

# the Natural Buzz

Concord Cooperative Market & Kearsarge Cooperative Grocer October 2011



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## Letter from the General Manager -

### CELEBRATING National Co-op Month

October is National Co-op Month, a time for us to reflect, learn, and celebrate the importance of cooperatives. From the outside, to those not familiar with our Co-op, we can appear to be just another business on Main Street, but it's on the inside where we are different. Cooperatives offer a completely different way of doing and running a business, in part because we are member-owned and do not make a profit in the traditional sense.

We all think of our store as "The Co-op." When we are out and about, we hear it and know that people are talking about our store. (Or, if not our store, then another co-op food store.) However, it amazes me how *many* types of cooperative businesses and organizations exist around the globe. In fact, more than 800 million people around the world belong to a cooperative, and at least 100 million of them are employed by co-ops.

Consider a simple cup of coffee and cranberry muffin. The coffee, flour, sugar, and cranberries may all have been grown by or purchased through a co-op. Ocean Spray, Cabot, ACE Hardware, REI, and the Associated Press are just a few other businesses you may not have realized are cooperatively run.

As businesses, we may do very different things, but we share a meaningful business model that operates on Seven Principles of Cooperation: open and voluntary membership, democratic member control, member economic participation, autonomy and independence, education, training and information, cooperation among cooperatives, and concern for community. As a member of a co-op, you're invited to take part in the way your favorite grocery store or financial institution is run, and share in any profits. This community approach to business is at the heart of the cooperative philosophy. Here are some of the many ways cooperatives impact our world:

- Food cooperatives have been innovators in the marketplace in the areas of unit pricing, consumer protection, and nutritional labeling.
- Almost 30 percent of farmers' products in the U.S. are marketed through cooperatives.



- Credit unions have more than 70 million members.
- The Farm Credit System has 500,000 borrowers with a loan volume of \$53.9 billion.
- Rural electric cooperatives operate more than half of the electric distribution lines in the United States and provide electricity for 25 million people.
- Retailer-owned food and hardware cooperatives make it possible for hundreds of independent store owners to successfully compete with large chains.
- Approximately one million cooperative housing units serving a range of income levels and housing needs.
- Child care and nursery school cooperatives serve more than 50,000 families.

Mainly though, a co-op – and *our* Co-op – is *You!* As a member of the Co-op, you are an owner, too. The cooperative business philosophy opens the door of opportunity to all members by affording them an active role in the business. We are constantly striving to not only bring our customers the best products and services, but we also seek new ways to interact with our local community through charitable giving, community outreach, events both in and out of our store, and extensive involvement with local businesses and non-profits.

That said, we are not a co-op store run exclusively for our members. As the sign on our door says: "Everyone Welcome." It still surprises me when folks who have lived in the Concord area for years say they have never heard of the Co-op or they see it as a place where only members can shop. However, even nonmembers who shop at our store benefit from the values of our cooperatively run business model.

This year's slogan for Co-op Month means a lot to me: "Cooperative enterprises build a better world." This slogan conveys the contributions that cooperatives like ours make to social and economic development. We are proud to extend our membership opportunities to more diverse and vulnerable households of our community with the addition of our FLOWER and SENIOR programs and to help build that better world locally.

*Co-operatively speaking,*  
Paula Harris, General Manager

Find us Online at [www.concordfoodcoop.coop](http://www.concordfoodcoop.coop) and on...





## NEWS BITES: Natural & Community News

### Co-op News:

#### Thank You, Neighbors!

We'd like to thank the following Concord businesses that participated in and donated prizes for the drawing at the Welcome to the Neighborhood Party at the Co-op for the Center for Health Promotion:

- Bead It!
- Bona Fide Green Goods
- Capital Deli
- Center for Health Promotion
- Joe Kings Shoe Shop
- Just Be Boutique
- Pranic Therapies, LLC

### Community News:

#### Quark Festival

Join one of our local farms, Brookford Farm in Rollinsford, for its annual Quark Festival on October 9. Sample the farm's delicious artisanal cheeses (including the festival's namesake quark) and many other dishes made with the farm's pasture-raised beef and pork, organic vegetables, and dairy products.

Meet local artisans, listen to great music, enjoy the tales of puppeteers and storytellers, and watch a film in the heifer barn. Workshops on traditional crafts like beekeeping and food preservation will also take place, as well as kids' crafts like pumpkin-carving and face-painting. For kids of all ages, they'll have hilarious events like cow pie bingo, bobbing for kohlrabi, a cake walk, and of course, hayrides and farm tours through the beautiful fall countryside. Learn more at [www.brookfordfarm.com](http://www.brookfordfarm.com).

### In the News:

#### Are GMOs Natural?

A New York law firm recently filed suit against food giant ConAgra for labeling four of its Wesson brand cooking oils "100% natural" even though they're made with genetically modified organisms (GMOs).

