

The logo for LifeSource natural foods, featuring the word "LifeSource" in a bold, sans-serif font with a small leaf icon to the left, and "natural foods" in a smaller, lowercase font below it.

LifeSource
natural foods

news in natural

SPRING 2019 • FREE



*Hand Pies
savory
deliciousness
wrapped in a
pie crust*



Turn to page 10 for some of our favorites!

Flowers and green shoots pushing up in fragrant soil and days with clouds scuttling across blue sky outnumber days that still hold on to the gray sky of winter. The glory of Spring is here once again!

In this issue of News in Natural, Desta offers some timely tips on shedding winter blues and embracing the lift in spirit that many feel with the coming of Spring. Ben delves into the broad reaching environmental ramifications of GMOs. Hannah shows us how a plant-based diet can be complete and satisfying. This is just a sampling of what we've offered up this issue, and as always, we have some great recipes, staff favorites and new products.

We hope this Spring finds you with a smile on your face. Eat Well and Be Happy!

Enjoy!

Kathy

Kathy Biskey · Editor

Contact Us

General Manager

Alex Beamer
Alex@LifeSourceNaturalFoods.com

Store Manager

Jeff Watson
Jeff@LifeSourceNaturalFoods.com

Grocery & Perishable Manager

Marie Wallace
Marie@LifeSourceNaturalFoods.com

Grocery & Perishable Curator

Jessica Hill
Jessica@LifeSourceNaturalFoods.com

Bulk

Matt Trickey
Matt@LifeSourceNaturalFoods.com

Produce

Jimmy Vaughn
Jimmy@LifeSourceNaturalFoods.com

Beer & Wine

Liam Stary
Liam@LifeSourceNaturalFoods.com

Wellness

Kathy Biskey
Kathy@LifeSourceNaturalFoods.com

Deli

Eric Chappell
EricC@LifeSourceNaturalFoods.com

Mercantile · Health & Beauty


Zira Michelle Brinton
Zira@LifeSourceNaturalFoods.com

Marketing & Outreach

Tiara Good
TiaraG@LifeSourceNaturalFoods.com

Mailing List & Editor

Kathy Biskey
Editor@LifeSourceNaturalFoods.com

 @LifeSourceNaturalFoods

 @LifeSourceFoods

 @LifeSource_Foods

Spring 2019



On the Cover

We absolutely love Catherine's recipe for veggie hand pies! Savory deliciousness wrapped in a pie crust. Whether you eat them warm out of the oven or make them ahead for on-the-go meals, they're sure to satisfy. **6**

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The OPN connects producers, and the growing crowd of consumers who care about the source of their food and want to purchase their meat, eggs and dairy from pasture-raised animals.





Riparian hardwood forest at Luckiamute Landing



Salmonberry



Oregon Ash and Bigleaf Maples along the trail



▲ Serviceberry, AKA Saskatoon or Osoberry
▼ Willamette River looking South



Drink in the Beauty of Spring

A Lovely, Local Spring Hike

Written and Photographed
by Desta Moore · Wellness

Are you looking for a new spot to explore this Spring that is both beautiful and not too far from home? My new favorite destination for a deep dive into Willamette Valley beauty is the Luckiamute Landing State Natural Area. It is located south of Buena Vista at a very special place along the Willamette River.

The Lay of the Land

If you visit, you will see the convergence of three large rivers surrounded by lush native riparian areas. The slow moving Luckiamute River meanders in from the coastal foothills and farmland to the west. The cold, clear Santiam River brings in snowmelt water from the mountains to the east. These two smaller rivers pour into the larger Willamette River, almost opposite from each other, and create a unique floodplain area to explore.

There are two sections to the park. The 615 acre North Tract has river access, a nice gravel bar to explore for agates and petrified wood and trails that take you through meadow, field, or forest. The 300 acre South Tract includes old gravel pit ponds that are being restored to create Western Pond Turtle habitat. Each section has its own parking area accessed off Buena

Vista Road.

The Willamette Watershed Council is actively restoring the natural floodplain and riparian hardwood forests of Oregon ash and bigleaf maple. You will walk through newly planted areas on your way to a jungle of ancient maples dripping with moss and ferns. Watch along the path for emerging native medicinal plants like stinging nettle, Oregon grape, and miner's lettuce.

You could also visit the Landing by boat. Those who float the Willamette River Water Trail can even spend the night at the boater-only camp site within the park. Back in the days when the rivers were our highways, the Luckiamute Landing area was a major intersection and it is rich in cultural history for both native peoples and for the traders, trappers, and farmers who came through and chose to stay.

The Healthy Perks

Scientific research is continuing to discover even more reasons to be active outdoors in natural areas. When we exert ourselves our body produces more BDNF (brain derived neurotrophic factor). BDNF stimulates brain cell growth and higher levels of BDNF are associated with lower risk of developing the tangles and plaques that contribute to cognitive decline.

New research on our gut microbiome has been pointing to an association between spending time in nature around healthy soil and increased diversity of beneficial bacteria in the gut. It is possible that we may need to come into regular contact with certain healthy soil organisms to be able to internalize them and maintain beneficial relationships with them in our gut.

The Must Haves

Walking through the Luckiamute's bright meadows in the warm spring sun can feel so good after all the cold winter days. Remember though that skin that hasn't seen sun since last September can burn quickly. Be sure to protect sensitive areas with a broad spectrum, natural mineral sunscreen. These wetland areas are also home to biting bugs like gnats, ticks, and mosquitoes. I like to use a nice smelling herbal insect repellent to discourage them from coming too close. Bring plenty of drinking water on your walk to stay hydrated. On the following page I call out some of my favorite supplement powders to add to my water bottle to support energy and remineralization during exercise.

I hope you get to visit Luckiamute Landing soon to get your daily dose of nature's medicine. 🌿



Willamette River - Photo by Matt Tinskey

Don't Forget to Hydrate!

1. OXYLENT 3-in-1 Performance Supplement Drink

A great tasting electrolyte blend that promotes hydration. It also has B vitamins, citruline, and creatine for ATP energy support. I especially like the berry taste this powder gives to my water without adding any sugar or carbohydrate.



