



HAMPDEN PARK CO-OP NEWS

OCTOBER/NOVEMBER 2007

Volume 18 Issue 5

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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 Thursday, November 22.

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 December/January issue is November 1. 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:

www.hampdenparkcoop.com

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 Annual Meeting Saturday, November 10, at 6:00 p.m.

All members are invited!

Location:

St. Anthony Park United Methodist Church, located at the corner of Como Avenue and Hillside.

Schedule:

6:00 Gathering Conversation, coffee, and a chance to meet other members. The co-op will provide nachos and beverages; anyone who wishes may bring an appetizer or dessert.

Music will be provided by Mony Musk. Other co-op members will be displaying and selling their art, and offering mini-massage.

6:30 Meeting Reports and election of new board members.

7:15 Community Update A representative from the South St. Anthony Park Community Council will update us on neighborhood issues.

7:30 Speaker We will hear from Matt Aamot of Wisconsin Growers, one of our suppliers of local produce.

Additional Information:

The co-op will close at 5 p.m. so staff may attend the meeting.

Child care will be provided.

Hampden Park Co-op Board Elections

Each year at the Annual Meeting we elect new members to the Board of Directors. This year three positions are open. Any member who volunteers at Hampden Park Co-op may run for a board position. Application forms can be found on a clipboard in the entryway and at the checkout counter.

If you'd like to know more about what serving on the Hampden Park Co-op board entails, talk to one of our current board members: Jay Dregni, Karen Gill-Gerbig, Marcia Hanson, Matt Hass (staff representative), John Holmquist, Roseanne Jones, Gregg Richardson, John Rogers, or Lisa Scribner.



Membership News

—by Naomi Jackson, Membership Coordinator

You can tell it's fall at the co-op because there are a lot of new faces stocking shelves and chopping carrots and packaging raisins. There are always many new volunteers in September and October, and we welcome them.

It's time to be thinking about the Annual Meeting. You can check page 1 for details, but this is what you need to know as a volunteering member:

You must be an up-to-date volunteering member in order to vote. Each household is entitled to one vote, so if your household has more than one adult, you will have to decide who gets to vote. Members who volunteer may also run for board positions if they wish.

As we move into the holiday season, there will be times when the store is very busy and when our volunteers would like a little time off. This is always a challenge for staff, as we try to cope with being short-handed. If you can spare a little time during the busy weeks before Thanksgiving or Christmas, we could definitely use your help. Another time we tend to be short of volunteers is the beginning of each month, so that's another thing to keep in mind as you look at the sign-up calendars.

I look forward to seeing you at the Annual Meeting. All members are welcome; do come, it's lots of fun!



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 hours/month
21% discount for 6 hours/month
28% discount for 12 hours/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. Donations go to the Keystone food shelves, located in the Midway neighborhood.

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.



Great People, Great Books!

HPC Book Club to meet in October



Read Michael Pollan's *The Omnivore's Dilemma*, and plan on attending the second Hampden Park Co-op Book Club meeting! The book is available for a 20% discount at Micawber's Books, located at 2238 Carter Avenue, near Como Avenue in St. Anthony Park. Tell the clerk you are part of the Hampden Park Co-op Book Club.

Date: Monday, October 29

Location: St. Anthony Park Library
2245 Como Avenue

Time: 6:45 p.m. Gathering and get acquainted
7:00–8:30 p.m. Discussion



Enjoy a cup of tea while reading your next Book Club selection! Here are hints for

making your favorite tea last longer, from General Manager Helen DuFault.

Place your tea bag or loose leaf tea in a tea pot. Add hot water. (Water for oolong and green tea should be around 180°; many people prefer briskly boiling water for their black tea.)

Serve the tea, then refill the pot with hot water. You can let the second pot of tea steep longer. You will find that there are subtle alterations in flavor the second time around.

Some people infuse their tea bags or leaves three or four times!

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.

