

THE CO-OP CHRONICLE

May-June 2009



368 A Street
Idaho Falls, Idaho 83402
208-529-6993
Hours: 10 am - 7 pm
Monday through Saturday

This issue includes:

Lisa's Letter
Healthy Heart
Above Money
Guide to Composting
Weed Control
Recipe
Book Review

CO-OP BOARD MEMBERS:

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THE BOARD MEETS ON
THE 1ST AND 3RD
THURSDAY OF EACH
MONTH AT THE CO-OP
STORE, UPSTAIRS IN OUR
LIBRARY. ALL CO-OP
MEMBERS ARE WELCOME
TO ATTEND AND PROVIDE
INPUT. WE APPRECIATE
YOUR COMMENTS.

Lisa's Letter of Introduction

My name is Lisa Tobin and I am currently the general manager of the Co-op. I thought an introduction would be nice for those who don't really know me. I served as a steering committee member for this "co-op idea" since May 2007. I guess you could say that the grocery business has been my calling since way back in high school when I worked for a small independent store as a bakery clerk. This eventually led me to apply for a position at Albertsons where I started like many others, bagging groceries, checking and then into General Merchandise as a department manager by age 24. Love took me to Portland, Oregon and then to Boise, Idaho where I again went to work for Albertsons in the G.M department and was eventually transferred to Idaho Falls in 1993. The rest is history.

I feel fortunate to have come from the "old school" of the business, where customer service was a priority and technology had not yet replaced the employee. The grocery store used to be a place where people would socialize, exchange recipes and catch up with friends or neighbors. I have watched dozens of kids "grow up" in the store. Elderly would spend an hour or so wandering around visiting because this was perhaps the only interaction they had and then leave with just a few small items. Customers would stand in line and wait, just to talk with their favorite checker. The grocery store used to be the cornerstone in the community. I believe that we can regain that sense of community through our co-op.

We have a lot of work to do in order to support this great business and make it thrive. It is up to all of us to contribute whether it's a recipe, extra produce from your garden, articles for our newsletter, ideas on what can make us stand apart, and make our families want to shop the co-op. We would like a collective effort, but this will take commitment from more than just the Board of Directors. Our future and long-term vision is to have a place to socialize and share, greater product selection as a full-service store, while supporting our local agriculture, and building a better community. I look forward to serving you in the future and remember the coffee is always on! ...Lisa Tobin



LETTERS OR COMMENTS CAN BE
MAILED TO THE CO-OP STORE
AT 368 "A" STREET IN IDAHO
FALLS, IDAHO 83402. YES, WE
WANT TO HEAR FROM OUR
READERS!



Tips for Keeping a Healthy Heart by Chanté Wiegand, ND

Since cardiovascular disease is one of the top health issues in our country, it is imperative to learn techniques for keeping a healthy heart and vascular system. A holistic approach can be very effective. By incorporating dietary changes, stress reduction techniques, specific nutrients, and exercise, you create a comprehensive program that ensures better success at preventing or treating heart related conditions. It is also important to know your risk factors and have certain laboratory markers performed periodically based on your specific history and health status.

My top five tips for heart health:

1. Whole foods diet. A diet rich in cold-water fish, nuts and seeds, fruits and vegetables, fiber, whole grains, and healthy fats such as extra virgin olive oil is best. Moderate amounts of lean chicken, turkey, beef, lamb, and eggs are acceptable, preferably organic. It is best to decrease your intake of processed and refined foods, hydrogenated oils, and high glycemic starches (potatoes, corn, pastas, breads, etc.). This is an anti-inflammatory diet that can also balance insulin and blood sugar levels. It is teeming with vitamins, flavonoids, carotenoids, and omega-3 fatty acids that are crucial for cardiovascular health.
2. Get moving! It is important that you have a form of exercise you enjoy so that you will stick with it. Walking, dancing, bicycling, hiking, yoga--whatever strikes your fancy! If you have trouble fulfilling your goals, find a friend or sign up for a class. Strive for 30 minutes 5 days per week along with a moderate toning and strengthening program to build muscle and bone health.
3. Reduce your stress The literature clearly shows a relationship between stress and cardiovascular disease. There are many stress reduction techniques including deep breathing exercises, massage, prayer, yoga, meditation, listening to music, working in your garden, or reading a good book. Emotions can

also be toxic to your body so make sure you have the appropriate outlets for releasing these.

4. Stop smoking and don't overdue alcohol intake This one is pretty self-explanatory. One or two glasses of wine or beer is fine, but consistently higher levels is not a good idea. Smoking is proven to increase heart problems.
5. Incorporate heart healthy supplements I highly recommend coenzyme Q10, fish or krill oil along with a multivitamin high in B vitamins, antioxidants, carotenoids and flavonoids. Not everyone needs these, but if you are at risk or already struggling with cardiovascular issues, they may be a good addition. Other heart nutrients and herbs include taurine, hawthorne berry, alpha lipoic acid, L-carnitine, and minerals like magnesium, calcium and selenium.