2. GARDEN OF LIFE Raw Organic Perfect Food Energizer

A refreshing option for when you want a little caffeine energy (7mg) for your walk, but don't want the hot coffee. This greens blend with yerba mate supplies about 7 grams of nutrient dense superfoods per serving along with probiotics and enzymes. It can be hard to make so much concentrated chlorophyll taste good, but they got the flavor right on this one.



3. FOUR SIGMATIC Mushroom Coffee Mix

I love to take these lightweight packets on my overnight hiking trips. Convenient for when you want to start the morning with a hot cup of organic coffee but are far from a kitchen. Just add this instant coffee mix to hot water and sit back to watch the sunrise over the mountains. The chaga, cordyceps, and eleuthero extracts provide endurance support for the hike ahead.



4. ANCIENT NUTRITION Multi Collagen Protein Strawberry Lemonade

Collagen is great support for active joints. This powder dissolves well in water and gives it a sweet lemonade flavor. It also supplies 9 grams of protein, almost as much as eating a protein bar, without any sugar.



5. MITOMIX Ketogenic Blend & DR. FORMULATED Organic MCT Powder

When I want to supercharge my good tasting drinks with fuel for my mitochondria to burn, I add either or both of these powders. They don't have much flavor on their own so they easily complement any of the other drink options. The MCT powder mixes evenly into liquid, unlike MCT oil which floats on top. This easy to burn fat supplies fast fuel for the body and brain. The Mitomix Blend contains superfoods that are protective to mitochondria, the little energy powerhouses in our cells.



SPRING VEGGIE HAND PIES

Makes 20 Hand Pies

Ingredients

- 2 Tbsp olive oil
- 1 small leek, diced
- 1 medium carrot, diced
- 2 stalks celery, diced
- 1 small fennel bulb, diced
- 6 crimini mushrooms, diced
- 1/3 cup dry white wine
- 2 tsp whole grain mustard
- 2 cups vegetable stock
- 2 Tbsp corn starch, whisked into 1/4 cup water or broth
- 1/2 tsp sea salt
- 1/4 tsp pepper
- 1 cup peas, fresh or frozen
- 4 small red, yellow, or purple potatoes, diced and blanched until just tender
- 3 sprigs fresh thyme, chopped
- 2 sprigs fresh tarragon, chopped
- 2 pkg thawed pie crust, 4 crusts total
- 1 egg, beaten with 1 tsp water (optional)

Directions

1. Preheat oven to 425°F
2. Heat olive oil over medium heat in a large skillet. Sauté leeks until translucent and fragrant, about 5 minutes. Add carrot, celery, fennel and mushrooms. Sauté until carrots are nearly done, about 8 minutes.
3. Add wine to the vegetables, cook until reduced by half, about 4 minutes. Add mushroom stock, corn starch, salt, and pepper. Bring to a low boil, stirring until thickened, about 1 minute. Gently fold in peas, potatoes, thyme and tarragon. Taste and adjust seasoning if desired.
4. Line a rimmed baking sheet with parchment paper.
5. Roll out pie crusts on a lightly floured board. Using a glass or 3-inch biscuit cutter, cut about 10 circles from each crust, re-rolling scraps if necessary.
6. Spoon 1 Tbsp veggie filling on half of the pastry rounds, to within 1/2 inch of the edge. Using your finger, wet dough edges with water. Cover with another pastry round, crimp edges with a fork. Transfer to parchment lined baking sheet.
7. Cut 2 slits into the top of each pie, brush with egg wash. Bake 10-12 minutes, or until golden brown.

Spotlight on Source Naturals

Nature and Science: Our Formulation Philosophy

We respect nature's intelligence. Our bodies continually seek equilibrium and a healthy balance. We believe many health concerns arise out of structure and function imbalances related to poor nutrition, stress, and pollutants in our environment and that carefully chosen nutritional compounds can support this healthy equilibrium. We study science. We base our formulations on a deep understanding of the underlying mechanisms our bodies use to maintain balance. We choose scientifically optimal nutrient forms and potencies that work at the cellular level to bring the body's interdependent systems into balance. We call this unique formulation strategy Bio-Alignment™.

Advocacy

We are advocates for a wellness revolution. We call for a radical change in the way our communities think and act about health. We stand for a new health care model focused less on disease care and more on early intervention to address metabolic structure and function imbalances that can impact wellness. This new model called SystemiCare® embraces the health enhancing value of nutritional compounds the body already recognizes. We call this shift to a more in-depth, holistic view of health, the wellness revolution, and it is gaining momentum as a social movement. New scientific studies continue to validate the benefits of nutrition, a healthy lifestyle and diet. More consumers are taking a proactive role in their health. Leaders in medicine are championing a new integrative model combining serious nutrition with the best of other disciplines to deliver optimal health. These developments mean that each of us has more opportunities than ever to enhance our personal well-being and vitality.

Quality

We honor the trust our customers place in us with an unwavering commitment to the highest standards of quality. Our Quality Control team rigorously tests our products to ensure they meet our specifications.



▼ In the lab at Source Naturals



Grocery

QURE • 10ph Alkaline Water



Qure water goes through a, nine-stage reverse osmosis purification process to make sure it's pristinely clean and free of harmful contaminants and impurities, including sodium, bpa and fluoride. Next, Qure is run through several layers of natural ionic alkaline minerals—similar to

Mother Nature's method for creating spring water. It is then cured then passed through coconut and mesh filtration for a silky smooth taste. The entire process is zero waste.

CAULIPOWER • Baking Mix



This Paleo cauliflower based baking mix is dairy and gluten free, low carb, and replaces flour in any recipe cup for cup.



LATE JULY • Popcorn

Organic, Non-GMO and low in calories! A perfect movie night snack or crunchy and enjoyable treat for on the go lunches. Try all three flavors, Kettle, Sea Salt, and White Cheddar.

WHAT'S NEW?

MEADOW GROVE

Quail, Duck & Chicken Eggs

Free range and absolutely delicious! Raised in Salem.



Perishables & Freezer



JULIAN BAKERY Paleo Thin Almond Bread

6g of carbs and 5 grams of fiber per serving. Paleo and Keto friendly!



AMY'S Asian Dumpling Bowl

Made with organic vegetable dumplings, noodles & tofu. Quick and yummy.



