

THE

natural buzz

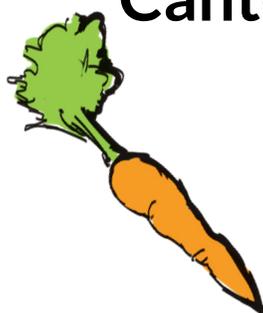


Concord Food Co-op, Concord and New London - September Edition 2016

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Curious about our garden at Canterbury Shaker Village?



Check out Co-op Farm Manager Stacey's garden updates on our **blog!**

Visit this link here to get up to date on garden happenings.
concordfoodcoop.coop/category/shaker-gardens

Missed our past issues?

Interested in reading some of the past editions of the Natural Buzz? You can find our back issues at concordfoodcoop.coop/buzz

Find us online at 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, whereby member-owners vote annually to select charitable organizations to provide meaningful support.



This month, Concord Food Co-op donated over 80 pounds worth of carrots to the New Hampshire Food Bank. They were very grateful to have received the carrots, as they have their own garden but have a difficult time getting fresh produce in. They stated, "This nutritious produce will be distributed to the 1 in 9 men, women, and children the Granite State who are food insecure. We are so grateful for your support."

The Co-op's recent cooking classes, "Make Your Own Mozzarella" and "Techniques & Tips for Decorating Cupcakes" were a big hit. We had full attendance and excellent feedback. If you want to learn more about upcoming Co-op classes, visit concordfoodcoop.coop/classes.

Have you been listening to the radio interviews on WKXL's "Off the Record with Paul Hodes"? Each month we feature guests that discuss current natural food and community-interest topics, such as organic farming, healthy eating, lyme disease prevention, etc. This month we tackled the topic of GMOs in agriculture and the recent GMO labelling battles with Bonnie Wright and Alexis Simpson.

[You can listen to it here.](#)

You can stay up to date on the Co-op's events and community involvement by checking out our blog or social media - just click the links on the first page!

Meet the Farmers: Generation Farm

By James Stever,
interviewed by Shane Smith



1. In what ways have you changed and grown since first opening your farm ?

Since starting Generation Farm in 2012 we have grown as a small organic farm, become specialized exclusively in organic

greens production, and have learned a ton about farming in central NH. Since we first sold our first bunch of arugula to the Co-op in 2012 our greens can now be found in other co-ops and natural food stores throughout the state of N.H. (feel free to look at our [map of locations](#) we are currently supplying with greens).

When Generation Farm was started we grew a large variety of vegetables including carrots, tomatoes, summer squash, cucumbers, potatoes, garlic and a medley of fresh herbs. At that time Generation Farm was not sure what direction the farm was headed...would we start a C.S.A., concentrate on selling to farmers markets, or perhaps focus on supplying co-ops, natural foods, and small grocery stores? Over time it became clear to us that there was a great opportunity for local, certified organic farmers who wanted to sell wholesale to the multitude of co-ops and natural food stores in the state and we decided to move in that direction. After a few years of growing just about anything under the sun we streamlined our vegetable production and focused on growing certified organic greens, fresh herbs, and potted plants. We currently offer 5 oz. compostable clamshells of mixed

greens, baby Swiss chard, baby beet greens, baby kale, superfood mix, and 4 oz. baby kale. Rather than growing a lot of different crops, specialization had allowed us to make a big impact with a relatively small farm.

2. Why Concord, NH?

Generation Farm decided to establish itself in Concord, New Hampshire for a few reasons. First and foremost we were inspired, and impressed by New Hampshire's long history of supporting local farmers, and artisanal products. If Generation Farm was going to produce exceptional produce for its community we wanted to pick a state and city that could appreciate and had a tradition of supporting local, organic agriculture. Another factor that played a role on us picking NH is that my family had owned a 65 acre parcel of land in Concord since the late 1960's. We decided that rather than searching for new land why not try and grow on the land we already had.

3. Have you faced any challenges specific to Concord with organic farming?

We have found that organic farming is extremely challenging in general and for Generation Farm it has been extra hard because we choose not to use organic pesticides. Each part of the country comes with its own unique pest and disease issues and Concord NH is obviously not unique in this manner. Generation Farm has had to learn to farm without organic pesticides and instead we have returned to nature's organic, and ancient defense systems. Over that last few years we have tried to encourage native beneficial insects



like ladybugs, green lacewings, and beneficial parasitic wasps to do what pesticides and organic sprays typically do on other farms. This has been successful and the quality of our greens is a testament to that. Generation Farm had to reclaim our farm from woodland so we have also spent way too much time pulling rocks, sticks and boulders out of our field. After that we have had to mineralize, fertilize, and amend our acidic woodland soil and transform it into soil suitable for growing amazing crops. Generation Farm has been able to figure out what crops are the most suitable to grow for our greens production and have picked the best varieties to grow at different times of the season. Everything we have learned has been through trial and error.

