

news in natural

SPRING 2018 · FREE

PROTECTING
OREGON AGRICULTURE

SPECIALTY DIETS
IS ONE RIGHT FOR YOU?

PREPPING FOR POLLEN
WITH HERBAL ALLIES

LifeSource
 **Natural Foods**



Honeybee on the LifeSource apple tree

Every Purchase is a Prayer

By Richard Baynton · Accounting Manager

Every purchase is political. Every purchase is a vote.
Every purchase affects the environment.
Every purchase is your conscience.
Every purchase is a prayer. Every purchase matters.

Buy local. Buy lovingly. Buy organic.
Live in the world you want to create.
Create the world you want to live in.



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Always see your healthcare provider before beginning a self-treatment program.

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SPECIALTY DIETS

By Michelle Achée, NTP · Wellness

These days it seems like everyone is either on, or is contemplating, a special diet to address various health concerns. Some of these diets have become so popular that they are thought of as “fads” even though they were originally created to address specific medical needs. Here is an overview of some of the most common.

Ketogenic Diet

The Ketogenic Diet (Keto) is a high fat, adequate protein, very low carbohydrate diet that was originally created in the early 20th century to treat epilepsy. Extreme carbohydrate restriction compels the body to burn fats rather than carbohydrates.

Carbs get broken down into glucose for the body to use as fuel. When fat is broken down it creates ketone bodies, which are burned for fuel. Elevated levels of ketones and reduced levels of glucose reduce the frequency and intensity of epileptic seizures. Variations of this diet have been used successfully for over 100 years.

Current studies are showing that increased ketones and lowered glucose are having additional benefits on brain

health, including supporting cognition and memory, as well as on neurological conditions such as Parkinson’s Disease and even dementia.

When a person is successfully burning ketones rather than glucose as their primary source of fuel, they are in a state of ketosis. Not to be mistaken with “ketoacidosis” which is a dangerous condition that can affect severe diabetics. It is a completely different thing from nutritional “ketosis.”

From a metabolic standpoint, carbohydrates burn very quickly and must constantly be replenished, much like kindling in a fire. But, ketones are burned slowly and for much longer like a big log in a fire, which is why people who are burning ketones report a lack of appetite while energy levels stay steady throughout the day.

Since we carry fat fuel around with us, our bodies will tap into our own reserves once sufficiently adapted to burning ketones rather than a steady influx of carbs. This often results in significant weight loss, which is why this medical diet has become trendy over the past couple of decades.

Any glucose requirements your

body has are easily achieved through gluconeogenesis, where your liver can literally create glucose out of protein or fat when necessary. That’s why there is no such thing as an “essential” carbohydrate. Your body can create them without ingesting them.

Paleo Diet

The Paleo Diet (aka Caveman Diet or Authentic Diet) was created by Dr. Loren Cordain. He advocates eating foods that humans evolved eating, rather than a modern processed, industrial food diet. Humans evolved eating hunted meat, including offal and fats, fresh fish, eggs, a variety of fruits, vegetables and nuts that could be gathered in season, and naturally occurring sweeteners such as honey and maple syrup.

Our species thrived on this diet for hundreds of thousands of years but the advent of the industrial revolution introduced chemically treated foods, highly processed and “enriched” foods, and artificial food-like substances which may have contributed to a rise in dozens of health issues including heart disease, diabetes, digestive disorders, endocrine

disorders, and neurological conditions.

Like others before him, such as Weston A. Price and Francis M. Pottenger, Dr. Cordain realized that the key to restoring our health was a return to embracing the diet humans originally evolved eating.

Autoimmune Protocol Diet

The Autoimmune Protocol (AIP) was created to address inflammatory diseases, which have their root in the gut. Autoimmune disease is a condition where our bodies have difficulty telling the difference between our own healthy tissues and foreign invaders. Our bodies react almost like we're allergic to ourselves. Instead of attacking a pathogen or allergen, our bodies attack our own tissues, like the thyroid, or joints.

The AIP diet's goal is to reduce inflammation and heal the intestinal mucosa. Standard elimination diets are often not complete enough to remove inflammatory triggers, nor do they nourish the gut and calm the inflammation. While autoimmune disorders cannot be "cured" they can be successfully put into remission through diet.

GAPS Diet

From the GAPS website (GapsDiet.com): "The GAPS diet is a comprehensive healing protocol developed by Dr. Natasha Campbell-McBride, a neurologist and nutritionist who specializes in healing of issues like autism spectrum disorders, ADD/ADHD, dyspraxia, dyslexia and schizophrenia by treating the root cause of many of these disorders: compromised gut health."

More and more studies are focused on connecting the dots between the Enteric Nervous System (our guts) and our Central Nervous System (our brain.) It's no longer unusual to address neurological conditions through digestive and intestinal health since the two have been shown to be connected.

The GAPS Protocol is comprised of three parts: healing the gut lining, re-balancing the immune system, and restoring an optimal gut microbiome. The GAPS diet has many things in common with the previously

Sheet-Pan Tuna Niçoise

Recipe & Photo by Carsen Snyder

Makes 2 Servings

This is served French style, as a *salade composée*—each person assembles the elements on a plate and then drizzles with vinaigrette. We love a herby dressing, but if you like a more traditional taste, you can substitute a Dijon vinaigrette.

