

The logo for LifeSource Natural Foods, featuring the brand name in a sans-serif font with a small leaf icon to the left of the word "Natural".

LifeSource
Natural Foods

news in natural

SUMMER 2018 • FREE

*Berry
Season!*

Camp Food

*Native
Pollinators*

*Four Favorite
summer recipes*

**REGENERATIVE
agriculture**



Did you ever get scolded when you were a youngster for stealing an apple from someone else's tree? Well, you won't get scolded for taking one from these trees! They're Liberty apples, grown organically, and you should feel encouraged to liberate one when they're ripe later this summer.

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Summer 2018



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shortcake recipe. **7**

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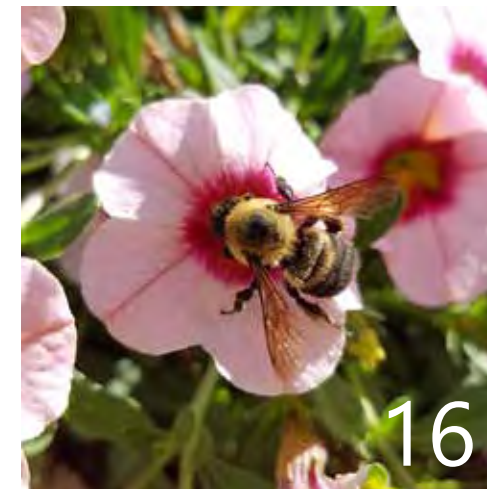
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CAMP FOOD

Malheur Wildlife Refuge, Oregon

By Miranda Vaughn · Wellness

Summer is here! As the trees leaf out, the rains yield, and the skies open for the sun to shine, all I can think about is how much work needs to be done for my camping and hiking trips. That, and my inner anticipation to get out into the mountains! I've weighed and re-weighed my supplies, singled out my hiking trails, planned my days, and purchased my permits. Yet, something is lingering in the back of my mind—my meal planning.

For me, meal planning is the most crucial aspect to any camping trip. Not only do I love food, good food, but also while going full steam ahead on the trails I tend to have tunnel vision to my body's needs. This is where my calorie dense, quick meals and snacks come in handy for my hyper-active mind and body; especially when I'm out camping and I want to explore the surrounding areas.

Whether or not you have a car to carry your food makes a huge difference in meal planning. With a car, you can pack up the coolers with your favorite foods. When backpacking, you have to be more selective and take weight and volume into account when

packing your food to carry in your pack.

MY FAVORITE MEALS

When camping with a car that has adequate room for coolers, I strive to bring some of my favorite meals.

Sauerkraut and bratwursts with sweet potatoes, added greens for salad.

Eggs with greens (Swiss chard, spinach, and kale) added hard cheese on top, for a hearty scramble. You can substitute with tofu and Daiya cheese found in the chill department. All your favorite scramble veggies can be found in the produce department as well!

Spaghetti squash with pre-made sauce of choice and pre-made curly kale feta salad. I will usually add feta cheese, cranberries, nuts, a vinaigrette, and cherry tomatoes to the kale salad. I suggest precooking the squash before you go camping to save cooking fuel and time.

Beef goulash with cooked veggies—in a really large can, like the kind our grandmothers used to buy their coffee in. A family tradition! That way you can plop the container right onto your cooking stove or fire pit.

Almond pancakes from Simple Mills, added cinnamon and protein powder. Add peanut butter and bananas on top for extra deliciousness.

Stuffed turkey burgers with feta cheese and red bell peppers in the middle. I suggest keeping these as safe as possible from cross-contamination in the cooler by using resealable bags to keep raw materials safe. You can also use a vegan patty recipe to create your own burger! I usually add avocado and lettuce on top as well, bonus points for a spicy BBQ spread!

PRECOOK TO SAVE TIME

If you are vegan, vegetarian, paleo, or have other diet restrictions you can always substitute to fit your needs. Meal planning while camping with coolers and ice is limitless and full of healthy options! I recommend precooking as much as you possibly can. It is safer to carry cooked meats instead of raw, and it saves on cooking fuel. Invest in proper storage containers, prep all your veggies and fruits, and plan out your meals ahead of time for breakfast, lunch and dinner. This way you can enjoy more fun time versus having to

cook for an hour or more. I also recommend doing fun easy meals that are still delicious and calorie dense to fuel your activities that burn extra calories.

OTHER CONSIDERATIONS

Another variable to consider is what kind of cooking fuel you want to use. Are you wanting to use propane canisters with a camp stove or wood fuel in a fire pit? That's completely up to your own preference. One factor to consider is that bundles of wood do take up space in the car, especially when you start to roast s'mores! I love to car camp, because I have more options for meals that utilize all my favorite fresh foods.

Camping while backpacking can be more of a meal planning challenge, and you may have to give up some options due to weight restriction and lack of functional storage. You could purchase a bear container, add ice or whatever cooling strategy you want to use and hike with fresh foods. I don't usually choose to do this due to the extra weight—I'm a pro ultra-lite hiker, the lighter the better! I do, however, recommend purchasing a bear canister if you are hiking in bear country. Your other option in bear country is to hang your food in a tree to keep it out of reach. You can use climbing rope of any kind to harness a suspension mechanism that will keep your pack, with the food included, high up off the ground.

MY FAVORITE SNACKS

Here are some of my favorite options when it comes to light weight snacks:

Kale chips with almonds. I make my own kale chips with fresh Italian and purple kale, and almonds from the bulk department.

