

THE

natural buzz



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

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Due to Main Street Construction,

This year the Co-op will not be hosting the Spring into Healthy Living event. To learn more about the Main Street Project, [click here](#).

The Rock 'N Race is this month!

Participants of the Rock 'N Race can treat themselves to a free pasta dinner at the Co-op the day before the race! [Click here](#) to learn more about the event.



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





Letter from the Editor



Hello Natural Buzz Readers!

First, I would like to thank everyone who took the time to participate in our survey. Your responses were incredibly helpful in determining how to proceed with upcoming editions of the Natural Buzz newsletter. There have been many changes over the past few months as we try to maintain the newsletter's charm and purpose while also updating it to stay relevant. Responses were generally the same – most of you prefer a full fledged document with all the beautifully written articles ready to read. So I brought it back! Moving forward, future editions will continue to have this blended format of what I was trying to achieve with the April newsletter while also producing a full document for our readers. The email containing the newsletter will still direct you to a full document for your reading pleasure, but there will also be helpful quick links for anyone who would like to skip to a particular article. The best of both worlds!

Secondly, I have been meaning to introduce myself as your latest newsletter editor. My name is Paige and I have worked at the Concord Food Co-op since August 2014. Many of you probably know who I am as until recently I was a cashier at the front end! While I will miss seeing your smiling faces at the register, I am very excited to start my journey in the marketing department of the Co-op because I am slated to earn my Bachelor's degree in marketing this May. This is a very exciting opportunity for me and I look forward to serving the Co-op and community in new ways.

The survey may have been taken down, but my inbox is always open! If you have any comments or concerns about the newsletter, feel free to email me at paige@concordfoodcoop.coop.

Happy reading!

-Paige

Don't forget to come to the

Heifer Parade with Food & Fiddle!

**Saturday, May 7, 2016
from 10:00-3:00 pm at
Canterbury Shaker Village**

For more information about the event, visit
www.shakers.org.

Did you know May is National Barbecue Month? Try this grilling recipe for some outdoor fun!

Grill-Smoked Barbequed Chicken

By Robin Asbell

Reprinted from *Co+op Stronger Together*



Ingredients

- 4 bone-in chicken breasts
- 2 tablespoons lemon juice
- 1 teaspoon smoked paprika
- 2 tablespoons vegetable oil
- 1 teaspoon kosher salt
- Smoky barbecue sauce

Materials

- 2 cups apple, cherry or mesquite woodchips, soaked in water at least one hour
- 1 spray bottle filled with water
- Smoker box or foil to make a pouch
- 1 instant read thermometer

The day before, put the chicken breasts in a food storage container or zip-top bag. In a cup, whisk the lemon juice, paprika and oil and pour over the chicken, rub to coat. Cover or seal and store in the refrigerator overnight. If you don't have time to marinate, just rub the chicken with kosher salt and smoked paprika or pepper and let stand at room temp for an hour.

Prepare the grill for smoking. When the grill is ready and the cool side of the grate is oiled, place the chicken bone side down on the grate. Close the lid and let the chicken smoke, checking on the woodchips every ten minutes. If the smoke is pouring out, open and spray the woodchips with water.

After 30 minutes, check the temperature of the chicken with an instant read thermometer. It will read 160° F when the chicken is done. Continue cooking and if not yet at 160°F.

For nice grill marks, oil the grate on the hot side of the grill and brush the top of the chicken breast with sauce. Turn it and place it sauce side down over the hot grate, searing the surface. Coat the underside with sauce. After a couple of minutes the sauce will be lightly browned and there will be grill marks. Serve warm.

To view this recipe and more, visit strongertogether.coop.

Curious about our garden at Canterbury Shaker Village?

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



Tai Chi: A Dance for Seniors

By Marcia Wyman



Ever wonder what you can do to help yourself become better balanced, have more flexibility, and build strength?

Ever desire more clarity of thought and action?

Ever want better over-all health?

Tai Chi is an ancient art form that allows the body to improve at its own pace and the pace is always SLOW. This slow motion gives the body a gentle work-out without stress. This, in turn, encourages the body to make changes, corrections, and new connections internally, which manifest themselves in our body, mind, and spirit.

