

THE natural buzz

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

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Shop *brighter*,
lines are *lighter*!



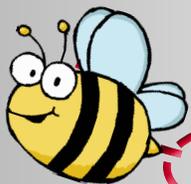
More parking and quicker lines are available during off peak hours - but when do those hours occur? Use our handy chart to figure out the best time to shop at the Co-op. *Chart is only applicable to the Concord location.*

[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

Find us online at
concordfoodcoop.coop
and on...





Co-op in the Community



On Saturday January 28th The Concord Food Co-op joined 10 area restaurants at Concord-by-the-Bite. This reception was held at the 7th straight, sold out NHTI's Winter Fling that features Dancing with the Stars. The Co-op Café's stuffed mushroom caps and crab cakes were a big hit that evening. The event raised \$52,000 for The President's Fund for Excellence at NHTI, Concord's Community College. The President's Fund for Excellence was established as a means to fund the highest priority needs for the College, and to award student excellence with scholarships. NHTI has raised about \$150,000 for the President's Fund for Excellence and in part uses the funds to award scholarships to students with 4.0 GPA's.



The Co-op also attended NOFA-NH's annual "Grow Well, Eat Well" winter conference this past Saturday at Rundlett Middle School in Concord, NH. In addition to sponsorship, the Co-op's Organic Farm Manager, Stacey Cooper, held a workshop at the conference on the topic of implementing permanent raised bed systems. The workshop will focused on the theory behind raised bed systems, which focuses on deep, loose organic soils and covered techniques for building and maintaining the beds in field conditions. The conference was very well attended and featured key note speaker, Joel Salatin. You can learn more about NOFA-NH, one of the Co-op's Community partners at our website.



What's New with Produce?

By Pat Gale,
Co-op Produce Manager



Hey Folks!

Pat here, produce manager at your favorite food co-op! We are coming to the end of winter and you know what that means! Fresh, local veggies are on their way! We have been meeting with all of our farmers and going over the plan for this years growing season and might I say, I am excited. We will have all kinds of great fruits and vegetables all season! Here in produce, we work with local farmers and producers as much as possible. Even in these winter months we are still bringing in local carrots, beets, rutabaga, sweet potatoes, cabbage, and anything else we can get our hands on! Even for some of the things we can't get locally, we still source from small farms. Take our ginger and turmeric for example. We are currently sourcing our turmeric and ginger fresh from a small farm in Hawaii! We are dedicated to giving you fresh and almost exclusively organic foods from local and small producers throughout the seasons!

Along with talking about the new season, we are also working on some

new projects here in the store including some new floor designs, a bigger focus on floral, and even our own web-show where we'll be trying some of the interesting foods we bring in and explaining the history and how you might use different "weird" vegetables and fruits.

What else is new?... Oh, Super Bowl Sunday! We have got you covered! We will be putting together veggie platters as well as having plenty of peppers, onions, avocados, tomatoes, and anything else you may need to make your favorite dip or appetizer to go along with the game. And that's just here in produce! Here is one of my favorite recipe's for spinach artichoke dip, for which you can find all of the products right here at the Concord Food Co-op.

Click here for a delicious
**Artichoke Spinach
Dip Recipe**
from
foodiemcbooty.com!



What is it about Chocolate?

By Carolyn Kelly,

Founder of Herbal Energetics & InJoy Organics



Isn't it the most divine substance ever?? Everyone loves chocolate, well, almost everyone. And for good reason. Discovered thousands of years ago by ancient Mayan cultures, it has remained among the most popular foods on the planet. Why? Besides being one of the most delicious, if not the most delicious substance on earth, it is also loaded with a myriad of health benefits! What could be better; radiant health and bliss from eating chocolate?? Now I'm not suggesting that you only eat chocolate to find bliss, but think about it this way. What if our Creator put it here on Earth to enhance our health and joy? Why should we resist that?? I say indulge!! Candice Pert, noted science researcher and author of *Molecules of Emotion*, says "we are hard wired for bliss". So let's go for it!!

Our tastes are changing as we catch up with what is truly healthy today: We find that the benefits of chocolate soar without the addition of sugar and milk. (That's the way the Mayans consumed it, of course and that

is how our "For the Love of Hot Chocolate" is made). It is full of antioxidants that way. Actually this magic bean contains hundreds of constituents combined by Nature for our benefit. It is a virtual pharmacopoeia with exceptional nutritional qualities, including vitamins, minerals, (the highest food in magnesium) and trace elements all well documented for their positive benefits. With modern research that substantiates ancient knowledge, we have facts that satisfy our cognitive minds as well as a delectable taste to satisfy our desires for pleasure.