Establishing these foundational changes in your life can be very beneficial. As mentioned previously, checking certain heart health lab markers is wise. I recommend not only a basic cholesterol panel including total cholesterol, triglycerides, HDL, and LDL, but also something called a VAP test which provides more detailed information about your lipid particle density and shape. Cholesterol, however, is only one piece of the puzzle. Measuring your level of systemic inflammation via a high sensitivity C-reactive protein test provides more information about your risk of heart disease. Other lab tests to consider include insulin, ferritin, and homocysteine.

It is recommended that you consult with a qualified practitioner if you are interested in learning more about these options. Good luck on your heart healthy journey!

BIO: Chanté Wiegand is a licensed naturopathic physician. She sees patients in Driggs at Pangea Natural Health and in Idaho Falls at Cottage by the Falls Wellness Center. Cottage by the Falls, located at 558 G Street, is a new holistic center providing comprehensive wellness options for mind, body, and spirit. If you would like more information, check out: www.pangeanaturalhealth.com, www.cottagebythefalls.com, or call Dr. Chanté Wiegand at 208-354-9579.

Above Money™

Syndicated Column

Turning Around What Is Upside Down



Benjamin Gisin is a veteran banker and former senior agricultural approval officer for one of the nation's largest

agricultural banks. Since 1998, he consults businesses and agricultural producers facing credit challenges. He writes and lectures extensively on the evolution of money, economics, and food security.

Criticisms of irresponsible use of credit, poor character and bad business sense are directed at people who participated in shouldering the risk of creating and distributing what the world uses as money - bank credit. Bank credit is what a bank owes its depositors. The use of checks and debit cards is simply a process where what one bank owes you is transferred to what another bank owes the person you wrote the check to.

Banks have no money to lend and there is nothing on deposit. Every dollar banks owe depositors is invoked by someone getting into debt at a bank. Banks do not invoke checkbook money, the Federal Reserve does not invoke currency and private investors do not re-lend bank credit until someone first gets into debt to them. And to not just pick on banks, of the \$52.6 trillion of debt sloshing around in the economy, only \$7.9 trillion is debt to banks - the rest is to private and institutional investors (source: Federal Reserve Bank and FDIC).

The financial system and government expects everyone to use credit exclusively to run the economy. In an economy that runs on credit and is devoid of money, the only choice we have is to get into debt. And if we don't get into debt personally, someone else does for us, enabling us to have a paycheck.

Debtors are never honored for their suffer-

ing while enabling banks to issue bank credit as the primary instrument of what the nation uses as money. Every dollar in a savings account originated with someone getting into debt at a bank. As such, every dollar in a savings account is a dollar that should be recycling back to the debtor to pay his debt, if the goal is to keep the banking system sustainable.

Our financial system is not designed to provide a sustainable means of exchange, it is designed for investment schemes.

It is not inconceivable that in the next few years most of us will be members of some kind of local exchange system that does not use bank credit (popularly perceived as money).

In the long run, emerging experiments with local currencies, reciprocal trade exchanges and debt-free money will evolve and become more refined. These experiments are the hope of beginning to turn around what is now upside down.

For speaking engagements, radio interviews, additional information on this article, or comments call: (208) 523-2717 or e-mail: editor@touchthesoil.com

SEMINAR – There will be a seminar on "Above Money" held by Mike Aldana at the Idaho Falls Public Library, Conference Room 1, on Saturday, May 30, 2009, at 1:00 pm. All co-op members and guests are cordially invited to come.

Please RSVP to Lisa at the co-op store (529-6993) to get a head count. We think you will find this a very interesting seminar.



GUIDE TO GOOD COMPOSTING

By Dewayne Arave,
grower and co-owner
of "East Idaho
Organic, Inc."

Composting is a practice that lies somewhere between art and science. It can be as simple as a pile of leaves which missed the rake or a perfectly constructed heap with proper aeration, precision mixing of waste materials, and regular turning. Of course, how complex or simple your heap will be is up to you but it is certainly true we should all have compost heaps in our yards.

Constructing the heap is an important step toward quality compost. One simple method is to take any and all yard clippings and pile them together in a sheltered spot, turning the pile once a year or so and spreading the compost when it looks black and finished. For the more dedicated among us though, the method of producing rich black compost becomes a bit more precise. Ample material is available online or at the library on methods, recipes, and even moon cycles to use in proper compost production.

