



Hampden Park Co-op Mission: The corporation exists to serve its member stockholders and the surrounding community, promoting wholesome, healthful and ecologically sound food consumption, and permitting member involvement both in the procurement of that product and the operation of the corporation.

Hampden Park Co-op News

June/July 2007

Volume 18 Issue 3

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Co-op Hours:

Monday–Friday 9:00 a.m. – 9:00 p.m.
 Saturday 9:00 a.m. – 7:00 p.m.
 Sunday 10:00 a.m. – 7:00 p.m.

The co-op will be closed on Wednesday, July 4, 2007.

Board Meetings:

The Hampden Park Co-op Board of Directors meets monthly. See its bulletin board in the entryway for meeting dates and locations.

Newsletter Deadline:

The deadline for the August/September issue is July 2. If you wish to write an article for the newsletter, contact Naomi Jackson at naomijx@juno.com, or leave a note in the Membership Coordinator envelope in the entryway.

HPC Web site:

<http://www.hampdenparkcoop.com/>

The Joy of Quack Grass

—by Naomi Jackson, HPC Staff

Enhance your problem-solving skills! Strengthen your ability to complete difficult tasks! Increase your will power! All this and more when you decide it's time to get rid of that pernicious pest, quack grass.

Early this spring I stood with a farmer acquaintance, surveying a 10-acre field matted with quack grass. "How do you get rid of the stuff?" she wondered. It's an organic farm, so that limits her options.

I decided to find out, and in so doing, discovered that quack grass, like most of us, is a mixture of good and bad. It can invade lawn and garden, field and nature preserve, outcompeting native plants and your favorite vegetables. It is also a prized herbal remedy, nutritious forage crop, and an emergency food source.

Like the dandelion, quack grass was brought to this country deliberately by European settlers. And like the dandelion, it greens up early in the spring, providing relief from the nutritional deprivations of the winter months. Yes, you can toss those early quack grass shoots into your dandelion-green salad!

How does your quack grass grow?

Before you start eating quack grass, you should know what it looks like. Quack grass is a member of the grass family, featuring long white or yellow underground runners (rhizomes) that can extend several feet from the base of the plant. The rhizomes grow close to the surface, usually no deeper than 6 inches. They are very sturdy, with a sharp point at the end. I've found quack grass rhizomes growing right through a potato.

The grass itself can grow up to three feet high and will produce two to three dozen seeds per plant. The seeds can lie dormant for more than 20 years and can survive being eaten by domestic animals.

However, it is not the seeds that make quack grass the bane of gardeners and farmers. It is the rhizomes. Each rhizome has little hairy joints every few inches. Each joint can grow into a new plant. And one quack grass plant can produce 300 hundred feet of rhizomes in a year. So, if you run over a quack grass plant with your tiller, you will have dozens of plants where you only had one. Thus the Latin name, "*Agropyron repens*" — "sudden field of fire."²

Before we consider how to put out the fire, let's talk about its benefits, in case you should wish to tuck a bit into your tinder box for future use.

Stay healthy with quack grass!

Nicholas Culpeper, the famed 17th-century herbalist, said, "Although a gardener be of another opinion, yet a physician holds half an acre of [quack grass] to be worth five acres of carrots twice told over."³

(cont. on p. 4)

Membership News

—by Naomi Jackson, Membership Coordinator

What wonderful weather we had for Mayfest! Many thanks to all the hard-working volunteers, and especially to those who stayed late to help put things away.

Summer is upon us, a time when everyone's schedule changes (and usually gets busier!). You can make sure you get a volunteer shift that fits your schedule by dedicating yourself to a specific shift each month. You choose the shift you want, and you will automatically be signed up for that shift each month. Leave a note in the membership coordinator envelope (near the volunteer calendars) if you'd like to do this.

We are back to our regular schedule of two orientations per month, so if you've been patiently waiting to volunteer, come in and sign up for an orientation. The sign-up is on the same bulletin board as the volunteer calendars.

Please let me know if you want to change discount levels, either up or down. You may need to wait for an opening before moving up to a 21% or 28% discount. Leave me a note or call me at the co-op most weekday evenings to ask about changing discount levels.

As always, there is a list of alternative volunteer tasks posted by the calendars. Check it out and see if you'd like to volunteer for one of those tasks.

