

# Your Co-op ...On the Coast



Arena Market & Café/Coastal Organics

October 2011

## Happenings

- **Member Appreciation Day**  
Friday, Oct, Sept 7. An extra 5% off storewide for members

- **Contribute to Our Newsletter** -- If you have something you would like to share with our readers, please submit to Blake More via email: blake@snakelyone.com. We welcome your contributions!

- **Next Co-Op Board Meeting 7pm, Tues Oct 18** -- Feel free to join our monthly board meetings and see what you can do to help us make the co-op even better. All are welcome.

- **Save the Date 11/11/11**  
Arena Market & Café dinner fundraiser, upstairs and downstairs in the Odd Fellows Building, will include music, food and fun!

- **We Need Isle Signs**  
We are looking for artists who are willing to paint signs for our store. If interested in working for food trade, please come into the store and contact Laura Smith.

- **Show Art at Your Co-op**  
Please contact Blake at 882-4173 or by email: blake@snakelyone.com with requests and artist suggestions. Artshows are free and artist keeps the proceeds minus 5%.

## Educational Social: You Are What You Eat

by Pat McFarland

The Arena Market's Educational Social "You Are What You Eat...Know Your GMO" on Monday the 22nd of August was a small success with a dozen guests in addition to staff, Laura and Mike and myself, Pat McFarland. Of course, we would have liked more guests for this extremely important topic. Paige was very experienced in engaging the audience as well as being informative. We were supported with excellent articles in The Lighthouse Peddler and The ICO. KTDE's Fred Adler invited Paige Tomaselli to record an interview for his program, Coastal Interviews, to be aired in the future. A special thank you to everyone who supported this very important event.

These are some of the things I learned :

Genetic researchers use a "gene gun" to randomly blast genes from a different species or mineral into the host.

In addition to other losses of freedom, when farmers sign their contract for genetically modified seeds, they take all legal responsibility for actions brought against gmo crops, freeing Monsanto and friends of ANY legal responsibility for their products, thus bankrupting many unsuspecting small farmers.

Monsanto gets a 20 year patent on their gmo seeds. They allow NO TESTING on their seeds in this country, we have to rely on European studies for unbiased science. 2012 will be the end of their first patent on "round up ready corn".

Monsanto and friends say they're doing genetic modification to feed the world, but they're REALLY doing it to sell more of their toxic herbicides. Gmo crops do not have higher yield.

Different aspects of gmos are regulated by 3 different gov't agencies, so, NO REAL gov't oversight is done, esp. since most of these gov't agencies are made up of ex-ceos and lobbyists from the chemical companies.

Monsanto has genetically modified the top 4 crops in the US: corn, cotton, canola and soy. Next is of course, the 5th largest crop in the US, alfalfa.

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Governmental agency research for approval of gmos is inadequate at best. Paige, having read the last 1400 page publication said there were NO references to contamination of neighboring crops and risks to organic farmers OR the fact that farmers lose their export market because most countries don't allow the importation of gmos... and THEY test before they buy.

More than 95% of sugar beets grown in the US are gmo, and unless it says "made from sugar cane" the sweeteners in food are made from gmo sugar beets.

Foods labeled "Natural" = Conventionally Grown Food.

If gmo alfalfa is approved, it will be the END of organic dairy as we know it.

The Center for Food Safety is currently suing the federal government for inadequate environmental impact reports on gmo sugar beets and alfalfa.

AND they are suing the feds for allowing the growing of genetically modified crops on WILD-LIFE REFUGES !

ORGANIC CONSUMERS FIND YOUR VOICE or Monsanto will continue to profit unchecked at the risk of public health. Things you can do:

1) PLEASE sign the petition sponsored by organicconsumers.org supporting Millions Against Monsanto Truth-In-Labeling Campaign leading up to World Food Day Oct 16th. Let's hope to get a Truth-In-Labeling measure on the ballot in CA in 2012.