4. Can you give us some insight as to why organic vegetables are more expensive compared to conventionally grown produce?

Point 1: Organic vegetables are more expensive because they are typically grown on smaller farms that are less mechanized and have more expensive inputs like organic fertilizers, compost, minerals and potting soils. Organic standards also dissuade the practice of mono cropping, which has negative impacts on the surrounding ecosystem but is nonetheless an extremely streamlined approach to farming. On top of this, organic farming is labor intensive, mainly due to the lack of pesticide & herbicide use, and labor is expensive.

Point 2: No organic farms are subsidized by the Federal Government while conventional farmers receive billions of dollars in subsidies. The magic hand of the market are the subsidies that artificially keep the prices of conventional produce cheap. Also, many conventional farms are growing on an international scale and have an interest in keeping prices low to undercut



competitors. Conventional farmers use near pesticides, fungicides and synthetic fertilizers to pump up their soil and eliminate disease and pest while they egregiously pollute our environment and groundwater. Not only does this give them an advantage, but they are not held accountable for the harm they are doing to our environment. I do not think this cost can be calculated. I do not think organic produce is that expensive when you realize how much your food choices affect the health of our environment and its ability to remain productive for generations to come.

5. How important of a role does the Co-op play in terms of your own success as a farm?

The Concord Food Co-op has played a significant role early on in the success of Generation Farm. As a small business owner and farmer it was important to know that I would have a market

for produce outside of a farm stand, CSA, and farmers market. A place that needed local, organic produce every day of the week and had a large member base. These types of natural food stores, Co-ops, and small grocery stores throughout the state of New Hampshire are vital places for farmers to

do business with. The Concord Food Co-op and co-ops like it are a very important component to rebuilding our regional agricultural networks.

6. In what ways do you see yourselves changing in the future?

We see ourselves continuing to expand our growing space and possibly hiring some part time help during our busiest months. As a young farm we are still experimenting with different revenue streams and always seeking to improve on our best crops. We are considering trying out fresh cut flowers and organic blueberries in the future. We prefer slow and steady growth – and we plan to always stay small and farm with integrity.



One Size Does Not Fit All

By Roger Noonan,
President of New England Farmers Union



As a food co-op member, you probably place a high value on locally sourced products. You want fresh, local produce for yourself and your family, and you want more of your food dollars to contribute to a more healthy, just and sustainable regional food system.

Our region's family farmers and fishermen depend on consumers like you for their livelihoods. And to survive and thrive they also need you to become an advocate for policies that support a more vibrant and sustainable regional food system by joining the New England Farmers Union (NEFU).

Let me explain why.

By one USDA estimate, the local and regional food system accounts for more than \$6 billion in retail food sales. The overwhelming majority of farmers engaged in this direct to retail sector are estimated to have operations with gross sales less than \$75,000 annually. That means there are a lot of small farms that are working hard to provide wholesome, fresh and healthy

foods to their neighbors while preserving New England's rural character, wildlife habitat, and water quality. These farmers also contribute to their communities by supporting local businesses, jobs, and infrastructure.

At the same time, family farmers face some unique challenges in the Northeast, including high land prices, shortage of employees, and increasing regulations that add a disproportionate cost to running a small farm. When laws governing environmental, labor and food safety issues are promulgated at the national level, they are often in response to the interests of the largest of farms, most of which are outside of New England. These large operations and their associations, commodity boards, and well-paid lobbyists, work diligently to protect the interests of their members and clients. Meanwhile, small and mid-sized operations, which represent the majority of family farms in our region, get short-changed by a "one





size fits all" philosophy.

NEFU exists to support the continued economic sustainability of our region's family farms and fishermen. For example, over the past few years we have led the effort to ensure that the new Food Safety Modernization Act (FSMA) has the adequate flexibility necessary to protect consumers while allowing local and regional agriculture to continue to thrive. We



successfully advocated for an affordable crop insurance program that addresses the needs of small, diversified farms.

