

Ocean Beach People's Organic Food Co-op News



March 2015

Special Co-op Election Issue

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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People's Climate Walk & Rally!!

by Derek Casady

People's Climate Walk and Rally

March 15th, 2 p.m.
San Diego City Hall Plaza

A call to the United States Government to immediately commence a national World War II-style mobilization to transition the U.S. from fossil fuels to renewable energy.

- Music by The Swamp Critters and Captian Viejo
- Bicycle Raffle
- Informative Speeches

Rally will be followed by a walk to the Federal Building at Broadway and Front St.

Bring your friends!

Learn more at www.theclimatemobilization.org



People who are concerned about climate change are invited to a Rally and Walk on March 15th at 2 p.m. at San Diego City Hall Plaza to call on the U.S. Government to implement a World War II-style national mobilization to transition the U.S. from fossil fuels to renewable energy. The theme of the event is World War I, World War II, World War CO2.

Engineer Mark Jacobson and the Environmental Engineering Group at Stanford have computer modeled the conversion of the U.S. to renewable energy and it is estimated to create 2 million new well-paying jobs, resulting in full employment as happened in World War II. The event is endorsed by Ocean Beach People's Organic Food Market's Board of Directors, the Sierra Club, Environmental Health Coalition, Peace Resource Center, San Diego Labor Council, San Diego County Democratic Party, Green Peace, and the O.B. Green Center. Religious, ethnic, business and other community groups are also being invited to attend. Nancy Casady, People's General Manager, said, "The reason we are holding this event is

because climate change is causing immense human suffering and damage to the natural world and some of the animals and people in it. It threatens the collapse of civilization within this century. Confronting this crisis is the great moral imperative of our time."

The People's Climate Walk and Rally will be held at San Diego City Hall Plaza, 202 "C" St. and will include music by the Swamp Critters and Captian Viejo, informative speeches and a raffle of two new bicycles. After the Rally participants will walk to the U.S. Federal Building at Broadway and Front Street and post on the front door a call for the U.S. Government to implement a WWII-style mobilization to convert to renewable energy. The goal is to commence a social and economic mobilization to restore a climate that is safe, stable and supportive of human civilization and to reduce our country's greenhouse gas emissions 100 percent by 2025.

The March 15th People's Climate Walk and Rally is planned as the first of four such events, with others to follow in June, September and December. Casady said the goal is to have 30,000 people, 3% of San Diego's population, in the streets by the end of the year, which is the target outlined by Naomi Klein in her new book about the climate crisis entitled, "This Changes Everything." Klein says it takes 3% of the population in the streets to bring about necessary change.

Board of Directors

Voting Process

Page 8A

Board of Directors

Candidate Statements

Page 8B

Board of Directors Candidates'

Meet and Greet

Page 8C

OCEAN BEACH PEOPLE'S
ORGANIC FOOD MARKET
4765 Voltaire St.
San Diego, CA 92107

People's Co-op Board of Directors

Meeting Notes for January 26, 2015

Board of Directors present: Stephanie Mood, Chet Nelson, Jim Kase, Steve Myrick, Brandon Fuller, Andi Briceno, Chris Young and Bryan Pease.

Staff: Nancy Casady, Adam Henry, Jamie Decker and Gloria Isselhard.

Guests: Tom Baker, Liz Gary, Ted Jermanovich, Derek Casady and Phillip Gianopulos.

Board Study

Bryan read the results of the Board of Directors' self-appraisal forms. After a discussion, it was suggested that the results be used as a topic for a board retreat.

Outreach and Education Committee

Andi moved that the Board of Directors (BOD) approve joining the San Diego Climate Action Coalition. Brandon seconded. Vote: ayes - 7; no - 0; abstain - 1.

Nancy reminded everyone that there will be a People's Climate Mobilization Walk and Rally March 15, 2015 starting at 2 p.m. at San Diego City Hall Plaza.

Andi moved that the BOD approve \$100 a month for the first three months of 2015 to support the Green Store in Ocean Beach as Climate Action headquarters. Brandon seconded. Discussion followed. The item will be referred to the February Finance Committee meeting. Motion withdrawn. More information is being solicited to better understand the Climate Action project's funding.

The Co-op's annual board candidate Meet and Greet event has been scheduled for March 8, 2015, from 1 - 3 p.m.

The Co-op's Annual Meeting, scheduled for April 11, 2015 from noon to 2 p.m. at the Point Loma Masonic Hall.

Nancy reported that January's meeting of the California State Board of Food and Agriculture took place at the Lawrence Livermore National Laboratory. Climate change and food security was discussed. Board members viewed the lab's supercomputer and the particle accelerator.

Andi distributed various letters of appreciation for donations made by the Co-op.

Planning Committee

A draft application form was discussed for those wanting to become members of committees of the Co-op's board. Final approval of the application form will be reviewed in February.

Jim Bell distributed material related to additional solar installations. Three contractors presented their plans and answered questions. The board will take the proposals under consideration.

Nancy announced the amount of the Co-op's senior discount has been raised to \$500 for qualifying seniors.

Finance Committee

Chet reviewed the December 2014 and 2014 year-end financials. Year-to-date for 2014, sales remained flat with just a .6 percent sales increase. Sales per paid labor hour is down slightly to \$87.41 compared to \$88.36 in 2013. Utilities showed the sharpest increase at 32.51% over 2013. Duplex property 2014 income after expenses was \$10,600 as of December 31, 2014.

GENERAL MANAGER'S MESSAGE

by Nancy Casady

The good news about the climate threat we are now facing is that it provides us an opportunity to transform the failed systems—economic, agricultural, health, education, transportation and governance—that have brought us to the brink of climate collapse.

I cannot emphasize strongly enough the importance for all of us who see the risk ahead to act. As Naomi Klein states in her book, *This Changes Everything*, "The free market will not save us. It is exactly that addiction to profit and growth that is digging us in deeper every day. We have been told it is impossible to get off fossil fuels when, in fact, we know exactly how to do it: we must rein in corporate power, rebuild local economies and reclaim our democracy." We must make the leap to renewable energy and we must do it now. Our job is to peacefully demonstrate our commitment to insuring that this happens. We can do this.

As you may know, scientists have recently moved the doomsday clock to just three minutes to midnight. Sir David King, the UK's current envoy for climate change, believes 2015 is the most important year in history since the U.N. was established in the wake of WWII. Like the effort needed to save civilization then, we need WWC02 to save us now. We can do this.

For those of you who have committed to attend the March 15 Climate Walk and Rally at City Hall at 2 p.m., thank you, it's going to be a great time! For those of you who haven't, please reconsider. Don't let apathy or resignation or denial keep you away. We can do this.



Steve moved and Stephanie seconded that the BOD approve up to \$4,000 for additional ECRS ordering equipment and licenses. Vote: passed unanimously.

Chet asked for any questions or comments on the annual CPA review.

Nominating Committee

Brandon introduced the three candidates running for the two consumer seats: Tom Baker, Liz Gary and Chris Young.

General Manager's Operations Report

We began the New Year with all-staff meetings to strategize about flattening sales. This trend, reported across the country in all markets (urban, rural, large stores and small), is most likely a result of increasing competition and an improving economy—leading to more robust sales in restaurants and cafes.

The Western Corridor of the National Cooperative Grocers met in Santa Monica with a focus on strategies to improve the slowing growth trend for food co-ops. Professional development workshops at the meeting emphasized our cooperative advantage: nimble, responsive, caring customer service and commitment to community with authentic connection to

our shoppers, all taking place in clean stores with fair pricing that makes it easy to shop.

Information provided at the meeting supported People's decision to expand conservatively and to base our plan on growing trends and needs, which include more vegetarian, vegan, organic, fresh juice, parking and dining out options!

The board hosted its annual appreciation dinner for Co-op managers. A great time was had by all as we dined on delicious vegetarian fare and enjoyed the fellowship such events provide.

The installation of the Customer Service Desk continues to be an asset to our shoppers. When staffed, the desk provides a location for renewals, returns, enrollments, product information and Co-op education.

New and improved bulk honey dispensers were purchased and installed. These new models include a lightbulb for gentle warming, thereby reducing wait times for filling containers and any waste due to crystallization.

Co-op training was held for employees hired in the past few months. This two-hour session allows all workers to have a common understanding of co-ops in general and People's in particular. It explores the history, values and mission of our movement.

As we now know, escrow on the Co-op's purchase of the property to the east, known as Tiny's Tavern, closed January 5, 2015, one day before Alan Kajiwara's (the bar operator known as Tiny) fatal stroke. The Co-op's purchase of the land and building was originally facilitated by Tiny due to the facts that his ten-year lease was up and his stated intention to move back to be with family in Hawaii. The board has been unable to reach a new rental agreement with the current operators. In the interest of being a good neighbor, the board is offering the operators a rent-free "grace period" through April 2015 before taking possession of the property.

During the next weeks and months, People's will be proceeding with its original intention to develop a project that includes an organic cafe and juice bar with additional parking.

Support for the March 15th People's Climate Walk and Rally is growing. Thanks to all Co-op owners and staff who are participating.

Finally, we are sorry to acknowledge the passing of "Tiny" Kaijwara and Michael Hardin, both of Ocean Beach.

Next Board Meeting

Monday, March 23, 6 p.m.

Committees

- Outreach & Education Committee
- Chair, Andi Briceno
Meeting: March 16, 5:30 p.m.
- Planning Committee
- Chair, Stephanie Mood
Meeting: March 16, 6:30 p.m.
- Finance Committee
- Chair, Chet Nelson
Meeting: March 16, 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

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. All food, including breakfast, lunch and dinner, is prepared fresh daily. 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.

Miraculous Mondays Lectures

Mondays, 6:30 - 9 p.m.

School of Healing Arts

The School of Healing Arts offers free wellness clinics with lectures, demonstrations and student massage every Monday night. Call Candice at (619) 233-0938 for a current schedule or visit the school's website at www.schoolofhealingarts.com. Click on the Resource tab and then the FREE Wellness Clinic tab. The School of

Healing Arts is located at 1001 Garnet Ave., Ste. 200, 92109 in Pacific Beach. Free of charge.

Shamanism: Healing & Empowerment

Wednesday, March 11, 7 - 8:30 p.m.

