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HOW TO SHOP GREEN

Buy organically produced food. Organically grown means that the food has been grown in a practical, ecological partnership with nature. Generally, organic food is minimally processed to maintain its integrity, without artificial ingredients, preservatives, or irradiation.

Buy locally produced food. The average mouthful of food travels 1,300 miles from farm to factory to warehouse to supermarket to our plates. In comparison, buying local products supports growers in your region, thereby preserving farming near where you live, and requiring less energy for transport.

Choose minimally processed and packed foods. After it leaves the farm, food is subjected to a variety of processes, most of which use fossil energy and remove naturally occurring nutrients. A typical highly processed (and highly advertised) "food product" may contain only seven percent real food.

Eat a variety of food. When you eat a wide variety of food, you draw on biological diversity. So many of the hundreds of available products are made from the same relatively few raw food materials—corn, wheat, rice, and potatoes. People today rely on just 20 varieties of plants for 90 percent of their food.

Buy produce in season. Out-of-season produce is extravagant because it is so energy-intensive to ship food long distances. Out-of-season produce is also more likely to have been imported, possibly from a country with less stringent pesticide regulations than those in the U.S. Call your state's Department of Agriculture for a free seasonal harvest calendar for your area.

Prepare your own meals. Cooking from scratch can involve a little more labor and time, but you can be sure you'll save money and resources, because you're not paying someone else to prepare your food, to add nutrients removed in processing, to put it in a box or can, to ship it across the country, and to advertise it in slick TV commercials. You will also provide your family with healthier, more nutritious food, since you are starting with fresh ingredients.

Adapted from "8 Simple Steps to the New Green Diet" from Mothers & Others.

NORTH WINDS



6/21/97

WOW! the snow is finally gone and some brave souls are already looking for the garden tools. Spring's a great time to start lots of new outdoor projects and an even better time to get acquainted with the ever changing NEW product lineup at your food co-op! Linda and Jody and Jean and Jim are always challenging themselves to bring you the best in healthful new products in a cheerful, comfortable, and ever improving store atmosphere.

You probably already know about the five new "power house" committees the board of directors has formed. I called them "power house" because the work they collectively address is central to nearly every aspect of our co-op's mission and function and is crucial to building a stronger structure for the

Dear Membership:

The shift in the wind is causing change here at the Co-operative.

As the wild relentless winter was being nudged slightly by a very reluctant spring, our Board of Directors took steps to ease the co-op along the path of progress, growth, and co-operation.

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HARVESTING & STORING WILD GREENS

Leaves

- For the tenderest and sweetest greens, pick leaves when young, up to flowering time.
- For maximum potency and flavor, harvest leaves on a dry morning after the dew has evaporated.
- Pick only healthy, whole leaves without blemish, yellowing, or insect damage.
- Handle all leaves gently, taking care not to bruise or crush them.
- Ideally, greens should be eaten on the same day as picked; however, they can be refrigerated up to two days.
- Gently wrap in moist paper towels in a loosely closed plastic bag.
- As with most salad greens, wash shortly before using.

Flowers

- Harvest flowers on a dry morning after the dew has evaporated or just before sundown.
- To maintain freshness, leave stems intact when picking and storing; remove just before using.
- In general, edible flowers are best served raw, eaten on the same day as harvested (they will also stay fresh in the refrigerator for up to 2 days, loosely packed in an airtight container with a moist paper towel folded in the bottom). Wash flowers under gently flowing water shortly before serving.
- Dandelion blossoms must be cooked before consuming. They should be clean when picked; they will close when wet so don't wash them.

Cumin

A Rich Tradition

History is sprinkled with mention of cumin. Egyptians used it not only to flavor meats, fish and stews, but also to mummify their dead. The Romans-whose scholar Pliny described it as "the best appetizer of all seasonings"--used cumin as a substitute for pepper. Its name was so commonplace, in fact, that they used it to nickname a couple of emperors - Marcus Aurelius because he was greedy, and Antoninus Pius ("cumin splitter") because he was frugal. Matthew 23:23 refers to its use as a tithe: "... ye pay tithe of mint and anise and cummin..." Medieval cooks relied heavily on cumin, but its power extended well beyond the kitchen. Europeans of the time, for example, believed it would keep poultry from wandering away, and even ensure fidelity between couples. The Germans carried cumin, dill and salt in their pockets when being wed, and in parts of Europe a soldier would share a farewell wine powdered with cumin or depart with a loaf of cumin bread baked by his sweetheart. The use of cumin gradually declined, though, perhaps because many Europeans came to prefer the taste of caraway.