"Natural" now appears on about 70 percent of processed foods and beverages, and studies show that shoppers are twice as likely to purchase products that say "natural" than "organic." However, the Food and Drug Administration has yet to define the term, "natural," and few rules define the term legally. Industry experts hope this lawsuit sets a precedent for its use on food labels.

"If this case is successful, it would be a major milestone for the industry," said Barbara Haumann, spokeswoman for the Organic Trade Association. "Ultimately, we'd like to see labeling on all foods made with genetic engineering, and this would certainly be a step in the right direction."

#### Diabetes Linked to Pesticide Exposure

While a poor diet and lack of exercise can cause diabetes, scientists have identified another risk factor: pesticide exposure.

A recent study in *Diabetes Care* journal found that people with high levels of certain pesticides in their blood are twice as likely to develop type 2 diabetes compared to those with low levels, especially if they are obese or overweight. It is one of several studies to make this connection.

Even though some of the pesticides are now banned or restricted in the United States, these persistent organic pollutants remain in the environment and build up in body fat. Exposure to the pesticide

occurs mainly through eating fatty foods like dairy products and oily fish. Some of the pesticides impair the body's ability to regulate blood sugar and even to promote obesity.

#### Who Eats Organic?

Most Americans prefer organic versus nonorganic food, and organic shoppers tended to be younger and smarter, but not necessarily richer, according to a recent pole by NPR-Thomson Reuters.

Organic choices ranked higher for younger shoppers: 63 percent under the age of 35, 61 percent age 35 to 64, and 45 percent age 65 and older. No matter what income level, all had a similar preference for organics. However, the interest in organics bumped up for college-educated shoppers.

Supporting local farmers and concern over toxins and pesticides topped the reasons to go organic; however, the price of organic remains a hurdle for many, according to the poll.

#### Laundry Danger

A cocktail of toxic chemicals are released in the dryer when you use conventional liquid laundry detergent and perfumed dryer sheets, according to researchers at the University of Washington.

Scientists tested dryer vent emissions and identified more than 25 volatile organic compounds, including seven hazardous air pollutants and two probable carcinogens. All laundry products tested emitted at least one chemical classified as hazardous, and virtually none of the chemicals appeared on the product label. If you're still using conventional laundry products, consider switching to fragrance-free and naturally scented products, available at the Co-op. ■

Visit Our Facebook Page for more Co-op, Community & Natural News!

## Your Co-op in the Community

### GOOD FOOD, Healthy Community

by Shane Smith, Outreach Coordinator

#### Taste of Concord

Come celebrate great food and drink! Join our award-winning Celery Stick Café Chefs as they bring their culinary skills to the table during the 6th Annual Taste of Concord food extravaganza. This year's festival will offer many great attractions including food and drink samples from 30 great local restaurants and businesses, fun, music, raffles, and a silent auction.

Our Café Chefs will serve up three delicious treats: seared all-natural roast beef topped with black trumpet mushroom ragout on homemade potato chips, goat cheese strudel with roasted red peppers and tat soi, and pumpkin whoopie pie sliders.

The event will be held at the Grappone Conference Center in Concord from 5:30 to 8:30 pm on Thursday, October 13. Tickets are \$30 each or 10 for \$250. All proceeds benefit the Concord Boys & Girls Club. Tickets can be ordered online at [www.tasteofconcord.com](http://www.tasteofconcord.com), or by phone at 603.224.1061.

#### Our Good to Grow Program Teaches Children

At the Co-op, we know that helping children make good food and lifestyle choices will have a positive impact on their lives

and our community's overall health. I have been offering our Good to Grow Program at the Concord Boys & Girls Club on a regular basis, and now the Co-op will begin offering this program to children at the Kimball Walker School through its Afterschool Centers of Education (ACE) Program. We're thrilled to reach out to this new group of kids.

The Good to Grow Program is a free nutrition and healthy eating program from the Concord Cooperative Market as part of our Community Outreach Department. The goal of the program is to introduce a variety of healthy, natural, and locally grown foods to school children to broaden and help define their food experience. Good to Grow also seeks to increase understanding about where food comes from and provides students with age-appropriate nutritional information, enabling them to make healthy food choices.

Our Co-op educators visit the class for 30 to 45 minutes. Each session includes free locally sourced snacks with an emphasis on educating children on the best snacks for their growing bodies. For more information about the Good to Grow Program, contact me at [outreach@concordfoodcoop.coop](mailto:outreach@concordfoodcoop.coop) or 603.410.3099. ■



# 2011 Annual Meeting

**Join Us Sunday, October 23, 4-6:30 pm**  
at McLane Audubon Center • 84 Silk Farm Road • Concord, NH

**All Co-op Members and their families are welcome to attend!**

**4:00 pm**

**Nature & Herb Walk**

with Maria Noël Groves,  
Wellness Educator & Clinical Herbalist

**5:00 pm**

**Harvest Dinner & Dessert**

Featuring food from local farms prepared by our  
Celery Stick Café, Live Music by the GrassDawgs

**5:30 pm**

**Balloting Closes**

**6:00 pm**

**Welcome and Remarks**

Paula Harris, General Manager  
Nancy Girard, President of the Board of Directors

**Business Meeting**

**6:30 pm**

**Keynote**

Larry Pletcher, Local Organic Farmer,  
Vegetable Ranch

**The conclusion of tabulation of votes:  
Newly elected Directors are announced**



## Focus on Food

### SIMMERING SOUPS: Café Favorites for Fall

by Chef Mike, Executive Chef at the Celery Stick Café

This time of year, our homemade Celery Stick Café soups fly off the Hot Bar. Here are just a few of my favorites to try at home for a healthy lunch or dinner. Also come sample these and 25 other soups at our free Octoberfest celebration on October 20. See the ad (opposite) for details.

