

THE

# natural buzz



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

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## GREAT NEWS: CO-OP JOINS A CO-OP!

Concord Food Co-op members and their household are now eligible for membership to NH Federal Credit Union.



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





## Co-op in the Community

***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.***

This past month, the Co-op was able to provide eight large bags of onions to the New Hampshire Food Bank. Following the donation, the Food Bank wrote, " This nutritious produce has already made its way out of our warehouse and into the homes of NH's hungry! We are so grateful for your support – thank you!".

Friends Program Trustees, staff, and supporters came together on Thursday, September 29th to recognize the efforts of supporters and volunteers. The gathering also gave the Friends Board of Trustees the chance to present the Co-op

with a recognition award for supporting the Friends Emergency Housing Program for over 10 years by hosting and facilitating events that have raised money on their behalf, as well as raised community awareness and increased support for the program.

On October 13, the Co-op was invited to the Concord Coalition to End Homelessness's (CCEH) annual Donor Appreciation Reception. Ellen Fries, CCEH Board Chair, stated, The Concord Food Co-op has been a wonderful support to the Concord Coalition to End Homelessness. The Co-op has been a major partner in our signature fundraiser, SouperFest. Their marketing department does the bulk of the marketing and advertising design for this event, and coordinates all the soup chefs involved, as well as running the entire dining room. The Co-op's head chef keeps the kitchen running smoothly at SouperFest. The expertise provided is invaluable, and the income from SouperFest is what keeps the doors of the Concord Homeless Resource Center open for those in need of the services provided there.



with NOFA-NH, a community partner) at Generation Farm was a joyful gathering of Co-op Members and local organic farmers. Light refreshments and conversation were enjoyed, along with tours of Generation Farm.

The Annual Member Meeting this year was held at Canterbury Shaker Village. Members in attendance dined on great food, chatted with Board Members, and finished voting in the election. Krista Helmboldt, Derek Owen, Jim McConaha, and David Marshall were all reelected to the Board.

### ***Important Announcements:***

The Co-op would like to remind shoppers of two important changes in the coming months.

First, effective January 1st, 2017, the 15% Senior Discount will exclusively be a member benefit. Non-member seniors should purchase their membership shares before this date in order to retain their discount in the new year. More information can be found on our website: [click here to view the flyer](#).

Second, the Sunsetting of the Green Stamp Program was recently announced. Stamp collection will continue until December 31st, 2016, and stamp redemption will continue until February 1st, 2017. To read the full announcement and discover alternative uses for green stamps, [click here](#).

The Friends Program and the Concord Coalition to End Homelessness are 2017 Concord Food Co-op Community Partners. On behalf of the Co-op board, employees, membership, and patrons, we look forward to assisting them in achieving their mission. To learn more about these two important community partners please visit [www.friendsprogram.org](http://www.friendsprogram.org) and [www.concordhomeless.org](http://www.concordhomeless.org).

You can also learn about our other Community Partners by visiting our website at [www.concordfoodcoop.coop/community-partners](http://www.concordfoodcoop.coop/community-partners).

### ***Member Events at the Co-op***

In October, the Co-op hosted two member-exclusive events. The Meet the Farmers event (hosted in partnership

***[Stay up to date on Co-op Events, Classes, and Announcements by subscribing to our email list!](#)***



## Food, Mood, & Addiction

By Kelly Lang,  
*Certified Health Coach & Author*



Anxiety, Depression, ADD, Addiction. Those four words can easily share space in the same sentence.

We can see a rational connection between these conditions or at least recognize that they fit into a similar “health” category. That is not to say that every depressed person is an addict or that every person suffering from addiction has anxiety, but simply put, we can agree that some of these conditions do co-exist in the same people and one of these conditions might understandably lead to another. We can also make the connection that these are health challenges that are closely tied to our emotional well being, our mental state, or our brain function.