Nut mixtures with chocolate, my favorite is the Mocha Madness from our bulk department, not only is it calorie dense, it has sugar and coffee beans to help boost my energy or allay altitude sickness.

Dried fruit, such as mango or apples.

Veggie chips from our bulk department.

Clams, anchovies, tuna in lightweight pouches.

Tea (Earl Grey is my favorite).

Fresh fruit. If I have extra spare weight I will carry oranges and apples to help increase my calories and energy.

Summer sausage and hard cheeses.

Electrolyte packets for my muscle functions.

Wine or beer. Kudos if you have spare weight to bring one of our wine or beer options!



Car camping in Tam McArthur with Miranda Vaughn



BULK SNACKS

For Your Next Adventure!

GloryBee Veggie Chips



Dried Mango



Sun Ridge Mocha Marble Crunch



Inka Crops Roasted Inka Corn



Peanut butter and hummus!

Bonus points if you use the lightweight powder options. The dried peanut butter can be found in the grocery aisle, and dried hummus in the bulk department.

DEHYDRATE YOUR OWN MEALS

When it comes to meals that I carry in my pack, if I have time I will pre-make my dehydrated meals. Knowing myself though, there will be times when I bring MRE meals that are vegetarian and dairy free if possible. It can be a challenge to prep and make your own dehydrated meals, not only does it take a great amount of time, but planning as well. It's worth it when you can pull it off, though! You know exactly what ingredients are being put into the meals, where they are coming from, and you are not so limited in the selection of meals and seasonings. As I age gracefully, I start to realize how important it is to create my own meals for my own health and the environment.

To dehydrate your own foods you can use an oven, although I recommend using a dehydrator that is eco-friendly to save on electricity. You have two different options. First, you can separate the ingredients and dry them separately, or dehydrate it all together. Since veggies and meats dehydrate at different temperatures and times, I recommend using the separate ingredients path. First cook all of the food that needs to be cooked (noodles are an exception). I let the food cool down, then put the ingredients on the rack in the dehydrator, set machine on the best time and temperature (every machine works differently; read the manual). Make waiting easier

by thinking about all of those amazing views and memories to be walked and made, and then—presto—you're almost done! After the foods have completely cooled and you measure them into premixed meals, store each in a container that can sustain high water temperature to rehydrate the meal. Now you are done, and ready to adventure in the mountains!

I use a small propane canister system to boil water and rehydrate my meals. You can augment your dehydrated meals by bringing a fishing rod and an Oregon Fishing License. Although, there is a little more work to be done to prepare for your hiking trip, it's worth it to bring food choices and meals that you will enjoy!

Meals that I will take dry and hydrate on the trail:

Pumpkin chili

Veggie egg scramble

Spaghetti with veggies

Oatmeal with berries and nuts

Curry with chicken or tofu and bamboo shoots

Fried rice with veggies or shrimp

Mushroom stroganoff

Pea and bacon soup

These are just a few of my favorite meals from my hiking trips. I encourage you to create your own and find what tastes great to you. Don't stress yourself when it comes to prepping for meals; it's meant to be fun and wholesome.

Here's to another great summer, with fewer fires, and amazing eats! The mountains are calling for us, and we must go! 🌲

Sweet Biscuit for Shortcake

By Kathy Biskey · Wellness

My mom is 95 now and doesn't make biscuits anymore. But it's easy for me to remember just how they smelled and tasted warm out of the oven—mmm! When we had strawberry or raspberry shortcake she would sweeten up the biscuit recipe for homemade shortcakes. When I was first out on my own, I made a single large sweet biscuit in a pie pan because I didn't have a baking sheet. It turned out moist and the cut edges soaked up the berry juices wonderfully. From then on, both mom and I made sweet biscuit that way.

I sometimes make a gluten free version of sweet biscuit by substituting Pamela's All Purpose Flour Blend one to one for the flour in the recipe.

- 3 cups organic flour
- 1 Tbsp baking powder
- 1/4 cup organic sugar
- 1 tsp salt
- 3/4 tsp cream of tartar
- 3/4 cup butter, softened
- 1 cup whole milk

1. Preheat oven to 450°F.
2. In a large bowl stir together the flour, baking powder, sugar, salt, and cream of tartar. Using a pastry blender, cut in butter until mixture resembles coarse crumbs.
3. Make a well in the center of the flour mixture. Add milk all at once. Using a fork, stir just until moistened.
4. Turn dough out onto a lightly floured surface. Knead dough by folding and gently pressing dough for four to six strokes or just until dough holds together. Mom taught me to "Go gently and fondle the dough, rather than knead it".
5. Sprinkle a little flour in the bottom of a pie plate and shake it around to cover. Place the dough ball in the pie plate and gently push it out until it is nearly flat, still a little mounded. Leave the outer edges a little rounded, don't push them tight to the sides of the pie pan.
6. Bake for 12 to 15 minutes or until golden. Test the center for doneness with a toothpick.
7. Serve while still warm (not hot) by cutting into pie shaped wedges and topping with berries and whipped cream. It's also delicious the next day!





DO FROGS NEED SUNSCREEN?

By Desta Moore · Wellness

Oregon in the summer months must be one of the most beautiful places on earth. Many of us will enjoy heading up to favorite river spots or mountain lakes to cool off in clean, clear water under tall old trees. Before going back home, we make sure not to leave garbage from lunch on the ground or in the water.

