



**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

## AUGUST/SEPTEMBER 2007

Volume 18 Issue 4

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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 Monday, September 3, 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 October/November issue is September 4. If you wish to write an article for the newsletter, contact Naomi Jackson at [naomijx@juno.com](mailto:naomijx@juno.com), or leave a note in the Membership Coordinator envelope in the entryway.

### HPC Web site:

<http://www.hampdenparkcoop.com>

## Hazelnuts

—by Kate Wagner, HPC member

If you are like me, the first things you think of when you hear the word “hazelnut” are confectionary goodies like Maennerschnitten wafer cookies or creamy Nutella spread. Having spent part of my childhood in Vienna, Austria, where hazelnut paste is an important ingredient in Viennese tortes and puddings, it had not occurred to me that this bulbous little nut (also known as a “filbert” in some parts of the U.S.) could be used in any other way.

In the U.S., hazelnut butter is being promoted as a more nutritious spread than its peanut butter counterpart, and vodka-based hazelnut liqueurs such as Frangelico are also increasing in popularity. Hazelnut is also enjoyed as a coffee flavoring, especially in the form of hazelnut latte. Hazelnut oil, pressed from hazelnuts, is strongly flavored and used as a cooking oil.

A quick visit to [www.hazelnutcouncil.org](http://www.hazelnutcouncil.org) will link you to a variety of fun and interesting ways to prepare the fruit of the hazel tree, which the ancient Celts equated with concentrated wisdom and poetic inspiration.

**T**he Common Hazel (*Corylus avellana*) is a species of hazel tree native to Europe and Asia. It is typically a shrub reaching 3–8 meters tall, but can reach 15 meters. The top producer of hazelnuts, by a large margin, is Turkey, where the nuts are picked by hand from unpruned bushes. Turkish hazelnut production of 625,000 tons accounts for approximately 75% of



worldwide production. Italy and Spain are also large commercial producers.

In the United States hazelnut production is concentrated in the states of Oregon and Washington. The few hazelnuts cultivated in this country — a mere 3% of the total — are widely considered to be the largest and tastiest of the bunch. This is probably due to the Pacific Northwest’s frequent rain and mild winters, their rich soil, the farmers’ careful pruning, or a combination of these factors.

In Oregon about half of the crops are sold shelled, and discarded shells have been used to make everything from starter logs for fireplaces to kitty litter. Most of the shells are ground and sold to local industrial plants, where they are burned as cheap fuel.

Hazelnuts are rich in protein, complex carbohydrates, dietary fiber, iron, calcium, and vitamin E, and are very low in sodium and sugar. They also contain a variety of antioxidants and a host of phytonutrients that benefit the immune system. Like other tree nuts, they contain no cholesterol. Over 80% of the total fat in hazelnuts is mono-unsaturated.

Hazelnuts are also a rich source of nutrients that have cardioprotective benefits. These nutrients include

(cont. on p. 3)

## Membership News

In the past few months, the Membership Committee has been working to expand our co-op's presence in the local community and to add some social activities to our co-op calendar. We had volunteers representing Hampden Park Co-op at the Global Warming Day of Action on April 14, at the Anaphylaxis and Food Allergy Association conference on April 21, and at the St. Anthony Park Arts Festival on June 2. We hope to do more such outreach; if you are interested in being a part of this effort, there is a sign-up form on the bulletin board in the kitchen.

We've also started a quarterly book club. The first discussion was held in July; the next event will be October 29 and will focus on *The Omnivore's Dilemma* by Michael Pollan.

Quarterly cooking demonstrations will round out this roster of new activities. The first, a solar cooking demo, was held in July. A class on using your fall harvest in the kitchen is planned for September. Details on upcoming events can be found on page 5 in this newsletter.



### Orientation reminders

Volunteer orientations continue to be held twice a month. Any co-op member can go through orientation and become a volunteer.

