

the

Natural Buzz

Concord Cooperative Market & Kearsarge Cooperative Grocer June 2011



Letter from the General Manager -

BULK GOODS: 19th Century Shopping in a 21st Century Marketplace

When I walk through our bulk department, I can't help but be reminded of days long past when most goods were sold in "bulk." In the old days, townspeople would go to their local general store to buy their flour, beans, nuts, and grains, etc. These items were likely scattered throughout the store nestled between bolts of fabric or next to a tub of nails or a display of cooking kettles. Although the look of our "general store" is quite unlike the ones of yesteryear, I think it's safe to say that the concept of buying "bulk" never quite lost its appeal and perhaps, with the increased focus on healthy eating and environmental awareness in recent years, that appeal is enjoying a new and welcomed resurgence.

Our bulk department is one of the busiest departments at our Co-op, which tells us a lot about the kinds of products you want and how you prefer to shop. It tells us that freshness is an important consideration when you choose what to buy. You can take comfort knowing that our bulk bins are checked daily and the product in them is continuously rotated to guarantee you are getting the freshest product possible. We know you wouldn't expect anything less from your Co-op.

What makes our bulk department a real standout however, is the variety of these basic essentials that we make available to our customers. Our bulk department proudly boasts 14 kinds of flour, 18 varieties of rice, 14 types of beans, 91 bulk spices, and 12 bulk teas. And if all that weren't enough, we have almonds, walnuts, pecans, pistachios, pumpkin seeds, cashews, chocolate-covered raisins, yogurt-covered pretzels, dried fruits, grind-your-own peanut and almond butters, local maple syrup and honey, olive oil, 18 flavors of coffee beans, dish soap and laundry soap, and in our health and beauty department we even have bulk bar soap where you can cut your own bars of fragrant soaps. I'm told that we will soon be offering bulk shampoo as well. Wow! Now that's impressive!

Our buyers are always looking to feature

local and regional items, which we know you prefer. Some of our favorites include sprouted almonds from Will 'N Rose's of New Boston, honey from Hillside Apiaries in Merrimack, maple syrup from North Family Farm in Canterbury, Granite Ledge Coffee from Canterbury, and organic whole wheat flours from Brookford Farm in Rollinsford.

Beyond New Hampshire, we also buy from several New England suppliers including Equal Exchange coffee beans and chocolates, Fairland Farms dried cranberries, Grandy Oats granola, almonds, and cashews, and our new Maine-grown heirloom beans.

While the selection of bulk goods has improved dramatically over the centuries, the reasons for purchasing in bulk remain the same: quality, affordability, reduced waste, and the ability to get the exact amount you need. We provide bulk bags, but we encourage you to refill your own favorite container. Let us weigh it first so that you won't be charged for the weight of your container at the check out.

We already have a winning bulk department, but what can be done to make it even better? Well, as part of our proposed renovation, we hope to increase the space devoted to bulk products and incorporate an educational component where you will be able to learn more about the different products we offer. Our bulk buyers will be right there on the floor to answer your questions and help you with your selections. Wouldn't it be great to have resources available where you can learn about such things as where and how these products are grown and harvested, or how to incorporate them into your favorite recipes to make them healthier and more nutritious, or perhaps even discover new recipes to try?

Buying bulk is a time-honored, smart way to shop and certainly the way to go for health savvy and environmentally conscious shoppers. If you haven't explored this wonderful part of our Co-op, I encourage you to check it out on your next visit.

Co-operatively speaking,

Paula Harris, General Manager

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Find us Online at www.concordfoodcoop.coop and on...





The Board Bulletin

WE NEED YOUR VOICE: Vote in Our Annual Elections

by Nancy Girard, Board President

Our Co-op consists of many people, all diverse yet all committed to the mission that the Co-op represents. We embrace this diversity, and we celebrate this unique community of people because they are the core of the Co-op and our voice. You see the many events, awards, fairs, and tastings in which the Co-op participates. The Co-op has become a significant asset for Concord's South End. All our members benefit from the Co-op's outreach into the community, its educational programs, and, of course, the natural and organic foods and produce available to us.

The Co-op's Annual Elections will take place in just a few months, and candidates are currently applying to be on our ballot. As your Board President, I urge you to consider how incredibly important your voice is at your Co-op. The Co-op Board of Directors' job is to represent the members; therefore, we need you to exercise the power of your vote for the best candidates to represent you and your concerns for the Co-op.

The future of the Co-op depends on your vote. Whether you are a new or long-time member, a regular voter or someone who has never bothered to vote, I urge you to vote in this year's elections. No one knows the value of our Cooperative as much as you, our members, do. It is because of you that the Co-op exists and thrives, and you are equal part-owners of our stores. Together with other members, you help choose the right people to represent you and the Co-op's values on our Board. The Directors whom you vote for have a profound effect on the direction that the Co-op takes in the years to come.

Every Vote Counts!

Staying silent allows a small number of people to determine what your store will look like in the near future. Did you know that only 135 out of 4007 active Co-op members voted in last year's elections? Unfortunately, this is typical of prior elections and means that the fate of our Co-op is in the hands of just three percent of our member-owners!