Many thanks for your presence at Hampden Park Co-op!

Welcome, New Members!

Membership Information

Membership in Hampden Park Co-op involves a one-time purchase of one share of stock per household. The cost of a share is \$30. Stockholders can be eligible for dividends at the end of each fiscal year. You may sell back your stock share if you move away.

Volunteer Discounts

One or two non-senior adults in a household may earn:

- 15% discount for 3 hrs./month
- 21% discount for 6 hrs./month
- 28% discount for 12 hrs./month

Seniors

All seniors receive a 15% discount on the first Wednesday of the month. Senior members always receive a 15% discount. Your membership includes you and your spouse or significant other. If you are 65+ and would like a senior card, talk to any coordinator. Senior working members start with a 15% base, plus time worked.

Food Shelf Contributions

Any shopper, member or non-member, receives a 28% discount on food shelf items. When you get to the checkout counter, let the cashier know that you have food shelf purchases.

Non-discountable Items

Certain items in the store are non-discountable. These include milk (quart and larger), eggs, non-organic frozen orange juice, baby food, brewed coffee, HPC hot soups, gift certificates, and some sale items. There is no discount on these items because the mark-up on them is intentionally low.



**Hampden
Park
Co-op**

Camping Cuisine

—by Dan Hernández and Bonnie Keeler, HPC Members

Summer is a great time to get outside and with all the great places to visit in Minnesota—lakes, state parks, and the BWCA—now is the perfect time to go camping!

Perhaps the most important consideration in planning a camping trip is the food. While camp food is notorious for being bland and uninteresting, there are healthful, delicious meals that are easy to make on the fire or camp stove. Here we give a few of our favorite camping meals (all with food you can buy at HPC!). All of these meals are great for backpacking or a trip to the Boundary Waters because they don't require refrigeration, but they will work well for your next car-camping excursion too!

Fried biscuits

2 cups whole wheat flour
 ½ cup dry milk powder
 1 ¼ tablespoons baking powder
 ¾ teaspoon salt
 ¼ cup oil
 ¾ cup water
 oil for frying

Mix the dry ingredients at home and put in a plastic bag. When ready to prepare, add the ¼ cup oil first to finish the mix. Add water and knead gently until well mixed. Heat a frying pan with oil on the stove or campfire (temperature will vary, but medium-high heat is best). Scoop balls of biscuit batter into the frying pan and cook until golden brown. Drain on paper towels. Goes great with eggs or fried fish!

Apple-Cinnamon Pancakes

This is a variation on any pancake recipe. Bring your favorite pancake mix or recipe and add dehydrated apple rings and a little cinnamon. Be sure to add a little extra water to rehydrate the dried apples.

Falafel, Pita, and Hummus

This is a delicious meal using dehydrated mixes available at HPC. Falafel and hummus mixes are available in the bulk section and only require the addition of water and oil. Don't forget to bring a small bottle of tahini to top it off. Pita bread is the most backpack-friendly bread and works great for any meal while camping.

Tempeh and Asian Noodles

This is one of our favorite dinners and is also one of the easiest to make. Sauté the tempeh with a little soy sauce and oil, and add it to one of the boxed Asian noodle dinners for sale at HPC. If you want to add veggies, zucchini is a good option because it travels well for a couple of days and does not spoil.

Homemade Trail Mix

There are some great trail mixes for sale at HPC, but it is fun to make your own, too. With all the bulk nuts, dried fruits, and granola available, be creative and make a mix with all your favorites.

Quick and easy camping food options at Hampden Park Co-op:

- * Soup mixes (just add water)
- * Refried bean mix (Rice and beans work for breakfast, lunch, or dinner!)
- * Powdered cheese (use to make homemade macaroni and cheese)

Tips to make your camping cuisine successful:

- * Don't forget the spices! Film canisters or small plastic bottles work great for bringing along your favorite spices, hot sauce, cooking oil, or maple syrup.
- * Repackage your food. One easy way to save space and weight is to take packaged foods out of the box and put them into plastic bags. This saves space and ensures your food stays dry.
- * If you're a meat-eater, bring frozen brats or steaks for the first night of camping. The meat will thaw during the day and be ready to cook that evening.

