

# Ocean Beach People's Organic Food Co-op News

December 2015



Peace and Joy to Everyone

**OPEN DAILY**  
**8 A.M. - 9 P.M.**  
obpeoplesfood.coop  
(619) 224-1387



At People's, we are committed to promoting ecological sustainability with the products and services we provide and in the way we operate our business.

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## A Rich History of Holiday Celebrations



*Cranberry muffins with fresh berries*

The “holiday season” means something different to everyone. Yet one thing rings true about winter holiday celebrations—they’re usually centered around a table filled with good food. In fact, did you know fruits and vegetables were the incentive for the very first winter celebrations centuries ago? Because of the importance of agriculture in early societies, the return of the sun was something to celebrate. Winter Solstice, which is December 22 this year, marked the longest night of winter, after which the days grew progressively longer and the growing season resumed. Music, bonfires, and feasts were used on Winter Solstice to honor the sun back to full strength. The Roman “Saturnalia” celebrations merged with the solstice celebration and lasted a week or more. Saturn was the Roman god of agriculture, and this was a celebration to thank him for the year’s harvest and to pray for a successful harvest in the coming year.

These first “winter holiday” celebrations involved enjoying the fruits of summer, too. Preserved fruits and vegetables as well as win-

ter squash and root vegetables were consumed, and dandelion wine—normally made on May Day—was opened up and drunk. Evergreen trees were covered with fruit and other decorations, and candles were popular gifts. Celebrated herbs included holly, pinecones and mistletoe. Elements of these earlier winter celebrations can be found in many holidays now celebrated during this time of year.

Today the United States is a melting pot of diverse nationalities and traditions, which strongly influence the food of holiday celebrations. Christmas is one of the most widely celebrated religious holidays in the nation. Traditional menus are surrounded by a number of dishes featuring fresh produce. In southern states, cranberry sauce, hominy grits soufflé and sweet potato casseroles are standard accompaniments to Christmas fare. In New Mexico, empanadas—little pies prepared with applesauce, pine nuts and raisins—are popular at Christmas time. In Baltimore, sauerkraut made from apples, onions and carrots is served.

During Kwanzaa—a celebration of African-American culture that takes place for seven consecutive days, beginning December 26 through January 1st—produce plays an integral role in the festivities. Some people opt to eat only fruits and vegetables for the entire seven day period. The feast or karamu (kah-Rah-moo) can include an array of produce found in favorite African-American fare and traditional dishes from Africa, the Caribbean, and South America, representing the diversity of African heritage.

The Jewish celebration of Hanukkah revolves around the “miracle,” which saw one day’s worth of oil burn for eight days. To commemorate this, the holiday is centered around foods cooked in oil. While latkes (potato pancakes) and sufganiyot (jelly doughnuts) are traditionally on the menu,

... continued on page 14



**People's Co-op Owner  
Appreciation Days**

**Thursday, December 15**  
**10% off purchases\***

**Seniors with an active  
People's membership  
receive an extra  
Owner Appreciation Day**  
**Tuesday, December 17**

\* excludes no further discount items

**Holiday Hours  
at People's**

**Saturday, December 12th,**  
**Close at 7 p.m.**

**Thursday, December 24th,**  
**Close at 7 p.m.**

**Friday, December 25th**  
**CLOSED**

**Thursday, December 31st,**  
**Close at 7 p.m.**

**Friday, January 1st,**  
**CLOSED**

OCEAN BEACH PEOPLE'S  
ORGANIC FOOD MARKET  
4765 Voltaire St.  
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SAN DIEGO'S ONLY CUSTOMER OWNED GROCERY STORE



# People's Co-op Board of Directors

Meeting Notes for October 19, 2015

Board of Directors present: Ofelia Alvarado, Jamie Decker, Chet Nelson, Andi Briceno, Chris Young, Tom Baker, Stephanie Mood, Panha Ouch and Steve Myrick. Staff: Nancy Casady, Gloria Isselhard. Guests: Derek Casady and Phillip Gianopulos

## New Business

The initial Ad Hoc Scholarships Committee meeting will be November 16, 2015. Committee members are Ofelia, Tom, Stephanie, Nancy and Derek Casady.

Nancy will mail her annual General Manager progress report to Board of Director (BOD) members prior to November committee meetings.

## Outreach and Education

Tom suggested converting sole proprietorship businesses into co-ops.

Jamie provided a list of 2015 donations for review. Andi read thank you notes received from recipients of donations from People's. Nancy reported that drought and flooding were the topics at the California State Board of Food and Agriculture's November meeting.

The Co-op's Marketing Director reported on the response from the first round of Welcome to the Neighborhood postcards being mailed to new residents in the 92107 zip code.

Nancy announced that a National Day of Climate Action will be held on October 14. The call for the federal government to commence a WW II-style mobilization to transition off coal, oil and gas will be posted on the Federal Building at noon.

Andi distributed the Co-op's donation policy for review. It will be discussed at the November Board of Directors (BOD) meeting.

Steve moved and Andi seconded that the committee recommend to the BOD a \$500 donation to the Sherman Elementary School. Vote: ayes -6; abstain -2. Vote passed.

Andi provided an update on Wild Willow Farm activities.

Andi reported on a meeting at the Co-op on the subject "Facing the Future, Where Do Co-ops Fit?" Suggestions included providing a scholarship to high school students who research the subject. An Ad Hoc Committee was proposed to develop the idea.

Ofelia announced that a conference on co-ops will be held in Cuba in November. She will follow up on getting a speaker from the group to one of the board's meeting.

## Planning Committee

Stephanie suggested that all board members prepare a two minute "elevator" speech on the question, "What Is a Co-op?" for Board Study.

Mel Lions from Wild Willow Farm is scheduled to present at the December Board Study.

Nancy reported on the National Cooperative Grocers' participation agreements. The board will be asked to sign off on the agreements at the November board meeting.

A trends report from the California Grocers Association revealed Californians' spending in restaurants now exceeds their spending in grocery stores.

Nancy reported that more sales are being promoted in the Produce Department.

Ofelia suggested a review of the board's planning calendar. She also announced a webinar sponsored

# GENERAL MANAGER'S MESSAGE

by Nancy Casady

As 2015 comes to its close, here is a brief and partial look at the year in review. Although sales slowed—due in part to more restaurant eating, less home cooking, and increased competition from conventional grocery stores—the Co-op continued to operate profitably. Senior, owner, and courtesy discounts were up slightly while labor expense was down almost 5% compared to the prior year. We maintained our commitment to pay a living wage for those working 30 hours or more.

Drought tolerant landscaping was installed and the box bin rebuilt at the front of the Co-op. The large wood beams and some other exterior wood was resealed; the produce wet racks were re-surfaced with stainless steel, and the bulk honey and maple syrup containers were replaced with ones that are easier to operate.

On the operations side, a new manager was hired for the Wellness Department and aisle signs were installed. The Customer Service Desk celebrated its one year anniversary with the addition of a scale; the Deli introduced a "Take A Card" service system; chip card compatible credit card machines were installed and the Co-op joined the National Cooperative Grocers' Sustainability Management Program.

People's celebrated its 43rd birthday in August by serving more than 400 people a delicious free vegetarian lunch. Other events at the Co-op included a Spring Food Fair, a Spring and Fall Arts and Crafts Fair, and Halloween and Earth Day celebrations. People's sponsored a lecture by author Steven Druker on his new book, *Altered Genes, Twisted Truth*, participated in the Millions Against Monsanto Rally, and helped found the Climate Mobilization Coalition with climate action events in March, September and December.

We ended the year being named the Best San Diego Health Food Store by The Union Tribune and City Beat. A heartfelt "thank you" for your support.



by the Federal Reserve Bank of San Francisco on the subject of converting businesses to worker co-ops.

## Finance Committee

Steve reviewed September financials. Total revenue was down 5% for the month and 3.7% for the year-to-date. Costs of sales were also down, as were operating costs. Sales per paid labor hour were \$86.96 and labor to sales is on budget at 23.70%. Renewals are up but the number of new owners is down. Utility costs increased 3% due in part to time of use billing. The Co-op's duplex income is on budget. Costs for the Co-op's restaurant property (amortized taxes and security fence rental) are down to around \$600 per month.

Steve moved and Chet seconded the expenditure of up to \$11,000 to reseat the exterior of the Co-op's glulam beams and inset wood posts. It has been six years since this was done. Vote: passed unanimously. Steve moved and Stephanie seconded that People's donate \$500 to the Sherman Elementary School Garden project. Vote: ayes - 8; abstain - 1. Vote passed.

## Nominating Committee

Chris reminded board members that BOD candi-

date applications are due December 1, 2015.

