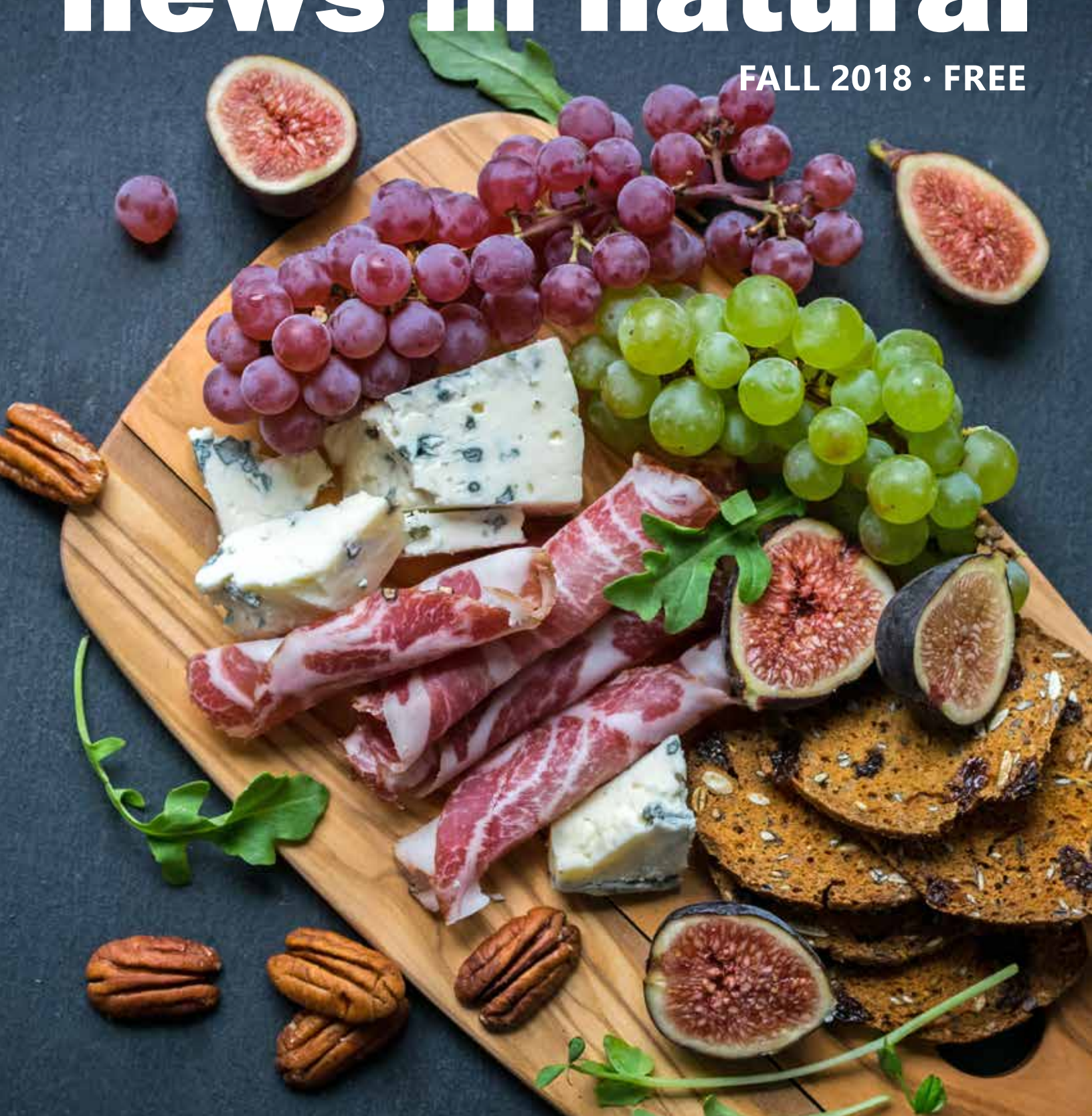




news in natural

FALL 2018 • FREE



Prep for Cold & Flu Season • The Hidden Costs of Low Prices • Preserving Brings BIG Rewards



Autumn is a time of change. The heat of summer is past and the chill in the air reminds us that winter is around the corner. The quality of the sunlight is more golden, the days are getting noticeably shorter and school is back in session.

This is the time to preserve fresh fruits and vegetables for the year ahead, and tend to our gardens one last time before winter. For many of us, it's also time to get organized for busier days—work schedules and school schedules need to mesh in an intricate weave. Streamlining meal planning and preparation can help keep you and your family happy and healthy.

These are just a few of the topics we address in this issue. We hope you enjoy it!

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Fall 2018



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Apples! Apples are glorious this time of year! Chris Bair describes some of the many varieties you're likely to find at LifeSource this autumn. **12**

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Treat yourself to a wealth of local and organic gourmet goodies.

Back to School can be stressful for many reasons. Don't let feeding the fam be one of them—cook a big pot of legumes and masterfully, confidently and cheerfully turn it into a week's worth of lunches, snacks and last minute dinners.



Swinging in to Fall

By Tabettha McCrimmon · Produce

M eshing school schedules into an already busy life can be stressful. This year, make it easy on yourself and plan your lunches and dinners! I've put together a few versatile recipes all based one main legume that can transfer over from your weekend fun to weekday lunch.

Chickpeas, which go by many names including garbanzo beans, is one of the earliest cultivated legumes for good reason. It's extremely high in protein, can be served as dinner or dessert, blended or even dried and ground into flour. During World War I, Germany roasted and ground garbanzos as an alternative to coffee!

There are as many ways to cook chickpeas as there are different names

for it. I will be using the quick soak stovetop method. I like this method because I am able to prepare the vegetables for other dishes or tidy up something while my pot o' chickpeas simmers away. This method also won't take all day like many other legume recipes.

The amount of garbanzos you'll use depends on how many mouths you're feeding but the method is the same. First, pick through the dried beans and take out anything not bean-like. Add the dried beans to a large pot, cover with several inches of water and bring to a boil. Boil for 5 minutes then take the pot off of the heat and let the beans sit in the water for an hour. Drain and rinse. Then, re-cover with several inches

of fresh water and bring to a boil again. Reduce the heat and simmer until they reach your desired tenderness, about 1.5 to 2 hours.

