

Ocean Beach People's Organic Food Co-op News

November 2015



We are Thankful for You

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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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Healthy Holiday Eating!



Holiday foods can be fancy and healthy. If dairy and eggs are not on your menu, experiment with a vegetable filled vegan quiche.

by Judy Lewin

The holidays are coming and this is the time when we need to be especially careful about what we eat, when we eat and how much we eat. In 2010, the Centers for Disease Control and Prevention (CDC) reported that 35.7% of North American adults and 17% of North American children were obese. In 2014, 35.3% of North American adults were shown to be obese. According to the Organisation for Economic Co-operation and Development, 3/4 of the North American population will likely be overweight or obese by 2020. By looking at these numbers, it's clear to see that many of us are simply eating too much.

Make your holidays a time of great joy and healthful eating by using the following tips:

When preparing holiday meals, keep in mind that you are giving family, friends and co-workers an opportunity to join with you in an expression of love and friendship. Do not try to feed them enough calories for an entire day in one meal. Make your meals memorable by planning an elegant,

simple menu. Do not try to make all of your favorite dishes, or all of your holiday standards in one meal. Keep high calorie offerings to a minimum. For example, make one cake or pie and offer fresh, delicious organic fruit as a dessert alternative. I often serve fruit crisp, baked pears or apples sweetened with molasses and honey or maple syrup and dusted with cinnamon and some freshly grated nutmeg. A bowl of honeyed goat yogurt sprinkled with cinnamon can be used instead of ice cream, whipped cream or other topping.

Make use of color! Cook lots of green vegetables such as steamed collards, chard or kale, topped with your favorite salsa. Make a delicious soup from winter squash. Bake sweet potato or yam slices to serve as a side dish. Roast red or golden beets then use them to create a colorful, flavorful (and healthy) beet salad.

Arrange and decorate your foods

... continued on page 14

People's Co-op Owner
Appreciation Days
Thursday, November 19
10% off purchases*

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

* excludes no further discount items

**Fall Arts &
Crafts Fair**
Saturday,
November 21
11 a.m. - 4 p.m.

People's will be
CLOSED on
Thursday, Nov. 26
Thanksgiving Day

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

People's Co-op Board of Directors

Meeting Notes for September 28, 2015

Board Directors Present: Ofelia Alvarado, Jamie Decker, Chet Nelson, Andi Briceno, Chris Young, Tom Baker, Stephanie Mood and Panha Ouch. Staff: Michael Jordan, Evanthia Basilico, Nancy Casady. Guests: Derek Casady, Paul Maschel

Old Business

Chet moved and Andi seconded approval of the bi-annual Planned and Emergency Succession Plans for the General Manager. Vote: passed unanimously.

New Business

Jamie moved and Andi seconded that the employee board election of Panha Ouch be ratified. Vote: passed unanimously.

Stephanie reported that the presentation "Facing the Future, Where do Co-ops Fit?" which took place in the Co-op's Community Room, yielded some positive feedback for future co-op education.

Outreach and Education

Wild Willow Farm and Education Center coordinator Mel Lions introduced long time co-op owner, Nan Owens-Renner. Nan is helping revise field trip curriculum at the farm to coordinate with common core standards. Andi moved and Chris seconded a recommendation to the Finance Committee to continue the Co-op's donation of \$1,000 per month until the end of the year. Vote: passed unanimously. Committee members requested submissions to the Co-op's newsletter featuring farm activities, as well as recognition for People's in farm publicity materials.

A report on the last three months' activities at the O.B. Green Center was distributed. The center has received 501c3 status and contributions are now tax deductible. Andi moved and Chris seconded that the committee recommend to Finance that the Co-op donate \$200 a month for the remainder of the year. Vote: passed unanimously.

Andi reported on a request from Sherman Heights Elementary. The school requested a \$500 donation to be used as a stipend for bilingual garden educators to assist with their school garden project. The matter was tabled pending further information from the school and will be taken up again in October.

Nancy reported on the September California State Board of Food and Agriculture Meeting, which covered both drought and flood planning topics. Chris Young suggested viewing the movie Cowspiracy (cowspiracy.com) to understand more about the relationship between water use and animal agriculture.

The Co-op's Marketing Director, Amber Forest McHale reported on a postcard campaign inviting new residents in the 92107 zip code to enjoy a free cup of organic coffee and a Deli cookie. The card will be mailed to 2,008 residences.

People's won the Gold Reader's Choice Award for Healthy Dining by readers of *The Peninsula Beacon*. *San Diego City Beat* printed a column featuring Nancy and Derek Casady and the efforts of the Climate Mobilization Coalition. ("Up Front - From the Editor", *San Diego City Beat*, September 9, 2015)

Author Steven Druker was in San Diego to discuss his recent book *Altered Genes, Twisted Truth*, which deals with his lawsuit exposing fraud at the FDA regarding the safety of genetically engineered food.

Jamie will prepare a quarterly report for the com-

GENERAL MANAGER'S MESSAGE

by Nancy Casady

We are so pleased and excited to be in the actual planning stages with local architects Hanna, Gabriel and Wells for the Co-op's café, juice bar and bakery, which will be located just to the east of our present location. Aside from the delightful floor plan — which includes indoor seating, outdoor seating under shade cover, and outdoor seating under the trees (as yet to be planted) — an upper deck with a beer and wine bar is also featured.

Operating details include planning for a Norwalk hydraulic juicer so that the healthiest organic juice will be the café standard, local crafted beers and organic wines, garden beds, an enclosed outdoor eating space on the first floor so that kids can be accommodated without parental stress, and a television on the upper deck so that important events can be watched. In addition to the juice, coffee and smoothie bar, an expanded bakery operation is anticipated, and of course, the mainstay of People's fabulous organic, vegetarian, made-from-scratch entrees, salads and soups. Opening

is planned for September 2016, barring El Nino's torrential rains!

For those dedicated to the current Deli's delicious vegan offerings, fear not. Plans have always included maintaining the Co-op's Deli with the potential of expanding into more catering and off-site sale opportunities. Who wouldn't want to get Asura's cinnamon rolls at a local coffee shop?

These and other expansion ideas will be possible given the investment we Co-op owners are making in the new facility. Over the length of the loan, this amounts to just \$12 a year per Co-op household. Stronger, more prosperous and better together for sure!



mittee to track donations.

Planning Committee

Nancy reported on the café and juice bar expansion. Team meetings are held weekly.

Nancy reported on the National Cooperative Grocers semi-annual meeting in Seattle. New member agreements will be forthcoming.

Finance Committee

Total revenue is down year-to-date 3.5%. Sales per paid labor hour remains steady at \$87.12. Cost of sales is down 4% due to adjusted purchasing, and operating expenses are also down 3.3%. Net profit is holding at slightly above 2014 year-to-date. Utilities are up 8% compared with 2014. Net income to date on rental property is \$24,296.

Stephanie moved and Andi seconded that the Board of Directors (BOD) approve a donation to the O.B. Green Center of \$200 a month for the next three months. Vote: ayes-7; abstain -1.

Stephanie moved and Andi seconded that the BOD approve a donation to Wild Willow Farm and Education Center of \$1,000 a month for the next three months. Recognition of the Co-op in their written materials and

including education on the co-op business model in their program is requested. Vote: passed unanimously.

Nominating Committee

Chris reported that the committee is looking to recruit board candidates. The BOD application form has been updated.

General Manager's Operations Report

Sales rebounded slightly this month, although we are still seeing a 3% decline year-to-date. Purchasing and operating expenses have been trimmed to reflect this trend resulting in net income slightly ahead year to date compared with 2014. Gas and water costs are up; electricity is steady due to a change in time of use billing. Worker's comp and our health insurance costs are lower, store supplies — including paper bags (thank you) are also down.

I attended the California Grocers Association annual meeting and learned that Californians are spending more money in restaurants than in grocery stores for the first time, starting at the end of 2014, affirming the board's decision to move forward with the juice bar/café!

