

Tomato Fertility Rites • What's Eating You? • Farm to Table • Summer Salads

MORSEL

neighborhood.coop

July - Sept. 2023



FREE



MORSEL

A QUARTERLY PUBLICATION FROM NEIGHBORHOOD CO-OP GROCERY

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Generally, meetings are held in the Co-op Community Room once a month. Contact the Board at: boardlink@neighborhood.coop

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 info@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.

QUESTIONS/ADVERTISING

Contact us at 618.529.3533 or info@neighborhood.coop.

ECO PRINTING

This magazine was printed by ModernLitho. They are certified to the Sustainable Forestry Initiative® (SFI®) and by the Forestry Stewardship Council® (FSC®) for their efforts in utilizing papers originating from a sustainable, ecological source and for maintaining rigorous processes, procedures and training to ensure their standards of excellence and environmental responsibility.



Co-op Throwback



What's Inside

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Use seasonal produce for sensational salads

All Seasons

While there are no formal connections between the subject of the GM's article in this issue and the Co-op, we certainly have sold a lot of local tomatoes over the years, including these beauties from All Seasons Farm.

Sales & Events

at the Neighborhood Co-op

JULY

National Ice Cream Month *Cool off with Summer treats*

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

5

Wellness Wednesday

10% off all wellness items

All Month

Link Match

Double your money on local fruits and vegetables

2, 9, 16, 23, 30

Saluki Sundays

All students with college ID get 10% off their purchase

AUGUST

Owner Appreciation Month *10% off coupon for any one transaction*

SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2

Wellness Wednesday

10% off all wellness items

All Month

Link Match

Double your money on local fruits and vegetables

6, 13, 20, 27

Saluki Sundays

All students with college ID get 10% off their purchase

SEPTEMBER

It's time for the Farm Crawl! *Learn about local food sustainability*

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

6

Wellness Wednesday

10% off all wellness items

9 - 10

Annual Co-op Farm Crawl

2 days of farm tours, all proceeds benefit Food Works

All Month

Link Match

Double your money on local fruits and vegetables

3, 10, 17, 24

Saluki Sundays

All students with college ID get 10% off their purchase

