



# news in natural

FALL 2019 · FREE

## Fighting for Farmworkers

*Soup's On!* Savory  
Cool Weather Favorites

*Fill Up* on the  
flavors of fall  
at LifeSource!



Before “fall” and “autumn,” the English term for the season was “harvest,” a name I think we should bring back into currency. What else is autumn in our temperate climes than a time of gathering, of bringing in the earth’s bounty in preparation for the cold, dark, and damp of winter? In recent weeks I’ve been enjoying rambles through the woods in search of chanterelles and boletes. Hawthorn berries are steeping in brandy atop my fridge. The garlic is gathered in, and soon I’ll dig the potatoes. I’m not the only one gathering and storing at my house: I can’t turn a square foot of earth in my garden without finding acorns meticulously buried by the squirrels. This season is the harvest.

This season also brings us a magnificent crop of recipes and articles from our LifeSource team. Tabettha offers up a preview of the many mushrooms that will come to us from Oregon’s forests over the coming weeks, and kicks in some fantastic mushroom recipes for good measure. Olivia discusses the potential hazards of the ubiquitous chemical BPA, and tells us how to avoid it. And I’m grateful to have gotten the chance to sit down with Reyna Lopez, the Executive Director of PCUN, about the union’s struggle on behalf of Oregon’s farmworker community. You’ll find those articles, more recipes, and hear about some of the team’s favorites in this issue of News in Natural.

Enjoy!

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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# Fall 2019



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# The Earthy Fruits of Fall

By Tabetha McCrimmon · Produce Supervisor

The world's biggest living organism is hiding in the forests of southeast Oregon. This spectacular example of *Armillaria ostoyae* covers 2,400 acres (about 4 square miles) of the Malheur National Forest. It grew to this immensity in just a few thousand years. Each fall it reveals its edible fruiting bodies – mushrooms – as it slowly takes over the world! This Humongous Fungus isn't alone in our beautiful state: a cornucopia of other edible mushrooms inhabits our forests. If you're not able to trek the land for delectable fungi, LifeSource is proud to carry a few wild-harvested mushrooms for you to enjoy!

## Chanterelle

(*Cantharellus* spp.)

**Season and Habitat:** September to around February. These golden trumpets shine around cedar growth. They maintain a healthy symbiotic relationship with the roots of conifer trees, particularly Douglas-fir, Sitka spruce and western hemlock. You can also find them nestled around ferns. Remember where you find them, as these fruiting bodies return year after year!

**Tasting Notes:** Fruity aroma when raw with notes of apricot and peach. When cooked, they have a velvety consistency while maintaining their shape, even when baking. Their flavor has been described as woodsy with hints of mild pepper. Like many mushrooms, chanterelles can contain a lot of moisture, and can benefit from dry-sautéing to concentrate their flavor. Clean and slice the mushrooms, and cook them in a dry skillet at high heat, stirring constantly, until they give off liquid. Keep cooking and stirring until their liquid has evaporated, then turn down the heat and add your cooking oil or butter.

## Chanterelles with Chestnuts and Wine

**Serves 4 as a side dish**

*An elegant side dish to serve during*





▲ Left to Right: Chanterelles, hedgehogs, & lobster mushrooms

the fall and winter holidays when chanterelles and chestnuts are fresh on the West Coast.

Serve with a prime rib roast.

**3 Tbsp butter**

**1 lb chanterelles, sliced**

**18 fresh chestnuts, boiled or roasted, peeled, shelled and sliced**

**1/4 cup dry sherry**

**Dash of your favorite hot sauce**

**Salt and pepper to taste**

Melt the butter in a large saucepan and cook the mushrooms for 10 minutes or until most of the liquid is released from them. Add the chestnuts and cook for 3 minutes. Add the dry sherry and hot sauce, and season with salt and pepper.

## Hedgehog

(*Hydnum repandum*)

**Season and Habitat:** October to March. You can easily identify these cute little fun-guys by their spiky teeth underneath, and an orange to beige top. You can find these near where you caught the chanterelles. They have such a great relationship with their neighboring plants and trees, they will return to the same places for years if their mycelium isn't disturbed.

**Tasting Notes:** Hedgehogs have a sweet and nutty flavor that is more meaty than a chanterelle. They are

so hearty, they prefer to be baked or stewed but also preserve very well by dehydrating or freezing. Once their season is over, I often miss hedgehogs' tasty Northwest flavor, so last year I made a conserve with great success! This conserve can last up to a year if you can make it that long.

## Hedgehog Conserve

*Yields 1 qt canning jar*

**2 lbs small, young**

**Hedgehog mushrooms**

**3 cloves garlic sliced thin**

**1/2 cup flavorless oil for**

**sautéing, such as grapeseed**

**1/4 cup extra virgin olive oil**

**2 tsp kosher salt**

**1 cup water**

**1/4 cup + 1 tablespoon your favorite**

**local white wine, champagne,**

**or apple cider vinegar**

**2 tsp fresh chopped thyme**

**2 fresh bay leaves**

In a wide pan with high sides, or a soup pot, gently heat the grapeseed oil and the sliced garlic until the garlic begins to turn golden. Add the mushrooms, salt, and herbs, and allow the mushrooms to give up their juice and stop the garlic from getting too brown. Once the mushrooms have wilted and given up their juice, add the water, then bring the mixture to a boil.

After the mixture comes to a boil, and add the vinegar and flavored oil of your choice. Season the liquid to taste with salt to taste. Finally, put the conserve into a container and refrigerate. If not consuming immediately, make sure to put a weight or plastic wrap on top of the conserve to keep the mushrooms under the liquid, and prevent bacteria from the air from harming them. Keeps for several weeks in the fridge.

