



HAMPDEN PARK CO-OP NEWS

OCTOBER/NOVEMBER 2008



Volume 19 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 27, 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 December/January issue is November 3. 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 Sunday, November 9, at 6:00 p.m.—Everyone welcome!

Location:

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

Schedule:

6:00 Music & Munchies Conversation, snacks, and music by Light of the Moon. Bring an appetizer or dessert to share; nachos and beverages will be provided.

6:30 Meeting Reports and election of new board members; update on neighborhood issues from the South St. Anthony Park Community Council.

8:00 Speaker We will hear from Roger Pietron, source of our excellent smoked Alaskan salmon and locally-harvested wild rice.

Child care will be provided.

Hampden Park Co-op Board Elections

At the Annual Meeting, we will elect new members to the Board of Directors. There are two positions are open this year; if you are interested in running, pick up an application form on the clipboard in the entryway or 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), Sarah Matala, Roseanne Rivers, Nicolet Lyon, Gregg Richardson, or Lisa Scribner.

Expansion Update

EXCITING NEWS! We have the opportunity to purchase our building. In the coming weeks, Hampden Park Co-op members will receive a letter describing how you can contribute financially to this important project. It is vital to control our destiny and future. Owning the building will prevent any landlord from making plans for the building that do not include the co-op.

Securing the co-op's future with the building purchase will give us our first major debt. The Board of Directors views this debt as an investment in the co-op's economic and social commitment to its membership and the neighborhood, as well as its commitment to our overall continued longevity.

As co-op members, you can participate in this new effort. You can give money in the form of gifts or loans. Your generosity will allow us to complete the renovation of the new space and decrease the mortgage for the building purchase. To contribute, you need only be a Minnesota resident and a co-op member.

If you are interested in contributing to this new venture, please notify our general manager, Helen DuFault. A board member will contact you soon!

Membership News

—by Naomi Jackson, Membership Coordinator

New volunteer opportunities

Are you a morning person? Do you like working independently? We are looking for experienced stockers and cleaners to volunteer once a week, 7:30–9:00 a.m. (21% discount). If you'd like to do this, leave me a note in the Membership Coordinator envelope by the volunteer calendars, and I'll get in touch with you.

Watch for added shifts as we move into the new section of the store. We will certainly be needing more hands to keep the shelves stocked, the cheese cut, and new products processed. We

may also add an evening once-a-week cleaning shift, so if you like cleaning but don't like 7:30 a.m., watch for that.

Annual Meeting

November is the time to fulfill your civic responsibilities and vote. When you are done voting for our next president, make sure HPC's annual meeting is on your calendar, and come vote for new board members. All members are eligible to vote. The meeting will be on Sunday, November 9, at St. Anthony Park United Methodist Church. See page 1 for details.

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.

You Can Donate to Midway Food Shelf!

All HPC shoppers can purchase items at wholesale cost at the 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 on the magazine rack near 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 by volunteer Deb Ahlborg and brought to Midway Food Shelf.

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

Welcome, New Members!



(Flavorings cont. from p. 4)

Too many unknowns

There are other issues besides safety to consider regarding natural flavors. For example, I read an article on castoreum extract, an ingredient that is generally recognized as safe by the FDA. It is a secretion produced by beavers. What's interesting about it is that it's a byproduct of the fur industry; but if a consumer was opposed to supporting the fur industry on ethical grounds, she would never know castoreum extract was in her food because it can be labeled as "natural flavors."

When you are reading the ingredients list for your favorite snack food, it is important to realize that neither artificial nor natural food flavors are well regulated, and that little is known about many of them.

Sources

"ConAgra Foods ditches diacetyl," *Safety and Health*, February 2008.

"Diet and Hyperactivity: Is There a Relationship?" *Pediatrics*, October 1980.

"Effect of Flavour Components in Lemon Essential Oil on Physical or Psychological Stress," *Stress and Health*, 2008, vol. 24.

"Effect of the Food Flavour Cinnamaldehyde on the Antioxidant Status of Rat Kidney," *Basic and Clinical Pharmacology and Toxicology*, 2006, vol. 99.

Ettlinger, Steve, *Twinkie, Deconstructed*, Hudson Street Press, 2007.

