

Shopping GE Free: Test Dummies Unite!

By: Matthew Stanley

Genetically engineered foods have quietly found their way into a large majority of conventional grocery products with little regulation or concern for human safety.

In the US, GE foods have been granted “substantial equivalent” status, meaning that according to our government, Monsanto’s New Leaf potato poses no more safety hazard than a russet from Stewardship Farm in Clatskanie. This despite the fact that the New Leaf spuds are registered not with the FDA, but rather with the EPA as a patented pesticide (the New Leafs have been engineered to produce a bacterium that wards off the Colorado potato beetle).

That’s right, millennia old foods are being patented. Supposedly they aren’t different enough from non-GE potatoes to pose serious health risks, necessitate safety testing (we are the test dummies), or require labeling in the grocery aisles. Yet at the same time they are so unique as to warrant the application of US patent law.

This double standard comprises the

It’s a Gluten Free Life for Us

By Elia Seely

Robust as an infant, now that she’s eating solid food your daughter is sick. All the time. Diarrhea, vomiting . . . now she’s skinny as a rail and obviously not thriving. Of course she’s been to the doctor, blood tests done. But the doctors don’t know what’s wrong. You wonder . . . you have a lot of intestinal problems yourself and chronic fatigue. Could you be sick with something, and you passed it on to your daughter? Finally a doctor suggests an endoscopy of the small intestine. Results aren’t conclusive,



Upward Bound students talk about genetically engineered foods in the Co-op’s bulk section.

entirety of GE foods regulation and marketing. To understand the enormous leap of faith these companies are assuming we will take, it is necessary to look at why GE foods may pose health risks and how they differ drastically from any foods present in the history of the human diet.

but the doctor suggests that your daughter—and possibly you—have a disease known as Celiac Disease. A gluten-free diet is recommended, and the only way to know for sure about the diagnosis is to see the results of the adherence to a new diet.

Although Celiac Disease (CD) has been diagnosable for decades, it wasn’t until recently that sufferers of this autoimmune disease (1 out of every 250 Americans say some reports) have had the visibility and purchasing power to command a big chunk

One method of transferring genetic material from one organism and inserting it into the permanent genetic code of another involves the use of bacteria and viruses that have never before been part of the human diet. Viruses used in gene transfer are then found in

Continues on page 5

of the natural foods market. The only “cure” for CD is to maintain a gluten-free diet. For life. And as more people become aware of the symptoms, more will be diagnosed (some reports suggest that only 1 in 10 who probably have the disease have a diagnosis) and thus command a greater market share. Along with actual Celiacs, there are a growing number of people who find themselves intolerant to wheat. Food allergies are much different than CD, and can come and go, but so many people find their health

Continues on page 6



1355 Exchange Street
Astoria, OR 97103

ph 503.325.0027
fax 503.325.7797
www.astoriacoop.org
store@astoriacoop.org

Hours of Operation
Everyday 9-7pm

Board of Directors

President: Merianne Myers
Vice President: Tom Duncan
Ute Swerdloff
Karin Temple
Mindy Stokes

Management & Staff

Matthew Stanley, General Manager
Maren Ludwig
Olivia Day
Judith Griffis
Nels Olson
Mick Mitchell
Kendall McEuen
David Plechl
Bee Eirth
Tony Giglio
Lindsay Frech
Misty O'Brien
Jennifer Rigley
Sarah Jaroszewski

The Seven Cooperative Principles

1. *Voluntary and open membership*
2. *Democratic governance*
3. *Economic participation by owners*
4. *Autonomy and independence*
5. *Education and training*
6. *Cooperation among cooperatives*
7. *Concern for the community*

Want to Help the Co-op?

For volunteer opportunities, call
503.325.0027.

Board Biz

By Merianne Myers

Our little seedling of a Community Gardening project is underway. The original intent was to sponsor garden plots to be tended by folks in need who would reap the harvest. As happens with all ideas once they become real, things have changed. Of the 3 plots the Co-op sponsored this year, only one is being gardened by someone from the community. Despite generous help from the Lives in Transition program and Clatsop Community Action, we were unable to find more folks who were interested in gardening in exchange for food.

