

the

Natural Buzz

Concord Cooperative Market & Kearsarge Cooperative Grocer October 2010



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Letter from the General Manager -

CHILLY WEATHER, WARM KITCHEN

A Focus on Food

As I nestle into a crisp New England autumn, food is on my brain. (In case you haven't noticed, we *love* food at the Co-op.) We're gearing up for our 2nd Annual Octoberfest, republishing our *SOUP* cookbook, baking scrumptious desserts for our Annual Meeting, and, yes, we're even placing turkey and Thanksgiving catering orders.

Traditionally, fall is a time to cozy into our warm homes with friends and family and serve up delicious, nourishing food. Pumpkin pie, roasted squash, apple cider... does it get any better?

SOUP'S ON

Nothing warms the belly quite like a bowl of hearty soup. Come to our free Octoberfest on October 14, and you can sample 25 soups from scratch made by our Café. Beer lovers will enjoy the variety of local and craft microbrews available to taste. More details on page 3. This is one of our biggest events of the year! Also keep your eye out for our popular Holiday Tapas Bar coming up on November 4. These events provide you with the perfect opportunity to taste the quality of our Café and the diversity our chefs can provide for catering orders.

Need some new recipes? Check out our Café's seasonal soup recipes on page 9, and consider purchasing our *SOUP* Cookbook. \$1 from each cookbook sold will benefit the NH Food Bank. Make a few batches of soup, stew, or chili each week, and you can alternate them for easy dinners and lunches.

FIRING UP THE STOVE

If you're looking for some inspiration in the kitchen or just trying to learn how to cook healthy meals, join us for our upcoming wellness classes. This October, you can learn to make no-knead bread, make easy and affordable mix-and-match casseroles, or cook with beans. In November, we'll have classes on cooking with squash and making holiday meals with fresh herbs. And, we're in the

process of planning a fantastic cooking series for 2011, in the spirit of our successful Move It & Lose It Challenge. Visit www.concordfoodcoop.coop for details.

THINKING ABOUT THANKSGIVING

While we're talking about food, it's not too early to begin planning your Thanksgiving dinner. We're now taking orders for turkeys, pies, and full catered dinners. Use the form inside this newsletter, pick one up at the store, go to our website, or just call.

If the thought of the holidays makes you queasy, we've got an offer: Let us do the work for you! Last Thanksgiving, our award-winning chefs at the Celery Stick Cafe whipped up nearly 50 full-course, precooked Thanksgiving dinners for our customers, complete with the roasted all-natural, local turkey. My own family enjoyed one of these dinners, and it was both delicious and easy! It was so nice to have an amazing, all-natural meal for my extended family and to be able to spend time with them to enjoy it rather than running around the kitchen the whole day.

If you really don't want to give up cooking, we have all your ingredient needs. Our fresh, all-natural turkeys come from Stonewood Family Farm in Vermont. We sold more than 600 last year. It's the best turkey you'll ever have! We're pleased to provide you with the same price as last year, an unbeatable \$2.97 per pound, even though turkey costs did go up. We opted to maintain the same price for you to help make your holidays a little easier. And, of course we have everything from cranberry sauce and stuffing to squash and mead in our grocery aisles.

Our pastry chefs will soon be hard at work making their amazing pies from scratch. Pre-order yours now! I love that I can get a homemade pie without taking the hours in the kitchen to bake it.

Whether you enjoy making delicious meals at home – or you want our chefs to do the work for you – if it's about food, we've got you covered.

Co-operatively speaking.

Paula Harris,
General Manager



PUMPKIN PIE IN A CUP
Yummy, healthy, and only 187 calories per serving! Makes four.

- 1 cup canned pumpkin
- 1 cup nonfat milk
- 6 scoops (3 cups) fat-free frozen vanilla yogurt
- 1/4 tsp pumpkin pie spice
- 1/4 tsp rum extract

Combine all of the ingredients in a blender, until smooth.



The Board Bulletin

What's Next with the New Space at the Co-op?

by Betsy Black, Board Member

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.

On September 23, 2009, our Co-op hit a milestone. After 25+ years in existence as a co-op, we secured our presence in the downtown on Main Street by purchasing our building. The UPS Store's lease was due to expire in December, and they chose not to extend by mutual agreement. This leaves the Co-op with a void and an opportunity. What do we do with this space?

The Board, the Finance Committee, and our store management team have discussed how to approach the opportunity presented by this vacancy. The Board charged our General Manager Paula Harris with exploring and developing options for use of the space. Three possibilities are 1. Leasing the space to a new tenant, 2. Making rudimentary modifications so the space can be used for retail or other use for Co-op members, or 3. Expanding the store into the space with a significant expansion. The second two options presume greater product availability and/or services, such as expanded bulk, seafood, prepared food, bakery, and Café seating. The third option is the most elaborate and ambitious. It is presented in the spirit of having a variety of options before us, including knowing what the cost of the most ambitious option is.

