

The Garbanzo Gazette • How Can SCFC Help You?

**TCW Orders**  
(Members Only)

*New Catalogs Every Month!*

It's simple to order from the Tucson Cooperative Warehouse!

Whether you're after cases of whole grain organic pasta or a ton of organic garbanzo beans, a TCW order is your easy answer to those unusual orders.

Just fill out the TCW order form, turn it in Thursday afternoon, before 4 PM, and pay at the register, then get ready to pick up your treasures on the following Monday



afternoon, after 2 PM.

(We will consider an invitation to dinner, at your place, any time after that Monday afternoon, if we happen to be hungry for what you ordered.)

**Attention Local Growers**

If you are a certified or registered organic grower, and would like to sell your product to the Silver City Food Co-op, please call and ask for Pamela, Wednesdays through Saturdays. Produce growers need to call and discuss what they will have and when they will have it. Our department must have a two week advance agreement in place before receiving your produce. Call soon! ➔ 388-2343

In the spirit of cooperative living,  
The Silver City Food Co-op

**Carry Out • Just Ask!**

ATTENTION! Don't hesitate to ask for help with carrying your purchases out to your car! We're here to be of service, so don't be shy.

**Grocery Delivery Call Us!**

The Co-op's Programs for Special Needs encourages your call.

Every Wednesday, a Member Participant provides FREE grocery shopping and delivery to Co-op members who live within a 10-mile radius of the store and are homebound or cannot do their own shopping. We take phone orders from 9 am to Noon, then do your shopping for you. From Noon to 4 pm, we deliver.

If this program would be of help to you, please call the Co-op, 388-2343, on Wednesday mornings to make arrangements and place your order.



➤ 388-2343 for SERVICE! ➤

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US POSTAGE PAID  
Silver City NM  
PERMIT # 125

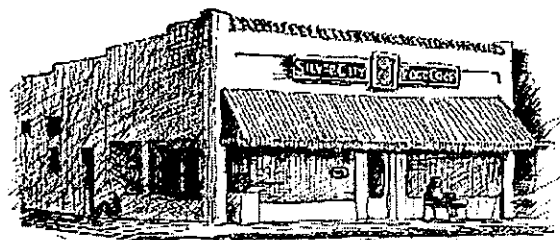
**Silver City Food Co-op**

520 N Bullard  
Silver City NM 88061  
505-388-2343

**Store Hours**  
Mon-Fri • 9am - 6pm  
Sat • 9am - 5pm



Change Service Requested



BETTY MISHUK  
44 ARENAS VALLEY RD  
SILVER CITY NM 88061-0137

**REMEMBER! Check the Co-op Calendar - on page 1 - for Delicious Events**

Official Newsletter of the

**Silver City Food Co-op  
The Garbanzo Gazette**



• Vol. 2 • May/June - © SCFC, 2002

**FEATURE THIS ...**

**Dreamy Cream**

by  
Stephanie Linn

Mimosa Blossom Dream Cream is as wonderful to use as the name is to say. Open the jar and breathe in its wonderful light orange scent. Apply some to your face, and experience its smooth, velvety, dreamy texture. Your face will feel soft and silky for hours.

Read the label, and you'll see that Mimosa Blossom Dream Cream contains many essential oils, including Neroli, Ylang Ylang, and Sweet Orange, vitamins, and rain water. You could eat this stuff! And that's important to me, as I consider it to be food for my skin.

Mimosa Blossom is great for all skin types, is rehydrating, and aromatherapeutic. It contains no synthetic chemicals, and is not tested on animals. And guess what? By purchasing this face and body cream, you are supporting your neighbors, since it's made locally in Mogollon, New Mexico.

Watch this space, in future issues, to find out about new and featured Co-op products. If you'd like to learn more about a particular item, we'll put our relentless team of investigative reporters to work to dig up the facts. Just let us know <dstevens@gilanet.com>

SEE Op/Ed on page 3 ➔

**MEET DANIEL**

by Stephanie Linn

When you check out the beautiful display of fresh fruits and vegetables at the Silver City Food Coop, chances are you're witnessing the artistry of Daniel Burlison. He has worked at the Co-op for almost two years, and has lived in Silver City for ten years.



Photo by Ted Lynn

**Daniel Burlison**

In Daniel's 80 years on the planet, he's had a variety of work and travel experiences. He was in World War II as a Merchant Marine, and continued in that profession for about ten more years. As a commercial fisherman for 16 years, Daniel saw most of the West Coast and the waters off Alaska as he fished for halibut and salmon. While in Alaska, he worked with the Eskimos of the Arctic, teaching them jade carving and marketing skills. As a hobby, Daniel carves jade and makes jewelry.

