

THE

natural buzz



Concord Food Co-op, Concord and New London - June Edition 2016

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TRIPLE down Green Stamps!

Visit the Co-op on June 23rd to receive TRIPLE the amount of green stamps to kick off the start of Intown Concord Market Days.

Want to eat FREE pasta?

Are you participating in the Capital City Classic 10K Race on June 26th? Come enjoy a free pasta dinner at the Co-op on the 25th! Non-registrants may also grab a dish for only \$10. [Click here to sign up!](#)



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





Co-op in the Community

By Greg Lessard,
Director of Development



A section of the Concord Food Co-op's mission is to conduct our affairs according to consumer cooperative principles. One of those principals is concern for community. The Co-op delivers on this objective through outreach; outreach is an activity of providing services to populations who might not otherwise have access to those services. A core component of the Co-op's outreach is our Community Partners Program, whereby member-owners vote annually to select charitable organizations to provide meaningful support.

The Co-op has been up to lots of fun things this past month!

In support of the Rock 'N RACE fundraising event, on May 18th registered runners and walkers were invited to a complimentary pre-race pasta dinner that was sponsored by the Concord Food Co-op. Additional Individuals attended for a \$10 donation. Many families that were registered for the race enjoyed the pasta selection. The cookie platters that were provided by the Co-op bakery were very popular with all those in attendance. The Co-op also organized a team that raised an additional \$700 for the Concord Hospital, Payson Center for Cancer Care. The Co-op is expecting to host a similar pasta dinner in late June to help benefit the Capital City Classic 10K Race.

On May 25th the Co-op hosted an informational meeting for one of the Co-op's Community Partners. Thirty guests enjoyed gourmet burgers while the Friends Program Executive Director, Jerry Madden and program directors provided an overview of the organizations four community volunteer service programs. Guest asked numerous questions about the Foster Grandparent, Emergency Housing, as well as the youth mentoring program. You can learn more about the Friends Program at friendsprogram.org.

To learn more about the Co-op's community partners, [check out this link.](#)

Curious about our garden at Canterbury Shaker Village?

Check out Stacey's garden updates on our **blog!**
Click the [link here](#) to get up to date on garden happenings.

National Fresh Fruit and Veggie Month

By Jay Sjostrom, *Produce Manager*



Jay Sjostrom, here, Produce Manager at your friendly Concord Food Co-op. As it turns out the month of June is National Fresh Fruit and Veggie Month. A whole month to consume and reflect on the scrumptious, nutrient-dense treats, Mother Nature (and our organic farmers) provide us with. With that being said I'd like to invite you to partake in a two-part challenge. The first part of the challenge is a simple one: enjoy more produce this month. I know what you're thinking, "Jay's trying to boost his department sales." Well, yeah, that would be one

of the outcomes, but not the important goal. What is important is inspiring people to create healthy, organic, whole meals and the produce department is the number one place to look for such inspiration. The second part of the challenge is to be creative with preparation, but more on that later.

So, how can you enjoy more produce this month? For one, forget about starting off with a list of recipes. Just go forth and pick out a variety of fruits and veggies. You can worry about what to do with them later (suggestions just ahead in paragraph four). This is the way I try do it every time. Years ago I saw a Naturopathic doctor who told me I should strive to "eat a rainbow" every day. Shopping across the whole produce department directly follows this concept; you can effortlessly gather the vitamins and minerals needed to survive while gathering a plethora of colorful produce. Don't forget to buy local! Summer is upon us and so is local produce from Vegetable Ranch, Kearsarge Gore Farm, Generation Farm, Brookford Farm, and Shaker Organic Gardens, among others.

Don't be afraid, go for it: grab a bunch of kale, a sweet potato, a bag of onions, a couple portabella mushrooms, an avocado, a zucchini, some beets, some peppers, a tomato, some bananas, a few apples or pears, a spaghetti squash and some of your favorite citrus (I'm a big fan of grapefruit and lemons). Whoa, what a crew! Now that you've gathered some awesome fruits and veggies, here comes the next part of the challenge: think outside the apple.

