



LifeSource
natural foods



news in natural

SUMMER 2019 • FREE

Visit
GeerCrest Farm
A Willamette
Homestead
Classroom

Turf to Ecosystem • Summer Recipes • What's in Season at LifeSource?



See Tiara's recipe for Cool Lime Pie on page 21

Cicadas are buzzing in the trees outside my window, and the kids are grazing for berries in the garden. After months of rain, chill, and bare branches, I'm always surprised to find myself here again, in the land of summer, beneath lush green leaves and the blue dome of the sky, sweat trickling down the backs of my knees.

As anyone who has seen my yard knows, I aim for more of an untended woodland glade aesthetic than the more typical manicured lawn, so I'm pleased to read Savanna's encouragement to diversify our yards and bring in native and wildlife-friendly plants. Also in this issue of News in Natural, GeerCrest Farm introduces us to their unique educational farm, steeped in history and environmental stewardship. Zira explores the risks posed by certain sunscreens and shows us how to identify safe options. As always, the LifeSource team fills us in on their favorites and some of the new items throughout the store, and shares some of their favorite beat-the-heat recipes.

Enjoy!

Ben

Ben Martin Horst · Editor



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The material contained in this newsletter is for informational purposes only.
Always see your healthcare provider before beginning a self-treatment program.

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Summer 2019



On the Cover

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Cover photo by Cayla Catino

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TURF TO ECOSYSTEM

Words & Photos by Savanna Hanson
Customer Service

As the summer heats up, many people haul out their sprinklers and lawnmowers, ready to spend the hot season in a Sisyphean struggle against browning and overgrown grass. The ideal of a perfectly manicured lawn has long defined American suburbia and, to an extent, operates as a signal human control over the natural world. The obsession with this (subjective) curb appeal comes with a high environmental price tag, as well as a literal one. Manicured turf grass lawns require near-constant watering, and many homeowners use pollution-spewing gas mowers, as well as pesticides for weed control. One might think that with all the effort put into their maintenance, lawns would offer tremendous benefits. Alas, they provide virtually no habitat for wildlife, no substance for pollinators, negligible carbon sequestration, and create runoff that harms the surrounding environment. With mounting concern about climate change, bee population decline, and water shortages, a growing number of ecologically-minded people are transforming at least parts of their lawn into a more sustainable landscape.

WHERE TO START

For those just starting out, focus on a few areas at a time. Create a curving, natural shape along borders/fences as your area to transform. After all, no one is saying it's not nice to have a small chunk of grass where you could sit at a table, or kids could play. It's worth noting that you can certainly just let areas of your lawn grow and naturalize. While a wild lawn is preferable to one requiring high energy-inputs, the grasses typically found in lawns provide very little in terms of whole ecosystem vitality. Replacing these grasses with native plants will result



▲ **Left:** A patch of naturalized lawn **Center:** Lewis's Mock-Orange, or *Philadelphus lewisii* **Right:** Native Oceanspray, or *Holodiscus discolor*

in a far superior environment, both living and nonliving. You can remove grass with a shovel and muscle power, rent a sod cutter, or use the sheet-mulching method, if you aren't on a compressed time frame. This latter method involves layering cardboard and organic matter over existing lawn and weeds, eventually smothering them and creating rich soil in the process.

When your chosen area is clear—or you already have a more natural garden landscape—you have several options. One is to take your yard into edible territory. Perennial herbs (rosemary, thyme, sage, etc.) and fruit (try natives: trailing blackberry, black raspberry, or one of our three wild strawberry varieties) are permaculture favorites, and other annual vegetables can be integrated to create an abundant and minimal-upkeep garden. Alternately or additionally, many pre-mixed seed blends of fescues and native wildflowers are available for a low-fuss, meadow-like area. More intentional landscaping with native trees, shrubs, and flowers can create lush, low-maintenance, well-adapted, and beautiful garden beds. Try native grasses like Roemer's fescue (in sunny, dry areas) and tufted hairgrass (in more moist or even wetland areas). Other personal favorites include trees

and tall shrubs such as incense cedar, cascara, blue elderberry, manzanita, red-flowering currant, mock orange, and oceanspray, as well as smaller shrubs and understory plants like salal, sword fern, checkermallow, camas, and red columbine.

WHAT YOU GAIN

The benefits to gardening with plants native to the Pacific Northwest, and more specifically the Willamette Valley region, are numerous. These plants are intrinsically suited to our climate and soils; after they're established, they require little to no watering in addition to natural rainfall. They're resistant to many pests and diseases, and don't require supplemental fertilization. Root systems develop into deep, vast networks that anchor soil, prevent erosion, and filter stormwater. These roots systems also act as fantastic carbon sinks: when plants take carbon from the atmosphere, and decay into the soil, the soil sequesters the carbon. In fact, some prairies can store more carbon below ground than forests do above ground. Planting natives in your yard also repairs links in the ecosystem, and butterflies, birds, bees, and other pollinators regain much needed habitat. Perhaps the best example is that of the endangered Fender's blue butterfly.

Native to the Willamette Valley, the butterfly depends on Kincaid's lupine for its habitat. Introduced Himalayan blackberry and Scotch broom, among others, have overwhelmed what is left of the lupine in the valley's few remnant natural prairies. Through efforts to restore certain natural areas to their precolonial state—replete with plenty of Kincaid's lupine—conservationists hope to save the Fender's blue butterfly from extinction.

RESOURCES

Many resources exist to help people move away from monoculture lawns to gardening with native plants. Visit your county's Soil and Water Conservation District website for extensive information on natives, how to identify noxious weeds and invasive species, and help with water conservation. The Native Plant Society of Oregon is also an abundant source of knowledge from very helpful gardeners.

