



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

FEBRUARY/MARCH 2009

Volume 20 Issue 1

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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.

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

HPC Web site:

www.hampdenparkcoop.com

Building Purchase Update

As you have probably heard by now, Hampden Park Co-op is raising money to purchase the building in which we are currently renters. A few months ago, the Independent Order of Odd Fellows (I.O.O.F., our landlord) offered to sell us the building, and accepted our purchase agreement. We are now in the process of inspections and financing negotiations, and hope to be owners of this historic building by March 21, 2009.

Park Midway Bank, in partnership with the Midwest Minnesota Community Development Corporation, has offered us very favorable terms for financing the purchase. However, there is a deadline to the offer, so we need to move quickly. Our goal is to raise \$200,000 in gifts and loans from HPC members and friends by early March.

Buying the I.O.O.F. building offers us a more secure future. As owners of the building, we can create permanent space for the store, gain much-needed office space for staff, generate rental income from the dance hall and smaller offices, and provide space for community outreach and educational events.

A quick glance at your daily news source might leave you wondering about the timing of the purchase. For a number of years, we have anticipated and planned for the sale of the building by the I.O.O.F. We couldn't predict that the sale would happen during troubled economic times. But we are confident that, with the help of faithful co-op members and shoppers, we can fulfill this long-time dream.

By early March, all Hampden Park Co-op members* will have received a letter and brochure explaining the proposed building purchase and outlining options for financial donations. If you are not a member, you can pick up a brochure at the checkout counter. Any co-op shopper can donate through Register Round-up and larger gifts. Members may also offer loans to the co-op.

For more information, feel free to contact any Hampden Park Co-op board member (contact information is on page 2), or stop in the co-op and talk with one of our managers.

Thank you for your support during this exciting time!

*Letters are being sent to active members for whom we have a current address. If you did not receive a letter and would like to, please contact a board member.

Membership News

—by Naomi Jackson, Membership Coordinator

As our co-op grows and we work on purchasing the building we are currently renting, there are many new tasks for volunteers. You've probably noticed the addition of morning and evening stocking and cleaning half-shifts. Some of these half-shifts will become full shifts during the next few months. Also, we will have volunteers assigned specifically to the front end of the store, a great opportunity for those of you who dig retail.

Volunteers for fund drive

Currently we are recruiting callers to help with the fund drive; there will be other opportunities to get involved with fundraising in the near future. If you'd like to help out with the nuts and bolts of purchasing the building, you may contact any of these board members:

Sarah Matala sarahmatala@gmail.com

Roseanne Rivers roseanna@hotmail.com

Gregg Richardson

greggrichardson@movingtominnnesota.com

Nicolet Lyon nylyon@stthomas.edu

Lisa Scribner scribbie59@earthlink.net
651.487.5270

Karen Gill-Gerbig kglgrbg@comcast.net
651.644.4782

Marcia Hanson justitia@comcast.net
763.785.7808

Jay Dregni jdregni@hotmail.com
651.644.2786

Shareholder discount

In case you missed the news in the last issue, we have something new for non-volunteering members. Four times each year, a 10% discount coupon will be sent to all active members. Three of these coupons will accompany your Mayfest and Annual Meeting postcards and your end-of-year statement. The fourth will be sent out in postcard form in July. All non-volunteering members may use these coupons.

In order to receive your coupons, you will need to make sure we have your current address, and you will need to use your wallet card whenever you shop. If you don't use your wallet card, you end up on our "inactive" list and won't receive mailings. If you didn't receive an Annual Meeting notification postcard in October, chances are we don't have your current information.

2009 volunteer cards

By now volunteers should all have their 2009 wallet and Rolodex cards. Let me know if you had problems with or questions about the process. Also, remember to contact me if you lose your card, add someone to your household, change your address, or turn 65. You can leave a note in the Membership Coordinator envelope in the entryway of the co-op, fill out a New Card Request (available at the checkout counter or in the entryway), or e-mail me at [<naomijx@juno.com>](mailto:naomijx@juno.com).

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.



Welcome, New Members

Tim Lupfer & Ryan Brown
 Robert Zalaznik & Margaret Boler
 Renee Schaefer
 Nick Svoboda & Jesse Zager
 Martha & Mike Willett
 Henrik Petaisto
 Nicola Pine & Susan Svatek
 Jason Byrd
 Joan Duke & Ron Sundberg
 Karen & Steve Flink
 Kelly Johnson
 Debra Frasier & Ian Hunter

Tiffany & Joseph Eckberg
 Matt Bongers
 David Windseth
 Ferdinand Peters
 Matt Schmittiel
 Brian PaStarr
 Kim Johnson
 Mark Johanson &
 Carolyn Henry-Johanson
 Gwen & Mary McNamara
 Daniel Luoma & Elizabeth Hjelmén
 Steven Hoppenrath



**Hampden
Park
Co-op**

(Vegan Recipes continued from p. 4)

Fresh Burger Mix
(from *reFresh*, Wiley, 2007)

1 cup filtered water
 ½ cup uncooked hulled millet
 ½ cup uncooked pearl barley
 3 tablespoons sunflower seeds
 1½ tablespoons chopped almonds
 1 clove garlic
 2 tablespoons chopped parsley
 ½ red onion, peeled and chopped
 ¼ cup grated carrot
 ¾ cup firm tofu
 3 tablespoons grated beets (I use more)
 1½ tablespoons tamari
 2 tablespoons spelt flour
 2 tablespoons nutritional yeast
 ¼ teaspoon cayenne
 ¼ teaspoon chili powder
 1 teaspoon curry powder
 1 teaspoon sea salt
 1 teaspoon corn starch
 3 tablespoons mixed herbs
 (equal parts basil, oregano,
 marjoram, sage, thyme,
 and tarragon)

Put the millet, barley, and water in a pot, bring to a boil, lower heat, and cook until water is all absorbed. Put in a large mixing bowl and let cool.

