

BUYING POWER: LINK MATCH • ALL THE SMALL THINGS • WOODEN NICKEL

MORSEL

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Summer 2019



FREE

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Summer 2019

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{CO-OP THROW BACK}

This photo shows Patrick Sweeney sharing his insights on compost making at the original Co-op Farm Tour in June 2003. Patrick grew 80 different crops on 3 acres on his farm on Green Ridge Road about 5 miles outside Carbondale. Along with Steve Smith, Patrick was a pioneer in Southern Illinois as he grew food without chemical pesticides, herbicides and fertilizers, choosing instead to enrich the soil with compost, cover crops, organic fertilizers and mulch. With the implementation of national organic standards in 2003, Patrick decided that certification was too burdensome and costly and chose to use the term "ecological" to describe his practices. He sold his produce at the Carbondale Farmers Market and at the Co-op from 1984 until his death 10 years ago.

MORSEL

A QUARTERLY PUBLICATION OF
NEIGHBORHOOD CO-OP GROCERY

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EDITORIAL POLICY

Morsel is a quarterly magazine produced by Neighborhood Co-op as a means to share news from the Co-op, promote local food, celebrate the seasons, and inspire our owners and patrons to enjoy a healthy lifestyle full of delicious and nutritious food. The views expressed in Morsel are the authors' and do not necessarily reflect those of the Co-op's directors, staff, or ownership. Health and nutrition articles are for informational purposes only and do not constitute medical advice.

SUBMISSION POLICY

Morsel accepts submissions on an ongoing basis. Letters, articles, artwork and ideas are all welcome! We reserve the right to edit content for brevity and clarity. Please send inquiries and submissions to amy@neighborhood.coop.

OUR STORE

1815 W Main Street, Carbondale, IL 62901

Neighborhood Co-op is a cooperative grocery store owned by members of our very own community. Most of our staff are even owners! We are a founding member of the National Cooperative Grocers, a network of more than 200 cooperative grocery stores all across America. We combine our buying power to bring you the best food at the best value while staying locally governed. We work hard to support our community and improve our local food system.

OUR MISSION

Neighborhood Co-op Grocery aims to serve the needs of its owners and patrons by providing wholesome foods, economically, in the cooperative tradition and in ways that best promote the health of the individual, the community and the earth.

BOARD OF DIRECTORS

Generally, meetings are held in the Co-op Community Room once a month at 6p.m.

Margaret Anderson

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Kristy Bender

Susan Barry

Leslie Duram

Lauren Bonner

Jak Tichenor

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ECO PRINTING

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Sales & Events

at the Co-op

July

29

Junior Chef Program

July 29 - Aug. 2, children 8-13 years old learn basic cooking skills while having fun. (Must RSVP)



August

7

Wellness Wednesday

10% off all wellness items!

24-25

Owner Appreciation Weekend

Owners get 10% off their entire purchase this weekend!



Sept.

4

Wellness Wednesday

10% off all wellness items!

14-15

Co-op Farm Crawl

Neighborhood Co-op's annual Farm Crawl is a fundraiser where farmers in our region open their properties and allow folks to learn about what they do. (Tickets go on sale Sept. 1, 2019)



25

Red Cross Blood Drive

The Co-op will be hosting a blood drive with the Red Cross. Donations will be taken from 2pm-6pm in front of the Neighborhood Co-op.

BOARD MEETINGS

Co-op Community Room • 6pm

Monday, August 26

Monday, September 23



GENERAL MANAGER'S REPORT



FRANCIS MURPHY

Link Match

Last year the Co-op received a \$20,000 grant from Experimental Station, an Illinois not for profit, to provide a monetary incentive to individuals with Link (food stamps) cards for purchases of local produce. We are always looking for ways to make shopping more affordable and inclusive of our entire community, so we were delighted to receive this grant, which allowed us to offer healthy incentives to customers and help local producers as well. This program, dubbed Link Match, has been re-started this year albeit at a slightly lower funding level. Looking forward to next year, I recently pledged a \$5,000 matching cash contribution to the Link Up Illinois Link Match program, during the grant period, 2020-2021, to be used for Link Match nutrition incentives. We are also beginning to explore ways that customers can contribute to this program, including "rounding up" at the cash registers.