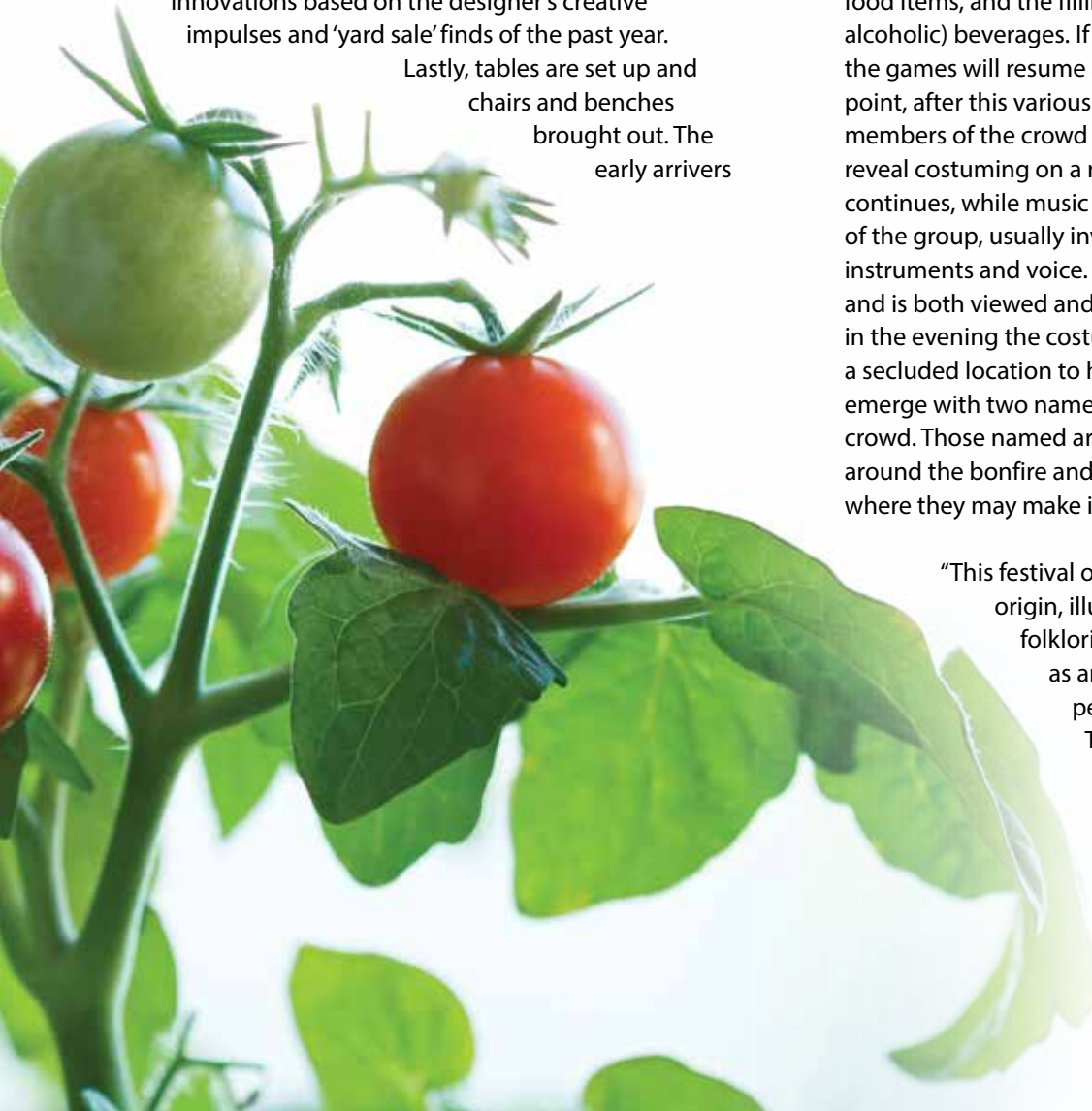
Tomato Fertility Rites

"On a Saturday afternoon sometime between mid-July and late August the final preparations are made. A rural location had been selected some time ago, with prerequisites being the availability of suitable playing fields and preferably a near-by pond. Wood is now gathered and the area is mowed, which usually requires a riding mower or tractor. The shrine is erected at some location near, but not directly within, the central activity area. It may include retained elements from previous celebrations, but will also contain innovations based on the designer's creative impulses and 'yard sale' finds of the past year.

Lastly, tables are set up and chairs and benches brought out. The early arrivers

(at about four o'clock in the afternoon) may assist with this and the erection of the playing equipment. As the participants gather, they contribute their food items to the table, usually consisting of either home prepared casseroles and desserts or fresh garden produce. The beginning of the festivities is relaxed and low-key, with conversation and a 'pilgrimage' to the shrine, followed perhaps by participation in the first games. At some point before the late summer dusk the feasting will begin, with the ladening of paper plates with food items, and the filling of cups with various (often alcoholic) beverages. If electric lights are available the games will resume as night falls, and at some point, after this various hither-to-indistinguishable members of the crowd take on or shed clothing to reveal costuming on a red theme. The socializing continues, while music is produced by some members of the group, usually involving a variety of stringed instruments and voice. With full dark a bonfire is lighted and is both viewed and tended by those nearest. Later in the evening the costumed participants withdraw to a secluded location to hold secret consultation, and emerge with two names, to the distinctive cheers of the crowd. Those named are ceremonially garbed, danced around the bonfire and then brought before the shrine, where they may make invocations for the coming year.

"This festival of the folk, although recent in origin, illustrates a number of interesting folkloric features, and may serve as an example of folk ritual and performance. It is known as the Tomato Fertility Festival, and occurs on an annual basis in the vicinity of Carbondale in the Southern Illinois region of the Midwestern United States."



