

THE natural buzz



Concord Food Co-op, Concord and New London - April Edition 2017

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Shop *brighter*,
lines are *lighter*!



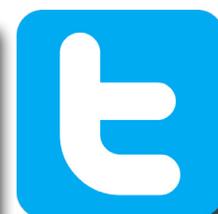
More parking and quicker lines are available during off peak hours - but when do those hours occur? Use our handy chart to figure out the best time to shop at the Co-op. *Chart is only applicable to the Concord location.*

[Click here to see what our busiest hours are!](#)

Missed our past issues?

Interested in reading some of the past editions of the Natural Buzz? You can find back issues at concordfoodcoop.coop/buzz

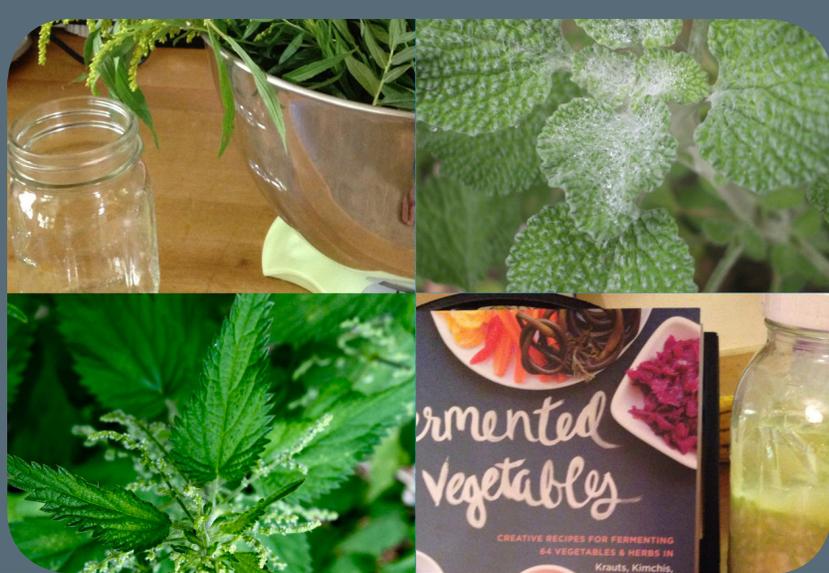
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Preparing for the Allergy Season: Natural & Herbal Support

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



Pollen season is just around the corner, and now is the prime time to start preparing for it. If you traditionally suffer from seasonal allergies, take comfort in knowing that there are many ways to prep your immune system to potentially reduce or eliminate your symptoms this year.

Live a little dirty: Allergies are an over-reactive immune response, and several studies suggest that this is due to the fact that we are a bit too germ-phobic, which weakens the immune system and its signaling while also potentially harming our *microbiome*. So, wash your hands with plain soap and water, put away that hand sanitizer, embrace a little dirt, take your daily probiotics, eat plenty of vegetables, and don't take antibiotics unless you really need them. Specifically for allergies, two things of particular value include eating fermented foods like kimchi and live kraut daily and taking or eating medicinal and culinary mushrooms (either as a supplement, simmered in broth or tea, or cooked –

raw is not beneficial and occasionally harmful). Complex starches in mushrooms offer a positive challenge for the immune system and can help regulate the inflammation associated with allergies. Reishi, chaga, and cordyceps mushrooms have particular affinities for lung health and can be taken daily, but all edible/safe mushrooms have benefit. Many people swear by taking a spoonful of wild local honey daily, too.

Sleuth Out and Avoid Food Allergens & Sensitivities. This can be miraculous for some people. People with allergy issues (not just hay fever but also eczema, asthma, etc.) often have food sensitivities that can increase the severity of environmental allergies when you're eating a lot of those foods. Consider eliminating gluten/wheat and dairy for a month and then reintroducing them to see if this makes a difference. Those are common food sensitivities, but other potential culprits include corn, soy, and foods that encourage high histamine levels (red wine, chocolate, shellfish, aged meats... and even fermented foods in a few unlucky people). Taking measures to



heal the gut can also help, but that's a big topic of its own!

Helpful Supplements. Quercetin is my main go-to supplement for people with seasonal allergies. Vitamin C, NAC, and bromelain are also useful and often sold in combination with quercetin. They are best taken per the label directions beginning two to four weeks before your usual allergy season and throughout the season.

