



2016
WINTER
ISSUE

THE CO-OP COMMONS

NEWSLETTER OF THE PORT TOWNSEND FOOD CO-OP

WHAT'S LOCAL

- DHARMA RIDGE
potatoes
& winter squash
- FINNRIVER
winter squash
- LAZY J potatoes,
garlic & apples
- MIDORI krauts
- NASH beets & parsnips
- RED DOG celeriac,
Jerusalem
artichokes
& stir fry mix
- SOLSTICE pumpkins
& winter squash
- SPRINGRAIN
spinach, salad mix
& stir fry mix
- SEEDS ARE IN!
Seed Dreams,
Oatsplanter
& Uprising



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"In seed time learn, in harvest teach, in winter enjoy."
—William Blake



Why Be A Food Co-op Member-Owner?

Membership makes you an owner in a cooperatively run local business.

PORT TOWNSEND
FOOD CO-OP
THE CO-OP COMMONS

Quarterly Newsletter of the Port Townsend Food Co-op
www.foodcoop.coop
info@foodcoop.coop
www.facebook.com/PortTownsendFoodCoop

414 Kearney St.
Port Townsend, WA 98368
360-385-2883

OPEN DAILY
Mon-Sun 8am-9pm

MISSION STATEMENT
Seeking to uphold the health of our community and world, The Food Co-op, a consumer cooperative, serves our membership by making available reasonably priced whole foods and other basic goods and resources by means of our life-affirming democratic organization.

- PRINCIPLES**
1. Voluntary & Open Membership
 2. Democratic Member Control
 3. Member Economic Participation
 4. Autonomy & Independence
 5. Education, Training & Information
 6. Cooperation Among Co-ops
 7. Concern for Community

MEMBER-OWNED

- no annual fees
- one time \$5 sign-up fee
- \$2 payments every month you shop until \$100 capital investment achieved = a paid-in-full membership!

EDITORIAL STAFF
Kenna Eaton, Acting Editor
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mindy@foodcoop.coop

SUBMISSIONS of interest to the community are gladly accepted. Please drop off articles for consideration at the Co-op c/o Food Co-op Commons or email info@foodcoop.coop. Include your contact information. Submissions may be edited for length or content.

Printed using recycled paper and vegetable-based inks.

Opinions expressed in this newsletter are the writer's own and do not necessarily reflect Co-op policy or good consumer practice.

Photo credit page 10, Jeremy Keith, flickr.com

LOCAL

Support our local food system.

SAVE UP TO 20% through our special order program. Ask at the Member Services Desk for details.

TAKE 10 % OFF most products at our twice yearly Member Appreciation Days.

BEST VEGETARIAN food in 2015, as voted in the Port Townsend *Leader!*



INVEST IN YOUR COMMUNITY

\$100 of your \$105 investment is fully refundable. Pay as little as \$2 every month you shop until you've accumulated \$100 in your account. There are no other fees.

SPECIALTY DIETS

If you require special foods or supplements, we have many options including gluten-free, vegan, and vegetarian.

DEMOCRATIC VOICE

Every member has an equal vote. The Co-op is run for the benefit of its member-owners and our community!