The above was written 30 years ago by my wife, Julie Osborn Murphy, for an Anthropology of Folklore class (E. Maring 1993) at SIU-C. In her paper Julie demonstrates that the Tomato Fertility Rites include all of the six criteria integral to qualify as a true folk festival, according to anthropologists. At the time that this paper was written there had been 15 annual events. As I write today the 45th festival is less than a month away. It is a source of wonderment and delight that such an authentic folkloric festival, born here in southern Illinois, continues to this day. I appreciate the TFR community and all those folk who participate in this celebration of this wonderful season of tomato, having reigned as Tomato King in

2005-2006. As I like to say, "How many times in life does one get to do a full-throated chant (TO-MAH-TO) while dancing around a bonfire with one's friends and neighbors?"

May each and every one of you find your opportunities to celebrate the goodness of this season with all of your favorite vegetables and with your friends and neighbors throughout southern Illinois.



STORE SPOTLIGHT

Treat Your Mind *and* Your Body

Tomatoes are full of vitamins, minerals, and antioxidants. Daily consumption of tomatoes is said to protect your body against certain cancers, promote heart health, and support a healthy immune system.

It's time to treat yourself with some fresh tomatoes or find one of these delicious staff picks (mostly in aisle 2) to try soon.

Santhoshi's
Savory Tomato Chutney
(small batch)



Mezzetta
Truffle, Porcini & Cream Marinara



Organicville
Sundried Tomato & Garlic
Vinaigrette & Marinade



Mina Shakshuka
Moroccan Tomato Sauce



Truff
Pasta Sauces



Mediterranean Organic
Sundried Tomatoes



NEW
Co-op Seasonal T-shirts



What's Eating You?

by Sage Banks

The Gut Microbiome

Most of us know how to make healthy food choices for our body. How do we make healthy food choices for our brain? The solution might not be right under our noses, but under a microscope! We need to know more about the microbes that live in our gastrointestinal (GI) tract, how these microbes can become imbalanced, and how we can get them back on track.

We all have trillions of microorganisms in our GI system, which is referred to as our "microbiome." Our resident (colonized) microbes and their metabolites (byproducts) "talk" to our brain and nervous system and can lead to changes or imbalances in our mental health and mood.

Changes to the Microbiome

Stress, dietary changes, or antibiotic use can impact our microbiome. Dysbiosis (imbalance) in gut bacteria leads to increased gastrointestinal permeability or "leaky gut syndrome." Bacteria and their metabolites can easily cross into the blood stream. The body responds by releasing chemical messengers that trigger an inflammatory cascade.

Chronic inflammation in our gut negatively impacts our mood, increasing our chances of having new or worsening symptoms of stress, anxiety, depression, or memory loss. So how do we go about tending to our mental health through our gut?

Probiotics

Antibiotics, herbicides, and artificial sweeteners can impact our microbiome significantly. For example, when we take an antibiotic, the medicine kills off not only the "bad" bugs we are targeting but also the "good" bugs that help our gut and brain. Multiple studies have shown probiotics (good bacteria) can improve mood and decrease symptoms of anxiety and depression.

Probiotics are found in many food sources, such as cheese, yogurt, and kefir. Read the labels and select products with high levels of two or more strains of beneficial





bacteria. If you're taking a probiotic supplement, be sure to choose one that contains at least 25 to 50 billion per strain of bacteria.

Fermented foods, such as kefir, kimchi, kombucha, miso, sauerkraut, and tempeh, kill unwanted microbes in your gut, allowing the good ones to proliferate. Fermented foods are super nutritious and taste great!

Prebiotics

Prebiotics are the foods that help create a hospitable environment for good microbes in our GI tract. These healthy bacteria feast on the prebiotics we consume. Our "good guys" begin to die off without a healthy diet of fiber, fruits, vegetables, beans, whole grains, nuts and seeds.



Some examples of prebiotics are almonds, apples, artichokes, arugula, asparagus, barley, chickpeas, dandelion greens, garlic, jicama, kale, leeks, legumes, lentils, mint, onion, pistachios, radicchio, shallots, and sunflower seeds. Most of these foods are grown locally and many are available in organic versions.

