

LifeSource
natural foods

news in natural

WINTER 2019 • FREE



Get Outside • Warming Winter Comfort Foods • Sweet and Sunny Citrus • Lab Grown Meat

Turn to page 14 for Waylan's Baked Mac and Cheese recipe.



We're past the darkest time of year, a natural time for new beginnings as the sun turns the corner toward brighter days. As we think about how to be healthier in the New Year, Michelle's article on the benefits of stomach acid and Chris's about Bone Broth are well timed. A cup of warm bone broth is one of my favorite winter drinks. So satisfying!

For me it's also a natural time to stay snug by the fire so I really appreciate Tabetha's encouragement to get outdoors, even at this time of year! The Salem Area Trail Alliance also invites us to get out and enjoy this amazing valley we live in.

Waylan's homemade Mac and Cheese appeals to the foodie in all of us. And last but not least—citrus! It seems perfect to me that these bright, summer colored, balls of deliciousness are ripe and perfect in the middle of winter. They are food for the body and spirit!

Enjoy!

Kathy

Kathy Biskey · 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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Winter 2019



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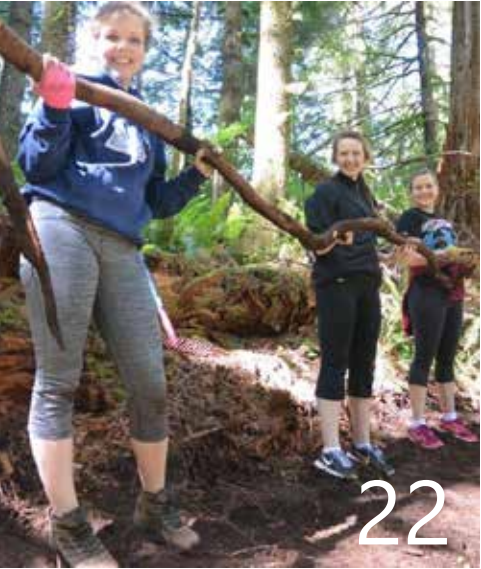
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Why do so many people experience heartburn, reflux, ulcers, poor digestion and poor nutrient absorption? The answer may surprise you!

Why Stomach Acid is Good for Us

By Michelle Achée, NPT · Wellness

Ask the average person (including the average doctor) what causes heartburn and they'll answer "too much acid" aka "hyperchlorhydria." However, too much acid is far less common than having too little acid. It's actually quite rare. So then, why do so many people experience heartburn, reflux, ulcers, poor digestion and poor nutrient absorption?

The answer is surprising: Too little stomach acid.

The reasons for low stomach acid are numerous, ranging from stress to aging to poor diet, food sensitivities, eating too quickly, overuse of antacids and proton pump inhibitors (PPIs), and the "I've got to alkalize my body" craze. We have been conditioned to view stomach acid as the enemy, so we go to great lengths to suppress it even further, without understanding the damage we

do to ourselves when we do so. Let's take a look at some basics.

Why is stomach acid necessary?

What is its function? Stomach acid does several things. It breaks down proteins, kills pathogenic bacteria and other microbes that might be lurking in our food, triggers the release of other digestive enzymes from the liver, gallbladder and pancreas, and it breaks down vital minerals like calcium and iron so that they can be absorbed rather than excreted. It's also responsible for ensuring that the Lower Esophageal Sphincter (LES,) which is the door that leads from the esophagus to the stomach, stays closed so that acid and food do not come back up the esophagus.

The optimal pH of the stomach is between 1.5 to 3 on the pH scale. Zero

is the most acidic and 14 is the most alkaline. Battery acid is at 1 on the pH scale. Lemon juice around 2.5, and vinegar around 3. So, we want our stomach acid to resemble something like pure lemon juice or apple cider vinegar. That's pretty acidic.

What happens when we don't have enough acid?

First, the LES doesn't get the signal to close. Without enough acid, the door at the top of your stomach stays wide open. When you eat, the food doesn't break down. It just sits there, rotting and fermenting, until gravity eventually takes over. Meanwhile, gas is being produced which pushes the food, and whatever little acid is present, up into the esophagus, leading to heartburn and, in extreme cases, GERD (GastroEsophageal Reflux Disease.)

Second, the stomach, liver, gallbladder, and pancreas don't receive the signal to do their jobs properly. Acid tells the stomach to convert inactive pepsinogen into active pepsin so that it can break down proteins into absorbable bits before they enter the small intestine.

Acid tells the liver and gallbladder to release bile which is needed to emulsify (break down into small particles) fats so they can be digested properly. Lipase, which is the enzyme that digests fat, is produced in the pancreas, but it won't be secreted properly without the acid trigger. The pancreas also needs the acid trigger to produce other protein digesting enzymes to enable nutrient absorption, as well as creating sodium bicarbonate to neutralize the acidified proteins in the stomach known as chyme before it goes into the small intestine. Without that sodium bicarbonate, the chyme will burn the small intestine.

Third, undigested proteins will go into the small intestine where they cannot be further broken down or their nutrients absorbed. This causes intestinal distress, inflammation, dysbiosis, and eventually, "leaky gut" which means you're not getting the nutrients you need, but are susceptible to having those undigested proteins, as well as bacteria, leak into your bloodstream causing histamine and immune responses against the foreign invaders.

At the extreme end of this dysfunction is the potential development of an autoimmune response where your body starts attacking random proteins in your body (like your joints, thyroid, or other organs,) rather than just the foreign invaders.

Lastly, without sufficient acid you cannot cleave minerals into smaller, more absorbable particles. They won't be in useable bits, so your body just excretes them. This is one of the primary reasons why people who take antacids or PPIs (proton pump inhibitors) long term end up with mineral deficiencies, muscle cramps, anemia, and osteoporosis. They're simply not getting the minerals they need from food or supplements because their body doesn't have what it needs to make them bioavailable.

So, how can we optimize proper stomach pH to improve our digestion while lowering incidents of heartburn and acid reflux?

How can we improve our digestion?

One of the best places to start sounds a lot like advice you'd get from grandma: Slow down. Don't eat on the run. Don't eat while stressed or distracted. Sit down and focus on eating. Chew, chew, chew your food properly. Put your fork down between bites. Consume nutritious foods and avoid sugar, sodas and other junk.

Some people find that priming the digestion prior to meals is very helpful in activating the enzymes needed. You can do

Digestive Support

1. Prime your digestion and activate enzymes by taking digestive bitters prior to meals.



2. Broad spectrum enzyme blends and hydrochloric acid supplements taken with meals can help break down your food more completely.