#### *Mushroom & Wild Rice*

- 1 onion, diced
- 3 cups sliced mushrooms
- 2 Tbls olive oil
- 1 Tbls minced garlic
- 1 cup sherry
- 1 quart vegetable stock
- Slurry to thicken
- 1/2 cup cooked wild rice
- 1 cup cream
- Salt and pepper to taste

In a heavy pot, cook onions and mushrooms in oil. When the water has cooked out of the mushrooms, add the garlic, and cook until fragrant. Deglaze with sherry, add vegetable stock, bring to a boil and thicken with slurry. Add rice and cream. Season with salt and pepper.

#### *Chicken Lemongrass Soup*

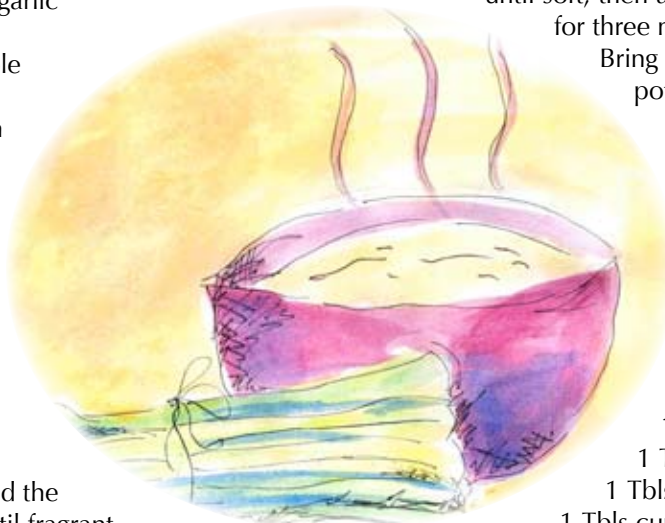
- 7 stalks lemongrass
- 2 quarts chicken stock
- 2 cups sliced shiitakes
- 2 Tbls canola oil
- 2 cups shredded bok choy
- 2 Tbls minced ginger
- 2 cups chopped snow peas
- 2 Tbls soy sauce
- 2 cups chicken, chopped and cooked
- Salt and pepper to taste

Roughly chop and bruise the lemongrass with the back of a heavy knife or cleaver. Add to the chicken stock and let simmer for 45 minutes. Strain the broth. Meanwhile, sauté mushrooms in oil. When translucent, add bok choy, ginger, and snow peas. When the bok choy melts, add lemongrass broth, soy sauce, and chicken. Season with salt and pepper.

#### *Sweet Potato & Leek*

- 8 cups chopped sweet potatoes
- 1 gallon salted water
- 1 1/2 cups chopped leeks
- 2 tsp minced garlic
- 1 Tbls vegetarian bacon bites
- 1 quart vegetable stock
- 1 quart cream
- Salt and pepper to taste

In a large pot, boil the sweet potatoes in salted water until cooked. Drain. In a another pot, sauté the leeks until soft, then add the garlic and bacon bites. Sauté for three minutes. Add the vegetable stock. Bring to a simmer, add the cream and potatoes. Season with salt and pepper.



#### *Turkey & Black Bean Chili*

- 1 cup chopped onions
- 1 cup chopped peppers
- 1 jalapeño (or to taste), chopped
- 1 cup chopped carrots
- 1 cup chopped celery
- 2 lb ground turkey
- 1 bunch cilantro, chopped
- 1 Tbls chili powder
- 1 Tbls garlic
- 1 Tbls cumin
- 1 Tbls coriander
- 1 tsp cinnamon
- 8 tomatoes, chopped
- 2 cups cooked black beans
- Salt and pepper to taste

Sweat the onions, peppers, jalapeño, carrots, and celery. Add the turkey and brown the meat. Add the spices and cook until fragrant. Add the tomatoes and cilantro. Bring to simmer and let cook for 30 minutes. Add black beans and season with salt and pepper.

#### *How to Make a Slurry*

Slurries thicken soup with equal parts cornstarch and water. Bring your soup to a boil before you add the slurry, a little at a time. It will thicken instantly. You can make your soup as thick as you want.