Get to Know the Candidates

Perhaps you don't vote because you don't know the candidates and the needs of the Co-op. This year our Board has worked hard to improve the connection you have with the Board candidates and the process candidates go through in order to apply. This year's ballot will feature longer descriptions of each candidate as well as photographs of the candidates. We are asking each candidate to talk about themselves in the context of teamwork and cooperation, respect, and commitment to the mission

of the Co-op. We also encourage all the candidates to attend Board Meetings and Co-op events to interact with current Board members and our membership at large.

At the store, we have displays and comment cards about current issues on which you can lend your

voice. We also sponsor numerous events throughout the year which are open to members and the public as well. I encourage you to attend, enjoy, and ask staff and current board members where the Co-op is going. To get a better understanding of the Co-op, our history, and our mission, visit www.concordfoodcoop.coop/aboutus.php.

Watch for the Ballot

Please watch for the ballot, which will arrive in your mailbox in late September/early October. We encourage you to attend the Annual Elections and Meeting on October 23 (more details to be announced on the ballot), at which the final vote will be tallied and announced. But most importantly, please vote so that your voice can be heard.

If You'd Like to Run

If you are interested in running for the Board, please know that the deadline to apply is in just a few weeks on July 1. Details on how to apply are available on our website at www.concordfoodcoop.coop/governance.php.

The Co-op is growing and has become a major force in downtown Concord, so it is up to YOU to determine which direction it should go and how it will look. Please take the time to vote this year. We need your voice!

Co-operatively speaking,

Nancy Girard, Board President

The future of the Co-op depends on your vote. Staying silent allows a small number of people to determine what your store will look like in the near future.

Mission Statement

Provide our community with high-quality natural and organic foods and environmentally sound products at reasonable prices.

Create a personable and friendly place to shop, with the product diversity to satisfy the grocery needs of most health and ecologically conscious households.

Support environmentally and socially responsible producers and suppliers, including purchasing local and regional products where available within price and quality standards.

Provide service that is cheerful, courteous and knowledgeable.

Be a resource to our membership by providing information on health and nutrition, and social, political, and economic issues related to food, and by promoting awareness of the value of consumer control through the cooperative system.

Conduct our affairs according to consumer cooperative and financially sound principles and act as a supportive and caring employer.

Your Co-op in the Community YOUTH OUTREACH: Working with the Concord YES Team

by Shane Smith, Outreach Coordinator

The excitement is building over the construction of our Hoop House Partnership at the Vegetable Ranch farm – now underway in Warner. (See our April issue for more details.) While we're psyched that the partnership will give the Co-op – and our customers – access to delicious organic, local produce year-round, we're even more thrilled about the outreach and education opportunities it will allow. One group of kids we're already working with is the Concord YES Team.

What is the Concord YES Team?

The Concord YES (Youth Environmental Services) Team is a service learning program for youth in the Concord area run by the Concord Boys and Girls Club.

Team members engage the community in positive environmental changes through outdoor hands-on improvement projects, community outreach and work projects with various environmental experts and community leaders and residents.

The program has two goals: to help prepare youth for a lifetime of leadership, and to develop our community's

capacity to be excellent stewards of their environment. The Co-op has previously worked with the Concord YES Team on a variety of projects. We gave the Team a tour of the Co-op, they joined us for our Spring into Healthy Living Fair to teach people about the importance of composting, and we worked with Green Concord to raise more than \$3,000 at the Green Traditions Concert & Fair to support the Team.



The YES Team, Co-op and Vegetable Ranch

In keeping with this mission, the Co-op, YES Team, and the Vegetable Ranch will partner together, traveling to the Vegetable Ranch every other week this summer to weed, harvest, spread fertilizer, and pack vegetables for delivery. The kids will not only be helping with farm chores but also learning sound organic and sustainable farm practices. I will be tagging along to help with chores and to document this hands-on educational opportunity in our newsletter. ■

To learn more about the Concord YES Team, visit www.facebook.com/pages/Concord-YES-Team/103585593024804

The Concord Co-op Kids Club

Thanks to all of young co-operators who have signed up for the Co-op Kids Club. We are currently at 150 members and growing!

Here's how the Co-op Kids Club works:

- If you haven't joined already, fill out a form at the Kids Club Table at the top of the stairs and bring it to any of our cashiers to receive your membership card.
- Help yourself to a free piece of fruit in the basket.
- Wear your Co-op sticker so we can see you are participating in the Kids Club. Club mascot stickers can be found in the folder on the Kids Club Table.
- Take a coloring page from the Kids Club Table and return it if you want it displayed in our artist folder.
- On your birthday month, you will receive a coupon for one free item from the bakery case or cupcake case.
- More updates and benefits to come!





NEWS BITES: Natural & Community News

Co-op News:

More Awards!

We are honored to be recognized in our community. In addition to the awards we announced in our last issue, we're pleased to share that we have received the following accolades in this year's Capital Area People's Preference (Cappie) awards: The Concord Co-op received second place awards for Best Vegetarian Fare and Best Gourmet Food Store as well as third place for Best Caterer. To see the full 2011 Cappie awards, visit www.theconcordinsider.com. Our chefs also won the Concord YMCA Top Chef Best Slider Competition. Thank you!

