



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 2008

Volume 19 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 1, 2008.

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 August 29. 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 to Purchase IOOF Building

On July 29, Hampden Park Co-op and the Minnesota Grand Lodge of the Independent Order of Odd Fellows (IOOF) signed a purchase agreement for the building we have occupied for many years on Raymond Avenue. The co-op has been interested in purchasing this building for years, but the opportunity, when it arose, came suddenly. The IOOF has decided it is to their benefit to sell; they asked us to make a purchase offer when they offered us a lease for the former Parkview Café space in April.

The IOOF is a charitable nonprofit, and thus our rent has been low for many years. The board and management realized we must take this opportunity to secure our future and purchase the building now, at a reasonable price.

The purchase agreement is contingent on a building inspection and our ability to obtain financing. Depending on circumstances, we have between seven months and one year to close. We are working towards obtaining a mortgage, but will need considerable cash to complete the financing. Much of the financing will come from you, the co-op members and local community, through member loans, stock purchases, and donations. Please watch for more information on this very soon.

Very conservative fiscal management through the years means the co-op has substantial cash reserves and little debt. However, cash reserves will be largely depleted by the renovation in the former Parkview Café space. This project needs to be finished quickly, to generate increased sales out of our new space. We will then need additional cash to complete the purchase of the building, and supplement several years of likely operating losses due to the expense of owning a building: the mortgage, increased tax assessments, maintenance, utilities, etc.

The board and management are aware of our role as a community institution, and we enter this phase of our business with excitement, a little trepidation, and a strong sense of responsibility to our members, shoppers, and community. We encourage you to consider an active role in the governance of your co-op.

There will be at least two openings for new board members this fall, to be elected at our annual member meeting in November.

We need talented, dedicated leaders for our organization. Board members can confirm that the work is hard, but the contribution to the community is tangible. Feel free to speak to any board member if you or someone you know might be interested. We also encourage you to speak to any one of us about your interests or concerns regarding our co-op.

Thank you for your continued support.

Hampden Park Co-op Board of Directors: Jay Dregni, Karen Gill-Gerbig, Marcia Hanson, Matt Hass, Nicolet Lyon, Sarah Matala, Gregg Richardson, Roseanne Rivers, and Lisa Scribner.

Membership News

—by Naomi Jackson, Membership Coordinator

Many changes are underway at Hampden Park Co-op as we transition to a larger space. One that will affect non-volunteering members is that we will now be offering four 10%-off coupons each year. All pink card shareholders are eligible to receive these coupons. (Note that there is no discount on some items, such as hot soup, eggs, and milk.)

However, in order to receive your discount coupons, you need to be on our mailing list. If you never use your shareholder card when you are shopping, or you have moved and not given us your new address, you may be on our "inactive" or "lost address" list. If you have not received any mailings from the



co-op in the past couple of years, you may be on one of those lists.

How do you get on the co-op mailing list? Fill out a New Card/Address Change form (available at the checkout counter) and leave it in the Membership Coordinator envelope in the entryway. You will receive a new shareholder card, and your information will be updated in our computer. Use your card whenever you shop.

Discount coupons will be sent out twice a year (two coupons per mailing) in conjunction with our annual meeting and Mayfest mailings. So, don't toss those postcards in the junk mail pile. They can save you money on your grocery bill!

Donate to Midway Food Shelf!

Keystone Community Services operates three food shelves in St. Paul and Roseville. Donations from Hampden Park Co-op are taken to the closest food shelf by volunteer Deb Ahlborg. You can purchase items at their wholesale cost at Hampden Park Co-op and donate them to Midway Food Shelf. Here's how:

1. Select items that you want to donate. Lists of needed items are located at the checkout counter and in the entryway.
2. When you are checking out, let the cashier know which items are for the food shelf. You will receive a 28% discount on all food shelf purchases.
3. The cashier will place your donations in a holding area, from which they will be picked up and brought to Midway Food Shelf.

For more information, go to <www.keystonecommunityservices.org>.



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.



Eating More Whole Grains

—by Kathryn Tempas

You've heard that whole grains are better for you than refined grains, but beyond whole wheat bread, pasta, and oatmeal, you're not sure where to go. In the co-op bulk bins you've seen things like barley, quinoa, millet, and bulgur, but you wonder how to cook them or incorporate them into meals. I'm hoping to help.

Whole grains contain three parts: the bran (outer coating), germ (new plant embryo), and endosperm (starchy main section). Research has shown that in addition to fiber, whole grains provide antioxidants, vitamins, and minerals that refined grains (starchy endosperm only) do not contain. The whole is better than the parts in this case.