2) Please support the generosity of Center For Food Safety by joining their citizens action email list at [www.centerforfoodsafety.org](http://www.centerforfoodsafety.org).



## Recipe: Huckleberry Buckwheat Pudding

Like photon porridge, this anytime porridge offers lasting energy and provides a nutritious start for a busy day.

- o 2/3 cup raw buckwheat groats (soaked overnight in 1 cup fruit juice)
- o 1 cup huckleberries
- o 2 dates
- o 1 tsp bee pollen
- o 1 tsp vanilla
- o chopped almonds (preferably soaked and dehydrated)
- o handful of raisins

Drain the excess juice from the buckwheat (you can drink it if you want) and place the soaked buckwheat in a blender. Add half the huckleberries, bee pollen, dates and vanilla and blend until creamy. Mix in remaining huckleberries, nuts and raisins. Serves 1 or 2.

Optional: you can add green mix, such as Green Vibrance or Amazing Grass, or greens from your garden for added nutrition; coconut is also a nice addition.

Of course, this recipe can be used with any fruit, nut or grain, providing you soak the grain overnight. If you imagine it, it will happen: cooking, or non-cooking, 101!

*(recipe by blake more, from her book Photon Foods)*



## Buy Your Groceries in Advance

Coop needs your help—buy your groceries in advance with our pre-paid grocery cards, and help us build a roof over the coop storage room in the back so we can stay dry all season long! Ask for advance purchase cards at the register.

## New Product Spotlight: Amande Yogurt



Yes, for me, this is the non-dairy yogurt the world has waited for. Amande is an all-vegan, fruit juice sweetened, fermented almond yogurt for those who crave a luscious, creamy alternative to dairy or soy. French for “almond,” amande is the most dairy-like non-dairy yogurt, with no artificial ingredients or preservatives, that I have ever tasted, and I’ve been sampling non-dairy alternatives to yogurt since 1986!

To top it off, almonds are incredibly healthy, bursting with omega 6, omega 9, dietary fiber, vitamins, minerals, proteins, and great taste. Studies suggest that almond lower cholesterol levels, and that they are good for skin, regularity, and stamina.

So, if, like me, you don’t always have time to ferment your own raw almond yogurt, try Amande. The co-op currently sells plain and vanilla, but it also comes in coconut, strawberry and peach. Put a word in the suggestion box if you love it too!

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## We Want YOU

Your Coop is actively looking for Actively board members, potential seats include, President, Treasurer, member at large. Please email [info@arenaorganics.org](mailto:info@arenaorganics.org) or call 882-food and ask for Laura. We are an active board and are looking for others who are passionate about local food and want to help determine the goals and policy of “your coop.”

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# Be Cooperative

and enjoy the harvest season

## Five Stars From Yelp

This place is really fantastic and has a great vibe. They’ve been open about a year, I just recently learned, and have people working there who are proud locals who love where they live and have pride in what they sell. Its quaint but grand for such a small town. It features an espresso bar, grocery store with a great assortment of in-season organic produce, and a very well tended to and appetizing salad and soup bar. We drove through on a Monday afternoon and I had a more than satisfying meal from the fresh organic salad bar. My boyfriend had a delicious potato salad that tasted more fresh and satisfying than any potato salad I’ve ever had. I wasn’t that hungry, but the soup made for the day looked excellent, too. The espresso was way better than I expected and to top it off, I couldn’t resist the huge strawberry muffins they had displayed on the counter, baked from that morning. (I had the muffin later than evening, and it was delicious!) They have cozy tables and a spacious place to sit at near the window. If that’s what Point Arena has to offer, along with a great looking cinema across the street, a hip little pub, and apothecary shop, I’m jealous of anyone living there!

~ Lu. G., Sonoma

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[www.arenaorganics.org](http://www.arenaorganics.org)

send an email to  
[info@arenaorganics.org](mailto:info@arenaorganics.org)  
to sign up for our enewsletter

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

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