Community News:

The Friendly Kitchen Benefit Concert

We hope you'll join us to support this important concert featuring singer/songwriter Karen Grenier, the benefits of which will help rebuild The Friendly Kitchen after a devastating fire. The Friendly Kitchen is Concord's only soup kitchen and a long-time Co-op Community Partner. The event takes place at Concord Community Music School on Friday, June 3; doors open at 6 pm, concert begins at 7 pm. The Co-op will provide our homemade soup for the event. A cash bar for beer and wine and light refreshments and dessert will also be available. Tickets \$20. Call 228.1196 or visit www.ccmusicschool.org.

Welcome, Capital City Organic Gardeners

We're pleased to have the Capital City Organic Gardeners (CCOG) join us as a new member of Green Concord. This local community of organic vegetable gardeners meets on the third Wednesday monthly from March to October to educate and foster camaraderie among backyard

and community gardeners. This month's meeting on June 15 will discuss home remedies for disease and pest control; the children's program will cover garden creatures. Visit ccognh.wordpress.com for meeting information as well as a wealth of organic gardening articles.

Multicultural Festival

Come down to the State House Plaza in Concord on Saturday, June 18, 4-8:30 pm for the Concord Multicultural Festival! The chefs from our award-winning Celery Stick Café will provide Swedish food for the event. The day will feature international foods, music, dancing, flag-making, art, parade, henna, hair braiding, social services, a children's program, and educational materials. Visit www.multiculturalfestivalnh.org.

In the News:

GMO Backlash

The United States Department of Agriculture (USDA)'s recent approval of various genetically engineered (GE) and genetically modified organisms (GMOs) has prompted backlash across the country. As we reported in our March newsletter, The Center for Food Safety and other like-minded organizations have filed suit against the USDA, arguing that its unrestricted approval of GE alfalfa was unlawful. Anti-GMO sentiment has made headlines in other ways as well.

Several GMO and Monsanto boycotts have also popped up across the country, largely spurred by the Organic Consumers Association (OCA). Particular attention is given to boycotting Kellogg's brand and Kellogg's natural subsidiaries. The cereal giant is criticized for selling non-GMO products in Europe (where it's illegal) yet continuing to sell them in the United States. The OCA also led a Millions Against Monsanto Right to Know Rally earlier this year.

Last month, California passed a bill that will require GMO labeling of GE salmon. "Knowing whether our salmon is genetically engineered is important for a host of reasons,

including risks to our native salmon species, and allowing consumers to make dietary choices consistent with concerns they may have for the environment, food safety and religiously or ethically based dietary restrictions," said the bill's author, Assemblyman Jared Huffman.

The Organic Halo

It's true that buying certified organic food has several advantages: It's natural, grown without chemical pesticides and herbicides, and even guaranteed to be GMO-free. However, "organic" doesn't necessarily mean "healthy."

Recent research from Cornell University reminds us that we still have to scrutinize our food purchases. Researchers interviewed 144 mall shoppers and asked them to compare snack foods like cookies, chips, and yogurt labeled "organic" and "regular" in terms of taste, perceived fat content, and estimated number of calories. (In reality, all the items were organic.) The subjects preferred almost all of the taste characteristics of organically labeled foods even though they were identical to their conventionally labeled counterparts. Participants also perceived the "organic" items to be lower in calories and fat, higher in fiber, more nutritious, and more expensive compared to the "non-organic" items.

While organic *is* generally better than conventional, this research reminds us that it's important to seek out truly healthy whole foods including fresh vegetables, fruit, lean protein, and whole grains... and don't just judge that cookie by its organic label.

Yes Fresh Foods, No BPA

Toxins like the dangerous bisphenol A (BPA), used in plastics and can linings, are ubiquitous and now found in most people's bloodstreams. Encouraging research released by the Breast Cancer Fund and Silent Spring Institute shows how fresh foods can help. BPA levels in families who opted for fresh food (and glass-canned) rather than canned or plastic-packaged food dropped 60 percent in just three days of the healthier diet! Levels climbed back up once a regular diet was resumed. ■

Thursday, June 23

6:00 to 8:00 pm

At the Concord Co-op

Red, White & Blues

Wine Tasting



Celebrate summer at our free Red, White & Blues Wine Tasting! Jive to the smooth sounds of the Sharon Jones Trio while sampling an array of fabulous wines and outstanding appetizers. This summer festival is free and open to the public. Please bring or buy a canned good to donate to the New Hampshire Food Bank.



On the Farm

OLD-FASHIONED CITY DAIRY: Bartlett Farm

by Eustaquio Gonzalez, Dairy Buyer

The Bartlett Farm dairy in Concord is the last surviving dairy farm in the city. Now home to 150 Holstein cows, the family-owned farm began in 1924 with only a few Guernsey cows and is now run by brothers, Scott and Craig Bartlett, the fourth generation of Bartlett farmers.

Unlike many of our awesome vegetable farmers who decided later in life to become farmers, the Bartletts were born farming. "It's a way of life," Scott said as he ran down a checklist of daily duties on the farm. In addition to caring for the cows and milking them twice a day, these farmers also have to be veterinarians, dieticians, mechanics, and accountants. Craig Bartlett, who had left the farm for a while, is now back working alongside his brother overseeing the retail side of the business.

