

Alternative Food Co-op



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Day 0

Photos by Cynthia E. Field



Day 2



Day 4

eNews

Thank You, Veterans & Service Members !

May 22, 2009

Grow Your Own Sprouts • It's Easy & Fun!

The FDA recently announced another food supply contamination alert. This time it was about alfalfa sprouts. Luckily for us, the Co-op has safe alfalfa seeds for sprouting along with other delicious and nutritious seeds. We also have sprouting lids and jars.

Sprouting seeds is easy and very inexpensive. A tablespoon of seeds makes a full jar of sprouts. What a good value! (The photos above show sprouting from start to finish. The white sprouting trays in the photos are available from [Emergency Essentials](#). The Co-op has the sprouting jars and lids shown in the photos.)

Sprouting seeds greatly increases their nutritional value. They are an inexpensive way to get vitamins, minerals, and enzymes. And, of course, sprouts are a delicious addition to sandwiches, salads, and stir-fries.

TO GROW YOUR OWN SPROUTS

Use a glass jar covered with a mesh screen or a sprouting lid. A few seeds go a long way. Use a quantity of seeds amounting to less than one-fourth the volume of the jar. Soak the seeds overnight in clean water. Some seeds do best with a longer or shorter soak, but overnight is generally good. Use plenty of water - three times the volume of the seeds, at least.

Drain the soaking water - houseplants love this water - and rinse the seeds. Rinse twice per day and drain well, keeping the jar at room temperature and in a well-ventilated area. The trick is to let the seeds have enough air flow without drying out. The kitchen counter, out of direct sunlight, is usually a good place for sprouting. Once the sprouts are at the size that you want them, refrigerate and enjoy. Peace, Amber

FOR MORE INFORMATION ABOUT SPROUTS & SPROUTING

[Sprout People](#) • [SproutNet](#) • [EasyGreen.com](#)

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

[Letters to the Editor: cynthiaefield@mac.com](mailto:cynthiaefield@mac.com)



A tasty and nutritious fruit salad is the perfect way to complement your Memorial Day cookout!

Produce News

With Memorial Day being celebrated this weekend, we are all about fruit. We have gorgeous strawberries, raspberries, blueberries, cantaloupe, green and red grapes, kiwi, bananas and apples...all ripe and ready to put in your Memorial Day fruit salad.

We also have a full selection of delicious vegetables and salad fixings, including beautiful orange and red peppers.

Have a happy and healthy weekend!

Sue

Look for
New
LOWER
Prices in Our
Bulk Food
Department



Manager's Message

Plan the BEST Memorial Day cookout ever -

With Co-op free-range beef, veggie burgers, hot dogs, Rudy's organic buns, chips, salsa, salad fixin's, fresh fruit, and refreshing beverages.

Stop in before or after Monday's parade on Main Street in Wakefield.

We'll be open regular hours from 9 am to 8 pm Monday.

Happy Memorial Day Weekend to Everyone!

Rosemary

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



Introducing Our New Creative Cook

Margie, the newest member of our kitchen crew, brings lots of culinary expertise to the Co-op.

“In another life,” she jokes, Margie has worked as a waiter, bartender, and caterer. A mother of two girls, Margie is a local resident who is enjoying this opportunity to “try something different.”

Be sure to say, “Hi” to Margie next time you’re at the Co-op. She’ll be happy to make you some **rejuvenating carrot juice** or a “**berry**” **delicious organic smoothie!**

FREE

VEGGIE SCRAPS FOR COMPOSTING

Buckets of organic veggie scraps are under the loading dock. Take what you can use. Please rinse and return buckets and lids.

Compost is a great way to make your garden grow.

Happenings • Co-op & Community

June Events • Mark Your Calendar!

Wednesday June 10th - Save \$\$\$ STOREWIDE
Plan now to stock up!

Monthly 10 on the 10th SALE for Co-op Members
Co-op members receive a 10% STOREWIDE DISCOUNT

Saturday June 6th - GREEN CLEANERS • 10 to 11:15 with Kim Falcone, local Herbalist and owner of [Lily's Garden Herbs](#). Kim will talk about household cleaners and how you can clean green in your home, your school, and your workplace. Kim will also show you how you can make your own household cleaning products. Sign up by emailing traceyblahy@mac.com or call Tracey at 646-361-1666.



Sejal Lanterman presented Composting 101 last Saturday to an appreciative group of Co-op members.

MEDICINAL HERBALISM

June 23rd

Mary Blue from [Farmacy Herbs](#) is offering the following class at the Co-op -

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