You don't have to get crazy with this part of the challenge. It's about trying to eat a fruit or veggie in a way you've never eaten it before. It can be as basic as poaching apple slices to go along with your breakfast oatmeal. Or perhaps you've never steamed a banana? Yes, that's right: steam a banana. Just make sure it's a starchy green one. Once the peel starts to split you've got yourself a breakfast potato. Speaking of potatoes, try using your leftover mashed yams as a sweetener. Japanese yams work best, or instead of mashing yams, why not a cauliflower? Or forget about mashing the cauliflower, how about roasting the whole head? Cut it into "steaks" and enjoy. The same can be done with cabbage. Looking for more ideas? Check the Internet or the Co-op Deals Flyer for recipes.

Those are just a few suggestions, ones that I've gathered over the years. Now it's up to you to discover something new, something to add to your own repertoire. Produce can be fun. There are so many different shapes, colors, and of course wonderful tastes to experiment with. So this June shop a little produce-heavy, take something home you wouldn't normally have, and prepare it in a way you wouldn't have imagined.

Let me know how it goes. See you at the Co-op!

- Jay Sjostrom



Arsenic in Rice: A Look at Lundberg Family Farms

By Paige Charland, *Marketing Specialist*



At Concord Food Co-op, shoppers can find a vast selection of rice both in our bulk department and grocery aisles. Lundberg Family Farms, a company formed in 1937 and based out of California, is our main supplier of rice in the bulk department. Lundberg Family Farms is committed to providing certified organic, non-gmo, whole grain foods, so they were a natural product choice for the Co-op. However, recently there have been some concerns with the brand, and rice as a whole, about the level of arsenic that the rice may be contaminated with. Arsenic is in everything, from the food we eat and water we drink, to even the air we breathe – there are trace amounts in everything we consume as a people. But some foods, such as rice, are better at absorbing arsenic than others. This concern has become especially important to the Co-op because the soil in California, where Lundberg Family Farms produces, is one of the key areas where arsenic levels have become a concern for many.

Lundberg Family Farms is a proud company and as such have not been silent on the issue of arsenic in rice. If you visit their website, you will find a wealth of information related to their efforts to attack the issue head on. Their CEO, Grant Lundberg, states: “Over the past five years, Lundberg Family Farms has been actively engaged with farmers, academic and regulatory communities, as well as our colleagues in the food industry, to better understand arsenic in food. At Lundberg Family Farms, we take pride in our food safety and we continue to work to bring you relevant information, as well as to evaluate ways to mitigate the presence of this naturally occurring element in rice.” The results of these past five years of testing and research have also been made available to the public on their website.

The results of their tests show that Lundberg family farms has had consistently less inorganic arsenic in their rice than all three of the standards set by the EFSA for consumption. The test results shown are exclusive to brown jasmine rice samples.