We at the Co-op are lucky to have Daniel as a staff person. He has a great attitude and is fun to work with. What does Daniel like most about working at the Silver City Food Co-op? The healthy atmosphere, the congenial people, and of course, the employee discount!

Thanks, Daniel!

**Join Us!**  
*May/June Co-op Calendar*

**1-4 May:** Tour of the Gila Bike Race. Sampling outside the Co-op Saturday, May 4th.

**11 May:** Celebration of Spring. Co-op sampling in the Big Ditch, along with other vendors.

**24/25/26 May:** Blues Festival. Sampling at the Co-op Saturday, May 25th.

**21 August:** Silver City Food Co-op's annual meeting, 6 pm, at the NM College of Natural Healing. Plan on bringing a potluck dish to share, be prepared to elect new board members (or re-elect previous ones), and catch up on the past year's progress.

**FOR MEMBERS ONLY**

Sign up on the bulletin board inside the Co-op to be a member volunteer participant at any of the upcoming Co-op events. Members can sign up to work 3 hours and receive a 20% shelf discount for one week.

The Silver City Food Co-op's Board of Directors meets every First Friday of every month at the SC Public Library, 9AM to ?? All welcome! We also invite you to join us for our new visioning sessions beginning at approximately 10:30AM on board meeting days.



**The Silver City Food Co-op**

520 N Bullard Street  
Silver City NM 88061  
505-388-2343

**Store Hours**  
Mon-Fri • 9am - 6pm  
Sat • 9am - 5pm



**Silver City Food Co-op**  
**Established 1974**  
 Board of Directors

Mark Johns • President  
 Mary Lynn • Vice President • 388-3813  
 Maureen Grey • Secretary  
 Stephanie Linn • Treasurer • 534-0403  
 Tohmas Twintress • 534-0410  
 Bob Wilson

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Kathleen Wigley, General Manager  
 Pamela Patrick, Assistant Manager  
 Lynne Aldin  
 Jennifer Bjornstad  
 Daniel Burlison  
 Gary Clauss  
 Robert DePierro  
 Penelope Edwards  
 CarolBeth Elliott  
 Shannon Helmlinger  
 Judith Kenney  
 Anna Kettenhofen  
 Susanne Lawrence  
 Bob Lee  
 Tom Manning  
 Joseph Patrick  
 Jeanne Smith  
 Marsha Walpole  
 Pat Walsh  
 Tyrone Wright

**Annual Co-op Membership Dues**  
**\$5.00 per adult • Kids FREE**  
 (\*Kids - Children up to 18 and living at home.)

**The Garbanzo Gazette**  
 Submissions Welcome! Please submit letters, articles, etc. to the editor in care of the Co-op or e-mail to:  
 <dstevens@gilanet.com> or  
 <mary@writerscenter.com>

**2002 Garbanzo Gazette**  
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 Rebecca Summer • Contributing Editor  
 Marilyn Twintress • Contributing Editor  
 Tohmas Twintress • Contributing Editor

**Let's Hear About the Kids!**

by  
 Marilyn & Tohmas Twintress

In the last GG issue, we invited all of you to contribute your ideas and stories. After all, this space doesn't belong to us, it's here for everybody. We received a nice response from Joan Harmony (See the Seniors column), wherein she sent us the web site: www.freethechildren.org. Thanks to Joan, we're sharing it with all of you now.

'Free the Children' is a non-profit web site and organization that began with a young man named Craig Kielburger. At age 12, Craig read about a young Pakistani boy who was sold into slavery. After the boy escaped, he spoke out about what happened to him and was murdered. This so affected Craig that he founded Free the Children (now registered in more than 35 countries) for kids, run by kids. In fact, only kids under 18 can vote on the non-profit's policies, projects or act as spokespersons for the organization.

Since beginning seven years ago, Free the Children has built more than 300 primary schools and shipped over 100,000 school and health kits all over the world. Through the organization's speaker bureau, Craig Kielburger and Free the Children spokespersons have spoken to well over 1 million people including associations, parents, teachers; launched the 'Youth Ambassadors for Peace Project,' shipped over \$2.5 million dollars worth of medical supplies to Free the Children medical clinics in developing countries, and much, much more.

Free the Children is based on simple tenets. One of its core beliefs states that all children deserve respect and should be free from exploitation. By empowering and organizing themselves, they literally have freed kids all over the world. With passion and efficiency, they have raised money for their non-profit through: walk-a-thons or rock-a-thons, bake sales, raffles, selling their toys, doing odd jobs and services, organizing concerts, plays, collecting pop bottles, and by donating their Bar Mitzvah or Birthday money (all projects most any kid can handle). Craig Kielburger also helps to finance the organization. All the money he's raised over the past seven years, from speeches, awards, scholarship money, and royalties from his book has been given to Free the Children.