Feingold Association of the United States, <www.feingold.org>.

Haas, Elson M., *The Staying Healthy Shopper's Guide*, Celestial Arts Publishing, 1999.

Mayo Clinic Book of Alternative Medicine, Time Inc., 2007.

"MSG: A Common Flavor Enhancer," <www.cfsan.fda.gov/~dms/fdacmsg.html>.

Nottridge, Rhoda, *Additives*, Carolrhoda Books, Inc., 1993.

"Lawmakers Push for Expanded Inquiry into Butter Flavoring," *Chemical Week*, 1/21/08.



News & Notes

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.

Thank you!

Thank you to Sasha Zavyalova and Ellee Saxton for sharing their talent with the co-op. Sasha's mural is now hosting the clipboards and other shopping supplies; Ellee's school project on Hampden Park Co-op is perched on top of the magazine rack.

Whole Farm Co-op Tour Deemed a Success!

On Saturday, September 6, eight Hampden Park Co-op shoppers enjoyed a tour of several Whole Farm Co-op farms. It was a long drive to Long Prairie, center of Whole Farm operations, but the weather was perfect and we had a great time. We enjoyed sun-ripened tomatoes, home-made vinegar samples, apples fresh from the tree, and fascinating opinions and world-views from our farmer hosts. Thanks to everyone who made this tour possible.

Product Suggestions

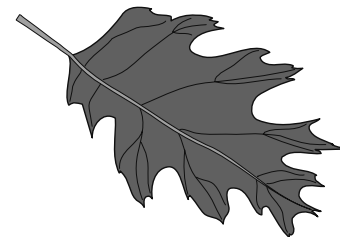
Do you have a suggestion for a product you'd like to see us carry? There is a General Request book located at the bulk table, next to the 1¢, 2¢, and 4¢ bags. Feel free to leave us a note about your request, but also remember that we have limited space, even with the expansion, and adding one product might mean eliminating another.

Co-op to Close Early for 2008 Annual Meeting

If you are shopping or volunteering on Sunday, November 9, remember that the co-op will close at 5:00 p.m. so that staff may attend the Annual Meeting.

The Great Zucchini Contest

It wasn't a good giant zucchini year; but, still, we had three winners in this year's Great Zucchini Contest. Laura Christie won the Zucchini Maestro category, with a squash weighing 5.87 pounds. Joel Krogstad's 2.12-pound zucchini won in the Squash Novice category. Cucurbit Kid Connor Nourse beat them all, with a zucchini weighing 6.45 pounds! Congratulations to our winners, and thanks to everyone who grew zucchini this summer.



Northwest Earth Institute Courses to be Offered

Hampden Park Co-op is sponsoring discussion groups on several topics of interest to co-op shoppers. Using Northwest Earth Institute discussion guides, the groups will be coordinated by volunteer Michael McKenna and will last for six or seven sessions. The first three topics will be:

Healthy Children—Healthy Planet Menu for the Future Voluntary Simplicity

You can find more information and also indicate your interest in one of the groups on the calendar bulletin board in the entryway.

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.

Flavorings, Natural and Artificial

—by Caroline Daykin

The short ingredient list of many natural products often includes the phrase “natural flavors.” In many cases, this deceptively simple phrase serves as shorthand for extremely complicated natural chemicals. For example, 216 flavor components have been identified in natural vanilla; and essential oils, which are often used as food flavorings, can have between 20 and 60 components.

Current labeling laws allow flavoring companies to protect their recipes by using the vague terms “natural flavors” and “artificial flavors” to identify flavoring ingredients. These terms provide little information to consumers concerned about food safety or simply wishing to learn about the substances that flavor their food.

While it is difficult to obtain information about specific flavoring ingredients, several general concerns have been raised about the process through which substances make it onto the FDA's Generally Recognized as Safe (GRAS) list.

One concern is that little is known about some of the chemicals on the list. A more specific issue is that animal studies testing new substances are only required to last between six months and two years, while cancer in humans may take 20 years to develop. Another concern is the lack of information regarding the interactive effects of the flavoring additives, since they are generally tested one at a time.