Tai Chi was introduced in America after the Korean War when soldiers brought the moves home. In California, you can see people in the early morning hours practicing various forms in the parks. It has only recently been offered in New England. Considered a Dance, it also has a philosophical and martial arts background. It has been used for over 2500 years to improve health, calm the mind and increase awareness. For soldiers, it strengthens and teaches techniques used in hand-to-hand combat.

A typical class consists of calming the mind, warm-ups for the body, learning a part of the form and ending with a Chi Wash. Dress is casual with no tightness around the waist. Shoes, slippers, socks and/or bare feet can be used in order to gain sensitivity with the feet and legs. Calm, quiet music is played in the background.



more fruits

smoothies handmade from pineapple, mango, banana, strawberries, raspberries, wild blueberries.



42 North Main Street, Concord
worksbakerycafe.com



Tai Chi is called Moving Meditation. Since our bodies are 85% fluids, the body responds to the gentle, smooth motions that are considered wave-like. At the same time, participants feel grounded to Mother Earth and slightly pulled up by Father Universe.

The Harvard Medical School, the Mayo Clinic, and the John Hopkins University School of Medicine have all done extensive research on the benefits of Tai Chi. They agree that Tai chi is the best for balance, strength, and flexibility. It also increases bone density, relieves stress and calms the mind. It has been shown as a good means for reducing blood pressure, removing pain, healing diseases and disabilities.

By attending a class per week, the benefits are on-going. There are no side-effects nor damage to the body, due to its slow and graceful postures.

Tai Chi is not regulated. If taking a course find out how long the instructor has been teaching and where the person received their certification (and if they have one). Avoid instructors who have taken a week-end course. Tai Chi is a complex intertwining of awareness of how the body works, why it works, and how the form fits in with the over-all health of the participants. This involves at least 200 to 500 hours of study and hands-on experience before teaching.

The wonders of Tai Chi include a sense of peace and harmony, something we need more of in this multi-tasking, speed-driven world.

Tai Chi will be presented at the Tracy Memorial Library in New London on Tuesday May 10th at 5:30 pm. Registration is still open.

Instructor: Marcia Wyman certified under the Oriental Healing Arts Association and Director of Inner Peace Tai Chi which services Central New Hampshire.



Want to attend Marcia's class in May? Click here to register!



- Antibiotics, which wipe out the good with the bad and provide a great opportunity for pathogenic bacteria and yeasts/fungus to recolonize. This can include antibiotics in your food (meat) and an overly sterile indoor environment. Avoid unnecessary antibiotics and replenish with a quality probiotic supplement and fermented foods.

- Lack of good bacteria in the diet in the form of fermented foods (especially veggies like kimchi and kraut) and some old-fashioned dirt on your food. YOU CAN LEARN MORE ABOUT BOOSTING YOUR BENEFICIAL BACTERIA AND “MICROBIOME” HERE: concordfoodcoop.coop/eating-for-your-microbiome.

Often when you begin to focus on gut repair, you’ll notice drastic improvements within just a few days or weeks, but the long-term healing could take several months, even a year or longer. As your gut heals, you may find that some foods are no longer problematic.



Helpful Categories of Herbs

Bitters

Bitter-tasting herbs include dandelion leaf and root, burdock root, artichoke leaf, citrus peel, tamarind, grapefruit, gentian root (sustainability concerns), wormwood (safety concerns), and bitter greens like radicchio, endive, and some of the wilder varieties of lettuce. Bitters, taken when we eat, turn on the entire digestive tract. They stimulate saliva, stomach acid production, enzyme production, peristalsis (the wave-like motion that moves food through the GI tract). Indirectly, this encourages healthy elimination and regular bowel movements. Bitters also reduce the glycemic (blood sugar) effect of food, regulate and encourage a healthy appetite, help us feel more satisfied, and reduce cravings (especially for sugar). Most Americans have too little stomach acid (and taking a proton-pump inhibitor just makes this worse), and having too little stomach acid also sets you up for conditions like SIBO and dysbiosis further down the line. If bitters seem to make your digestive issues worse, then focus on the next categories of herbs first. Try bitters again after several months once your gut is in better shape. Don’t continually do anything that obviously bothers your system.