The Board and Finance Committee have

If you haven't already done so, please communicate with the Board and Paula and let us know your opinion on a possible Co-op expansion.

been in dialogue with the General Manager about these options, as well as securing member input. That's where you come in.

Members' input has been sought regarding shopping interests in a survey in June as well as a member meeting in early September. If you haven't already done so, please communicate your opinion to our General Manager Paula Harris or any of the Board members. You can also weigh in at expansion@concordfoodcoop.coop or write the

board at board@concordfoodcoop.coop.

Keep your ears open for the upcoming opportunities to be part of this important step in our Co-op's future.

The Co-op is thriving with continuing growth in a recession and new members joining us every month. Please see Board Member

John Warner's excellent financial

overview in our July newsletter which can be viewed electronically at www.concordfoodcoop.coop/newsletter. This is a great opportunity for members to express what you want for our Co-op as we gather specific information about options, costs, and what this will mean for our future as a Co-op.

Please stay tuned as we move through this process, keeping our mission in mind. We will be in touch to get your input and feedback about options at the Annual Meeting on October 24.

I serve on the Board of the Co-op because its presence – as a business, community institution, and fun place to shop and hang out – make Concord a place where I love to live. Please join me in examining this option for further development of our mission and reason for being. ■



Board Tidbits Highlights from Our Meetings

by Marcia Thunberg, Board Secretary

Each year, positions on the Board become open for election. Sometimes the new Board member experiences a learning curve during year one of the two-year term. To address the learning curve, the Board recently contemplated amending the bylaws and extending the term to three years to give the directors more time to be effective.

But this would not have eliminated the learning year. In lieu of this, the Board is invigorating its efforts to educate members on what the Board does and how it governs. Hopefully that will address the learning curve. That is also why you are seeing more explanations in our Board Bulletin of what the Board does. In addition, the Nominating Committee will be more active, not just in encouraging members to run for election to the Board, but working throughout the year to get members involved with the Board and its subcommittees. Come to our monthly meetings. Also, read Betsy's article (above) on what to do with the old UPS Store space. Provide us with feed back on these important issues! ■

Soup, Beer, Brats & Bread

Octoberfest at the Co-op!

Thursday, October 14, 6 - 8 pm

Strap on your lederhosen and polka your way downtown for the Concord Co-op's 2nd annual Octoberfest! Listen to live oompah music, taste delicious soups, stews, and chilis made from scratch by the Celery Stick Café, and try out hearty local and craft microbrews.

Original Celery Stick Café SOUP cookbooks will be available to purchase. We'll donate \$1 to the NH Food Bank for each cookbook sold.



FREE & OPEN TO THE PUBLIC!*

***But please bring or buy a can of soup to donate to the NH Food Bank.**

Visit www.concordfoodcoop.coop for more info.



NEWS BITES: Natural News & Upcoming Events

In the News:

BPA in Receipts

Since the invention of human-made plastic in 1855, the substance has become ubiquitous. So, too, has bisphenol A (BPA), a compound in many plastics that's been linked to cancer and hormone disruption. Nalgene and baby bottles, canned foods, and many other common products can contain BPA. (Some of these products are now made without it.)

The Environmental Working Group (EWG) recently blew the whistle on another unexpected source: register receipts. In fact, "the total mass of BPA on a receipt is 250 to 1,000 times greater than the amount typically found in a can of food or a can of baby formula," according to the report.

Although we don't know how much BPA rubs off receipts and gets into our bodies, EWG said that retail workers average 30 percent more BPA in their bodies compared to other adults.

Upon being made aware that our receipt paper contained BPA, the Co-op now uses register paper certified to be BPA-free. (Adapted from *Natural Foods Merchandiser*.)

In the News:

Consumer Reports' "Dirty Dozen" Supplements

Consumer Reports made waves with their September issue "12 Supplements You Should Avoid" article. The article listed aconite, bitter orange, chaparral, colloidal silver, coltsfoot, comfrey, country mallow, germanium, greater celandine, kava, lobelia,

and yohimbe. Holistic health experts found the list odd. For example, aconite is a known toxic herb that is not generally sold in the United States except for in its safe, ultra-diluted homeopathic form. Most of kava's liver toxicity scares in Europe were linked to companies that used the wrong (and liver-toxic) part of the plant to save money. Several, such as chaparral, comfrey, and greater celandine are moderately toxic but not typically sold for internal use.