CADO Avocado Frozen Dessert

Vegan, plant based ice cream that is creamy and low in sugar. Three flavors to choose from—Dark Chocolate, Mint Chocolate Chip, and Simply Lemon. Delicious and sure to become a favorite!



NANCY'S Oatmilk Yogurt

A creamy and delicious plant-based yogurt alternative, made from gluten-free oat milk, and offering 6g of plant protein per serving. And of course, each serving has billions of LIVE dairy-free Probiotics!



LIMITLESS WATER Caffeinated Sparkling Water

Cool and refreshing lightly caffeinated sparkling water to give you a lift! Clean caffeine from green coffee beans and zero sugar and zero artificial ingredients.

What's in Season?

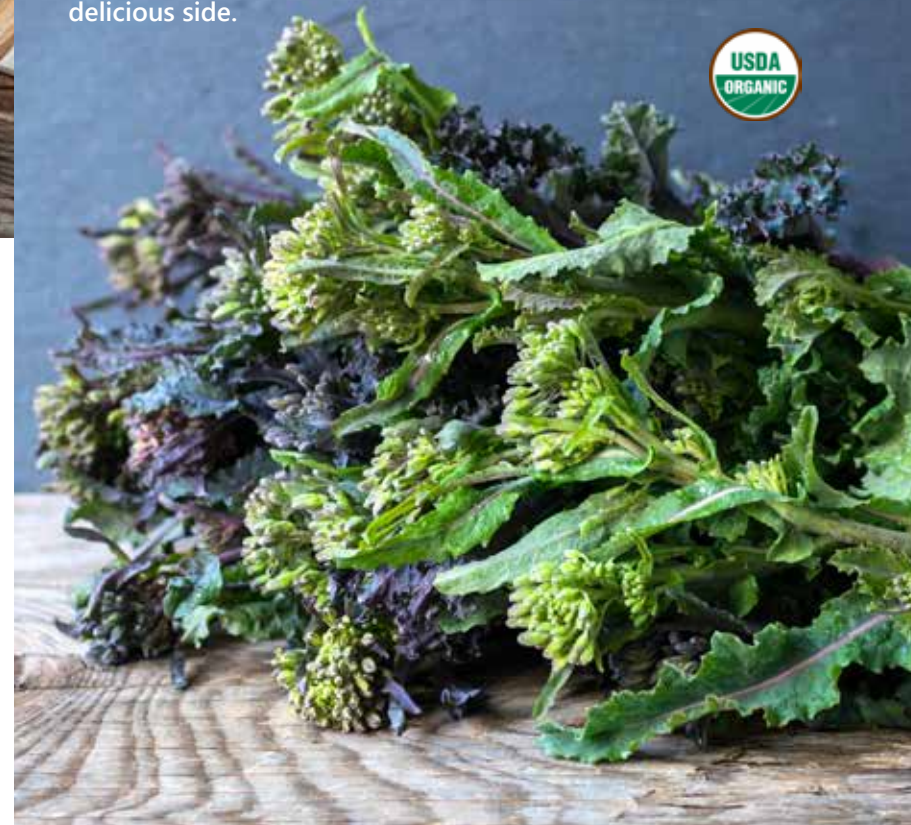


Spring Onions

Ever wanted something a bit stronger in flavor than scallions, but less intense than a regular onion? Spring onions are bulb onions harvested young, and have a nice intermediate flavor. The dark greens can be tough though, so stick to the lighter portions for cooking.

Broccoli Rabe

While this spring vegetable resembles broccolini, Broccoli Rabe (also known as Rapini) is actually most closely related to the turnip! Try sautéing with good olive oil and Italian herbs for a delicious side.



Health & Beauty

SILVER FALLS SUSTAINABILITY CO.

Sustainable, Local, & Zero Waste Body Care Products



Silver Falls Sustainability Co. body care products give excellent results with nothing left behind. No plastic! The shampoo bars last for up to 60 washes, as much as 16 oz of liquid. We offer shampoo and conditioner bars, deodorant and lip balm—all in recyclable paper packaging, made with organic oils, in Silverton.

Sleep and Stress

By Travis Elmore • Wellness

There are many natural ways to combat stress—diet, yoga, meditation, and some unique adaptogenic herbs that support healthy stress levels.

In my twenty years of working in the supplement industry I have noticed many changes, but one has stood out in the last five years. Many people come in with sleep problems and ask for supplements to help with this issue.

It's difficult to talk about sleep problems without talking about stress. There is a direct correlation between increased stress and lack of sleep. This is due to cortisol, a hormone that is released in the body when under stress. When cortisol levels rise, it causes our body temperature to elevate. Are you waking up in the middle of the night not knowing why? The slightest shift in temperature will upset your body's nocturnal sleeping patterns and cause you to awaken.

There are many products that contain adaptogens that balance and support cortisol levels. We have many to choose from, including LifeSource CortiResponse, which is made for us locally in Mt. Angel. It contains the adaptogens rhodiola and ashwagandha both of which support healthy cortisol levels.

With the rapidly changing world around us it seems as though many people have reached all time high levels of stress in their life. Stop by and talk to our knowledgeable staff about adaptogenic herbs that just might help support healthier stress levels and a better night's sleep.



STAFF FAVORITES

By Waylan Barber · Custodian



Steve is our beverage buyer. When he's relaxing at home with his kittens, Steve enjoys reading classic science fiction and listening to afro-beat. Steve is originally from Minnesota and his favorite food is Hotdish. To date, he has developed three distinct variations of this Midwestern staple. When asked what his secret is, his response is always, "Just add a little salt."



You've probably seen Hannah behind one of our demo tables. She firmly believes that you don't have to stop being a foodie just because you're on a specialized diet—she loves helping people find delicious foods that fit their dietary needs. Two of her favorite flavor profiles are lavender and rose. In her other life, Hannah is an amazing painter and gifted yoga teacher. Her favorite pose is tied between eka pada rajakapotasana (one-legged king pigeon pose) and savasana (corpse pose).



One of our most verbose grocery clerks, Grant uses his complex and exploratory knowledge of language to improve the morale of each team member he encounters. As a professional musician, Grant finds great pleasure in discovering and listening to all kinds of experimental music. His dream is to one day play drums for a math jazz metal band. At the end of a day spent immersed in experimental sounds and witty banter, Grant loves cracking open a great local craft beer.