- 1/4 cup cornstarch
- 1/4 cup cold water

Mix in a bowl until the starch is dissolved. Add to boiling soup until the desired thickness is reached. ■

# Octoberfest

Thursday, October 20, 6-8 pm  
at the Concord Co-op



## Soup, Beer, Brats & Bread!

Strap on your lederhosen and polka your way downtown for the Concord Co-op's third annual harvest-time tasting of local and craft brews, all-natural bratwurst, fresh baked bread, and homemade soups. Listen to live music, taste delicious soups, stews, and chilis made from scratch by the Celery Stick Café, and try out some hearty microbrews from New England and Europe. Last year's event drew nearly 1,000 people! This event is free and open to the public; however, we ask all participants to bring or buy a can of soup to donate to the NH Food Bank.



## Focus on Food

### SUPER SQUASH! Go Beyond Butternut

**B**utternut squash is the go-to choice for almost all your autumnal cooking needs. It's easy-to-peel and velvety sweet, so most home chefs never venture past this staple squash. We encourage you to look beyond the beige this year and try some of the many other wonderful and colorful winter squash bursting from the Co-op's produce aisle. See the chart, right, for a quick guide to the varieties, then try these delicious recipes and branch out into new territory.



#### *Chili-Brown Sugar Delicata Squash with Pears*

*Pears and delicata squash tossed with brown sugar, chili powder, and bacon is a delectable combination. To make this vegetarian, omit the bacon and toss the squash and pears with the brown sugar and chili powder during the last five minutes of roasting. Makes four servings in about 35 minutes. Recipe from EatingWell.com.*

- 1 lb delicata squash (about 1 large)
- 2 medium ripe but firm pears, sliced
- 2 tsp extra-virgin olive oil
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper
- 2 slices bacon
- 2 Tbls water
- 1 tablespoon light brown sugar
- 1 tsp chili powder

Preheat oven to 425°F. Cut squash in half lengthwise; scoop out the seeds. Cut crosswise into 1/4-inch slices. Toss in a large bowl with pears, oil, salt and pepper. Spread on a large baking sheet. Roast the squash and pears until just tender, stirring once or twice, 20 to 25 minutes. Meanwhile, cook bacon in a large nonstick skillet over medium heat until crisp, four to six minutes. Transfer to a paper towel-lined plate. Discard all but two teaspoons fat from the pan. Over medium heat, stir in water, brown sugar and chili powder. Add the squash and pears; toss to coat. Crumble the bacon on top.

#### *Spaghetti Squash & Pork Stir-Fry*

*Here's an unusual but delicious way to use the delicate strands of spaghetti squash: in an Asian-inspired pork stir-fry. The flavors of toasted sesame oil, fresh ginger, garlic, and a hit of spicy red chile sauce cling to the beautiful strands. Makes four servings in about 90 minutes. Recipe from*



*EatingWell.com.*

- 1 3-lb spaghetti squash
- 1 lb pork tenderloin, trimmed
- 2 tsp toasted sesame oil
- 5 medium scallions, thinly sliced
- 2 cloves garlic, minced
- 1 Tbls minced fresh ginger
- 1/2 tsp salt
- 2 Tbls reduced-sodium soy sauce
- 2 Tbls rice vinegar
- 1 tsp Asian red chile sauce, such as Sriracha, or chile oil

Preheat oven to 350°F.

Cut squash in half. Scoop out and discard seeds. Place each half, cut-side down, on a baking sheet. Bake until the squash is tender, about 1 hour. Let cool for 10 minutes then shred the flesh with a fork into a bowl. Discard the shell. Slice pork into thin rounds; cut each round into matchsticks. Heat a large wok over medium-high heat. Swirl in oil, then add scallions, garlic, ginger, and salt; cook, stirring, until fragrant, 30 seconds. Add the pork; cook, stirring constantly, until just cooked through, two to three minutes.

Add the squash threads and cook, stirring, for one minute. Add soy sauce, rice vinegar, and chile sauce (or chile oil); cook, stirring constantly, until aromatic, about 30 seconds.

#### *Southwestern Stuffed Acorn Squash*

*Whip up this vegetarian adaptation of an EatingWell.com recipe in a jiffy using whatever is hanging out in your fridge: prepared salsa or chopped up tomatoes with sauteed onions, peppers, hot peppers, etc. Leftovers reheat well. Makes four servings in about one hour.*



- 2 acorn squash
- 1 cup salsa or 1 cup chopped salsa-like veggies
- 1 cup black or pinto beans, drained
- Salt, pepper, cumin, and oregano to taste
- 4 ounces mozzarella cheese, cut into small chunks

Preheat oven to 375°F.

Lightly coat a large baking sheet with cooking spray. Cut squash in half horizontally. Scoop out and discard seeds (or save and clean to toast). Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 45 minutes.

Meanwhile, create your filling with salsa or vegetables, beans, seasoning, and half of the cheese. When the squash are tender, remove from oven, flip, and scoop the filling evenly amongst the squash. Top with remaining cheese and bake until golden, about five to 10 minutes. ■

# WINTER SQUASH VARIETIES

## A Shoppers Guide

### Acorn

The slightly dry, orange colored flesh of the acorn squash have a definite nut-like flavor. Their large seed cavities are perfect for stuffing, and they are best when baked.



