

# The Firestarter

Newsletter of The Tonasket  
Natural Foods Co-op

Winter 2021-2022



## New and Noteworthy at the Co-op

Greetings to Co-op members and customers, and thank you for your continued support. YOU are the reason we are here!

We have many new things to tell you all about, which are sure to add excitement and a little sparkle to your shopping experience. First, we're making some changes in our coffee department that we think you will enjoy. We're bringing in some new coffee vendors and will be offering a Friday afternoon coffee sampling event so you can try a few different varieties each week. Check our Facebook page for details on that. And, in response to many requests, we will be offering organic ½ & ½ for in-store brewed coffee purchases. Winter is a grand time of year to enjoy warm beverages and cozy company.

Speaking of winter, we're already thinking about the upcoming holiday season. With Thanksgiving and Christmas right around the corner, it's time to plan your dinner menu to enjoy with family and friends. We have ordered Mary's Organic Turkey for your dining pleasure, both whole birds and turkey breast roasts. These are due to arrive by November 16<sup>th</sup> and will be available on a first-come-first-served basis. More on Mary's Organic poultry on page 3 of this newsletter.

We currently stock fresh organic cranberries and yams, canned pumpkin,

coconut whipped topping, frozen piecrust, and Field Roast meatless "turkey" roasts. In addition to turkeys, we currently stock Applewood smoked artisan hams. These are delicious, nitrate-free, fully cooked, and just need to be heated to 140 for serving. Try baking it in apple cider or juice and then making cider gravy. It's a delicious alternative for your holiday feast! We will also have our store-made stuffing at hand and plan to have squash, brussels sprouts, whipping cream, and eggnog, all depending on availability. Sounds like the makings of a delicious dinner.

While we're on the topic of winter, gift-giving is certainly on the agenda. Please consider checking our stock of merchandise and do consider shopping locally.

If you've been out shopping after dark, you've probably noticed the new lights that adorn our building and the neighboring businesses. The Co-op and our neighbors on both sides – the Community Cultural Center and Wahl Dentistry – have teamed up to brighten the area with some year-round decorative lighting. Not only does it provide lights for safety reasons, but they also help create a welcoming ambiance to the area. Perhaps others will join us in lighting up the neighborhood. A giant thank-you goes out to Mikkel, Pasquale, Justin, and Brian for their help with this project.

And again, in the spirit of giving thanks, we extend a giant *thank-you* to all of our dedicated Co-op shoppers, for we would not be here without you!

Congratulations to  
Becky Timbre  
Winner of the Co-op Raffle  
Basket!  
More Raffles Coming Soon

### Co-op Board of Directors

Aaron Kester, *President*  
Ron Jones-Edwards,  
*Secretary*  
Baka Charlene Rich,  
*Treasurer*  
Deb Vester  
Peggy Tofte  
Patti House

### General Manager:

Alice Simon

### Assistant Manager:

Sabrina Sofia

**Tonasket Co-op  
Member  
Appreciation Day**  
is the 3rd Tuesday of  
each month.  
Members may  
bulk-order from the  
UNFI Catalog at 20%  
above wholesale.

Donate \$20 to the store's Improvement Fund and receive a beautiful blue, limited-edition Tonasket Natural Foods Co-op mug! The Improvement Fund goes toward projects, both large and small, to improve our facility, which includes building repairs, equipment repairs and replacements, and technology upgrades.



The fund comes from a monthly percentage of Co-op sales, donations from customers, generous grants from the Okanogan Family Faire. The mug would make an excellent gift for friends or to enjoy your favorite hot beverage.

**And you'll be supporting the Co-op!**

## The Cornucopia Institute Update on Carrageenan

Source: *Cornucopia.org*

Carrageenan is a problematic ingredient propped up by a well-oiled public relations machine.

The Cornucopia Institute has long compiled scientific studies that raise troubling concerns about the consumption of food-grade carrageenan. Although referred to as a “natural” ingredient, carrageenan is linked to gastrointestinal inflammation and disease, including higher rates of colon cancer, in research using laboratory animals.

Yet carrageenan is still found in many foods, including some certified organic foods. And you may not even realize you’re eating it. When used as a “processing aid,” carrageenan is often not listed on the ingredient panel.