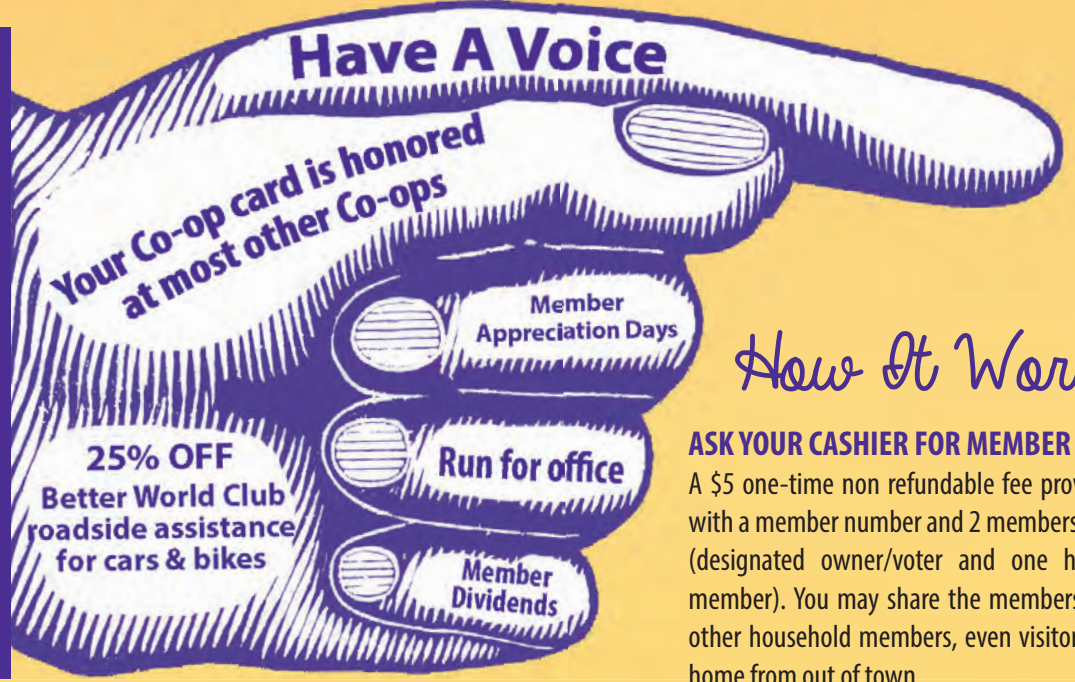
TOUR THE STORE

Let us introduce you to the unique products our Food Co-op offers.

MEMBER DIVIDENDS

Each year the board determines if we can distribute a member patronage dividend—in cash, a store credit, or by donation to a local nonprofit.

Member-Owner
BENEFITS



How It Works :

ASK YOUR CASHIER FOR MEMBER FORM.

A \$5 one-time non refundable fee provides you with a member number and 2 membership cards (designated owner/voter and one household member). You may share the membership with other household members, even visitors to your home from out of town.

Filling the Pantry

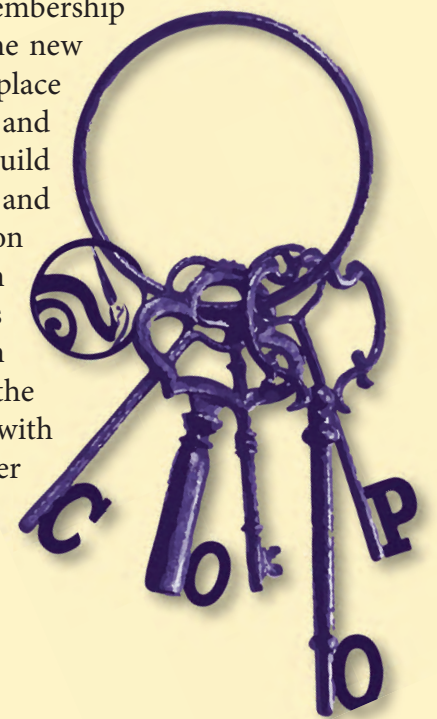
KENNA S. EATON, General Manager

I'VE BEEN THINKING ABOUT RELATIONSHIPS RECENTLY—the ones we have with our food, our community, and our Co-op. I think it was brought on in part by a reconnection with one of my root stories, from the classic cookbook *Laurel's Kitchen*, published in 1976. The introduction of the book talks about how traditionally the world over, the woman of a house has been known as the “keeper of the keys,” the person who ensures both that the pantry is full and that there is enough food on the table. And for many years that was enough. But as the author goes on to state, “Now we need to become trustees not just for our immediate families, but for the entire planet.” So while keeping our own home pantry full is still important, we also need to think of the greater impact of our choices. As members of the Co-op, we make those choices together, and in doing so we've made the Food Co-op into a kind of community pantry, the place we come to fill our individual pantries, but also a place that helps us act as the trustees for the planet described in *Laurel's Kitchen*. And as a common pantry, we have an additional responsibility—to be as accessible as possible for the members of our community, to help make responsibly produced, good food a choice that everyone can make.

“Food access” is a big term, and the USDA has this to say about it: “Consumer choices about food spending and diet are likely to be influenced by the accessibility and affordability of food retailers—travel time to shopping, availability of healthy foods, and food prices. Some people and places, especially those with low income, may face greater barriers in accessing healthy and affordable food retailers, which may negatively affect diet and food security.” So how do we interpret that at the Food Co-op? For us it is partly about removing barriers to healthy food such as travel limitations, i.e., the importance of being on a bus route. It is also about affordability. We know our food costs more to produce because it involves more care for the land and its farmers. Add the fact that many of our local and organic growers don't qualify for

farm subsidies from the government while conventional growers do, and we end up with a more “expensive” product.