There are many whole grains to try, but here I've decided to focus on two that cook relatively quickly for summer days when we'd rather not be in the hot kitchen too much. You can learn about a few more in the next issue of the newsletter.

Millet

Millet, consumed frequently in Africa and Asia, is a small, round, golden grain. Prepare it by first toasting in a skillet for a few minutes to enhance the flavor. Cook with a ratio of 1 cup millet to 3 cups water for 30 minutes.

That's the basic recipe, but you'll want to spice it up. In a separate sauté pan,



cook some onion, green pepper, and garlic until soft. Stir in several tablespoons tomato paste, 1 teaspoon chili powder, and ½ teaspoon cumin. Add this mixture to your cooked millet to win rave reviews. My family also enjoys millet in breads; I use partially ground uncooked millet, which adds a pleasant crunch to these apple-filled muffins.

Apple Millet Muffins

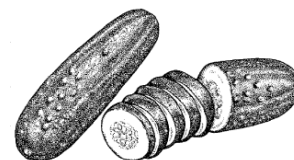
- 2/3 cup uncooked millet
- ½ cup packed brown sugar
- 1 large egg
- 1 cup buttermilk
- ¼ cup butter, melted
- 1 cup all-purpose flour
- ½ cup whole wheat pastry flour
(or substitute all-purpose)
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- 1 cup peeled, diced apple

Preheat oven to 375° F. Place millet in a spice or coffee grinder and grind slightly (not all the way to flour). If you don't have a spice grinder, a small blender or food processor will work.

Combine sugar and egg in a large bowl; beat to combine. Stir in buttermilk, millet, and butter.

Combine flours through cinnamon in a separate bowl and stir to combine. Add these dry ingredients to the millet mixture; mix until moistened. Stir in apple pieces.

Scoop batter into 12 greased or sprayed muffin cups. Bake at 375°F for 15–18 minutes, until muffins spring back slightly.



Bulgur

Bulgur may be familiar to you as an ingredient in tabbouleh, but there are many options for soups and salads using this grain, which is wheat that is steamed, then cracked into pieces before being dried. Since it's already been cooked, you simply need to rehydrate it.

Try pouring 1½ cups boiling water over 1 cup bulgur, then let it sit 30 minutes to rehydrate. It's now ready to add to your favorite summer salad ingredients, or to stir into a hearty soup this fall. You can also make a pilaf with bulgur, onion, carrots, and celery, similar to rice. Here's a summertime main dish salad to try.

Greek Bulgur Salad

- 1½ cups boiling water
- 1 cup bulgur

Pour boiling water over bulgur and let sit 30 minutes. Drain any excess liquid and fluff bulgur with a fork.

Add the following to the cooked bulgur:

- 1 cup halved cherry or grape tomatoes
- 1 cup chopped cucumber
- ¼ diced red onion
- ½ cup chopped fresh parsley
- 1 can chickpeas, drained and rinsed OR 1 cup cooked chicken, chopped
- 1–2 ounces crumbled feta cheese
- 5 kalamata olives, chopped

Dressing

- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 garlic clove, minced
- ¼ teaspoon salt
- 1/8 teaspoon black pepper

One last thought for you. While you're checking out the bulk bins of grains, give some of the flaked grains a try. Wheat flakes can be prepared just like rolled oats for a change of pace. Or try some barley flakes in your oatmeal muffins. Go on...explore the world of whole grains!

[Kathryn Tempas is a personal chef, cooking instructor, new member of the co-op, and former foods teacher at the College of St. Catherine.]

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.

Holly House ad

Give the Tomato Another Look...You'll Be Glad You Did!

—by Elyse Farnsworth

If you're like my husband and me, tomatoes are a staple in your house. Whether they are canned or fresh; chopped or pureed; or raw or cooked, they are a favorite. We add tomatoes to nearly every dish—except ice cream and cereal, of course. When they aren't included in a main dish or salad, they are sliced and sprinkled with salt and pepper as a side.

The reason we enjoy tomatoes so much is they add robust flavor and beautiful color to almost any meal. The following "tomato facts" will give you more reasons to add tomatoes to your shopping list.

Fact: Tomatoes are a fruit.

Okay, so most people know the long debate regarding whether tomatoes are fruits or vegetables. Even though they are housed in the veggie section at the co-op and grocery store, they are in fact in the fruit family. (www.sciencebob.com/lab/q-tomato.html)

Fact: Eating tomatoes and tomato products helps lower your risk of heart disease and cancer.

Many recent studies have correlated a reduced risk of heart disease and cancer, such as prostate and cervical cancer, with the consumption of foods containing lycopene. Tomatoes and tomato products are good sources of lycopene. Eat away for good health! (www.tomatofest.com/tomato_health_facts.html)

Fact: Tomatoes are good for your eyes.

