

# THE natural buzz



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

***In this edition...***

- 2** Self Care and the Busy Parent
- 4** Start Your Detox Diet
- 6** Echinacea & Friends to the Rescue!
- 8** Winter Warming Recipes
- 10** Calendar

**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](http://concordfoodcoop.coop/buzz)*

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





## Self Care and the Busy Parent

By Allison Lellos,  
*Integrative Nutrition Health Coach*



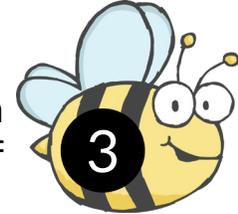
The holidays are an incredibly busy time filled with love, laughter, and joy. We say it goes by too quickly, but in the next breath we're already thinking about how it can't end quickly enough because we long for a return to routine and normalcy.

For many parents, this transition from winter vacation back to the daily grind presents a whole new level of stresses; lifewithchildrenisunpredictable and the usual routine in and of itself always includes some level of chaos. The return to "normalcy" means a return to early morning alarms, breakfasts on the go, mad dashes to catch the bus, after school activities, homework sessions at the dinner table, earlier bedtimes (if you're lucky)...and at the end of it all you are completely burned out. Your little darling's head hits the pillow and you are already making plans to do it all again the next day. By January 3rd you're running on fumes. The life of a parent is completely exhausting, frustrating, confusing, amazing, and beautiful all at once and completely worth it.

Your children are your whole world, and every day decisions and sacrifices are made with your children and family in mind. This said, it is incredibly easy to lose sight of ourselves and our needs.

During this season of celebrations and obligations it is especially common for parents to abandon their own needs. Do many parents sit back and accept this realization? Of course. Is it healthy and beneficial for the long-run? Absolutely not. We are constantly putting self-care on the lowest rung of our priority list; we rationalize whether it's necessary, we scold ourselves for thinking or acting "selfishly", and in the end we continue to put the needs of others before our own.

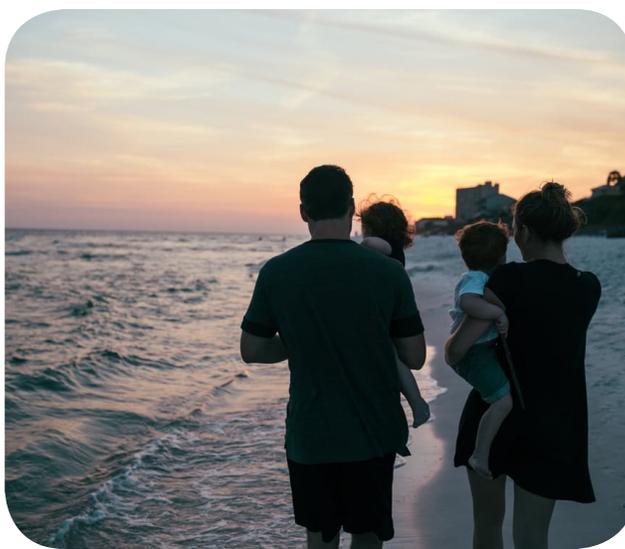
What mothers and fathers fail to realize is that when we find time for self-care, no matter how big or small, we are extending the benefits beyond ourselves. By taking time to listen to our needs and tend to them we are making ourselves better parents, providers, and people; we are giving ourselves the necessary time to reset and return to our obligations with a more clear mind and peaceful heart. Providing ourselves with time for



self-care gives us the ability to be better parents and role models for our children, and who doesn't want that?

We must first get comfortable with the idea of taking time for ourselves to recharge and rid ourselves of any guilt we may feel by doing so. You can start with small but impactful changes such

as waking up a few minutes earlier to cherish a warm mug of coffee before it gets cold, reading a page or two in a book you haven't allowed yourself to enjoy, or taking a few quiet moments before falling into bed to journal about your day. This can expand into larger acts of self-care such as scheduling that haircut you've been putting off, leaving the kids with your partner so you can enjoy an evening with a friend (and of course returning the favor), or taking 30 minutes on a Saturday morning for a walk, run, or yoga session. These changes will go a long way, and in



time they will become an accepted and cherished part of your routine.