Bill Gessner

I don't think many people in Southern Illinois knew Bill Gessner, but he had an outsized impact on my development as a co-op General Manager and consequently on Neighborhood Co-op. Bill was the original co-op consultant and in 1991 founded Cooperative Development Services (CDS). I met Bill in 1994 when I was the General Manager of Deep Roots Market in Greensboro, North Carolina, and shortly after, with his guidance, several other co-op managers and I created the Southeast Cooperative Grocers Association.

Bill was also an advisor to the Cooperative Grocers Association Midwest, which I joined with his support when I became general manager of Neighborhood Co-op in 1998. He was also was part of a respected co-op team that put together the initial proposal for

the current generation of food co-ops' first unifying body, the National Cooperative Grocers Association, and was a key part of the team that led the successful reorganization in 2004.

Several years later, upon Bill's induction to the Cooperative Hall of Fame in 2012, Bill was described this way: "Loyal, loving, generous, unassuming, humorous, playful, even quirky. Thoughtful, visionary, patient, determined, incredibly strategic."

Bill twice led strategic planning retreats for Neighborhood Co-op boards, in 1999 and 2003. The 2003 strategic planning session led directly to the Co-op's relocation in 2005-2006. Bill's four stage model for expansion/relocation projects along with other tools like his sources and uses budget gave me the theoretical framework to lead our co-op through our audacious move to our current store. Along with countless others, I wouldn't be doing what I am today without Bill Gessner's support.

Bill died in January after suffering a stroke last November. At his memorial service in Minneapolis in May, the "North Dakota Zen master" was lauded by folks from the three different communities he touched: co-ops, singer songwriters, and tennis buffs. A Bill Gessner Memorial has been established to further his cooperative work and legacy. To learn more and to contribute, visit <https://interland3.donorperfect.net/weblink/weblink.aspx?name=e332248&id=43>. Cooperative Development Foundation (CDF) will receive and manage contributions made to the Bill Gessner Memorial and will disburse them for purposes of co-op education and development.



New book celebrates SIU's 150th anniversary

by **Jak Tichenor**

"I think universities are like families," says John Jackson, Ph.D. "They need a narrative of who they are and where they've been in order to understand and plan where they're going, they need to celebrate these milestones just like a family and an individual celebrate birthdays and anniversaries."



A visiting professor at the Paul Simon Public Policy Institute, and a former SIUC chancellor, Jackson spent three years working with 35 writers and other contributors to complete *Southern Illinois University at 150 Years: Growth, Accomplishments, and Challenges*, a 357-page coffee table book with more than 300 photographs and illustrations published this spring by the SIU Press. The book was commissioned by the Office of the Chancellor to celebrate the University's 150th anniversary in 2019.

The new volume traces SIU's history from 1869 to present, but is largely devoted to the life of the University since 1969. "We had an ambition really to write a book about SIU, southern Illinois, and the state of Illinois" as well as "the transition of higher education in the United States and how being a major comprehensive research institution with significant graduate programs, law and medicine, puts us into the fairly rarified atmosphere of the top five or six percent of all universities in the nation."

Jackson, who arrived in Carbondale fresh from graduate school in 1969, thinks SIU is unique. "There are several other, a handful now, of major research universities in small towns, away from an urban center. I've actually taken a map and plotted those. None of them is nearly as far removed as we are from Chicago. Most of them are within an hour from the state capitol, or a major city. So we are really an outlier in terms of Carbondale being a small city in a sparsely populated area being 320-miles from the Loop."

He says the G.I. Bill helped fuel SIU's rapid growth following WWII. "After the war, the tide just burst open with all the G.I.'s coming back, and we transformed higher education into a mass system in a period of about 20-years. SIU caught that wave and rode it. We developed all kinds of highly attractive programs and we benefited mightily from it."

Jackson fully expects SIU will rebound from the recent budget impasse and enrollment decline and offered the following thoughts to help guide the next set of authors who will be tasked with charting the University's progress on its 200th birthday in 2069: "There is an institutional history and memory here, and it conditioned everything that you will be writing about, and I expect that it will be a great university still. I think it will be past the trials and tribulations, facing undoubtedly new challenges, but SIU will be here. It will be still be the sort of place where gritty determination in a tough environment still carries us through."

