



The Swarthmore Co-op NEWSLETTER

MARCH 2010

Serving the Community Since 1937



March brings with it the promise of warmer weather, greener landscapes, and the possibility of maybe shedding at least one of the many layers of clothes we have to wear around here to keep warm! With this change in weather in mind, here at the Co-op, we are focusing on health and wellness for March. We're not just talking about slimming down, we're talking about an all-around healthier way of living life. This is one of the pillars of our purpose as a co-op and we feel it is very important that we provide you with the educational support and communal encouragement to help you live a longer, more vibrant life. In this newsletter, you will find articles about food, exercise and stress relief (we could all use some of that!) from a holistic perspective. Here's to a healthier you in the month of March!

FOR THE LOVE OF FOOD

Well, since we are a food market, perhaps we should start with talking about food. We all need it, most of us love it, and for some reason, it seems to be the hardest aspect of life to control. Why is that? The consumption of food plays into our social lives as individuals and families. It's a cultural keystone. Who ever heard of getting together with people without having some sort of food available? It's absurd in our American culture and in many other cultures to think about social life without food.

The consumption of food plays into how we feel on a daily basis. You know how bad you feel after a night of eating one too many helpings of cake or mashed potatoes. Or how about when you haven't had a chance to eat all day and you come home and you're cranky and sluggish?

Food also is also very connected to our feelings and
cont'd on page 2



***"Being Strategic About
Buying Organic"***
See Page 6

YOGA...HAVE YOU TRIED IT YET?

This is a good time of the year to start a yoga practice, if you do not already have one. Many studios are offering beginner classes (Enso in Media and Yoga Garden in Narberth). A regular yoga practice is so beneficial in so many ways. It improves focus, patience, and balance, and it helps alleviate stress. It tones and strengthens the body, and it calms the mind. Some classes are very physically challenging, and some are more meditative. Pick up a copy of Yoga Journal, which is sold at the Co-Op. There is usually a home practice article that shows the poses and describes them. If you have any other questions about yoga, come to the prepared foods counter and I will be happy to answer questions or direct you to qualified instructors. Namaste, *Barbara Weismann*,
Co-op Chef

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For the Love of Food cont'd

can become one of many coping mechanisms when it comes to dealing with life. Who eats when they are stressed? Tired? Bored? Sad? Happy? This is one of the reasons we will be addressing mental health in this newsletter as well! For so many of us, food becomes much more than just fuel to get us through the day's activities. It becomes a comfort and a crutch.

For our physical bodies, food can be a wellspring of life. How do we get to that place? Here are a couple of thoughts from someone who has been working to eat healthier (me!). Not new ideas, but great reminders:

- 1. Pick one thing at a time to change.** Trust me, trying to change all your eating habits in one day or even one month will NOT work! I know because I've tried this a million times. Pick things that are doable for where you are in your relationship with food. Don't try giving up sweets if you have a whole mouth full of sweet teeth! Try changing up your dessert options to include low-fat, lower sugar options that still satisfy you. Try changing your portion sizes. Maybe rather than a serving size bowl of pasta (which is what you normally get at an Italian restaurant), try a small dinner plate and dump on twice as many vegetables or lean protein. It's all about tricking yourself into thinking that nothing is really changing or if it is, it's not that big of a change. These are the transitions that can be kept during a lifetime.



- 2. Measure out your food for a short period of time.** I began measuring out my food to get a better understanding of how much I should be consuming. A cup of pasta is not nearly as much pasta as you think! Try a week of measuring your meats, grains, and spreads and you will begin to visually see the difference between healthy portions and non-healthy portions. On a happier note, 2 Tbsp of peanut butter is still a lot of peanut butter. Thank goodness for that!

- 3. Pick and choose substitutions you can live with.** For me, this was substituting low fat cheese for full fat. With my cholesterol on the rise, I needed to start watching my cheese consumption (I have been using low fat

versions). I love cheese and I know I will never be able to give it up, so I simply subtract other animal fat products from my diet to allow me to have my cheese every once in a while. Cholesterol is all about the animal fat, so use other fats (we still need to consume a healthy amount of fat), vegetable fats—nuts, olive oil, avocados. Luckily for me, I LOVE nuts, so I was happy to add them to my diet.