Unknowingly we are leaving behind something else that is harmful to the aquatic environment: residue from the chemical sunscreens put on before swimming. Before this thought adds any extra stress to a possibly already overburdened eco-consciousness, let me say that the remedy is easy. Make a switch to a biodegradable mineral

sunblock. At LifeSource we do not sell any sunscreen products that contain harmful chemical ingredients. There are two main reasons for this decision. First, the safety of chemical sun blocks once they enter the human body, which they do as soon as you apply them, is questionable at best. Our skin is porous

and allows chemicals to pass right through into the bloodstream unaltered. A good rule of thumb may be “don’t rub something onto your skin that you wouldn’t feel safe putting in your mouth.” The second reason to avoid chemical sunscreen has to do with its growing toxicity to aquatic life. There is currently more awareness of this issue in areas with coral reefs and warm waters where people are swimming year round, consequently dispersing sunscreen chemicals in larger concentrations. When I traveled to the Yucatan in Mexico and swam in the coral gardens, there were guards posted in busy areas to make sure tourists weren’t contaminating the environment with their body care products.

The aquatic life in our area isn’t showy or easy to see but our lakes and rivers are home to fish, amphibians, aquatic insects and crustaceans that may be impacted over time by an ever increasing residue of sunscreen chemicals.

The aquatic life in our area isn’t as showy or easy to see but our lakes and rivers are home to fish, amphibians, aquatic insects and crustaceans that may be impacted over time by an ever increasing residue of sunscreen chemicals. Often the oily residue is so obvious I can see it coating a popular swim area. In addition to being healthier for your body and your favorite lake or river, natural, biodegradable mineral based sunblock has other advantages. Unlike chemical sunscreen, minerals such as non-nano zinc do not soak in and therefore don’t need to be reapplied as often throughout the day. Mineral sunblock keeps on working until you wash it off. A chemical sunblock with a high SPF may look impressive, but SPF only measures how much UVB radiation is blocked. UVA rays are deeper penetrating and are thought to contribute to some types of cancer. A mineral sunblock is broad spectrum and should shield against both types of radiation. Please visit our health and beauty aisle and we will show you some healthy sunscreen options. These, along with a nice hat and mid-day shade breaks can add comfort and safety to summertime fun. 🌿

Mineral Sunscreens

We offer a variety of high quality broad spectrum, reef safe, mineral sunscreens.



BADGER SPF 30-35 Many to choose from including Unscented, Lavender, Baby, Kids, Sunscreen with Bug Protection, and Active/Sport. Some are water resistant for 80 minutes.



THINK SPORT SPF 50, water resistant for 80 min
GODDESS GARDEN Sport SPF 50, Kids spray SPF 30, both water resistant for 80 min



MYCHELLE Clear Spray SPF 30 Body Lotion SPF 50
DEVITA Body Lotion SPF 30



ANDALOU SPF 30 Beauty Balm & Color + Correct natural tinted sunscreens.



MOVING TOWARD REGENERATIVE AGRICULTURE

By Marney Roddick

We have all heard of Certified Organic farming practices, but do you know about Biodynamic farming? Biodynamic, now often referred to as Regenerative Agriculture, is a holistic system where farmers strive to create a diversified, balanced farm ecosystem that generates health and fertility from within the farm as much as possible. Accordingly, the biodynamic certifier, Demeter, certifies whole farms rather than individual crops or parcels of land.

Regenerative farmers build rich soil using integrated livestock, cover crops, farm-generated compost, and crop rotation. Biologically diverse habitat controls pests and disease. At least half of livestock feed is grown on the farm. (Many organic farmers also follow these practices, but the USDA's organic certification does not require them to.) Regenerative agriculture also recognizes farmers and farm workers as vital actors whose health is essential to the health of the system, rather than seeing them as simply managers or processors. Regenerative agriculture is more than a method—it's a coherent philosophy.

The regenerative philosophy speaks to a number of rising concerns. Industrial agricultural has seriously depleted our soils, reducing both the vitality of crops and the soil's ability to store carbon—just when we need that ability most. Recent research shows

organic farms have significantly better potential to store carbon because they have ample humus, a nutrient-rich soil component. Regenerative farming creates humus in spades (doing so is a crucial part of the practice), leading to optimal soil health and carbon storage.

Wider adoption of regenerative agriculture could also help solve an emerging crisis: the lack of young farmers to replace the generation that is nearing retirement. Industrialization has drastically reduced the human element in farming and turned the land into a factory with inputs and outputs. That approach lacks appeal for younger generations, but regenerative farming seems to be bringing millennials back to the land. (Availability of land to come back to is also an issue, see *Oregon Farm Link*, page 18.) Biodynamic philosophy restores the primacy of human and ecosystem health, and fosters a deep connection to the land. This is important if we want a sustainable food system that makes healthy food accessible to everyone: the farmer is the key transformative agent in agriculture.

Regenerative agriculture recognizes and honors that. It raises the expectation bar and level of knowledge for farmers, requiring them to develop a refined understanding of earth science, economics, animal husbandry, and even sun and moon cycles. That makes farming more engaging as a

profession and increases the possibility that it can again be a real livelihood for small-to-midscale farmers.