The Co-op's outreach postcard campaign was initiated. We are contacting new residents in our zip code and inviting them to become owners of their local organic grocery store. On another note, we sadly mark the passing of long-time Co-op owner, Betty Kennedy.

The Safety Committee held its quarterly meeting. Thank you to the committee for this important work.

The National Cooperative Grocers fall meeting was held in Seattle. The "new normal" of a more competitive landscape for the grocery industry was highlighted. Our work in co-ops is transforming the grocery business and today more people have access to better food choices than ever before. Of course we have much more to do in order to provide this option to communities who depend on corner stores and cheap processed food.

Members of the Climate Mobilization Coalition, of which People's is a founder, attended an Interfaith Forum on climate justice.

Author Steve Druker spoke in San Diego about his new book on fraud at the FDA regarding genetic engineered food, *Altered Genes, Twisted Truth*.

Thank you for the opportunity to "unplug" in the Vancouver Islands for five glorious vacation days.

Next Board Meeting Monday, November 23, 6 p.m. Committees

- Outreach & Education Committee
- Chair, Andi Briceno
Meeting: November 16, 5:30 p.m.
- Planning Committee
- Chair, Stephanie Mood
Meeting: November 16, 6:30 p.m.
- Finance Committee
- Chair, Steve Myrick
Meeting: November 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. 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.

Getting Healthy, One Bite at a Time

Wednesday, November 4, 7 – 8:30 p.m.

People's Co-op Community Room

Jean Richardson of Gold Mine Natural foods and Laara Israhel, LMFT, discuss the connection between food and disease, importance of chewing, and how to choose seasonal foods to create health. Attendance is limited to 18; to RSVP email customerservice@goldminenaturalfoods.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.

Ocean Beach People's Organic Food Co-op News

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

Advertising Representative - *Jamie Decker*
Ad deadline is the 5th of the preceding month.
jdecker@obpeoplesfood.coop

ADVERTISING DISCLAIMER:

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Integrated Hearts Circle

Thursday, November 5, 7 – 8:30 p.m.

People's Co-op Community Room

Facilitated by Shannon Rayman, Heart IQ Mastery Coach. Learn present moment embodiment practice and speaking authentically in a supportive, safe circle. Experience individual transformation through group connection. Attendance is limited to 12; to RSVP email heartsheltogethernow@gmail.com or call (619) 481-7064. 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.

Successful Feeding for Toddlers

Tuesday, November 10, 7 - 8 p.m.

People's Co-op Community Room

Concerned that your little one is eating too much, not enough, or is a picky eater? Sign up for this lecture and learn how to lay the foundation for your child's relationship with food. Attendance is limited to 18; to RSVP email khollyretz@gmail.com. To ensure that there are parking spaces for shoppers, please do not park in the Co-op parking lot while attending this workshop. Free of charge.

Taking Care of Your Body

Wednesday, November 11, 7 – 8:30 p.m.

People's Co-op Community Room

Are you confused about what real food is and how it can empower you? Learn how to shop, prepare, store, and enjoy the food you eat. Anyone with food issues can learn to make peace with food. All are welcome! Attendance is limited to 17; to RSVP text or call (619) 300-7332. 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.

Holiday Eating and Your Health

Wednesday, November 11, 6 - 7:30 p.m.

Bastyr University Clinic

Learn techniques to enjoy your holidays while living with diabetes or heart disease. Learn techniques to choose the right foods and limit excess calories at holiday gatherings. Learn techniques and resources to help you maintain wellness of mind, body and spirit. The Bastyr University Clinic is located at 4110 Sorrento Valley Blvd. 92121. For more information call (858) 246-9700. Free of charge.

Real Love?

Thursday, November 12, 7 – 8:30 p.m.

People's Co-op Community Room

Real love is showing genuine concern for another person's happiness without expecting anything in return. It cuts across all racial, social, religious and cultural barriers. It eliminates anger and disappointment. Learn to enjoy peace in all your relationships. Attendance is limited to 18; to RSVP email alsmith333@gmail.com or (619) 779-2235 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

Earth Care Film Series

"Just Eat It"

Seaside Center for Spiritual Living

Friday November 6, 6:30 to 9:30 p.m.

We all love food. As a society, we devour countless cooking shows, culinary magazines and food blogs. So how could we possibly be throwing nearly 50% of it in the trash? Filmmakers and food lovers Jen and Grant dive into the issue of waste from farm, through retail, all the way to the back of their own fridge. For more information, please visit the Seaside Center's Facebook page at www.s.coop/1wvssp and click on events or call Sandy at (619) 980-7657.

Soil Shindig

Saturday, Nov. 7, 10 a.m. - 2:15 p.m.

Tijuana River Valley Regional Park, Suzie's Farm, Wild Willow Farm and Education Center, Tijuana River Valley Community Garden

The Soil Shindig is an opportunity for the community to learn about the importance of soil to grow food and eat healthy and features free workshops on composting, organic fertilizers, soil health, and more! Bring your kids to play decomposer scavenger hunt or plant a seed in recycled newspaper pots. Enjoy food, farm tours, and craft vendors. The Tijuana River Valley boasts a vibrant backdrop for both farming and recreational activities. Connected by over 20 miles of trails, you are invited to explore the river valley in this celebration of soil! For more information visit www.sandiegoroots.org/farm/events.php. Free of charge.

Film Night

Ocean Beach Green Center

Thursday, Nov. 12, 7 p.m.

Come watch the 1st and 2nd episodes of "Years of Living Dangerously," an Emmy Award winning 2014 documentary television series that focuses on global warming. Episodes feature celebrity investigators along with well-known journalists. Traveling around the world they interview experts and everyday people seeking solutions to the effects of global warming. The Ocean Beach Green Center is located at 4843 B Voltaire Street, 92107. For more information, call (619) 225-1083. Free of Charge.

EvanHealy Mini Facials

Saturday, Nov. 28, 11 a.m. – 3 p.m.

People's Co-op Body Care Dept.

Evanhealy—makers of certified organic skin care products that are sourced from the wild, from small family farms, and women's co-ops around the globe—will provide 20 minute complimentary facials. Sign up at the Body Care Dept. Space is limited. For more information, call People's at (619) 224-1387. Free of charge.

Our Cooperative Community



Run for a Seat on the Co-op's Board of Directors!

The People's Co-op Board of Directors (the board) is made up of member-owners like you. There are three seats open to be filled in the upcoming election, which will conclude at the Co-op's Annual Meeting in April, 2016.

Qualifications include an interest in the continued success of People's Co-op, experience working cooperatively in a group, and the willingness and ability to make a regular time commitment. Each director contributes approximately five to ten hours per month for up to a three year term. Most meetings are held on Monday evenings after 5 p.m. A few times a year, directors are required to attend weekend events such as the Co-op's Annual Meeting and the Co-op's Owner Appreciation Birthday Party.

The board makes policy and financial decisions to ensure that People's Co-op remains strong and healthy, and is responsive to the needs of the membership. The board is also responsible for hiring and evaluating the Co-op's General Manager, who handles the day-to-day operations of the business.

Experience on a board, in business or in finance can be helpful, but is not required. Additionally, there are opportunities that may require out of town travel once or twice per year. Travel expenses are funded by the Co-op.

Need more information? Email Chris Young at c.andrew.young@gmail.com or call People's at (619) 224-1387 and ask for Amber.

Get involved now!

Board candidate application forms are available at People's. Applications are also available on the Co-op's website at www.obpeoplesfood.coop, by clicking the "Board of Directors" page link. All applications must be submitted in person to the Membership Desk, located on the second floor, no later than 6 p.m. on Tuesday, Dec. 1, 2015.

Board of Directors' Message

Why Do I Serve?

by Christopher Young, Chair Nominating Committee

Why do I serve on the Board of Directors of People's Organic Food Co-op? That's a good question. I have two kids under two, I own a start-up business, and finding time for myself can be challenging. So why do I want to commit more of my time outside of all this?