3. Protect the lining of your esophagus and stomach with soothing, coating herbs.

BLUEBERRY GINGER VINEGAR SHRUB

Ingredients

- 1½ cups fresh or frozen organic blueberries
- ½ cup water
- ½ cup raw apple cider vinegar
- ⅓ cup raw honey
- ½ Tbsp fresh grated organic ginger

Directions

1. Put all ingredients into a blender and blend until liquefied.
2. Pour into a glass jar, seal and place in fridge for 1-2 days before serving. Over time the vinegar flavor will lessen.
3. Serve about 2 tablespoons in a glass of sparkling water, or to taste. Try drinking before meals as a digestive primer.



this by using digestive bitters or drinking a bit of lemon water or apple cider vinegar in water. Acidifying the stomach just prior to eating or taking mineral supplements will increase your ability to digest properly. Some people find that taking their iron or calcium supplement with orange juice helps them to better absorb the minerals.

Digestive enzymes that contain HCl (hydrochloric acid) are very helpful. For people who are very sensitive, or who have a weak LES, taking DGL (deglycyrrhizinated licorice) to protect the mucosal lining of the stomach and esophagus is helpful. It's especially useful for people who are titrating off of PPIs.

A word about proton pump inhibitors (Prilosec, Prevacid, Protonix): Proton pumps don't just exist in the stomach. They exist in almost every cell in the body. Taking a PPI to reduce stomach acid doesn't just affect digestion. It affects ALL proton pumps throughout the body, including those responsible for cellular energy, by interfering with ATP production and storage, reducing nitric oxide production which is necessary for proper blood vessel dilation, interfering with brain cells' ability to communicate with each other, as well as a risk of an increased buildup of amyloid plaque which raises Alzheimer's risk. Stopping PPIs suddenly will cause a painful and discouraging rebound effect, and it should not be attempted without communicating your intention with your doctor and working with them to formulate a plan to do so safely.

Several other herbs are beneficial demulcents, which protect the mucosal lining of the esophagus, stomach and gut, allowing them to heal. These include marshmallow root, slippery elm, aloe vera and mastic gum. Mastic gum, especially when used with zinc l-carnosine, encourages healing of the mucosal lining of the stomach and gut, as well as possibly inhibiting the ulcer causing bacteria H. Pylori and healing damage it causes. Raw cabbage juice contains nutrients which have been shown to heal ulcers in both the stomach and the gut.

These supplements and nutrients can be incorporated into an overall plan to optimize stomach acid, protein digestion and nutrient absorption, while minimizing discomfort.

For more in depth info, with citations to detailed studies, I highly recommend the book *Why Stomach Acid Is Good For You: Natural Relief from Heartburn, Indigestion, Reflux and GERD* by Jonathan V. Wright, MD and Lane Lenard, PhD.

Happy reading and happy eating! 🌿

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



Located in Southern Oregon, Herb Pharm™ is a grower and producer of certified organic medicinal herbs and herbal healthcare products. Herb Pharm has been making herbal products since 1979, using medicine-making methods set forth and perfected by herbalists over millennia. Herb Pharm's liquid herbal extracts are # 1 in the U.S.

Herb Pharm started with a few scrappy idealists who believed they could cultivate health from the land without robbing it and future generations along with it. Herb Pharm only uses herbs that are grown on its own organic farms or that are sourced from other growers and wildcrafters who share Herb Pharm's commitment to environmental stewardship and social responsibility. All herbs must meet exacting standards for authenticity, purity and potency, which are ensured through rigorous on-site and third-party testing programs.

By using the latest technology and proven extraction methods in tandem with ancient healing traditions, Herb Pharm provides a natural path to health. From herbs for immune system support to herbs for energy and vitality, with Herb Pharm's diverse line of herbal healthcare products, you are sure to find an herbal product to help you meet your health goals.

BEEF BONE BROTH

We Used

- 4 lbs grassfed beef bones. We used marrow and neck bones.
- 3 stalks celery
- 2 carrots
- 1 medium onion
- 1 medium leek
- 1 small head garlic
- 5 sprigs fresh thyme
- 5 sprigs fresh parsley
- 3 bay leaves
- 1 tsp black peppercorns
- 2 Tbsp apple cider vinegar

Directions

1. Blanch marrow bones to remove any impurities: cover with water, bring to a boil, and reduce heat to medium high. Simmer for 20 minutes, drain.
2. Roast marrow bones on a parchment lined baking sheet in a preheated 450°F oven for about 40 minutes, or until dark brown. Neck bones take about 20 minutes. Take care not to burn the bones, but you'll want them very well done.
3. While bones are roasting, wash your veggies. Feel free to leave the skins on, but slice the ends off the onion and leek. Quarter the celery, carrots, onion, and leek. Cut the head of garlic in half crosswise. We used all organic veggies.
4. Add bones, veggies, herbs and seasonings to a large stock or crock pot— at least 6 quarts, but 10 quarts is ideal. Add cold water until ingredients are just covered.
5. Bring to a boil, and reduce heat to a low simmer for at least 12 hours. Beef bones can simmer for up to 48. Add a little water now and then to keep bones covered.
6. Remove from heat and allow to cool slightly. Strain out solids using a colander or mesh strainer, and cool to room temperature. Refrigerate. Skim fat off of cooled broth, if desired.

Bone broth can be refrigerated for 3 to 4 days, or frozen up to 3 months.

BONE BROTH

A NUTRITIONAL POWERHOUSE

By Chris Bair · Produce

If you think bone broth is just soup, you couldn't be more wrong. Soup has never been so good for you since the rediscovery of this miracle broth! Bone broth is actually one of the oldest meals we have on record, dating back to the stone age. Yet somewhere along the way many cultures lost touch with the health benefits of simple bone soup. Not everyone is aware of what bone broth can really contribute to their diet. This amazing food is packed with valuable nutrients that the human body needs.

To make proper bone broth you simmer the bones of your animal of choice—beef or chicken are common—for an extended period time. Simmer for at least six hours, but typically 24-48 hours to extract all of the valuable nutrients. As the bone broth simmers, collagen leaches out of the bones and into the broth, becoming readily absorbable. For those times when you don't have time to make your own, LifeSource has a wide variety of well made and tasty bone broths in the cooler, the freezer or on the shelf.

Collagen is one of the many nutrients found in bone broth and is also the main structural protein found within the human body. Collagen helps to form connective tissue and “seal” the protective lining of the gastrointestinal tract. It is also the jelly like structure that covers and holds our bones together. Collagen forms elastic compounds within the skin as well.