Helpful Herbs. I've been amazed at how useful herbs can be to prevent or reduce the severity of allergies when taken in advance, and some even help on the spot. I love to use nettle and goldenrod tinctures to reduce histamine, berberine-rich herbs to dry things up, mullein to lessen respiratory irritation, and horehound to thin and help expel mucus and post nasal drip. Learn more about my favorite allergy herbs in [this guest post on LearningHerbs](#) or attend my free Co-op class on the topic on April 12 in Concord.

The Usual Good Health Stuff. Getting a good night's sleep, reducing stress, eating healthy foods (and avoiding too much sugar, alcohol, and junk food), and exercising regularly are, as always, also worthwhile to keep your immune system happy and inflammation down. Also do what you can to keep indoor air quality good. For example, ventilate and wear a mask when you're doing construction or spring cleaning. The crankier your body is, the more likely you are to get knocked on your butt by a lot of dust, some pollen, or animal dander.

Maria runs Wintergreen Botanicals Herbal Clinic & Education Center nestled in the pine forests of Bear Brook State Park where she sees clients, teaches classes, and writes nationally about herbal medicine. She is the author of the critically acclaimed *Body into Balance: An Herbal Guide to Holistic Self Care*. Learn more about these things and herbs in general at www.WintergreenBotanicals.com.



Want to learn more about preventing allergies this spring? Attend Maria's free lecture in Concord on April 12th!

**Natural Allergy Relief
with Maria Noël Groves
Wednesday, April 12th, 2017
6:00 pm - 7:30 pm
Concord Fire Department Training HQ
24 Horseshoe Pond Lane, Concord NH**

**Click here
to register!**



Get Clean to Manifest Your Dreams

By Kelly Lang,
Co-op Wellness Educator & Nutritionist



People clean up their diets for many reasons, most of which are based on physical results like reducing weight, reversing disease, clearing up skin, having more energy or improving sleep. Those and many others are certainly good reasons to eat healthy (if you need a reason) but there is another benefit of eating clean that many people don't even realize.

When we eat clean we increase our ability to manifest whatever we desire.

Think about the last time you ate processed food for a few days. Did eating that way leave you feeling clear headed, focused, positive and creative? For most of us the answer is no. Processed foods can give us an initial "pick me up" but soon after we are in the lull. These foods dull our senses and numb our creativity. If we eat this way regularly, we can become depleted, lacking key nutrients for brain functioning, memory and more. In addition, processed foods lower our energetic vibration, which is a huge factor in manifesting.

The law of attraction proposes that like attracts like. So if you have the

energetic vibration of a twinkie, are you going to attract vibrant life circumstances, partners, or events?

Do you know what you desire in your life? Is it more wealth, better relationships, a more fulfilling career? The path to manifesting your desire begins by manifesting the best version of yourself and that starts with nourishing your body and your mind with clean food.

Simple Tips for Getting Clean to Manifest Your Dreams

1) Add in before you take out!

Always add in something healthy before you start taking away the "bad stuff." For instance, start by adding in more water before you try to reduce your coffee intake. As we add in more good, nourishing foods, we crowd out the less nourishing foods. Allow the not so good for you food to gradually dissolve away without having to fight your way from it.

2) Focus on what you CAN eat.

Sometimes when I do food sensitivity testing I will hear people



lament, “and I can’t have that, and I can’t have that and I can’t have that!” I try to refocus their minds on all the foods they can have and suddenly they realize that they still have lots of freedom in their food choices. Try to focus on all the food you enjoy that is healthy for you. Think of the bounty of nourishing foods available to you. We are in the land of plenty compared to what people in other countries or other times had available.

3) Ask yourself “What is this food giving me?”

This is one simple way to determine if you are eating clean or not. If you struggle to answer that question about something you are eating, more than likely it is not serving you well. The more you start to recognize which foods are giving you protein or fiber or phytonutrients the more you will appreciate healthy foods and what they do for you.

4) Come from Love.

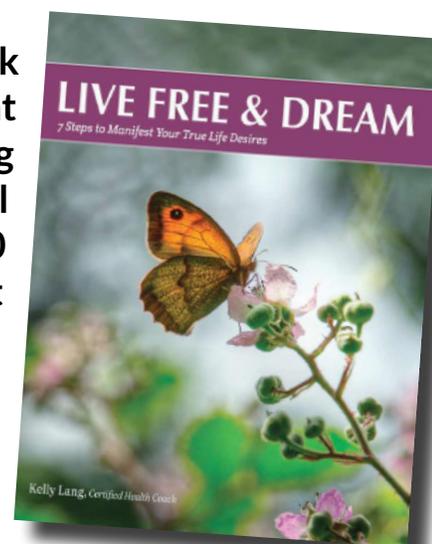
Ask yourself “Am I loving my body with food?” If you love ice cream and cookies, you may think that loving your body means giving it those things all the time. But is that really loving your body? How do you feel after you eat that way? How does it affect your mood, your energy, your appearance and your self confidence? Comfort foods can provide comfort, and may feel like “love”, but true love doesn’t have an after bite. If it were truly love, it would feel good in the moment as well as two days later. Most people who think they are loving themselves with “yummy stuff” are really in a pattern of one night stands with food,