MSG

Although food labeling laws usually allow companies to keep their flavoring ingredients secret, an exception is made for the flavor enhancer monosodium glutamate, or MSG. This natural additive is created through fermentation of sugars. The FDA maintains that while MSG is generally safe, short-term reactions known as MSG complex may occur in people with poorly controlled asthma and people who have consumed a large amount of MSG. These reactions include numbness, burning sensations, tingling, facial pressure or tightness, chest pain, headaches, nausea, rapid heartbeat, drowsiness, weakness, and difficulty breathing in asthmatics.

Critics point out that the FDA's assertion that MSG does not cause long-term damage fails to take into account the difficulty of studying the effects of MSG ingestion, since it may take years for consumption of MSG to create negative effects. In addition, consumption of large amounts of MSG has caused brain damage in laboratory animals.

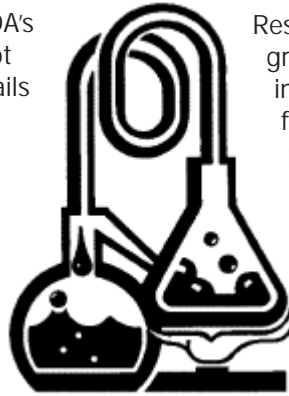
Cost is a factor

Despite concern over the safety of artificial food flavorings, often the cost of natural flavorings is prohibitive. In the case of one common flavor, vanilla, it is 200 times less expensive for food producers to artificially synthesize the flavoring than it is for them to purchase natural vanilla. The process of growing vanilla is extremely labor intensive, and may take 5–6 years from the time the vanilla orchids are planted to when the beans are sold. Due to the expense, most companies rely on artificial vanilla, although they may use a small amount of natural vanilla to improve their products' flavor.

Worker Safety

While consumers (and food companies) may appreciate less expensive food flavorings, it may alarm the former to learn that benzene, a known carcinogen, is a component of artificial vanilla. A benzene explosion at a Texas City refinery in March 2005 killed 15 and injured 170.

Benzene is not the only chemical used to create artificial flavorings that poses risks to worker safety. In January, several Democrats in the U.S. House of Representatives asked the National Institute of Safety and Occupational Health to investigate the use of cooking oils and sprays that contain diacetyl, an ingredient in artificial butter flavoring. Several groups of popcorn packaging workers have filed lawsuits alleging that they developed respiratory diseases after being exposed to the chemical at work.



Restaurant workers are another group that is at risk, as a report in the *Seattle Post-Intelligencer* found that oils used by professional cooks contain the highest levels of diacetyl. A February 2008 article in the journal *Safety and Health* reported that ConAgra Foods, which manufactures the Orville Redenbacher's and Act II brands of microwave popcorn, has eliminated diacetyl from its products.

Health Benefits?

Although there are health concerns about many of the chemicals used in flavorings, research suggests that some flavorings may actually be healthful. In a study on the flavor components in lemon essential oil, the results suggested that the components limonene and citral may relieve physical and psychological stress. Other studies have suggested that citrus essential oils may have antidepressant functions and boost the immune system.

Cinnamon has gained positive attention recently for its ability to lower blood sugar, but the *Mayo Clinic Guide to Alternative Medicine* states that, while the spice is safe for general use, it needs more study before it should be used as a supplement because its efficacy is still being studied.

An Indian study on the ingestion of cinnamaldehyde, a flavoring derived from the bark of the cinnamomum tree, concluded that the acceptable dose in that country should be decreased due to negative effects on the kidneys of the animals in the study. The scientists fed rats various doses of cinnamaldehyde, and observed kidney problems only in the rats that were fed the highest dose, 73.5 mg. per kg. of body weight. The flavoring is widely used in Indian food and in medicinal and cosmetic products.

Perhaps, like cinnamon, other flavorings may be safe, or even healthful, in small doses, but may pose a health risk when they are consumed in large quantities.

(Flavorings cont. on p. 3)

To the *Root* of the Matter.

—by Elyse Farnsworth

I wouldn't eat dirt, but come fall I am a huge fan of the fare that comes from under our soil. Nothing sounds better than a warm steamy bowl of mashed potatoes or brown sugar-glazed carrots. These, however, are not the only nutrient-rich, delicious root vegetables that are grown at our local farms. To get to the root of the matter, there are about 17 different varieties of root vegetables grown in Minnesota.