Southern Illinois University at 150 Years: Growth, Accomplishments, and Challenges is available for \$40 from SIU Press and is also available as an E-book.



Above: Dr. John Jackson (L) discusses the new SIU at 150 book with SIU alumnus John Patterson during a recent book signing in Springfield, IL

• Image of the book cover is courtesy of the SIU Press.

COMMUNITY CONNECTIONS

Our second quarter **Wooden Nickels** recipients are **The League of Women Voters** and **Carbondale New School**



The League of Women

Voters is a non-partisan, politically active organization, open to men as well as women. They have been active in the community and county since the late 1920s. The League's goal is to stimulate public discussion of current issues and to promote participation in elections. They do the latter by registering voters, holding candidate forums and publicizing election awareness.

The goal of the League of Women Voters is to empower citizens to shape better communities worldwide.

Carbondale New School (CNS) is a progressive, independent, not-for-profit private school for students from Pre-K through eighth grade. The school started 1974 when a small group of dedicated, determined, and visionary parents founded CNS.

Carbondale New School provides quality, student-centered education that inspires confidence and a lifelong love for learning. The school works with student's unique abilities and learning style within an inclusive and supportive community that values the intelligence, worth and creativity of all children. CNS empower children with knowledge, skills, compassion and a sense of responsibility for self and others. These are values that CNS families take with them into the local community and beyond.

Visit neighborhood.coop if you know of an organization that could benefit from our program.



Feed Your Neighbor 5K

The annual Co-op 5K run/walk was on Friday, April 26. Although the weather was far better this year than last, we had a slightly smaller number of participants with 145 people (compared to 160 last year) running the course. However, Amy Dion, the Co-op's Brand Manager, and her team of volunteers broke last year's record amount of total money raised, \$3,600, with a total this year of \$3,800, which was donated to Good Samaritan House in a "big check" presentation on May 30.







WHY DOES ILLINOIS NEED THIS PROGRAM?

Creating more farmers markets and promoting shopping in co-ops in underserved urban neighborhoods and rural towns across Illinois has made healthier foods available to more people.

But SNAP recipients were previously not able to use their Link cards to purchase fresh produce at markets and co-ops. In order to make these foods accessible, markets and co-ops needed electronic benefits transfer (EBT) systems that allowed customers to use their Link cards. In addition, the higher prices of local produce made it more difficult for SNAP recipients to afford. The Link Up Illinois Link Match incentive program has bridged the gap, allowing SNAP recipients to use their Link cards to purchase local produce, as well as providing matching funds to help individuals stretch their dollars and purchase more healthy foods for their families.

HOW DOES IT WORK?

When a Link participant shops at Neighborhood Co-op Grocery and uses their Link card, they can earn up to \$25 per day toward the purchase of local fruits and vegetables. Link Match benefits are matched dollar for dollar on the first \$25 spent with a Link card. Link Match dollars collected at the Co-op can then be used to buy local fruits and vegetables from the Co-op.

"The Link Match program was such a blessing, being given the opportunity to have more fruits and vegetables from local farms is a win win for everyone involved. I particularly enjoyed the local mushrooms and micro greens, as well as peppers and winter squash. The program allowed me to use my Link dollars on other food staples and allowed for more fresh vegetables and fruits."

**- Neighborhood Co-op
Customer/SNAP user**



All The Small Things

by Sarah Tezak

Summer rides into southern Illinois on a chariot overflowing with creepy crawling critters, bringing itch and fear. Most share disdain for ticks, mosquitoes and chiggers, but we need to remember that without all of the bugs, we wouldn't have the wonderful assortment of lizards, frogs, birds, and on up the food chain. Often people focus on problematic species, watching out for copperheads, brown recluse spiders, and avoiding tall grass. Less often discussed are the plentiful critters that do a service in our yards and forests without posing harm. When I am frustrated by the tick on my leg, I remind myself of the turkeys in the woods. Our thriving diverse ecosystem is uncommon and amazing: be sure to know what role species play before fear or frustration takes hold!