When the New World was settled, Spanish explorers introduced cumin to Latin Americans; it quickly became a mainstay in their cooking. Cooks in the Middle East, Far East, and Northern Africa have remained cumin fans throughout history. In the United States; however, cumin use was minimal until recently, that is. Today, with U.S. sales reaching almost 10 million pounds per year, cumin is in the limelight. Its versatility, coupled with an

explosion of interest in the cuisines of other cultures, gives it a high, solid ranking on the spice charts.

Cumin has a warm, spicy taste, with a biting edge, similar to caraway. But cumin is earthy rather than sweet, like caraway, and extremely aromatic. What does cumin season? That depends on whom you ask: Latin Americans enjoy its rich, warm taste in soups and stews, while Mexicans rely on its spicy touch in south-of-the-border meat, bean and rice dishes. In Morocco, brochettes (grilled meat kebabs) are seasoned with a blend of cumin, tumeric, ginger,

peppercorns, garlic, onions and parsley. Indians often toast cumin before sprinkling it in curries and lentils, vegetables and meats. (In fact, cumin is the essential ingredient in blends like curry and garam masala.) The Germans have long used it in sauerkraut, while the Hebrews traditionally add it to unleavened bread. Dutch and Swiss cooks use it to flavor cheese (Edam, in particular), cakes and breads (especially rye).

Commercially, this do-it-all spice is found in meats, cheese, liqueurs, pickles and many spice blends. Western cooks are at no loss for recipes in which to use cumin, either. It complements many other seasonings, and works well in fruit pies and cookies, cheese dips, cottage cheese, sandwich spreads, eggs, fish, casseroles, salad dressings, tomato-based sauces, poultry and meats like roast pork, sausage and meat loaf. Here are a few cooking tips to pass along: 1. Cumin is potent, so it should be used sparingly. A good starting point is 1/8 teaspoon to 1/2 teaspoon ground or 1/2 teaspoon whole seed per four servings.

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They formed committees, work groups and task forces that are now busily meeting behind the scenes and brainstorming some amazing, creative, and awesome stuff. The committees are:

Product Policy	Norm Stone
In Store Events	Zona Wick & Jeanean Santini
Building Maint	Larry Sands
Advertising	Doug Clark
Membership	Russ Dawson

The committees are still open to interested energies. Please investigate the possibility of becoming involved in the evolution of the area's PREMIERE NATURAL FOODS and ALTERNATIVE THERAPIES SOURCE. Singularly we can do the work of one, together we can work miracles.

As summer approaches the completion of our new, revved up, jazzed up, supercharged Northwind Pamphlet is near. Soon you will see it everywhere.

We have some bittersweet excitement to

New Items

We now have
Glucosamine Sulfate
Chondroitin Sulfate
Liquid Minerals



Aloe Shampoo
and Conditioner
Chamomile Shampoo
and Conditioner

\$2.59

Proposed Co-op Events

Festival Ironwood
Iron County Fair
Gogebic County Fair
Ontonogon County Fair
Seed & Veggie Swap Potluck
General Membership Meeting
Pumpkin Festival
Jack Frost Festival
Christmas Open House
Childrens Art Festival

If you have any comments or ideas please contact Russ Dawson at 932-1487

report. Dennis, Terry, and Mark Dunham are leaving Ironwood to live and work in Virginia, Minnesota. We are happy and excited for them and their new opportunities, we will miss them, and remember them fondly and wish them well. Thanks for everything folks, you made a huge difference here and will not be forgotten, Godspeed!

While the Dunham's were dismantling Dennis's office, they made the Co-op an exciting and generous offer to purchase a computer, printer, fax machine, desk and chair. Soon we will have bold and beautiful signage in the store, slick looking correspondence, the ease that technology allows and grateful hearts.

In closing, keep your eyes and ears open to new and fun stuff at the co-op and spread the word.

Peace
Linda Ongie

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co-op's continued growth in the years ahead.