Studies show that the highest antioxidant levels are found in unprocessed organic dark cocoa. There are plenty of wonderful chocolates out there, many that are organic and contain only small amounts of sugar. InJoy Organic's delicious "For the Love of Hot Chocolate" is made with 81% organic dark cocoa. The rest is made up of natural sweeteners free of sugar. It is dairy free and gluten free as well, totally healthy and made with love. Make a cup right now and feel its amazingly satisfying flavor, smooth and creamy with a delicious old



fashioned taste! And of course it is free of GMO's. Here is a hint for the best flavor: Put the "For the Love of Hot Chocolate" in water and bring to a rolling boil while stirring. Then add the milk of your choice and drink! Want a very Quick and Easy Pudding? Just add chia seeds to the cup of cocoa (3-4 Tbs. per mug) and stir occasionally. (You can add a bit of honey and dash of vanilla too if you wish). (Takes about 20 minutes to thicken) Creamy, Delicious! Also, you can easily make it into a Candy or Dipping Sauce with just 2 ingredients!: Very simple, use the cocoa mix and an about an equal amount of melted unprocessed coconut oil. Really, it is that easy. Mix and refrigerate. Dark, rich and satisfying!! You can use your imagination and add other ingredients like coconut, dried fruit, and nuts. When melted, you can dip fruits, nuts and so many yummy things into it!! So what better gift than chocolate as Valentine Day is near?

Here is a list of some of chocolate's amazing health benefits:

- Reduces emotional stress
- Reduces anxiety (it is called the new anti-anxiety drug by some!)
- Enhances mood, releasing endorphins and serotonin, promoting "feel good" sensations and reducing depression.
- Aids relaxation, increasing theta brain waves and promoting calm feelings



- Increases the sense of pleasure and love.
- Increases energy.
- Increases a sense of well being.
- Improves brain activity, including attention, alertness, memory and cognitive tasks.
- Aids weight loss, being a natural appetite suppressant and curbing sugar cravings.
- Helps control diabetes by normalizing blood sugar levels, lowering blood fat and glucose levels and helping the body better utilize sugar.
- Prevents blood sugar related hunger
- Decreases the risk of heart disease, by protecting the heart, helping to lower LDL, regulating cholesterol and high blood pressure, relaxing blood vessels and increasing their elasticity.
- Reduces inflammation in cardiovascular disease, arthritis, fibromyalgia, gastric and intestinal disorders and more.
- Boosts immune function, helping prevent UTI'S, inhibiting cancer cell growth, improving breathing (even in smokers) and reducing coughs.
- Stops cramping and bloating associated with lactose intolerance and poor digestion, reducing lactose intolerance by %85.
- Repairs liver cells.
- Improves tooth and gum health.

Carolyn is a local vendor, with an herbal cottage industry in her NH home. She has been with the Co-op for years supplying many popular herbal formulas. Carolyn also does individual consultations for those with more specific needs. Visit www.injoynow.com or call 603-286-4696.



Finding Our Calm Beneath the Storm

By Jim Readey,
Yoga Teacher



An accident up ahead is stalling your lane of traffic, so you're going to arrive at your destination even later...your spouse or partner just called to let you know they're extremely unhappy with you ...unexpectedly, the household income has fallen way short of expenses, this month – again...and the vet has just told you your beloved pet needs surgery.

Fear, uneasiness, and frustration are arising...what do you do?

Wouldn't it be great if we could find a deep sense of calm inside ourselves even when life is swirling wildly around us...? Well, it may sound fairytale-ish, but we really, truly, and absolutely can. Yes, even if we're feeling upset or anxious, or otherwise emotionally charged, there's still a profound stillness in there, and it's just waiting for us to show up.

That tranquil place, it turns out, is actually always in there. The key to our happiness, therefore, is knowing where, and how, to look for it.

Breathe, Relax, Feel...Do Nothing!

Okay, so tell me, you say, how do I find this supposedly always-available calm? Here's step #1...are you ready? Don't do anything. *What?* You heard me. First you've got to do nothing. Nothing at all. Nada. Zilch. I'm serious, don't lift a finger, or a toe. (*Don't just do something, sit there!*) Instead of springing into immediate

action, simply breathe...breathe in an unhurried and non-effortful way. And once you've got this down, then you can....