The Neighboring Food Co-op Association (NFCA) is an affiliate member of NEFU, representing the commitment of our region's food co-ops to partnership with our family farmers and fishermen. Together, we have worked to increase access to healthy, affordable food and co-operative membership for more people,

advocated for transparent labeling of Genetically Engineered (GE) foods, and supported co-op development — part of the National Farmers Union's co-operative legacy that began over 100 years ago.

Even though we are still months

away from Election Day, the debate over the next Farm Bill is already taking shape. NEFU is a recognized progressive voice in this dialog — and in order to ensure that New England's

farmers and fishermen are heard in Washington, DC, we also need the voices of our region's consumers.

That is why I hope you will consider joining NEFU today. Together, we can ensure that our region's producers and consumers have a place at the table. To learn more, and for more information on the many benefits of membership, please visit www.newenglandfarmersunion.org/membership/.



New England Farmers Union

UNITED TO GROW
FAMILY AGRICULTURE

BACK ON TRACK

3-Day Juice Cleanse



Sponsored by Green Life Wellness • Sept. 9th - 11th, 2016

Ready to get your diet back on track after a summer filled with barbecues, vacations, and frequent take-out dinners? This cleanse is a 3 day jump start to eating clean, shedding pounds, and getting a jump on better health!

Featuring a Juice Demo Day with Kelly Lang on September 1!

Ticket Price Includes:

- 3 days worth of prepacked produce - *valued at over \$65!*
- Sample protein packets
- Two “live” coaching calls with Kelly Lang
- Delicious, simple smoothie and juice recipes & cleanse guidelines - *30 pages of valuable information for you to keep!*



Tickets - \$99

Please register by September 6th. Produce will be available for pick-up at the Co-op starting September 8th at 12 pm.

[Click here to register!](#)



Make it Stick: How to Develop a Sustainable Exercise Program

By Betsy Black



If the phrase “regular exercise” makes you sink deeper into your recliner chair and yet, you long for a healthy long life, please read on.

The benefits of exercise are well documented. What is not so well known is how to maintain the motivation to integrate movement into your life for the long term. You could say the trickiest muscle to train is the brain. Without the brain’s leadership, exercise simply won’t happen for those of us who don’t naturally exercise.

A quick quiz:

1. What percentage of disease is related to lifestyle?
2. What is the percentage of drop-outs for exercise?
3. What is your favorite form of movement?

For answers for #1 and #2, see the end of this article. For #3, only you can say! This self-awareness is actually key to your success.

Knowing your preferences for exercise can help you have a strategy

that works well for you. Do you like to exercise inside or outside? Alone or with others? Do you love to sweat or despise it? Do you tend to stop exercising during particular times of the year or when certain events happen? Do you like a formal exercise regime or do you prefer to take the dog for a walk?

Answering questions like this can help you develop a winning strategy – a movement strategy that works for you. I like using the term “movement” rather than “exercise” because it covers more ground.

A critical piece to success with any movement program is having an accurate sense of your current level of activity. We tend to be our own worst critics and notice what exercise we don’t do rather than what we do.

So keep track! If you love gadgets, use a Fitbit or other electronic device to track your movement. A watch works as well. Make sure you count housework, yardwork, or other physical activities. Obviously the more vigorously you do any activity, the greater the benefit. A brisk walk is better than a meander. But a



meander is far better than nothing. In his wonderful motivating video "23½ Hours," Dr. Mike Evans provides a host of data about the benefits of exercise and the bottom line – what is needed is 150 minutes of exercise per week and walking is just fine.

If you do an assessment and realize you are moving more than you think, then congratulations! If you are at 150 minutes, you can add more movement, or be sure you stay at your current level. If you find yourself at less than 150 minutes, it is time to get moving!

If you fall short of the recommended 150 minutes, here are some tips to get motivated. A caveat, all research is based on statistics, so it is helpful if you view these empirically verified techniques as possible motivators. Find the ones that work well for you. If one doesn't get you out of bed to go running or go to the gym, then try another!