Slimers

More formally called demulcent or mucilaginous herbs, these plants often get slimy when they come in contact with water. They help coat the digestive tract, soothing it, creating a temporary protective barrier, and helping to heal damage from reflux, ulcers, gastritis, leaky gut, inflammatory bowel disease, etc. They can be taken as a tea (preferably steeped overnight) or as a powder mixed in food like oatmeal or a smoothie. My favorite slimer is marshmallow root, however slippery elm (sustainability concerns) is also excellent. Licorice root is an amazing slimer with additional benefits for gut healing, mucosal lining regeneration, and immune health; however, it can have various long-term side effects. The DGL form of licorice - usually available in chewable tablets - are a “dumbed down” version that is great for GI benefits without the safety risks.

Vulneraries

These are our wound-healing herbs, and you’ll often hear of them being used for the skin, yet they’re also beneficial for your gut lining. Plantain leaf is my favorite and quite adaptable to tea. Others include calendula flowers, gotu kola, and aloe inner gel (but not the latex, rind, or whole leaf because the bitter inner latex is an irritating stimulant laxative). Drinking bone broth regularly may also help with repair.



Gentle Astringents

Astringent herbs tighten and tone tissues with their varying tannin contents (the same category of compounds used to tan hides to make leather). In the digestive tract, it's a careful balance. We don't want things loose and leaky, but we also don't want the lining as tough as leather or you'll lose the ability to absorb nutrients from food. Some of my favorite gentle astringent herbs include rose petals (which also promote good bacteria while discouraging the bad), plantain leaf (also vulnerary and demulcent), dry alder bark (also antimicrobial), and cinnamon (also antimicrobial).

Spices

Spices are pretty dynamic medicinal plants with a wide range of health benefits, often individual to the specific spice. Generally, you can count on them to decrease inflammation, fight pathogens, relax spasms in the GI tract (gas, pain, bloating), and promote good digestion. Some of my favorite gut spices include cinnamon (particularly astringent and antimicrobial, also lowers blood sugar and fights chronic diarrhea), cloves (potently antimicrobial), fennel seeds (great for spasms, gas, and pain), cardamom (antimicrobial, antispasmodic, digestion-enhancing), ginger (antimicrobial yet it promotes good bacteria, stimulates digestion and is warming and anti-inflammatory), and star anise (antimicrobial, antispasmodic). Spices often make up 15 to 50% total of my blends, which also improves the overall flavor with chai-like properties.

Happy Gut Tea

One of my favorite ways to address gut health is to provide a blend of beneficial herbs in the form of tea.

- 2 teaspoons marshmallow root
- 1/2 teaspoon licorice (optional)
- 1/2 teaspoon burdock
- 1/2 teaspoon plantain leaf
- 1/2 teaspoon rose petals
- 1/4 teaspoon fennel seeds
- 1 thin slice of ginger or 1/8 teaspoon dry ginger chips
- 2 cardamom pods, lightly crushed
- 4 clove buds
- 2 cinnamon sticks (or 1-2 teaspoons of cinnamon chips)



Combine the ingredients in a 32-ounce container such as a mason jar or French press pot. Cover with boiling water and let steep overnight or all day. Strain and drink over the course of the day. It will keep refrigerated for a few days and can be drunk hot or cold.

You may find that you prefer it with more or less ginger, cardamom, and licorice. Once you know how you like it, you can make a two-month supply of dry mix. Simply swap "teaspoon" for "cup" in the recipe, using 1/8 cup cardamom pods and 1/8 clove buds. Store the dry mix in a half-gallon storage jar with a tight-fitting lid, and use two heaping tablespoons per pot.

*Maria Noël Groves, RH (AHG), is a New Hampshire-based registered clinical herbalist and freelance health journalist nestled in the pine forests of New Hampshire. She is the author of *Body into Balance: An Herbal Guide to Holistic Self Care*. She offers both local and distance herbal health consultations as well as herbal classes. Learn more about Maria and find a wealth of herbal information at www.WintergreenBotanicals.com.*

Farmers Union: Working Hard on GMO Labeling

By Emma Sabella, NEFU Membership
and Administrative Coordinator



A bill put forward by Sen. Pat Roberts (R-KS) that would have created voluntary labeling standards for GMOs and preempt states' rights to require such labeling, failed in mid-March to get the votes it needed to move forward. Members of the Senate Agriculture Committee may rework the bill, referred to by opponents as the DARK (Deny Americans the Right to Know) Act II. A similar bill passed the House of Representatives last July.