Some people say cooking with the lid off produces firmer chickpeas for salads, while having the lid on but slightly ajar for escaping steam, produces soft, creamy chickpeas for hummus. I have tried both ways and didn't notice enough of a difference to have a preference. If you're in a time-crunch, use canned chickpeas! Make this food adventure fun and easy on yourself.

Now that you have neutral cooked (or canned) chickpeas, the real excitement begins! 🌱

Spicy Garlic Chickpeas

This first recipe can be a topper for salads, pastas or rice dishes. You can also just pop these in your mouth or throw them across the cubicle into your co-worker's mouth. Your kids will also enjoy a fun snack to start food fights at school or to sneak while starving during second period.

4 cups cooked organic chickpeas, or 2 15 oz. cans
4 crushed organic garlic cloves
1/3 tsp. crushed red pepper flakes (really though, according to taste)
1/2 cup organic extra virgin olive oil
salt and pepper to taste

Cook chickpeas with garlic and pepper flakes in oil in a large skillet over medium-high heat until garlic is golden and chickpeas begin to blister, 10–12 minutes. Season with salt and pepper. If you want them crispier and crunchier, then cook longer. There are many variations to this. Add paprika and parsley for a hummus-y taste. Add chili powder and onion powder for a south-western flavor. Cook in tamari with wasabi powder for some POW!

Chickpea Sundal

This next recipe can be served hot or cold. You could eat this over a bed of spinach or kale, cooked or raw. The possibilities are endless!

4 cups (2 15 oz. cans) of cooked organic chickpeas
3 Roasted Poblano peppers, cut into pieces, seeds removed
1 Tbsp. organic extra virgin olive oil
2 tsp. black or brown mustard seeds
The zest of a small lime
1/2 dried bay leaf
1/4 cup unsweetened shredded coconut (or freshly grated if making on vacation to somewhere tropical and lovely!)
Lime wedges

Heat oil in a large skillet over medium-high heat. Cook mustard seeds, swirling pan occasionally, until oil begins to snap, crackle

and pop. Add the bay leaf, zest, and peppers, and cook, stirring occasionally, until everything looks happy to be one; about 45 seconds. Add chickpeas; cook, tossing often, just until warmed through, about 3 minutes. Let cool; season with salt. Scoop sundal into a bowl; top with coconut. Serve with lime wedges.

Basic Hummus Recipe

From either of the previous recipes, you can easily make hummus. Once these recipes are cooked, add contents to a blender with the other hummus essentials and BAM! Spicy Garlic Hummus or Sundal Hummus. Really, anything can be added to this simple, filling dish to make different flavors. You can also thin it out with more water and tahini to make a salad dressing. You could smear it on your wraps and sandwiches for a creamy addition or just dip whatever you desire in the darn thing and get on with your day!

4 cups cooked organic chickpeas (or 2 15-oz cans)
2 organic garlic cloves, mashed and roughly chopped
1/2 cup of tahini (roasted, not raw)
1/2 cup water (use the chickpea water from the pot or cans)
1/4 cup organic extra virgin olive oil (plus more for garnishing if you want)
1/4 cup freshly squeezed lemon juice
1/2 teaspoon of salt
Garnishes: A sprinkling of paprika, a swirl of olive oil, toasted pine nuts, and/or chopped parsley are traditional, but go wild!

In a food processor, combine the tahini and olive oil and pulse until smooth. Starting this way will give you a creamier base but if there's no time, throw it all in! Then add the garlic, garbanzo beans, lemon juice, 1/2 cup water and 1/2 teaspoon of salt. Process until smooth. Add more salt or lemon juice to taste.



Above: Basic Hummus Recipe
Below: A field of chickpeas



FOOD SEASON IS HERE!

By Marney Roddick

Let's turn on the oven without fear of overheating the house. Let's thumb through foodie magazines for new ideas, and let's get out our favorite recipe cards. Of course, the Internet is a great place to seek out holiday recipes but my favorite resource is to turn to my vintage cookbook collection for inspiration. Except for the Spam-and-cheese gelatin mold, they really had some great dishes in the fifties and sixties.

My dad's favorite football watching snack was clam dip, best served with classic potato chips like Kettle Chips Salt and Fresh Ground Pepper variety. Little meatballs are always popular in BBQ, sweet-n-sour, or stroganoff style. My mom could not make enough of her famous marinated chicken wings. Artichokes were a big hit, as were yummy Kansas-style bite-sized corn fritters served with maple syrup or savory dipping sauce.

The beauty of preparing food in the fifties tradition is that everything is made in the home, so if you love to cook, the food is fresh and lovingly prepared and does not come with a huge plastic tray and dome cover that can no longer be recycled.

Most of us here at LifeSource enjoy cooking and we like to share our successful recipes with you. We like to hear your ideas, too, so please let us know if you have a favorite autumn recipe.

Try this treat next weekend...and please have fun modifying to your taste.

Bob's Clam Dip

- 1 package organic cream cheese, softened
- ½ cup organic sour cream
- 1 can minced clams, drained (reserve liquid for another use if you want)
- 1 small can water chestnuts, chopped
- Worcestershire sauce to taste
- Chile sauce to taste
- Dash each white pepper and fresh ground black pepper
- Squirt of organic fresh lemon
- 1 large or several small garlic cloves, mashed
- 2 scallions – white and green parts

1. Simply put everything in a mixing bowl and stir it all up until well mixed. Transfer to a serving dish and garnish with fresh minced parsley and a dash of paprika.

Serve with chips, crackers, and veggies such as carrots, celery sticks, broccoli, cauliflower, etc.



Spotlight On GARDEN OF LIFE



Extraordinary health starts with extraordinary ingredients.



We are fanatical about food. We're different that way. Whether we're making a vitamin, or a probiotic, or a protein powder, we always start with real foods and these (foods) provide our formulas the power to be their best.