People's Co-op Community Room

Learn what shamanism is and how to use shamanic practices to improve health and wellness, feel more empowered, and step more fully into your true potential. This experiential class will be facilitated by Parminder Randhawa, Shamanic Practitioner and Reiki Master/Teacher. Attendance is limited to 18; to RSVP call (858) 444-7993, email info@alchemyofpresence.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.

What's Your Thyroid Test Telling You?

Thursday, March 12, 7 – 8:30 p.m.

People's Co-op Community Room

Many times thyroid symptoms have nothing to do with your thyroid! Join us to learn more. Attendance is limited to 18; to RSVP call (619) 523-5464. 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.

Healthy Shoulder

Wednesday, March 18, 7 - 8:30 p.m.

People's Co-op Community Room

Learn from Dr. Kino how he helped a UFC champion resolve frozen shoulder, impingement and rotator cuff syndrome naturally by adjusting nervous system. Attendance is limited to 18; to RSVP call (858) 866-4545. 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.

Triple your Energy: Get More Done

Thursday, March 19, 7 – 8:30 p.m.

People's Co-op Community Room

Do you suffer from chronic fatigue, low energy, and adrenal exhaustion? Dr. Blum can show you how to correct your energy problems so you have the energy to happily face a new day. Reduce stress, correct sugar problems, gain energy. Attendance is limited to 18; to RSVP call (858) 263-7716. 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.

Hydrotherapy: The Wonder Medicine

Thursday, March 26, 7 - 8:30 p.m.

People's Co-op Community Room

Learn about hydrotherapy, the therapeutic use of water, including everyday remedies your mother probably taught you. Discussion includes a slew of powerful methods for easing muscle soreness, relieving cold and flu symptoms, reducing stress, and other uses. Attendance is limited to 18; to RSVP call (858) 246-9730. 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

Film night

Thursday, March 12, 7 p.m.

The Green Store

Directed by Jeff Orlowski, "Chasing Ice" is the spectacularly visual documentary about the efforts of nature photographer James Balog and his Extreme Ice Survey to publicize the effects of climate change. The documentary includes scenes from a glacier calving event that took place at Jakobshavn Glacier in Greenland, lasting 75 minutes, the longest such event ever captured on film. The film won the Satellite Award for Best Documentary Film. Watch the trailer at www.s.coop/1v831. The Green Store is located at 4843 Voltaire St. in Ocean Beach. For more information call (619) 225-103. Free of charge.

The Great American Meatout!

Friday, March 20

United States of America

Every March, caring people in more than a thousand communities in all 50 states welcome spring by asking their friends and neighbors to kick the meat habit and explore a wholesome, nonviolent diet of vegetables, legumes, fruits, and grains. Meatout has grown explosively since its inception in 1985 to become the world's largest annual grassroots diet education campaign.

Several mainstream health advocacy organizations, including the American Cancer Society, the National Cancer Institute, Johns Hopkins University, and the American Heart Association, have since launched their own campaigns to promote consumption of plant-based foods.

What can a plant-based diet do for the world? For starters, it can have a profound effect on climate change! Here are some facts:

Carbon dioxide. If every North American dropped one serving of chicken a week from their diet, it would save the same amount of carbon dioxide (CO₂) emissions as taking 500,000 cars off the road.

Methane. Chickens, turkeys, pigs and cows are collectively the largest producer of methane in the U.S. and methane is 20x more powerful at trapping heat in the earth's atmosphere than carbon dioxide.

Nitrous Oxide. The meat, egg, and dairy industries produce 65% of worldwide nitrous oxide emissions. Nitrous oxide is 300x more powerful at trapping heat in the earth's atmosphere than carbon dioxide.

Water. Nearly half of all water used in the U.S. goes to raising animals for food. While it takes 25 gallons of water to produce 1 pound of wheat, it takes more than 2,400 gallons of water to produce 1 pound of meat. A plant-based diet requires 300 gallons of water a day vs. a meat eating diet which requires 4,000 gallons per day.

Now that's some food for thought.

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.

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Our Cooperative Community

Board of Directors' Message

Why I serve on the Co-op's Board of Directors

by Andi Briceno, Board Director, Outreach and Education Committee Chair



I ran for the Co-op's Board of Directors in 2010 with little knowledge of what that commitment would involve. A co-worker had written an open letter to employees, examining the virtue of civic duty, the need for voices from our diverse staff to be heard, and how volunteering allowed for the opportunity to be a part of change. I was inspired! I wanted to be a part of change! I applied as a candidate and several weeks later, I was elected.

People's General Manager, Nancy Casady, gave me an orientation on board policies and responsibilities, yet the true comprehension of what I had volunteered

for was still to come. Three months after joining the board, I attended The Consumer Cooperative Management Association (CCMA) conference, an annual event which unites leaders from food cooperatives around the country to improve operations, consumer education and marketing strategies. It was at the conference that I met cooperative activists who were committed to providing alternative business models in their community. These co-op activists understood cooperative history and its relevance in today's economy. As I interacted with them, I learned the influence and impact that an equitable business model had in communities that had been struggling to survive. I understood for the first time that a cooperative business is historically the most successful and available alternative to capitalism. I also learned that the co-op business model, combined with healthy food and environmental activism, is pivotal to the protection of our food and financial resources.

Since 2010, I've remained on the board because I believe that as an organized community we have the power and potential to create options for ourselves. Capitalism is oppressive for all classes of society and by volunteering on the Co-op's Board of Directors, I can offer my local community an opportunity to reject repression and respond to the economy with a functional, democratic solution.

Spring Savings Are Here!

Celebrate springtime and with great deals on delicious, organic products from your favorite companies with the newest Co+op Deals coupon book. O.B. People's Organic Food Market, working together with more than 140 other food co-ops around the country, is pleased to provide extra savings on great products like Lundberg Organic entrees, Stonyfield yogurt, Late July, Organic India and Westbrae Organic canned beans. Stock your pantry with these family favorites – and more! Look for your coupon book at People's beginning in March. Coupons are valid through April 30, 2015

For more about organic food and living sustainably, visit www.strongertogether.coop.



A Benefit of Ownership

Did you know that a senior discount is available to seniors who have an active People's ownership? Please see any cashier for a Senior Discount Application form.

Call for Co-op Crafters for People's Spring Craft Fair

People's Co-op will host a spring Arts and Craft Fair this year on Satur-

day, May 9th. Now is the perfect time to create your one of a kind cards, jewelry, candles and much more. Kids are also encouraged to bring their crafts to the fair! For Co-op owners who would like to participate in the fair, please call People's Co-op at (619) 224-1387 and ask for Amber Forest or Jamie Decker. Space is limited.

Bag Raffle Winners

Congratulations to our recent bag raffle winners: Annie, Bob, Leyna, Jan, Adrianna, Nancy, Elyssa, Daniel, Elizabeth, Jade,

Andrea, Francine, Timothy, Nate, Sharon, Melissa, Michelle, Tee, Roz, Al, Don, Keith, Monique, Peter, Heather, Rudi, Ruth, Andre, Christina, Linda, Mariana, Max, Greg, Nila, KC, Estelle, Alice, Merry, David, Annee, Natalia, Betsy, Zarah, Frank, Robert, Paul, Colin, Leela, Stacey, Alejandro, Carol, Kayla, Geoff, Brandy, Judi, and Rose.

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.

People's Asks: What Do You Love About People's?



Josh

I love all of the people that you can be friends with at People's!



Brad

The food, the environment, the people, and the organic produce.



Steven

The great selection of organic produce available all year long!



Jesse

Access to high quality food in my own neighborhood, including the healthy lunch options!



Heather

The people and the energy!

TWO MINDS.. ONE GOAL

YOUR BODY IS OUR PALETTE

TURTLE SHELL HEALTH

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BUILD STRENGTH
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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

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

Dear People's, Please carry Good Karma Flax Milk. I like it better than the Omega Flax Milk that the Co-op carries. Arlene

Dear Arlene, Thanks for the suggestions. At this time, we do not have room for this product. David O., Perishables

Dear People's, Please bring back the Deli's popular Non-Chicken Rice soup. At least a half day's supply. Marty

Hi Marty, I'm excavating our recipe files to see if I can unearth that classic soup. If I can't find it I'll do my best to recreate it. Stay tuned. Mike, Deli

Dear People's, Carry Beyond Meat. It is gluten-free and I think that it is the best on the market. Sydney

Dear Sydney, Beyond Meat is not organic, which People's strives to be. David O., Perishables

Dear People's, At 9 a.m. I was in the Deli when the Breakfast Potatoes came out of the oven. They were simply to live for! Jut

Dear Jut, It's great that you walked in at the right moment. I'm not sure who made that particular batch of taters, but I'm glad they made you feel so good. Thanks for the feedback. Cheers, Mike, Deli

Dear People's, Please carry Zum laundry detergent. Also, please remove some of the tables and chairs from the dining area. It is uncomfortable to sit so close to the person next to you. Thanks so much, Sima

Dear Sima, As space permits, we will consider stocking Zum detergent with the bulk soaps. In the meantime, this product is available via special order through the Health and Beauty Dept. If the Deli seating on the bridge is crowded, your are always welcome to use the Community Room for meals during the day. Andi, Health and Beauty / Nancy Casady, General Manager

Dear People's, Please offer cornbread made without sweetener and offer the Vegan Caesar Salad without croutons; perhaps the croutons could be offered on the side. Also, I've asked many times for People's to carry carob almonds and/or carob raisins. Thanks, Andrea

Dear Andrea, The baker is working on creating a savory, unsweetened cornbread recipe. As for the croutons, I will check with the Deli servers about serving the salad sans croutons. In the meantime, you can special order it without the croutons, thus ensuring a crouton-free salad. At this time, we are unable to find a source of carob covered raisins or almonds that does not contain commercial soy lecithin, which has a high probability of being genetically engineered. If you know of a source of certified organic carob covered treats, please let us know. Mike, Deli / Amber, Editor

Dear People's, Can you please put fresh herbs in the salad bar? They add flavor and are medicinal. Thank you. Love, Rebecca

Dear Rebecca, Thank you for the suggestion. Once herbs are chopped, in our experience, their freshness is diminished within a short period of time.