The fact is that all of us depend not just on the community we live in, but on all of the communities around us. We can take a macro view and see the entire planet as our community while simultaneously focusing on the microcosm of our own communities. More than just words, we take action.

The Co-op enhances communities. It provides living wage careers. It provides health and dental care and a sense of dignity to work. It provides Co-op owners with access to healthy organic food. It strives to strengthen our local food system by working with our farmers, hopefully even more so in the future, and it creates a place where community can grow and be nurtured.

So why do I serve? It is because I have two beautiful daughters and I want to see our communities grow and flourish. I want to see our children grow and flourish. Being on the board is one way to help make that happen. And at the end of the day talk is cheap. So we take action.

Donations from Shoppers

Donation boxes located at each of the first floor registers at People's feature non-profit organizations that focus on food, land, and animal welfare.

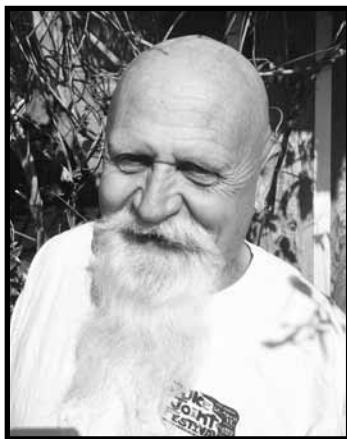
During the months of July, August and September, People's customers donated: \$74 to the Farmworker Justice fund, an organization that seeks to improve working conditions for migrant and seasonal farmworkers; \$78 to the San Diego Hunger Coalition, an organization that offers food assistance to low income children when school is not in session; and \$155 to F.A.C.E., an animal welfare program that provides financial assistance to cover the cost of critical or emergency veterinary care. Thank you shoppers! For more information on the donation box program, please email Amber at editor@obpeoplesfood.coop.

People's Asks: What Are You Thankful For?



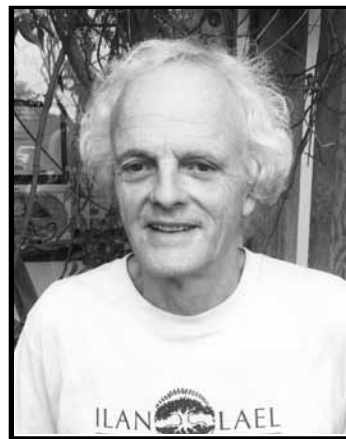
Michelle

My family, friends, and health, and for an abundant life!



Keith

There is not enough space here to list my gratitude.



Richard

Being in a band, being a member of the heart land community and working on eco buildings with art.



Suzie

The abundance of good food, good people and good energy in O.B. #OBFamilies



Kirk

Honestly, here I am at People's Co-op and I am so thankful for this place.

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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 Chicza. Logan

Hello Logan, Though I looked through our distributors' list, I did not see a source for Chicza gum. If it becomes available, we will consider bringing this item in. Namaste, Bryan, Grocery

Dear People's, I suggest you carry Lactaid, lactose free cottage cheese. Ann

Dear Ann, Thank you for the suggestion. Our first priority in stocking the shelves at People's is to offer organic products. Unfortunately, this product is not certified organic. We can, however, special order it for you if you would like. Please let us know. David O., Perishables

Dear People's, I really enjoyed the Eggplant and Portobello Hoagie that you had a few times during lunch. I'm looking forward to seeing it again. Thank you! Anthony

Hi Anthony, We received a lot of positive feedback on that sandwich. We look forward to its reappearance soon. Thanks, Mike, Deli

Dear People's, Please offer a coconut or olive oil based mayonnaise. Does this product exist? And if not, why? Can we request it to be manufactured? Thank you, Devra

Hello Devra, As a buyer and merchandiser, one of my concerns has been to find healthier oils throughout the entire Grocery Dept., not just mayonnaise. However, I have yet to find a shelf stable option for coconut or olive oil mayonnaise. I will continue to peruse this elusive product. Namaste, Bryan, Grocery

Dear People's, There is a lot of variety in the Deli day to day, even hour to hour. The one exception seems to be the salad bar. Except for the salad dressings, it seems to be the same all of the time. I know space is limited, but is it possible to have a vegetable of the day? Ron

Hi Ron, We try to feature salad bar items that are consistently popular, although we do change this a little bit, such as adding seeds or olives to spice things up. That said, perhaps we can add a tasty seasonal item. Thanks for the suggestion, it really is food for thought. Mike, Deli

Dear People's, Please offer Kite Hill Almond Milk. Cheri

Dear Cheri, I'm sorry, but this product is not available to us through our current distributors. David O., Perishables

Dear People's, I suggest that you have a vegan frosty machine with rotating flavors! Please do it! Alida

Hi Alida, Thanks for this frosty idea! We're researching a supplier of healthy ingredients that meet the Co-op's organic standards. So far, I've only been able to find flavors with non-organic sugar, corn syrup and high fructose corn syrup. I'll keep looking. Amber, Editor

Dear People's, Please bring back the wheat-free

pizza in the Deli on pizza day. Specifically the jalapeno pineapple variety. Beatrice

Hi Beatrice, We have been experimenting lately with pizza dough made from gluten-free flour and the results have been mixed. Some customers like it and some do not and some are neutral. We'll be making half of our pizzas with traditional crust and half with a gluten-free crust. I'll ask the cooks to make the jalapeno pineapple pizza, so look for that one from time to time. Please note that the Deli cannot claim anything is completely gluten-free since we are a facility that cooks with wheat. Thank you for your helpful feedback. Cheers, Mike, Deli

**"Dear People's,
Please carry wooden
rolling pins. Thanks! Lisa"**

Dear People's, For the past three years, every Sunday I've bought breakfast at the Deli and found that the potatoes are consistently

over-salted. I have observed the cooks and can tell you why. When the potatoes are seasoned with salt, a purely random amount is added depending on the individual who is preparing them. A fixed amount of salt and spices needs to be added to each tray of potatoes. This week the potatoes are inedible because there was so much salt added. It varies from batch to batch, but it shouldn't. I'm not an anti-salt fanatic. I like salt, but there is a happy medium on salt for health purposes. Regards, Kevin

Hi Kevin, Thank you for taking the time to email your experience. You are not the first person to comment on the ratio of salt used in the Breakfast Potatoes. I have spoken to the cooks and shared your feedback with them. We will review our recipes to identify any that may need fine tuning regarding salt content. I apologize for our inconsistency. Rest assured we will be dialing back on the salt for all of the food we make. We truly appreciate your feedback. Mike, Deli

Dear People's, Please carry wooden rolling pins. Thanks! Lisa

Hi Lisa, Thank you for your suggestion. I'll look for this item. Also, please let us know if you would like to special order any kitchenware that People's does not carry and I will be happy to research its availability. Tressa, Wellness and General Merchandise

Dear People's, Please carry Rejuvenation Foods mild salsa. You used to carry it. What happened? I love People's! Mary Ann

Dear Mary Ann, People's loves you! The salsa you are referring to did not sell well, so we discontinued it. If you think that you could six, I would be happy to special order it for you. As a Co-op owner, you would receive a 10% case discount. David O., Perishables

Dear People's, Please carry Sierra Nevada Pale Ale Mustard. Kathryn

Dear Kathryn, People's is getting ever more vigilant regarding our organic standards. Since the product you are requesting is not organic, I am hesitant to expand the Sierra Nevada selection. The two varieties of Sierra Nevada Mustard that we do offer will probably be discontinued that section of the Grocery Dept. If you would like, I can special order any of the flavors for you. They come in a case of six, and as a Co-op owner, you would receive a case discount. Namaste, Bryan, Grocery

Harvest Recipes for the Table

recipes provided by National Co-operative Grocer

Cinnamon Apple Stuffed Squash

Slice the stuffed squash halves into wedges to serve as a side or serve each half as an entrée.