As fanatical as we are over what goes into our products, we are even more obsessed about the things we keep out of them. We hate those synthetic chemicals that most companies use to make their products—we're uncompromising about your health. Slow it down, make it by hand, grow it in rich organic non-GMO soil with enough sun, air, water and time for it to be its best. Harvest it when ready. Treat it with care. Turn it into a power-packed nutritious food supplement. That's what we are about.

Extraordinary health starts with extraordinary ingredients. Our passion to use clean, Certified Organic, Non-GMO Project Verified ingredients in our products is the cornerstone in keeping our promise to you of—Empowering Extraordinary Health®.



'TIS THE SEASON TO STRENGTHEN OUR IMMUNE SYSTEMS

By Desta Moore · Wellness

The shorter, cooler days are turning us inward; into our houses and into our kitchens to cook up warm, nourishing food, fortifying our bodies for the cold months ahead. It is also a good time to check the cupboard to make sure we are stocked up on favorite herbal remedies and supplements that will support our immune systems during the coming darker days.

While we go through the supplement cupboard let's put on a pot of bone broth to simmer and warm up the

kitchen. A nice hot mug of broth supports our immune system by providing our white blood cells with essential lipids like alkylglycerols (also found in colostrum and breastmilk) and important electrolyte minerals like potassium. Bone broth makes a great snack or light meal on busy days and can help us avoid poor, last minute food choices and sugary impulse items that can suppress immune function. You can supercharge your immune support broth by adding organic herbs like thyme, oregano, garlic and ginger. Use herbs from our bulk department that are organic and handled correctly for maximum potency.

If I could only stock two things in my vitamin cupboard they would be Vitamin C and Vitamin D. These vitamins are relatively inexpensive yet powerful in their influence on immunity. Vitamin C, since it is water soluble, can be taken multiple times a day

at varying doses depending on your needs. Vitamin D is fat soluble and may be best taken with meals. It can also be stored up in our fat cells and released as needed into the bloodstream. A blood test from your practitioner can help you discover your current Vitamin D level and choose a supplement potency that is right for you. We produce Vitamin D naturally in the summer months when the sun shines on our skin. It is thought that one of the reasons we have a cold and flu season is because our collective vitamin D levels drop to unhealthy levels during the darker days of winter and early spring.

My next lines of defense in the supplement cupboard are the herbal immune support and medicinal mushroom formulas. Gaia Herbs makes a supercritical echinacea extract combined with elderberry and andrographis called Rapid Relief that I like to use at the very first sign of a scratchy throat or sinus pressure. LifeSource's Cold Facts with vitamin D, zinc, garlic and astragalus is another perfect formula for derailing the

oncoming cold train quickly.

If you feel like it is the achy, fevery, chilly flu creeping up, it is good to have Boiron's Oscilloccinum on hand. The little homeopathic pills dissolve in your mouth and are nice when your stomach is not sure it can even keep water down. For ongoing support I like the Host Defense Stamets 7 Daily Immune Support capsules. It combines seven of the most powerful medicinal mushrooms into a two capsule a day formula. In my purse I keep the Host Defense MycoShield Cinnamon Immune Support Spray. It tastes great and gives a burst of mushroom power whenever you feel your immune system needs a little help-and it freshens your breath at the same time! Check for seasonal wildcrafted and medicinal mushrooms in our produce department and add them to your simmering broth to take advantage of their medicinal and flavor virtues.

If there is still more room in the cupboard I would suggest stocking some N-Acetyl Cysteine, also called NAC. Many people use this amino acid in the spring for mucus issues due to allergies. NAC is utilized in our bodies in the production of glutathione, which is essential for immune system function. Our glutathione levels tend to decrease as we age and supplementing with NAC may help us optimize our levels when we need it most. It also has beneficial side effects like supporting liver health and protecting cells from oxidative stress.

We may have reached capacity in the vitamin cupboard but I would like to suggest two tools for the bathroom cabinet: Xlear Nasal Spray and Source Naturals Colloidal Silver Nasal or Throat Spray. Many cold and flu bugs make headway into our systems through our sinuses and throats. If you are a chronic winter sniffer try the Xlear Nasal Spray made with xylitol. The xylitol is soothing and moistening to the sinuses while at the same time interfering with the ability of the invading bacteria to adhere to the surfaces of our mucous membranes and grow larger colonies. It is safe to use daily for adults and children. The Colloidal Silver Throat or Nasal Sprays I reserve for those times when I need powerful support. They are for short term use only, no more than 10 days in a row. Silver was widely used before modern antibiotics were discovered and is now being rediscovered as more and more bacteria become antibiotic resistant.

Come visit us in the Wellness Department and we can help you choose the best tools to stock in your own winter wellness cupboard. We will be featuring some new immune support products this season like AHCC, colostrum, Reg'Active Immune & Vitality and Natural Factors Anti-V Formula for your winter wellness needs. 🍄

Stock Your Supplement Cupboard Our favorite immune support staples!



1. **VITAMIN C & D** are inexpensive yet powerful immune support.



2. **GAIA QUICK DEFENSE & LIFESOURCE COLD FACTS** Call on herbal immune power at the first sign of imbalance.



3. **BOIRON OSCILLOCCINUM** Is it the flu? Oscillo to the rescue!



4. **HOST DEFENSE MUSHROOM BLENDS** Maintain peak health through the winter with organic immune support mushroom blends.



5. **XLEAR NASAL SPRAY & WELLNESS COLLOIDAL SILVER** Defend your mucous membranes with xylitol and silver sprays.



6. **REG'ACTIV IMMUNE & VITALITY** Try targeted probiotic strains for immune system support.

CAN WE REALLY AFFORD TO PAY FOR CHEAP FOOD ANY LONGER?

By Melody Meyer · OrganicMattersBlog.com

I found myself on a plane this week to mingle and speak at the Independent Natural Food Retailers Association (INFRA) conference in Minnesota. As the great desert gave way to the patchwork of midwestern fields, I was awed by the amount of food being produced beneath me.

The vast quantity of land and resources we have concentrated in this central breadbasket provides an abundance of inexpensive food.

In some ways, our food has never been so cheap, and in other ways, it has never been so expensive.

A dozen eggs for \$2.99 or pork loin at \$.99 per pound. Cupcakes, burgers, pizzas and fries, they feed our innate hunger for salt, fat and sugar combined. All we can eat for a lot less than just fifty years ago.