Ingredients

1/2 lb organic green beans
2 1/2 cups organic cherry tomatoes
2 Tbsp organic extra virgin olive oil, divided
Pinch each of sea salt and pepper
2 tuna steaks, about 8oz each
1/4 cup organic vinaigrette, plus more for serving
4 large organic eggs
1 cup pitted Niçoise olives
1 organic lemon (cut into wedges)
5 oz organic baby spinach

Directions

1. Preheat oven to 450°F. Line a sheet pan with parchment paper. Bring a medium pot of water to a boil.
2. Toss green beans and cherry tomatoes with 1 Tbsp olive oil, salt and pepper. Place in a single layer on the prepared sheet pan and roast for 5 minutes.
3. Meanwhile, brush tuna steaks with salad dressing. Gently submerge eggs in boiling water, reduce to a gentle boil and cook for 10 minutes.
4. After green beans and tomatoes have cooked for 5 minutes, add tuna and olives in a single layer to the sheet pan. Continue roasting until tuna has cooked through and vegetables are fork tender, about 10 minutes.
5. Remove eggs from boiling water and run under ice water to cool. Peel eggs and cut in half.
6. On the sheet pan, garnish tuna and veggies with lemon wedges, halved eggs and ground pepper. Serve on the pan with a large bowl of baby spinach, plus dressing for drizzling.



Springtime Asparagus Quiche

By Kathy Biskey · Wellness

This is the season for asparagus! There is nothing like fresh local asparagus in the spring—a sure sign that winter is over and life is returning to gardens and fields. The flavor and bright green color of asparagus wake up my senses and help transition my palette from the heavier, comforting foods of winter to the lighter fare of spring and summer. Use as many locally produced and organic ingredients as possible for the freshest, healthiest, most flavorful results.

- 1/2 Tbsp organic extra virgin olive oil
- 2-3 cloves organic garlic
- 8 organic asparagus spears, tough ends removed and cut into 1 inch pieces
- 3 cups fresh organic baby spinach
- 5 large organic eggs
- 1 cup organic whole milk
- 1 Tbsp fresh organic basil
- 3/4 cup organic feta cheese, crumbled
- 1/4 cup organic mozzarella cheese, shredded
- Salt and pepper, to taste
- 6-8 small organic cherry tomatoes
- 4 organic green onions, chopped
- 1 Wholly Wholesome frozen 9-inch pie crust (traditional or gluten-free)

1. Preheat oven to 375°F.
2. In a large skillet, heat olive oil and garlic over medium heat for several minutes. Add the asparagus spears and cook for about a minute, add spinach. Cook until asparagus spears are slightly tender and spinach is wilted. Transfer spinach to a colander. Press firmly with the back of a spoon to squeeze out as much liquid as possible. Set aside.
3. In a large bowl, whisk together eggs and milk. Stir in fresh basil. Stir in the feta and mozzarella cheese. Season with salt and pepper, to taste.
4. Remove pie crust from the freezer. Place asparagus pieces, spinach, tomatoes and green onions on the bottom of the crust. Pour the egg and cheese mixture over the vegetables and into the crust.
5. Bake the quiche for 45 minutes or until set and slightly golden brown. Let quiche stand for 15 minutes before serving.

mentioned diets in that it restricts grains, starchy foods, and processed and refined carbs. The focus is on whole, properly prepared, nutritionally dense foods, avoiding artificial ingredients.

It focuses on food, but also includes supplements that are specifically customized for each person's unique needs, as well as a detoxification protocol to help cleanse the liver and colon and heal the gut.

Specific Carbohydrate Diet

The Specific Carbohydrate Diet (SCD) was created to address Crohn's disease, ulcerative colitis, celiac disease, inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS) through a strict grain-free, lactose-free and sucrose-free diet.

The theory is that carbs, being a form of sugar, promote the overgrowth of undesirable bacteria and yeast in the gut, causing an imbalance which leads to dysbiosis (an unhealthy gut microbiome,) impaired digestion, and chronic inflammation.

Some carbohydrates are believed to be well absorbed so they don't pose a threat and are allowed. Others, known as FODMAPS (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, And Polyols) are not easily absorbed so they stay in the gut and create havoc in the microbiome, creating gas and bloating, and causing various forms of gastric distress.

Summary

As with any diet, there are variations on themes. Within each of these different ways of eating there are varying interpretations, some so strict as to be demotivating, and some so lenient or profit driven that they are ineffectual and lead people to believe the diet is mere nonsense.

There are extensive resources on each of these different diets in the form of books, articles, blogs, podcasts, YouTube videos, and in online and real life info sharing groups and cooking clubs. I encourage anyone beginning one of these nutritional journeys to dive into the resources and make friends on the same path. LifeSource has all the ingredients to successfully follow any of these ways of eating and we'd be happy to help you find high quality foods to fit your specific dietary requirements. 🌸

Michelle is a Nutritional Therapy Practitioner right here in Salem. Stop in to LifeSource and say hi, and check out EarthMoonAcupuncture.com

VENDOR SPOTLIGHT

Natural Factors

OUR PRIVILEGE, OUR PASSION

Today, Natural Factors is one of the largest manufacturers of nutritional products in North America. But our origins reach back to the 1950s, and right from day one, we've always been fully committed to making products right.

A VERY SPECIAL PLACE

Natural Factors Farms is a very special tract of land, covering over 1,000 acres. This exquisite certified-organic farmland gives Natural Factors complete control over securing the best quality raw materials possible. Literally, control from seed selection to finished product.

BIG ENOUGH TO DO IT RIGHT

We are one of the only nutritional companies to have our own organic farms, our own extraction, encapsulation, and production facilities, our own labs and research facilities, and a vast network of academic, scientific, and retail partners. We are also one of the few branded manufacturers of nutraceuticals in North America to have our own softgel encapsulation facility.

COMMITTED TO QUALITY

Natural Factors facilities conform to all requirements of the Good Manufacturing Practices (GMP) of the FDA, as well as those set out by the Canadian government's NNHPD. In addition, our facilities have been certified by the Therapeutic Goods Administration of Australia (TGA), one of the most stringent guidelines for manufacturing dietary supplements in the world. All Natural Factors products are also certified by ISURA.



PREPPING FOR POLLEN

By Desta Moore · Wellness

We love our lush, green valley that can nourish almost any plant we choose to grow in its fertile soil. This time of year, every available inch of ground is sprouting something green that will mature and spread its pollen around. Later in the spring billowing clouds of pollen begin to mount into an itchy, burning, wheezy, sneezy health hazard for a large number of valley dwellers.