The readily absorbable collagen

in bone broth supports a healthy lining in your gut, returning your digestion to a state where it can absorb nutrients properly. Recent studies show that bone broth can help those who suffer from a leaky gut. Leaky gut is when you have permeability within your digestive tract that allows partially undigested food, yeast, viruses, bacteria, and other unwanted toxins to enter your bloodstream. This is one of the reasons why bone broth is a main component in the GAPS diet. The GAPS diet is often used to support children with Autism, and other disorders linked to gut dysfunction.

Another valuable component of bone broth is protein gelatin. This provides us with the necessary building blocks to form and maintain strong bones. With so many valuable nutritional components in it, bone broth helps to protect joints, support gut health, maintain healthy skin, support immune system function, boost detoxification, aid metabolism, promote anabolism, and much more too.

As you can see there are many reasons to consume bone broth everyday as a very healthy and delicious super food. The best part is that you can increase the nutrient punch of this already nutrient rich food by adding in vegetables, spices and roots. After hearing the science behind bone broth, it probably makes you wonder why anyone would not want to participate in making and drinking this magical, healing food. 🌿

No Time to Make Bone Broth?

Get all the benefits from these pre-made options!



Bone broth for pets too!



GET OUTSIDE

By Tabetha McCrimmon · Produce

Living in Florida for the past decade has completely ruined my ability to withstand freezing temperatures. If I'm being honest with you—and myself—I'd say it ruined that ability to anything below 60 degrees. I decided my first winter in Oregon, I would meet this challenge head on. Here are some exhilarating, awe-inspiring and just plain silly ideas I had to distract myself from the winter blues. Hopefully these tips allow you to try something different this flurry, foggy season.

I'll start with an extreme. Snow camping. It's just plain ol' camping but with more campfires. You have to

Here are some exhilarating, awe-inspiring and just plain silly ideas to distract you from the winter blues.

remember multiple pairs of clothing, even if you're only camping for a night. Wear wool or fabric specifically designed for the snow. You'll also have to remember to bring a warming liquid, I recommend whiskey. There are many places in Oregon to disperse camp, that is according to the USDA, camping anywhere in the National Forest outside of a designated campground. Dispersed camping means there are no toilets, no picnic tables, no trash cans, no treated water, and no fire grates. While this does mean you have to be more conscientious of your stay in the wilderness, it doesn't mean you can't enjoy the stillness of the forest as you meditate on the cracklings of the evening burning away.

If all that sounds good but you want more hygge (a mood of coziness and comfortable conviviality with feelings of wellness and contentment), yurt camping is much cozier and plentiful in Oregon. In 1993 Oregon became the

first state in the U.S. to include yurts as a camping option and according to Nation's Business, yurts are "the biggest money maker to hit Oregon State Parks since campgrounds were introduced." Most are in the \$40-\$60 range and are open year-round!

Winter is a great time of the year to head to the coast, where yurts are bountiful, with your warm sweaters and knitted hats. From December to March, Grey Whales migrate from their feeding grounds off Alaska to their nurseries off Mexico. There are volunteers all along the coast to help whale watchers spot their prizes but I've heard the best

spots are Depoe Bay and Ecola State Park. Enjoy a chilly day hike and finish with a warm thermos of something special while you watch these beautiful mammals play along our shores.

I'll end with the most extreme. A polar bear plunge into a cold body of water! I rang in my New Year at Cape Lookout State Park. Camping the night before on the beach allowed my body to adjust to the cool breeze (gusts) of the Pacific. The next morning, I drank the hottest cup of Assam tea I could down and ran towards the crashing waves with gusto. Luckily, a raging fire was waiting for me and as I steamed, literally, into the new year. I wondered if I'd ever be warm again! My best tip for this is to warm your new, dry socks by your car heater before you take the plunge. This is my just-plain-silly idea, I realize, but if you're looking for a partner or pusher, I'll be there again next year! See you there! 🐻



