

Alternative Food Co-op eNews



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July 2009 • Protect Your Skin This Summer • Pages 2 and 3

\$SAVE • This Month's Specials July 1 through 31, 2009

July 4th Holiday Hours

9:00 am to 1:00 pm

We are closing early to allow staff to enjoy the holiday.

S. Pellegrino Natural Mineral Water (liter)

SALE \$2.35

(Reg. \$2.59)



Avalon Organics Hand & Body Lotion (12 oz.)

SALE \$8.99 - \$9.99

(Reg. \$11.49)

Stash Green Tea Powder (16 oz.)

SALE \$2.50

(Reg. \$3.39)



Garden of Eatin' Tamari Chips (9 oz.)

SALE \$2.50

(Reg. \$3.79)

Weleda

Trial Sizes

Available NOW

(Limit 3)



Quinoa Gold (16 oz.)

Dark Berry Beverage

SALE \$2.99

(Reg. \$3.35)

NEW in the Bulk Dept.

Breadshop Baking Co.

Organic High Fiber

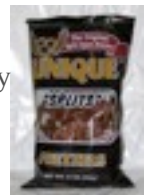
Multigrain Flakes • \$4.45 lb.

NEW

Unique Pretzel Bakery

"Splits" (11 oz.)

\$2.89



Newman's Own

Champion Chip Cookies (10 oz.)

SALE \$2.99

(Reg. \$4.39)



Yes, We Have Bananas!

Also watermelons, blueberries, peaches, nectarines, and other organic fruit for your summer eating enjoyment.



FEATURED LOCAL FARM

We have organically grown, local produce from [Achinback Farm](#), Charlestown. Among the offerings are summer squash, zucchini, salad mix, garlic scapes, loose carrots, and yellow and green beans.

Alternative Food Cooperative • 357 Main St., Wakefield, RI 02879 • 401-789-2240

STORE HOURS Monday to Friday 9 am to 8 pm • Saturday 9 am to 6 pm • Sunday 10 am to 5 pm

Skin Health Tips

by Amber Kelley

Here are three products that can help you protect your skin from the summer sun.

BADGER BALM

It is always important to avoid sunburns, and summer is sunburn season. [Badger sunscreen](#) is rated highly for safety and effectiveness by the [Environmental Working Group](#). You'll find it at the top of their chart as one of the best sunscreens. All of the ingredients are safe, and the active ingredients are the best that can be found. Both the SPF30 and SPF15 products block UVA as well as UVB sun rays. A "Critical Wavelength" measurement of 370 nm is considered to be outstanding - Badger SPF30 and Badger SPF15 both exceed that parameter. Badger sunscreen products are good for use on the face as well as the body.

HORSETAIL

[Horsetail](#) is an herb that has been used traditionally for strengthening of hair, skin, and nails. It contains a high level of silicic acid and other silicates, as well as a variety of minerals. We have horsetail tea in teabags. They can be steeped or boiled.

OMEGA 3 FATTY ACIDS

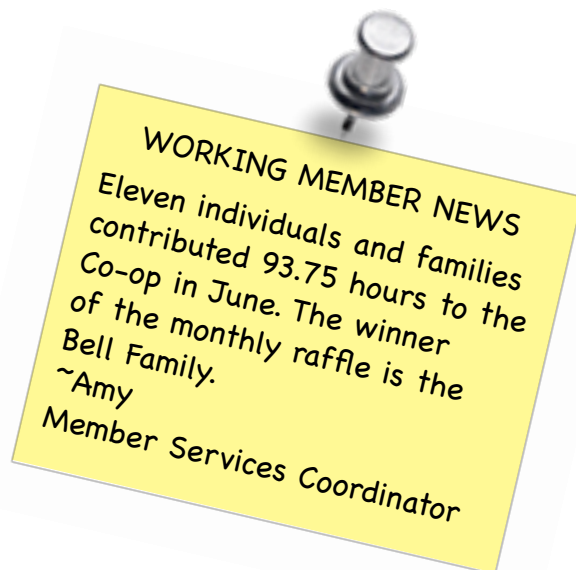
[Omega 3 fatty acids](#) offer wide-ranging benefits. Among them is improving skin health. Omega 3s from fish oil have been shown to protect the skin from sun damage from UV exposure. (Taking fish oil supplements doesn't excuse you from using sunscreen, though!) Some doctors are recommending Omega 3 supplements for skin disorders, including eczema, psoriasis and dry skin. Also some studies claim that Omega 3 supplementation can help with improving the strength of hair and nails.