At the February Board meeting, food access was the topic of our Study and Engagement section. (The first 45 minutes of each Board meeting are devoted to studying a topic relevant to the work we are doing.) We discussed how the Food Co-op has worked hard in the past few years to create programs to make food more affordable. We keep the margin especially low on certain foods with our Centsibles and Co-op Basics programs, as well as offering savings at the register in the form of coupons, Member Appreciation Days, and our Special Order program. We donate food to the Food Bank, Head Start, the YMCA, and the Just Soup program. We sponsor culinary classes at the Dove House, and we create educational opportunities for shoppers with brochures, demos, and recipes. And we accept SNAP and WIC payments from qualified shoppers. The list grows longer as we discover more ways to make food accessible to the diverse membership we serve. In many ways, we are the new “keeper of the keys”: we are the place you come to buy your good food and to connect to our community, to build relationships with the producers and with the staff who put that food on the shelves—we are an extension of your home and we like that. As we venture into this new year, I'm excited about all the relationships the Co-op has in our community—with farmers, producers, vendors, other co-ops—and over the course of the year, I'll be writing about those relationships in this column.



Hummingbird Lands at Co-op

MEET OUR NEW FOOD CONNECTION

JANET WELCH, Board President



CHEW ON THIS

Demos by Board members on first Saturdays and third Tuesdays



HAVE YOU NOTICED THE NEW BIN of Organic Pumpkin Seeds? This incredibly exciting addition to our bulk bins is thanks to our new relationship with Hummingbird Wholesale in Eugene. Why am I so thrilled? Because now we are supporting a regional farmer as well as a small regional distributor as an alternative to Chinese

pumpkin seeds! I know that I'm not the only person who stopped buying the Chinese seeds, which were the only pumpkin seeds we could get from our distributor UNFI.

HUMMINGBIRD WHOLESAL

Hummingbird Wholesale started by importing the expensive hullless variety of pumpkin seed from Australia in 2003. Head Hummingbirds Charley and Julie Tilt have been doing pumpkin seed trials and improving the strain since then. They now work with two Willamette Valley farms to grow pumpkins on 140 acres. Because this variety of pumpkin is mostly grown in China, Hummingbird's field liaison, James, modestly claims in their video, "I'm fairly sure that Hummingbird growers are responsible for most of the production in the United States at this time." (See hummingbirdwholesale.com for heartwarming videos.) Although their seed is sought nationwide, sales rep Kylie states that one of their values is to keep the food that they grow in their region and sell only in Oregon, Washington, and California.

James explains the importance of putting the name and location of the farm and farmer on the product, "One of the most satisfying things is that I get to introduce the consumer to the farmer... and establish longterm relationships." While connections between fresh produce growers and retailers like the Co-op have developed from the work of the Organically Grown Company (OGC) and Charlie's Produce, grains and seeds have typically been sold (and bought) through the commodity market. When a farmer grows a commodity crop, they sell it at a "commodity price" to consolidators that distribute it around the world. That model is the very antithesis of "local"—a model that Hummingbird is successfully challenging.

CO-OP TALK

1st Wednesday
5:30-7:30pm

3rd Saturday
3-5pm

Co-op Alcove

March Topic:
Co-ops in our
community

MAKING CONNECTIONS

It seems like it is built into the DNA of Hummingbird to link customer need with farmer needs. When visiting The Food Co-op, the Hummingbird General Manager Jason noticed the stack of Scratch and Peck chicken feed in our south entrance. He told us this story: A wheat farmer contacted Hummingbird because their soft white wheat was too high in protein as a result of the hot summer weather. They couldn't sell it on the commodity market and were facing devastating losses. Hummingbird contacted Scratch and Peck and asked if they'd be interested in high-protein wheat. The feed company jumped at the opportunity because it allowed them to avoid having to add expensive protein boosters. The farmer's potential loss turned into a boon because of the relationship-building aspect of this unique company.

THE HUTTON FARM AND CAMAS COUNTRY MILL

Another Hummingbird video tells the story of Hutton Farms, which grows a variety of grains and seeds and operates the Camas Country Mill. Third generation farmer Tom Hutton describes their relationship with Hummingbird: "It's such a change from putting wheat in a railcar or a facility and sending it to Portland, where it goes on a ship to somewhere... not that it isn't providing nutrition to someone, but it isn't someone we can connect with. Now, that connection is such an important part of our lives."

In 2011 the Huttons teamed up with Hummingbird to open Camas Country Mill, the first grist mill to operate in the Willamette Valley in nearly 80 years. They produce Camas Country fava beans, triticale, spelt, quinoa, flax seed, spring wheat, garbanzo, and buckwheat. Tom beams: "Five years into this relationship with Hummingbird, the business between us is growing quite exponentially. Today probably 80 percent of the market that Hummingbird services or provides for our products were never markets that we identified before we started."

