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SLOW FOOD

Continued from page 1

that are shipped across the country to the grocer's shelves and our tables. Eating locally produced food respects and supports our communities, the small family farm, traditional ways of growing food, and the concept of seasonal availability.

Fair food. When we think about how the food that we eat has been produced, we learn to care about fair wages and good living conditions for the farmer and farm workers. Ensuring that no one was exploited in the production of our food is a crucial component to the responsible enjoyment of it.

Whether you're eager to commit to more time in the kitchen or are more likely to switch restaurants in order to enjoy slow food, there are plenty of opportunities to become part of the movement:

Buy local food. Food cooperatives have long supported local food producers. Farmer's markets are another excellent source. Get to know your local farmers and support their endeavors.

Support restaurants that purchase local food and that celebrate local traditions.

Pay more for quality food, if necessary. Sometimes it costs more to produce food that isn't commercialized. Be willing to invest in the cause.

Host a community potluck or dinner in celebration of good foods.

Support your local food cooperative, where you'll find

healthful choices as well as opportunities to explore food issues.

Grow some of your own food -- whether in a container on your back steps or on your acreage. Teach your children--and/or neighborhood children--to garden.

Look into the history of the food you eat; make sure all the people involved in producing it were treated fairly.

Take classes. Learn to cook healthful fare and/or local cuisine, how to bake bread, grow spring greens, or can pickles or preserves.

Learn more about the Slow Food Movement. Visit:

www.SlowFood.com

www.SlowFoodUSA.org

www.Terramadre.org (a world meeting of food communities).

Join a Slow Food Group, or start your own. Local chapters of Slow Food exist across the country, and they hold tastings, dinners, potlucks and other events. They support local gardeners and farmers and are also involved in national and international issues of importance to food producers. Your food cooperative is a good place to meet fellow Slow Food members.

Commit to at least one leisurely, enjoyable meal each day--whether it's at the family dinner table or a community potluck. Eat thoughtfully and appreciatively. Once we change our relationship with food, it's easy to incorporate the same kind of changes in other aspects of our day. We learn to appreciate the things that truly sustain us, and we experience that faster isn't better when it comes to most rhythms of life.



HARVEST CO-OP'S

HARVEST TIMES

A publication for members and shoppers at Harvest Co-op Markets

THE SLOW FOOD MOVEMENT

"Make in only ten minutes!"

"Eat on the go!"

"Get out of the kitchen fast!"

These are the kinds of promises designed to sell food--fast food. What kind of a transformation would occur--in our lifestyles, our communities, and the earth--if we changed our relationship with food, if we focused on food as physical and spiritual nourishment? If we savored every bite, eating would no longer be simple refueling. If we considered cooking an art and a source of fulfillment, it would cease to be drudgery. When others cooked for us--or when we picked up quality food at our local co-op --we would be truly grateful. And as we paid attention to the processes that bring food to our tables, we would take care to respect both the land and its farmers. Our approach to what we eat would be the opposite of that promoted by commercial fast-food providers.

These concepts are at the core of the Slow Food Movement, which embraces a love of food and a respect for the environment. An educational and activist organization, the Slow Food Movement was born in 1986 out of concern about how the taste of food becomes standardized by its industrialization. It now has 80,000 members in over 100 countries.

The Slow Food Movement is a back-to-the-kitchen movement that extends to global issues. It includes the person taking the time to knead dough or simmer a homemade soup in her home as well as the one frequenting the local organic restaurant and the lobbyist fighting for the rights of the family farmer. It's built upon an awareness of food as enjoyment, sustenance and unparalleled importance. By approaching our food with awareness, we play a crucial role in its production. In fact, according to SlowFood USA, we are not consumers of food, but co-producers, "because by being informed about how our food is produced and actively supporting those who produce it, we become a part of it and a partner in the production process."

Important issues to the Movement include:

Environmental sustainability. The Slow Food Movement underlines the risks of agribusiness, factory farms, genetic engineering, monoculture, and pesticides--risks like depletion of the soil, pollution of the air and water, and the loss of family farms and rural communities. Slow Food supports the small family farmer as well as small-scale gardening. (Many chapters have programs that teach children gardening.)

Good food. Industrial food production does not yield the most nutritious, delicious, or life-enhancing foods. The Slow Food Movement celebrates artisan foods (like beautifully crafted breads and farmstead cheeses) the culinary arts (how to cook, not quickly, but skillfully), and seasonal celebrations of local foods and traditions (like an autumn harvest community potluck and the sharing of heirloom varieties of produce).