Continue to do nothing.

Really? Yes! Well, okay, if you want to relax while you're breathing, that's certainly fine – relaxing, in fact, is actually the opposite of doing something. So, yeah...go ahead and relax. Just breathe and relax.

So, what the heck is this going to get me?! I can hear you demanding right now. Shouldn't I be doing something if I want to create some calm...? There's got to be something else I should be doing...

Actually, no...there's not. Once you've gotten yourself physically comfortable (okay, that's *one* thing you can "do", get comfortable), just breathe and relax. While you're relaxing, though, you might as well start to feel any prominent sensations and emotions that are present. (In fact, if you're truly relaxed, you can't *help* but feel these perceptions.) These could be any feelings – tension in your jaw... tightness in your belly...anger...sadness... tingling in your pelvis...heat rising in your face. Note: you only need to *feel* what's most noticeable to you. Feeling is not a doing... so you don't have to *try* or *do* anything to feel (other than, perhaps, to breathe and relax). And you don't need to do anything *with* the feelings that show up, either. Just feel 'em.



Congratulations! You've just learned 60% of a tried-and-true meditator's formula for finding deep peace within – i.e., **breathe, relax and feel**. Practice "doing" this and you'll be well on your way to connecting with the desired "calm beneath the storm."

There's still more, though...are you ready to go further?

Watch, Allow...Keep Doing Nothing!

After a few minutes of breathing, relaxing, and feeling, you may notice something unusual starting to happen. In addition to that growing sense of calm, you might also begin to experience yourself becoming a *witness* to your feelings and thoughts. Passive. Hardly doing a thing, not even mentally. You could find yourself merely **watching** without thinking...observing those internal perceptions without intellectually engaging with them. And if your intellect *does* start to analyze, strategize, narrate, or otherwise get involved, you might find yourself simply watching *that* happen, too. (It may feel as if *doing or thinking is simply happening* and – although you can observe this doing or thinking – you no longer feel like the doer who is doing the doing or thinking the thoughts. Put another way, you may feel like you are much *more* than just the doer – more expansive, more subtle, something higher and deeper...)

You: *So, I've breathed, relaxed, felt, and watched...what do I "do" next?*

Allow. Just allow things to "unfold" internally, *without trying to direct or control that unfolding, or anything you're observing*. Simply watch and allow. (Kind of like you're at a 3-D movie, and being thoroughly entertained by it.)

And, there you go. That's the entire formula for finding the calm within, the path to peace, the secret to equanimity – conveniently condensed into five words for you (and only seven syllables)! A recap for you:

1. **Breathe**
2. **Relax**
3. **Feel**
4. **Watch**
5. **Allow**

("BRFWA" – the acronym is pronounced BURF-wah...say it, it's fun!)

Simple, right? Yes. Is BRFWA easy to do...? No, but that's mostly because we can't actually "do" this BRFWA practice. We have to *be* it. And most of us are only trained to do. We have to "unlearn" our instinct to immediately do something when some external thing happens and, instead, allow ourselves to just *be here now*. Just BRFWA. We have to *not* do the very thing our brains are hyper-trained to do (i.e., find and resolve problems), and that is probably the hardest part of this: When we are simply being, we're going against our learned survival instincts.

But make no mistake, this is a worthy and valuable challenge to take on – and practicing BRFWA will really, truly, and absolutely get us where we want to be. It teaches us how to become a human *being* again, rather than always a human *doing*. And the payoff is, whenever we can just "be", we effortlessly drop into an internal state where deep calm resides... to the place where we experience serenity and the unconditional joy that all of us long for. (Remember Gandhi's suggestion, *Be the change you wish to see in the World...*? This is what he was talking about – if you want the world to be more peaceful, *you be more peaceful!*)

So, the next time you burn the rice... get a flat tire on a cold, rainy night...or the friendly Co-op cashier returns your credit card and says, "Sorry, it's been rejected"... I trust you'll know exactly what to do...

Do nothing.

Want to learn more? [Click here to sign up for Jim's newsletter and to watch helpful videos!](#)



Gourmet Food for Celebrations

By Barbara Bonsignore,
Author of Cooking with Compassion



Chocolate Cake

This layer cake is special enough to serve at any celebration. Two 9-inch round cake pans oiled with soy margarine. Preheat oven to 350° F.