Cornucopia’s updated [Buyer’s Guide to Avoiding Carrageenan in Organic Food](https://www.cornucopia.org/buyers_guides/carrageenan/) is your tool to increase transparency. You can find the guide at [https://www.cornucopia.org/buyers\\_guides/carrageenan/](https://www.cornucopia.org/buyers_guides/carrageenan/) and there you will be able to search for your favorite products to determine the organic products that either contain or are free of carrageenan. Or simply search by brand to check the companies that are routinely on your shopping list.

While Cornucopia considers only organic items, carrageenan is commonly used in non-organic products, including rotisserie chicken, deli meats, plant-based beverages, dairy, and processed foods. It’s even used to clarify beer, although the law does not require

ingredients to be listed on alcoholic beverages.

The industry refers to Cornucopia’s work on this issue as their “anti-carrageenan agenda.” Cornucopia calls it evidence-based communications that provide a valuable service to organic food supporters.

Write or call those companies whose products you eat that continue to use the additive. Your advocacy really does work! Since Cornucopia’s initial report was published in 2013, several companies, including Stonyfield Farm, Julie’s Ice Cream, Eden Foods, Orgain, So Delicious, and Annie’s, have removed carrageenan from their product lines. Clover Sonoma and Horizon have committed to eliminating it from their products and have already reformulated many.

### ~ FYI ~

Thousands of studies, along with more than 2,500 accounts of anecdotal evidence from people who use Cornucopia’s consumer research, indicate that carrageenan causes inflammation. Considering this data and the fact that organic food must meet a higher standard for human health, it is a surprise that carrageenan is allowed in organic food.

While many organic brands have reformulated their products to address mounting consumer concerns, dozens of major brands continue to expose consumers to this harmful ingredient, sometimes without listing it on the package. (Carrageenan can be used as a processing aid and not appear on ingredient panels.)

## The NOSB & Carrageenan Explained

- The National Organic Standards Board relies on stakeholder input to advise the National Organic Program, a branch of the USDA.
- The NOSB approves petitioned synthetic or non-organic substances for use in organic when those substances meet criteria established by the Organic Foods Production Act.
- A substance can only be approved if no alternative exists and it does not have an adverse effect on human or environmental health.
- Each synthetic or non-organic substance on the list of approved substances is reviewed every 5 years by the NOSB.
- Carrageenan has long been on the list, despite the fact that it does not meet the criteria.



**Remember to look for the storewide SALES throughout the Co-op, displayed with white shelf tags below the items. Current Tonasket Co-op members receive special discounts on these products – some are a one-time deal, some are monthly sales, and some are introductory promotions. Price tags show member prices and non-member prices. These specials also apply to visiting members from other Co-ops – Just show us your membership card!**

**Wearing a mask is mandatory in Washington State in indoor venues.**

When shopping, please be mindful of social distancing.

We are a small store with narrow aisles, so it's best to shop alone or with one other person to provide everyone plenty of space.

If you cannot wear a mask, we will be happy to shop for you.

Call and speak with a staff member for more information.

We welcome customers bringing their own *clean* containers for bulk non-food items, such as shampoo, etc.

Under Washington State regulations, we must charge for paper shopping bags., Once our plastic bag supply is depleted, they will disappear forever. The best option is to bring your own supply of reusable bags. We offer many options to help you get started with the new way to shop.

Thank You!

## Mary's Turkeys - Committed to Excellence

*"Mary's name is on these turkeys because they are raised the old-fashioned way. Healthy for the turkeys and for the people who eat them!"*

The Co-op proudly carries Mary's Certified Organic Turkey. As a company that is committed to excellence, Mary's Free Range Organic Turkeys are raised with humane farming practices. The birds have the freedom to move about and are fed a certified organic diet exclusively. The proprietor, Mary, has studied nutrition for over two decades, and as her website claims, her "formula for good nutrition

is simple. When she and her family eat food that is grown as nature intended, it makes everyone feel good and keeps them healthy."

The birds are all fed a diet of 65% organic corn, 30% organic soybean meal, and 5% vitamins and minerals. The turkeys are gluten-free, contain no preservatives, are never fed antibiotics or added hormones, and never animal by-products. The turkeys wear the "Non-GMO Project Verified" seal to assure customers of the highest quality product. The seal indicates that the turkeys have been produced according to best practices



for GMO avoidance.

The seal also indicates that the product has gone through the verification process and has met the criteria. Overall, this verification is an assurance that a product has been produced according to consensus-based best practices for GMO avoidance.

