

the

Natural Buzz

Concord Cooperative Market & Kearsarge Cooperative Grocer

May 2010



Letter from the General Manager -

Making (a Variety of) Healthy Choices Easier

We know that most of you shop at the Co-op because healthy, delicious food is important to you. Sometimes it's a key ingredient that you can't find anywhere else. You may enjoy the freedom of having a nearly 100 percent organic produce department to choose from. We know many of you share our passion for local and New England-grown or -made goods that you can purchase any day of the week, almost every day of the year. Or perhaps it's the comfortable feeling you get knowing that you don't have to scrutinize every label to avoid fake ingredients.

At our two stores, we specialize in making healthy choices easier for you. But, we also recognize that "healthy" can mean different things to different people.

Local & Regional: Even though we can only call products made or grown in New Hampshire "local," many of us loosely consider all New England goods within this category. We carry products from more than 70 New Hampshire farms and companies and more than 100 of our New England neighbors. Of course we have seasonal local fruits and veggies, but we also have an extensive selection of meat, eggs, dairy, baked goods, even packaged food and health and body care products from New England.

Organic: "Organic" and "natural" started our nation's movement towards healthy foods nearly half a century ago. Although "natural" is poorly

defined in the industry, ALL of the food we sell is natural and free of artificial colors, flavorings, and preservatives. None of our meat farmers or suppliers use antibiotics or added hormones. Our "organic" options take "natural" a step further by defining how food is grown and livestock is cared for. This means that organic produce is grown without synthetic pesticides and herbicides, and they are free of genetically modified organisms (GMOs). This is particularly important for high-pesticide "dirty dozen" crops like berries, greens, and peaches, as well as corn and soy (which usually contain GMOs). "Organic" standards generally require farmers to give livestock access to the outdoors and organic feed,

among other requirements.

If you've read Michael Pollan's *Omnivore's Dilemma* or Barbara Kingsolver's *Animal, Vegetable, Miracle*, you know that no system is perfect. However, organic standards take us leaps and bounds from conventional farming into a more sustainable direction. At the Co-op, we try to carry organic options whenever possible. (Our favorite combo is organic AND local!)

Vegetarian & Vegan: To satisfy the cravings and nutritional needs of our vegetarian, vegan, and flexitarian customers, we carry a variety of delicious meat-free products including beans, tofu, seitan, tempeh, and Quorn; soy, rice, and coconut-based "dairy" products; macrobiotic staples; sprouting supplies; and other goodies. We're happy to partner with our neighboring vegan kitchen Indigo Café for their line of delicious egg- and dairy-free baked goods. If you haven't tried their carrot cake, I highly recommend it!

Gluten-Free & Allergy-Free: A growing population in America – and our Co-op – is discovering they can't eat gluten (a protein found in wheat and other grains) and other potential allergens. We carry a range of options throughout our stores. Look for our new gluten-free logos on the shelves to help guide you.

Gourmet: Our love of organic and local food has fine-tuned our taste buds and turned many of us into "foodies" who appreciate the finer foods in life. Our Co-op carries artisan local and imported cheeses, bread, wine and microbrewed beer, and unique condiments.

Affordable: Many of us are budget-conscious, and part of the Co-op's mission is to provide affordable natural food. For this reason, we try to provide a range of choices. If a particular item seems prohibitively expensive in the organic form, we try to make its all-natural-yet-more-affordable counterpart available. We also work hard to provide cost-saving solutions like bulk goods; every day low prices on dairy, bread, and eggs; monthly and weekly sales; member specials; and several Member Appreciation Day (MAD) weekends throughout the year. (See the "Specials" page of www.concordfoodcoop.coop.)

We know you calculate a number of variables when you pick an item off our shelf. (Do you choose the yogurt from a local company made with organic New Zealand milk or the one by a Canadian company with natural milk from Vermont or skip cow's milk altogether and go for the one made with coconut?) We're glad you've found us, and we hope you've found what you're looking for. Bon appetit!

Co-operatively speaking,
Paula Harris, General Manager

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Special this Month!

Member Appreciation Weekend

Members Receive
10% Off!*

Starts Friday, May 14 at 4 pm
and all day Saturday, May 15 &
Sunday, May 16

*Buying club orders, gift cards, membership shares, beer and wine, and products receiving special order case discounts are not eligible.



The Board Bulletin: We Want YOU for our BOD

by Andy Duncan, Co-op Board President

Mission Statement

Provide our community with high-quality natural and organic foods and environmentally sound products at reasonable prices.

Create a personable and friendly place to shop, with the product diversity to satisfy the grocery needs of most health and ecologically conscious households.