I suspect there is much work we can do to promote the concept, pass the word and communicate the benefits of the program. And we will. Going in, it was clear that no matter how the garden project turned out, it would be extremely cool. What's not to love about homegrown organic produce? The goal for next spring is to either have identified several gardeners or to grow a meaningful amount of food on our own to be donated to the Food Bank. Either way, I'm in.

In tending our beds this year I have shared labor, food and gardening ideas with a wonderful group of people I would otherwise never have met. The Clatsop County Community Garden Association is a grand organization and a brilliant idea. Gardening as a group is different in many lovely ways than tending the beds in my own yard. But both are inspiring, contemplative and simply rife with fresh air, compost, worms, and wonder at how it all works.

This year's harvest is small but perfect and will be used as thank you gifts to

you, our members. Names will be randomly drawn and Matt will call you to come pick up a basket of produce. Think of it as a delicious token of our appreciation for your support and dedication to The Co-op.

The other part of the project was to sponsor classes wherein our gardeners could learn ways to grow, cook and preserve their harvests. This year, the Co-op Community Cooks program will take a different approach. We will be hosting a series of cooking classes that will be held in community kitchens around the area. We will all be cooking together and go home with several entrees apiece that can be put in the freezer for fast, luscious, healthy dinners throughout the week. Like gardening, cooking is a perfect social activity and benefits from many hands and imaginations.

If you would like to be part of the Co-op Garden Project now or in the future, if you want to be apprised of Community Cooks opportunities, or if you have any questions or comments about the Board in general, please feel free to contact me. meriannemyers@gmail.com ★

Email Updates

By Matthew Stanley

If you have given us your email address in order to receive the newsletter and other news updates, expect to see some reminders of when we are having ownership recognition days or other important events we don't want you to miss.

If you are not receiving these messages go to www.astoriacoop.org and click on "Join the Co-op Email List" at the bottom of the page to resubmit your information so we can keep you in the loop! ★

Toxins in, Toxin out:

Mineral Makeup is back at the Co-op

By Matthew Stanley

Back by popular demand, the Co-op is again carrying Terra Firma Cosmetics, a company based in Raymond, WA. Now your Co-op offers mineral-based makeup that will compliment our already safe and ingredient-scrutinized selection of personal care products.

The average woman uses 12 different personal care products each day. Conventional body care products contain chemicals that are linked to cancer, infertility, learning disabilities, and allergic reactions. For the consumer looking to minimize their exposure to these risks it is necessary to learn not just about food safety, but cosmetics safety as well.

Like so many consumer choices, the onus falls on individual shoppers to read labels, do the research, and make educated decisions. The FDA currently requires no safety testing of personal care products, nor do they mandate the disclosure of all ingredients on product labels. Like so many industries, our government has permitted cosmetics companies to police themselves (think oil industry). With this lack of oversight the cosmetics industry continues to adhere to 1950's "better living through chemistry" mentality. Toxins go in and toxins come out. They end up in factory workers, the environment, and ultimately in our families' bodies.

It is worth remembering that the word "organic" has no legal definition like it does when associated with food products. Organic certifiers are currently working to create these definitions and bring back some meaning to the word organic on our bottles of shampoo.

In the meantime, we'd like to think the co-op has taken much of the guesswork out of shopping for shampoos, deodorants, and lotions. We intentionally do not carry certain brands due to questionable ingredients, even

those you may see in other health foods stores. We encourage co-op shoppers to check out Terra Firma's website at <http://www.terrafirmacosmetics.com> where the company discloses how they make their products and why they use the ingredients they do. For a convincing look at the chemical industry behind conventional body care products check out The Story of Cosmetics at storyofstuff.org/cosmetics.

A general rule of thumb is to look closely at ingredient labels. Shorter ingredient lists

Member Spotlight



Chris & Marcia Gustafson

Members Since: 2006

Why do you shop at the co-op?

"The Co-op has the most locally grown and made foods. It's also family friendly." Chris says, "I like to support the local economy. The co-op has a great atmosphere and a wonderful beer selection too!"

Do you have any favorite products?

Chris's favorite product is the co-op deli's local Albacore Tuna Sandwich. Marcia loves the Majestic Garlic spreads. "It's our new mayo!"

How do you shop at the co-op on a family budget?