The line becomes a bit more fuzzy when we try to introduce the word food into this grouping. How does food relate to anxiety, depression, ADD, or addiction? Your first thought might be that people with these conditions would be likely to eat more, or eat more comfort foods or develop food addictions. In many cases you would be correct. But the piece that is

often missing from our understanding is the fact that food can also be a factor in the development of these health challenges.

While we can look to family history and heredity, trauma, abuse or emotional pain or many other root causes for anxiety, depression, ADD and addiction, the one that is often evaluated least is the role of nutrition.

Everything that happens in the body can be impacted by nutrients. If we are missing key nutrients, there will be repercussions in the body. Our brains are part of our body. When we eat food, we are not just feeding the belly, we are feeding our brains as well. A starving brain, or a brain that is lacking essential nutrients may not be able to function or produce the appropriate natural chemicals for emotional well being. If we couple nutrient deficiencies with stress, trauma, and hereditary factors - this creates an almost undeniable likelihood of anxiety, depression, ADD, or addiction. This is what we are seeing in the epidemic increase of these conditions in our society today. There are several key nutrients



for establishing and maintaining healthy brain chemistry but each person can be effected by a different deficiency so there is no “one size fits all” nutrient fix. In addition, there are other food related factors that typically exist and may be adding to the brain chemistry imbalance. Consumption of additives and preservatives, food allergens and malabsorption are other variables that need to be evaluated in each person. This can be done alongside other therapies and strategies to support the person as a whole, understanding that these conditions require a multi-faceted healing approach.

Eating a healthy whole foods diet, rich in clean protein, minerals, enzymes and a variety of phytonutrients is a great place to start. Reducing chemicalized, processed foods is another excellent step in the right direction. Just as important, is putting effort into learning about the role of key nutrients in brain chemical function and understanding that deficiencies can manifest in both physical and emotional symptoms. When we can connect food to anxiety, depression, ADD, and addiction we give the person who is suffering another viable means of healing their

condition and a more comprehensive understanding of what may have caused it.

*Kelly Lang is an Integrative Nutrition® Trained and Certified Health Coach, and can be found at [www.livefreekelly.com](http://www.livefreekelly.com).*



**Want to learn more? Attend Kelly's class on November 15th, 2016, "Causes & Treatments for Anxiety & Depression, Naturally", at Concord City Council Chambers. This class will help participants understand the basics of brain chemistry and how illness, stress, malabsorption, and toxicity can contribute to imbalances in the very chemicals that determine our mood and state of mind. The class starts at 6 pm, and is free to everyone! Visit [www.concordfoodcoop.coop/classes](http://www.concordfoodcoop.coop/classes) to register for this free lecture.**



# Hot Mulled Cider

By Pat Gale,  
Produce Manager



Hey Folks!

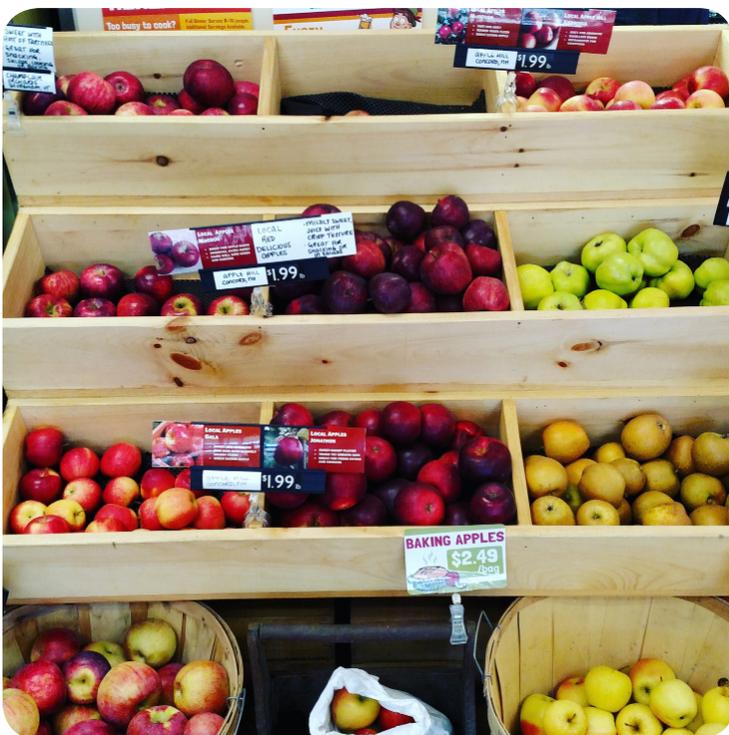
Pat here, the new produce manager at the Co-op. I figured this would be a good way for us here in produce to say hi and let you know what you can expect from us at the Co-op! Sweaters are out, windows are closed, and we are all just racing from one snuggly blanket to another. What would be better to go along with all this snuggling than a nice warm cup of mulled