It has been about five years since I first learned about Hummingbird's pumpkin seeds. They have expanded production over the years and in the past year expanded their delivery route, coming to the peninsula to supply Central Market in Poulsbo. While their delivery service isn't as frequent as UNFI's and storage is a problem between deliveries, thanks to our Grocery Manager Rodney we've found a way to make it work for us. Good things ARE worth waiting for!



You Can Help Shape Our Future!

**Join our dynamic team —
The Food Co-op Board of Directors**

*For information on how to run,
please contact Rachel at 379-5798
or boardassistant@foodcoop.coop*



Ask your cashier to
ROUND IT UP
for farmland.

JEFFERSON
LAND
TRUST

Take a Stand for the Land!

You can help preserve local farms and local food by asking your Food Co-op cashier to “round it up for farms” at check-out. Your spare change will go a long way to support Jefferson Land Trust’s work to conserve local farmland. Together, we can ensure that fertile agricultural land continues to be available and affordable for farmers, rather than being converted to development. So take a stand for the land! **Help preserve the most basic requirement for locally sourced food when you “round it up” at the register.** For more information about the Land Trust’s work, visit saveland.org or contact info@saveland.org.



**NON
GMO
Project**
VERIFIED
nongmoproject.org

2015 UPDATE
1,200 Non-GMO Verified
products and 3,852
Organic items
in the Co-op



In December, 2015
Co-op shoppers donated
16,532 beans
totaling **\$826.60**
for local non-profits.
Thank you!



**THE FDA IS
ASKING US**

What does “Natural” mean on food labels?

According the January *Sound Consumer*, PCC’s newsletter, the FDA received a petition from the Grocery Manufacturers Association asking for genetically engineered (GE) foods to be labeled “natural.” The FDA has created a set of questions for consumers.

To submit your comments online go to www.foodcoop.coop, scroll down to the blog where you can follow the link to the FDA.



Co-op Board members Monica le Roux (pictured) and Lisa Barclay visited the Food Bank in November to talk Emergency Preparedness.

NCG Grows Future Organic Farmers

The National Co-op Grocers (NCG)—a national co-op of 148 food co-ops, to which The Food Co-op belongs—has donated \$50,000 to the Future Organic Farmer Grant Fund, the only fund in the United States that exclusively targets teaching and studying organic agriculture. The grants focus on teachers in disadvantaged communities and students who demonstrate financial need, helping more than 8,000 teachers and students so far.

The fund has three grant categories:

- \$1,000 grants to K-8th grade teachers nationwide who develop organic classroom projects.
- In partnership with the national Future Farmers of America organization, \$1,000 grants to high school students who pursue organic-focused internships.
- \$2,500 grants to vocational and higher education students enrolled in organic programs.



**THIS
CHANGES
EVERYTHING**

Co-op Dining Room
March 8, 2-4pm
COMMUNITY READ
Book Discussion
on climate change
This Changes Everything
by Naomi Klein
Board Member
Monica le Roux will facilitate
Join us!

STAFF anniversaries January, February, March

- 21 years**
BEVERLY BARTLEY-MUSTIN,
GALE WALLIS, SKYLARK BECK
- 15 years**
AARON CARVER, KAROLYN BOYD
- 14 years**
ANNE STEURER, DEBORAH SCHUMACHER
- 13 years**
DAN GOLDSTEIN
- 10 years**
TERESA SWINDELL, LAYNE DAY
- 9 years**
ROB ROBBINS
- 8 years**
ABIGAIL CRECCA
- 7 years**
MINDY DWYER, CHANDRA WRIGHT,
DEBORAH VANDERBILT
- 5 years**
CRYSTAL NEU, KENNA EATON,
MARIO GONZALEZ
- 3 years**
RODNEY JUST, BRENDAN JOHNSON,
JESSICA HAYNES, BENJAMIN LICHTY
- 2 years**
LISA JENSEN
- 1 year**
ERIN ASHCRAFT, MARCIA CANADAY,
CARA LECKENBY, DOROTHY HUFFMAN

Anniversaries are calculated from date of most recent hire for paid employment and may not reflect previous years of employment or work as a volunteer.

November HEARTY THANK YOU



**Brendon
O'Shea**

Employees may be nominated by managers, team leaders, peers, or Co-op members for exceptional work performance, exceptional customer service, significant cost savings, efficiency or productivity, or supporting another team.