Support environmentally and socially responsible producers and suppliers, including purchasing local and regional products where available within price and quality standards.

Provide service that is cheerful, courteous and knowledgeable.

Be a resource to our membership by providing information on health and nutrition, and social, political, and economic issues related to food, and by promoting awareness of the value of consumer control through the cooperative system.

Conduct our affairs according to consumer cooperative and financially sound principles and act as a supportive and caring employer.

October seems a long way off, but it is not too early to be thinking about our Fall Board Elections. What function does the Co-op Board serve? In a nutshell our Board of Directors governs, while our able staff manages the store. The Co-op board isn't going to decide on pricing for kiwi fruit, but we will chart a course for the future of our Cooperative.

Governance is akin to setting the compass bearing of a ship. Our General Manager, Paula Harris, and her crew actually steer the ship with the board's oversight.

WHAT DOES THE BOARD DO?

To be frank, governance can be a bit dry at times. The Board of Directors has a fiduciary responsibility that we take seriously. That means reviewing financial data at least four times a year, as well as approving the annual audit of our finances. We also have fun – talking with members at Co-op events and playing with wacky toys at board retreats!

Members of the board's nominating committee are working to help recruit potential board members that have the skills to govern effectively, and reflect the diverse backgrounds of its members and their interests. We particularly encourage members from the Kearsarge-Sunapee area to run for the board. We would like our Board of Directors be representative of the broader community that we serve.

One of the best ways to learn more about the Board is to attend a board meeting. Our monthly board meetings are always open to member-owners. More information about future board meetings and minutes from past meetings can be found at www.concordfoodcoop.coop/governance.php. Board members are volunteers,

and the real satisfaction comes from knowing that we are helping the Co-op make a difference in our communities. Board members also get some tangible perks. The Board enjoys a delicious Celery Stick Café meal at its monthly board meetings. We participate in a variety of cooperative governance training events. We also have a board discount for purchases at the Co-op. (As a bit of history, both the board discount and patronage refunds were suspended around the

time of our 2005 Concord store expansion.

Now that we were able to declare a patronage refund last fall, the board voted to reinstate a board discount that is comparable to the employee discount. Many other food cooperatives have similar board

discounts or even board member stipends.)

CHARACTERISTICS OF AN EFFECTIVE DIRECTOR:

- Impartial dedication to our Cooperative and its member-owners
- Ability to listen and work constructively with others
- Leadership abilities
- Strategic thinking orientation
- Attentiveness to preparing for and attending board and committee meetings

HOW TO APPLY TO BE A BOARD CANDIDATE

If you are interested in applying as a candidate, please visit the Governance section on our web site (see below left) and fill out a board application. We will follow up with a packet of information about the board position, and we will give you the opportunity to discuss the position with a current board member. The nomination process is designed to ensure a good fit between candidates and board duties. Elections take will take place during our October 24 Annual Meeting. Last fall's election was competitive with eight candidates running for five director slots, and we expect this fall's election to be similar. As a member, your vote is meaningful.

OTHER WAYS TO GET INVOLVED

There are also opportunities for members who are interested in helping out with events and other activities but do not want make the commitment of a board member. Whatever the level of involvement with your cooperative, we encourage you to contact us at board@concordfoodcoop.coop or our Co-op staff at info@concordfoodcoop.coop.

We look forward to working with you!

Co-operatively speaking,

Andy Duncan, Board President



On the Farm

HARVEST HILL FARM: Q&A with Farmer Bill Half

by Shane Smith, Bulk Buyer

We were grateful to steal a few minutes with one of our most productive “local” organic farmers, Bill Half. Although Bill used to grow veggies in New Hampshire, his family farm is now located in the Northeast Kingdom in Vermont. They still provide us with a wide variety of amazing, vital produce nearly year-round.

What was your motivation for becoming a farmer?

I was fascinated with food scraps turning into dark rich compost back in 1975. I thought it was an amazing process. After being laid off as a school counselor in Laconia in the early 90’s, I began my journey into full-time farming, which I am doing now in Walden, Vermont. I love the land, being outdoors, and, most of all, growing wonderful organic veggies for our family and others to eat. There is a circle that is completed in farming. Build the soil, plant, harvest, replenish, rest the soil, and do it all over again. It’s a cycle of life that is so important to the soil.



How long have you been farming? What changes in organic farming practices have you seen during that time?