apple cider? Well we have everything you need to make a delicious pot of cider to warm your belly.

Now, you're probably saying, "that sounds nice, but what about food?" Of course! We have plenty of your fall favorites all coming in by the bushel! Brussel sprouts? Got 'em. Squash and sweet potatoes? You bet! Apples? Oh boy! So many apples. Now of course, some of you are just not fall folks, don't fret! We still have greens, tomatoes, squashes, beans, peas, kale and all of your other favorite staples arriving daily.

So whether the weather has weathered you or not, you can take solace in knowing we here in the Concord Food Co-op produce department are trying our best to get you through these cold months with a happy heart and a full healthy belly. Oh! Remember that mulled cider I was talking about? Well here is a great recipe to try yourself! Enjoy!

-Pat  
Produce Manager





## Hot Mulled Cider Recipe

### INGREDIENTS

- 1/2 gallon of fresh, unfiltered apple cider (non-alcoholic)
- 1 orange
- 12 whole cloves
- 4 3-inch sticks of cinnamon
- 15 allspice berries
- 1/4 teaspoon of freshly ground nutmeg
- 7 pods of cardamom
- 2 Tbsp brown sugar (optional)

1. Pour apple cider into a 3-quart saucepan, cover, turn the heat on medium-high. While cider is heating up, take a vegetable peeler and peel away a couple thick strips of peel from the orange. Press about half of the cloves into the peeled part of the orange. (You can also just quarter the orange and add the slices and cloves separately. I just like seeing the orange bob up and down.)

Place orange, orange peel strips, the remaining cloves, and the rest of the ingredients into the sauce pan with the cider. Keep covered and heat the mulled cider mixture to a simmer and reduce heat to low. Simmer for 20 minutes on low heat.



2. Use a fine mesh sieve to strain the hot mulled cider away from the orange, cloves, and other spices. If you want, you can add a touch of bourbon, brandy, or rum to spike it up a bit. Serve hot. Add a cinnamon stick to each cup if desired.

# November at the Co-op!

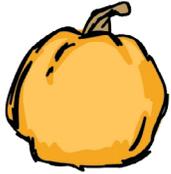
## THANKSGIVING

Thursday, November  
3rd, 10th, & 17th!

on the Hot Bar!

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

The Co-op Bakery's Cheesecake of the month is:



**Pumpkin!**

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## November Wine of the Month:



Choose from Cabernet Sauvignon, Petit Sirah, Merlot, and Chardonnay

**Only \$12.99 ea**

*During the month of November*

## Tasty Thursday

**November 3rd 4:30 PM - 6:30 PM**

Enjoy FREE samples throughout the store including bakery treats, seasonal goodies, wine, cheese, produce, and more!

FREE for everyone, no membership required.