Bayla is Catherine's cat, though she might tell you that Catherine is her human. She spends her days like many cats sleeping in the sun, or in the laps of her human servants. At night, she runs as fast as she can through her house to keep the invisible forces of darkness at bay.



KII NATURALS · Raisin, Rosemary & Pumpkin Seed Artisan Crisps

According to Steve, the Kii Naturals Raisin, Rosemary & Pumpkin Seed Artisan Crisps are one of the best snack foods he's ever tasted. Each flavor rests in perfect balance with each other flavor, rosemary harmonizing with the sweetness of raisins. Whole dried fruit delightfully interrupts the thick crunchiness of bulgur and pumpkin seeds. Eat these versatile crisps alone or combine them with just about anything to make a memorable hors d'oeuvre.

MITICA DE OVEJA Sheep Milk Cheese

Steve's perfect pairing recommendation is the Mitica De Oveja sheep milk cheese. The tangy brightness combined with a creamy texture make this cheese particularly good with crackers or fruit like pears and apples.



NEW CASCADIA Everything Bagels

Hannah's all-time favorite bagel is the New Cascadia Everything Bagel. She used to drive to Portland from Salem just to get them. She loves that these bagels are free from both gluten and animal products. Everyone Hannah serves them to, both gluten-free and gluten-tolerant individuals, love them.



BEANFIELDS Jalapeño Nacho Bean Chips

One of her favorite snack foods are the Beanfields Jalapeño Nacho bean chips. Not only are these chips free from gluten, corn, and animal products, they contain four grams each of protein and fiber. Hannah loves the fact that LifeSource regularly stocks the Jalapeño Nacho variety, a flavor she frequently has a hard time finding.



LIFESOURCE DELI Raisin Bran Muffin

When he's looking for something more substantial Grant prefers to visit our in-store bakery and grab a Raisin Bran Muffin. For him, this muffin is the perfect mid-morning pick-me-up. His favorite part of the muffin, besides its great flavor is the crunchy top—that extra texture takes the muffin eating experience to an entirely different level.



JUSTIN'S · White Chocolate Peanut Butter Cups

One of Grant's favorite snack foods is Justin's White Chocolate Peanut Butter Cups. He feels that the chocolate in other chocolate/nut butter confections is overpowering. Not so with these peanut butter cups. Grant describes them as perfectly creamy and rich, a delicacy to be savored. There are two in each package, so they are great for sharing with a friend or special someone.



FROM THE FIELDS Refillable Catnip Mouse

Bayla's favorite toy, maybe even her best friend, is From the Field's "Shelby the Refillable Hemp Mouse." She has never enjoyed the mouth feel of synthetic materials, so she really likes the fact that these mice are made with all-natural hemp. There are no small parts, so Bayla doesn't have to worry about accidentally eating part of her best playmate. These mice have a secure, refillable pouch for catnip that Bayla wishes Catherine would use more.

GROW YOUR GARDEN

By Chris Bair · Produce

Spring is here! Bringing with it many exciting things—warmer days, sunny weather, lots of rain. This is the perfect combination for all of our favorite flowers, fruits, and veggies to start to grow in our gardens. You can pick up all of your seeds, starts, and plants here at LifeSource. Remember that you can put in special orders for any seeds from the Territorial Seed catalogs that we don't already carry. Here's some information to help you get a start on your gardening journey. When starting plants from seed, there are a few things that you need to get right. All of our seeds

have the start times, advised growing temperatures, and other valuable information on the back of the packet that you should follow as close as you can. Lots of people start their seeds in DIY containers made from yogurt cups and other household containers, although you can buy pre-made starting pots if you aren't the DIY type. Make sure you use soil made for starting, some other soils may not provide the right nutrients, and soil from outside can introduce diseases and other unwanted hazards to your fragile starts. Maybe starting from seeds is a little too intimidating if you're a beginner. LifeSource has you covered, as we carry plants and starts of all the most popular garden varieties that you can purchase at the perfect planting stage! Make sure that you don't let the plants outgrow their pots—if they do it can

impact their growth for the whole season. You want to transfer your plants to bigger pots if the temperature outside is not optimal, and transfer your plants outside when you can. Seeds and plant starts are just the exciting beginning as far as gardening goes! Luckily for you, LifeSource has a great selection of organic seeds and starts. If you have any further questions about gardening, be sure to ask our lovely staff in the produce department, and we will do our best to assist you in your gardening journey! 🌱



Plan Bee

By Kathy Biskey · Editor

You can help our struggling bee populations by choosing to eat organic foods.

We all make a number of food choices every day, and the cumulative impact of choosing organic again and again can make a difference! Organic farming, because of the practices it follows, has been demonstrated by a number of studies to support more pollinators than conventional farming. Organic practices have been found to protect and support the health of bees in two critical ways: **Less exposure to toxic chemicals.** One of the biggest threats to bee health is exposure to toxic chemical pesticides through insecticides, herbicides, fungicides, and other synthetic toxins used in conventional agriculture. Neonicotinoids, a widely used class of insecticides, are found by many studies to be especially harmful to bees. Organic farming standards prohibit an organic farmer from

using synthetic pesticides and instead to use integrated pest management. **Protection of the bee's native habitat and biodiversity.** Lack of habitat and nutritional food sources are key factors in pollinator decline. Bees need a diversity of plants from which to collect sufficient pollen and nectar to support their hives. Because organic producers are required to manage their farms in a way that maintains and improves the natural resources of that operation, organic farms tend to have a more diverse landscape with more flowering plants to support and feed bees. Think of huge mono crop farms that rely on dangerous pesticides, herbicides, and fungicides as Plan A. This plan clearly isn't working for the pollinators that our food crops need. So let's move on to Plan Bee, organic and biodynamic farms that sustain the land and the incredible diversity that grows and lives on it. Each time you choose to buy organic products, you're on Plan Bee—and the bees thank you. 🐝

🐝 Honey Bee - by skeeze on Pixabay

SPOTLIGHT ON CHOSEN FOODS



At Chosen Foods, we believe in the power of real food to nourish ourselves, our families and our communities. From our beginnings with the avocado, we created a new way of cooking and eating. It's rooted in ingredients that are both fresh and ancient. It's brought forth in a beautiful collision of cultures and a shared love of eating wholesomely.