If you have been waiting patiently for a spot on the orientation schedule, you can do a few things to enhance your chances of getting into a session. One is to keep an eye open for cancellations on the sign-up form. You can also leave me a note in the Membership Coordinator envelope, asking me to call you in the event of a cancellation. The sign-up form and the Membership Coordinator envelope are both located in the co-op entryway.

If you are already signed up for orientation, please be respectful of those waiting for a spot, and let us know if you can't attend the session. There are always a number of "no-shows" at orientation, a situation I'd like to change.

We continue to have an influx of eager volunteers and are pleased with their helpful presence. We are also saying goodbye to a number of volunteers who are moving to new places and new jobs. We wish them all the best.

## 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.

(Hazelnuts cont. from p. 1)

arginine, an amino acid that relaxes blood vessels and may reduce cancer risk; heart healthy B vitamins; and folate. In fact, hazelnuts have the highest concentration of folate among tree nuts. Folate reduces the risk of neural tube birth defects, and may help to reduce the risk of cardiovascular disease, certain cancers, Alzheimer's disease, and depression. Hazelnuts also contain the blood pressure-lowering minerals calcium, magnesium, and potassium.

Some nutritionists even believe that nuts may quell hunger pangs on fewer calories because they are so dense with nutrients! If you are looking for a healthful snack or fabulous new gourmet recipe, check out [www.oregonorchard.com](http://www.oregonorchard.com) for new ways to get creative with hazelnuts.

### Warm Fettuccine Salad with Hazelnuts



1/3 cup chopped hazelnuts  
1 tablespoon minced shallot  
1 tablespoon Dijon-style mustard  
1 1/2 tablespoons Spanish sherry vinegar  
or red wine vinegar  
1/4 cup olive oil or hazelnut oil  
salt and freshly ground black pepper to  
taste  
1 to 1 1/2 quarts mesclun salad mix  
1 pound fresh fettuccine or tagliatelle  
1/2 ounce parmigiano-reggiano cheese

**P**reheat oven to 300°. Spread the nuts on a cookie sheet and toast in the oven until fragrant, about 10 minutes. Set a large pot of salted water over a high heat to bring to a boil.

In a salad bowl, combine the shallot, mustard, and vinegar with a whisk. Slowly drizzle in the oil, whisking constantly, to form an emulsion. Season with salt and pepper. Add greens and toss.

Add the pasta to the boiling water; cook for 3 minutes until tender. Drain thoroughly, leaving in colander one minute to get rid of as much water as possible.

Dump the hot pasta over the greens. Add the toasted nuts and toss well. Adjust the seasoning. Using a vegetable peeler, slice the cheese over the top and toss briefly. Serve immediately.

## Ask Not for Whom the Jelly Bean Rolls

—by Anne Holzman, HPC Member

Down on my knees on a recent evening, sweeping “under all shelves” as my volunteer assignment specified, I had a lot to do and little to think about. As a violin soared ever higher from the stereo in the kitchen, I bent ever lower in my quest to get the last spilt jellybean out from under the shelves of pasta.

And as I bent over, I couldn't help considering the many benefits of volunteering at the co-op, benefits I just don't get while sweeping bits of cereal out from under the chairs at home.

### *To wit:*

Solidarity abounds. Unlike my children, who think it's a great game to spill something on the floor and watch Mommy run for the broom, Hampden Park Co-op customers leapt lithely over my rump and expressed lush sympathy for my plight as I plied broom and dustpan. One even apologized for getting in my way, something that will be worth restarting my journal for if I ever hear it from the kids. I had the impression that the folks who stepped carefully around me, avoiding the fateful kick to the dustpan, had recently swept floors themselves, as great a sense of solidarity as I can ask for at this stage of my journey.

Discovery awaits. I'm lazier than I realized: I'd never noticed the multitudes of mustards or the phalanxes of pop packed onto the bottom shelves of our crowded little co-op. For customers who don't have time for a volunteer shift, I'd still advise pretending to sweep under all shelves from time to time, so as to find hidden treasures.

