

Alternative Food Co-op



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Weekly eNews

Spring into Wellness

February 27, 2009

Don't Let Illness Get You Down

Immune Support Class • March 3rd

Tuesday, March 3, 2009, from 4 to 6 pm, Mary Blue from [Farmacy Herbs](#) in Providence, RI, will present a class focusing on local foods, herbs, and other healing therapies to support the immune system.

We will talk about proper dosages for all ages and discuss how to stay healthy when a winter bug is going around.

This class is donation based.

Support your health and the Co-op at the same time!

Senior Discount Day

Monday is Senior Discount Day at the Co-op. Any Senior, age 65 and up, receives a 5% storewide discount.

Medicinal Herbalism Series

Mary Blue from [Farmacy Herbs](#) is offering a series of four classes at the Co-op this Spring:

March 17th • Week 1

Welcome Spring! **Cleansing and Detoxification** focusing on teas and foods. We will discuss local seasonal plants that aid in cleansing. The art of teas, decoctions, and infusions.

March 24th • Week 2

Seed starting, soil building, **Growing Medicinal Plants** in your garden. Growing methods for Calendula, Marshmallow, Feverfew, Sage, and more!

April 14th • Week 3

The when, how, and what of **Salves, Tinctures, and Syrups**. Learn the basics of herbal medicine making. We will make a salve in class to take home.

June 23rd • Week 4

Plant and Wild Weed Walk. The art of wildcrafting local medicinal plants. We will study medicinal uses of Mullein, St. John's Wort, Mugwort, and other local plants.

All classes are held on Tuesdays from 4 to 7 pm. Tuition: \$100 per person. (Bring a friend for FREE.)

Register at the Co-op or [email Amber \(amberafc@gmail.com\)](mailto:amberafc@gmail.com).

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www.alternativefoodcoop.com • Write to the Editor: cynthiaefield@mac.com

Produce News



Indulge your taste buds with an organic fruit salad

Organic Pineapples
ONLY \$3.49 each

Immune Support

We have a sale on chewable acidophilus tablets in blueberry, strawberry, and assorted flavors from American Health.

These tasty, chewable tablets are naturally flavored, milk-free, and safe for children and adults. Each tablet contains both acidophilus and bifidus cultures. These beneficial bacteria synthesize nutrients in the intestinal tract, counteract pathogenic microorganisms, improve immune system function, and maintain a healthy intestinal environment. Acidophilus may also be used for digestive maintenance and restoration of normal gut flora after taking antibiotics.

These are the good bacteria that fight the bad!

The Co-op also has an excellent sale on Emergen-C vitamin packets: the manufacturer's suggested retail price is \$15.89; for a limited time only, our price is \$12.99. Get them while they last!

Peace,
Amber

Raw Foods and Your Health

Raw foods aficionados take note!

There is a group called the [Rhode Island Raw Food Enthusiasts](#), which meets once a month in the South County area to hold Rawlucks.

Everyone brings a raw dish (and hopefully a recipe or two) to share so that we can all expand our raw food repertoires.

The March gathering will host raw foods Chef Frank Giglio and personal transformation speaker LivingStone. You may contact group organizer Gina at ginamlaw@gmail.com for more information.

This week's produce offerings include magnificent green beans, snow peas, rainbow chard, kale and red peppers. We have lovely red grapes, scrumptious blueberries, and pineapples at only \$3.49 each (unheard of for organic pineapples) in addition to all of our delectable citrus and apples.

To your good health,
Sue

Hands courtesy of Lily Chilicki



Chewable Acidophilus

See story at left to learn more about ways to keep your immune system humming!

MANAGER'S MESSAGE

Congratulations to our newly elected Board Members! Linda Barrett begins another term on the Board, and Pete Rundlett returns to the Board after an absence of several years. We welcome Tracey Blahy, the Co-op's resident nutritional counselor, to her first term as a Board member. Thank you all for serving!

We regret that, starting the first week in March we will be charging for bags and containers in our Bulk Foods Department. Bring your own bags and containers to save money.

Also, the Co-op donates 5¢ to worthy causes every time you bring your own shopping bag. Ask for your "button" at checkout.

Don't forget: you need to bring your dues up to date in order to participate in our Buyers' Club.

Check the Co-op's bulletin board for daily happenings. We've also posted a "wish list". Can you help?

Thank you for shopping at the Co-op. We appreciate your business.

Until next week,
[Rosemary Galiani, Manager](#)

WE HAVE TWO OPENINGS
for Working Members to help
receiving produce on Thursdays for
two-hour "shifts" between 9 am and
1 pm.

Earn a 12% storewide discount.

Stop in the store for details!



Photo courtesy of Bryan Harrison

Learn to Make Your Own Kombucha

Plan now to attend Bryan Harrison's demonstration on Saturday, March 7th, at 11 a.m. at the Co-op.



Burgers? We Got Burgers

Check the Co-op's freezer section for a wide variety of vegetarian and vegan burgers. We also sell organic, antibiotic-free, hormone-free ground beef from Rhodemont Farm.