STAFF SPOTLIGHT Adam Food Services

THE JOB

You will find Adam in the kitchen cooking for the Hot Bar and the Grab-n-Go case. He also maintains those two areas and works in both cheese and meat departments, preps food for the deli, and serves folks at the counter with a smile. He loves the camaraderie with teammates, working hard together and having some fun in the process!

ABOUT ADAM

He's a friendly, inquisitive, open-minded person who loves to meet new people. He listens to their unique and varied points of view, developing a mutual respect.

WE DIDN'T KNOW

Adam is an artist. Meticulously layered, organic, and intriguing pen and ink drawings are his specialty. Ask him to show you!

MUSIC

Honestly loves ALL TYPES of music from jazz to heavy metal but especially the blues!

PAST JOBS

Adam enjoys hands-on work. He has held kitchen jobs, worked as handyman, furniture mover, and landscaper.

FAVORITE BOOKS

Clockwork Orange, One Flew Over the Cuckoo's Nest, and The Green Mile

COOKING

He's a good breakfast cook at home. As a hands-on learner, he asks lots of questions and is eager to learn new cooking methods. He says, "Since working at the Co-op, my taste buds have evolved to really appreciate quality foods."

BACKGROUND

Adam grew up in Port Townsend in a very large family. The word *family* has many meanings for him, and he likes to embrace his friends as family.

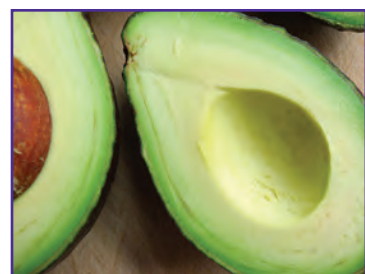
PASSIONS

A team sports player (baseball, football, wrestling), Adam also loves a variety of physical activities, including skateboarding, snow boarding, bike riding, hiking, working out, and shooting for sport. He loves games with a physical challenge as well as a strategic angle, from ping-pong and pool to complex board games. Adam can solve a Rubik's cube!

TRAVEL

A member of the Bear Clan, Adam is very curious to know more about his tribe. You may notice his bear paw tattoo. One day he would like to visit the Nebraska and Wisconsin reservations to learn more about his heritage.

Adam's Picks



FRESH PRODUCE

Pomegranates & Avocados

"These are my all-time favorite fresh foods!"

Produce Department



GRAB-N-GO

Chicken Pot Pie

"I love comfort foods."

Grab-n-Go cooler



REVEL BERRY

Matè

"A tasty energy drink that keeps me going."

Cold drinks cooler



A REMARKABLE WOMAN

RUTH BASCOM, most recently of the Wellness Department (but also Member Services and resident laundry lady), retired in July 2015 after 25 years of employment with the Food Co-op. Sadly, Ruth passed away in November of last year after a short illness. She was 87 years old.

If you've ever worked for the Co-op, you will probably have had a store tour with Ruth. I remember walking the aisles with Ruth and learning about the benefits of Brittany salt and the value of eating an orange versus drinking orange juice. If you're a member of the Co-op, chances are you've had a chat with her in the aisle about coconut oil or raw milk. She knew her stuff and she loved to share it with others.

Take a moment to stop and remember this remarkable woman who lived long and lived well. As our staff newsletter editor, Katy Morse, so aptly put it in an interview with Ruth upon her retirement, "We are left with her legacy of service, and doing our own laundry!"

Deborah Schumacher



CO-OP VEGANINI
Teeny Panini vegan sandwiches made by our Deli. Ask to have it grilled! Yum!



ALPENFIRE SPECIALTY VINEGARS
Unique combinations crafted by local artisans
Aisle 3



LOPEZ ISLAND ICE CREAM
Bow Hill Blueberry - one of our favorite flavors. Look for frozen Bow Hill Blueberries in the freezer, too!
Freezer



WHIDBEY ISLAND ICE CREAM COMPANY
Check out our new flavors!
Freezer



FLIPSIDE
Our newest line of cool hats
Mercantile
North Door



FIRE CIDER
Old-fashioned remedy to get you through the cold season!
Wellness Dept.



MYCHELLE DERMACEUTICALS
Botanical-based line of fine face care items
Wellness Dept.



MEGA-MAG
Liquid trace minerals
Wellness Dept.



UP4
Full line of probiotics
Wellness cooler



GINGERBREAD, A SUPERPOWER

SIDONIE WILSON, F.E.A.S.T.

AS WE SAT TOGETHER over a pot of tea, a friend confided how she was craving gingerbread. She'd resisted making some because she thought it was just a sugar whim. But she couldn't get moist, spicy, and rich with molasses out of her head. Then she went to see her doctor because she was feeling tired all the time, and it turns out she's anemic.