Food for Thought

If we all commit to learning a little more about how what we feed our gut affects us, and make good choices with what we eat, we could be a happier and healthier community.

As they say, "You are what you eat!"

References

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Community CONNECTIONS

WOODEN NICKELS PROGRAM

Featured non-profit organizations July 1 - Sept. 30



Gaia House Interfaith Center

Gaia House Interfaith is a friendly and comfortable place where all are welcome. Community groups meet at Gaia to meditate, worship and recover.

Since its inception in 1943 and our current facility built in 1961, Gaia House is a progressive and inclusive interfaith ministry with two goals: to help SIUC students and the wider community grow in spirit and understanding and to help them change the world. Our devotion and mission is committed to spiritual awareness that integrates peace, justice and ecological sustainability.

Our campus also includes the Labyrinth Peace Walk, the heart's core of ease in the urban center of Carbondale.

To learn more, visit www.ourgaiahouse.org

Carbondale Laundry Project



The sole purpose of the Carbondale Laundry Project is to sponsor a Free Laundry Day every month, on the second Wednesday at Laundry World in Carbondale. We invite people to come if they need financial assistance in doing their laundry. We provide quarters for the washers and dryers, and laundry supplies such as detergent, bleach and dryer sheets.

We started the Laundry Project in November of 2019. In that time, we've provided nearly 2,000 loads of laundry free of charge. We've spent over \$7,000 in quarters, and have served over 800 people. Nearly all of the laundry supplies have been donated by individuals and groups.

We realized fairly quickly that many people need assistance to do their laundry, not just those who are homeless. This is a project that goes beyond simply giving something to people in need. We have made connections and built community, by working together to accomplish the task of laundry.

www.firstprescdale.org/carbondale-laundry-project





Farm to Table

By **Allison Hyland**

When I was little, and much too young to appreciate it, my grandmother published a book specifically for all of her children and grandchildren, reminiscing of her family farm and aspects of their daily lives that she wanted to make sure didn't get lost to time. I admit, I didn't really look at the book until many years later, but I did dedicate time to read it (by candlelight) during the derecho of 2009, which seemed quite appropriate.

In her book she described everything from making maple syrup and gathering eggs, to tending to crops and preserving harvests of heirloom apples in various ways, along with a multitude of other bits of information from their family homestead in the 1920s. My brother has taken much of the information she shared to curate a carefully-crafted homestead including many heirloom produce varieties my grandmother wrote about, including apple trees that were grown on our ancestor's family farms, originally founded in the 1830s, when they immigrated from Germany to (central) Illinois.

Growing up, we always had a garden of some sort, it varied in size from year to year, always had an abundance of flowers, but also included tomatoes, a staple for most gardens. Easy to grow, and fairly prolific most years, tomatoes are the crop that seem to keep giving, even when the summer rains are not quite as generous.

Whether you find joy in picking tomatoes from your own garden or picking them from a local grocery store, one thing is for sure, nothing compares to a fresh, local tomato, bursting with color, flavor, and nutrition. Unlike their commercially grown counterparts, locally grown tomatoes are allowed to ripen naturally on the vine and picked at the peak of freshness, ensuring an unparalleled depth of flavor. From sweet and juicy heirlooms to tangy and robust cherry tomatoes, each variety offers a unique taste experience, inviting you to savor the diverse flavors the local soil has nurtured over the growing season.

The journey from farm to table for locally sourced tomatoes is drastically shorter than that of imported or commercially grown varieties. This reduced distance in transportation results in better quality produce on your table and fewer carbon emissions.

Pictured on left: Fresh heirloom tomatoes from Local Pastures Farm, Carbondale, IL

LOCAL PRODUCER SPOTLIGHT

Enjoy the fruits of their labor! Pick up a variety of local tomatoes at the Co-op from a few of our community producers.

Local Pastures Farm, Carbondale, IL

Local Pastures Farm grows some of the most popular tomatoes we sell. This year, we had their fresh tomatoes available in the store at the beginning of April!

Chris Neville, our Produce Manager says, "Consistent quality and a regular supply with very little gaps in crops make working with this local farm a wonderful asset for the community."