Actually, I have been involved in fruits and veggies since I was a kid growing up in Pittsburgh. My father had fruit trees, raspberries, grapes, and a veggie garden. I loved helping with everything. I must say that there was nothing better than plucking a peach from the tree and eating it. Though, as I now look back and remember my dad in protective gear to protect him from DDT, I believe we, or at least I, have made some progress. I’ve always had an interest in growing veggies, and my first garden was in Indiana, in a community garden plot, while in grad school in 1974. Ever since then I have been gardening. In 1990, I think, I started selling in the Laconia farmer’s market.

I think many folks have been practicing “organic” growing long before it became the right way to grow. There is now a more formal structure with paperwork, which I think is not as bad as so many folks complain about.

One of the wonderful changes has been the information sharing and a better understanding of soils and management



of them through workshops, through NOFA (Northeast Organic Farming Association) and other organizations. We all can make better decisions to improve the health of the soil through knowledge. And we all know great-tasting veggies and fruits all start with the soil.

How many acres do you have and how is it divided?

We live on an old dairy farm with more than 200 acres, most of them wooded. I cultivate approximately six acres, mostly for vegetables. A portion of that includes 400 blueberry bushes, some raspberries, and 100 cranberry bushes, which I planted last summer. I also have a small orchard with 45 trees. A neighbor with a dairy farm hays about 60 of our acres in exchange for raw milk.

Do you have a diversified farm? Do you have to switch to something like processing maple syrup or cordwood in winter to make ends meet?

The farm has the potential for a large maple syrup operation (2000 taps), which some day may be developed, but not by me. I had 98 taps this year, a hobby my family enjoys, which gives us enough syrup for the family, presents, and a little bit to sell. It is not enough to support us financially. I am planning to extend my season through a dedicated greenhouse for greens, particularly spinach, and to increase my root crop production so that I can continue my sales into April. This means more potatoes, carrots, parsnips, beets, and onions, hopefully for sale at the Co-op next winter and spring. Fortunately, my wonderful partner Ellen works off the farm and supports the family with a regular paycheck.

How long have you sold produce to the Concord Co-op? What items do you sell to us?

I have been selling mixed veggies to the Co-op since 1997. I sell lettuce, chard, kale, bunched and bagged carrots,



Continued on page 5. See “FARM”



NEWS BITES: Natural News & Upcoming Events

In the News: **"Ethical Eating" Goes Mainstream**

In spite of a bad economy, our nation's grocery shoppers are beginning hold food values not unlike those we uphold at the Co-op. According to survey data released by Context Marketing in March, mass market shoppers have an increased interest in how their food is produced and were willing to pay more for increased quality.

Consumers seemed to feel that ethical companies – those that treated workers and animals humanely and used environmentally friendly practices – would also be safer and healthier to consume, according to the surveyors.

The most popular packaging buzz words included "healthy/nutritious," "no trans fat," "no supplemental hormones," "humanely raised," "no antibiotics," "no artificial preservatives," and "produced in the USA." "Local" and "natural" also ranked high.

We hope that as these values become more mainstream, our nation's overall eating patterns will have a positive effect on our health and the world. (*Adapted from www.adweek.com.*)

In the News: **Get Timely Updates on Local Food Politics**

Supporters of local and organic food have been busy in the legislative world this year! It's difficult for us to keep you updated through our newsletter (which has several months' lead time), but we will try to keep you up-to-date through emails. We also recommend

the Northeast Organic Farming Association of New Hampshire (NOFA-NH)'s website, www.nofanh.org/Projects/legislation, for more information.



Get Connected: **Find Us on Twitter & Facebook!**

Get Co-op news wherever you are! Become a Facebook Fan of the Concord Cooperative Market. Or subscribe to our "tweets" on Twitter at ConcordCoop (store news), Kearsarge Coop (store news), and CeleryStickCafe (daily menus).

Co-op News: **Get Yer' Coupon Books!**

Come pick up a spring coupon book at either Co-op store and get instant savings on lots of great products with more than 30 coupons inside. These coupons are valid for the months of April and May.

Co-op News: **Our GM Joins Main Street Concord Board**

We congratulate our general manager, Paula Harris, in her new role on the board of directors of Main Street Concord, a non-profit dedicated to the revitalization of downtown Concord. Paula was elected during their March annual meeting, and we know that her keen eye for detail and ability to create successful events will be a boon to the organization.

Oops! **Correction**

We apologize to Loren Hill for misspelling his name in our April issue.

Help Wanted: **Electrician, Roofer, Plumber & Mason**

The Co-op is looking to hire a handy individual or two to be available for various store projects on an as-needed basis. If you're interested, please email info@concordfoodcoop.coop.