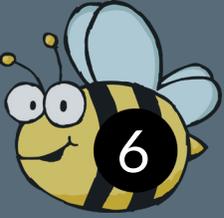
looking to “feel good” in the moment but not being connected to the long term effects on self esteem and self love. They are actually self-sabotaging in the name of “love”.

When you are serious and ready to manifest what you desire in your life, you will find the motivation to eat clean, even if it is one step and one day at a time.

Kelly Lang is a Mom, nutrition counselor, yoga instructor and freedom coach. Her book, “Live Free & Dream, 7 Steps to Manifest Your True Life Desires” shares her passion for encouraging others to dream, believe and manifest their dreams. Through her workshops, writing and coaching she offers guidance on releasing the physical, mental and emotional blocks that stand in the way of reaching our goals. Kelly is one of the founding members of the Live in Love retreat, a three day experience of transformation and healing on one of New Hampshire's most beautiful islands. Kelly lives in the "Live Free or Die" state, with her three children, her best friend, and their pets.

Join us for a Book Signing & Chat with Kelly Lang on Tuesday, April 18th from 4:00 to 6:00 pm at Concord Food Co-op! Signed copies of Kelly's book will be available for purchase.





Expanding Your Child's Palate

By Molly Herrmann,

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www.strongertogether.coop*



There is nothing that can turn a good day to bad faster than coming home and trying to feed your child dinner (emphasis on the trying.) It can be a very frustrating experience if your child has limited foods they are willing to eat or if they liked something last week only to absolutely hate it this week. As parents we want what is best for our children in all things, including a healthy diet. But how do you get kids to expand their palate beyond chicken fingers and yogurt? As a parent of an almost 8-year-old boy, A.J., I've made my share of missteps, and tears have been shed at our dinner table in the early years (by us both), but we've come to an agreement of sorts.

Try, try and try again

Experts in the field of nutrition will tell you that it can take up to thirteen times of trying a new food before someone will accept it. Thirteen times! While that level of persistence can seem daunting, familiarity does breed acceptance. The mantra (my husband and I don't call it a rule) in our household

is, "We only ask that you try it." If A.J. doesn't like something on his plate we ask him to eat what he does like, and he can have a snack before bed if he's still hungry. If your child is between four and eight, the perennial parents' friend Dr. Seuss' Green Eggs and Ham can be an effective teaching tool for the "just try it" motto, but in our house nothing beats modeling the behavior. Even though this prompts A.J. to mischievously ask his dad to give olives one more try—because you never know when you might like them. While my husband is not happy to eat olives every now and again (he still loathes them), it has reinforced the "trying" attitude with great effect. I count myself lucky that the one food I have an aversion to (truffle oil) is not something we keep in the house!

Opening up the food frontier

Kids love adventure, and making dinnertime a fun experience can really open up their willingness to try new things. Just getting kids involved can make a huge difference. Our co-op has little kids' shopping carts, and while using one makes the shopping a little s-l-o-w-e-r, our son loves pushing it around and



filling it up. It has been designated the “produce only” cart, the “only new things to try” cart and even the “A.J.’s lunchbox” cart. Allowing him to pick out items and place them in his own cart gives him a sense of ownership and pride. He always seems more willing to try something new when he picks it out.

Once A.J. picks something out to try, we like to keep the positive momentum going by involving him in meal prep. Not all kids like to be involved in the kitchen, and sometimes he doesn't either, but when he's up for it, we seize the moment. What can make a kid feel more grown up and accomplished than cooking dinner for his family? Measuring, stirring, and tasting are all

parts of cooking that kids can do at any age. When A.J. was younger, we let him cut up herbs and softer items with a pizza cutter. It is a great tool to keep little fingers safe! And he loves that we always have to taste the food to adjust seasoning and make sure it's just right. (And that sweet little tilt of the head and suggestion that maybe it needs a little more x, y, or z is a priceless memory in the making.)

