

# Northwind News

Since 1977

Northwind Natural Foods Cooperative

July 1996

*"Eat Healthy. . . Be Healthy. . . Live Better"*

932-3547

Open Thursday Evenings Until 7:00

## Hello Again!

It has been a busy start to summer here at Northwind! We are working hard to prepare for the fleeting sun-drenched days ahead: sampling and ordering new products to delight all of you.

Now that the summer growing season is upon us, we are asked the question, "Why organic?" quite frequently. Here at Northwind, we support, seek out, and recommend organic because of the lack of synthetic chemical pesticides, herbicides, and fertilizers during growing. However, to be certified organic, by law the land must be farmed as described above for a minimum of three years, tested at regular intervals and certified by an independent non-government agency. Organically grown foods are often more expensive than their counter-parts due to the labor intensive farming, there are fewer government subsidies, and smaller production means less economy of scale. The MORE we support organic production, the more widely available and LESS costly the products will become.

Organically grown foods are particularly important for children, pregnant women, and anyone with a weak or compromised immune system. When preparing conventionally grown produce for consumption, it is important to wash with soap and water or with a special food wash to remove many of the residues. Using some sort of soap is essential, because many pesticides are formulated to not wash off in the rain. If the fruit or vegetable is waxed, it is better to peel it.

Here at Northwind, we carry organically produced merchandise where available: juices, grains, beans, cereal, coffee, tea, to name just a few. . . and look forward to the day when there will be no need to

*Northwind News* is published by Northwind Natural Foods Cooperative, Inc. for its membership. Letters to the Editor and other contributions are encouraged. Typed copy is much appreciated. Please include your name and telephone number. Deliver or mail submittals to the store. Please notify us if you change your mailing address. This issue's editor: Larry I. Sands  
Copy deadline for September Issue is August 21.

label things "organic" because everything will be.

Among the most frequently asked questions is the curiosity over grains, their nutrient value, versatility, cooking times, etc. I have compiled a quick and rudimentary primer and welcome recipes and ideas to further use grains to the optimum.

Grains are a complex carbohydrate consisting of bran, germ, and endosperms. They are low in fat and a good source of fiber, minerals and the B-complex vitamins. To be assimilated they must be cooked with salt (at least 1/4 tsp. to 4 cups grain) to reduce their slightly acidic properties.

**Amaranth** -- higher in protein than other cereals, technically not a grain, but a major crop of the Aztecs and Incas and still a major staple in the Southwest United States. Cooking: 1 cup dry, to 2 cups water for 30 minutes.

**Barley** -- whole barley is a dark, almost brown grain, and is larger and plumper than all others, except corn. Its tough hull and bran adhere so tightly to the grain's starchy core that milling them leaves only a small white "pearl" of barley. Whole barley, has had only its outer hull removed leaving its vitamin and mineral content intact. All types of barley stimulate the liver and the lymphatic system, thereby accelerating the discharge of poisonous wastes. Whole and hulled are said to be medicinal in the treatment of cancer. Cooking: (Whole) 1 cup dry to 3 cups water for 30 minutes. (Pearled) 1 cup

## Board of Directors

Terry Dunham, president	932-6014
Tim Feldt, treasurer	932-3547
Larry I. Sands, vice president	561-2880
Jeanean Santini	932-0276
Debi Toth	932-0988
Zona Wick, secretary	561-3009

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Regular monthly Board meetings are generally held the first Wednesday of each month at 5:pm. Confirm all dates and times with the store.

dry to 2 1/2 cups water for 40 minutes.

**Buckwheat** -- has a strong, robust flavor requiring a developed taste. It has up to 100% more calcium than other grains, is rich in vitamin E, and contains almost the entire range of B-complex vitamins. It also helps to increase body heat, and is a good blood-building food, neutralizing toxic acidic wastes. Said to be medicinal to the kidneys. Cooking: 1 cup dry to 2 cups water, for 20 minutes.

