

Alternative Food Co-op

Photos by Cynthia E. Field



[Visit the Co-op web site!](#)



Pete & Ebs in the Moonstone Farms greenhouse



eNews

Celebrating Local Growers!

May 29, 2009

Gluten - not just a buzz word

by Lisa Dahl

Nowadays there is increasing awareness about the way certain foods affect our bodies. *Gluten-free* seems to be one new term-du-jour but what does it mean? Gluten is a protein substance which acts like “glue,” giving dough its cohesiveness. Gluten is also used as a food additive for flavoring, stabilizing, or thickening. Surprisingly, gluten can be found in foods such as gravies, sauces, and - yes! - even some ice creams and ketchup. [Ed: See Amber Kelley’s article on Page 2 to learn about the Co-op’s many gluten-free offerings.]

If you or someone you know is living with celiac disease, you are aware that gluten from wheat and some other grains wreaks havoc with the digestive tract. It can be a challenge to find safe, gluten-free foods outside of the wheat-based, mainstream food culture. After all, what *can* you eat if you need to, or simply want to, eliminate gluten from your diet? You’d probably be surprised at how much choice there is.

While most common grains and flours like barley, rye, and wheat (including kamut and spelt), contain gluten, there are lots of others that are gluten-free. Some gluten-free grains include quinoa, millet, rice, amaranth, and teff. Despite the name similarity, buckwheat is not related to wheat at all; hence, buckwheat can be eaten on a gluten-free diet. The buckwheat we sell at the Co-op is pure buckwheat. Unfortunately, many commercial products combine wheat and buckwheat flours, rendering them unsuitable for gluten-free diets.

Currently there is some controversy whether oats have gluten or not. But beans and nuts are great gluten-free foods and wonderful sources of protein. In flour form, including chickpea flour and almond flour, these nutritious foods can be used in gluten-free recipes. Discovering new and different grains, flours, and beans can be fun but challenging at the same time.

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Local Veggies are Here!

[Shannock Organic Farm](#) has blessed us with [Pak Choy](#), [Tatsoi](#), cress, arugula, spinach, and leaf lettuce.

[Achinback Farm](#) continues to share their bounty of delicious scallions, rhubarb, and radishes.

Our organic fruit is incredible - juicy, sweet cantaloupe, tart/sweet cherries, yummy red or green grapes, and perfect-for-chocolate-dipping strawberries.

To your good health,
Sue



GROCERY SPECIALS

[Back to Nature](#) Wheat Crackers \$3.59

[Garden of Eatin'](#) Corn Chips \$3.89

[Guayaki](#) Yerba Mate 2 for \$4.00 (asst. varieties)



GLUTEN-FREE PRODUCTS FOR DIGESTIVE HEALTH

by Amber Kelley (Co-op Health and Personal Care Buyer)

According to the [University of Chicago Celiac Disease Center](#), three million Americans, both children and adults, suffer from [celiac sprue](#). Celiac sprue, also known as celiac disease or CD, is a chronic digestive disorder in which gluten, a composite of proteins found in wheat, barley, and rye, damages the intestines of celiac sufferers. The disease causes a wide range of symptoms ranging from minor digestive discomfort to malnutrition. For those who are sensitive, even small amounts of gluten can damage the intestine.

An estimated 95 million people in the US suffer from digestive problems. Many sufferers find that a gluten-free diet gives them relief, even if they are not diagnosed with celiac disease. Gluten gets its name from its glue-like quality, a property that is useful for holding bread and other baked goods together. But gluten is difficult for the digestive system to process.

The Co-op offers a wide variety of gluten-free products, ranging from pastas, breads, and baking mixes to supplements. Because of the effect of gluten on nutrient absorption, supplementation is very important for those living with celiac disease. Many of our supplements are gluten-free, and Highland Labs supplements are specifically designed for the gluten-sensitive; the company's quality control department performs immunoresponsive testing on each batch of product before its release to assure every bottle is absolutely gluten-free. The Co-op carries the company's adult and children's multivitamins, a soothing digestive enzyme supplement, and a chewable echinacea/elderberry immune support supplement.