At home and in the kids' cooking classes I teach, I find introducing new foods in savory and sweet combinations

and combining a new flavor with a familiar one to be successful strategies for expanding kids' palates. One successful example is Roasted Pears and Carrots. Cooked carrots may be old hat for some kids, but cooked pears? The savory and sweet combo appeals to kiddie palates as well as those of adults. Another sweet and savory hit is Hoisin Roasted Cauliflower. This is a dish you can proudly serve to company (big and little people both).

Involving your child in food decisions, modeling "just try it" behavior, creating opportunities for your child to try new foods and letting them help with food prep are all great ways to encourage your child to expand their palate. This approach is

working most of the time with A.J. so far, and I hope it continues long into the future as there are so many wonderful foods to taste and explore!



Check out Molly's recipes for expanding your child's palate:

- [Hoisin Roasted Cauliflower](#)
- [Roasted Pears and Carrots](#)
- [Potato and Chickpea Salad](#)
- [Cumin Raisin Quinoa](#)
- [Spring Rolls with dipping sauces \(Sesame Orange Sauce and/or Maple Dijon Sauce\)](#)

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www.strongertogether.coop*



Delightful Spring Dishes

By Barbara Bonsignore,
Author of Cooking with Compassion



Pound Cake

- 3 cups whole-wheat pastry flour
- 3 tsp. aluminum-free baking powder
- 3 Tbsp. soy flour
- 3 Tbsp. toasted wheat germ
- ¼ tsp. salt (optional)
- ¾ cup maple syrup
- 2 Tbsp. soy margarine, softened
- 2 tsp. vanilla extract
- 2 cups soy milk or water with 1 ½ tsp. vinegar added

Mix all ingredients together well. Add water if mixture is too dry, more flour if too moist. Cake batter should be pourable but not runny. Pour into loaf pan which was been oiled with liquid lecithin or soy margarine. Bake at 350° for 30-40 minutes or until knife inserted in center comes out clean and cake is lightly browned.

Blueberry Sauce

- ½ cup turbinado sugar or Sucanat
- 1 Tbsp. cornstarch or arrowroot flour (health food stores)
- 4 cups fresh or frozen blueberries, thawed
- 1 tsp. lemon juice
- 1 tsp. almond extract
- 1 tsp. vanilla extract

In medium saucepan, mix cornstarch and sugar. Add remaining ingredients. Cook on low heat, stirring constantly until mixture boils. Stir and boil for 1 minute. Serve hot or cold over pound cake.

For a printer-friendly version of these recipes, [click here.](#)

Baby Peas, French Style

- 3 cups fresh or frozen green peas
- 12 peeled white boiling onions, halved
- 6 sprigs fresh parsley, coarsely chopped or 3 Tbsp. dried parsley
- 1 cup water
- ½ tsp. garlic powder
- ½ tsp. maple syrup
- 1 head green or red leaf lettuce, shredded

Place all ingredients, except lettuce, in large pan with cover. Bring to boil, lower heat and cover. Add more water if mixture dries out. Simmer, covered, 10 minutes and serve hot. Drain if there is too much liquid remaining. A small amount of soy margarine may be added, if desired. Serve on bed of shredded lettuce.

