

# OUR PEOPLE FOOD COOP NEWS

MAY/JUNE 1990 134 W. Aurora St. Ironwood, MI 49938

(906)932-3547

## LETTER FROM OUR BOARD PRESIDENT

Hello Everyone,

I hope there are signs of spring in everybody's backyard. It's nice to have the days brighter and warmer.

The Co-op welcomes Anna Wilkerson as our new clerk. She has already made a positive difference in the functioning of our store.

It is hard to believe that we've been in our "new" location for two years!

The General Membership Meeting will be coming up in May. Included in the meeting will be the End of the Year Report, a report on the Common Health Warehouse General Membership Meeting. We will also be electing new board members.

The Co-op needs the memberships' input on the following items:

1) What frozen food products would you buy, when the Co-op has a freezer? (It's coming soon.)

2) Do you have delicious recipes to share with us, using co-op food items? We often get requests from customers wanting to use natural foods.

3) What kinds of things would you like more information on? What issues are important to you, that the co-op can help you with?

Once again, it is time for me to say Good bye to you, as I will be resigning at the General Membership Meeting. John and I are planning to move this July. The Co-op has given us both quite a lot, and we were glad to have known the people involved with it. We wish the Co-op and its' people all the best in the coming years.

Sincerely,  
Leigh Taylor

## GENERAL MEMBERSHIP MEETING

**MAY 31, 1990.** 6:00 PM at the Church of the Transfiguration, 336 E. Aurora (corner of Aurora and Marquette St) in Ironwood.

**Potluck Dinner 6:00-7:00pm.**  
**Meeting at 7:00.** Please come and bring a dish to share. Meeting agenda and any proposed bylaw changes will be posted at the store.

Remember this is your Co-op and the board and management need your input in order to keep it running smoothly. This meeting occurs only once a year. It's important that you plan to attend. Please, be there.

Several Board positions will be up for election / re-election.



**IT'S GARDENING TIME AGAIN!  
HAPPY PLANTING!**

**CO-OP HOURS:**

**MONDAY-FRIDAY 10:00AM - 5:00PM**

**SATURDAY 10:00AM - 4:00PM**

## COMPANION PLANTING

I don't know about you, but I'm tired of guessing what's in my veggies besides vitamins and minerals. I would like to suggest companion planting. Companion planting is the process of planting certain plants next to each other to benefit from each other in growth and as a natural pest repellent. I can't guarantee that it will take care of all the pests in your life, but hopefully it will help with the ones in your garden.

**BEANS:** aid celery and are aided by cabbage and rosemary. Green beans repel potato beetles. Petunias protect beans. Summer savory improves growth and flavor.

**BEETS:** like bush beans, onions, and kohlrabi. They dislike pole beans and mustard.

**CABBAGE FAMILY:** likes beets, chamomile, dill, and nasturtium. They dislike strawberries. Tomatoes and celery repel white cabbage butterfly. Thyme deters cabbage worm. Sage, hyssop, rosemary, peppermint, and other mints deter cabbage moth.

**CARROTS:** dislike dill but like chives. They aid peas and are aided by lettuce and radishes. Parsley, onion, sage, and rosemary repel carrot flies.

**CUCUMBERS:** like sunflowers. Radishes repel cucumber beetles.

**LETTUCE:** likes strawberries, carrots, radishes, cabbage, and beets.

**ONIONS:** like beets, carrots, chamomile, and summer savory, but inhibit peas and beans.

**PEAS:** like radishes, carrots, cucumber, sweet corn, beans, and turnips. They dislike onion and garlic. Chives deter aphids. Spearmint and peppermint improve flavor.

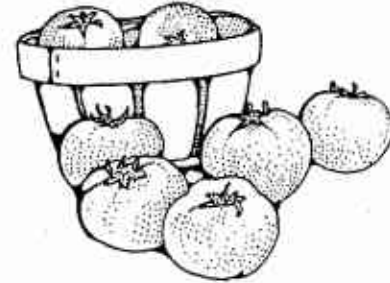
**POTATOES:** Flax is a companion. Horse radish planted at corners of potato patch deter potato bug.

**PEPPERS:** love carrots, eggplant, onions, and tomatoes.

**TOMATOES:** like basil, borage, mint, bee balm, parsley, chamomile, chervil, chives, dill, summer savory, garlic, mint family, and nasturtiums. They aid cabbage. Marigolds deter tomato worms. Tomatoes are stunted by kohlrabi and increase potato blight.

Information gathered from Michigan Almanac 1978, Farmer's Almanac 1978, Rodales Herb Book.

Another reference is The Wisconsin Garden Guide.



## WHAT'S IN YOUR FOOD??

**GLUTEN:** a mixture of proteins present in wheat flour, obtained as an extremely sticky yellowish-grey mass by making a dough and then washing out the starch. It consists almost entirely of two proteins: gliadin and glutelin. The exact proportions of each depend upon the variety of wheat. It contributes to the spongy structure of the bread. There is no known toxicity.