Of course, not all natural remedies are safe, and it's good to be informed. However, we should also put things into perspective: Half of Americans take daily supplements, yet there were zero deaths from herbal supplement, vitamin, mineral, or amino acid consumption reported in 2008, according to the US National Poison Data System. By contrast, prescription drugs were implicated in 4,825 deaths and nearly 21,000 injuries in the United States in just three months of 2008, according to the Institute for Safe Medical Practices. According to a 2007 study in the Archives of Internal Medicine, the reported deaths from prescription drugs nearly tripled between 1998 to 2005. Even over-the-counter Tylenol can be highly liver toxic if misused.

Co-op News:

Our Wiskerino Contest Has Begun!

After shopping the store the past few weeks, you may have noticed that most of our male employees have freshly shaven faces. No, it's not a new Co-op policy that requires employees to report to work sans facial hair; it's the beginning of the Whiskerino, the Co-op's beard-growing contest.

As a member of a natural foods cooperative, we all have a little hippie in each of us. Those of us who work at the Co-op sometimes have a bit more, giving us a high

percentage of male employees who don't shave often – or who have not shaved in a decade or more. The Whiskerino has taken on a life of its own – growing from employee conversations trying to convince each other to find what's under all that face fuzz.

The rules for the Whiskerino are simple: report to work on August 29 freshly and completely shaven, then stop shaving until January (no trimming allowed). We will crown a Grand Champion at our annual holiday party in January. The participants will be judged by our female employees by a variety of criteria including length, beard mass, and participation. A Grand Champion will be named, and other awards will be announced. As part of the contest, we will post photographs of those brave employees who make it to the finish line in early January, and we will solicit votes for the Shopper's Choice Award. The Whiskerino is just one of the many things we do to make coming to work and shop fun, warm, and fuzzy.

Community News:

Scarecrows on Main

Join us as we celebrate Main Street Concord's Something to Crow About on Saturday, October 9, 10 am to 1 pm. Come to the State House lawn to make a scarecrow (\$5) to adorn downtown Concord. Clothing donates accepted at the Co-op. Visit www.mainstreetconcord.com.

Community News:

Poetry in the Windows

Check out our storefront this month as we join Poetry in the Windows, a public art project spearheaded by McGowan Fine Art. Poems by New Hampshire poets will be displayed in the windows of Main Street businesses. Our state's current poet laureate, Walter Butts, selected the poems. Visit www.nhwritersproject.org for more. ■



Co-op News

EXPANSION UPDATE: Customers Want MORE!

As you probably know by now, the last few months have been abuzz with talk of what the Concord Co-op should do with the vacant UPS Store space (see Betsy's article, page 2). On September 11, our Board, General Manager, and store staff held a public focus group to help round out feedback from a recent online survey about what to do with the space.

EXPANSION RANKS HIGH

More than 80 percent of our members and customers are in favor of using the space to expand the Co-op. Many respondents expressed an interest in expanded Café seating, Café offerings, and enlarged space for classes. Other popular departments to bring in or expand echoed our earlier online survey: seafood, meat, sliced deli meats, organic salad bar, produce, and even more local items throughout the store.

At the meeting and on the surveys, our customers also told us that they'd like to see the Co-op to be even more active with community outreach such as classes and partnerships with schools, like-minded organizations, etc.

OTHER BENEFITS OF EXPANSION

An expansion of the Concord Co-op would allow us to meet most of our customers' needs and wants while also giving us the opportunity to address long-standing maintenance issues

at the store. The building's facade needs structural repairs, and drainage issues will be easier to correct.



OUR NEW DEPARTMENT: FISHERMAN'S FINEST SEAFOOD

If you've been to the Concord Co-op lately, you've already noticed minor renovations underway for our new seafood department: Fisherman's Finest. Some customers have mused that the Co-op has already made up its mind on expansion. While the location of the Co-op's new seafood department in the former UPS Store is temporary, it's home

at the Co-op is permanent. A recent survey indicated strong demand from members that a seafood department was the number #1 addition that would make the Co-op a "one-stop shopping" destination. With this in mind, we will be including the seafood department as part of the expanded Co-op.

WHAT'S NEXT?

We are working to submit a formal expansion plan within the next four months to members. If you're not already on our email list, please let us know so that you'll get up-to-date information. If you missed the surveys and the meeting, we still want your input. Email us at expansion@concordfoodcoop.coop, and let us know what you think. We value your voice! ■

2010 Annual Meeting

Join us October 24th from 2:00 - 5:00 pm
At Red River Theatres, Concord, NH

2:00 pm

Dessert Reception

Prepared by our own
Celery Stick Café Pastry Chefs

Balloting Begins

2:30 pm

Welcome and Remarks by:

Paula Harris, General Manager
Andy Duncan, Board President

Business Meeting

3:00 pm

Movie Begins: *Food Fight*

Free Popcorn Will Be Served

5:00 pm

Newly Elected Directors &

Community Partners

Will Be Announced

*All Co-op Members and
Their Families are Welcome
to Attend!*





In the Garden

ORGANIC PRIMER: Grow Your Own Garlic

by Shane Smith, Bulk Buyer

When my garlic stocks began to turn brown and fall over in late May, I got concerned. I had been babying ten stocks in my raised beds in the front yard since last fall. I immediately called my good friend George Holt in Dunbarton, who grows garlic for the Co-op, to tell him of my dilemma. "Well, pull them up. They're ready," was his reply.