- 4. Plan ahead.** I cook all my meals on the weekends so that I can make good decisions when I come home from work, tired, hungry and definitely not in the mood to prepare a healthy meal for my husband and me. All I have to do is have enough brain power to reach into the fridge and pull out the grilled chicken, wheat pasta and sautéed veggies that I made on Saturday and hit the reheat button on the microwave. This has to be the best decision I have made thus far on my journey to eat better.



Those are just a couple of ideas. I think the one major thing I have learned in this journey is that you need to stop trying to change yourself but work within the parameters of your likes, dislikes, tendencies, and personality. Work with yourself as opposed to against yourself. Once I figured that out, I actually started making noticeable progress as opposed to frustrating failure after failure. • *Amelia Furman, Director of Co-op Marketing. Amelia is a Type 1*



HEALTHFUL PRODUCTS AT THE CO-OP

The Co-op has a fantastic selection of organic, all natural, healthy products that can get you on your way to a healthier life. Here are a couple items you might want to check out.

JudyFoods-- You can find JudyFood spreads in our produce cold case. They are a great alternative to fatty, processed spreads and condiments. A great snack compliment that is filled with nutrient rich veggies and proteins that will keep you energized and full for hours. Rick, our produce manager, loves the Southwestern dip with a Boca Burger. Judyfood Veggie Dips and spreads are all natural and vegan, containing organic ingredients whenever possible, and completely cholesterol and trans fat free!

Good Health Natural Snack Products--This innovative and diverse company has been a leader in providing consumers with healthy snacking alternatives. We began with carrying their Veggie Stix and we have added to the line: Humbles Hummus Chips, Avocado Oil Potato Chips, and Apple Crisps. At last, healthy stuff that tastes good too!



Whole Wheat Pasta Varieties-- Pasta can be a killer on the waistline, but the Co-op has many whole grain, whole wheat pasta options that are much easier for your body to digest. **De Cecco, Hodgson Mills, and Rozoni** all have pastas that you can easily substitute into your favorite Italian dishes without sacrificing the taste.



Aubrey Organics-- When it comes to healthful living, it's important to not only think about what you are putting *in* your body, but also what you are putting *on* your body. The Co-op introduced Aubrey Organics at the beginning of 2010 and we feel they are definitely worth mentioning again! This great line of body care products are 100% organic and all natural. When putting them on your skin, you are literally feeding your skin with nutrients and vitamins not found in conventional products. *Cont'd page 4*

Grilled Vegetable Sandwich *Recipe from Chef Barb W.*

1 eggplant, cut lengthwise to ½ in. slices
3 zucchini, cut lengthwise to ½ in. slices
Olive oil
1 C. drained and rinsed chickpeas
¼ C. chopped fresh mint
1 T. chopped Italian parsley
2 T. tahini
3 T. lemon juice
2 T. crushed garlic
Salt and pepper
8 pita pockets
Chopped lettuce
Chopped tomato

Brush vegetables with a little oil. Sprinkle with salt and pepper. Grill the vegetables until tender (4-5 minutes per side).

Set aside to cool, then cut into dice. Add chickpeas, mint and parsley in large bowl. Toss to combine.

In small bowl, combine tahini, garlic, lemon juice and salt and pepper. Add to vegetable mixture.

Cut off the top third of the pita. Fill with 1/3 C. of the vegetable mixture, then chopped lettuce and tomato.

MARCH SPECIALS

Passover Menu

Matzoh ball soup
Poached salmon with lemon, dill and pink peppercorns
Roasted chicken with almonds, apricots and ginger
Moroccan braised lamb shanks
Braised brisket of beef
Matzoh-spinach casserole
Matzoh-apple kugel
Haroseth

Easter Offerings--Place orders for legs of lamb, roasts and hams.

Order special breads and cakes from our bakers at Metro, LeBus, Classic Cake, and Sweet Pleasures.

Fresh Farm Raised
Atlantic Salmon Filet--\$8.99lb.

New Product--Good Health Natural Snack Products--Try Hummus chips, apple crisps, PB pretzels, and Avocado Oil Potato Chips!

Equal Exchange Coffee--
Rabble Rouser: \$9.99 lb.

One Village Coffee: All varieties--**the Co-op will donate \$1.00 toward OVC's Nigeria Project** and OVC will match our dollar!