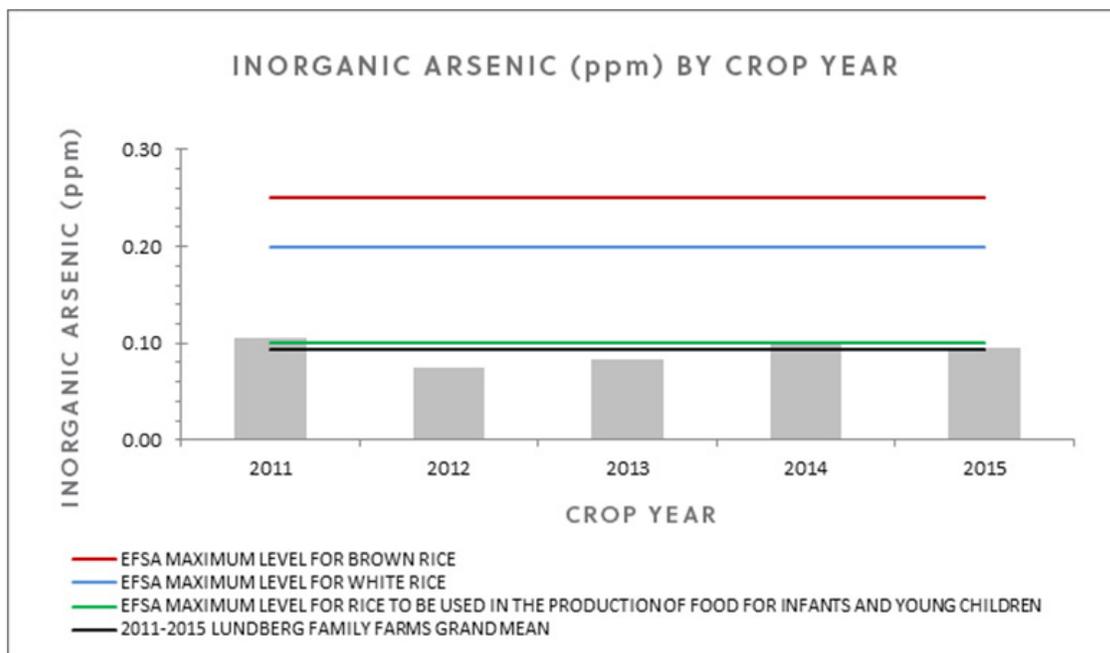


Image source.

Outside sources seem to be in agreement with Lundberg's test results. Mike Adams, Executive Director of the Consumer Wellness Center and Editor of naturalnews.com set out to employ inorganic arsenic testing of his own. His organization, lowheavymetalsverified.org aims to anonymously purchase food products and test them for possible heavy metals. Through the use of his forensic food lab, Adams was able to gather the following evidence about Lundberg Family Farms: their California-grown rice had virtually zero heavy metals in their sushi, white jasmine, brown jasmine, and short grain varieties. The levels of Arsenic detected by Adams were on par with the information published by Lundberg Family Farms. This has earned Lundberg Family Farms the A+++ rating for most of their rice varieties ([source](#)).

So what does this mean for the average consumer? It was only recently that the EFSA determined regulations for the levels of inorganic arsenic found in rice. Research and testing continues for the FDA here in the U.S. and for many rice companies based out of California. Luckily for us, the Co-op's main rice brand Lundberg Family Farms, seems to be abreast of the danger. Inorganic arsenic is present in their rice to an extent, but they have consistently tested below the maximum level allowed by the EFSA. It is safe to say that you can go on enjoying Lundberg Family Farm's large variety of rice without health repercussions. However, our common knowledge is often met with change because of scientific discoveries so you should continue to do your at home research before selecting a brand of rice or rice products. Where is the company's farm located? Are they aware of the dangers of inorganic arsenic? Are they taking steps to address the problem and minimize the levels of arsenic and other heavy metals found in their products? What is the current maximum level of inorganic arsenic allowed by the EFSA? Has the FDA determined their own levels yet? Keeping these questions in mind when selecting a rice brand will keep you and your family healthy and safe.



Better Sleep for Weight Loss & Heart Health

By Dr. Madalyn Otto, ND,
Whole Health Concord



Millions of people suffer from inadequate sleep levels. We all know how much sleeping poorly one night affects our mood, motivation, and mental function the next day. What you might not have known is that even if you don't feel over-tired, sleeping less than 7-8 hours per night on a regular basis can significantly affect your health in less obvious ways. Poor sleep hinders your ability to lose weight and increases inflammation in your body. Studies have repeatedly shown that 6 hours of sleep per night or less will raise your blood pressure, your lipids and deregulate your body's insulin-glucose response. All of these incredibly common conditions can be traced back to sleep!