The Mindfulness of Food

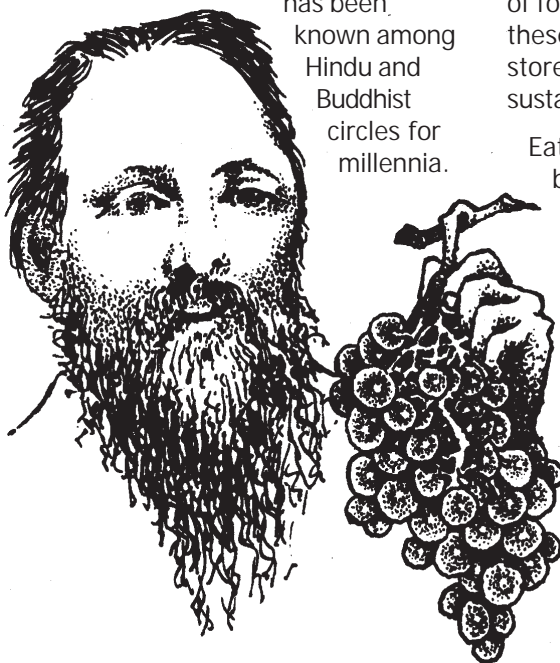
—by Jason Kaufman

It is reported that there are now more overweight and obese individuals than malnourished individuals in the world. Known as the nutrition transition, this sea change may be due in no small part to the exportation of American eating habits on a global scale. While many of us who frequent the co-op are becoming increasingly cognizant of the societal impact of the choices we make through the food we buy and ingest, the fact is that most individuals worldwide are simply glad to be able to afford a higher-calorie diet.

Such a diet, unfortunately, may come at the cost of compromised physical and, ultimately, social health. It is one reliant on highly processed corn and soy, of compounds that predispose us toward illness over the course of a lifetime. We did not evolve to process such food. Yet, the unfortunate reality in the supermarket is that it is less expensive to buy a can of processed peas than the fresh produce from which it originated.

One concept that has become more prevalent in the scientific literature in recent years is that of mindfulness. Research in a number of laboratories around the country has begun to empirically validate what

has been known among Hindu and Buddhist circles for millennia.



The practiced ability to focus and relax can have profoundly positive effects on thinking, mood, and even physical health. Perhaps it is now time to become more mindful of food.

Mindfulness is the intentional but relatively effortless practice of affording attention to things in one's life and world. Mindfulness is intentional because we make the conscious decision to be more aware of the moment and of those events that occur within it. Mindfulness is relatively effortless because it cannot be forced. It requires a modicum of focus and relaxation. More technically, when we step back from the needs of the ego, the brain simply does what it does best. It attends to things without the emotional baggage of worries great and small. In a state of mindfulness, we become more aware of our own behaviors. Research indicates that merely being aware of a behavior can promote a change in that behavior.

So, what does it mean for us to be more mindful of our eating? To continue with the above example, becoming more mindful of the can of peas in my hand may result in a desire to ask the larger questions: Are these processed peas as nutritious as their fresh counterparts? How many gallons of fossil fuels were required to ship these peas from farm to factory to store? Were the peas grown sustainably?

Eating mindfully means that we begin to question and learn about the food we buy. It means we attend to the effects that food has on our well-being. It means we eat not merely to live, but to live well in a world that lives well. Mindful eating means that, to change the world, we must begin at home.

[Jason Kaufman is an HPC member and a professor of psychology at Inver Hills Community College]

Nitrogen in our Food, Water, Soils, and Air: Fertilizing Friend or Polluting Foe?

—by Bonnie Keeler

Nitrogen keeps the world green and growing

Most of us are familiar with nitrogen as an important plant nutrient. Nitrogen fertilizers keep our lawns green, our house plants healthy, and our nation's croplands green and productive. Humans and other animals consume nitrogen as nourishment, primarily in the form of animal or vegetable protein.

Nitrogen is the most abundant element on earth—over 80% of the air we breathe is made up of nitrogen gas (N₂). However, nitrogen in the air is unavailable to most plants and animals. Nitrogen becomes usable only when it is “fixed” biologically by plants or specialized microorganisms through a process called “nitrogen fixation.”

Before the early 19th century, the only inputs of nitrogen in a form usable by plants were from biological nitrogen fixation or lightning. Soybeans and other nitrogen-fixing legumes were planted to increase the nitrogen content in farmland soils, so that other nitrogen-hungry plants such as corn could flourish.

All of this changed in the early 1900s when two scientists, Fritz Haber and Carl Bosch, discovered how to artificially “fix” nitrogen from the air and turn it into fertilizer. This ability to make our own nitrogen played a huge role in the success of the “green revolution” of the 1940s–1960s. Sadly, in many parts of the world, nitrogen fertilizer is still in critically low supply, preventing less-developed nations from growing sufficient food crops to ward off poverty and malnutrition.



Too much of a good thing?

Despite all the societal benefits we reap due to our ability to make, or “fix” nitrogen, there are also important ecological and health-related costs to the creation, use, and accumulation of excess nitrogen in our environment. Nitrogen is a highly reactive element and can be found in the environment in gaseous, solid, or liquid forms. In most natural ecosystems, nitrogen is in short supply and used and reused over and over again. Plants take up nitrogen from the soil, store it in their tissue, and then the nitrogen returns to the soil again when leaf litter falls, plants decompose, or animals deposit waste (think manure). The same natural recycling of nitrogen occurs in your garden and lawns.

