

# THE natural buzz



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

## In this edition...

- 2 8th Annual SouperFest
- 4 Flower Essences
- 6 The Wired & Tired Superwoman
- 8 Hearty Winter Foods
- 10 Calendar

Shop *brighter*,  
lines are *lighter*!



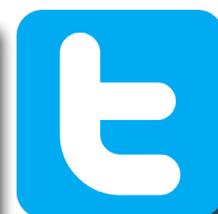
More parking and quicker lines are available during off peak hours - but when do those hours occur? Use our handy chart to figure out the best time to shop at the Co-op. *Chart is only applicable to the Concord location.*

[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...





## 8th Annual SouperFest

By Greg Lessard,  
*Co-op Director of Development*



Will you be attending the 8th Annual SouperFest?

If yes, have you ordered your fundraising commemorative T-shirt -"I Joined the Soup Line"? If you are not able to attend, have you ordered your commemorative T-shirt? Last day to place your order is March 6. To buy tickets and reserve your t-shirt, please visit [www.concordhomeless.org](http://www.concordhomeless.org).

If you are not sure what SouperFest is all about, please read on. Concord Food Co-op is representing the Co-op membership by taking on a partnering role at this very important fund raising event.

The 8th Annual SouperFest, a benefit for the Concord Coalition to End Homelessness (CCEH), will be held Saturday, March 18, 2017 at Rundlett Middle School in Concord.

The event begins at 2 p.m. with FunFest,

sponsored by the Boys and Girls Club of Greater Concord. The Rundlett gymnasium will be transformed into a giant playhouse that includes an inflatable obstacle course, face painting, spin art, an inflatable Velcro sticky wall, mini-golf, bounce house, balloon animal making, DJ/music by Nazy Entertainment, and much more! Funfest's Kids Zone features games especially for children ages 5 and under.

The Souper soup dinner starts at 4 p.m. in an expansive and tastefully decorated function room at Rundlett. Attendees can sample 30 unique specialty soups crafted by chefs from around Concord, including cheddar cheese and broccoli, Italian sausage tortellini, and pumpkin black bean with prosciutto, as well as vegetarian, vegan, and gluten-free options. Artisan breads will be available, along with a vast selection of desserts prepared by 45 bakery chefs. Sink and Soha will provide music, and food-safe bowls hand-crafted by local potters and schools can be purchased for \$10 and up.

Suggested donation for SouperFest is \$10, \$5 for children under age 12.



Hot dogs, popcorn, and cotton candy will also be available for separate purchase at FunFest. Tickets can be purchased online at [www.concordhomeless.org](http://www.concordhomeless.org) or at the door. The Web site contains full event details, including a list of chefs, and "I Joined the Soup Line" commemorative T-shirts.

Profits from admittance, bowls and T-shirt sales support CCEH programs, including the Concord Homeless Resource Center and Housing First Concord. Last year's SouperFest raised \$34,000; this year, organizers hope to raise \$40,000.

SouperFest Chair Claudia Walker said, "I am delighted to be involved with SouperFest. I am very supportive of the work of the Coalition and the much-needed support it brings to those challenged with the lack of housing. I hope that many bring their families out on March 18."

"SouperFest was founded by Jim Kinhan to be great fun, inspirational, and informative. This is our chance to continue his vision and something you



will not want to miss," Walker added.

Greg Lessard, Director of Development at Concord Food Co-op, said, "The Co-op has partnered with the Concord Coalition to End Homelessness by offering management assistance for this event. With over 100 volunteers and 700 plus anticipated guests, SouperFest is truly a reflection of a community dedicated to eliminating homelessness. At the low suggested donation price for kids and adults, supporting this fun event is very affordable."

Concord Coalition to End Homelessness works to eliminate the causes of homelessness in the greater Concord, N.H. community through a coordinated, committed and active effort of our many stakeholders. CCEH's vision is a Concord community where everyone has a safe, decent, stable and affordable place to live.

***For tickets and information, visit  
[www.concordhomeless.org](http://www.concordhomeless.org).***





## Flower Essences

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



Flower Essences are like magic, almost too good to be true! They are concentrations of liquid consciousness. Stored within them is the very life force itself shaped by the signature of the particular plant. They offer us an opportunity to shift our consciousness, our beliefs and long term patterns to a greater awareness and understanding.