Did you know... Buried water bottles take up to 1,000 years to biodegrade; 2.7 million tons of plastic are used to make water bottles each year. That's enough energy to fuel 100,000 US cars for a year. Eighty-six percent of these bottles end up as garbage or litter, not to mention the leaching of chemicals from the plastic into the water. Show your love for Mother Earth and avoid contributing to this ecodisaster: reuse a bottle—preferably glass—perhaps with your own filtered water.

Source: Earth Policy Institute

(*Quack Grass* cont. from p. 1)

In my reading, I found over five dozen medicinal uses for quack grass rhizomes. They are most commonly used for respiratory and urinary disorders, and as a spring tonic.

The rhizomes can also improve your digestion, as they contain a polysaccharide that can "...increase beneficial bifidobacteria within the gastrointestinal tract and eliminate bacterial pathogens."⁴

If you'd like to add quack grass to your herbal pharmacopia, see the resources at the end of this article; in particular, *Flora* and *Journey to Forever*.

Hungry? Try quack grass.

Okay, you'd probably have to be pretty hungry to eat this grass. But here are some ideas, just in case.

The long quack grass rhizomes can be cleaned and dried and ground into a flour, a means of making bread in hard times. Or, roast them and brew them as a coffee substitute.

Raw rhizomes can be chewed as a quick garden snack. They are mildly sweet and extremely fibrous, so bring your dental floss.

You can also juice the rhizomes for a spring tonic, but be careful—all that fiber could be hard on your juicer. Or, boil them to a syrup and make beer.

And, as mentioned earlier, young leaves and shoots can be added to your early spring salad. The seeds are edible, too, but you'd have to be very patient to gather enough to be useful.

Improve your garden with quack grass!

There are situations in which quack grass can be useful for controlling erosion. The roots form a dense mat, holding soil in place.

Until recently, a strip of quack grass separated our vegetable garden from the alley behind our house. Since we were replacing our fence, it seemed a good time to rip out the quack grass. The root mat was so thick that the soil underneath was bone dry.

Now I'm kind of regretting the decision. Without that tough barrier, our garden is at risk of eroding during heavy rains, and I can't think of another ground cover that would withstand a steady diet of snowblown gravel and car exhaust.

Quack grass can also be made into a slug repellent, although it's more work than pouring a little beer in a pan. According to the *Manitoba Gardener*, quack grass "...damages the nerves of slugs. Chop it up and use it as mulch. Make a tea by cutting the grass up, soaking in one [quart] of warm water for 24 hours, then use as a barrier spray."⁵ (The article warns not to use it directly on your hostas.)

Quack grass removal from back yard gardens

Still not convinced about the usefulness of quack grass? Here are some non-toxic ways to get rid of it. You will need to add patience and persistence to each method.

The best strategy is simply to dig up the plants. Choose a day when your garden soil is easy to work—slightly damp and crumbly. Loosen the affected area with a pitchfork. Don't use a shovel, or you will end up chopping up the rhizomes, which you will deeply regret.

Gently loosen and lift the entire quack grass plant from the soil, following the rhizomes to the end and making sure you don't leave behind any broken bits.

Don't put quack grass plants in your compost until you are very sure they are dead. I put mine in the trash.

Hot water and mulch

Try pouring boiling water over the plants you want to get rid of. This works nicely for quack grass growing through sidewalk cracks and in other hard-to-weed locations. You may need to repeat the treatment several times throughout the summer.

You can get rid of quack grass using mulch, but the mulch needs to be impenetrable. Try laying newspaper on top of a layer of leaves and grass, and covering the paper with more organic mulch. Leave this mulch on until after you have harvested your crops; then till the whole thing into your soil. You will need to repeat the process the next year.

If you'd rather use a plastic mulch, use clear plastic, not black.⁶ The quack grass will be scorched by the sun beating through the plastic. After most of it has withered, cover the plastic with at least a foot of mixed mulch.

An ounce of prevention

Give your hoe lots of exercise. Every time you see a quack grass sprout in your garden, chop it off. After awhile, the plant will use up all of its energy stores and die.

If you are using your hoe, pitchfork, or tiller in more than one garden area, make sure you don't carry bits of rhizome from one place to another. Keep your equipment clean.

Prevent quack grass seeds from infesting your garden. If there is quack grass in your lawn, keep your lawn mowed so it doesn't go to seed. If you use hay or straw bales for gardening or insulation, make sure you get them from a clean source.