### Shop Local First This Holiday Season

The Co-op has many exciting items in stock for your holiday gift-giving. We currently have a lovely selection of unique and attractive calendars and datebooks for 2022. Some of our other offerings are beautiful locally handmade soaps, kitchenware, a large selection of handmade baskets, the ever-popular Starlitz handmade lights, and Blissful Wunders handmade candy. And we're expecting new stock of Big Dipper Wax Works beeswax candles to be here very soon!

## A Message from Co-op General Manager Alice Simon

The price of foods and goods is rising rapidly throughout the entire country, and here at the Co-op, we're feeling the effects. Unfortunately, prices will continue to increase before we see the end of this pandemic and its repercussions. This is a result of increased costs, such as transportation, production, rising wages, and staff shortages in every aspect of bringing a product to market.

And we're talking increases in dollars, not cents. Distributors are faced with these challenges and are passing the increased costs to their customers, the retailers. We, in turn, must pass these increases onto the consumer. We are not making more money; these increases in costs move from the top to the end-user through the supply chain. It's called inflation, and it has many causes that are not in our

control. We will continue to find the products you want at the best prices, but as a small retailer, literally at the "end of the delivery road", we have many challenges. Many products have disappeared completely, and some companies have ceased operations. Many items are in short supply, and "out of stock" is the phrase we hear every step of the way from every company. We appreciate

your support during these difficult circumstances, and together, we hope to get through this trying time.



## Ways to Improve Your Gut Health & The Co-op Can Help!

*Supporting local farmers and the Community since 1977*

**ADDRESS:**

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PO Box 591  
Tonasket WA 98855

**PHONE: (509) 486-4188**

**E-MAIL:**

info@tonasketcoop.com

**We're on the Web!**

*See us at:*

**www.tonasketcoop.com**

**Store Winter Hours:**

**Beginning Nov. 8**

**9am-6pm Mon-Sat**

**11am-4pm Sundays**

**Deli open 11-2 Daily**

Newsletter editor:  
River Jones

*The Co-op Board of Directors has been meeting via ZOOM on the 3<sup>rd</sup> Monday of each month, beginning at 6:00 pm and will continue to do so until further notice.*

**Follow the link on our website to submit an article to the Firestarter – the newsletter editor and store management will review all submitted articles to determine suitability for publication.**

There's a lot of online news about gut health, so much so that Google reports a larger than ever uptick on searches on this topic. Holistic doctors call the gut the "second brain" due to its immense impact on all-over health. This makes maintaining gut health a critical part of achieving optimal functional, integrative health.

Research has found that maintaining proper gut health affects biological functions such as nutrient absorption and plays a role in emotional health and immune system response. And ironically, our gut health is impacted by emotional and

mental factors, as well.

Holistically addressing this matter is said to be the best approach, and we can be proactive in obtaining optimum health in our guts, beginning with diet; we are what we eat, after all! In most cases, our best dietary choices include minimally processed foods, sugars, and refined carbohydrates. It is also critical to identify which foods we are allergic to and eliminate them from our diets. Natural dietary fiber and ample fruits and vegetables are essential to proper gut function and whenever possible, eat organic

grass-fed meats.

Finally, adding fermented foods to your diet, such as kefir, kimchi, and sauerkraut, will help add beneficial bacteria and enzymes to your intestinal flora, which will aid the health of your gut microbiome and overall digestive system.

All of these suggestions are very doable and not very expensive to implement. Additionally, many culinary herbs and foods are well known for aiding gut health. Luckily, the Co-op stocks an abundant supply of these beneficial foods, most of them in our bulk herb section. Check out the partial list below.

- Ginger: a warming and calming digestive aid, anti-nausea and anti-microbial.
- Turmeric: a carminative, meaning it can relieve bloating, supports liver function, anti-microbial and a powerful anti-inflammatory.
- Fennel: can also help relieve bloating and is stimulating to the liver, improves appetite, increases milk production for lactation, and eases colic.
- Caraway: eases stomach cramps & nausea, helps expel gas from the bowel & inhibits stomach fermentation.
- Cinnamon: a warming appetite and circulation stimulant.
- Garlic: anti-microbial and probiotic due to its inulin and other compounds.
- Rosemary: a stimulating carminative that helps to clear your liver.
- Peppermint: antispasmodic, cooling and anti-microbial and supports liver function.
- Allspice: warming and settling to the gut, promotes digestive enzymes, is analgesic and antiseptic. Most beneficial when drank as a tea after a meal.

**None of these statements have been evaluated by the FDA.**

### Staff Picks: Products our Co-op Staff Really Likes and You Might Too!