While one yard might not seem like it makes a difference, American lawns cover a combined area approximately the size of Texas, and are the most grown crop in the country. Lawns are an opportunity to effect great positive change towards a more resilient and ecologically sound landscape. 🌿



GEERCREST FARM

A WILLAMETTE HOMESTEAD CLASSROOM

By Adam McKinley · Director of the GeerCrest Farm & Historical Society | Photos by GeerCrest

It's hard to imagine how many unknown gems there must be around the Willamette Valley: we all know the breathtaking and varied beauty of Oregon. With a stately old farmhouse overlooking a gentle valley still cut by a precolonial trail, spring fed creeks, and oak savanna, GeerCrest Farm is definitely one of those little-known treasures. GeerCrest is more than a farm: there is something special about the palpable history and the interplay of forest and pasture that provides both a powerful multilayered natural classroom and place of respite and reflection. Over the last 12 years, thousands of students have had the opportunity not only to visit, but engage their hearts, hands, and minds in learning about and from the land

through caring for farm animals, gardens, and forest; hearing stories of the past; and trying traditional crafts.

Quiet GeerCrest Farm sits on 20 acres in the Waldo Hills east of Salem, in the southeast corner of the remaining piece of Ralph and Mary Geer's 1847 donation land claim of 640 acres. Their 1851 farmhouse and 1878 stone fruit cellar still stand as the hub of the farm. Starting in 2007, GeerCrest has become more and more bustling with students, campers, and volunteers, coming to engage or experience the place, the farm, the history, or a bit of it all.

On Kalapuya land, the farm has the vestiges of the oak savanna exquisitely tended by native peoples for millennia. In the acres of open rangelands, kept clear through many generations of

anthropogenic fires prior to white settlers, Ralph and Mary and their children planted thousands of apple and pear rootstock from seeds they brought with them across the Oregon Trail from Illinois. Trading for fruiting buds and scions from the Luellings and Ladds, two other pioneer families near Portland, the Geers would become part of the birth of the pear and apple industry in Oregon, and their early profits selling trees funded the building of the farmhouse.

Since then, many community-minded and influential Geers have either lived on the land here or had ties to it: folks like Vesper Geer, Homer Davenport (renowned political cartoonist), Theodore Thurston Geer (the first Oregon born governor), and Musa

Geer, all of whom you can learn more about in recent documentary films “The Life of Vesper Geer” and “The Pioneer’s Children,” made by local filmmaker Michael Turner.

The farm currently manages a herd of goats for milk and meat, sheep for fiber, chickens and ducks, six vegetable gardens, mixed berries, grapes, and lots of apple, pear, and plum trees. Rather than going to market, the harvest is served to program participants and visitors or carefully preserved for future use. In between farming and education programs, we also fit in hosting community dinners, lectures, and fundraisers, as well as a variety of site rentals, like the occasional birthday party, kids yoga camp, wedding, or business retreat.

Farm owners Jim and Erika Toler, the 5th generation of Geer descendants to steward the farm, have worked hard to support the building of an educational nonprofit and living history museum, making the farm accessible to present and future generations. The nonprofit is committed to preserving the history of the land, maintaining an operational farm and engaging visitors and program participants in transformational experiential opportunities on a living history museum, farm-life and place-based educational site.

Our current core programs serve mostly elementary and middle school students on overnight or field-trip farm life programs that are unique in the level of holistic engagement. We host summer camps and some adult workshops. Through all programs, our goal is to provide a renewed sense of place in the continuum of time and connection to our human family, together stewarding the earth through our personal and collective connection to place and food.

If you’d like to learn more, plan a visit, or support our work, please go to geercrest.org or follow us on Facebook @geercrestfarm. 🌱



It's no secret that prolonged exposure to UV rays leads to sunburn and increases the risk of skin cancer. It's also common knowledge that protecting your baby's skin with sunscreen is especially important. But did you know that many sunscreens contain chemical ingredients that may have adverse health effects for you and your little one?

The two basic types of sunscreen are chemical and mineral. The main difference between the two can be found in their ingredient lists. Chemical sunscreens have ingredients that may potentially cause health problems for you and your baby. Mineral sunscreens, on the other hand, use two natural minerals—zinc oxide and titanium dioxide—as active ingredients. These minerals simply sit on top of your skin and protect it by reflecting away UV rays.

To better understand the differences between chemical and mineral sunscreens, let's take a closer look at each.

Chemical Sunscreens

A chemical sunscreen is one whose active ingredients are non-natural, chemical

compounds. A few examples of chemical ingredients commonly found in sunscreen are oxybenzone, avobenzone, octinoxate, homosalate, octisalate, and octocrylene. In addition to being unsafe for reefs and ocean life, research has shown a potential for harmful side effects to humans who use these products.

The active ingredients in chemical sunscreens, like the ones listed above, are effective because they absorb the sun's UV rays. Then, through a chemical reaction, the sunscreen dissipates the UV rays. This means that your skin is protected because the UV rays never actually hit your body. Before these chemicals can offer any UV protection, though, your skin has to absorb them. This can cause irritation and discomfort, especially for children with sensitive skin.

Additionally, trace amounts of the

chemicals found in chemical sunscreens can trickle into your bloodstream. Once in your bloodstream, they can filter into other bodily fluids, such as breastmilk. A study published by a team of scientists led by Dr. Margret Schlumpf of the University of Zurich found trace amounts of at least one sunscreen chemical in the breast milk of 76.5% of the women they tested.

Octinoxate was detected in a whopping 64.7% of the sampled women's breast milk. Three other FDA-approved sunscreen chemicals—oxybenzone, octocrylene, and padimate O—were also found in significant amounts. This raises serious questions about breastfeeding safety.

The active ingredients in chemical sunscreens often seep into your bloodstream. What happens then?

Some of the compounds can affect the hormone levels in your body. For

All About Sunscreen

By Zira Michelle Brinton · Wellness

example, studies show that chemical ingredients in sunscreens can increase the risk of endometriosis in women, decrease sperm concentration in men, and lower testosterone levels in adolescent males.

If research found that these chemical compounds might negatively affect your health, why did the FDA approve them? The short explanation is that the FDA approved these chemicals when they first began regulating sunscreen in the late 1970s. At that time, most of these chemicals had already been used in sunscreens for years. As such, they were approved without having to go through the normal process. In other words, they were grandfathered in.

Although recent research suggests that some of these chemicals are potentially harmful, the research is not yet conclusive. Scientists are still trying to understand the effects of the ingredients in chemical sunscreens. The FDA would need unquestionable evidence in order to reverse its approval and ban any single chemical from being used in sunscreens. That's why they remain on the market today.