Local foods. Foods that don't travel a long distance from farm to plate are more nutritious and delicious than those

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JULY - AUGUST 2008

Co-op Calendar

These free events are held in the Community Room, Harvest Cambridge store unless otherwise specified

Friday, July 4 HARVEST CAMBRIDGE WILL BE OPEN 7-7

HARVEST - JAMAICA PLAIN WILL BE OPEN 8-8

Tuesday, July 8, 6-8 PM HERB IDENTIFICATION WALK FOR FAMILY HEALTH

WEDNESDAY, JULY 9 - MEMBER APPRECIATION DAY!



ALL HARVEST CO-OP MEMBER-OWNERS RECEIVE
10% DISCOUNT ALL DAY!

Saturday, July 12, 1-5 PM JAPANESE ANIMATION, RATED PG

Tuesday, July 15, 6-8 PM HEALTHY HOUSEHOLD PRODUCTS

Monday, July 21 4-7 PM SAFE SOIL WITH LEAD-SAFE CAMBRIDGE

Tuesday, July 22, 6-8 PM SOOTHING SUMMER SKIN CARE

Thursday, July 24, 6-7 PM - MEMBERSHIP AND SOCIAL CONCERNS COMMITTEE

Tuesday, July 29, 6-8 PM SPRING CLEAN WITH GREENS

Monday, August 4, 7 PM HARVEST BOARD OF DIRECTORS MEETING

JULY - AUGUST, 2008

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If you'd like to have this newsletter emailed to you, contact cdurkin@harvest.coop

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TEA - WHITE, GREEN, BLACK, OR IN BETWEEN

by Susan Halberg, Ocean People Food Co-op, San Diego

Although most drinks, which are made by combining hot water and leaves, flowers, or roots are referred to as "tea", true tea is made only from the leaves and buds of the *Camellia sinensis* plant, a cousin of the flowering camellia bushes that many people grow in their gardens.

There are four major kinds of tea: black, oolong, green and white; each is processed quite differently. Black tea is made by withering the leaf from exposure to air, breaking the leaves and leaving them to ferment after picking. Oolong tea is made similarly, but the withering process is much shorter, creating a partially fermented leaf. Green tea leaves are not fermented at all; they are steamed immediately after harvesting to stop the fermentation process, then rolled and dried. White tea is similar to green, undergoing the least processing and no fermentation. White tea leaves are picked before fully opening and air-dried only.

The methods used in processing teas not only alter the taste, aroma, and quality of the finished brew, but also the way tea can affect your health. Many of the health benefits of drinking tea are attributed to the high levels of antioxidants called polyphenols. The polyphenols in tea possess 20 - 30 times the antioxidant potency of vitamins C and E. Unfermented tea leaves contain much larger amounts of polyphenols; polyphenols are naturally occurring chemical compounds found in certain plants, fruits, and vegetables.

A subgroup of the polyphenols is catechins (pronounced "CAT-i-kins") and are particularly powerful disease fighters and potent antioxidants, with epigallocatechin gallate (EGCG) being the most potent of the catechins. Catechins

ICED PINEAPPLE-WHITE TEA

1½ cups filtered water
½ cup pineapple juice
2 white tea bags

In a small saucepan, bring water to just below boiling. Remove from heat and add tea bags. Cover and steep 15 min. or till cool. Remove tea bags, add juice, and serve over ice.

HOT APRICOT-ORANGE WHITE TEA

3 cups filtered water
1 cup apricot nectar
4 strips orange peel (each 1 inch wide)
4 white tea bags

In a medium saucepan, bring water to boil, remove from heat and add tea bags. Cover and steep for 15 minutes. Remove tea bags, add juice, and twist and add peel. Heat till hot but not boiling.

are found in chocolate, wine, ginkgo biloba leaves, and pine bark, but appear in the greatest quantity in fresh tea leaves. Because it is closest to its natural state, white teas contain the highest level of polyphenols. Research shows promising effects on white teas anti-viral/ anti-bacterial properties, its protection against skin cell damage, and colon cancer. White tea is also being studied for its benefits on enhancing immune function, reducing blood pressure, boosting longevity, aiding digestion, preventing dental cavities and gingivitis. The list goes on.

