Connection, Ltd., located in Boulder, Colorado.

To help the weavers during the Coronavirus pandemic, African Market Baskets is adding 10% to every basket we purchase.
La Riojana produces its own range of Fairtrade and Fairtrade organic extra virgin olive oil. These come from selected olives grown in the Antinaco Valleys - Los Colorados in La Rioja province, one of the most important olive producing regions in South America.

We received Fairtrade certification for our olive oil in 2015, which not only makes us the first Fairtrade certified olive oil producer in Argentina but also the first in Latin America.

All the olive oil produced by La Riojana is Fairtrade certified, extra virgin olive oil and it is entirely first cold pressed, therefore preserves the nutrients.

**Extra virgin Fairtrade olive oil**
This is a balanced blend made from Arauco, Arbequina and Manzanilla olive varieties and has a ripe olive bouquet with notes of almonds and spices.

**Extra virgin Fairtrade organic olive oil**
This is a blend of Arauco and Manzanilla organic olive varieties, which are free from pesticides. This olive oil has an aroma of green and ripe olives, with notes of dried fruits and a combination of spicy and sweet flavours.
