

Buffalo Bullsheet

Fall 2010 Buffalo Mountain Co-op and Café

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Co-op Hours

Monday - Friday; 9am to 7pm
Saturday; 9am to 6pm and
Sunday; 10 to 4



Tales From the Barnyard; or, Paradise Regained - by Olive



I have a friend that promises me that forever could mean paradise on earth; all it takes is signing up with her organization. What a tempting idea - endless summer days, fruit just hanging off the trees for the taking, no more bugs, and there you are, set for eternity. (I do wonder, however, what will the birds and the bats eat?) But all that comes some unspecified time in the future, so without stepping on anyone's ideological toes, what about exploring paradise in the here and now?

When my first Early Girl tomato turned red, I made a sandwich with garlic, cheese, tamari and mayonnaise and ate it at my favorite lake after a long swim. Omar Khayyam's poem about the loaf of bread and the jug of wine floated past my thoughts; yes, this was paradise enough right now. The harvest has begun, the farmers' markets are bulging, and on sunny days it's still warm enough to swim. I would love to hear from the Bullsheet readers about their moments of perfection. Stop me on the sidewalk and share them with me if you have a minute or two.

This time of year is so precious that I will sign off early and go catch a little more daylight while I can. May your larders be stocked with the efforts of your labors, and may the taste of a ripe tomato put a zing on your lips.

“ A loaf of bread, a jug of wine, and thou, sitting beside me in the wilderness, Ah, wilderness is paradise enow..”
The Rubaiyat, of Omar Khayyam

Eat your weeds -- A recipe for purslane

By Co-op Member - Cassandra Brush

Weedy garden? No problem. Eat your weeds! Italians basically invented the dandelion spring tonic (more on that in this series). Many weeds are merely variations on mustards, all of which are edible and tasty additions to salads or stir-fries. The weed commonly known as "pig weed" comes in a variety of forms and makes a great cooked green (also will be discussed later in the series). But an old standard that most people find between the corn and lettuce is Purslane.

Gandhi's favorite vegetable, Purslane makes a fine fresh salad green; it can also be used in the same manner as spinach, or – because it is a succulent and therefore mucilaginous in the same manner as okra -- it is a great addition to soups.

Purslane has the highest content of Omega-3 Fatty acids of all the leafy green vegetables, and even has a kind of Omega-3 fatty acid only found in fish. It makes a wonderful ground cover, especially

on hard, dry soils, as it grows low, has deep roots, and spreads easily.

You can prepare Purslane as you would any other green, but do try this salad, or some of the other Purslane recipes that are available. If you're wondering where to find it, weed your garden, or better yet -- offer to weed your neighbors' garden, then invite them over for dinner!

Purslane Salad

2 cups lettuce, variety of your choice, chopped roughly

2 cups Purslane, cut roughly

3 thinly sliced cucumbers

Lemon Vinaigrette dressing:

Juice two lemons (heat lemons for 15 seconds on high in the microwave prior to juicing to get the most juice out of them)

add: 1 T finely diced shallot

1 t Dijon mustard

1 crushed garlic clove

1 t sugar or agave syrup

1 t fresh oregano

Mix vegetables. Add all the dressing ingredients except the olive oil to a blender and start mixing on a medium speed.

Remove the center plastic part of the blender lid while dressing is blending. VERY slowly, start drizzling the olive oil in with the lemon juice-herb mixture. Continue to drizzle all of the olive oil in. By adding it in this extremely slow manner, you should have emulsified your dressing.

Just moments before eating the salad, toss with the amount of dressing you prefer and save the rest for later. Eat - enjoy!

You can find Cassandra's great Cooking Blog at <http://www.cookingwithcassandra.com/>

1 t finely

grated lemon rind

salt and pepper to taste

scant 1/3 - 1/2 cup olive oil.