**Corn** -- The best nutritionally complete grain, and should be eaten with a variety of other foods, especially beans. Corn is the only grain that contains vitamins A and C. Medicinally, said to be good for the heart and helps build strong blood. Cooking: 1 cup corn meal to 4 cups water for 30 minutes.

**Millet** -- has the most complete protein, and significantly more iron than other grains, and is the easiest to digest. Millet is said to be good for the spleen and the stomach, and has some healing action in cases of gastrointestinal irregularities. Millet is the preferred grain in the treatment of blood-sugar imbalances. Cooking: 1 cup dry to 3 cups water for 30 minutes.

**Oats** -- contains the highest percentage of sodium and fat (unsaturated) of any grain, and also an antioxidant. High in protein, they have an amino acid content similar to wheat. Oats impart stamina, warmth, and are good for the digestion and can act as a mild laxative. They are said to help regulate the thyroid, and be a delicious replacement for wheat for people with an allergy. Cooking: (whole) 1 cup dry to 3 cups water for 60 minutes. (Rolled) 1 cup dry to 2 1/2 cups water for 30 minutes. (Steel cut) 1 cup dry to 3 cups water for 40 minutes.

**Quinoa (keen-wa)**-- has the highest protein of any grain, and is a complete protein with an essential amino acid profile like that of milk. It is also high in lysine, and is a rich and balanced source of many other vital nutrients, including starch, sugars, fiber, minerals, and B-complex and E vitamins. Cooking: 1 cup dry to 2 cups water for 20 minutes.

**Rice** -- is the only grain without a dividing line in its kernel and is said to be the most integrated grain and beneficial for the overall health of mine, body, intuition, and spiritual development. It assists our

## Members' Only Specials

**After The Fall: Creamies: Amaretto Almond, Orange Icicle, \$4.55/ 6 pack**  
**Spritzers: Black Cherry, Orange Cranberry, \$3.93/ 6 pack**

**Assorted Supplements & Vitamins displayed at front counter: 20% off!**

Remember to check all the orange tag specials throughout the store. There are many tagged items with special savings, *just for co-op members, of 20% off the regular price.* These specials change frequently so be sure and check for them each week.

nervous system and helps us achieve a more integrated view of life. Rice is said to be especially healing to the lungs and colon and has a calming effect on the stomach. Cooking: (brown, short grain) 1 cup dry to 2 cups water for 60 minutes. (brown, medium or long grain) 1 cup dry to 1 1/2 cups water for 50 minutes. (white) 1 cup dry to 1 1/2 cups water for 30 minutes.

**Rye** -- nutritionally close to wheat, but with less gluten, it has the highest percentage of the amino acid lysine, 11 B vitamins, vitamin E, protein, iron, and various minerals, and trace elements. Rye is said to build muscles and promote energy and endurance. Cooking: 1 cup dry to 2 1/2 cups water for 60 minutes. (Rye flakes) 1 cup dry to 3 cups water, 30 minutes.

### **Position Available**

Seeking intelligent, hard working, cooperatively minded members to serve on the Board of Directors. Two year commitment, monthly board meeting attendance. No paycheck but time spent counts toward working member discount. Experience the thrill of running a business on less than no money! Bring your talents to us; we'll use them and abuse them! Apply at the General Membership Meeting, date and location to be announced. (Hint: this is not a job for sissies or the "social hour" set.)

**Wheat** -- contains 13 B vitamins, vitamin E, protein, essential fatty acids and important trace minerals such as zinc, iron, copper, manganese, magnesium and phosphorus. It is good for the musculature and

medicinal to the liver. Cooking: 1 cup dry to 3 cups water, 30 minutes.