**WHAT'S THE BIG THING
YOU'RE PLANNING?!**



**IS IT BIGGER
THAN A BREAD
BOX?!**

**NOPE! NOPE! NOPE!
I WAS VERY CLEAR...
NO HINTS, NO NOTHING!**

**-CHRIS GILBERT,
CO-OP GENERAL MANAGER**



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April Calendar

For event details visit www.concordfoodcoop.coop/calendar

Concord Store

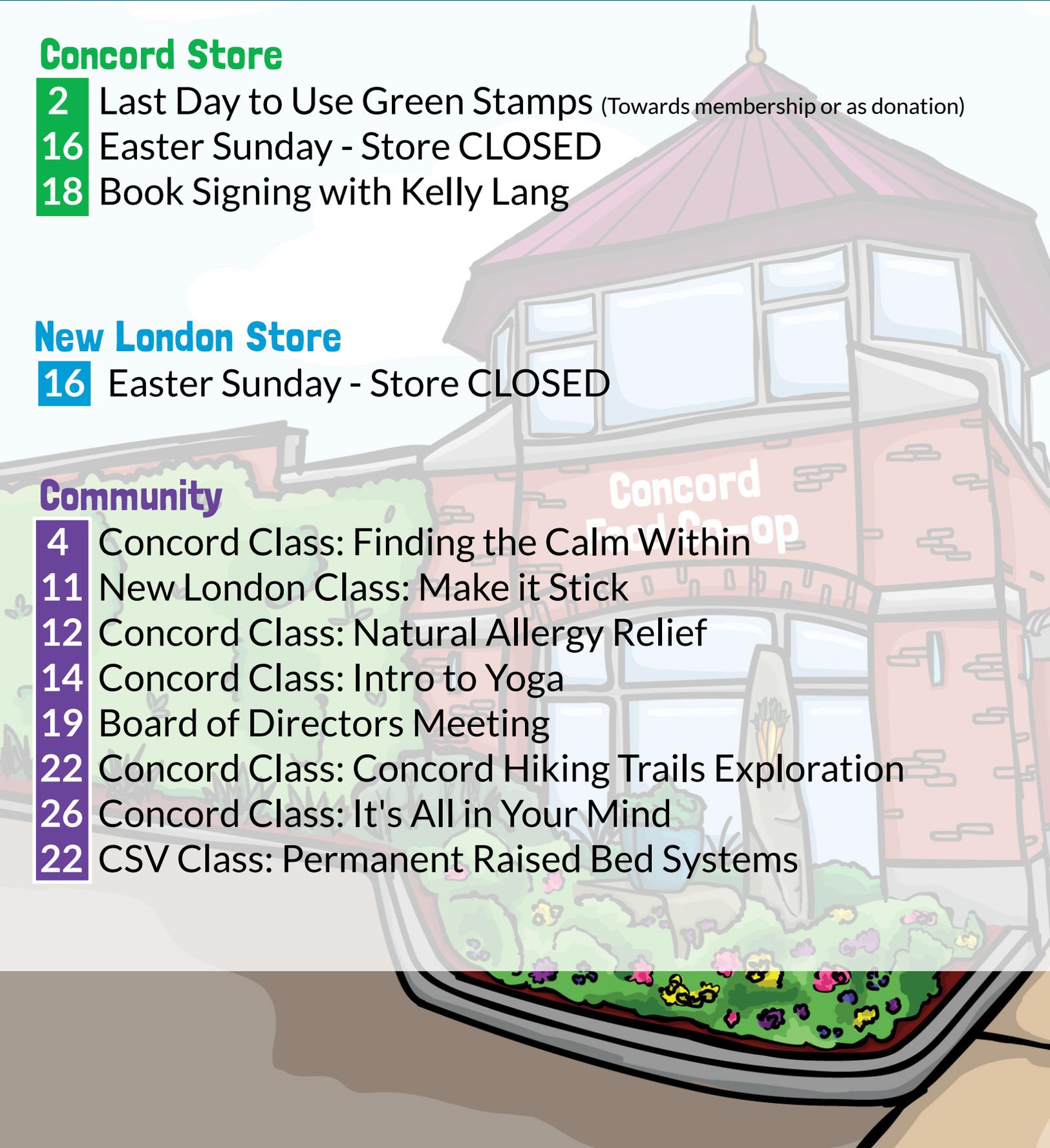
- 2** Last Day to Use Green Stamps (Towards membership or as donation)
- 16** Easter Sunday - Store CLOSED
- 18** Book Signing with Kelly Lang

New London Store

- 16** Easter Sunday - Store CLOSED

Community

- 4** Concord Class: Finding the Calm Within
- 11** New London Class: Make it Stick
- 12** Concord Class: Natural Allergy Relief
- 14** Concord Class: Intro to Yoga
- 19** Board of Directors Meeting
- 22** Concord Class: Concord Hiking Trails Exploration
- 26** Concord Class: It's All in Your Mind
- 22** CSV Class: Permanent Raised Bed Systems



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Nick Schneider, Operations Manager
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Peter Deleault, Finance Manager
Beverly LaPage, Human Resources Manager
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Patrick Gale, Produce Manager
Lexi Cartier, Grocery Manager
Amanda Christian, Bakery Manager
Stacey Cooper, Co-op Farm Manager

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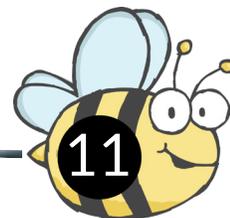
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Hours of Operation

Concord Food Co-op

24 South Main Street, Concord
603-225-6840

Monday - Saturday: 8 am to 8 pm
Sunday: 10 am to 6 pm

*Concord Food Co-op
of New London*

52 Newport Road, New London
603-526-6650

Monday - Saturday: 9:30 am to 6 pm
Sunday: 10:30 am to 4 pm

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