Bees and wasps have an indisputable role in garden ecosystems: without them, many fruits would not bear. Generally speaking, bees provide pollen and nectar for their larvae, while wasps provide insects to their young. Bees have hairs to collect pollen of squash and many other flowers, and many species live in the ground. Honey bees get a lot of

press, but our native bees have been pollinating this region long before the honey bee was brought to this continent in the 1600s. Wasps and other parasite larvae such as hornworms and cabbageworms (look for white fuzzy egg masses on their backs), fill nests with insects. Even mud daubers keep you safe, as they feed their young black widows and other spiders. Most are not aggressive without reason, and I have many resident daubers to prove it! Unless you have allergies or anger a nest of social members of this family, they will likely leave you be.

Snakes instill fear in many people. We have venomous species in our area, but the majority of snakes you come across do more help than harm. King snakes are our best allies: immune to the venom of pit vipers, they habitually eat young copperheads. Rat snakes are just as common, and can grow to an impressive 6 feet long tree climbing friend. Both species feast on rodents and more in our gardens. Smaller species like garter snakes, hognose and green snakes dine on insects, small rodents, amphibians and larvae. Remember that even copperheads gorge themselves on rodents and cicadas, providing a service to the ecosystem as a whole. Cottonmouths are less common in this region,



and often non-venomous water snakes are mistaken for them due to their similar appearance. Keeping eyes open and distance between is generally the best way to let snakes do their jobs.

Summer nights are filled with a cacophonous chorus of amphibians, insects, mammals and birds. Frogs often dominate, especially if you live near water. Toads may be frog's less attractive cousin, but they burrow into soft garden beds and hunt all manner of larger insects and grubs. Frogs range from their watery homes, happily munching along the way. Amphibians are very sensitive to many chemical products, including deet and other pesticides, so use caution around our amphibious friends (especially if you like to hold them: they absorb through their skin).

Spiders are our (misunderstood) friends! Healthy gardens are full of wolf and funnel spiders. Wolf spiders can grow quite large, do not build webs, carry their young on their backs (quite a sight!), and eat grasshoppers and beetles that might munch your veggies. Funnel spider webs can be seen glistening in dewy mornings, trapping whatever small things may fall in. Both will live in unopened windows and dine on brown recluse spiders. Spider webs trap all manner of small insects, providing us a respite from some buzzers and crawlers when we allow them a home.



WOODEN NICKELS PROGRAM REDUCES WASTE, HELPS LOCAL NON-PROFITS

by **Greta Weiderman**

If you've shopped at the Neighborhood Co-op, you have likely noticed the boxes at the front of the store where we collect wooden nickels.

The Co-op stopped using plastic grocery bags years ago because of the devastating impact they have on the environment. Although we still provide paper bags for customers, we created the Wooden Nickels program to promote the best option – customers bringing their own reusable bags. Through this program, the Co-op donates the money saved on purchasing fewer paper bags to local charitable organizations that need financial assistance.

Here's how it works. Every time a customer uses their reusable bags to hold their groceries, they receive a wooden nickel. They then put the nickel in the box that represents the local non-profit that they want to support. Each quarter, the Co-op supports two organizations, and the donation amount is capped at \$250 for each. Cash that customers put in the boxes is also donated.

We encourage local non-profits to apply to be a recipient of the Wooden Nickel program by filling out a donation request form on our website. Throughout the year, we will review applications and notify organizations if they are selected. Please note that we only support an organization itself and not events.



Left Photo: Chris Neville, Produce Manager, has some fun handing off a check to Illinois Climbers Assoc. Right: Amy Dion, Brand Manager, gives a check to Southern Illinois Modern Widows Club.

BY THE NUMBERS



Time it takes one plastic bag to fully degrade



Number of plastic bags produced worldwide each year



100,000

Number of marine animals killed each year due to plastic bag production



46,000

Number of plastic pieces in every square mile of ocean

Source: Greener Ideal Website

PLEASE DON'T TAKE OUR NICKELS!