I don't know why I put off planting garlic for so long. It probably had to do with the fall planting of garlic that threw me off because I always associated planting with the spring. But planting and growing garlic turned out to be really easy, and here are a few hints that may help all of those novices out there like me to give it a try.

STEP 1: FIND YOUR DOVES

It starts with the dove! Each individual garlic seed from a bulb is called a dove. It's best to choose garlic bulbs from local sources because the garlic is already acclimatized to your region. Farmers markets, roadside stands, and locally produced Co-op garlic are good choices. I chose garlic I bought at the Co-op because I liked the way it tasted. I also knew it wouldn't have been sprayed with anti-sprouting agents, a typical practice with conventionally grown garlic. Softneck garlic is good for long-term storage and hardneck is good for fresh eating. Many home gardeners plant a mix of the two.

STEP 2: PREPARE YOUR SOIL

Like all root crops, garlic grows best in rich, loose soil. If you attempt to plant garlic in heavy clay soil, you face the risk of losing your crop to rot.

Gardeners can overcome poor soil conditions easily by planting garlic in raised

beds. Choose a site with full sun, and amend the garden bed with compost or rotted manure. I also start planning my beds to determine where I want to rotate for next year, a practice which is healthy for all organic vegetables.

STEP 3: PLANT & MULCH YOUR GARLIC

I started planting garlic seed around Halloween, before the ground was frozen. I planted the seeds five to six inches apart with the pointy side up (fat side down). I planted them about five inches down because I was worried about frost, but most books and websites say to plant down about three inches and cover with two inches of dirt. I also covered over that dirt with an inch of straw which helped with frost, weeds, and moisture containment. You could also use chopped leaves or grass clippings for mulch. When the shoots started to push through the straw in early spring, I took some of the straw off to prevent them from rotting and to get sunlight.

STEP 4: PROVIDE ADEQUATE NUTRITION

Garlic needs an organic fertilizer high in phosphorus and low in nitrogen to promote a healthy root system rather than encouraging leafy top growth. Garlic isn't a heavy feeder, so an application of fertilizer in the early spring is adequate. I used bone meal with two light applications, and my garlic turned out great! If the plants look stressed or the soil is sandy, you can water the plants with a weak solution of compost or manure tea.

STEP 5: HARVEST & STORE DELICIOUS GARLIC!

In the peak of summer, when the leaves are beginning to brown, you can dig up your mature garlic with a shovel. Pulling can damage the husks, which encourages spoilage. Most garlic is ready before July 4. Brush off any loose dirt, and hang the garlic in a dark, dry location until you're ready to use it.

STEP 6: PLAN FOR THE NEXT CROP

Save your largest garlic cloves for fall planting, and remember to choose a new site for your garlic crop to prevent diseases. ■

In his spare time, Shane grows a variety of organic vegetables for his family.



Artwork by Carla Roy

Focus on Food

EAT YOUR MEDICINE: Delicious Garlic Recipes

by Maria Noël Groves, Clinical Herbalist

We all know that garlic is a treasure trove of flavor and medicinal attributes. Thanks in part to garlic's stinky, sulfurous compounds, it's among the most antimicrobial and antioxidant-rich foods that we could eat. In particular, it acts as a tonic to enhance both the cardiovascular and immune systems. And, besides all those health benefits, garlic is delicious, adding instant spark to harvest-time dishes like chicken soup, chili, squash, and fresh-baked bread.

Flavor and health go together. The most pungent garlic is also the most beneficial for your body. Any type of fresh garlic sold at the Co-op should be fantastic, but I have a particular fondness for local garlic when it's available. (I avoid the enormous, bland "elephant garlic" found in some chains.)

Peel garlic by whacking the cloves with the flat side of a knife, or – for the faint of heart – trim the ends, rub the clove between your fingers, and peel with your fingernails. To get the most out of your garlic, let it sit for 10 to 15 minutes after it's been minced, chopped, or bruised, then add it to your recipe. The more you mash up garlic, the stronger it will be. Raw garlic provides the most health benefits, but I prefer cooked.