While the grains are cooking, grind the seeds and nuts in a processor. Add these to mixing bowl.

Puree the garlic, parsley, onion, and carrot. When they are chopped fine, add the tofu and process until smooth.

Add this to the nuts, seeds, and grains in the bowl. Add the remaining ingredients and mix thoroughly with a large spoon. Add a little water or carrot juice, if needed, for shaping patties.

Form into patties. Fry, broil, or grill until slightly crispy on both sides, about 5 minutes each side.

Makes 6–8 per batch. I make a triple batch and freeze them.

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

News & Coming Events

Thanks for your donations to Midway Food Shelf!

As you may know, Hampden Park Co-op shoppers have an opportunity to donate to the Midway Food Shelf, which is operated by Keystone Community Services. Here is a portion of a letter we recently received from the board chair and president of Keystone Community Services:

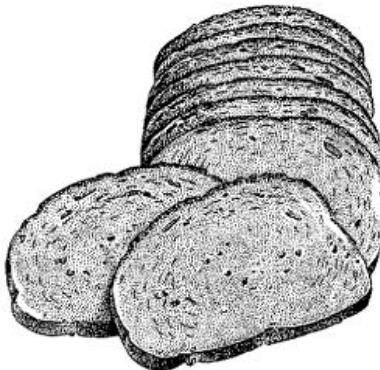
"Last month, Keystone set an all-time record—a record we hoped we would never achieve. In November, Keystone's three food shelves served more families and households than in any previous 30-day period in our history (a total of 4,672 individuals and 1,612 households).

"Unfortunately, it's a record not likely to stand for long, given the present financial crisis. We know the need for basic services by low-income families will soar in 2009. For the working poor, the food shelves are a lifeline—literally—and we must be able to respond.

"So, Keystone must set another record—this one in dollars and number of donors—to ensure that every family in need can be served."

In 2008, Hampden Park Co-op contributed 1223 pounds of food to Midway Food Shelf. This is double what we contributed in 2007. Thanks to Hampden Park shoppers for making this possible!

All shoppers may purchase items for the food shelf at a 28% discount. You may leave your donations with the cashier, and volunteer Deb Ahlberg will deliver them to the food shelf. If you have questions, talk with any coordinator.



Introduction to Solar Power

Tuesday, February 17
St. Anthony Park Library
2245 Como Avenue

6:45 p.m. doors are open
 7:00 p.m. presentation and
 discussion led by HPC
 member James Darabi

James will talk about solar electric (photovoltaic or PV) power, as well as solar hot water and solar hot air.

LaBore Farms Tour

Saturday, March 7
Faribault, Minnesota

Meet at the co-op at 8:30 a.m. to carpool for the 10:00 a.m. tour of LaBore Farms. Bring a bag lunch.

The tour is free. However, if you are not a co-op member or employee, you will need to sign a waiver at the farm absolving LaBore Farms of responsibility for accident or injury.

Farm owner Michelle Keller provides our co-op with fresh, hydroponically grown greens year-round.

Sign up for the LaBore Farms tour on the calendar bulletin board in the entryway of the co-op.

HPC Book Club

Monday, April 27
St. Anthony Park Library
2245 Como Avenue

6:45 doors are open
 7:00 discussion

Book selection: *The Compassionate Carnivore* by Catherine Friend. Catherine writes and farms at Rising Moon Farm in southeastern Minnesota.

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

A Review of *The China Study*

by T. Colin Campbell and Thomas M. Campbell II (Benbella, 2006)

—by Steve Anthony

In the early 1970s Frances Moore Lappe's *Diet for a Small Planet* challenged the "sacred cows" of prevailing nutritional orthodoxy—that we can't get adequate protein without regular consumption of meat and dairy products. In his landmark book, *The China Study*, Dr. T. Colin Campbell, a renowned authority in the field of nutritional science, stands the old shibboleth completely on its head by making the case that, far from leading to good health, our high level of animal protein consumption is implicated in virtually all the major "killer" diseases in the West—from various cancers to heart disease to diabetes—as well as a number of other chronic diseases such as osteoporosis, obesity, and Alzheimer's. Coming from a two-quarts-of-milk-per-day farm-boy background, Campbell's career has led him to the conviction that a plant-based diet easily provides all the nutrients we need while protecting us from a broad range of diseases. At the heart of the book is the China Study itself, which capitalized on a massive data base of mortality statistics compiled in China in the late 1970s at the behest of Chou En-Lai and known as the *China Cancer Atlas*. At the time, Campbell's lab studies on rats with induced cancer showed dramatic differences between animal and plant protein diets, the former promoting tumor development and the latter having a protective effect. With a genetically homogeneous population, a large rural population that tended to not move around, and a diet in rural areas that was still mainly plant-based, Campbell recognized in the *Atlas* an ideal opportunity for an epidemiological study of diet and disease.