Please do not remove the wooden nickels from the store. Money spent replacing the nickels is money that can't be donated to local charities. Holding on to nickels to save up for your favorite charity is not necessary. By the end of each quarter, enough nickels are collected to meet the maximum donation for each charity. If you know of an organization that you feel would be a good candidate, encourage them to submit an application form.



WHY ARE PLASTIC BAGS SO BAD?

More governments are passing laws to ban or tax plastic bags. More businesses are charging customers for bags, providing environmentally friendly alternatives, and creating reusable bag programs. The goal is to protect the planet.

Plastic bags may be recycled or reused, but most are used only once and end up in landfills or polluting the environment. They are not biodegradable and have negative long-term effects. The biggest problems with plastic bags are:

1. Harm to Wildlife

Plastic bags get into soil and slowly release toxic chemicals that are ingested by wildlife. Many animals eat plastic bags, which causes intestinal obstructions and leads to a slow and painful death. Sea turtles often mistake plastic bags for jellyfish. Researchers from the University of Queensland in Australia determined that 52 percent of the world's sea turtles have eaten plastic debris.

2. Environmental Damage

Plastic bags that make their way into rivers, lakes, or oceans never completely biodegrade. Instead, they break down over and over again into smaller and smaller pieces, eventually becoming "microplastics." These pieces of plastic are less than 5 millimeters long and cause problems for wildlife and the ecosystem as a whole.

3. Clogged Sewage Systems

Runoff water carries discarded plastic bags into storm sewers, where they clump together with other garbage and block the flow of water, preventing water from properly draining and flooding roads.

4. They are Ugly

Plastic bags strewn throughout a park floating down a river ruin the view and are a reminder of their negative environmental impact.

Source: Greener Ideal Website



Value Shopping in the Co-op Deli

by Jason Hull

At Neighborhood Co-op, we aim to serve the needs of our owners and patrons by providing wholesome foods economically, and in ways that best promote the health of individual, community, and the earth. Providing access to affordable, healthy food is just one way the Co-op serves our community. As more consumers report using prepared foods to supplement their cooking, we strive to offer meal solutions that adhere to those core principles. Whether you are looking for a quick lunch or feeding a crowd, the Co-op Deli offer fresh great tasting options for any budget. Programs such as Co-op Basics and Daily Deals make value shopping at the Co-op simple. And with a little planning, your shopping can be both convenient and affordable. Here are few tips to make every trip to the Co-op an opportunity to save money on great prepared food.

MEAL BUILDING

The Co-op Deli has everything you need to build creative meals and bring excitement to the dinner table without breaking your budget. We even organize the cold case by culinary tradition or region to take some of the guesswork out of the equation. If you're in the mood for Mediterranean, take home some of our Lamb Meatballs, a generous helping of Lebanese Salad, and some Cucumber Tomato Salad for a meal your family will love. Americana more your style? Try a plate of our Wild Alaskan Salmon Cakes, a few Creole Roasted Yams, and some Poppy Seed Cole Slaw for a quick heart healthy meal.

For the vegetarian and vegan shopper, we offer fantastic options to satisfy the palate and save a few bucks. Our Cilantro Ginger Tofu and Gingered Peanut Tempeh Pasta are perfect launch points if you enjoy Thai food. Throw in a few servings of Spicy Thai Noodles or Emerald

Sesame Kale and you'll be set! Another great place to start is with some of our homemade Baked Tofu. Then, just add matching side dishes from the deli to build a great meal.

Try these Deli combinations to feed a family for under \$6 per person. And don't forget a few Neighborhood Wheat Rolls to tie it all together!