Serves 4 to 6

2 acorn squash, cut in half, seeds removed
3 tablespoons unsalted butter
3 cups diced yellow onion
2 celery stalks, diced
3 cups diced apple, cored and seeds removed (about 2 large apples)
½ cup dried cranberries
2 tablespoons maple syrup
1/3 cup water
½ teaspoon cinnamon
Pinch each of salt and black pepper

Preheat oven to 375 degrees F. Place acorn squash halves face down on a rimmed sheet pan or baking dish and add ½ inch of water to the pan. Bake squash for 40 minutes.

While the squash is baking, heat the butter in a saucepan over medium heat. Add the onion and celery and sauté for 5 to 10 minutes until soft. Add the apples, cranberries, maple syrup, water and cinnamon; stir well and cook another 5 to 10 minutes until the apples begin to soften.

Season with salt and pepper. Remove from heat. After the squash has baked for 40 minutes, remove from the oven, turn them cut side up, and fill each with the apple stuffing. Place back in the oven and bake another 15 to 20 minutes until the squash is tender. Serve warm.

Parmesan Herb-Crusted Potatoes

These potatoes are delicious served hot as a side dish or at room temperature as an appetizer. Be creative with dipping sauce ideas: ranch dressing, pesto, jalapeño-seasoned sour cream or sriracha aioli all taste great with these baked wedges.

Serves 6

2 tablespoons olive oil
1 tablespoon minced fresh rosemary
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon lemon zest
½ teaspoon salt
½ teaspoon cracked black pepper
2 pounds fingerling potatoes
¼ cup finely-shredded Parmesan cheese

Preheat oven to 425 degrees F.

In a large bowl, combine the olive oil, herbs, lemon zest and spices. Add the potatoes and toss to coat. Add the cheese and toss until thoroughly mixed. Arrange the potatoes in a single layer in a large, rimmed baking pan coated with cooking spray. Sprinkle any remaining cheese and herb mix over the potatoes.

Bake for 20 minutes. Check for doneness, stir and bake for 10 minutes more (or as needed).

Natural Power

Organic supplementation provides a clean source of enhanced nutrition

by Lisa James



There was a time when practically the only organic products out there were fresh fruits and vegetables. Now

there are eggs, dairy and skincare products that carry the USDA Organic seal, as companies respond to demand from consumers anxious to safeguard their families' well-being.

As part of this overall trend, dietary supplements are now available in organic formulations. And while the desire to avoid pesticides and other toxins is a big reason people turn to organics, it shouldn't be the only one. As it turns out, organic foods—and supplements based on them—provide nutritional benefits rooted in the nature of organic farming itself.

Concentrated Nutrition

As important as vitamins and minerals are to human health, plants provide even more in terms of nutrition by also supplying phytonutrients. Compounds such as anthocyanins, sulforaphane, carotenoids and ellagic acid help plants thrive in a number of ways, such as by fighting off pests and diseases. When we consume plant-based foods and supplements, these phytonutrients help us by, for instance, interrupting cancer development or supporting proper cardiovascular function.

Crops grown conventionally with synthetic chemicals are coddled, if you will: With everything they need provided to them, such plants don't have to fend off attacks or work hard to draw nutrients from the soil. On the other hand, even carefully tended organic crops need to put a little more effort into growth—which means creating more of the phytonutrients that help people thrive, too.

Resveratrol is a phytonutrient that scientists have linked to metabolic and neurological

benefits. "Several studies have shown that organic farming enhances resveratrol levels in red grapes by, on average, about 30%," says The Organic Center, a nonprofit research support group. A 2013 *PLOS ONE* (a peer-reviewed open access scientific journal published by the Public Library of Science) study found that organically grown tomatoes had much higher levels of both phytonutrients and vitamin C.

Certified Clean

The main reason most people buy organic—avoiding exposure to noxious substances—is as valid as it ever was. One well-known 2005 study found 200 pollutants in newborns' umbilical cord blood, including pesticide residues. What's more, one study found lower levels of antimicrobial-resistant *E. coli* on organic vegetables (*Foodborne Pathogens and Disease* 10/14).

Organic farming is also easier on the environment. Organically grown fields tend to increase the health of pollinators such as bees and harbor a greater diversity of plants and animals, which enhances natural pest control (*PLOS ONE* 5/11).

All of these advantages carry over to supplements made with organic fruits, vegetables, herbs and spices. USDA Organic products are free of man-made pesticides, herbicides and fertilizers. They also don't contain genetically modified organisms, which have had their genetic material altered to allow them to, say, resist the effects of synthetic weedkillers.

Better-quality organic supplements get their nutritional power from a wide variety of whole foods instead of yeast-based nutrients that provide little, if any, antioxidant value. It also helps if an organic supplement line has formulations tailored to men and women, including one for expectant mothers.

If you're already eating organic food, switching to organic supplements is the next logical step. (Copyright *Energy Times*. Used by permission. All rights reserved.)

Don't Miss Info on Fiber: Your Health Depends on It!

Eating healthy can feel complicated. But it doesn't have to be. There are several foundational pieces to the puzzle that if you get right, you are on your way to success. One of those things is making sure we eat enough fiber-rich foods.

Fiber is packed with a variety of health benefits; yet most North Americans only consume about 10-15 grams per day, half of what's recommended. A diet rich in fiber helps keep you stay regular, may lower your risk of colon and rectal cancer, and if you are watching your weight, can make you feel full longer, so you eat less. In addition, certain types of fiber help lower blood cholesterol, and can even help to control the rise of blood sugar after a meal.

Two Types of Fiber: Soluble and Insoluble

Soluble fiber dissolves in water and comes mostly from oats, legumes and some fruits (berries have the most) and vegetables. These fibers are frequently used in low fat and nonfat foods to add texture.

Insoluble fiber does not dissolve in water and is found in wheat bran, vegetables and whole grains. Insoluble fiber helps prevent constipation, adding bulk – and acts as a broom through your intestines.

It's recommended to consume between 20 to 35 grams of fiber daily, but in order to avoid uneasiness in the digestive tract, be sure to increase fiber intake gradually, and drink plenty of water to keep hydrated. Fresh fruit, vegetables, and legumes are great sources of fiber as well as whole grains, and nuts and seeds (think almonds and flax seeds).

The Nutrition Facts panel on food labels can help you determine the fiber content in packaged foods. A product that is marked as being high in fiber has 5 grams or more per serving, and one that notes it is a good source of fiber has 2.5- 4.9 grams per serving. Look for ingredients such as bran, whole ground cornmeal, cracked wheat and oatmeal as well.

Some fiber rich favorites include: avocados, oranges, coconut, apples, blackberries, raspberries, pears, sweet potatoes, squash, broccoli, beets, greens, beans (all beans are high fiber including red beans, adzuki beans, lentils, mung, split peas, etc.), amaranth, barley, oats, wheat bran, quinoa and flax seeds.

Boost that smoothie!

Looking to add more fiber to your day? Adding a banana to your smoothie not only sweetens your drink, it adds 3 grams of dietary fiber. One cup of raw spinach, which can be blended into a smoothie without compromising taste, provides 3.5 grams of fiber.

Pureed pumpkin is another ingredient to use in smoothies. One cup of canned pumpkin will provide 7 grams of dietary fiber.



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



Bulk

Lotus Foods – Organic Jade Pearl Rice: When cooked, this beautiful jade-colored rice produces the aroma of a bamboo forest with a light vanilla taste. **Organic Forbidden Rice new, too!**

Café Virtuoso – Organic Fair Trade Mexico La Canada Coffee: This locally roasted bean is mild and sweet with flavors of nougat, walnuts and milk chocolate. Each cup offers an enjoyable soft acidity and buttery mouthfeel. **Organic Fair Trade Nicaragua Coffee new, too!**

Solar Roast Coffee – Organic Apollo Dark Roast Bold Espresso Blend: This coffee is roasted using solar power, and features rich undertones with an exquisite finish.