The problem is that humans are making more nitrogen fertilizer than ever before. Most of this extra nitrogen is created in the manufacturing of nitrogen fertilizers. However, the burning of fossil fuels from cars and factory emissions also adds extra nitrogen to the air in a reactive or plant-available form. In fact, today more than half of the nitrogen currently cycling through the planet is “fixed” by humans—about 150 million tons of extra nitrogen added each year.

From fields to streams to the oceans

What happens to all that extra nitrogen? Here in the Midwest, we buy and use lots of nitrogen to fertilize our crops, lawns, and gardens. Corn is a very nitrogen-demanding plant; farmers apply high amounts of nitrogen fertilizer to fields each spring to ensure a productive crop.

Not all of the nitrogen added to farm fields is taken up and used by plants, and even less ends up actually consumed as meat (from cows or pigs raised on fertilized corn). Over 80% of the nitrogen fertilizer applied to the farmer's field is lost to the environment, much of it into the air, rivers, and groundwater. Downstream, nitrogen can stimulate algal growth and degrade



water quality. High concentrations of nitrate in drinking water can be hazardous to human health, leading to conditions like “blue baby syndrome.”

Streams and rivers that drain major agricultural areas, such as the Upper Mississippi River basin, carry excess nitrogen from the land to the coasts where it can contribute to low oxygen (hypoxic) conditions in oceans and estuaries. The Gulf of Mexico experiences periods of low oxygen each summer which result in a “dead zone” where fish and other marine mammals are killed or forced to migrate to better habitat. This year, due to a record acreage of corn spurred by the ethanol boom, the dead zone in the Gulf of Mexico was one of the largest in monitoring history.

Trouble on air and land too

Nitrogen doesn't just wreak havoc in our rivers and on our coasts, it can also have impacts on our natural lands and air. Not all excess nitrogen ends up in streams and rivers. Nitrogen in the form of ammonia can volatilize (be released into the air as a gas) right from farm fields or feedlots. Other forms of nitrogen gases released through fossil fuel combustion are potent greenhouse gases (over 100 times stronger than CO₂!) and can degrade the protective ozone layer. Finally, nitrous oxides contribute to smog formation and have been linked to health hazards including respiratory illnesses and allergies.

(cont. on p. 7)

Menopause Getting You Down? Try Rhubarb.

—by Heidi Goar

I shan't mince words; I am going through "the change." I am premenopausal. In fact, I have been having symptoms for some time. Now, as you may or may not know, menopause is only one day in a woman's life. It is not the years and years of hot flashes, night sweats, weight gain, mood swings. It is the one day after not menstruating for 365 days; it is the 366th day of not menstruating.

Further, the "side effects" of this "condition" can precede *and* succeed menopause. In other words, the effects of lower levels of female hormones women experience as a result of their aging ovaries can last for years and years after they stop menstruating. (They can also be totally nonexistent. Some women never experience one single hot flash or homicidal tinge.)

A few months ago, the symptoms grew quite intense for me. I couldn't sleep because I woke up with night sweats 14, maybe 15 times a night between midnight and 6 a.m. During the day, I would have 11 or 12 hot flashes. I was going crazy. I couldn't stand it. I was exhausted. A friend, for whom I have the utmost respect, suggested I go to her doctor and get some sleeping pills. She assured me that dozens of women take sleeping pills.

Checking in with the A.M.A.

Going to the doctor is never a terribly attractive option for me, as I had a recovering Christian Scientist mother who taught me a healthy skepticism for the American Medical Association and I have never had a doctor in my life. I don't really like pharmaceuticals, in general. Don't misunderstand me, I can see where they are quite valuable; i.e., an antibiotic for a gangrene victim, for example.

With great mistrust, I went to this doctor. I explained my (very common) symptoms, and she asked me if I wanted hormone replacement therapy. Seriously. I was shocked. I bluntly asked, "You guys still prescribe that poison?" She assured me it was well

used by many women who found they had no alternative.

Horrified, I said I couldn't sleep and she gave me a prescription for sleeping pills. I felt as if I was in a 1960s movie, only I'm not married and don't have a swimming pool. I also felt incredibly hypocritical, which reinforced the early 1960s movie feeling.

Pharmaceutical pholly

I went home, put Miss Peggy Lee on the stereo, and took my little, tiny pill. At 2 a.m. the next morning, I woke up like clockwork, bathed in sweat. Man alive! Is that all there is? A sleeping pill that doesn't work? "Let's break out the booze..." then.