All Seasons Farm, Cobden, IL

www.allseasons-farm.com

All Seasons Farm produces certified naturally grown vegetables and fruit in Southern Illinois. They produce year-round vegetables using the principles of bio-intensive farming, which is, producing large amounts of nutritionally dense, high quality produce on raised beds in small acreages using natural farming practices.



Choosing locally grown tomatoes is also a vote for a more sustainable and environmentally friendly food system. By buying tomatoes from nearby farms, it contributes to the local economy, helping to sustain local businesses, preserve farmland, and feed their families. Local small-scale farmers often prioritize sustainable farming practices, such as organic/natural cultivation, along with reduced synthetic fertilizer and pesticide use, which benefits both the environment and your overall health. When possible, the Co-op sources from local farmers who support/utilize these methods.

Chris Neville, long-time Produce Manager at the Co-op, loves working with local farmers. He has been working with Daniel Troyer from Local Pastures Farm, a local family farm in Carbondale that specializes in heirloom and traditional tomato varieties, for many years and loves having their tomatoes so early in the season (which was April 3, this year). "It allows us to only buy and sell local tomatoes without having to resort to importing tomatoes, which is great," he said.



Daniel's greenhouse in May 2023

Daniel gave us a tour of a tomato greenhouse in early May of this year, well after the tomato plants had started producing. He told us they start their tomato seeds around Thanksgiving, transplant the starts a few months later, and by late March/early April, they are harvesting beautiful, fresh tomatoes for the Co-op! They have a well-curated

greenhouse and are set to produce an abundance of tomatoes for the season. The tomato plants are connected to an adjustable trellis system to allow for diagonal expansion, rather than the vertical limits of the greenhouse ceiling. Daniel told us they have even had some plants grow up to 25 feet long!

Chris has long been friends with the family at this farm (and their family's connecting farms) and mentioned he has been around to see their kids grow up over the years, as he picks up fresh fruits and vegetables that we sell each season.

"[Daniel's Farm] is a family operation, so there is always someone friendly around to walk you through the green house to check stuff out. They are quick to offer samples straight off the vine and share their knowledge of farming with anyone. His innovative fertilization techniques coupled with his meticulous growing system gives him the advantage of the early and the late season. Their close proximity to the Co-op is ideal for cutting out unnecessary travel and has the product on our shelves hours after being picked," says Chris.

Supporting local agriculture is a passion the Co-op shares with Food Works, a local non-profit dedicated to improving the relationships with consumers and sustainable food sources in our region. We help support this organization each year with an annual fundraiser in September. The Neighborhood Co-op Farm Crawl offers an opportunity to tour and discover local farms as well as meeting farmers. Find more information at www.neighborhood.coop/farm-crawl.

Dedicated to my grandmother, Mary Rachel Raabe, who loved sharing information, knowledge, and stories about her life. She would be 99 this year and quite pleased in knowing her youngest grandchild was spending time these days in the garden and writing about things she mentioned in her book to share with others who might be interested.



WHAT'S COOKING? FROM CO-OP STAFF

Pico de Gallo **(Chris, Produce Manager)**

This is one of my favorite ways to use Beefsteak tomatoes from Local Pastures Farm.

Finely chop tomatoes, serrano peppers, jalapeno peppers, red onions, fresh garlic, and fresh cilantro to combine with a mixture of dried chipotle pepper powder, fiesta red chili pepper powder, roasted garlic granules, and onion powder (all to your taste- it's never the same!).

Stir it all together, cover it, and let it chill until the next day. Drain off excess liquid, and use the mixture on tacos, eggs, veggie dishes, or pretty much anything!

Tomato Basil Sandwich **(Allison Hyland, Brand Manager)**

This sandwich is our primary motivation for growing fresh tomatoes and basil in our garden each year. It tastes like Summer and is simple to make!