(cont. on p. 7)

The Hipbreak of Heartburn

—by Heidi Goar, HPC Member

Dear Statistically Determined Reader,

You, yes you, the regular reader of the radical left-wing tract *HPC Newsletter*, will, I trust, not be particularly shocked to find out that some pharmaceuticals are being found to have some absolutely horrifying side effects that are being virtually publicly ignored by the AMA. And, while we may be becoming bizarrely immune to these stories, you should still find the details really quite disturbing.

That's right, "the man" is at it again. In this case, we are offered a couple of different drug types that are designed to alleviate a condition that is, in many cases, brought on by consuming some types of foods that "the man" pushes on us, i.e. processed, fatty foods.

Proton pump inhibitors and histamine-2 blockers

This piece investigates two types of pharmaceuticals that have terrifyingly adverse reactions when taken by some of us, mainly a drastic reduction in bone density! These two drug types, some of the latest in the drug industry's debacles, are proton-pump inhibitors (PPIs) and histamine-2 blockers (H-2 blockers), both used to alleviate gastroesophageal reflux disease (GERD), more commonly known as heartburn.

The H-2 blockers reduce the amount of hydrochloric acid released into the digestive tract. PPIs work by shutting down the "pumps" within acid-secreting cells.

If you watch television (and, isn't it strange that pharmaceuticals are advertised on TV and that these "drugs" are "pushed" with almost no public resistance; why don't we "Just Say No," Nancy Reagan?), you may know the names of these chemicals: Prilosec, Nexium, Aciphex, and Protonix (PPIs), and Zantac and Pepcid (H-2 blockers). Each class of drug works differently. PPIs are considered more powerful and have mostly superseded H-2 blocker use.

What causes GERD?

Acid reflux, or GERD, is characterized as stomach acid splashing up into the esophagus and causing heartburn, pain, or regurgitation. It is, as you must know, an amazingly common condition. According to one source, heartburn and/or acid regurgitation experienced weekly has been found to occur in 19.8% of individuals (<http://www.aboutgerd.org/>) and at a much higher rate in the elderly.

GERD can be caused by eating foods with high acidity, eating beyond satiety, eating hurriedly, not chewing food properly, or eating in a stressed state. Food with high fat content especially predisposes to heartburn, as do spicy foods, chocolates, alcoholic drinks, coffee, and tea.

Certain medicines may also cause heartburn, as may eating with tight pants and belts, or lifting weights or squatting after eating. (Speaking of the man coming down on us, most of the causes of heartburn in the non-aged come from life-style "choices" that are sanctioned by agri-business and the fast food industry, just to make an even larger connection to the oppressive forces in this situation.)

Drugs and bone density

Tens of thousands of people take either PPIs or H-2 blockers in some form at least once a week. But, until about six months ago, there was no public discussion of an outrageous side effect, a severe reduction in bone density in those who take these chemicals regularly. Those who take high doses (more than 40mg) are almost three times as likely to experience hip fractures, and those who take standard doses are one-and-a-half times more likely to break a hip. The possibilities of bone fractures also increase with sustained use, meaning over a three-year period (<http://www.sciencenews.org/articles/20070106/fob1.asp>).

What seems to be happening is different for PPIs and H-2 blockers.

"PPIs become activated only in highly acidic environments, a design that drug developers expected would confine the compounds' effect to the stomach. . . . [the problem is, s]tomach acid may be necessary to dissolve calcium compounds so that the calcium can be used elsewhere in the body," says study coauthor David C. Metz, a gastroenterologist at the University of Pennsylvania School of Medicine in Philadelphia. When activated, PPIs switch off cells' acid-making machinery (www.science.org/articles/20070106/fob1.asp).

To compound the situation, in the aging process, the various body parts that play a role in digesting food are more likely to fail. For example, dysphagia, difficulty swallowing, affects 30% of the elderly, and 60% of those in nursing homes. Weakened sphincters in the esophagus and hiatal hernias (bulges in the stomach lining) are also quite common in the elderly. These things affect one's ability to absorb calcium.

Therefore, many elderly take calcium supplements to strengthen bone. But, since so many have acid reflux, the supplements they are taking may not be being absorbed. One idea being proposed is that we should eat much

(cont. on p. 6)

(*Hipbreak of Heartburn* cont. from p. 5) more food high in calcium and not relying on supplements, because foods high in calcium are more easily absorbed as they don't require the same level of stomach acid to break down.