## Lobster Mushroom

(*Hypomyces lactifluorum*)

**Season and Habitat:** August to November. Its appearance and flavor is actually caused by a fungal infection, *Hypomyces lactifluorum*, growing on a Russula or Lactarius mushroom! These bright orange or red lumpy masses can be found under a wide variety of trees. Gregarious in nature, once you spot one lump, you're likely to find a second or third nearby.

**Tasting Notes:** Raw lobster mushroom's texture is granular and fragile, sometimes with a seafood smell. It's not called "lobster" just for its color! Once cooked, it releases a rich, juicy-sweet seafood flavor perfect for any lobster or crab dish out of season (or in season if you're just needing a mushroom fix!).

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Many of our mushrooms are wild harvested, and supply may vary due to weather and other factors.

If you'd like to learn to harvest your own wild mushrooms, check out the Willamette Valley Mushroom Society at [wvmssalem.org](http://wvmssalem.org)  
Happy hunting!

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▲ *Lion's mane mushrooms*

## Lobster Mushroom Risotto

**2 Tbsp butter**

**1/2 small onion or 2 shallots, minced**

**1 clove garlic, minced**

**1-2 lobster mushrooms**

**1 cup Arborio rice**

**1/3 cup dry white wine**

**4 cups stock (chicken or vegetable)**

**1/3 cup chopped flat-leaf parsley**

**Zest from a small lemon, grated**

**Salt and pepper**

**1 Tbsp butter**

**1/3 cup grated cheese (Parmesan or pecorino romano)**

**The veggies are up to you! Broccoli and asparagus pair well. I love local cherry tomatoes with wilted spinach. Watercress and beets are peppery with sweet fun, and make for a lovely pink hue too.**

Place stock in a small pot and bring to a boil, reduce to low. Melt butter in a 2-quart pot; add onion or shallot and cook until softened. Add garlic and cook until fragrant, 30 seconds or so, being careful not to burn the garlic. Add the mushrooms and whatever

vegetables you choose and cook a couple of minutes, stirring regularly. Add rice and stir to coat the grains with the butter, cooking about 2 minutes. Add the wine and cook, stirring, until liquid evaporates. Start adding a bit of stock, a 1/4 cup at a time, stirring well between each addition and waiting for the rice to absorb the liquid before adding more. Add lemon zest (reserve a little zest for garnish) and continue adding stock slowly until rice grains are nice and plump. Taste it and remove from heat when the rice is cooked through. Cooking time should be at least 20 minutes or more. Add some salt and pepper, keeping in mind that the cheese at the end will add some salt. When the risotto is cooked to your liking add 1 tablespoon butter, some of the parsley and the grated cheese and stir, allowing the butter and cheese to melt into the risotto (reserve a little parsley and cheese for garnish). Taste and correct the seasoning,

adding salt and pepper if necessary. Let the risotto rest and settle for a couple of minutes, then scoop it into individual serving bowls and serve warm, sprinkled with the remaining parsley, grated cheese, and lemon zest.

## *Lion's Mane*

*(Hericium erinaceus)*

**Season and Habitat:** September to mid-March. Rejoice! The whole *Hericium* genus is edible and cannot be easily mistaken for another variety of mushroom. White to pale yellow with delicate icicle-like spines, lion's mane mushrooms grow on wounded—or sometimes dead—hardwoods like oak or hemlock.

**Tasting Notes:** They have a seafood-like flavor, somewhat like the taste of shrimp or lobster, but not overwhelmingly so. If you are allergic to shellfish, this is a great substitute. Lion's manes are said to have medicinal value as well! They are a brain booster and could help with hormonal balance. You could also dry these easily for



capsules or dissolved in teas. Any way you can get it in!

### Lion's Mane Cakes

**1/2 lb (about 2 pints) lion's mane mushroom**  
**2 Tbsp extra virgin olive oil**  
**2 cloves garlic**  
**2 Tbsp Greek yogurt or Vegenaïse**  
**1 tsp tamari**  
**1 cup breadcrumbs**  
**1/4 cup diced onion**  
**1 egg (you can easily make this recipe vegan by replacing this with a flaxseed "egg"\*)**  
**Splash of white or red wine vinegar**  
**2-3 Tbsp fresh chopped parsley**  
**1 tsp smoked paprika**  
**Lemon juice from 1/2 lemon**  
**3-4 Tbsp coconut oil (or alternative) for cooking the cakes**  
**Salt and pepper to taste**

### For rémoulade

**1/4 cup non- or low-fat organic Greek yogurt or Vegenaïse**  
**2 Tbsp Dijon mustard**  
**1 tsp smoked paprika**  
**Juice of 1/4 lemon**

Preheat oven to 350°F.

Chop lion's mane mushroom into large pieces. Toss with olive oil and garlic and roast in oven for 30-40 minutes, turning when halfway through. The mushrooms will shrink substantially as the water cooks out.

When ready, put mushroom and garlic mixture in food processor and pulse 4-5 times until mix is broken down in smaller chunks.

In a separate bowl whisk together the egg, tamari, Greek yogurt, lemon, parsley, salt, and pepper. Stir in breadcrumbs, onions, and pulsed mushroom mixture. Use an ice cream scoop or tablespoon (depending on the desired size of the cakes) to measure equal portions for the cakes. With your hands, form into cakes.

Heat coconut oil in non-stick pan on medium heat and fry until lightly browned on both sides. Finish with a touch of sea salt.

Whisk together the ingredients for the rémoulade to use as a dipping sauce.