The benefits extend beyond individual farms and farmers. The regenerative philosophy views farming as a social practice. Biodynamic farmers pioneered community-supported agriculture, and many partner with other farms, schools, medical and wellness facilities, restaurants, and other organizations to bring healthy food to the whole community. This orientation makes regenerative farms a natural starting point for restructuring the food system in a way that improves community resilience, preserves local food sheds, and shares benefits broadly.

At LifeSource we are beginning to see products that are Certified Biodynamic. At this point they are few and far between, but it is encouraging to see movement in this direction. Regenerative agriculture and Certified Biodynamic products are clear steps toward a food economy that is both healthy for all and sustainable far into the future. That is worth our support! 🌱

Poppy Seed Summer Pasta

By Miranda Vaughn · Wellness

Summer is here! There is nothing more enjoyable than a cool refreshing salad to go with your summer meal on the patio. This salad can be used as a side dish or a main meal, served cold with the crisp cucumbers and decadent aroma of garlic and poppy seeds. It's an easy salad to make the night before or day of and will leave your family and friends wanting more. Use organic produce for best flavor and nutrition.

- 1 package Montebello linguine
- 1 whole cucumber diced
- 1 whole green zucchini diced
- 1 bunch green onion, sliced
- 1 whole summer yellow squash diced
- 1 orange bell pepper diced
- 1 whole garlic bulb, separated, peeled cloves
- 1 package cherry tomatoes, cut in halves
- 1 can black olives
- 4 Tbsp poppy seeds
- 4 Tbsp ground pepper
- 2 Tbsp salt
- 1 bottle Annie's French dressing
- 1 Tbsp chili flakes
- 7 Tbsp olive oil

1. Bring a pot of water to a high boil, add in pasta, and cook until al dente. Drain.
2. While the pasta is draining, add 5 tablespoons of olive oil to small pan on medium-high heat.
3. After the oil has been thoroughly heated, add the peeled garlic cloves to the oil. Be careful not to overcook the garlic, allowing the garlic to infuse the oil to create a flavor that is out of this world. I recommend stirring the garlic slowly until the outside is golden brown.
4. In a large bowl add the remaining olive oil to the pasta, you may add more oil depending on how dry the pasta has become, and then add the garlic infused oil including the cloves to the pasta and stir. Put the pasta into the refrigerator to cool down over night or for 3-4 hours.
5. While pasta is cooling, dice up your vegetables and gather your ingredients. Add ingredients in the order listed above for proper mixing of flavors. Add the diced vegetables first and mix thoroughly, next add the Annie's French dressing and mix until coated. Now you can add your dried ingredients and mix again. Plop back into the fridge to become colder, especially if it's a hot day, serve and enjoy!



Bring this zippy Sweet Potato Salad to your next summer potluck!



Summer Feasts: why not cater to everyone's pleasure?

By Marney Roddick



Nothing says summer like gathering with family and friends. Today's dining habits include all manner of tastes: vegan, gluten-free, low sugar, kosher, and a range of diet preferences that restrict what people can and want to eat.

Solution? Bountiful options that invite your guests to create their own feast. It's simple – just a little prep time. Themes encourage creativity and seem endless: Asian, Mediterranean, Mexican, Italian,

build-your-own baked potato and salad bar.

I was recently inspired by Greek traditions, and I found everything I needed at LifeSource to build a Greek salad bar for my friends and family.

Want to try it yourself?

Begin with local lamb from Henny farms. Add your choice of pita breads. Peruse the produce department for fresh organic ingredients (be sure to add fruit for a sweet surprise). Offer a yummy variety of condiments and salad dressings. Some of the items are ready to go from the Deli... how easy is that?

Your guests will have fun building a customized serving and you'll be the creative, accommodating host of the season.

Sweet Potato Salad

By The LifeSource Deli

- 2 1/2 lbs. organic sweet potatoes, peeled and cut into 1" cubes
- 3/4 cup organic red onion, diced
- 1/2 bunch organic green onions, sliced
- 1/4 cup red wine vinegar
- 1/4 cup organic sunflower oil
- 2 rounded teaspoons Dijon mustard
- 1/8 teaspoon sea salt
- 1/2 teaspoon black pepper
- 3 teaspoon dried marjoram

1. Boil sweet potatoes until just soft, cool.
2. Place red and green onion into a large bowl.
3. Whisk together oil, mustard, vinegar, salt and pepper. Add to chopped onions.
4. Add cooled sweet potatoes and mix gently so they don't break up.
5. Chill before serving.

My Favorite Fruit Salad

By Kathy Biskey · Wellness



- 1 cup fresh organic blueberries
- 1 cup fresh organic raspberries
- 1 cup fresh organic strawberries, cut in quarters
- 1 cup fresh organic mango, cut into 1/2 to 1 inch pieces
- 1/4 cup Nancy's Raspberry Kefir (optional)

1. Put the blueberries, strawberries, mangoes and 1/2 the raspberries into a bowl. Stir them with a spatula or wooden spoon so they weep a bit and the whole salad will glisten. Don't get carried away and crush the fruit.
2. There can be quite a bit of variability in how much moisture the fruits will release. If the salad doesn't get that nice shiny moistness to it, I'll add 1/4 cup of Nancy's Raspberry Kefir and stir to coat the fruit.
3. Just before serving add in the rest of the raspberries and gently stir them in. Raspberries are the most fragile ingredient and I like some of them to be whole and perfect when I put this wonderful salad on the table.