Are chemical sunscreens safe for humans? While we know that they are harmful to coral and other aquatic life, we simply don't know enough about the effects on humans.

More research is necessary before we can draw any definitive conclusions.

All of this might sound concerning, but don't worry! There's a safer

option available for protecting yourself and your little one's skin from the sun: mineral sunscreen.

Mineral Sunscreens

A mineral sunscreen is just what it sounds like—a sunscreen that uses minerals as its active ingredients. The minerals most often used are zinc oxide and titanium dioxide.

Mineral sunscreens are sometimes called physical sunscreens because they provide a physical barrier between your skin and the sun's rays. Think of these minerals as millions of tiny mirrors resting on the surface of your skin, bouncing away harmful UV rays.

Sunscreens that contain only mineral-based active ingredients are safe to use on humans. The only thing to watch for is sunscreens that use both mineral and chemical ingredients. These sunscreens might advertise themselves as mineral sunscreens but may have chemical ingredients, too. As always, read the label and check the ingredients before putting any products on your baby's skin.

If you're looking for a sunscreen that's safe for you or your child, LifeSource carries several brands of high quality, mineral only sunscreens that act as effective sunscreen for you and your little ones. Our sunscreens are certified reef safe too, so you don't have to worry about harming our waters or sea life. 🐠

Why take chances with a chemical sunscreen when there are safe, effective options already available? 🌿

Summer Sun Care



ALL GOOD

Kid's Sunscreen Spray

Reef- and skin-safe, broad-spectrum SPF 30 spray. Water-resistant for up to 80 minutes. Also gluten- and GMO-free.



ALL GOOD

Sport Sunscreen Butter Stick

Reef- and skin-safe, broad-spectrum SPF 50 in a convenient stick. Water- and sweat-resistant for up to 80 minutes



ALL GOOD

Lip Balm

Protect your lips too! SPF 20 just for your smile. Reef-safe, non-GMO, gluten-free protection just like the rest of the All Good line. Unscented, Coconut, Tangerine, and Chai options available.



EARTH MAMA

Baby Face Sunscreen

Gentle broad-spectrum formula, just for baby's face. SPF 40 and water-resistant for 40 minutes, with no nanoparticles and no fragrances.



MYCHELLE

Daily Defense Cream

A light SPF 17, just for the face. Broad-spectrum, reef-safe, gluten-free and non-GMO, and applies invisibly.



TOPRICIN

After Burn Cream

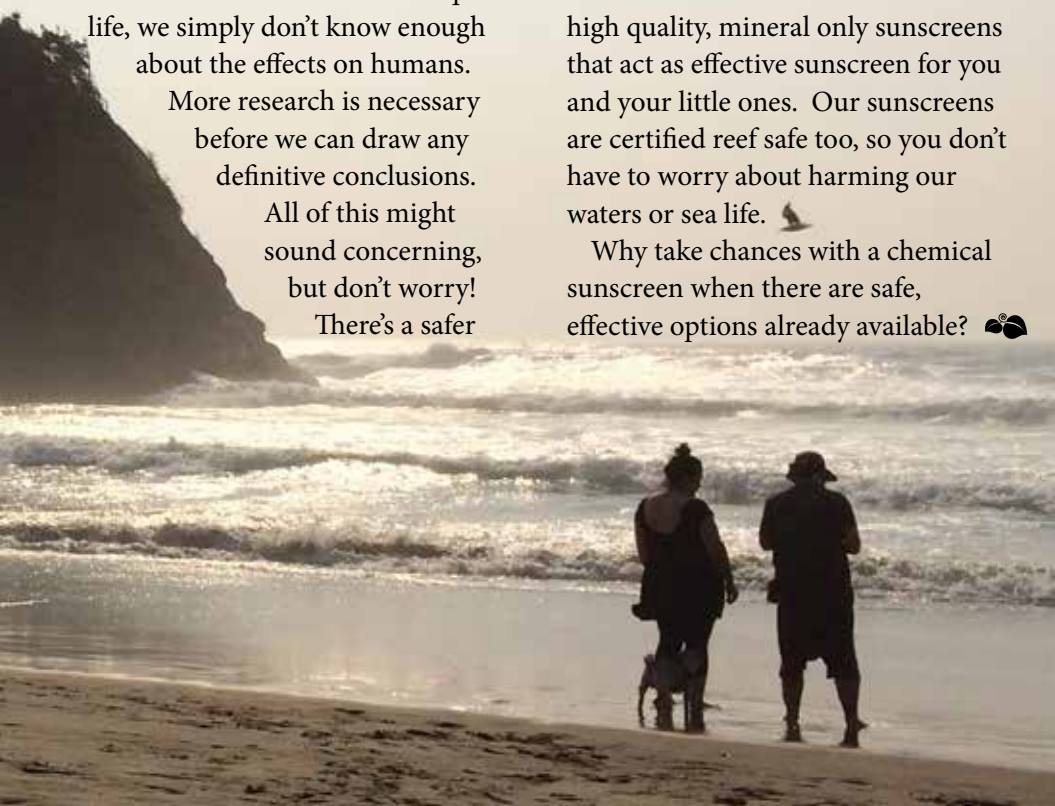
An odorless, soothing, and moisturizing homeopathic cream for nourishing post-burn skin. Also great for cooking burns, windburn, and chafed skin.



ALOE LIFE

Aloe Mist

Ultimate skin spray with added vitamins A, C, and E, and alpha lipoic acid, all critical for skin metabolism.



Spotlight On



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.



Grocery



WILDE BRAND • Chicken Chips

Made with 100% natural chicken breast, cassava, and coconut nectar, in Chicken & Waffle and Himalayan Pink Salt flavors. Great for Paleo snacking!



BAKEOLOGY • Cookie Bites

Quick, gluten-free treats, perfect for sharing and packed with lots of flavor. Chocolate Chip, Vanilla Chai, and Snickerdoodle flavors.



CHOSEN FOODS Black Garlic Mayo

Avocado-oil-based mayo with a robust, earthy flavor. Adds a gourmet touch to picnic sandwiches.