Therefore, they would not be a good choice for the salad bar. Celeste, Deli

Dear People's, Please carry Numi brand Turmeric Tea. Jack

Hello Jack, The Numi organic Turmeric Tea is now on the shelves! There are three varieties: Amber Sun, Fields of Gold, and Golden Tonic. Bryan, Grocery

Dear People's, Please offer Oxylent vitamin packs. Also, fresh baked organic bread such as sourdough and baguettes. Renei

Dear Renei, Thank you for your suggestions. We are reviewing the Oxylent ingredient list. Regarding the bread, we were approached by an organic bread bakery in Los Angeles that has plans to add San Diego to their delivery route this year. Once they do, we plan to carry their bread. Jim, Wellness / David O., Perishables

Dear People's, Please have the Deli make the Tofu Scramble with and without mushrooms. It's important for me to have tofu in the morning but the mushrooms send me into anaphylactic shock. Having two versions or having the mushrooms on the side would be fabulous! Elizabeth

Dear Elizabeth, The Tofu Scramble recipe has several variations and on most days this breakfast favorite does not contain mushrooms. Keeping the mushrooms on the side would be too difficult given the lack of space in the hot case. Please feel welcome to call ahead (619) 224-1387 on the mornings you plan to dine at the Deli and we'll be happy to let you know which variety we are serving. Amber, Editor

Dear People's, I came in to have soup at the Deli and you only have to-go containers. Could you offer some kind of paper soup bowl for in-store slurping? Thanks, Scott

Dear Scott, The Deli provides paper soup "cups" in three sizes. They are located directly below the soup pots. As much as we would love to offer reusable bowls (and coffee mugs), we simply don't have the space and maintenance capacity to do so at this time. Amy, Deli

Dear People's, Would it be possible to make more sugar-free desserts? I love your desserts but I do not eat sugar. Thank you, Pablo

Hi Pablo, The Deli makes many bakery items with agave, maple or brown rice syrup. We also have a few desserts that have no added sweetener. Do you have something particular in mind? Please give me a call at (619) 224-1387 and I will be happy to provide more details for you. Mike, Deli

Dear People's, My husband and I are regular shoppers and owners of People's Market. The food is very tasty, healthy and delicious. About three months ago I had the Deli's Caramel French Toast. Can you make it more often? I would appreciate it if you would give out this recipe. Thank you very much, Crystal

Dear Crystal, The Caramel French Toast is not a regular item in the Deli so I don't have a recipe to offer you. I'll try to find out who made it and see if we can get it prepared more often. Once that's done, I can get a recipe to share. Mike, Deli

The People's Climate Walk and Rally will be held at San Diego City Hall Plaza, 202 "C" St. and will include music by the Swamp Critters and Captain Viejo, informative speeches and a raffle of two new bicycles! Please see page 1 for complete details.

Recipes for one ~ Just for You!

Recently, we received a request from a People's Co-op owner to offer recipes that are tailored for one person. That said, here are three recipes that are designed for a single plate or bowl. Take your time when cooking for yourself and enjoy the process; there's no reason to skimp on flavor or presentation when preparing a solo meal. Eat up and enjoy!

Happy Vegetable Stew

1 Tbsp. vegetable oil
1 small onion – sliced
1 potato
1 stick celery
1 carrot
1 parsnip
3 mushrooms – sliced
Few florets cauliflower
1/4 pint vegetable stock
1 Tbsp. tomato puree
1/4 tsp. nutritional yeast (optional)
1 bay leaf
1/2 tsp. herb seasoning (your choice)

Sauté onion in oil in saucepan until just starting to turn brown. Heat stock, dissolve the yeast extract if using, and then stir in the tomato puree. Peel and chop other vegetables and add with mushrooms to saucepan together with the stock and herbs. Bring to boil, cover and simmer gently until tender (approximately 20 – 30 minutes. Serve with crusty bread.

Noodle Stir Fry

1 serving of cooked noodles, your choice
4 Tbsp. vegetable oil
1 clove garlic, chopped
1/2-inch piece of ginger root, chopped
2 spring onions, chopped
4 oz. tempeh or tofu, diced
1/2 bell pepper, chopped
1/2 carrot, cut into thin strips
3 mushrooms, chopped
Tamari

Cook noodles according to instructions. Sauté the onion, garlic and ginger in 2 Tbsp. of oil for about 1 minute. Add the diced tempeh or tofu and continue to sauté for about another 2 minutes. Remove from pan. Sauté the pepper, carrot, mushrooms in the remaining oil for about 2 minutes. Return the tempeh / tofu mix to the pan, together with the cooked noodles, mix together and cook for 1–2 minutes until hot. Sprinkle with tamari to taste.

Portobello on Toast

2 Tbsp. vegetable oil
1 Portobello mushroom
1 slice wholegrain bread
Bragg's Aminos or tamari
Fresh ground black pepper

Wipe the mushroom clean with a kitchen towel. Remove the stalk. Heat a large frying pan and coat with the vegetable oil. Place mushroom, cap side down in the pan and cook until tender – about 5–7 minutes, depending on how thick the mushroom is. Cover with lid if necessary. Test with a sharp knife to make sure it is cooked all the way through. Just before serving, make the toast. Add a little Bragg's Aminos or tamari to the pan, coat the mushroom in the sauce then serve hot on the toast, with a grinding of black pepper if desired.

Getting To Know the Nutrition Facts Panel

When you read a supplement or grocery product label, you'll likely find Supplement or Nutrition Facts stating the nutritional content of the product per serving and how much (on a percentage basis) it contains of the daily value. While it may seem straightforward, there's a lot more to these numbers than meets the eye.

Nailing the Terminology

There are two sets of reference values for nutrition labeling intended to guide you to reaching proper nutrient balance from your food and supplements: Daily Reference Values (DRVs) and Reference Daily Intakes (RDIs). The terminology has been changed and updated over the years. Established by the predecessor to the U.S. Food and Drug Administration (FDA), during World War II, the original Recommended Daily Allowances (RDAs) were sets of norms established to provide nutritional guidelines as to how people could stay fit and healthy—an important thing to consider in wartime. These RDAs were revised every decade until 1997, when they became part of a larger set of guidelines called the Dietary Reference Intake (DRIs) used in the United States and Canada. DRIs are developed by the Institute of Medicine, and relate to both adequate intakes and upper levels of intakes, which we'll describe later.

The DRIs are more comprehensive than their predecessors, providing specific recommendations by gender and age as well as other statistics for those trying to meet nutritional needs. DRVs are used for total fat, saturated fat, cholesterol, total carbohydrate, dietary fiber, sodium, potassium and protein content; RDIs are used for vitamins and minerals (and for protein for children under the age of four as well as pregnant/lactating women). DRVs and RDIs are both called "Daily Value" on product labels, for simplicity.

Here's how this all works for a product containing 20 mg of vitamin C per serving, for instance. Since the RDI of vitamin C is 60 mg, the product will say that it contains 33% of the Daily Value (i.e., the total amount experts believe we need daily). The levels of nutrients laid out in DRVs and RDIs are intended to meet the nutritional demands of 97–98% of the population, based on the DRIs from the Institute of Medicine.

Specific DRIs for various vitamins and minerals are available on several government Web sites, including:

- www.iom.edu/Global/News%20Announcements/DRI.aspx
- www.nutrition.gov/smart-nutrition-101/dietary-reference-intakes-rdas



More to the Story

Read the number on the label and know what nutrients you need; sounds simple enough, right? Keep reading.

While they are backed by scientific research, at the end of the day, DRIs are guidelines for consumers. There is a misconception that the Daily Value on a product label is the maximum you should consume, and taking in any more would be unhealthy.

In many cases, almost the opposite is true. The recommended Daily Values are simply the baseline amounts needed for healthy function in most people. The Institute of Medicine feels the amounts suggested are "adequate" for this purpose. But, the levels don't account for those who may have greater nutritional demands in some areas due to genetics, taking medication that deplete the body's nutrient stores, having an illness that causes malnourishment or other reasons.

DRIs attempt to account for this with figures like the Estimated Average Requirements (EAR), which aim to indicate the nutritional needs of half of a certain age group, and the Tolerable Upper Level (UL), which are designed to set limits for vitamins that can be toxic if consumed in high amounts.

There are also some nutrients that have been proven to be important to one's health that don't even have an established daily value, such as omega-3s. On a product label, you will see the amount of EPA/DHA per serving, for instance, and merely a footnote stating that the Daily Value has yet to be established.

In addition, many nutritionists are concerned that several DRIs are too low, and have called on the Institute of Medicine to revise and raise these amounts. In some cases, the values for certain nutrients are even far below the UL. One example of this is vitamin B6, which the average person can take more than 50 times the RDI and still not come close to the UL.

Vitamin D is another prominent case. Even though its RDI was raised in 2010 to 600 international units (IUs) in people ages 1–70, several industry experts still consider the increase to be insufficient. Scientific evidence was cited to show that 1,000–4,000 IUs was closer to an ideal dosage, with up to 10,000 IU being deemed safe by many experts. The current UL for vitamin D is 2,000–4,000 IUs. With this said, there are some nutrients like vitamin A where the gap is closer, as three times the RDI for vitamin A exceeds its UL. Always see a doctor before exceeding the recommended daily value or UL for any nutrient. WF

(WF Consumer Bulletin)

Foods for glowing skin

You probably know by now that what we eat can have a profound impact on our health, but did you know that foods can affect our outward appearance? Are there foods for radiant skin? Absolutely, and here's a list of common foods that will make you more beautiful and radiant both inside and out!

Vitamin C rich foods, especially strawberries can help keep your skin glowing and bright! Vitamin C is an important building block for collagen, which supports the underlying structure of your skin. Just 1 cup of delicious strawberries contains more than 100% of your daily vitamin C recommendation. Other vitamin C rich foods include: bell peppers, broccoli, pineapple, kiwis, kale, oranges, and other fruits and vegetables. Whether winter or summer you can find vitamin C rich foods.

Another food that helps boost skin collagen—vital for skin elasticity, is soy. Pick a bag of edamame, tempeh, miso and more for a great beauty snack or to top a salad, stir into a soup or salad dressing. Rich in isoflavones, whole and fermented soy foods not only work to preserve collagen, but help protect against UV light damage, working to keep skin wrinkle free!

What do onions, apples, sage, parsley and citrus have in common? Quercetin, of course, which is an antioxidant that provides some protection from the sun's "burning" UVB rays. Quercetin also acts similar to an antihistamine and an anti-inflammatory, which could keep skin irritation at bay.