*\*A flaxseed "egg" is made by combining 1 Tbsp flaxseed meal with 2 1/2 Tbsp water and letting rest 5 minutes to thicken before using.*

# LEARN MORE!

Interested in learning to hunt for wild mushrooms? You could join the Willamette Valley Mushroom Society ([wvmssalem.org](http://wvmssalem.org)), a local membership organization for those who want to learn about and collect wild mushrooms. In addition to monthly educational meetings and forest forays to gather mushrooms, the WVMS also hosts an annual mushroom show, this year on Sunday, November 17, from 12-4 at Pringle Creek Painter's Hall (3911 Village Center Dr SE).

There are great field guides to the mushrooms of this region, including David Arora's *All That the Rain Promises and More* and the massive *Mushrooms Demystified*, and, despite the name, Noah Siegel and Christian Schwarz's *Mushrooms of the Redwood Coast*. —ed.

Chanterelle · photo by adege on pixabay



# The Hidden Giant of BPA Exposure: Receipts

By Olivia Oxford · Grocery

Everyone and their sister is talking about BPA these days: what is it, where is it, and what should we worry about? Most concerns stem from BPA that leaks out of plastic food and drink containers. Water bottles, for example, are commonly labeled as “BPA free!”. Many people try to be more conscious about what chemicals they expose themselves to, but these efforts might be in vain without addressing exposure from unexpected sources.

## What is BPA?

First synthesized in 1891, bisphenol A (widely referred to as BPA) was found to be an endocrine disruptor as early as the 1930s. BPA mimics the hormone estrogen, but never saw use as a medical treatment due to more effective synthesized chemicals available at the time. Chemists in the US and Switzerland developed BPA into an easily-manufactured component of epoxy resin compounds as well as polycarbonate plastics. Mass production started in the 1950s, and by the mid-1970s resins and plastics containing BPA were in every corner of the United States. BPA lends itself to the production of plastic water bottles, aluminum cans, dental sealants, bottle tops, CDs and DVDs, sports equipment, eyeglass lenses, water supply lines, thermal paper (receipt paper), and much more. According to the National Institute of Environmental Health Sciences (NIEHS), “plastics that are marked with Resin Identification Codes 1, 2, 4, 5, and 6 are very unlikely

to contain BPA. Some, but not all, plastics that are marked with the Resin Identification Code 7 or 3 may be made with BPA.” The NIEHS also states that polycarbonate plastics can be labeled PC, and those plastics will most likely contain BPA. PVC plastics that are flexible have a high chance of containing BPA (this would exclude hard plastic PVC such as PVC pipe).

## BPA in Receipt Paper

Thermal paper, or receipt paper, is coated in heat-reactive chemicals that allow printing to be done without using ink. When heat is applied, usually via friction, the paper turns darker. This lowers the cost of running a receipt machine, avoids transferring ink onto your hands, and is why you can draw on receipt paper with just a fingernail or a coin. The chemicals used to create the reaction are commonly a mixture of an acid and a powdered dye, bonded together. The acid in this mixture is frequently bisphenol A. Bisphenol S and bisphenol F (or BPS and BPF) are sometimes used in receipt paper as well, and have the same endocrine-disrupting effects as BPA. (These products are sometimes labeled “BPA free” despite containing its chemical cousins; to avoid these chemicals, look for products labeled “phenol free.”) Receipts are not the only use for BPA-containing thermal paper: airline, movie, sporting event, and concert tickets use thermal paper printing. Even prescription labels and deli meat or cheese tags can contain BPA.

## Dangers of BPA

The first evidence that showed BPA is capable of leaching out of the plastics it helps create was discovered in 1992 by Stanford University researcher David Feldman. When performing tests on yeast inside of plastic flasks, Feldman detected what appeared to be estrogen. When the same tests were performed in glass flasks, there was no estrogen-like molecules observed. Further analysis showed this substance to be BPA.

In 1997, the University of Missouri-Columbia found that BPA exposure can have adverse effects of the prostate, and was the first of many published articles stating that, even at low exposure levels, BPA can affect human health.

In a 2003-2004 study, the Centers for Disease Control found that, out of 2,517 participants across the country that were tested for BPA exposure, nearly 93% had traceable levels of BPA in their system. While the study group was small, the data clearly shows widespread exposure to BPA in the American population.

In September of 2008, the National Toxicology Program of the National Institute of Health determined that BPA may pose risks to human development, raising concerns for early puberty, prostate effects, breast cancer, cardiovascular disease, obesity, diabetes, ADHD, male sexual dysfunction, and behavioral impacts from early-life exposures. Pregnant women, infants and young children are most vulnerable to the harmful effects of BPA. The following year, six major




A collage of various elements including a plate of food, a newspaper clipping with the word 'COLO' and 'IndoorMedia', and a receipt with text like 'PUMP #', 'VOLUME', and 'TOTAL'.

manufacturers of baby bottles and sippy cups voluntarily removed BPA from their production.

receipt that's out there and uses the BPA technology will have 60 to 100 milligrams of free BPA." (A nanogram is a billionth of a gram.) That's a million times more than what ends up in a bottle. The BPA particles on thermal paper are free, not bound to a polymer plastic, and are easily absorbed through the skin of anyone handling the BPA-coated thermal paper. In a paper published in the journal *Environmental Science & Technology*, researchers Jiaying Liu and Jonathan Martin found that BPA absorbed through the skin, rather than ingested, takes longer to work through the human body. BPA

go in the shopping bag. While BPA residue may rub off on food products, you can handle the receipt with care at home, washing anything touched by the receipt. Finally, washing hands after handling receipt paper is a great way to reduce BPA intake, although it must be done within five or so minutes after contact for the highest effectiveness. Retail workers concerned about BPA exposure can wear latex or nitrile gloves to protect hands from BPA exposure. Workers and consumers can also ask companies to switch to BPA-free receipt paper. Some manufacturers offer thermal paper that uses vitamin C in place of BPA.

LifeSource uses this vitamin C thermal paper so that you never have to worry about BPA—or other phenols—in our receipts. Other businesses can do the same! 