"We shop the bulk department and take advantage of the special order discount. We also maintain a whole foods diet, so we aren't buying a lot of processed and packaged food. But we don't really think in terms of budgeting for food. Food is a priority for our family. We love the quote 'Pay now or pay later.'"

with easier to pronounce words are your safest bet. Of course the co-op has a wonderful resource in our new Health and Beauty Aid Manager, Sarah. She is working on Thursdays and Fridays during the day and can help you find effective and safe replacements for products you suspect aren't so healthy for your family. It is possible to feel clean and radiant without compromising your long-term health or that of the environment. The co-op can help you make that happen! ★

New Products

Food for Life Gluten-free English Muffins -

These English muffins provide a great breakfast or snack option. The texture is approximate to those made with wheat flour, and they toast nicely. Neutral flavor and they hold together! Great with sauerkraut and a little oil or butter or fresh blackberry jam.

Heavenly Honey - Raw, unfiltered, and made by local bees—what could be better? We offer

three varieties of this Eugene company's honey. The wildflower is mellow and nostalgic like honey from childhood, sweet with no afterbite on the tongue. I'm eager to try the buckwheat, which is seductively dark.

Liz Lovely Gluten-free/Vegan Cookies - The ginger molasses cookies melt in your mouth. Fabulous texture and taste—none of the chalkiness that sometimes comes with GF pastries. A small company in Vermont using organic ingredients. Two per pack—bargain! We feature chocolate fudge and snickerdoodle besides the ginger; the company makes eight GF/Vegan varieties. You so deserve these cookies!

La Vecchia Balsamic Vinegar ~ 30 year old -

A truly beautiful Italian balsamic. Strictly made in the traditional way, this balsamic begins with the pressed must of Trebbiano grapes, then is aged in barrels of costly woods (oak, mulberry, chestnut, cherry and juniper). Over the years, each imparts its own distinct character, gradually giving the vinegar its unique fragrance and flavor. At 30 years of age, it becomes dense, rich, and incredibly flavorful. Add last to any dish, this balsamic can be enjoyed with salad, strawberries, cheese, or even ice cream! Italians will simply sip it at the end of meal, both as a digestive aid and a pure delight.

Olivado Avocado Oils - Avocado oils represent some of the healthiest, most

delicious and versatile oils on the market today. Olivado pioneered the process of extracting oil from avocados, which are cold pressed at purpose-built plants, utilizing a stabilization system unique to Olivado that delivers a high quality oil with a very long shelf life. With a 500 degree F smoke point, Olivado oils make a superb cooking oil, as well as a delicious salad dressing. Drizzle over veggies or use as a dip for fresh baguette. We have the pure avocado, chili avocado, and lemon zest.

Bija Oils - Pure, unfiltered, and unrefined Bija Culinary Oils are some of the finest organic and exotic oils in the world. Their sublime flavor and exceptional quality come from a variety of techniques derived from old world European pressing methods. To maintain peak nutritional value and prevent oxidation, Bija oils are nitrogen flushed and packaged in light-resistant dark glass bottles. Look for the Pumpkin variety, with high chlorophyll content, and an intriguing flavor that adds zest to all kinds of salads, vegetables and pasta dishes. Or try the Walnut oil, light in flavor and color, this variety makes an excellent salad oil and an ideal compliment for pasta dishes or desserts. Made from organic seeds & nuts.

Chocolate Decadence - Fair Trade, organic, local (another great product from Eugenians), these chocolate offerings hold their own among the plethora of high quality chocolate on the market. Pure dark buttons melt in the mouth, imparting a rich, mellow flavor. Find these with the other chocolate in the store, and be sure to check out all the varieties: peanut butter buttons, chocolate covered pretzels, an almond bar, and the pure dark. Oh, and they're gluten-free (except pretzels) and vegan!

Raincoast Crisps - Changing the nature of the humble cracker, these gourmet "fresh" crackers feature fabulous flavor combinations

and no preservatives. You can tell these fine snacks are made by hand and with care. Subtle



flavors are great alone or perfect with cheeses and dips. The fig and olive offer a sweet/salty contrast that is hard to resist once the package is open. Find them in the cracker aisle; we'll be featuring the date & almond, cranberry & hazelnut varieties as well as the fig & olive. Created by Canadian chef Lesley Stowe in Vancouver, BC.