MARIA'S GARLIC OIL

This is great as a dipping oil or used to make garlic bread. It also makes a flavorful substitute for butter or oil in a number of recipes. You can keep it refrigerated for up to a week; it will solidify to a spreadable consistency in the fridge. (Note: Eat it up! Homemade garlic oil poses a rare but real risk of botulism if kept for more than a week.) A small cast iron skillet is best for making this oil, but you may also use a small saucepan.

1/2 stick, butter from grass-fed cattle
 1/4 to 1/2 cup extra virgin olive oil
 1/2 to 1 HEAD of garlic, minced
 2 tablespoons dried garlic powder
 1 teaspoon dried basil
 Salt & pepper to taste
 Crushed red pepper flakes to taste

In a small cast iron skillet over medium heat, add olive oil and

butter. Once butter is melted, turn heat to low-medium and add minced garlic. Stir frequently with a spatula or wooden spoon. Add garlic powder, salt, pepper, and crushed red pepper. Wait a minute or so more, add basil. Continue stirring. You want the garlic to be light golden but not burnt. Test your spices by dipping a piece of bread into the oil. Remove from heat and use as desired.

AMAZING GARLIC BREAD

Preheat oven to 400°F. Rub a fresh garlic clove over a loaf of crusty bread. Slice the bread in half lengthwise and generously scoop garlic oil over it. "Toast" on a baking sheet in the stove until the bread is golden. Be careful not to burn the garlic. Remove the bread, cut into slices, and serve.

GARLIC, SHIITAKES & KALE

This is a simple, delicious side dish that's packed with nutrition. I prefer lacinato ("dinosaur") kale, but any type of dark leafy greens will do.

2 or more large garlic cloves, minced
 1 head of lacinato kale
 2 handfuls of shiitake mushrooms
 1 to 2 tablespoons of butter or olive oil
 Salt and pepper to taste

Let minced garlic sit while you prep the other ingredients. Remove the tough kale ribs and chop the leaves coarsely. Trim the ends of the mushrooms, then chop into small pieces. (Some people remove shiitake stems, but I like their chewy texture.) Heat a large cast iron or other skillet over medium heat. Add butter or oil and shiitakes and sauté until the mushrooms are nearly cooked. Add garlic, and sauté until fragrant. Add kale and stir in with other ingredients. Then drizzle small amount of water (about 2 tablespoons) into the pan, cover, and cook until the kale is bright green and tender. Serve immediately – greens get cold quickly. ■

Maria teaches and practices throughout New Hampshire. Visit www.wintergreenbotanicals.com for more seasonal recipes.



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- Greg Billingham,
 Health & Beauty Buyer



Focus on Food

ALLERGY-FREE FOODS: Going Gluten Free

by Sheldon Vogt, Cashier

A big buzz word in the food world these days is “gluten.” Gluten is a protein found in wheat and related grains such as spelt, barley, rye, and Kamut. The gluten protein in wheat is what holds bread together, keeping it from crumbling.

The reason gluten is on so many people’s lips these days is that more and more individuals are finding they (or someone they know and cook for) are allergic or sensitive to gluten or that they have Celiac Disease. Whatever the case, the only solution is to remove gluten from the diet entirely. (Some people are allergic only to wheat whereas other glutenous grains are fine.)

So, now that you are trying to eat or provide a gluten-free diet, the fun really begins. Gluten is a devious little contaminant that can be very hard to avoid. Not only do you have to avoid the grains listed below – which are in almost every baked good and cereal – but you also have to look out for a host of other ingredients that contain gluten. These include things like natural flavoring, vegetable starch, malt, modified starch, and soy sauce.

The best thing that ever happened to me while trying to eat a gluten-free diet was getting a job at the Co-op. Not only does the Co-op have special orange tags on their designated gluten-free products, but the products at the Co-op also tend to have far fewer ingredients than those at a traditional grocery store. I find the ambiguous “natural flavoring” ingredient listed on far fewer items.

For a long time, the hardest thing for me to replace was bread. So much of the gluten-free bread is dry, crumbly, and downright expensive. I tried making my own bread with various combinations of rice flour, corn flour, tapioca starch, and other gluten-free flours, all with limited success. I pretty much weaned myself off bread altogether until I started working at the Co-op and discovered Berry Delicious Bakery’s gluten-free sandwich bread. If you toast it lightly, it makes the best gluten-free sandwiches I’ve ever had.

Another disappointing thing for me – and perhaps the thing I resisted most in starting my gluten-free diet – was giving up beer (typically made with barley and/or wheat). I was just past my college phase and was really starting to enjoy exploring microbrews and

other alternatives to cheap light beer. I was excited to discover gluten-free beers at the Co-op by Bard’s, Redbridge, and St. Peter’s. They’re made from sorghum rather than wheat or barley.