Good gingerbread has a large quantity of blackstrap molasses, which is mineral rich and especially high in iron. Unsulphured blackstrap molasses comes from the third boiling of sugar cane. After the sugar is taken away, what's left is this thick dark substance, the most nutrient-dense part. One tablespoon of blackstrap molasses provides 3.5 mg iron, 19 percent of the daily recommended amount for an adult!

"It made so much sense!" she laughed. "My body was trying to tell me something, but I wasn't listening. I thought it was just me wanting more sugar." I shared my favorite gingerbread recipe with her, from the 1964 *Joy of Cooking*, called "Wheatless Gingerbread."

After talking with her, I decided to take a closer look at my recipe. Right now, I'm developing recipes high in minerals, especially magnesium and zinc. Lots of friends are asking for them, so I know there's a need. I'm especially interested in recipes that support women's and girl's cycles.

A lightbulb went on when I started analyzing my gingerbread. Primarily, it has nutrient-dense foods in it: whole rye flour, butter, molasses, eggs, and a wealth of ginger and other warming spices. And while I wouldn't call cornstarch a nutrient-dense food, it is a resistant starch and a good prebiotic that feeds your gut flora. Compared to most cake recipes, it's low in sugar with 1-2 teaspoons per piece. It also uses minimally processed sugar so not as many of the minerals are extracted. Molasses is naturally acidic, so it would help unlock the rye's mineral stores.

I made up a few test batches for eager guests, significantly increasing the amount of ginger from the original recipe. Ginger is a wonder herb, especially for women's health. I liked reading that, emotionally, ginger is a catalyst if you're procrastinating and lack the drive to take action. I definitely see more ginger in my future.

But health is nothing if not connected to pleasure, especially culinary pleasure, so I did my magic and revised the spicing from the original. I always start with whole spices and grind them myself. Once you're in the habit, it's not much trouble and the outcome is 100 percent better. If you find yourself craving this gingerbread, don't fear, cave in. Once your body gets what it needs, it'll stop insisting. Just listen and trust yourself.

MAKE YOUR OWN SUPERPOWER GINGERBREAD

DRY INGREDIENTS

- 1 ¼ cup rye flour
- 1 ¼ cup cornstarch
- 2 teaspoons baking soda
- ½ teaspoon sea salt
- 2 teaspoons dried ginger
- 1 teaspoon powdered cinnamon

WHOLE SPICE MIX

- 1 teaspoon whole coriander seed
- 5 whole green cardamom pods
- ½ teaspoon allspice berries
- 4 whole cloves
- ½ teaspoon white peppercorns

WET INGREDIENTS

- ½ cup room-temperature butter (1 stick)
- ½ cup brown whole cane sugar (I like Rapunzel brand)
- 1 cup unsulphured organic blackstrap molasses
- 2 beaten eggs
- 1 cup hot ginger tea
- 3-4 slices ginger
- 1 tablespoon fresh grated ginger (about a 2-inch nub, peeled; use peels to make ginger tea)
- 5 cubes crystallized ginger, minced fine
- zest of one orange



METHOD

Preheat oven to 350°F and butter a 9-inch square cake pan.

Make yourself a strong pot of ginger tea: Pour boiling water over the ginger peels with a few more slices of fresh ginger added in, and let it infuse at least 15 minutes. Drink some while you're baking with soothing music.

Grind the whole spices in a spice/coffee grinder and then sift them through a fine-mesh sieve, throwing whatever won't go through the sieve into the teapot with the ginger. Hello Chai!

Measure out the rest of the dry ingredients and add the freshly ground spice mix to it. Mix or sift well. Set aside.

Peel and mince the fresh ginger in a food processor or by hand. Mince crystallized ginger as fine as you are able.

In the bowl of an electric mixer, or in a large bowl beating by hand, combine the butter and brown sugar and beat until light and fluffy. Add the molasses and continue to beat until well combined. Add eggs one at a time, beating well after each addition. Stir in fresh and crystallized gingers plus orange zest. Then alternately add the hot tea and flour to the butter mixture, beating well after each addition.

Pour the batter into the prepared pan and bake for 30 to 45 minutes, or until a wooden skewer inserted in the center comes out clean. Set the cake on a rack to cool completely in the pan before slicing. Whipped cream is always nice—try adding some raw honey and orange zest to it.

Look for the Co-op Basics sign for great prices. We get these deals through our membership in the National Cooperative Grocers (NCG), a co-op of food co-ops. By collaborating with our fellow cooperatives, we can bring you the lowest prices.