What else is important for radiant skin? Omega-3 fatty acids of course! Great vegetarian sources include walnuts, flax and chia seeds. Getting plenty of essential fatty acids helps keep our cells communicating properly as well as making sure our skin is hydrated and smooth.

In general, choosing a variety of seasonal fruits and vegetables, whole grains and legumes, will have you glowing from the inside out!

Foods for the best night's sleep

If you've been tossing and turning lately, it could be related to what you're eating. There are a number of foods that can help us sleep, as well as some that hinder a great night's rest. Here are some tips that might keep you from counting sheep at night.

Eating complex carbohydrates can help us get to sleep, supplying the body with tryptophan, an amino acid that triggers the body to produce serotonin, the neurotransmitter that tells the body to slow down and drift to sleep. Foods high in tryptophan include: whole grains, beans, rice, hummus, lentils, hazelnuts, peanuts, sesame seeds, and sunflower seeds.

Of course we're all different and some of the foods listed above might not be right for everyone. Keep in mind food allergies and sensitivities can hinder a great night sleep.

Foods you might want to avoid for a restful night sleep include high-fat foods. Many studies have found connections between overweight and obesity and problems sleeping. There are a number of possible causes for this, and one of them may be fat in the diet. Some recent data has shown that older women who ate more fat – irrespective of their weight, exercise or total amount of food they ate – slept less overall. High fat meals also take longer to digest, keeping you awake as your stomach and digestive system works to digest and assimilate the food.

Heavy or Spicy Food. One food-related problem that can interfere with sleep is heartburn and reflux. Many people are on medications to control these, but there are certain foods that can make heartburn and reflux worse. For a number of reasons, reflux can get worse at night, as you are falling asleep, causing sleepless nights. If you are having a restless night and you ate a particularly heavy or spicy meal late in the day, it could be part of the problem. Listen to your body for clues.

(Abridged from articles courtesy of Supermarket Guru)



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



Grocery

Pacific Northwest – Organic Kale Chips in Olive and Sea Salt, Cheese Pizza, and Stumptown

Original varieties: Pacific Northwest Kale Chips is a small-batch chip maker based out of Portland, Oregon. The company was founded on the principles of organic and sustainable food combined with an artisan approach to flavor and texture. Please welcome the newest kale chip on the block!

Numi – Organic Turmeric Teas in Amber Sun, Golden Tonic, and Three Roots varieties: Turmeric tea is rich in this vital root and blended with 100% organic ingredients for tasty aromatic flavors. This healthy tea tonic will revitalize, enrich and restore and can be sipped any time of day.

Montebello – Organic Pasta in Fusilli and Whole Wheat Spaghetti varieties: These delicious pastas are made with durum wheat semolina and whole wheat, then combined with pure mountain spring water for a fine dough that's dried in a traditional drying room. The Old World process creates a pasta that is porous and holds sauces beautifully.

Newman's Own – Double Chocolate Chip Cookies made with Organic flour: Newman's Own continues to give 100% of the after-tax profits from the sale of its products to various educational and charitable organizations. All that and extra chocolate chips, too!

Perishables

Health-Ade – Organic Kombucha: This regionally produced bubbly kombucha is rich in probiotics. Probiotics are friendly bacteria, enzymes and yeasts that live in your body, helping every day to digest what you eat and balance your energy and metabolism.

Bhakti Chai – Iced Almond Blend Chai made with Organic ingredients: Iced Bhakti Chai ready-to-drink bottles infuse Fair Trade Certified black tea, fresh-pressed organic ginger, and fiery spices with a touch of almond milk.

Straus – Organic Greek Yogurt in Whole Milk and Nonfat varieties: The unique flavor of this Greek yogurt comes from the pasture grass on the hill-sides of Marin and Sonoma Counties. The fertile soil, mild, coastal climate and fresh marine air generate a flora packed full of nutritional, sweet grasses where cows from the Straus Family Creamery graze.

Three Twins – Organic Ice Cream in Dad's Cardamom and Chocolate Malt varieties: Inconceivably delicious organic ice cream made by carefully mixing and freezing each batch to ensure a smooth texture. As a proud 1% for the Planet member, Three Twins donates one percent of sales to organizations such as the Rainforest Action Network and Seed Savers Exchange.

Earthbound Farm – Organic Rustic Cut Root Medley: Made with parsnips, beets, and yellow and orange carrots, you'll find this rooty medley in the frozen foods section. We especially love the easy to reseal bag!

Body Care

Gabriel Cosmetics – Nail Polish in Cashmere and Texas Tea colors: Free of formaldehyde, toluene, DBP, camphor and phthalate.

Real Aloe – Aloe Vera Shampoo: Made with hand filleted aloe. Mild everyday formula with argan oil and oat beta glucan. For all hair types, sensitive scalps and damaged hair. **Real Aloe Conditioner, Body Wash and Lotion new to the Co-op's Body Care Dept., too!**

Wellness

Paradise Herbs - ORAC-Energy Protein and Greens Chocolate Bar: This vegan bar is made with pea protein synergistically enhanced with Aminogen enzyme formula, which is proven to increase protein digestibility and amino acid absorption! All Paradise Herbs products 15% off this month!

Jeff's Best Hemp - CBD Oil: Each bottle contains 1 oz. of unadulterated Cannabidiol, obtained from organic Canadian grown industrial hemp plants.

Herbal Zap – Herbal Zap: A powerful immune and digestive support supplement beverage that was developed according to the principles of the ancient Indian system of medicine called Ayurveda.

Body Care & Wellness

Mad Hippie

Exfoliating Serum 1.02 oz. **\$28.05** reg. 32.99

Formulated with alpha hydroxy acids, peptides and apple stem cells.

Acure Organics

Dry Shampoo 1.7 oz. **\$10.45** reg. 12.29

Easy to use, fast-acting dry shampoo that absorbs oil and removes grime without water!

The Wonder Seed

Body Wash 8 oz. **\$13.09** reg. 15.39

Fresh Jasmine variety. Formulated with rich nutrients for moist, balanced and healthier skin.

Paradise Herbs

ORAC - Energy® Greens 6.4 oz. **\$30.79** reg. 36.25

Provides the antioxidant power of more than 24 servings of fruits and vegetables in every scoop. All Paradise Herbs products 15% off this month!

Renew Life

Total Body Cleanse 1 kit **\$32.49** reg. 38.29

A two-week (14-day), 3-part organic internal cleansing program, blending only organic herbs and fiber to offer an effective colon and body cleanse.

Oregon's Wild Harvest

Milk Thistle Dandelion 90 ct. **\$16.85** reg. 19.85

This Milk Thistle Dandelion combination is made by blending pure, freshly powdered, certified organic milk thistle seed, organic burdock, organic artichoke and organic dandelion with milk thistle seed standardized to 80% silymarin. Packaged in a BPA-Free PET plastic bottle.

Household & General Merchandise

Earth Friendly

Dishmate 25 oz. **\$2.69** reg. 3.99

Selected varieties.

Biokleen

All Purpose Cleaner 32 oz. **\$5.39** reg. 7.65

Formulated with citrus and grapefruit seed extract to clean and degrease dirt and grime.

Biokleen

Glass Cleaner 32 oz. **\$3.69** reg. 5.85

Easily dissolves dirt, pollution, smoke and grease from shiny, hard surfaces.

Rawsome Creations

More than a Nutmilk Bag each **\$8.45** reg. 9.95

Fine mesh minimizes sediment and allows for sprouting of even the smallest of seeds and grains, while bias cut and serge-stitched seams ensure flexibility and durability.

Down to Earth

Pilsner Glass each **\$1.95** reg. 3.95

Designed for many types of light beers, including pale lager or pilsner.

Yak

Green Tara Incense 1 box / 5.5" sticks **\$1.95** reg. 2.95

Use this incense for meditation, healing and purification. Hand-rolled with medicinal herbs.

Deli/Bakery

My Mom's Potato Salad

\$6.59 per pound reg. 7.59

Carrot Cake

\$7.09 per pound reg. 7.59

Bulk

Equal Exchange - Organic & Fair Trade

Breakfast Blend Coffee

\$9.99 per pound
reg. 12.19

Hulled Sunflower Seeds

\$2.99 per pound **Organic!**
reg. 4.59

Organic Pinto Beans

99¢ per pound
reg. 1.59

Organic Rolled Oats

99¢ per pound
reg. 1.25

**Dry Roasted Unsalted
Valencia Peanuts**

\$3.99 per pound **Organic!**
reg. 5.29

Grocery

Bionaturae - Organic!

Whole Wheat Pasta

Selected varieties
\$1.99 16 oz.
reg. 3.25



Equal Exchange - Organic & Fair Trade

Chocolate Bar

Selected varieties
\$3.19 3.5 oz.
reg. 4.15



Pacific Foods

Organic Soup

Selected varieties
\$3.19 32 oz.
reg. 4.19

Muir Glen

Organic Pasta Sauce

Selected varieties
\$2.99 25.5 oz.
reg. 3.99



Kashi

Organic Cereal

Selected varieties
\$2.99 10.3 - 16.3 oz.
reg. 3.99



Organic India

Organic Tulsi Tea

Selected varieties
\$3.39 18 bags
reg. 4.45

Perishables

Kevita

**Organic Sparkling
Probiotic Drink**

All varieties
\$2.49 15.2 oz.
reg. 3.49



Rudi's Organic Bakery

Organic Bread

Honey Sweet Whole Wheat variety
\$4.19 22 oz.
reg. 4.79

Stonyfield - Organic!

0% Fat Greek Yogurt

All varieties
\$1.69 5.3 oz.
reg. 2.15



So Delicious

Coconut Milk

All varieties. Made with Organic coconuts
\$2.99 64 oz.
reg. 3.99



So Delicious

Coconut Creamer

Plain and French Vanilla varieties
Made with Organic coconuts
\$1.99 16 oz.
reg. 2.49

**Prices on Specials
While Supplies Last**

2015 Co-op Election Special!

Decide the future of the Co-op with your vote!

One owner, one vote. Every member is an equal part owner of O.B. People's Co-op and, as such, has the right to elect fellow owners to the Board of Directors. Each March and April, we ask owners to take a little extra time to act on their Co-op ownership and vote. Just as buying food at People's Co-op helps keep you healthy, casting your ballot keeps the Co-op healthy.