The average cash register receipt has 60 to 100 milligrams of free BPA. That's a million times more than what ends up in a bottle.

Even if the levels of BPA currently allowed in food containers is safe for humans, receipt paper is not considered a food item according to the FDA and, therefore, the levels are not tested or taken into consideration. John Warner, chemist and educator at the University of Massachusetts Boston, and president of the Warner Babcock Institute for Green Chemistry, says, "There's more BPA in a single thermal paper receipt than the total amount that would leach out from a polycarbonate water bottle used for many years. When people talk about polycarbonate bottles, they talk about nanogram quantities of BPA [leaching out]. The average cash register

exposure through ingestion is usually excreted within 24 hours. BPA levels in the urine continued to rise for two days after skin exposure, and was sometimes still traceable for up to a week.

## What steps can I take now?

The easiest and simplest way to reduce BPA exposure from thermal paper is to just say “no” to receipts. Many businesses offer a no-receipt or digital-receipt option. This will benefit human health and save some trees as well. If you need a physical receipt, try keeping them in a plastic zipper bag. This helps avoid contact with the skin while still preserving any needed information from the receipt. Receipts can also

*LifeSource will never use receipt paper containing BPA, but if you're interested in saving some trees, you can now go paperless! By signing up for LifeSource Bounty, you'll have the option to have digital receipts sent to your email address, or receive no receipt at all. Other benefits like digital coupons, birthday discounts, and online shopping (for pickup or delivery!) will be offered through LifeSource Bounty. Sign up on our website or at the store.*



# Spotlight on GARDEN OF LIFE

## Garden of Life Dr. Formulated Whole Hemp Extract CBD

What is CBD? Cannabidiol, abbreviated to CBD, is one of approximately 115 phytocannabinoids naturally occurring in hemp plants. CBD is a beneficial medicinal compound that is naturally present in all strains of hemp. CBD is not a psychoactive compound—it will not get you high.

Garden of Life whole hemp extracts contain a full spectrum of terpenes, cannabinoids, flavonoids, and fatty acids found in the hemp plant, all working together to create synergies that are known as the entourage effect. What's missing? Delta-9 THC, the unwanted psychoactive commonly found in cannabis. That's why we call our Whole Hemp Extract Broad Spectrum—it's all of the complex benefits of hemp without the unwanted THC.

We offer CBD Whole Hemp Extract in liquids, softgels and sprays. There are stand-alone CBD formulas, as well as CBD+ formulas with added clinically studied ingredients to help support the desired wellness effects of the products.

## The Garden of Life Difference— Our Organic & Traceable Farms

Our hemp is 100% grown and produced in the US. We established our farm co-op in eastern Oregon for one simple reason—this is one of the most fertile biomes for hemp cultivation in the world. Our hemp is grown to organic and regenerative standards in fresh air and clean soil.

## Our Certifications

Our third-party certifications give you the confidence that what's on the label is what's in the product. Every crop, every CBD extract and every

finished good is tested for quality, purity, potency and the presence of GMOs.

## Our Solvent-Free Extraction

Garden of Life utilizes Supercritical CO2 Extraction because it is clean and the CO2 can be recycled. The CO2 gas is converted into a liquid under high pressure, it then acts as a natural solvent and is ultimately recycled back to its original gas form. There is no toxic waste going back into the environment—it is clean and efficient.

- High Pressure – Low Temperature
- Expensive and Complicated
- Pure, Potent, High Quality, Natural Extract
- Free of Solvent Residues, Toxins





# Grocery



## SWEET CREEK FOODS

**Organic Jalapeño Relish** A local favorite to add just a little kick!

**Organic Tomatillo Salsa**

Delicious traditional-style salsa.



## SHANTI BAR

**Superfood Protein Bar** A high-protein, raw, organic, and nutrient-dense bar that satisfies!



## SIETE

**Grain-Free Taco Shells**

Everything you love about crunchy hard taco shells, but without the grains.

# WHAT'S NEW?

## Meat

### NIMAN RANCH

**Country Ground Pork Sausage & Sweet Italian Sausage**

Two new sausages with no sugar!



## Perishables & Freezer

### JUST EGG

**Plant-based Scramble**

A plant-based egg substitute that you can scramble!



### NOOMA

**Organic Electrolyte Drink**

A plant-based electrolyte drink with no added sugar.



### SQUIRREL & CROW

**Soy-Free Tempeh**

Unique gluten and soy-free tempeh, made locally in Portland.



# Mercantile

## BASHA

I am so happy to be bringing Basha to LifeSource. They work with women in Bangladesh whose circumstances have placed them at high risk of harm, or which have resulted in them being faced with the exploitation and abuse of sex trafficking. They also work with the children of these women, providing education and helping to ensure that the cycle of poverty and abuse is broken. As Basha puts it:

"Basha's vision is to continue to grow as long as there are women in Bangladesh in need of dignified work. We provide ongoing mentoring, training, education, support and encouragement to every artisan.

Basha aims to connect those who buy our products with those who made them.

Remembering one of Basha's artisans, Parul, who beamed when she said, 'My blankets have gone all over the world', we believe that our local and global relationships lift us and make us strong.

Basha's products celebrate and enrich both Bangladesh and the world it's a part of. Our designs aim to reflect the heritage and craftsmanship so rich in this region. From sourcing materials through to production and movement of products, we try to make a positive contribution to the local economy and leave a light tread on the earth."