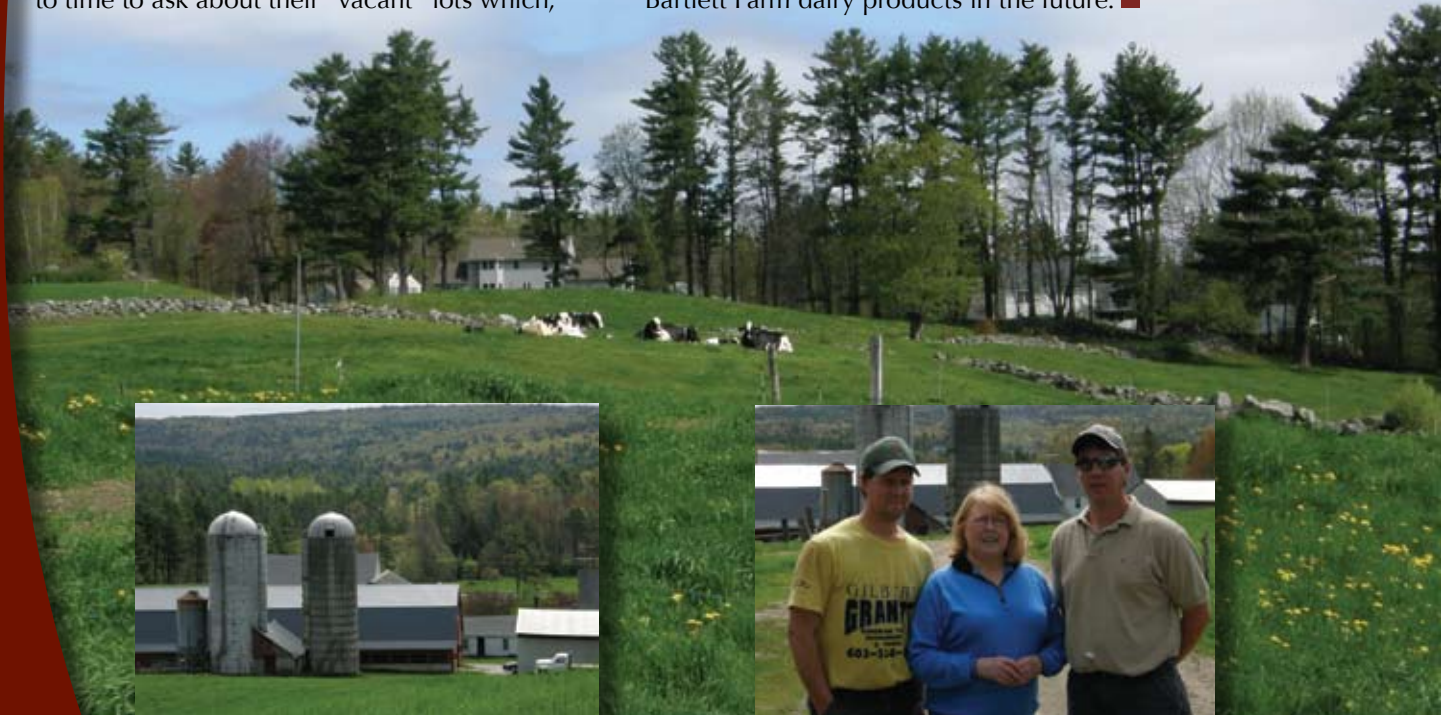
"Work on the farm is seven days a week," Scott explained. "I am up at 4:30 in the morning and I stop only when everything that needs to be done is done. If one of the cows is sick or there is an emergency of some kind, I may not get to bed until midnight or later, and I still have up and ready to do my routine chores the next morning."

Bartlett Farm is beautifully picturesque, consisting of 250 acres of rolling, grassy hills lined with timber that provide breathtaking views. Developers approach the farm from time to time to ask about their "vacant" lots which,

to the untrained eye, may not seem like valuable pasture land. During a 2007 interview on NPR, Gary Hirshberg (of Stonyfield Farm fame) said it was his favorite spot in the entire state. The Bartletts also own the fields behind the post office on Loudon Road and proudly lay claim, or so they've been told, to having the closest corn field to any state capitol building in the United States.

One of the challenges of farming within city limits is maintaining good relationships with neighboring homeowners. Many large homes have been built near the farm in recent years. Homeowners may be drawn to the scenic landscape, but they're less fond of the inherent odor of a dairy farm. Locals may get particularly cranky when the farmers spread manure on the pastures, and it doesn't help if cows occasionally get loose in the middle of the night. One one such evening a few years ago, a few escapees trampled the neighbor's strawberry beds. As you can expect, the owner was quite unhappy about the incident. Scott was sure to repair the damage and apologize. The Bartletts do their very best to keep good relations with their neighbors in various ways including scraping the road twice per day after the cows have crossed.