For me, the roots are separated into two categories: "old faves" and "new finds." Each of the old faves and new finds is full of flavor, rich in nutrients, and won't break the bank. Root vegetables typically contain between 10 and 60 calories per half-cup serving and are low in fat or fat free. Most are also good sources of fiber, vitamin C, potassium, folate, and iron. As a rule the darker the hue of the root veggie, the more antioxidants it contains. Just a few more reasons to dig in!



Old Faves

Onions

These are self explanatory. Onions are delicious when used in recipes and salads, adding flavor. They come in many varieties, including: yellow, red, white, and sweet onions. Make sure to remove their peel before eating.

Carrots

Carrots are another favorite! Who doesn't love them? The good news is: They are packed with beta carotene and vitamin A. Something you might not know is that they also come in red and purple varieties.

Parsnip

If you've ever seen what you thought was a white or ivory carrot, you've encountered a parsnip. Parsnips are delicious and often overlooked. They smell fresh and have a sugary, rich flavor.

Garlic

Not only does garlic keep vampires away, but it flavors many of our favorite meat, vegetable, and pasta dishes. It can be roasted in its skin and spread on bread or chopped, sliced, or minced as a flavoring in your favorite recipe.

Potatoes

Potatoes are technically a tuber—the tomato and pepper family—but they grow in the dirt, so I've included them. Potatoes are very rich in nutrients and low in calories. To maximize the fiber benefit, make sure to eat them with their skin. Try a new variety—fingerling, red skin, green, purple Viking, white rose, gold—just to name a few.

Sweet Potatoes and Yams

Did you know that yams are technically large root vegetables grown in Africa and Asia? They can actually weigh up to 100 pounds. What we know as "yams" are in reality moist (orange-fleshed) sweet potatoes. What we refer to as "sweet potatoes" are the dry sweet potato variety with yellow flesh.

Beet

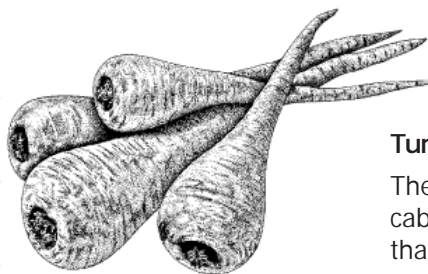
Beets have one of the highest sugar contents in the root vegetable family, yet they are very low in calories. Most beets are dark purple, but if you are lucky you might find the less common gold or white variety.

Radish

Radishes are my favorite root vegetable. They are small, cute, usually red, and come in bunches. I say "usually red" because they also come in white, yellow, and black varieties. I love them for their crunchy, crisp taste.

Rutabaga

Looking like an overgrown turnip, the rutabaga is part of the cabbage family. On the outside, rutabagas are white, purple, and yellow. Inside they have firm, sweet flesh that ranges in color from yellow to orange. I like them mashed with potatoes.



Turnip

The turnip is also a member of the cabbage family. This is one vegetable that is good for both its root and its greens! Turnips come in bunches and can be white, purple, or yellow. They usually have a white flesh and are not as sweet as rutabaga.

New Finds

Asian Turnip

The Asian turnip looks like an oversized grayish-colored carrot. It can be anywhere from 8 to 14 inches in length and is often referred to as a "white turnip" in Chinese, Japanese, and Korean cooking. Take care to peel before using, as its skin has a bitter taste.

Burdock

Burdock is a less common root vegetable that has brown skin and white flesh. It also looks like a carrot. I have never tried this veggie, but it is described as having an artichoke-like flavor.

Daikon

Since radishes are my favorite, I really should have heard of this root. It is actually a variety of radish, also known as the Japanese radish. It is white and milder than its red cousin. It also can grow in excess of 3 feet long.

Salsify

This root is unlike other root vegetables because it has a mild flavor, like asparagus. It is long and narrow with black or white skin.

Sunchokes

Also known as the Jerusalem artichoke, sunchokes are like petite, knobby potatoes. They have a sweet, nutty flavor and should not show a greenish tinge.