Grocery

Jovial – Organic Einkorn Crackers in Sea Salt, Rosemary, and Tomato Basil varieties: Einkorn is nature's original wheat and the only one never to have been hybridized. With 30% more protein than modern wheat, these crackers provide 3g of protein in each delicious serving.

Peace Cereal – Organic Maple Buckwheat Hemp Supergrains Cereal: Organic whole buckwheat, hemp seeds, and a touch of maple syrup to give you a satisfying crunch with 7g of plant protein per serving! **Organic Quinoa Chia Crunch Supergrains Cereal new, too!**

Native Forest – Organic Sliced Bamboo Shoots: Harvested when the young shoots are at their most tender, Native Forest washes, slices and promptly packs the shoots to retain their delicate flavor and crisp "al dente" texture.

Perishables

Wholly Wholesome – Gluten Free Pizza Dough: This 14 oz. pizza dough ball comes in a freezer friendly package and can be rolled into various shapes and sizes for desired baking needs. Vegan, soy and nut free.

Stonyfield – Organic O' Soy Yogurt in Vanilla and Blueberry varieties: A delicious alternative for the lactose-challenged or those who wish to avoid dairy.

Harmless Harvest – Organic 100% Raw Coconut Water with Fair Trade Coffee: Pairing the water from certified Nam Hom coconuts with bold, Fair Trade, organic coffee, this beverage features about 25 mg of naturally occurring caffeine per serving, the equivalent of half a shot of espresso.

Joon Melange – Aphrodite Nektar: A raw white and green tea probiotic beverage made with organic ingredients, rose petals, and flower essences of sticky monkey flower, calla lily, and basil.

Body Care

Acure – Moroccan Argan Oil Rose variety: A true skin superfood rich in vitamin E, essential fatty acids, and proteins. Lightweight and easily absorbed.

Acure – Clarifying Body Wash: Formulated with lilac stem cells, which are shown to help reduce breakouts and imperfections, and sea buckthorn, CoQ10, and argan oil to help keep your skin soft and ultra-hydrated. **Sensitive Skin and Cell Stimulating Body Wash, new, too!**

Alaffia – Triple Milled Raspberry Shea Soap: Formulated with certified Fair Trade shea butter, this rejuvenating bar soap leaves skin feeling soft and sumptuous. **Sandalwood Ylang Ylang and Pineapple Coconut Soap new, too!**

Wellness

Health Force – Myco-Immunity: Just in time for the cold and flu season, this wellness formula contains fire-enhanced extracts of four different wood-grown mushroom fruiting bodies. Bolster your immune system the natural way. Available in powder and vegan capsules.

Sotru – Organic Protein and Greens: Provides an excellent source of vegan protein from a novel, hypoallergenic blend of rice, amaranth, quinoa and medicinal mushrooms to support your healthy, active lifestyle. **Organic Alkalizing Greens and Digestive Greens new, too!**

Body Care & Wellness

The Wonder Seed

Sweet Orange Shampoo 8 oz. **\$12.95** reg. 15.25

A color-safe hemp seed oil shampoo that is a superfood for your scalp.

Griffin Remedy

Moisturizing Body Bar 5 oz. **\$2.99** reg. 3.79

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Parchment Paper 70 sq. feet **\$3.99** reg. 5.65

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Norpro

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Down to Earth

Unbleached Cotton Cheese Cloth each **\$2.95**

A multi-purpose tool for both inside of the kitchen and outside of the house. reg. 3.95

Aloha Bay

Love Chakra Pillar Candle each **\$4.95** reg. 5.95

Deli/Bakery

Ensalada Picante Frijoles de Negros

\$6.89 per pound reg. 7.89

Sweet Potato Pie Slices

\$7.39 per pound reg. 7.89

Bulk

Equal Exchange - Organic & Fair Trade!

French Roast Coffee

\$7.99 per pound

reg. 12.19

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reg. 16.99

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Grocery

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reg. 3.39

Schekter's Organic Energy

Organic Energy Beverage

Original, Lite

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reg. 2.39



Perishables

Rudi's Organic Bakery

Organic Bread

Rocky Mountain Sourdough, Multigrain Oat, Spelt Ancient Grain

\$3.99 - \$4.69

reg. 4.79 - 4.99 20 - 22 oz.



Cascadian Farm

Organic Vegetables

Corn, Broccoli, Peas, Green Beans, California Blend

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Earth Balance - Organic!

Whipped Buttery Spread

Made with expeller-pressed oils. Vegan.

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Organic Butter

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Peanut Butter Krispy Treats

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Bulk

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\$7.99 per pound
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Unbleached White Flour

\$1.25 Organic!
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Grocery

Amy's

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Lundberg - Organic!

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A Primer on Winter Squash

It's autumn and nothing signals the season better than the colorful displays of winter squash greeting you inside the Co-op. Throughout history, this "storage" vegetable has been grown to sustain folks through long winters when cold temperatures meant they couldn't grow food. Being high in vitamin A, winter squash are a healthy complement to other storage root vegetables like turnips and rutabagas that are rich in vitamin C. These hearty vegetables work well together to help keep you healthy during cold and flu season.

As you look at all of the shapes and sizes of winter squash this season, your thoughts may turn to delicious dishes like squash soup, baked butternut, stuffed acorn and the like.



Ways to Use Winter Squash

Baking Squash: Cut squash in half, scoop out seeds, then brush surface with oil. Set squash cut-side down in a baking dish or sheet pan. Bake at 375° F until squash looks wrinkled and soft, usually about 35-40 minutes. Large squashes that are difficult to cut can be baked whole until they start to soften. At that point, it will be easier to cut and bake as usual. Serve with a little butter, salt and pepper, or tamari, or scoop flesh out for other uses.

Steaming Squash: Cut squash in half, slices or chunks, with seeds removed, and place in steamer basket over boiling water for 35-40 minutes. Serve with a little butter, salt and pepper; or save flesh for grilling or for purées.

Roasting Squash: Skin and seed a squash (butternut is ideal for this since it's easy to peel), then cut into bite-size cubes. Toss with olive oil, seasoning (salt, pepper, and garlic are good) and spread in a shallow baking dish. Roast for 15-20 minutes, then stir pieces around and roast for another 15 minutes. Stir one more

time and bake for another 10-15 minutes.

Grilling Squash: Cut squash into slices about ½ inch thick. Remove seeds, and steam lightly. Brush with oil and seasoning and grill on both sides until nicely caramelized and tender.

Puréeing Squash: Using flesh from a baked or steamed squash, beat with a large wooden spoon, mixer or food processor until smooth and creamy. Purée can be seasoned with butter, cheeses, and herbs and served as a side dish; or mix into a soup with milk, cream or stock; or add to muffin, cake or biscuit batters for enhanced flavor and moisture.



Stuffing Squash: Halve squash, remove seeds and fiber. Stuff with mixture of choice such as wild rice mixed with herbs, nuts and cheese. Cover and bake as usual.

Winter Squash Varieties

Acorn: Green, white and gold varieties. Tapered, fluted, acorn-shape. Classic baked squash, good for stuffing. Mild flavor goes well with maple syrup or brown sugar.

Buttercup, Sweet Mamma, Kabocha: Round, squat, dark-green squashes, sometimes striped, sometimes bumpy. Flavorful, dense flesh versatile for many uses, especially purées, soups, stews, sautés.

Butternut: Great all-purpose squash. Smooth, buff-colored skin, slender with bulbous end. Easy to peel and prepare, its smooth texture works well in soups, sautés, risotto, and gratins.

Delicata, Sweet Dumpling: Delicata is oblong, yellow-beige with orange and green stripes; Sweet Dumpling has similar coloring but is round. Both are small, 1-2 serving size squashes. Sweet, satisfying flavor; fast and easy to steam or bake, and great for stuffing.