The Willamette Valley has seen some of the highest pollen counts ever recorded in the world. A pollen count of around 200 parts per cubic meter is considered high, and we have seen counts as high as 750 during the peak of the industrial grass seed pollination period from late May to early July. About 30% of the population reacts to this pollen and experiences seasonal allergies.

Thankfully, there are herbal and

nutritional support strategies to help allergy sufferers get through these periods of mucous membrane assault.

Wash That Pollen Out!

Under a microscope pollen grains look like ping pong balls covered in spikes. Some scientists propose that allergy sufferer's immune systems mistake pollen grains for invading parasitic worms because of proteins the worms and pollen share in common. It is no wonder then that when pollen sticks into the lining of our sinuses it can cause ongoing irritation and trigger the release of histamine by our immune cells. This histamine then brings on



allergy symptoms (our body's way of trying to flush that pollen out) like watery eyes, mucous, swelling and itching.

One method to help encourage those pollen balls to leave ASAP is using Xlear Nasal Spray. This saline and xylitol solution is safe for adults and children and can be used daily as needed to rinse out pollen and soothe the sinuses. The xylitol acts like soap for the nose and helps prevent more pollen from sticking to nasal tissues. If needed, you can go a step further and use a Neti pot before bedtime to further rinse out the day's pollen accumulation. Don't let that pollen stick around your sinuses any longer than necessary.

Partner with Herbal Allies

Stumbling into a patch of stinging nettles may leave an unlucky hiker with a red, burning, bumpy rash. However, this same plant freeze-dried and taken internally can help allergy sufferers dealing with similar symptoms. Double-blind studies have found that using stinging nettle for allergies may be as effective as over-the-counter allergy medicines.

Pineapples can be allergy allies because they contain bromelain, a proteolytic enzyme that can help get our red, puffy, soggy tissues back to normal. Quercetin, a flavonoid found in plants like onions, apples and green tea, inhibits mast cells from releasing pro-inflammatory compounds like histamine that bring on allergy symptoms. N-acetyl cysteine, or NAC, is a prescription medicine in Europe for thinning mucus and reducing congestion. In the US you do not need a prescription to take advantage of NAC's benefits. It is often found in

herbal allergy formulas and can also be used on its own, both for allergies and to support glutathione production, which is essential for a healthy immune system. These herbal allies can be found together in formulas like LifeSource's Quercetin Nettle Plus and Oregon's Wild Harvest Aller-Aid.

Choose Allergy Friendly Foods

While our bodies are struggling with seasonal allergens, eating foods that are known to trigger a histamine response can make the situation even worse. Experiment with avoiding some common trigger foods such as sugar, dairy and gluten when allergy symptoms begin. Beer and wine may not be allergy friendly since they contain histamine that is produced naturally by yeast during fermentation.

Try eating more wild salmon or sardines to take advantage of their omega-3 fats. Omega-3s help to support our body's ability to maintain inflammation at healthy levels. Broccoli and broccoli sprouts contain sulforaphane which is being researched for its ability to support bronchial health in asthma sufferers, allergy sufferers and those who are sensitive to diesel pollution. Eating more parsley, celery and spices like rosemary and oregano that contains apigenin could also be beneficial during allergy season due to apigenin's ability to help support a healthy histamine response. Don't throw more fuel on an allergy fire. Instead, cool it down with inflammation friendly foods. 🌿

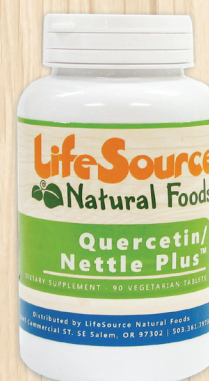
Please visit the Wellness Department to talk more about these strategies for pollen season preparation.

A pollen count of around 200 parts per cubic meter is considered high, and we have seen counts as high as 750 during the peak of the industrial grass seed pollination period from late May to early July.

Pollen Season Support



Use **XLEAR NASAL SPRAY** or a **NETI POT** daily as needed to rinse out pollen and soothe the sinuses.



QUERCETIN inhibits mast cells from releasing pro-inflammatory compounds like histamine.

NETTLE LEAF can support allergy relief and healthy inflammation levels.



NAC breaks down mucus and provides immune support.

OMEGA-3s help to support our body's ability to maintain inflammation at healthy levels.



ORGANICALLY GROWN COMPANY

By Amy Jucutan · Produce

Organically Grown Company (OGC) supplies us with much of the amazing bounty of fresh fruits and vegetables at LifeSource. Back in 1977 down in Eugene, OGC grew organically—just like its name states. A few environmentalists, organic farmers, hippies and folks with a vision to create a world that was more nourishing and sustainable than what they saw around them started it all.

They envisioned a central location where organic farmers could sell their produce, so in 1978 these visionaries opened the Organically Grown Co-op. This created a hub for like-minded

people to share ideas, and to shop for local organic produce and organic farming supplies, all of which were hard to come by commercially at that time.

By 1980 some of the members wanted to coordinate crops in order to streamline what was being offered to customers, and so member farms did not have to compete with each other. There were growing pains at first but they persevered and opened their first loading dock in 1983. The co-op started with six member farmers.

Sales that first year totaled about \$12,000. Over the next 10 years sales grew an average of 40% per year and

OGC has not slowed down since. In 2008 an employee stock ownership program took effect and now the company is owned by its member growers and its employees. Because they are all owners, everyone's effort is always top notch—they are invested and get to view the company from dual perspectives. I believe that when you care how the dollars are spent (as an owner), it makes you more attentive to the details of your job (as an employee) and keeps you invested in being your best everyday.

OGC now has warehouses in Portland, Ashland, Seattle and Spokane

GROW KITCHEN SCRAPS? YOU BET!