(Root Vegetables cont. on p. 5)



(Root Vegetables cont. from p. 5)**Choosing the best roots**

Now is the time to pick up a few root vegetables; they are in season from October through March. So, the next time you are at the co-op or farmers' market, pick up a few of the old faves or try a new find. When shopping, choose root vegetables that are medium in size with good color. Make sure they are firm, without any bruising, shriveling, or soft spots. If the greens are still attached, make sure they are bright and fresh.

How to store your roots

If you're not ready to use your root vegetables immediately, make sure you store them properly to maintain their freshness and nutritional value.

First, if the root's greens are still attached, remove them. The greens will sap moisture from the root vegetable. Don't discard the greens; they can typically be washed and stored for separate use within 1–2 days.

As a general rule, you can then wash the roots and store them in a plastic bag or reusable produce bag in the high humidity drawer of the refrigerator for one to two weeks. This will help keep them from sprouting or spoiling.

Tasty treats

Use any of these tasty fall treasures in the Maple-Glazed Root Vegetable recipe below. Warm your heart and tummy with a bowl of the Carrot and Coriander Soup. Spice up any meal with the Radish Salad. For an easy dinner accompaniment, steam your new favorite root.

Radish Salad

If you are looking for something spicy to dazzle up dinner, try this tasty side dish. I think radishes might be my favorite roots!

1 large bunch radishes, washed and sliced

½ cup crumbled feta cheese

2 shallots, chopped

salt and pepper to taste

drizzle of olive oil

drizzle of balsamic vinegar

Combine the radishes, feta, and shallots in a bowl. Sprinkle with salt and pepper. Drizzle with olive oil and balsamic vinegar. Toss, serve and enjoy!

Maple-Glazed Root Vegetables

Instead of candied sweet potatoes, I make these delicious maple syrup-glazed veggies at Thanksgiving. My family loves the variety. Plus, they reheat beautifully. They are also a wonderful fall complement to roasted pork tenderloin or baked chicken.

1 baking potato, peeled and cubed

1 sweet potato or yam, peeled and cubed

2 carrots, peeled and chopped into hearty pieces

2 parsnips, peeled and chopped into hearty pieces

1 sweet onion, chopped into hearty pieces

1 rutabaga, peeled and cubed

1 tablespoon olive oil

6 ounces maple syrup

(pancake syrup won't work)

1 teaspoon cinnamon

½ teaspoon nutmeg

¼ teaspoon cloves

salt and pepper, a good shake of each

Preheat oven to 350°. Place all of the root vegetables in a large baking dish. Add olive oil, syrup, cinnamon, nutmeg, cloves, salt, and pepper. Stir to coat the root vegetables. Bake, uncovered, for one hour or until tender. Check the vegetables occasionally. Stir to ensure they remain coated with the syrup mixture. Enjoy!*

*You can experiment with this recipe by trying a different combination of root vegetables.

Steamed Roots

Need to use up your leftover root vegetables? We always wind up with odds and ends in our fridge. Try this easy side dish to use up your roots and add some comfort to dinner.

Leftover roots—potatoes, parsnips, rutabagas, carrots, onions, beets and turnips are ideal—cut into small strips

1 teaspoon olive oil (add more if you are cooking a large portion)

Salt and pepper, a good shake of each

Place the root vegetables in a steamer basket. Place over boiling water for 15 minutes or until tender. Remove the cooked vegetables from the basket and toss with salt, pepper and olive oil. Serve immediately!

**Carrot and Coriander Soup**

I fell in love with this refreshing fall soup while living in London. An English friend named Sarah gave me this recipe before Jon and I moved back to the States. I have remained true to the recipe—except for converting her pints to ounces and so forth. This soup is truly divine.

1 tablespoon olive oil

1 onion, sliced

1 pound carrots, sliced

1 teaspoon ground, dried coriander seed

32 ounces vegetable stock

1 large bunch fresh coriander

(cilantro), roughly chopped

Salt and pepper to taste

Heat the oil in a large pan and add the onions and the carrots. Cook for 3-4 minutes or until they start to soften. Stir in the ground coriander. Cook for 1 minute.