LifeSource now proudly carries Basha's handmade holiday ornaments and gifts as well as accessories and household goods, all created by women who have been gifted with a new sense of value and purpose. Check out Basha's lovely website for more information and personal stories from these talented women: [www.bashaboutique.com](http://www.bashaboutique.com) —Zira

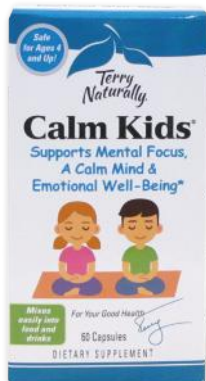


▲ Olivia Oxford · Grocery

## Wellness

### TERRY NATURALLY Calm Kids

When it comes to keeping kids focused and engaged, Calm Kids can help. This synergistic combination of nutrients supports healthy brain function and enhances feelings of well-being for children ages 4 and up, without causing unwanted side effects.

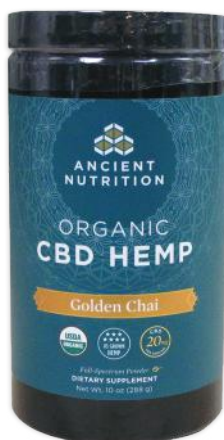


*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.*

### ANCIENT NUTRITION

#### Organic CBD Hemp Golden Chai Powder

Resulting from years of research and development,



Ancient Nutrition's Organic CBD Hemp Golden Chai Powder is sourced from certified organic US farms and combines full-spectrum organic fermented hemp with powerful organic fermented botanicals including turmeric, cinnamon, black pepper and ashwagandha extract. It is available in 10mg, 20mg or 40mg CBD (per serving) options so you can choose just the right strength. Warm or cold, this is a delicious drink for a relaxing moment!





# Welcome To LifeSource Bounty

Here at LifeSource, we are your curators of nature's bounty. That's why we decided to launch LifeSource Bounty, our personalized loyalty program.

LifeSource Bounty—from the Latin bonus, meaning “good” and “plentiful”—is our way of sharing the abundance with our customers and community. We're bringing you more options, more convenience, and more savings than ever before!

With LifeSource Bounty, you'll discover a new, elevated level of the LifeSource experience.

- Online shopping & delivery
- Celebrate your birthday with us! Our gift to you: a one-time use, 10% off coupon appears on your account on your special day.
- Earn rewards for shopping
- Once you are 62, you're eligible for the Senior 10% off days. Discount days are Wednesdays and Sundays. Automatically applied, no need to remind your cashier.
- Get exclusive discounts and promotions
- And much more!

Just enter your phone number when you shop. That's it. No cards to carry, or points to keep track of. Easily update your profile online and keep track of purchases, make online purchases, shopping lists, and more.

Just for signing up, you'll also get a \$5 credit added to your LifeSource Bounty account.

These are just some of the many perks you'll enjoy!

Upgrade your shopping experience with LifeSource Bounty! Learn more and sign up at [LifeSourceBounty.com](https://LifeSourceBounty.com)





# Soup's On!

## Minestrone

- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- ½ cup dry white wine
- 2 carrots, sliced into ½ inch rounds
- 3 ribs celery, sliced into 1/2 inch pieces
- 2 red or yellow potatoes, chopped into bite sized pieces
- 4 Tbsp tomato paste
- 1 zucchini, chopped
- 1 cup green beans, cut into 1 inch pieces
- 1 cup peas
- 6 cups vegetable broth
- 1 15 oz can diced tomatoes
- Salt and pepper, to taste
- ½ tsp dried oregano
- ½ tsp dried thyme
- ½ tsp red chili flakes
- 1 cup orecchiette pasta, uncooked
- 1 can cannellini beans, drained and rinsed
- 2 cups chopped kale

1. Heat the oil in a large heavy bottomed pot to medium heat. Cook onion until it begins to soften and becomes slightly translucent. Add garlic, cook and stir until fragrant, about 1 minute.
2. Stir in wine, scraping up any browned bits from the bottom of the pot. Allow to cook down until reduced by half, about 1 minute.
3. Add carrots, celery, potatoes, and tomato paste. Cook and stir about 5 minutes.
4. Mix in zucchini, green beans, peas, vegetable broth, tomatoes, salt, pepper, oregano, thyme, and chili flakes. Bring to a boil and reduce heat. Cover and simmer for about 10 minutes.
5. Remove lid, stir in pasta, kale, and cannellini beans. Bring back to a boil and reduce heat. Simmer uncovered 10 - 15 minutes, or until pasta is cooked and vegetables are tender.



## Veggie Broth

A warm pot of broth simmering on the stove is the perfect way to use up all the veggie scraps and skins in your fridge, and make your house smell absolutely amazing. Feel free to mix up quantities, omit things you don't have on hand, or add personal favorites. Just use a large pot, cover with water, and simmer away!

- 1 Tbsp avocado oil
- 1 yellow onion, skin on, chopped
- 2 spring onions, chopped
- 5 cloves garlic, skin on, smashed and chopped
- 3 carrots, skin on, chopped (add the greens too, if you have them)
- 3 stalks celery and leaves, chopped
- 1 Yukon gold potato, skin on, chopped
- 6 cups water, or more, to cover
- 1 handful parsley leaves and stems, chopped
- 5 sprigs thyme
- ½ sprig rosemary
- 2 bay leaves
- Salt and pepper, to taste
- 5-6 Tbsp tomato paste

1. In a large, heavy bottomed pot, heat avocado oil over medium heat. Sauté yellow and spring onion until they begin to soften and become translucent. Add garlic and cook until fragrant, about 1 minute. Add carrots, celery, and potatoes. Cook and stir about 5 minutes.
2. Add just enough water to cover vegetables, plus one inch. In a 6-qt Dutch oven this comes to about 6 cups.
3. Stir in parsley, thyme, rosemary, bay leaves, and salt and pepper. Bring to a boil.
4. Stir in tomato paste, reduce heat and simmer about one hour.
5. Taste and adjust seasonings if desired, allow to cool, and strain into another pot. From there, make soup, store it in mason jars in the fridge for 4 days, or freeze for up to 6 months.