Need Affordable Dental Care? - Co-op Member Ellen Gershun

Although oral health is central to overall health, tens of thousands of Vermonters do not have access to preventive or routine dental care. The Vermont Oral Health Care for All Coalition is working to build a statewide consumer voice and raise public awareness of the need for better access to affordable dental care. One important way to bring attention to the unmet oral health care needs of Vermonters is to hear from Vermonters themselves. If you have gone without dental care we need to hear from you! Have you ever delayed dental care because you couldn't afford it? Have your kids ever gone without dental care and why? What problems have you faced to getting dental care, such as: can't find a dentist that accepts Medicaid; have unpaid dental bills; there are no dentists close to where I live or work. Have you or your children ever had to go to the emergency room for oral health reasons? Have unpaid dental bills caused you to go into debt?

Call Ellen with your personal story/situation at 802-498-8039 or email her at ellenvchcs@live.com or leave her a confidential message at 1-866-482-4723. Your information will be kept confidential until you give permission to use it.

The Vermont Oral Health Care for All Coalition is comprised of organizations including consumer groups, children's advocates, organized labor, senior advocates, health care providers and health clinics.

The Food Safety Shell Game

By Mark Kastel and Will Fantle of the Cornucopia Institute

What isn't being discussed in Congress, during the ongoing debate on the broken federal food safety system, is the root cause of the most serious pathogenic outbreaks in our food—the elephant (poop) in the room. The relatively new phenomena of nationwide pathogenic outbreaks, be they from salmonella or E. coli variants, are intimately tied to the fecal contamination of our food supply and the intermingling of millions of unhealthy animals. It's one of the best kept secrets in the modern livestock industry. Mountains of manure are piling up at our nation's mammoth industrial-scale "factory farms." Thousands of dairy cows and tens of thousands of beef cattle are concentrated on feedlots; hundreds of thousands, or even millions, of chickens are confined in henhouses at one location for the production of eggs and meat.



Livestock producing manure is nothing new. But the epic scale of animal numbers at single locations and the incredible volumes of animal waste is a recipe for disaster. It eclipses anything that was happening on old McDonald's farm. Feces carrying infectious bacteria transfer to the environment and into our food supply. Feeding heavily subsidized corn and soybeans to cattle, instead of grazing the ruminants on grass, as they were genetically designed to do, changes the pH in their digestive tracts, creating a hospitable environment for pathogenic E. coli to breed. The new phenomenon of feeding "distillers grains" (a byproduct of the ethanol refining industry) is making this risk even more grave. The current near-nationwide contamination in the egg supply can be directly linked to industrial producers that confine millions of birds, a product of massive, centralized breeding, in manure-rich henhouses, and feeding the birds a ration spiked with antibiotics. These are chickens that the McDonald family would likely have slaughtered on the farm because they were "sickly."

Thirteen corporations each have more than 5 million laying hens, and 192 companies have flocks of more than 75,000 birds. According to the industry lobby group, United Egg Producers (UEP), this represents 95% of all the laying hens in the United States. UEP also says that "eggs on commercial egg-laying farms are never touched until they are handled by the food service operator or consumer." Obviously, their approach has been ineffective and their smokescreen is not the straight poop. In addition to our national dependence on factory farms, the meatpacking industry, like egg production, has consolidated as well to more easily service the vast numbers of animals sent to slaughter from fewer locations. Just four companies now control over 80% of the country's beef slaughter. Production line speed-ups have made it even harder to keep intestinal contents from landing in hamburger and meat on cutting tables. All of these problems are further amplified by the scope of the industrial-scale food system. Now, a single contamination problem at a single national processing facility, be it meat, eggs, spinach or peanut butter, can virtually infect the entire country through their national distribution model.

As an antidote, consumers are voting with their pocketbooks by purchasing food they can trust. They are encouraging a shift back towards a more decentralized, local and organic livestock production model. Witnessing the exponential growth of farmers markets, community supported farms, direct marketing and supermarket organics, a percentage of our population is not waiting for government regulation to protect their families. The irony of the current debate on improving our federal food safety regulatory infrastructure, now centered in the Senate, is that at the same time the erosion of FDA/USDA oversight justifies aggressive legislation, the safest farmers in this country, local and organic, might be snared in the dragnet—the proposed rules could disproportionately escalate their costs and drive some out of business.

While many in the good food movement have voiced strong concerns about the pending legislation—it's sorely needed—corporate agribusiness, in pursuit of profit, is poisoning our children! When Congress returns to Washington, we have no doubt that food safety legislation, which has languished for months, will get fast-tracked. In an election-year our politicians don't want to be left with egg on their face.