When on a gluten-free diet, I at least found myself cooking a lot more meals from scratch just because it was easier than scouring paragraph-long ingredient labels on some prepared foods that contain dozens of potential hiding places for gluten. But sometimes there just isn’t time to make a meal, and, let’s face it, you can only eat so many hard boiled eggs and bananas. For occasions when I am in a hurry or too tired to cook something, I will just heat up a frozen rice macaroni and cheese dinner or boil some rice pasta to have with tomato sauce.

Top 10 Favorite Gluten-Free Items at the Co-op

1. *Berry Delicious Bakery* Gluten-Free Sandwich Bread
2. *Tinkyáda* Organic Brown Rice Pasta
3. *Bard’s* Sorghum Beer
4. *Bob’s Red Mill* Gluten-Free Chocolate Chip Cookie Mix
5. *Glutino* Gluten-Free Pretzel Twists
6. *Amy’s* Rice Mac & Cheese
7. *Glutino* Gluten-Free Crackers, Vegetable Flavored
8. *Van’s* Wheat/Gluten-Free Blueberry Waffles
9. *Robert’s American Gourmet* Pirate’s Booty with Aged White Cheddar (Rice & Corn Puffs)
10. *Pamela’s* Spicy Ginger Cookies ■



These Foods are Naturally Gluten-Free!

Vegetables	Potatoes	Chocolate
Fruits	Sweet Potatoes	Coconut
Beans	Squash	Herbs
Nuts	Quinoa	Spices
Seeds	GF Oats	Stevia
Soy, Tofu	Buckwheat	Alcohol
Meat	Millet	(Distilled)
Poultry	Amaranth	Wine
Eggs	Teff	Salt
Dairy	Maple Syrup	Yeast
Corn	Honey	
Rice	Sugar	

Watch Out For:

Wheat	Most Oats	Malted Vinegars
Spelt	Most Baked	Barley Malt
Kamut	Goods & Snacks	Some Liquors
Rye	Most Beer	Malted Alcohol
Barley	Some Miso	Processed Food
Triticale	Most Soy Sauce	<i>Partial lists only.</i>

Focus on Food

SEASONAL SOUPS: Favorite Hearty Recipes from Our Café

by Chef Mike Cook, Celery Stick Café Head Chef

We welcome autumn at the Co-op because some of our delicious, seasonally inspired recipes come out of the kitchen. Hearty, sweet, and pungent ingredients like apple cider, squash, onions, and sausage satisfy the belly and the soul!

Last year when we launched our first Octoberfest, I thought it would be the perfect opportunity to showcase our favorite Café soups. I didn't realize how much work it would be! We compiled 30 of our most popular recipes and decided to publish the recipes for our customers. Our event was a huge success, bringing in nearly 1,000 attendees. This year we wanted to give back to our community, so we're asking all Octoberfest participants to **bring a can of soup to donate the NH Food Bank**, and we're also **donating \$1 from each cookbook sold** (pictured, right) to the NH Food Bank.

AUTUMN BISQUE

This creamy vegetarian soup is a favorite at our fall events.

- 1 lb butternut squash
- 1 lb acorn squash
- 1 lb pumpkin
- 1 large onion, diced
- 2 celery stalks, diced
- 2 Tbls olive oil
- 1 lb sweet potatoes
- 1 Tbls roasted garlic
- 2 gal vegetable stock
- 1 cup cream
- 1 cup cider
- Salt and pepper to taste

Peel and dice all the squash. In a large pot, sweat the onions and celery in oil. Add the squash, sweet potatoes, roasted

garlic and vegetable stock. Bring to a boil, then let simmer for about 30 minutes. In a blender, puree the soup. Add the cider and cream. Season with salt and pepper.



FIVE ONION SOUP

French onion soup lovers will enjoy this delicious soup!

- 3 onions, diced
- 2 red onions, diced
- 2 leeks, washed and chopped
- 2 Tbls olive oil
- 1 cup sherry
- 1/2 cup balsamic vinegar
- 1 Tbls thyme
- 1 Tbls white pepper
- 1 bunch scallions, chopped
- 1 bunch chives, chopped
- 1/2 gal beef broth or stock
- 2 cups chicken broth or stock
- Salt and pepper to taste

In a heavy pot or an electric griddle,

cook the onions and leeks with the oil for a long time, until they are caramelized (but make sure that you don't burn them). Deglaze the pan with the sherry and balsamic vinegar. Add the spices, scallions and chives. Simmer for 2 minutes. Add chicken and beef stocks, bring to a boil, and simmer for 10 minutes. Season with salt and pepper.

TOMATO, FENNEL & SAUSAGE SOUP

This is a perfect soup to enjoy the final harvests of the season.