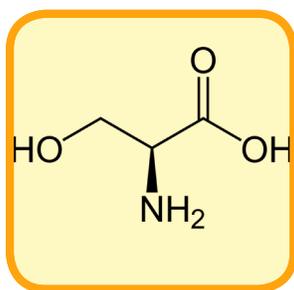
In my practice, I treat a lot of metabolic disease (diabetes, high blood pressure, etc.) and work with many patients to lose weight. Sleep is of paramount importance in all of these individuals. I've had countless patients "do everything right" when it comes to diet and exercise, but until we improve their sleep quality the weight loss eludes them. Why is that? Lots of reasons: Inadequate sleep can interfere with thyroid hormone production and the adrenal glands' ability to adequately respond to stress, causing your body to inappropriately hold on to unnecessary weight. In addition to that, hormones that regulate our appetite and tell us when we're hungry or full become confounded as well. Your hunger hormone actually increases as a result of sleep deprivation, explaining why studies have shown that people who sleep less always eat more than their more-rested counterparts. Treating for weight loss and cardiovascular health in an individual who sleeps 5 hours per night is kind of like constantly re-filling an oil tank that has a hole in it. Yes, you will get short distances before it drains again, but ultimately you're going to pay a fortune for small gains because you haven't treated the problem!

Many of us simply don't prioritize sleep the way we should, leading to fewer zzz's than our bodies need to be healthy. Many others are desperate for adequate sleep, but struggle to fall asleep, stay asleep, or fail to enter deep sleep. What can we do about this? There are many different techniques for optimizing sleep, but I'd like to share some of my favorite sleep tricks that I have found to be quite effective for people.

It must be noted that not every nutrient or herb is going to work for every person. If you give somebody blood pressure medicine when they have a fever, it won't help the fever! Natural substances work the same way. If you don't treat the correct cause of the sleep problem, you're less likely to have success. In my practice, testing adrenal and sleep hormones become essential in designing an effective plan.



Glycine – this fabulous non-essential amino acid has wonderful effects on sleep initiation and maintenance. I often use it with patients for anxiety, but find that it's a great mild sedative to help initiate a parasympathetic state. It binds to inhibitory receptors in the body that promote relaxation. It also seems to help facilitate a thermoregulatory process in the body that is conducive to sleep. Both in studies and in my experience in practice, people report feeling more refreshed and more alert the next morning.



Serine – I love this nutrient for its effect on cortisol. Patients report deeper, more restful sleep, and its action on cortisol in the blood helps to regulate the adrenal glands and promote weight loss.



Melatonin – Extended-release melatonin does wonders for people who are deficient in melatonin, and it allows for better sleep quality through the night. This isn't the case for everyone, and testing levels is a good idea before using this as a sole therapy. However, it is very common for people to produce far less melatonin as they age, warranting the use of this relatively inexpensive antioxidant.



Lavender – This is one of the most helpful and safest herbs we have available for sleep and anxiety. The best part about lavender is that it can be used effectively both aromatically (using the essential oil) and internally in supplement form. Lavender is helpful in many settings including weaning off of certain medications, but it really shines in its ability to induce relaxation before bed. A well-known sleep hygiene technique is to employ bedtime rituals like drinking tea or meditating. Diffusing lavender in the bedroom or rubbing the essential oil on the temples not only works as a ritual to train your brain to wind down, but it has biochemically-sedating effects! This herb is a double-win for many people who struggle to “unwind the mind” before bed.

There's a lot to understand about sleep and how to optimize your quality of sleep. I encourage you to join me to talk about sleep at our upcoming talk on June 14th. We'll be diving into more detail about sleep cycles, how they're disrupted and how they can be repaired!

Click here to register for Dr. Madalyn Otto's class in New London on June 14th!



Balancing Hormones for Weight Loss & Optimal Health

By Dr. Laura Jones, ND,
Whole Health Concord



Are you doing all the right things and still struggling with weight concerns? The critical role of proper nutrition and physical activity in optimal weight and health is undeniable. However, despite proper nutrition and plenty of exercise, many continue to struggle with extra pounds. When “all the right things” yield limited return on your diet and exercise investment, hormone imbalance must be considered as a potential cause of the persistent weight challenge.