Lycopene is also an antioxidant, which is linked to a lower risk of Age-Related Macular Degeneration and blindness. Take care of your sight and slice a tomato for lunch today! (www.tomatofest.com/tomato_health_facts.html)

Fact: The scale will thank you for eating your tomatoes.

At only 32 calories, 2.2 grams of fiber, and less than 1 gram of fat (per medium red tomato), tomatoes are great for your waistline! The fiber in a medium red

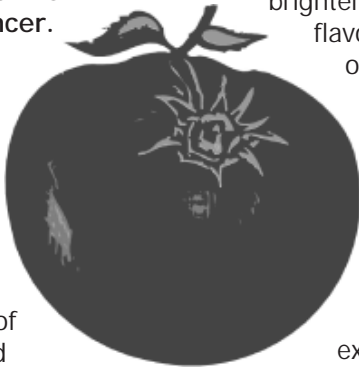
tomato helps fill you up and keep you full! The low number of calories means you can have more for less. Next time you need to cut back, don't cut flavor and satisfaction, just grab a tomato. (http://nutrition.about.com/od/fruits_and_vegetables/p/Tomatoes.htm?p=1)

Fact: Tomatoes are nutritious.

The fact is tomatoes, like most fruits and vegetables, are just plain good for you! They are full of vitamins A and C as well as calcium and potassium. The next time you are getting a cold, try a tomato instead of orange juice! (www.tomatofest.com/tomato_health_facts.html)

A Great Variety of Tomatoes

As you head to the farmers' market, co-op, or grocery store, you will be faced with a number of fresh varieties to choose from. All tomatoes are nutritious and flavorful, so try a new variety each week! You might also try using multiple varieties in one dish to brighten it up or add a burst of flavor. Here are some of our family's favorites:



Grape tomatoes

Grape tomatoes are the size and shape of a green grape. They are usually red, sold by the pint, and very sweet. They make excellent additions to salads and veggie trays.

Alternatively, try snacking on them by the handful! (www.wisegeek.com/what-is-a-grape-tomato.htm)

Pear-shaped tomatoes

Pear-shaped tomatoes look like tiny pears. They are delicious and often come in a light yellow hue. Often, they are sweeter than cherry tomatoes. Use them in salads and pastas to add a sweet burst of flavor. (www.tonytantillo.com/vegetables/tomatoes.html)

Cherry tomatoes

Cherry tomatoes get their name because they are the size and shape of

a large cherry. They can be red, yellow, or orange. They are sold by the pint or on the vine. My favorite part of a cherry tomato is how it bursts when you bite into it. (www.produceoasis.com/Items_folder/Vegetables/CherryTom.html)

Beefsteak tomatoes

Beefsteak tomatoes are a favorite of many people because they are very big, firm, and radiant red. Often, they have irregular shapes. They are excellent on sandwiches, sliced with salt and pepper, or used for cooking. (www.tonytantillo.com/vegetables/tomatoes.html)

Roma and plum tomatoes

These tomatoes are medium in size and look like small footballs or eggs. Roma and plum tomatoes are great for cooking and making sauces. They hold up well when heated and are meaty. They can also be used to make tomato salads, like the Insalata Caprese found on page 7. (www.produceoasis.com/Items_folder/Vegetables/Roma.html)

Heirloom tomatoes

So, what makes a tomato an heirloom? It has to be an antique! Some varieties of heirlooms are over 100 years old. Like antiques, heirloom tomatoes are passed down from generation to generation. They are usually grown on family farms or by individuals. Increasingly, however, they are commercially produced to meet the growing demand for them.

You will know an heirloom tomato by its tender, thin skin, beautiful unique color, and odd shape. Heirloom tomatoes are open-pollinated, unlike today's hybrid-pollinated versions. Open-pollination simply means that the seeds in the current tomato are identical to those in the parent tomato. In other words, heirlooms are never crossed with other varieties.

The best part of heirlooms is their flavor—which is rich! There is a reason they've been kept around for years and years. (www.tomatofest.com/what-is-heirloom-tomato.html)

(cont. on p. 7)

Cosmetic Safety

—by Caroline Daykin

For many women, applying makeup is as much a part of their morning ritual as getting dressed or eating breakfast.

While analysis of the aesthetic aspects of makeup may rival the effort put into a college English paper, little thought has been given to the long-term safety of makeup, or whether it is necessary at all.

Recently, scientists have begun exploring the link between cosmetics and personal care products and health. Their findings provide fuel to the feminist argument that makeup exacerbates inequalities between men and women.