Specially trained teams of field workers gathered data on 6500 adults across the country in an attempt to relate geographical variations in the *Atlas* to diet, lifestyle, and environmental factors. The resulting data produced over 8,000 statistically significant correlations.

This study is widely recognized as the "Grand Prix" of epidemiological studies related to nutrition and health and is

the first to look at plant-based diets. The patterns revealed in its correlations lead to relentless and sobering conclusions: virtually every condition that fits under the rubric of "diseases of affluence" was linked to a diet based on animal protein.

Campbell also provides an extensive review of the recent scientific literature on each of these diseases and their relation to diet. To give one example, while the connection between cholesterol and heart disease is well recognised, it is not well known that eating animal protein raises cholesterol while plant protein can actually lower it more effectively than can controlling intake. *The China Study* provides a convincing rationale for a plant-based diet on nutritional grounds, which adds to the compelling environmental and humane arguments against animal-based diets.

It is, of course, not by accident that we persist in believing the messages we've all been raised on such as that cow's milk is a proper food for anyone other than heifers or that it's essential as a source of calcium. Campbell gives an insider's report on the powerful influence of the meat and dairy lobbies, politics within the food and nutrition sciences, the pervasive distortion of research priorities, and the many ways misinformation is delivered to the public.

I don't believe, however, that the central message of this book is that we all should become vegans. Those with major diseases such as heart disease, obesity, or diabetes which have been demonstrated to be controlled or even reversed by a plant-based diet, might seriously consider this option. For the rest of us, though, this book tells us that while any move away from an animal protein diet is a move toward better health (processed food excepted), the more important thing is to seek moderation in our use of meat and dairy products, limiting them to less than 10% of total calories.

[A more extensive review of this book is available by contacting the reviewer: rsantho@yahoo.com]



The good news about a plant-based diet as advocated by Dr. Campbell (see the book review) is the opportunity it presents to venture into new gastronomic territory. I have been enjoying two vegan cookbooks: *re-Fresh*, by Ruth Tal, who runs the Fresh restaurants in Toronto, and the curiously titled *Veganomicon*, by Isa Chandra Moskowitz and Terry Hope Romero.

Tamarind Lentils (from *Veganomicon*, Marlow and Company, 2007)

3 tablespoons coconut or peanut oil
 3 cloves garlic, minced
 ½-inch cube fresh ginger,
 peeled and minced
 1 large onion, diced
 1 teaspoon garam masala
 ½ teaspoon whole cumin seeds
 generous pinch of cayenne
 1 cup dried lentils (preferably a
 small lentil like black or green)
 2 cups vegetable broth or water
 2 teaspoons concentrated tamarind
 syrup or paste (I use quite a
 bit more)
 1 tablespoon maple syrup or
 agave nectar
 2 tablespoons tomato paste
 ½ teaspoon salt

In a heavy-bottomed pot, sizzle the garlic and ginger in the oil for 30 seconds, add onion and fry until soft, 2–3 minutes. Add spices and stir another 30 seconds. Add lentils and broth and bring to a boil. Stir and lower heat to medium-low, partially cover and simmer for 25–30 minutes, stirring occasionally, until lentils have absorbed most of the liquid and are very tender. Add water if thinner consistency is desired.

In a small bowl combine tamarind, maple syrup, tomato paste, and salt. Add to lentils and simmer for another 4–6 minutes, stirring occasionally. Adjust salt to taste.

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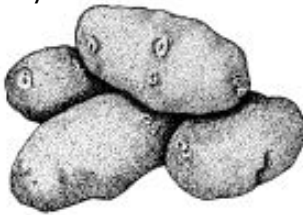
Potato Curries

—by Kathryn Tempas

Originally cultivated in South America, brought back to Ireland and other European countries by early explorers, then across to North America, potatoes have a long history of nourishing people. They also store well, which makes them available year-round at the co-op, even some local varieties.

Potatoes are a very versatile food. They appear several times a week at our table: baked, mashed, hash browns, au gratin, roasted, and more. But one of my favorite ways to prepare them is potato curry.

Curries bring to mind India and, to many, spicy foods. But not all curries are spicy.



According to Raghavan Iyer, a local cookbook author, a curry is “any dish that consists of either meat,.... legumes, vegetables... simmered in or covered with a sauce or other liquid that is redolent with any number of freshly ground and very fragrant spices and/or herbs.” Think of a curry as a sauced dish. Curries aren’t necessarily hot, but often tickle your tongue with an interesting blend of spices.

Try these two curries to add a little excitement to your potatoes. All the spices are available at the co-op.

Chunky Potatoes with Buttermilk (Aloo Chaas)

1 dried red chili*
 ¾ cup boiling water
 ½ cup fresh cilantro leaves and tender stems
 ½ teaspoon salt
 6 cloves garlic, coarsely chopped
 1 pound russet or Yukon Gold potatoes, peeled and cut into 2” cubes
 2 tablespoons canola or soy oil
 ¼ teaspoon turmeric
 ½ cup buttermilk
 2 tablespoons heavy whipping cream

Pour boiling water atop the chili and set aside to hydrate for 15 minutes. Drain, reserving liquid, and coarsely chop the chili.

Combine cilantro, salt, garlic, and chili in a small blender jar, food processor, or mortar and pestle. Mix to a colorful paste. You could also do this step by finely chopping the blend on a cutting board.

Heat oil in a medium skillet over medium heat; add the cilantro/chile/garlic paste. Stir-fry for 1–2 minutes.