- Hot 8-piece Roasted Chicken + Calico Bean Salad (1 lb) + Marinated Red Beets (1 lb)
- Blackened Chicken Breasts (2 lbs) + Chipotle Aioli Potato Salad (1 lb) + Dale Broccoli Salad (1 lb)
- Spicy Thai Noodles (2 lbs) + Emerald Sesame Kale (1 lb)
- Wild Alaska Salmon Cakes (4 each) + Nutty Raisin Millet Salad (1 lb)

DAILY DEALS

The Daily Deals program offers deep discounts on select items each day of the week to make your next meal a great value. Enjoy lunch on Mumbai Mondays at our expanded hot bar with amazing Indian cuisine for a low price of just \$6.99 per pound. Hot pizza slices are on sale every Tuesday with our 2 for \$5 Daily Deal. Treat your family to a hot roasted Springer Mountain 8-piece chicken for just \$7.99 every Wednesday. On Thursday Dinner Nights, get a meal for just \$5 per person between 4 and 8 p.m. Our Friday Night Special includes a made-from-scratch 12-inch freshly baked pizza for only \$10.99. And on the weekends, come in to the Co-op deli for a hot meal for just \$5.99, including an entrée and two sides.

QUICK MEAL OPTIONS

If you are in a hurry or on your lunch break, the Co-op deli offers plenty of quick easy meals for the value-minded consumer. Our newest deli program, the Cold Case Combo, is built around this premise. Choose either three or four items from the deli cold case to build a take-out meal with your favorite items for a single low price. Looking for a hot meal for lunch or a quick dinner? Try our hot bar combos for healthy, convenient meals to go. Our Rice, Beans, and Greens Meal includes any three hot bar side dishes for just \$4.29 with daily selections including Organic Cuban Black Beans, Roasted Summer Squash, and Coconut Curry Kale. The Co-op also offers \$1 off each cup of hot soup with the purchase of a sandwich or wrap from the deli.



FOR A CROWD

Whether you are planning a picnic to Giant City or feeding your neighbors at a block party, the Co-op Deli brings healthy affordable solutions to your fingertips. Our take-out menu features everything from hot entrees to party platters and desserts for large groups, all made with pure all-natural ingredients. Just grab a take-out menu at the Deli or online at www.neighborhood.coop/departments-deli and give us a call so we can help make your next gathering a little easier.

Get enough hot pasta to feed a party of 12 with a Classic Four Cheese Lasagna for less than \$3 per person. Our Zucchini Feta Bake and Ratatouille are great for the vegetarian crowd. We even have fantastic vegan selections like Jamaican Jerk Tempeh, Roasted Leek and Carrot Tempeh and Green Curry Vegetables! Salads and side dishes are available for crowds, as well. Pick up a batch of our King Kale or Wild Rice Tofu Salad for your next potluck for under \$3 per serving. You can tell everyone it's your own secret recipe. We promise not to tell.



Co+op Explorers

Down on the Farm

Kids love farms. There is no doubt about it.

So take your children to tour area farms during the Neighborhood Co-op Farm Crawl Saturday, Sept. 14 and Sunday, Sept. 15. You will see a mushroom farm, animals, orchards, flowers, strawberries, and even go on a wagon ride!

During this event, families will be able to tour local farms, meet farmers, see demonstrations, and learn how farms operate. Farmers will share the history of their farms, and children will learn about the crops, livestock, and business of farming.

Touring a farm will help your children understand where their food comes from and the importance of supporting local farmers.

Not only is it a great opportunity to learn, but the Farm Crawl is also a fundraiser for Food Works, non-profit organization that helps develop a regional food economy in Southern Illinois.

Car passes will be available for purchase at the Co-op starting Sept. 1. The event is a self-guided tour, and each pass will provide access to each of the farms for two days!

Get them excited!

Start talking about the farm crawl now, and give your kids something to look forward to.

Here are a few ideas:

1. Read them books about farmers and farms.
2. Explain that farms are where their food comes from.
3. Talk about the types of crops and animals they may see.
4. Cook some dishes using these foods.
5. Tell them they will get to meet a real farmer.
6. Explain the science behind plant growth.



Fresh Berry Cobbler

The classic cobbler is a perfect vehicle for your beautiful berries. If you don't have time to fuss with a pie crust, this is a good alternative, since the topping is simply stirred together and dolloped on. Just bake until bubbly!

Ingredients

5 cups berries, washed and dried
1/2 cup sugar, divided
1/2 cup whole wheat pastry flour
1/2 cup unbleached flour
1/4 cup sugar
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 large egg
3/4 cup plain Greek yogurt, fat free
1/4 cup butter, melted

Preparation

Preheat the oven to 375 degrees F. Butter a 9-inch square baking pan. Spread the berries in the pan, and sprinkle on the first 1/4 cup of sugar.