We only hope that Senators will seriously consider not just passing comprehensive reform but incorporating an amendment sponsored by John Tester (D-MT), a certified organic farmer himself, that will exempt the safest farms in our country—small, local direct marketers. We need to allocate our scarce, limited resources based on greatest risk.

Farmers and ranchers milking 60 cows, raising a few hundred head of beef, or free ranging laying hens (many times these animals have names not numbers), offer the only true competition to corporate agribusinesses that dominate our food production system.

Mark Kastel and Will Fantle are work with *The Cornucopia Institute*, a farm policy research group in Cornucopia, Wisconsin. <http://www.cornucopia.org/2010/08/the-food-safety-shell-game/>

Co-op's Wishing Well - By Co-op Member Michele Wildflower

Over the years appearances have changed
Employees have come & gone
Play areas erected & burned
Never to return
Cash registers shift
Co-op members drift
But one thing that remains
Untouched
The grate by the front door
That holds your change under the floor
So, next time you drop some change
Don't bum
It's a wishing well
Think of a good one!



Celebrate Co-op Month: Go Co-op! - By Erbin Crowell

October is Co-op Month, and this year's theme — "Local. Trusted. Serving You." — could not be more appropriate. As a member of your local food co-op, you know the benefits of co-operation. At a time when people are searching for economic alternatives, our stores are inspiring and successful examples of community ownership and a business model that puts service before profits. Reflecting our values, food co-ops have been pioneers in natural, organic and fairly traded products, and are leaders in the movement to support local producers. But we are not alone. Across the country, 130 million people are co-op members. From food co-ops to farmer co-ops, worker co-ops to credit unions, housing co-ops to healthcare, and insurance to energy and utilities, our businesses share basic values, including democracy, solidarity and social responsibility. And through the principle of co-operation among co-ops, we can create a viable alternative to business as usual; one that truly puts people and community before profit.

As part of this year's Co-op Month celebrations, the members of the *Neighboring Food Co-op Association* are working to raise awareness about the co-operative difference. For example, on the shelves of our store, you'll find "Go Co-op" tags that let you know about products supplied by co-ops. You'll also find a "Celebrate Co-ops!" card that describes some of the co-operatives that are active in our region and ways that you can learn more about them.

As an association of twenty food co-ops with a combined membership of more than 80,000 people, the NFCA can be a powerful voice for change in our communities. And together with other co-ops, we can contribute to a vision for a more just, sustainable and co-operative economy in our region and beyond.



Erbin Crowell serves as executive director of the Neighboring Food Co-op Association, a network of 20 food co-ops — including yours! — in Vermont, New Hampshire, Massachusetts and Connecticut. For more information and a map of member food co-ops, please visit

www.nfca.coop.

WGDR – To Be Broadcasting Here in the Greater Hardwick Area!



A new listening alternative is coming to the radio dial in the Hardwick area. Perhaps you've heard them in your travels down near Plainfield and Montpelier. It's WGDR, non-commercial Community Radio from Goddard College. WGDR recently received permission from the Federal Communications Commission to establish a new transmitter site in Wolcott, bringing their signal to northern Washington County and parts of Lamoille, Orleans, and Caledonia counties. They expect to be on the air by next April at the latest. In the Hardwick area, the station will broadcast at 91.7 FM, and will legally be known as WGDH. WGDR/WGDH is listener-supported, grassroots "community" radio, with a mission that is in close alignment with that of the Buffalo Mountain Coop – a mission, in short, of education and community-building. The station offers alternative news and public affairs programming like "Democracy Now," "Free Speech Radio News," and a host of other

shows not heard anywhere else. Equally significant: over 60 community members produce some 70 per cent of the station's programs, including local news and public affairs shows as well as music programming.

The cost of the expansion project is considerable, and any support that community members can provide will be of great help to the initiative. Look for the donation box at the Coop's checkout counter if you'd like to support the advent of this new community media resource. Additionally, make a note that the fall pledge drive for WGDR/WGDH is coming up October 4-11. The Hardwick community's support of the new WGDH will be deeply appreciated, and will be crucial to the ongoing success of the station.