The next night, ignoring the pill bottle label, I took two little, tiny pills. It worked, I slept until 6 a.m. Naturally I felt as though I had been to a rave the night before, but, who cares? I *slept all night long!*

But I knew the truth of the matter, I couldn't keep doubling up on the evil pharmaceuticals. I called the doctor to "report" myself. Bad news, I was not allowed to take two little, tiny pills. No prob though. She gave me a different 'script that was...stronger? I went home, straight home, didn't even stop at the pharmacy. I realized I was out of my element. I needed to go back to an older, more personally comfortable, way of approaching the "change." I don't know why I didn't do it in the first place. I began researching holistic alternatives to this new condition. Here is what I found:

The dope on hormone replacement therapy

Over 10 million women are on hormone replacement therapy in America, making it one of the most prescribed medicines in the country. As most of us already know, this protocol can be shockingly dangerous. Here is what I know about it.

A 1997 Swedish study revealed that breast cancer survivors who took hormone replacement therapy (HRT) to relieve menopausal symptoms had more than three times as many breast cancer recurrences as survivors who did not take HRT. The study—which was stopped ahead of schedule because of these findings—was the first randomized trial to examine the effect of HRT in women with breast cancer (www.cancer.gov/clinicaltrials/results/hrt-and-breast-cancer0204).

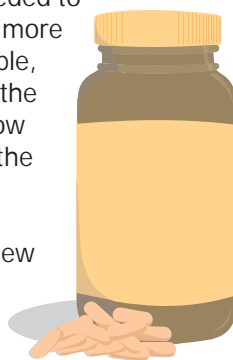
Yet, it was not until July 2002 that PremPro (an estrogen-progesterone combination drug used for common menopausal symptoms) was found to have the following side effects: a 26% increase in breast cancer, 41% increase in strokes, 29% increase in heart attacks, 100% increase of blood clots in legs and lungs, and increased risk of ovarian and endometrial cancer. (www.consultwebs.com/prempro-hrt-lawyers/prempro_dangers.html) Finally, in 2007, two studies came out showing that HRT can double your rate of cancer.

If you decide to research the dangers of HRT, make sure you are looking at current data. Studies for the last 10 years or so contradicted each other so greatly that one would say HRT is dangerous, while another would say the dangers were overstated. The latest information is that HRT is fairly serious, with negative effects such as cancer, stroke, and heart disease. Still, frequently some new study comes out about how hormone replacement is good for us or it outweighs the "down side."

Still, you gotta do something...

The position I am taking is that if we can find ways to avoid some symptoms of menopause, then we should use them. Most American women have at least some of the classic symptoms we associate with menopause, with 85% reporting hot flashes. But only about 10% of Japanese women experience hot flashes and night sweats. Of course, the reason could be complex, but we do know that the Asian diet is very different from the American one and this is where we are going to start.

(cont. on p. 6)



(*Menopause* cont. from p. 5)

What Asian diets have that we don't have is food high in phytoestrogens, chemicals produced by plants that act like estrogens in the human body. Soy, a common ingredient in Asian diets, is very high in phytoestrogens in the form of isoflavones (one type of phytoestrogen). Other sources of isoflavones found in Asian diets are dates, plums, and sprouts.

There is a good deal of evidence that using these food sources can drastically reduce menopausal symptoms. The trouble is there is some evidence to suggest that soy, in that it acts as a phytoestrogen, is damaging in other ways to your system. (Just when you think it's safe to go in the water...)

Soy: yes or no?

I didn't know about the troublesome evidence concerning soy until recently, when someone at the co-op said, "Have you seen the research that soy isoflavones are dangerous?"

Well, I thought, Great! Here I had this grand plan to write my little article on how if you drink this soy-cocktail I invented (see below) and eat a lot of dates, you might be able to sleep through the night once in a while, or you're less likely to flip out on your teenager, and now this! Naturally, I am grateful that I was made aware of this issue, as I would not want my credibility to be placed in question. Thus the following critique of soy.

I found studies from all over the world that showed soy is "worthless" in affecting night sweats and hot flashes; some studies say soy does not protect against heart disease; others say it does not fend off breast or prostate cancer; some say it doesn't keep us from being stressed; there are claims it is an endocrine disrupter; and, still others say that it suppresses thyroid function, causing goiters. (For a scathing critique of soy isoflavones, see <www.westonaprice.org/soy/more_studies.html>.)

The best known critique of soy is an article written by Sally Fallon and Mary G. Enig, titled "Tragedy and Hype." It is very difficult to tell if soy products are as dangerous as these women say. One of the problems is that the studies

on soy are relatively limited in number and scope. Further, the situation is complicated by the fact that there are three types of isoflavones found in soy: genistein, daidzein, and glycitein.