WHAT'S NEW?

Meat

LONELY LANE FARMS • Chorizo Verde

Packed with flavor: tomatillo, poblano chiles, cilantro, sea salt, and black pepper. Add to a morning scramble for a bright and satisfying breakfast!



Perishables & Freezer



BEYOND MEAT • Hot Italian Sausage

A great plant-based dog for grilling! Looks, sizzles, and satisfies like pork.



EARTHBOUND FARMS • Chopped Salad Kits

Greens, toppings, and dressing, all in one package. Perfect for summer picnics and lunch on the go!



ORGANIC GIRL • Salad Dressings

100% organic using whole fruits, veggies, herbs, spices and oils. Never heated and bottled cold to keep all the best, fresh flavors intact!



PETIT POT • Pot de Crème

Organic pots de crème – creamy custard treats – in sustainable packaging! In Vanilla, Dark Chocolate, and Lemon Curd flavors.



THREE TREES • Nut and Seedmilks

Four exciting and organic flavors, with no added sugar: Original Almondmilk, Unsweetened Vanilla Bean Almondmilk, Pistachio Nutmilk, and Black Sesame Seedmilk.

Bulk

PURE BLISS ORGANICS

Energy Bites

Flavor-packed and nutritious bites, great for adventures, on the go, or for energy throughout the day. Packed with freshly ground nut and seed butters, along with wholesome nuts, seeds and grains, added protein, hemp, and berries. Some varieties include vegan dark chocolate and Italian white chocolate. Sweetened with agave, brown rice syrup, evaporated cane syrup, and/or coconut sugar.

Granola

Granola for every situation. Avoiding sugar? Try **No Sugar Buzz**. Like It Sweet? Try **Naughty But Nice**. Need some extra protein? Pick **Cashew Butter**. Looking for something unique? Try **Carrot Cake**. All organic, all gluten free.



Beer & Wine

LE GOUT D'AUTREFOIS Blanc Limé

A throwback to 60's French bistro culture, this white Bordeaux blend with natural flavors is a unique and delightfully refreshing choice for summertime sipping. It offers a mélange of lightly sweet, grapefruit-led citrus flavors carried by a gentle, creamy, fizz texture. Enjoy on its own as a pre-dinner apéritif, or pair with seafood, salads, and fruit and ice cream desserts.



FLYING EMBERS Lemon Orchard Hard Kombucha

This refreshing, zesty, and lightly floral beverage is certified organic and fermented with adaptogen botanicals and live probiotics, with added lemon, mint, lavender, ashwagandha, astragalus, ginger, and turmeric.



WOLF TREE BREWING Pom El Hefe

Locally brewed in Seal Rock, Oregon, this summer seasonal release is a tart Hefeweizen brewed with pomegranate. It's the perfect beer for a sunny day on the river.



Wellness

BARLEAN'S Chocolate Mint Seriously Delicious CBD

The name says it all: this is seriously delicious! Barlean's is a family owned business that has been providing nutritional oils for 30 years. Their new Chocolate Mint Seriously Delicious CBD delivers 25 mg of hemp derived, full-spectrum CBD in each teaspoon. Not only does it taste great, Barlean's uses a patented process that yields superior absorption. With a taste and mouthfeel just like chocolate pudding, this might be the tastiest CBD supplement yet!



NOW Organic Astaxanthin

Support healthy sun exposure with astaxanthin from organically grown algae. Certain algae produce astaxanthin when exposed to intense sunlight in order to protect themselves against UV-related cell death. Taking 4 to 12 mg of astaxanthin per day allows us to benefit from their adaptation.



OREGON'S WILD HARVEST Organic Kelp

Long summer days can be full of activity. Help support your energy levels with natural iodine and other trace minerals from organic kelp.





SPOTLIGHT ON *Aurora Valley* **POULTRY FARMS**

Located just 35 miles from LifeSource, Aurora Valley Farms has raised organic chicken for the past ten years. They take great pride in providing the freshest possible free-range, organic chicken to the local community.

From hatch to harvest, Aurora Valley Farms' chickens stay in the northern Willamette Valley. Flocks are fed on 100% organic, vegetarian feed, carefully blended at their own mill. The birds grow at their own natural pace in a clean, spacious environment, with warm barns and easy access to pasture. The outdoor areas encourage natural behaviors through ample shade, areas to dust bathe, and perches.

When it's time to process, Aurora Valley Farms operates Oregon's only USDA-inspected poultry harvest facility, just minutes from their farms. The chickens are harvested quickly

and humanely, and immediately air-chilled to assure no added water and great natural flavor. All the chickens are cut and trimmed by hand, for superior results. The farm's unique vacuum packaging ensures quality and reduces waste.

Aurora Valley Farms ensures that employees have a clean, safe environment while working at their farms and facilities. They are just large enough to have fresh organic chicken available every week of the year. Employees work at a pace that values people and assures the high quality of the food they produce. Third-party auditors regularly audit Aurora Valley Farms to ensure good manufacturing practices, food safety, animal welfare, and their organic status.

Aurora Valley Farms is delighted to provide truly local chicken to the local community.



YOUR PURCHASE HELPS A FAMILY IN NEED

For the entire month of July, Aurora Valley Farms is partnering with LifeSource and our local food bank, Marion-Polk Food Share, to provide chicken to those experiencing hunger. For every five pounds of Aurora Valley Farms chicken sold at LifeSource in the month of July, Aurora Valley Farms is donating one pound of their local, organic chicken to Marion-Polk Food Share. Your purchase of Aurora Valley Farms organic chicken feeds your family, and another as well!



Oregon's Summer Bounty

By Tabetha McCrimmon

▲ Nottinghamshire Farms strawberries pictured with the LifeSource Deli's fresh baked shortcake



Elizabeth of Minto Island Growers ▲
Egor's Acres kale ▼



For me and the rest of the produce team, this time of year is like Christmas! We can't sleep at night knowing what lush, fresh presents will be coming for us from our local growers. We want to let you in on a few things coming in our summer stockings!