From the farmers we know and support in Mexico, to the kitchen we cook lunch in every day in our San Diego office, it adds up to a joyous and delicious celebration of nourishment. We want to spread that sun-soaked magic to the world, and everyone who has chosen to improve their lives. You can count on us to make the foods that make it easy to choose health, sustainability, and great taste.



www.chosenfoods.com



VEGAN MAC'N CHEESE

Ingredients

- 4 cloves garlic, minced
- 2 small carrots, chopped
- ½ cup onion, chopped
- 2 small Yukon gold potatoes, chopped
- ½ small cauliflower, chopped
- ½ cup raw almonds
- 1-2 cups unsweetened almond milk
- ½ cup nutritional yeast
- ½ tsp turmeric
- ½ tsp paprika
- 1 tsp garlic powder
- 1 tsp pink sea salt
- 16 oz quinoa pasta, cooked

Directions

1. Place all vegetables in a medium sauce pan. Add enough water to cover. Bring to a boil, cook until soft.
2. Place cashews in a small bowl. Pour ½ cup boiled vegetable water over the cashews and allow to soak while vegetables are cooking, about 10-15 minutes.
3. Put softened cashews and their water in a blender, blend until smooth.
4. Add cooked vegetables, seasonings, and 1 cup of the almond milk to the blender. Blend until smooth. Taste the sauce. Add more almond milk for a thinner consistency, adjust seasonings to taste.
5. Serve 2½ cups over cooked pasta.

Try leftover sauce on nachos, tater tots, or in soup. Enjoy!



Thrive

on a plant based diet



By Hannah Jeanseau · Customer Service

If you've ever eliminated meat from your diet, you know the most common concern is where to get your protein. For those of us that live by a plant based diet, we know that all sorts of nutrients are available through a variety of rainbow colored plant life. For years, the meat and dairy industries have convinced us that things such as protein, calcium, omegas, and vitamin B12 are all only available from animal products. The truth is, vegetables and plant based products offer a variety of healthy nutrients without harming sentient beings. For those few nutrients that we can't fully access through plants—well, we are lucky to live in the 21st century where supplements are readily available.

Vitamin B12

B12 is an essential nutrient that unfortunately is only found in animal products or fortified foods. This is the one nutrient that people eating a plant powered diet need to make sure to be conscious of replacing either through fortified foods or supplements. A deficiency in this vitamin can cause digestive issues, nerve damage, depression, and fatigue. If you chose

not to eat meat, but still eat eggs and milk, you'll be happy to know that both are great sources of B12. The recommended minimum dose of B12 is 2.4 mcg per day, which isn't very much, but it is important to note that your body can only absorb a small percentage of supplemental B12.

Just one tablespoon of nutritional yeast offers 4 mcg of B12. So put that nooch on everything! I like to sprinkle it on popcorn, lasagna, salad dressings, or anything that could use some great cheesy flavor! Just whip up some soaked cashews and boiled cauliflower in the blender with nutritional yeast, garlic powder, and salt and you've got yourself the easiest vegan mac'n cheese sauce in town. As far as supplements go, B12 is offered in a variety of forms, from drops and melting under-the-tongue tablets, to chewables and traditional pills.

Omegas

Did your mama ever make you take cod liver oil as a kid? We all know omegas can easily be found in fish. But if we don't eat sea creatures or take fish oil; how can we get those healthy omegas? Without them, we can suffer from dry, flaky skin,

depression, brittle hair, nails, and trouble sleeping. The recommended amount per day is 1100 mg for women and 1600 mg for men. Many nuts, seeds, and cruciferous vegetables offer hefty amounts of natural, plant based omegas. An ounce of chia seeds delivers 4915 mg of omega 3, while hemp seeds deliver 6,000mg. Cooked Brussels sprouts offer 135 mg per half cup and an ounce of walnuts provides 6542 mg. Try adding shredded Brussels sprouts to a salad, and top that salad with walnut crumbles for extra omegas.

I make sure to eat chia, flax or hemp seeds every day by adding them to smoothies, on top of salads or sprinkled on avocado toast. I also love creating quick, nutrient dense puddings by using ¼ cup of chia seeds with a cup of plant milk. Whisk them together and leave in the fridge overnight for a delicious and quick breakfast the next morning. You can add maple syrup, honey, fruits, or vanilla to create a customizable treat.

Protein

Okay, but, where do you get enough protein? Easy! Eat legumes. Beans, peanuts, and lentils are all a part of the Fabaceae family, commonly known as

legumes. Legumes are protein dense, versatile, and delicious. Maybe that's why they can be found in cuisines all over the world, from Mexican to Indian to Mediterranean. One cup of kidney or black beans offers 15 grams of protein while a cup of tempeh (fermented soybeans and grains) has 31 grams.

Pair your beans with a rice dish to create a complete protein, containing all nine essential amino acids! Peanut butter and almond butter both offer about 7 grams of protein. Almond butter has about ½ the saturated fat and even more calcium! Two tablespoons of hemp hearts will give you the same protein boost as an egg. Both an ounce of pumpkin seeds and ½ cup of lentils offer 9 grams of protein. If you're a smoothie person, toss in a tablespoon of spirulina powder for 4 grams of protein, plus calcium and essential B vitamins. And again with the nooch! They weren't kidding when they called this stuff nutritional yeast—3 Tbsp. gives 9 grams of complete protein!

Calcium

Got milk? Yup, plant milk, fortified with up to 450 mg of calcium! Calcium is an essential nutrient, especially

important for babies and the elderly. For an average adult, we need about 1000 mg of calcium per day. Luckily, we don't need to be drinking a glass of cow milk a day like the TV always tells us. Tempeh offers about 184 mg of calcium per cup while kale offers about 177 mg and almond butter can give us up to 111 mg of calcium for every two tablespoons. Instead of reaching for your favorite paleo puffs, try homemade kale chips seasoned with nutritional yeast, or opt for almond butter over peanut butter. I like adding both kale and almond butter to my smoothies for a plant powered boost!