- 1 bulb fennel, sliced
- 1 medium onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cups chopped tomatoes
- 2 Tbls olive oil
- 1 cup Chianti (or more)
- 1 lb hot Italian sausage, sliced
- 1 Tbls minced garlic
- 1 quart chicken broth stock
- 1 Tbls marjoram
- 1 Tbls basil
- 1 Tbls oregano
- 2 Tbls parmesan
- Salt and pepper to taste

In a large, heavy pot, sweat the fennel, onions, carrots, celery, and tomatoes in oil until the onions are translucent. Meanwhile, cook the sausage in the oven at 350°F for 30 minutes. When the vegetables are ready, deglaze the pan with the Chianti. Add the cooked sausage, garlic, chicken stock, and spices, bring to a boil and let simmer for 30 minutes. Add Parmesan and season with salt and pepper. ■





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Get YOUR Recipes into our Next Cookbook!

Submit your favorite recipes for consideration for our upcoming Co-op Cookbook. From spiced ham to apple squash bake to vegan sugar cookies, we're looking for your most delicious, all-natural recipes. If your recipes are chosen, you'll receive a free cookbook!

Deadline: October 31. Email to marketing@concordfoodcoop.coop. Please include your name and a brief description or story about your recipe.



Green Living:

GREEN CLEANING: This is the Way We Wash Our Clothes... And Make our Own Green Laundry Products

Doing laundry is not most people's idea of a good time – though some do take pleasure in transforming a mountain of dirty laundry into neatly folded piles of fresh clothing and linens. Regardless of how you feel about the act of doing the laundry, creating and using your own eco-friendly laundry products can infuse some added pleasure into your laundry routine.

Conventional laundry products contribute phosphates, petroleum products, chlorine, and other chemicals to the air (during manufacture), waterways (during use), landfills (when you toss the containers), or your skin (when you wear or use the laundered products). The Co-op offers a variety of earth-friendly laundry products. You'll see words like "biodegradable" and "hypoallergenic" on the containers. You can also find what you need to make your own laundry products, which is simple, fun, and very economical.

This isn't an all-or-nothing proposition, of course. Maybe you just want to replace your softener with a container of vinegar. Or maybe you'll jump in with both feet and make all your laundry products!

Laundry recipes – like cooking recipes – are a matter of varying opinions and experimentation to suit individual needs. If the consistency isn't right or you don't love the scent, tweak the ingredient amounts or the essential oil or soap you're using. If you're pleased, double the batch next time; if not, make smaller batches until you've nailed it. Here are some recipes to get you started.

POWDERED LAUNDRY SOAP

2 cups grated natural bar soap
3 cups borax (a naturally occurring mineral, also known as sodium borate or sodium tetraborate)
4 cups baking soda (sodium bicarbonate)
4 cups washing soda (sodium carbonate)
2 Tbls essential oil (ie: lemon or lavender)

Combine all dry ingredients. Whisk in essential oil. Store in covered tub, and use 1/8 cup per load of laundry.

LIQUID (GEL) LAUNDRY SOAP

1 vegetable-based natural bar soap
1/2 cup borax
1 cup washing soda

5 drops essential oil (ie: lavender or rosemary)

Grate soap into a large pot of boiling water. Remove from heat and stir until melted. Add the borax and washing soda. Stir until dissolved. Add essential oils. Pour into a bucket and add hot water to make about eight gallons. Let sit overnight. Stir before using (1/2 to 1 cup per load).

GENTLE LAUNDRY SOAP

You can wash delicates in any of the above soaps, but another option is to use just a squirt of a good liquid

castile soap in a sink full of water. Add just a drop or two of essential oil. (Add both as the water is running, swish, then add your wool sweater or delicate lingerie.)

Note: These laundry soaps won't produce a lot of suds. Don't be fooled; they still get the job done!

SOFTENER:

- Add 1/2 cup vinegar to the rinse cycle. Vinegar softens fibers naturally and rinses out any soap residues. It will also freshen baby clothes and diapers and remove static cling. Don't worry; the scent evaporates when the clothing dries, so you won't smell like a salad!

- Add 1/4 cup baking soda to the rinse cycle. It'll brighten your wash as well as soften it. (Baking soda also removes dulling soap residues.)

WHITENER:

- Add 1/2 cup of washing soda to each load during the wash cycle.
- Fill washer half full with hot water. Pour in 2 cups of lemon juice. Add clothing and let soak for several hours. Drain water and follow with a normal wash cycle. Or add 1/2 cup lemon juice to rinse cycle.
- The best whitener is sunshine, so hang whites on a clothesline to dry. (You might use one of the above whiteners and then hang in the sun for best results.) Talk about eco-friendly!