My first call of the season came from **Bethel Springs Farm** in Rickreall. Steven and Michelle lovingly grow a tasty red leaf Mascara lettuce and they had a case ready (happy dance!). We'll also expect to see their bright yellow and green zucchini next to their nutty Ronde de Nice summer squash. Keep an eye out for their cucumbers too: their Silver Slicer is one of the staples in my kitchen.

The next email I received was from Dave from **Egor's Acres** in Scio. He had a few varieties of kale ripe for the picking and was itching to get them on our shelves. I happily obliged. His carrots are legendary at LifeSource and

while last fall's season didn't produce the volume he was hoping for, it only fueled his fire to make this year's spring and summer season one you'll fondly recall to your children's children. Dave's nephew also grows the best little tomato I've ever had, called a Sungold. Mmm! Just thinking about that sweet thing popping in my mouth gives me flashbacks to the time I was first floored by them last year.

People who are in the know wait all year to see **Sally's** asparagus show up on our shelves. You can tell it's hers from the purple stalks evenly and methodically spread throughout the bunches. While that season is short and sweet, you can also catch some of her figs. I must warn you, however, that our team has heated opinions about which variety is the best. I'm a Brown Turkey fan. There, it's out. I will stand by and eat Sally's delicious Brown Turkey figs while a coworker tries to convince me another of her varieties

is better. When Sally's fresh basil arrives, it fills our receiving room with plans to drop everything and move to Italy.

Minto Island Growers will be providing us with the most beautiful purple kale you've ever seen! Everything about it is purple and it smells like roses. Trust me: Smell it! You may also spot some Japanese eggplant, blue lacinato and the juiciest red beets in town!

Persephone Farm is growing a red leaf lettuce called Merlot that is as red as the wine you can drink while eating a pesto pasta and salad inspired by our department. Look out for their cabbages too: My German Papap is proud of the sauerkraut I make from them.

Greg from **Sublime Farms** has brought us beautiful spring onions and radishes so far this year. He'll soon bring us varieties of potatoes you might not know by name but that you've definitely enjoyed before. We are also blessed with his hard neck garlic. I love it so much that I've planted it and am now carrying on a wonderful tradition and smell in my kitchen for years to come!

I'm sure you've read this whole article waiting to hear about who's providing our berries. Oregon is berry serious about our berries, and for good reason. I used to live in Florida, the strawberry capital of the East Coast, but **Nottinghamshire Farms** (formally Zorn Farm) has blown them out of the water. Their strawberries are a frequent staple of our department and our bellies. We also get local blueberries from **Berkey's Blueberries**. They label their flats with the name of the variety of blueberries those pints contain, a loving gesture that lets both you and our team pick our favorites.

As you can tell, in the produce department at LifeSource we're not just passionate about local produce, we're consumers of local produce. We buy local goods not just because we know you believe in local products, but because we believe in, trust, and eat local produce. We are fortunate to live in such a fruitful area and we love to share it with you. Ask us for a sample, buy local, and eat well! 🍓

Blueberry Nectarine Galette

- 2 nectarines, chopped
 - 1 ½ cups fresh blueberries
 - ½ Tbsp lemon zest
 - 1 Tbsp fresh lemon juice
 - ¼ cup organic cane sugar (or to taste, depending on sweetness of fruit)
 - 2 Tbsp cornstarch
 - 1 refrigerated pie crust
 - 1 egg plus 1 Tbsp water, beaten
 - Turbinado sugar, for garnish
1. Preheat oven to 400°F.
 2. In a bowl, mix together fruit, lemon juice, zest, sugar, and cornstarch.
 3. Unroll pie crust. Flatten with a rolling pin if necessary to remove any creases. Dough should be ⅛-inch thick, and 10-12 inches in diameter. Place crust on a piece of parchment paper on a large, rimmed baking sheet.
 4. Using a slotted spoon, pile fruit mixture onto the center of the pie crust, spreading out into an even layer, leaving a 2 or 3 inch border from the edge of the crust.
 5. Fold the edges of the dough over the fruit, pleating as you go, and pinching the folds gently to seal them. Place the galette on it's baking sheet in the freezer for 15 minutes to chill.
 6. Remove from the freezer. Brush galette with egg wash, and sprinkle with turbinado sugar.
 7. Bake on the center rack in the oven for 35 minutes, or until golden brown and filling is bubbly. Serve warm with vanilla ice cream. Enjoy!



Raspberry Peach Sangria

- ½ cup organic cane sugar
- ½ cup water
- 4 peaches
- 6 oz package raspberries
- 1 750 ml bottle Riesling
- 1 750 ml bottle sparkling wine (optional)

1. Chop one peach. Add to a small saucepan with water and sugar. Bring to a low boil over medium high heat, stirring and crushing peaches with the back of your spoon.
2. Reduce heat to medium and simmer until syrup has thickened slightly, about 12 minutes. Remove from heat and allow to cool.
3. Chop one peach, and slice remaining 2 peaches.
4. Add chopped peaches and a small handful of raspberries to a pitcher or large wide mouth mason jar. Muddle fruit.
5. Add sliced peaches, remaining raspberries, and Riesling. Sweeten to taste with peach syrup. Serve over ice and top with sparkling wine, if desired.



Vegan Tacos

By Lyric Johns · Customer Service | Photo by Tyrell Trimble

Tortillas

- **2 cups masa harina**
- **1 ¼ cups warm water**

1. Combine masa harina and water and mix until a cohesive dough has formed. Cover and let rest in refrigerator for 20 minutes.
2. After 20 minutes, remove the dough from the refrigerator and form into golf ball-sized balls.
3. Preheat a non-stick or well-seasoned pan on high heat.
4. Place one dough ball at a time between two pieces of parchment paper. Using the flat bottom of any medium sized pot or pan, press down hard on the dough ball until tortilla is the desired thickness.
5. Immediately place the tortilla into the hot pan, cooking for about 30 seconds, flipping about halfway through. Your tortillas should be fully cooked and easy to flip, with some nice dark spots.
6. Keep tortillas warm by wrapping in foil and placing in an oven on the lowest heat setting.