It is the 21st century, and animal products are no longer necessary for survival. With products like tofu, nutritional yeast, hemp seeds, and an array of supplements and vitamins on the market, we are blessed to be able to not only survive—but thrive!—off of a well rounded, plant based diet. So remember, eat the rainbow and sprinkle that nooch on everything! 🌱



THE HIDDEN COSTS OF GMOS

Perhaps the greatest risk in genetically modified foods is not in how they were created, but in the purpose for which they were designed.

By Ben Martin-Horst
Customer Service

Genetically modified organisms (GMOs), first introduced to agriculture in a major way in 1996, now cover at least 45% of US croplands. In the two decades since their introduction, many individuals and groups have raised concerns about the potential risks of consuming these bioengineered foods, none of which have gone through significant controlled safety testing. Precisely because of the lack a serious scientific study of their impact on human health, however, discussions regarding the safety of GMOs are contentious at best. I wonder, though, if, in focusing on the potential risks of genetic modification per se, perhaps we are missing the bigger threat. Perhaps the greatest risk in genetically modified foods is not in how they were created, but in the purpose for which they were designed.

So what are GMOs designed to do? At present, every commercially-

available genetically modified crop is designed to maximize profits for massive chemical companies, corporations like Bayer AG (which purchased Monsanto last year) Dow Chemical, and Syngenta. As for-profit entities, it's hardly surprising that these companies have designed GMOs to increase their profits, but keep in mind that these are as much chemical companies as they are seed companies. They have designed their GMO seed to be profitable, yes, but they have also designed their seed to increase their profits on their other products: herbicides like Roundup, Liberty, and Enlist Duo.

GMO Crops and Herbicide Use

The first major GMO crops were Monsanto's Roundup Ready line of soybeans, cotton, corn, canola, and later, alfalfa and sugar beets. These Roundup Ready crops are designed

for herbicide resistance: a farmer can spray a field with Roundup, a blend of glyphosate and other chemicals, and kill all the weeds, but the Roundup Ready crop tolerates the herbicide and survives. While this originally led to a decrease in the total weight of herbicides being sprayed in the US – in 1996, Roundup Ready soy used 0.3 lbs/acre less herbicide than non-GMO soy – the huge amounts of Roundup in use quickly bred new “super weeds” that are also herbicide tolerant, weeds like pigweed, ryegrass, and marestail. In an effort to combat these new weed varieties, farmers often sprayed more Roundup, but that had no effect: by 2011, farmers were using 0.73 lbs/acre more herbicide than non-GMO soy. In addition to the Roundup, farmers now use other, more toxic, herbicides, such as 2,4-D and dicamba.

Today, many GMO crops have “stacked” traits that allow them

tolerance to multiple herbicides at once. Dow's Enlist crops, for example, are resistant to Dow's Enlist herbicide, which contains both glyphosate and 2,4-D.

One of the fastest-growing products on the GMO seed market, though, is Monsanto/Bayer's Xtend line of soybeans, designed to resist the herbicide dicamba. In just three years, Xtend soybeans have taken over 60-75% of the US soybean market. According to Bayer, 50 million acres were planted in Xtend soybeans in 2018. Xtend use may be growing so fast because of one of dicamba's major characteristics, a characteristic prominently cited in an antitrust lawsuit against Monsanto: dicamba tends to drift. As Dan Charles recently reported for NPR's Morning Edition, many soybean growers are switching to Xtend soybeans because they fear that dicamba drift from neighbor's

fields would kill any non-Xtend crops. In 2017, according to Kevin Bradley of the University of Missouri, at least 3.6 million acres of soybeans were damaged or destroyed by dicamba drift. The current lawsuit alleges that Monsanto is well aware of dicamba's tendency to drift and is using that tendency to gain monopoly control over the soybean market. Of course, drifting dicamba not only kills or damages crops and weeds, but other species of plants as well, including trees and shrubs.

Built-in Insecticides

Besides herbicide-tolerant crops, there is one other major group of genetically modified crops: corn and cotton with a built-in insecticide commonly referred to as “Bt toxin.” The bacteria *Bacillus thuringiensis* (Bt) has been used to produce insecticides since the 1920s, but beginning in the late

▲ Honey Bee - Photo by Myriams-Fotos on Pixabay



▲ Crop Duster - Photo by Jan Amiss, amissphotos on Pixabay

1990s, agribusiness corporations began inserting genes from *B. thuringiensis* into crop plants so that they would produce their own insecticidal proteins. Today, millions of hectares are planted in genetically modified Bt corn and cotton. In many cases, the Bt traits are stacked alongside herbicide-tolerance traits.

Bt toxins are produced in every cell of a plant genetically modified with the trait. While there are different types of Bt proteins that more strongly affect specific insect “pests” such as the European corn borer and the corn rootworm, but like most insecticides, Bt toxins can also kill other species, including ladybugs and monarch butterflies.

Even as Bt crops cause this “collateral damage,” their usefulness in curbing pest species is rapidly declining. Just as the widespread use of glyphosate herbicides has bred “super weeds,” the near-ubiquity of Bt crops is breeding “super bugs” that survive eating the genetically modified plants. As these Bt-resistant insects spread, farmers are adding other insecticides to the mix, either in the form of sprays or, in the case of neonicotinoid insecticides, by treating the seeds so that the insecticide permeates the growing plant. One of the main justifications for Bt crops from the beginning was the assertion

that they would reduce insecticide use. While the measures that companies used to demonstrate such a reduction were always suspect, it is now obvious that more, not less, insecticides are used than they were prior to the release of Bt crops.

Environmental Impacts

In examining the impacts of genetically modified crops, it is not enough to look at the crop in isolation. One must, instead, look at the crops’ roles in the entire agricultural system. Corporations have designed GMOs as part of their overall business strategies, which involve the sales of chemicals (herbicides and insecticides) and expanding their market share. GMOs are but a single component in an agricultural system that increasingly harms soils, ecosystems, and human communities.