Community Event: **Capitol Kids Art Show**

We're proud to support Main Street Concord's 4th Annual Capitol Kids Spring Art Show from May 1 through May 15. All kids who submit a work of art will be entered into a drawing for prizes donated by sponsors and downtown merchants. Works from the show will be selected to be displayed at the Multicultural Festival on the State House Lawn in June. Visit www.mainstreetconcord.com.

Community Event: **Rock 'N Race**



Join us on May 19 at 6 pm as we support Concord's annual Rock 'N Race event. From May 15 until May 29, bring your registration form or racing number to the Co-op. We'll donate \$1 to Rock 'N Race for every \$50 purchase.

**For event details, upcoming events & more, visit
www.concordfoodcoop.coop**



Co-op Community Celebrating A Local Artist: Gloria Najecki

Gloria Najecki started painting in 2001 to raise funds for her beloved rescue dog's knee surgery. Over the following years, she dove into her craft full time, specializing in portraits of beautiful, well-loved critters. Her successful career allowed her to offer support to various animal rescue organizations. Trucker (pictured above) stayed by her side as her inspiration and frequent companion as she walked along on Main Street in Concord.

"Trucker didn't belong to us but really to the people of Concord. From store keepers to state and city workers, delivery men, the homeless, and the people suffering with mental illness, Trucker seemed to have a list of people he would check on regularly, and I would merely follow as he made his rounds on Main Street. People would laugh and say, 'It must take you hours just to get from one end of the street to the other.' It did, and I loved it," she remembers.

Trucker passed away in 2007, leaving Gloria devastated and lost. She considered leaving her painting career. At the encouragement of others, she realized, "This is what I am here to do."

Gloria paints with acrylic on canvas panel. She has been a member of the Co-op for more than 20 years and is an active member in our community. We're proud to display her portrait of Trucker in our store. ■

To learn more about Gloria's artwork, visit www.glorianajecki.com.



"The Dream" is on display above the carts at the Concord Co-op.

FARM: Continued from page 3.

beets, potatoes, garlic, onions, broccoli, summer squash, cucumbers, basil, peppers, collards, and cauliflower.

What are some of the differences farming in Vermont as opposed to New Hampshire?

I am growing on a hillside farm here. Even with the rocks, boulders, and stone, the soil is considered prime land for growing veggies. I guess the biggest difference related to the soil is that there are way fewer rocks. Maybe it is not fair to say this now, as I have been gone from New Hampshire for eight years, but there are many more organic growers in Vermont than New Hampshire, as well as more awareness and support for buying local and organic, whether it be veggies, meat, cheese, clothing, etc. Vermont has the largest percentage of land in organic farming than any state in the country. The organic farming network is extremely strong, but because there are so many farms and so few people, the competition for markets is far more challenging than it was in New Hampshire.

Is there anything in particular you would like to say not covered in the questions?

One of the many aspects of farming is the wonderful support from my family. Ellen, of course, is so supportive, and even

though she doesn't do much of the physical work – except growing beautiful flowers and being a great blueberry picker – I can always bounce ideas and value what she says to me... though sometimes it is hard to hear it. Our three children have been and continue to be involved in different ways. Emma, who is now 20, has weeded, harvested, and delivered produce. Maya, 12, loves to weigh lettuce mix and wash lettuce, and Isaac, 16, is the tractor guy. I have to fight him to use the tractor. Isaac is a great mechanic, and, for those of you who enjoy the farm's potatoes, they were probably dug by him. I imagine that Isaac has dug, with our potato digger, more than 20,000 pounds. One other aspect of farming, which many of us have whether we're growing on five acres or our home garden, are the smiles on our faces when we pull a carrot from the soil, clean it on our pants, and eat it!

I take great pride in growing produce that both tastes and looks great, and I really like the way the produce is displayed and cared for at the Co-op. I enjoy working with Lloyd and value the support that he and all of the Concord community have taken in supporting the Co-op. Thank you. ■

To learn more about Harvest Hill Farm, contact Bill at 802.563.2046 or email gershunhalf@hotmail.com.



Focus on Food

SPROUTS: Big Nutrition in a Small Package

by Chef Mike Cook, Head Chef, Celery Stick Café

I have a confession to make: While I've been writing articles on how to grow fresh, tasty vegetables right out of your personal garden, I've never actually grown a vegetable of my own. (Well, not counting the half-dead basil plant on my windowsill...)

Needless to say, I had a little trepidation about growing anything, until I picked up a sprout kit here at the Co-op. I was surprised to find the kit very easy to use, and in only five days my jar was packed with tasty, bright green alfalfa sprouts.