Here is some basic information about composting. Remember: balance out your greens and browns. HUH?? What's a green and brown you wonder? Well, it's simple. Greens are any leafy growing green such as fresh grass clippings, salad leaves, or all those tomato plants after the first hard frost. Browns are typically older plant material such as fall tree leaves, dead dried grasses, thin twigs, and hard stalks from sunflowers or corn. Something to remember is that greens are full of nitrogen and break down quickly, heating the compost; browns have lignin and cellulose which is a slower fuel that won't heat the pile. When balancing your greens and browns it is important to keep the greens and browns next to each other so the nitrogen from the greens will help to speed the breakdown of the browns. The browns will

moderate the breakdown and heating process of the greens. A pile full of greens will burn up and smother itself in no time, producing a smelly pile of mush. A pile of only browns can sit slowly breaking down for 2 years or more before it is ready to use. Properly constructed, your pile can heat up to 160 degrees or more after 3 days and maintain that temperature for up to two weeks. With a few turns your compost will be ready to use in two months.

Here is an easy method to construct a compost heap, first find the spot for the heap. I prefer at least 5 X 5 feet. Now dig down about one shovel deep and keep the soil (you don't have to do this part but the soil helps inoculate the pile and makes for better finished compost) layer in your browns first. On the bottom I use the airy browns like sunflower stalks or tall perennial plant stalks, this keeps the pile breathing. Keep this layer 6 inches thick or so. Next add a 3-inch layer of greens grass clippings work best for this. After the grass add a sprinkling of soil, you can add enough to hide the grass or just enough to inoculate the layers with the good soil bacteria and fungi. You have finished a layer, now repeat this process until you are out of compost material. Finish the pile with a thicker layer of soil to cap everything off and help hold in moisture and heat and water everything in. When watering keep in mind that you don't want the pile soaked through and through, instead, you want a moist pile that is still dry enough for air to move through it.

Ok, you have made your compost pile. Over the next few days you will notice the pile shrinking in on itself, if its fall or early spring the pile should steam a bit or maybe a lot if you have lots of grass clippings added. Around two weeks after you make the pile things should slow down and if you have the time and energy you could turn the pile now. Just shovel from the top down and completely mix the layers together. The pile will heat up again after turning, and sink down once more. You can continue turning the pile every two weeks or monthly until it has bro-

broken down into spongy earthy smelling compost or just leave the pile without turning any more until it looks ready to use. Most compost piles will be ready in 2 to 6 months. Often some materials will be stubborn and not break down as fast as others, these odd stalks and clumps make great additions to the next pile to inoculate it with bacteria and fungi.

Many gardeners find that two or three piles work best so as to have places to pile organic matter while the old piles are getting closer to usable compost. Compost can be easy or involved, a quick process or a slow and passive one. A word of caution though, successful composting has a way of changing gardeners. It is not uncommon to hear of a successful composter asking neighbors for leftover grass clippings.

WEED CONTROL IN GARDENS



Submitted by Kay & Ari of the Healthier Homes and Garden Program, Northwest Coalition for Alternatives to Pesticides

Flowerbeds and vegetable gardens seem like a haven for weeds. By using a variety of strategies, you can keep your weed problems down to a manageable level. Try these tips:

1. Clean weeds out of beds before planting.
2. Start weeding early in the growing season when weeds are young.
3. Use mulch to reduce weed problems. Remove weeds, then apply a 2-to 4-inch layer of mulch made of organic materials such as wood chips, leaves, or bark.
4. Consider redesigning your landscape so it doesn't encourage weeds. You can use vigorous plants to out-compete weeds and install barriers at the perimeter to prevent grass from invading.

For a more complete article on managing weeds, go to the following link: <http://www.pesticide.org/pubs/alts/shrubs/shrubflowerbeds.html>.

SUMMERTIME PASTA

16 oz. Fettuccini pasta
2 jars Alfredo sauce
2 cloves garlic, 1 tsp. salt,
2 tsp. pepper
2 cups chopped zucchini
1 cup chopped yellow squash
1 tbs. parsley flakes
4 cups cubed turkey pastrami (optional)
1/4 cup olive oil



Grated Parmesan cheese as needed.

Peel zucchini and chop into bite size pieces. Peel squash and chop into bite size pieces.

Cut pastrami into cubes and brown in olive oil, set aside and keep warm.

Sauté vegetables with garlic, and salt and pepper to taste, set aside and keep warm.

Cook pasta al dente, at same time heat Alfredo sauce in a separate pot. In a large, warmed serving bowl, place pasta, vegetables, cover with sauce, and mix thoroughly. Garnish with parsley and grated Parmesan cheese. (Thanks to "Just Recipes" by K. M. Fjeldheim.)

BOOK REVIEW: IN DEFENSE OF FOOD

by Michael Pollan.

This is a very well written and well researched book on how to change our eating habits from the commercialized, prepared, and preserved foods that make up the modern diet, to real, well-grown, natural, and unprocessed food.

It shows us how we can start making thoughtful and educated choices about food that will enrich our lives, expand our sense of well-being and health, and bring pleasure back to preparing and eating a more natural diet. The book has a very extensive Sources section with all the reference material he used, and also a Resources section providing ample resources, both in print and on the Web, for further study.

This book is in the lending library in Lisa's office, upstairs at the Co-op Store. Check it out along with a great variety of other books of interest.

Bob West