Reading this web site will inspire you to remember that you, too, can make a difference. In fact, isn't that the only way change happens, if we all commit to helping ourselves and others, where we can and when we can? Congratulations to Craig and Free the Children for reminding us how powerful we all are when we organize ourselves to support our common truths.

We invite all of you to check out this web site: www.freethechildren.org. How about you kids out there? Do these ideas excite you? Are these things you can do, too? How do you feel about it all? Tell us and we can all talk about it together.

Hey kids and kids supporters! Help us fill this column with your ideas. Tell us what's important to you. You can call us, Marilyn or Tohmas at 534-0410 or write to: twintress@juno.com. Thanks for listening.

**Let's Hear from Seniors!**

**A Conversation with HARMONY • Part I**  
 with Marilyn & Tohmas Twintress

In the last issue of the Garbanzo Gazette, we started contributing to a few of the columns here and we invited everybody to join us. One reader did just that; Joan Harmony kindly referred us to a great web site for the column on kids, "I'm a senior but I love to see kids find their power." With good ideas like that, we quickly asked her to be interviewed for this column and she happily agreed.

When asked how she came to Silver City, Joan replied, "I've been here fourteen and a half years. I was guided here." Originally, she grew up in upstate New York and was educated in Virginia and New England. After that, she married a preacher. Though he was very abusive, she stayed with him over twenty years and they had four children together.

Then Joan changed her life dramatically. She moved to Arizona and then Arkansas, where she lived on women's land for ten years. She returned to northern Arizona, where she studied with a Native American medicine woman at her healing center. When the center closed, Joan heard that healers were needed in Silver City. So she moved here and began her work as a spiritual healer.

When asked to describe her work, she replied, "I do custom healing." She explained that what she does depends on what the person's body is asking for. She doesn't have a 'set response or system' that's the same each time. Joan went on, "I'm able to pick up on the blocks in a person's body and remove them." She bases her work on quantum physics principles and often uses guided meditations.

She explained that in traditional medicine, people generally go to a doctor to be 'fixed,' not necessarily to work with the traumas or issues that may be causing their diseases. When a person works with Joan, they, too, may need to work on themselves. "It all depends on how much responsibility the person is willing to take. I don't heal anybody. People heal themselves. Sometimes it means people have to make lifestyle changes."

To Joan, healing implies empowerment, taking total responsibility for one's self. When someone is looking for a practitioner, Joan suggests, "People need to listen to their own hearts and see who is right for them. They need to feel safe."

Thanks to Joan Harmony, who can be reached at 538-0388. Stay tuned for Part II of 'A Conversation with Harmony' in the next issue.

Thanks to everybody else who listened. Please send us your thoughts and stories about seniors and we'll share them here. We can be reached at 534-0410 or twintress@juno.com

Write for the Garbanzo Gazette and let your voice be heard!

**Meaning & Intention**

To clarify the meaning and intention of our cooperative business policies, we suggest that the Co-op be considered as analogous to a tree.

Vision statements describe the soil in which the tree grows—the world we live in. We consider three aspects of that world in our vision statements: How we treat the planet; how we treat one another; and how we treat other living things.

Value statements describe the tree—our values about cooperative principles, organic foods, interpersonal relationships, relationships with the community, etc., that the Co-op embraces daily in its operations.

Mission statements describe the fruit of the tree.

Goals are definitive statements and commitments about bringing the tree to fruition. They state what we are going to do.

Strategies define the ways in which we attempt to meet our goals.



**Member Appreciation Day Prize Winners**

March 15, 2002

Marsha Walpole • Iris Alexander  
 Candace Breen-Lee • JB Bjornstad  
 Barbara Saxton • Rebecca Summer  
 Alegra Link • Mary Catherine Meek  
 Taya Lorentzen • Betty Risinger  
 Sylvia Rivera • Melvyn Gelb



Congratulations to all you lucky folks and a big "Thank You" for participating.

**Clean Up Your Act!**

**Not Just for Salads**

by  
 Stephanie Linn

Vinegar is wonderful stuff with a wide variety of uses. It can be used to remove stains such as grass, coffee, tea, berries, and wine. It is also useful in removing paint, mold, and gum. Vinegar has deodorizing properties as well: simply place a cup of vinegar in a room to absorb bad odors, even cigarette smoke. You can also mix vinegar with many other natural products like salt, baking soda, lemon juice, and of course, water.

Mix 3 tablespoons vinegar with just enough salt to make a paste, and you have a great metal cleaner. To remove chewing gum or decals, rub them with pure vinegar until they come loose. This same technique will also remove mold.

I could go on for many more pages on the usefulness of vinegar. If you have any questions on the many ways to use vinegar or any other natural cleaning products, I recommend the book *Clean and Green*.



**New Mailing Labels**

**MEMBERSHIP**

Members are responsible for updating their addresses, phone numbers, and mailing information. Your membership expiration date is now printed on your *Garbanzo Gazette* mailing label.