**Couscous:** 1 cup dry to 2 1/2 cups water, 10 minutes

**Cracked wheat:** 1 cup dry to 3 cups water, 25 minutes

**Bulgur:** 1 cup dry to 2 1/2 cups water, 10-15 minutes

**Porridge:** 1 cup dry to 5 1/2 cups water, 2 1/2 hrs

## New Products

*After the Fall Creamies* - Amaretto almond & Orange Icicle, 6 packs, 12 oz cans \$5.69

### Pasta!!!

Neptune's Dream and The Wizard's Reply, \$2.96/lb.

*DeBole's Rigatoni* - Garlic & Parsley, Tomato & Basil, \$1.39/ 8 oz.

### Veggie Pasta!!

Spirals, Tiny Shells, Wagon Wheels, Elbows: \$1.75/lb.

White (Semolina) Spirals, \$1.15/lb.

*Little Bear* Thin Pretzels Sticks, Organic, \$1.89/ 8 oz.

*Fruit Teazer* Drinks: Hibiscus Blossom, Ginger Peach, Raspberry Rose, Blackberry Bramble, Cherry Spice, \$5.49/ 6 pack

*Red Oval Farms* , "Some of Each" assorted crackers, \$2.19/10.6 oz.

*Sweet River Chocolate* , Rain Forest Crunch Bars, all natural, dairy free: \$1.09

Halvah Bars, 1 3/4 oz., 69¢

*Natural Brew* , Vanilla Creme and Orange Creme Soda, 99¢/ 12 oz. glass bottle

Yogurt: *Stonyfield Farms* and *Mountain High* , assorted flavor 8 oz. cups, 99¢

*Vegetarian Request* , frozen dinners: French Country Stew and Penne Pasta Bolognese, \$2.99/ 12 oz.

*Beat It!* Outdoor Herbal Remedy, 4 oz pump bottle, \$7.99

*Camo Care* Facial Therapy, 2.4 oz., \$19.95

*Nature's Gate* Swimmer's Conditioning Shampoo, 175 ml., \$4.25

*Nature's Vision* , DHEA, \$17.99/60 tablets

You can special order just about anything at Northwind.  
And Co-op members get extra discounts when ordering full cases.

Hopefully this listing will help to de-mystify the grain world for some of us, and remind others of recipes and methods you may like to share in this space.

In other news, we have a busy July lined up! Northwind will once again be at Festival Ironwood in the Depot Park July 19-21. We will be selling ice cream, a variety of natural sodas, and snacks. There is a sign-up sheet in the store for those who can spare some time to work at our booth.

Many of you are aware of and shop the Vitamin/Supplement/Homeopathic Remedy Section at Northwind. We offer a comprehensive product line of natural products that are competitively priced. We have a knowledgeable staff willing to answer questions or do the research with you to find the answers you seek, or to hear your suggestions. Northwind is host to a myriad of reading and support material to the products we offer.

If you require something that is not on our shelf, please bring it to our attention! Chances are we can have most products in your hands within a week.

We are currently researching the area of Homeopathic remedies with an eye on expanding our selection. Stop in and let us know what you're interested in, what you've tried, heard, read about,

or what your experience have been.

We wish to welcome Joel and Veronica Valencourt to Ironwood and to the Northwind membership! Some of you may have already met Joel, as he wasted no time in becoming an ace working member!

Be Well!

-Linda Grawn, store manager

►► **Northwind's Annual General Membership Meeting is approaching rapidly. Watch the store bulletin board and the next newsletter for an announcement.**  
►► **Elections of members to the Board of Director's will be held at the meeting and we have several slots available for new Board members.**

**Your co-op needs your shopping support and your volunteer help.**

**Northwind Natural Foods Cooperative, Inc.**  
210 South Suffolk Street  
Ironwood, Michigan 49938  
**906-932-3547**

**STORE HOURS**

**Monday thru Friday**

**9:00 to 5:30**

**Thursday: Open til 7:00 pm**

**Saturday: 9:00 to 4:30**

**Sunday: closed**

**LARRY SANDS 797**

**RT 1 BOX 185**

**HURLEY WI 54534**

*"Ironwood's Healthy Shopping Experience"*