Would you like to know more? Call General Manager Greg Hooker at 322-1680 (work) or 454-8620 (home), or email greg.hooker@goddard.edu. And go online to ww.wgdr.org for more information in general about your new community radio outlet here in the Hardwick area. WGDR/WGDH looks forward to being good neighbors in your community.

Sugar: Can a sugar by any other name taste as sweet?

By Co-op Café Co-ordinator, Rachel Davey

As quickly and concisely as I can, I am going to give you a lesson in biochemistry (only as it relates to sugar) so we can move on the more controversial and nutritional aspects of sugar and then finally I'll lay before you a list of 25 different sweeteners for you to choose from next time you're sweetening your tea or baking your favorite cookies. (Don't worry, no tests or quizzes.) Hopefully you will have all the info necessary to make an informed decision. Or maybe, like me, you'll wish you'd never asked.



Part 1: What are sugars? When dealing with sugar you're going to hear about saccharides (that just means sugar molecules). Glucose and fructose are both MONOsaccharides meaning that they are each made up of ONE sugar molecule. – these are the building blocks. Disaccharides are made up of two sugar molecules: Sucrose (table sugar) is made up of one glucose and one fructose molecule. Maltose is made up of two glucose molecules. I won't even go in to POLYsaccharides.

Part 2: Why are sugars so important? Biochemically speaking sugars are essential to life. Most of you have probably heard of glucose; most likely in conjunction with diabetes, however, glucose IS that sugar that is essential to life. Plant cells build glucose in photosynthesis and nearly all the cells on this planet break down glucose and use the energy from this process to power all the functions in the cell. We are essentially wired to need sugar, which is why it is so easy to overdo it. Don't get too excited, I didn't just hand you a free pass to gorge on sugar. First of all we don't only need sugar to survive. There are proteins and fats out there that are important to our cells as well. Secondly, sugar can come from somewhere other than lollipops and chocolate bars; we can eat carbohydrates like bread, pasta, and rice, which are made up of long chains of sugars. Third, we can choose sugar sources that come bundled with vitamins and minerals that support digestion and enhance our cells' other essential functions.

Part 3: How do sugars work in our bodies? After carbohydrates are consumed and digested, rising levels of glucose in the blood trigger the pancreas to secrete insulin. This hormone allows glucose to enter cells where it is burned for



immediate energy. Insulin also prompts the body to store excess glucose for future energy use, as glycogen in the liver and muscles and as fat in adipose tissue. High levels of insulin send a message to the brain that immediate energy needs have been met and the brain responds with feelings of satiety.

Part 4: What is the glycemic index? The "glycemic index" is a measure of how a given food affects blood-glucose levels, with each food being assigned a numbered rating. The lower the rating, the slower the absorption and digestion process, which provides a more gradual, healthier infusion of sugars into the bloodstream. On the other hand, a high rating means that blood-glucose levels are increased quickly, which stimulates the pancreas to secrete insulin to drop blood-sugar levels. These rapid fluctuations of blood-sugar levels are not healthy because of the stress they place on the body.

The fructose scandal Pure fructose is sweeter than sucrose (table sugar) so it is desirable as an ingredient in candy, soda, etc. In fact more and more processed foods have been using fructose over sucrose. Fructose also has a low glycemic index so it might seem like a match made in heaven, however the fructose found in many foods today is highly processed and is basically man-made. Fructose, as it occurs in nature, is usually found in lower concentrations and bound to glucose. High fructose concentrations wreak havoc on our metabolism. Fructose enters our cells differently than glucose never triggering the secretion of insulin, which never signals the body to stop eating. Large amounts of fructose in the blood inhibit the storage of excess glucose. As a result, glucose levels remain high and the pancreas secretes even more insulin in an attempt to clear it from the blood. If levels of insulin are chronically high, the cells will compensate by becoming resistant. Cells that aren't sensitive to insulin can't take up glucose as effectively, and without enough glucose, they starve. Starving cells stimulate hunger and the body is motivated to continue eating. This cycle is a key contributor to weight gain and obesity.