In a medium bowl, stir the whole wheat pastry flour and unbleached flour, remaining 1/4 cup sugar, baking powder, baking soda, and salt. In a medium bowl, whisk the egg with the yogurt, then whisk in the melted butter. Stir the yogurt mixture into the flour mixture, just until combined. Spoon by 2 tablespoon-sized dollops over the fruit, covering the fruit evenly.

Bake for 35-40 minutes, until bubbly and golden. Let cool for five minutes before serving. Add a scoop of icecream for cool summer treat!



Cooperation Among Cooperatives ...and Mushrooms!

by *Hannah Byers*

Mushroom teas and supplements have been increasing in popularity. Mushrooms have long been known as a low calorie, low fat, nutrient dense source of protein and fiber, but new research is finding a slew of other health benefits. Mushrooms are high in antioxidants and are a great way to boost your immune system. In addition, they support longevity, improve digestion, and have potential to aid in weight loss.

Southern Illinoisans are not only privileged to live in an area with a plethora of wild mushrooms, but we also have access to some extremely high quality, locally grown mushrooms. Neighborhood Co-op staff recently hosted visitors from Common Ground Food Co-operative in Urbana, Illinois. Together we visited a handful of local farms, including Countrysprout Organics and Dayempur Farm. We also visited Flyway Family Farm, which is a gourmet mushroom farm located near Makanda.

Flyway Family Farm produces edible gourmet mushrooms and mushroom tinctures. They start their mushrooms as pure cultures under sterile laboratory conditions. The mushrooms are then grown indoors under complete environmental control on sterilized sawdust substrate. This creates a consistent product and provides a prolonged growing period. The end product is essentially a bug-free and spray-free fungi clear from debris, unlike some of their outdoor counterparts.

Our visitors were impressed by the farm's "giant mushroom wall," and the professionalism of the farmers, and the processes they use to create their fungi and products. They loved how inviting the farm was and enjoyed the account of the evolution and history of the farm that owners Michael and Jessica Hatfield provided. At the Co-op, we are proud to carry Flyway Family Farm products, and enjoy working with such great local producers.

The Common Ground staff were also extremely excited to hear firsthand about the Farm Crawl our Co-op hosts annually. Michael and Jessica had many good things to report about their involvement with this event. The folks both at Flyway

Family Farms and at Common Grounds expressed enthusiasm about how this event connected farms to the community, the community to the Co-op, and the Co-op to local farms. They are considering following our lead and starting a farm crawl in and around Urbana!



Mushrooms are Exceptional Cooperators Too!

While researching her doctoral thesis, an ecologist named Suzanne Simard made a shocking discovery. Trees communicate through a fungal information superhighway. You read that right, trees actually communicate with each other and other plants. Further research has shown trees and plant life send warning signals about changes in their environment, search for kin, and can even transfer their nutrients to neighboring plants before they die. Simard refers to forests as "cooperative systems." Underground, a network of tiny strands of fungus called mycelia is used by trees and plants to transfer chemical signals to surrounding flora. Mycelia is different from

the fruiting body of the mushroom, which actually serves as the reproductive component and contains spores. The more we learn about the amazing intricacies of plant and fungal life the more our attitudes and engagement with them change.

Not only are mushrooms essential to many ecosystems, they are also useful as medicine for humans. Mushrooms have been used to treat ailments in mankind throughout history. Modern science is continuously discovering new, amazing, information about mushrooms and their biomedical capacities.

If you are interested in more information about the use and availability of edible or medicinal mushrooms, please contact the Co-op Wellness department staff or Flyway Family Farms!

As with all supplements, check with your doctor before you start using any medicinal mushroom products. Some mushrooms may have adverse interactions with other medicine, or come with unwanted side effects.