Unlike pharmaceuticals, the interaction of flower essences with the body is not a biochemical one. They contain no chemicals, but only energetic or vibrational patterns of the flowers. In other words, they contain a holographic imprint of the plant's essence. Rather than chemically suppressing or altering one's mood, they stimulate awareness and catalyze each person's inner healing ability gently and subtly.

Merely by being alive and living in this world every person is subject to a myriad of imbalances and distortions like fears, depression, anger, frustration and confusion.

Each flower essence offers a specific vibration, bringing into balance

an aspect of one's life. This positively affects related emotions and thoughts creating more peace and harmony in one's life. As our emotions are balanced, our heart becomes more accessible, consciousness raises, attitudes improve, and how one sees and interacts with others and the world improves.

The most common way is to put 3-4 drops in a cup of tea or 8 oz bottle of water and sip. Use 3-4 drops of each chosen essence per bottle.

In selecting appropriate remedies use self-reflection, meditation and daily life events and feelings, identify key issues you would like help with. Review the list of essences and select ones that seem most clearly related or those that "pop" out at you.

Your needs for specific essences can change. Some will be needed on a regular basis, some only short term or occasionally. Essences are a wonderful adjunct to any self improvement system, counseling, meditation and spiritual growth.

The essences help bring one back into balance with his or her true nature

and actually raise the person's vibrations. A person may feel lighter, happier, or things may just seem to flow more easily. Issues are often less intense or relieved in a short time.

Dr. Edward Bach, an English physician in the early 1900's, discovered the vibrational qualities in plants and was the first to use them to assist healing. Since Dr. Bach's time, many others have discovered further plant essences. Some of these are similar to his and others are more specific in their focus of operation. Herbal Energetics is now proud to join this arena with our own flower essences. Several of them are now in the Co-op.

*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.*



Concord Food Co-op

# St. Patrick's Day

Hot Bar Hours: 10:30 am - 7 pm

## Hot Bar

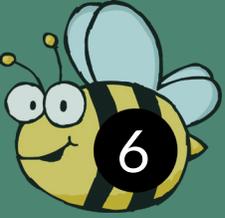
Featuring your favorite classic Irish dishes!

Keep checking our website to see the full menu soon.

Friday  
March 17<sup>th</sup>



[www.ConcordFoodCoop.coop/Celery-Stick-Cafe](http://www.ConcordFoodCoop.coop/Celery-Stick-Cafe)



## The Wired & Tired Superwoman

By Dr. Laura Jones,  
*Naturopathic Doctor*



As a functional medicine practitioner, I have been blessed by the teachings of naturopathic medical philosophy. This philosophy taught me to aim to find and treat the cause of disease, not merely the symptoms. Our naturopathic medical philosophy also taught me to treat the whole person; body, mind and spirit. To do this well, I need to learn about the patient's physical symptoms. And, just as importantly, I need to understand their lifestyle habits and stressors. While getting to know my patients, I am told a common story. This is a story of feeling pulled in a hundred directions to manage all the facets of life to the best of their ability. It is a story of pursuing the career, keeping the house from combusting, managing piles of laundry and dishes, and somehow figuring out how to leave work early enough to do her share with the middle school carpool, and ... oh yeah, find moments to exercise, sleep and eat somewhat healthy. At times, accomplishing it all seems to require transforming into an amazing Superwoman.

The lead character in this story is

the type A personality with high aspirations and expectations. The setting is a fast-paced life with multiple demands. And the commonly described ending...a Superwoman who feels anything but super. Because of burning the candle at both ends, the female patient will present with a set of interconnected health concerns involving the adrenals, thyroid and sex hormones.

Why do these critical parts of the endocrine system decline concomitantly and why do they seem to so often suffer in our Superwomen? The simple answer is that we were not designed to keep the pace that many of us run to meet the demands of the life we have before us. When you add any significant amount of emotional or physical stress into the equation, the load may become too large to carry. We may have strong minds that strive to persevere; but at some point, the body's resources run low and it tells us that it needs to slow down through the manifestation of physical and emotional symptoms.