## General Manager's Operation Report

Sales continue to trail last year by close to 5%. Purchase of goods and operating costs, including labor hours, continue to parallel reductions, allowing the Co-op to remain profitable even with slowing sales.

Finance Manager Jamie Decker attended the National Cooperative Grocers' conference of co-op finance managers and held peer roundtable discussions about the current state of our industry. Although there are some exceptions, the majority of co-ops are experiencing slowing sales, known now in the organization as "the new normal." Explanations for this trend include these facts: more dollars spent on meals eaten out, more competition in the organic/natural industry, more competition in large, conventional markets, and more competition in non-traditional food outlets. Not yet provable as fact is the influence of concerns about the overall U.S. economy, lack of employment opportunities in good paying jobs, and global financial instability (China).

Meanwhile back at People's, we held our annual Healthy Halloween Carnival, awarded prizes to the 100 plus entries in the Pumpkin Coloring Contest, replaced the contactors for the condensers on the roof, had the water dispensing machine repaired, replaced the seals on the freezer and refrigerator doors, repaired the outside clock, and continued discussions with the board and architects about the "right-sized" development for the café project.

At the monthly meeting of the Older Women's League, I spoke about the dangers of genetically engineered food including increased herbicide use, stronger herbicide use (Monsanto's newly approved "Enlist Duo," a combination of cancer causing glyphosate and 2, 4D from Agent Orange), lack of genetic diversity in major food crops, and lack of any human studies for short or long term effects.

People's participated in the October 14th People's Day of Climate Action by posting the call at the Federal Building for a WW II-style national mobilization at wartime speed to transition us off fossil fuels and on to safe, renewable wind, water and sun energy. Another posting is planned for November 14 and December 19, 2015. Thanks to all those who attended including board member Tom Baker.

## Next Board Meeting Monday, December 14, 6 p.m. Committees

- Outreach & Education Committee  
- Chair, Andi Briceno  
Meeting: December 7, 5:30 p.m.
- Planning Committee  
- Chair, Stephanie Mood  
Meeting: December 7, 6:30 p.m.
- Finance Committee  
- Chair, Steve Myrick  
Meeting: December 7, 7 p.m.

Meetings are held in the Co-op's Community Room

All Community Room events are FREE.

For a complete calendar schedule, please visit the Co-op's website at [obpeoplesfood.coop](http://obpeoplesfood.coop)

Additionally, please check with the workshop leaders to ensure that there have been no schedule changes.

**Live Acoustic Music**

**Fridays 5:30 – 7:30 p.m.**

**Sundays 11 a.m. - 1 p.m.**

**People's Co-op Deli**

The Co-op's Deli continues to present the finest in folk, jazz, blues, and bluegrass performed by local musicians. Our highly acclaimed organic, vegetarian fare features a variety of award-winning soups, salads, entrees, baked goods and desserts. Top off your meal with a complement of Fair Trade, certified organic teas and coffees, freshly made juices, and more. Bring a friend or make new friends here. Free of charge.

**Thermal Imaging for Whole Body**

**Tuesday December 1, 7 - 8 p.m.**

**People's Co-op Community Room**

Clinical Thermography is exceptional when used appropriately. Learn what is most appropriate for thermographic examinations and be sure the exam is in your best interest. The proper procedures, equipment and provider's training/experience are crucial to accurate diagnosis and validity. Attendance is limited to 18; to RSVP call (619) 269-8360. To ensure that there are parking spaces for shoppers, please do not park in

the Co-op parking lot while attending this workshop. Free of charge.

**Lean Green Ultra Protein**

**Tuesday, December 8, 7 – 8:30 p.m.**

**People's Co-op Community Room**

An easily prepared, select group of phyto-proteins contains one of the world's best protein. Come be introduced to this cutting edge information, called Next Step Veganism™, from the author of "Diet for a Green Planet" and eat smarter than ever before. Attendance is limited to 18; to RSVP email [riverbowden@gmail.com](mailto:riverbowden@gmail.com). To ensure that there are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

**Holistic Emotional Wellness**

**Wednesday, December 9, 7 – 8:30 p.m.**

**People's Co-op Community Room**

Join Danielle Daniel, LCSW and clinical psychology PhD student specializing in holistic emotional wellness to learn which essential oils to use for your health and the brain through the mind and intestine connection. Attendance is limited to 18; to RSVP email [Danielle.dranielledaniel@gmail.com](mailto:Danielle.dranielledaniel@gmail.com). To ensure that there are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

**Film Night**

**Thursday, December 10, 7 p.m.**

**Ocean Beach Green Center**

Building from last month's Film Night, we continue to show the Emmy Award winning 2014 documentary, "Years of Living Dangerously." Each episode features celebrity investigators along with well-known journalists. Traveling around the world they interview experts and everyday people seeking solutions to the effects of climate change. This month will feature episodes 3 and 4. The Ocean Beach Green Center is located at 4843 B Voltaire Street, 92107. For more information, call (619) 225-1083. Free of Charge.

**S.D. River Garden Volunteers**

**Sun, December 13 & 27, 9 – 11 a.m.**

Volunteer at the San Diego River Garden! Join others on the 2nd and 4th Sundays each month for this family friendly event. All tools provided. Dress in clothes that can get a little dirty. Closed toe shoes required. Activities consist of weeding, watering, pruning, trail maintenance and other light gardening projects. Email [volunteer@sandiegoriver.org](mailto:volunteer@sandiegoriver.org) for information.

**Happy Healthy Gut**

**Wednesday, December 16, 7 – 8:30 p.m.**

**People's Co-op Community Room**

If you suffer from gas, bloating, constipation, diarrhea, stomach pains or fatigue, chances are, there's something going on with your digestive health. Join Nicole Brors, Certified Nutritionist and herbalist to learn how to heal yourself and achieve optimum gut health. Attendance is limited to 18; to RSVP call (858) 761-4214 or email [nicole@dancetothebeet.com](mailto:nicole@dancetothebeet.com). To ensure that there are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

**Of Special Note this Month**

**Herbal Gift Making Workshop**

**Wednesday, December 2, 6 - 7:30 p.m.**  
**Bastyr University Clinic**

The holidays are a wonderful time of year to create homemade gifts. Come for a live demonstration of how to make herbal gifts at home from common ingredients you already have in your kitchen. Light refreshments will be served. The Bastyr University Clinic is located at 4110 Sorrento Valley Blvd. 92121. To RSVP call (858) 246-9700. Free of charge.

**36th Annual O.B. Holiday Parade**

**Saturday, December 5, 5:05 p.m.**  
**Newport Street, Ocean Beach**

The Ocean Beach Annual Holiday Parade is hosted by the Ocean Beach Town Council's Tree Committee. Every year, Newport Ave. is taken over by motorcycle riding dogs and marching bands, plus Santa Claus on a fire truck. Ocean Beach People's Co-op will be there too, handing out organic tangerines!

**Tips to Relieve Holiday Stress**

**Tuesday, December 8, 6 - 7:30 p.m.**  
**Bastyr University Clinic**

From crowds and long lines to the awkward conversations with in-laws, you might find yourself feeling rushed, overwhelmed, maybe even lonely or sad. Join Dr. DJ Sims as she shares natural tips to reducing holiday stress and beating the holiday blues. The Bastyr University Clinic is located at 4110 Sorrento Valley Blvd. 92121. To RSVP call (858) 246-9700. Free of charge.

**S.D. Really Really Free Market**

**Sunday December 13, 11 – 2 p.m.**  
**Terlta Park**

Give and get cool stuff for absolutely free. Simply bring the things around the house you aren't using anymore, put them in the "free pile," and look around to see if there is anything you'd like to take yourself. Terlta Park is located in City Heights at the corner of 40th St. and Orange Avenue. For more information visit [www.facebook.com/sdrrfm](http://www.facebook.com/sdrrfm).

**Holiday Craft Fair**

**Sunday, December 20, 11 – 4 p.m.**  
**Ocean Beach Green Center**

Come visit with and appreciate the works of local crafters and artists. In addition to works made with love, there will be acoustic music and a delicious bake sale fundraiser with hot apple cider and baked goods. Vegan options guaranteed. Crafters and artists interested in participating please call (619) 225-1073 or email [oceanbeachgreencenter@gmail.com](mailto:oceanbeachgreencenter@gmail.com). The Ocean Beach Green Center is located at 4843 B Voltaire Street, 92107. For more information, call (619) 225-1083. Free of Charge.

**Ocean Beach People's Organic Food Co-op News**

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Views expressed in the *Co-op News* are the writer's opinion and do not necessarily reflect the views of People's Co-op.