ROASTED TOMATO SALSA WITH HOMEMADE CHIPS



Total Time: 25 minutes
Servings: 4

INGREDIENTS:

4 large tomatoes, halved
3 large jalapeños
4 cloves garlic, peeled
1 large onion, cut in 8 wedges
3 tablespoons olive oil, divided
1 1/2 teaspoons salt, divided
1 teaspoon ground cumin
1 1/2 teaspoons smoked paprika, divided
1 tablespoon fresh lime juice
1/4 cup fresh cilantro, coarsely chopped
6 corn tortillas

INSTRUCTIONS:

Roasting the tomatoes, garlic, onion and jalapeños in this salsa gives it a rich, smoky, concentrated flavor. Perfect with homemade tortilla chips or your favored Mexican fare.

Preparation

Position the top oven rack 6 inches below the broiler, and turn broiler on to high.

Place vegetables on a large sheet pan with a rim and drizzle with 2 tablespoons olive oil. Toss to coat, then sprinkle with 1 teaspoon salt. Broil for 5 minutes, remove pan from the broiler. Turn the vegetables over, and return to broil for about 5 minutes longer. When vegetables are blackened and soft, transfer the pan to a cooling rack. Once vegetables are cool enough to handle, remove stems and seeds from the jalapeños, and place the peppers in a food processor bowl. Add remaining vegetables and juices from the pan, and puree coarsely. Transfer to a bowl and stir in the cumin, a half-teaspoon smoked paprika, lime juice and cilantro.

To make the chips, heat the oven to 350°F. Cut each tortilla into 8 wedges, drizzle with remaining olive oil, toss to coat, then sprinkle with remaining salt and paprika and toss again. Spread on two sheet pans and bake for 12 to 15 minutes, rotating the pans halfway through. When the chips are lightly browned and crisp, cool on pans on racks. Serve chips with the salsa.

What's New at the Co-op



Darista Dips

Ready to put some hip in your dip? Darista Dips are packed with bold, earthy ingredients and deliciously complex spice blends that are sure to be a party for any palate! Darista Dips start with fresh, raw ingredients — from grating fresh ginger, to roasting beets to give you the healthiest and tastiest dip you'll ever dip a chip (or spoon) into. They source the finest ingredients to give each dip a worldly and memorable twist. Flavors: Gooley Chocolate Espresso, Moroccan Carrot, Roasted Red Pepper, Roasted Beet, Sweet Potato Coconut Curry, and Za'atar Traditional.

Fun fact: Veggies make up more than 50% of each veggie dip! Explore and enjoy the variety without additives or preservatives.

Seeds of Change



NEW organic Simmer Sauces are the perfect way to add a variety of flavors to your meals. The certified organic sauce mix makes for an easy way to add zesty punch to meats or veggies. Easy to use in a wide range of recipes. For example: Sauté your favorite meat, fish or tofu until done. Then add sauce, cover, and simmer for 10 minutes. Flavors: Sesame Ginger Teriyaki, Tikka Masala, Mushroom, Sweet & Sour, and Taco Roasted Chipotle.

- Certified organic and free of artificial colors, flavors and preservatives
- No partially hydrogenated oils
- No-mess, easy-pour pouch
- Use 1 pouch of sauce for 1 lb. of protein
- Each 8 oz. pouch serves 4 people

Poshi



The fresh, exciting flavors are held together with the warm richness of the best olive oil. From the first taste, you're hooked on the crunchy, rich tanginess. You'll never believe how low in calories they are! Each bag contains only real food – the best vegetables, high quality olive oil, and natural flavor. That's it. That's all. Just pure, simple and 100% real nutrition straight from nature to the bag. Poshi Marinated Vegetables aren't just for snacking. They'll bring a boring salad to life, give a flavor boost to pasta, or make your pizza pop.

At Neighborhood Co-op Grocery, we take the guesswork out of shopping for quality natural foods. We have purchasing guidelines to help our buyers select products that meet our high standards. These standards help us provide our community with delicious, wholesome foods that are natural, local, organic, fair trade, humane, minimally processed, minimally packaged and non-GMO/labeled GMO.



Neighborhood Co-op Grocery
1815 West Main Street
Carbondale, IL 62901



Neighborhood Co-op Grocery Farm crawl

Saturday & Sunday, September 14 – 15, 2019

Visit, learn and take tours of local farms in the southern Illinois area.
Tickets go on sale in September 1! Proceeds to support Food Works.