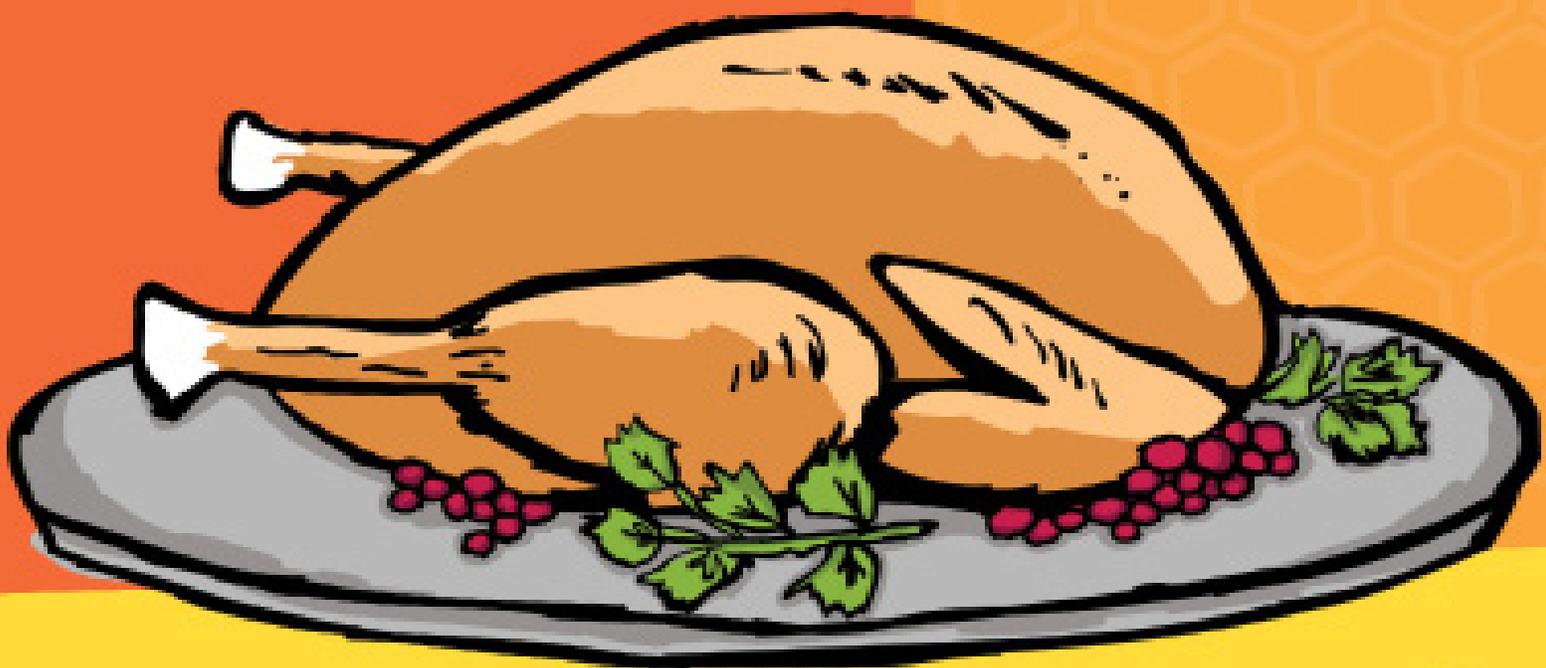
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# How Bitters Nourish You

By Rachael Keener,  
*Herbalist - Urban Moonshine*



If you're motivated to eat well because you want to feel your best, then certainly you want to ensure your body is able to absorb all of the nutrient-packed food that you're eating. At each step along the way, a healthy digestive tract is designed both mechanically and chemically so that your food is properly broken down. This ensures that its nutrients can be absorbed into the bloodstream and gleaned throughout your system to support a strong, healthy you. In essence, it helps you get the most out of your food.

So, how do we call on our bodies to do their best when it comes to digestive absorption? There are, in fact, many ways to support good nourishment beyond eating good food in the first place. Chewing well, eating slowly, sharing meals and thoughtful food combined all lend

themselves to healthy digestion and absorption; and so do bitters! In fact, that's where they shine. When the bitter taste receptors in the mouth are activated by a small splash of a bitters formula, it sets off a cascade of digestive secretions that prepare the body to breakdown and then absorb the food that follows.