As a result, rising levels of severe obesity mean that we are on the brink of a catastrophic epidemic of diabetes, according to Lancet's 2017 report.

It's time we uncovered the true cost of cheap food hidden in unexpected consequences with very real costs we pay later.

AGROCHEMICALS ASSAULT THE ENVIRONMENT.

Consider the Iowa farmer making ritual passes with his mighty tractor. Doggedly spraying herbicides and pesticides to combat weeds, disease and pests. The seeds he uses are likely bioengineered to stand up to these chemical onslaughts with an unholy tenacity.

The chemicals seep into the soil and run off with the rains into streams, rivers, oceans and aquifers.

The drinking water in these parts must be treated to keep the contaminants at the minimum safety levels for human consumption. Local water districts can't keep up with the costs to clean it all up.

Nitrates from fertilizers and Confined Animal Feeding Operations (CAFOs) do the same, creating massive oxygen-starved dead zones in gulfs and lakes.

The Des Moines Register recently reported on a University of Iowa study; it shows that Iowa's nitrogen pollution in the water is getting worse, not better. High phosphorus levels lead to toxic algae blooms that can befoul lakes, rivers and streams, potentially killing pets and making people ill.

Oxygen levels in the Gulf's dead zone are so low that marine life can no longer survive, costing the Gulf's seafood industry and community dearly.

THE NEIGHBORS PAY DEARLY IN AIR QUALITY.

The landscape is dotted with confined animal feeding operations or CAFOs. Here animals suffer in factory conditions to produce cheap meat for our hot dogs, eggs and chick fillets.

The byproducts they produce swell and steep into cauldrons of noxious fumes one can smell for miles away. The pollutants enter the air creating respiratory infection and disease.

A North Carolina couple was recently awarded damages from hog

producer Smithfield Foods because of the dangerous stench their CAFOs produced in the eastern part of the state.

Locals pay in medical bills and shortened unhealthy lives if they live next to one of these. And the animals suffer.

FOOD WORKERS TOIL IN DANGEROUS CONDITIONS EARNING VERY LITTLE FOR THEIR WORK

Meat plant workers must cut, slice, debone and pack at ever-increasing speeds. Suffering injuries from monotony or the blade—this is one of the most dangerous professions of all.

The Guardian recently reported that “Amputations, fractured fingers, second-degree burns and head trauma are just some of the serious injuries suffered by US meat plant workers every week.”

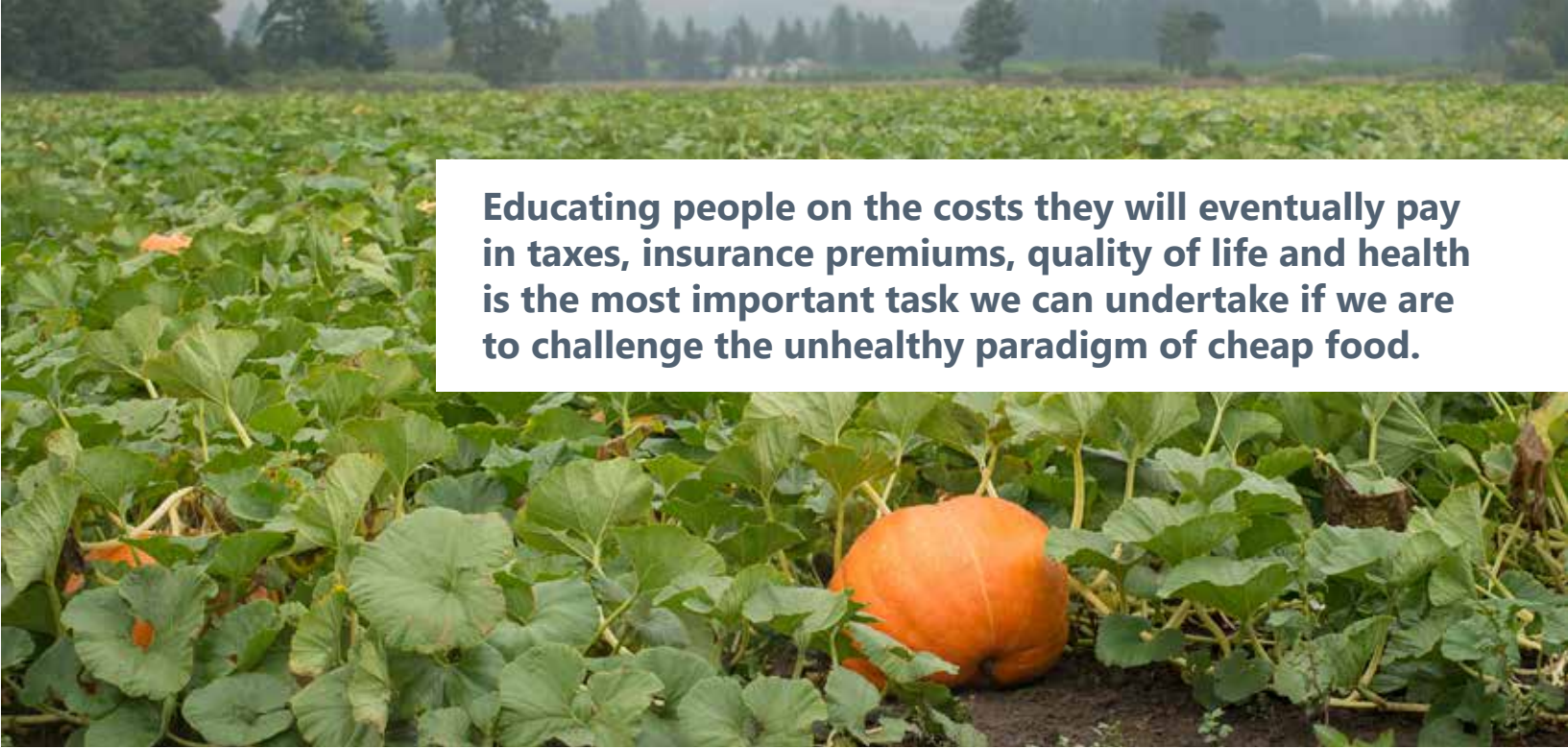
These workers pay with their health, and we pay in ever-increasing insurance premiums.