Please renew your membership no later than the end of the month in which your membership expires, or your membership privileges will be suspended.

Thanks for joining the Silver City Food Co-op.



**Opportunity! FOR MEMBERS ONLY**

Sign up on the bulletin board inside the Co-op to be a member volunteer participant at any of the upcoming Co-op events. Members can sign up to work 3 hours and receive a 20% shelf discount for one week.

**Winners of Silver City Food Co-op Raffle Chamber of Commerce Showcase March 28-31, 2002**

**Victor Avilucea  
 Margie Gray  
 Brenden Claussen**

**May Coupon • Knudsen Recharge Orange, Lemon, Tropical Reg. \$2.19, with coupon \$1.89/quart, \$20.39/case Mixed flavors OK Limit 2 cases per coupon**

Expires May 31, 2002

**June Coupon • Crystal Geyser Sparkling Mineral Water All Flavors Large (1.25 Liter) size reg. \$1.19 with coupon \$.99/bottle, \$10.69/case Mixed flavors OK Limit 2 cases per coupon**

Expires June 30, 2002

## What's the Alternative?

### FOOD — in the RAW with Marilyn and Tohmas Twintreess

Hi everybody! Nice to meet you here again. What do you think of the newly expanded *Garbanzo Gazette* and this column?

One of the most important contributors to good health is what you eat. If you put healthy fuel into your body, it can keep running smoothly for a long, happy time. When people have asked us how we could do what we do (running multiple businesses, etc.), we would tell them, "We do it all by eating really well."

Eating well means different things to different people. For us it evolved, over the course of many years, from vegetarianism to veganism to organic vegan to live organic food. Live food refers to organic vegan food (although some live foodists consume bee products and some of them are not organic) that has not been exposed to temperatures over 108°F. (We have heard that temperature vary from about 90-120°F.) When you cook food over 108°F, the heat kills off its natural enzymes. That means it may take more work for your body to digest it (and it will not have all the building blocks of cellular life). The more energy you use digesting, the less there may be available for other things, like regenerating and building strong organs, muscles, and bones.

Live food can mean eating right out of the garden, just like that folk song, "There's nothing in the world like home-grown tomatoes." Sometimes it is much more exotic and always, it can be lots of fun!

Live food recipes call for glorious ingredients like: Sprouts of all kinds; soaked and blended nuts for pates or homemade milks; fresh juice and pulp (they offer a tanginess); dates to sweeten treats; coconut milk; and endless lively, fresh spices like jalapeños, ginger, and basil. The full vitality of whole foods completely engages you with rich aromas, tastes, and colors. The Essenes taught that eating food fresh from the earth brings you closer to the life force and sacredness in all things.

As more people explore live foods for health and the sheer joy of it, more and more excellent books on the topic have

come out, like *The Raw Gourmet* by Nomi Shannon, a raw foods chef and a certified Hippocrates Health Educator. Originally, she was referred to raw food, by a holistic physician, to help her serious digestive problems. So she begins her book with a succinct background on ways to be healthy and why raw food can support that.

Then Nomi gives you all the basics you need to 'uncook' for yourself, including: soaking and sprouting seeds and schedules; sources that can sell you raw food supplies; possible menu plans; and food combining for maximum ease of digestion. It sounds much more complicated saying this than just doing it. Everything in *The Raw Gourmet* can have you making fantastic recipes immediately, without any prior experience. When you consider how much effort and learning it takes to cook well, you realize that 'uncooking' is a simple pleasure. Maybe that's why she calls it *The Raw Gourmet*, 'cause it just takes almost no time to be enjoying meals like a gourmet.

The book is filled with gorgeous, bright pictures and nice informational stories like "Oils and Raw Food." While you're reading the recipes, you can find out how to make healthy food choices, or why cashews aren't really ever 'raw.'

As for the recipes, yes, they, too, are easy, colorful and savory. We discovered that the lusciousness of fresh, simple-to-prepare, live foods nurtures us more fully than any other way of eating and supports us to be respectful and vibrant in our daily practice of life.

*The Raw Gourmet* by Nomi Shannon is available in the co-op's well-stocked book section (Check out the sales). It's a good one for beginning or experienced live food folks. And if you prefer some other book besides this one (in any category) Jeannie, who works in the Co-op office, tells us they can special order anything you like (We also love *Raw* by Juliano). Taste the joy of uncooking for yourself.

*We welcome your stories and ideas in this column. It's a community space where we can all share healthy information and tips. Just contact us at 534-0410 or twintreess@juno.com*

*Thank you very much.*

## Animal Companions

### BOARDING with Marilyn & Tohmas Twintreess

Just deciding whether or not to board your dog can feel traumatic. That's why it's a really good idea to explore your options in advance. That way if you do need to leave your animal with someone else, it can be with someone you trust. In our initial search for local boarding kennels, we only came up with one private (not run by a vet or an animal hospital) facility, called Country View. (If anyone out there knows of any other alternatives, please let us know!)