The average American consumes 153 lbs. of sugar per person per year! Twenty-nine of those pounds are from actual sucrose sugar; the remaining 124 pounds are from high fructose corn syrup (HFCS). Prior to the turn of this century (1887-1890), the average consumption was only 5 lbs. per person per year! Cardiovascular disease and cancer was virtually unknown in the early 1900's.

The number one source of calories in the US is high fructose corn syrup. The major source of "added sugar" -- not including naturally occurring sugars, like fructose in fruit -- is soft drinks. They account for 33% of all added sugars consumed. According to the USDA, sweetened fruit drinks account for 10% of the total added sugars we consume. Candy and cake come in at 5% each. Ready-to-eat cereal comprises 4% of the total. So do each of these categories: table sugar and honey; cookies and brownies; and syrups and toppings. Another big chunk, making up 26% of added sugars, comes from a variety of prepared foods like ketchup, canned vegetables and fruits, and peanut butter. Low-fat products, which may not be as good for your diet as you think, contain plenty of sugar to make up for the lack of tasty fat.

By my count we have 17 sweeteners in the coop. If I include the sweeteners found only in packaged foods that number jumps to around 22. Below is a list all the different sweeteners that we carry and some that we don't that are worth mentioning. *denotes sugars we DO NOT carry currently **denotes sugars that we don't carry but I found listed as an ingredient in products in the store. (I may have missed some so don't treat this as gospel)

CANE SUGARS The extraction of sugar from the cane can involve, crushing the cane, collecting the juice, boiling, evaporation of the water, crystallization, centrifuging, melting, boiling (again), clarifying, filtering, de-coloring, crystallization (again), centrifuging (again), drying and finally separating granulated sugar from liquid sugar before it is packaged and shipped. The cane sugars listed below exit this process at different points. Some cane sugars on the market claim to be "unrefined" but really, unless you chew on the sugar cane yourself, its refined in some way.

White Sugar – highly processed sugar with all the molasses removed hence its stark white appearance. NOTE: some brands use charcoal derived from bone to do the final filtering and therefore are not considered vegan by some. Some white sugars come from sugar beets and is of the same nutritional value as cane sugar. *sucrose*

Confectionary Sugar – powdered white sugar with corn starch or tapioca starch

Moist Brown Sugar – processed white sugar to which, molasses has been added *sucrose*

Evaporated Cane Juice – what we carry in the coop is sold to us by this name but is far more refined than simple evaporation. It is in fact a naturally milled, (extracted, clarified, evaporated and crystallized) organically grown granulated sugar from which most of the molasses and much of the vitamins and minerals are removed. For all intents and purposes it is white sugar. *sucrose*

Turbinado – is a type of evaporated cane juice where sugar cane is crushed to squeeze out the juice. The juice is evaporated and spun in a centrifuge or turbine hence the name during the spinning some of the molasses is shed – hence the light brown color. Sugar in the Raw is a widely known brand of turbinado sugar. *sucrose*

Sucanat – is a type of evaporated cane juice where sugar cane is crushed to squeeze out the juice. The juice is then boiled in a large vat to remove the water. The sweet syrup that remains is hand-paddled to cool and dry it. This process creates dry, brown granules that are sucanat and keeps ALL the sugar cane molasses in those granules. In my research I read that some sucanat has the molasses extracted during processing and then adds it back at the end to maintain a consistent product – similar to moist brown sugar. Unless the packaging says so, there really is no way to tell which process they use. The name sucanat stands for Sugar Cane Natural. *sucrose*

***Rapadura** – a type of evaporated cane juice where the sugar cane is crushed to extract the juice. The cane juice is boiled, filtered, (much like maple syrup) and then dried in the shape of large bricks. Rapadura is Portuguese for this kind of sugar and has long been made in Brazil. The German company, Rapunzel copyrighted the word Rapadura and now sells its variation in a nice package around the world. (Maybe the Brazilians should try to copyright Sauerkraut) *sucrose*

***Jaggery** – the Indian version of rapadura. *sucrose*

***Muscavado** - is made from soaking the sugar cane, filtering it and then evaporating the water until it crystallizes. No other processing takes place. It would seem to be the least processed of all the cane sugars. This is the original product sugar farmers take to the sugar mills. *sucrose*