***Skin Deep*: A Resource for Cosmetics and Personal Care Products Consumers**

Chemicals in makeup are believed to cause myriad long-term health problems. The *Skin Deep* cosmetic safety database (www.cosmeticsdatabase.com) analyzes products for links to cancer, developmental and reproductive toxicity, allergies and immunotoxicity, endocrine disruption, bioaccumulation, and organ system toxicity.

The database contains information about 29,088 products, or about a quarter of the products on the market. Products are ranked as being of low, moderate, or high hazard. Consumers can search by type of product, such as “concealer,” or they can look up a specific product or brand to discover facts about a product’s safety. The advanced search function allows visitors to search for products based on particular health hazards they want to avoid.

An analysis of *Skin Deep* reveals several interesting trends. First, many of the low-hazard products are not made by mainstream cosmetics companies. Second, price is not necessarily an indicator of safety. For example, a more expensive brand, Philosophy, makes products rated 8, which indicates high hazard. Third, many brands have widely varying safety ratings. This holds true even for brands that are generally considered safe. For example, the brand Kiss My Face® makes products that pose low, medium, and high hazards. The more ubiquitous brand Cover Girl® also has

products whose safety levels vary widely. Safety-conscious brands may make a greater number of safe products than mainstream brands, but the database shows that “good” brands still struggle with product safety.

Skin Deep is quite helpful, but it is important to keep in mind that many of the product ingredients have had little or no scientific scrutiny. A product may earn a good rating partially because little is known about its ingredients. The database refers to this lack of knowledge as a “data gap”; this information is available for each product listed.

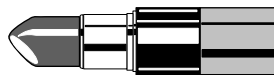
Possible Breast Cancer Link

Breast cancer is one of the diseases most suspected of being linked to cosmetic and personal care product use. More women have died of breast cancer during the past 20 years than the number of Americans who died in both world wars and the Vietnam war; and breast cancer is the leading cause of death in American women ages 25–54. Between 1973 and 1998, breast cancer incidence rates in the United States increased by more than 40%.

Since breast cancer rates are much higher in industrialized countries than in developing countries, it is suspected that lifestyle factors, such as diet, lack of exercise, taking estrogen for menopause symptoms, and the increased amount of chemicals people encounter in daily life may be to blame for the greater incidence of breast cancer in America.

Because breast cancer rates have increased in tandem with the use of synthetic chemicals, it is hypothesized that one cause of the increased incidence of the disease may be cosmetics and personal care products.

Several chemicals used in these products manipulate estrogen levels or mimic the effects of estrogen in the body. These chemicals include parabens (which are used as preservatives), phthalates, and placental extract. While cosmetics and personal care products may not cause breast cancer by themselves, several factors may combine to increase breast cancer risk, such as chemical exposure, genetic or hormonal profiles, and exposure to radiation.



Ironically, many of the companies that make products linked to breast cancer engage in fund raising for breast cancer treatment. In response to this phenomenon, the nonprofit group Breast Cancer Action has created a Web site, thinkbeforeyoupink.org, that exposes products, including cosmetics, that are linked to breast cancer but have been promoted as fund raisers for breast cancer treatment.

An Unregulated Industry

In a society in which food content and labels are heavily regulated, it is strange to think that cosmetics and personal care products escape government regulation completely. The FDA doesn’t have authority to require companies to conduct safety tests on cosmetics, nor can it recall defective or possibly harmful cosmetics.

In addition, because fragrance is considered a trade secret, requiring companies to list the contents of their fragrances would be a violation of their intellectual property rights. Almost half of the products listed in *Skin Deep* contain the ingredient “fragrance.”

It Adds Up

Cosmetic companies often argue that the existence of harmful chemicals in their products is insignificant, since the chemicals are used in small amounts. However, there is concern that chronic exposure to small amounts of harmful chemicals may increase health risks.

For example, Janet Nudelman of the Breast Cancer Fund is concerned about the presence of the carcinogenic chemical 1,4-dioxane, a manufacturing byproduct found in personal care products. The Organic Consumers Association recommends that people avoid products with ingredients such as myreth, deth, laureth, cetareth or any ingredient that contains the syllable “eth” in order to steer clear of 1,4-dioxane.

Timing is Important

According to the Breast Cancer Fund, recent research suggests that fetuses and children exposed to environmental chemicals may have increased risk for developing cancer later in life.

(cont. on p. 6)

(Cosmetic Safety cont. from p. 5)

Similarly, Devra Lee Davis, the director of the Center for Environmental Oncology at the University of Pittsburgh Cancer Institute, is concerned about the discovery of lead in several brands of lipstick. For most people, small amounts of lead may not be harmful; but the contaminated lipstick is a concern for pregnant women and fetuses. Many studies have shown that there is no safe amount of lead for children.