Consider the waitress at the local diner serving forth breakfast. She exists on the tips and scraps from her patrons, barely able to make ends meet. Ironically, she who serves our food can only afford it for her family with the help of nutritional assistance.

YOUR TAXES SUBSIDIZE THE HIDDEN COST OF CHEAP FOOD.

The low-wage food workers' food stamps come directly from federal taxes.

The large swaths of corn and soybeans are but commodities whose prices decline steadily with occasional ten-year



Educating people on the costs they will eventually pay in taxes, insurance premiums, quality of life and health is the most important task we can undertake if we are to challenge the unhealthy paradigm of cheap food.

▲ Mustard Seed Farms, an organic farm in St. Paul, Oregon

bumps. The farmer can barely make a living doing it but knows no other way.

A portion of our federal taxes prop up these farmers and their monoculture crops each year with federal subsidies.

YOUR WEEKLY PAYCHECK SUPPORTS THE CHEAP FOOD MYTH.

The cost of conventional monoculture agriculture will be paid by future generations.

Conventional mono-crop agriculture is degrading the very top soil we rely on to produce our food.

Scientific American reported that “If current rates of degradation continue all of the world's top soil could be gone within 60 years, a senior UN official said...”

As soil fertility declines so does its ability to draw carbon from the environment.

If our soils diminish how will future generations produce their food?

Birds, fish and pollinators are vanishing at an alarming rate across the globe. Conventional agriculture is hastening this Sixth Extinction.

What world will we leave our

children as this extinction ensues?

They will ultimately pay the highest price.

ORGANIC IS THE ANSWER TO THIS DIRE SITUATION.

Organic food production can mitigate many of these issues. It's written into the USDA definition: “Organic agriculture is an ecological production management system that promotes and enhances biodiversity, biological cycles and soil biological activity. It is based on minimal use of off-farm inputs and on management practices that restore, maintain and enhance ecological harmony.”

Animal welfare, non-toxic inputs, soil fertility and respect for biodiversity are all part of organic food production.

Research by Northeastern University and The Organic Center proves organic agriculture keeps more carbon in the soil and out of the atmosphere, helping mitigate the effects of climate change.

Paying more and buying organic is an important step in supporting the real cost of producing healthy sustainable food.

The other solution is perhaps

more important. The very root of most of our food evils is the fact that the average consumer doesn't think about the real cost of food.

Educating people on the costs they will eventually pay in taxes, insurance premiums, quality of life and health is the most important task we can undertake if we are to challenge the unhealthy paradigm of cheap food.

Buy organic, promote its benefits and educate others on the real price of cheap food.

We just can't afford cheap food any longer. 🌱

Melody has enjoyed over 40 years working in the organic trade helping it grow and flourish. She provides a unique perspective of thought leadership on all things organic.

Read Melody's other articles on her blog: [Organic Matters](http://OrganicMattersBlog.com), a blog about everything organic at OrganicMattersBlog.com.

“Surely the apple is
the noblest of fruits.”
—Henry David Thoreau

AN APPLE A DAY...

By Chris Bair

Apples are one of the most widely distributed fruits across the United States. Nearly everyone knows and loves apples. Apples are rich in vitamin C, antioxidants, flavonoids, and dietary fiber. So the saying “an apple a day keeps the doctor away” may not be a wild claim after all. The benefits may be amazing, but it can be tough to choose which apples to eat when there are over 7,500 varieties! Here are some of the apple varieties that you are likely to see at LifeSource. 🍏



LIBERTY

Related to the McIntosh apple, the Liberty apple is very aromatic with a strong vinous (wine like) quality. When I eat this apple it tastes like a hard apple cider without being fermented! The texture is juicy and crisp, similar to a honeycrisp, but denser. *Amazing fresh, dried, juiced, or as applesauce.*



FUJI

The Fuji is a well known apple. The flavor is super sweet. The texture is soft, yet very juicy, similar to the honeycrisp, but softer. *Good for eating fresh, dried, juiced, or as applesauce.*



HONEYCRISP

The Honeycrisp is a very sweet and refreshing apple. The texture is juicy and on the crisp end. *Good fresh, dried, or juiced.*



GALA

Most of you will know this apple. It is a very sweet apple, with a hint of aromatics at the end. The texture is soft, similar to cameo or red delicious. *Best uses are drying, applesauce, or fresh if you like softer apples.*



MCINTOSH

This is an east coast favorite, and for good reason too. Flavor profile has notes of Black Plum and Green Grape. Texture is firm and crisp; with a slightly thicker skin than average. *Fabulous for eating fresh, baking, drying, or applesauce.*



JONAGOLD

Jonagold is a classic cider apple, but it doubles as a great daily apple. With notes of Bartlett Pear and vinous aromatics, it reminds me of a good Perry. Texture is firm, crisp and dense. *Great for eating fresh, baking, drying, juicing, or as applesauce.*



GRANNY SMITH

Granny smith are great for baking and eating fresh. Flavor is sharp and refreshing, definitely on the tart side. Texture is dense and on the soft side. *Great fresh, baked, dried, juiced, or in applesauce.*



BRAEBURN

Braeburn apples start out being very crisp with a sharp flavor and a good balance of sweet and tart; as the season goes on they get softer and sweeter. *Great if used fresh, for baking, or as applesauce.*



PINK PEARL

This apple is amazing in many ways! While its skin is green, it has a pink to bright red flesh on the inside. The flavor profile is a wonderful balance of sweet and tart, it reminds me of a Sweet Tart candy, or a even a green Jolly Rancher. *Excellent for eating fresh, and keeps it's pink color when baked.*



GOLDEN DELICIOUS

The delicious varieties are a popular variety in the USA, flavor is mild to sweet, with low vitamin & mineral content. Texture is soft. *Good for baking, juicing, as applesauce, or eating fresh if you like a softer apple.*



AKANE

A short season apple, get it when you can because it likely won't be there next time! Flavor is sharp, sweet, aromatic and reminiscent of raspberries and/or strawberries. *Great fresh, or dried.*

APPLE CRISP

By Catherine Dwelley · Graphic Artist

Sweet and tart apples topped with a buttery crunchy crumble and fresh whipped cream make a delicious fall dessert—all without fiddling with a pie crust! For those free spirits who hate measuring, apple crisp is very forgiving. Use your favorite spices, or just cinnamon if you like. Be adventurous with your apple selection, or stick with the classics—Granny Smith and Golden Delicious. I used two Jonagolds, two Honey Crisps, two Pink Pearls, and a Granny Smith.