King Arthur Gluten-free Brownie Mix

No one will know these are gluten-free if you don't tell them. This baking mix from King Arthur is bursting with good ol' brownie flavor, and a cinch to make. Yum! King Arthur is the oldest flour company in the country and committed to top quality baking. Also soy and nut free, and could easily be made vegan.

Nabco Oyster Farm

Chris Brown bought this longstanding Peninsula oyster farm five years ago and has developed a niche market for his oysters. He grows the oysters in bags attached to a raft, and so the oysters flow with the tide and are mainly in the top of the food column where the nutrients are. The oysters spend little time in the mud, and so have a cleaner flavor with no "murky" aftertaste. His oysters are approachable in size and flavor and perfect for eating raw. "I'm trying to grow a finer oyster," Chris says. Grab a dozen and find out for yourself!

GE Free

(from page 1)

the human gut. Numerous novel and often unintended creations are the result of this process, including super pigs with human growth genes, tomatoes with flounder genes, and thousands of other plants, animals, and insects that are being patented and released into the environment with no testing for human or environmental safety.

When the co-op gives tours of the store to grade school classes, we approach the subject of genetic engineering without demonizing the technology. After explaining the arbitrary approach to creating GE foods we simply state that we do not know. So despite industry claims and propaganda claiming that GE foods can feed the world's hungry, no one can argue with the fact that comprehensive long term human studies on the safety of GE foods do not exist. It is never our goal to instill fear when it comes to making food choices.

Yet preliminary animal studies do show that GE foods pose health risks associated with human consumption. It may be time to retool our approach to educating our community's youth on this subject.

Allergies seem to be the most prevalent side effect of eating GE foods. Human soy allergies in the UK increased by 50% after the introduction of GE soy, for example. Cooked GE soy contains as much as 7 times the amount of a known soy allergen. Rats fed GE soy demonstrate drastic reductions in digestive enzymes. The same rats, now lacking necessary enzymes, found themselves allergic to formerly harmless foods. More than half of the babies of mother rats fed GE soy died within three weeks and male rats and mice fed GE soy had changed testicles, including altered young sperm cells.

Given evidence like this, the American Academy of Environmental Medicine states, "Several animal studies indicate serious health risks associated with GE food, including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system." They ask physicians to advise patients to avoid GE food, a task much easier said than done.

The Co-op wants to make the task a bit easier for our shoppers. Without the federal government taking serious steps to address and at the very least mandate labeling of GE foods, it is the consumer's responsibility to assess the potential risks and then make wise grocery shopping decisions. Currently, there are five major GE foods crops that have been heavily commercialized and incorporated into the American diet. These include soy, corn, canola, cotton, and sugar beets, all of which have bacterial genes inserted to allow the plants to survive an otherwise deadly dose of weed killer.

If one wishes to avoid these herbicide-ridden GE crops the simplest way is to shop for organic foods. Organic certification does not permit the use of genetically engineered foods. If you see the USDA organic logo, then most likely you are avoiding the consumption of GE foods (cross-contamination of organic fields by GE fields is a whole other issue, but organic certification does require buffer zones between such fields). Many products also voluntarily list specific ingredients as non-GMO, although no enforcement or oversight of these statements is required by law. Processed and packaged foods tend to pose the highest risk of containing GE ingredients, as GE soy and corn hide behind names like maltodextrin, fructose, glycerin, etc. A whole foods diet based on fresh fruits and vegetables, whole grains, and organic dairy and meats, will drastically reduce your exposure to GE foods.

Like so many of the issues our country faces, perhaps our most effective approach to addressing them regards our ability to choose to spend our money on certain things and at the same time deny our financial support of products and services that do not align with our values. GE foods present a perfect place to put this idea into every day practice. The health of our families may be at stake. Of course, contacting our state representatives doesn't hurt either. At the co-op's showing of Food Inc. viewers followed the movie by writing to Senator Merkley, Representative Wu, and Senator Wyden, urging them to support and co-sponsor legislation to require labeling and

safety testing of GE foods. This letter will be available for download on the co-op's webpage for anyone who wishes to participate.