Over the last decade, the eastern population of monarch butterflies has declined 90% over the last decade. Western monarchs – the population found here in Oregon – has declined 99% since the 1980s. Since I moved to Oregon over fifteen years ago, I have never seen a monarch. While there are likely multiple reasons for the decline, two major causes are the near eradication of milkweeds – monarch caterpillars’ only food

– and poisoning by Bt crops. As early as 1999, researchers at Cornell University demonstrated that pollen from Bt corn kills monarch butterflies. And milkweeds are now essentially nonexistent over much of the monarchs’ range, due to increased spraying of glyphosate on GMO crops. The extinction of this iconic butterfly is now a very real possibility.

The monarch butterfly is only one species among many, but the story of the monarch is repeated across countless other insect species. A study published in Biological Conservation in January showed that over 40% of world insect species are declining precipitously and could be in danger of extinction. The most affected taxa are Lepidoptera (moths and butterflies), Hymenoptera (ants, wasps, and bees), and Coleoptera (dung beetles). The authors note that, “A rethinking of current agricultural practices, in particular a serious reduction in pesticide usage and its substitution with more sustainable, ecologically-based practices, is urgently needed to slow or reverse current trends, allow the recovery of declining insect populations and safeguard the vital ecosystem services they provide.”

Robust insect populations are critical not just for their own sakes. They are an important source of food

for many species of birds, bats, amphibians, and reptiles, and Hymenoptera and Lepidoptera in particular are major groups of pollinating insects. Without these species, many plants, including many of our crops, could be at risk.

Human populations are not immune from the effects of pesticides, either. Glyphosate, for example, is considered a probable carcinogen by the World Health Organization, and in February a team from the University of Washington concluded that glyphosate increases the risk of non-Hodgkin lymphoma and some other cancers by over 40%. Other studies show that glyphosate has a negative impact on healthy gut microbes, and may be a causative factor in the massive increase in celiac disease in recent decades.

Last year, in a lawsuit against Monsanto (now owned by Bayer) by Dwayne Johnson, a former school groundskeeper diagnosed with terminal non-Hodgkin’s lymphoma, the court found that Monsanto’s glyphosate-based Roundup herbicide caused his cancer. He was ultimately awarded \$78.5 million.

Other herbicides, including dicamba and 2,4-D (an ingredient in Agent Orange) may be at least as toxic as glyphosate. Herbicide-resistant GMO crops are designed to permit essentially unfettered spraying by these herbicides. As a result their residues are common throughout our environment and our food.

Solutions

If we wish to improve our health and the health of our ecosystems, it’s time for us to look at our agricultural systems

holistically. We need a radical redirection of national and global agricultural policy. Such a policy would encourage the use of non-chemical methods of pest and weed controls. It would offer significant incentives for preserving and restoring habitat in agricultural areas, such as restoring the hedgerows and buffer strips that were once common around fields. These habitat areas allow the proliferation of helpful species that eliminate the need for insecticides to begin with, with no reduction in crop yield (but a significant reduction in expenses for insecticidal chemicals). A holistic agricultural policy would deprecate the use of massive monocrops (64% of Iowa’s land area is devoted exclusively to corn and soybeans, mostly GMO, for example) in favor of multiple-crop systems that help to build soil and break up and reduce pest populations.

Luckily, the basis for such a radical change to our agricultural policy is already in place: the USDA Organics Program (and aligned programs in Canada, Europe, Japan, and elsewhere) lays out the parameters for chemical-free agriculture. But the system needs to be scaled up dramatically, with agricultural subsidies redirected from commodities like corn, soy, and wheat to more varied, nutritionally-significant organic crops. With such systems in place, GMO crops could no longer exist in their current form. More importantly, the health of farms, soils, waterways, animals, and plant populations would improve, as would our own. 🌱

Why Buy Organic Seeds?

By Roxanne Magnuson · Marketing

Conventional seeds are grown with chemical systems: using petro-chemical fertilizers, herbicides, and pesticides. Organic seeds are grown without petro-chemicals, focusing on soil health, beneficial insects, and nature’s fertilizers.

They’re never treated with anti-bacterial, anti-fungal insecticide coating, allowing for mycelium, beneficial insecticides, and bacteria for more healthy soil.

Plants grown for seed production are grown until the seeds are mature, taking the plant past the young and tender stage. They’re grown longer. Seed plants are not subject to the chemical tolerances of plants grown for food. While there are federal tolerances for noxious weed amounts, I couldn’t find any tolerance limit for chemical applications for seed plants in the federal regulations.

Chemical pesticides, herbicides and fertilizers are generally applied by people. The chemicals are, by virtue of their intended purpose, poison.

LifeSource sells quite a nice variety of organic seeds. You can also read through the catalogs of the seed companies we carry and special order any variety you would like. I always find something in those online catalogs that I seem to be unable to resist. Last year it was Glass Jewel Corn. Who knows what it’ll be this year. 🌽



▲ Glass Jewel Corn - by amykins on Pixabay - Below: Monarch Butterfly - by bharlow on Pixabay





COMMUNITY MATTERS

By Paige Smith · Outreach Coordinator



Blood Oranges



Watermelon Radish



Red Grapefruit



Baby Rainbow Carrots

In my life I have been called many names. Two of the most endearing are “Scar Girl” and “Jicima Lady.” How the heck did this happen you might ask?

I have been the Outreach Coordinator at LifeSource for a few years now and we do a lot of work with kids in the community. These interactions have definitely held a big learning curve for me as I had actually never hung around with kids before.

I do now! Everything from bike rodeos (teaching kids how to safely ride and make sure that their helmets and other gear fit properly), using games to teach about recycling, and educating kids on how healthy eating can be fun and tasty.

My very first event with kids was at an elementary school. I was there to bring healthy treats and talk with the kids in the free after school dinner program about how healthy eating can

be fun. And I was bombing—big time. Once they got over the excitement of getting free goodies, I no longer existed. Finally, out of desperation, I pointed to my knee brace and asked if any of them had ever had to wear a brace or cast. It was quiet for a second and then everyone started talking at once. What followed was 45 minutes of rousing discussion about everybody’s previous injuries, accidents, and scars.

We had a difficult time stopping them when it was time to leave. It was a big success, but I felt a little guilty that I hadn’t really taught the kids anything. A few months later, my husband and I were out and a small boy came running up to me yelling, “Scar Girl, Scar Girl!” He firmly attached himself to my leg, looked up at me, and asked if I had any new scars, and would I like to see his new scab? He then proudly held up an apple and stated that he was eating a

healthy apple and asked if I was proud of him. I said “yes!” and inwardly thought, I’m proud of both of us. My husband was just confused and amused.