Make today the day you acknowledge the underlying needs you have that are not being met. Make today the day you give yourself permission to slowly work to meet those needs, even for a few moments. Make today the day you show your children the value of making room for peace in your mind, body, and soul. Today is the day. Where will you begin?

**Allison Lellos, M.Ed, INHC**  
*is a certified Integrative Nutrition Health Coach. She is the Health and Wellness*

*Coordinator in the Weight and Wellness Center at Dartmouth Hitchcock Medical Center in Lebanon, and she provides health coaching services to individual clients throughout New Hampshire as well. Her passion is helping busy, driven individuals find peace and balance by working with clients to identify areas of their lives that need more attention and nourishment.*

**Want to learn more about how to self-care as a parent?**

**Attend Allison's FREE class,**

***Balance for the Busy Mom***

**Wednesday, January 11th, 5:30 pm - 7:00 pm**

**Tracy Memorial Library, New London, NH**

***Visit [www.concordfoodcoop.coop/classes](http://www.concordfoodcoop.coop/classes) to register!***



## Start Your Detox Diet

By Traci Komorek,  
*Registered Dietitian*



A top trend that we will continue to see in 2017 is fighting inflammation with food. Inflammation is linked to acne, fatigue, arthritis, digestive problems, and more.

Our first line of defense shouldn't be lots of products – but the Co-op and local farmers market should be the first places to go!

Right now look to beautiful dark greens such as Swiss Chard, kale, spinach, parsley, cilantro—all superfoods that naturally support detoxing in the liver. I love to add a big handful of frozen kale and spinach to smoothies. For beginners and kids, one handful is great to start! For green lovers, throw in two! And don't be afraid to mix up your greens. I also love sautéing greens. A little olive oil, diced up onion and garlic with chopped greens – at the end I throw in a dash of apple cider or balsamic vinegar! Yum!

It's citrus season, so grapefruit, my favorite Satsuma Mandarin oranges, lemons, and pomelos are great for juicing and all give you that fresh taste, along

with vitamin C to keep colds away, and gently support the digestive tract and liver as well. Start your day with a warm mug of water with lemon or orange. It's a gentle way to warm up the digestive tract. If you want to take it up a notch, add a teaspoon to tablespoon of Bragg's apple cider vinegar to support digestive health. It will also help give your skin a nice healthy glow!

And don't be afraid to add spices; turmeric and ginger. Both can be found fresh in the produce section at the Co-op. Again they add wonderful flavor to smoothies, stir-fries, roasted veggies, and help fight inflammation as a bonus! Use your zester to grate them right into smoothies or other dishes.

Have fun with trying some new foods! Get the whole family involved. To feel your best in 2017 it's key to go long term with making changes! So eat when you are truly hungry – don't cut your calories too low or go buy a ton of products. Pull out some favorite cookbooks or check out some new blogs like, [Oh She Glows](#), or [Pinch of Yum](#), and make time for preparing meals for you



and your family. Maybe find one day like Sunday where you prep for a couple hours. It will save you lots of time during the week. Plan for nights you need leftovers or use the crock pot. Healthy food can taste delicious when prepped right and with fresh ingredients! Trust me. Check out this recipe to get you started right!

If you would like help creating a plan for you to

lower inflammation, contact Traci at [tracikomorek@gmail.com](mailto:tracikomorek@gmail.com). As a Holistic Registered Dietitian, most visits are covered by insurance as well.

I will be offering my 21 Day Re Set Program to clients in January - a plan geared to taking out inflammatory foods and loading up on Anti Inflammatory foods. Meal plans and recipes are provided as well!



## 5-MINUTE DETOX SALAD WITH NO-MIX DRESSING

Brought to you by the *Minimalist Baker*.

A quick-and-easy salad for when your diet needs a reset. Greens and vegetables in a 3-ingredient no-mix dressing. A simple, fresh, healthy side. Serves: 2-4.