Add the potatoes and turmeric, and stir-fry about 1 minute. Pour in the reserved chili water and heat to boiling. Reduce heat and simmer, covered, stirring occasionally for 15–20 minutes, until potatoes are tender.

Combine buttermilk and cream. After potatoes are tender, stir in buttermilk/cream mixture and heat 2–3 minutes to warm.

Serves 4 atop rice or with bread to soak up the delicious sauce.

*available in the spice area at the co-op.



This next potato curry may have a few spices that are not in your cupboard, but never fear. At the co-op, you can purchase small quantities and give it a try. Look for garam masala, a spice blend, in the smaller spice containers.

Potato Curry with Tomatoes (Puri Wale Aloo)

1¼ pounds red potatoes, boiled in jackets, peeled, and cut into 1” pieces*

2 tablespoons oil
 ½ teaspoon mustard seed
 ½ teaspoon cumin seed

Spice blend:

1 teaspoon ground coriander
 1 teaspoon ground cumin
 ½ teaspoon garam masala
 1/8 teaspoon cayenne pepper
 ½ teaspoon turmeric
 ½ teaspoon salt

1 14-ounce can diced tomatoes
 2/3 cup water

Heat oil in a heavy-bottomed saucepan. Add the mustard seeds, cover and wait for them to pop. Then add the cumin seeds and sizzle a few seconds. Mix in the potato pieces and stir-fry until light brown.

Stir in the spice blend and tomatoes and cook until the liquid has been absorbed. Pour in the water and bring to a boil. Reduce heat to low and simmer for 2 minutes.

Serve with basmati rice. Optional garnishes include roasted cashews and cilantro. Serves 4.

*I sometimes boil the potatoes ahead of time; this makes the curry come together quickly for dinner. The potato skins will slip off easily after boiling.

Recipes adapted from *660 Curries* by Raghavan Iyer and *Real Indian Cookery Course* by Veena Chopra.

[Kathryn Tempas works at a local bakery. She loves experimenting with healthful foods to try to entice her family (and you) into eating the good stuff.]

Let Us Bake Cake!

—by Annie Van Cleve

I've never been much of a baker. If I'm going to expend my culinary energy on something fussy, I'd rather make a lasagna or something else where flavor can make up for what may be lacking in texture. This does not mean my affection for the cake is less true than my affection for the lasagna, but I always believed it was better to leave cake to my sister, the designated baker of the family. Unfortunately, the designated baker is now designated as a student, first and foremost, and that means dreams of chocolate cake are too often dashed by the single word "homework," so the time has come for me to seize the beaters and embrace self-sufficiency or else face a cakeless future.

Too many rules and regulations

One of the things I have always found off-putting about baking is that it is not conducive to improvisation. Cake recipes tend to stress me out with their specificity. But because I am trying to do right by the cake, I turned to the *Joy of Cooking*, in which I have found recipes that are both sensible and delicious.

In introducing cakes, Ms. Rombauer writes: "Learning to bake is learning to recognize when egg yolks and sugar are 'thick and pale yellow' or when butter beaten with sugar has lightened in color and texture regardless of clock or mixer settings." Okay, so creaming butter and sugar is a bit like sautéing onions. You know the onions are done when they are translucent and you know the cake is coming together when your mixing bowl is full of fluffy butter.

I spent a dreary Sunday afternoon reading through the cake section of *Joy* and ended up with a greater appreciation for the exactitude of cake recipes. In the following, I have tried to boil down the instructions for making a butter-based cake in order to give a bit of insight into the concept behind the picky instructions.

Open the Refrigerator

When you bake a cake, the first thing you should do is not turn on the oven but take your butter and eggs out of the refrigerator and allow them to adjust to room temperature. If you are

impatient, warm the butter in the microwave for a few seconds (use low or defrost) and run some warm water over the eggs. Temperature is important because ingredients that are too cold will not come together properly and the batter will not be able to trap air, resulting in a heavy cake.

Flour: does it really matter?

I always thought of cake flour as the kind of fussiness Martha Stewart would demand but the rest of us could ignore. Turns out, I was wrong. Cake flour is important because its low protein content—low as compared to all-purpose flour, or whole wheat flour—reacts better with the chemical leaveners, baking soda and baking powder, called for in most cake recipes. Gluten, which creates the structure of the dough, is formed when water and flour are combined and agitated. The greater the gluten content, the more expansive the dough or batter will be. The less-elastic gluten in low-protein flour is responsive to the small bubbles of carbon dioxide and alcohol released by chemical leaveners and creates a finer texture.

Another benefit of using cake flour is that it is chlorinated. The chlorination helps create a light and fine-textured cake, because the flour is able to absorb water and distribute fat and air bubbles more easily.

Chlorinated flour, made through exposing flour to chlorine gas, is considered a safe food product according to the FDA. The European Union and United Kingdom, however, do not consider this type of flour safe, as chlorine "ends up in fat-like flour molecules that accumulate in animal bodies." There is no evidence that this accumulation is harmful, but if you are interested in an alternative, *Joy* reluctantly admits that "in emergencies you may substitute one cup minus two tablespoons sifted all-purpose flour for one cup cake flour."

Sifting

Sifting is another way that bakers create a light texture; there is an amazing one ounce difference



between a cup of sifted and one of unsifted

flour. If you lack a sifter, toss all the dry ingredients in a Ziploc bag and give it a shake. And while you're taking the time to sift, you'll also want to take careful note of the manner in which you measure your dry ingredients. *Joy* recommends spooning the flour into the cup to heaping and then using a knife to knock off the excess. This method is also recommended for measuring the leavener and other dry ingredients.