Tabetha and Jason post polar bear plunge



Winter hike with Loki and Koya



Yurt in South Beach State Park

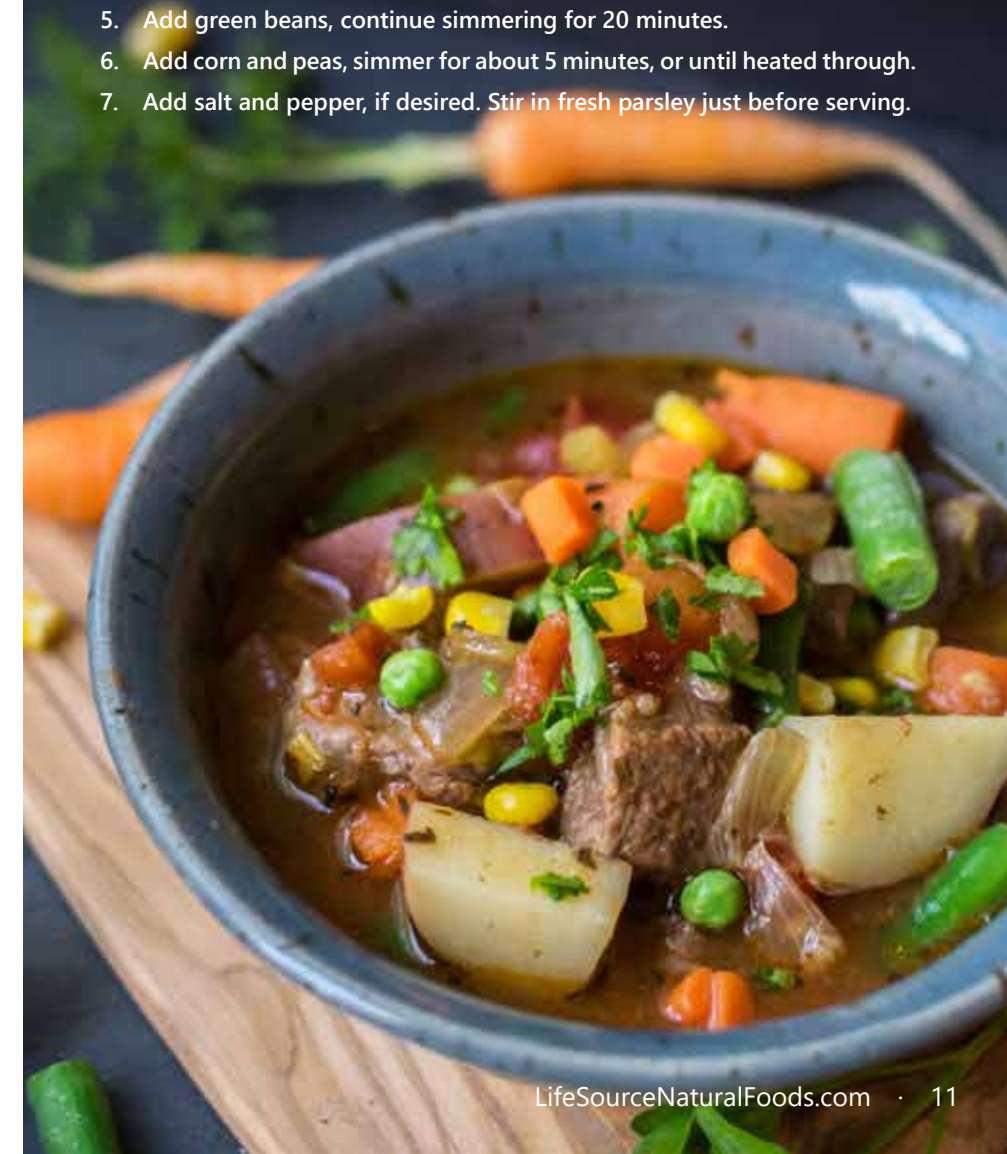
VEGETABLE BEEF BONE BROTH SOUP

Organic Ingredients

- 1 1/2-2 lbs grass fed stew meat
- 2 Tbsp olive oil, divided
- 1 large yellow onion
- 3 carrots, chopped
- 3 stalks celery, chopped
- 5 cloves garlic, minced
- 1 28oz can diced tomatoes
- 8 cups beef bone broth
- 2 sprigs rosemary, minced
- 3 sprigs thyme, minced
- 3 sprigs oregano, minced
- 1 lb red potatoes, chopped
- 2 cups green beans, chopped
- 1 cup fresh or frozen corn
- 1 cup fresh or frozen peas
- Salt and pepper, to taste
- 1/4 cup fresh parsley, chopped

Directions

1. Heat 1 Tbsp olive oil over medium-high heat. Cook the beef in batches, browning on all sides. Remove from pot.
2. Add remaining oil to pot, add onions, celery and carrots. Sauté about 3 minutes, add garlic and sauté an additional minute.
3. Add broth, tomatoes, beef, rosemary, thyme, and oregano. Bring to a boil, reduce heat and simmer, stirring occasionally, for 30 minutes.
4. Add potatoes, continue simmering for 20 minutes.
5. Add green beans, continue simmering for 20 minutes.
6. Add corn and peas, simmer for about 5 minutes, or until heated through.
7. Add salt and pepper, if desired. Stir in fresh parsley just before serving.



CITRUS

By Chris Bair · Produce

Citrus are so good at this time of year! They are refreshing, can be anywhere between sweet, sour or bitter, and—not to mention—they are packed full of Vitamin C! Citrus also have a lot more properties than you would think. For example, just one navel orange is also full of fiber, more than many bowls of whole grain cereal! Most citrus are a great source of potassium, vitamin A and vital antioxidants that neutralize free radicals.

There is no dispute that citrus is tasty and healthy, but where did they come from?

It is believed that all citrus came from 4 fruits. The Pomelo, True Mandarins, Citrons, and Micrantha. Pomeles and True Mandarins were crossed to make Sour Oranges, and that was then crossed with Pomeles to make sweet oranges, and those Sweet Oranges were hybridized with Pomelo yet again to reach Grapefruit. Micrantha and Citrons were bred to make

Mexican Limes. Mexican Limes and Lemons were crossed for our Persian Limes. Citrons were crossed with the Sour Orange to create Lemons. The Meyer lemon is a distinct cross between the Pomelo/Mandarin, and a Citron. Lemons and Sour Oranges were crossed to make the Bergamot Orange. Another good one to remember is that Tangerines are a type of Mandarin. Tangelos are a hybrid of the Tangerine and a Pomelo or Grapefruit!

Wow, that was a lot of history for one category of fruit. So what next, how do you choose which one to buy now that you know all this? Here is a list to help you choose the perfect citrus from this year. If you can't decide, do not be afraid to ask the Produce Team to get you a sample. We are more than happy to help you! 🍊



PERSIAN LIMES
This is the lime most used in the United States. For us it is just referred to as "Lime". This lime is large and sweet compared to its other lime-like cousins.



MEYER LEMONS
Similar to a lemon, although sweeter, with more juice, and less sour. Makes the best lemonade!



BLOOD ORANGE
Beautiful red flesh inside, with lovely strong aromatics, and a rich flavor reminiscent of fresh raspberries.



RIO STAR GRAPEFRUIT
These have a lighter skin than the Ruby Red. They have a light, floral aromatic flavor, with lots of juice.



RUBY RED GRAPEFRUIT
Rich, full bodied flavor, perfect balance of sweet and tart, what's there to complain about?



SHADDOCK POMELO
These are my favorite citrus. They taste like a passion fruit, and have a meaty, yet juicy inner flesh.



CHANDLER POMELO
This Pomelo is very sweet and floral, with pink flesh and a green to yellow rind. Remember that Pomeles are difficult to peel due to the thick pith, so it is best to cut horizontally in half, then scoop sections out with a spoon!



MELOGOLD POMELO
Similar to the Shaddock, although more juicy and floral tasting.



CARA CARA ORANGE
Here's a favorite, these pink fleshed oranges are not to be missed. Flavor is reminiscent of fresh fruit punch, perfect for those who do not like much tartness, because these are sweet!



PAGE TANGELO
Not the easiest to peel, but it makes up for it in flavor. Aside from the famed TDE, this is a produce team favorite. It takes the best from a satsuma and a minneola tangelo.



TDE MANDARIN
This is a type of Minneola Tangelo: a cross between the Tangor, Dancy, and Encore. Whoever thought of crossing these three is a genius, because the flavor and juice content is out of this world. Perfect balance of sweet and tart, with a hint of floral notes at the end.



ALGERIAN TANGERINE
Also known as a Clementine, this is a small, easy to peel, and generally very sweet orange mandarin hybrid. It has few, if any seeds, making it perfect for snacking on.



SATSUMA MANDARIN
Classic sweet and juicy mandarin flavor. Super easy to peel, and great for snacking on.



MINNEOLA TANGELO
Easy to peel, a little more tart and meaty when compared to a mandarin.



BUDDA'S HAND
Here's a citrus most don't know about. It has a very fragrant and floral aroma, reminding me of lemon drop candies. Of course these are great for candying, use the whole thing as you would zest, or use it for infusions.



KUMQUAT
A bitter orange, you eat the whole thing as you would a berry, and if you get them at the right time, they are absolutely delicious. Ask produce for a sample if you have never had one before!