Hey there, Amy here writing a few tidbits on how you can re grow food scraps right on your very own kitchen counter! I know as we get warmer and longer days we get eager to plant our gardens. However, getting a head start on that with a kitchen counter garden is a great way to prolong the life of your fruits and veggies and also they transition very nicely into the garden when the time comes. I am going to tell you about some of my adventures in having a kitchen garden and what I learned along the way.

With all of these fruits and vegetables you will want to keep the water clean to give your starts the best chance at a new life, so replacing the water everyday is recommended. Also don't be afraid to fail and then try again—remember these scraps would otherwise be destined for the compost. I looked on Pinterest to get ideas and to find options that worked for my house and the amount of sunlight I have available.

I hope this will inspire you to get started with a little kitchen garden of your own. If you have any tips for me, or want to let us know how it goes by posting on our Facebook page: www.Facebook.com/LifeSourceNaturalFoods Happy Planting!

1. CARROTS Carrots are super simple to regrow! Those tops that we all chop off and put in the compost are little carrot starts just waiting to be grown. Place the left over inch or so top of the carrot, in 1 inch of water and wait for the greens to sprout. Let the greens become 2 to 3 inches, and then you can re-plant outside or into a planter inside your kitchen. In about 6 weeks you should have yourself some pretty good-sized carrots.

2. GREEN ONIONS To get started simply chop your green onions for your dish, leaving about 2 to 3 inches of green above the root end. Grab a small glass or jar (I use a mason jam jar) and fill it with about 1 inch of water. Put the green onions in the water and place them near a window and watch them grow!



Left to Right: Gathering Together Farm, Gathering Together Farm Tomatoes, OGC Truck, Mustard Seed Farm

and is the largest supplier of organic produce in the northwest, hauling produce all the way to Montana! As a whole, OGC is a very modest company, saying that they never aspire to be the biggest; they just want to come to work everyday and give a damn!

The thing I love most about this Organically Grown Company, though, is their award winning sustainability efforts. Everything they do from the ground up is to better the planet and those of us who live here. From their bio diesel truck to their cargo bikes to recycling 90% of their waste and building Leeds gold standard

warehouses, they choose sustainability every time.

OGC offers Ladybug brand and Organically Grown brand certified organic produce. Ladybug consists of about 30 northwest family farms that are certified organic and certified salmon safe. They are a small group of down to earth people that operate on the leading edge of sustainability and stewardship. OGC coordinates with these farmers to grow over 100 different crops, everything from raspberries to bok choy. The Organically Grown brand produce is sourced from US farmers that are using sustainable,

certified organic practices. Organically Grown Company is committed to working with and supporting growers who are cultivating a higher standard of agriculture.

I personally can't say enough good things about Organically Grown Company, they truly are leaders of the pack. They have received so many awards for their efforts in the community as well as for high environmental standards. I think OGC is the best distributor around and I am thankful that they grew up organically in my back yard! 🌱



3. PINEAPPLE This was exciting to me because I am originally from Florida and I love pineapple! I never expected to be able to grow it here in the northwest, but you can with a little attention and some love. Get started by choosing a pineapple with firm leaves. Remove the top by twisting it off (I suggest a pair of garden gloves for this part). When you have successfully removed the top, give it a thin trim to remove any of the fruit still attached. Place three tooth picks into the base of the top and set to rest on the edge of a jar filled with water so that it is making contact with the base of the top but is not submerged. When the roots start to drop down plant it into a planter pot and set near a window. Now for the waiting! It takes about 2 years for a pineapple to bear fruit. I'm in it for the long haul on this one!



5. LETTUCE Lettuce is one of those items that if you don't use it you lose it. Lettuce goes bad super quickly and yet it is a staple you want on hand all the time. I think you could have a kitchen top garden just dedicated to lettuce, but that is for another article! Although it may look like your lettuce is done, you can peel off the layers and get to the center, which is usually still good. Now just trim a thin layer off the bottom and place in a glass with just enough water to cover the bottom of the lettuce. Viola!

4. CELERY I get a lot of questions in the spring if we carry celery starts. We do not, but celery is one of the easiest leftover vegetables to get started growing in your kitchen. When you are all done putting your celery into you meal, make sure to leave the heart and bottom of the celery stalk. Trim off a thin layer of the bottom of the celery stalk and place into a shallow dish or cup (again I used a mason jam jar) with about 1/2 inch of water. Place near a light source and watch your celery come to life.



DO YOU KNOW

What Are GMOs?

Genetically modified organisms are living organisms whose genetic material has been artificially manipulated in a laboratory through genetic engineering. This creates combinations of plant, animal, bacteria and virus genes that do not occur in nature or through traditional crossbreeding methods.

With new forms of genetic engineering like synthetic biology and gene editing now entering the marketplace, keeping GMOs out of your shopping basket presents quite the challenge!

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High Risk Crops

All of the following crops are in large-scale commercial production and are at high risk for being GMO:



Zucchini & Yellow Summer Squash



Canola



Corn



Papaya



Soy



Sugar Beets

Monitored Crops

These crops have been under surveillance by the Non-GMO Project because they will likely be commercialized or because of known risks of contamination from GMOs:



Wheat



Sugar Cane



Mushroom



Pineapple



Apple



Beets



Chard



Bok Choy



Squash

Processed Inputs

These can sneak into food in the form of crop derivatives and inputs derived from genetic engineering such as synthetic biology; some examples include:



Corn Syrup



Vitamins



Flavoring



Sweeteners



Yeasts



Molasses

Choose Organic!

Organic certification does not allow the use of any genetically modified organisms, genetically engineered products, or products made using synthetic biology.

EVERY PURCHASE IS PRECIOUS

By Marney Roddick · Perishables

Big corporations are great. How else would we turn on a light switch? Put gas in the car? Or email friends? Big corporations are here to stay and most of us need and use their services every day.