What is a sprout kit? A sprout kit is simply a bell jar with a screw-on screen and a packet of seeds. If you decide to buy one, you may find the instructions to be a bit confusing – at least for a first-timer like me. When I opened my kit, for example, the jar directions said to soak the seeds for about eight hours, drain, then simply leave the seeds in the jar and rinse them twice a day. The seed packet, however, instructs the user to soak the seeds overnight and spread them evenly on a planter. Your jar acts as a planter, so don't need to buy any additional equipment.

Why grow sprouts? Sprouted alfalfa seeds are more than just water and fiber. One cup of sprouts provides three percent of your daily protein allowance, 13 percent of your vitamin K, and 58 mg of omega-3 fatty acids. They also contain other important minerals like potassium, copper, manganese, and iron. Many types of seeds can be sprouted, including legumes, grains, and vegetable seeds like broccoli and radish. Proponents of sprouts say that the seeds become more digestible and nutritious through the sprouting process; sprouts generally contain more protein, essential fatty acids, vitamins, fiber, and enzymes than the original

seed. They're delicious, too – crisp, earthy, and wholly satisfying. Whether you want to feature them in a main dish or use them as a garnish, sprouts add a touch of class to just about anything.

MANGO AVOCADO ROLLS

This recipe offers a great way to use your fresh alfalfa sprouts. Recipe from Vegetarian Times (www.vegetariantimes.com). Serves four people, two rolls each.

- 2/3 cup diced avocado, divided
- 2 Tbl lime juice
- 2 tsp grated lime zest
- 2/3 cup finely chopped red bell pepper
- 1/2 cup cream cheese, softened
- 1/3 cup thinly sliced scallions (white and pale green parts)
- 1/3 cup chopped cilantro
- 1 tsp chili sauce, such as Sriracha
- 8 8-and-1/2-inch Vietnamese rice paper wrappers
- 2 cups alfalfa sprouts
- 1 1/2 cups thinly sliced fresh mango

In a small bowl, combine avocado, lime juice, and lime zest.

Stir in bell pepper, cream cheese, scallions, cilantro, and chili sauce. Set aside.

Fill large bowl with warm water. Submerge one rice paper wrapper in the water until it becomes soft, about 10 seconds. Place the wrapper on a flat work surface, and let rest for 30 seconds; it will become more pliable.

Spoon 1/4 cup of the avocado mixture just below the middle of the rice paper wrapper, leaving a one-inch border on either side. Top with 1/4 cup alfalfa sprouts and two or three mango slices.

Fold bottom of rice paper wrapper up over filling, pressing filling as you go. Fold both sides of rice paper inward.

Gently press to seal. Roll up the wrapper to the top edge.

Brush some water on the top edge, if necessary, to seal.

Repeat to make eight rolls total. ■

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Focus on Food

WHOLE FOODS: Homemade Baby Food

by Carla Roy, Marketing Assistant and Mom

Making your baby food from scratch can sound intimidating. It did to me, especially when I saw all the gadgets that purportedly “help” you accomplish this task. But, after little trial and error, I discovered that making baby food for my son was easy, not to mention economical, convenient, and nutritious. It’s also a great way to control what your child eats because you can buy organic foods and don’t need preservatives or sweeteners. That is what I liked best – knowing what my son was eating.

A good resource book will help you get started, particularly for nutritional reference, cooking tips, and to understand which foods to introduce at what age. *Super Baby Food* by Ruth Yaron, a classic, is chock full of useful information. I also like *Connie Linardakis’ Homemade Baby Food Pure & Simple*.

As for all that fancy equipment, it turns out that all I really needed was already in my kitchen: a pot, stove, strainer or sieve, spatula, ice cube tray, and some containers.

The easiest foods to start with are bananas (you don’t even have to cook them) and applesauce. Peeling apples is time-consuming and unnecessary; simply cut and core them. Add just a little water and steam them on the stove with the lid on. Once they’re mushy, push the apples through a strainer with your spatula, and the skin will be left behind. I like to mix the sauce with rice cereal and some breast milk, water, or formula to give it more substance.

Soon you can move on to peas (I prefer frozen), sweet potatoes, potatoes, carrots, and many other foods. This is where your book becomes invaluable to gauge the age appropriateness for each food. Slowly, but surely, I introduced all different kinds of food to my son – from avocado to Swiss chard – and I think this early variety has encouraged my son to continue to eat a diverse, healthful diet.