***Demerara** - To make demerara sugar, sugar producers press sugar cane and steam the juice of the first pressing to form thick cane syrup. The cane syrup is allowed to dehydrate, leaving behind large golden brown crystals of sugar. *sucrose*

Molasses –the liquid that is filtered out during the sugar refining process along with the vitamins and minerals. All the sugars listed above (except white) contain some amount of molasses giving them their tan to brown color. The darker the sugar the more molasses and the less refining that particular sugar went through. (unless, of course, molasses was added back after the refining process as in moist brown sugar) NOTE: Some of pesticide and herbicides used on non-organic farms are filtered out in the same refining process and can be found in molasses. To avoid this, stick with organic brands. *sucrose*

OTHER SUGARS

****Corn Syrup** - is food syrup, which is made from the starch of maize and composed mainly of glucose. Corn syrup is distinct from high-fructose corn syrup, and does NOT undergo the enzymatic processing that produces higher levels of fructose. The starch is extracted from the kernels and suspended in water. It is then liquefied in the presence of acid and/or enzymes, which convert the starch to a low-dextrose (glucose) solution. Treatment with another enzyme continues the conversion process. Throughout the process, refiners can halt acid or enzyme actions at key points to produce the right mixture of sugars like dextrose and maltose for syrups to meet different needs. In some syrups, the conversion of starch to sugars is halted at an early stage to produce low-to-medium sweetness syrups. In others, the conversion is allowed to proceed until the syrup is nearly all dextrose. The syrup is refined in filters, centrifuges and ion-exchange columns, and excess water is evaporated. Syrups are sold directly, crystallized into pure dextrose, or processed further to create high fructose corn syrup. *glucose*

***High fructose corn syrup** – HFCS is comprised of any number of corn syrups that have undergone enzymatic processing to convert its glucose into fructose and has then been mixed with pure corn syrup to obtain the desired sweetness. The most widely used high fructose corn syrups are HFCS 55 (used in soft drinks) 55% fructose and 42% glucose HFCS 42 (used in many foods and baked goods) 42% fructose and 53% glucose. I could write another article on the deleterious affects of HFCS on our health; about the government subsidies combined with tariffs on foreign sugars that drive the continued production and abuse of this sweetener in our foods today. NOTE: Corn sugar is the new proposed name for HFCS *Fructose, glucose*

Barley Malt Syrup - Barley grains are allowed to sprout, and then the sprouted barley are dried quickly. These dried sprouted barley are then cooked slowly until they form a sweet, dark syrupy liquid. This is then filtered to remove impurities and bottled or dried and made into powder. Other grains such as oats, wheat, rice and corn can be used as well. When something is labeled as being “grained sweetened” – this is what it’s talking about. *maltose, glucose, complex carbohydrates*

Brown Rice Syrup & *Powder - Rice syrup is a natural sweetener, which is made from cooked rice which is specially fermented to turn the starches in the rice into sugars *maltose, glucose, complex carbohydrates*

***Concentrated Fruit Juice** – newer on the market, it is highly refined. Concentrated fruit juices are reduced, filtered and evaporated. Much of their color and flavor is removed. *Glucose, fructose*

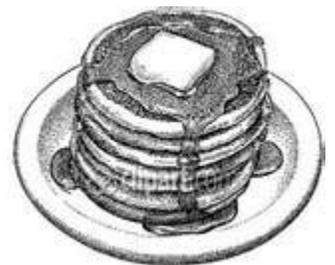
****Date Sugar** – made from finely ground, dehydrated dates. *sucrose*

Honey – Honey is produced by bees, which drink nectar from flowers and tree blossoms. The bees then regurgitate the nectar when they return to their hive. Later, they chew, swallow, and regurgitate this nectar again, repeating this process several times. Natural enzymes in the bees turn the nectar into honey. Eventually, this regurgitated nectar—honey—is stored in the honeycomb and sealed off with wax. *glucose, fructose, sucrose*

Maple Syrup, Cream, Sugar & Taffy – should I bother explaining this one? High in potassium and calcium *sucrose*

***Sorghum Syrup** – is made from sweet sorghum, a grain related to millet. The sap is boiled down to make syrup – kind of like maple syrup Sorghum syrup contains B vitamins, calcium, iron and phosphorous.