The committees and their chairpersons are:

- Building: Larry Sands
- (In-Store) Events: Zona Wick
- Marketing: Doug Clark
- Membership: Russ Dawson
- Product (Policy): Norm Stone & Kay Clark



If you have the interest and can spend a very little time once a month, please consider helping on one of these committees. The future of your co-op will thank you for it.

I'll just put in a personal plug for the Building Committee. We'll be looking at presently needed repairs and on-going maintenance to the building and our own store equipment. We'll also be considering acquiring new equipment for the store. But, perhaps most importantly, this committee will also be dealing with the question of where to move the store, if at all, once our lease is up in two years. And if we move, do we buy or rent and where? Tough questions, huh? Well, if you want to get in on the ground floor of what is fast becoming a thrilling, puule-solving venture, join with this committee's effort.

Friends, I've saved the bad news for last. I wasn't shocked at the news because I'd heard and

sensed it's coming, but I was nevertheless terribly saddened to hear that Terry Dunham and husband Dennis were moving from our area. Seems like it was mainly Dennis' business that required the moved.

Terry had done a stellar job as Board President for two years where she proved to be a real Dynamo of compassion, candor, and finesse. Lately she's been helping Doug and the Marketing Committee get off on the right foot.

Terry, we'll miss you dearly as we already have since you retired from the Board. Happy Trails to you, Dennis and your son.

Larry I. Sands, Board President

- NEW PRODUCTS**
- Dehydrated Vegetable Soup Blend \$ 8.85 lb
 - Chocolate covered Coffee Beans \$ 11.39 lb
 - Bulk Bee Pollen \$ 9.05 lb
 - Dehydrated Spinach Flakes \$12.09 lb
 - Ben & Jerry's Ice Cream
 - Coffee Coffee Buzz Buzz Buzz
 - Phishfood

Dining on Dandelions

Who can forget the simple childhood pleasure of wishing on a gray-haired dandelion while blowing its seedlings into the wind? And who can forget the arduous task of uprooting those same golden-tressed weeds from your garden? Now you can turn that drudgery into delight by bringing those delicious, nutritious greens to Your dining table.

Originally from central Asia, dandelions have long been esteemed by medical herbalists for their valuable healing properties. Natural diuretics (the French word for dandelion is pisseirlit, or "wet the bed") and blood cleaners, the leaves and roots are used in the treatment of liver and kidney ailments, arthritic conditions, and acne; the plant's bitter quality stimulates digestion. Dandelions are nutritional powerhouses, providing more vitamin A than any other green, as well as C and B, iron, calcium, and potassium.



Cheese Pizza

\$2.99

Spinach Feta Pizza

\$2.99

Non Dairy Vegetable

\$3.59

Wise Buys

Amish Farm Cheeses

Organic rBGH free
Hand-crafted, Natural,
and Hand Milked!
8 Varieties

\$2.09 1/2 lb block

Rice with Dandelion, Pinenuts, & Raisins

Serves 4 to 6 as a side dish,
2 to 3 as main course

The sweetness of the Catalan trio of rice, pinenuts, and raisins takes the edge off the bitter bite of barely cooked (and therefore healthier) dandelion greens.

- 1 large clove of garlic, finely chopped
- 1 Tbsp. olive oil, preferably extra virgin
- 1/4 cup pinenuts
- 1/3 cup dark raisins
- 1/2 lb young dandelion leaves, washed, trimmed, and cut into very thin strips, crosswise
- 3 cups cooked white rice (as hot as possible)

In a large nonstick skillet, sauté the garlic in the olive oil over medium heat for 2 minutes. Reduce heat to medium-low, and add the pinenuts and raisins; cook until pinenuts are golden and raisins have plumped, about 5 minutes, stirring frequently. Add the dandelion strips and cook another 2 minutes, stirring frequently. Stir in the cooked rice and toss well to combine; heat through if necessary. Serve immediately.

Cumin *continued*

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2. Slow-cooking recipes like soups and stews are especially suitable for cumin. The fragrance and aroma of the spice permeate the dish while the slight bitterness cooks away.
3. The seed may be used raw or roasted; roasting subdues the bitterness and produces a nuttier taste.