Cashew Cream

- **½ cup raw cashews**
- **½ cup warm water**
- **1 poblano pepper**
- **Salt to taste**

1. Soak cashews in warm water to soften them. You can soak the cashews overnight for an extra smooth cashew cream, but 20 minutes will do the trick!
2. Heat a pan on the stove over high heat. Place poblano pepper in the pan and let it sear, flipping every few minutes to let it blacken on all sides. Or blacken poblano directly over a grill or a gas burner. Once all sides are blackened, remove poblano from heat and immediately wrap it in foil. Leave it for 10 minutes. This creates steam that will make the skin easy to remove.
3. After 10 minutes remove the pepper from the foil and let it cool

slightly before carefully peeling off the blackened skin. Cut off the stem end of the pepper and remove the seeds.

4. Place prepared poblano pepper, cashews (including residual water), and a pinch of salt into a blender and blend until smooth and creamy.

Pico De Gallo

- **½ cup onion**
- **1 cup diced Roma tomato**
- **1 tbsp fresh garlic**
- **½ jalapeño pepper, deseeded**
- **½ tsp sea salt**
- **¼ cup cilantro**
- **1 lime**

1. Dice onion and tomatoes, finely chop deseeded jalapeño, garlic, and cilantro, combine in a bowl with the juice of one lime and ½ tsp sea salt.

The Filling

- **1 lb fresh oyster mushrooms**
- **1 Tbsp olive oil**
- **½ tsp chili powder**
- **½ tsp cumin**
- **a pinch of cayenne pepper**
- **1 tsp sea salt**
- **1 cup red cabbage**

1. In a large pan, heat olive oil on medium heat.
2. Chop oyster mushrooms into bite-sized pieces and add to hot pan. Add salt and let the mushrooms cook down, until soft and lightly brown.
3. Season with chili powder, cumin, and cayenne.
4. Chop red cabbage for garnish; set aside.

Put It All Together

1. To assemble, take a warm tortilla, spread one spoonful of cashew cream in the center, add some red cabbage for color and crunch, fill with a healthy portion of mushrooms, garnish with fresh pico de gallo, and enjoy!

Slow Cooker Pulled Pork

By Tiara Good · Marketing

- **1 ½ pound to 2 pounds pork shoulder**
- **2 to 3 Tbsp avocado oil**
- **2 Tbsp smoked sea salt**
- **1 Tbsp smoked paprika**
- **2 tsp pepper**
- **1 tsp garlic salt**
- **2 cups red ale (may substitute chicken stock)**
- **1 sweet onion, roughly chopped**
- **3 cloves garlic, roughly chopped**
- **Your favorite BBQ sauce**

1. Trim the pork shoulder of excess fat. Season the pork shoulder generously on all sides with the salts, paprika, and pepper.
2. Sear the pork shoulder in the avocado oil over medium-high heat on the stove.
3. Once seared, place in the slow cooker. Set the slow cooker to cook on low for 8 hours. Put the remaining ingredients in the slow cooker. Add as much as ½ cup of your favorite BBQ sauce, or you may omit this if you are serving over brown rice instead.
4. After 8 hours, remove the pork and shred it. Serve on buns with additional BBQ sauce or serve over prepared brown rice with soy sauce.

Pair With

The sandwich version of the recipe pairs nicely with a hoppy IPA. I recommend Block 15 Brewing's *Sticky Hands IPA*



Grilled Steak with Smoky Blue Cheese Sauce, Smashed Potatoes and Pan Roasted Brussels Sprouts

By Tiara Good · Marketing

- **2 bone-in rib eye steaks (about 4-5 ounces each)**
- **Smoked sea salt and freshly ground pepper**
- **Avocado oil spray**
- **2 sticks softened butter, salted**
- **1 medium onion, diced**
- **2 cloves garlic, diced**
- **1 cup 2% milk or, for more decadence, heavy cream**
- **¾ to 1 cup smoky blue cheese, such as Rogue Creamery's Smokey Blue**
- **2 pounds of Yukon and red potatoes, cubed**
- **1 cup low-sodium chicken broth**
- **¼ cup sour cream**
- **2 Tbsp cream cheese**

Slow Cooker Smashed Potatoes

Wash and cube red and Yukon gold potatoes. Place in the slow cooker. Add 1 cup low sodium chicken broth. Place lid on slow cooker and cook on high for 4.5 hours. Once potatoes are fork tender, ladle out any excess liquid and turn slow cooker down to warm setting. Rough mash the potatoes, using a non-metallic masher. Add a few tablespoons of butter, ¼ cup of sour cream, 2 tablespoons of cream cheese, and salt and pepper to taste. Stir just to combine.

Rib Eye Steaks

Let the rib eye steaks rest and reach room temperature for about 45 minutes. Spray the steaks with avocado oil. Then, salt and pepper each side generously. They are now ready for the grill. Preheat grill to 400 degrees and sear 4-5 minutes per side.* Cook the steaks on the grill once the potatoes are on warm and shortly after you have started to steam the Brussels sprouts. If you have the ability to smoke the steaks, smoke them for 45 minutes before searing

them on the grill. Remove from grill and allow to rest for about 10 minutes.

Pan Roasted Brussels Sprouts

Wash, stem, and halve the Brussels sprouts. Spray pan with avocado oil and add 1 tablespoon butter. Melt butter over medium-high heat. Add the Brussels sprouts, cut side down, and cook until lightly golden brown, about 5-7 minutes. Add a ¼ cup of warm water over the Brussels sprouts, place lid atop the pan, and allow the Brussels sprouts to steam and continue to cook. Once most of the liquid has evaporated, remove the lid, and flip the Brussels sprouts. Season with smoked sea salt and freshly ground pepper. Ensure both sides are lightly browned.

Smoky Blue Onion Sauce

Dice onion and garlic. Melt stick of butter in large pan over medium-high heat. Sauté onions and garlic until golden brown. Pour in milk, add a dash of salt and pepper, and let bubble. Turn heat down to medium. Add the smoky blue cheese and allow to melt, stirring frequently. Add more salt and pepper to taste. Pour sauce over your steak and smashed potatoes.

Pair With

Pair with a well-bodied Cabernet (such as Christopher Michael Cabernet Sauvignon) or merlot (Badger Mountain Organic Merlot) to compliment the red meat and smoky notes from the sea salt and cheese, and to bring out the earthiness of the blue cheese. Cheers!