Onions are flaky. Since I can't digest them, I rarely cook with them and have therefore been spared the

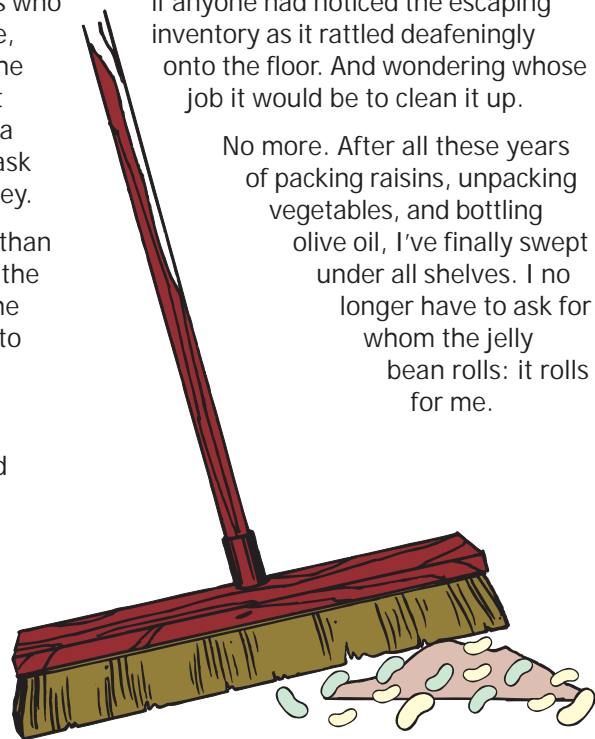
sport of chasing onionskin butterflies around the exterior of a trash can. An hour's workout convinced me to find another pastime.

My nose is still pretty good. Specifically, I can still tell if there's a chocolate chip mixed in with a mass of stray coffee beans wrapped in dustballs—just from the smell emanating from the inch-wide gap under the shelf.

**T**hat said, the co-op floors are cleaner than those in my house! I can't say I was surprised, but the discovery was a nice reward for spending an hour kneeling on our common floor.

And last but not least, I now know who sweeps up the bulk items spilt on counters and floors. Way over by the cheese, I corralled my last coffee bean; a heap of long-grain brown rice loomed inexplicably beneath the cleaning supplies. Now that I've got kids, I can blame them for all the spills, at home or at the co-op, but the truth is that since childhood I've been casting surreptitious glances down the aisles of food co-ops to see if anyone had noticed the escaping inventory as it rattled deafeningly onto the floor. And wondering whose job it would be to clean it up.

No more. After all these years of packing raisins, unpacking vegetables, and bottling olive oil, I've finally swept under all shelves. I no longer have to ask for whom the jelly bean rolls: it rolls for me.



## The Weston A. Price Foundation: A Voice for Non-conventional Information On Our Diets

—by Emma Onawa, HPC Member

Beef tallow, butter, and other saturated fats are good for you? Raw milk is healthier than pasteurized? High cholesterol is good for you and has no relationship to heart disease? These are some of the conclusions that data from research done by the Weston A. Price (WAP) foundation have shown. The foundation is a pioneer in defying conventional medical parlance on nutrition and diet.

The Weston A. Price Foundation, a 501(c)(3) corporation, was founded in 1999 to disseminate the research of nutrition pioneer Dr. Weston Price, whose studies of isolated non-industrialized peoples demonstrated that humans achieve perfect health only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

### Origins and purpose of the Weston A. Price Foundation

In the 1930s Price, a dentist from Cleveland, was alarmed to see increasingly rampant tooth decay, often accompanied by chronic diseases, such as arthritis and chronic fatigue. More alarming was the more common occurrence of dental problems and facial deformities, e.g., crooked teeth, overbites, and pinched nostrils, with accompanying allergies, infections, asthma, poor vision, etc., in children. His concerns led him to travel the world for ten years, visiting and studying indigenous cultures that had no contact with "civilization." As a result of his studies, Price published his findings and conclusions in *Nutrition and Physical Degeneration*.

The foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research, and activism. It supports organic and biodynamic farming methods, pasture-fed livestock, community-supported farms, honest and informative nutritional labeling, and parenting and nurturing therapies.

### Traditional cultures

Price noted that less than 1% of people in traditional cultures had tooth decay, despite never having brushed their teeth or seen a dentist. Some African societies showed no tooth decay or crooked, crowded teeth. Other characteristics Price noticed were broad, well-formed faces, cheerful and optimistic outlooks, easy childbirth, and an absence of degenerative disease. Societies in transition, where sugar, white flour, canned food, and other Western foods had been introduced, showed an increased incidence of the problems he'd noted in his dental practice.

### Traditional diets

The diets of traditional cultures varied by climate and location, ranging from primarily animal-based foods, including whole dairy products and eggs, insects and insect eggs, organ meats, bones, and a wide variety of sea food, to primarily vegetarian-based foods, including whole grains, nuts, and legumes. All traditional diets included some sort of animal-based foods and saturated animal fats in their diets, and all ate some salt. Many cultures ate animal meats raw. They did not eat refined sugars, grains, or other processed foods, or foods treated with preservatives or artificial additives. Price determined that a mixed diet of whole foods, that avoids too much or too little animal-based products, is ideal.

### Saturated fats are healthier than vegetable oils

The diets of traditional people are rich in saturated animal fats, including milk and eggs, that are associated with vitality and longevity. Saturated fats and fatty acids play a significant role in the body chemistry. They make up at least 50% of cell membranes, which gives our cells their structure and

helps the body use essential fatty acids. Saturated fats help our bodies absorb calcium, and can improve immune defense, including liver function. They also lower Lp(a), a substance in the blood that indicates higher risk of heart disease.



Polyunsaturated fats (vegetable oils) have been linked to a wide variety of diseases. These fats become oxidized or rancid when subjected to heat, moisture, or oxygen, common practices in processing. Rancid oils contain free radicals, which cause a variety of damage in the body. Since the introduction of vegetable oils and trans fats, heart disease and cancer have soared in modern society.

### No link between cholesterol, saturated fats, and heart disease

Cholesterol has a variety of beneficial functions. It helps in the production of bile salts to aid digestion, in the function of serotonin, as an antioxidant, in the health of cells, and as a precursor to vitamin D and stress and sex hormones.

Damage to cholesterol-based foods may occur from exposure to heat and oxygen. Eating these foods may contribute to arterial cell damage and the buildup of plaque in the arteries. Damaged cholesterol is found in powdered eggs, powdered milk, and fats (including meats) that have been heated to high temperatures during processing or cooking.

High serum cholesterol, in fact, indicates the body's natural attempt to protect itself from free radicals in unhealthy fats. According to the WAP Web site, "[j]ust as a large police force is needed in a locality where crime occurs frequently, so cholesterol is needed in a poorly nourished body to protect the individual from a tendency to heart disease and cancer. Blaming coronary heart disease on cholesterol is like blaming the police for murder and theft in a high crime area."

(cont. on p. 5)



## Coming Events:

### Fall Produce Cooking Class

Learn fun ways to use all those fall goodies with Nick Schneider, local chef and former HPC employee.

**Date/Time:** Tuesday, September 25, 6:00–8:00 p.m.

**Location:** St. Anthony Park United Methodist Church kitchen

**Cost:** \$32/members, \$35 non-members

**Sign-up:** Forms are posted on the volunteer bulletin board in the entryway. Please sign up by Sept. 14.



### HPC Book Club

We will be reading *The Omnivore's Dilemma* by Michael Pollan.

**Date/Time:** Monday, October 29 at 6:45 p.m.

**Location:** St. Anthony Park Library



### Hampden Park Co-op Annual Meeting

**Date/Time:** Saturday, November 10 at 6:30 p.m.

**Location:** St. Anthony Park United Methodist Church



### Attention HPC Artists & Craftspeople!

There will be an opportunity to display and sell your wares at the Annual Meeting. You need to be a Hampden Park Co-op member. Contact Naomi Jackson at the co-op by September 14 if you are interested.