WAYLAN'S BAKED MACARONI AND CHEESE

By Waylan Barber · Custodian

I remember sitting at my grandma's table on summer afternoons waiting for Sunday dinner: fresh-from-the-garden cucumber salad, ham or homemade meatloaf, boiled corn and—my favorite—homemade baked macaroni and cheese. The rest of the year, macaroni and cheese meant boxed noodles and powdered cheese, but in grandma's house such profane things were unheard of. When I first attempted to make this dish as an adult, naturally I called my grandma for her recipe. She kindly refused and told me to look it up. So, after experimenting with several recipes, I came up with my own version of this classic dish. My in-laws love it so much that I can't go to a family gathering without it.

Ingredients

- ½ lb macaroni or penne pasta
- 1 small yellow onion (or ½ large), diced
- 4 Tbs butter, divided
- 3 Tbs all-purpose flour
- 3 cups milk
- 12-16 oz sharp cheddar cheese, shredded
- 1 tsp salt (to taste)
- ½ tsp ground pepper (to taste)
- 1 Tbs yellow mustard
- 2 Tbs panko bread crumbs (optional)

Directions

1. Preheat oven to 350 degrees.
2. Cook the pasta about one minute less than the instructions on the package, to *al dente*. Drain and set aside.
3. Take half the butter and melt it in a thick-bottomed two-quart pot.
4. When the butter is melted, add the diced onion. Stir frequently over medium heat until the onion starts to caramelize, about 20 minutes. Don't rush it.
5. Once the onion is caramelized, add the rest of the butter.
6. Once melted, add the flour, stirring constantly, until the mixture is the consistency of cake batter.
7. Slowly add about a cup of milk, salt, pepper, and the mustard, stirring slowly.
8. Add a ½ cup of the milk and two generous handfuls of cheese. Keep stirring.
9. Once the cheese is melted into the milk, add the remaining milk and all but 3-4 oz of the cheese. Stir until just starting to bubble.
10. Taste and adjust salt and pepper.
11. Remove from heat and stir in pasta.
12. Place mixture in 7 x 11" casserole dish (9 x 9" also works) and sprinkle remaining cheese and breadcrumbs over the top.
13. Bake for 20-30 minutes, until the top is evenly browned. Let sit for 5 minutes before enjoying.



WHAT'S NEW?

ALMOND GLORY Cupcakes

Scrumptious single serve cupcakes made with almond meal and without gluten or soy.



Perishables



KITE HILL Dairy Free Ravioli

Dairy free raviolis made with Kite Hills award winning almond based ricotta!



THE HONEST STAND · Vegan Cheese Dips

Cheesy dip that tastes cheesy—but without the dairy! Use it as a sauce for a vegan cheesy pasta that is true to tradition and guilt free!



PRO BAR LIVE Live Probiotic Nutrition Bars

Probiotic nutrition bar with 10g plant-based protein and no added sugar.



SOUTH RIVER Miso

Organic artisanal miso, a high protein seasoning perfect for soups, marinades, dressings and dips.

Freezer



CAULIPOWER Pizza Crust

Pizza crust made with real cauliflower! Gluten free, high in protein, nutrient rich, and seriously delicious.



SO DELICIOUS Dairy Free Mousse

Creamy, fluffy, dairy free, and with only 330 or fewer calories per pint, you can go ahead and eat the whole thing. Try strawberry, peanut butter, or chocolate chip.

Grocery



EATING EVOLVED Primal Chocolate Bars

Delicious Chocolate bars made with minimal ingredients; Organic Coconut Sugar, Cacao Butter, and organic cacao. Chocolate made primal!



BOBO'S · Toast'r Pastries

A healthier toaster pastry made with gluten-free and non-gmo ingredients.

Deli

HOT SANDWICHES NOW AVAILABLE!

As part of the recent remodel and expansion of the Deli Kitchen, we are now offering several exciting, new hot sandwiches that are made to order at our Deli window.



Cubano

First up is our version of a Cubano. We take a ciabatta roll and pile on Beeler's seasoned pulled pork and sliced ham, melted swiss cheese, sliced pickles and finish it off with a spread of yellow mustard. It's a taste of Little Havana here in the Northwest.

Turkey Pesto

One of our staff favorites is the Turkey Pesto Sandwich. This hearty sandwich also comes on ciabatta bread and combines our house-made pesto with spinach, tomato, melted swiss cheese, and Diestel sliced turkey breast. A great warm treat for chilly winter days!

Tuna Melt

Of course, we have our own version of the classic tuna melt! Our tuna salad starts with responsibly caught and sustainably harvested Yellowfin

Tuna. We then mix in just the smallest amount of mayonnaise and a few other ingredients for the perfect flavor combination. The sandwich starts with toasted sourdough bread topped with our popular tuna salad, red onion, tomato and of course, melty cheddar cheese. Pair a sandwich with a cup of soup from our hot bar for a satisfying meal!