But friends, there are two sides to this coin.

Consider the onesies: locally owned businesses that provide unique products and services to you and your town. When deciding where to spend your hard-earned dollars on tonight's dinner or a gift for a friend, there are benefits to buying at local, independently owned businesses in our community.

When you choose to shop at local businesses, you set in motion some far-reaching advantages:

ACCOUNTABILITY

Local businesses are more accountable to their local communities and support schools and non-profits.

COMMUNITY

Local businesses are owned and operated by your neighbors. They care about and are invested in the well-being of our community and its future.

ECONOMY

Local businesses are more likely to utilize other local businesses such as service providers, farms, and financial institutions. More of your dollars remain in our community.

ENVIRONMENT

Supporting local businesses is good for the environment because they often have a smaller carbon footprint than larger companies.

There's nothing like the relationships you'll build when you shop small. Local business owners learn about their repeat customers' needs and preferences, and are often happy to accommodate them.

Small businesses work hard to keep their customers. They are more likely to go above and beyond to add value, which can include personal, more attentive customer service. At LifeSource, every transaction is precious and appreciated.

Thank you. 🌸

NATIONAL SMALL BUSINESS WEEK

APRIL 29 - MAY 5 2018 | #SmallBusinessWeek



THREE OPTIONS, ALL OF THEM GOOD

By Roxanne Magnuson · Outreach Manager

Here at LifeSource we want to encourage the use of reusable bags. To that end we've got a few opportunities to help you feel good about that little bit of extra effort it takes to bring your own bag.

If you spend over \$100 at one time, you may receive one of our colorful reusable logo bags. We change the color frequently, so you can collect a rainbow of them. Although these bags are manufactured in China, they're produced in a facility dedicated to providing a fair and living wage to their employees and to maintaining environmental

Choose where your bag donation goes! We rotate non-profits quarterly.

standards equal to those mandated in the US. The facility is inspected frequently by the US company from whom we purchase the bags. You can also purchase these bags for \$1 each, which is less than what we pay for them. We think it's worth it to get more reusable bags in use in our community!

If you spend over \$100, you can receive a small paper 'punch' card. Your cashier will initial the card each

time you purchase over \$100. After 5 such purchases you may choose either a sturdy organic canvas bag produced by a women's cooperative in India or an insulated bag produced by the facility in China described above. Either of these bags are available for purchase for \$5 each, again, less than what we pay for them.

If you remember to bring your bags to use for your shopping, we'll either give you 10¢ or two tokens for each bag. LifeSource will donate 5¢ for each token to a local non-profit. There are three bins right by the door so you can drop your tokens into the bin for the non-profit of your choice. We rotate in a new non-profit every quarter, and there's generally one dedicated to the environment, one for people welfare and one for animal welfare. At the end of their time, we count all the tokens and send the non-profit a check for the total amount donated by you, our LifeSource patrons. The amount varies, of course, but it's usually well over \$500. You can see the most recent totals on the poster above the token bins. 🌱



Salem Audubon teaches kids about nature and wildlife with annual in-class programs.

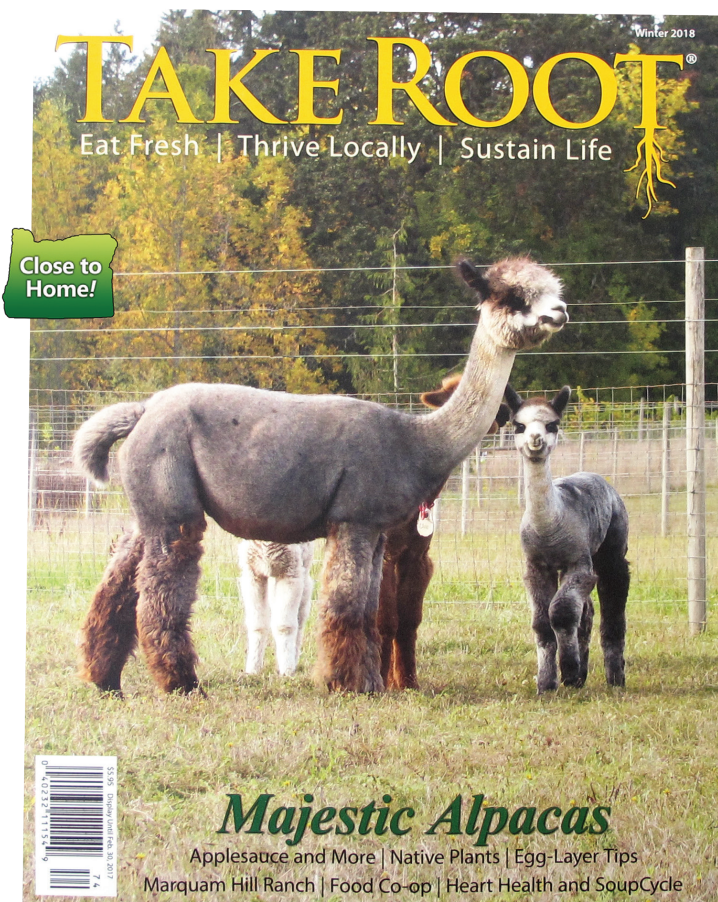


Assistance League of Salem-Keizer provides clothing, shoes, food vouchers and more to children in need.



Green Acres Farm Sanctuary provides care to abused, abandoned, and unwanted animals, and creates change through education.