Information is hard to find.

Now, naturally, this information is disturbing, but to make matters worse, when one searches the Web for "PPIs" and "H-2 blockers," there is almost no mention of the trouble many face with bone density issues. With a search of PPI, the first five sites (including the UK's leading provider of private health care, BUPA; MedicineNet.com; About.com; and Answers.com) don't even mention the possibility of bone density side effects.

Not until the fifth search item, JAMA (Journal of American Medical Association), is there any mention of interference with calcium carbonate absorption and subsequent bone weakness. A search on H-2 blockers reveals no mention of this side effect in the first ten findings. There are, though, several sites, found only when taking a little time, that are devoted to pending litigation regarding PPIs and H-2 blockers and nutrient absorption, which is very exciting (<<http://www.vrp.com/thenewsletter.asp>>).

Alternative explanation?

It is worth mentioning one finding in my research that was curious; you may want to ponder it. According to one insightful article by Christine Gorman (<http://time.blogs.com/daily_rx/christine_gorman/index.html>) on the topic: "... [i]t's also possible that whatever caused the severe heartburn in the first place—like infection with the ulcer-causing bacterium *Helicobacter pylori* (<<http://www.nlm.nih.gov/medlineplus/peptic-ulcer.html>>)—may actually be the real reason behind the difficulty in absorbing calcium." (<http://time.blogs.com/daily_rx/2006/12/fractures.html>)

If this is the case, linking lack of calcium absorption in some people to those drugs would be a spurious relationship, and we are barking up

the wrong tree when trying to explain the amazing numbers of people who have very serious bone density problems and are taking a drug to suppress acid production.

This means you should increase your intake of calcium-rich products like broccoli, collard greens, bok choy, canned salmon, and almonds, because calcium is more easily absorbed through food. If you're taking insoluble calcium supplements (the most common form), be sure to take them with a meal, particularly with somewhat acidic foods like lentils, apples, blueberries, and bananas.

If an *H. pylori* infection is causing your chronic heartburn, the conventional treatment is antibiotics that are strong enough to kill a germ that's tough enough to live in the acidic environment of the stomach. An endoscopy (a little camera fed down your esophagus that takes pictures of your stomach lining) is the means to determine whether you are infected.

Probably the most important thing to take away from this is, it isn't normal to be unable to eat food. Now, as we know, lots of us can't digest all kinds of things for many reasons, and, statistically speaking, if you are reading this, you already know a lot about this type of thing. But large drug conglomerates are making a lot of money selling Zantac and Prilosec and lying, by omission, about their side effects, and this should make us not just suspicious, but furious.

Resources

<<http://www.medscape.com/viewarticle/549934>>

<<http://www.cpha.com/pdf/iRx-California-PPI.pdf>>

<<http://ukhealthcare.uky.edu/publications/AI/general/index.htm>>

Link to a study done on hip fractures in those taking these drugs: <http://www.ndri.com/article/proton_pump_inhibitors_such_as_aciphex_nexium_prevacid_prilosec_and_protonix_may_decrease_calcium_absorptionlong_term_use_have_possible_risk_of_hip_fracturebone_massosteoporosis_for_elderly-183.html>

Mary's Gluten-free Monster Cookies

3 cups peanut butter
1 cup butter or Earth Balance sticks or coconut oil
2 cups brown sugar
2 cups white sugar or 1 cup white sugar & 1 cup rice syrup (makes a softer cookie)

Mix the above ingredients, and add:

6 eggs or the equivalent egg substitute
1 tablespoon vanilla
1 tablespoon honey (skip the honey if using the rice syrup)

Mix again and add:

4 teaspoons baking soda

Mix well and add:

9 cups organic rolled oats
1 cup chopped walnuts (or your favorite nut)
1 cup chocolate chips

Mix and drop by spoonfuls onto a cookie sheet, 1–2 inches apart. Bake 12–15 minutes at 350°, until brown. Makes 9 dozen 3–4 inch cookies. (Cookies can be made any size.)

Optional ingredients: You may add coconut, candy pieces, or peanuts as desired, reducing the amounts used as more variety is added.