A Feminist and Racial Justice Issue?

Cosmetics safety is not just a concern for people who wear makeup. Because of the disproportionate impact cosmetic usage has on women and racial minorities, harmful ingredients in cosmetics pose a problem for anyone who cares about historically disadvantaged groups.

Many of the most harmful products in the *Skin Deep* database are those that are marketed to women of color. Advertisers tell Asian women they need skin whitening agents in order to be able to attain a Caucasian ideal of beauty. Many of these products contain hydroquinone, a chemical that is carcinogenic to animals and toxic to the skin, brain, immune system, and reproductive system.

Hair relaxers marketed to African-American women tend to contain placental extracts and other sources of estrogen, high levels of which are linked to breast cancer. It is hypothesized that use of these products has contributed to the higher incidence of breast cancer among African-American women due to exposure in utero and early in life.

While most people who use cosmetics are exposed to harmful chemicals for a limited period of time, nail technicians work in an environment permeated with high levels of chemicals. Ninety-five percent of nail technicians are women, and 59% are women of color.

Occupational health studies have demonstrated that women who work in nail salons have decreased attention and processing skills and higher rates of asthma compared to other women. In a study of nail technicians in Boston, those surveyed reported work-related headaches, skin problems, and respiratory problems. Many of the technicians said they felt better when they had been away from work for a day or two.

Is It Worth It?

Aside from health concerns, feminists have questioned the societal expectation that women use makeup. In *The Beauty Myth*, Naomi Wolf discusses the influence that advertisers exert over the content of women's magazines in order to emphasize the connection between capitalism and women's perception of their appearance.

Wolf describes how the content of beauty columns is dictated by advertisers, who refuse to place ads unless their product is discussed in the pages of the magazine. She concludes that "the woman who buys a product on the recommendation of beauty copy is paying for the privilege of being lied to by two sources."

Use of technology to promote beauty products is also discussed. When women over 60 appear in magazines, their photos are airbrushed to make them appear younger, regardless of

these women's opinions of such techniques. Photographs of models are trimmed with scissors in order to make them appear to be thinner than they are. If images of beauty in the media are driven by an attempt to sell beauty products and magazines, is it really worth it to aspire to these ideals?

Co-op Products

Here is a sampling of co-op products, with their *Skin Deep* ratings. The hazard rating is based on a 1–10 scale, with 10 being the most hazardous. To check out other products, go to the *Skin Deep* Web site.

- ✓ Burt's Bees® Beeswax Lip Balm (2)
- ✓ Weleda Everon Lip Balm (0)
- ✓ Lavilin Underarm Deodorant Cream (1)
- ✓ Tom's of Maine® Deodorant Stick, in "Unscented" and "Woodspice" (2)

Additional Sources:

* *Skin Deep*, <www.cosmeticsdatabase.com>.

* "Carcinogenic 1,4 Dioxane Found in Leading 'Organic' Brand Personal Care Products," March 14, 2008, <www.organicconsumers.org/bodycare/DioxaneRelease08.cfm>.

* Stacy Malkan, *Not Just a Pretty Face*, New Society Publishers, 2007.

* "State of the Evidence 2008: The Connection Between Breast Cancer and the Environment," <<http://www.breastcancerfund.org/site/pp.asp?c=kwKXLdPaE&b=206137>>.

* Naomi Wolf, *The Beauty Myth*, Harper Perennial, 2002.

[Caroline Daykin likes reading, knitting and crocheting, and board games. She thinks the word "amazing" is overused.]

Upcoming Events

HPC Book Club

Date/Time: Monday, October 27, 2008

6:45 gathering/get acquainted
7:00 discussion

Location: St. Anthony Park Library meeting room

Book selection: *Slow Food Nation* by Carlo Petrini

The book is available for a discount at Micawber's Books, located at 2238 Carter Ave. in St. Anthony Park. Let them know you are part of the Hampden Park Co-op Book Club.

Canning Class

Learn the basics of canning tomatoes with HPC member Maria Karpinski.

Date/Time: TBA; watch for posters

Location: St. Anthony Park United Methodist Church kitchen.

Cost: Participants will share the \$80 kitchen rental and supplies fee.

Bring: a couple of canning jars and garden tomatoes, if you have them.

Provided: lids, rings, extra jars, tomatoes

Whole Farm Co-op Tour

Visit some of the farms that provide Twin Cities co-ops with meat, dairy products, and produce.

Date/Time: Saturday, September 6

Meet at the co-op at 8:00 a.m. to carpool. We will return by 4:00 p.m. Bring a picnic lunch; we'll share gas cost.

