

Your Co-op ...On the Coast



Arena Market & Café/Coastal Organics

December 2011

Happenings

- **Member Appreciation Day**
Friday, Dec 2. An extra 5% off storewide for members
- **Next Co-Op Board Meeting 7pm, Tues Dec 20** -- Join our monthly board meetings and see what you can do to help us make the co-op even better. All are welcome.
- **Bill Elmore at the Coop**
Paintings by Bill Elmore featured in the cafe, opening reception TBA.



- **Looking for a computer** -- The coop office is looking for a donated working computer with internet access (wireless or Ethernet). Please contact Laura Smith if you have one to donate, 882-4173. Mac or PC will work.
- **Contribute to Our Newsletter** -- If you have something you would like to share with our readers, please submit to blake@snakelyone.com.

Fence Post Facto: The View from the Farm

It's a few days before Thanksgiving and outside my window a groggy grey light is slowly infusing the low cloud cover with what will have to pass, on this cold late November morning, as a radiant dawn. I am a perpetual early riser. My mind always seems to function better in the predawn hours. There is a clean and expectant feeling about the world just at first light, and I love watching the day awaken to the turning of Mother Earth as she spins her seasonal magic. A few years ago I traveled through the equatorial regions of coastal Brazil up to Nova Scotia by boat and was amazed at the abruptness of dawn and dusk at the fattest part of our home planet. It was lights on in the morning with no rosy prelude, a caffeine blast-off. Sunset was equally sudden, as if the Sun had realized he was late for a dinner engagement and bolted out the back door without saying goodbye.

But here at nearly 39° north latitude I settle in for a long performance, my hands curled around a steaming mug of tea like a cat by a fire, and watch as the light stretches and unfolds. In the greenhouse the tomatoes are doing better than just hanging on, they're actually thriving, sending out new growth and even setting more green fruit. My favorite, the Sungold, will more than likely make it through the winter barring any 20 degree mornings. There are some low slung peppers as well that will live to see next summer, a few jalapenos that kept us guessing whether each individual fruit contained heat or not. The rows of winter squash have all been collected and brought in prior to the last storm. They lie jumbled in boxes like shiny cream-colored teeth, the ultimate winter keepers. For me, nothing says winter meal more than a delicata squash and coconut milk soup with lots of fresh ginger and garlic. At certain times in December and January that bright golden yellow flesh is the closest one can get to seeing the sun.

I have been loosely following the news of the Occupy movements around the country, and in particular those happening in the East Bay. The weekend of November 12th there was an Occupy Hendy Woods organized under the big redwoods near Philo to bring attention to the fact that this park is scheduled for closure next year. Anyone interested in what was discussed at this event should email occupyhendywoods@gmail.com to get more info.

I'm not sure if any of the Occupiers have brought up the issue of GMO food and the incorporation of our domestic food supplies, but it is my belief that there should be an Occupy Monsanto movement to protest this global behemoth's increasing strangle hold on the very genetics of our seed stock. Just last week there was a ballot initiative filed in Sacramento called the California Right2Know Initiative. Put forward by the Organic Consumers Fund Label GMOs campaign, the effort seeks the signatures of at least 850,000 people by April to place

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the issue of whether or not we as Californians want our food labeled as containing GMOs to a public vote. The Co-op will be displaying the petition once it becomes available in mid-December.

A huge personal thank you to everyone who came out to support our Co-op for the 11/11 fundraising dinner. It was a great success, and thanks to you we were able to raise \$1500 which will be put towards paying down our vendor debt. Another big thank you to all the volunteers who helped prepare the food and to the Oddfellows who hosted a benefit concert after the dinner upstairs in the lodge. The music was wonderful and the evening as a whole truly showcased the great pool of talent, willingness, and community support that exists in our little slice of coast. We hope to continue these informal buffet style dinners, with perhaps presentations or community/food oriented discussions to follow.

And as a final plug, we are actively seeking 2 motivated people to serve as board members for the Co-op. In particular we are looking for people with previous grocery/market experience and an interest in sourcing as much local organic produce as possible. Anyone interested can contact Laura at the store (882.Food) or you can call me (882.1912 cell 367.7415). Our board meets the third Tuesday of every month at 7:30 pm at the Co-op. All members are encouraged to attend! On behalf of all of us here at your Co-op, have a safe and celebratory Holidays.

~ Fair winds, Curtis Weinrich, Board President
curtisweinrich@yahoo.com

11/11/11 Dinner – Thank you

11/11/11 fundraiser dinner went extremely well thanks to the hard work of Curtis Weinrich as well as several volunteers and of course our membership who came, ate, donated and just had a good time. We enjoyed a delicious meal of pasta (normal and gluten free!) with lovely sauces; a lovely, rich veggie, our house made pesto or a fantastic meat sauce made with Stornetta organic beef. We would like to thank everyone who participated generously with their labor and also the donations from OZ Farm (carrots), Roseman Creek Ranch (bread), Green Gorge Farm (apples), Chaos Farm (basil), Windfall Farm (onions and garlic) and La Luna Farm (bacon). A special treat was provided by Jed Ivy and Liz Dwyer who found a cache of golden chanterelle mushrooms while on the way to the dinner. After the dinner, the Garcia Lodge Oddfellows hosted a private music party featuring Bryn Harris and friends, and the lodge donated all the door funds to the co-op. This was a successful fundraiser as well as simply fun for everyone involved. You can look for more great meals from your co-op, possibly on event nights (we'll keep you posted).