During the school year, LifeSource partners with the Salem Keizer Educational Foundation. We choose four Title 1 schools and rotate through them. A Title 1 school is a school that receives federal funds based on the average income of the student’s households. Each week we take fresh, organic fruits and vegetables to one of the schools and share them with the kids during lunch.

I never would have guessed that these “tasting tables” would become one of the highlights of my job. Don’t get me wrong—nobody can stare you directly in the face and ignore you like a middle schooler. It’s like being a super hero with the power of invisibility.

However, for the most part they are

thankful, engaged and appreciative. The kids are always so surprised that we are giving them this food and not trying to sell it. I believe this allows them to be more adventurous and open to trying new things. Sadly, it is heart breaking when we can’t give them enough to take home and share with their families no matter how much we want to.

The most popular items are blood oranges, baby rainbow carrots, sugar snap peas, jicama, grapefruit, and watermelon radishes. The least popular items are dates and any kind of apple—they want to be wowed!

During the summer I was at an event when I was approached by a group of middle school boys. One of the boys looked at me and said “Yo, Jicima Lady, you got any jicama?” As I started to shake my head and go into jicama logistics, another boy says “Dude, she already told us at school, there is only

one farm where she can get organic jicama. It’s special. Not like she carries it in her pocket.”

I was blown away that he remembered this tidbit of information. It just goes to show that you never know what will stick with a kid. It cracks me up that I have gone from someone who has never been around kids, to someone that loves it and wants to be a better example. I could not be happier.

I want to thank the entire LifeSource community. Without your support, and the amazing generosity and spirit of Alex, LifeSource’s owner, I would never have this amazing job. Together, we are strengthening community and helping to bring up strong, smart, and amazing kids. Thank you so much for the continued support. I will keep you posted about all of the wonderful things we are doing. 🌱

VEGGIE DIP

Make a tasty garlicky dill dip perfect for snacking with your favorite veggies.

Ingredients

- 1 cup plain Greek yogurt
- 1 green onion, minced
- 1 Tbsp fresh dill, minced
- 1 clove garlic, minced
- 1 tsp apple cider vinegar
- 1 tsp fresh lemon juice
- ¼ tsp sea salt
- ¼ tsp pepper

Directions

1. Mix all ingredients together in a small bowl.
2. Cover and refrigerate for at least an hour, to allow flavors to mingle.





By Lindsay Trant · Oregon Pasture Network Program Manager

In June 2016, Friends of Family Farmers, a nonprofit organization that supports and advocates for family farms, launched the Oregon Pasture Network (OPN). The program connects Oregon's pasture-based producers to each other, as well as resources and expert assistance on sustainable grazing systems that are healthier for animals, the environment, and their farms. The OPN also connects these producers to the growing crowd of eaters who care about the source of their food and want to purchase their meat, eggs, and dairy from pasture-raised animals.

Two years later, there are now nearly 60 members of the Oregon Pasture Network and the benefits keep growing. Every member of the OPN is listed in the OPN Product Guide for free (available at www.oregonpasturenetwork.org), allowing Oregonians to locate and purchase products raised in a more environmentally sound manner—on pasture. We plan to keep evolving this Product Guide as the program grows. Most recently, we made it easier for shoppers to find pasture raised meat, eggs, and dairy directly from OPN producers in their area.

In addition to upgrading the Product Guide, we hosted a series of InFARmation events in the Portland area through the Fall of 2018 for a deep look into the benefits of raising animals on pasture – for the environment,

for farmers, for animal welfare, for consumers, and for your health. Local eaters came out to hear about pasture-raised beef, poultry, pork, and dairy directly from members of the OPN, restaurant owners, health professionals, and other experts.

For farmers, being a member of the OPN means access to a number of benefits. We sponsor classes to provide expert assistance for producers dedicated to continually improving their pasture-based systems and want to deepen their understanding of the art and science of responsible grazing. Last year we worked with Dr. Woody Lane, of Lane Livestock Services, to offer an 8-week in-depth forage and pasture management course. OPN members got a 50% discount on course fees. One member who took the course said that the course inspired him “to get out and do some of things I already knew needed to be doing. Case in point: Get an updated soil test! It really helped me up my pasture management game and it started paying off in the first season.”

We also provide a place where pastured producers can get together and learn from one another. We host a producer listserv to share tips and information, and we launched a Potluck and Pasture Walk series this summer, hosted by different members of the OPN. The first of these were hosted in Beavercreek and Scio, and

over 20 producers came out to each location to learn from one another and talk pasture. One OPN member said that they “gained tremendous value from attending a pasture walk. It was awesome to see how another farmer approaches challenges that are similar to ours, and to get inspired to try some new things.” Since pastures can vary from place to place and seasonally, these walks will continue in different parts of the state and at different times of the year.

Our long-term vision for the Network is to include every Oregon producer who raises animals in a pasture-based system that places a high value on the land, animal welfare, and the well-being of their local communities. We recently opened up the membership to include ‘aggregators,’ those who sell products from other pasture-based producers solely, or in addition to their own. Interested aggregators can now apply!

If you are a producer or aggregator interested in joining the Oregon Pasture Network, you can read more about our program and apply to join at www.friendsoffamilfarmers.org/OPN. Please reach out if you have any questions. Email us at OPN@friendsoffamilfarmers.org or call us at (503) 581-7124. 🌱



spotlight on evanhealy

Evanhealy skincare is first and foremost rooted in an appreciation for nature. Esthetician Evan Healy, who for decades cared for every kind of skin, observed that the skin has its own intelligence and responds to ingredients that recognize, rather than challenge this reality.

Incorporating a love for and understanding of plants, evanhealy products bring the skin into optimal balance utilizing beautiful plant oils and waters, and mineral rich clays. All skin types can benefit from these simple ingredients. Evan partners with communities all over the world, including farmers here in the Pacific Northwest, who provide pure, efficacious ingredients for her formulations. Oregon Tilth is the organic certifier.

True beauty, in spite of what the beauty industry would have us believe, is defined from the innate health and vitality that comes from a connection to nature and a recognition that who we are, is enough.





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