Chill



1. ALEXANDRE FARMS Our new favorite milk and yogurt! Just four hours south of here, this family farm is doing some radical work. Alexandre's dairy is organic, biodynamic, and grassfed. To boot, it only has A2/A2 proteins, so it's easy to digest. Ask us about it!



2. IGGY'S KOMBUCHA We are raving about Iggy's Kombucha from Bainbridge Island. These dynamic, innovative flavors have LifeSourcians hooked. The only problem is that we can't decide which flavor we like more, Hawthorne Rose or Old World Ginger. –Dawn

WHAT'S NEW?

Grocery

RICANTE HOT SAUCES

I've never gone through a bottle of hot sauce as quickly as I did with these Costa Rican hot sauces. Hot, but not too hot, the deep smokiness of the Chipotle Bueno or the bright fruitiness of the Fire Melons is sure to add something special to any dish. –Ben



RED DUCK TACO SAUCES

Our friends at Portland-based Red Duck make a mean ketchup, barbecue sauce, and cocktail sauce, and these taco sauces are pretty tasty, too!



MIZUBA TEA CO.

This Portland company supplies us with a fantastic line of organic matcha, perfect for your smoothie or a warm or cold cup of tea.



Mercantile

LOVE BAGS

Look good. Feel good. Do good. That's the motto of the good folks at Love Bags. They make super durable, reusable, insulated bags and lunch boxes from recycled plastic bottles. These are not your typical reusables! Very high quality construction is backed up by a life time guarantee. And did I mention how cute the fabrics are? It's hard to decide which one to get because I want them all! –Zira



Bulk

CAFE FEMENINO COFFEE

Photos by Zach DeWitt for Grounds For Change

Coffee is deeply entrenched in American culture, almost considered a staple, yet coffee has an uncomfortable history of slavery and colonialism. Even today, the economics of the coffee industry often lead to exploitation, especially of women and children. At LifeSource our commitment is to sustainable, fair trade coffee and to selecting products that aid in the development of the communities where they are produced.

A story of hope, unity, and empowerment, Cafe Femenino Coffee Project in Peru illustrates our commitment to carry only fair trade organic coffee. Grounds for Change Cafe Femenino Peruvian coffee (a recent addition at LifeSource) represents a new concept in the organization and empowerment of women in Peru's coffee industry. This specialty coffee improves the economic situation of women in the rural coffee

Wellness

SOLARAY MUSHROOM SUPPLEMENTS

Mushroom supplements are fast gaining in popularity. We now carry Solaray's line of organic, fermented mushrooms! Choose from Chaga, Reishi, Lion's Mane or their Mushroom Complete, a blend of Chaga, Lion's Mane, Maitake, Reishi, Royal Agaricus, Shiitake, Turkey Tail and Cordyceps.

These supplements contain mushroom mycelia (the underground part of the mushroom), which is considered to be the nutritional powerhouse. Each mycelial biomass is carefully grown on certified organic, gluten free whole oats that have been steam and pressure sterilized. Solaray is careful that through the entire process, temperatures never exceed 118 degrees F, to preserve the live enzymes, protein structures and the many bioactive compounds of each mushroom species. –Kathy



communities of Peru. In contrast to the past, when women rarely participated in selling coffee, Cafe Femenino coffee is grown, processed, and traded exclusively by women, who have control over how the money is invested in their communities.

Historically, economic conditions discouraged the education of women and children in favor of farm labor. This changed in 2003 when the conference of Woman Coffee Producers was held in Northern Peru. Searching for ideas that would improve living conditions, the group of farmers created a certified fair trade and organic coffee produced and traded exclusively by women. Now over 1000 women coffee farmers are involved with the Cafe Femenino Coffee Project in Peru. The women farmers participate in all farm activities, and exclusively in selling the coffee and in deciding how the money from coffee sales will be used. By stipulation,

women must participate in all Cafe Femenino sales and marketing, including signing and executing all contracts. The US importer pays an extra two cents per pound above the fair trade price for the green coffee beans, which goes directly back to the farmers for use at their discretion. Grounds for Change also donates an extra 10 cents per pound directly back to the cooperative which helps to fund community improvement grants requested by members. LifeSource is glad to be able to participate in a supply-chain that returns value and empowerment to the rural communities where the coffee is grown. Enjoy that thought with each sip! –Matt





NATIVE POLLINATORS



By Kathy Biskey · Wellness
Photos By Andony Melathopoulos · Assistant
Professor of Pollinator Health Extension
Department of Horticulture, Oregon State
University

There's no doubt about it. The honeybee populations that we all rely on to pollinate our foods are in trouble. Colony collapse disorder (CCD) is devastating their colonies and threatening food production. Progress is being made towards understanding the causes of CCD and finding remedies for it, although there is still much to learn and more progress to be made. But, did you know that those honeybees are not native to the United States? They've been here a long time and it's hard to imagine life without them, but they were brought from Europe in 1620.

There are many native species of bees here in Oregon, many of which are not social like the European honey bees. Instead of a colony, a single female builds a nest and lays

eggs. This protects native bee species from massive single die offs, like CCD, but even so, their populations are declining.

Helping our native bees to thrive is something that each of us can easily do. How? By planting gardens specifically focused on supporting the many pollinators that are native to the Willamette Valley. Our native bees include many species of bumble bees, sweat bees, mason bees, leaf cutter bees, mining bees, small carpenter bees and long horned bees.