For convenience, make extra and freeze the leftovers in an ice cube tray, then store the blocks in a container or bag in the freezer. This allows you to have variety, you can take

food with you, you don’t have to make each meal when you need it, and you don’t have to worry about using each dish up. Here are a few of my standbys to get you started:

APPLE SAUCE PUREE

4 apples, cored and chopped
3/4 cup water

In a saucepan, combine apples and water. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Push them through a strainer with a spatula and allow to cool before serving.

AVOCADO-BANANA MIX

1/2 avocado
1/2 banana
Breast milk or formula

Mash the avocado and banana with a fork. Add milk for the first few feedings to thin it out. ■



A Special Gift for Mother’s Day!

Join us at the Co-op to make Plaster Handprints! Learn to pour plaster into a handmade heart-shaped mold. This makes a great special surprise for mom. The event is free and open to the public. Children must be accompanied by an adult.

CONCORD CO-OP

Friday, May 7 from 2:00-7:00

KEARSARGE CO-OP

Saturday, May 8 from 11:00-2:00

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Green Living DIY: Clean Up Your Spring Cleaning

by Maria Noel Groves, Clinical Herbalist & Co-op Wellness Educator

Back in “herb school,” my roommate announced upon arrival that there wasn’t anything she couldn’t clean with vinegar and baking soda. Indeed, in a culture that relies on toxic cleaning products like Fantastic, bleach, and ammonia, it’s a breath of fresh air to know that you can clean with products safe enough to eat!

What’s wrong with that conventional cleaner in the cabinet under your sink? Environmental Working Group (EWG) recently detected hundreds of contaminants in cleaning supplies – including six that cause asthma and 11 tied to cancer in humans – and many more that have never been evaluated for safety. According to EWG, the ingredients in common cleaning products are also linked to reproductive toxicity, hormone disruption, neurotoxicity, and other health effects.

That doesn’t seem worth the risk! But what can you do? EWG offers us many useful tips for “safe cleaning” at home. For more, visit www.ewg.org.

Avoid “Antibacterial” Soap and Cleaners:

These products are unnecessary, potentially toxic, and can lead to antibiotic resistance. Good ol’ soap and water are sufficient for most cleaning needs.

Know your Logos: Be savvy of “green washing.” Green Seal and EcoLogo meet standards.

Skip the Biggest Hazards: Avoid conventional air fresheners and oven- and drain-cleaning products, which are the most toxic. (This is where baking soda, vinegar, and a toilet snake come in handy!)

Banish Dust: It can harbor household toxins, but you don’t need chemicals to remove it. Turn to your broom, vacuum, and microfiber mops and cloths.

Natural Options

The Co-op sells a variety of natural cleaning products by brands like 7th Generation, Global Balance, Ecos, and Citra Solv. (I tend to rely on these brands for my laundry, dish soap, and dishwasher detergent.) But, many of your household cleaning needs are easily remedied with some cheap Do-It-Yourself (DIY) fixes.

BAKING SODA

This DIY cleaning staple can be used for many tasks straight out of the box without any special preparation.

- **Carpet:** Sprinkle it on the rugs and let it

sit for a few minutes before you vacuum.

- **Stains Galore:** Clean stains off dishes, the sink, countertop, the toilet, the tub (you get the idea) by making a paste with water. Apply, let stand, then scrub and wipe lean. This works particularly well on stubborn mineral stains. If you’ve got stainless steel sinks that are looking less than sparkly, liberally apply baking soda, then scrub it with half of a fresh lemon. Let sit, rinse, and repeat as needed.
- **Laundry:** Substitute baking soda for about half of your laundry detergent.
- **Stinky Stuff:** Keep a box in the fridge. Sprinkle it in the litter box, on the bottom of the trash can, into the diaper pail... again, you get the idea.

VINEGAR

Cheap white vinegar will perform a number of duties throughout the house!

- **General Cleaning:** Use undiluted vinegar to clean surfaces like those in your refrigerator. Boost the effectiveness of your baking soda paste cleanser by mixing in vinegar instead of water. (It will foam up.)
- **Disinfect:** Rinse cutting boards and other surfaces with vinegar to gently disinfect and deodorize them.
- **Windows:** If you haven’t had luck with the “vinegar and water” trick, try adding a 1/2 teaspoon of liquid dish soap to 2 cups of water and 1/2 cup of vinegar, suggests natural cleaning author and expert Annie B. Bond. This helps remove the film left by conventional window cleansers you may have used previously. Store it in a spray bottle for easy cleaning.
- **Wood Floors:** To wash my hardwood floors, I add about 2 cups of vinegar to a bucket of hot water. If I’m looking for a little aromatherapy and extra cleansing action, I add a few drops of spruce, fir, or rosemary essential oil. ■

Maria runs *Wintergreen Botanicals, LLC*, an herbal clinic and education center nestled in Bear Brook State Park. Visit www.wintergreenbotanicals.com for recipes and more.