Cumin 101

According to the American Spice Trade Association--and Webster agrees--the correct pronunciation of cumin is "kuh-min" (rather than "kew'min" or "koomin"). In some European countries and in Mexico, it's known as comino. Its botanical name, *Cuminum cyminum*, comes from the Greek "kyminon," for umbellifer. An umbellifer is a plant with flat or rounded flower clusters that top stalks arising from the same central point (like an umbrella). Along with caraway, carrot and parsley, cumin belongs to the Umbelliferae family. A small, tender annual, cumin grows to a height of about one foot, and produces small white or rose, lilac-like flowers, arranged in umbels of 10 to 20 blossoms. The yellowish-brown fruit--cumin seed as we know it is, elongated, with nine ridges. Cumin resembles caraway in appearance, as well as taste, all though close inspection shows that the cumin seed is straighter, longer and greener than the caraway. Cumin produces its fruit about two months after planting and

is harvested when the plants begin to wither and the seed loses its green color. The seeds are threshed from the plants, and "dewhiskered" (the long hairs are removed). Cumin's essential oil content--comprised mostly of cuminaldehyde and other aldehydes--ranges from 2 to 6%. While this oil is responsible for cumin's strong aroma and flavor, it's also very volatile--as much as half of it may be lost during the grinding process alone. One way to maintain the quality of the spice is by cryogenic grinding--freezing the product to reduce heat and subsequent oil loss in grinding. Another way to minimize oil loss and maximize flavor is for the cook to grind the whole seed (raw or roasted) just before using. Proper storage, in airtight containers away from heat and moisture, is also crucial. Familiar as it is on the spice shelf, you're not likely to find this seasoning on your next herb walk. Native to North Africa and the Eastern Mediterranean regions, cumin requires a minimum of four warm months to mature. Iran was the primary exporter of cumin seed to the United States before the 1979 U.S. trade restrictions went into effect, but current major sources of supply are Turkey, India and China. (India is the world's largest producer, but a substantial amount of their production is consumed locally.) A number of other countries offer cumin from time to time, when a surplus over domestic needs is generated.

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BOARD of DIRECTORS			
 Larry Sands, President	561-2880	Jeanne Santini	932-0276
 Kay Clark, Vice President	932-0866	Norm Stone	932-5087
 Zona Wick, Secretary	561-3009	Doug Clark	932-0866
 Russ Dawson, Treasurer	932-1487		
			



Organic
Sunny
Blues
9.5 ounce



\$1.79

		Truck Schedule	
June	13 North Farms	July	25 BP
	19 BP	Aug	8 North Farms
	27 North Farms		14 BP
July	11 North Farms		22 North Farms
	17 BP		

SOUTHWESTERN CHEESE, SPINACH & POTATO FLAN

Makes 9 Servings

Serve with a Simple Green Salad

5	Cups	Thinly Sliced Baking Potatoes
1	Package (frozen)	Chopped Spinach, thawed & drained
1 1/2	Cups divided	Shredded Cheese for tacos & nachos
6		Eggs
1	Cup	Sour Cream
1/4	Cup	Chunky Salsa
2	Teaspoons	Ground Cumin
1	Teaspoon	Oregano
1/2	Teaspoon each	Salt & Pepper

Place potatoes in sauce pan, cover with cold water and Heat to a boil, cook 3 to 5 minutes or until just tender. Rinse with cold water, and gently pat dry. In a greased 9 inch baking pan, layer half of the potatoes, all of the spinach, 3/4 cup of cheese and the remaining potatoes. Beat eggs; blend in sour cream, salsa, and seasonings. pour over potatoes add remaining cheese and bake at 350°F for 40 minutes until set.

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Current Cumin Research

As if cumin's culinary role isn't impressive enough, it looks as though it may make a significant medical contribution as well. In long-term studies, researchers in Israel and India are examining cumin's anti-cancer properties. In one series of tests, Indian scientists found that cumin increased the activity of a detoxifying body chemical (GST) that protects against certain kinds of cancer. At the Cancer Institute Adyar, Madras, in India, cumin was found to block 83% of the chromosome damage that would

normally be caused by a powerful cancer-causing chemical. (Poppy seed and turmeric, to a lesser extent, also served as blockers.) Perhaps modern science will add the next chapter to the long history of this popular herb.

Frontier's Cumin

Frontier sells whole, dewhiskered cumin seed from China and India, and ground cumin seed from Turkey. There are about 4 cups of the ground spice and 4 1/2 cups of the whole seed per bulk pound. Both whole and ground cumin are also available in 1.6 ounce bottles.