Vegan Version:

Mary discovered (when she forgot the eggs) that by adding ½ cup of water to the dough, the cookies were very crispy and the family liked them. They need to rest on the cookie sheet for 1 minute after baking to firm up and not fall apart when moved to the cooling rack.

[Contributed by Mary Zaun.]

(*Quack Grass* cont. from p. 4)

If you want to know more...

Resources on quack grass:

- ✓ Batcher, Michael S., "Element Stewardship Abstract for *Elytrigia repens* var. *repens* (L.) Desv. ex B. D. Jackson," prepared for The Nature Conservancy, 2002.
- ✓ Cholewa, A. F., "*Elytrigia*," J. F. Bell Museum of Natural History, 2002. (<<http://www.bellmuseum.org/plants/Grasses/grass%20text/elytrigia%201.htm>>)
- ✓ "Controlling Quackgrass in Gardens," *Yard and Garden Brief*, University of Minnesota Extension Service, 1999. (<<http://www.extension.umn.edu/yardandgarden/ygbriefs/h507quackgrass.html>>)
- ✓ Curran, Williams S., and Dwight D. Lingenfelter, "Quackgrass Management: An Integrated Approach," Penn State College of Agricultural Sciences, 2002. (<<http://www.cas.psu.edu>>)
- ✓ Engeldinger, Eugene, "The Magic of Newspaper Mulch," *Mother Earth News*, May/June 1980. (<<http://www.motherearthnews.com/Homesteading-and-Self-Reliance/1980-05-01/The-Magic-of-Newspaper-Mulch.aspx>>)
- ✓ Osentowski, Jerome, "[permaculture] Broadminded thinking?," <permaculture@lists.ibiblio.org>. (<<http://lists.ibiblio.org/pipermail/permaculture/2002-April/014920.html>>)
- ✓ "Quack grass," *Journey to Forever*, <http://journeytoforever.org/edu_quackgrass.html>.
- ✓ "Quackgrass and Its Control," Iowa State University, University Extension, April 1992.
- ✓ "Quitch (Couch-grass) Root," *Flora*, <<http://www.florahealth.com/flora/home/Canada/HealthInformation/Encyclopedias/Quitch.htm>>
- ✓ "Weeds, Friends or Foe?: Unusual Controls," *Golden Harvest Organics*, <<http://www.ghorganics.com/page26.html>>
- ✓ "What was said on CJOB?," *Manitoba Gardener*, July 9, 2006, <<http://www.localgardener.net/manitoba/special/cjob.html>>

Large-scale quack grass wars

Even environmentally minded folks have resorted to herbicides when faced with large amounts of quack grass. The preferred chemical is glyphosate, found in Roundup. Michael S. Batcher of The Nature Conservancy advises applying glyphosate early in the spring, after the quack grass has started growing but before other plants have sprouted.⁷

However, there are other things to try before you resort to poison. The most effective—and most time-consuming—method is tilling. Repeated shallow tilling exposes large numbers of rhizomes and forces the ones that remain buried to use up their food reserves. Till in warm, dry weather, as this will speed up rhizome dessication.

Tilling needs to be done two years in a row. Batcher recommends that, if you get too much rain to till in the second year, the area should be mowed or grazed to prevent the quack grass from producing seeds.⁸

Don't forget to clean your equipment when you are done tilling an area full of quack grass.

Fighting fire with fire...and goats!

Some people have had success with repeated early spring burnings in quack grass-infested areas.⁹ Burning needs to be done several years in a row. For most of us, this falls in the category of "Do not try this at home."

A safer and faster method is to buy or rent a small herd of goats. Goats will eat almost anything that grows. They will also add fertilizer to the soil, and till it in with their hooves.¹⁰

The many names of Quack Grass:

Latin: *Elytrigia repens*, *Agropyron repens*, *Triticum repens*, *Elymus repens*

Also known as: quitch, couch-grass, witch grass, dog grass, wheat grass, Scotch quelch, chandler's grass, devil's grass, quake grass, quickgrass, scutch, twitch, cough grass, and Dutch grass.

Geese are also effective weed-eaters. A young goose can eat its weight in grass every day. One breed of goose specializes in weed control, aptly named the Chinese weeding goose.¹¹

The politics of quack grass

Are you really serious about eliminating quack grass? Call your legislator about legalizing the use of agricultural hemp. It is one of the most effective cover crops out there for crowding out unwanted plants.