Shiitake Ginger Miso Soup

2-4 servings

Ingredients

2 tablespoons sesame oil
1 cup onion, diced
1/2 pound shiitake mushrooms, sliced
3 tablespoons fresh ginger, peeled and minced
4 cups water
1 cup extra-firm tofu, diced
1/4 cup arame or hijiki seaweed, soaked and drained
4-5 tablespoons red miso (look for fresh miso on the far left-hand side of the Co-op dairy case)
4 scallions, sliced

Preparation

1. In a large saucepan, heat the oil over medium-low heat. Add onions and mushrooms and sauté 5 or so minutes. Add ginger and sauté 2 minutes more, until onions and mushrooms are soft.
2. Add water and simmer 5 minutes. Remove a ladleful of broth to a small bowl.
3. Dissolve the miso in the small bowl of broth. Add the miso mixture back into the soup pot, along with the tofu and arame or hijiki. Simmer 5 more minutes, being careful not to boil the liquid because high temperatures reduce the nutrition of miso.
4. Sprinkle scallions over the top before serving.

Tips & Notes

- Do not skip the soaking and draining step with the seaweed. Soak arame for 5 minutes and hijiki for ten minutes.
- Add noodles or cooked grains such as buckwheat (not actually wheat, but a seed) for a hearty soup. You can add bite-sized pieces of any veggies you have.
- You can replace the tofu with boneless sardines. Feel free to mix and match with this basic miso recipe.
- Fresh or dried mushrooms are fine; soak dried mushrooms before slicing.

Adapted from recipe at <http://strongertogether.coop/>, the website of the National Cooperative Grocer. Check it out for more recipes and cooking videos.

Look for Paul's book *Mycelium Running* and *Host Defense*, his line of Fungi Perfecti mushroom supplements, in our Wellness Department.



Amazing Mushrooms

THE UNDERGROUND WORLD OF MUSHROOMS
REACHES AROUND THE PLANET AND
—THROUGH THEIR SPORES—POSSIBLY INTO SPACE!

JAN TOBIN, Wellness Manager

The mushrooms we eat are the fruiting bodies of their vast underground world. These culinary mushrooms have a lot more than good taste. They've been used medicinally for centuries, and now research is beginning to suggest that some mushrooms do actually have anti-inflammatory, antibacterial, antiviral, and immune-enhancing properties.

Mushrooms have tough, indigestible cell walls, though, so they need to be cooked to release their nutrients. In fact, most sources say mushrooms should always be cooked because many of them contain naturally occurring toxins that can only be deactivated by heat.

Capsules and extracts of heat-treated mushrooms are also effective ways to get the benefits of mushrooms. In Wellness, check out the Host Defense supplements developed by Paul Stamets, my superhero in the mushroom world. Paul uses the Olympic Peninsula as his teacher in all things mushroom. I highly recommend his books for a deeper look into the life of mushrooms and how Paul is using the science of mycelia to heal the earth and stem the collapse of beehives.

BUTTON MUSHROOMS

contain an impressive amount of copper, which helps build red blood cells, protects against free radicals, increases absorption of iron, and contributes to bone strength and blood clotting. These mushrooms also supply substantial iron and vitamin C.

Button mushrooms can be eaten raw in small quantities, but cooking them deactivates a toxin contained in their raw form, and Paul Stamets and Dr. Andrew Weil both insist that all mushrooms should be thoroughly cooked. Try frying wedges of button mushroom in butter or oil until they are crisp, then deglaze with a touch of vinegar, and add salt, pepper, more butter, and a sprinkling of parsley for a meaty-tasting treat.

SHIITAKE MUSHROOMS

have held a prominent place in Asian cuisine for centuries and today are one of the most popular mushrooms. Shiitake mushrooms are a flavorful way to increase your intake of vitamins and essential minerals. They have three B vitamins—B2, B5, and B6—and vitamin D, and provide important trace minerals as well as protein and iron. According to Dr. Weil, shiitake mushrooms seem to have anticancer and antiviral properties and may also decrease cholesterol and boost the immune system.

These versatile mushrooms can be sautéed, roasted, or tossed into soups or stir-fries. In a study cited by Paul Stamets, shiitake antioxidant properties were shown to actually increase with cooking.