Bitters stimulate everything from salivation (which is packed with enzymes) to stomach acid secretions that help breakdown protein, to pancreatic enzyme secretions that further break these proteins, as well as carbohydrates, down. They also prompt the liver and gallbladder to secrete bile, which breaks down fats and binds waste products.

So, with a splash of bitters, not only is your body all set to do its job in absorbing the nutrients that go on to be the building blocks of your strong, healthy organs and tissues; it's also supported in the normal process of





binding and disposing of that which doesn't serve the body. Let this notion provide you with a little reassurance in the event you find yourself lingering around the cheese plate a little too long or going in for seconds on dessert during the upcoming holiday marathon season.

The body is designed for efficiency as well as for enjoyment. To be well nourished, you need a digestive tract that works efficiently (aka breaks down food and absorbs nutrients well). It just so happens that efficient digestion relies on slowing down to enjoy what you're eating. As you head into the season of indulgence, savor every moment of your feasts and know your body will be better nourished for it. Begin by sitting at the table amongst family and friends, each with a bitters aperitif to prepare digestion for the tasty food that lies ahead- either a small glass of water topped with a splash of bitters, or a cocktail featuring your favorite bitters. Enter the meal slowly; your nervous system relaxed, your digestive secretions flowing, and your belly ready to receive nourishment. Pause to give gratitude and then enjoy the food and company that lies before you. Appreciate that a well-oiled, efficient digestive tract relies on savoring the food and the moment; and know that bitters have your back.

- Rachael Keener, Herbalist

*Rachael has been led in life by her unquenchable curiosity and her deep and reverent sense of observation. Curiosity and observation have sent her around the world and back, filling her cup with*

*life and with seasoned experience as a farmer, a birth doula, a massage therapist an aromatherapist, a chef, and a social and environmental justice advocate. Herbalism is the fortunate cross-section of all of these passions, and she relishes diving deep into the art and science of this vast field. Her formal study of clinical herbalism began in 2012, where she embarked on a rigorous three year program of study at the Vermont Center for Integrative Herbalism. With a passion for education and for making herbal medicine more accessible to the masses, she finds deep satisfaction in generating much of Urban Moonshine's written and photographic content. She loves being a part of this inspired team of herbalists, thinkers and creators.*

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## Bountiful Breakfasts

By Barbara Bonsignore,  
*author of Cooking with Compassion*



A nutritious breakfast is vital for good health. Some benefits of a good breakfast are: 1) better performance at work and school; 2) a sense of well-being due to a less drastic drop in blood sugar; and 3) less desire to eat between meals and overeat during the remainder of the day. The following vegan recipes are tasty as well as nutritious for starting the day.

### Peanutty Cereal

- 2 ½ cups water
- ½ cup whole-wheat pastry flour
- ¾ cup finely ground peanuts
- 1 ½ tsp. soy granules (optional)
- ¼ to ½ cup smooth peanut butter
- ½ cup raisins
- 2 Tbsp.+ maple syrup

Heat water in medium pan. Slowly stir in flour, peanuts, raisins, soy granules, and maple syrup. Lower heat and cook until cereal thickens, stirring constantly. Add peanut butter as desired and more water until cereal is of desired consistency. Serve hot.



### Whole Grain Pancakes

- ½ cup buckwheat flour
- ½ cup whole-wheat pastry flour
- ¼ cup cornmeal
- ¼ cup soy flour
- ¼ cup rye flour
- 1 tsp. aluminum-free baking powder
- 2 Tbsp. apple juice concentrate
- 1 ½ cups water (more if desired)
- 1 tsp. vanilla extract

Mix all ingredients well, adding water until desired consistency is reached. If too moist, add more whole-wheat pastry flour. Cook on griddle in small amount of soy margarine until golden-brown on both sides. Batter will bubble when first side is cooked. Serve with fruit topping or real maple syrup. If leftover, steam until hot (in steamer or wok).