### Ingredients

#### SALAD

- ~8 cups mixed greens or roughly chopped kale (I mixed both)
- 1/4 cup (29 g) diced red onion
- 3-4 radishes, thinly sliced
- 1 Tbsp (5 g) roasted unsalted sunflower seeds
- 1 ripe avocado, thinly sliced
- optional: 2-3 Tbsp dried cranberries (or other fruit)

#### DRESSING

- 1/4 cup (60 g) tahini
- 2 Tbsp (30 ml) extra virgin olive oil
- 2 lemons, juiced (~1/4 cup or 60 ml)
- Healthy pinch each sea salt + black pepper

### Instructions

1. Add the greens to a large serving bowl and top with red onion, radishes, sunflower seeds, avocado, and dried cranberries (optional).
2. Next drizzle on tahini and olive oil and squeeze on lemon juice (no need to mix beforehand! The separation makes for more enhanced individual flavors + 1 less dish). Season with salt and pepper, and toss gently before serving.
3. Best when fresh, though leftovers keep (undressed) up to 3 days in the refrigerator.



## Echinacea & Friends to the Rescue!

By Carolyn Kelly,  
*Founder of Herbal Energetics &  
InJoy Organics*



How very fortunate we are to have Nature's pharmacy available to us! What a relief not to have to rely on vaccines to do the job! One of the first herbs people think about, especially for colds is Echinacea.

Many people wisely grow it in their gardens. This "purple cone flower" adds a lovely pink splash of color and has a strong presence. The leaves, flowers and roots have all been used for many types of infections by native peoples in this country for at least 400 years. Little do people know that this one herb actually does so many things! Yes it is great for viral colds, especially when taken right away and often. Now read on to find its other amazing functions! It boosts immunity so can be taken to help prevent an infection. (For instance if a cold is "going around" taking it to help prevent getting that germ is a good idea). It shortens the duration of colds as well. It can be used for enlarged lymph glands, bloodstream infections, streptococcus, vaginal yeast infections, and genital herpes. It helps alleviate pain of headaches, sore throats, stomach aches, bug bites, even toothaches and more. As a mild laxative, it helps relieve constipation. It is an anti-inflammatory herb and can be

used for chronic inflammations in and on the body. For instance, the tea can be taken for help with rheumatoid arthritis and urinary tract infections as well as externally for soothing irritated skin. It also aids slow healing wounds. It even has been used for brain cancer patients. It is useful for chronic fatigue syndrome and also has a calming effect, even being effective for anxiety and depression especially related to ADD/ADHD.

Now with all those properties why would you need to add another herb? Herbs, like foods work together and increase each others effectiveness. Like I often say "you wouldn't only eat carrots, no matter how good they are for you!" We all like and need variety and so do our bodies. Also people are individuals and have different reactions and needs thus respond to each herb in their own unique ways. So lets review some other herbs to add to the infection arena. Osha has a specific affinity for the head, throat and lungs, especially helpful for mucus congestion and digestive irritation. It works well for stubborn conditions that linger and don't peak properly. Lomatium was used by Native Americans and pioneers for lung diseases, fever, flu epidemics, saving many lives in years past. It has been found



to combat most every microbe tested, including viruses, bacteria and fungus without negative side effects. It shortens the duration of infections and limits the spread. It is specific for difficult infections including respiratory, gastrointestinal, urinary, etc. Olive Leaf enhances immunity, boosts energy levels, and provides antioxidant properties. It helps promote a normal balance of healthy bacteria, in the gut, kills parasites and lowers blood pressure! It is useful for viruses, including Epstein-Barr Syndrome, herpes, glandular fevers, and shingles. It also addresses fungus and bacteria and can be part of a Candida treatment. Andrographis, referred to as Indian Echinacea, is popular in both Ayurvedic and Chinese herbology for colds, flues, sinusitis, and upper respiratory tract infections. Relatively new to the US, this is an extremely effective herb that stimulates general immunity, activating general defense immune functions. It also has anti-inflammatory effects, aids digestion, and has anti-tumor properties. Next is Elderberry, a most useful herb for counteracting flu symptoms, including stomach distress. It has been used in Europe for 100's of years..It also soothes sore throats and coughs and relieves catarrh and chills. It is high in vitamins A and C. And then there is Golden Seal. This herb is in a class all by itself. It is strong medicine and needs to be taken more cautiously than the others listed here. I prefer to take it in a capsule for most effectiveness. That is generally not true for the other herbs listed because they lose their integrity more quickly. The alcohol in tinctures preserves them more effectively. Golden Seal is a virtual pharmacopeia having a broad spectrum of effects. It is an endangered herb and thus herbalists tend to reserve it for more serious conditions.

