

Alternative Food Co-op

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Herbalist Kim Falcone with Maggie



eNews

June 10th - Co-op Members Save 10% Storewide

June 5, 2009

FREE Green Cleaning Workshop

by [Cynthia E. Field, eNews Editor](#)

When the Spring issue of *Yankee* magazine arrived in the mail, we were excited to see that it featured one of our favorite local businesses. We're referring, of course, to [Lily's Garden Herbals](#), a Wakefield company specializing in natural cleaning products for the home, school, and workplace. Owner Kim Falcone has nurtured than a decade at her family's two-Tuckertown Road.

Lily's Garden Herbals offers a cleaning products for everything surfaces in between. Kim also aromatherapy sprays, all water-and clothing. You'll find many of shelves. We also carry Lily's



automatic dishwashers in our Bulk Department. Want to learn how to make your own household cleaners? Kim will be presenting a FREE "Green Cleaners" workshop at 10 am this Saturday, June 6, at the Co-op. See Page 3 for registration information.

Lily's Garden Herbals for more acre botanical paradise on

complete line of household from windows to wood and all creates a variety of personal and based and safe for people, surfaces, Kim's products on the Co-op's Garden Herbals' powder for

GROCERY SPECIALS

[Nasoya](#) Tofu • \$2.19 pkg.

[Annie's](#) Mac and Cheese • \$2.89 pkg.

[Natural Sea](#) Canned Pink Salmon (wild caught) • \$2.79

[Good Karma](#) Organic Original Rice Milk 32 oz. • 2 for \$5.00

[Nature's Path](#) Organic Frozen Buckwheat Wildberry Waffles • \$2.89 pkg.



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

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



Fresh Organic
Asparagus

Produce News

This week we are featuring beautiful peaches and nectarines. Our grapes continue to be deliciously sweet as are our strawberries and cantaloupe.

Special alert! We have a few mini watermelons - wonderful alone or in fruit salad.

On the local front, we have baby romaine, mixed greens, and arugula from [Moonstone Farms](#). We also have scallions from [Achinback Farm](#). In addition, we have a small quantity of red leaf lettuce for salad perfection. Enjoy the sunshine!

To your good health,
Sue

FAIR TRADE PERSONAL CARE PRODUCTS FROM ALAFFIA

by Amber Kelley

Have you noticed how good Brendan's hair looks lately? Brendan is a Co-op cashier, WRIU disk jockey, and all-around nice guy. Recently Brendan discovered Alaffia's Virgin Coconut and Shea Butter Hair Lotion. It is a leave-in conditioner designed for curly hair and dreadlocks. It's also marvelous on straight hair, especially if it's damaged or dry. This product is very smoothing and nourishing.

[Alaffia](#) is a [Fair Trade](#) company that makes high-quality hair and body care products. Focused on the principle of moral responsibility, Alaffia was founded by Olowo-n'djo Tchala, who grew up in poverty in Africa.

"I feel morally responsible to dedicate my life to empowering our communities in Africa. I have chosen to promote indigenous African natural resources that are culturally, spiritually, economically and ecologically sustainable," he writes. "The fair trade of our handcrafted shea butter and shea butter skin care products is bringing income to and empowering our communities in Togo, while making indigenous, sustainable and effective skin care available to the global community," he explains.



In addition to Alaffia's Hair Lotion, the Co-op carries Alaffia's Enriching Shampoo and Body Lotion in 8 oz sizes. We also have Alaffia's daily hydrating shampoo, conditioner, and body lotion in bulk. Bring your own containers and save money by buying in bulk. I encourage you to try these exceptional products and help support this worthwhile enterprise.



Working Member News

During May, 18 individuals and families gave the Co-op 133 hours of their time and talent. Thank you, Working Members. We couldn't do it without you!

Congratulations to Lisa McHenry who won the Working Members' Monthly Raffle.

~Amy
Member Services Coordinator

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.



Co-op Happenings

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).