The Co-op will also be partnering with the Center for Food Safety and the Institute for Responsible Technology to provide co-op shoppers with a non-GMO shopping guide free of charge. You can also visit nongmoshoppingguide.com for more information or to download a free iPhone application to help make GE shopping a breeze. Look for the free shopping guide at the register next time you are in the store! Let's agree to not agree to be test dummies for the GE foods industry. If you haven't committed to limiting GE foods in your family's diet the co-op is the best place to start! ★

Member Equity Keeps Us Growing

By Matthew Stanley

Did you know that the Co-op continues to sign up a new member almost every day? Actually, we signed up 37 new owners in July! Our new POS system makes it easy to sign up and keep current with your member equity payments. The Board of Directors thought it would be a good idea to remind members that haven't kept current with equity payments how important they are to our store's success.

Member equity has recently helped pay for our wonderful new deli display case as well as a new back stock freezer. These capital upgrades would not be possible if weren't for the way our co-op pools the resources of its owners.

So this is our friendly reminder that members who have not kept current with their equity payments will not receive the owner discount on owner appreciation days. If you are unable to pay your equity due to financial hardship please ask to speak with General Manager, Matthew Stanley. Also, if you'd like to contribute funds to sponsor someone who is experiencing financial hardship please let us know. ★

Quinoa Breakfast Brownies

From glutenfreegoddess.blogspot.com

Ingredients:

- 1 cup sorghum flour
- 1/2 cup Organic Quinoa Flour
- 1/2 cup potato starch
- 1 cup Ancient Harvest Quinoa Flakes
- 1 teaspoon xanthan gum
- 3/4 teaspoon sea salt
- 1 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 2/3 cups organic light brown sugar
- 2/3 cup light olive oil
- 3 tablespoons real maple syrup
- 1/2 teaspoon Authentic Foods Vanilla Powder
- 2 large eggs (or egg replacer)
- 1/2 cup golden raisins or chopped dried fruit, if desired
- 2/3 cup dairy-free chocolate chips or chopped nuts

1) Preheat oven to 350F. Line a 11"x9" baking pan with lightly greased parchment.

2) Combine first 10 ingredients in a large mixing bowl, sorghum flour through sugar. Mix well.

3) In another bowl blend the oil, syrup, and vanilla. Add to dry mixture and mix until you get a sticky batter.

4) Whip eggs or egg replacer until foamy and frothy. Add to batter and mix well. The dough should be thick and rather sticky. Add 2-4 tbs of warm water, as needed to achieve a dough that sticks together when you pinch it - much like cookie dough.

6) Now add in raisins or fruit if desired and the chocolate chips and or nuts. Stir to combine.

7) Spread the batter into the prepared baking pan, and using wet hands, smooth the surface. Place pan in the center of the oven and bake until golden and set - about 22 to 30 minutes until the top is golden brown and the center is firm. Cool on a wire rack.

8) Using a thin sharp knife, cut into squares; wrap them in foil; bag in a freezer storage bag. Freeze. Delicious slightly chilled. Makes 15 to 18 brownies.

Gluten Free from page 1

radically changed by staying off wheat that they, too, are significant consumers of gluten-free products.

Five years ago, gluten free items were mostly unappetizing, starchy little items: pale, falling apart, and flavorless. Corn pasta that became an unappetizing lump and had no flavor, chalky cookies, and odd tasting cereals. And lots of rice. I felt sorry for anyone restricted to such a diet. But the potential side effects and long term health degeneration associated with the disease didn't leave many options.

Happily for the Celiac and wheat-intolerant folks today, a mere five years later, there are so many gluten-free products on the market that modifying one's lifestyle—even for children—is not a hopeless banishment to the pasty and tasteless. Of course veggies and fruits remain a big part of the diet, and meat and dairy if one chooses. The Co-op has a gluten-free option for most any food, and we are happy to special order all kinds of products.

Gluten 101

Let's take a look at some practicalities of the gluten-free lifestyle. First, what exactly is gluten? Gluten (from Latin gluten "glue") is the composite of two proteins called gliadin and glutenin. These exist, conjoined with starch, in the endosperms of some grass-related grains, notably wheat, rye, and barley. Gliadin and glutenin comprise about 80% of the protein contained in wheat seed. Worldwide, gluten is an important source of nutritional protein, both in foods prepared directly from sources containing it, and as an additive to foods otherwise low in protein. The glutenin in wheat flour gives kneaded dough its elasticity, allows leavening, and contributes chewiness to baked products like bagels.