Genistein is the most plentiful and the most studied of the soy isoflavones. It is a scavenger, and in animal experiments has been found to increase the activities of antioxidant enzymes. Daidzein and glycitein have not been studied as much as genistein, but they also appear to perform antioxidant activities (<www.pdrhealth.com/drug_info/nmdrugprofiles/nutsupdrugs/soy_0238.shtml>).

There may be a link between soy consumption and thyroid trouble, because soy contains such high levels of genistein. The effects include fatigue, depression, weight gain, goiters, and in extreme cases, autoimmune disorders. The irony here is these symptoms are also related to menopause! Ah...

So, I don't think you should necessarily take my advice on this matter (now, on other matters, I do think you should, like what movies to see and which bars to patronize). The question of whether soy is beneficial seems to be still under investigation.

Finding isoflavones

It appears that isoflavones do help balance hormone levels and are quite helpful to women experiencing the unpleasant side effects of withering ovaries. There are various sources of these chemicals that are not soy based.

For example, daidzein, the second most plentiful isoflavone, is found in soybeans, but also legumes and peas. Glycitein can be found also in chickpeas. Other good sources of phytoestrogens include apples, cherries, olives, plums, broccoli, cauliflower, brussels sprouts, cabbage, eggplant, tomatoes, garlic, onions, potatoes, alfalfa sprouts, peppers, chilies, carrots, yams, peanuts, barley, brown rice, oats, wheat, wheat germ, and rye. (See table on page 7.)

So, please, just know that sleeping pills might sound like fun, HRT is a much easier way out of this mess, and soy is very in, but it looks as if dates and plums are the way to go. And, maybe a support group or two. A great

site that is quite objective on this topic is <www.compassionatecupuncture.com/Menopause%20Part%201.htm>.

P.S. In doing this research, I found a few other foods and supplements that promote hormonal balance.

1. A cocktail made of black cohosh, vitamin E, lecithin, and ground flax seed seems to have some viability.
2. There is a mainstream over-the-counter supplement called Estroven, which is a combination of vitamin E, B complex, calcium, selenium, green tea extract, date seed extract (contains isoflavones!), magnolia bark extract, cinnamon twig extract, black cohosh, and *more* soybean-based isoflavones.
3. Try rhubarb pills. A study showed that the women who took rhubarb pills had 5.5 fewer hot flashes per day after 28 days than those in a control group taking a placebo (<www.webmd.com/menopause/news/20060915/rhubarb-may-cool-hot-flashes>).
4. Maca root is a Peruvian herb that apparently has many benefits. Recently, the soy cocktail I was taking stopped working and I was getting hot flashes and night sweats again. So I ordered some Maca Powder. It is working very well. The hot flashes and night sweats are almost gone again. It is difficult to find a site on Maca that is not trying to sell you the herb. Here is one that is okay, but still has a link to buying it: <www.vitaminstohealth.com/maca-root.html>.
5. In case you're curious, here's my recipe for Soy Cocktail:

- 1 cup soy milk
- 1 teaspoon soy powder
- 1 teaspoon lecithin
- 2 teaspoons ground flax seed

Take with:

- 1 tablet Estroven
- 400–1600 mg. vitamin E

[Heidi Goar is a devoted member of the co-op and comes all the way from the West Side of St. Paul because she loves this intimate little world at HPC. She welcomes any questions you have about the quality of our food and water supply, as well as alternatives to mainstream medicine (<hgoar@inverhills.mnscu.edu>).]

(cont. on p. 7)

(Menopause cont. from p. 6)

Foods high in phytoestrogen content

(Source: <www.dietaryfiberfood.com/phytoestrogen.php>)

Phytoestrogen food sources	Phytoestrogen content (µg/100g)
Flax seed	379,380
Soy beans	103,920
Tofu	27,150.1
Soy yogurt	10,275
Sesame seed	8008.1
Flax bread	7540
Multigrain bread	4798.7
Soy milk	2957.2
Hummus	993
Garlic	603.6
Mung bean sprouts	495.1
Dried apricots	444.5
Alfalfa sprouts	441.4
Dried dates	329.5
Sunflower seed	216
Chestnuts	210.2
Olive oil	180.7
Almonds	131.1
Green beans	105.8
Peanuts	34.5
Onions	32
Blueberries	17.5
Corn	9
Coffee, regular	6.3
Watermelon	2.9
Milk, cow	1.2

Note: Total phytoestrogen content presented is the sum of isoflavones (genistein, daidzein, formononetin, glycitein), lignans (secoisolariciresinol, matairesinol, pinoresinol, lariciresinol), and coumestrol (coumestrol).