Country View, owned by Charlie and Pat, feels spacious, relaxed, and homey for a kennel. To keep everyone happy, they house dogs both indoors and outdoors. The small house dogs stay inside where they roam freely in three separate rooms just for them, complete with night lights and 24 hours/day music. Pat notes, "Most of the time it looks like a doggie slumber party."

The medium-large dogs stay outside in big kennels which all have their own doghouse and blankets. Just beyond the kennels they can run three times a day in two large play areas with lots of trees.

Charlie and Pat also handle dogs with special needs, "We have several very old dogs that we board. We try to put them in a quiet area and spend special time with them, helping them eat and walk if necessary. We also board two blind dogs. They do very well—they've memorized the facility—and you'd never know they were blind to see them moving around!" And if any of the dogs gets really lonely, they show them special attention, "If we get a lonely dog we first have to gain his trust and friendship. Once that's accomplished we spend time in the large play area, usually sitting in a chair petting the dog, then slowly introducing him or her to a docile companion. Usually they're soon playing and content."

If you need their services, you can reach Country View at 388-4945. And again, we invite everyone else to share their information about animals with us, particularly holistic, healthy options: homeopathy; herbs; healthy nutrition, etc. Thank you.

*We, too, are learning about animals and their care everyday. That's why we look forward to your contributions to this column. We can be reached at 505-534-0410 or twintreess@juno.com*

# The Garbanzo Gazette

Official Newsletter of the Silver City Food Co-op • Vol. 2 • May/June - © SCFC, 2002

## Opinions / Editorials / Letters

Let Us Hear What You Think!

Articles in the *Garbanzo Gazette* do not necessarily reflect the views of the board, management, or staff of the Co-op.

### Monsanto: It's What's for Dinner!

by  
Neal L. Apple, MD

I read with interest an article (*Silver City Daily Press*, Jan. 10, 2002) titled "Biotech Crop Acreage Growing Despite Resistance by Consumers." The article states that the planting of genetically engineered crops worldwide increased nearly 20% in 2001 "despite resistance of consumers in Europe and elsewhere." Why is it that people in Europe and elsewhere are rejecting these foods, yet here in the US most of us have no idea what a genetically engineered food is? The answer is twofold: 1. They know something we don't. 2. The information is being kept from us.

Genetic engineering (GE) is a process whereby foreign genes or DNA are spliced into the genes of non-related species, creating entirely new organisms. The genes contain the blueprints of what the organism will turn into. The GE process, which mixes genes from separate species, is fundamentally different from the type of genetic manipulation that has historically occurred, such as when ranchers breed different strains of cattle to create offspring with the desired traits. In GE, genes are mixed using "gene guns," bacteria that penetrate one organism and insert the foreign gene from a different species. Some people refer to GE foods as "Frankenfoods," a reference to Frankenstein's monster and good science gone bad.

Why is genetic engineering harmful for humans and the environment? GE is a very imprecise and unpredictable science. Estimates are that only one in thousands of attempts at producing a new and "superior" breed of plant achieves the desired result without undesired side effects. Living organisms are infinitely more complex than our current level of understanding can comprehend, much less successfully "create" or engineer. As Wes Jackson put it, "We have assumed control of nature without adequately understanding nature's arrangements." Basically, GE crops are a giant experiment using the Earth as a laboratory (and us as the guinea pigs!). Because GE crops have been considered essentially the same as the food they most resemble, and not entirely new species, which is what they really are, they have been permitted to be unleashed into the environment without adequate testing. New medicinal drugs, which are used by far fewer people than are crops such as corn, soybeans and cotton, require years of rigorous testing before they are released for general use. Once GE crops are released into the environment, there is no calling them back. Problems are already surfacing: Some GE crops are killing beneficial insects such as lacewings and ladybugs, killing beneficial soil microorganisms, damaging soil fertility and harming insect-eating birds.