In 1918, back when hemp was a legal crop, Andrew Wright of Wisconsin's Hemp Industry noted that "Hemp has been demonstrated to be the best smother crop for assisting in the eradication of quack grass and Canada thistles...At Waupun in 1911 the hemp was grown on land badly infested with quack grass, and in spite of an unfavorable season a yield of 2,100 pounds of fiber to the acre was obtained and the quack grass was practically destroyed."¹²

Until the laws change, the University of Minnesota's *Yard and Garden* publication suggests a rotation of winter rye and crown vetch followed by buckwheat.¹³

As you begin your own personal quack grass wars, remind yourself that tasks like this are character-building. And if you figure out how to make quack grass beer, invite me over.

Notes:

1. "Controlling Quackgrass in Gardens," *Yard & Garden Brief*.
2. *ibid*.
3. "Quack grass," *Journey to Forever*.
4. "Quitch (Couch-grass) Root," *Flora*.
5. What was said on CJOB?," *Manitoba Gardener*.
6. Jerome Osentowski.
7. Batcher, Michael S., "Element Stewardship Abstract for *Elytrigia repens* var. *repens* (L.)...."
8. *ibid*.
9. *ibid*.
10. "Weeds, Friends or Foe?," *Golden Harvest Organics*.
11. *ibid*.
12. *ibid*.
13. "Controlling Quackgrass in Gardens," *Yard & Garden Brief*.

Have You Tried...? The HPC Aisles Revealed

—by Katharine Holden, HPC Member

Hampden Park Co-op is packed with products you may not have tried before. Here's the peep on a few of them:

Local produce

For the freshest taste and best nutrients, skip the "triple-washed" bag of lettuce. Instead, make your salads and top your hamburgers with locally grown greens. HPC offers green and red leaf lettuces grown in Minnesota and Wisconsin. Do you suffer from fear of little gritty bits in your salad? It's easy to clean lettuce of any sand or soil. Just tear off the leaves, submerge them in a bowl or sink of water for a minute or two, then shake dry. I once knew a woman who dried her lettuce by putting the leaves in a pillowcase, then swinging the pillowcase in an arc around her head. I just use a salad spinner myself.

Whitewater Valley Orchard Pies

You'll find these family-sized pies in the freezer compartment near the ice cream. They're homemade in St. Charles, Minnesota, by people who know how to make a good old-fashioned pie. Their apple-walnut pie is excellent. But it's their strawberry-rhubarb pie that is the standout. You can't find strawberry-rhubarb pie many places these days, and when you do the pie is often made of some strawberries, a touch of rhubarb, and a lot of cornstarch. Not so with Whitewater Valley's; it's the perfect match of strawberry sweetness and rhubarb tartness.

Wholly-Wholesome Organic Pie Shells

On the subject of pies, Wholly-Wholesome makes organic pie shells with no animal ingredients. They come two in a pack with their own foil pie pans. For more information about Wholly-Wholesome's vegetarian products, visit www.wholesome.com.

Frontier Bulk Spices

In the same aisle as the bulk coffee and teas, you will find jars of bulk spices from Frontier Foods. Since they're bulk, you can buy as little or as much as you'd like. It's a great way to try out a little bit of a spice for one recipe, and not be forced to buy a whole jar of it that ends up ossifying in your kitchen cupboard. Besides the usual peppers and thyme, the spice offerings include nettles (leaf and sifted), whole nutmeg, tapioca pearls, fenugreek seed, cut licorice root, psyllium seed husk (whole and ground), and whole brown mustard.

Lots of Frozen Fish and Seafood

Stop by the small upright freezer case to find packages of haddock, perch, cooked shrimp, uncooked shrimp, salmon, sole, cod, tilapia, lobster claws, and other varieties of fish and seafood I would have listed here if Helen, the co-op manager, hadn't come up behind me and told me to shut the freezer case door.

Naked Haddock with Lemon Pepper and Dill Weed

1 pound haddock fillets
¼ cup butter, or to taste
Dried dill weed to taste
Lemon pepper to taste
3 tablespoons fresh lemon juice

Place fish fillets on a microwave-safe dish that has a cover. Cut the butter into pieces and drop all over the fillets. Top with dill weed and lemon pepper. Pour the lemon juice over everything. Cover and cook in microwave oven on high for 3 or 4 minutes or until the fish turns white. Ovens may vary.