Most home garden and agricultural crops can be pollinated by native bees. Tomatoes and other vegetables, fruit trees and vines, and flowers are all pollinated by native bees. Fruit crops that are favored among native bees include blueberry, cranberry, all cane berries, strawberry, cherry, apple, pear and peach.

Other favored plants include red clover, clover, marigold, zinnia, meadow foam, alfalfa, onion, sunflower and other plants within the daisy family.

Bee attracting plants that we often grow but don't let flower, include carrots and culinary herbs. Letting these go to flower is a delight to bees!

Lupine, mint, larkspur, aster, clover, salmonberry, Oregon grape, salal, huckleberry, madrone and rhododendron are all important native plants for native bees in the Pacific Northwest. 🍄

Honey bees pollinating radish seed outside of Corvallis



GIVE BEES A CHANCE

WHY DO BEES NEED OUR HELP?

Colony Collapse Disorder (CCD) affected 41% of managed bee colonies nationwide in 2015. Although CCD is not fully understood, it appears to be a destructive synergism of multiple factors. Pathogen infection harms bees already challenged by other stress factors: parasitic mites, pesticides, fungicides and GMO exposure. These stressors together may initiate CCD.

HELPING TO SAVE THE HONEYBEE WITH MUSHROOMS

In 2014, Paul Stamets (leading mycologist), Steve Sheppard (Dept. of Entomology, Washington St. Univ.) and the Washington State Beekeepers Assoc. teamed up in a research initiative called BeeFriendly™ to help reverse devastating declines in the global bee population that are critically threatening the world's food security.

In 2015, 300 sets of bees consumed Host Defense® mushroom extracts via their feed water to measure how mushroom extract supplementation impacted viral burdens and longevity.

The mushroom extracts showed substantial benefit to honeybees, including extended longevity and reduction of their viral burden by more than 75%.

PROMISING RESULTS

"Our research goal is to help solve CCD, and the results look promising! With regard to the Chaga and Reishi extracts," Sheppard says, "as an entomologist with 39 years of experience studying bees, I am unaware of any reports of materials that extend the life of worker bees more than this." BeeFriendlyInitiative.org.

OREGON FARM LINK

By Natalie Danielson · Organizer, Friends of Family Farmers

Growing up in Oregon’s bountiful Willamette Valley, I took for granted the abundance of farmland that surrounded us. I kept my appaloosa mare at a stable on the outskirts of town and spent my summers riding through miles of adjacent farmland, galloping through orchards and standing on my horse’s back to reach the fruit of a rogue cherry tree or overgrown blackberry patch. Now each time I return home for a visit I notice that the city has absorbed a little more of the surrounding farmland. The galloping orchard now a subdivision, a hospital now sits in the hayfield by the river, our favorite berry patches paved over for parking structures. I ask myself, as

the population grows and changes, who will continue to grow our food and what will become of our remaining farmland? The majority of current farmers are nearing retirement and it is estimated that more than two-thirds of our Nation’s farmland will change hands in the next 20 years. Beginning farmers are eager to take up the reigns, but often lack access to farming’s most precious resources: land and water. As a farmer advocacy organization, Friends of Family Farmers has traveled the state hearing from hundreds of farmers and ranchers over the past decade and the issue of access to land rises to the top time and time again. Those with land struggle to find suitable successors while beginning farmers, many of whom are not

inheriting land, are in need of land to farm. Oregon Farm Link was created to help connect beginning farmers and ranchers with landholders to help grow the next generation of family farmers in Oregon.



Oregon Farm Link (OFL) is an online, land-linking database specifically for farming. The site works a bit like Craigslist in that users create listings and contact each other via an alias email. One user described Farm

Link as “an online dating site for land-leasing relationships, a place where you can meet your perfect lessee or lessor.” While Oregon Farm Link focuses on land and farming opportunities in Oregon, many similar land linking services exist all over the country and a national directory can be found at the National Young Farmer’s Coalition. When seekers first visit Oregon Farm Link they can see a map of Oregon that shows land listings all over the state and can

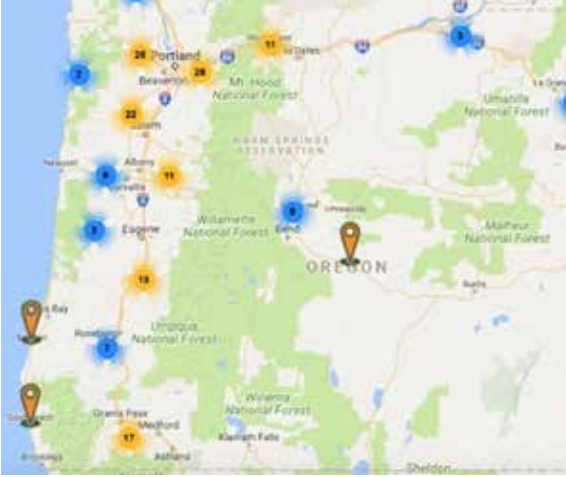
for the property going forward. It’s often the case that sharing a passion and similar vision for the land is more important to a successful match than the precise attributes of the property. Once created, all listings must be approved by Friends of Family Farmers staff before they are posted to the site. The approval process weeds out unrelated posts to ensure that listings are all supporting the program’s mission of fostering the next generation of family farmers in Oregon. After approval,

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search for land by location, type of business arrangement, farming practices allowed etc. Similarly land holders can search for land seeker listings based on their farming practices, experience farming, acres desired and more. The site also has farm related job listings and many resources on beginning farming, succession planning, leasing, business planning, financing, grants, certifications and food safety.