## Mushroom Potato Chowder

- 3 slices bacon, cut into 1 inch pieces
- 1 yellow onion, chopped
- 1 shallot, finely chopped
- 4 cloves garlic, minced
- ½ cup Marsala wine
- 4 cups chicken broth
- 3-4 carrots, peeled and chopped
- 1 ½ lbs fingerling potatoes, chopped
- 1 tsp poultry seasoning
- 5 sprigs fresh thyme leaves, chopped
- 2 tsp pepper
- Salt, to taste
- 1 Tbsp butter
- 1 ½ lbs mushrooms, sliced (we used oyster, chanterelle, shiitake, and crimini)
- 2 cobs corn, scraped (or 2 cups frozen corn)
- 1 cup sharp cheddar cheese, shredded
- 1 12 oz can evaporated milk
- 3 Tbsp cornstarch

1. In a 6 qt heavy bottomed pan or Dutch oven, brown bacon over medium heat. Set bacon aside, leaving grease in the pan.
2. Sauté onion in bacon fat until translucent and begins to soften. Add shallot and garlic, cooking and stirring until fragrant. Stir in wine, scraping up any browned bits. Bring to a boil.
3. Add chicken broth, carrots, potatoes, poultry seasoning, thyme, pepper, and salt. Bring to a boil, reduce heat and simmer about 10 minutes, or until potatoes begin to soften.
4. While soup is simmering, melt butter in a large skillet over medium heat. Add mushrooms, cook until tender.
5. Mix mushrooms, corn, cheese, cooked bacon, and one cup evaporated milk into the soup. Whisk cornstarch into remaining milk, stir into soup. Simmer until thickened and bubbly, stirring constantly. Enjoy enjoy with a green salad and crusty bread.

## Vegan Potato Celeriac Soup

- 2 Tbsp Miyoko's vegan butter
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 4 leeks, trimmed and sliced
- 1 small celery root (celeriac), peeled and chopped
- 4 large Yukon gold potatoes, peeled and chopped
- 1 bay leaf
- 1 tsp thyme
- 1 tsp poultry seasoning
- 4 cups No Chicken Broth, or vegetable broth
- 1 cup raw cashews
- Sea salt, to taste
- Small bunch parsley leaves, chopped

1. In a 6 quart Dutch oven, melt vegan butter over medium heat. Add onions, saute until transparent. Add garlic, cook and stir until fragrant. Add leeks, cook until softened, taking care not to brown.
2. To the onion mixture, add celery root, potatoes, bay leaf, thyme, poultry seasoning, and broth. Bring to a boil. Reduce heat, cover, and simmer for about 20 minutes, or until vegetables are tender.
3. While the soup is cooking, boil cashews with 3 cups water for 15 minutes, or until soft. Drain. Add cashews to a blender with a half cup of water. Blend until smooth and creamy, or until desired consistency. Add more water if needed.
4. Once the soup is cooked, add it in batches to a blender and blend until smooth. (Or use an immersion blender.) Stir in the cashew cream. Add salt and pepper to taste. Serve with a sprinkle of fresh parsley. Enjoy!





# Pumpkin Bread

- 1 15 oz can pumpkin
- ½ cup evaporated cane sugar
- ½ cup brown sugar
- 2 eggs, beaten
- ½ cup butter, melted and cooled slightly
- 1 ½ cup unbleached white flour
- 2 tsp baking powder
- ½ tsp salt
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ginger
- ¼ tsp cloves
- 2 Tbsp turbinado sugar

1. Preheat the oven to 350F. Grease an 8-inch by 4-inch loaf pan with butter or cooking spray.
2. In a large bowl, mix together pumpkin, cane sugar, brown sugar, eggs, and butter until blended.
3. In a small bowl, whisk together flour, baking powder, salt, cinnamon, nutmeg, ginger, and cloves.
4. Slowly stir dry ingredients into wet ingredients until just combined.
5. Scrape into prepared loaf pan, and sprinkle with turbinado sugar.
6. Bake pumpkin bread for 55-65 minutes, or until a wooden pick inserted into the center comes out clean. Allow to cool slightly before removing from pan.



# Apple Phyllo Cups

- 3-4 apples, peeled, cored, and sliced to ¼ inch thick
- 1 Tbsp lemon juice
- ¼ cup unrefined cane sugar
- 2 Tbsp cornstarch
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ⅛ tsp ginger
- ⅛ tsp allspice
- ¼ tsp sea salt
- 1 tsp vanilla extract
- 6 sheets phyllo dough, defrosted overnight
- 6 Tbsp butter, melted
- 1 heaping Tbsp honey
- 1 tsp cinnamon

1. Preheat oven to 425°F. Grease a muffin pan cups with butter.
2. Toss together apples, lemon juice, cane sugar, cornstarch, cinnamon, nutmeg, ginger, allspice, sea salt, and vanilla. Set aside.
3. In a small bowl, mix together butter, honey, and cinnamon.
4. Working quickly, lay out 1 sheet of phyllo dough. Leave the remaining sheets wrapped up to prevent drying. Brush phyllo with butter mixture. Lay another sheet of phyllo on top, brushing with butter mixture. Continue layering until all sheets are used.
5. Cut phyllo into 12 pieces, roughly the same size. Press each square into a muffin cup.
6. Fill phyllo cups with apple mixture. Bake for 10-12 minutes, or until phyllo is browned and apples are tender. Enjoy warm with vanilla ice cream.