Which foods are genetically engineered? The big three are soybeans, corn and cotton. The most popular GE crop is Monsanto's Roundup Ready soybeans. (You will recall that Monsanto was primarily a chemical company until it got into the food business.) These soybeans are engineered to withstand the weed killer, Roundup, which is sprayed on the fields, killing everything but the soybeans. Farmers growing Roundup Ready soybeans use up to five times the amount of weed killer compared to other popular weed management systems. A number of recent scientific studies have linked glyphosate, the active ingredient in Roundup, to increased risk for cancer, birth defects, and

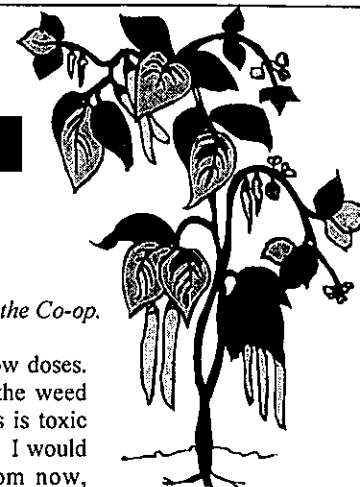
other health hazards, even in low doses. It appears that the residue of the weed killer that remains on the crops is toxic to humans and other life forms. I would not be surprised if, years from now, Roundup joins the ranks of other toxic agents such as DDT, PCBs and dioxins. And health hazards aren't Roundup's only side effect. Weed species are already developing tolerance to Roundup, which will require additional applications of this or other pesticides. This is just one example of why allowing chemical companies to control our food supplies is not a good idea!

Why don't we know more about GE foods? Why aren't they mentioned on labels? In 1992, the Food and Drug Administration (FDA) decided that GE foods were "substantially similar" to conventional crops, and thus were not required to be labeled or to undergo special safety testing before they enter the market place. Polls of consumers have found that 80 to 95% of Americans want GE foods to be labeled, so that we have a choice in buying and consuming them. To date, attempts to get the FDA to require labeling of GE foods have failed, in large part because of heavy lobbying by the biotech food industry. The labeling requirement in other developed countries has led to many of them banning GE foods from their markets. As Norman Braksick, the president of Asgrow Seed Company, a biotech seed company now owned by Monsanto, admitted to the *Kansas City Star* in 1994, "If you put a label on a genetically engineered food you might as well put a skull and cross bones on it."

We are living in a country where these foods have already entered the market place without our knowledge. In 1999, 57% of US soybeans, 38% of US corn and 65% of US cotton were genetically engineered. So what can we do? There are at least two simple answers: 1. Buy organic foods. Organic food is under regulation and cannot be engineered. The corn tortillas that you buy in the grocery store, unless labeled "organic," have a high likelihood of containing GE corn. Organic corn tortillas are available at the Silver City Food Co-op. 2. Pressure your grocery stores to not stock GE foods. A year-long campaign to force Trader Joe's (a grocery chain in large cities) to drop its use of GE ingredients in its store brand products was recently successful, and the chain announced that it would go GE-free within a year. This is the first time a mainstream US grocery chain has dropped GE ingredients in response to consumer demand, although in Europe, there are many such success stories.

Obviously, this is a complex issue, and I have just barely scratched its surface. The bottom line is this: GE foods may not be safe for human consumption, and have not been adequately tested. GE crops are likely not safe for the environment, and indeed, problems are already surfacing. On the other hand, organic foods and organic farming techniques are safe for human use and safe for the environment. Ten good reasons to buy organic are: 1) To protect future generations, 2) prevent soil erosion, 3) protect water quality, 4) save energy, 5) keep chemicals off your plate, 6) protect farm workers' health, 7) help small farmers, 8) support a true economy, 9) promote biodiversity and 10) enjoy better flavor.

— Neal Apple





## Your Co-op Staff



Photo by Ted Lynn

From the left— Judith Kenney • Lynne Aldin • Joseph Patrick • Pamela Patrick • Bob Lee • CarolBeth Elliott • Anna Kettenhofen • Kathleen Wigley (seated) • Susanne Lawrence • Jeanne Smith • Pat Walsh • Gary Clauss • Daniel Burlison • Robert DePiero • Penelope Edwards. Not pictured— Jennifer Bjornstad • Shannon Helmlinger • Tom Manning • Marsha Walpole • Tyrone Wright.

Thanks to the entire Co-op staff for all your wonderful work. ♥ Kathleen

## It's Sneezin' Season . . . Again!

### Stinging Nettles for Allergies?

by  
Baxter

Take the sting out of allergic reactions with stinging nettle? Nettle or "stinging nettle" (*Urtica dioica*) has become a popular treatment for allergies and especially hay fever. One reason for its effectiveness is its anti-inflammatory properties. For centuries, this herb has been used to treat nasal and respiratory issues such as itching eyes and throats, coughs, runny nose, and chest congestion.

The plant is a perennial found all over the world. It has a square stem with opposite serrated leaves with little stinging "hairs" all over, reaching a height of 2 to 5 feet or more with water. Here in the Southwest, nettle is found growing along streams, marshes, or damp spots in the mountains usually above 4000 feet. It looks sort of like a giant mint with hairs. The plant has a **sting** that is memorable if you encounter it with bare skin, thus the name "Stinging Nettle."

Lucky for us, nettle is available without the sting. The best form to use

is freeze dried extract in capsules, or tea made from the dry leaves. Both of these forms are available locally. Dr. Andrew Weil says in *Spontaneous Healing*, "One to two capsules every two to four hours as needed will control symptoms with none of the toxicity of antihistamines and steroids."