The changes in biochemistry that result from a chronic, fast-paced lifestyle and chronically elevated stress hormone



burden our stress response system. This system is made up of a set of glands including the hypothalamus, pituitary and adrenal glands. You may remember learning about the adrenals; a set of small glands perched atop the kidneys. They are responsible for the stress response we all know as “fight or flight” which triggers a release of epinephrine, norepinephrine and cortisol. The adrenals also play a key role in the circadian rhythm which is our sleep-wake cycle. They influence our immune function, blood sugar regulation and are responsible for the production of hormones that are precursors to testosterone, progesterone and estrogen.

When we call upon the stress response too often (for some, many times per day), we can deplete our adrenal reserve. Because of high stress and continuously shuttling the adrenal resources towards cortisol production, other biochemical systems the adrenals influence start to suffer. There is disruption of the circadian rhythm, and both energy level and quality of sleep are negatively influenced. The tolerance for small stressors declines and this causes a “wired and tired” presentation. The resources that could have been used to create sex hormones are shuttled over to cortisol, and hormone imbalances become obvious. Suboptimal adrenal function may negatively influence thyroid function and in turn, the patient may present with any of the following symptoms: fatigue, poor cognition, low body temperature, menstrual irregularities, low libido, insomnia, mood fluctuations, difficult menopause symptoms or troublesome PMS. Low thyroid function slows

metabolism and elevated cortisol tells the body it could be a long, hard winter. Thus, the patient becomes stuck in fat storage mode and weight gain is likely to become an issue.

This endocrine dilemma is handled well with a little Naturopathic TLC. A naturopathic treatment plan involves a diet lower in grains, rich in veggies and fruit, and high in lean proteins and healthy fats. Herbs known as adrenal adaptogens are priceless to restore adrenal health and encourage metabolism, immune function and restore circadian rhythm. Certain vitamins, such as water soluble Bs and C, as well as magnesium are all affordable ways to support adrenal health. Addressing the tendency to worry or feel anxious is also very important. Naturopathic tools such as targeted amino acid therapy for neurotransmitter balance, or lavender essential oil can be of great benefit for lifting the mood and decreasing anxiousness. Hormone balance is always a factor to consider; some patients will be more comfortable if this is addressed independently, rather than waiting for improved adrenal health to result more ideal hormone levels. And most importantly, identifying stressors and working with a patient to help them find tools to better manage time, stress and sleep are essential for successful restoration of health.

**Learn more at Dr. Jone's FREE class!**  
**"The Wired & Tired Superwoman"**  
**Thursday, March 23rd**  
**6:00 pm - 7:30 pm**  
**[\(Click here to register\)](#)**



## Hearty Winter Foods

By Barbara Bonsignore,  
*Author of Cooking with Compassion*



### Applesauce-Oatmeal Cookies

- ¾ cup maple syrup
- 1 Tbsp. soy margarine
- 2 Tbsp. soy flour
- 1 tsp. vanilla
- ¾ cup unsweetened applesauce
- 2 Tbsp. toasted wheat germ
- 1 ½ cups whole-wheat pastry flour
- 1 tsp. cinnamon
- 1 ½ tsp. aluminum-free baking powder
- 4 cups rolled oats
- 1 ½ cups raisins

Preheat oven to 350°. Mix all ingredients together well, adding water if too dry, more flour if too moist. Drop by heaping tablespoons onto cookie sheet. Bake for 10-15 minutes or until lightly browned.



### Tangy Chickpea & Spinach Soup

- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 large carrot, coarsely grated
- 1/3 cup raw pearled barley, cooked
- 1 cup raw chick peas, (soaked overnight & cooked in water to cover until tender)
- 12-oz. fresh spinach, stemmed, chopped
- 1 small zucchini, diced
- 1 ½ tsp. curry powder
- ¼ tsp. dried thyme
- ¼ tsp. ground cumin
- 2 cups soy milk
- Juice of 1 medium lemon
- Salt and pepper to taste

Sauté garlic in the oil in a large soup pot. Add 3 cups water or vegetable stock, carrots, and zucchini. Bring to boil over medium heat, cover and simmer for 15-20 minutes or until vegetables are tender. Mash half of cooked chick peas and add with remaining ingredients to soup pot. Simmer 20 minutes.