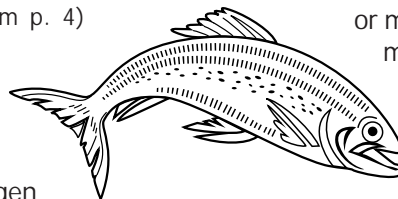
(Nitrogen cont. from p. 4)

Even natural systems that are typically limited in their growth by the availability of nitrogen can be affected negatively by excess nitrogen. Nitrogen reaches protected forests, grasslands, lakes, and wilderness areas, as it can be transported hundreds of miles downwind from cities and industrial or agricultural areas. As nitrogen is deposited on natural ecosystems it can change plant communities and result in losses of biodiversity. Nitrogen can also acidify soils and leach out important plant nutrients like calcium and magnesium.

What can we do about excess nitrogen?

To truly solve the global problems associated with too much nitrogen in some parts of the world and not enough nitrogen in other areas will require large-scale international cooperation and policy reform. However, there are steps that can be taken by individuals to address the nitrogen problem here at home.

As with many environmental issues, adjusting the way we consume resources is at the heart of the solution. Food production is the ultimate source of added nitrogen in the environment. Eating organic or lower on the food chain (vegetarian or vegan diets) means that less nitrogen was used to grow your foods than a conventional



or meat-heavy diet. Most of the meat we eat is fed with nitrogen-intensive corn.

Eating locally also reduces the nitrogen emitted through fossil fuel combustion when foods are transported from producer to store.

In addition, be aware of the problems associated with excess nitrogen in our streams and groundwater. Use fertilizers sparingly, or opt for organic alternatives whenever possible.

There is a lot of policy buzz right now surrounding the issue of carbon and climate change. Regulating our carbon emissions is important, but it is also important to consider nitrogen alongside carbon. Both nitrogen and carbon issues have strong ties to energy and food production and ultimately feed back to human health issues and environmental protection.

For more information about reactive nitrogen and its effects on the environment see:

The International Nitrogen Initiative: <www.initrogen.org>

United Nations Environment Programme Report "Reactive Nitrogen in the Environment": <www.whrc.org/policy/Reactive_nitrogen.htm>

[Bonnie Keeler received her MS in ecology from the University of Minnesota in July and is currently a research associate for the H. John Heinz III Center for Science, Economics, and the Environment.]

HPC Online Community Board

Are you interested in connecting online with other HPC members? Now you can. Go to <<http://hampden.buythechange.com>>.

Our hope is that this online community board will become a vibrant space where our members can come together and share their experiences, passion, and knowledge.

As with any online social network, our community board will only be as dynamic and compelling as you decide to make it. All of the content can be created by you. So if you are interested in sharing your thoughts about recent newsletter articles, start a thread on the forum. If you are interested in sustainable energy, start a group online and find other members who share your passion. Or, you can continue discussions begun at our quarterly book club meetings.

Check it out, create a profile, and start sharing!

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 tune on a few of them:

Jars

Glance around the interior of the Hampden Park Co-op and you will see glass jars. Fat jars sized for cookies, big jars that will hold a family supply of quinoa, tall skinny jars perfect for storing uncooked spaghetti, tiny jars for spices, blue jars, green jars, jars with screw tops, jars with plastic lids, jars with metal spring-pressure lids, sets of matching jars, jars marked Tea or Coffee in case you have trouble remembering what you've put in your jars, jars with little dancing bears printed on them, and shallow jars with such loose-fitting lids that they may seem pointless except you could use them when you have a party and you'd like to keep the dog hair out of the olives.

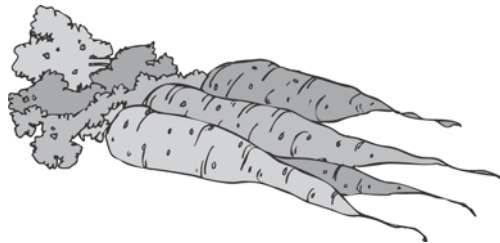
Cashew butter

If I had one last chance to eat a sandwich before being led off to the guillotine, I would request cashew butter and gooseberry jelly on toasted hemp nut bread. No gooseberry jelly in the larder? I'd accept an alternative. But the cashew butter would be nonnegotiable. Check the cooler at the back of the co-op for small containers of fresh cashew butter, packaged by the co-op, and see what I mean. Once you've tried cashew butter, peanut butter is just so much ground peanuts.



Carob-covered peanuts

Directly across the aisle from the Asian Delights shelves, you'll find the Small Bags of Munchies. I've yet to find carob-covered cashews there, but I've managed to settle for carob-covered pretzels, carob-covered peanuts, carob-covered raisins, and carob-covered...carob chunks. You'll also find various trail mixes, dried fruits, and chocolate goodies.