Passover and Easter Gift Baskets--Email or call the store to order your customized holiday gift basket containing our best holiday items.

**Join our email list
for weekly specials!
www.swarthmore.coop**

Healthful Products cont'd

Healthy Sugar Substitutes--Most of us have a serious problem with too much processed sugar! It's probably not very realistic to remove sweets from your diet completely, but we have some great sugar alternatives that will help you to tame that ferocious sweet tooth. **Agave Nectar** is a low -glycemic option very simliar to honey. Use it as a substitute in recipes where you would normally use



Sugar in the Raw is a great alternative for white, highly processed sugar. It's actually sweeter and has a richer taste than white, granulated sugar. Check our baking aisle for other great alternatives that may be able help you get your sugar intake back into balance.



Goat's Milk Products-- At the Co-op, we have a variety of goat's milk products that we stand behind as healthy options. Goat's milk is actually easier for the body to digest than cow's milk, is rich in nutrients, and is known to prevent various diseases. We carry goat's milk cheeses, goat's milk Kefir, and goat's milk gelato from local producer **Gelati Di Capri**.

There are so many other products we could mention. The Co-op cares about providing you with healthy foods and products. It's important to us that our customers are informed, empowered, and energized for living full, healthy lives.

If you would like to suggest certain items for us to try, please contact the store. • *Amelia Furman, Co-op Marketing Director.*

Petra

The fiery saint of blazing cliffs,
raised as a wild phoenix of reigning
mountaintops,
thunders down to the naked foothills an
insurmountable shockwave.

And from it, a halo of blueish-white
flames,

bridging the dense gap between the
heart and man.

And Jordan,

to its knees, is left the shimmering
echoes of the Rock,

the pulsing crystals of the Flame,

erupting into form, and calling out the
name:

Petra!

• *Poem by Co-op Team Member, Phillip Perrone*

THE IMPORTANCE OF EATING ORGANICALLY

Eating organically is a notion that has always been present in my life. I remember growing up and having my father say, "any food you can grow yourself is better than anything you can buy from a store." My father has a Ph.D in Horticulture, so he and my mother really stressed the importance of eating locally and organically. We always had a backyard garden, a plot at the local community gardens and made an effort to eat locally. This was a great life style; however, at the time, I think I was too young to fully understand what it meant. I just thought my parents were torturing me by not allowing me to eat junk food or heavily processed food like the rest of my friends.

This past summer after I graduated from Bryn Mawr College, I worked on a 138 acre organic farm called Willow Creek Orchards. The farm was about twenty minutes outside Philadelphia. This experience finally led me to understand what my parents were trying to teach me growing up. Working on the farm was some of the most physically challenging work I have ever done in my life and I gained the value of hard work for little pay. More importantly it led me to believe that when one buys organic food, one is making a conscious decision to support a healthier lifestyle.

When one buys organically one is supporting a sustainable agricultural practice in which food is grown without the use of harmful herbicides, pesticides, and chemical fertilizers. Food grown in this manner *cont'd on page 5*

THE POWER OF POSITIVE THINKING

Rick Abt, our produce manager, recently experienced a double knee injury that required surgery and major rehabilitation. Rick has a couple thoughts about how being positive can get you through difficult times.

How can missing three steps change a person not just physically but mentally as well? It can do it in a heartbeat! When physical challenges come your way, it makes you realize how much you take for-granted, especially the little things like being able to put your socks and shoes on. This event has made me see people differently and has also made me more spiritually minded.

There are days when I feel sorry for myself but I pull myself out of it by thinking positive! I have come to believe that there is no such thing as "I can't." You just need to keep trying and trying again. Then, at the least you can say you tried. I know the power of positive thinking very personally. My rehab specialist is amazed at how fast I'm recovering and how independent I have become already! How am I making progress? By remaining positive.

Now, don't get me wrong, there are days where I cry myself to sleep, but I wake up the next day and remember how far I have come just from being so determined and positive. If you think negatively, you will BE a negative person. It all starts in your mind and works its way out through your behavior and your language.

Positive thinking is only part of my recovery. The support that I have gotten from my family and friends has helped me tremendously (especially Karen, our Co-op bookkeeper!). Thanks to everyone for your thoughts, prayers, and cards.