### Butternut

The flesh of the butternut squash is a deep orange color, with a distinctive butterscotch flavor that most people find delicious. They are quite tasty either steamed or baked and are excellent topped with maple syrup! The smaller squash tend to be the sweetest.



### Buttercup

Although it looks quite different from the butternut squash the buttercup has a very creamy, orange colored flesh much like that of the butternut. Its flavor is not as rich as the butternut, but is still quite sweet.



### Delicata

The delicata squash has a moist, creamy yellow flesh that tastes and smells like a blend of corn, butternut squash and sweet potato. It is often referred to as the sweet potato squash. They are best eaten when steamed or baked.



### Golden Nugget

The moist, smooth bright orange flesh of the golden nugget squash has a very mild squash flavor, which can range from very sweet to a more bland flavor. They can be scooped out and baked whole like pumpkins or split and baked.



### Kabocha

The mustard color flesh of the kabocha squash is very sweet and rich tast-ing. Its texture is floury dry, like a balance between a sweet potato and a pumpkin. It has the highest sugar content of any squash, and is excellent baked as a side dish or stuffed.



### Hubbard

The hubbard squash has a very sweet, dry orange flesh. They are excellent in pumpkin pies, and actually have a thicker, firmer texture than fresh pumpkin, they "set up" easier and require less sweetener than pumpkin.



### Oranghetti

The oranghetti squash is a hybrid variety of the spaghetti squash and can be used similarly to it. Once cooked, the strands of squash in the center can be scooped out and cooked up much like pasta.



### Turban

Although often used as a gourd for decoration purposes, the turban squash is very edible. Its orange-yellowish flesh is very sweet with a hazelnut-like flavor that most people find very delicious. Its texture is dry.



### Spaghetti

Once cooked, the creamy golden flesh separates into miles of swirly, crisp-tender, spaghetti-like strands. The taste by itself is rather bland, but used as a pasta substitute with your favorite sauce and this squash comes to life, with far fewer calories than pasta as well!



### Sweet Dumpling

The sweet dumpling squash, although small in stature, packs a wallop in the flavor department. The sweet, tender flavor of this squash coupled with its moist texture is a favorite of many.



### Red Kuri

The red kuri squash has a very rich, sweet flavor that almost has a spiciness to its taste. Although not as thick in texture as the kabocha, it still holds together well and is excellent either baked either whole or split.



### Pumpkins

Generally thought of only as a cooked vegetable, pumpkin can be eaten raw and is delicious when very finely grated and served in combination with grated carrots and beets as a base for salads.



Marrows, squashes and gourds are all part of a large family of edible gourds that grow on vines. It is possible that squash was the very first food to be cultivated by Native American Indians; it seems at least to have been the first within what has been called the Indian triad - maize, beans and squash. Winter squash are slower growing than summer squash varieties, with months passing from the time they blossom until the time they are mature and ready to be harvested in the fall. Their dense sweet flesh reflects a whole summer of accumulating energy from the sun and soil.

## Focus on Food

### BEANS OF CHANGE: Coffee Leads the Way

Consider yourself in good company if your morning beverage is a rich cup o' joe. Approximately 2.5 billion cups of delicious, roasted coffee are enjoyed around the globe every 24 hours, making it one of the world's largest commodities. But, there's more to this bitter bean than a dollar drive-thru. Improvements in how coffee is grown and how the third-world producers are treated stretch far beyond the coffee crop and the United States.

Coffee production methods are hugely important for the wellbeing of farmers and the environment in developing areas like Central and South America, Africa,

and Indonesia, where much of the world's coffee is grown. In many places, the environment has suffered, and fluctuating market prices have taken a toll on farmers who can't support their families.

A few small North American and European organizations sprouted in the 1940s, determined to improve conditions and wages for the poverty-stricken communities that produced coffee and other popular goods. In the 1980s, New England-based Equal Exchange put the United States on the fair trade map, working with European organizations and the U.S. government to bring politically charged, fair-trade Nicaraguan coffee to American stores.

A Fair Trade Certified label ensures the farmers who grew the coffee beans were paid at least a guaranteed minimum "fair trade price." Participating farmers typically belong to co-ops that sell the coffee themselves and provide credit against future sales to keep farmers out of debt. Technical assistance is provided for sustainable and organic farming practices, and in many cases, farmers form long-term relationships that bring commercial stability to their families and communities. These co-ops often provide other social benefits to their members as well, such as access to health care and opportunities for advanced education.

Today, more than 100 U.S.-based companies offer fair-trade coffee, which is often also certified organic and shade-grown. You can find many of these brands in our coffee aisle, including Equal Exchange. Many more items are certified fair trade besides coffee, including chocolate, tea, bananas, nuts, quinoa, rice, spices, sugar, and shea butter. Local and regional fair-trade-certified companies include W.S. Badger, Katalyst Kombucha, Vermont Coffee Company, and Lake Champlain Chocolates.