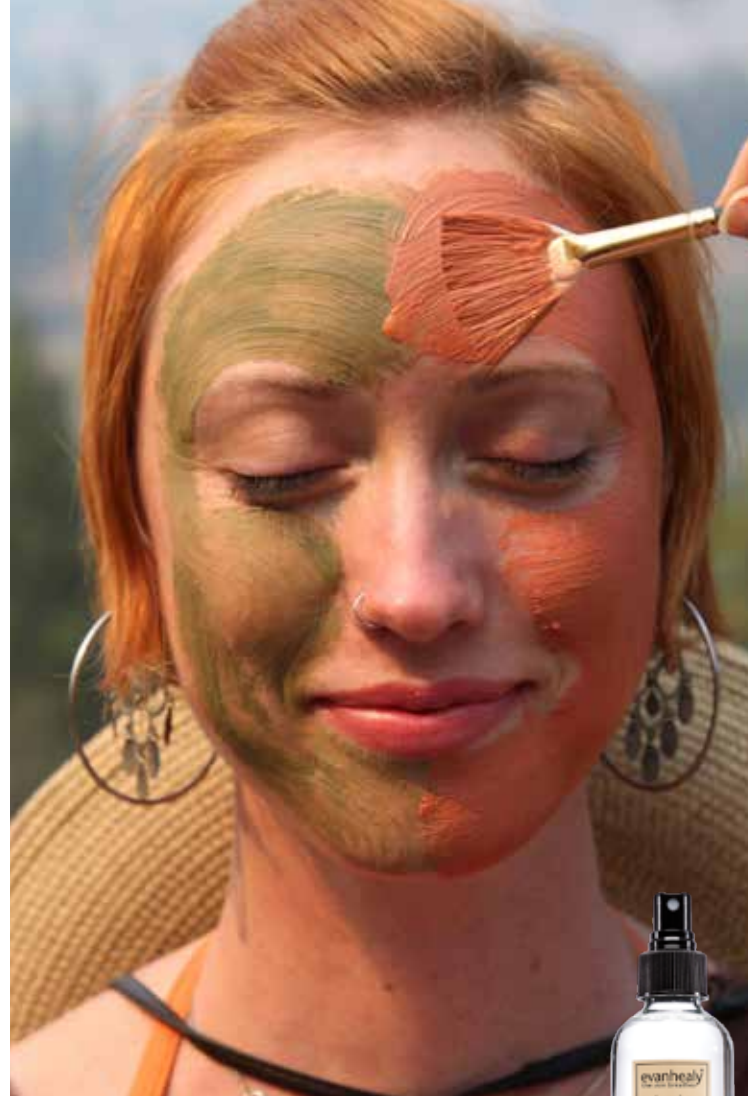
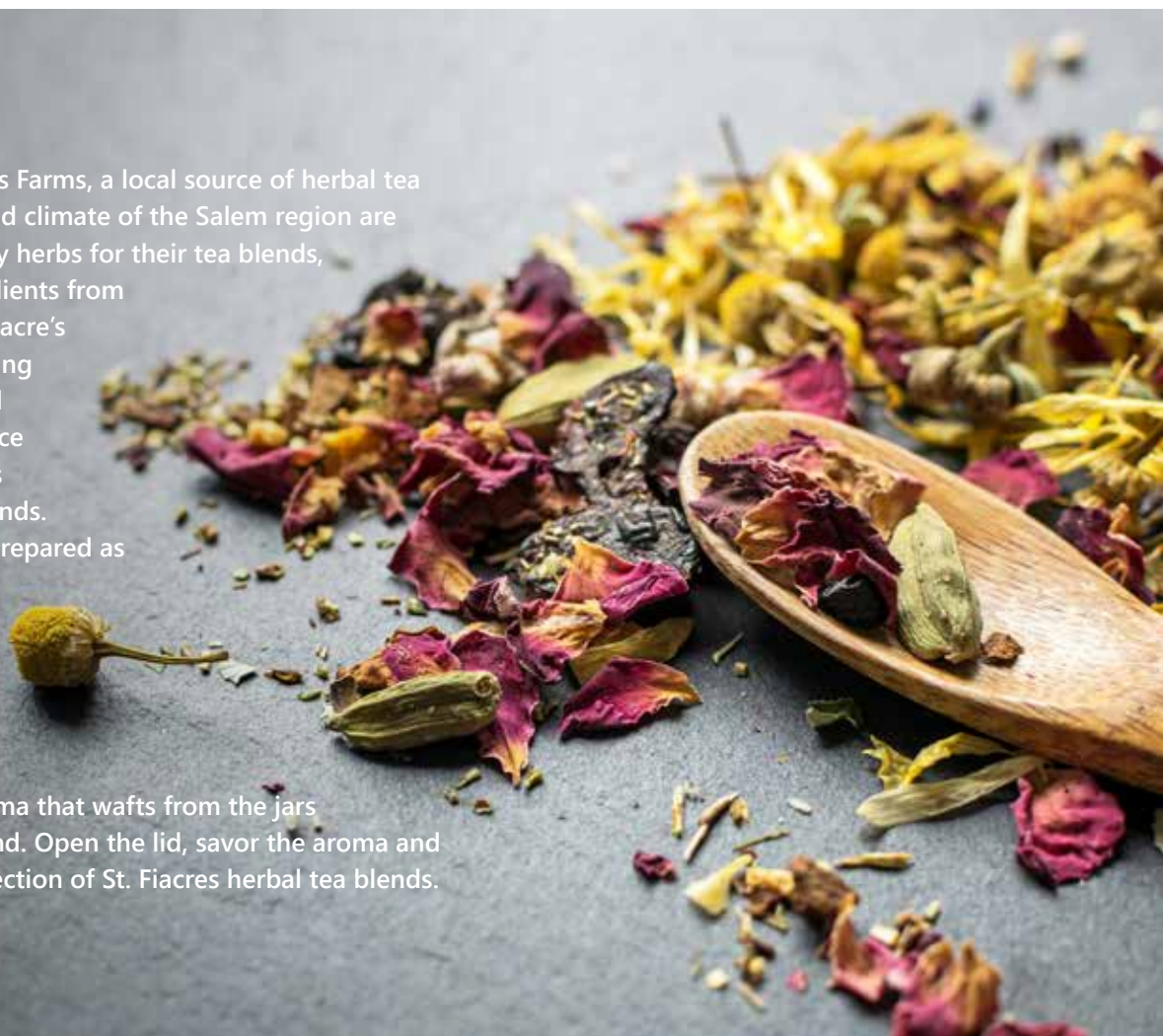
BBQ Seitan

If you are looking for a delicious sandwich, but are also searching for vegan options, look no further than our BBQ Seitan sandwich. "Meaty" chunks of seitan are covered in our sweet chipotle BBQ sauce. It has a little sweet and a little heat and, of course, is delicious. A generous portion is served on ciabatta bread and topped with crisp and delicious cole slaw. So good that meat eaters everywhere will be converted!

Bulk

ST. FIACRES FARM TEAS

LifeSource welcomes St. Fiacre's Farms, a local source of herbal tea blends. The fertile soils and mild climate of the Salem region are perfect for cultivating the many herbs for their tea blends, so St. Fiacre's buys most ingredients from local farmers and families. St Fiacre's Farms careful curation and drying shows in the vibrant colors and incredibly rich flavors. LifeSource has selected some of St Fiacre's most aromatic and colorful blends. We find them delicious when prepared as either hot or iced tea. You will find St. Fiacre's in the bulk department at LifeSource, on the top shelf of our herbs, spices, and teas. The wonderful thing about St. Fiacre's tea is the aroma that wafts from the jars as you scoop your favorite blend. Open the lid, savor the aroma and choose from our abundant selection of St. Fiacres herbal tea blends.



Health & Beauty

EVAN HEALY · Skin Care

Hello friends of LifeSource! We have a new offering in skin care that is so transformative and beautiful, I could hardly wait to share it with you: the Evan Healy Skin Care line.

Evan Healy's philosophy is simple: Oil and Water. The foundation for everything and the most important thing you can do for your skin. Simple, nourishing, and transformative.

Why oil and water? Because these are the two things that make up the top layer of the skin. Within the skin, sweat glands and sebaceous glands work together to produce a thin coating of lipids (oil) and perspiration (water) called the acid mantle, or hydrolipid barrier. It allows the skin to self-regulate, detoxify, and balance moisture and hydration levels. It is easily disrupted and stripped by harsh treatment methods (exfoliation, acids, retinols, peels, enzymes, lasers, etc) and modern living (tap water, soap, etc).