It really isn't needed for the common cold, but can be a great benefit for lingering infections. It is usually only taken once a day whereas the other herbs can be taken often throughout the day. Health conditions responding to it include deep infections of all kinds including, ulcers, urinary tract, respiratory, vaginal, digestive, skin and eye infections. It is anti-inflammatory, anti-tumor and blood glucose lowering as well.

These are some of the favorites here at Herbal Energetics. They have stood the test of time around the world, really. There are many others with their own special properties that can be used as needed like Usnea and Boneset. And then there are the culinary herbs like Thyme and Garlic which can easily be used in food with great results. And don't forget citrus fruits like oranges and lemons for added vitamin C. There are also many "helper" herbs that are used in formulas to enhance effects. For instance ginger is added to many combinations for its warming, soothing and anti-inflammatory effects and licorice for its harmonizing and anti-infection effects. Perhaps another article could more deeply explain these important helpers and how and why they are used. Herbal Energetics uses Flower Essences and Essential Oils in formulas as well. In the mean time plan to plant some herbs in your garden in the spring and collect leaves and flowers to dry and use. Here's to a healthy winter! Lets give great Thanks to our Herb Friends!!

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



## Winter Warming Recipes

By Barbara Bonsignore,  
*Author of Cooking with Compassion*



Brighten up the cold, dark days of winter with some gourmet celebration vegan foods from *Cooking with Compassion*, a vegetarian cookbook by Barbara Bonsignore.

### Elegant Red Cabbage

- 1 cup green peas, lightly steamed
- 1 medium head red cabbage, cored & cut into ½” strips
- 2 ½ Tbsp. umeboshi paste (mixed with 1/3 cup water) (health food stores)
- 1 large red onion, sliced
- 3 Tbsp. fresh garlic, minced
- ½ tsp. roasted and ground caraway seeds
- ¼ lb. (½ cup) tofu, crumbled
- 4 Tbsp. balsamic or gourmet vinegar
- 2/3 cup walnuts, chopped and roasted
- Shredded carrots (for garnish)



Steam cabbage and peas until just tender. Peas will be done first, so be sure to remove them before cabbage. Meanwhile, sauté onion and garlic in a small amount of water in small skillet. Soak walnuts in hot water for 30 minutes, then drain and bake at 300 degrees on a cookie sheet until nuts are dry and golden-brown. Roast caraway seeds at same time. Mix tofu with small amount of tamari soy sauce or Bragg Aminos (health food stores) to taste. Toss all ingredients together in

large bowl. Transfer to large skillet and heat everything through on low heat. Serve warm – garnish with shredded carrots. Serves 6.



## Creamy Broccoli Fettuccine

- 4 cups broccoli, broken into pieces (tops only)
- 1 lb. noodles (soy-semo, Jerusalem artichoke, or vegetable flats)
- 2 Tbsp. soy margarine
- 2 Tbsp. extra-virgin olive oil
- 3 large garlic cloves, finely minced
- 2 ½ cups soy milk (add more if mixture is too dry)
- ½ cup (or more) whole-wheat pastry flour
- ½ cup nutritional yeast (health food stores)
- 1 Tbsp. fresh basil chopped or 1 tsp. dried
- Salt and pepper to taste

Steam broccoli until just tender. Cook noodles in water until al dente. Melt margarine and olive oil together in skillet, cooking garlic until light brown. Remove from heat and add flour, soy milk, nutritional yeast, basil, salt and pepper. Mix well, adding more soy milk or water or flour as necessary to make a smooth paste. Cook, stirring constantly, over low heat until sauce is thick and white. Mix broccoli and cooked pasta together in large pot. Pour sauce over all and heat through.