This local dairy farm currently provides the Co-op with raw milk from their cows, which are mostly grass-fed from pasture and hay grown on their own fields. In the near future, we hope to also offer pasteurized milk from Bartlett Farm which, like their raw milk, will be sold in returnable glass bottles. Within a few years, the farm hopes to begin processing their milk right on the farm which will allow for the production of local butter, yogurt, and cheese. We are thrilled to bring Bartlett Farm's raw milk to the Co-op for our customers and look forward to offering an expanded line of Bartlett Farm dairy products in the future. ■





Focus on Food

IN THE KITCHEN: Light & Easy Gluten-Free Summer Cooking

by Jennifer Woolf, L. Ac., Licensed Acupuncturist & Co-op Wellness Educator



Summer is an excellent time to consider gluten-free cooking. While some people seek out a gluten-free diet because they're allergic to this protein found in wheat, rye, and some other grains, anyone will enjoy the variety of a delicious, gluten-free meal. Fresh vegetables and grilled meats lend themselves to simple, lighter meals with gluten-free starches on the side.

RICE: To add rice to a meal, consider a rice cooker. This electric appliance, usually around \$25, can save time and energy, cooking either brown or white rice and even steaming vegetables at the same time. In summer, a rice cooker can reduce the amount of indoor heat produced by cooking, especially if the rest of the meal is grilled outdoors. Instead of cooking rice in water, you can use chicken or vegetable broth or other soup to make a tastier version tailored to match the other parts of the meal.

Many rice cookers come with a steamer basket that sits in the top of the cooker. Remove the basket and begin cooking the rice while you load the basket full of chopped vegetables. Replace the basket, and when the timer beeps, both rice and vegetables are ready! Of course, you can do this without an electric rice cooker, by simply placing your vegetable steamer basket into the pot of cooking rice. To any meal, rice in one of its many forms and combinations is an easy addition, but let's explore some other options as well.

CORN: Many people neglect corn in kernel form except in summer. Corn is an excellent starch, with plenty of fiber and exploding with taste when freshly picked. Add whole kernels to scrambled eggs, soups, pasta salad, rice salad, and other summertime dishes. Creamed corn is quick and easy to make, and it is a natural for any meal – even breakfast! In summer, when corn flavor is exquisite all on its own, the sugar you may find in your favorite recipe can be omitted.

QUINOA: Quinoa, a high-protein grain, can also be cooked in the rice cooker. Quinoa makes an excellent loose grain to sprinkle on salads; mix with vegetables, oil, and vinegar for a pasta salad stand-in; serve as a side to grilled vegetables or meats; and bake into stuffed peppers.

POTATOES: Fresh potatoes are always welcome, easy gluten-free fare. There are hundreds of ways to cook potatoes, and summer has no shortage of recipes for potato salad, grilled potatoes, breakfast potatoes – even potatoes baked in the campfire! If you do not like traditional mayonnaise-based potato salad, try adding olive oil and vinegar to the cooled potatoes instead, along with your favorite spices.

PASTA: What if you want to make a traditional pasta salad, but you want to avoid gluten? Many people try cooking gluten-free pasta only once – because that sticky, gooey mass puts them off. For gluten-free pasta, the most important

cooking tip is to monitor the pot closely. This might be the case in which a watched pot guarantees success! Every so often, remove a noodle and taste it. When the pasta is ready, remove it immediately and strain it. For an oil and vinegar-based salad, run the noodles under cold water right away until cool, all the while straining it. Once the pasta is cool and thoroughly strained, add the vegetables (some also like cubed cheddar, and my favorite secret ingredient is blanched broccoli). To the oil, add spices for flavor, including salt and pepper, minced garlic, fresh thyme, oregano, and parsley. Mix this oil with the pasta until thoroughly coated. Sprinkle vinegar and a few squeezes of lemon over the salad, stirring well. Taste, and adjust vinegar as you like.

Summer is a wonderful time to try something new in your kitchen (or your grill), as the fresh and local ingredients are delicious at their peak. Highlight the vegetables, eggs, cheeses, and meats from area producers with a backdrop of gluten-free grains and other starches for exceptional taste and health. ■

Jennifer Woolf, L. Ac. owns Concord Community Acupuncture, a low-cost acupuncture clinic located in Concord at the Ralph Pill Marketplace. www.concordcommunityacupuncture.com

the fast food backlash starts here.

delicious all-natural meals, locally sourced when possible
rBGH-free cheddar cheese from Vermont
organic Stonyfield yogurt & real fruit in our smoothies
wild Maine blueberries
cream cheese from Vermont family farms
cage-free eggs from New Hampshire
salmon smoked in Maine
all-natural, cage-free chicken & turkey
naturally-cured bacon & ham—no nitrites or nitrates
no hormones or antibiotics in our meats, ever
all-natural, unbleached, unbromated flour
rainforest alliance certified, one-plantation coffee



the works

42 North Main St., Concord, 226-1827

open 6am to 6pm worksbakerycafe.com



Natural Beauty

CLEAN UP YOUR ACT: Better Summer Beauty Products

by Lori Myers, Health & Beauty Manager, Wellness Education Coordinator

Summer's almost here, and you might be paying a little more attention to your skin now that it's on display under tank tops, shorts, skirts, and bathing suits. Perhaps you're looking to give yourself a natural glow.

Head to the Big Box stores, and you'll find products loaded with chemicals that are linked to cancer, endocrine disruption, and neurotoxicity. Having grown up in a family where makeup was a right of passage in a woman's life, I was shocked to learn just how toxic conventional cosmetics and personal care products usually are. Fortunately, the Co-op offers more natural, safer alternatives!