**Note on steak temperature: I grilled mine to medium rare, with an internal temperature of 130°. Grill for more time on each side to increase temperature to medium (I do not recommend cooking past medium for grilled rib eye).*



Beer

Crisp & easy-drinking lager and ale styles are ideal choices to go with the warm, sunny days and evenings of prolonged twilight. Campfires and feet in the river are also known to be excellent accompaniments!



TRY THESE

Deluxe Brewing · Resurrection Pilsner
Xicha Brewing · Clásica Amber Lager
Golden Valley Brewing · Beaverton Blonde
Ordnance Brewing · Kölsch
Fremont · Summertime Ale

PAIR WITH

Grilled corn salad with honey and lime
Kim chi slaw
German potato salad
Carnitas tacos
Grilled maple BBQ chicken

SUMMERTIME SIPPING

By Liam Stary · Beer & Wine

Cider

From dry & funky to round & slightly sweet, ciders offer that sought-after light and crisp character along with additional flavor notes that pair dynamically with a host of summertime dishes.



TRY THESE

2 Towns Ciderhouse · Pacific Pineapple
Wildcraft Cider Works · Farmhouse
Wandering Aengus · Oaked Dry Cider

PAIR WITH

Mango salsa and chips
Toasted farro salad with watermelon and peaches
Herb and olive grilled halibut

White Wine

When considering wine for summertime, White and Rosé wines are often the first to come to mind—and for good reason. Dry, subtle fruit notes on top of lean, mouthwatering acidity are the stuff of dreams when paired with a warm breeze enjoyed whilst lounging in the shade.



TRY THESE

Territorial Vineyards, Equinox Vineyard Riesling
VINI, Sauvignon Blanc
Bonterra, Chardonnay
Bryn Mawr Vineyards, Rosé of Pinot Noir

PAIR WITH

Watermelon salad with, mint and feta cheese
Curried garbanzo bean salad
Cedar plank grilled salmon
Italian sausage pasta primavera



Red Wine

Medium to light bodied Reds offer year-round pairing opportunities, but there is something about outdoor grilling and patio dining that makes a good glass of Red really soar!



TRY THESE

Flaco · Tempranillo
Frey Vineyards · Sangiovese
Nada · Langhe Nebbiolo
Willamette Valley Vineyards · Whole Cluster Pinot Noir
Proceso · Barbera

PAIR WITH

Caprese salad with toasted baguette
Goat cheese, prosciutto and arugula pizza
Balsamic roasted portobello mushrooms with blue cheese
Rosemary grilled lamb chops with garlic



STAFF FAVORITES

By Waylan Barber · Custodian

Debra is one of our beloved, energetic wellness clerks.



She always has a smile and a love for connecting with people over shared passions. One of her passions is astronomy and the scientific exploration for extraterrestrial life. A longtime supporter of SETI, she enjoys gazing at the stars, and celestial events through her telescope as well as keeping up on current research and astronomical discoveries. Additionally, she enjoys

reading both fiction and nonfiction and frequently has a book in tow. It is not uncommon to find her enjoying a bowl of soup from our deli while engrossed in a hardback book.



Kenadee is one of our vibrant, joyous cashiers; she is always ready with a smile to brighten someone's day. She loves to go thrift shopping and finds satisfaction in finding awesome clothes at great prices. Kenadee's favorite food is potatoes, in any form. When she's working, she always stops by the deli to get

some roasted or mashed potatoes. While she enjoys many things, nothing brings more joy to Kenadee's heart than spending time with her beloved Dachshund, Herbert. Together they snack on carrots, cuddle, and go on walks to soak up the rare Oregon sunshine.



Lola the calico cat lives with our grocery clerk, Grant. She thinks she has the mind of a mountain lion, but really, she just has an overactive imagination. When she isn't modeling, she enjoys music and catch and release hunting. Her favorite hunting style is that of an

inept assassin. If her prey escapes, she simply pounces on her human; he never gets away. While she plays all sorts of fun games with Grant, Lola dreams of one day being able to play music with him. In her daydreams, she channels the spirit of Lemmy Kilmister and transcends space-time through her heavy metal bass riffs.

LIFESOURCE DELI · Greens and Beans Soup

Debra's favorite soup in the deli rotation is the Greens and Beans Soup. She appreciates the delicate interplay between the aromatic herbs and the combination of kale, bell peppers, and mushrooms. Navy beans give the soup heartiness without interfering with the other more subtle flavors. The gluten-free tamari brings all the flavors together for a soup that is perfect any time of day. Debra often buys some and saves it for later in the day because it is so popular.



ANNIE'S HOMEGROWN Honey Graham Crackers

One of Debra's favorite snacks as a child was the classic graham cracker. For a special treat, vanilla cake frosting was spread on the heavenly rectangles. She never grew out of her love of graham crackers and now as an adult, she enjoys Annie's Organic Bunny Grahams. Reminiscent of the classic graham cracker taste, with a little extra love. These tasty snacks are perfect for on the go snacking whether you are 9 or perpetually 39.



TASTE OF THE WILD

Canyon River Blend

After a long day of daydreaming or an eventful night hunt, it is important to feed one's inner mountain lion.



Lola's favorite meal includes a hearty serving of Taste of the Wild's Canyon River blend. She is a big fan of fish of all kinds, so she loves that the first ingredient is trout. The fact that it is a grain-free food really helps her connect to her ancient carnivore DNA. While the ingredients and flavors are important to her, Lola really loves the picture of the majestic cougar at the

edge of a rushing river. Sometimes after dinner she stares at the picture until she is transported into the scene, getting her own taste of the wild.

BULK DEPARTMENT

Honey Caramel Chews

One of Kenadee's current candy obsessions is the Honey Caramel Chews found in our extensive bulk department. Unlike other caramel candies, the Honey Caramel Chews don't stick to your teeth. In fact, they melt in the mouth, with just the subtlest honey flavor complimenting the caramel. Kenadee loves grabbing a couple for a midday sweet treat.