Fresh Reads

By Zira Brinton · Mercantile Buyer

TAKE ROOT

Hello good people! I wanted to mention that when you stop by the Source, if you're not picking up the latest copy of Take Root magazine, you're really missing out on something good! This wonderful magazine is local to us and highlights some great places to eat and shop, as well as offering information on all the local co-ops, earth friendly gatherings, festivals, etc. They offer articles about organic gardening, holistic living, important issues that are relevant to the region, as well as the earth. Also—oh my goodness—this magazine is gorgeously photographed! It's every bit as appealing to the eyes as it is to the mind. Did I mention it's an inexpensive buy? Well...now you know. Don't forget to grab one while you can! Speaking of awesome magazines, we have five new titles for you:



MANTRA is a magazine run by yogis and strong women—and built by community. Each issue addresses the topics of yoga and meditation practice, mindfulness, health, outdoor adventure, organic beauty, and many other facets of the conscious lifestyle.



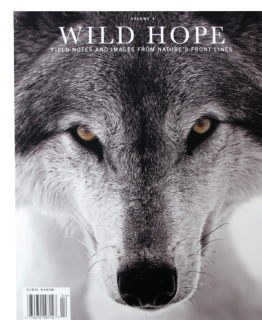
ORIGIN magazine is a platform for art, culture, conscious lifestyle, humanitarianism, sustainability and yoga. Each issue features raw, uncensored interviews with fascinating public figures, whose powerful stories can be told here without bias or agenda.



PLANT BASED is a practical magazine that is designed for use on a daily basis, in and around the kitchen. Each issue includes recipes, step-by-step guides, the nutritionist's notebook, skill development techniques, grocery budgets and much more. Formerly known as Cook Vegan.



THRIVE delivers exclusive interviews with the most innovative game changers of our time, including athletes, musicians, and social entrepreneurs. Thrive is also the first magazine to feature plant-based performance nutrition as a way of enabling professional and Olympic athletes to perform at their highest levels.



WILD HOPE celebrates Earth's rich biodiversity and raises awareness of the need to safeguard wild species from extinction. By sharing the stories of people who are engaged in protecting our natural heritage, Wild Hope shows how it can be done and inspires readers to get involved in making the world safe for wildlife.



New in Chill

ROYAL RIVERSIDE FARM

Royal Riverside Farm is a single family farm in Albany, OR.

It started out as a 4-H project, and they now have a herd of 8 milking cows, 7 of which are jersey's. It is the only creamline (non-homogenized) milk produced locally, and is low-temp pasteurized to maintain high nutritional value.



BUTTER CULTURE

Artisan-quality, locally-sourced, delicious chef-style finishing butters to use in every part of your meal. Made in Bandon, OR.

Try Salted Honey, Red Pepper, and Roasted Garlic with Smokey Blue Cheese.

NEW IN THE BULK DEPARTMENT

It's never too early to think about snacks for your next adventure. We would like to introduce three new trail mixes from Aunt Patty's now available in the bulk department: Cascade, Mt. Hood, and Mt. Mazama.



New in Grocery



- 1. NURTURE ME NATURE** Baking Mixes: Organic. Local. Gluten-Free. Grain-Free. Nut-Free. Paleo. Vegan. Also: Pretty darn delicious. These versatile mixes tick all the boxes, and they're great for pizzas, cookies, pancakes, and even as hot cereal.



- 2. NAPA VALLEY HEIRLOOM TOMATO CO.** Heirloom Marinara, Garlic & Herb, and Tomato & Basil Pasta Sauces: Made in Napa from 100% heirloom-variety organic tomatoes for deep, sweet tomato flavor.



- 3. AHARA RASA** Niter Kibbeh Ghee: Ahara Rasa infuses this variety of their organic, grassfed ghee with Niter Kibbeh, the fantastic, deliciously aromatic Ethiopian spice blend. Add this ghee to lentils or rice, use it to sauté vegetables, meat, or tofu, or go out on a limb and melt it over popcorn! Alternately, just sniff it and swoon over the amazing aroma.

PROTECTING OREGON AGRICULTURE

New Program & Commission to Protect Oregon Ag Heritage

Keeping working lands in agriculture provides benefits for conservation

By Bruce A. Pokarney · Oregon Department of Agriculture

From protecting agricultural lands using easements and covenants, to helping farmers and ranchers keep their operation in the family through succession planning, the recently formed Oregon Agricultural Heritage Program offers hope that working lands stay in production while providing conservation benefits. At its core, the new program incentivizes farmers and ranchers to support voluntary practices that are good for agriculture and the state's natural resources.

"Farm and ranch lands in Oregon supply high quality food and fiber along with habitat for fish and wildlife," said Meta Loftsgaarden, Executive

Director of the Oregon Watershed Enhancement Board (OWEB). "By providing agricultural landowners with voluntary tools to steward their land and pass it on to the next generation, the Oregon Agricultural Heritage Program will help strengthen our ag communities and safeguard the fish and wildlife habitats that depend upon Oregon's agricultural land."

Established by the 2017 State Legislature, the Oregon Agricultural Heritage Program offers two highlights, according to Oregon Department of Agriculture's land use specialist, Jim Johnson. "It allows for the state to get more involved in the use of agricultural conservation easements to

protect agricultural land in a way that complements our land use planning program—keeping agricultural land in agricultural use," says Johnson. "It also focuses on helping farmers with succession planning."

The Oregon Agricultural Heritage Program will offer a number of tools that help keep working agricultural and forest lands and the natural resources they support from disappearing, ultimately assisting conservation efforts. "I can't think of a better use of land to protect fish and wildlife than farming and ranching," says Johnson. "Without that farm use protection, other land uses would take hold, including

Flowers at Minto Island Growers, Salem



development, that probably won't complement fish and wildlife habitat the way farm and forest lands do."

A conservation easement is a voluntary, legal agreement between a landowner and a land trust or government agency which permanently limits the use of that land to protect its conservation values. The landowner is compensated with cash and/or tax benefits in exchange for conserving the land. Agricultural conservation easements are easements that allow the protected land to be used for agriculture. Again, most holders of an easement are usually a land trust or government agency.