Most people who apply a twice-daily application of Evan Healy Oil Serum (plant oils) and HydroSoul (plant waters) find that this simple pairing provides enough moisture and hydration so that they need nothing else for their skin to feel properly hydrated and moisturized.

CRANBERRY ORANGE BISCOTTI

Ingredients

- 2 1/2 cups flour
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup cane sugar
- 3/4 cup brown sugar
- 3 eggs
- 1/2 cup olive oil
- 1 Tbsp almond extract
- Zest of one orange
- 3/4 cup roasted almonds, chopped
- 1 cup dried cranberries

Directions

1. Preheat oven to 325°F.
2. In a small bowl, stir together flour, baking powder, salt and sugars.
3. Whisk eggs in a large bowl. Stir in olive oil, almond extract, and orange zest. Stir in flour mixture until just incorporated. Fold in almonds and cranberries.
4. Scoop out dough onto a large pastry lined baking sheet. Form into two logs.
5. Bake 30 minutes, or until golden. Remove from oven and allow to cool.
6. Cut biscotti into 3/4" slices, arrange on cookie sheet and bake again for 15 minutes to crisp them up. Flip after 7 minutes.
7. Cool on a wire rack. Enjoy with coffee or tea.



STAFF FAVORITES

By Waylan Barber · Customer Service

The staff here at Lifesource is diverse in many ways, including our taste in food and health and beauty products. To highlight our favorites, we place “Staff Picks” cards throughout the store. We are proud of all the products we carry, but something about these particular items stands out. Feel free to ask us why! In this issue, we will focus on just two of our staff members and several of their favorite foods.



Chris Bair is one of our delightful produce clerks. You can find him arranging our seasonal organic produce in tasteful arrangements or sorting bananas. When he is not beautifying our produce department, he spends his time as a discerning audiophile and snack food connoisseur.



Dawn is our Grocery Manager. Beyond running LifeSource’s Grocery Department, Dawn is something of a renaissance woman. She is a prolific writer and a founding member of an exclusive writers guild. A quirky foodie, she enjoys making a variety of things from scratch, from kombucha to baked ziti. Dawn is also a dedicated Mariners fan.

ST. FIACRE’S · Farm Teas
Dawn loves to make kombucha and uses several different teas from our extensive bulk department. One of her favorites is St Fiacres Farm Teas’ Rose City Repose. It has a great flavor and adds sweetness without needing additional sugar.



NEW CASCADIA FARMHOUSE
Gluten Free Sourdough Bread
Finding good sliced gluten-free bread can be a daunting endeavor. Chris embraces a gluten-free lifestyle and knows this struggle intimately. This bread has great texture and is delicious straight from the bag. Even his non-gluten-free friends enjoy it.



MEADOW GROVE · Eggs
Dawn describes these eggs as vibrant orange and super rich in flavor. These chickens are 100% free range; they get to eat a lot of bugs and other good things, making their eggs high in healthy omegas and Vitamin D.



AURORA VALLEY POULTRY FARM · Organic Chicken
Dawn says this is the tenderest chicken she’s ever had. This organic chicken is local to the Willamette Valley and exclusively carried at LifeSource. We carry everything from whole roasting birds to thighs. This chicken is very juicy ...so maybe open it over the sink.



FULLER FOODS
Serious Cheesy Puffs
Blue Cheese and Jalapeño
These cheesy snacks are among Chris’s favorite food indulgences. The flavor and size of these cheese puffs is unsurpassed. They don’t just taste vaguely cheesy with a hint of spice like some cheese snacks. Fuller Foods Cheese Puffs deliver a pleasant bleu flavor with exactly the right amount of heat on the back of the tongue.



OREGONIC TONIC
KOMBUCHA · White Peach
Kombucha is usually characterized by a fermented, effervescent flavor with a hint of whatever flavor is listed on the label. While this often makes for a refreshing, healthful drinking experience, Oregonic Tonic Kombuchas break the mold. Their products are full of flavor with a slight effervesce. Chris describes his favorite flavor, White Peach, as “screaming white peach.”



PALHAIS · Goat Cheese
When I asked Chris about his favorite foods in the store he immediately took me to the Palhais cheese. He likes this savory cheese for its versatility. It’s great for frying as a stand-alone hors-d’oeuvre or in a grilled cheese sandwich. The saltiness of the cheese pairs well with apples or figs. Sometimes Chris just eats Pahlais right out of the package.



GRAND NOIR · Blue Cheese
Out of all the bleu cheeses available at LifeSource, this one is Dawn’s favorite. If you or someone you love is unsure about bleu cheese, she recommends the Grand Noir. It is a mild, approachable cheese with a truly dynamic flavor. The creamy texture is well-balanced with just the right amount of friability.



FACE ROCK CREAMERY
Triple Pepper Cheese Curds
Chris also loves the Face Rock Creamery Cheese Curds as a great grab-and-go snack. You can eat it straight out of the container without the awkward feeling of snacking on a block of cheese. Beware though; these bite-sized cheese snacks are addictive!



ROYAL RIVERSIDE FARM
Organic Milk
This milk is Dawn’s favorite for two reasons; it is local and super fresh. Located in Albany, Oregon, Royal Riverside is a small family-run dairy. Because of this and how they process their milk, this is probably the freshest milk available at LifeSource, often being in the cow mere hours before it reaches the store.

LONELY LANE FARMS
Lamb Bacon
The popular saying, “Everything is better with bacon” is re-imagined as “Everything is better as bacon” in this delicacy. Chris says lamb bacon combines the distinctive earthiness of lamb, with the subtle sweetness of smoked bacon. Next time you’re in the market for bacon, consider this delicious choice.



Will Lab Grown Meat Be The Future Burger?



By Branden Hume · Customer Service

I know what you're thinking, this sounds gross already. This can't be natural. Is LifeSource selling this? Why am I even reading this? Well first, let me clarify that we are not selling lab grown meat. However, that is not why I am writing this article. While we may never sell this in our store, it is still an interesting development that could have a massive impact on global industries. Allow me to spin you a tale about the growth that very well may end up becoming the meat of the future.

First off, what exactly is it? It is a cruelty free, antibiotic free, non-GMO, culmination of cells grown in a laboratory that can be derived without killing an animal. Also called cultured meat or clean meat, the process of making it begins by taking stem cells from an animal, then filtering the tissue and isolating the cells that can grow. Then by a careful process of feeding

the cells with nutrients, water, protein, and salts, the cells can be tricked into replicating as if they were still in the host's body. This effectively means that no cells are genetically modified (as long as the host animal is not genetically modified) and nutrients can be added to the mix for a more nutrient dense food.