(Tomatoes continued from p. 4)

Now that you've stocked up on tomatoes, try any of them in the recipes that follow. Then, experiment! Throw them into nearly any dish to make it brighter and irresistible! Remember, tomatoes make a great addition to pastas, eggs, salads, chicken dishes, and salsas/sauces. Eat them daily and reap the benefits!

Fresh Tomato and Onion Pasta Sauce

Pasta is our "make it quick meal." This sauce is simple, fresh, and easy! Plus, it is much tastier and more satisfying than store-bought sauce. It is one of the main reasons I keep tomatoes on hand!



6–8 large tomatoes or 2–3 pints small tomatoes, chopped into medium pieces
2 medium sweet onions, diced
4–5 cloves garlic, minced
1 teaspoon olive oil
1 bunch basil, chopped
¼ cup dry white wine or full-bodied red wine
½ cup chicken broth
Salt and pepper to taste

(If you like spice, add some red pepper flakes to taste. Yum!)

In a large skillet, sauté the onions and garlic in olive oil over medium heat until softened. Add the tomatoes and sauté for about 2–3 additional minutes.

Add the wine and chicken broth. Bring to boil. Reduce heat and cover. Simmer for 15 minutes or until the sauce reduces and thickens.

Sprinkle with basil and salt and pepper. Toss with your favorite pasta and cheese.

Simple Summer Salsa

This is a favorite in the Farnsworth household. We make an extra large batch and eat it all week! It is wonderful as a topping for grilled meat or fish. It is also great on tacos, fajitas, with chips, or as a topper for Huevos Mexicanas (Mexican Scrambled Eggs). Credit for this recipe goes to my husband, Jon. He is the king of salsa.

5–6 large tomatoes or 2 pints small tomatoes, diced
2 medium sweet onions, diced
1 jalapeno pepper, seeded and diced
Juice of 3–4 limes
1 bunch cilantro, chopped
Salt and pepper to taste

Place all the ingredients in a large bowl. Stir to combine. Taste, and add additional ingredients to taste. Let marinate in the refrigerator for at least 1 hour. Enjoy!*

*You can experiment with this recipe by adding corn, beans, or mangoes, too!

Insalata Caprese

This salad is a stand-by for many. It is one of my favorite lunch recipes, as it has the perfect combination of flavor, protein, fiber, and color. Try it today!

3 large tomatoes (regular, beefsteak, or heirloom), thickly sliced
1 ball of fresh mozzarella cheese, thinly sliced
12 basil leaves, thinly sliced
Salt and pepper to taste
Balsamic vinegar
Olive oil

On a large platter, layer the tomatoes and cheese. Sprinkle with basil. Add salt and pepper to taste. Lightly dress with equal parts balsamic vinegar and olive oil to taste.*

*Often, we only use the balsamic vinegar to cut calories and fat. In place of the vinegar and oil, you can dress this salad with pesto or your favorite vinaigrette. To mix it up, you can also add slices of avocado to your tower of cheese and tomato.



[Elyse Farnsworth lives in South St. Anthony with her husband and puppy. She and her husband grew up in St. Anthony Park and enjoy walks, gardening, cooking, and traveling. They joined HPC in 2007.]

Have You Tried...? The HPC Aisles Revealed

—by Katharine Holden

Hampden Park Co-op is full of products you may not have tried yet. Allow me to introduce you to a few.

The Joy of Bulk Spices

Instead of buying a whole container of a spice for one particular recipe (and then putting the container into the cupboard to get dry and old), stop by the bulk spice area and buy just enough of the spice for your needs. Use your own container. If it's a jar or canister, remember to weigh it first so you're only charged for the spice and not the weight of the container. If you don't have your own container, little plastic bags are available (cost: a few pennies) or darling little jars of blue or green glass (cost: more than a few pennies).

Frontier is the name you'll see all over HPC's bulk spice area. Frontier Natural Products Co-op began as a small business in Iowa in 1976 and is now a major supplier of natural and organic products. For more information about Frontier, visit its Web site at www.frontiercoop.com



Turmeric

Turmeric is related to the ginger family. It's a popular ingredient in curries, not only for its rich flavor but for the lovely orangey-yellow color it imparts to food. If, while making one of these curries, you happen to get some of this lovely orangey-yellow color on your kitchen towel or your clothing, you will join the generations of people who have found out the hard way that turmeric is a natural dye.