The Co-op has three Co-op owners running for two open consumer seats. After you have reviewed the candidates' statements in this flyer, vote for up to two candidates beginning March 1 and until 2 p.m. on April 11, using the ballot in this election issue of the newsletter. People's bylaws require that enough votes be cast to validate the election. The continued success of People's Co-op depends on your participation. Ballots can be sent to the Co-op or dropped into the ballot box, which is located at the Co-op Customer Service Desk. The ballot box will remain at the Co-op until it is taken to the Annual Meeting where you will have a final chance to cast your vote. If you would like the opportunity to meet the candidates before voting, they will be present at the Meet & Greet event and at the Co-op's Annual Meeting

Who can vote?

- Each owner of the Co-op with a current annual investment is entitled to one vote.
- The person voting must be the household owner whose name appears as the primary shareholder on the ownership application.
- New owners who have not yet received an ownership number but have invested their \$15 annual ownership share are eligible to vote. To find out your ownership number, call the Co-op at (619) 224-1387 and ask for Membership.

Ocean Beach People's Co-op Annual Meeting and Luncheon

Date: Saturday, April 11

Time: Noon - 2 p.m.

Place: Pt. Loma Masonic Lodge

Cost: Free

The Pt. Loma Masonic Lodge is located at 1711 Sunset Cliffs Blvd. between Del Monte Ave. and Santa Cruz Ave.

- Annual Reports from the General Manager and Board of Director President
- Financial Highlights
- BOD Candidate Speeches
- Discussion Topic with Guest Speaker: Climate and Agriculture

The Co-op Basics

Board candidates are Co-op owners who have expressed a committed interest to work in a group toward a shared goal, to participate actively in their investment and to gain experience in organization leadership. There are a few basics of ownership that go a long way toward ensuring the success of your investment.

- 1. Join O.B. People's Organic Food Co-op and invest in the Co-op.**
If you're an owner, you've already done this.
Your investment supports organic agriculture, environmental sustainability, community service, and healthy food and products.
- 2. Show your card.**
This simple action assures that you get the owner prices. Show your card with pride every time you shop!
- 3. Shop at O.B. People's Organic Food Co-op.**
Spend your grocery money here. Money spent at People's stays in the community and is used to support organics, provide food and nutrition information, offer the best possible prices and assist producers in creating products that Co-op owners want. Your money builds and sustains your own community.
- 4. Vote!**
The O.B. People's Co-op Board can be elected only by you, the owners. Three Co-op owners are running for two open seats and they can't fill those seats unless you vote them in, so make sure you cover the Co-op basics and vote in the 2015 election!

Candidates' Statements



Thomas Baker

I've been shopping at O.B. People's Market for several years and know it's time to give back for having had the privilege of receiving safe, nutritious food farmed in sustainable ways. Our food cooperative is an important symbol in San Diego of how we can work together within a business owned by the people for mutual benefit.

I share your passion for making certain the food offered at our cooperative is safe, organic and raised with minimal environmental impact. Our cooperative must continue to be one of the key opinion leaders in San Diego by demanding sustainable agriculture and that people regardless of income have access to safe, high-quality food.

I've served on several boards and have no axe to grind, or conflicts of interest. My past board service includes the San Diego Brain Injury Foundation and Social Advocates for Youth San Diego. I have direct small business experience which will be helpful since the cooperative is a business and must be run efficiently. I spent ten years as a civil rights worker and my core values are fairness and equality. I have a Ph.D. and have taught in business schools including the University of San Diego.



Chris Young

I am an organic farmer; the only one on the Board. I served 10 ½ years in the Navy as an officer. I also own Closing the Loop — a local, family business that picks up food waste from restaurants and takes it to local farms for composting and making nutrient dense soil to grow real food. I know what it takes to produce healthy food from seed to consumer. I understand the meaning of service to the community. In 2011 I made San Diego my permanent home. In 2012 I started Closing the Loop to strengthen the local food system. In 2013 I joined the People's Co-op Board of Directors because I wanted to do more for my community. Over the past two years the Board has guided the Co-op into new areas of growth. During those two years on the Board I became a father to two beautiful girls: Khaleesi and Dharma. When I look at my girls I know I want to make our world better. They are the reason I farm organically, I own a sustainable business, and I actively participate in our community by serving on the Co-op's Board. Please help me to continue to serve.



Elizabeth Gary

O.B. People's Co-op is more than just a shopping experience; it's a center for information and programs that help to increase our community's connection between diet, health, and the environment. I am running for a position on the Board of Directors to offer my support in reaching the growing number of people who are curious about how we can improve our health, reduce our environmental footprint, and help ease the burden we are putting on animals to supply us food.

My professional background includes experience teaching both traditional and plant based culinary arts, consulting to the food-service industry, new product development, creating and managing outreach programs, grant writing, grant management, culinary tourism, marketing and public relations. I am ready to provide People's Co-op loyal support in meeting and exceeding our goals while maximizing our potential for reaching the greatest number of people for the greatest good.

Let's continue working together to build a better future by leveraging resources and rallying into place the people and processes we need to increase our ability to create positive change. If you have any questions or would like to contact me I can be reached by email at liz@newoptionsfoodgroup.com.

The Seven Cooperative Principles

- | | |
|---|--|
| First Principle:
Voluntary and Open Membership | Fifth Principle:
Education, Training, & Information |
| Second Principle:
Democratic Member Control | Sixth Principle:
Cooperation Among Cooperatives |
| Third Principle:
Member Economic Participation | Seventh Principle:
Concern for the Community |
| Fourth Principle:
Autonomy and Independence | |

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

The cooperative principles are guidelines by which cooperatives put their values into practice.



A familiar symbol of the cooperative is that of the encircled Twin Pines. The cooperative emblem displays Twin Pines encircled because the pine tree is an ancient symbol of life and the circle has the endless quality of eternity. Two pines are shown to emphasize the mutual nature of cooperation. The trees and the circle are dark green, which is the color of chlorophyll, the life principle in nature. The color within the circle is golden yellow, typifying the sun, the giver of light and life.

There are three empty seats for the 2015 Board of Directors' election. Please vote for up to two candidates.

Addition to this Year's Ballot . . .

Dear Co-op Owners –

Please read the proposed bylaw change noted on this page and then vote yes on the ballot accompanying this page.

The following clarification in the bylaws has been recommended by the Co-op's Board of Directors who ask for your yes vote:

Section 2.3 Share purchase requirement.

Second sentence: Change the word "sponsor" to "waive"

The current language reads: The Board may sponsor the share purchase requirement in whole or in part for low-income or disabled persons.

The new language will read: The Board may waive the share purchase requirement in whole or in part for low-income or disabled persons.

Your Board of Directors asks for your support by voting yes to this by-laws revision.

This year, we have three owners running for two open seats. After you have reviewed the candidates' statements in this flyer, vote for up to two candidates between March 1 and April 11, at 2 p.m., using the ballot on this page. Although there are only three candidates to fill two seats, Co-op bylaws require that enough votes need to be cast to validate the election. The continued success of People's Co-op depends on your participation.



Board Candidate Meet & Greet Sunday, March 8, 1 - 3 p.m. People's Co-op Entrance

The Co-op's Meet & Greet is an opportunity for owners to meet and ask questions of those who are running for the board in this year's election. Co-op owners are welcome and encouraged to attend.

2015 Board of Directors' Election

BALLOT

Election runs from March 1 - April 11 (2 p.m.)

Pease vote for two candidates.
The board asks for your support by voting yes to the bylaws revision.

Thomas Baker _____
Chris Young _____
Elizabeth Gary _____
Bylaw Revision _____

Your ownership number

Print your name as it appears on your ownership card

Your signature

• After you have voted for **up to two of the candidates** by placing an "X" in the box next to their names, either put your ballot in the ballot box at the Co-op, or mail your ballot to:

Ocean Beach People's Organic Food Co-op
4765 Voltaire St., San Diego, CA, 92107.

Please write "BALLOT" on the outside of the envelope so that it gets to the Nominating Committee.

• The ballot box will be kept at the Co-op until it is brought to the annual meeting on Saturday, April 11th. At the meeting you will have one last chance to vote.

• Votes received after 2 p.m. April 11 th, will not be counted. Ballots will be verified for current ownership and then counted by members of the Nominating Committee and Co-op volunteers. All election results will be posted in the Co-op as soon as they are available and will be printed in the Co-op's newsletter.

People's Co-op Mission Statement

Mission: To operate retail vegetarian consumer cooperatives providing high quality natural products at a fair and reasonable price.

Vision: The Cooperative is dedicated to helping people live in ways that are ecologically sustainable and that promote personal health and well-being.

Values: We believe that consumer ownership through a cooperative structure provides consumers with an optimal democratic forum to meet the needs of our community. We are committed to promoting ecological sustainability with the products and services we provide and in the way we operate our business. We promote and emphasize products that are nutritious, organically grown, cruelty-free and produced in an environmentally sound manner. We believe that informed choices made by consumers have far-reaching impacts on the local and global community, and are committed to providing education and information to enhance nutritional and environmental awareness. We believe that our employees are valuable and essential to the success of our business, and will treat them with respect, compensate them fairly and provide a safe and supportive working environment.

Roles & Responsibilities

The Board of Directors is composed of nine Co-op owners; six are consumer owners, and three are worker owners. Candidates for the consumer seats are nominated by the board's Nominating Committee or by Co-op owner petition. Candidates for the worker seats are nominated and elected by the workers. Elections are held in the month of March, and directors serve a three-year term. Terms are staggered so that all directors are not elected in the same year. Three consumer directors and one worker director are elected annually. Directors are volunteers.

The board has three primary responsibilities:



1. To set long-range goals and to ensure planning for the Co-op's future. Ensures that goals and plans set by Co-op management incorporate owners' needs and perspectives, and that management is accountable to the owners. Approves operating plans and performance goals.

2. To ensure the sound management of the Co-op's resources.

Monitors human and financial resources, including supervision of investment portfolio management. Review of key indicators of Co-op operations. Evaluation of the General Manager's performance.

3. To act as trustees on behalf of the owners. Ensures prudent and effective management of owners' investments. Monitors the Co-op's financial status and sets acceptable standards of performance. Ensures Co-op compliance with bylaws, policies and appropriate regulations.

The board's responsibilities revolve around three key decisions:

1. Hiring, supervising and evaluating the Co-op's General Manager.
2. Planning for the Co-op's future and approving plans presented by management.
3. Approving capital and operating budgets.