APPLES

- About 6 cups apples, peeled, cored, and sliced to around a ¼" thick. (6-8 apples, depending on size)
- 1 Tbsp lemon juice
- ¼ cup organic cane sugar
- 2 Tbsp corn starch
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp cardamom
- ⅛ tsp ginger
- ⅛ tsp allspice
- ¼ tsp sea salt

CRUMBLE

- ⅔ cup packed brown sugar
- ½ cup all-purpose flour, or gluten free flour blend
- ½ cup rolled oats
- ½ cup toasted pecans
- ½ tsp cinnamon
- ½ cup butter, melted (or vegan butter alternative)

WHIPPED CREAM

- 8 oz organic whipping cream
- 2 tsp organic cane sugar
- 1 tsp vanilla extract

DIRECTIONS

1. Preheat your oven to 375°F. Grease a 9x9 inch baking dish with butter or a little cooking spray.
2. Mix together ¼ cup sugar, cornstarch, spices, and salt in a small bowl. In a large bowl mix apples and lemon juice. Add sugar-spice mixture to the apples and toss to coat. Layer apples in the prepared baking dish.
3. Combine brown sugar, oats, flour and pecans, cinnamon and salt. Pour in melted butter and mix with your hands or a fork until mixture is evenly moistened and crumbly. Sprinkle over the top of the apples.
4. Place baking dish on a rimmed baking sheet with a bit of parchment paper. (You'll be glad you did if it bubbles over!) Bake for about 45-50 minutes, or until apples are cooked and topping is golden. Allow to cool about 15 minutes before enjoying.
5. While you are waiting for the crisp to bake and cool, distract yourself with homemade whipping cream! Place a metal bowl and beaters into the freezer for about 20 minutes to chill.
6. After the bowl is chilled, add sugar, vanilla, and whipping cream. Beat on high for about 7-10 minutes, or until stiff peaks form. Enjoy!

WHAT'S NEW?

STAFF FAVORITE REBBL · Matcha Latte

REBBL uses organic and ethically sourced matcha tea to make the perfect matcha latte. *"Matcha is the perfect pick-me-up! You get the caffeine without the jitters."* —Danny



Grocery

THE MAPLE GUILD · Maple Vinegar

Who doesn't like maple syrup? But have you ever tried maple vinegar? This organic maple vinegar is fantastic over meats or ice cream, in a shrub (drinking vinegar), or any way you might use a fine balsamic.



SÉKA HILLS · Olive Oil

The ancestors of the Yocha Dehe Wintun nation have lived in Northern California's Capay Valley for thousands of years. Today, they sustainably cultivate olives along with diverse other crops, honoring their bond with the land and producing these distinctive and delicious extra virgin olive oils.



THE REAL COCONUT · Tortilla Chips

"Grain free tortilla chip" may sound like an oxymoron, but these organic chips made from coconut flour are addictive. Great for scooping salsa or guacamole—or just eating right out of the bag.



GIMME ORGANIC · Seaweed Thins

Both the Almond Sesame and Sriracha Almond are savory, delicious snacks combining organic seaweed with almonds and sesame seeds. Delicious and unique!

Chill



ABLIS · CBD Beverages

Ablis Sparkling Water with CBD is an exciting and popular new offering in our cold beverage case! Each 12 ounce bottle contains 25 mg of emulsified hemp-derived CBD (cannabidiol) and is free of THC. Three delicious flavors to choose from: Cranberry and Blood Orange, Lemon Ginger and zero calorie Lemon. Locally made in Bend with non-GMO ingredients. A delicious way to enjoy the benefits of CBD!

Deli

HEALTHY GRAB AND GO SNACKS

The LifeSource Deli makes a varied selection of lunch and snack boxes that are great for back to school—or anytime you need a healthy and delicious meal or snack on the go.

There are five to choose from: **The Veggie Box** with broccoli florets, carrot sticks, cherry tomatoes and ranch dressing. **The Falafel Box** with falafel balls, tzatziki, dolmas and carrot sticks. **The Protein Box** with diced turkey, Swiss cheese, toasted pumpkin seeds, hardboiled egg and fresh grapes. **The Yogurt Box** with vanilla yogurt, dried sweet cranberries, granola and fresh grapes.



Bulk

MAKE YOUR OWN PUMPKIN PIE SPICE BLEND!

Try making your own pumpkin pie spice this year! It's easy and affordable using spices from our Bulk Department. This recipe trades the sweetness of allspice for the rich bite of cloves.

There are many ways to enjoy this warming, seasonal flavor beyond using it for pumpkin pies. Try this Spiced Almonds recipe, or add a little pumpkin pie spice, cinnamon and brown sugar to your morning oatmeal as it cooks. Be creative and enjoy the season!

- 4 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 2 teaspoons ground ginger
- 1/2 teaspoon ground nutmeg

Mix all ingredients. Store in an airtight container in a cool, dry place up to 6 months. *Homemade pumpkin pie spice may be used as a substitute for store-bought pumpkin pie spice.*

SPICED ALMONDS

- 3 organic egg whites
- 3 Tbsp pumpkin pie spice
- 2 tsp water
- 3/4 tsp sea salt
- 4 cups whole almonds
- 1 cup organic raisins
- 1 3/4 cups organic sugar

1. In a bowl, beat egg whites and water until frothy. Add almonds; stir gently to coat. Combine sugar, pie spice and salt; add to nut mixture and stir gently to coat. Fold in raisins. Spread into two greased baking sheets.
2. Bake at 300° for 20-25 minutes or until lightly browned, stirring every 10 minutes. Cool. Store in an airtight container

HABA

GIVE HANDMADE BODY CARE

Can I say the "H" word yet? I know it seems far away, but the Holidays are right around the corner.