## Normandy Stuffed Cabbage

1 large head of cabbage (12-14 leaves).

### Filling

- 1 large onion, diced
- 1 Tbsp. olive oil
- 1 clove garlic, minced
- 1 large celery stalk, diced
- 1 medium carrot, diced
- 1 cup raw brown rice, cooked in 3 cups water
- Black pepper to taste
- 3 Tbsp. tamari soy sauce or Bragg Aminos (health food stores), preferably low-salt
- ½ cup chopped almonds
- 1 tsp. ground coriander

To make filling: Sauté onion in the oil with water until transparent. Add more water if mixture dried out, then add garlic, celery, carrot, and coriander, sautéing until tender.

### Sauce

- 3 Tbsp. whole wheat pastry flour
- 1 cup tomato sauce
- 1 cup apple juice
- 1 cup vegetable stock or water
- Juice of 1 medium lemon (about 1/3 cup)
- 1 tsp. tamari soy sauce or Bragg Aminos (health food stores)
- ½ cup raisins (optional)

To make sauce: Brown flour by toasting in skillet over low heat for 2 minutes, stirring constantly. Add liquid ingredients slowly, stirring, until mixture boils then simmer over low heat until mixture thickens. Stir in lemon juice, tamari, and raisins (optional).

Cut tough, inflexible part from each cabbage leaf and steam the leaves in wok until very tender or boil in water until very tender. At this point preheat oven to 350°. Put ¼ cup of the filling in each leaf (smaller amount for smaller leaf), rolling the leaf around it to form a neat roll. Secure with toothpicks. Place cabbage rolls, seam-side down in a 9"x13" baking dish, pour sauce over them and bake for 20-30 minutes at 350° until heated through.



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



# March Calendar

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

## Concord Store

- 2 Tasty Thursday at the Co-op!
- 14 Ask a Nutritionist
- 17 St. Patrick's Day Hot Bar

## Community

- 4 Concord Class: Late-Winter Relief (For Neck & Shoulders)
- 11 Concord Class: A Better Night's Sleep
- 12 Daylight Savings Time Starts
- 14 New London Class: Make it Stick!
- 15 Board of Directors Meeting
- 23 Concord Class: the Wired & Tired Superwoman

BALANCE · FLEXIBILITY · STRENGTH · CONCENTRATION



INNER PEACE **TAI CHI**

*Moving Meditation  
Programs in Concord  
& Wilmot Flat*

*Senior Safe · Senior Friendly*

Marcia E. Wyman, Instructor • NESAInc@aol.com • (603) 224-5768

**"Don't even try asking us about  
the big thing we're planning.**

**We're NOT  
talking.**

**No hints! No nothing!"**

**– Chris Gilbert, General Manager**



**[www.concordfoodcoop.coop](http://www.concordfoodcoop.coop)**

## Management

Chris Gilbert, General Manager  
Shane Smith, Store Manager New London  
Nick Schneider, Operations Manager  
Adam Orcutt, Customer Service Manager  
Peter Deleault, Finance Manager  
Beverly LaPage, Human Resources Manager  
Greg Lessard, Director of Development  
Patrick Gale, Produce Manager  
Lexi Cartier, Grocery Manager  
Amanda Christian, Bakery Manager  
Stacey Cooper, Co-op Farm Manager

## Our Board of Directors

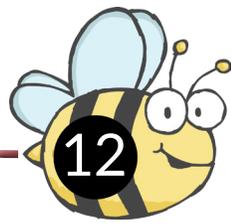
Cathy Menard, *President*  
Krista Helmboldt, *Vice President*  
David Marshall, *Treasurer*  
James McConaha, *Secretary*  
Charlie Cole  
Tedd Evans  
Derek Owen  
Tracie Sponenberg  
Finis Williams

## Newsletter

Paige Charland, Editor & Design

## Wellness Educators

Betsy Black  
Marianne Cameron  
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 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.