FRAGRANCE:

- Add a few drops of your favorite essential oil to the rinse cycle (add to the water, not directly on clothing).
- Place a few drops of essential oil on a clean cotton cloth or washcloth, and toss in the dryer or drop in the washer during the rinse cycle.
- Add a fragrant sachet to your dryer load. Lavender or rosemary tied in a cheesecloth or hanky works well. Or place one in each dresser drawer. ■



Visit www.laundrylist.org
to find out what's hangin' in
downtown Concord this October.



Focus on Wellness

WOMEN'S HEALTH: Balancing Female Hormones

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



How many times have you recently heard someone mention their thyroid troubles? If I had a dollar for every time I heard about sluggish metabolism, fatigue, temperature intolerances, hair loss, etc., well, you know how that ends. Thyroid conditions seem epidemic right now, and the frightening part is that many people who have every symptom of either an overactive or underactive thyroid are still considered normal according to their lab values and will not be properly treated. The thyroid gland is extremely important, but it is just one of the glands that make up the endocrine system, which consists of the organs that create hormones that control and regulate every function and process in our bodies. This system regulates mood, growth and development, tissue function, metabolism, and sexual and reproductive functions.

The endocrine system includes the hypothalamus, pituitary, pineal gland, thyroid, adrenals, and the ovaries/testes. Hormones are chemical messengers secreted by these glands that then travel to other cells of the body to bring about very desired reactions. These hormones are needed in very tiny amounts, and too little or too much of any one can affect an entire cascade of events. Therefore, a problem with the pituitary in the brain could ultimately affect the sexual organs. Unfortunately, many health professionals will focus on the end malfunction, so the patient may continue to have symptoms and exhibit poor health.

Most current methods of measuring hormones – such as estrogen, progesterone, cortisol, and luteinizing hormones – involve a single test that simply gives one snapshot of the hormones even though a full portfolio is usually needed to treat and correct. For instance, a hormone test from day 11 of a woman's cycle will not catch problems that occur on day 22 of her cycle. Blood testing can be performed, but saliva tests are just as accurate and usually much less expensive.

Most women also do not realize that no symptoms associated with their cycle are normal, from tender breasts to severe cramping. Symptoms and conditions such as endometriosis, infertility, and cystic ovaries are almost always

caused by a hormonal imbalance. Also, if a woman has a difficult time during child-bearing years, then it is more likely she will have a difficult transition into menopause with more symptoms that are not normal, such as hot flashes.

Traditionally women have been told to just "deal with" their hormonal problems, or they are given medications – from anti-depressants to pain relievers, or hormone

replacement therapy and bio-identical hormones – which can cause further problems in the future since this does not correct the underlying imbalance.

For those women that can relate to this, *there is help* that involves nutritional supplements that help heal the organs of the endocrine system, herbs that regulate the hormones,

dietary modifications, digestive support, and stress management. Proper digestion is crucial to healing the endocrine system. You really are what you eat, so good health starts with good food. Most women with hormonal imbalances crave sugars and carbohydrates such as bread and pasta. Gymnema (*Gymnema sylvestre*) is a great herb that reduces sugar cravings and balances blood sugar. Digestive enzymes will assist the body in breaking down the healthy foods that you eat and then help in absorbing the nutrients. Chaste tree (*Vitex angus-castus*) and tribulus (*Tribulus terrestris*) are amazing herbs that regulate the hormones and normalize female reproductive functions. Bio-identical hormones are generally plant-derived and mimic our own hormones, but they must be used sparingly and under the close supervision of a health care provider. Managing life stress may be done through the use of yoga, massage, chiropractic, exercise, etc.

Most women are in tune with their bodies. If something doesn't seem just quite right, regardless of your age, seek out the answers and the appropriate health care that would work best for you and your beliefs. There are always options, and there are always choices. ■

Learn More


Take Dr. Tobi's FREE class, **Understanding Female Hormones**, on **Thursday, October 28, 6:30-7:30 pm** at the Concord Co-op. Email classes@concordfoodcoop.coop, stop by the store, or call 225.6840 to register.

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Sunday: 11 am to 4 pm

October Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Partner Good News Garage					1	2
3	October 4 Interactive Life Coaching w/Elizabeth Ashworth	5	6	7	8	October 9 Something to Crow About 10 am - 1 pm Downtown Concord
10	11	12	13	October 14 Octoberfest at the Co-op! 6-8 pm	15	16
17	October 18 Energy Medicine & Hypnosis w/Jane E. King	October 19 Mix & Match Casseroles w/ Marilyn Sullivan	October 20 Board of Directors Meeting	October 21 The Secrets of No-Knead Bread w/Hilary Warner	22	23
October 24 Annual Member Meeting 2-5 pm	25	October 19 Spilling the Beans! w/ Marilyn Sullivan	27	October 28 Understanding Female Hormones w/Dr. Tobie Sheiker	29	30

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