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Focus on Wellness MAINTAINING BALANCE IN A HECTIC WORLD

by Dr. Nicole Taylor, N.D., Naturopathic Doctor & Co-op Wellness Educator

Seconds turn to minutes, minutes to hours, and, boy, do those hours go fast! Before you know it, the day is over, and it's time to make dinner, or put the kids to bed, or better yet, start on your homework for your Master's degree that is taking you four years to finish! Whew! Take a couple deep breaths and decompress, Superman (or Superwoman).

We all know that the world around us won't change too much; there will always be work, appointments, deadlines, preparing for events, driving the kids around, food shopping, etc. The magic question is, how do we do it all, and still feel in "balance" and/or maintain balance? What does it actually mean to be in "balance"? Well, balance, by definition, is defined as "a state of equilibrium" or "steadiness"... do you feel steady as you go through the day? Here are some tips that may help you achieve that spring in your step or that even flow to your day.

#1: GOOD NUTRITION

Focusing on eating a whole foods diet is key. Why is this important? Remember the old saying "You are what you eat"? Well, this completely true! Our bodies work for us best when the fuel it is given is optimum. Achieving optimum nutrition every day can be challenging. It's better to strive to do your best most of the time (even if you don't always succeed) than to do nothing! Here are some tips on what is included and excluded in a whole foods diet:

Include: good oils (extra virgin olive oil, coconut oil, earth balance butter, unrefined high oleic safflower oil), whole grains (quinoa, oats, brown rice, etc.), a variety of veggies (think: all the colors of the rainbow), fruit, good proteins (beans, lentils,

nuts, nut butters, seeds, wild fish, organically grown meat that is grass fed and finished, eggs, unprocessed cheese, plain yogurt, etc.), water, mineral water, unsweetened fruit juices, herbal tea, etc.

Exclude: partially hydrogenated oils, high sugar cereals, white flour products, canned fruits, processed cheese, highly sweetened yogurts, highly processed meats (hot dogs, sausage, pepperoni, bacon, etc.) white and brown sugar (watch out for hidden sugar in low-fat and non-fat food), all artificial sweeteners, soda, sweetened ice teas and other sugary drinks, fast food, and food additives. (For more info, go to <http://www.cspinet.org/reports/chemcuisine.htm>.)

Limit: fruit in general to one to two per day (due to the high sugar content), soy products, cow's milk dairy products, creams of all sorts, coffee, and alcohol.

Learn More from Dr. Taylor:
Take her **Beautiful Skin Menu** class on **Tuesday, May 18, 6:15-7:30 pm** at the Concord Co-op. Email classes@concordfoodcoop.coop, stop by the store, or call 225.6840 to register.

#2 FINDING "SELFISH" TIME

Doing something selfish for yourself is important in maintaining mental, emotional, and physical strength and balance. Do what you love! Whether it is knitting, painting, reading, exercising, playing an instrument or a sport, taking a bath, meditation, or just sleeping more; these things "take you away" like a vacation and allow your body to wind down and recharge. Even if it is only one time a week, finding your "selfish" time is a must! What are you waiting for? Start today!

#3 HEALTHY RELATIONSHIPS

To be blunt, negative people keep you down! Toxic relationships of all kinds influence your mood, decisions, attitude, and energy. Take time to evaluate the people that surround you and are part of your life. Whether it is therapy, more communication, a separation, or a job change, evaluate what you need to create and maintain a sense of balance. ■

Dr. Taylor practices at the Naturopathic Clinic of Concord. To learn more, visit www.concordnaturopathic.com or call 228.0407.

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Green Living

HEALTHY BODY, HEALTHY PLANET: Join the Local Bike Revolution

by Maria Noël Groves with Nicholas Coates & Craig Tufts from the Central NH Regional Planning Commission's Program for Alternative Transportation and Health (PATH)

"The solution to some of the world's biggest problems is in your garage," say the folks at 1world2wheels. It's true: my 10-speed is hanging in my garage with flat tires and a little bit of rust on the chains. A variety of upcoming events and programs in our area have encouraged me to dust it off and put it to pavement.

How does a humble bicycle solve our biggest problems?