Cream & Stir

In creaming, careening sugar crystals cut tiny air holes in the butter. Later these holes fill with the gas from the leavener and allow the cake to rise. *Joy* recommends creaming the butter 30 seconds, then adding the sugar and mixing on high for 3–7 minutes. Alton Brown, host of the Food Network show "Good Eats," says the butter and sugar are properly mixed when the sugar grains are not visible but the mixture feels gritty. A lighter color and fluffier texture is another sign of properly creamed fats.

Generally, the eggs go in after the creaming. Then the dry ingredients will be added alternately with buttermilk or another liquid. It is important when adding the dry ingredients to stir them in at a low speed until *just* incorporated. *Joy* recommends using a rubber spatula here because over-mixing can result in the development of too much gluten, resulting in a denser cake.

A few ideas

My search for the perfect chocolate cake is ongoing (probably infinitely) but there are a few cakes on the short list, one of which has been on my mind lately because I have the secret ingredient in my fridge, beets. Chocolate beet cake sounds weird, but when it is served with homemade whipped cream and chopped walnuts, as it was the first time I tasted it at the Greenbush Bar in Madison, Wisconsin,

(continued on page 8)

Celebrate Valentine's Day with the Marriage of Conventional and Alternative Medicine

—by Caroline Daykin

While the term "alternative medicine" has become commonplace, the concept of integrative medicine is lesser known. While integrative medicine combines conventional and alternative medicine, according to *The Natural Health Complete Guide to Integrative Medicine* this approach to treatment goes beyond simply using conventional and alternative medicine together.

Integrative medicine means questioning why you are ill and making treatment decisions based on the answer to this question. While conventional medicine is quick to prescribe pharmaceuticals and recommend treatments based on the latest scientific research, *The Duke Encyclopedia of New Medicine* points out that integrative medicine favors low-tech, low-cost remedies whenever possible.

Studies Back it Up

Theoretically, integrative medicine seems like a brilliant idea: the logical synthesis of conventional and alternative medicine. Several studies have suggested that integrative medicine is, indeed, effective. In one study, women with breast cancer who attended weekly support groups and used relaxation techniques lived twice as long as those who did not.

In a University of Michigan study in which an integrative medicine treatment plan was created for each participant, 81.2% of the participants said that their plan was partially or fully effective in achieving their primary objective. These positive evaluations occurred even though, according to the study's authors, physical improvements were modest. The authors pointed out that while it may not be possible to cure some physical ailments, such as cancer, the high patient satisfaction scores suggest that integrative medicine may improve quality of life, even when a patient is experiencing serious medical problems.

Another study on integrative medicine looked at knowledge of and attitudes toward integrative medicine among clinicians at Johns Hopkins University. Ninety-two percent of the clinicians surveyed were knowledgeable about integrative medicine, 72% reported using

a form of integrative medicine, 79% reported recommending a form of it, and 93% agreed that integrative medicine should be taught in medical school.

While the survey generally showed a positive perception of integrative medicine among the clinicians, it was especially popular among certain groups. Women were more likely than men to recommend integrative medicine, and RNs were likelier than other clinicians to use integrative medicine themselves and to recommend it to patients. The more the RNs knew about integrative medicine, the likelier they were to recommend it.

To people accustomed to the limited solutions conventional medicine has to two common health issues, cold and flu viruses and depression, the myriad choices integrative medicine offers may be overwhelming. The following brief synopses will give the reader an understanding of some integrative approaches to two common illnesses.

Cold and Flu Viruses

To prevent the flu virus, integrative medicine draws from the conventional recommendation that the elderly, people with weak immune systems, and people with respiratory problems get flu shots. A method of preventing cold viruses comes from alternative medicine. Anecdotal evidence suggests that people who meditate regularly get fewer respiratory infections.

Once a virus has taken hold, there are several alternative medicine techniques that adherents of integrative medicine can use to help their bodies fight the illness. A naturopathic treatment for flu entails a 48-hour fast to eliminate toxins. Echinacea can be taken to strengthen the immune system, black elderberry extract can be used to hasten recovery from the flu, and a patient can use garlic to treat a cold or

the flu by eating two crushed, raw cloves when symptoms first appear, and one a day until the patient is well. Visualization may also prove effective. In one study, people who imagined their white blood cells attacking and destroying the viruses in their bodies had increased levels of immunoglobulins (antibodies produced by the immune system) in their saliva.

In addition to these methods of fighting viruses, integrative medicine offers both conventional and alternative techniques for dealing with symptoms. The conventional approach to cold and flu symptoms is treatment with over-the-counter drugs. From the realm of alternative medicine, a homeopathic treatment for the flu is *oscilloccinum*, a medicine made from duck heart and liver. In one study, this concoction reduced flu symptoms.

Aromatherapy is an alternative treatment useful in reducing cold symptoms. To create an aromatherapeutic steam inhalation, add four drops of chamomile, eucalyptus, lavender, or tea tree oil to one quart of boiling water, and inhale the steam for ten minutes. Another option is gargling with one to two drops of essential oil in one cup of water.

Depression

While clinical depression is not as common as colds and flu, it is estimated that a third of people experience depression during their lifetime, and 5% of the population is depressed at any given time. Although alternative approaches can be helpful in treating depression, *The Natural Health Complete Guide to Integrative Medicine* emphasizes that conventional medical attention should be sought if a person is experiencing clinical depression.