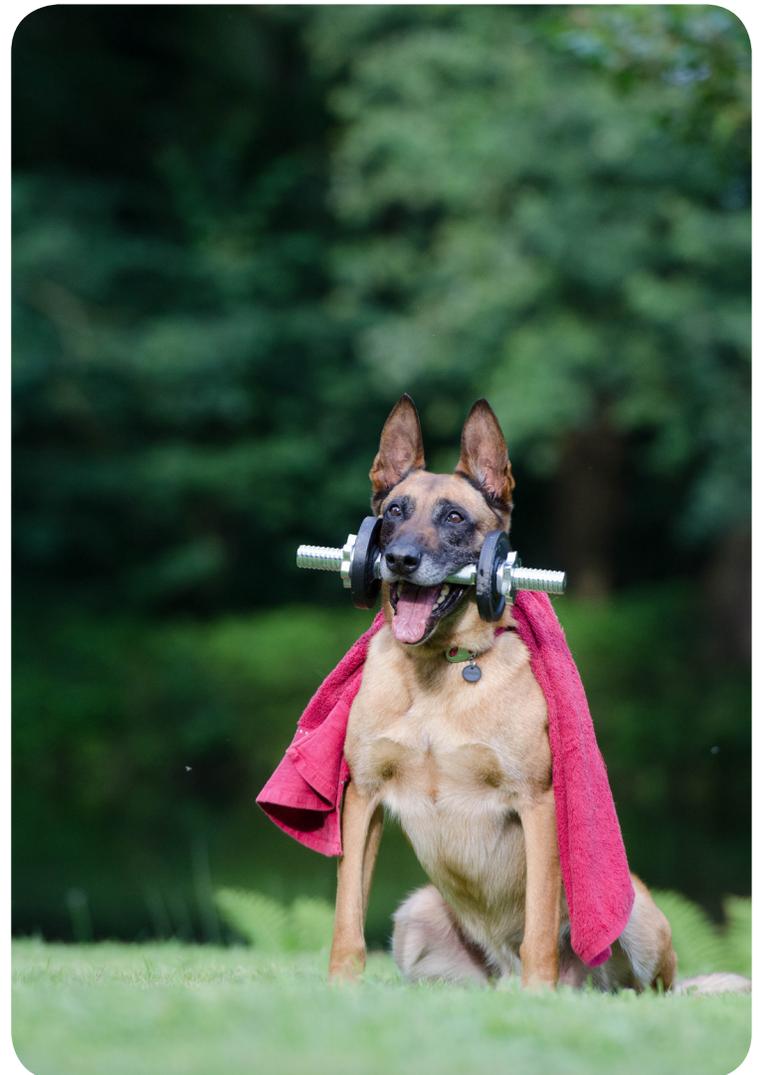
1. Have a buddy (one with two or four legs). Having an exercise buddy is the number one predictor of success for an exercise program. However, if you relish the thought of time to yourself, then disregard this technique!

2. Write a plan and tell your friends about it. Yup, a written plan. Get out your pencil or computer and make a plan. What is your goal? Fitness, completing an event, losing weight, lowering your heart rate? What are you going to do and when, with whom, and for how long? What will happen if your Plan A doesn't work out? Develop a Plan B, and a Plan C to help you stay on track.

3. Recall the short term benefits of how you will feel tomorrow after exercising (as well as the long term benefits of toned muscles, more energy and good health).

4. Use visualization. Remember the last time you exercised. What felt good, what motivated you, how did you feel afterward? Visualize any past or likely future obstacles and problem-solve how to overcome them. For example, if you hate winter have an inside routine for the winter months.

5. Bribe yourself with a reward like your favorite coffee or a movie out. Over time, you may become addicted to exercise and forego the reward!





6. Fine yourself for noncompliance. Pay a friend \$20 for every yoga class you skip.

7. Use positive triggers – i.e. place walking shoes under your desk at work, keep your gym bag in front seat of car, or set reminders on your computer or phone.

These are just a few tips tested and shown to assist with motivation.

If you'd like support in developing a plan and to learn more about motivation for exercise, a free workshop sponsored by the Concord Food Cooperative will be held Monday, September 19, 6-7:30 p.m. This class will include the opportunity to develop a written plan with the guidance of an instructor and the support of fellow exercise travelers.



Answers to quiz questions:

1. Up to 95% of disease is related to lifestyle. What we eat, how much we exercise, and our attitude all affect longevity.

2. 50% of people drop-out from a regular exercise program. Yikes! If you have had trouble in the past, do not despair.

You are not alone and you can succeed with perseverance, different strategies, and will. It's all about putting one foot in front of the other.

Betsy Black helps individuals optimize their performance, through coaching, consulting and training about positive psychology, personal effectiveness, stress management/resilience, happiness, and success. She is a certified Kripalu Yoga teacher, certified ChiRunning and ChiWalking instructor, and holds a certificate in Positive Psychology.