Organic peeled yellow carrots

I'm not a big fan of little bags of pre-peeled carrots. If you buy organic, who needs to peel carrots? I just give them a quick wash under the tap, use a knife to hack off the ends and any nasty bits, and then eat them. But I must admit that I've been buying bags of Cal-Organic Farms' peeled yellow carrots. Yellow carrots have no special nutritional qualities and they don't taste any different from the regular orange kind. But carrots are supposed to be orange and these are yellow. Enough said. [Editor's note: Yellow carrots will only be available periodically through the harvest season.]

Hemp milk

I love dairy but dairy doesn't love me back. In my opinion, the various milk substitutes are a poor lot. Soy milk has an aftertaste. Almond milk leaves a coating on my tongue. Rice milk is sickeningly sweet. The best I've found so far is hemp milk. If when you think of hemp you first think of coils of rope, the idea of hemp milk may not set your taste buds to tingling. But give it a try. You'll find it in vacuum cartons next to the soy, almond, and rice milks. It's dairy free, soy free, cholesterol free, gluten free, vegan, non-GMO, kosher, and it has no cane sugar or trans fat. What it DOES have is a sweet and slightly nutty taste. Visit <www.livingharvest.com> for more information on their hemp seed products.



Hemp Milk Blender Shake

1 cup hemp milk
2 tablespoons rice or
hemp protein powder
1 frozen banana
2 jiggers of pure cranberry juice
4 ice cubes

Blend hemp milk and protein powder in blender until powder is mixed thoroughly. Add remaining ingredients and blend until smooth.

[Katharine Holden is an HPC member. She can be found hanging out near the bulk quinoa hoping to meet a nice bulk quinoa kind of man.]

Hampden Park Co-op Assists Keystone Food Shelves

The members and customers of Hampden Park Co-op have been steady and dedicated donors to the food shelves of Keystone Community Services. From HPC, the food shelves receive generous cash and food donations that serve many people in our community. This has provided the much-needed material support that makes it possible to distribute food to clients. Thank you so much!

There is a third way to donate to the food shelves: Volunteer! The food shelves are in need of cheerful individuals to help clients shop for food, stock shelves, and receive donations. Shifts are available Monday through Friday from 9 a.m. to 12:30 p.m. and from 12:30 p.m. to 4:00 p.m. Volunteers should be able to lift 20 lbs. and commit to one shift per week. Volunteers must be 18 years of age or older. Keystone food shelves are located in the Midway and Rice Street areas. If interested, please contact the volunteer coordinator at 651-603-6650. Thank you again for your continuous support!

—Keystone Community Services

Recipes Rescue Kids' Lunches from PBJ Boredom

—by Anne Holzman

My first-born is now a first-grader.

The school day is longer, there will be homework, and ... his lunch will be eaten in a remote location.

Through the spring I wondered: pack or pay? School lunch isn't expensive, and quality looked acceptable. But eventually I decided that since my mother packed my lunches, I was going to pack them for my kids.

Time to hit the library.

While there are not as many school-lunch cookbooks as there are, say, cookie cookbooks or throw-a-party cookbooks, there were enough to get me started.

Brown Bag Success: Making Healthy Lunches Your Kids Won't Trade, by nutritionists Sandra K. Nissenberg and Barbara N. Pearl, is small and inexpensive and doesn't waste space on things my son wouldn't dream of eating.

The soup and sandwich sections start with categories to mix and match. The recipes are pitch-perfect for kids: Check out "Inside-Out Cheese Sandwiches," in which the cheese is on the outside, the bread on the inside, smashed together with a rolling pin.

The "Personal Touch" section steeled my resolve as I recalled the little stick figures sketched on my own lunch bags by a mother who never allowed her lack of artistic training to get in the way of a good laugh.

But it was the monthly menu that really sold me. Right there, on pages 20–21,

is four weeks' worth of proof that packed lunches don't have to be boring.

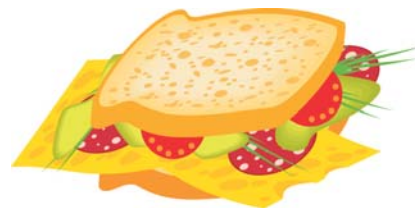
My other favorite isn't exactly a lunch book, but it addresses my fears from a different angle. I'm afraid my vegetable-packing, like my son's vegetable-eating, will largely consist of pre-cut carrots and broccoli.

In *Gimme Five!*, Nicola Graimes offers techniques for making fruits and veggies palatable and loads of concise information about the particular benefits of each food.