## Scrambled Breakfast Tofu with Vegetables & Herbs

Sauté one large onion in a small amount of water as needed in skillet. Add 1 ½ cups diced vegetables of your choice (peppers, carrots, zucchini, or summer squash). Add more water and sauté until vegetables are crisp/tender. Crumble a pound of tofu into pan. Add turmeric, garlic powder, and tamari to taste. Sauté until tofu is heated through. Serve as you would scrambled eggs. Mustard, salad dressing, or Bragg Aminos (health food stores) may also be used for flavor.

## French Toast

- 1 cup water
- 2 Tbsp. sunflower seeds
- ¼ pitted dates
- 1 Tbsp. whole-wheat pastry flour
- 1 ripe banana
- ½ cup orange juice
- 1 tsp. vanilla extract
- Cinnamon and/or nutmeg to taste

Blend all ingredients except cinnamon and nutmeg in blender until smooth. Pour over slices of wholegrain bread until all batter is used up, usually 4 pieces of bread. Sprinkle with cinnamon and nutmeg. Bake on oiled cookie sheet at 350 degrees, about 10 minutes on each side. Turn once, sprinkling the other side with cinnamon, and cook until both sides are lightly browned, about 15 minutes.

## Millet Breakfast Cereal



- 1 cup raw millet
- 4 cups water
- ½ cups raisins, dates, or apricots
- ½ cup shredded unsweetened coconut

Rinse millet to remove impurities. Bring first two ingredients to boil in saucepan. Add more water if needed. Lower heat and simmer for 30 minutes or more. Millet grains will open up, fluff with fork before serving. Add raisins and coconut. Maple syrup may be added at this point to taste. Also may be served with Banana Milk (see recipe).

## Banana Milk

- 1 banana, barely ripe
- 1 cup water (or juice)
- 1 tsp. maple syrup
- 1 tsp. vanilla

Blend in blender or food processor. Add as much or as little water as needed to reach desired consistency. Drink as is or pour over cereal or fruit. Keeps in refrigerator 2-3 days. Stir before serving.



# November Calendar

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

## Concord Store

- 3 Tasty Thursday at the Co-op!
- 3 Thanksgiving on the Hot Bar
- 10 Thanksgiving on the Hot Bar
- 17 Thanksgiving on the Hot Bar
- 24 Thanksgiving Day - Store CLOSED

## New London Store

- 24 Thanksgiving Day - Store CLOSED

## Community

- 5 Concord Class: Intro to Improv
- 6 Daylight Savings Time Ends
- 8 Election Day
- 11 Veteran's Day
- 12 Do-It-Yourself Herbal Body Care Gifts at CSV
- 12 Concord Class: Intro to Yoga
- 15 Concord Class: Anxiety & Depression, Naturally
- 16 Board of Directors Meeting
- 17 CSV Class: Holiday Crafts Part I
- 29 New London Class: Balance for the Busy Mom



## Management

Chris Gilbert, General Manager

Nick Schneider, Operations Manager

Jason Murphy, NL 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, Perimeter Manager

Patrick Gale, Produce Manager

Lexi Cartier, Grocery Manager

Amanda Christian, Bakery Manager

Stacey Cooper, Co-op Farm Manager

## Our Board of Directors

David Marshall, *President*

Krista Helmboldt, *Vice President*

Cathy Menard, *Treasurer*

James McConaha, *Secretary*

Charlie Cole

Tedd Evans

Derek Owen

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. David Olarsch, N.D.

Dr. Madalyn Otto

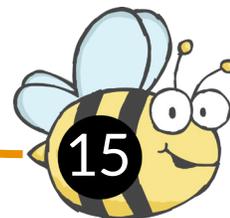
Jim Readey

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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