Advertising Representative - *Jamie Decker*  
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# Our Cooperative Community

## Benefits of Being a Co-op Owner

Cooperatives are businesses that are democratically controlled and equally owned by the people who use them. At Ocean Beach People's Organic Food Market, more than 13,000 families and individuals benefit from Co-op ownership. Together, we own a grocery store that works to create a sustainable and healthy community. Here are a few of the ways that People's accomplishes this:



**Community Ownership** – Ocean Beach People's Organic Food Co-op is the only customer-owned grocery store in San Diego! Community ownership means member-owners have a say in how the business is run. Community ownership preserves and celebrates what is unique and local.

**Board Representation** – A board of nine elected member-owners represents the Co-op's membership, acting as trustees and setting long range goals.

**Senior Discount** – A senior discount is available to seniors who have an active People's ownership. Member-owners who joined the Co-op before 2006 are eligible for the senior discount upon their 60th birthday. Member-owners who joined the Co-op after 2005, are eligible for the senior discount at age 65. Please see any cashier for a Senior Discount Application form.

**Owner Appreciation Days** – A celebration just for owners that includes a 10% discount on most products at the Co-op.

**Co-op Coupons** – Available at the registers, these coupon books are distributed through National Cooperative Grocers and offer extra savings on many of your favorite products.

**Case Discounts** – Do you always use the same nut or grain milk? Are you feeding a large group? As a Co-op owner you can special order many products by the case (or 25 - 50 pound bags) and save 10% off the shelf price!

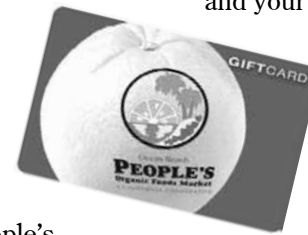
## Bag Raffle Winners

Congratulations to our recent bag raffle winners including: Julie,

Erika, Larissa, Chris, Dave, Libby, Amber, Autumn, Rose, David, Jeff, Becky, Dan, Nancy, Brooke, Andy, Carol, Samantha, Madeline, Sam, Tony, Carrie, Mark, Polly, Shawn, Troy, Patti, Sandra, Antonio, Holly, Lynn, Krista, Lori, Shawna, Don and Patty, Tim, Pamela, Adina, Anna, Lindsey, Kati, Nan, Sherri, Jay, Jeffery, Vanesa, Shelley, Gia, Rudi, Elaine, Harvey, Pat, Eugenia, Rebecca, Ryden, Thalia, Wendy, Elise, Chris, Jamie, Molly, Jon, Jack, Candice, Kim, Teri, Maria, Andy, Roz, Joolie, Iris, Paul, Steve, and Tom.



If you haven't participated yet, please join in. All it takes to receive a raffle ticket—which entitles you to the Co-op's daily drawing of a \$30 People's Co-op gift card—is to bring your own large grocery bag, or box when you shop. Each large bag that you bring in and use entitles you to one raffle ticket. Don't forget the Coffee Cup Raffle upstairs in the Deli. Each time you use your own cup, you'll receive a raffle



ticket for a \$5 People's Co-op gift card.

## Want More of People's?

Visit Ocean Beach People's Organic Food Market on Facebook ([facebook.com/oceanbeachpeoples](https://facebook.com/oceanbeachpeoples)) and Twitter ([twitter.com/PeoplesOrganic](https://twitter.com/PeoplesOrganic)) for up to the minute news and action alerts, as well as reminders of Co-op events and groovy pictures of staff, owners, and the Co-op's fresh, organic food!

## Looking for Gift Ideas? Give a Co-op Gift Card!

Looking for the perfect gift? People's Co-op offers rechargeable gift cards—you decide the amount and your gift recipient chooses the treats that appeal to him

or her. Whether it's for a delicious afternoon lunch from the Co-op's Deli, a shopping cart filled with the freshest organic produce, or herbal remedy from our Wellness Department, People's rechargeable gift cards make it simple—ask for them at the registers.



## People's Asks: How do you contribute to the community ?



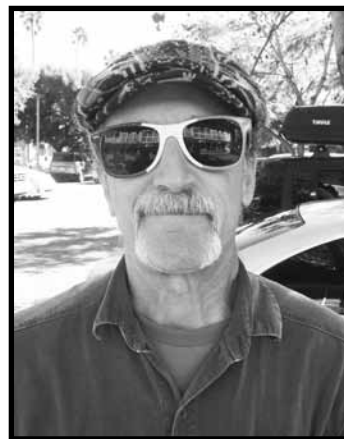
Pat

I listen, observe and support what I think is beneficial and provides well-being.



Adelaide

Creating and sharing art in all forms. Visual and movement art to inspire and bring forward smiles and self-confidence.



Mike

I meet people, listen to them and swap stories. Hubs are where people collaborate. People's is a hub.



Kim

As a yoga teacher and massage therapist, I focus on being an educator. I also offer helping healing hands to those in need.



Neeko

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## PEOPLE'S SUGGESTION, COMMENT & QUESTION BOX

The suggestion box is located just inside the Co-op's entrance.

You can also email suggestions and comments to [Editor@obpeoplesfood.coop](mailto:Editor@obpeoplesfood.coop)

When emailing, please put "Suggestion Box" in the subject line.

Dear People's, Whoever made the soup with lima beans and macadamia nuts is a culinary genius. Wow! Marguerite

Dear Marguerite, Thanks for your enthusiastic response to the Lima Bean Kale soup. Our intent was to create a soup that was free of garlic, onion, wheat, and soy. I too was pleased with the results of this particular recipe. I'm glad you enjoyed it. Mike, Deli

Dear People's, Please carry Doterra essential oils. Christopher

Dear Christopher,

Thank you for the suggestion. We will research this company and see if it meets the Co-op's merchandising policy. In the meantime, have you tried the Veriditas essential oils that People's carries? They are pharmaceutical grade and certified organic. Andi, Body Care

Dear People's, For the past month you haven't made enough Green Drinks in the Deli. Also, please don't put bananas in all of them. Cam

Dear Cam, Thanks for the heads up. We haven't decreased our Green Drink production, but I will certainly make sure that we are doing our best to meet our customers' needs. We don't use bananas in all of the Green Drinks, but they are a common ingredient. If you are interested in a variety that is banana free, the Deli does take special orders for this beverage. Mike, Deli

Dear People's, The Deli's wheatgrass crew is awesome. Jan

Dear Jan, Thanks for the compliment. I'll be sure to let the wheatgrass team know of their job well done. Mike, Deli

Dear People's, You used to carry Tofu Pups, but now you don't. They were a nice product for a simple "hot dog" style treat. They are good for kids because they are smaller than the Tofurky brand. Lisa

Dear Lisa, People's discontinued this product several years ago when the Cornucopia Institute released a scorecard on meat alternatives that used the toxic chemical hexane to extract soy. Have you tried the Field Roast Frankfurters that the Co-op offers? Frankly, they are delicious. David O., Perishables

Dear People's, Regarding the ordering system in the Deli, kindly consider omitting the word "listen" from the directions. The word "wait" suffices. In raising collective awareness, not all customers "hear." Keep up the fabulous work. Rach

Dear Rach, Thank you for the suggestion. Mike, Deli

Dear People's, It would be really nice if you stopped putting onions in everything.

Dear Anonymous, Actually, we don't put onions in everything. However, there are times that onions are required as a base ingredient in savory recipes. On-

ions add a depth of flavor that is essential for many of the foods the Deli cooks prepare. If you would like a list of the items prepared without onions please contact me at the Co-op or email me at [mike@obpeoplesfood.coop](mailto:mike@obpeoplesfood.coop) Peace, Mike Deli

Dear People's, Are the new bags in the Bulk Food Dept. recyclable given that they have a plastic lining? Thanks, Nigel

Dear Nigel, Thanks for asking this important question. The Earth First Ingeo bags are both recyclable and compostable. The inner lining is not plastic; it is a plant based polymer. If you choose to compost the bag, just make sure to remove the tin tie that is used to fold the bag closed. If you are recycling the bag you can leave the tin tie intact. Kindly, Amber, Editor

Dear People's, Please have plain soy or nut milk available in the Deli for coffee and tea. I know you offer it if

asked, but I don't like to bother the servers. And often you don't have any. Andrea

Dear Andrea, We have few requests for plain soy milk as well as limited counter space for another container. The servers, while busy, are happy to assist you with your request. We will make sure to always have it on hand for our customers to use. Thank you, Mike, Deli

Dear People's, The Sweet Chili Tofu Nuggets were awesome today! Also, the Sweet Squash and Rice was delicious. Everything is always great and everyone is always super nice! Thanks! Colin