Once ready to dive in and contact others on the site, the user can create their own profile and listing. Listings are flexible and allow for a variety of creative business arrangements such as: sale of land, lease to own, lease for cash or trade, partnership, mentorship opportunity etc. With space for an introduction and things like “Farm Vision and Business Plan,” the listings give land seekers plenty of room to express their passion for farming and convey their readiness to take on the challenges of starting a farm business. At the same time, land holders can provide detail on the history and attributes of their land as well as their vision

the user takes over and is able to contact others on the site in pursuit of a successful land match. Since Oregon Farm Link (originally called iFarm) was created in 2009, the program has helped facilitate many successful land matches across the state. With rising land prices, student loan debt, and encroaching development there are more barriers for new farmers than ever. It is imperative to find creative ways to keep our precious farmland and pass it on to the next generation of land stewards and food growers. Oregon Farm Link serves as an important tool to facilitate that process. As one land holder wrote: “I think every landowner with a patch of land should consider putting their space up on the Oregon Farm Link. You might have no idea what to do with the land - but you might find someone with that idea!” Development and change may be inevitable, but together we can work to ensure that viable farmland remains for the next generation. 🌱



Oregon Farm Link hosts farmland listings all over the state (represented by the pins and numbers)



Jared of Nehalem River Ranch is a part of the Oregon Pasture Network and found his current ranch property on Oregon Farm Link



Javier of Anahuac Produce found several properties through OFL on which to build his own farm business.



◀ Froggy Bottom Farm - Beavercreek



NATURALLY DEFINED

By Roxanne Magnuson & Marney Roddick

Biodynamic, organic, sustainable, natural. What do these terms mean and why should we care? The U.S. government regulates use of the term “organic,” but “natural,” “sustainable” and “biodynamic” have no legal definitions.



NATURAL,

according to the website: www.fda.gov/Food/GuidanceRegulation

States: “Although the FDA has not engaged in rule making to establish a formal definition for the term “natural,” we do have a longstanding policy concerning the use of “natural” in human food labeling. The FDA has considered the term “natural” to mean that nothing artificial or synthetic (including all color additives regardless of source) has been included in, or has been added to, a food that would not normally be expected to be in that food.”

This, of course, means that the term is not actually legally regulated. Well over 300 lawsuits are pending against a multitude of producers and manufacturers who are using the term

outside of this policy definition.



SUSTAINABLE

refers to a range of practices that are not only ecologically sound, but also economically

viable and socially responsible.

Sustainable farmers may farm largely organically or biodynamically but have flexibility to choose what works best for their individual property; they may also focus on energy and water conservation and use of renewable resources. A sustainable business may compensate its employees fairly, recycle, reduce and reuse as much as possible, choose non-toxic cleaners and use recycled paper. Many third-party agencies offer sustainability certifications, and many regional industry associations are working on developing clearer standards.



BIODYNAMIC

is similar to organic farming in that both take place without synthetic chemicals, but biodynamic

farming incorporates ideas about a farm as an entire ecosystem, and also takes into account astronomical influences such as the gravitational pull of the moon. Biodynamic is a certification that applies to the entire farm, not to a single product. Compost for fertilizer comes from products raised or grown on the property, for example. Certification is done by www.demeter-usa.org

Total acreage for biodynamic farming in the US increased by 16% last year, totaling almost 22,000 acres. It’s sometimes called Regenerative Farming, but again, there’s no legal or set definition for that term. Biodynamic and organic and sustainable all help regenerate the soil; it’s part of the whole of what they all do.



ORGANIC

farming is a method of crop and livestock production that involves much more than choosing not

to use pesticides, synthetic fertilizers, genetically modified organisms, antibiotics and growth hormones.

Organic production is a holistic system designed to optimize the productivity and fitness of soil organisms, plants, livestock and people. It should be noted that organic certification *does not* regulate the treatment and housing of animals. The principal goal of organic production is to develop enterprises that are sustainable and harmonious with the environment.

Organic Certification is a legally defined process for producers of organic food and other organic agricultural products. In general, any business directly involved in food production can be certified, including seed suppliers, farmers, food processors, retailers and restaurants. A lesser known counterpart is certification for organic clothing that includes certification of textile products made from organically grown fibers.

Requirements vary from country to country, and generally involve a set of production standards for growing, storage, processing, packaging and shipping that include:

- avoidance of synthetic chemical inputs (e.g. fertilizer, pesticides, antibiotics, food additives),

irradiation, and the use of sewage sludge

- avoidance of genetically modified seed
- use of farmland that has been free from prohibited chemical inputs for a number of years (often, three or more)
- for livestock, adhering to specific requirements for feed and breeding
- keeping detailed written production and sales records (audit trail)
- maintaining strict physical separation of organic products from non-certified products
- undergoing periodic on-site inspections

In some countries, certification is overseen by the government, and commercial use of the term organic is legally restricted. No matter which country a food is grown in, to be sold in the US as certified organic, it must meet USDA Certification requirements and the farm, ranch or production facility will be inspected at least once a year by a USDA certified inspector.

If you’d like to know if your food

or product falls into any of these categories, check out the label for various trademarked symbols and logos. 🌱

Thanks to Wine Spectator’s “Ask Dr. Vinny” for concise explanations, and the Ontario Ministry of Agriculture, Food and Rural Affairs. Other information gathered from a variety of sources on the internet, using natural, organic, biodynamic and regenerative as key search words.