Coffee companies have also pioneered more environmentally friendly growing practices through

organic and shade-grown methods, which ensures healthy forests as well as delicious coffee.

Coffee plants prefer cool, moist environments, and the lush canopy of old-growth shade trees is the perfect provider. But industrial coffee production has introduced modified coffee plants that will grow on sunny plantations, and native forest is cleared to make way for their cultivation. This results in increased erosion and dependence on chemical fertilizers, as well as the destruction of natural wildlife habitats.

To ensure that your coffee is grown in a way that preserves the forest, look for certification by the Smithsonian's Rainforest Alliance. Based in Costa Rica, this group upholds standards for wildlife conservation and workers' conditions. The Smithsonian Migratory Bird Center also provides a Bird-Friendly coffee seal that shows the coffee is shade-grown (protecting the habitats of migratory birds) and processed without synthetic chemicals. ■



## Chocolate Espresso Cupcakes

by Taury Anderson,  
Cupcake Pastry Chef

- 1/2 cup butter
- 1 1/3 cups fair-trade sugar
- 1 1/2 cup flour
- 1/2 cup fair-trade cocoa powder
- 3/4 tsp baking soda
- 1/4 tsp salt
- 1 tsp vanilla
- 2 eggs
- 1 cup double-strength brewed fair-trade coffee (espresso)

Preheat oven to 350°F. Beat the butter and sugar until light and fluffy. Add the eggs one at a time. Sift together the dry ingredients into a flour mixture and add to the wet mix alternating with the espresso. Bake for 15 to 20 minutes, until a toothpick inserted comes out clean.

### Frosting:

- 1 cup butter
- 1 1/2 to 2 cups fair-trade confectioners sugar
- Pinch of salt
- 1/2 tsp vanilla
- 1/4 tsp lemon juice

Beat butter and sugar until light and fluffy. Then whip in salt, vanilla, and lemon juice. (For coffee flavor, you can also reduce 1/2 cup of coffee on the stove until it is thick but not burnt. Cool and add it to frosting for a coffee flavor.)



*Adapted with permission from StrongerTogether.coop. Find articles about your food, recipes, conversation, and a whole lot more at [www.strongertogether.coop](http://www.strongertogether.coop). To learn more about fair trade, visit [www.transfairusa.org](http://www.transfairusa.org).*

## On the Farm

### RISING FROM THE ASHES: Agape Homestead Farm

by Shane Smith, Outreach Coordinator

Nearly a year ago on October 14, we got word that one of our favorite local farms, Agape Homestead in Center Ossipee, had burned to the ground. The three-alarm fire broke out in early morning and ultimately claimed the barn and cheese-making operation at the farm. The Straughan family who owned the farm lost their whole farm in the fire and, in the long run, also lost their home. The fire took all but six of their herd of 21 goats, as well as 15 sheep, a bull calf, all of their laying hens, and 70 recently hatched chicks. A delivery vehicle, horse trailer, and the processing area where the goat cheeses were made were also destroyed by the flames.

Over the past year, Agape Homestead Farm and its owners, Kevin and Janna Straughan, have risen from the flames to bring the farm back into working condition.

Co-op members and customers will recognize Agape Homestead Farm as the source of gourmet goat cheese, supplying the Co-op for half a decade. The farm offers three soft-spread varieties (dill and garlic, onion and pepper, and zesty ranch) as well as feta marinated in rosemary, basil, garlic, and olive oil. Agape has also supplied the Co-op with local chicken.

In their local community, the Straughans are known for their commitment to feeding the poor by starting Agape Ministries Food Pantry, first run from their home in 2000. They now operate it and a thrift store at Ossipee Valley Bible Church on Route 16 in West Ossipee. The Straughans' pantry is the largest in Carroll County and has donated nearly 18,000 pounds of food to the NH Food Bank alone.

"We love the idea of being as self-sufficient as we can, while blessing others as much as possible," say the Straughans. They named both the farm and the pantry "Agape" from the Greek term that means God's perfect unconditional love. "It seemed natural to name the farm that as well since it is only by God's love, grace, and mercy that we are able to do what we do."

Kevin and Janna began farming humbly, starting unofficially in 1984 when they began raising laying hens, a few meat birds, and a couple of lambs. They wanted to eat healthier and enjoyed the farm atmosphere. When they moved to their current location in 1997, they began milking goats – first two, then three and four, and so-on. Their oldest son was the goat shepherd and did all the milking and most of the chores. As is typical of many farm ventures, they expanded to include sheep, turkeys, pigs, and a couple of beef cattle, and began selling their products to help pay for farm expenses.

In 2004, they officially registered their farm as Agape Homestead Farm, LLC and became a licensed milk and cheese dairy in the state and also acquired a Class D

homestead kitchen license that allowed them to make and sell baked goods. Kevin and Janna began working almost full time on the farm. In 2007, they upgraded their homestead kitchen license to a Class C so they were also able to sell their homemade jams and jellies, relishes, and salsa.