Add the vegetable stock and bring to a boil. Simmer until the vegetables are tender. Remove from the heat and allow to cool.

In small batches, blend the stock and vegetables until smooth. Reheat the mixture in a clean pan. Stir in the fresh coriander. Sprinkle with salt and pepper and serve.

The root of the matter: *Root vegetables are delicious and nutritious!*

Sources

<www.wholefoodsmarket.com>

<www.tonytantillo.com/vegetables/rootveg.html>

<www.fruitsandveggiesmatter.gov>

Try Barley!

—by Kathryn Tempas



In an attempt to diversify my family's palate and try some new grains, I've been playing around with barley recently. When I grew up, barley only appeared at the table in beef and barley soup. While it's true that the chewy texture of barley adds heartiness to soups and stews, there are many possibilities for this ancient grain besides soup (and beer, since sprouted dried barley makes malt, an ingredient in the beer-making process).

Whole grain barley, which includes the bran (outer layer), germ, and endosperm but not the inedible husk, is called hulled barley. It's difficult to find due to the short shelf life and small market. Pearled barley, which has had most of the bran removed, is found at our co-op. Don't be too alarmed, though, as pearled barley still has a substantial amount of fiber, B vitamins, antioxidants, and trace minerals spread throughout the grain.

Basic Pearled Barley

1 cup pearled barley
2 $\frac{3}{4}$ cups water

Bring water to a boil. Add barley and cook for 40–45 minutes. Makes about 4 cups.

Now, what to do with that barley? Try tossing $\frac{1}{2}$ cup barley with cooked rice (white or brown) to add variety. Substitute barley for rice in a stuffed pepper. Consider a fall risotto with barley and butternut squash adding a lovely color contrast. Follow a standard risotto recipe, adding cubed squash

halfway through cooking. Barley takes a bit longer to cook, about 45 minutes to get that creamy but chewy texture. Beyond beef and barley there are many soup possibilities. Consider a fall soup with barley, roasted vegetables, and tomatoes.

When I cook barley, I often make extra, and freeze it in 1 cup portions. Then I can easily pull out one container in the morning to thaw for that night's soup or salad. Here's a salad I made recently with garden produce and barley I had previously cooked. Feel free to substitute other vegetables to your liking.

Barley Vegetable Salad

1 cup cooked pearled barley
(see cooking instructions at left)
 $\frac{1}{2}$ green or red pepper, chopped
1 cup cherry tomatoes, halved
1 medium carrot, grated
1 small cucumber or zucchini, diced
2 scallions, sliced, or $\frac{1}{2}$ cup onion, diced
1 clove garlic, minced
2 tablespoons canola oil
2 tablespoons red wine vinegar
2 tablespoons minced parsley or basil
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon freshly ground pepper

Toss cooked barley with vegetables. Combine garlic, oil, vinegar, herb, salt, and pepper and mix well. Pour over salad and mix to combine.

When going for the rolled oats recently, I discovered a quick, yet just as healthy, barley version at the co-op.

Barley flakes look like rolled oats and are processed similarly, by sending the steamed grain through rollers. They cook in a fraction of the time, making them an ideal replacement for white rice as a side dish, as in this pilaf.

Barley Flake Pilaf

$\frac{1}{2}$ cup onion, diced
1 carrot, diced
1 clove garlic, minced
1 tablespoon olive or canola oil
1 cup vegetable or chicken broth or water
1 cup barley flakes
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup frozen peas, thawed



Sauté onion, carrot, and garlic in oil 3–4 minutes. Add broth or water and bring to a boil. Stir in barley flakes and salt. Cover the pot, lower heat, and simmer for 5 minutes. Remove from heat and let stand for 5 minutes more. Remove the lid, stir in the peas, fluffing the barley, and serve. Serves 4.

Barley flakes can be used in many dishes where rolled oats are used. I've made muffins substituting barley flakes for oatmeal. Try making barley bread in place of oatmeal bread. Of course, you can also enjoy barley flakes cooked for breakfast too. Topped with raisins and/or brown sugar, that'll get your morning off to a good start.

Give barley a try...you'll be surprised how easy it is to add this healthy grain to your meals.

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.