Both conventional and alternative medicine recognize that unbalanced brain chemistry produces the symptoms we know as depression, and accordingly each discipline advocates the use of substances that are used to temporarily restore the availability of key brain

(continued on page 8)



(Medicine continued from p. 7)

chemicals to normal levels. In conventional medicine, these substances are the selective serotonin reuptake inhibitors (SSRIs) and other pharmaceutical antidepressants.

Alternative medicine also offers several substances that can benefit people suffering from depression. For people with mild depression, the herb St. John's Wort has been proven to be as effective as antidepressants, but has fewer side effects. Ensuring that a patient is taking in adequate nutrients is another approach alternative medicine takes to combat depression. Lack of folic acid and B vitamins may contribute to depression, and vitamin B6 and magnesium may prove effective against premenstrual depression.

In addition to treating patients' brain chemistry imbalances, both conventional and alternative medicine offer treatments for the emotional problems that are causing the depression. Conventional

doctors recommend cognitive behavioral therapy, which has been shown to be as effective as antidepressants in cases of mild to moderate depression. An alternative approach to emotional turmoil may include learning relaxation and breathing techniques, listening to enjoyable music, and talking to others about problems.

Conventional doctors often sing the praises of exercise, and its ability to prevent depression is one reason they do so. Exercise has also shown to be as effective as psychotherapy and relaxation techniques in treating mild depression.

As dissatisfaction with the American health care system continues to increase, it is likely that the pendulum of public opinion will swing further away from conventional medicine and closer to alternative medicine. Based on what is known of integrative medicine's success, perhaps it is in patients' best interest if the pendulum comes to rest somewhere between conventional and alternative medicine.

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Peters, David, and Anne Woodham, *The Natural Health Guide to Integrative Medicine*, Dorling Kindersley, 2000.

[Caroline Daykin enjoys using the word "ungood" and taking personality quizzes online to make sure she is still the same person. She is putting her college degree to good use by working as a cashier.]

(Cake continued from p. 6)

it is only delicious. Beets are to chocolate cake what sour cream is to muffins. The beets are included because of the moisture they add, not because of their flavor; sorry, beet lovers.

In closing, I will leave you with these words of inspiration. "Whether you bake a cake as a gift for a friend, bake a batch of cupcakes for a bake sale, or hand a pan of gingerbread over the back fence, the gesture is one of fellowship that adds to your stature and enriches your life." (*Joy of Cooking*)

Chocolate Beet Cake

This recipe is based on one published in the *Washington Post*, June 7, 2006.

2 cups cake flour, sifted
2 teaspoons baking soda
¼ teaspoon salt
4 ounces unsweetened chocolate
3–4 beets, pureed (can be done ahead of time)
3 eggs
1 cup butter
1¾ cups sugar



Pull eggs, butter, and pureed beets out of fridge so they can adjust to room temperature. Melt chocolate and ¼ cup butter in a double boiler, then let cool to room temperature.

Butter and flour pan(s); use two 8" cake pans or one 9" springform pan. Turn oven to 375°.

Measure 2 cups flour, then sift and re-measure. You will have excess after sifting. Now sift together flour, baking soda, and salt, and set aside.

Cream remaining butter for 30 seconds, then add sugar and mix on high until fluffy. Once the butter and sugar are sufficiently mixed, add beets and eggs and mix thoroughly. Gradually add the dry ingredients, mixing on low just until incorporated. Then

pour into prepared cake pan and bake for about 45 minutes. Note that if you eat the cake before it cools, you will be able to taste the beets faintly.

Chocolate Cream Cheese Frosting
This recipe was found on a cooking blog called *Whipped*.

¼ pound butter
4 ounces cream cheese
1 teaspoon vanilla
1 cup powdered sugar
½ cup cocoa

Mix together butter and cream cheese until light and fluffy. Mix in vanilla. Sift together sugar and cocoa in a separate bowl. Add the sugar mixture to the butter mixture little by little until stiff. If needed, refrigerate frosting to reach firmer consistency.

Sources

The Joy of Cooking, 75th anniversary edition, by Irma S. Rombauer, Marion Rombauer Becker, and Ethan Becker
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The Washington Post, June 7, 2006
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[Annie Van Cleve is a (relatively) recent college grad who is cooking her way through a quarter-life crisis, and in her spare time, working at a law firm.]

Freshly-picked Tomatoes and Lettuce Year Round

—by Karen Kloser

Hampden Park Co-op customers enjoy locally grown, freshly picked tomatoes and lettuce year-round, thanks to the hard work of two hydroponic growers: Michelle Keller of LaBore Farms in Faribault, and Tom Martin of Martin's Greenhouses in Pine City (delivered by Bob Schuett).

Although these two growers couldn't be further apart in terms of their size and production, they both are intimately hands-on with their operations. LaBore Farms devotes about one-eighth of an acre of greenhouse space to its hydroponic lettuces: romaines, green leaf, red bibb, mixed greens, double greens, and specialty mustard greens. Martin's Greenhouses has an acre of greenhouse space dedicated to hydroponic tomatoes and cucumbers.

Similar to soil farming, hydroponics appears to be just as labor intensive and costly in terms of its unique equipment, supplies, and risk. Keller worked a part-time job during the first three years of building LaBore Farms. The Martin family hasn't taken a vacation since they expanded into year-round growing. Both growers are involved in all phases of farming, from mixing and managing the nutrient solution to picking, packing, labeling, and delivering (in Keller's case add transplanting hundreds of lettuces, too).