While it's fun to get the latest gadget or electronic, in my family we like to slow down a little and make most of our gifts by hand. Some of us knit or sew and some of us bake or paint. You know what's really fun though? Making fresh customized face care and bath products! Basic ingredients being Epsom Salt, Baking Powder, Almond Oil and essential oils, and some kind of container; there is a myriad of products you can make for yourself and your loved ones, at a fraction of the cost of buying pre packaged. You can package these products up in a pretty little glass or mason jar, and decorate it however you like, and best of all that container is reusable which is even better than recyclable.

"OK, LifeSource, but how am I supposed to know HOW to do this? I've never made anything like this before!" Folks, We've got you covered! Aura Cacia, one of our essential oil suppliers sent us a bunch of amazing recipe cards and pamphlets that detail exactly what you need and how to do it. It's so easy you won't even believe it. Now, if you're one of those folks who feel like you don't have a creative bone in your body, you can prove yourself wrong and impress your loved ones at the same time! You can make it, and you can make it beautiful! Come on in and ask for some recipe cards at the wellness desk, and we will be happy to get them for you and help with any questions you may have.

Happy Holidays!

—Zira



Wellness

BLOOD SUGAR SUPPORT

As the heat of summer fades into the crisp temperatures of Autumn, many of us feel drawn to heartier meals. This is a natural cycle, but combine it with Halloween, Thanksgiving, Hanukkah and Christmas and that's a recipe for sugar and carb overload!

Thankfully, there are nutritional supplements that can help keep our blood sugar levels balanced. We carry over a half dozen carefully crafted blends specifically designed to do just that.

Stop by the Wellness Department and we'll be happy to show you and discuss your needs.

▼ Kavika and Grant • Grocery

Mercantile

Pamper yourself, or your friends with something really gorgeous, and don't break the bank in the process! Seattle Silver, 100% Cashmere scarves are now in stock, and at just \$19.99 the price is unbeatable! In dozens of gorgeous colors and patterns, there is a style for everyone.

These lovely scarves are ethically made in Germany, and when they are gone, they are gone.

Happy Autumn!





PUT YOUR GARDEN TO BED

By Steve Michaud · Customer Service

Gardens are a very fruitful hobby. They provide us with food, they give sections of our yards a purpose, and they create a lot of rewarding work. Being a gardener is a seasonal, full time position as there are always chores that can be done. Preparation in the fall can make spring time prep less time consuming than it often is.

In the fall as the season changes from warm and dry to cool and wet, there are simple steps we can take that will make our lives a little bit simpler in the spring. We can tend to the soil, take steps to try and eliminate any weeds, pests and disease that may have given us problems over the growing season,

and clean up the space to prepare for spring planting.

CLEAN UP

Cleaning up your growing space is pretty straightforward. Remove the remnants of the season's planting. Any plants that were affected by bugs like aphids or had issues with disease need to be removed. It is not recommended that you put them in your compost as this can lead to the issue returning the following year. The same goes for weeds that you remove. If there are any seeds on those weeds, composting may not destroy the seeds and they'll be happy to sprout and grow when you spread your lovely compost in your

garden.

TURN YOUR SOIL

After this basic clean up is done, and as it gets colder it can be helpful to turn your soil. Not tilling the soil, but turning the top few inches. This will help by exposing pests that may have burrowed into your soil to hibernate for the winter. Exposing the bugs that are taking shelter can help you avoid pest outbreaks in the next growing season, and can also feed your local bird population.

PROTECT YOUR SOIL

From there you really have two choices for putting your garden to bed.

Cover Crops

The first one is to create a solid barrier using leaves and cardboard, and the second is to plant a cover crop. The cover crop option is a nice way to go. Cover crops like oats or buckwheat are good choices. Let these cover crops grow until we see the first hard frost, then they'll die and you can leave them in place until spring. This will give you a good weed barrier in the early spring, and will add good nutritious organic matter that can be turned into the soil before spring planting.

Mulching with Leaves and Cardboard

The second method is a good way to deal with all of those leaves that accumulate in the fall. Mulching your leaves is a great way to add some nutrients and organic matter into your soil, and creates a healthy environment for worms. Worms love leaves, and this relationship will ultimately give your soil a healthy workable consistency.

The first step is to put a solid layer of cardboard over the ground. Look for cardboard that is free of glue, and remove any staples and tape. Once you have the cardboard down you can put a healthy, solid layer of leaves on top to cover the cardboard. Water the leaves to give them some weight to keep them from blowing away. The increased moisture content will also encourage the decomposition of both cardboard and leaves.

Composting

If you are wanting to get a head start on adding compost to your garden, putting down a layer of compost under the cardboard can be a good way to get a head start on feeding your soil. The decomposition of the compost, as well as the leaves, will slow down as we get into the coldest months but it will speed up as the weather warms back up. Once spring rolls around you will need to turn your soil to incorporate your mulch into your soil, helping feed the amazing ecosystem that is your garden! 🌱



Turning the top few inches of soil can expose pests and feed your local bird population!



▼ Mulch with fallen leaves to add nutrients and organic matter to your soil.





PRESERVING THE BOUNTY OF YOUR GARDEN

By Michelle Suess · HR Director

There is nothing quite as satisfying as looking in the pantry and seeing stacks of colorful jars that hold the fruits of your canning labor. They tell the story of summer afternoons and bring a taste of those summer memories into the gray depths of winter. You can invest in a pressure canner and save some time, but I like to use an old fashioned water bath canner. There is so much that you can do using just a few pieces of inexpensive equipment, simple techniques and a little time.

At its most basic, canning is packing hot food into clean hot jars with sealing lids and processing in boiling water. Not everything can be canned this way. Water bath canning is only appropriate for high acid foods like pickled vegetables, berries, peaches and tomatoes (which technically are medium acid foods and require the

addition of lemon juice or citric acid). You can usually find recipes that tell you how much acid to add to a variety of low acid foods when home canning.