Earth's Best organic baby food in jars

This is high quality food for babies six months and older. Most of Earth's Best baby foods are wheat free. And unlike your big-name jarred baby foods, Earth's Best baby foods are free of added sugar, preservatives, and artificial colors. The food combinations are more interesting than your supermarket brands, too: Corn and Butternut Squash, Peach Oatmeal Banana, Pears and Raspberries, Sweet Potato and Chicken, Peas and Brown Rice, and Pasta Dinner are just some of the choices. Earth's Best also offers pear juice with no added sugar as an alternative to the ubiquitous and sugar-laden apple juice that many experts say contributes to obesity in children.

New Item: Baji's boxed dinners

HPC now stocks two Baji's varieties: Indonesian Nasi Goreng and New Orleans Jambalaya. Both are gluten-free and can be found on the shelf near the boxed macaroni and cheese.

Frontier Fair Trade Organic Bulk Teas

There's nothing like a pot of hot tea when the temps are cold outside. Frontier now offers Fair Trade organic loose teas. Varieties include: Irish breakfast, jasmine, rooibos, yerba mate, Earl Grey, gunpowder green, chai green, assam (or flowering orange pekoe), chai black, ceylon (or orange pekoe), and Darjeeling, my favorite.

Bowls and glassware

Once you've stocked up on loose tea, you'll need a teakettle to heat your water and a teapot to brew the tea in. HPC offers many different teakettles and teapots in various sizes, as well as teacups. You'll also find mugs, bowls, bread loaf pans, bamboo spoons and spatulas, paring knives, melon ballers, magnetic chip clips, bamboo steamers, electric steamers, aprons, bakeware, baskets, hotpads, sink strainers, sponges, and lots and lots of jars of all sizes. For your portable beverage needs, HPC offers New Wave Enviro products in stainless steel or polycarbonate. The lunchbox-sized stainless steel travel mug is darling.

Cafix All Natural Instant Beverage

You'll find canisters of Cafix near the bulk coffee. It's a perennial favorite made of malted barley, chicory, barley, figs, and beet roots. It's naturally caffeine-free. Personally, I prefer it hot with honey and half-and-half, although I've heard it's good iced. Cafix is a product of Switzerland. For recipes, see <<http://www.internationalfoods.com/Cafix/Cafix.html>>.

Stella Gorgonzola

The next time you're browsing the cheese case, consider buying Stella Gorgonzola. Of course it's wonderful on crackers and on salads. But I once had olives stuffed with Stella Gorgonzola and have never forgotten the delicious taste. I've heard it's good crumbled into mashed potatoes, too. Stella Gorgonzola is not a local cheese. It's made by Saputo Cheese in Illinois.



Beans

Want beans? We'll sell you beans. Here are just a few of the varieties you'll find in the bulk aisle bins: Pinto, soy beans, cannelloni, kidney, baby lima, adzuki, red lentils, French green lentils, garbanzo, yellow split peas, and green split peas. There are more, too. A posted chart shows how to cook most of these beans.

Marmite

Marmite is an acquired taste, they say. Personally, I've never acquired it. But if you love marmite or are curious to try it, you'll find it in small jars near the jams. Marmite is yeast extract derived from beer brewing. It's vegan. It's sticky and has a sort of sweet, sort of salty taste that is difficult to describe. It's mostly used as a spread on bread, although I did date a man who ate it plain from the jar. That was a short relationship.

[Katharine Holden is an HPC member who by the time you are reading this will have ended her strange sojourn in Woodbury and moved back to St. Anthony Park where she belongs. Katharine can be reached at holdenltd@msn.com.]

Brussels Sprouts—Learning to Love Them

—by Karen Kloser

The petite brussels sprout, a miniature cousin to the cabbage it resembles, gets a bad rap in the vegetable aisle. As a member of the Brassica family, which includes cabbages, collards, cauliflower, broccoli, kale, and kohlrabi, it's often overlooked because of its cooked reputation as bland and mushy with an unpleasant smell. Overcooking this little vegetable is its ruin.