LION'S MANE MUSHROOMS

are about 20 percent protein, but their biggest contribution to our health might be their neuroprotective effects. In several Japanese studies, tablets of lion's mane powder produced cognitive benefits, such as improved memory and reduced depression. Paul Stamets believes these studies are suggestive but not yet conclusive. In the meantime, lion's mane mushrooms taste wonderful. According to Stamets they can taste like lobster or shrimp, and his preferred method of preparing them is caramelized in olive oil, deglazed with sake wine, and then finished with butter to taste. He notes they can be bitter if not well cooked.

For further reading:

www.fungi.com: Paul Stamets website
www.drweil.com: Andrew Weil website

OYSTER MUSHROOMS

are packed with protein and contain eight amino acids and vitamins B1 and B2 as well as up to 19 milligrams of iron per 100 grams of dried mushroom. Extracts of these mushrooms are being studied to see if they inhibit tumors, boost the immune system, and lower cholesterol. Oyster mushrooms are great in stir-fries because the cap is thin and cooks quickly. You can just tear the mushroom into bite-sized pieces before adding them to your wok. Sautéed in butter or oil, they can add depth to cream sauces. Paul Stamets warns that oyster mushrooms have a natural toxin, so they need to be cooked.

MAITAKE MUSHROOMS,

according to Dr. Weil, may help reduce blood pressure, raise HDL (the "good" cholesterol), and modulate glucose. Paul Stamets adds that they provide B vitamins, potassium, and protein.

Once cleaned, maitake mushroom caps are extremely versatile—they can be stuffed or baked, stir-fried or sautéed, or even made into a tea. One of the most common cooking methods is to simply fry them in butter or oil until crisp. Replace button mushrooms with maitakes in any recipe for more flavor. Maitakes also freeze well.

SUNLIGHT + MUSHROOMS = VITAMIN D

Mushrooms are a great vegan source of vitamin D. Paul Stamets has done experiments exposing shiitake mushrooms to sunlight, and he found that just two days in direct sunlight (six hours each day) increased their vitamin D exponentially, especially when the gills were directed up towards the sun, growing from 100 IU/100 grams to nearly 46,000 IU/100 grams. He also found the increase in vitamin D was fairly stable, much of it still present a year later.

"The spores of mushrooms are made of chitin, the hardest naturally-made substance on Earth. Some scientists suspect that mushroom spores are capable of space travel; a few even believe that some fungi found on Earth originally came from outer space! (Others believe that people who think this must be from outer space themselves.)"

—Paul Stamets

"The cell walls of mushrooms are tough, making it difficult for the digestive system to get to all the nutrients inside them. Mushrooms often contain chemical compounds that can interfere with digestion and nutrient absorption -- sufficient cooking breaks down the tough cell walls, inactivates the anti-digestive elements, and destroys many toxins. It also makes mushrooms taste much better."

—Andrew Weil

To Juice or Smooth?

NO PULP
(Soluble Fiber)

EASY TO DIGEST
MORE VEGGIES PER DRINK
CONCENTRATES NUTRIENTS
REQUIRES JUICING MACHINE



PULP (Insoluble Fiber)
AIDS ELIMINATION
SATISFIES HUNGER LONGER
USES THE WHOLE FOOD
REQUIRES HIGH SPEED
BLENDER

Tips

1. Use the freshest greens you can, and the best choice is organic.
2. Start light (lettuce, celery) and work your way up to heavier greens like kale.
3. Too many fruits or sweetened nut milk can add too much sugar.
4. Really ripe bananas add natural sweetness.
5. Pitted dates are a good alternative to sugar.
6. For creamy texture, freeze the fruit.
7. For protein drinks stick with greens, no fruit.
8. If smoothie is too sweet, add a pinch of salt.

Many of us do not always eat all the fruits and veggies we should.

While juices and smoothies should not replace eating healthy meals, they can help us boost our intake of nutrients by combining a lot in a small package. It's easy to make your own smoothie, or check out our Co-op Juice Bar at the deli. You can select from a list of fresh ingredients and even ask for taste tips.

Green

Less is more when choosing ingredients.

Smoothie

Blend leafy greens and liquid first. Add half the liquid, then add more if necessary.

How To Make A Great Smoothie

choose 1 LIQUID 1 cup	choose 1-2 GREENS 2 cups	choose 1 BODY 1-2 cups	choose 1 FAT 1-2 tablespoons	choose 1-2 SPICE pinches
water	lettuce	carrot	nut butters	cinnamon
nut milk	celery	apple	coconut oil	ginger
coconut milk or water	cucumbers	lemon/lime and/or berries	avocado	nutmeg
kombucha	kale	a sweet fruit (banana, fig)	chia seeds	cardamom
green tea	chard			mint
	parsley			cayenne
	spinach			turmeric