The best source of Omega 3 fatty acids is from animal sources, like wild ocean fish and grass-fed beef, but ground flaxseed and flax oil are also a good source, especially for vegans and vegetarians.

TAKE-OUT SNIPPETS

On nice days you can enjoy our delicious sandwiches, soups, and salads on the banks of the Saugatucket River. We will provide a picnic blanket or you can use the picnic table behind the Co-op.

You will find refrigerated take-out items in the first cooler section closest to the street. (Our usual take-out cooler is in the glass repair shop.)



Recipe for Healthy Skin

by Lisa Dahl

Did you know that one avocado is loaded with essential oils and B-complex vitamins, including 27% of your daily need for niacin? Or that one mango provides 80% of your daily requirement of Vitamin A?

What does this mean for your skin? Niacin soothes irritated, red, blotchy skin and Vitamin A maintains and repairs skin cells.

Why does this excite me as a cook? Try this delicious salsa recipe and find out.

When you take care of your skin, you derive other health benefits and you please your taste buds, too!

Easy to make and versatile, this salsa is great alone, over rice, with crackers, as a side dish to chicken or on top of grilled salmon.

AVOCADO MANGO SALSA

1 mango, diced into 1 inch pieces

1 avocado, ripe but not too soft, diced into 1 inch pieces

1 green onion, finely sliced or ½ shallot, minced
Some orange juice, or ½ fresh lemon or lime juice (can add more if prefer)

1 Tbspn of Olive oil

Salt

Fresh parsley or cilantro (ok to use dry parsley if that's all you have)

Chili powder or chili pepper (optional)

Mix all ingredients together and serve as is or chill before serving. Serves 3-4.

Here's to your creative cooking!

Lisa

Lisa Dahl ♥ Creative Cook

Tel. 401.789.5609

Fax 401.789.5609

Email soulcook@cox.net

♥ [Lisa's Web Site](#) ♥

Lisa Dahl is a Co-op Creative Baker, specializing in wheat-free and gluten-free baked goods. Her tasty treats are available at the Alternative Food Co-op in Wakefield, RI. Lisa also offers gluten-free cooking classes.

Co-op Events

THE SPIRIT OF THE ECONOMY with Larry Krips

What is up (or down) with the economy? Well, the answer is two-fold. The first has to do with the mechanics of it all -- that is, how the capitalist system has come to work in this period. The second facet has to do with the generator of all this action -- the spiritual world. In an hour presentation and group discussion both these aspects will be examined. We are all headed to a new place, a new economy, a new world. Let's take the time to understand this transformation more deeply. Monday, July 20th, 7 pm, out back by the Saugatucket River (weather permitting).

FAREWELL...from Cindy Field, eNews Editor

This issue of the eNews is my last as I move on to pursue other publishing projects. I want to thank you, our shoppers, for your kind words and loyal readership. I also offer a sincere thank-you to Kevin Bell for his help publishing the eNews each week without fail. Finally, I offer a heartfelt thank-you to faithful contributors Lisa Dahl, Amber Kelley, and Susan Morgan for sharing their expertise. This great team made the eNews what it is. [Cynthia E. Field, Ph.D.](#)

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[Write to Rosemary, our Co-op Manager, with your comments and suggestions.](#)