



3 Rivers Food Coop

March 2006

Currents

1612 Sherman Blvd Fort Wayne IN 46808 (260) 424-8812
Hours: Sundays 10-6, Mon-Sat 7 am-9 pm

The Saving O' the Green

by Susan Sims

With tax season looming, who couldn't use some help with saving money? It is possible to purchase nutritional food while on a budget, and the health benefits are an added bonus. The keys to saving money include: buy in bulk, look for specials, purchase seasonal produce, cook fresh to avoid high-cost packaged foods, and grow your own vegetables and herbs. The Co-op offers you one more way to save: You can receive a volunteer discount for working for the Co-op!

Buying in bulk means not only buying case quantities and receiving a discount on those items you use most, but also buying from our bulk bins and saving packaging costs. You can even bring in your own containers and help make the planet greener! Bulk falafel and texturized vegetable protein are delicious low-cost meat replacements. Beans make inexpensive, high-fiber meals as well, and the instant varieties are great for quick meals. Bulk popcorn is organically grown and a fraction of the price of microwave popcorn. The Co-op stocks a wide variety of grains and pastas in bulk. For example, you will find white, brown, basmati, long-grain, short-grain, and blends of rice. Pastas types include whole wheat, wheat-free, rice, corn, and artichoke. There are many reasonably priced granolas in the bulk area, but you can purchase oats and make your own granola to save even more. The bulk department also has dried soup mixes, dried fruits, trail mixes, nuts, and chocolate/carob items. All of the items in the bulk department have nutritional information on the bins, and you can find some recipe cards there, too.

Buying herbs in bulk at the Co-op is another way to save money. You can purchase the amount

you need so they stay fresh, and our herbs are much less expensive than packaged ones. You will find all the culinary herbs such as basil, bay leaves, cinnamon, garlic (flakes, granules, and powder), and oregano, along with seasoning mixes such as Italian, Mexican, pizza, poultry, veggie pepper, and an all-purpose seasoning salt. We also carry meatless broth powders in beef, chicken, and vegetable flavors. Healing herbs and bulk teas are also in this section. Sprouting seeds are an easy, inexpensive way to add fresh greens to your diet – try radish sprouts for a spicy addition to your sandwich or salad.

Peanut butter, honey, soy sauce, oil, vinegar, molasses, and maple syrup can all be purchase in bulk. Pure vanilla extract is another bulk bargain at the Co-op. Some soaps and cleaners are available in bulk as well. Natural cleaning supplies help keep our planet green, and they are better for your health than commercial ones.

Organically grown produce is a great value because of its higher nutritive value, and unlike commercial produce, it is free of harmful pesticides and fertilizers. You can purchase carrots in 5- and 25-lb. bags, and look for marked down items in the Produce Department on Mondays and Wednesdays. With spring starting this month, consider growing your own vegetables and herbs. Even a few herbs in a pot can add flavor and nutrients to your meals while saving you money. Don't forget to check out the Co-op's plant sale next month. If you volunteer at the Co-op, you'll receive a discount on your purchases, and you'll be more aware of product values and sale items. At the Co-op, you can purchase nutritional food and still stay within your budget.

1 bunch organically grown kale: \$2.69
1 lb. organically grown oats: \$0.75
1 pkg. organically grown whole-wheat spaghetti: \$1.09
Your health: Priceless

Thanks for exercising your right to vote.



Look for an announcement of your newly elected Board of Directors in the store after March 1st.

Remember the Seventh Generation sweepstake back in October? The drawing entitled the winner to a YEAR'S supply of Seventh Generation product. Susan Morgan can look forward to these items shipped directly to her home for the next year. Congratulations, Susan!

Visit Seventh Generation's website at www.seventhgeneration.com to sign up for their "Non-Toxic Times" email newsletter. You can also read more about their renewable, non-toxic, phosphate free and biodegradable ingredients. Thanks, Seventh Generation!

Tasting O' the "Greens":

Sample green supplement powder drinks in three flavors—Miracle Greens: "Nature's Perfect Nutrient-Rich Whole Food", Very Berry Green: "An Awakening of Certified Organic Greens and Fruit" and Barlean's Greens: "The Greener Green Food".