BARBARA'S

Jalapeño Cheese Puffs

When it comes to savory snacks, Kenadee's go-to is

Barbara's Jalapeño Cheese Puffs. These crunchy snacks are made with aged cheddar and blue cheese for a complex, super cheesy flavor. While they are made with real jalapeños, the spiciness is subtle, offering straightforward pepper flavor with a hint of heat at the back of the mouth. As a bonus, Barbara's Cheese Puffs are also gluten-free.



COOL LIME PIE

By Tiara Good · Marketing

Crust:

- 15 whole graham crackers, crushed
- 8 Tbsp salted butter, melted
- 1/3 cup sugar

Filling:

- 1 can (14 ounces) sweetened, condensed milk
- 2 Tbsp lime zest
- 1/2 cup lime juice, fresh squeezed (about 8 limes)
- 2 large egg yolks, try duck eggs for an extra creamy texture

Whipped Cream Topping:

- 1 cup heavy cream
- 1 Tbsp powdered sugar
- 1 tsp pure vanilla extract

For the crust: Crush the graham crackers in a blender or food processor and pour into a bowl. Stir in the sugar and then the melted butter. Press the mixture into an 8-inch pie pan. Bake at 350° for 5 minutes. Set the crust aside and allow to cool completely.

For the filling: Mix the condensed milk, lime zest, lime juice, and egg yolks in the bowl of a mixer. Set on high and mix until smooth and thickened.

Pour the lime mixture into the crust and bake for 15 minutes at 350 degrees. Allow the pie to cool, then chill in the fridge for at least one hour.

For the whipped cream: In a stand mixer or with a hand-held electric mixer, beat the heavy cream on high until it starts to thicken. Add sugar and vanilla. Continue to beat on high until it is firm. Cover and store in fridge until ready to use or prepare right before serving the cool lime pie.

After an hour in the fridge (or longer if you have more self-control than I do), slice generous portions, add a hearty dollop of whipped cream, and enjoy!

Pair your pie with a robust stout that contains hints of lactose and sweetness. I highly recommend North Coast's Old Rasputin imperial stout. Cheers!



Spotlight on CV SCIENCES



At CV Sciences, we are pioneering the future of hemp.

We've provided high-quality CBD products since 2012, and our #1 selling PlusCBD Oil™ (according to SPINS®) is available in over 3,300 stores across the nation as more health food stores join the CBD Evolution™.

CV Sciences is proud to be a member of essential trade organizations working on the safe use and responsible commerce of products derived from agricultural hemp. We take great responsibility in setting an industry standard for the manufacture, sale, and distribution of quality hemp products. As advocates for positive hemp public policy and regulation, the time of establishing hemp as a true agricultural commodity is here!

Through the innovative and responsible application of science and education—and the offering of safe and effective CBD products—we will enhance the prosperity and well-being of our communities.



In the LifeSource Hot Seat

NIC TWOROG

By Jeremy Scott · Grocery

Nic Tworog has been a crucial part of the LifeSource produce department for over five years, but his love for quality food goes back much further than that. Nic spent much of his career in the grocery world, starting at Shop' N Kart in Ashland and later at a co-op in Coos Bay before finding his way to Salem, and becoming a part of the LifeSource family. Before Nic started slinging produce he spent 2 years in the National Guard in Egypt and Saudi Arabia, where he explored diverse cultures, learned about their customs, and enjoyed their exquisite cuisines.

Nic is a lifelong Oregonian, growing up in Klamath Falls and spending most of his youth in southern Oregon before following his family to the Salem area. He has been married for 13 years. Nic's two dogs are Uisce (pronounced whiskey) and Eve. Although Nic loves being an Oregonian, after recently vacationing in Hawaii, he says his home state might be changing.

To get to know Nic a little better, I put him in the LifeSource hot seat and asked him 20 questions. Here are his answers.



What would you name the autobiography of your life?

Food, Fun, Friends, and Travel.

If you could learn to do anything, what would it be?

I would love to learn to scuba dive and to weld.

If you won the lottery, what is the first thing you would do?

I would pay off my bills and then donate a large portion.

When you have 30 minutes of free time, how do you pass the time?

Listen to music.

If you could be any fictional character, who would you choose?

John Carter of Mars, from the Barsoom series by Edgar Rice Burroughs.

What was the last experience that made you a stronger person?

My dad passing away.

What is your favorite activity outside of work?

Food! Oh, and also record collecting.

What chore do you absolutely hate doing?

Mowing the lawn.

If you could meet anyone living or dead, who would it be?

I would love to meet my ancestors, like my seven-times great grandparents to find out more about my family and where I came from.

Ten years ago, who did you think you would be now?

Oh man... honestly, I had no idea.

What is the most important trend you see today?

People waking up to the political situation.

What would you do for a career if you weren't doing this?

Metal and wood working.

What is your favorite thing about working at LifeSource?

Product knowledge of our all organic produce department. I really like being able to inform our customers with accurate information about what they are eating.

What three traits define you?

Strong moral compass, organized, and empathetic.

What one thing could you not live

without?

My wife. There are a lot of things I could live without, but my wife is not one of them.

If you were on a deserted island and could only take one album with you, what would it be?

Combat Rock by The Clash. It's a really solid album!

Where is the best place you have ever traveled to and why?

Right now, it's definitely Hawaii. It's absolutely gorgeous.

What are 3 words you'd use to describe LifeSource?

Local, healthy, and friendly.

What is the first concert you attended?

A Portland punk band called Detestation.

If you had to eat one meal, every day for the rest of your life, what would it be?

Bulgogi (a Korean dish meaning "fire meat"). 🥬



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LifeSourceNaturalFoods.com

Open 8am-9pm

BASIL VINAIGRETTE

- 1 cup fresh basil leaves, packed (approx 1 bunch Sally's basil)
- 3 cloves garlic, minced
- 1 small shallot, minced
- 2 tsp fresh lime juice
- ¼ cup white balsamic vinegar
- ¼ cup extra virgin olive oil
- ½ tsp salt
- 1 tsp pepper

Add all ingredients to a blender or food processor. Blend until smooth. Serve with fresh tomatoes, on pasta salad, or as a marinade for chicken or fish. Enjoy!