Dear Colin, Thanks for the love! I think that we will frame this and hang it up in the kitchen. The Sweet Chili Tofu Nuggets are a new item created by our cook and baker, Katie. The squash dish is one of the Deli's old school recipes, perfect for an autumn or winter day. Thanks again, Mike, Deli

Dear People's, Himalaya Pomegranate and Neem Toothpaste. Charmaine

Dear Charmaine, Thank you for the suggestion. We will research this toothpaste's ingredient list and see if it meets the Co-op's merchandising policy. Andi, Body Care

Dear People's, Will you ever have Kombucha on tap? Michelle

Dear Michelle, Hopefully we will have this fermented beverage on tap in the Co-op's new restaurant / café. The café is scheduled to open in the fall of 2016, just east of the duplexes that are next to the Co-op's parking lot. David O., Perishables

Dear People's, Please offer carob almonds or raisins in bulk. Not everyone can eat chocolate. Andrea

Dear Andrea, While we would love to offer an array of carob treats at the Co-op, we have yet to find an organic source. All of the items that are available to us contain commercial soy lecithin. As part of People's Merchandising Policy, we do not bring any new items into the Co-op with non-organic soy. If you know of a source for certified organic carob, please let us know! If you like to bake, the Bulk Dept. does have raw, sundried carob powder. You can use carob powder as a substitute for chocolate or cocoa. And, because carob powder is almost 50% natural sugar, it can be used instead of sugar in most breads and pastry recipes. Amber, Editor

## Winter Recipes for the Table

recipes provided by National Co-operative Grocer

### Chocolate Cinnamon Pancakes

Whether you're cooking for yourself, for family or friends, make the first month of winter special with pancake breakfasts. Top your cakes with sliced bananas and a drizzle of warmed maple syrup. Not every morning need feature a cold bowl of cereal.

Serves 4 to 6. Prep time: 30 minutes.

1 cup all-purpose flour  
1 cup whole wheat flour  
1 Tbsp. baking powder  
½ tsp. salt  
2 tsp. cinnamon  
2 Tbsp. sugar or honey  
1 ½ cups milk  
2 Tbsp. melted butter  
2 large eggs, beaten  
½ cup chocolate chips

In a bowl, whisk together all of the ingredients except for the chocolate chips.

Heat a large skillet or griddle over medium heat and brush with butter or oil. When the griddle is hot, cook the pancakes in batches; use a small ladle to spoon the batter onto the griddle, and then sprinkle each pancake with several chocolate chips. When pancakes just begin to set and small bubbles form around the outside edges, gently flip the pancakes and cook another 1 to 2 minutes on the other side. Transfer to a plate and keep warm in the oven while cooking the remainder of the pancakes.



### Persimmon Bread Pudding

This seasonal recipe can be served as another wintery breakfast treat or, as a delicious dessert. For the latter, top your pudding with whipped cream, vanilla ice cream or yogurt! It can be enjoyed both hot and cold.

Serves 8. Prep time: 60 minutes active, 120 minutes total.

4 to 5 ripe Hachiya persimmons  
3 eggs  
2 cups milk  
¾ cup sugar, divided  
2 tsp. vanilla extract  
1 tsp. cinnamon  
½ tsp. ground ginger  
1 loaf (about 16 ounces) challah, torn or cut into bite-sized pieces  
1/2 cup raisins

Preheat the oven to 350 degrees F. Cut the ripe

... continued on page 14



## Food for a Healthy Life

During the month of December, many find themselves in a rush to find that perfect gift. Here's a tip: take a breath and slow down. 83% of North Americans polled say the gift that they would appreciate most is time; more time to spend with family and friends, and more time to just relax and watch the clouds float by. If, after relaxing with a hot pot of tea and cloud watching, you're still stumped about gift ideas, check out the People's Holiday Wish List on page 11 for fresh ideas that resound with simplicity and usefulness.

Busy cooks need simple meal ideas this month, ones that don't skimp on flavor or nutrition. The two recipes that follow offer just that. Herbs, spices, root vegetables, and nuts all fill the bill for foods that both nourish and comfort. You'll be surprised at how delicious these simple dishes can be. Just add a tossed green salad and you've got a dinner you can savor . . . slowly of course.

### African-Style Vegetarian Stew

According to OrganicFacts.net, the health benefits of kohlrabi include its ability to improve your digestive

processes, help you lose weight, protect against cancer, boost the immune system, regulate the metabolism, increase circulation, strengthen bones, improve vision health, and assists in protecting muscle and nerve function. All that from a little root vegetable! That's because kohlrabi is chock full of nutrients and minerals including copper, potassium, manganese, iron, and calcium, as well as vitamins A, C, B-complex, and vitamin K. Plus kohlrabi is also high in dietary fiber and antioxidant compounds, such as phytochemicals and various carotenes.

4 small kohlrabies, peeled and cut into chunks  
2 sweet potatoes, peeled and cut into chunks  
1 large onion, chopped  
2 zucchinis, sliced thick  
5 fresh tomatoes or 16 ounces canned  
1 (15 ounce) can garbanzo beans, liquid included  
¼ cup raisins, dark or golden  
1 tsp. ground coriander



1/2 tsp. ground turmeric  
1/2 tsp. ground cinnamon  
1/2 tsp. ground ginger  
1/4 tsp. ground cumin  
3 cups water  
1 cup couscous, cooked

Combine all the ingredients in a large saucepan. Bring to a boil, lower the heat, and simmer until the vegetables are tender, about 30 minutes. Serve ladled over cooked couscous. If desired, parsnips may be substituted for the kohlrabi

### Harvest Vegan Nut Roast

This vegan recipe can be made with many different variations. Try using different nuts and different vegetable combinations. To make pecan or sunflower meal, run pecans or sunflower seeds through the blender until very finely chopped.

1/2 cup chopped celery  
2 onions, chopped  
3/4 cup walnuts  
3/4 cup pecan or sunflower meal  
2 1/2 cups unsweetened grain or nut milk  
1 tsp. dried basil  
1 tsp. dried oregano  
3 cups bread crumbs  
Salt and pepper to taste

Preheat oven to 350°. Lightly oil a loaf pan. In a medium size frying pan, sauté the chopped celery and the onion in 3 teaspoons water until cooked. In a large mixing bowl combine the celery, onion, walnuts, pecan or sunflower meal, grain or nut milk, basil, oregano, bread crumbs, salt and pepper, and mix well. Place mixture in the prepared loaf pan. Bake for 60 to 90 minutes or until the loaf is cooked through.

## Deciding not to eat wheat could mask other digestive problems

For those diagnosed with the autoimmune disorder coeliac disease, avoiding wheat and some other grains is essential. But a recent study examining the eating habits of more than 1000 Australians shows that up to 1 in 10 adults are cutting wheat from their diets without conventional medical advice. More than half of these 'wheat avoiders' blame nasty post-meal aftereffects for their decision.

"The respondents to our survey linked eating wheat with symptoms such as bloating or wind, stomach discomfort or cramps, and feeling sluggish or tired," explained Dr Sinead Golley, lead author on the paper and Research Fellow at the CSIRO Food and Nutrition Flagship based at the South Australian Health and Medical Research Institute. "They avoid wheat-based foods in an attempt to control their symptoms, but they are mostly doing it without any formal medical diagnosis that might indicate an intolerance or allergy."

The results are a concern for Dr. Golley and her colleagues, who believe that the decision to self-diagnose and control symptoms by avoiding wheat could have health consequences.

"Wholegrain cereals make a positive contribution to health by supplying a range of nutrients including protein, fiber and other carbohydrates, vitamins and minerals," said Dr Golley. "In addition, in bypassing medical advice through self-diagnosing they are potentially at risk of a serious clinical condition going undetected," she said.

Irritable bowel syndrome could be the cause of abdominal pain and altered bowel habits in some individuals. It could also be the case that wheat is taking the rap when other dietary components are actually to blame. "Although we didn't examine it in this study, a possible contributor to the abdominal symptoms in some of these people could be simple sugars, such as fructans and lactose, which are present in many foods, including bread products," said Dr Golley.

Fructans and lactose fall into a group of carbohydrate molecules known as FODMAPs (Fermentable Oligosaccharides Disaccharides Monosaccharides Polyols). Malabsorption of FODMAPs is believed to contribute to some symptoms of irritable bowel syndrome.

So why do so many people avoid the doctor when it comes to dietary issues? It's a matter of trust. "Food intolerances are particularly hard to diagnose with certainty, so mainstream medicine may not always have the definitive answers that these people may be looking for," said Dr Golley.

The study was published in *Public Health Nutrition*, and also featured in *Medical Journal of Australia*.