Why does gluten make some people not feel well or altogether sick? The exact causes of Celiac disease are unknown, but it is thought that the disease is autoimmune in nature. The villi of the small intestine overreact to the presence of gluten molecules and become flattened. This leads to mal-absorption of nutrients and the laundry list of other complications and side effects associated with the disease.

So what is there to eat? As mentioned before, vegetables, fruit, meat and dairy are still huge factors in the diet. But most of us Americans are used to consuming starch and grains, and whole grains provide essentials of nutrition. But breads, desserts, pastas—these are trickier. Labeling has come a long way, and there are many products vying for attention. Grains, flours, starches and thickeners that are safe for Celiacs and wheat allergies include:

- Corn, grits, polenta and cornmeal
- Buckwheat, buckwheat cereal, kasha (toasted buckwheat) and buckwheat flour
- Rice- white, brown, risotto, basmati, jasmine, sticky rice, rice cereal
- Rice flour- white rice, sweet (glutinous) rice and brown rice flour
- Quinoa, quinoa cereal flakes, and quinoa flour
- Millet and millet flour
- Sorghum flour
- Amaranth and amaranth flour
- Certified gluten-free oats and oatmeal (oats are often processed in facilities with gluten-containing flours and can be cross contaminated—makes a difference for CD folks)
- Coconut flour
- Teff flour
- Nut meals and flours- almond, chestnut, pecan, cashew
- Chickpea, garbanzo, soy and bean flour
- Tapioca (whole) and tapioca starch (manioc)
- Potato starch (used in baking)

Potato flour (used sparingly as a thickener)
 Sweet potato and yam flour
 Arrowroot starch
 Cornstarch
 Xanthan Gum

There are also a plethora of pre-made products that are gluten free. Manufacturers know how important it is to the truly gluten intolerant and they have gone as far as to label things like yogurt “gluten-free.”

The truth is, gluten or wheat intolerant folks must become expert label readers. Gluten is sneaky, and hides in all sorts of foods, like soy sauce, sausages, beer, salad dressings, flavored vinegars, stock cubes and powders, some frozen desserts, flavored yogurts, flavored and blue veined cheeses, communion wafers, imitation meats, and more. The offending ingredients may not be obvious and might be gluten free, but unless the package states that it is, Celiacs shouldn't eat it. Some of those mystery ingredients are: modified food starch, hydrolyzed vegetable protein, (HVP), hydrolyzed plant protein (HPP), brown rice syrup, textured vegetable protein (TVP), and vegetable gum. Gluten-containing fillers may be in both prescription and over the counter medications. If in doubt, don't be shy about contacting manufacturers.

Cooking & Baking Tips

Making baked goods, sauces, and gravies from scratch may strike fear into the heart of the new gluten-free cook. The last few years have seen a remarkable expansion in the GF cookbook world, and many of them are vegan or vegetarian to boot. Getting familiar with a few essential ingredients and finding your preferred flours (almost anything these days is getting ground up into a GF flour—but they all have their particular flavors and densities) or pre-made flour mixes will help. Glutenfreegoddess.blogspot.com offers great tips and recipes. She recommends several varieties, and I've had good luck personally with

Bob's Red Mill. Making your own flour mixes is simple, and again, Bob's Red Mill can fill most flour needs. Shop around to find what you like.

Simple All Purpose Baking Mix

Combine:

1 part sorghum or brown rice flour
 1 part cornstarch, tapioca starch or potato starch
 1/3 part almond meal, buckwheat flour, millet flour or quinoa flour
 3/4 teaspoon xanthan gum per cup of flour mix
for a self-rising mix:
 1 cup unleavened gluten-free flour mix
 1 1/2 teaspoons baking powder
 1/2 teaspoon salt

Mess around with flours all that you like—try teff, amaranth, quinoa, and garbanzo bean. Only by experimenting will you find tastes and formulas that work for you.