Take one day at a time and always remember to use all the steps! • *Rick Abt, Co-op Produce Dept. Manager*

Eating Organically cont'd

minimizes consumer chemical exposure to many of these compounds that have well documented adverse health effects. Recent research is also beginning to show that organically raised produce can be more nutrient dense than conventionally raised produce. Actually, humans have grown food more or less organically through out all our existence until only the last century when these manmade chemicals were created. Eating organically also supports local farmers that work hard to grow crops in a way that is not only respectful of the food itself but to us as consumers.

I believe that eating organically allows the consumer to bridge the gap of information that exists between us and our food that is present in today's society. When food is shipped overseas to the United States or even from hundreds of miles within the United States, it's hard to know how that food is grown and what is put into the food in order for it to stay fresh during its journey. People have been eating food and not asking questions for so long, that eating organically almost seems counter-cultural. It's hard for people to change the way they eat and they way they think about food. Eating and buying organically is actively making a choice to live a different life. A life that is not only about being healthier but also about being knowledgeable about food, the environment and themselves.

• *Kira Montagno, Produce Dept. Staff member*



Contributing to the Co-op Newsletter

Do you love to write?
How about take pictures?
Maybe you just LOVE the Co-op!

We are asking our Co-op members and shoppers to submit their writings and pictures for upcoming newsletters.

If you would like to do that or need more information, please call the store or email us.

BEING STRATEGIC ABOUT BUYING ORGANIC

Few people buy all organic, all the time. Why? Organic products can be more expensive, harder to find, or just not available.

But sometimes it makes sense to switch. Here are two strategies that can help you decide when to purchase organic products.

1) Look at pesticide retention. Many conventionally grown fruits and vegetables retain pesticides, even after they are washed and peeled.

The USDA tested 43 fruits and vegetables, and the Environmental Working Group published a nifty wallet card called *the Shopper's Guide to Pesticides* that lists the most and least pesticide-laden produce.

The Dirty Dozen are: peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, kale, lettuce, grapes (imported), carrots, and pears.

The Clean Fifteen are: onion, avocado, sweet corn, pineapple, mango, asparagus, sweet peas, kiwi, cabbage, eggplant, papaya, watermelon, broccoli, tomato, and sweet potato.

You can print out a wallet card at www.foodnews.org.

2) Look at your family's overall food consumption patterns. What do you eat the most of? Switching just a few items may have a big proportional impact, especially if you have children.

For example, milk that's conventionally farmed has antibiotics and artificial hormones in addition to pesticides – 30 percent of milk samples contained pesticides in a recent USDA survey. Changing to organic milk and dairy may make a difference if you are big milk drinkers. Another example is potatoes, which account for 30 percent of America's overall vegetable consumption. A 2006 USDA test found that 81 percent of potatoes still had pesticides after being washed and peeled.

A quick mental scan of your typical grocery list may show you some places where a switch to organic may be worth it! • *Helen Nadel, Ed. M.*

UPCOMING EVENTS

First Friday: Sushi Party! **6-8pm, March 5th**, join us for a sampling of our fresh, all natural Sushi hand-crafted by master sushi chef Zaw.

Nigeria Big Give: **March 6th, 11-2pm**, Owner of OVC Steve Hackman will be presenting information about his work with a Nigerian school.

Film Presentation of Fresh: **March 10th 7-9pm at Borough Hall, Council room.** Film showing and discussion facilitated by Board Member Helen Nadel.

ELEANOR'S WINTER PORTOBELLO MUSHROOMS

Mushrooms taste good, are good for you and hold their nutritional value when cooked.

Brush olive oil on the Portobello mushrooms (prepare one large cap per person), then shake garlic powder, salt, and dried basil leaves on the bottom sides. In a frying pan over medium, heat 1 TB of olive oil and put in the mushroom top side down first. Fry on both sides until brown and soft about 5-10 min, turning often.

1. Layer a sandwich: the bottom of a round roll, your favorite soft cheese (cream cheese, goat cheese, Boursin, the creamy inside of a Délice de Bourgogne), salad greens, sliced tomato, salt and pepper as you like, the hot Portobello, and more cheese on the inside of the top of the roll.

2. Compose a salad: greens, avocado, the hot, sliced Portobello and the pan juices, drizzle of fresh lemon juice and/or salad dressing, and your favorite salad additions: grape tomatoes, cucumbers, croutons, freshly ground pepper.