Wed, March 8, 11-1 & 3-5; Fri, March 10, 11:30-1:30, 4:30-6:30; Sat, March 11, 11-6

WHAT'S WHAT: PRODUCT NEWS AT YOUR CO-OP

DELI: WHAT'S COOKIN'

The Dressing O' the Greens: This month the Deli will introduce its own salad dressings, both on the salad bar and packaged to go. The fresh green salads in the Grab-and-Go cooler can be tastefully dressed with these flavorful offerings as well.

Now when you order a sandwich from the Deli, you have two new bread choices: onion rolls (an old favorite, back by popular demand) and multi-grain rolls. Both types of rolls, and small loaves of the multi-grain bread, will also be available in packages.

Look for popular requested dishes on the hot bar this month. Another reason to look forward to spring is the new menu that will make its debut on Monday, March 20.

Congratulations the deli on the favorable in [WhatzUp!](#)

Organic Standards 101

by Susan Duddy

In 2002, the USDA set standards for the organic industry. Since that time the standards have been under attack by agribusinesses and the Organic Trade Association (OTA). The OTA originally included consumer and organic farmer members in its organization. After hiring powerful industry lobbyists and raising their dues, which has squeezed out many individual members, major agribusiness corporations now dominate the OTA. These conglomerates, including Kraft and Dean Foods, have used their relationships with the USDA and the OTA to weaken organic standards.

Part of those standards stated if a product were 95% organic, that the remaining 5% could contain artificial or synthetic ingredients, if they were on the approved list and if the necessary organic ingredients were unavailable or in short supply. In October 2002, Arthur Harvey, an organic blueberry farmer from Maine, sued in Federal Court. Having lost in all lower courts, Harvey prevailed in January 2005, when the Court of Appeals ruled in his favor. This ruling accomplished the following:

1. Synthetic substances were banned from items labeled as organic or 95% organic.
2. Provisions allowing 20% non-organic feed in the first 9 months of a dairy farm's 1 year conversion to organic was prohibited.
3. All substitutions of non-organic products for unavailable organic products had to be reviewed by the National Organic Standards Board and attempts by the operator to find organic products had to be reviewed by a certifier.

However, in October 2005, the 2006 Agricultural Appropriations Bill was passed by Congress in the middle of the night. It effectively reversed the Harvey decision. It allows the following:

1. Synthetic food additives and processing aids can be used in organic foods without public input. Agribusinesses are currently seeking approval for hundreds of synthetics including boiler additives and disinfectants.
2. Young dairy cows can be treated with antibiotics and fed genetically modified feed prior to being converted to organic production.
3. The bill gives the Secretary of Agriculture the authority to approve new synthetic substances if no organic substitute is available. This can be done without a review by the National Organic Standards Board or public input.

In April 2004, the USDA issued 3 quidances and 1 directive, which were all legally binding. These were merely clarifications of existing standards, according to the USDA but actually changed those standards radically. These were as follows:

1. Antibiotics could be used on organic dairy cows and still be certified organic if a year had passed between receiving the antibiotic and selling of the milk.
2. Synthetic pesticides could be used on organic farms.
3. Cattle farmers would be allowed to feed the heifers non-organic fishmeal, which could contain mercury and PCBs and still be certified organic.
4. The USDA would not develop standards for fish, nutritional standards, pet food, fertilizers and personal care products.

In May 2004, the USDA rescinded all the above changes to the organic standard.

Agribusinesses continue to influence the USDA and OTA to get regulations through Congress to weaken the organic standards. In 2004, the attack on these standards was thwarted by the American consumer and the organic farmers. It's time to let our voice be heard again.

For more information, contact the following websites:

www.grist.org/news/daily/2004/05/27gristian/

www.organicconsumers.org/sos/weaken102705.cfm

www.grist.org/news/muck/2004/05/18/griscom-organic/ Amanda Griscom

www.organicconsumers.org/organic/standards121305.cfm Julie Dearthoff

PRODUCE: WHAT'S FRESH

The Tending O' the Greens: The Co-op is looking for a few good men and women to volunteer for a labor trade with Dan at Country Garden. If you have gardening experience and are able to do manual labor, sign up at one of the registers this month. We'll call people in for interviews during March. The 10-12 people who are selected will start sometime in April, and they will qualify for a worker discount at the Co-op.