2 pieces of fresh wheat bread
Big slice of tomato (heirloom varieties are best)
Handful of fresh basil
Slice of fresh mozzarella (or some provolone) cheese
Salt & pepper
Dried oregano
Olive oil

Heat a pan with a touch of olive oil. Prepare your sandwich by stacking one piece of bread, the cheese, basil, and tomato on top of each other.

Sprinkle the tomato with salt, pepper, and some dried oregano. Top with the other slice of bread and grill in pan like a grilled cheese, making sure both sides of the bread have a bit of oil and are well toasted. Serve hot and enjoy!





Fresh Summer Salads

Reprinted with permission from grocery.coop. Find recipes, plus information about your food and where it comes from at grocery.coop.

Grilled Panzanella

Serves 4 to 6. Prep time: 30 minutes.

2 slices of rustic bread, cut $\frac{3}{4}$ -inch thick
1 medium zucchini, quartered lengthwise
1 large, firm avocado, pitted and quartered
 $\frac{1}{2}$ medium red onion, cut into $\frac{3}{4}$ -inch rounds
3 tablespoons extra virgin olive oil,
 plus more for brushing
3 tablespoons balsamic vinegar
1 teaspoon salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper
1 clove garlic, crushed
4 large tomatoes, chunked
4 ounces fresh mozzarella, diced
1 cup fresh basil, shredded

1. Preheat the grill to medium high. Put two tablespoons of olive oil in a small bowl or cup and dip a wadded paper towel into the oil. When ready to grill, use tongs to swab the grate with the oiled towel.
2. Use your pastry brush to brush the bread, zucchini, avocado and onion with oil, then place each piece on the hot grill. Grill the bread for about one minute per side, until browned and toasted. Grill the zucchini, onion and avocado until tender, about four to five minutes. Transfer the food back to the cutting board and let cool, then cut into bite-sized pieces.
3. Transfer the grilled ingredients to a large bowl. In another bowl, whisk the remaining oil, balsamic vinegar, salt, pepper and garlic, and pour over the ingredients in the large bowl.
4. Add the tomatoes, mozzarella and basil to the bowl, and toss to mix. Serve immediately.



Black-eyed Pea Salad

Serves 6. Prep time: 20 minutes.

- 2 15-ounce cans black-eyed peas, drained and rinsed
- 1 large carrot, shredded
- 1 medium cucumber, peeled, seeded and chopped
- 2 large scallions, chopped
- 1 large jalapeño, minced
- 1 cup cherry tomatoes, halved
- ½ cup fresh parsley, chopped

Dressing

- 3 tablespoons sesame seeds
- 2 tablespoons red wine vinegar
- 2 tablespoons honey
- ¼ cup extra virgin olive oil
- ½ teaspoon salt

1. Combine the black-eyed peas, carrot, cucumber, scallions, jalapeño, tomatoes and parsley in a large bowl.
2. In a small saute pan, place the sesame seeds and swirl over high heat. When the seeds are lightly toasted, transfer to a small bowl. Add the vinegar, honey, olive oil and salt and whisk to combine.
3. Drizzle the dressing over the pea mixture and toss to mix. Serve or refrigerate, tightly covered, for up to three days.



Thai Cucumber Salad with Peanuts

Serves 6. Prep time: 1 hour 15 minutes; 15 minutes active.

- 2 pounds (about 3 large) cucumbers, split lengthwise, seeded, and sliced into 1/4-inch crescents
- 3 tablespoons scallions or red onions, sliced
- ¼ cup cilantro, finely chopped
- 2 tablespoons fresh parsley, finely chopped
- 1 small jalapeño pepper, seeded and finely chopped
- ½ cup roasted peanuts, coarsely chopped
- 1 tablespoon sesame seeds

Dressing

- ⅓ cup rice wine vinegar
- ¼ cup canola oil
- 2 teaspoons sugar
- 1 teaspoon garlic, minced
- 1 teaspoon curry powder

1. In a small bowl, whisk together all dressing ingredients. Set aside.
2. In a large glass or stainless steel bowl, combine all vegetables. Add dressing and toss. Let sit at least 1 hour, mixing occasionally.
3. Add peanuts just before serving and stir to combine. Garnish salad with sesame seeds.