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## What's New at People's Co-op ?



### Bulk

**Multiple Organics – Organic Vegan Fair Trade Dark Chocolate Chips:** Did you know that the cocoa in dark chocolate contains high concentrations of flavanoids that may provide health benefits such as decreasing the risk factors for cardiovascular disease?

**Jungle Organic – Organic Raw Macadamia Nuts:** Grown without synthetic pesticides and chemicals, these raw macadamia nuts have a smooth, buttery texture and mellow, nutty taste that makes them a real treat for snacking.

### Grocery

**Kim's Simple Meals – Organic Homestyle Burger Mix:** A gluten free, vegan burger mix that's not only delicious and simple to make, but completely customizable and tastes like it's fresh off the grill! Add your favorite wholesome ingredients, like sautéed mushrooms, onions and peppers, to enjoy something more artisanal.

**Lakewood – Organic Tart Cherry:** Contains the juice from more than three pounds of tart cherries in every bottle.

**Lakewood – Organic Cranberry Concentrate:** Contains the juice from more than four pounds of cranberries in every bottle.

**Silk Road – Organic Mediterranean Refresher in Pomegranate, Pear, Cucumber, and Ginger varieties:** A not-too-sweet, artisan beverage with a healthy endeavor, apple cider vinegar. Enjoy naked or paired with your favorite foods and spirits.

### Perishables

**Polska Foods – Potato & Cheese Pierogi made with Organic ingredients:** Made with a blend of creamy organic potatoes, roasted garlic, caramelized onions, award-winning farmer's cheese, and aromatic herbs for a mouth-watering pierogi. A popular idea is to top with caramelized onions, chopped jalapenos, fresh herbs such as sage, and dip in sour cream.

**Rebbl – Organic Reishi Chocolate Elixir with Coconut Milk:** A drinkable dark chocolate elixir with a super-herb upgrade! Reishi has been called the "Divine Mushroom of Immortality" because of its almost endless list of health benefits.

**Straus Family Creamery – Organic European-style Unsalted Butter:** A rich, sweet and creamy butter with 85% butterfat content and extremely low moisture levels. Butter with lower moisture content results in flakier pastry that rises higher and browns more evenly.

### Wellness

**Hyland's – Baby Calming Tablets:** Babies get fussy. It's a natural response to being in a totally new world. This homeopathic is formulated to temporarily relieve the symptoms of occasional, sleeplessness, fussiness, agitation, irritability, crying, and inconsolable behavior. Hyland's Baby Cough Syrup and Baby Night-time Tiny Cold Syrup new, too!

**Host Defense – Mycobotanicals Woman:** Hormonal and environmental considerations have led to concerns around breast and reproductive cycle health for women of all ages. MycoBotanicals Woman includes mushrooms and herbs that support breast health, hormonal balance, liver detoxification, and nourish the female reproductive organs.

**Host Defense – Mycobotanicals Brain:** The brain is the control center for all functions of the body. This blend of mushrooms and herbs is specifically designed to support the brain and nervous system.

**Probulin – Digestive Daily Enzymes:** Digestive enzymes are protein structures found in the food we eat. Organs in the body also produce them. They help break down larger compounds into smaller more easily absorbed substances. Without these valuable enzymes, we cannot properly access the valuable nutrients in the foods we eat. Using a full-spectrum digestive enzyme supplement daily with the food we eat, may support a more efficient access to the valuable nutrients in things like fruits and vegetables and more.

## Body Care & Wellness

Indigo Wild  
**Zum Tub Shea Butter Bath Salts** 13 oz. **\$8.39**

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Alaffia - Everyday Coconut

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Randwyck

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Norpro

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**Deli/Bakery**

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**Fruit Crunch & Cream**  
**\$7.39** per pound reg. 7.89

**Bulk**

Equal Exchange - Organic & Fair Trade!  
**French Roast Coffee**  
**\$7.99** per pound  
 reg. 12.19

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**Organic Pecans**  
**\$12.99** per pound  
 reg. 14.69

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**Pearled Barley**  
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 reg. 1.69

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**Organic Rye Berries**  
**99¢** per pound  
 reg. 1.39

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Grain Millers - Organic!  
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**\$1.19** per pound  
 reg. 1.35

**Grocery**

Jovial - Organic!  
**Einkorn Pasta**  
 Penne Rigate, Rigatoni  
**\$1.19** 12 oz. *jovial*  
 reg. 3.45 *inherently good*

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Bionaturae - Organic!  
**Nectar / Juice**  
 Apricot, Peach, Pear  
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 reg. 4.69

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Field Day  
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So Delicious  
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Nancy's Springfield Creamery  
**Organic Sour Cream**  
 Fully cultured with live probiotics  
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 reg. 2.39 - 4.19 8 - 16 oz.

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So Delicious  
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So Delicious  
**Coconut Creamer**  
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# December 16 - 31

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**\$6.89** per pound reg. 7.89

### Chocolate Pudding

**\$7.39** per pound reg. 7.89

## Bulk

Equal Exchange - Organic & Fair Trade!

### French Roast Decaf

**\$11.99** per pound  
reg. 14.69

### Organic Walnuts

**\$13.99** per pound  
reg. 14.99

### Roasted Salted Pistachios

**\$8.99** per pound **Organic!**  
reg. 9.99

Mountain High Organics

### Organic Red Lentils

**\$1.99** per pound  
reg. 2.29

### Organic French Lentils

**\$1.65** per pound  
reg. 1.95

## Grocery

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Selected varieties

**\$3.69** 8 - 12 oz.  
reg. 4.95

### Coconut Secret - Organic! Coconut Aminos

8 oz. size on sale, too!

**\$8.99** 16.9 oz.  
reg. 10.79



### Back to Nature - Organic! Mac & Cheese Dinner

Macaroni, Shells, Alphabet Pasta

**\$1.69** 6 oz.  
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### Field Day - Organic! Apple Cider Vinegar

Unfiltered

**\$3.99** 32 oz.  
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### Lotus Foods Organic Ramen Noodles

Forbidden Rice, Jade Pearl Rice, Millet Rice

**\$4.39** 10 oz.  
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### Eden Organic Beans

Selected varieties

**\$1.75** 15 oz.  
reg. 1.95



## Perishables

### Rising Moon - Organic! Ravioli and Gnocchi

All varieties

**\$2.99** 8 oz.  
reg. 4.59



Straus Family Creamery

### Organic Ice Cream

All varieties

**\$3.99** pint  
reg. 4.89



Cascadian Farm

### Organic Potatoes

Hash Browns, Spud Puppies, French Fries

**\$2.39** 16 oz.  
reg. 3.69



Rudy's Organic Bakery

### Organic English Muffins

Whole Wheat, Spelt

**\$2.99** 12 oz.  
reg. 4.29



Tofurky

### Veggie Deli Slices

Oven Roasted, Hickory, Bologna

**\$2.69** 5.5 oz.  
reg. 3.29

Prices on Sales  
while supplies last



## And the Beet goes on . . .

*Beets are no longer just a staple in the Russian beet soup borsht. They're popping up on menus and juice bars across the country. Here's why you might want to include them in your diet today.*



The wild beet, the ancestor of the beet many of us currently eat, is thought to have originated in prehistoric times in North Africa and grew wild along Asian and European coasts. The beet's greens leafy tops were eaten, and it was not until the ancient Romans came along that the roots, the part we know as the beet, was cultivated for food. Attached to the beet's green leaves is a round or oblong root, the part many of us think of at the beet. Although typically deep reddish-purple, beets also come in varieties that feature white, golden, yellow or even rainbow colored roots.

Beets belong to the chenopod family, which includes chard, spinach and quinoa.

Red beets and their juice are an excellent source of nutrition. They are a very good source of fiber, potassium, manganese, and folate, as well as vitamin C, B6, zinc, copper, and iron. All of which contribute to excellent health.

Beets are also a rich source of polyphenols, the antioxidants we've been

hearing so much about in dark purple vegetables. They also contain betalains, a potent antioxidant thought to quench free radicals and reverse their damage.

In addition to providing antioxidant value, betalains, are considered

anti-inflammatory, and support detoxification. Betalains also support glutathione, one of the body's most important antioxidants and powerful detoxification substances. Although you can see these betalain pigments in other foods (i.e. stems of chard or rhubarb), the concentration of betalains in the peel and flesh of beets is far greater.