During March, look for the Produce Department's expanded Ready-to-Cook section in the cooler by the carrots. In addition to the current stir-fry and pasta dish choices, you'll find ready-to-cook veggies such as broccoli, cauliflower, pepper/onion combos, and whatever else is seasonal. To help you plan meals with those Ready-to-Cook veggies, you will find a new recipe wall in that same area. This month, we'll have fresh, local spinach, bok choy, and radishes from Country Garden, and maybe other Asian greens as well.

WELLNESS: WHAT'S ESSENTIAL

The Value O' the Greens: March is the perfect month to discuss green foods, such as spinach, kale, collard greens, broccoli, cabbage, and Brussels sprouts. Green foods enhance your energy levels and aid digestion. The antioxidants in green foods inhibit free radical formation, and research shows these nutrient-dense foods might help fight a host of modern diseases, including arthritis, cancer, diabetes, heart disease, and digestive problems. They supply vitamins, minerals, chlorophyll, protein, carotenoids, amino acids, enzymes, and phytonutrients. We all know that Mom was right when she told us to eat our vegetables, but sometimes it's difficult to fit them into our hectic schedules. At the Co-op, you can buy green food supplements in capsules, tablets, powders, and drinks, so you can take them at home or on the road.

In addition to the vegetables listed above, some green food supplements contain other nutrients, including cereal grasses, spirulina, and kelp. Besides their nutritional value, cereal grasses may have anti-carcinogenic properties due to their high chlorophyll content. Spirulina is a rich, natural source of vitamin B-12,

iron, and beta carotene, and it's high in protein. (You can also find powdered spirulina in the Co-op's bulk herb section.) Kelp is high in calcium, magnesium, and potassium, and it has been linked to lowering cholesterol and blood pressure. The Berry Green supplement we carry also contains organic blueberries, which are high in antioxidants. Look for information sheets about green food supplements in the Wellness Department. Green food supplements are the ideal "fast food." You can take a capsule or tablet anytime you can't get enough fresh, organic green foods, or you can mix up a tasty "green" juice drink or smoothie, just in time for St. Patrick's Day!

New Product Alert: Nature's Life Policosanol will soon be on the shelves. This product helps maintain normal HDL and LDL cholesterol levels and help inhibit oxidation of cholesterol. It is derived from sugar cane wax—the same source as researchers.

Coming in March to Body Care—Giovanni Body Care Scrubs, Body Butters and Shower Gels.

Oh...It's Organic? What's That?

by Rosemary Mausser

As I talk with shoppers, I find that many of you have questions about "organic" – what does it mean? How can I know if this product is organic?

Organic can mean many things to many people, but when we say a product is certified organic we mean that the ingredient has been grown in a way that meets the standards of the Organic Act and that it has been verified by a certifying agency. These requirements include the avoidance of prohibited pesticides and herbicides for at least 3 years and care in processing to insure that it has not come in contact with non-organic food during storage or processing. Also by definition, genetically modified crops cannot be certified organic.

There are four levels of organic food products. The first is "100% organic". This is usually only found on a single ingredient product such as rice or dry beans. The second is "Organic" which means that the product contains at least 95% organic ingredients. You will find this on products such as canned beans and vegetables, which may also include salt or other ingredients, which are not available organically.

"Made with organic ingredients" certifies that at least 75% of the product comes from certified organic ingredients. The label will give you a breakdown on the organic and non-organic ingredients.

Lastly, items with less than 75% organic ingredients may only make organic claims on the ingredient list itself.

Use these guidelines to discover whether the product you see on our shelf is organic or not. We endeavor to bring our members a full line of organic products, but we also strive to provide variety, locally made products and products for various special diets which may not be available in an organic form.