Like all cruciferous vegetables, brussels sprouts are loaded with vitamins and nutrients known for their cancer-fighting properties. They are rich in fiber, folic acid, vitamins K, C, A, B1, E, B2, calcium, potassium, tryptophan, omega 3, iron, phosphorus, protein, magnesium, and copper. Numerous studies indicate that high levels of sulforaphane, found in all cruciferous vegetables, help the liver enzymes detoxify carcinogens. The large amounts of vitamin A and beta-carotene in brussels sprouts promote healthy skin and help defend the body against infection. With more than 4 grams of fiber per cup, brussels sprouts not only fill you up, they aid in colon health. The best news of all, you need only eat 3–5 cups of any crucifer a week to enjoy these health benefits.

Brussels sprouts are believed to have been cultivated in ancient Rome, and by the 16th century found a following throughout northern Europe. French settlers brought them to Louisiana around 1800. Today, California's central coast is the United States' largest producer. The sprouts are available year-round but are at their peak during autumn through early spring.

The sprouts grow in bunches of 20–40 on a stem on a plant that grows 2–3 feet tall. When buying brussels sprouts, choose those that are firm, compact, and jade-green in color. If they are sold individually, choose equal size for even cooking, and avoid any that are puffy or soft or have holes in their outer leaves.



You can store sprouts unwashed and untrimmed in a plastic bag in the vegetable compartment of the refrigerator for up to 10 days. They also store well in the freezer for up to one year when blanched for 3–5 minutes first.

To prepare fresh brussels sprouts, remove the stem and any yellow or discolored leaves. Wash well or soak in a bowl of water to chase out any insects. Brussels sprouts are usually cooked whole. Score an "x" in the bottom of the stem to allow the heat to cook throughout and create an even texture.

Sprouts can be boiled, microwaved, stir-fried, roasted, or steamed. If cooked properly, they are crisp with a dense bite and have a slightly nutty flavor. If overcooked, they release a sulfuric compound that gives the kitchen that unpleasant "cooked cabbage" smell often associated with brussels sprouts.

The easiest way to cook them is to place the sprouts in a single layer in a saucepan, add enough water to cover the stalks, and boil with salt and butter until the water is absorbed.

People with thyroid conditions should eat only modest amounts of vegetables from the Brassica family, as they may suppress the function of the thyroid gland.

Here's a simple and tasty way to introduce brussels sprouts to your palate and dinner table:

Basic Brussels Sprouts
from *The Barefoot Contessa*

1½ pounds brussels sprouts
3 tablespoons good olive oil
¾ teaspoon kosher salt
½ teaspoon freshly ground black pepper

Preheat oven to 400° F. Cut off the brown ends of the brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt, and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty, like French fries) and serve immediately.



Chef John Pullis, owner of the Mix New American Diner, opened this summer in Chaska, Minnesota, shared his original brussels sprouts recipe for his signature side dish:

The Mix Apple Cider Glazed Bacon Brussels Sprouts

1. Wash enough brussels sprouts to cover a 10" sauté pan in a single layer. Trim stems and cut sprouts in half.
 2. Heat clarified butter in sauté pan. Place sprouts cut-side down in butter.
 3. Season with fine sea salt and freshly ground pepper.
 4. Cook until caramelized and golden brown in color.
 5. Turn sprouts over and add 1+ tablespoons precooked and chopped applewood-smoked bacon.
 6. Pour several ounces of apple cider glaze into pan (recipe follows).
 7. Add 1 tablespoon butter, cover and cook for 1½ minutes.
 8. Remove cover, turn heat to high and reduce glaze, tossing sprouts until pan is dry and sprouts are completely glazed. The glaze will bubble and separate into sugar strands.
- Turn into dish and serve. Serves 3-4

Apple Cider Glaze

1 quart apple cider
1 cup apple jelly
1 cup brown sugar
1 cup cane sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg
pinch ground cloves

Combine ingredients in a saucepan. Bring to boil and whisk until sugars are dissolved. This will hold in the refrigerator for a couple of weeks.

Sources

Wikipedia

George Mateljan Foundation:
<<http://whfoods.org>>

<annecollins.com>

John Pullis, Mix New American Diner

[Karen Kloser is a member of the Hampden Park Co-op, a freelance writer, and a brussels sprouts convert.]