I consider myself the steward of the Health & Beauty Departments in both our stores and am constantly scrutinizing ingredients to find better, cleaner products that perform well. I have the websites for the Campaign for Safe Cosmetics (www.safecosmetics.org) and the Skin Deep Database (www.ewg.org/skindeep) programmed into my iPhone and connect with beauty buyers at other natural food stores for feedback and favorite brands so that I can bring you great products. Here are my top picks this summer:

Step 1: Exfoliate

Slough away dead and dry skin with a nice, gentle exfoliant. For the body, try **Le FP Green Body Care's Indian Night Sugar Exfoliant**, which is 98 percent organic, totally natural, and made right in Peterborough, New Hampshire. Or, if you'd like to **make your own exfoliant**, simply combine any sugar or salt (coarse grinds for feet, fine grinds for the body) with enough vegetable oil to make a paste. Add a few drops of your favorite essential oil, if you'd like. Rub it in the skin, rinse off with warm water, and gently pat dry. (For your face, use gentle ground oatmeal mixed with water instead of salt or sugar.)

To further buff up your skin, check out our **loofah and natural sponge selection from Earth Therapeutics**.

Step 2: Moisturize & Protect

A light moisturizer keeps skin soft and supple while offering a bit of a barrier to the elements. This time of year, look for extra special ingredients like natural sunscreen and high-antioxidant green tea and other herbal ingredients to protect against and offset sun damage. **Aubrey Organics** has several nice products that fit the bill. Their facial care line has two **15 SPF Moisturizers: Green Tea & Ginkgo and Blue Green Algae**. The company's **After Sun Face & Body Moisturizer** is loaded with important antioxidants for the skin. For your tootsies, try locally made **Le FP's Mint Relaxing Foot Creme**.

Step 3: Pretty Up

If you'd like a little extra color and scent in your life, seek products that use as many natural and organic ingredients as possible.

I love **Healing Earth Vermont Herbals'** totally natural **shimmer lip balms** and **solid perfumes**... not to mention the company's **bug spray**, all of which have been extremely popular with our customers.

If you want to paint your piggy toes, check out **PeaceKeeper Cause-Metics nail polish** and **Tate's** unique natural **nail polish remover**. Ever wonder why nail techs wear masks? Conventional nail polish is more toxic than perhaps any other form of makeup. While a completely natural nail polish doesn't exist, PeaceKeeper avoids the most dangerous ingredients and is ranked the safest paint-based natural nail polish by watchdog Environmental Working Group. (Bonus: The brand also donates all after-tax distributable profits to women's health advocacy and urgent human rights issues.) I'm also bringing back **Suncoat polish** in fun, water-based colors.

After researching a wide variety of natural cosmetics lines, I'm pleased to bring in the new **Mineral Fusion full line of makeup**. It's one of the most popular brands in the country right now, thanks to wonderful color selection, great ingredients, and reasonable prices. The display will arrive soon, making us the first store in New Hampshire to carry it!

To perk up your hair color, check out our all-natural **henna hair colors**. For color that performs more like conventional products, try **Tints of Nature**, which is made primarily from natural and plant-derived ingredients.

For golden skin without the sun, try **Alba Botanica's Sunless Tanning Lotion**. While it features several ingredients that are not natural, it is cleaner than conventional self-tanners and safer for your skin than sunbathing. ■

Quentin Lauradunn, L.Ac

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Focus on Food

RECIPES FOR REPAIR: Super Dishes by Local Authors

Can a smoothie really help someone with Lyme disease? That's the premise behind the research of Dr. Kenneth B. Singleton and a new cookbook, *Recipes for Repair*, by local authors Gail and Laura Piazza. The recipes are chosen for their ability to fight inflammation, which is at the root of many Lyme disease symptoms as well as many other disease patterns including heart disease and chronic pain like arthritis. Try these recipes from the book to see just how delicious good health can be!

Coconut Berry Smoothie

This recipe makes enough for two smoothies, so share with someone, or take the extra to work for a mid-afternoon snack.

1 cup coconut milk
 1/2 cup unsweetened pomegranate or pomegranate blueberry juice
 1/2 cup blueberries
 1/2 cup raspberries or blackberries
 2 teaspoons raw honey
 1/2 cup ice
 Place all the ingredients in a blender container in the order listed. Blend on high, or on a frozen drink setting, until the ice is crushed and the fruits are blended.



Indian Chickpea and Spinach Fritters

The curry in these fritters gives them a decidedly Indian flavor. If you don't like Indian food, take a chance and try this recipe anyway – you might be pleasantly surprised. Many of our taste testers who "don't like Indian food" ended up asking for the recipe! Makes eight fritters.

1/2 cup brown rice flour
 1/2 tsp baking soda
 1/4 tsp cream of tartar
 1/4 tsp freshly ground black pepper
 1/2 tsp sea salt
 1 egg
 1/4 cup water
 1 cup chickpeas, drained, rinsed and coarsely chopped
 3 cups fresh baby spinach, finely chopped
 1/2 small onion, chopped
 1 clove garlic, crushed
 2 tsp curry powder
 2 tsp sesame seeds
 1 tsp chopped oregano
 1-3 Tbls ghee or extra virgin olive oil, divided

Preheat the oven to 225°F. Combine the flour, baking soda, cream of tartar, pepper, and salt in a large bowl. Combine the egg and water and whisk until smooth. Add it to the flour and stir until smooth. Add all the remaining ingredients, except for the ghee or oil, and stir well to combine. Heat 1 tablespoon

of the ghee or oil in a medium-sized frying pan over medium-high heat for 3 minutes, or until hot. Using a standard ice cream scoop, drop the mixture into the hot pan. Press each fritter flat to form a 3-inch circle. Cook 4 fritters at a time for 2½ minutes per side, or until nicely browned. Remove the cooked fritters to a baking sheet and keep them warm in the preheated oven while you prepare the remaining fritters, adding the additional tablespoons of oil if needed.