[Katharine Holden hasn't overcome her tapioca pearl phobia yet, but hopes to report progress soon.]

New! Hampden Park Co-op Book Club Organized

The co-op's new book club will meet quarterly starting in July. Our first selection will be Barbara Kingsolver's *Animal, Vegetable, Miracle: A Year of Food Life*. We plan on meeting at Micawber's book store in St. Anthony Park. Watch for posters in the store with details.

BUY THE CHANGE!

Check out the Co-op's online Community Board and Forum:

- ✓ Visit the co-op Web site: <http://www.hampdenparkcoop.com/>
- ✓ Click on the "Community Board" link.
- ✓ Post goods or services for sale.
- ✓ FREE items can be posted FREE.
- ✓ 70% of the posting fees come back to the co-op!
- ✓ Share your thoughts in the discussion forum.
- ✓ Search co-op listings, or the entire **Buy the Change** network.



above: Dan Williams shows off his purchases



top center: Brian Corner assists a customer



below: folk musicians Lon Hendricks and Nancy Read Hendricks sing for the crowd

top right: Matt Hass chooses vegetables for his garden



bottom left: Gordon Rouse and Gregg Richardson ponder plant prices

right: Karen Gill-Gerbig waters thirsty plants

bottom center: It's a beautiful day for Mayfest!

below: Meghan Manhatton tends to a customer's order

bottom right: musician Dan King tunes up



Photos courtesy of HPC
volunteer Peter Leach



Mayfest 2007



Under My Hat

—by Helen DuFault, General Manager

Mayfest

The weather gods were finally on our side for this Mayfest. We had the most beautiful sunny day, after several years of wind and rain. We sold lots of plants. We had good samples. The music was great. We could have used more volunteers! Thanks to all the volunteers who helped make it a really special day.

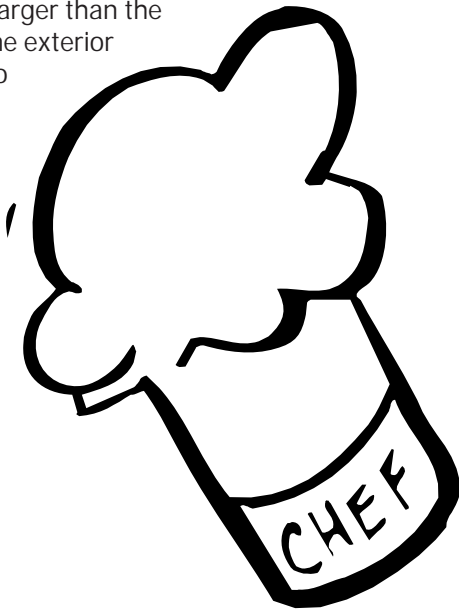
New Parking Regulations

One fine day in May we saw a bunch of guys doing some street work in front of the store. They were painting new lanes in the road, including a new bike lane. The upshot is, we have lost parking space on the co-op side of the street. Do not park on that side because you will get a parking ticket—unless you want to add to the city coffers! We did not know anything about this project until it was well underway.

New cooler and freezer

The big news is that we have a new walk-in cooler/freezer in the back storage room. The project was one of the most painless installations I've experienced. On a Monday, the older cooler and freezer were dismantled and replaced with the new unit, all in one day. Then the electricity and cooling units were installed, and everything was running by Wednesday.

The freezer part of the unit is quite a bit larger than the old one. A change is that we only have one exterior door. You need to go through the cooler to get to the freezer. This should be a lot more efficient. We were also able to have shelving along the whole wall where the doors used to be. Things feel more organized in the back room!



Ad rates:
\$15 per issue for a camera-ready, 2½" by 3½" ad. Ads may be either vertical or horizontal, although vertical is preferred. Contact the editor.



**Hampden
Park
Co-op**

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Printed by:
Fox Ridge Printing



Name and Address Correction/New Card Request

Have you moved recently? Did you change your name? Did the number of adults in your household change? Please let us know so we can keep our records up to date. You may also use this form if you need a new membership card. Place the completed form in the membership coordinator's envelope in the entryway.

Member Number _____ Date _____
Name(s) _____
Address _____ Phone Number _____
_____ Discount Level _____
Number of cards needed _____ Signature _____