Cancer prevention? The betanin pigments from beets have been shown to lessen tumor cell growth. Although the research is preliminary, it would be wise to include beets, especially red beets in your weekly eating plan. Cardiovascular benefits. In a recent study from Queen Mary University, London, researchers found that drinking beet juice was shown to lower blood pressure while improving blood vessel function. Researchers even suggest that a daily dose of beetroot juice "can be as effective as medical intervention in reducing blood pressure." As always, please consult a medical professional before making any changes to your diet. (Supremarket Guru)

## Vitamin C for Immunity

The holiday season is underway and that means indulgent dinners, party planning, preparing meals, cocktail parties and more. Although cheery, this busy time of the year can also be very stressful and take a toll on your health. Citrus fruits are well-known sources of vitamin C, which is key to good health. Vitamin C is an antioxidant that protects your cells from free radical damage. It boosts your immune system, reduces inflammation, and protects blood vessels. Some studies even indicate that it can help treat stress!

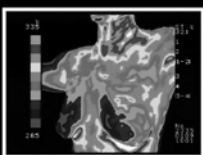
According to ChooseMyPlate, the current nutrition guide published by the United States Department of Agriculture, "Citrus is most commonly thought of as a good source of vitamin C. However, like most other whole foods, citrus fruits also contain an impressive list of other essential nutrients, including both glycemic and non-glycemic carbohydrates (sugars and fiber), potassium, folate, calcium, thiamin, niacin, vitamin B6, phosphorus, magnesium, copper, riboflavin, pantothenic acid, and a variety of phytochemicals. In addition, citrus contains no fat or sodium and, being a plant food, no cholesterol." Each of these nutrients has serious health benefits.

In addition to boosting immunity, another benefit of vitamin C is its role in the formation of collagen, the basis of connective tissue in skin, capillary walls, bones, and teeth. Wounds heal faster and blood vessels are healthier when our bodies receive adequate vitamin C. Vitamin C deficiency results in scurvy, which causes lesions on the skin and mucous membranes (all collagen related). Adding vitamin C to your diet is as delicious as it is easy. Although oranges and orange juice are most commonly cited for vitamin C, consider adding some of the seasonal veggies and fruit mentioned above. Keep in mind that the amount of vitamin C found in food varies greatly. In general, unripe food is much lower in vitamin C than ripe, thus vitamin C content is higher when the food is picked at its peak freshness. And as always, what's local and seasonal will be the freshest and most nutritious.



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## The Appetizers That Bind

by Stefanie Perricone, Deli Cook

December has finally arrived which means that the holiday season is in full swing. No matter which winter festivity you celebrate, this is the time of year where parties dominate the calendar. And with holiday parties, there are a few certainties: there will be music, there will be wool sweaters worn by ironists and grandfathers alike, and there will be plenty of appetizers.

Appetizers have been part of human culture dating as far back as ancient Greece. During that time, these small, salty snacks were utilized to stimulate the taste buds before a full meal. Later on, the French adopted the practice with their hors d'oeuvre tradition. By the 19th century, the appetizer came to the United States where it has become a firmly ingrained ritual.

There are many classic appetizers that one can count on to be a hit when throwing a party. Deviled eggs are eye-popping on a platter and tasty. Warm or cold dips with crackers are addictive and easy to prepare. Another great, albeit simple, party dish is a bowl of nuts. Jazz up peanuts or cashews with chili powder, lime juice, and a dash of cayenne and salt.

If you want to broaden your guests' palate, there are great appetizers from around the globe that are just as first-rate as American mainstays. Mezze-style appetizers are prevalent in Middle Eastern and Balkan cuisines. Customarily served before any large-scale meal, a sizable smorgasbord is served for all to share and often features the likes of hummus, fattoush (a cucumber salad), and dolmas (grape leaves stuffed with rice, spices and nuts).

Other popular appetizer traditions include antipasto, a style embraced by the Italians. Vegans and vegetarians have refined this appetizer by removing the cured meat, but keeping the cheese and brined vegetables, and adding sundried tomatoes, artichoke hearts and roasted red peppers. Italy has also graced the world with bruschetta and crostini, toasted bread with tomato and herb toppings. For the health-conscious, offer a crudité spread of sliced raw vegetables with a dipping sauce. On the opposite spectrum, it is difficult to pass up a helping of loaded nachos. Whatever your social event, don't pass on the appetizer options!



*Appetizers can be complex creations or as simple as combining mozzarella, cherry tomato and basil.*

## People's Bruschetta

Traditional balsamic vinegar is produced from the juice of just-harvested Trebbiano grapes. The grapes are boiled down to approximately 30% of the original volume to create a concentrate which is fermented with a slow aging process which concentrates the flavors.

Balsamic Vinegars have a substantially long shelf life and when kept in a sealed container, can be stored between 3 - 5 years. Refrigeration is not required, unless you like your vinegar chilled.

Preheat oven to 350°. Cut the baguette in half lengthwise, place on a sheet tray and bake in the oven until lightly brown. Rub with the garlic cloves. Drizzle with 2 tablespoons of the olive oil and sprinkle with the Parmigiano-Reggiano. Return to oven to melt cheese.

In a medium mixing bowl, add the tomatoes, minced garlic, basil, vinegar, remaining olive oil, salt and pepper. Mix thoroughly and let sit 5 minutes at room temperature. Remove baguette from oven and top with tomato mixture. Garnish with reserved basil and Parmigiano-Reggiano. Slice and serve!

Chef's note: to make this recipe vegan, substitute the Parmigiano-Reggiano with vegan parmesan.

- 1 sourdough baguette
- 2 garlic cloves, halved, plus 1 Tbsp. minced garlic
- 5 Tbsp. olive oil
- 1/4 cup grated Parmigiano-Reggiano, plus more for garnish
- 2 cups diced Roma tomatoes
- 1/3 cup thinly sliced basil leaves, plus more for garnish
- 2 Tbsp. balsamic vinegar
- 1/2 tsp. sea salt
- 1 tsp. pepper

Preheat oven to 350°. Cut the baguette in half lengthwise, place on a sheet tray and bake in the oven until lightly brown. Rub with the garlic cloves. Drizzle with 2 table-

## People's Holiday Gift List

No matter how you celebrate the winter season, albeit with pine cones, a menorah or Christmas tree, giving gifts to friends and family can be both fulfilling and challenging. Fulfilling because there is something wonderful about giving—and challenging because you don't want to add to the earth's burden of bearing more 'stuff'. What follows is a suggested list of useful gifts that won't end up as clutter.

Remember this, the best gift you can give to any loved one, is the gift of your time spent together.

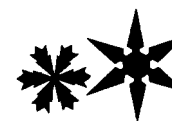


**A is for Art.** Next time you're at People's, take a moment to enjoy the delicious local art and photography that's displayed on the walls. Drop by the Information Desk on the second floor if you are interested in purchasing a piece. 100% of each sale goes directly to the artist or photographer.



**B is for Books.** A book makes a wonderful gift! Choose from an eclectic assortment of covering everything from fresh, fast food to fermented vegetable recipes to alternative health care for adults, children, and pets, to herbology and more.

**C is for Calendars.** Resolve to keep track of appointments this new year. Then use your calendar pages to make interesting wrapping paper for gift giving in the months ahead.



**D is for Dates.** Have you tried the coco dates? Take three dates, tie with a ribbon and you've got a yummy present.

**E is for Essential Oils.** Not only do they smell good, but they have healing properties, too.

**F is for Fair Trade Tea, Coffee and Chocolate.** Need we say more?

**G is for Gift Card.** Can't decide what to give? Buying a rechargeable People's Gift Card at the Co-op lets the recipient do the choosing for you.

**H is for Handmade Coin Purses' and Zipper Pouches** created from 95% recycled post-consumer material. Featuring fun and whimsical retro styles!

**I is for Incense.** If your friends have a favorite scent, People's probably sells it, including Special Sandalwood and Cedar for a "woody" ambiance.

**J is for Jam and Jelly.** Who wouldn't enjoy a jar of Morello Cherry or Seville Orange jam to spread on multi-grain toast or thinly sliced mana bread.



**K is for Kitchen Gadgets.** Your favorite chef friends will thank you for tools that can be used to cook things. Choose from stackable spice jars and colorful silicone-wrapped food storage containers to wooden citrus reamers and sushi rolling mats. Plus there are cups and bowls, strainers and stirrers, travel mugs and glass drinking straws . . . the list goes on!

**L is for Lotion,** both body and face. Hydrating and soothing body lotion is always welcome during the drying months of winter.

**M is Mulberries.** You can use them in any recipe calling for blackberries or raspberries and they blend well with other fruits, especially apples and pears. Mulberry muffins make a great gift.

**N is for Navel Oranges,** and we have the best in town. Drop two in your loved one's stocking for a sunny treat.

**O is for Organic Fruit Basket.** Peruse the Produce Department and pick out a bounty of healthful, colorful fruit. No need to order a fruit basket from a catalogue, People's offers the best looking, best tasting certified organic fruit in town.