I have taken nettle along with quercetin, bromelain, and vitamin C for years when I have some sort of allergic reaction. My sister takes it for hay fever and her lupus symptoms. We are not alone in experiencing benefits, since there are studies that confirm dramatic relief of allergic symptoms.

Nettle is useful for more than hay fever. According to Dr. Weil, ". . . nettles have clearly more to offer than allergy relief. Cooked nettles are a tasty source of iron and vitamins A and C and also provide you with some trace minerals, and with a bit of bitter flavor that is generally missing in the American diet." Nettle has additionally been used as a preventive treatment for kidney stones and gout because of its diuretic and anti-inflammatory actions.



Since nettle leaf has a long history of being eaten as food, it is generally regarded as safe; however, there are some precautions associated with the use of nettle. Never eat uncooked stinging nettle (ouch!). This would be akin to eating live ants. As always, read up on any interactions with drugs if you have major health concerns, and ask your doctor.

**Baxter** is a student at the New Mexico College of Natural Healing.

#### References:

www.drweil.com

*Spontaneous Healing* by Andrew Weil, M.D.

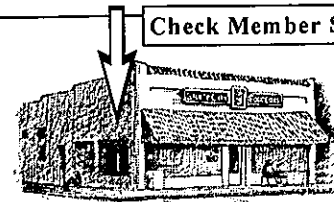
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*The Green Pharmacy* by James Duke

*The Herb Book* by John Lust

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### HEMP ACTION NEEDED

By the North American Industrial Hemp Council and Vote Hemp

Edited by Rebecca M. Summer

Hemp (industrial) is the world's foremost renewable resource for food, fiber and energy. Hemp? Yes, industrial hemp or ditchweed. Since the first inhabitants of Jamestown and up to 1937, American farmers cultivated this highly resourceful plant.

Unfortunately, due to outdated attitudes and drug-war paranoia in Washington, the Marijuana Tax Act prohibited rural and urban industrial hemp crops in 1937. The U.S. is the only major industrialized nation to prohibit the growing and processing of hemp. Why? Hemp is designated as 'illegal' because it is lumped with marijuana and improperly classified as a "drug" under the Controlled Substances Act.

Two major not-for-profit organizations are working to educate the public, dispel myths surrounding hemp in Congress, and demand a free market for industrial hemp—the North American Industrial Hemp Council <naihc.org> and Vote Hemp <VoteHemp.com>. Significant points clarifying hemp's historical, scientific, legal, industrial, ecological and health facts are summarized below. The information is taken from <naihc.org> unless noted.

#### HISTORY

\*Hemp has been grown for at least the last 12,000 years for fiber (textiles and paper) and food. It has been effectively prohibited in the United States since the 1950s. (See Legal section below.)

\*George Washington and Thomas Jefferson both grew hemp. Ben Franklin owned a mill that made hemp paper. Jefferson drafted the Declaration of Independence on hemp paper.

#### INDUSTRY

\*BMW is experimenting with hemp materials in automobiles as part of an effort to make cars more recyclable.

\*Much of the bird seed sold in the US has hemp seed (it's sterilized before importation), the hulls of which contain about 25% protein.

\*Hemp oil once greased machines. Most paints, resins, shellacs, and varnishes used to be made out of linseed and hemp oils.

\*The products that can be made from hemp number over 25,000.

#### SCIENTIFIC FACTS

\*Industrial hemp and marijuana are both classified by taxonomists as *Cannabis sativa*, a species with hundreds of varieties. *C. sativa* is a member of the mulberry family. Industrial hemp is bred to maximize fiber, seed and/or oil, while marijuana varieties seek to maximize THC (delta 9 tetrahydrocannabinol), the primary psychoactive ingredient in marijuana).

\*While industrial hemp and marijuana may look somewhat alike to an untrained eye, an easily trained eye can easily distinguish the difference.

\*Industrial hemp has a THC content of

between 0.05 and 1%. Marijuana has a THC content of 3% to 20%. To receive a standard psychoactive dose would require a person to power-smoke 10-12 hemp cigarettes over an extremely short period of time. The large volume and high temperature of vapor, gas and smoke would be almost impossible for a person to withstand.

\*If hemp does pollinate any nearby marijuana, genetically, the result will always be lower-THC marijuana, not higher-THC hemp.

\*Hemp fibers are longer, stronger, more absorbent and more mildew-resistant than cotton.

\*Fabrics made of at least one-half hemp block the sun's UV rays more effectively than other fabrics.

\*Many of the varieties of hemp that were grown in North America have been lost. Seed banks weren't maintained. New genetic breeding will be necessary using both foreign and domestic "ditchweed," strains of hemp that went feral after cultivation ended. Various state national guard units often spend their weekends trying to eradicate this hemp, in the mistaken belief they are helping stop drug use.