Sautéed Salmon Cakes

In this recipe, chopped cooked brown rice takes the place of breadcrumbs, which are generally used as a binding agent. The rice adds a nutty flavor, as well as some crunch after it browns. Makes eight cakes.

3 Tbls extra virgin olive oil or ghee, divided
 1 small onion, chopped
 1 clove garlic, crushed
 1 carrot, finely chopped
 1 stalk celery, finely chopped
 2 shiitake mushrooms, finely chopped
 2 tsp chopped parsley or cilantro
 1 tsp chopped oregano
 2 tsp chopped chives
 1/2 tsp sea salt
 1 egg, lightly beaten
 1/4 cup homemade or natural mayonnaise
 1 tsp dry mustard
 1 1/2 cups cooked brown rice, chopped
 1/2 lb cooked salmon, broken into large chunks



Heat 2 tablespoons of the oil or ghee in a medium-sized frying pan over medium-high heat for 2 minutes, or until hot. Add the onion and sauté for 5 minutes, or until lightly browned. Add the garlic, carrot, celery and mushrooms and sauté for 3 minutes, or until lightly browned. Stir in the herbs and the salt. Remove the mixture to a bowl and allow it to cool for about 15 minutes. Add the egg, mayonnaise, dry mustard and rice to the mixture, and mix well until they are incorporated. Carefully stir in the salmon. Refrigerate the mixture for 30 minutes to allow it to set. Line a plate or tray with waxed paper. Fill a 1/3-cup measuring cup with the mixture and turn out into your hand. Form the mixture into 8 cakes and place them on the paper-lined plate. Cover the cakes and refrigerate for 30 minutes or for up to a day. Heat the remaining tablespoon of oil in a large frying pan and sauté 4 salmon cakes at a time for about 3 minutes per side, or until nicely browned, adding additional olive oil if needed. ■

Recipes and photos reprinted with permission. To learn more about the book, visit www.recipesforrepair.com.



For Our Animals DIY: Homemade Dog Food

by Taury Anderson, Cupcake Pastry Chef & Dog Owner

Some people think that actually making food for your dog is a completely batty practice reserved for fanatical tree-huggers and those with private butlers. I was absolutely of that persuasion when I first heard of it. "I barely have time to make my own healthy food! How can someone spend time making food for a dog, too!?" But then I adopted a puppy named Taxi with food allergies. Every kind of store-bought dog chow (even the really expensive organic kind) made her adorable puppy hair fall out. By the time she was completely bald, I was at the end of my rope trying to figure out what to do when someone suggested I feed her a raw diet.

Most dry dog foods are heavily processed specifically to be economical and have a long shelf life. Since pet foods are not controlled by the Food and Drug Administration, it is acceptable to use meat sources that are non-human grade. In order to make them edible, they are cooked for several days at high temperatures to kill bacteria – in addition to baking out the majority of the nutrients.

I started making my puppy raw meat meals, and three years later she has thick lustrous hair, tons of energy, and my vet says that she has never seen a dog her age with such clean, white teeth.

Here are the answers to the most common questions I get about feeding my dog raw meat:

Is raw meat safe for my dog? While raw meat may not be suitable for humans, dogs have very different digestive tracts that can safely digest raw meat. Before commercial dog food companies popped up, family dogs were fed less-desirable butcher cuts and organ meats. Before that, dogs hunted down and ate wild animals. Many people find that their raw-fed dogs are healthier and more disease-resistant than kibble-nibblin' pets.

Are the bones dangerous? Bones that have been cooked become harder, more brittle, and can break

teeth and wreak havoc on a dog's intestines. Raw bone is springy and spongy, which helps keep a dog's teeth clean and white.

Doesn't it take too much time? I spend about two hours a month preparing my dog's food. I couldn't do it without a freezer. It will take more time at first, but once you get into the groove of how to do it, you develop a system and just whip it out.

Taxi's Diet: Taxi weighs 45 pounds. In general, a dog should eat 2 to 3 percent of her body weight a day. Between breakfast and dinner, Taxi eats about 1 to 1.25 pounds a day. For breakfast, she gets a serving of what I call her "Morning Slurry" comprised of rice, ground hamburger, and cooked vegetables. In the evening, she gets a piece of meat on the bone. It's really pretty simple.

Morning Slurry Breakfast Recipe

- 4 lbs ground beef
- 5 cups cooked brown rice (2 cups dry rice cooked in 5 cups water)
- 3-4 cups cooked veggies (whatever is lying around, in the freezer, or perhaps going by)

Cooking the vegetables makes them more digestible for dogs who are not really built to munch down lots of raw carrots. I usually steam the veggies, then use the steaming water to cook the rice. In a huge bowl, I mix all the meat, rice, and veggies together. (I like putting gloves on and mixing it by hand – very satisfying!)