These responsibilities and decisions are most effectively accomplished on the committee level. Other decisions regarding the mechanics of the Co-op's governance system, development of policy, the specifics of owner benefits and related matters also fall within the job of Co-op directors. Board of Director meetings are held monthly and directors must also serve on committees of the board.

Co-ops Work

A Different Way of Doing Business

The First Co-op

When we come to the Co-op after work to pick up our groceries, it's easy to forget what the Co-op really is. It is a grocery store that serves the community and aims to stock the products that customers want at fair prices. And we aim to educate people about the importance of organic food for our health and the health of our environment. But even large chain natural food stores can boast that. What's so special about the Co-op?

Cooperation is the Key

The Co-op is founded on principles that date back to the beginning of human civilization. The central focus of the store is to enrich and support our community. The store is owned and operated by member/owners in the community. The Co-op's profits stay in the community. There is no single owner or corporate ownership that profits, so the focus is on service and meeting our local needs.

This is not a new idea. In fact, it has deep roots in civilization. Evidence of cooperative arrangements has been found in early Greek and Roman civilizations, and also among Native American and African tribes. Cooperative alliances were a key to the success of early agriculture. People relied on each other to raise buildings, protect land, and share equipment. This was the seed of cooperative business.

How Did Co-ops Start?

The first organized cooperatives were formed in the late 18th and early 19th centuries, during the Industrial Revolution. When people left rural areas and started life in cities, their lifestyles changed. Instead of making their own food, they became dependent on stores. Often, they felt that the food quality and price was out of their control. In his book, *Weavers of Dreams*, David Thompson tells how ground beans, plaster of Paris and ground bones were routinely used to thin flour that was sold to working-class families. Iron fillings added weight to tea leaves that were sold by the pound. The *Liverpool Echo* reported in 1844, "Cocoa is often adulterated with fine brown earth . . . Pepper is mixed with pounded nut shells . . . and tobacco is mixed with disgusting substances of all sorts." Only the wealthy could feel that their food supplies were secure. So the working people set up cooperatives to pool their resources and develop their own food networks. It was a way of having the control and independence they'd had in rural life.

The Food Co-op is Born

One of the earliest organized consumer co-ops was the Rochdale Equitable Pioneers Society. Workers from the textile mills in Rochdale, England felt they were being unfairly treated. To break free from the company store that provided their food, twenty-eight of the workers—weavers, tradespeople, and working class artisans—saved up their money and opened a cooperative store in December 1844 on Toad Lane. These cooperators sold five products—butter, flour, oatmeal, sugar, and candles—and promised to provide members with the "purest provisions, giving full weight and measure." It is of value to note that during a time period when women had no legal property rights (this included the clothes they wore), women were afforded the right to "own" a share in the cooperative business.

The Co-op Principles

The first consumer food co-op was a success and the list of operating principles they developed is still in use today. They are the basis of the cooperative principles followed by many co-ops, including O.B. People's Co-op. Today, the International Cooperative Alliance (ICA) is widely recognized as the main governing body of co-ops worldwide. This includes not just food co-ops, but cooperative ventures in many fields, like banking, farming, insurance, and textiles. The ICA is responsible for updating the Rochdale principles regularly to keep them pertinent. They most recently updated these in 1995 to address the current issues facing co-ops.

You may not notice it when you're doing your food shopping, but these ideals are the underlying guidelines for our market. Do you know what these principles are? They are listed with the candidates' statements in this issue of the newsletter and on our web page, www.obpeoplesfood.coop. Check them out and you'll discover what's so special about your ownership in Ocean Beach People's Organic Food Co-op.

(sources: Ukiah Natural Foods Co-op, The Hanover Consumer Food Cooperative Society)

March 16 - 31

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Chocolate Ho Ho's

\$7.09 per pound reg. 7.59

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reg. 12.19

Mountain High Organics

Organic Black Beans

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reg. 1.89

Thompson Raisins

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reg. 3.09

Organic Millet

\$1.39 per pound
reg. 1.99

Mountain High Organics

Organic Green Lentils

\$1.69 per pound
reg. 1.95

Grocery

Cascadian Farm

Organic Cereal

Selected varieties

\$2.99 18.6 - 14.6 oz.
reg. 3.89



Napa Valley

Organic Olive Oil

Extra virgin, first cold press

\$9.99 25.4 oz.
reg. 13.99



Bob's Red Mill

Organic Coconut Flour

An alternative to wheat and grain flours

\$5.19 16 oz.
reg. 7.49

Muir Glen

Organic Tomatoes

Selected varieties

\$1.29 14.5 - 15 oz.
reg. 1.69



Napa Valley - Organic!

Balsamic Vinegar

Cherry wood barrel aged, unfiltered

\$4.39 12.7 oz.
reg. 6.39

Pacific Foods

Organic Broth

Vegetable, Low Sodium Vegetable, Mushroom

\$2.39 32 oz.
reg. 3.75



Perishables

Cascadian Farm

Organic Berries

All varieties

\$2.99 8 - 10 oz.
reg. 3.99 - 4.79



Alden's

Organic Ice Cream

All varieties

\$5.69 48 oz.
reg. 6.99



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Nancy's Springfield Creamery

Organic Yogurt

Nonfat Plain, Lowfat Plain, Whole Milk Plain

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reg. 4.99

Cascadian Farm

Organic Vegetables

Selected varieties

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reg. 2.79 - 2.99



Prices on Specials
While Supplies Last

What do you know about cooking with greens?

by Judy Doherty

Getting the best flavor and texture out of fresh greens is a passion of mine, and I've learned quite a few tricks over my years in the kitchen. You see, it all comes down to pairing the right greens with the right flavors and textures in order to make them shine. Plus, knowing what nutrients and health benefits each green offers can help motivate you to try cooking with these greens in the first place.

Let's take an in-depth look and meet each green.

Spinach

Flavor profile: A mild and delicate green, spinach is slightly bitter and slightly sweet.

Nutrient profile: 1 cup of raw spinach contains...

- 7 calories
- 1 g fiber
- 56% DV vitamin A
- 14% DV vitamin C
- 181% DV vitamin K
- 3% DV calcium
- 15% DV folate
- 5% DV iron

Vitamin K is a fat-soluble vitamin that plays a key role in proper blood clotting. It may help strengthen bones as well.



Cook it? Yes! Spinach is delicious raw or cooked.

Preparation inspiration: Try it raw in salads with fresh fruit, or cook it with a little broth for a quick side dish. Serve it with a little heart-healthy fat (think avocado or olive oil) in order to reap the most health benefits.



Kale

Flavor profile: Bitter and earthy, kale's flavor mellows a bit when cooked.

Nutrient profile: 1 cup of raw kale contains...

- 33 calories
- 1 g fiber
- 206% DV vitamin A
- 9% DV vitamin B6
- 134% DV vitamin C
- 9% DV calcium
- 6% DV iron

Vitamin A helps your body form

and maintain healthy bones and teeth, while also strengthening mucus membranes and your skin.

Cook it? Yes! Though you can also eat it raw, most people find kale more palatable when cooked.

Preparation inspiration: Sauté kale in a little garlic and olive oil until tender if you would like to create a fantastic bed for lean protein like tofu. You can also toss a handful of kale into a blender with some fruit and unsweetened tea for a healthful green smoothie.

Collard Greens

Flavor profile: Collard greens taste grassy and a bit harsh, with earthy undertones.

Nutrient profile: 1 cup of raw collard greens contains...

- 11 calories
- 1 g fiber
- 1 g protein
- 48% DV vitamin A
- 21% DV vitamin C
- 230% DV vitamin K
- 5% DV calcium



- 15% DV folate
- 5% DV manganese

Vitamin C strengthens the immune system and helps the body absorb iron.

Cook it? Yes. Collards benefit from long cooking over low heat. They are not very tasty when raw.

Preparation inspiration: Braise collard greens over low heat with chopped onion and broth for a tasty and versatile side dish. Toss cooked greens with your favorite spices to vary the flavor profile.



Lettuce

Flavor profile: Lettuce tastes cool and fresh, with a hearty crunch.

Nutrient profile: 1 cup of raw romaine lettuce contains...

- 8 calories
- 1 g fiber
- 1 g protein
- 82% DV vitamin A
- 19% DV vitamin C

... continued on page 14



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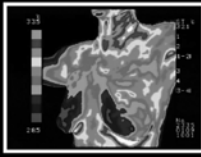


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What's in the recipe file box?

by Mike Ferrill, Deli Manager

What better way to start the spring season than to clean stuff in the Deli? From the dry storage area to the walk-in cooler, we are going to whip the Deli into shape. Everyone is pitching in to help dust, repair, organize, and fine tune any and everything we can think of. One of the projects that we are committed to completing is to overhaul our recipe file box. Our plan is to clean out the overstuffed container, separate the recipes into different groups, correct any recipes that are in need of clarification and retire some recipes that aren't being used. It is a daunting task of course, but we think that by streamlining our collection we can better provide consistently prepared selections of everyday favorites, seasonal specialties, and exciting new dishes.

During this process of course we'll probably run across some recipes that we have forgotten about. Does anyone remember Japanese Caesar Salad or Indian Spiced Tofu Cutlets? I think I see a couple of hands up in the back row there. I found another one called Vegan Neatloaf that we haven't made in more than five years. As I read the recipe I remembered why it went out of rotation; it calls for an ingredient that we don't use any more, or even carry in the Co-op. One of the recipes I have been keeping my eyes open for is the Chicken Rice Soup that we used to make quite often. I have received a few suggestions from some long-time owners who would like to see us make this soup again. I haven't had any luck so far, but I think I can remember it enough to reproduce it.

Going through the recipes is like reading the story of the Deli and we look forward to sharing this experience with you as it unfolds. One recipe I found that I personally used to like making is Lemon Rice Salad with Peanuts. Check it out.

People's Lemon Rice Salad with Peanuts

Serves 4

- 1 cup brown basmati rice
- 2 1/2 cups filtered water
- 1 tsp. lemon zest
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1/2 tsp. sea salt
- 1/2 tsp. white pepper
- 1/2 cup parsley, minced
- 1/2 green onions, sliced thin
- 1/2 cup roasted peanuts, chopped coarsely



In a soup pot, add rice and water, cover and bring to a boil. Reduce flame to the lowest setting and simmer. Do not lift the lid because this will allow the steam to escape and you need the steam to cook the rice. Cook for 25 minutes, then turn off the flame and let the pot of rice sit for another ten minutes. Do not lift the lid. There will still be a lot of steam built up in the pot. If you lift the lid too soon it could affect the outcome of your rice.