Italian Marinated Chopped Salad

Serves 6. Prep time: 50 minutes; 20 minutes active.

- 2 tablespoons red or white wine vinegar
- 2 cloves garlic, pressed
- 1 teaspoon dried oregano
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ cup extra virgin olive oil
- 1 12-ounce jar marinated artichokes, drained
- 1 15-ounce can chickpeas, drained
- 1 15-ounce can kidney beans, drained
- 1 cup pitted Kalamata olives
- 2 large oranges, peeled, segmented and cut in pieces
- 4 ounces sliced mini-pepperoni
- 4 ounces fresh mozzarella, chopped
- 2 romaine hearts, chopped
- 4 leaves radicchio, torn

1. In a large bowl, whisk together the vinegar, garlic, oregano, mustard and salt. Then whisk in the olive oil.
2. Add the artichokes, chickpeas, kidney beans, olives, oranges, pepperoni and mozzarella to the bowl and toss to coat. Marinate for at least 30 minutes. This can be tightly covered and refrigerated for up to 4 days.
3. To serve, spread the romaine and radicchio on a large platter and sprinkle the marinated vegetable mixture over the top, drizzling any left over dressing over the salad. If desired, toss to mix, or serve as is.



Kale Cranberry Salad

Serves 4. Prep time: 15 minutes.

- 2 large bunches lacinato kale, thinly sliced
- ½ cup red onion, thinly sliced
- ½ cup dried cranberries
- ½ cup walnuts (toasted, optional)

Dressing

- ½ cup extra virgin olive oil
- 2 tablespoons cider vinegar
- 2 tablespoons orange juice
- 1 ½ teaspoons Dijon mustard
- 1 ½ teaspoons honey
- 1 teaspoon orange zest
- ¼ teaspoon salt

1. Place the kale, onions, cranberries and walnuts in a large bowl and set aside.
2. Whisk together all of the dressing ingredients in a small bowl. Drizzle the dressing over the mixed kale and toss well.

Let these recipes inspire your own salad improvisations! Reach for flavorful and nutritious toppings — try fresh herbs, beans and lentils, cooked whole grains like quinoa and farro, fruit slices, nuts and seeds.



Lebanese Cabbage Salad

Serves 6. Prep time: 15 minutes.

½ small red cabbage (8 cups shredded)
1 large carrot
1 small red onion, slivered
1 large jalapeño or other chili pepper, chopped
½ cup parsley, chopped
½ cup fresh mint, chopped
1 clove garlic, pressed
2 tablespoons extra virgin olive oil
2 tablespoons fresh lemon juice
½ teaspoon salt
Orange segments
Toasted slivered almonds

1. Use the slicing blade of a food processor to shred the cabbage, then switch to the coarse blade to shred the carrot. (You can do it by hand, as well.)
2. Place the cabbage and carrot in a large bowl and add onions, jalapeño, parsley and mint.
3. In a cup, combine the garlic, olive oil, lemon juice and salt. Pour over the cabbage mixture and toss to mix.
4. Transfer to a serving platter, then top with orange segments and almonds.



Neighborhood Co-op Grocery

1815 West Main Street
Carbondale, IL 62901



Neighborhood Co-op Grocery Farm crawl

Northwest loop

**SATURDAY
SEPT. 9
1-6 PM**

*Choose
your day!*

Central loop

**SUNDAY
SEPT. 10
1-6 PM**

Reserve your car pass(es), order a 2023 Farm Crawl shirt, and find out more at:

www.neighborhood.coop/farm-crawl

Our annual farm crawl creates an opportunity to tour participating local farms across our region in southern Illinois. This all-ages event connects community members with local growers. Farmers are able to share the history of their farms, provide education on the crops and/or livestock raised there, along with challenges they have encountered over the years.



It's for a good cause! The Co-op Farm Crawl is a fundraiser to benefit Food Works, a non-profit organization facilitating the development of a sustainable food economy in southern Illinois. Read more about Food Works at www.fwsoil.org.

Visit and tour local farms to learn about food sustainability!