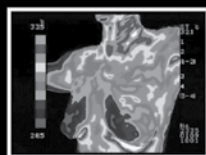
Hubbard: Oblong or round, some are slightly fluted, all tend to be slightly lumpy or warted. Size varies from hefty and large to medium-sized. Colors vary from gray-green, gray-blue (Queensland Blue, Blue Hubbard) to orange-red (Red Kuri). Good keepers and eaters. Dense, all-purpose flesh.

Pumpkins: From tiny to gigantic, pumpkins are good to eat when they are small to moderately sized. Large ones may be too watery to eat. Good all-purpose squash.

Spaghetti squash, Orangetti: Hard shell, yellow, orange or white. Stringy and bland, these are good steamed or baked, flesh scooped out and served with a sauce or ragout.

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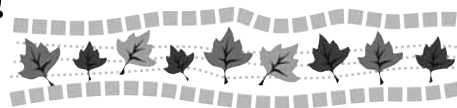
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Happy Thanksgiving!

by Mike Ferrill, Deli Manager



Due to the holiday schedule, only items on this list can be special ordered. Please place your order no later than November 22.

Entrées

- People's Seitan in Savory Sauce
- Millet Spinach Bake
- Carrot Cashew Loaf
- Black-eyed Peas and Greens

Sides

- Cranberry Sauce
- Mashed Potatoes
- Mushroom Gravy
- Baked Yams
- Cornbread Stuffing
- Aunt Betty's Bake

Pies

- Pumpkin
- Sweet Potato
- Chocolate Pecan
- Mixed Berry
- Apple

Sweet Topping

- People's Dairyless Cream

It's time once again to start planning for the holiday season. In the Deli we are busy preparing the holiday menu, ordering supplies and strategizing for the inevitable flurry of activity. Frankly, as hectic as it can be in the Deli, it is also my favorite time of the year at work.

The Deli will be offering home-made seitan this year and our chef emeritus, Alice Peckham will be overseeing the production of this delicious, low fat vegetarian protein option as usual. For Thanksgiving, we are offering it thin-sliced and served in a savory sauce or packaged whole. Because of the time and effort it takes to prepare—we consider it a labor of love—we will be making a limited supply, so place your special orders early for this item.

Other entrees available will be Carrot Cashew Loaf, Millet Spinach Bake and Black-eyed Peas and Greens. The millet dish has no added wheat or gluten but it does contain soy in the form of tamari. The black-eyed peas dish contains no added wheat or gluten. The recipe does call for tempeh (fermented soy) but it can be ordered without tempeh if you wish.

The Deli will serve a variety of side dishes and an assortment of steamed and roasted vegetables. Everything will be made from scratch, from certified organic ingredients whenever possible, and can be special ordered ahead of time. All entrée and side dishes will be served in the Deli hot bar and cold case November 23, 24 and 25, while supplies last. Peace!

People's Carrot Cashew Loaf

- 3 Tbsp. olive oil
- 1 cup onions, diced small
- 1 Tbsp. garlic
- 3 cups carrots, washed and chopped
- 3 cups cashews, ground in food processor
- 1 cup bread crumbs
- 3 Tbsp. tahini
- 1 Tbsp. caraway
- 1/2 cup nutritional yeast
- 1 lemon, juiced
- 2 tsp. black pepper
- 2 tsp. sea salt
- 1/2 cup water, retained from cooked carrots

What's in that Carrot?

Vitamin A to keep our eyes healthy, our immune system strong, and our cells growing.

Vitamin C to keep our immune system strong and help our bodies heal quickly.

Fiber to aid in healthy digestion. Eating enough fiber has been shown to keep our hearts healthy, too!

Preheat oven to 350°. Put carrots in a pot and fill with enough water to just cover. Bring to a boil and cook until soft. Drain and set aside 1/2 cup of the water. Blend the carrots and water in a food processor until smooth. Place carrot puree in a mixing bowl. Grind cashews in food processor and add to carrots. Sauté onions and garlic in the oil until browned, then add the spices. Remove from heat and add to carrot mixture. Add remaining ingredients and mix thoroughly. Spread the mixture into an oiled 9-inch baking pan, cover and bake at 35 minutes. Remove cover for last 5 minutes to brown the top.

Fall Salad and Pumpkin Tortilla Roll Ups

recipes by Cathy Banks

It's the start of the holiday season, company is coming and you need to feed them. Like most hosts, you'll want to offer your friends and family nutritious snacks and meals. You'll want to please their fancy with delicious and beautiful foods as well. The recipe for Fall Salad fulfills both of those desires. And, by combining seasonal persimmons with seasonal pears, you and your guests will reap the benefits of both soluble and insoluble fiber along with healthy doses of vitamin C.

For the little folk at your table, Cathy's recipe for Pumpkin Tortilla Roll Ups is as tasty as it is unusual. This may be your first time combining squash and tortillas, but you'll soon find that this pumpkin wrap is as much a winner with the kids as it is with the grownups at your feast.

Fresh Fall Salad

Serves 6

- 6 cups lettuce mix
- 3 beets, roasted
- 2 firm persimmons, peeled if desired and sliced
- 1/2 cup thinly sliced fennel
- 1 firm Bosc pear, sliced
- 1/2 cup lightly toasted chopped walnuts or pecans
- 2/3 cup crumbled goat cheese
- 1/2 cup olive oil plus 2 Tbsp. extra for roasting beets
- 3 - 4 Tbsp. maple syrup
- 3 - 4 tsp. balsamic vinegar
- Sea salt and pepper to taste
- 1 ripe avocado, cut in bite size chunks, optional

Preheat oven to 350°. To roast the beets, wash and trim ends, cut in half and mix with the 2 Tbsp. olive oil, sea salt and pepper to taste. Place in a covered glass dish and roast in the oven for 35-40 minutes or until a fork can be inserted easily and they are tender. Allow to cool, peel cut into bite size chunks and set aside.

In a large serving bowl, gently combine the lettuce, fennel, persimmons, beets, pear and avocado, if using. In a separate bowl whisk the 1/2 cup olive oil, maple syrup, balsamic vinegar and some sea salt and pepper to taste. Pour dressing over salad and gently combine. Add the nuts, mix and top with the goat cheese. Serve with crusty rolls or whole grain crackers and enjoy! Chef's note: If you prefer, you can use shaved parmesan cheese in place of

the goat cheese, however it is a saltier cheese so you will need to adjust your seasonings accordingly.

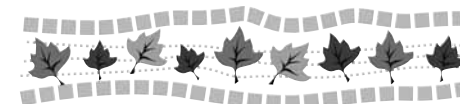
Pumpkin Tortilla Roll Ups

Serves 6

- 3 medium sized tortillas, sun dried to-mato flavor or whole wheat
- 4 ounces cream cheese
- 1/4 cup pumpkin puree
- 1/2 cup grated Colby cheese
- Sea salt and pepper, to taste or optional
- Fresh parsley sprigs about 1 large bunch of parsley
- Toothpicks

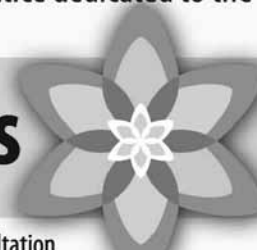
Start with room temperature tortillas and cream cheese. In a large bowl mix the softened cream cheese and the pumpkin puree until well combined. Stir in the grated cheese and mix to combine. Add salt and pepper, if using. Spread the pumpkin-cheese mixture on the tortillas. Roll up the tortillas and cut into 1 inch pieces. Secure with a toothpick and a sprig of parsley on top. Serve with other holiday munchies and glasses of **R.W. Knudsen's Organic Sparkling Pear Cider**.

Chef's note: This recipe is very easy for kids to make with adult supervision. To make it a sweet bite, instead of adding Colby cheese, add 1/4 cup of organic apple butter, a pinch of cinnamon and use a mint leaf on the top instead of the parsley!