Product Spotlight: Kelp Noodles



Wow! If you haven't tried these yet, you ought to: Sea Tangle Kelp Noodles are great in everything, plus they're healthful, delicious, easy to prepare, versatile and fun to eat (noodles!). A raw food made with mineral-rich sea kelp (a sea vegetable), sodium alginate (sodium salt extract from a brown seaweed), and water, Kelp

Noodles are fat-free, gluten-free, very low in carbohydrates and calories, and provide a rich source of trace minerals including iodine.

They have a neutral taste that allows you to add them to a variety of hot or cold dishes. You can toss them with raw or cooked vegetables and seasonings or salad dressings to make a salad, sauté or stir fry them with vegetables or veggies and fish, poultry, or meat, incorporate them into casseroles or soups, or simply top with your favorite sauce. They don't require cooking. Just rinse, drain and serve. When raw they have an extraordinary crunch. When briefly boiled, blanched, sautéed or stir fried or added to a hot soup, their texture softens.

A 12-ounce package of Kelp Noodles contains 18 calories, 4 grams of carbohydrate (4 grams of fiber), and 140 milligrams of sodium.

Find them in the refrigerator section!

Help Your Co-op

As many of you know, the Co-op is seeking financial support. There are many ways to help.

- 1) Purchase advanced food credit
- 2) Sponsor a lifetime member
- 3) Make a shareholder loan.
- 4) Invest in the co-op.

If you want to support the co-op in other ways, please consider these ideas.

- 1) Volunteer (helps keep payroll costs down);
- 2) Donate materials, skills and equipment;
- 3) Organize a fundraiser;
- 4) Write grants

To help, contact Laura Smith, 882-food or email info@arenaorganics.org

Employee Profile: Rosario Rodriguez

I stood with Rosario Rodriguez while she stocked the tomatoes and grapes and asked her a few questions...She's the Produce Manager who flashes her friendly smile as she works, 'keeping the produce looking good'. She said she likes talking to people and doing her job, "Im a happy person!".

Rosario has worked at the Co-op for a little over a year. Previously she worked at S&B Market for nine years. That job prepared her for this one, but here there is a difference because most foods are organically grown and she likes learning new things about organics. She also works as a Cashier and sometimes stocks the shelves. The "best thing about working here is it is close and I can walk to work, not drive!"

She suggested a great improvement for our store; weekly specials. "If we had a sign listing the specials for the week (and next week) people would come in for the special and pick up other items, like we all do." And it would be good to have lower prices - we all would like that!

Rosario was born in Zacatecas, Mexico and came to the United States when she was 15. She is happy to be here but misses her family of 10 brothers and sisters and their family gatherings. Lucky for her, her parents have come to visit her in Point Arena. One of her



brothers lived here when she first lived in Los Angeles. He asked her to come up and she has been here for

11 years. "It is quiet, there is the ocean and good jobs". She lives with her four children, Nancy - 18, Ismael 16, Fabian - 11 and Jocelyn who is five. On November 20th she (and her daughter Nancy) welcomed her first grandson Noel Angel to the world, born on the same day her youngest celebrated her fifth birthday!

I asked what was her favorite way to relax and she smiled her beautiful smile and said "Stay in bed, watch movies and eat popcorn with my kids". She also loves to dance. She imagines working at the co-op five years from now - "why not?!" and hopes she can buy a house for her and her children. Meanwhile, Rosario will maintain our produce department in her capable and excellent way, and keep on dancing!

~ Deb Heatherstone

California Truth In Labeling Initiative

Today in the US, the simple act of feeding ourselves has us participating in the largest experiment ever conducted on human beings. Massive agro-chemical companies like Monsanto (who gave the world Agent Orange) and Dow (responsible for Napalm) are feeding us genetically-modified food—GMOs that have never been fully tested and aren't labeled. This small handful of corporations is tightening their grip on the world's food supply—buying, modifying, and patenting seeds to ensure total control over everything we eat. In California, a network of concerned citizens is mounting a campaign to gather signatures to place an initiative on the November 2012 state ballot requiring the labeling of products containing GMOs. **If you would like to learn more about how you can help gather signatures for the initiative this fall, and get this landmark GMO labeling law passed, visit: www.labelGMOs.org**

Sea Vegetables: Food & Medicine

Seaweeds are very rich in trace minerals not found in land plants. They are particularly high in minerals. Kelp is among the highest mineral foods, at approximately 40% mineral base; it has much more potassium than bananas, and also contains ample vitamin D.