Thickening sauces and gravies is simple with white rice flour, arrowroot powder or cornstarch—which chances are you were using anyway. Don't overcook GF pastas, as they tend to get soggy. Bread is easiest to buy pre-made. There are great options and learning to bake GF bread is a discipline. Gluten-free living is a lifestyle, and one that gets easier with practice and the emergence of new products. Explore; get excited about all the amazing foods you probably never would have eaten otherwise!

Travel & Eating out

Eating outside your home can present challenges for the true Celiac. Especially if your diet is limited in other ways, such as allergy to soy or dairy (common in those with CD), or a choice to also be vegetarian. But it's possible, of course, with reliance on good old fruits and vegetables. Simplicity is key. Salads, ordering meat without sauces, plain sautéed vegetables. Traveling in some countries GF will be easy—others a challenge of epic proportions. The website www.celiactravel.com offers printable cards in many languages to simply explain what CD is. The Web offers countless avenues of information, recipes, tips and tricks for living

and traveling gluten or wheat free.

Whether you are new to the gluten-free lifestyle or an old hand, there are exciting new products hitting the shelves every day. Many of them are vegan and soy free, so there's flexibility for those choosing more limited diets. The Co-op is dedicated to serving this growing population of people who must be more mindful about what they eat. Check the New Products page of this newsletter for several new GF items, and try the recipes we include, also GF. Knowledge and awareness about food and its impact on the body is ever expanding, and we're here to help guide you to those companies and products that are pioneering new ways to eat.

Quinoa Salad w/ Lime & Mint

From glutenfreegoddess.blogspot.com

This is an easy, protein-packed summer salad that is reminiscent of tabbouleh. Try with red quinoa for great color.

Ingredients

1 cup dry quinoa
 2 tablespoons fruity extra virgin olive oil
 Juice from 2 limes
 2-3 fresh mint sprigs, leaves removed and chopped
 2 tablespoons chopped fresh cilantro leaves or parsley
 Sea salt and fresh ground pepper, to taste
 A handful of sweet and ripe cherry or grape tomatoes, quartered
 2 tablespoons diced red onion- or use 2 chopped scallions
 1 garlic clove, minced

1) Bring quinoa and 2 1/4 cups salted water to a boil. Cover, reduce heat to low and let cook until water is absorbed.

2) Mix remaining ingredients in a large bowl. Add cooked quinoa and toss. Taste test and adjust seasonings to taste. Cover and chill - the longer, the better. In fact, this salad tastes better the second day - so plan ahead and make it the day before

Makes 4-6 servings.



1355 Exchange St. Astoria OR 97103

Astoria Co-op Calendar of Events

- Thursday August 26th** - Owner Recognition Day 5% Off All Purchases
- Thursday August 26th** - Board of Directors Meeting 6:30PM, Food Tasting 4:30PM
- Saturday & Sunday August 28-29th** - Bonus Owner Recognition Weekend! 10% Off All Purchases!
- Saturday September 11th** - Owner Recognition Day 5% Off All Purchases
- Thursday September 23rd** - Owner Recognition Day 5% Off All Purchases
- Thursday September 23rd** - Board of Directors Meeting 6:30PM, Food Tasting 4:30PM
- Saturday October 9th** - Owner Recognition Day 5% Off All Purchases
- Thursday October 28th** - Owner Recognition Day 5% Off All Purchases
- Thursday October 28th** - Board of Directors Meeting 6:30PM, Food Tasting 4:30PM
- Saturday & Sunday October 30-31st** - Bonus Owner Recognition Weekend – 10% Off All Purchases!

Hear Ye! Hear Ye!

Food Tasting

Don't miss our food tasting events every 4th Thursday starting at 4 pm. We will be sampling new products and dishes prepared from ingredients available at the Co-op. The board of directors invites you to stick around and attend board meetings starting at 6:30 pm.

Owner Recognition Days

Owner Recognition Days are every second Saturday and every fourth Thursday of the Month. Members enjoy an additional percentage off all store purchases these days!

- | | |
|------------------------|-------------------------------|
| -Aug 26th | -Sept 23rd |
| -Aug 28th (10%) | -Oct 9th |
| -Aug 29th (10%) | -Oct 28th |
| -Sept 11th | -Oct 30 & 31 (10%) |