In a large bowl, whisk together a dressing of with the lemon zest, lemon juice, olive oil, salt, and white pepper. Prep up the parsley, green onions, and peanuts. Remove the rice from the pot and let it cool for a few minutes. Add the dressing to the rice while it is still a bit warm so that the rice will absorb the liquid and become very flavorful. Let this cool for a few more minutes before add the onions and parsley; this will allow the vegetables to retain their color and texture. Add the peanuts and toss it all together.

This recipe can be served warm or it can be refrigerated and served cool at a later time.

"Vegan Deli: Wholesome Ethnic Fast Food" by Joanne Stepaniak, \$15.95, paperback

Originally, the delicatessen was a New York City institution, featuring ethnic Jewish and Eastern European fare. Today the deli has become an all-American icon for unique and delicious fast food. Not only is it a stand-alone outlet for sandwiches and lunch items, the term "deli" can also signify the convenience food section of many supermarkets.

Delicatessens typically showcase a wide variety of foods – fresh and marinated salads featuring beans, grains, vegetables, or fruit; tempting spreads; tangy pickles; hot noodle dishes and casseroles; soups of every ilk; and of course the beloved bagel. "Vegan Deli: Wholesome Ethnic Fast Food" is no different, except that all the dishes are made with healthful plant foods – pure, natural, and whole. No dairy, no meat, but definitely glatt kosher. Fast food with heart and soul. Deli food made uncommonly good with common, plant-based ingredients.

Use these delicious recipes to make outstanding lunches, brunches, buffet items, and party fare. They're great for

share-a-dish gatherings or when company's coming because most dishes can be prepared in advance and served cold or, if necessary, reheated, with no loss of flavor or texture.

Sections include:

- The History of the Delicatessen
- Pickled & Marinated Vegetables
- Vegetable Salads
- Bean & Tofu Salads
- Grain, Potato & Pasta Salads
- Spreads
- Dressings
- Soups
- Hot Specialties (Noodles, Grains & Vegetables)
- Fruit Dishes

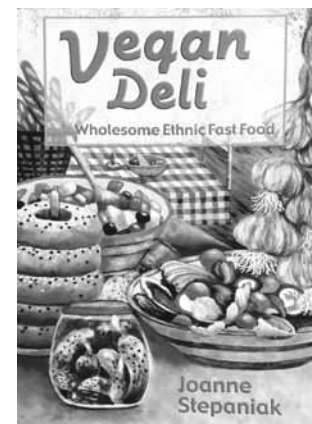
The recipes in "Vegan Deli" are flavorful, authentic, uncomplicated, and call for readily available whole foods and seasonings. Many of the recipes are well-suited for people with food allergies and most can be easily adapted to accommodate special dietary needs. The comprehensive index details recipes by title as well as main ingredients. Additionally, all recipes include a nutritional analysis.

Black Bean Hummus

Makes about 1 1/2 cups

- 1 2/3 cups drained cooked black beans
- 2 Tbsp. tahini
- 1 Tbsp. soy sauce
- 1 Tbsp. balsamic vinegar
- 1/4 tsp. crushed garlic
- 1/4 tsp. ground cumin
- 1/4 tsp. ground ginger
- Large pinch of cayenne pepper

Combine all ingredients in a food processor fitted with a metal blade, and blend into a smooth paste. Serve with whole grain crackers.



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Life on Earth now officially at risk, scientists say

As reported by "The Guardian", "Humans are 'eating away at our own life support systems' at a rate unseen in the past 10,000 years by degrading land and freshwater systems, emitting greenhouse gases, and releasing vast amounts of agricultural chemicals into the environment, new research has found. Two major new studies by an international team of researchers have pinpointed the key factors that ensure a livable planet for humans, with stark results. Of nine worldwide processes that underpin life on Earth, four have exceeded "safe" levels — human-driven climate change, loss of biosphere integrity, land system change, and the high level of phosphorus and nitrogen flowing into the oceans due to fertilizer use." Read the complete article by author Oliver Milman at "The Guardian" www.s.coop/1v6a6.

USDA gives OK to Monsanto soybean and cotton seeds

Monsanto Co. received final U.S. approval in January for herbicide-tolerant crops to be used with a new herbicide the company says will fight problematic weed resistance on farm fields, but critics say will only worsen the problems. Environmental organizations and consumers have advocated against both Monsanto and Dow Chemical Co.'s plans regarding the seeds and herbicide, respectively, suggesting more aggressive weed killers could do more harm than good. Monsanto and Dow Chemical counter that the latest types are actually "more safe" than previous versions. Monsanto does not yet have approval from the Environmental Protection Agency regarding the herbicide meant to work in conjunction with the seeds. The Wall Street Journal reported Monsanto anticipated the soybean seeds be available for sale in 2016. (Food Dive, Rueters)

New pesticide rules for CA farmers

Beginning in 2015, California farmers must now abide by the United States' strictest rules for a widely used pesticide in a change designed to protect farm workers and people who live and work near agricultural fields, but this is likely to raise prices on produce. The restrictions announced last month target chloropicrin, a pesticide injected into the ground before planting non-organic crops such as strawberries, tomatoes and almond orchards. In recent years, the chemical has caused hundreds of people to suffer from irritated eyes, coughing fits and headaches, state officials said. Brian Leahy, director of the California Department of Pesticide Regulation, said that the higher standard is needed in California, the U.S.'s leading agricultural producer and most populated state, where farms are often next to people. (The Globe and Mail)

Food for Thought: How to Reduce Your Energy Use

Much like a leaky faucet—which slowly wastes a valuable resource—an appliance that is turned "off" but still plugged in consumes power through passive energy consumption, often referred to as vampire power. In fact, some devices use almost as much energy off as they do on; certain TVs and stereo systems expend up to 70 – 80 percent of their power when "off." According to the U.S. Department of Energy, 20 percent of North Americans' monthly power bills goes towards vampire power. Many electronics manufacturers don't even use the word off anymore, substituting standby, which more accurately reflects the state of the appliance: perpetually at the ready.

– *World Changing, A User's Guide for the 21st Century*



Teachers ban Coca-Cola

The American Federation of Teachers has declared a ban against all Coca-Cola products from facilities and events because of Coca-Cola's human rights record. The union is calling on all teacher affiliates to remove Coca-Cola products from their schools, colleges, hospitals and other workplaces. A news release cites Coca-Cola's dismal human rights record and long-running allegations of violence against union leaders in Colombia and Guatemala, continuing allegations about use of child labor by its sugar processors as reported by Human Rights Watch, and outsourcing jobs to what critics call "poverty-wage contractors." (Killercoke.org)

USDA may warn that eating meat is bad for planet

The United States Department of Agriculture (USDA) is considering warning consumers about the environmental impact of eating meat. According to the Associated Press (AP), a USDA advisory panel is set to recommend adding environmental sustainability to the government's dietary guidelines. Draft language of the proposal states that a diet higher in plant-based foods and fewer animal-based foods is "more health promoting and is associated with lesser environmental impact than is the current average U.S. diet." The Agriculture and Health and Human Services departments will craft the final dietary guidelines in roughly one year. "Guidelines will also be integrated into school lunch meal patterns and other federal eating programs," reports the AP. (breitbart.com)

Life of a "beef" cow

Though the U.S. comprises 5% of the world's population, meat eaters consume nearly one-quarter of its beef – a per-capita lifetime average of 7,000 pounds per person. The U.S. also produces about 22% of the world's beef supply by raising and slaughtering approximately 35 million cows a year. When cared for properly, cows can live for 20 – 25 years, but because of the of physical manipulations performed on factory

farms—including chemical feed additives, as well as the application of growth hormones and anabolic steroids, which are administered through tiny time-release pellets implanted in cows' ears—most cows reach their optimum slaughter weight of about 1,200 pounds in just 14 to 16 months. (Food Empowerment Project)

More sustainable palm oil

More than a dozen major producers, traders and consumers of palm oil have pledged during 2014 to produce, buy or sell only "deforestation-free" palm oil. About 60% of the global palm oil trade is covered by these new forest-friendly palm oil policies, which may help orangutans threatened by deforestation from palm oil plantations. Palm oil giants Wilmar International and Golden International pledged early in 2014, and Colgate-Palmolive, Kellogg's and Krispy Kreme have followed suit. (National Geographic)

Obesity and nutrient intake

People who are obese consume fewer essential nutrients, according to a study published online in the "Journal of the American College of Nutrition." Researchers compared diet records of 18,177 participants from the National Health and Nutrition Examination Survey (NHANES) Study. Although results showed most Americans consume inadequate amounts of various nutrients, those who are the heaviest, classified as obese, experienced up to 12 percent lower intake of vitamins A, C, D, and E and calcium and magnesium, compared with those who are categorized as normal weight. This study highlights the importance of incorporating nutrient-dense foods such as fruits, vegetables, legumes, and grains into the diet for optimal weight and nutrition. Other studies have shown that people who consume animal products tend to be heavier, while those who avoid animal products consume more fiber, magnesium, potassium, vitamins C and E, folate, carotenoids, and other phytochemicals. (Physicians Committee for Responsible Medicine)

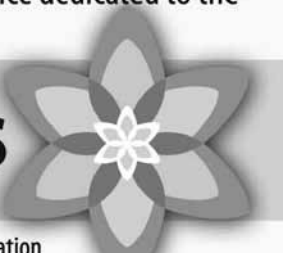
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USDA Says "Yes" to Pesticide Drift, Approves Dicamba-Tolerant Crops

In January, the U.S. Department of Agriculture approved the sale and planting of Monsanto's genetically engineered dicamba-tolerant soybeans and cotton. This approval follows that of 2,4-D tolerant soybeans and corn, billed as the next generation of herbicide-tolerant crops to tackle glyphosate (Roundup)-resistant weeds. Dicamba-tolerant soy and cotton are simply the latest example of USDA's allegiance to the biotechnology industry and dependence upon chemical solutions. This continues the disturbing trend of more herbicide-tolerant crop approvals taking place under President Obama's watch.