Last year's fire devastated the farm; however, the Straughans have quickly worked to bring it back. They are happy to share several recent developments with us. They were able to acquire a neighboring home through a series of fortunate events. The property around the home, an antique cape, is connected to the Straughans' land. The home contains a shop area that the Straughans will convert into a farm store. The Straughans will build a commercial kitchen into the farm stand so that other farmers will be able rent it out to do canning, preserving, and processing.

By a stroke of good fortune, Janna found a flyer from a company that sold mini barns. The mini barn was exactly what the Straughans needed. The mini barn came complete with all the hardware they would need to begin farming again. The mini barn was installed in January, which met the Straughans' deadline of opening by early May. The mini barn arrived in three pieces. The Straughans found it a striking contrast to watch a crane assemble the pieces of the mini barn while other machinery tore down the remains of their old barn nearby. Within a week, the new barn was full with 28 goats, including the six goats that survived the fire.

When I asked Janna about the future of the family's farm, she said, "We think the limit of goats for us to milk (since it is all done by hand twice a day) is about 20. We have eight in milk now, and more on the way. This will allow us to produce enough for all of our current accounts and expand to a few more. We also really want to begin making raw cheese, which has to age two months before consumption, but we can't seem to get ahead of the demand for our current products to do it."

With the challenges the Straughan family has faced in the last year, it would be easy to understand if they became discouraged from future farming endeavors, but they have no plans to give up the livelihood they have worked so hard for anytime soon.

"We believe there are many people out there that would love to do what we do," says Janna. "We are truly blessed by being able to live this life, though sometimes we gripe and groan about it (like when paying the grain and hay bill!). But hopefully, one or two of our children will see the values and desire to carry on the things we learned." ■





## On the Farm

### COMPANIES THAT Give a Little Bit

by Maria Noël Groves, Clinical Herbalist & Co-op Wellness Educator

**W**hat if you could support a charity just by buying your usual tomato sauce or toilet paper? With many of the brands at the Co-op, you can do just that. In fact, when I queried our Assistant Store Manager, Nick Schnieder if he knew offhand which brands donated a portion of their proceeds to charity, he said, "Almost all of them do. Just look at the labels." Here are just a few of my tried-and-true favorites, but keep a lookout for the many other great and generous companies on the Co-op's shelves:

**Alter Eco:** This fair-trade company has spearheaded several projects to support the communities that grow its quinoa, sugar, rice, and chocolate. For example, it's currently donating computers and working to provide medical supplies to the Bolivian community (a co-op) that grows its quinoa.

**Aubrey Organics:** As one of the oldest natural body care companies in the industry, Aubrey Organics firmly believes in a commitment to charities. They support several – including an AIDS hostel in Vancouver, Canada, and a homeless shelter in Tampa – without discrimination.

**Barbara's Bakery:** Barbara's has stocked natural food and grocery stores with great cereals and more since 1971, and it is also dedicated to youth education through teaching gardens. The company created 10-year, \$50,000 grant program to establish teaching gardens in its local California school district. Inspired by its Puffins cereal, Barbara's also spearheaded "Project Puffin," a 35-year commitment to the Audubon Society's conservation work for puffins.

**Newman's Own & Newman's Own Organics:** This popular company makes my favorite tomato sauce, salad dressing, and salsa, but pretty much everything tastes great. Even better: *all* profits are donated to charities. To date, Newman's Own Foundation has donated more than \$300 million!

**Dr. Bronner's:** This pioneer castile soap and organic body care company's spending on social and environmental causes and charities has roughly matched its after-tax income. The company's activism also includes staunch support of true labeling for organic and fair trade companies.

**Endangered Species Chocolate Company:** Supporting diversity never tasted so good! The ESC Foundation combines 10 percent of the

net profits with funds from private donors to support species, habitat, and humanity. The animal-themed candy labels teach you about the animals and projects ESC supports.

**Olivia's Organics:** This company grows my go-to "fast food" for an easy dinner: yummy, prewashed organic greens. Through Olivia's Organics Charitable Foundation, the Massachusetts company supports community-based children's charities including the Life is Good Festivals, Cradles to Crayons, The Food Project, and the local Boys and Girls Club and Food Bank.

**New Chapter:** This innovative herb and supplement company is committed to support human health, the environment, accessibility and awareness of organic crops, and its local Brattleboro, Vermont community. Projects include the Sacred Seeds sanctuary in Costa Rica to protect threatened indigenous medicinal herbs from habitat loss, rehabilitation of rainforests in Central America, and fighting malnutrition in Bali as well as communities throughout North America.

**Seventh's Generation:** Not only does this Vermont-based cleaning and paper goods company make great, environmentally friendly products, but they also have a long-standing dedication to community outreach and charities. Right now, a percentage of every liquid laundry detergent bottle sold goes directly to Teach for America (TFA) with the goal to raise \$10,000. TFA places college graduates and young professionals in low-income schools to encourage students to graduate.