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People's Thanksgiving Shopping List

Appetizers

- ___ Assorted Olives & Pickles
- ___ Peppers and Artichoke Hearts
- ___ Assorted Dip Mixes
- ___ Assorted Cheeses
- ___ Olive Spreads and Vegetable Tapenades
- ___ Assorted Crackers and Chips

Main Course

- ___ Tofurky Roast
- ___ Tofurky Savory Giblet Gravy
- ___ Field Roast's Celebration Roast
- ___ Gravy Mix
- ___ Herb Stuffing Mix
- ___ Non-Chicken and Vegetable Broth
- ___ Assorted Spices and Herbs
- ___ Brown, Wild Rice, and Grain Blends
- ___ Cranberry Sauce
- ___ Butter or Earth Balance
- ___ Sour Cream
- ___ Assorted Vegetables, Onions, Garlic
- ___ Assorted Squash
- ___ Yams and Sweet Potatoes
- ___ Russet, Red and Yukon Gold Potatoes
- ___ Collards, Kale, and Chard
- ___ Sugar Pie Pumpkins

Dessert

- ___ Bulk Chocolates
- ___ Fresh Fruit / Frozen Berries
- ___ Assorted Nuts
- ___ Pumpkin Pie Spice
- ___ Canned Pumpkin and Sweet Potato
- ___ Cinnamon, Nutmeg, Sage
- ___ Ice Cream and Non-dairy Frozen Desserts
- ___ Free Range Eggs
- ___ Whipping Cream and Heavy Cream
- ___ Maple Syrup
- ___ Fresh and Dried Cranberries
- ___ Whole Wheat Pastry Flour
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- ___ Active Dry Yeast

Beverages

- ___ Sodas / Spritzers / Ciders
- ___ Beer / Wine
- ___ Coffee and Tea
- ___ Half & Half and Non-dairy Creamers

Thanksgiving Feast Ideas

November is the month that we dust off our party dishes, roll up our sleeves, and commence to cooking. The Co-op is brimming with a riotous number of squashes in a variety of colors, shapes and tastes, freshly harvested herbs, crunchy new crop apples, fat and flavorful leeks, purple, red, white and golden potatoes, nutrient rich broccoli and its showy cousin Kohlrabi, and rows of asparagus, bright and green . . . There are plenty of choices to make your recipes sing, so invite the neighbors over and enjoy a meal with friends. If you're looking for new inspiration this holiday season, we've got a few recipes that are fool-proof and time-tested.

At this time of the year, and as always, we want to Thank You for supporting your local food Co-op.

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Holiday Millet Medley

4 servings

More than just an ingredient in birdseed, millet is a gluten-free vegetarian mainstay. Its nutrition profile features phosphorus, which helps filter out waste in the kidneys and plays an essential role in how the body stores and uses energy.

- 1 ¼ cups millet, cooked
- 1 lb. winter squash, cubed and parboiled
- ½ red bell pepper, sliced thin
- ½ green or orange bell pepper, sliced thin
- 1 ½ cups carrots, diced into small pieces
- ¼ head each, green and red cabbage, shredded
- ½ bunch of parsley, chopped
- ½ bunch basil, chopped
- 2 Tbsp. each of olive oil and lemon juice
- 1 tsp. each, sea salt and black pepper

Sauté vegetables then add squash, parsley and basil. Add spices, lemon juice and millet. Put in shallow 9 x 12-inch pan, cover with lid or foil, and cook in pre-heated oven at 350° for 30 minutes. Uncover and cook for another 5 – 10 minutes or until top is slightly browned.

Mushroom Savory Gravy

makes 8 cups

What's Thanksgiving without gravy? Rich in flavor, your guests will thank you for it and probably ask for the recipe. Go ahead and share!

- 2 ½ cups diced onion
- 2 Tbsp. olive oil
- 1 tsp. minced garlic
- 2 tsp. chopped fresh basil
- 2 tsp. chopped fresh oregano
- 2 tsp. chopped fresh thyme
- 1 tsp. sea salt
- 5 cups diced white mushrooms
- 1/4 cup tamari or soy sauce
- 3 cups hemp or nut milk, unsweetened
- ½ cup whole-wheat pastry flour
- 2 cups water

In a medium stock pot, sauté onions for 5 minutes over medium heat with oil and garlic. Add the chopped herbs and sea salt and increase heat to medium-high. Cook for 1 minute. Add mushrooms, tamari (or soy sauce) and hemp or nut milk. Bring to a high simmer, but don't boil. Mix flour and water to a smooth consistency and slowly stir this into the pot,



constantly whisking or stirring until thickened, about 3 to 4 minutes. Reduce heat to low and let gravy simmer for another 5 minutes.

People's Autumn Green Beans

4 servings

A Thanksgiving mainstay, green beans — sometimes referred to as string beans — provide us with silicon, a mineral that is important for bone health and for healthy formation of connective tissue.

- 1 ½ lbs. green beans
- 2 cups red onions, sliced half moon
- 1 cup pecans, chopped
- ½ cup Earth Balance Spread (or butter if you wish)
- 1/3 cup maple sugar
- 1/3 cup orange juice
- 3 Tbsp. stone-ground mustard
- 1 tsp. sea salt

Steam green beans until tender, but still crisp. In a pot heat Earth Balance then add onions and pecans, and sauté until onions are soft. Combine maple sugar, orange juice, mustard, and sea salt. Add this mixture to the sauté. Cook for about 3 minutes until the sauce starts to thicken. Add green beans and stir well until heated.

Southern Comfort Cornbread Stuffing

6 – 8 servings

Cornbread stuffing is traditionally a Southern Thanksgiving tradition, but we westerners can enjoy it too. For a cleaner, lighter stuffing, traditional turkey giblets have been replaced with a variety of herbs, while carrots have been added for a new dimension of vibrant color.

- 2 cups diced onion
- 2 large garlic cloves, minced
- 2 tablespoons canola oil
- 3 cups diced celery
- 2 cups diced carrots
- 1/4 teaspoon sea salt
- 3 Tbsp. dried herbs (a mix of rubbed sage, marjoram, thyme, and rosemary)
- 2 Tbsp. tamari
- 1 cup water
- 1 batch of Quick Cornbread (recipe follows)
- 1 cup finely minced parsley

Preheat oven to 350°. In a large skillet, sauté

... continued on page 14

Chew on this - GE crops and animals

According to the Food and Drug Administration, there is no distinction between genetically engineered organisms and non-genetically engineered organisms. According to the U.S. Patent office, genetically engineered organisms are awarded patents because genetically engineered organisms are substantially different from non-genetically engineered organisms.

Solana Beach: first city in San Diego to ban polystyrene

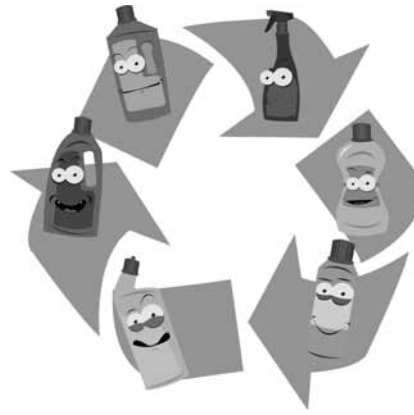
Solana beach has joined 90 other jurisdictions in California who have outlawed the use of polystyrene disposable plastic food containers. The ordinance will also ban the use of polystyrene packing materials such as "peanuts," "popcorn" and "noodles" by businesses or vendors in Solana Beach. According to a news report in the San Diego UT, polystyrene foam is best known as Styrofoam, "...but that's a trade name, and Styrofoam isn't actually used for food and drink containers, according to the company that produces the material." Solana Beach Councilman Peter Zahn, who proposed the idea to the council, said the plastic is particularly harmful to the environment because it's often made into single-use products and does not biodegrade. Nearby coastal communities that also ban polystyrene include Dana Point, Laguna Niguel and San Clemente. Solana Beach is also the first city in San Diego to ban single-use plastic bags. (San Diego UT, Del Mar Times)

Diesel exhaust, flowers and honey bees

One of the reasons given for the substantial decline of pollinators in many parts of the world - along with habitat loss, disease and insecticides - is environmental pollution. Now, researchers have discovered that diesel exhaust could be contributing to this because of the effect it has on flower odors. In the *Journal of Chemical Ecology*, a study from the Universities of Southampton and Reading reported that of the 11 most common single compounds in flower scents, five can be so chemically degraded by toxic nitrous oxide (NOx) gas from diesel exhaust that honey

Food for Thought: Millions of tons of plastic: Where is it going?