Provided by Eleanor Ford, Co-op Operations Manager



MEMBER SPOTLIGHT

As a community co-op, it is important that we get to know each other. Board member Sharon Mester has taken it upon herself to make this a reality. In upcoming Newsletters, you will find Member Spotlights where Sharon interviews Co-op members.

ANDY MERZ

Andy Merz, a 17-year Swarthmore resident, weighs in on his favorite food indulgences, March Madness and more. Andy is married to Anne Broussard and they have three kids, a creek that overflows and a fondness for the Co-op which they can walk to in about two minutes.



What would people be surprised to find in your kitchen?

Boxes of matzoh (a good snack although the crumbs do fall into the couch). We have also installed a new trash can with a lock lid in our kitchen to keep the dog from pilfering discarded scraps. So far it has worked, although the handle on the can appears to be a potential carpal tunnel problem. We also bought a large steak knife from a door to door salesman (who happened to cut himself during the demonstration). We felt so bad for him that we bought the knife.

Do you have any favorite indulgences?

Panda Black licorice, high end pretzels—dark splits—or milk chocolate raisins. Also I tend to mix three - four cereals at a time in a bowl. I have found that one cereal is pretty boring.

Tell us about a favorite meal.

My wife cooks a mean chicken and rice combo and my daughter Tracey (age 15) is becoming a baking phenom—or as hoops commentator Dick Vitale might say “A PT (Prime Time) Baking Banshee Baby!”

Describe the perfect sandwich.

Lots of meats—turkey, roast beef and corned beef on rye with Russian dressing and cole slaw and some Swiss cheese and a ripe tomato slice. The bread must also be cut at a 45 degree angle. Cutting the bread in half does not make it—a sandwich tastes better when it looks like you got it at a fancy deli.

What is the most unusual thing you have ever eaten?

A few dog biscuits. I thought they were French crackers. Our dog got really upset at me—wouldn't look at me for days. I made it up to him—gave him my steak tips a week later.

You have friends coming over to watch the NCAA men's basketball tourney, so what will you serve?

Grilled chicken in soft tortillas with hot sauce, peppers, some lettuce and other fiery ingredients. And I think you'd have to wash that down with a few adult beverages.

Who do you think will be in the Final Four?

Well, being from this area you have to put in Villanova. I would also throw in Kansas, Georgetown and maybe a sleeper like Richmond. Oh and Swarthmore College of course...

• Interview conducted by Sharon Mester, Co-op Board of Directors member.

NIGERIA BIG GIVE



As promised in last month's newsletter, here's a letter from OVC owner Steve Hackman about his work in Nigeria. ***This month, we will be partnering with OVC by giving 1 dollar per bag of OVC sold at the Co-op toward the Nigeria project, with OVC matching every dollar donated by the Co-op. Together we can make a difference!***

One Village Coffee's involvement in Nigeria in the past included providing fresh-water wells to a coffee farmer Bala who in the picture is the gentleman dressed in white with a group of farmers who attended several coffee clinics to educate the 30 + farmers on growing and harvesting coffee for the purpose of yielding great results for best prices on the market. Also a small coffee roaster was provided by OVC for Bala to use and train other farmers on roasting and using their coffee for the local village people which is taking place today. The picture of Bala standing next to the Global Academy sign is a school built by Bala for KG1 and 2, and Primary 1, which is meeting a large need in the village where there was no school before. Now the village is asking for more classes and the money raised by OVC and Swarthmore Coop will be going to adding classes to the Global Academy in Jos, Nigeria.



Thank you,

Steve Hackman

Owner
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STAFF FAVORITES

As Co-op staff members, we get the chance to try a lot of Co-op products and we thought it might be helpful to share some of our favorites. Team member Carol Hartmann has a couple suggestions for great Co-op meals and health and beauty products:

Favorite "Go-To" Meal: Barb's meatloaf smothered in Maya Raimal Spicy Ketchup (in the dairy case) with a side of mashed potatoes or cauliflower. Then a bag of organic spring mix with Brianna's Vinegarett dressing followed with a Liberté Yogurt (coconut is the best) as a dessert.

Best New Co-op Product: Desert Essence Blemish Touch Stick. This is a miracle extract! Zaps blemishes overnight. Be sure to try D.E. shampoo as well!