Graimes gives enticing (though not necessarily packable) recipes, only one per food, but lots of serving suggestions as well. "Sticky Date Muffins with Toffee Sauce" sounds like the sort of thing my son wouldn't trade. And I think I could sneak some grated celeriac into the coleslaw he willingly consumes.

But as Ann Cooper and Lisa M. Holmes point out in *Lunch Lessons*, even if I'm packing lunches, I still should pay attention to what's being served in school. "[I]f all the cool kids eat fast food, fast food will be the food of choice no matter what Mom and Dad are cooking at home." Oh, dear.

Cooper and Holmes review the history of food served at school. They discuss why the Spiderman lunch box my son got for his birthday might give me second thoughts, and tell inspiring stories of projects that bring locally grown food into the schools.



Their recipes for breakfast and lunch are a bit more complicated than those in *Brown Bag Success*, interspersed with little items about the contents of Chicken McNuggets that inspire me to work harder.

My son's first school lunch comprised leftover pasta-with-broccoli, a slice of bread with jam, a small apple, a frozen juice box to keep the pasta cool (tip from my summer reading), and two cookies.

He liked it, and he even remembered to bring home the container and the fork.

Sources:

Brown Bag Success: Making Healthy Lunches Your Kids Won't Trade, by Sandra K. Nissenberg and Barbara N. Pearl. John Wiley and Sons, paper, 99 pages, \$12.95

Gimme Five! Kid-friendly Recipes and Tips for Helping Your Child Enjoy Eating Fruits and Vegetables, by Nicola Graimes. North Atlantic Books, paper, 128 pages plus stickers and a fold-out chart to track the "five," \$16.95.

Lunch Lessons: Changing the Way We Feed Our Children, by Ann Cooper and Lisa M. Holmes. Collins, paperback, 265 pages, \$14.95.

[HPC member Anne Holzman is an at-home mom of three as well as a freelance writer and editor.]

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Under My Hat

—by Helen DuFault

Those burning hot days have turned into cool, refreshing days. I love it! Along with the change of season, we all have new responsibilities, activities, and events to care about and go to.

Meeting your needs

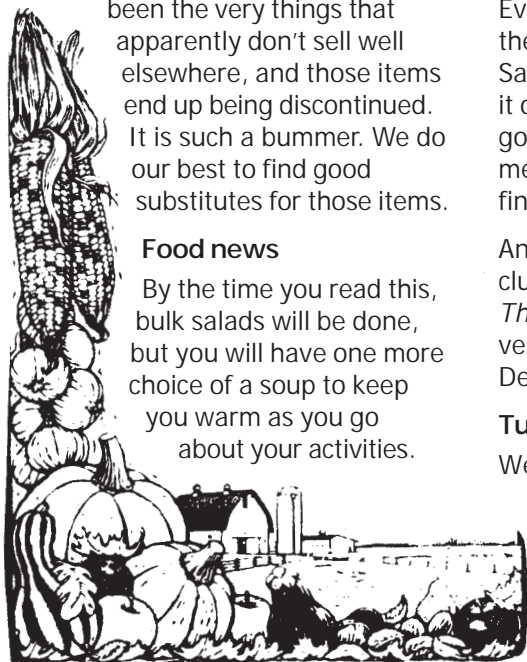
The co-op's responsibility is to help you manage your responsibilities. We're always trying to find interesting new items to meet your needs—and your wants, too, because we all need to indulge ourselves once in awhile.

We will always have the basics that you need, unless it's an item we can't get any more. We've decided we have an unusual shopping crowd at our co-op. Things that sell well here have

been the very things that apparently don't sell well elsewhere, and those items end up being discontinued. It is such a bummer. We do our best to find good substitutes for those items.

Food news

By the time you read this, bulk salads will be done, but you will have one more choice of a soup to keep you warm as you go about your activities.



The fall veggies and fruits have been coming in for awhile now—squash and apples, beets and parsnips, and more. Look for pumpkins in mid-October.

During recent months, you may have noticed some shortages and price hikes on your favorite foods. The peach and nectarine crops were not robust due to late spring freezes that damaged blossoms. Disease and other factors have affected the price of some of the nuts, and you can expect higher citrus prices this year for the same reason. Last summer's drought will probably affect food prices all winter.

Coming events

Events that concern the co-op include the Annual Meeting, coming on Saturday, November 10. This, believe it or not, is a fun event. Good food, good information, a good time to meet other co-op members. You can find more information on page 1.

Another event to look for is the book club meeting at the end of October. *The Omnivore's Dilemma* will be a very interesting book to discuss. Details are on page 3.

Turkeys

We will again be selling free-range turkeys for Thanksgiving. They will be more expensive this year because of increased grain prices. A sign-up sheet will be posted in the entryway the end of October.



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) _____

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Signature _____