Cake

- 1 ¼ cup dairy-free cocoa powder (Rapunzel or Valued Naturals Brand)
- 3 ¼ cups whole wheat pastry flour
- 2 ¼ cups raw sugar (turbinado or Succanat)
- 4 ½ tsp. aluminum-free baking powder
- 4 ½ Tbsp. soy flour (health food stores)
- 4 ½ Tbsp. toasted wheat germ
- 1 ½+ cups vanilla or plain soy milk with 1 ½ tsp. vinegar added
- 1 ½+ cups spring water
- 4 ½ Tbsp. apple juice concentrate, thawed
- 3 tsp. pure vanilla extract
- 3 tsp. pure almond extract

Mix all ingredients together well with an electric mixer until completely blended, batter should be pourable but not runny. If too dry add more water, if too moist, add more flour. Bake for 20-30 minutes or until knife inserted into center comes out clean.

Frosting

- 2 ¼ organic confectioner's (powdered) sugar
- ¼ cup dairy-free, cocoa powder (Rapunzel, Valued Naturals Brands)
- 8 oz tofu non-dairy "cream cheese" (Tofutti or other vegan brand)
- ½ Tbsp. pure almond extract
- 3 Tbsp. soy margarine
- ¾ cup tofu non-dairy "sour cream" (Tofutti or other vegan brand)
- 10 oz (1 bag) dairy-free chocolate chips, melted
- 1 Tbsp. pure vanilla extract

Mix all ingredients together until desired consistency is reached, add water or confectioner's sugar as needed. Cool cake in pans, then remove each layer and place on two plates. Frost one later, then place second layer on top of that. Frost second layer with remaining frosting. Sprinkle with shredded coconut if desired.

Almond-Chocolate Tofu "Cheesecake"

Crust

- 2 cups whole-wheat pastry flour
- ¼ cup maple syrup
- ¼ tsp. sea salt
- 2 Tbsp. water
- ½ tsp. cinnamon

Fill a 1/3 cup measure half with oil and half with apple juice concentrate. Mix all ingredients together well. If mixture is too dry, add more water. If mixture is too moist, add more flour. Press mixture on bottom and up sides of a nine-inch pie plate. Bake at 350° for 10 minutes. Cool.

Filling

- 1 ½ lbs. tofu, drained
- 1 ½ cups turbinado sugar (health food stores)
- 1 cup dairy-free chocolate chips
- ¼ cup apple juice concentrate
- 2 tsp. pure almond extract

Blend tofu and sugar in blender or food processor until smooth. Add remaining ingredients, blending well. Pour into crust. Bake at 350° for 30 minutes. Top with fresh or frozen (thawed) raspberries (optional). Chill in refrigerator several hours before serving.

Chocolate Decadent Bark with Fruits & Nuts



- 1 - 10 oz. pkg. non-dairy chocolate chips
- 1 Tbsp. canola oil
- 1 tsp. pure almond extract
- 1 tsp. pure almond extract or ½ tsp. peppermint extract
- ¼ cup raisins or finely chopped dates or apricots
- ¼ cup finely chopped almonds, walnuts, or pecans

In small saucepan, melt chocolate chips, oil, and extract on low heat stirring, constantly until well mixed. Add dried fruits and nuts, blending until mixture is of a uniform consistency. Spread in a shallow 8 or 9 inch baking pan lined with waxed paper. Refrigerate 2 hours or until hard. Break into pieces and serve.



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



February Calendar

For event details visit www.concordfoodcoop.coop/calendar

Concord Store

- 2 Tasty Thursday at the Co-op!
- 7 Ask a Nutritionist

Community

- 4 Concord Class: Open Your Hips! (Yoga)
- 13 Concord Class: Happy Heart
- 14 Valentine's Day
- 15 Board of Director's Meeting
- 18 Concord Class: Finding the Calm Within
- 20 President's Day
- 23 Concord Class: The Homeopathic Revolution

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*Excludes orders, gift cards, membership shares, beer & wine, and sushi. Cannot be combined with SENIOR, Flower, or case discounts. Not to be replaced if lost. www.ConcordFoodCoop.coop

2017

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Greg Lessard, Director of Development

Shane Smith, Perimeter Manager

Patrick Gale, Produce Manager

Lexi Cartier, Grocery Manager

Amanda Christian, Bakery Manager

Stacey Cooper, Co-op Farm Manager

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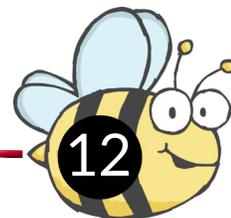
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Concord Food Co-op

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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