\*Hemp can be made into a variety of fabrics, including linen quality.

#### LEGAL FACTS

\*The US Drug Enforcement Agency classifies all *C. sativa* varieties as "marijuana." While it is theoretically possible to get permission from the government to grow hemp, DEA would require that the field be secured by fence, razor wire, dogs, guards, and lights, making it cost-prohibitive.

\*The US State Department must certify each year that a foreign nation is cooperating in the war on drugs. The European Union subsidizes its farmers to grow industrial hemp. Those nations are not on this list, because the State Department can tell the difference between hemp and marijuana.

\*Hemp was grown commercially (with increasing governmental interference) in the United States until the 1950s. It was doomed by the Marijuana Tax Act of 1937, which placed an extremely high tax on marijuana and made it effectively impossible to grow industrial hemp. While Congress expressly expected the continued production of industrial hemp, the Federal Bureau of Narcotics lumped industrial hemp with marijuana, as its successor the US Drug Enforcement Administration, does to this day.

\*Over 30 industrialized democracies do distinguish hemp from marijuana. International treaties regarding marijuana make an exception for industrial hemp.

\*In 1999 both Minnesota and North Dakota passed legislation to allow farmers to grow industrial hemp.

#### ECOLOGY

\*Hemp growers cannot hide marijuana plants in their fields. Marijuana is grown widely spaced to maximize leaves. Hemp is grown in tightly-spaced rows to maximize stalk and is usually harvested before it goes to seed.

\*Hemp can be made into fine quality paper. The long fibers in hemp allow such paper to be recycled several times more than wood-based paper.

\*Because of its low lignin content, hemp can be pulped using less chemicals than with wood. Its natural brightness can obviate the need to use chlorine bleach, which means no

extremely toxic dioxin being dumped into streams. A kinder and gentler chemistry using hydrogen peroxide rather than chlorine dioxide is possible with hemp fibers.

\*Hemp grows well in a variety of climates and soil types. It is naturally resistant to most pests, precluding the need for pesticides. It grows tightly spaced, out-competing any weeds, so herbicides are not necessary. It also leaves a weed-free field for a following crop.

\*Hemp can displace cotton which is usually grown with massive amounts of chemicals harmful to people and the environment. 50% of all the world's pesticides are sprayed on cotton.

\*Hemp can displace wood fiber and save forests for watershed, wildlife habitat, recreation and oxygen production, carbon sequestration (reduces global warming), and other values.

\*Hemp can yield 3-8 dry tons of fiber per acre. This is four times what an average forest can yield.

#### HEALTH FACTS

\*If one tried to ingest enough industrial hemp to get "a buzz," it would be the equivalent of taking 2-3 doses of a high-fiber laxative.

\*At a volume level of 81%, hemp oil is the richest known source of polyunsaturated essential fatty acids (the "good" fats). It's quite high in some essential amino acids, including gamma linoleic acid (GLA), a very rare nutrient also found in mother's milk.

\*While the original "gruel" was made of hemp seed meal, hemp oil and seed can be made into tasty and nutritional products.

\*The concern that extended topical application of hemp cosmetic products would interfere with workplace drug-testing programs in the United States is baseless. No significant transdermal uptake of THC would occur even in a worst-case scenario of highly compromised skin, full-body application of hemp oil and 10 ppm THC in the hemp oil (the maximum limit allowed by Canadian law; 5 PPM THC in hemp oil is in fact the informal industry standard). <VoteHemp.com>

Reports from Washington DC indicate that millions of our tax dollars are wasted on eradicating harmless low-THC, non-psychoactive industrial hemp plants. However, the hemp industry is taking on the establishment, seeking to prevent the U.S. government from crushing the small, but rapidly growing, hemp food and beverage industry. For example, Canadian hemp supplier, Kenex Ltd., signaled its intent to sue the U.S. government for \$20 million under provisions of the North American Free Trade Agreement.

The North American Industrial Hemp Council and Vote Hemp offer you the opportunity to learn more facts about hemp, knowledge to protect our rights, and tools to communicate our concerns. To view this comprehensive resource base, please visit: <www.naihc.org> and <www.VoteHemp.com>.

*Editor's Note: The Silver City Food Co-op offers the following hemp products: Hemprnut's Shelled Organic Hempseeds, Hemprnut's Hempseed & Peanuts Nut Butter, Hemprnut's Chocolate Hemprnut Bar, Govinda's Ginger Chai Hemp Bar, Govinda's Fruit Combo Hemp Bar, Spectrum Natural Hemp Oil, Merry Hempsters Vegan Hemp Lip Balm, Merry Hempsters Vegan Analgesic Balm.*