A study published in Science News on April 15, 2000, revealed that white tea may be up to five times more protective against cancers than green tea. The catechin content of white and green tea is 15-30% of the teas dry weight, oolong 8-20%, and black 3-10%. Catechins lower the toxicity of certain carcinogens, reducing their cancer-causing potential, and inhibit tumor activation. Acting as antioxidants, they protect the body against free radical damage and interfere with the binding of cancer causing substances to the DNA of healthy cells. They also impair the ability of free radical cells, which cause LDL cholesterol to form artery clogging plaque. There is so much information out on this tasty, soothing beverage; other health-promoting ingredients in tea are carotene, a precursor to vitamin A, bioflavonoids, vitamin C, B vitamins, vitamin E, and fluoride.

The caffeine in white tea is less than green tea, and is minimal compared to coffee or caffeinated soda. The average cup of coffee has approximately 125-185 milligrams of caffeine,

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SUGGESTION BOOK

Q.) What happened to the locally made fresh Salsa (kept refrigerated)? Also, water buffalo yogurt?

A.) The Food Project Fresh Salsa will be here later this month (July) – they need the fresh tomatoes to grow first. If you haven't tried it, WOW! -it's worth waiting for. For more info on The Food Project and the great work they do getting young people involved in sustainable agriculture, go to <http://www.thefoodproject.org/>.

The water buffalo yogurt didn't sell, so even though we made very small orders, it went out of code and we had to throw it out. It was delicious, but expensive.

Q.) Where can I sign up for the CSA?

A.) I'm sorry – the CSA (Community Supported Agriculture) is all sold out. We even added a second delivery day on Friday, and THAT sold out. Red Fire Farm has sold all of the shares they can handle for this year in the Boston area - the truck can not hold any more than 300 shares. Great job, folks – while we would like this to be available to more people, it's also nice to know that so many people want to support local organic farming! So in March and April

of next year, sign up quick!

Q.) Bulk TVP – miracle food, no vegetarian can live without it! Please carry this stuff, I'd be eternally grateful. Thanks

A.) We do have it in bulk – right next to the corn nuts. For those of you who don't know, TVP is Textured Vegetable Protein, also known as textured soy protein (TSP). It is a meat substitute made from defatted soy flour, a by-product of making soybean oil. It is quick to cook, high in protein, and low in fat. Used to replace ground meat in many recipes, it is also a good source of fiber and isoflavones.

Q.) I just wanted to thank you for the 'One Minute Activist' thing you do. What a great idea! You make a little piece of life so easy. Thanks again.

A.) Thanks! It's another example of co-ops working together. Green Star Co-op in Ithaca, NY, had this program, and their members and customers found it useful, too. We also e-mail it out with our monthly Harvest Times Newsletter now. You can find it at <http://harvestcoop.com/learn/activist.html> - with a link (usually at the bottom to go to the page where we found it) so you can save paper by emailing it.

VOLUNTEER OPPORTUNITY AT FIELD OF GREENS

Concerned about the amount of fresh food that goes to waste in our supermarkets, bakeries and restaurants? Appalled by the continued local presence of food insecurity and hunger? If so, you may be interested to learn that Food for Free is a Cambridge-based food rescue organization that supplies food to nearly four dozen human service agencies in greater Boston and Cambridge, including area pantries, shelters and transitional housing programs.

Lindentree Farm in Lincoln has been donating bed space to Food for Free since 1991, when the first "Field of Greens" was planted. Each summer, the organization supplements the produce it rescues from supermarkets like Harvest Co-op and farmer's markets with nutrient-dense vegetables grown by Food for Free staff and volunteers on Lindentree-

donated land.

Volunteers are a critical part of Field of Greens, putting in hundreds of hours of time each year to help grow tons of carrots, beets, cabbage, collard greens, chard and spinach for distribution.

If you're concerned about local hunger issues and also love to get your hands dirty, consider volunteering with Field of Greens at Lindentree Farm at some point this season, either individually or as an organized group.

Volunteers are welcome Wednesday mornings anytime between 8 am and 1 pm, now through October. One-time volunteers are also welcome. Contact Field of Greens about your interest by emailing us at fieldofgreens@foodforfree.org

TEA

Continued from page 2

38-54 for sodas, 45-60 mg for black, 35-45 mg for Oolong, 15-20 mg for green, and white 8-15mg. The caffeine in tea also enters the system slower, taking ten to fifteen minutes. Instead of getting that jolt that comes with drinking coffee, you get more of a subtle lift with more of a brightening effect. I get shaky just thinking about a cup of coffee. Every morning I brew a pot of white peony tea, my favorite, which is about 5 ½ cups of water to 3 tablespoons loose white. I let it steep all morning and have never felt jittery

WHY? READ THE LABEL!

THE PERFECT MARINADE

GO ORGANIC!

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