Lunchbox & Picnic Foods

By Barbara Bonsignore,
author of Cooking with Compassion



Fruit Oatmeal Cookies

- 2 ripe bananas, *mashed*
- $\frac{1}{4}$ cup dates, *chopped*
- $\frac{3}{4}$ cup dried apricots, *chopped*
- 2 tsp. aluminum-free baking powder
- $\frac{3}{4}$ cup raisins
- 2 cups rolled oats
- $\frac{1}{2}$ cup walnuts, *chopped*

Mix all ingredients well. Drop by tablespoons onto cookie sheet, flatten with fork and bake 15-20 minutes at 325 degrees.



Hummus

- 1 $\frac{1}{2}$ cups raw garbanzos (chickpeas), *soaked 1 $\frac{1}{2}$ hours or overnight and boiled until very soft*
- 2 medium cloves garlic, *minced* or $\frac{1}{2}$ tsp. garlic powder
- 1 $\frac{1}{2}$ tsp. salt (*optional*)
- Tamari soy sauce or Bragg Aminos (*health food stores*)
- Juice from 2 medium lemons
- $\frac{1}{2}$ cup tahini (sesame butter)
- $\frac{1}{4}$ cup finely-minced fresh parsley or 2 tsp. dried
- Black pepper and dash of cayenne (red) pepper, to taste
- $\frac{1}{4}$ cup scallions, *minced*
- $\frac{1}{4}$ - $\frac{1}{3}$ cup water or vegetable broth (*for desired consistency*)

Combine everything in food processor until smooth. Taste to correct seasonings and add water if mixture is too thick.



Great Granola

- 6 cups rolled oats
- $\frac{3}{4}$ cup toasted wheat germ
- $\frac{1}{4}$ cup sesame seeds
- 1 cup chopped walnuts or pecans
- $\frac{1}{2}$ cup soy milk powder
- $\frac{1}{4}$ cup apple juice concentrate
- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{2}$ cup soy flour
- $\frac{1}{2}$ - 1 cup flaked unsweetened coconut
- 1 cup shelled sunflower seeds
- $\frac{1}{2}$ cup maple syrup
- 3 Tbsp. water
- 1 cup raisins
- 2 Tbsp. pure vanilla extract



In large bowl, combine oats, wheat germ, soy flour, seeds, nuts, milk powder and coconut. In another bowl combine maple syrup, vegetable oil, water and vanilla. Add to oat mixture and stir well. Turn into two shallow pans. Heat in 300 degree oven 25-35 minutes or until lightly toasted. Stir twice during heating. Stir occasionally while cooling. Crumble into pieces. Add raisins. Store in tightly-sealed container. May be frozen.

Whole-Grain Cornbread

- 1 cup whole-wheat pastry flour
- 1 cup cornmeal
- 2 Tbsp. maple syrup
- 1 tsp. pure vanilla extract
- 2 $\frac{1}{2}$ Tbsp. aluminum-free baking powder
- 2 Tbsp. apple juice concentrate
- 2 Tbsp. toasted wheat germ
- 2 Tbsp. soy flour
- 2 cups soy milk



Mix all ingredients just until combined, add more water if batter is too dry. Batter should be pourable but not runny. Bake at 350 degrees in an 9-inch pan which has been lightly oiled with liquid lecithin or soy margarine for 20 minutes or until lightly browned.

September Calendar

For event details visit www.concordfoodcoop.coop/calendar

Concord Store

- 1 Tasty Thursday at the Co-op
- 1 Back on Track! Juice Cleanse Demo with Kelly Lang
- 5 Labor Day - Store CLOSED
- 9 Back on Track! 3-Day Juice Cleanse Start
- 13 Ask a Nutritionist

New London Store

- 5 Labor Day - Store CLOSED

Community

- 15 Concord Class: Fats & Inflammation
- 17 Canterbury Artisan Festival
- 19 Concord Class: Make it Stick - Sustaining Exercise
- 19 Board of Directors Meeting
- 20 CSV Class: Balance, Flexibility, & Strength - Tai Chi
- 26 Concord Class: Alleviating Stress & Anxiety Naturally



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Nick Schneider, Operations Manager

Adam Orcutt, Customer Service Manager

Marianne Cameron, Assistant CSM

Peter Deleault, Finance Manager

Beverly LaPage, Human Resources Manager

Greg Lessard, Director of Development

Shane Smith, Perimeter Manager

Patrick Gale, Produce Manager

Lexi Cartier, Grocery Manager

Amanda Christian, Bakery Manager

Rob Cone, Executive Chef

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Marcia Wyman

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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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