Gluten - not just a buzz word (continued from P. 1)

Remember, when it comes to exploring food and your body, it's like being a detective. Investigate the mystery of what works well for you and what doesn't. You might solve a certain case of hives or even discover a treasure of new tastes! Whatever your situation might be, enjoy the journey - and the FOOD.

All products mentioned in this article are available at the Co-op. We have chocolate chips from [Enjoy Life](#) that are vegan and made in a dedicated gluten-free facility. They are the cutest little chips I've ever used!

Are you ready to try some gluten-free flours but don't want to spend a lot of money or invest in a large bag? Just purchase a small amount of grain from our bulk section and use a coffee grinder, blender, or food processor to make your own flour. For example, 1 cup of quinoa grain makes 1 ¼ cup of quinoa flour.

Try grinding up some tapioca pearls to make tapioca flour, which acts as a thickener. Or buy a small amount of our arrowroot powder.

Meanwhile, here are a couple of recipes from the Co-op's kitchen to yours. Enjoy!

GLUTEN-FREE BAKING POWDER

[from Scott Adams \(celiac.com\)](#)

(Gluten & Corn Free)

Ingredients:

1/3 cup Baking Soda

2/3 cup Cream of Tartar

2/3 cup Arrowroot (or potato starch)

Mix well. Store in an airtight container.

1½ teaspoon of this mixture = 1-teaspoon of regular baking powder

NUT BUTTER COOKIES MADE WITH RICE FLOUR

[Adapted from a recipe from Joan Dwyer \(allthatmatters.com\)](#)

Preheat oven to 350 degrees

Mix Wet Ingredients:

½ lb cashew butter, peanut butter, almond butter

1/3 C canola oil

½ C agave syrup, honey, maple syrup

½ tsp vanilla

2 eggs – or use 2 TBSPS Flax seed, grind and then mix with ½ cup boiling water. Stir and place in fridge to cool – about 15 minutes.

For detox diet, use flax seed

Mix Dry Ingredients:

1 ½ C brown rice flour

¼ tsp salt

Mix well the wet and dry ingredients above and add if you want:

¼ - ½ cup chopped cashews

¼ - ½ cup chocolate chips (not for detox diets)

Drop heaping tablespoons full of batter onto lightly oiled baking

tray. Press cookies down with fork to flatten in crisscross pattern and also poke small holes into cookies with fork. Keep water in cup nearby; dip fork in water to keep fork from sticking to cookie batter when pressing down.

Bake at 350 degrees for 10-12 minutes until lightly browned. Makes approx. 10-12 cookies.

Questions? Feel free to contact me in person (I work most Monday and Wednesday mornings in the Co-op kitchen) or [email me](#).

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♥ [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.

THURSDAY IS GLUTEN-FREE DAY

The Co-op is excited to announce that Thursdays will be "Gluten-Free" days. Lisa Dahl will prepare a gluten-free baked item and possibly a gluten-free salad for your dining pleasure. Please stop in every Thursday to enjoy one of Lisa's gluten-free creations!



New in the Bulk Department
ORGANIC

CASHEWS • roasted, salted • \$10.85 per lb.

PISTACHIOS • salted, in shell • \$9.59 per lb.

[GOJI BERRIES](#) • \$15.95 per lb.

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!

Thursday, June 4th - THIRD ANNUAL COMMUNITY HUNGER AWARENESS DAY • 5 to 7 pm, Peace Dale Village Green (Rain date is June 11th). The community is invited to join with neighbors to raise awareness of hunger in our area. Bring along your blankets and chairs for a family-friendly evening of great music and food, all free. You are asked to bring donations of non-perishable food to benefit the Jonnycake Center of Peace Dale's emergency food pantry.

Saturday June 6th - GREEN CLEANERS • 10 to 11:15 a.m. with Kim Falcone, local Herbalist and owner of [Lily's Garden Herbals](#). 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.

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

MEDICINAL HERBALISM

June 23rd

Mary Blue from [Farmacy Herbs](#) is leading a **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](mailto:amberafc@gmail.com). (amberafc@gmail.com).

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