**Stonyfield Farm:** This local-gone-global success story from our own backyard constantly donates money from its dairy business to like-minded charities and uses the lids on yogurt containers to tell the tales. The company particularly supports organic and green organizations as well as cancer research.

**Tom's of Maine:** This classic, natural toothpaste and body care company donates 10 percent of pre-tax profits to charitable organizations supporting the environment, human needs, the arts, and education. Employees are also encouraged to use 5 percent of their paid work time to volunteer to a nonprofit of their choice.

These are just a few of the generous brands we carry! Also check out Clif and Luna Bars, Eden Foods, Frontier Co-op, Honest Tea, Lundberg Family Farms, Nature's Path, Rainbow Light... ■

*Maria runs Wintergreen Botanicals in Allenstown. For recipes and more, visit [www.WintergreenBotanicals.com](http://www.WintergreenBotanicals.com).*

## Focus on Wellness

### THE BEAUTY of Nature's Harvest

by Dr. Tobi Sheiker, D.C., Chiropractor & Co-op Wellness Coordinator



The average person uses 25 different body products per day that contain at least 200 different chemicals. This includes shampoo, deodorant, lotion, toothpaste, soap, shaving gel, and perfume. According to a 2006 study, less than one percent of the ingredients used in these products were safety tested. This means that we are cleaning and beautifying with toxic chemicals that are known cancer-causers, endocrine disrupters, allergy inducers, and skin reactants. Scary.

Here are some chemicals that you should avoid at all costs:

- Parabens mimic estrogen in the body creating hormonal imbalances.
- Sodium lauryl sulfate is usually contaminated with 1,4-dioxane, which causes cancer.
- Pthalates can cause birth defects.
- Fragrance and musks can cause skin irritation, asthma, allergies, and cancer.
- Toluene can cause liver and kidney damage, anemia, and affects fetuses.
- Petroleum coats your skin like plastic and can cause cancer and hormone disruptions.

The surprising news is that even companies that claim to be organic and "all natural" often use these top offenders. Most people who shop at the Co-op already read food labels carefully, but they may neglect beauty products, especially if they smell pretty. Always read the label of anything that you put in or on your body.

Over the years, I have tried many brands and products, and I will now share some "private research" with you in order to save you time and money. There are many great skin care companies out there, and if I neglect to mention them in this article, it doesn't mean they aren't amazing. Don't take my word for it, but try them out... after reading the label.

Natural deodorant is a challenge, since I find that even if I have a "good one," I may need to reapply a few times a day in order to stay fresh. One of my favorite brands is Weleda, especially the citrus scent. This spray has a pleasant smell from essential oils. It doesn't contain antiperspirant, so you will still sweat, but this is normal and natural. I know others who like Tom's of Maine deodorants.

For shampoo and conditioner, I prefer Desert Essence and

have used many of their scents. My favorite is coconut, but the grape and raspberry smell good enough to eat, too. Many natural shampoos lack the suds factor because they don't contain sodium lauryl sulfate, but this brand produces a decent lather for my thick curls. I also like Giovanni products and usually alternate between washes.

For the face, I love Desert Essence tea tree facial wash. I have recently begun to also use this as my shave lotion, too, because it protects the skin as you shave. Tea tree oil itself is an amazing anti-bacterial and anti-fungal that works well for many skin issues, such as acne or rashes.

For toothpaste, I have used Jason's peppermint paste for years. I like that it doesn't have fluoride (a debatable topic that could be an article in itself) and leaves my mouth feeling fresh.

For the body, W.S. Badger sunblock is the best and absorbs well so I don't look like Casper. I love using plain jojoba oil or grapeseed oil as my moisturizer. I have also used Alba Organics products with good success.

It really doesn't have to hurt to be beautiful. ■

Dr. Tobi runs balance chiropractic, PLLC. Visit [www.balancechiropracticnh.com](http://www.balancechiropracticnh.com) to learn more.

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- wild Maine blueberries
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- no hormones or antibiotics in our meats, ever
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Quentin Lauradunn, L.Ac

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Sunday: 11 am to 4 pm

*October Calendar*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Partner All Month: Rape & Domestic Violence Crisis Center						1
2	3	4	5	October 6 Super Recipes (All New Recipes!) w/Laura Piazza	October 7-9 Warner Fall Foliage Festival	October 8 Time Out! Meditation w/Jim Readey Warner Fall Foliage Festival
October 9 Warner Fall Foliage Festival	10	October 11 Great Snacks! w/Hilary Warner	October 12 Member Linkage Meeting 6:30 pm	October 13 Taste of Concord	14	15
16	17	18	October 19 Board of Directors Meeting 6 pm	October 20 Octoberfest Soup, Beer, Brats & Bread! FREE	21	22
October 23 Annual Member Meeting at the McLane Audubon Center	24	25	26	October 27 No-Knead Bread w/Hilary Warner	28	29
	31					

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

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