Organic Food Fight

By Diane Dickson

In November 2005, Congress voted to weaken the nation's organic food standards in response to pressure from large-scale food manufacturers.

Behind closed doors and without debate on the Senate floor, the Organic Foods Production Act (OFPA) was amended at the behest of The Organic Trade Association (OTA) and other food processors.

It all started with a suit won in January 2005 by a feisty blueberry farmer from Maine, Arthur Harvey. Harvey argued that the use of synthetic food additives and the feeding of non-organic feed to dairy cows before they are converted to organic production should not be allowed in food bearing the "U.S.D.A. Organic" label.

When a federal judge agreed with him, lobbyists for the Organic Trade Association, sup-

ported by Kraft (Back to Nature and Boca Foods), Dean Food's (Horizon Organic and White Wave Silk soymilk), Smucker's (Knudsen and Santa Cruz Organic juices) and General Mills (Cascadian Farms and Muir Glen), acted to protect themselves from the ruling.

Katherine DiMatteo, executive director of the OTA, said the amendment was not meant to loosen organic standards; but was intended to allow the continued use of ingredients already labeled under the U.S.D.A. Organic seal.

Beyond Pesticides and other advocacy groups feel the legislation creates loopholes that will open the door to a range of other chemicals and artificial materials that can be added without public scrutiny.

Many organizations and individuals in the organic community are concerned that the integrity of organic standards have been compromised, and that consumers won't trust foods labeled as 'organic.'

An "Open Letter to the Organic Community" is being circulated for the purpose of analyzing the actions of the amendment, and to find solutions for the challenges that lie ahead for the industry. The letter can be found at www.beyondpesticides.org.

So what does this mean for you and me, John and Mary Q. consumer? Although a niche market, organic foods have had a 20% annual growth rate in recent years, making it highly attractive to food giants. There have been several attempts by large food companies to weaken organic rules since the standards were implemented in 2002. There will undoubtedly be more. When that happens, we must contact our Congressmen.

As well, eating unprocessed, economical whole foods such as the ones featured in this March issue makes synthetic ingredients a non-issue. You don't get ascorbic acid or pectin on whole grains or beans. We can also make a commitment to buy organic foods from our local, organic growers we know and trust.

Are you a massage therapist? Interested in being part of a rotating group of therapists providing massage in the store? Call Jain at 424-8812 to get involved.

Got Pain?
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www.LightenUp22.com

Toll Free 1-877-746-6617 Local 1-260-747-6617

Elderberry Tree House Shoppe Calendar
March special 10% off Feng Shui Items

Tarot Reading classes with Betsy
classes March 11 & 18 (\$50 for both Saturdays)

Betsy teaches from the Rider-Waite deck (you can transpose later to another deck if you wish) Very informative and interesting class! When you leave this class you will be able to read cards and use several spreads! (The class is Both Saturdays 6 hours total)

Feng Shui workshop with Susan

Saturday March 25 from 1-4 \$45

Susan is a qualified feng shui instructor who has taught in the evening program for the Ft. Wayne schools for a number of years. In the workshop we will cover the basics of feng shui and some problem solving. Learn to arrange your home to be in balance and intune with your life. Informative and fun!

All classes have a minimum and a maximum amount of people . Call today to reserve your spot

(must be registered 1 week in advance of the class/workshop)