Once it's mixed, divvy it into containers for freezing. Move a container of Morning Slurry from the freezer to the fridge to thaw a few days ahead. I pull a new container out to thaw each time I feed her.

Because this meal is soft and extremely delicious for your dog, you'll find that he or she will snarf it up pretty fast. I have two hollow bones that were once full of marrow that Taxi wheedled out several months ago, and I pack her Morning Slurry into those bones each morning. She seems to love the challenge of getting it all out, and it takes her up to an hour to eat it all! ■

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Green Living

FOR THE BEES: Create a Sanctuary in Your Own Backyard

Adapted from Queen of the Sun

Next time you take a bite of food, thank a bee. Honeybees and other insects are necessary for the cross pollination of at least 30 percent of our food crops. In some cases, large-scale food production is 100 percent dependent upon honeybees. Popular bee-pollinated foods include apples, berries, cantaloupes, cucumbers, alfalfa, and almonds. Yet, our country's honeybee population has declined by 25 percent in the past two decades due to Colony Collapse Disorder (CCD). The causes of CCD are complex and not fully understood. Researchers blame global warming, pesticide use, habitat loss, and parasites. CCD may seem overwhelming, but you can do something to help.

Making just a few simple changes in your backyard will help create a healthy habitat for honeybees and native pollinators to help offset the damages of CCD.

Plant Bee-Friendly Flowers

Bees are losing habitat all around the world due to intensive monoculture-based farming practices, pristine green (but flower-barren) sprawling suburban lawns, and the destruction of native landscapes. Just planting flowers in your garden, yard, or in a planter will help provide bees with forage. Avoid chemically treating your flowers because chemicals can leach into pollen and negatively affect the bees systems. Plant plenty of the same type of bloom together; bees like volume of forage. A square yard per plant is a good estimate.

Here are a few examples of good plant varieties:

Spring: Lilacs, penstemon, verbena, and wisteria

Summer: Mint, cosmos, squash, tomatoes, pumpkins, sunflowers, oregano, rosemary, poppies, black-eyed Susan, honeysuckle, lavender, sage

Fall: Fuschia, mint, bush sunflower, sage, verbena, toadflax

For a great list of plants honeybees love, visit www.themelissagarden.com/plants.html.

Welcome A Few Weeds

Contrary to popular belief, a lawn full of clover and dandelions is not just a good thing – it's a great thing! A haven for honeybees and other native pollinators, too. Don't be so nervous about letting your lawn live a little. Wildflowers, many of which we might classify as weeds, are some of the most important food sources for native North American bees. If some of these are "weeds" you chose to get rid of (say you want to pull out that blackberry bush that's taking over), let it bloom first for the bees and then, before it goes to seed, pull it out or trim it back.

Go Organic

Yes, chemical fertilizers and pesticides make

your lawn look pristine and pretty, but they're actually doing the opposite to the life in your biosphere. The chemicals and pest treatments you put on your lawn and garden can cause damage to the honeybees systems. These treatments are especially damaging if applied while the flowers are in bloom as they will get into the pollen and nectar and be taken back to the bee hive where they also get into the honey – which in turn means they can get into us. Pesticides, specifically neo-nicotinoid varieties have been one of the major culprits in CCD.

Buy Local, Raw Honey

The honey you buy directly sends a message to beekeepers about how they should keep their bees. For this reason, and for your own personal health, strive to buy local, raw honey that is from hives that are not treated by chemicals. It can be hard to find out what is truly "local" and truly "raw"—and even harder yet to find out what is untreated. At the Co-op, we carry a variety of quality honey from holistic and local beekeepers. Be particularly wary of imported honey as it is more likely to be contaminated with chemicals or unlisted ingredients. There have been a number of cases recently of chemically contaminated honey coming from China. Also seek out local producers who sell at farmers markets or out of their homes. You can shake their hands and ask them how the honey was produced. To find local honey producers and learn how to keep bees yourself, visit the New Hampshire Bee Keepers' Association at www.nhbeekeepers.org. ■

Photograph and article adapted with permission from Queen of the Sun, a documentary about bees. Watch the trailer and learn more at www.queenofthesun.com. Further information from "Why We Need Bees" by the National Resource Defense Council.



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603.225.6840

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Sunday: 10 am to 6 pm



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52 Newport Road, New London
603.526.6650

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Sunday: 11 am to 4 pm

June Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Partner Concord-Merrimack County SPCA			1	2	June 3 The Friendly Kitchen Benefit Concert	4
June 5 Co-op 101 with Joshua Bourassa	6	7	June 8 Board of Directors Meeting 4 pm	June 9 Member Linkage Meeting	10	11
12	13	14	June 15 Board of Directors Meeting 6 pm	16	17	June 18 Concord Multicultural Fair
19	20	21	22	June 23 Red, White & Blues Wine Tasting Free!	24	25
26	27	28	29	June 30 Skin Cancer & Anti-Aging with Dr. Jacqueline Rho		

- Concord Co-op
- Concord & Kearsarge
- Co-op Community

Visit our website,
www.concordfoodcoop.coop for details.

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