Both growers make deliveries to the Twin Cities' co-ops, grocery stores, and restaurants twice a week. LaBore Farms supplies the Mississippi Market, Eastside, Seward, Wedge, and Hampden Park co-ops and a couple of restaurants. Martin's Greenhouses supplies the Festival Foods stores and some restaurants with their #1 tomato variety. Bob Schuett sells Martin's "seconds" to small grocers, like HPC.

Keller knew she wanted to work with hydroponics in college, where she got a B.S. in biology from UW-River Falls. Martin was working in construction and his wife was home-schooling their kids when she thought growing hydroponics would be a good learning project and a way to earn some income. Reflecting back on the greenhouse he built in

1994, starting with 870 tomato plants, he said, "things got a little crazy and out-of-hand." In their second year, he quit construction and went into growing full time. This year, the Martin family harvested more than 200,000 pounds of beefsteak and on-the-vine variety tomatoes. Both growers now hire seasonal part-time help.

Keller currently uses rockwool (spun lava rock) as her growing medium. She orders this from Denmark; the rest of her supplies come from within 50 miles of Faribault. "If I'm asking people to buy local, I need to buy local, too," said Keller. Martin uses the bato-bucket system with perlite and grows tomato vines upwards, often reaching 35-foot lengths.

Hydroponics are not organic

Regardless of how hydroponics are grown, they cannot be labeled organic according to the United States Department of Agriculture (USDA). Despite the nutrients' purity, the relatively sterile growing environment, and precise equipment calibration, the USDA rules prohibit the highly-refined minerals used (i.e., nitrate, phosphate, calcium, potassium, magnesium) in the formulation of the nutrient solution to be labeled organic. Supporters argue the hydroponic nutrient solution is more "pure" than the currently accepted "organic fertilizer" components used in soil growing.

Another issue for federal regulators is the disposal of the exhausted water, nutrients, and used media. Both LaBore and Martin's pump exhausted water onto their fields. Keller composts the rockwool after she breaks it up. Martin is considering designing his own water reclaiming system.

More than labels

Consumers who shun hydroponic produce because of the labeling (or lack of) are missing out. Supporters say hydroponic produce offers superior flavor, nutrition, appearance, freshness, and a longer shelf-life, and is often pesticide-free. For the environment, supporters say hydroponic growing



protects the soil because it eliminates the need for soil and soil organisms. It

uses less water and achieves higher growth rates, yields, and crop quality. For example, Keller gets 11–12 lettuce crop rotations per year whereas a soil farmer may get 2–4. Martin grows juicy, flavorful beefsteak tomatoes in the dead of winter.

Martin's used to be pesticide-free until he started growing year-round. White flies are the tomato's scourge but he is very restricted in his pesticide use. "I eat the tomatoes, too," he says.

Keller uses integrated pest management (ladybeetles and predator wasps) to manage the soybean aphids that love her lettuces.

Both plan to expand when the economy and time is right. They started out small, learned a lot through mistakes, and eventually found their niche in the local marketplace. Martin chose tomatoes because it's a popular item with a large yield and gets a good price on the grocery shelf. Each plant bears 35 pounds of tomatoes per season. He often has 500–600 cases in his truck for delivery.

Keller would like to double her greenhouse space, as she has reached capacity for existing customers. She'd also like to try growing green beans and install geothermal heating and cooling.

Martin's and Keller's years of experience have taught them more than any book. They know what the commitment of operating a bigger enterprise will cost them personally and financially. Like their soil-growing counterparts, they have the same love of land (and labor) that keeps them bringing fresh, premium produce—year round—to our tables.

Sources:

<www.gthydro.com>

<www.aquaponics.com>

[Karen Kloser is a long-time Hampden Park Coop member and a new volunteer.]

Have You Tried...? The HPC Aisles Revealed

—by Katharine Holden

Hampden Park Co-op is chock full of good things. Read on and I'll introduce you to a few.

Shelton's Uncured Turkey Franks

No nasty nitrites or nitrates here. And gluten-free, too. Shelton's turkey franks are a rarity in the hotdog world because all of the ingredients can be pronounced by someone with no laboratory background: turkey, water, potato starch, sea salt, mustard seed and other spices. (Remember, most meats at HPC are frozen, so plan ahead.)

Blues Buster

Full Spectrum Light Bulbs

I haven't tried one of these bulbs yet, so I have no idea if it "Breaks Thru Grey Days" as the slogan claims. The box copy says that one of these bulbs will last for nine years of standard use. But then it goes off into a bunch of tiny print I can't read without squinting, so I'm not sure how the manufacturer defines standard use. These bulbs come in 100, 75, or 60 watts and they are made in China.

Banana Chips

In addition to bags of the usual banana chips, you'll find the unsweetened variety in the bulk munchies area. They're nothing but delicious sliced bananas and a little vegetable oil. Pack a few in your lunch bag to snack on when that 10 a.m. tummy rumble hits.



Soups

Soup's on at the co-op and not just during the cold winter days. Fresh vegetable soup is available year-round and there's usually a second choice, too. During colder weather, you'll find three or four soup tureens from which to choose. Recent concoctions have included Cheesy Cream of Broccoli and Cauliflower, Lemony Lentil Spinach & Greens, Mock Duck, and Chili with Three Kinds of Beans & Cilantro.