Even though most plastic is recyclable, between 22 and 43 percent of plastic worldwide is disposed of in landfills. And each year, 10-20 million tons of plastic end up in the oceans.



seabirds, whales, and dolphins or get transferred up the food chain as small particles get ingested, carrying chemical pollutants from prey to predator. Some toxic additives in plastic products—such as colorings, flame retardants, and plasticizers—have been linked to health issues.

Who's driving the trend? Western Europeans and North Americans use the most plastic per person, an estimated 200 pounds of plastic each year. Asia currently uses just 44 pounds per person, but this figure is expected to grow.

In Europe, about a quarter of plastic was recycled and a third was burned for energy in 2012. In the United States, only 9 percent of plastic was recycled in 2012.

What does this trend mean? When plastic is not recycled, it is often sent to a landfill where its resources are wasted, it takes up valuable space, and it blights communities. Plastic in oceans can entangle

What can be done? Along with reducing unnecessary plastic use, finding more environmentally friendly packaging alternatives, and improving product and pack-

aging design to use less plastic, many challenges associated with plastic could be addressed by improving management of the material across its life cycle. Governments, companies, and consumers can work together to encourage recycling.

(source: www.blogs.worldwatch.org/5-eye-opening-global-trends-you-should-know-about)

bees no longer recognize them. We already know that NOx is harmful to humans, and there is also evidence that it can confuse bees' sense of smell, which they rely on to locate food; they eat nectar and pollen from flowers. The research team does not think that air pollution from diesel vehicles is the main reason for the decline in bee populations, but the findings suggest it may have a worse effect than initially thought.

Study coauthor Guy Poppy, a professor in biological sciences at Southampton, says it is clear bees are coming under pressure from a range of sources, and this latest study highlights vehicle emissions as one of them. He adds, "Whilst it is unlikely that these emissions by themselves could be affecting bee populations, combined with the other stresses, it could be the tipping point." (Medical News Today)

GE Golden Rice paper retracted

The American Journal of Clinical Nutrition is retracting a scientific paper that claimed to show that genetically engineered rice serves as an effective vita-

min A supplement. The retraction follows allegations that the paper reflected ethical missteps in protocol, such as not getting informed consent from the parents of children in the experiment, and faking ethics approval documents. A Tufts University researcher had organized the feeding trial in Hunan Province, China, where 68 children aged 6 to 8 ate genetically engineered rice, or spinach, or a supplement. (Organic Consumers Association)

Insect diversity for farms

A new study says insect diversity in farm fields can reduce the need for pesticides. Scientists examined insect diversity in cornfields on 53 South Dakota farms and found that fields that had a lot of diversity had fewer pests. The scientists say the study is among the first to quantify the importance of insect networks in a farm field and that it will help farmers design cropping systems that don't require pesticides. (The Cornucopia Institute)



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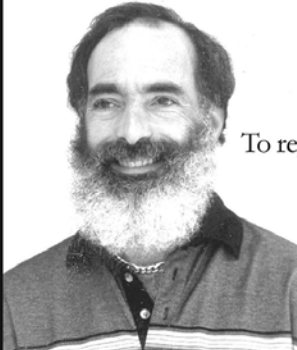
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holiday . . . continued from page 1

to make them look attractive. Try taking a Granny Smith apple, wash it, core it and slice it. Then do the same with a red-skinned apple. Arrange the slices alternating red and green in a circle around the outside of a serving plate. Put a small bowl with organic honey or nut butter in the middle and have your guests dunk the fruit for a delicious treat!

This year make your portions 1/4 to 1/3 the size that you usually do. Make people comfortable about coming back for seconds. Make it easy for your family and guests to keep their precious health by not adding extra pounds. Do offer drinks that are healthy. If you serve alcohol, be sure you offer attractive alternatives such as pure, freshly squeezed fruit juice or cool herb teas for those who do not indulge.

If you want to keep your body healthy, plan ahead. Don't go to a dinner, a brunch, a party or any gathering hungry. About one half hour before arriving at the gathering, have a nice warm drink of black, green or herbal tea. If you are hungry, have a piece of fruit, a small bowl of healthy cereal, or even some air popped popcorn. This will help to prevent you from overeating.

Last but not least, set the mood with music. According to the website FitBit, the presence of music during a meal has been shown to directly relate to food intake. The pace of the music has also been shown to have an effect on consumption. For a pleasing mealtime environment, consider jazz or classical and save the rock and roll for dancing after dessert.

Thanksgiving . . . continued from page 13

onions in oil for about 2 minutes. Add water, tamari, garlic, carrots and celery, and cook another 2 minutes. Set aside. In a large bowl, crumble one recipe of the Quick Cornbread and add parsley. Mix the sautéed vegetables and herbs with cornbread and parsley. Bake stuffing in an oiled 9 x 13-inch baking pan for 25 minutes.

Quick Cornbread

- 1 cup cornmeal
- 1 cup whole-wheat pastry flour
- 1 Tbsp. baking powder
- 1/4 tsp. sea salt
- 1/2 cup vegetable oil
- 2 Tbsp. maple syrup
- 1 cup water

Preheat oven to 350°. In separate bowls, mix the dry and wet ingredients. Add the dry ingredients to the wet ones and stir until well combined. Pour into an oiled 9-inch round or square baking pan. Bake for 30 minutes. Set aside and cool.

Cranberry-Orange Upside-Down Cake

Your Thanksgiving dinner deserves a dessert worthy of more than a cookie and this upside-down cake will round out the meal nicely. Serve small slices with cups of organic Fair Trade coffee or tea.

- 6 Tbsp. butter or margarine, plus more for greasing pan
- 1 cup sugar

- 1/2 tsp. cinnamon
- 1/4 tsp. allspice
- 1 Tbsp. grated orange zest
- 1 3/4 cups fresh cranberries
- 1 egg or egg replacer equivalent to 1 egg
- 1 tsp. vanilla extract
- Juice of 1 orange
- 1 1/4 cups all-purpose flour
- 1 1/2 tsp. baking powder
- 1/4 tsp. sea salt
- 1/2 cup hemp or nut milk

Preheat the oven to 350°. Grease an 8-inch round cake pan with butter or margarine and set aside. Whisk together 1/2 cup of the sugar with the cinnamon, allspice, and orange zest. Sprinkle evenly over the bottom of the pan. Then, arrange the cranberries in a single layer in the pan and set aside.

In a large bowl, cream the 6 Tbsp. of butter or margarine and the remaining 1/2 cup of sugar for several minutes with an electric or hand mixer until well blended. Add the egg or egg replacer, vanilla, and orange juice. Beat again. In a separate bowl, sift together the flour, baking powder, and salt. With the mixer on low speed, add the flour mixture to the margarine mixture in three batches, alternating with the hemp or nut milk and blending well after each addition.

Pour mixture into the pan over the cranberries and smooth the top. Place on a baking sheet on a rack in the center of the oven and bake until a toothpick inserted in the center comes out clean, approximately 30 to 35 minutes. Remove from the oven and let cool on a wire rack for 30 minutes. Run a knife around the edge of the cake and invert onto a plate.

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