#### 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.

(WAP Foundation cont. from p. 4)

### Raw milk is healthier than pasteurized milk

Raw milk has received a bad rap it doesn't deserve. Not only is it much safer than the FDA would have us believe, it also provides nutritional benefits not found in pasteurized milk. Despite its dire warning that raw milk has been linked to numerous cases of illness, hospitalization, and two deaths between 1998 and 2005, the FDA has not cited any references to support such claims.

In addition, raw milk has been blamed for food-borne illness outbreaks, despite the fact the cows and processing facilities tested clean, people who didn't drink the milk also got sick, and other foods also were consumed by people who got sick. Illness from consumption of pasteurized milk has not resulted in similar warnings, despite the fact that one such outbreak resulted in 200,000 illnesses and 18 deaths in the 1980s.

Pasteurization destroys many beneficial anti-microbial and immune-stimulating factors that are found in raw milk. It also alters the protein compounds in the milk. Raw milk has been linked to a reduction in allergies, asthma, and eczema; whereas pasteurized milk has been linked to an increase in these conditions. A growing intolerance for pasteurized milk is reducing milk consumption in the US by about 1% a

year. Despite rapidly growing demand, the sale of raw milk is still illegal in many states, including Minnesota. Consumers purchase directly from farms or through cow share programs.

The true culprits for the epidemic in chronic illness, obesity, lack of vitality, and emotional and mental problems can be found in the refined sugar, artificial ingredients and additives, preservatives and other chemicals, and the processing/refinement that are ubiquitous in our modern "foods." The food industry has reaped megaprofits from selling junk disguised as "food," at the public's expense. It's difficult to go to the average supermarket and find much food that is truly wholesome, healing, and beneficial. The good news is that the public is waking up to these issues and increasingly is demanding more accountability and better products.

**For more information:**

<[www.westonaprice.org](http://www.westonaprice.org)>



*Nourishing Traditions* by Sally Fallon with Mary G. Enig, Ph.D. (NewTrends Publishing, Inc., 2001.)

*Nutrition and Physical Degeneration* by Weston A. Price. (Price-Pottenger Nutrition Foundation, 1939.) This book can be obtained at <[www.radiantlife.com/prod.cfm/ct/9/pid/1002](http://www.radiantlife.com/prod.cfm/ct/9/pid/1002)> or through the Price Pottinger Nutrition Foundation Web site, <[www.ppnf.org/catalog/ppnf](http://www.ppnf.org/catalog/ppnf)>

## BUY THE CHANGE!

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

- ✓ Visit the co-op Web site: <[www.hampdenparkcoop.com/](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.

## 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 yet. Here's the howdy on a few of them:

### Eden Selected Umeboshi Paste (Pickled Plum Puree)

In Japan, umeboshi plums are aged under pressure for one year in barrels. Some plums get crushed in this process. In the spirit of waste not, want not, these crushed plums are pureed and sold as umeboshi paste. It adds a tangy flavor to sushi and salad dressings and is used as a condiment on fish, vegetables, and rice. My friend Janelle tells me that umeboshi paste adds a wonderful salty-sweet taste to corn on the cob, but Janelle also likes watermelon chunks in her cornflakes, so take that into consideration.

### San-J Organic Tamari

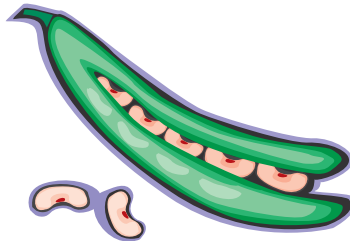
You know those little packets that you get with Asian takeout that you save because you might use them someday, and then you never do? That kind of soy sauce is made from fermented soybeans, roasted grains, water, and salt. Tamari is a darker, richer, and more flavorful Japanese soy sauce made with koji instead of roasted grains. Koji is a fungus used to ferment food and is best known for its help in the creation of sake, the Japanese rice wine. Tamari is wheat-free. You can use tamari just as you would any soy sauce. I add tamari to my chili both for the taste and the color.