Whole Brown Mustard Seeds Whole Yellow Mustard Seeds

Mustard has been popular since ancient times. The seeds can be ground with a pestle or coffee grinder, then made into a paste with the aid of vinegar or oils, accented with other spices and flavorings such as garlic, and the color accented with turmeric or saffron. The whole seeds fried in oil are commonly used in Indian cooking.

Mustard seeds come in white (sometimes called yellow), brown, and black, with black being the hottest and most pungent. Most of the prepared yellow mustard sold in the U.S. for use on hamburgers and hot dogs consists of fillers and coloring. It has very little real mustard in it.

Nutmeg

Nutmeg is the seed of a certain type of evergreen tree. For the best nutmeg flavor, experts recommend that you buy a whole nutmeg (they're only about an inch long) and grind off only what you need for a particular recipe. HPC offers both whole nutmegs and ground powder. Nutmeg adds a hard-to-describe flavor and a touch of sweetness to dishes. It is commonly found in both Indian and Middle Eastern cuisines. And no mulled wine or eggnog recipe is complete without a bit of nutmeg.

Hungarian Paprika

Paprika is made from grinding dried sweet bell peppers, either red or green. Paprika is made wherever bell peppers are grown, but Hungarian paprika made from sun-dried bell peppers is considered to be the best quality. In fact, Julia Child once said that "Paprika that is not from Hungary is just some nice little pepper dust."

As with all peppers, paprika comes in different grades of hotness and sweetness. It is a common ingredient in stews, goulashes, and hot dishes of all types. Paprika also is used for its red color. The spice-fearing women on one side of my family always keep an elderly bottle of paprika on hand in order to shake a sparing amount on top of deviled eggs to make them "pretty."



Psyllium Husks

Psyllium husks come from the seed stalk of the common plantain. They are used in topical remedies, but are most commonly taken internally to cleanse the colon, regulate the bowels, or add a feeling of "fullness" in the stomach of a person who is dieting. HPC sells both the ground and the whole form of psyllium husks.

Licorice Root, Cut and Sifted

Devotees of licorice root attribute to it dozens of medicinal uses. For generations, it has been used in cough and sore throat remedies. It also has a unique and strongly sweet taste, so it can be used to mask the nasty taste of certain medicines. The cut and sifted root can be placed into capsules and swallowed, or it can be steeped as a tea or tisane.

Holden's Licorice Root Tea

- 2 to 3 slivers of cut, dried licorice root
- 8 ounces water
- Large mug
- Saucer or a second mug

In teakettle, bring water to rolling boil. Meanwhile, fill your mug with hot tap water to heat the mug. When teakettle whistles, empty out the mug, put in licorice root and fill mug with the boiling water. Put a saucer or another mug over your mug to keep it hot. Steep for 3 to 5 minutes. Enjoy. If you are pregnant or have high blood pressure, get your doctor's advice before using licorice root tea.

[Katharine Holden is an HPC member. When she's again employed gainfully, she intends to stock up on Hungarian Paprika. Katharine can be reached at [<holdentld@msn.com>](mailto:holdentld@msn.com)]

Books Recommended by HPC Book Club Members

Animal, Vegetable, Miracle

Barbara Kingsolver (HarperCollins, 2007)

Appetite for Profit

Michele Simon (Nation Books, 2006)

Baking with the St. Paul Bread Club

Kim Ode (Minnesota Historical Society, 2006)

The China Study

T. Colin Campbell (BenBella Books, 2005)

Closing the Food Gap: Resetting the Table in the Land of Plenty

Mark Winne (Beacon Press, 2008)

Deep Economy

Bill McKibben (Times Books, 2007)

Eat, Pray, Love

Elizabeth Gilbert (Viking, 2006)

In Defense of Food:

An Eater's Manifesto

Michael Pollan (Penguin Press, 2008)

Natural Capitalism

Paul Hawken, Amory Lovins, L. Hunter Lovins (Rocky Mountain Institute, 2008)

Not Buying It:

My Year Without Shopping

Judith Levine (Simon & Schuster, 2006)

The Omnivore's Dilemma

Michael Pollan (Penguin Group, 2006)

Plenty: One Man, One Woman, and a Raucous Year of Eating Locally

Alisa Smith & J.B. Mackinnon
(Crown Publishers, 2007)

Raising Baby Green

Dr. Alan Greene (Jossey-Bass, 2007)

Small is Beautiful:

Economics as If People Mattered

E. F. Schumacher (Harper & Row, 1973)

Superfood or Superthreat: The Issue of Genetically Engineered Food

Kathlyn Gray (Enslow Publishing Inc., 2007)

Slow Food Nation: Why Our Food Should Be Good, Clean and Fair

Carlo Petrini (Rodale, 2007)

Wake Up and Smell the Planet

Grist Magazine (Skipstone, 2007)

The Way We Eat:

Why Our Food Choices Matter

Pete Singer and Jim Mason (Rodale, 2006)

What to Eat

Marion Nestle (North Point Press, 2006)

Scary Carrots (Not So Much)

—by Anne Holzman

Among other infant nutrition concerns, our doctor once advised us not to feed carrots grown in Minnesota, Wisconsin, or the Dakotas to very young children. This had something to do with the soil, I gathered, but the baby was fussing, and I never quite absorbed the explanation.