For many struggling with weight concerns, there is a familiarity with high stress, fatigue, cravings or insomnia. This indicates that adrenal health is very likely involved in the weight problem. The adrenal glands are two glands that sit atop the kidneys and play a critical role in the management of our stress response, sleep/wake cycle, immune function and hormone balance. In times of hectic and fast-paced lifestyles, the adrenal glands are called upon more frequently to flood the body with extra cortisol to meet the demand of the stressor. Over time, the taxing nature of chronic stress can tire the adrenal glands, leading to disruption of normal adrenal function and altering of sleep/wake cycles resulting in abnormal cortisol production, sluggish or hyperactive immune function and hormone imbalance. Excess cortisol production during stress sends out a signal that the body is encountering a danger. As a result, blood sugar rises to prepare for fight or flight, and metabolism slows to conserve as much energy as possible. Both responses result in opportunity for weight gain.

So how is sex hormone imbalance, stress and weight gain connected? Imbalance of sex hormones is a common consequence of adrenal dysfunction. The adrenal glands make DHEA and pregnenolone; both of these hormones are converted to the sex hormones testosterone, estrogens and progesterone

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within the testes or the ovaries. When adrenal gland performance is suboptimal, the gonads are no longer able to make the quantities of the sex hormones required for optimal health, aging or hormone balance. This can result in a common imbalance known as “estrogen dominance” which often results from adrenal resources being shuttled to produce cortisol in response to stress rather than progesterone precursors. For many “estrogen dominance” is a consequence of low progesterone related to suboptimal adrenal function. As a result, many symptoms can evolve including weight gain and body composition changes, irregular menses, headaches, infertility and mood fluctuations.

Naturopathic treatment for improving adrenal health and balancing hormones proves very helpful for most patients struggling with hormone-related weight gain. Treatment plans are individualized to the patient but include nutritional counseling with personalized nutrition plans, vitamin or mineral therapy, stress management, herbal adrenal and hormone support and bio-identical hormones when they are warranted.

There's a lot to understand about hormone imbalance and how it affects your weight and overall health. I encourage you to join me to talk about hormone imbalance at our upcoming talk on June 9th. Herbal tea samples will be provided.

[Click here](#) to register for Dr. Laura Jone's class in Concord on June 9th!

Attention Co-op Members:

June 2016

is a Member Appreciation Punch Card Month!

Pick up
your card
today!



CFC Members Save
10% OFF* Groceries
with their punch cards!

! Please pick up punch
cards at the front of the store!

*Some exclusions apply, only valid once
per specified month.



Perfect Plates of Pasta

By Barbara Bonsignore, *author of
Cooking with Compassion*



The weather is getting warmer and summer is on its way. Along with summer comes barbecues, family parties, and awesome outdoor cookouts. Be sure to be the winner at your next get together by making one of these delectable pasta dishes. Not only are they tasty, but these recipes will also cater to most people's allergies (and they can easily be gluten free by switching to gluten free noodles!).

Sauteed Oriental Noodles

- 3 cups drained, cooked oriental noodles (soba, etc.) at room temperature
- 1 Tbsp. sesame oil with small amount of water
- 1 cup sliced fresh white mushrooms
- 1 small green or red sweet pepper
- 3 large leaves Chinese cabbage
- Tamari soy sauce or Bragg Aminos (health food stores) to taste
- 1 medium carrot, cut into strips
- 8 black mushrooms, soaked for 1 hour, cut into thin strips
- ½ cup bamboo shoots, cut into strips
- 1 small tomato, sliced in small pieces
- 2 large garlic cloves, diced



Cut green pepper into narrow strips. Do the same with the cabbage. Heat the oil in a wok at medium high heat. Add garlic, carrot, cabbage, mushrooms, green pepper and bamboo shoots, stirring after each addition. Add noodles. Stir fry 30 seconds. Add white wine, vegetable broth or water to keep vegetables from sticking. Add tomato and soy sauce. Stir fry everything until crisp-tender. Remove from heat and top with chili oil if you like your food spicy.