# Wine Poached Quince Galette

## Crust

- 1 ¼ cup unbleached wheat flour
- 2 tsp evaporated cane sugar
- 1 tsp cinnamon
- ½ tsp kosher salt
- ¼ cup cold butter, cut into ½-inch cubes
- ½ cup ice water
- 2 Tbsp apple cider vinegar

## Poached Quince

- 5 quince, peeled, cored and sliced

- 1 orange, quartered
- ½ cup honey
- 1 vanilla bean, halved lengthwise
- 10 cardamom pods, cracked
- 1 bottle Destinos Spanish white wine
- Pinch salt
- ¼ cup turbinado sugar

## Put it all together

- 2 apples, peeled, cored, and sliced
- We used Cox's Orange Pippins
- ¼ cup poaching liquid

- ½ cup turbinado sugar
- 3 Tbsp unbleached wheat flour
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp ginger
- ⅛ tsp clove
- 1 egg beaten with 1 Tbsp water or ¼ cup heavy cream, if desired
- Sugar for sprinkling, if desired

**1. Make the crust.** Whisk together flour, cane sugar, cinnamon, and salt. With a pastry blender, cut in butter until mixture resembles coarse meal, with pea-sized pieces. Mix vinegar into ice water. Add the vinegar-water mixture to the flour mixture one tablespoon at a time, until dough gathers into a shaggy ball. Wrap with plastic wrap, and form into a thick disk. Refrigerate at least 1 hour.

**2. Poach the quince.** In a 6-qt Dutch oven, add quince, orange, honey, vanilla bean, cardamom, and cover with wine. Bring to a boil, and immediately reduce heat to low. Simmer covered until fruit is tender, about 1 to 2 hours. Drain fruit, reserving liquid. Remove vanilla, orange, and cardamom pods. Discard.

**3.** Place poaching liquid in a small saucepan. Stir in ¼ cup turbinado sugar. Simmer until reduced and slightly thickened. Set aside.

**4.** Preheat oven to 400°F

**5. Put it all together.** In a large glass bowl, toss together apples, poached quince, poaching liquid, and turbinado sugar. In a small bowl, whisk together flour, cinnamon, ginger, nutmeg, and cloves. Mix into apple mixture.

**6.** On a piece of parchment, roll out crust into a 12-inch diameter circle. Move it to a large rimmed baking sheet.

**7.** Pile up fruit mixture in the center, leaving a 2-inch border of crust. Fold over the crust, leaving the center open. Brush with egg or cream, sprinkle with sugar.

**8.** Bake galette for 30-40 minutes, or until crust is browned, and filling is bubbly. Serve warm.





# Fighting for Farmworkers

By Ben Martin Horst · Editor

**PCUN** – Pineros y Campesinos Unidos del Noroeste, or the United Treeplanters and Farmworkers of the Northwest – advocates for Oregon farmworkers and working Latinx families in the Pacific Northwest. Working in community building, grassroots public policy change, and as a labor union, since 1985 PCUN has been a primary voice for the Latinx community in Oregon, particularly for farmworkers and their families. I sat down at PCUN's office in Woodburn with Reyna Lopez, PCUN's Executive Director, to talk about her work with the organization, PCUN's history, and the state of agricultural labor in Oregon today. Our interview has been edited for length and occasionally for clarity.





**Ben:** You grew up in Salem?

**Reyna:** Yep.

**Ben:** So how did growing up in Salem influence where you're at today?

**Reyna:** [laughs] It influenced everything. Every single way, shape, and form of my life today, actually. I guess it kind of started before me. My dad is from Zamora, Michoacán, in Mexico, and my mom is from Hermosillo, Sonora. My dad was coming back and forth from the United States for the farming season and then he'd come back to Mexico and see my mom. Finally he asked her to move up here, originally to Santa Ana where they were both doing farm work. Then he had heard that there was a vibrant tree planting industry here in Oregon and he and a bunch of my uncles moved their whole families to Salem in 1986. Around that time we were actually some of the first Latino families in the area that they had settled in. Now that whole street is literally all people of color, Latinos, immigrants from all places, but back then it was less diverse than it is today.

So he came and brought us to Salem and was working at a tree planter here in the Marion County area, in the Christmas tree industry mainly. I was looking through the files the other day and found my dad's first dues that he paid PCUN, a \$15 membership due back in 1987, so that was really cool, and kind of weird, too. It just all comes full circle, right? My whole family worked either in farm work or reforestation work, food processing, canneries, different food packing industries here in the Marion County area. Farm work was always present, even in our backyards. I remember when I was little, they would fill the backyard with corn and strawberries and cucumbers and pumpkins and all the things, before it was cool.

That has so much influence on why I'm here today and what this place has meant to a lot of people. Not just my family, but thousands of families that

came to PCUN to either get some kind of support in the workplace, whether that's around enforcing their rights or getting some kind of legal supports for immigration services because as you may know, farmworkers have never really had the right to unionize. There were two sectors of workers that were left out of the National Labor Relations Act [of 1935, which guarantees the private sector employees the right to unionize], farmworkers and domestic workers. Even from PCUN's inception we've always had to do our worker organizing in a very creative way, on a shoestring budget, with no budget, and with really no legal protections to be able to unionize at all.

Our Worker Center provides resources for people to be able to come for whatever they need. We have immigration services there. Not having [legal] status is one of the reasons why this work is so exploitable and why it's able to be so cheap, and why we were running into so many problems in terms of the working and living conditions in the field; the abuse that people were dealing with, not just verbal abuse and physical abuse of the workers, but also sexual abuse of the women and some of the men too. The Worker Center really became a place for either people to get some very limited scope of immigration services here—if we can't help you we'd refer you someplace else—and also helping people to make complaints, fill out documents and applications for BOLI [Bureau of Labor and Industries, which is charged with protecting workers' rights], or to basically just enforce [workers'] rights through connecting them with one of our legal resources and taking class action lawsuits. A lot of people have less than a 5th-grade education, and some people don't even speak Spanish, they speak indigenous languages, so having someone here for anything that you need, as simple as it is, without shaming you for a language barrier or for not

speaking the language perfectly, is a reason why people would come to the Worker Center.