Right now lab grown meats are still in the early development phase. While the technology falls short of creating whole steaks or cuts of meat, it is able to produce small amounts of tissue that when combined, create a ground meat-like substance. This has allowed for successfully making burgers, chicken nuggets and fish sticks—though it may be a while before these are put on shelves. These are so unique that the FDA still has to decide how to regulate and classify them, and whether or not they are actually safe to consume. This has not, however, stopped companies

like JUST or Memphis Meats from developing their own recipes.

Branden, I hear you ask, that's cool and all, but how does this affect global industry? It's all in the statistics my friend. According to the WWF "25% of global land use, and forestry emissions are driven by beef production."¹ and an oxford study also found that compared to conventionally grown beef, clean meat would take 99% less land use to make. It would also use 96% less water, and contribute 96% fewer greenhouse gas emissions.² Of course, as more discoveries are made and methods perfected, it is expected to be produced even faster, more efficiently, and ultimately cheaper than it is now.

I work at LifeSource, and given the choice between lab grown, conventional, and free range organic meats, I'm going to go with the organic every time—and I think if you're reading this you would, too. While

working on this article I spoke with a lot of co-workers about the subject, and the most common argument I got was that it isn't natural, and for that reason they wouldn't try it. I think that's fair enough. However, I ask you not to consider whether you would eat it, but rather the affect it can have on our world.

After thinking long and hard about the whole thing, my biggest takeaway has little to do with us and the natural food industry, but rather how this changes the food everyone else eats. If these companies, the frontrunners of the clean meat industry, can perfect a way of making cruelty free meat that is cheap, they could potentially topple the industrial meat producing industry as

we know it. The way I see it, if the cheap way for people to get meat becomes cruelty free, non-GMO, antibiotic free, and environmentally friendly—well, that's absolutely fantastic, and in my opinion, a step in the right direction.

If you find this interesting, I encourage you to research it yourself. Take a look at www.justforall.com to see the story from one of the major front runners of the industry, and the steps they are taking to change the way we see meat. 🌱

[1] <https://www.worldwildlife.org/industries/beef>

[2] <https://pubs.acs.org/doi/abs/10.1021/es200130u>

...given the choice between lab grown, conventional, and free range organic meats, I'm going to go with organic every time.





▼ Salem Area Trail Alliance

By Paige Smith · Outreach Coordinator

A major aspect of LifeSource's mission is to foster, strengthen and promote community. To this end, we participate in numerous health and wellness fairs throughout the Willamette Valley and we teach classes on various subjects, from how to eat healthy on a tight budget to how to best store and preserve food. We also donate countless gift baskets filled with gourmet and organic treats and gift cards to local non-profits and school fundraising auctions—over 150 this past year!

We also supply several non-profits with healthy, tasty treats to help fuel their hard-working volunteers.

Salem Area Trail Alliance

One of these organizations is the Salem Area Trail Alliance. SATA is an all-volunteer non-profit working to “get more people on more trails in the greater Salem area.” SATA began in 2011 and since then has put in thousands of hours of volunteer work each year building and maintaining trails for hikers, bikers and runners. Some recent projects include building the Catamount Trail and Newt Loop at Silver Falls State park. They also built Salem's first pump track and bike park at Geer Park as well as maintaining the Croisan and Skyline trails in South Salem.

SATA hosts frequent trail work parties, outdoor activities and social

events and all are welcome to attend. Currently work parties are being held every other week at Silver Falls constructing a new connector trail from the Newt Loop to the conference center. You can find out more, and learn how to volunteer at www.SalemTrails.org or find them on Facebook. Be sure to bring your work gloves and a hearty appetite for tasty, nutritious LifeSource snacks.

Community Services Consortium

Community Services Consortium is another group that we supply with food and classes on how to eat healthier. Last year was the first year of the Community Services Consortium Polk County Community garden. The results have been spectacular. The goal was to engage and involve a group of at-risk youth in creating a community garden. Through the process of planning, planting, caring for and harvesting a garden the kids not only worked on getting their G.E.D's but also learned valuable work and life experience.

The first time that I went to Independence to visit the garden the kids did not seem

that engaged. However, as the summer progressed, the same kids that had never gardened before, were asking questions about whether their cilantro plants had enough nitrogen and pulling any weed that dared to invade the space. By the end of the summer the kids grew and donated over 764 pounds of harvested crops to the Independence and Ella Curran food banks! They also discovered that eating healthy does not mean skimping on taste. We donated all types of different healthy and yummy goodies for them to snack on. We also had them come to the store and do a tour and class about healthy eating.

The plan for next year's crew is to also sell their produce at the farmer's market. I am excited about meeting next year's new crew and watching the garden—and the kids—grow! These kids are great and I cannot say enough about this great program. For more information contact facebook.com/cscpolk or CommunityServices.us

I look forward to seeing you out and about town and at the store. We simply could not do all of the work in the community without the support of all of our wonderful shoppers. Thank you! 🌱

▼ Community garden for at risk youth



Spotlight on Natural Factors FACTORS FARMS

A VERY SPECIAL PLACE

Natural Factors' exquisite certified-organic farmland gives the company complete control over securing the best quality raw materials possible. Literally, control from seed selection to finished product.

EVERYTHING STARTS WITH THE SOIL

This farm has truly unique soil, built up over millennia as water from Otter Lake repeatedly flooded the valley below. These floods deposited a tremendous amount of organic matter onto the land. The resulting alluvial soil is extremely fertile. This incredible top soil is over six feet deep in places and has special lime stratification, which plays an important role in neutralizing the pH of the soil.

SEED SELECTION IS CRITICAL

One of the advantages of doing our own organic farming is having complete control over seed selection. We make sure to choose true “species” non-hybrid, non-GMO seeds. It's very important to make sure that the seedlings are natural and healthy, because healthy seedlings mean healthy mature plants.

CONTROLLING THE HARVEST

We also have full control over the harvest. For example, we selectively handpick the echinacea flowers, picking only the mature flower heads, because they contain the highest levels and best ratios of active ingredients. That's a great advantage over mechanical harvesting, which doesn't allow for selection based on the maturity of the plants.





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Open 8am-9pm

PLASTIC BAGS BE GONE!

LifeSource applauds the Salem City Council for voting to support our environment by banning most single use plastic bags beginning in April 2019! Stay tuned for more information as details become available. In the meantime, remember to take advantage of the many ways to acquire reusable shopping bags, at LifeSource and elsewhere. Find out more at www.CityOfSalem.net 🌱