Pasta with Lentil Sauce



- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 cup raw lentils
- 3 cups water or vegetable broth
- Salt to taste
- ½ tsp. oregano
- ½ tsp. dried basil
- 1/8-1/4 tsp. cayenne pepper (optional)
- 1 can each 15-oz. & 8-oz. tomato sauce



Heat oil in 2-3 quart pot with 3 Tbsp. water and sauté garlic and onion until tender. Add lentils and water. Bring to boil then simmer for about 30 minutes. Add seasonings to lentil mixture. Cook until lentils are tender. Add more water if lentils become too dry. Add tomato sauce and serve over 8 oz. hot, cooked pasta (about ½ pound).

Ziti with Mustard Sauce

- 1 Tbsp. olive oil
- 4 cloves minced garlic
- 1/3 cup white wine or sherry (non-alcohol o.k.)
- 1 large onion, chopped
- 1 cup summer squash
- 1 cup fresh or frozen green peas
- 2 large sweet red or green peppers, chopped
- 1 Tbsp. diced, fresh chives or 1 tsp. dried chives
- 1 cup tofu, with 1½ cup soy milk (processed in blender until smooth)
- ½ cup soy milk
- 1/3 cup mustard (salad or Dijon style)
- Herbal salt or tamari to taste
- ½ lb. ziti or other macaroni, cooked al dente



Heat oil, sauté garlic, onion, and wine (sherry) until onion is transparent. Add water if mixture dries out. Add peppers and squash, cooking over medium heat for 5 minutes. Add peas and chives. Cover pan, removing from heat and allowing vegetables to steam 2-3 minutes. Combine remaining ingredients with everything except pasta, stirring until smooth. Serve over ½ pound hot, cooked pasta.



Equal Exchange: Supporting the Fair Trade Movement

Reprinted from EqualExchange.coop



Deep controversies in the Fair Trade movement have been simmering over the past decade. Today, the situation has reached a boiling point and concrete actions must be taken or we risk losing everything we have collectively built. For those of you who are long-time allies of Equal Exchange, we appreciate your ongoing commitment to us, small farmer co-operatives, and Fair Trade. It is because of your commitment that small farmer organizations across the world have achieved the level of success they currently enjoy. For those of you who are newer to Fair Trade, we deeply appreciate the time and interest you are showing for small farmers across the world.

Unfortunately, all our advances are now in jeopardy. Fair Trade USA (formerly TransFair USA) has slowly but steadily chipped away at our principles and values, only recently taking the final steps in building their strategy. They have taken the name Fair Trade USA, then proceeded to leave the international Fair Trade System (FLO International/FairTrade International), lower standards, eliminate farmers from their governance model, and invite large-scale plantations into coffee and all other commodities. This is not Fair Trade and we are asking you to join with us in differentiating TransFair's model from the authentic small farmer Fair Trade that we are collectively building.

Our Model: Authentic Fair Trade

In 1986, Equal Exchange was founded to challenge the existing trade model, which favors large plantations, agri-business, and multi-national corporations; support small farmers; and connect consumers and producers through information, education, and the exchange of products in the marketplace. With our founding, we joined a growing movement of small farmers, alternative traders (ATOs), religious organizations, and non-profits throughout the world with like-minded principles and objectives. Underlying our work is the belief that only through organization, can small farmers survive and thrive. The cooperative model has been essential for building this model of change.

Standards and Practices

Fair Trade is a way of doing business that ultimately aims to keep small farmers an active part of the world marketplace, and aims to empower consumers to make purchases that support their values. Fair Trade is a set of business practices voluntarily adopted by the producers and buyers of agricultural commodities and hand-made crafts that are designed to advance many economic, social and environmental goals, including:

Article information and photographs reprinted with Equal Exchange's permission from their website.