Elderberry Tree House Shoppe Tue-Fri 11-6
7714 Lima Rd. (Mutton Centre) Sat 10-4

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March 11 & 12, 2006


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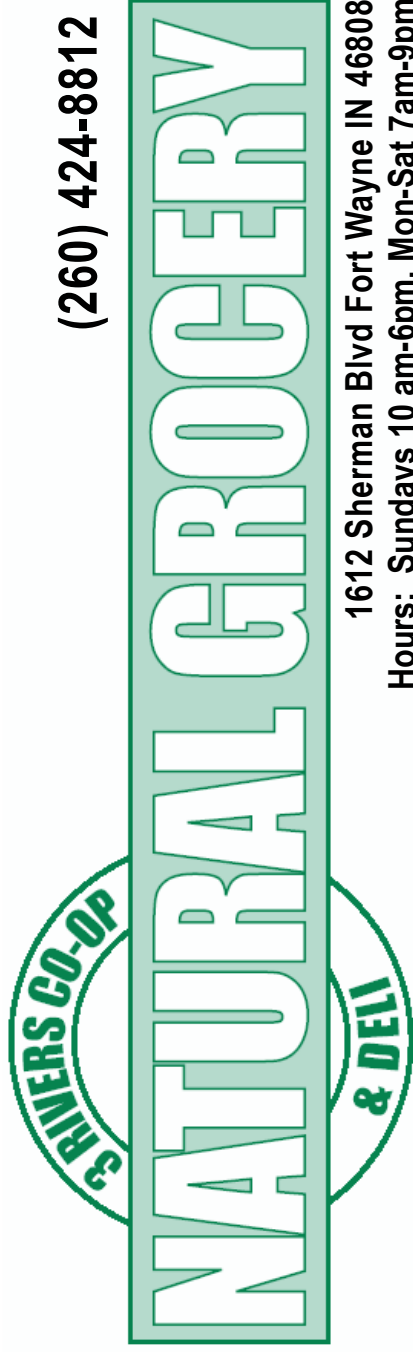
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March Café Events



(260) 424-8812

1612 Sherman Blvd Fort Wayne IN 46808
Hours: Sundays 10 am-6pm, Mon-Sat 7am-9pm
www.3riversfood.coop

PRESORTED
STANDARD
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Sun Mon Tues Wed Thurs Fri Sat

			1		2 6:30 pm Euchre Night	3 7:30 pm First Friday Readings Readers are Kathryn Young & Francisco Aragon	4 2 pm Champion Juicer Demo 🎵 7-9 pm Duane Eby Acoustic originals...
5 🎵 11am-1pm Sunday Café: Cathy Serrano 2 pm Discussion: Master Cleanser & Fasting	6	7	8	9	10 7 pm Healthy Singles Social 🎵 7-9 pm Possum Trot Bluegrass with a twist of rock & roll.	11 2 pm Class: Herbal Medicine Chest 🎵 7-9 pm Duane Eby ...with guitar and vocals.	
12 🎵 11am-1pm Sunday Café: Bruce Robinson	13 6:30 pm Euchre Night	14	15 6 pm Book Group: Kevin Trudeau's Natural Cures They Don't Want You to Know About	16	17 🎵 7-9 pm Joyce Fry Happy Saint Patrick's Day! Get a little "jiggy" with Joyce and friends. Look for dulcimer, penny whistle and maybe a treat or two. Have a Mint Mocha while you listen.	18 2 pm Stir Fry Demonstration in Produce 12-5 pm Yu Gi Oh tournament 🎵 7-9 pm The Bandloops Jam-band style jazz-rock fusion.	
19 🎵 11am-1pm Sunday Café: Music Jam led by Duane Eby 2 pm Class: Basic Nutrition	20	21	22	23	24 7 pm Healthy Singles Social 10 am Cooking Class: Quinoa (with Judy Mueller) 🎵 7-9 pm Rick Barton & Henry Lantz Folk in the style of Stephen Sills and James Taylor. Native Flute too.	25 2 pm Class: Intro to Homeopathy 🎵 7-9 pm Triplicity Acoustic rock with bass, guitar, hand drums and vocals.	
26 🎵 11am-1pm Sunday Café: Dale Bender & Steve C. Hall 3 pm Cooking Class: Wheat Free Cooking	27 6:30 pm Euchre Night	28	29	30	31 🎵 7-9 pm Andrew Kreider Elkhart based singer songwriter's folk-blues songs run up a madcap mixture of spiritual musings and social observation.		

First Friday Readings March 3, 7:30 pm Kathryn Young & Francisco Aragon

Look for in-house specials the rest of
the month.

Lemons \$1.69 per lb.

Naked Juice \$2.39
each (15.2 fl. oz)

Earn a gift certificate drawing entry for each
purchase you make over \$50.

Ask for a slip if you are not offered one.

This month's winner:
Rhonda Jackisch