"Easements protect a family's legacy and they can make the land available for farm use for future generations, helping with land succession," says Johnson. "Easements are great complements to the existing land use planning program. And, of course, they can help protect restoration efforts. If you want to make sure those restoration efforts remain in place for a long time, an easement can help."

with an increasingly aging population of farm operators. "When you consider the management of Oregon farms is predominantly family operated, a change in ownership is a real issue in terms of what will happen to that land base," says Johnson. Whenever there is a change of farm ownership, there is likely to be some consideration of what to do with that land. Massive changes in ownership could potentially mean big changes in agriculture.

"In Oregon's land use system, agricultural land is primarily designed for farm use, but that doesn't preclude converting that land to non-farm uses or somebody acquiring the land and deciding not to farm it at all," says Johnson. Succession planning—a legal process of passing the family farm down to the next generation—is a critically important tool that is underutilized by aging farmers and ranchers. The Oregon Agricultural Heritage Program will work to provide succession planning training and support for landowners.

Issues related to loss of farmland

At its core, the new program incentivizes farmers and ranchers to support voluntary practices that are good for agriculture and the state's natural resources.

One task for the Oregon Agricultural Heritage Program's commission is to create rules governing the program's fund for conservation easements and other potential tools, and make recommendations on grant applications to the OWEB Board.

Succession planning has also been identified as a potentially effective tool for keeping land in agricultural production. That's especially important

and effective conservation programs are likely different in the various geographic regions of the state. But there is one common desire that surfaces with the Oregon Agricultural Heritage Program—keeping farm and ranch lands in production and managing them in a manner that supports fish and wildlife habitat as well as enhancing other natural resources. 🌱



Fresh organic carrots - Spring Hill Organic Farm, Albany



Nigerian Dwarf kid - Misfit Farm Oregon, Dayton - www.misfitfarmoregon.com

For more information on the Oregon Agricultural Heritage Program, contact Nellie McAdams (OWEB) at (503) 986-0061 or Jim Johnson (ODA) at (503) 986-4706, or visit www.oregon.gov/oda



HOW ARE CERTIFIED ORGANIC IMPORTS VERIFIED?

Covilli Brussels sprouts field, Mexico - Photo by Wyatt DeMille

During the winter months, in the northwest, you can find sweet cabbages, carrots and beets. Squash, Kale and other greens are also delicious this time of year. But when you're craving a juicy Kanzi apple, a D'Anjou pear or a cantaloupe, chances are high they are coming from California or another country.

By Tabetha McCrimmon · Produce

For produce to be sold as certified organic in the United States, no matter where it was grown, it must meet all the requirements of the U.S. Department of Agriculture (USDA) National Organic Program. It cannot be produced with any synthetic pesticides, artificial fertilizers, sewage sludge, genetically modified organisms or irradiation. The soil must be maintained to these standards for three years prior to receiving the organic certification. This is done by a USDA-accredited agency that includes inspection of farm fields and processing facilities, detailed record keeping of what inputs were applied to the land, and, if there's cause for concern, soil and water testing.

There are currently eighty agents that are USDA-accredited and authorized to certify operations to the USDA organic standards. Of these, forty-eight are based in the U.S. and thirty-two are based in other countries. Most certifying agents are directly accredited by the USDA National Organic Program

(NOP) and there are twenty-one additional agents authorized through recognition agreements between the U.S. and foreign governments.

Mexico is a top 20 producer of organic foods worldwide with 1.3 million acres of land dedicated to organic agriculture. It is the main producer and largest exporter of organic coffee and the third largest producer of organic honey. Even though organic production represents less than 1% of all agricultural land in Mexico, it generates around 10% of the gross domestic product in the agricultural sector with revenues of approximately \$300 million dollars a year. More than 90 percent of these organic farmers are farming on less than 9 acres each and sell their products collectively.

An inspiring example is the Del Cabo Cooperative, formed in 1985 when two organic farmers from California, Larry Jacobs and Sandra Belin, met struggling subsistence farmers while traveling through Baja, Mexico. Jacobs convinced

nine farmers to begin the transition to organic production and offered training in organic growing, harvesting and handling, as well as startup funds. He also developed a distribution channel and marketing program for the products.

Today, the co-op includes roughly 1300 members, who make on average \$21,000 a year and receive health insurance. The Del Cabo growers were one of the first Mexican farmer groups to be certified even before the NOP was established. Since 1991, Oregon Tilth has continuously certified all Del Cabo fields and packing facilities as organic. The LifeSource produce department is usually stocked with Del Cabo peppers and tomatoes when they are not in season locally.

While farm sizes tend to be smaller in Mexico and other Central American countries, farm size tends to be far larger in many South American countries. Eleven percent of South American farmland is in permanent

crops such as bananas, cocoa and apples. The leading countries in terms of organically managed agricultural land (without certified wild collection areas) in South America are Argentina, Brazil and Uruguay.

Many of LifeSource's organic apples and pears this time of year are coming from Chile and Argentina. Chile started exporting organic apples to the world back in the 90's. Currently, more than 1,200,000 boxes are shipped every year, and considering that the demand for organic products continues to grow, organic apples are gaining a stronger foothold.

In 1985, Argentina began its organic farming journey by establishing Canecos (Centro de Estudios de Cultivos Orgánicos), the first association in the country to focus on organic agriculture. It was a slow start but during the nineties much changed, and the Argentine organic sector became more professional. At the second Trade Congress of the International Federation of Organic Agricultural Movements (IFOAM), held in Vienna in 1990, the Argentines observed the widely expressed concern about the lack of global supply of a wide range of organic products. That reflection gave a strong incentive to Argentine primary producers to switch from their conventional agricultural production and start producing organically to meet that global demand. Conversion from conventional to organic production was generally easy in Argentina, thanks to its endowment of ample and naturally fertile soil, the wide abundance of virgin land, and the low use of chemical inputs in conventional farming practices. The diverse climates throughout the country and a low pest pressure allow organic production virtually throughout the whole country.