- Raising and stabilizing the incomes of small-scale farmers, farm workers, and artisans
- More equitably distributing the economic gains, opportunities and risks associated with the production and sale of these goods
- Increasing the organizational and commercial capacities of producer groups
- Supporting democratically owned and controlled producer organizations
- Promoting labor rights and the right of workers to organize
- Promoting safe and sustainable farming methods and working conditions
- Connecting consumers and producers
- Increasing consumer awareness and engagement with issues affecting producers

The Fair Trade practices that advance these goals typically, but not always, include:

- Direct trade relationships and long term contracts between importers and producer groups
- Sourcing from small-farmer or artisan co-operatives
- Higher than conventional market prices, either through above-market premiums and/or price floors
- The provision of affordable credit
- Adherence to the policies of the International Labor Organization, especially those concerning child and forced labor and the right to collective bargaining
- The prohibition of the use of the more dangerous pesticides and herbicides
- Substantial price premiums for the production of certified organic crops
- External monitoring, auditing, and certification of these practices by independent third-parties

History of Fair Trade

Fair Trade started with individual companies called Alternative Trade Organizations (ATOs), who made a commitment to work directly with indigenous peoples and to market their products directly to consumers. By cutting out middlemen, ATOs have been able to pay farmers substantially more while offering a competitive product. Later, organizations like the World Fair Trade Organization were formed to communicate ideas about Fair Trade. With the introduction of Fair Trade certification organizations like TransFair USA, products from around the world started to be certified as fairly traded. In an endeavor to place a world standard on what is fair, these labeling organizations came together and formed the Fairtrade Labelling Organization (FLO).

How Fair Trade Benefits Small Farmers

Fair Trade is not a charity or handout; it is simply a process of giving a fair exchange. Equal Exchange provides high-quality foods at a fair price to you. By cutting out the middlemen, Equal Exchange pays the farmers more and gives you a better value.

Help Support Fair Trade

The easiest way to support authentic Fair Trade is to purchase fairly traded products from small farmers. Your actions as a consumer support or discourage actions by businesses. By making the choice to buy fairly traded products, you help provide health care, education and technical trainings for farmers, workers, and artisans around the world. By supporting Equal Exchange, you join a movement to reclaim the food system – to make it better for farmers, consumers and the earth.

***Want to learn more about free trade and fair trade?
Click this link to watch a video all about it!***

The Natural Buzz - Concord Food Co-op



June Calendar

For event details visit www.concordfoodcoop.coop/calendar

Concord Store

- 2 Double Down Green Stamp Day!
- 2 Tasty Thursday at the Co-op
- 2 Open House
- 14 Ask a Nutritionist at the Co-op
- 23 Triple Down Green Stamp Day!
- 24 Grillin' & Chillin' at the Co-op
- 25 Capital City Classic 10K Pasta Dinner at the Co-op

New London Store

- 2 Double Down Green Stamp Day!
- 23 Triple Down Green Stamp Day!

Community

- 4 Plant Sale at Canterbury Shaker Village
- 9 Concord Class: Balancing Womens Hormones
- 11 Concord Class: Concord Hiking Trails Exploration 3/3
- 11 Medicinal Plant Walk at Canterbury Shaker Village
- 14 New London Class: Reclaim Your Sleep
- 15 Board of Director's Meeting
- 19 Father's Day
- 26 Capital City Classic 10K



Intown Concord Market Days

is happening this month!

June 23rd through June 25th

Visit intownconcord.org for more information.



Management

Chris Gilbert, General Manager

Nick Schneider, Director of Purchasing

Mark Abrams, New London Store 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, Outreach Coordinator

J. Sjostrom, Produce Manager

Lexi Cartier, Grocery Manager

Amanda Christian, Bakery Manager

Rob Cone, Executive Chef

Our Board of Directors

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Krista Helmboldt, *Vice President*

Cathy Menard, *Treasurer*

James McConaha, *Secretary*

Charlie Cole

Tedd Evans

Bill Graham

Derek Owen

Finis Williams

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Dr. David Olarsch, N.D.

Dr. Madalyn Otto

Jim Readey

Dr. Sam Sanzone, D.C.

Lorna Tobin

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

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