**P is for Persimmon.** Persimmons are a good source of vitamin C and are rich in fiber – the Hachiya variety can bake up into a delicious, moist cake that is almost a pudding. If you do want to make a persimmon pudding, turn back to page 5.



**Q is for Quinoa and Quartz Crystals.** Quinoa is an ancient grain that is also known as a superfood because of its nutritional properties. Since it's gluten-free, folks with wheat allergies will be happy to receive a plate of quinoa cookies. Quartz crystals make good paper weights and are fun to carry around in your pocket.

**R is for Recycled Aluminum Foil.** True, this is an unusual gift, but you must admit this stuff is versatile. Make foil stars to hang at the window. Later, crumple up a handful and use it to

. . . continued from page 14



## WHO says red meat causes cancer, not just processed meat

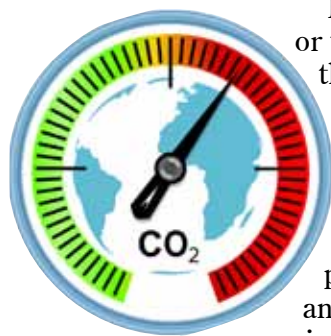
Last month *NBC News* reported on the World Health Organization's (WHO) conclusion that red meat - including beef, pork and lamb - probably cause cancer, in addition to processed meats that it has also concluded are carcinogenic. "Many studies show the links, both in populations of people and in tests that show how eating these foods can cause cancer," according to WHO's International Agency for Research on Cancer (IARC), which released the report in *Lancet*, a medical journal.

The story quotes Susan Gapstur of the American Cancer Society as saying that "the conclusion that processed meat (e.g., hot dogs, bacon, sausage, deli meats, etc.) causes cancer and that red meat (e.g., beef, pork, lamb) is a probable cause of cancer may come as a surprise to a public that for years has relied heavily on red and processed meats as a part of its diet. In fact, classifying processed meat as carcinogenic and red meat as probably carcinogenic to humans is not unexpected. Indeed, based on earlier scientific studies, including findings from the American Cancer Society's Cancer Prevention Study II, the American Cancer Society has recommended limiting consumption of red and processed meat specifically since 2002."

The American Institute for Cancer Research (AICR) says that the report is consistent with its own long-time advice. "For years AICR has been recommending that individuals reduce the amount of beef, pork, lamb and other red meats in their diets and avoid processed meats like bacon, sausage and hot dogs," AICR's Susan Higginbotham, a registered dietician, said in a statement.

*Fox News* reports that "the North American Meat Institute said that the research that looked at more than 800 studies on cancer and consumption of red meat or processed meat 'defies common sense' and ignored numerous studies showing no link between meat and cancer." "Scientific evidence shows cancer is a complex disease not caused by single foods and that a

## Food for Thought: Climate Change and the Life Cycle of Stuff



Have you ever considered where the goods (stuff) we use come from, or where they go when we finish with them? Everything we use goes through a life cycle, and each stage of the life cycle has environmental impacts, including climate change. However, reducing the use of materials in every stage of the life cycle minimizes the environmental impact associated with the stuff we use. All products are made from materials found in or on the earth. "Virgin" or "raw" materials, such as trees or ore, are harvested directly from the earth, then transported and processed. These activities use a large amount of energy, and burning fossil fuels to supply this energy results in greenhouse gas emissions.

Recycling generally uses less energy than extracting and processing raw materials, so making new products from materials that have already been used (recycled materials) can save energy and reduce greenhouse gas emissions. The most effective way to reduce waste is to not create it in the first place.

**Green Tip:** Reduce the amount of new stuff you buy and when you buy, look for items that are made from recycled materials. To reduce waste, buy durable goods and reuse, repair, share, and donate your products.

balanced diet and healthy lifestyle choices are essential to good health," writes Barry Carpenter, president of the lobbying group.

Shalene McNeil, executive director of human nutrition at the National Cattlemen's Beef Association, was quoted as saying, "We simply don't think the evidence supports any causal link between any red meat and any type of cancer."

### Court: No to bee-killing pesticide

A federal appeals court has struck down the Environmental Protection Agency's (EPA) approval of sulfoxaflor, a neonicotinoid pesticide implicated in bee colony collapse. The court cited the "precariousness of bee populations" and "flawed and limited data" submitted by Dow on sulfoxaflor's effects. The ruling followed a lawsuit by beekeepers who argued that the EPA itself had found sulfoxaflor to be "highly toxic to honey bees and other insect pollinators." (*Mother Jones*)

would expect a product labeled 'all natural' to be free of GMOs." Kashi has agreed to reimburse customers and to change its labels, as well as provide "compliance information" on products it claims are free of GE ingredients. (*The Daily Meal*)

### Scotland says no to GE

In Scotland, small-scale farmers have welcomed their government's decision to prevent the growing of GE (genetically engineered) crops. The Scottish government intends to take advantage of recent EU rules allowing countries to opt out of growing EU-authorized GE crops, Rural Affairs Secretary Richard Lochhead said. "There is no evidence of significant demand for GE products by Scottish consumers and I am concerned that allowing GE crops to be grown in Scotland would damage our clean and green brand, thereby gambling with the future of our £14 billion food and drink sector." The decision will make Scotland's long-standing and widely supported moratorium on GE crops permanent. The move has been welcomed by the Scottish Crofting Federation, which represents the nation's small-scale farmers. (*The Ecologist*)

### Kashi GE lawsuit

A federal judge has approved a \$3.99 million deal to settle a class-action lawsuit accusing Kashi of false advertising in labeling foods with genetically engineered (GE) ingredients as "all natural" on its non-organic product line. The judge ruled "that a reasonable consumer

### CO2 emissions zap plants' protein

A recent study has found that plants grown under higher levels of carbon dioxide are about 10 percent lower in protein. The study examined data from independent experiments in countries including the United States, Italy, Germany, New Zealand and China, where open-air croplands, grasslands and forests are subjected to increased levels of CO2. The crops analyzed in the study were rice, wheat and sorghum — all key sources of protein in the world's food supply. (*Theguardian.com*)

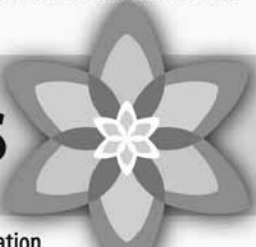
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## Concerned North Americans Urge White House to Overhaul GE Regulations by the Thousands

Last month, more than 130,000 individuals, along with leading environmental, food safety, and farmer groups, submitted comments calling for an overhaul of the U.S. government system regulating genetically engineered (GE) plants and animals. Known as the Coordinated Framework for Regulation of Biotechnology, the existing guidelines were put together in 1986, prior to commercialization of GE crops, by combining an array of preexisting, non-binding regulatory statutes. As such, the Framework has failed to prevent numerous economic and environmental harms resulting from GE crops and the pesticides designed to accompany them—and has exposed consumers and growers to unlabeled, untested products. In July, the Obama Administration called for a review of the Framework, opening up a series of public comment periods.

The public comments echo several common principles, including:

- Mandatory, GE-specific regulation
- Protections related to increased pesticide use
- Protection of non-GE farmers
- Mandatory safety testing
- Mandatory labeling of GE foods

The following statements reflect the sentiments of the public comments:

“To this point, U.S. regulation of genetically engineered (GE) organisms has been an unmitigated failure. In sharp contrast with much of the rest of the world, the U.S. has prioritized the rapid commercialization of genetically engineered organisms over core governmental duties, such as protection of public health, the environment and the interests of agricul-

ture. This negligence must end,” said George Kimbrell, senior attorney at Center for Food Safety.

“U.S. rules meant to oversee genetically engineered crops are not only failing, but threatening farmers and communities across the country. Over the past twenty years, the unchecked expansion of genetically engineered crops has led to hundreds of millions of additional pounds of pesticides that wind up in our air and water, as farmers remain trapped on an ever-accelerating pesticide treadmill,” said Marcia Ishii-Eiteman, Senior Scientist at Pesticide Action Network.

“Mandatory safety and environmental assessments are critical before engineered organisms leave the lab and end up on our plates or in the environment,” said Dana Perls, food and technology campaigner with Friends of the Earth. “Broken GMO regulations must be overhauled to put the health of people and the environment ahead of chemical and agribusiness interests. The new regulations must also address rapidly changing genetic engineering techniques, such as synthetic biology, that are entering the market and environment ahead of our ability to ensure their safety.”