It's always best to support your local farms when you can, but rest assured, if you purchase produce at LifeSource that came from another country, we are confident that it went through the same testing and procedures it would have if it were grown on a local certified organic farm. 🌱



Top: Packing Covilli bell peppers at
Organically Grown Company

Center: Organic Del Cabo basil
Baja, Mexico

Bottom: Covilli growers, Mexico
Photo by Wyatt DeMille



COALITION BREWING is a 10 Barrel Brewery located in the heart of inner SE Portland. Established in 2010 by Kiley Hoyt and Elan Walsky, our mission is to bring the American craft beer experience directly to the local community while consistently being innovative with new and exciting styles to stimulate your palate. Our beers are defined by balance and brewed in the Northwest style that put American craft beer on the map. Though each style is unique, they all showcase a distinct harmony of flavor and aromatics. Coalition is perhaps best known for our Two Flowers CBD IPA, a new style of beer we are pioneering to highlight the shared properties between hops and compounds found in hemp, such as CBD and terpenes. Those two kissing cousins (hops and hemp), share many of the same aromatic and taste profiles known as

terpenes that we wanted to tap into when designing the flavor profile of this beer. Currently, we are the only producer of CBD Beers in Oregon and one of only a few in the nation.

As you enjoy our beer, know that it is brewed with love and appreciation for fine craftsmanship, the best possible ingredients, and for the enjoyment of craft beer fans around the world. Please come visit us at the brewery when in Portland and check out our brand new patio, opening in March. We look forward to raising a glass with you.

Cheers!
Coalition Brewing



DELUXE BREWING specializes in easy-drinking lagers and ales. Family owned and operated in Albany, the Deluxe team believes in hard work and dedication to craft beer, utilizing the best and locally-sourced ingredients. Deluxe Brewing is the dream of Eric "Howie" and Jamie Howard.

The couple decided long ago that a *brewstillery* (they also own Sinister Distilling) was exactly what they needed to start. In 2011, the couple began the journey of starting their own brewery. With the help of family, friends and the community, the Howard's realized their dream. They sold their first keg on their wedding anniversary in 2013.

Deluxe Brewing is located along the Willamette River in the historic industrial area of Albany. Their facility is a 100-year-old warehouse that was originally built for the Borden Milk Factory. Inside the Deluxe Tasting Room you will feel like you're at a good friend's garage enjoying a pint, and maybe playing a game of ping pong or shuffleboard. On a Friday night in the summertime, local hot-rodders cruise down to Deluxe to enjoy a beer.

Deluxe beers are for people who enjoy drinking beer. We

are excited to offer Wild Beaver Amber Lager and Diabolic IPA in cans. The Wild Beaver Amber Lager is smooth, well-balanced and not too hoppy. Bold malt flavor is balanced by Mt. Hood and Santiam hops. The Diabolic IPA is triple hopped with Nugget, Chinook and Cascade hops, and is a perfect blend of hops and premium malts. Both beers are truly easy-drinking!

All good things are Deluxe! Cheers!
www.deluxebrewing.com



BEER & CIDER SPOTLIGHT



WILDCRAFT CIDER WORKS *Western Farmhouse Cider*

At WildCraft Cider Works, we pride ourselves on developing innovative, artisanal dry ciders inspired by traditional and wild methodology. We insist on whole fruit and botanicals grown in Oregon to create pure ciders without artificial flavorings, sulfites or added sweeteners. WildCraft cider is uniquely dry cider unpasteurized, spontaneously wild fermented & bottle conditioned. We consider ourselves stewards of the outdoors and always act consciously to ensure that our ingredients are regional.



During the Community Apple Drive™, which will typically run July – November, WildCraft Cider Works invites you to bring your fallen and unwanted fruit in exchange for WildCraft trade. Donate your unwanted apples, pears, and plums (all varieties welcome) in exchange for cider or juice. The more fruit you donate, the bigger exchange you'll get. Think of it as a grassroots barter system, with handcrafted cider as the trade.



Established in 2013, **Wolf Tree Brewery** is located along Beaver Creek, on a cattle ranch near the Oregon coast. The mission of Wolf Tree Brewery is to craft unique and distinctive beers that encompass the ranch and surrounding coastal forest. Our flagship beer, Spruce Tip Ale is made from spruce tips that we harvest every spring from the ranch. We offer traditional and farmhouse styles of beer, and are one of the only breweries in Oregon to brew with natural spring water.

Joe Hitselberger
Owner



★ **ORDNANCE** ★ BREWING

With roots growing back to the early pioneers who cleared the land to grow fruit, corn, wheat and yes...hops, our founding partners come from a long line of Oregon farmers. Our roots run deep in hops and Oregon, which is why you can visit and explore our beers both at the brewery in Boardman, or our taproom in Wilsonville. Our namesake is now a ghost town, a collection of decaying offices, a theater and school standing in scattered ruins on Craig Coleman's farm. A water tower still stands tall above this once bustling community. It was here, generations ago, that people came from all over the country for the common good. Here, everyday citizens did their part to set aside their differences and support a growing war effort in the Pacific and Europe during World War 2. To these noble people, to our ancestors, we raise our glass and carry forward the name **Ordinance**.

Sign up at the Customer Info Center or LifeSourceNaturalFoods.com
NEW LifeSource Beer & Wine Weekly eNewsletter
Tasting Calendar • Tasting Notes • Food Pairings • Recipes
New Items • Producer Spotlights • And Lots More!



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

Open 8am-9pm

Easter Sunday Hours
April 1 • 10am-6pm

Earth Day
Sunday, April 22nd

5% Day
Find out
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the store!



Saturday, June 9th

BBQ



SPRING FOOD FAIR



SATURDAY, MAY 19TH • 11-4



20% Off
Everything
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*excludes special orders
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no additional discount



Loads of
Free
Samples!



Plant Sale