LOCALLY OWNED AND LOCALLY INVESTED

By Roxanne Magnuson · Outreach Manager

We have a vibrant Outreach program here at LifeSource. We go to health and wellness fairs from Stayton to Independence, we bring organic produce to school lunches for "Tasting Tables", we supply several non-profits with refreshments for meetings and contribute fresh produce to assorted school functions. We donate handmade, fairly traded African baskets filled with gourmet and organic goodness and a gift card to countless non-profit and school fundraising auctions. This is the list of most of the organizations we've helped support over the past year. We're grateful for this opportunity and couldn't do it without the support of you, our friends, patrons and customers. Thank You!

Abby's House · Abiqua Academy · American Cancer Society · Aumsville Elementary School · Basic Foundation Ministries · Bethany MOMSnext · Blanchet Catholic School · Boys and Girls Aid · Boys and Girls Aid and Family Building Blocks · Boys and Girls Club · Breast Cancer Fund · Called to Love · CASA Marion County · Cascade Christian School · Cascade Junior High School · Ceili of the Valley Society · Center for Hope and Safety · Candalaria Elementary PTA · Chapman Hill PTC · CoActive Connections · Community Roots School · Confluence: Willamette Valley LGBT · Creative Discoveries Preschool · Department of Justice-Trial Division · Dogs Trust · EarthShare · Oregon Educators at Bush Elementary · Faith Christian School · Family Building Blocks · Family YMCA of Marion and Polk Counties · Farm to Table · Festival Chorale Oregon · Friends of the Salem Senior Center · Garten Services · Geer Crest Farm and Historical Society · Gilbert House Children's Museum · Grateful for Grace · Habitat for Humanity · Healthy Harvest · Howard Street Charter School · Imperial Sovereign Court of the Willamette Empire · Indigo Wellness Center · Jane Goodall Environmental Middle School · KAIROS Keizer Community Library · Keizer/Salem Senior Center · Kings Valley Charter School · Latinos Unidos Siempre · Liberty House · Livingstone Adventist Academy · Love Reins Ranch · M.P.F.S · March of Dimes · Marion County Breastfeeding Coalition · Marion Polk Food Share · Marion Polk Food Share/Oregon Food Bank · McLaren Running Club · Mid-Valley Literacy Center · N.W Family Services/Woman's Health Program · North Salem High School Band · O.S.H Main Event · Oly Pageant Auction · Opal Creek Ancient Forest Center · Oregon Farm to School · Oregon Food Bank Network Oregon Housing Community Services · Oregon State Fair · Oregon Water Resources Partnership in Community Living · Perrydale Parents Club · Plant for the Planet · Polk County Master Gardeners · Public Utility Commission · Redwood Heights Assisted Living · Riviera Christian School · Rogue Farm Corps · Rotary Club of Salem · S.A.T.A · S.K.E.F · Safe Dogs Down by the River · Salem Academy High School (Dayton High School) · Salem Child Development Center · Salem First Church of the Nazarene · Salem First United Church Youth · Salem for REFUGEES · Salem Friends of Felines · Salem Multicultural Institute · Salem Neighborhood Partnership · Salem Pastoral Counseling Center · Salem Public Library Youth Services · Salem Public Works · Salem R.H.F Housing · Salem-Keizer Newcomers Club · Service Dogs by Warren Retrievers · South Salem Connect (Just Walk) · South Salem High School · South Salem High School Boosters (choir) · South Salem Little League · Sprague High School Orchestra Boosters · St. John Bosco High School · St. Joseph Catholic School · St. Mark Lutheran Church · St. Vincent De Paul · Start Making a Reader Today · State of Oregon-Oregon Heath Authority · Straub Environmental Center · Stayton High School Boosters Club · Straub Music Boosters · Sumpter Parent Club · TedX · Temple Beth Shalom · The Street Trust · Toys for Tots · United Way of Mid-Willamette Valley · Upward Bound · USA ACADEMY online in America · W.O.U. MUN international Nations · WA7ABU Repeater Group · West Salem Band Boosters · West Salem High School · Western Mennonite School · Willamette Humane Society · Willamette University · Willamette Valley Christian School · Willamette Valley Hospice · Wisemind Kids Yoga · World Beat Festival · Yemena's Children



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VENDOR SPOTLIGHT

OREGON'S WILD HARVEST

We're on a Mission.

It's a simple one, really. We believe in nurturing the earth with healthy soil and clean water, so you can nurture your body with the finest herbal supplements Mother Nature can provide. After all, we wouldn't be here without her support.

When it comes to everyday health issues, we've got you covered. As a family-owned company, we manufacture a wide variety of organic and biodynamic herbal supplements, from seed-to-bottle, for today's fast-paced world, using remedies that have been used for thousands of years.

We're not about chasing trends. We're about doing what's right for you and the planet.

Since the beginning of our time on this beautiful planet, life has been stressful. Throughout history one simple, holistic and all natural way of addressing our health and wellness has remained constant. Whole herbs. Which is why we're committed to ensuring that our whole herbal supplements are of the highest quality, potency and purity. In fact, every single one of the more than 200 pure, safe and effective certified organic and biodynamic herbal products we make come from whole herbs. And they're scientifically tested on many different levels. Which is good news for your health and the planet.