Concord Food Co-op is a member of New England Farmers Union, which worked hard to convince New England legislators on the committee to reject the bill. New England Farmers Union supports mandatory, transparent labeling, as 90 percent of consumers say they want them. As part of its balanced, member-crafted policy, Farmers Union also supports farmers' right to use biotechnology.

Vermont's GMO labeling law goes into effect July 1, and federal lawmakers are scrambling to get a national standard in place by then. The legislatures of the six New England states have all taken up GMO labeling bills, but the level of support varies across the bodies. A federal standard that would require mandatory labeling would go far to address consumer concerns about genetically engineered food.



New England Farmers Union

SIX STATES WITH ONE VOICE AT THE NATIONAL TABLE



According to an article in The Hill, Sen. Jeff Merkley (D-OR) has offered a rival labeling bill that would allow manufacturers to choose one of four ways to label GMOs. They could:

- put the words “genetically engineered” in parentheses next to a relevant ingredient
- identify GM ingredients with an asterisk and provide an explanation for the asterisk at the bottom of the ingredients list
- apply a catch-all statement at the end of the ingredient list stating the product was “produced with genetic engineering” ingredients
- use a symbol on the label, designed by the Agriculture Secretary, to disclose the presence of GMOs.

New England Farmers Union has been a regional leader on GMO labeling. We need the support of food co-ops and consumers who care about this issue. The more members we have, the better traction we have with lawmakers and within our parent organization, the National Farmers Union. Co-op members can join at a discount. Please join New England Farmers Union today! Together we are United for Family Agriculture!

**[Click here](#) to learn more about
NEFU and becoming a member.**

Tasty Tofu Meals

By Barbara Bonsignore

Author of Cooking with Compassion



Tofu Preparatory Techniques

Pressing

Slice the tofu cake into fourths, wrap in a folded towel and place between 2 cake racks. Top with a 2 to 4 pound weight and allow to stand for 20 to 60 minutes. Pressing is used for tofu that will be pan or deep fried.

Squeezing

Place tofu in the center of a large dish towel and gather the corners to form a sack. Twist the sack closed and squeeze gently. Empty into a bowl. Squeezing is used to make mashed tofu, which resembles cottage cheese in texture.

Scrambling

Place the tofu in a skillet and break into small pieces. Cook over medium heat for 5 minutes, stirring continuously until the curds and whey separate. Drain off whey. Scrambling causes further separation of curds and whey resulting in a texture similar to that of squeezed tofu, but firmer and more crumbly.

Freezing

Tofu can be frozen in its original container. Thaw completely. Drain, rinse, and squeeze dry. For quick thawing, plunge tofu in boiling water. This freezing process gives tofu a chewy, meat-like texture.

Tofu and Broccoli

- 1 ½ pounds tofu, pressed
- 1 bunch fresh broccoli
- 5 tablespoons oil
- 3 cloves garlic, minced
- 3 tablespoons soy sauce
- 2 tablespoons water
- Dash of cayenne
- Lemon wedges

Cut pressed tofu into $\frac{3}{4}$ inch cubes. Wash and drain broccoli. Heat oil in large skillet over high heat. Fry cubes of tofu, turning occasionally to prevent burning, until cubes are golden brown. Lower heat to medium and push tofu to outside of skillet. Add broccoli stems and flowers and garlic to the oil left in the space created. Quickly sauté broccoli, tossing frequently to prevent burning. When broccoli is lightly sautéed, sprinkle on the cayenne, soy sauce, and water, toss with the tofu, cover and lower heat to low. Cook for about 3 minutes or until broccoli is crisp, but not raw. Serve immediately over noodles or rice. Squeeze lemon wedges over the dish to taste.



Vegetarian Cassoulet

Freeze 1 pound of tofu overnight. Soak 1 pound white beans overnight. Cook beans until neatly tender.