Long after my kids have outgrown mashed carrots in jars, I've found myself reluctant to eat local carrots.

My four-year-old's request to grow carrots in the community garden this year brought me face to face with the Carrot Conundrum. And after many days and nights of research, quizzing friends who work in health care, and recombining search terms online, I've decided to ...

... grow 'em, enjoy 'em, and feed 'em to the young 'uns.

On the outside chance that I ever raise another newborn, though, I'll stick with the prohibition until they're at least six months old. (I know, a lot of people don't give infants solid foods before then anyway, but we've had some good reasons to do so a little sooner.)

The carrot problem, it turns out, is nitrates, significant levels of which occur naturally in carrots and other vegetables, as well as in water sources. In the Upper Midwest, well water often tests especially high for nitrates, for which farming practices are blamed in part. The concern is that a combination of nitrogen compounds from different sources could add up to trouble.

Nitrates convert into nitrites, in rare cases causing anemia in infants up to about three months old, whose bodies have not developed the web of biochemistry and enzyme functions to deal with these compounds. Adults can consume a lot of nitrates without harm, and nursing mothers who drink water from nitrate-contaminated wells do not appear to pass it along in their breast milk.

The Minnesota Department of Health does advise that women in the third trimester of pregnancy avoid exposure

to nitrates in drinking water because they're already vulnerable to the specific type of anemia that has been attributed to nitrate consumption in infants.

Public water supplies must be tested for nitrates, but it's optional for residential wells. Vegetables can also be screened for nitrates, and baby food companies voluntarily check their carrots, spinach, beets, and other common culprits, something we don't do at home. Hence the advice to use



the commercial versions of those vegetables until the baby is six or eight months old, depending on the source of advice.

Room-temperature food storage fosters the conversion of nitrates into the more problematic nitrites. Commercial preparers can get food from field to jar faster than home cooks and have more control over temperatures. Refrigeration slows the conversion, but this is one reason to pitch out open baby food that isn't eaten after 24 hours. Organic growing practices reduce our overall exposure to nitrogen compounds in fertilizers and pesticides, but screening of vegetables for young babies is still advised.

As for the carrots picked this morning three blocks from my house, I'll feel just fine about serving them to children old enough to chew them.

[Anne Holzman is a freelance writer and the mother of three children whose ONLY common acceptable vegetable is carrots.]

Under My Hat

—by Helen DuFault



Co-op Expansion

The exciting latest is that the co-op has signed a purchase agreement with the IOOF. Please refer to the board article on page 1 for details.

Work in the space next door is back on track after some inspection delays. We found out that we need to remove the old kitchen floor and replace it with quarry tile. We will also have a main-floor bathroom; it's being roughed in as I write. The ceiling is also being painted. When we're done, the aisles in our original space will be less crowded, which will be appreciated by all.

Local Produce

People have been eagerly waiting for locally grown produce. For us, the season of abundance begins in August; some of the earlier crops, such as berries, have a very short supply window. We will buy everything we can locally—it's part of our mission. We will have apples, melons, squash, potatoes, onions, and more stocked for your enjoyment.

Out-of-Stock

In recent months we've had a lot of trouble with items being out of stock with our suppliers, from oatmeal to yogurt. In some cases a product will be unavailable for weeks at a time. We are sorry for the inconvenience; we will try to be better at posting "out-of-stock" labels.

Bike Rack

You may have noticed that we have two new bike racks. The smaller one will

replace the dilapidated rack near the back entryway. Thanks to HPC member George Hansen for building this rack!

The larger rack is by the picnic area. We've taken one parking space for bike parking, because so many of our customers and volunteers are riding bikes these days.

Parking Lot

A big thank you to Matt Hass for painting all the stripes in our parking lot. Unfortunately, some of them will have to be re-done, because repairing the holes in the parking lot will require tearing up sections of tarmac and rebuilding from scratch. That will happen some time this fall; you will need to park in the street for a few days while repairs are done.

Annual Meeting

Our annual meeting is scheduled for Sunday, November 9. Plan to attend and share an appetizer/dessert potluck with fellow members. We expect to have music, a speaker (not scheduled yet), reports, and election of new board members.



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