### Bob's Red Mill Textured Vegetable Protein (TVP)

If you've booked a Pullman on The Gluten-Free Express, you may be disappointed to find that the fake burgers and most other textured vegetable protein (TVP) items beloved of vegetarians are not gluten-free. Well, blame soy sauce. The manufacturers add soy sauce to TVP to enhance the "chili" or "barbecue" flavors, and to give the products that "just like meat" color. Unfortunately, manufacturers use the wheat-based version of soy sauce; it's cheaper than the wheat-free tamari. However, Bob's Red Mill TVP, the plain and unflavored granules, is gluten-free. TVP is easy to use. Just mix it with boiling water, let it stand for a bit, and you have a hamburger substitute fit for use in any hotdish or chili.

### Wasabi Fumi Furikake Rice Seasoning

To pep up your bowl of brown rice or plate of scrambled eggs, reach for a jar of Rice Seasoning. Ajishima makes a lively blend that contains sesame seed, horseradish, shaved bonito, and Japanese mustard plant.



### *The Drizzle-Over Recipe*

- 1 tablespoon umeboshi paste
- 1 tablespoon olive oil
- 1 dash brown rice vinegar
- 2 dashes Bragg's Apple Cider Vinegar
- 1 dash toasted sesame oil
- Salad greens
- Modest handful of sunflower nuts

Mix together all wet ingredients. Drizzle over salad greens. Add sunflower nuts. Serve immediately.

[When Katharine Holden writes her autobiography, the chapter covering this period of her life will be called either "Terrified of Tofu" or "Lentil Soap: Some Things Were Not Meant to Be."]

## Writing & Editing

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## Farmed vs. Wild-caught:

### Recommendations for ecologically responsible fish and seafood consumption

—by Dan Hernández, HPC member

The state of the world's fisheries has received a lot of attention lately. Most of the attention has been on the fisheries that are currently in decline and facing extinction. Many species of fish are declining due to overfishing, habitat destruction, and pollution. For a consumer (especially one that likes to eat fish!), this is troublesome news. However, not all fish species are threatened. Many fisheries are being managed responsibly and use environmentally-friendly techniques.

**W**ith all the fish species on the market today, it is increasingly difficult to know when you are making an environmentally-conscious choice. Thankfully, the Monterey Bay Aquarium maintains a report called Seafood WATCH, which is a list of all fish and seafood, the aquarium's recommendations on the best choices for the consumer, and definitions of some terms commonly used on fish and seafood labels. Following is a review of their recommendations for the more common fish you will find in grocery stores and restaurants.

**Salmon:** Salmon are one of the most extensively managed, and most commonly eaten, species in the world. Most salmon are native to the Pacific Ocean, ranging from California to Alaska. They are anadromous (breeding in freshwater and living in saltwater); therefore they are especially sensitive to habitat destruction in their breeding grounds from dam construction, deforestation, and urbanization.

Salmon are now commonly raised in offshore pens. These farming operations are of major environmental concern. Salmon farms release concentrated amounts of waste directly into the ocean and expose wild populations to parasites and disease. In addition, farmed salmon can contain pesticides and antibiotics that are used to control disease. Farmed salmon that escape their

pens (a frequent occurrence) also pose a threat to the genetic diversity of wild salmon populations.

Seafood WATCH recommends you buy only wild-caught Alaskan salmon or other wild-caught salmon certified by the Marine Stewardship Council. Alaska continues to have a healthy wild salmon population; supporting this fishery ensures protection for this resource and their habitat.

**Bottom Line: Wild-caught salmon from Alaska is best. Avoid farmed salmon!**

**Tuna:** There are several tuna species found throughout the world's oceans. Tuna grow and reproduce quickly, so they are a good option for seafood consumers. The exception to this is bluefin tuna, a favorite among sushi-lovers, which should be avoided.