What You Need

My must haves: a jar lifter, tongs, jars and new canning lids, a pot big enough to hold your jars plus two inches of water above them, a small saucepan to heat the lids, delicious organic ingredients and whatever you need to prepare the food that is going into the jars.

That's it. There are other things you can use or that make it easier or go faster but these are really the basics.

Find a Recipe

There are a ton of great recipes out there. Two of my favorites come from Barbara Kingsolver's Animal Vegetable, Miracle: the "Family Secret

Tomato Sauce" and "Relish, Sauce and Chutney—All in 1 Day" (now I just turn it all into sweet and sour sauce). Eventually I will feel confident to wing it but for safety sake I always find a recipe.

Prepare Your Foods

Sometimes this can take a long time, and I mean a really long time. My enchilada sauce recipe simmers for 8 hours! Many a day I have had every burner on my stove loaded with a pot of tomatoes bubbling away all day long. While this is going on you can sterilize your jars in the dishwasher or boil them in your canning pot for 10 minutes. Toss the lids into a small saucepan and heat them up, you don't need to boil the heck out of them, just keep them at a nice simmer.

This is the critical part: pack your hot food into your hot jars leaving



¼ to ½ inch of headspace; a canning funnel makes this easier but you can do it with a good ladle. Wipe off the jar rims if anything has gotten on them with a clean cloth or damp paper towel, and pop the lids on. Once they are all full put them in your big pot of water. Canners come with a little rack that holds them off the bottom of the pot but you can use extra jar rings to do the same thing. Make sure that there are 1-2 inches of water over the top of your jars. Put the lid on and bring it back up to a boil. Once it is boiling start the countdown! When the time is up, lift the jars out of the water with the aptly named jar lifter and set them out to cool. Put them somewhere that they can sit for a while (like overnight) and where there is enough room they can have space between them. I enjoy the pop sound as each lid seals as the jars cool.

Once the jars are cooled, make sure they are sealed by taking off the ring, and lifting the jar from the lid. If it is properly sealed you will be able to lift the jar. Another way to check for a good seal is to press the center of the lid and see if it makes a click or pop sound. When sealed, the lid will be sucked down tight and will make no noise. Now you can wash them if necessary, label them and stack them in the pantry!

Really it is not hard! It takes time (like most things that are really worthwhile) but when you see your pantry full of home canned jars and taste that fresh tomato sauce in February, you will wonder how you ever survived the long cold winter without them. 🍅

Helpful CANNING TOOLS



1. CANNER, OR LARGE POT



2. CANNING FUNNEL



3. JAR LIFTER



4. JARS & NEW LIDS



◀ Lonely Lane Farms cattle grazing on summer pasture in Mt. Angel, Oregon.

Free Range, Pasture Raised, Certified Humane What does it all mean?

By Steve Winn

We often receive questions about labels on our meat and dairy foods. This is a general description of what each of the most common labels mean. For more specifics, visit the USDA website: <https://www.nal.usda.gov/awic/certification-programs>

POULTRY

Cage Free

The birds are able to walk, spread their wings, and lay eggs in nests, while not necessarily going outside.

Free Range

The birds can roam freely outdoors rather than be confined for 24 hours per day. They should have access to the outdoors for at least part of the day.

Pasture Raised

The birds receive a significant portion of

their nutrition from pasture and dried forages, spending quite a lot of time outside on grass. Pastured Poultry is a sustainable agricultural technique that calls for raising of poultry on pasture, as opposed to indoor confinement.

Certified Humane

The birds come from farms that are certified by a program such as Certified Humane®. Precise, objective standards are used for the humane treatment of farm animals. American Humane Harvest™ animal welfare standards are species specific and grounded on solid scientific research.

Certified Organic

The poultry products must meet the following requirements:

- Produced without excluded methods, for example no genetic engineering.
- Produced using only allowed

substances, fed only certified organic foods, and fed no antibiotics.

- Overseen by a USDA National Organic Program authorized certifying agent, following all USDA organic regulations.

LIVESTOCK

Free Range

The animals have free access to the outdoors for a minimum of 120 days per year.

Certified Humane

The animals receive humane treatment: the treatment is certified to an animal welfare standard written by a group such as Certified Humane®.

Pasture Raised

The animals receive a significant proportion of their nutrition from

grazing on pasture grasses and other plants and on dried forage plants.

Grass Finished

The cattle continuously remain on a pasture and forage diet, which is fresh forage or dried forage but not grain. Most other cattle spend the majority of their lives in pastures before moving to a feedlot for grain finishing before sold for slaughter.

Certified Organic

Organic is a labeling term that indicates the food or other agricultural product has been produced through approved methods. Production is overseen by a USDA National Organic Program authorized certifying agent, following USDA organic regulations. 🌱



▲ Above: Lonely Lane grows all of their own feed, and everything is non-GMO

◀ Left: Heart of the Valley Pasture Raised Chickens

Center: Wilcox Free Range hens enjoying outdoor access



2649 Commercial St. SE
Salem, OR 97302
503-361-7973
LifeSourceNaturalFoods.com

Open 8am-9pm

Closed

**Thanksgiving Day
Thursday, Nov. 22**

**Christmas Day
Tuesday, Dec. 25**

CELEBRATORY SNACKING

Treat your friends and family (or yourself!) to a delicious gourmet spread! Building a charcuterie board is pretty simple; just follow these guidelines:

Choose a selection of meats, such as salami or prosciutto, a cheese (or three!), bread or crackers, candied, salted, or raw nuts, and something sweet, such as seasonal or dried fruit. Pickles, olives and jam make excellent extras. Feed a crowd by expanding the options in each category, or pile on more of your favorites. Serve on a large cutting board or platter. Eat Well, Be Happy! 🥰

WE USED:

1. *Farmer's Table Grapes*
Organic & Locally Grown
Canadice Grapes
2. *Niman Ranch*
Uncured Capocollo
3. *Belgioioso*
Gorgonzola
4. *Farmer's Table Grapes*
Organic & Locally Grown
Lakemont Grapes
5. *Organic*
Black Mission Figs
6. *Kii Naturals*
Artisan Crisps
7. *Organic*
Raw Pecans