Saute:

- 4-6 cloves garlic
- 2-3 onions, chopped
- ½ cup olive oil

Add:

- 4 large tomatoes, chopped
- 1 bay leaf
- ½ teaspoon thyme
- ¾ teaspoon coriander
- 3 whole cloves
- 2 teaspoons veggie salt
- ¼ cup minced parsley



Simmer 10 minutes. Remove sauce to casserole dish. Plunge tofu into boiling water. When boiling, remove tofu. Squeeze water out and cut into ¾ inch cubes. Heat skillet, add 2 tablespoons olive oil and tofu. Cook and stir 15 minutes on medium. Sprinkle ½ cup soy sauce on tofu as it cooks. Add 2 tablespoons nutritional yeast. Add tofu and drained beans to sauce in casserole. Cover with bread crumbs and dot with soy margarine. Bake 2-3 hours at 275°.



Scrambled Tofu

- ½ pound tofu, squeezed or pressed
- ¼ teaspoon turmeric
- ¼ teaspoon mustard powder
- ½ teaspoon dill weed
- 1 tablespoon fresh parsley, chopped
- 2 teaspoons oil
- Optional: sliced green onion, mushrooms, green pepper

Add turmeric, mustard powder, dill weed, and parsley to crumbled tofu. Heat oil in small skillet and cook tofu just until hot. If using vegetables, sauté them first, then add tofu. Serve with soy sauce.

Chocolate Mocha Pie



Blend until smooth in blender:

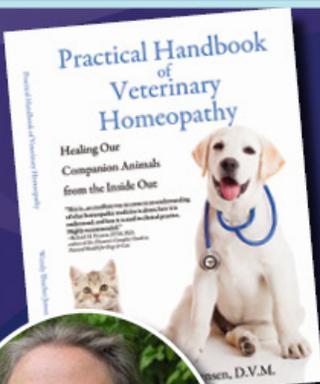
- 2 pounds tofu, pressed
- $\frac{3}{4}$ cup maple syrup
- 1 cup strong coffee
- 2 tablespoons arrowroot

Pour into bowl. Add, and cut in but don't stir, 2 squares melted baking chocolate. Pour into prepared pie shell, creating a marbled effect. Bake at 350° for 1 hour or until knife comes out clean when center is tested.



The Natural Buzz - Concord Food Co-op

Local Book Release & Signing Event at the Co-op, Tuesday, May 17, 4-6 pm
Practical Handbook of Veterinary Homeopathy by Dr. Wendy Jensen, DVM



You might recognize Dr. Wendy Jensen, DVM as a Co-op Wellness Educator and passionate homeopathic veterinarian. Your companion animal is sick or injured and you've tried everything to make them better, or have you? Dr. Jensen shows us there might be something else that can be done.

Homeopathic veterinarians rely on your observations to evaluate treatment, and this book, full of success stories, will teach you exactly what information is needed in order to help your animals not only heal, but regain their former vitality, energy, and zest for life. Come meet Dr. Jensen and have her sign a copy of her book for you while you do your grocery shopping at the Co-op!

[Click here for more!](#)

May Calendar

For event details visit www.concordfoodcoop.coop/calendar

Concord Store

- 5 Double Down Green Stamp Day!
- 5 Cinco De Mayo Hot Bar at the Co-op!
- 5 Cinco De Mayo Tasty Thursday
- 17 Ask a Nutritionist at the Co-op
- 17 Dr. Wendy Jensen Book Signing
- 18 Co-op Rock'N Race Pasta Dinner
- 25 Grilling & Chilling at the Co-op
- 30 Memorial Day - Store CLOSED

New London Store

- 5 Double Down Green Stamp Day!
- 30 Memorial Day - Store CLOSED

Community

- 7 Canterbury Shaker Village Heifer Parade
- 7 Concord Class: Introduction to Yoga
- 8 Mother's Day
- 10 New London Class: Balance, Flexibility & Strength: Tai Chi
- 18 Board of Directors Meeting
- 19 Rock 'N Race - Benefits: Payson Center for Cancer Care
- 21 Concord Class: Concord Hiking Trails Exploration 2/3
- 24 Concord Class: Soothing Herbs & Gut Repair



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

David Marshall, *President*

Krista Helmboldt, *Vice President*

Cathy Menard, *Treasurer*

James McConaha, *Secretary*

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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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or contact paige@concordfoodcoop.coop

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