**CALCIUM CHLORIDE:** white, hard, odorless grains, which absorb water. They are used as a firming agent for sliced apples and other fruit; in apple pie mix, as a jelly ingredient; in certain cheeses to aid coagulation; in artificially sweetened fruit jelly; and in canned tomatoes. It is also used to preserve wood, fireproof materials, as an ingredient in automobile anti-freeze, and as a dust control on unpaved roads. It replaces the body's electrolytes; reduces body water; combats allergies. It may cause stomach upset and heart irregularities. It is generally recognized as safe for packaging only.

Information obtained from A consumer's Dictionary of Food Additives, Ruth Winter, this may be purchased through the Co-op. Look for more "What's in your Food?" in the future.

## VITAMIN C

Natural Sources: Acerola, rosehips, citrus fruits

Synthetic Source: Ascorbic acid

RDA: 60 mg

Food sources: Parsley, dandelion, soybeans, parsnips, garlic, radishes, leeks, rhubarb, rutabagas, onions, citrus fruits, berries, green leafy vegetables, tomatoes, califlower, potatoes, sweet potatoes, strawberries, apples, etc.

Vitamin C is water soluble. Human beings are almost the only animal that does not manufacture its own Vitamin C.

Rose hip Vitamin C contains bioflavonoids and other enzymes that help the body assimilate Vitamin C. They are the richest natural source.

Foods lose Vitamin C through exposure to heat, light, and air.

Time released Vitamin C is more efficient and its benefits are spread throughout the day.

Vitamin C: neutralizes much of the pollution we inhale; plays a primary role in the formation of collagen, the binding substance which is important for the growth and repair of body tissue cells; helps prevent kidney stones; assists in the absorption of iron; accelerates healing after surgery; aids in healing wounds, burns, pyorrhea, and insect bites; acts as a natural laxative; helps decrease blood cholesterol; offers protection against cancer producing agents; aids in treatment and prevention of the common cold; reduces effects of many allergy producing substances; activates growth; increases appetite. Also helps with: stress, tooth decay, asthma, alcoholism, arteriosclerosis, cystitis, hypoglycemia, heart disease, hepatitis, prickly heat, scurvy, and sinusitis.

Take note:

- \*Vitamin C is used more rapidly under stress conditions.
- \*One cigarette destroys 25-100mg of Vitamin C.
- \*Oral contraceptives can interfere with the availability of Vitamin C.

\*Aspirin can triple the rate of excretion of Vitamin C.

\*Mega-doses of Vitamin C wash out B<sub>12</sub> and folic acid.

\*Large amounts of Vitamin C can change results of lab tests for sugar in the blood and urine.

\*Diabetes and heart patients should check with their doctors, because Vitamin C might necessitate a lower dosage of pills.

\*If you take ginseng, it's better to take it three hours before or after taking Vitamin C or foods high in Vitamin C.

\*Occasionally very high doses (over 10g daily) can cause unpleasant side effects, such as diarrhea, excess urination, and skin rashes.

The above information was taken from: The Complete Guide to All the Vitamins, Ruth Adams; Three By Szekeley, Edmond Bordeaux Sze'kely; The Vitamin Herb Guide, Global Health Publication; Vitamin Bible, Earl Mindell; Better Nutrition, April 1984.

## NEED A BREAK?

Perhaps you should try 'Mera Aromatherapy Shampoo and Conditioner' located in the Health and Beauty Department of the store.

Mera claims to have discovered a specific combination of essential flower and herb extracts which, when inhaled, stimulate the olfactory senses of the limbic node of the brain to produce a soothing, calming, and very therapeutic effect on the whole body. Combined with their own special blend of all natural cleansing and conditioning agents produce (according to Mera) the finest line of true aromatherapy shampoos and conditioners available in the world.

Mera Corporation does not use any synthetic fragrances, dyes, harsh synthetic detergents, or any animal by-products.

Try Mera Aromatherapy shampoo and conditioner and let us know if it leaves your hair clean, soft and manageable; and your body therapeutically revitalized.

**NOTICE  
GM MEETING  
MAY 31, 1990  
6:00 PM  
336 E. AURORA  
PLEASE BE THERE!!!**

**OUR PEOPLE FOOD COOP  
134 W. AURORA ST.  
IRONWOOD, MI 49938**

### **REFERENCES**

Books covering topics mentioned in this newsletter can be special ordered through the Co-op. A partial list includes:

Vitamin book - No Nonsense Consumer's Guide, H.M. Silverman, Pharm.D.

Vitamin C Connection - Getting Well, Cheraskin

Vitamin C Updated, Jack Challem

Vitamin Manual for the Confused, Kline

Vitamins & You, R.J. Benowicz

Vitamins Explained Simply, Leonard Mervyn  
Vitamins, Minerals & Other Supplements,  
Carlson Wode

Earl Mindell's Vitamin Bible, Mindell  
Vitamin Herb Guide, Nyholt

Complete Home Guide to All Vitamins, Ruth  
Adams

Bioflavenoids, Jeffrey Bland, Ph.D.

Bug Book: Harmless Insect Control, Philbrick

Carrots Love Tomatoes, Riotte

Shepherd's Purse - Organic Pest Control