Agave Nectar or Agave Syrup - Traditional agave sweetener is boiled sap from the succulent desert plant native to Mexico and the southwest United States. The modern agave nectar found in stores today is made by cutting the leaves off of a 7-10 year old agave plant to expose the pina. The core is then steamed and pressed (or chopped) so that juice emerges the juice is then filtered through enzymes and then heated it at a low temperature, which breaks down the carbohydrates into sugars. Because of the low temperatures used in processing many varieties (under 118°F) raw foods enthusiasts generally regard agave nectar as a raw food. Like high fructose corn syrup, agave contains more fructose than glucose so it scores low on the glycemic index. *Fructose, glucose*



***Yacon** - Yacon syrup is derived from the yacon plant, a tuber found in the Andean region of South America. Yacon is a distant relative of the sunflower and the Peruvian locals use it cut up in salads or in sweets. The roots contain potassium and vitamins A, C and E. Yacon syrup is glucose free and contains at least 30% fructooligosaccharides (FOS). FOS is a common prebiotic that aids digestion and helps to stimulate the colon. FOS cannot be absorbed by the body, which makes it naturally low in calories and low glycemic. Those sugars remaining in the plant that are not FOS are absorbed slowly into the bloodstream.

****Tapioca Syrup & Coconut Sugar** - --Yet other sweeteners. I found out about these one the day before I finished this article and frankly didn't have time to look them up.

***Palm Sugar** - made from the sap of coconut and sago palm trees. Minimally refined, it is high in potassium and calcium.

SUGAR-FREE

Stevia – obtained from a Paraguayan plant containing glycosides which are 100-200 times sweeter than sugar. Stevia is approved by the FDA as a dietary supplement only. There is currently research taking place regarding the long-term safety of using stevia...keep an eye out. *glycosides*

****Xylitol** – is a naturally occurring sugar-alcohol, not a sugar. It is made commercially from the wood fiber of birch trees. It is commonly used in gum and mouth sprays because of its anti-microbial qualities

Call it what you want, but sugar is everywhere. It may be organic, unrefined, natural, raw, or local but does that mean its good for you? By trading in my Coca Cola for a Reed's Ginger brew I've essentially swapped HFCS for cane juice....am I that much better off? Is there really a healthy sweetener out there? If you're anything like me than giving up sugar is not an option. I've always found people who don't eat sugar to be as mysterious as people who don't swear. In any case, I'll be in the back of the store cursing at the wall o' sugar; trying to make a healthier choice. Hopefully you have enough information to decide for yourself.



Improved Internet Access Coming Soon to the Coop!

Anyone who has brought their laptop into the cafe knows how unpredictable and mysterious the internet and the wireless in the café can be. Just when you think you're on-line the rug is pulled out from under you.

From a business stand point we need reliable internet. We shop, place orders, receive invoices, run our credit card machines, communicate with our members, and countless other tasks, all on the World Wide Web. From a customer stand point its just plain pleasant and or convenient to spend part (or all) of the your day working or surfing the web with a cup of coffee among the hustle and bustle of the coop; smelling the scones baking in the oven,

catching up with a friend over lunch or remaining quietly diligent in the corner.

It was our hope that providing wireless to our customers would be a simple matter. Get internet access, buy a router and there would be much rejoicing. Instead there has been much cursing and grumbling and if we didn't have so many other redeeming qualities we might have lost our customer base entirely. We are please to say that we will be replacing our internet service provider AND our router in an attempt to improve the situation. Everything should be in place by the end of the month. Thank you all so much for your patience. ☺

A Heart Felt and Fond Farewell to Ivy and Beth!

Ivy Paglieri, our produce co-ordinator is moving on to milkier pastures. She's becoming the Herd manager for Jasper Hill. While we wish her well, and understand that cows are a real passion of hers, we will miss and remember her time here fondly. Fortunately she's not going too far, and we hope to still see her as often as possible.



Beth Cate, one of our Grocery Co-ordinators and our Meat Co-ordinator for the past 6 years, is also heading out to follow her passions, and beginning that quest with a journey westward to parts unknown as of yet. She will be leaving sometime in November. Our hearts go with her, and hopefully will pull her back east before too long. Love and best wishes to them both!