With tuna, the concern is the method used to catch it. Techniques such as "longlining" and "purse seining" have significant bycatch of marine mammals and other untargeted fish species and cause harm to the ocean floor. Instead, look for tuna labeled as troll-caught, pole-caught, or handline-caught. These methods have less impact on the environment. (See the Monterey Bay Aquarium Web site for descriptions of fishing methods.)

Canned tuna is usually labeled as "chunk white," (albacore tuna), or "chunk light," (yellowfin or skipjack tuna). These are recommended as best choices by Seafood WATCH.

**Bottom Line: Tuna is a good choice, but avoid bluefin and longline-caught fish.**

**Shrimp:** There are several species of shrimp found in the US, Canada, and in coastal areas around the world. Species found in North America (cocktail shrimp, white, pink, or brown shrimp, and prawns) are the best option. Avoid tiger shrimp and white shrimp, which are imported and commonly farmed or trawl-caught.



Shrimp farming in foreign countries has contributed to the destruction of coastal mangroves that provide habitat for myriad species of marine life and protect coastlines against the destructive forces of hurricanes and tsunamis. Trawling for shrimp is a threat to sea turtles and other species. It also causes damage to the sea floor due to the net scraping along the bottom. In the US, trawling nets have special devices to reduce the bycatch of sea turtles, but these are not common internationally.

**Bottom line: North American shrimp are your safest choice.**

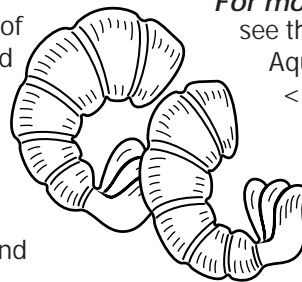
**Other good seafood choices:** Oysters, clams, scallops, mussels, catfish (US farmed), crab (except king crab), Pacific cod, Pacific halibut, tilapia (US farmed), trout, lobster (US/Maine).

**Species to AVOID:** Chilean sea bass, Atlantic cod, Atlantic halibut, orange roughy, swordfish (imported), grouper, red snapper, flounder, sole, conch.

#### **General recommendations:**

- \* Canadian and U.S. fisheries are usually more responsibly managed than those in other countries.
- \* Avoid species caught using longlines. Longlines cause significant bycatch of sea turtles, sharks, marine birds, and other untargeted species.
- \* Wild-caught is not always better than farmed. Inland farms for species such as tilapia, trout, and arctic char do not have the same negative effects on the environment as offshore fish farms.

**For more information,** see the Monterey Bay Aquarium's Web site: [www.mbayaq.org/cr/seafood/watch.asp](http://www.mbayaq.org/cr/seafood/watch.asp).



## Under My Hat

—by Helen DuFault



### Fall Produce

Cooler evenings will happen soon—probably in time for the State Fair! With cooler days will come an abundance of garden produce: squash, apples, onions, raspberries, melons, tomatoes, and more. Look for all of these in our produce area.

This really is the time of year to “think local” when you buy produce. We want to support our local growers, plus it’s easier on our gas and oil resources to buy things that haven’t been shipped very far. Our local suppliers include Wisconsin Growers, Earthen Path (Full Circle), Whitewater Orchards, and Dragsmith.

### Parking Lot & Patio Improvements

We are getting new parking stripes in our parking lot, thanks to Matt Hass. You’ve probably run into him in the store, particularly in the produce aisle. Thank you, Matt!

Another addition we want to make is a new bike rack. We will put it by the patio, and shift the parking spaces towards the east so that people can more easily get at the bike rack and the patio.

As long as we are talking about the patio, did you notice the new tile facing? We also increased the width of the garden border on the table side, so you can sit on it. The work is being done by our member artists Susan Warner and George Hanson, who made us the picnic table and benches last year. Thank you for your wonderful additions to our store.

### Annual Meeting

It isn’t too early to get the Annual Meeting on your calendar. It will be held the evening of Saturday, November 10. Look for detailed information in the next newsletter. You will receive a card in October notifying you of the time and location.



**Hampden  
Park  
Co-op**

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## 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 \_\_\_\_\_