Consider some of these stats from 1world2wheels.org:

- The average person loses 13 pounds their first year of commuting by bike.
- Just three hours of biking per week can reduce your risk of heart disease and stroke by 50%.
- One hour of biking burns approximately 500 calories.
- An average rush-hour commuter spends about 50 hours a year stuck in traffic.
- America could save 462 million gallons of gas a year by increasing our cycling from 1% to just 1.5% of all trips.
- In 1964, 50% of kids biked to school, and the average obesity rate was 12%. In 2004, only 3% biked to school, and the obesity rate was 45%.
- 25% of all trips are made within one mile of home.
- 40% of all trips are made within two miles of home.
- 50% of workers commuted five miles or fewer to work.

For many people, five miles of bicycling is an easy distance to commute. The average bicyclist can ride about 10 miles per hour, which means this work commute would be a 30-minute bike ride. This would also put a person on the way towards getting Centers for Disease Control's daily recommended level of physical activity.

So, why don't more of us bike to work every day?

It takes time and effort. And, let's face it, road and weather conditions aren't always the most conducive to riding.

The Program for Alternative Transportation and Health (PATH) is trying to help make bicycling to work easier. They are working with various partners to educate people how to cycle safely, improving access to bicycles and places to park them, and working with communities to develop bicycle routes and lanes. To learn more about these projects, visit www.concordfoodcoop.coop, "Newsletter."

GET STARTED: BASIC RULES & SAFETY

Biking on streets can be daunting for the newbie or if you haven't ridden a bicycle for several years (or decades). Here are some basic tips to help you understand the ropes and get you started.

Get a Tune Up & Helmet: Both ensure that you'll ride more safely. Ask your local gear shop if your bike is the correct size for your height, and regularly check the tire pressure and brakes. Always wear a helmet, no matter how experienced you are or how short the trip is!

Use a Good Bike: You don't have to spend a fortune, but a properly functioning bicycle that is designed for the type of riding you do can make all the difference in the world. Department store bikes are typically not a good choice. An expert at a bicycle shop can help put you on a bike that fits you and the type of riding you plan to do.

Think Like a Car (NOT a Pedestrian): Bicyclists should stop at stop signs and drive on the right side of the road. Do NOT ride on the left side of the road, nor the sidewalk – you put yourself in a greater danger of being hit! If you can, stay to the shoulder of the road so that cars can safely pass you. However, if you need to, you can bike in the car lane – for example, in heavy city traffic or if you need to make a left hand turn. If you're not comfortable in a busy intersection, dismount your bike and cross like a pedestrian. If you bike along a road with parallel parked cars, give yourself about three feet to protect yourself from doors that open unexpectedly.

Be Seen & Predictable: Distracted motorists may have difficulty seeing you. Wear bright clothing and make sure your bike has proper reflectors (and a bike light if you're out at dusk or dark). Use signals before you make turns, and be aware of the traffic when you change lanes or turn. ■

PATH and its partners are working together to make our state more bicycle-friendly. Visit www.concordfoodcoop.coop ("Newsetter") to learn about PATH's great programs.

Visit www.path-nh.org for a hub of biking information, maps, to join PATH and/or Green Commute Week, and much more. Happy riding!

BUY OR TRADE A BIKE! CONCORD BIKE SWAP: MAY 21-23

Need a new bike or have an old one you're not using? Check out this great annual event. For more details on the bike swap, including how to donate a bike, visit www.swsports.net. Proceeds benefit Concord-area bike projects.

BIKE TO WORK! GREEN COMMUTE WEEK: MAY 17-21

During this 5-day event, you're encouraged to bike, walk, carpool, or take public transit to work. This year's finale will be Governor and Dr. Lynch's bike ride to the Capitol. Learn more at www.path-nh.org.



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Sunday: 11 am to 4 pm

May Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Partner Red River Theatres						May 1 ChocolateFest Noon - 3 pm Colby-Sawyer College
2	3	4	5	May 6 A Night in Sicily 6 pm	May 7 Mother's Day Gift Workshop 2 - 7 pm	May 8 Mother's Day Gift Workshop 11 am - 2 pm
9	10	11	12	13	May 14	May 15 MAD WEEKEND (see pg 1 for details)
May 16 MAD WEEKEND	May 17 Green Commute Week (through May 21) Downtown Concord	May 18 The Beautiful Skin Menu 6:15 pm	May 19 Board of Directors Meeting Concord Rock-n-Race 6 pm State House Lawn	20	21	May 22 Concord Bike Swap (through May 23) S&W Sports
23	24	25		27	28	29

- Concord Co-op
- Kearsarge Co-op
- Concord & Kearsarge
- Out in the Community

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www.concordfoodcoop.coop for details.

Preregistration required for all classes. Call 225.6840 or email classes@concordfoodcoop.coop.

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