As Food and Water Watch reported, "Once again, the USDA has neglected to look at the full range of impacts associated with these GMO herbicide-tolerant crops. Instead the agency has opted for a short-term solution to superweeds that have become resistant to herbicides because of previous approvals of GMOs, thereby perpetuating and escalating chemical use.

The USDA's Environmental Impact Statement predicted that dicamba use will increase 88-fold and 14-fold for soybeans and cotton, respectively, compared to current levels. Dicamba-tolerant crops will allow for wider windows of spraying throughout the season at unprecedented levels. Now that dicamba will be used in larger quantities, Monsanto

has petitioned the EPA to increase the tolerance level of dicamba on cottonseed 150-fold. Higher levels of dicamba in the environment and our food pose unacceptable risks to human health and a wide variety of flora and fauna.

The USDA has ignored pleas from organic farmers and other specialty crop growers asking the agency not to approve these crops that will increase applications of this incredibly drift-prone herbicide. Farmers of nearby non-tolerant crops will pay the price for USDA's short-term weed management fix in the form of diminished or completely destroyed harvests caused by dicamba drift.

There are currently at least 70 million acres in the United States afflicted with Roundup-resistant weeds. It is only a matter of time before those weeds become resistant not just to Roundup, but to a mix of other herbicides, as their associated herbicide-tolerant crops are being planted and sprayed with chemical cocktails. Instead of taking action to address the long-term superweed problem in agriculture, the USDA has chosen the status quo.

Unfortunately, the collateral damage of today's USDA decision will be felt by organic and specialty crop farmers across the United States who have no defense against the use of this errant herbicide."

NCG Calls for Mandatory Labeling of GMO Apple

In a press release issued last month, the National Co-op Grocers (NCG) expressed its continued objection to the lack of mandatory, federally enforced labeling of genetically modified organisms (GMOs). This latest objection was declared after the deregulation of Arctic® apple was announced. Developed by Okanagan Specialty Fruits in Canada, this apple is a variety that has been genetically modified to resist browning when cut or bruised.

"The deregulation announcement for Arctic apples is the latest example of a GMO being allowed into the food system without a mandatory, federally enforced label," said Robynn Shrader, chief executive officer of NCG.

Arctic apples received "deregulated status" from the U.S. government, which means they may be grown by farmers in the same manner as any other food crop. "Shoppers who wish to avoid the Arctic apple and other GMO foods can continue to look for the USDA organic label. Buying certified organic is one of the most reliable ways to avoid GMOs," said Shrader.

However, the deregulation of the Arctic apple could put certified organic apple farms adjacent to Arctic apple farms at risk. If an organic farm and a farm growing genetically engineered crops are located near

each other, their crops will likely be cross-pollinated by the same bees or wild pollinating insects, forcing organic farmers to take extra measures to prevent contamination. This issue has yet to be addressed.

NCG has been working for years on a national level to ensure that labels provide consumers with information about what their food contains and where it comes from. The organization is also an active supporter of the Just Label It campaign, which calls for the mandatory, federally enforced labeling of GMOs. Last month, NCG expressed its support for The Genetically Engineered Food Right-to-Know Act of 2015 (H.R. 913, S. 511). This act was introduced on Feb.12 in the U.S. House and Senate, with a renewed call for mandatory federal labeling of genetically modified foods and ingredients.

EPA sued for violating Endangered Species Act with allowance of new 2,4-D/Roundup pesticide

With the U.S. Environmental Protection Agency's (EPA) nod to the pesticide industry on expanded uses of the herbicides 2,4-D and glyphosate, environmental groups are charging that the agency violated the Endangered Species Act (ESA). Repeating a pattern of putting the environment in harm's way through violations of federal endangered species law, a lawsuit filed in February documents EPA's failure to consult with the U.S. Fish and Wildlife Service (FWS) regarding the impact of the herbicide on two endangered species - the whooping crane and the Indiana bat - with the recent approval of Dow AgroSciences' herbicide, Enlist Duo, for use on genetically engineered (GE) crops in six Midwestern states.

Enlist Duo is an herbicide that incorporates a mix of glyphosate and a new formulation of 2,4-D, intended for use on GE Enlist Duo-tolerant corn and soybean crops. Approved for use on GE corn and soybeans that are engineered to withstand repeated applications of the herbicide, the creation of 2,4-D-tolerant crops and EPA's approval of Enlist Duo is the result of an overuse of glyphosate, an ingredient in Monsanto's Roundup. The misuse resulted in an infestation of glyphosate-resistant super weeds which can now be legally combatted with the more potent 2,4-D. Dow Chemical has presented 2,4-D-tolerant crops as a quick fix to the problem, but independent scientists, as well as USDA analysis, predict that the Enlist crop system will only foster more weed resistance.

"EPA admits that its approval of a toxic pesticide cocktail including 2,4-D for widespread use may affect endangered species, including the whooping crane,

... continued on page 14



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one of the most endangered animals on Earth," said Paul Achitoff, Earthjustice's managing attorney. "We ask only that the court decide whether EPA has violated the law, as we believe it has before putting these imperiled birds at further risk."

By EPA's own admission, whooping cranes "will stop to eat and may consume arthropod prey" that may have been exposed to 2,4-D in fields sprayed with Enlist Duo, and that in sufficient amounts, this exposure can be toxic to the cranes. According to the motion, the "whooping crane is one of the most endangered animals on earth. It was pushed to the brink of extinction by unregulated hunting and loss of habitat to just sixteen wild and two captive whooping cranes by 1941. Conservation efforts over the past seventy years have led to only a limited recovery; as of 2006, there were only an estimated 338 whooping cranes in the wild."

Similarly, EPA's own analysis found that the Indiana bat would likely suffer from reproductive harm resulting from the consumption of 2,4-D-contaminated prey, as a direct result of EPA's approval of Enlist Duo. In addition to habitat loss and cave disturbance, scientists have attributed pesticide contamination of the Indiana bats' food supply as a reason for their continued decline.

EPA approved Dow's Enlist Duo weed killer, which the Agriculture Department signed off on a month earlier, in October 2014.

The new seed and herbicide combination would harm more than just these two species. Critics

maintain that Enlist Duo could result in other environmental and health problems. 2,4-D has been linked to non-Hodgkin's lymphoma, developmental and reproductive toxicity, neurotoxicity, and a whole host of additional health effects.

The motion filed by the farm and environmental groups Center for Food Safety, Earthjustice, National Farm Coalition, the Environmental Working Group, and others, with the 9th U.S. Circuit Court of Appeals, builds on a previous challenge of EPA's approval of the new herbicide.

(sources: Des Moines Register, Earthjustice, www.beyondpesticides.org, Enews Park Forest)

greens . . . continued from page 10

- 2% DV calcium
- 3% DV iron
- 16% DV folate
- 3% DV potassium

Folate works with vitamin B12 to help form red blood cells and is vital to the production of DNA.

Cook it? No. Lettuce is generally best served raw, adding crunch and heart to fresh salads.

Preparation inspiration: Toss chopped dark green lettuce with a bit of flavored vinegar and nuts for a healthful side salad, or add some grilled tofu or tempeh to lend some staying power to the meal, turning your side salad into a main dish.

Mustard Greens

Flavor profile: Sharp and peppery, mustard greens taste quite a lot like mustard.

- Nutrient profile: 1 cup of raw mustard greens contains...
- 15 calories
 - 2 g fiber
 - 2 g protein
 - 118% DV vitamin A
 - 65% DV vitamin C
 - 6% DV vitamin E
 - 6% DV calcium
 - 5% DV iron
 - 26% DV folate
 - 13% DV manganese

Manganese is a key component in many different enzymes.

Mustard greens have more protein per cup than other greens as well.

Cook it? Yes. Mustard greens are super tasty raw or cooked.

Preparation inspiration: The spicy sharpness of mustard greens make them the perfect counterpart to smooth or rich-tasting dishes. Sauté them with a little broth and top with walnuts for a tasty side, or throw a few handfuls into your next salad.

Judy Doherty is the founder and publisher of Food and Health Communications, Inc. Learn more about healthy foods at her website www.foodandhealth.com



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The Co-op Classifieds

In Memoriam

A sincere and heart-felt thank you to Mary "Marie" Anne McHale who passed away on January 25, 2015 at the age of 78. Mary was one of the original members of People's Organic Food Co-op, helping found the market as a member of the Co-op's buying club in 1971, before People's had a storefront. Mary is survived by her daughter, Amber Forest McHale, the Co-op's Newsletter Editor and Marketing Director. "She whom we love and lose is no longer where she was. She is now wherever we are." I love you Mom.

Classes/Lectures/Events

People's Climate Walk and Rally, March 15th, 2 p.m. starting at San Diego City Hall Plaza. We are calling on the United States Government to immediately commence a national World War II-style mobilization to transition the U.S. from fossil fuels to renewable energy and to immediately commence a social and economic mobilization to restore a climate that is safe, stable, and supportive of human civilization. This heroic campaign shall be carried out on the scale of the American World War II homefront mobilization. Enjoy music performed by the Swamp Critters and Captian Vijeo, a bicycle raffle (two bicycles!) and informative speeches. The rally will be followed by a walk to the San Diego Federal Building at Broadway and Front St. Learn more at www.theclimatemobilization.org. Put this event on your calendar and bring your friends and family.

WomenSpirit Drum Circle: Lower your stress and raise your Spirit! Women's talk/drum/song circle - Linda Vista 6:30 - 8 p.m. Third Thursday of March and May 2015. Call Sharon Murnane (619) 723-2025. No drum or talent needed. Suggested Donation: \$5 to \$10 according to affordability.

Thetahealing in San Diego. Private sessions and classes. Develop the awareness and the ability to understand your limiting beliefs and how to change them. (619) 339-8177. email: info@SharonPlache.com.

Communitify San Diego: Saturday, March 7th. Explore intentional communities, cooperative culture, and participatory economics. Plant the seeds of your future home in an Ecovillage, cohousing neighborhood, transition town, or shared home. www.communitify.in/sandiego info@communitify.in (619)457-6198.

Free aura readings 7:30 - 9 p.m. First Mondays: 3/2, 4/6, 5/4. Intuitive Insights, 4455 Morena Blvd, 108, San Diego, 92117. (858) 509-7582. www.MyIntuition.Net

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