“The Coordinated Framework is not equipped to handle the risks associated with GE foods already on the market, let alone what’s coming down the pike,” said Executive Director of Food & Water Watch, Wenonah Hauter. “New GE organisms like algae and insects could slip through the cracks of our current regulatory system. Without a massive overhaul of the process, new and risky GE plants and animals will enter the market-



*According to the U.S. Department of Agriculture, a third of U.S. organic farmers have experienced problems in their fields due to the nearby use of genetically engineered crops, and more than half of those growers have had loads of grain rejected because of unwitting GE contamination.*

place without anyone understanding or tracking their impacts on human safety and the environment.”

“The U.S. should enact the same common-sense regulations that protect consumers, farmers and the environment in other countries: safety-testing, labels and restrictions on how and where GMO crops may be grown,” said Alexis Baden-Mayer, Esq., Political Director at Organic Consumers Association.

“The current regulatory system fails to take into account the environmental impact and externalities of genetically engineered crops and animals,” said Todd Larsen, executive co-director, Green America. “It is high time that the USDA implement a system that truly addresses the long-term environmental and human health impacts of the growth and consumption of GE crops.”

“Current regulations on genetically engineered foods are hopelessly outdated,” said Dave Murphy, founder and executive director of Food Democracy Now! “Since the 1980s, when these rules were originally written, scientists have discovered numerous modern scientific techniques that have properly identified the real risks that these novel gene proteins pose to human health and the environment. The American public deserves updated regulations that include proper safety testing standards and mandatory labeling of GMOs to provide basic transparency in the marketplace.”

Signatures were collected and submitted to the docket by the following organizations: Center for Food Safety, Food Democracy Now!, Food and Water Watch, Friends of the Earth U.S., Green America, Organic Consumers Association, and Pesticide Action Network North America.

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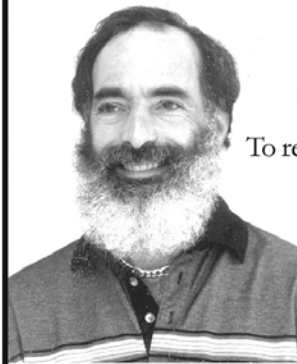


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many Hanukkah recipes include lots of colorful produce.

Asian Americans have a diet rich in fresh produce and the holidays are no exception. Traditionally, Chinese families eat a vegetarian dish called Jai on Chinese New Year's Day. Jai is made with root vegetables or other fibrous vegetables that signify various superstitions. If any of the following ingredients are in the dish, here's what to expect: lotus seed—many male offspring; black moss seaweed—excessive wealth; dried bean curd—wealth and happiness; bamboo shoots—overall wellness.

There are plenty of ways produce can enhance your holiday menus. And by understanding how produce prompted earlier winter celebrations, perhaps we can better appreciate the nourishing fruits and vegetables we enjoy this holiday season.

## A Simple Gift of Fruit

Many holiday traditions involve the giving of gifts. But sometimes just the thought of buying the right gift can cause undo worry. It doesn't have to be that way this year, especially if you take a moment to discover a person's favorite seasonal fruit. Your father, for example, may say he enjoys apples but upon further investigation you find that he loves the Golden Delicious variety. A gift of 4 to 6 apples, hand-selected for texture, color and fragrance accompanied by a small bag of Medjool dates or a favorite package of cookies is a unique gift he'll always remember.

Food makes great memories. In fact, when most senior citizens are asked about their favorite holiday memories, food tops the list. The orange or tangerine they got every year in a stocking . . . the pear salad their aunt always made . . . the bowl of mixed nuts waiting to be shelled on the dining room table . . . the pudding-like texture of a ripe Hachiya persimmon picked from the winter landscape.

Why not start your own fresh fruit memories this year? Doesn't a walk through the produce department sound better than a trip to the mall? You can even give someone the gift of fresh fruit once a month for the entire year. What fun to choose the best of the season each month and watch the recipient's delight as the spirit of the holiday lingers throughout the year.



scrub your pots. It really cleans! Foil can also be used instead of dryer sheets. Crumple it into ball, then toss in the dryer with your clothes and bedding.

**S is for Sprout Jars and Scarves.** After preparing sprout seeds in the jar, your gift recipient can go for a winter walk all bundled up in their new scarf!

**T is for Tangerines.** December is the beginning of the tangerine season. Gobble up a bag of Satsumas and give another bag to your favorite neighbor because they're so darn sweet.

**U is for Underwear** and nothing feels better on the bum than skivvies made from organic fabric. Try a pair and you're sure to agree—and yes, this is a gift that you can give to yourself for being good all year long.

**V is for Vitamins.** Almost everyone can benefit from a multi vitamin from time to time. If need be, the Co-op's Wellness Dept. offers "mini tab" vitamins for the little mouth in your family.

**W is for Water and Wine.** Take your pick—we all need to drink something. W is also for reusable water bottles, which People's carries in

assorted sizes and colors.

**X is for Xylitol,** a natural sweetener that is actually good for your teeth, and may help to stabilize insulin and hormone levels.

**Y is for Yogurt Pretzels.** We know folks love these, because we are always refilling the bulk bin that holds this creamy, crunchy treat.

**Z is for Zum Bar Soap.** Handcrafted, skin softening soap that satisfies your need to be clean and your desire to be pampered. And it's a bulk soap, so you can cut off a little piece or a hunk of a chunk.

fruit in half. Scoop the pulp out with a spoon and puree or mash until smooth. Measure 1 1/2 cups of puree for the recipe (refrigerate or freeze extra puree to spoon over oatmeal, yogurt or ice cream).

In a bowl, whisk together the persimmon puree, eggs, milk, sugar (reserve 1 tablespoon), vanilla, cinnamon and ginger. Stir the bread and raisins into the mixture, cover and let sit in the refrigerator for at least 1 hour.

Grease a 9 x 13 inch casserole dish with butter and sprinkle the dish with 1 tablespoon sugar. Pour the bread pudding mixture into the casserole dish, spread out evenly and bake for 40 to 45 minutes until just set but still pudding-like. Remove from oven and serve warm.

## The Last Word

### Kwanzaa – a vegetarian feast!

While most North American holidays are "celebrated" with a dead animal on the dinner table (think Thanksgiving turkey or Christmas ham), Kwanzaa is especially suited to a vegetarian feast. Kwanzaa, which means "first fruits of the harvest" in Swahili, combines elements from traditional African harvest festivals. The week-long holiday, lasting from December 26 to January 1, culminates in the Kwanzaa Karamu, a feast that draws on the cuisines of Africa, the Caribbean, South America, and the American South and features common ingredients such as sweet potatoes, okra, peanuts, black-eyed peas, and greens.

To celebrate Kwanzaa with vegetarian recipes like Grilled Plantains, West African Yam and Groundnut Stew, Hip Hoppin' John, Cajun Collard Greens, and Sweetie's Sweet Potato Pie, visit Peta's holiday recipe webpage at <http://s.coop/1wy3t>



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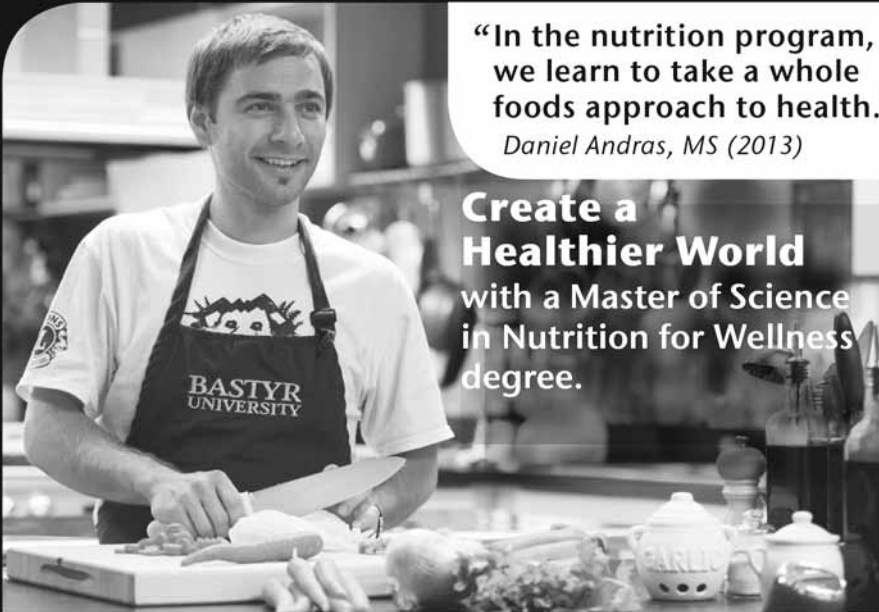
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