Furthermore, according to studies at McGill University in Montreal in the 1970s, seaweeds detoxify heavy metals naturally via seaweed component substance called alginic acid, or otherwise know as sodium alginate. Alginic acid forms a gel in the intestines that safely binds with heavy metals, such as cadmium, mercury, lead, radioactive uranium, barium, cesium, plutonium, dioxin, etc., and pulls these potentially toxic elements out of the body through a process called chelation.

Seaweed also contains non-toxic iodine, which displaces radioactive iodine and helps keep the thyroid healthy. Bound iodine is essential for cancer prevention (note that iodine in isolation can be lethal, yet there is no known toxicity of iodine from eating kelp, as iodine is not toxic when in a whole food of vegetable origin). Kelp is the highest in Iodine, but other sea vegetables also have large amounts of it (varying depending on the species).

Interestingly, other research shows that Dr. Tatsuichiro Akizuki, M.D. and the staff of his hospital survived the nuclear bombing of Nagasaki on August 9th, 1945. The hospital was built of bricks; it was located about a mile from the epicenter of the explosion. Dr. Akizuki and his staff lived on a diet that included brown rice, fermented vegetables, miso soup and seaweeds. Sugar was excluded.

Want more details? Although sea vegetables are vanish-

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ingly low in calories, they make up for that lack in the nutrient department by providing 56 minerals and trace elements in a well-balanced form. By weight they pack 10 to 20 times the minerals found in land vegetables, including potassium, iodine, chlorophyll, B vitamins, Vitamin D and modest amounts of calcium, magnesium, beta-carotene, chromium, niacin, riboflavin, iron, zinc, and naturally occurring sodium. (Note: Although some product labels and authors claim that sea vegetables contain vitamin B12, further research shows the B-12 found in sea plants is not biologically active for humans.)

Kelp and other sea vegetables have been a part of the traditional diets of coastal dwelling people for as thousands of years (and possibly eons). Practitioners of Chinese medicine have historically recommended sea vegetables for dispersing congestion, lowering high blood pressure, reducing edema and goiter (enlargement of the thyroid from insufficient dietary iodine), dissolving hard tumors, removing fat, suppressing coughs, and reducing internal heat. They've also used it daily servings of miso soup. Sea vegetables hold several times their weight in water as they pass through your digestive tract, where the alginic acid they contain forms a lubricating gel that increases the bulk of your stool and accelerates transit time. So if you're not regular, you can be if you include kelp or other sea vegetables in your daily or weekly diet. Studies in Japan and at the Harvard School of Public Health show that moderate consumption of sea vegetables in the kelp family (consumed as five percent of the diet) may inhibit cancer growth and bring about total remission of active cancerous tumors. Sea vegetables have also been shown to dissolve non-cancerous fatty and cholesterol deposits.

The minerals in sea vegetables can help to alkalinize your blood. The natural Ph of our blood comes close to that of sea water. Healthy blood is slightly salty and rich in minerals. However, most modern diets contain excessive amounts of acidifying foods (highly processed and preserved foods, meat, dairy products, grains, legumes, sugar, artificial sweeteners, etc.) and a deficiency of alkaline foods (vegetables and fruits). In the context of a nourishing, produce- and protein-rich diet, sea vegetables can help bring our blood and bodies back into balance.

So eat your sea vegetables, every day! Not just good, but good for you.

Be Cooperative

Happy Holidays!



View this newsletter online at
www.arenaorganics.org

send an email to
info@arenaorganics.org
to sign up for our e-newsletter

**Thank you for
supporting Arena
Market & Cafe Co-op!**

Recipe: Thai-esque Kelp Noodles

- 1 package Kelp Noodles
- 2 tbsp ginger, finely grated
- 1 C carrots, finely grated
- 1/2 C beet, finely grated
- 1/2 C coconut water
- 1 C each red and green cabbage, finely shredded
- 2 C baby bok choy or spinach, finely shredded
- 2 tbsp lemon or lime juice
- 1/2 C daikon or black radish, finely shredded
- 2 green onions, diced
- 2 sprigs of fresh mint (optional)
- 1 clove of garlic, pressed
- 1 1/2 tsp sea salt or bragg's to taste
- 6 tbsp almond butter or tahini
- 1 1/2 tsp miso paste
- 1/4 tsp turmeric
- 1 tsp nutritional yeast (optional)
- 1/2 tsp (or more!) cayenne pepper, optional
- garnish with avocado & sprouts

Wash, shred, and grate all vegetables and place them in a bowl with the Kelp Noodles (these noodles are ready to use, ready to eat - just open the package and put in bowl!)

Blend almond butter, miso, garlic, ginger, coconut water, lemon juice, and spices. Use blender for best consistency, but not necessary, as a mason jar well shaken will do fine. Blend well.

Pour dressing over your vegetables and noodles, toss, and let salad sit to marinate for 30 minutes. Lasts in the frig for up to a week (and the flavors continue to evolve and deepen). Serves 6 as a side dish, 4 as a main.