## Peanut Soup

- 1 ½ cups onion, diced
- 5 Tbsp. raw shelled peanuts
- 1 tsp. ground cumin
- 4 cups water or vegetable stock
- 1 cup smooth, natural-style peanut butter
- 1 ½ cups chopped fresh or canned tomatoes
- Coriander (fresh or ground) optional for garnish
- Salt and pepper to taste

In large soup pot, sauté onions and peanuts in ½ cup water until onions are tender. Add water as needed. Blend peanut butter and 4 cups water together with wire whisk in large bowl until uniformly mixed. Put all ingredients in soup pot with onion mixture. Simmer until heated through and serve. Add salt and pepper to taste. Garnish with coriander if desired. Serves 6-8.



# January Calendar

For event details visit [www.concordfoodcoop.coop/calendar](http://www.concordfoodcoop.coop/calendar)

## Concord Store

- 1 New Year's Day - Store CLOSED
- 3 Ask a Nutritionist
- 5 Tasty Thursday at the Co-op!

## New London Store

- 1 New Year's Day - Store CLOSED

## Community

- 11 New London Class: Balance for the Busy Mom
- 14 Concord Class: Winter Relief (For Hips, Neck, Shoulders)
- 16 Martin Luther King Jr. Day
- 18 Board of Directors Meeting
- 21 Concord Class: A Better Night's Sleep



Hot Yoga for Every Body

Intro Special \$30 for 30 Days

Beginners  
welcome!



Classes  
Everyday!

[www.bikramyogaconcord.com](http://www.bikramyogaconcord.com)

## Management

Chris Gilbert, General Manager  
Nick Schneider, Operations Manager  
Adam Orcutt, Customer Service Manager  
Marianne Cameron, Assistant CSM  
Peter Deleault, Finance Manager  
Beverly LaPage, Human Resources Manager  
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

## Our Board of Directors

Cathy Menard, *President*  
Krista Helmboldt, *Vice President*  
David Marshall, *Treasurer*  
James McConaha, *Secretary*  
Charlie Cole  
Tedd Evans  
Derek Owen  
Tracie Sponenberg  
Finis Williams

## Newsletter

Paige Charland, Editor & Design

## Wellness Educators

Betsy Black  
Erin Girzone  
Maria Noël Groves, R.H. (AHG)  
Dr. Amanda Hegnauer, N.D.  
Dr. Pamela Herring, N.D.  
Dr. Wendy Jensen, D.V.M.  
Dr. Laura Jones, N.D.  
Traci Komorek, R.D., L.D.  
Kelly Lang  
Allison Lellos, M.Ed, INHC  
Susan Morgan  
Dr. Madalyn Otto  
Jim Readey  
Dr. Sam Sanzone, D.C.  
Marcia Wyman  
Dr. Jacqueline Yang, N.D.



## 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

***Interested in advertising in the Natural Buzz?  
Visit [this link](#) to view our ad rates  
or contact [paige@concordfoodcoop.coop](mailto:paige@concordfoodcoop.coop)***

The opinions shared within do not necessarily represent the views of the Concord Food Cooperative, Inc., its Board of Directors, management, staff, or membership. We reserve the right to refuse and/or edit submissions. Concord Food Cooperative, Inc. is a community-owned and community-controlled business primarily dedicated to the retail sale of natural foods and related products and consumer education. Member or not, anyone can shop at the Co-op. Members are joint owners of the business, each sharing in the benefits of local ownership. Anyone can join and reap the benefits of cooperation. The statements made in our newsletter have not been evaluated by the FDA and are not intended to diagnose, prescribe, recommend, or offer medical advice. Please see your health care practitioner for help regarding choices. We will be glad to try to accommodate their suggestions. Though we try our best to find them, we occasionally miss typographical errors. We apologize in advance for any inconvenience.