Breads

There's no shortage of bread choices at the co-op. On my last visit, I had my choice of hemp, rye with sunflower, spelt, rye with flax, sunflower wheat, sprouted sesame, cinnamon raisin, four kinds of sourdough, multigrain, Mediterranean white, walnut wheat, teff-barley, and green olive, as well as baguettes, organic hotdog buns, petit pain, and ciabatta. And you'll find gluten-free breads in the freezer, too.

Star Anise

Star anise is one of the ingredients in the traditional Chinese five-spice powder. It is often confused with anise (aniseed). They're not closely related, although both have a licorice-like flavor. Whole star anise often is one of the ingredients in teas or tisanes used to soothe congested lungs and nasal passages. I've used star anise to add depth of flavor to split pea or lentil soups. You'll find star anise in both whole and powdered forms with the rest of the Frontier bulk spices.

Cut Alfalfa Leaf

In folk magic, keep a jar of alfalfa leaf in your kitchen cupboard or pantry and hunger will never enter your dwelling. Or you can steep alfalfa leaf and mint together, add some lemon, and have a nice cup of tea. It's up to you. Either way, you'll find cut alfalfa leaf in the bulk spice aisle.

Thai Kitchen Green Curry Paste

Many jarred curry pastes use wheat as a thickener, but Thai Kitchen's take on green curry paste is made only of green chili, garlic, lemongrass, ginger, salt, shallot, lime, and spices; and so it is gluten-free. It's a potent but not scorching addition to any stir fry or sauce. Consider adding a spoonful to pep up soups and stews. Product of Thailand.

Organic Wheat Flakes

Oatmeal is the most common type of porridge eaten in the United States, but there are others. If you steam, flatten and then flake whole wheat kernels you end up with the base for a whole-grain wheat porridge that cooks up much the same way as oatmeal. I once was served wheat flake porridge topped with milk, fresh ground cardamom, and honey. Very tasty. Visit the bulk bin aisle for this item.

[Katharine Holden is an HPC member who frequently reminds herself that, although she can't get a full-time job to save her life, her dogs still love her. Katharine can be reached at holdenltd@msn.com]

Interview with HPC Board Member Nicolet Lyon

—by Anne Holzman

Midway through her three-year term as board member and also halfway through three years of law school, Nicolet Lyon is spending a lot of time examining papers these days.

"It really is a sort of baptism in fire," she said of her experience on the HPC board. She learned early in her board term that the co-op might have an opportunity to purchase the building it has rented for decades. "I had no idea that was going on, but it was a great legal opportunity for me."

She quickly found her role in the process, poring over documents to ensure "due diligence," sometimes asking questions of her professors at the University of St. Thomas and contributing their expertise back to the board. (Lyon hastens to add that the co-op also has its own attorney; her professors' opinions, like her own, are advisory.)

"I consider that to be a part of my job as a board member—to ask the questions that need to be asked," she said. The purchase process has included documents relating to both property ownership and finance and has involved consideration of multiple structures and possible deals. But she said that as of early January, "It's looking good!"

Lyon's HPC-related deliberations go back to her first contact with the co-op. While some new members may wander in off the street or hear about it from friends, Lyon found HPC by—what else?—doing some research. She said she'd visited The Wedge a few times while doing her undergraduate work in anthropology at

the University of Minnesota and got interested in the co-op movement.

"When I started doing research looking for a co-op," she said, HPC "was one of the closest ones" to her St. Paul home. "I liked that it's small and neighborhood-oriented," she said, with members directly involved in the sourcing and distribution of food.

She said the price of membership was also a consideration, as she navigated the rather lean financial years between college and law school. "It's very reasonably priced," she said. "Share price is low."

Lyon has come to see food co-ops as an aspect of environmentalism. "They're about good, clean, fair food," she said, with "fair" meaning "paying someone a living wage" rather than getting cheap food while workers in Third World countries suffer inhumane conditions.

"It's partly gourmet," she conceded with a chuckle. "It tastes better!" Lyon said she does most of her household's shopping and cooking, although husband Marc Cooley occasionally visits the co-op. The couple own a Yorkie-Poo dog adopted from the Humane Society.

Favorite HPC products include Libby's ice cream, Larry Schultz's eggs, and cheese. Lyon said she's such an enthusiastic cheese customer that the coordinator for that department, Linda Andersen, lets her know when something new has arrived.



Lyon's second year of law school has included practicum work in an elder law clinic run by St. Thomas at the Minneapolis campus. She said she might go into a related field, estate planning, but she's been learning about a broad range of issues, including various kinds of abuse that seniors have to fight. She said it's been a nice opportunity, "working with real people" instead of only going to classes.

Lyon also works six to eight hours a week as a teaching aide to a law school professor, helping less experienced students hone their writing skills.

In addition to lots of extra "homework," the past year's board deliberations have entailed far more than the normal number of meetings. Lyon serves on the long-range planning, board development, and membership committees as well as attending two board meetings per month, a load that might lighten up a little once a purchase deal has been made.

She acknowledged that other important issues have been on the board's back burners while the purchase was under consideration, so it might take a while for things to settle down. Still, she sounded optimistic about concluding a deal soon and moving on to a membership drive to finance the purchase.

"We're all looking forward to shifting it down a notch," Lyon said, with a lilt in her tone that made her sound not so much weary as proud and satisfied.

[Anne Holzman is a freelance writer and HPC member.]