We found that we could really make a difference actually changing the laws and having stronger protections for farmworkers, making sure that farmworkers aren't excluded again by massive, transformative labor policies, that we can actually make happen at the state level. So PCUN started playing more in policy fights. In the '90s, after many, many years of fighting, we passed the first paid breaks law for farmworkers, which was a huge deal back then. Now farmworkers can actually get paid for taking their fifteen-minute break when they're on the job. We made sure that farmworkers were included in the raising of the minimum wage the session before last; made sure that farmworkers weren't excluded from the paid family leave policies or paid sick days policies. We realized that we had to do so many other types of community organizing to really fulfill the needs of farmworker families and I would say even beyond Latino families that needed all types of services.

And then we have our Healthy Workplaces Program and that involves having a team of farmworker outreach workers that go out into the field to document stories of abuse in the fields. The workers themselves are former farmworkers who are very connected to the work that is happening out there now and have personal connections to it.

They're also organizing monthly healing circles here at PCUN based on indigenous healing practices of our motherland, North American natives from Mexico, mainly southern Mexico and central Mexico. Those happen every month and address the trauma that happens when you're having to heal from the abuses happening in the workplace. And it's mainly been women-led, which has been really cool.

**Ben:** You have a radio station?





## ▲ KPCN Voluntarios

**Reyna:** Yeah, Radio Poder. It's basically a Spanish radio station, it's our first big community radio station, and it's going to be for Salem and the surrounding areas. We have two indigenous spoken language programs, one of them is La Hora Oaxaqueña [broadcasting in the Mixteco language], and then the other one is La Hora Michoacana [broadcasting in the Purépecha language]. That's really exciting. The whole purpose of this is to have a place where there's democratized information, and that it's a platform owned by the community, for the community, where people can empower themselves, educate themselves, and organize themselves through something that is community-led and driven, and it's not just trying to sell you something constantly. We're really excited about it.

We found that this is still the best way to reach farmworkers in a way that they're not being isolated, that they understand what the current events are, that they get the information they need when it comes to immigration policy, immigration policy that will affect them in a negative way, and also to just have access to resources, whether that's direct services, or that the consulate is coming into town, this is a great way for farmworkers to know what's going on.

In a nutshell those are our programs.

**Ben:** That's a huge nutshell for you to be working on.

**Reyna:** I know, it's a lot. We joke about it all the time, but we have to be everything to everyone sometimes. It's so reflective of how we grew up, too. Especially people like me, who

are navigating both worlds, where we have to always be the translators for our family, even at doctor's appointments and places like that where we probably shouldn't be putting our noses in. Organizationally, it totally translates into that in so many ways.

**Ben:** That leads in a little bit... you're relatively new to the organization in some senses?

**Reyna:** I've been the Executive Director for a year and nine months. I'm new in this role, but I was on the board for about four years and before that I was the Civic Engagement Director at CAUSA, one of our sister organizations.

**Ben:** What changes have you brought to the organization?

**Reyna:** I think being able to bring a stronger Latina feminist lens to this work was really key. And I can't say it was just feminist, because there's problems with anything if it's just a feminist lens, mainly because historically the feminist movement excluded women of color. It had to be a Latina feminist lens to be able to make it really work with where we wanted to take this organization. A lot of it is coming to terms with the fact that we're not just a farmworker organization anymore, that we're representing the whole family. The whole family was coming to us, and we had to be an organization that went from just a farmworker union to farmworkers and Latinx working families. So that was a big part of work that I've been doing, and also getting people comfortable with this term, "Latinx." [laughs] You know? There's still a lot of people that

don't understand why we're using it, but it's an important reminder to them to say we're always going to stay true to our farmworker roots but we have acknowledge that there are oppressions that are happening within our own communities that have to do with gender and sex and we need to create a space that's safe for everybody, whether they're a man, a woman, a trans person, and that acknowledgment makes our movement stronger because now we're walking our talk when we ask for equity and equality when we do that for other people too. That's the way I look at it. And I feel like the people here feel that, and I think that our families feel that.

**Ben:** I was looking at the PCUN website, and back in 1988, I think it was, there was a Project to Stop Pesticide Poisoning?

**Reyna:** Yeah! And we're still on that project! [laughs]

**Ben:** So historically, why did PCUN decide to focus on that at the time, and why are you still involved?

**Reyna:** Wow... that was at a time when I don't think we even had all the public health stats. That was a time when members were coming and they were like, "I feel like crap every day because I'm handling this chemical," or, "I'm seeing this at work, I'm seeing skin conditions." Then we had them dig deeper and realized that this had real health effects in terms of just looking at the numbers: the cancer rates, the miscarriage rates, the fact that babies were being born with neurological issues, that babies were being born without certain limbs. That that was





▲ **Left:** PCUN Executive Director Reyna Lopez with labor leader and civil rights activist Dolores Huerta; **Center:** line workers prepping onions; **Right:** PCUN staff and volunteers

something that was not actually their experience when they were farming the land back in Mexico, because the practices that were used [there] were indigenous practices, organic practices.

The impetus was the anecdotal stories, but the drive for policy change was the actual numbers, when we realized this was not something isolated, but was something happening in every corner of the agricultural culture, from Salem to Bellingham, Washington, to Delano, California. At that time it meant we needed to document more stories, and that's why the Healthy Workplaces Program exists today, because we still continue to have the need to document stories. The more stories we heard, the more we were hearing about how this was actually playing out in peoples' lives, what it meant to be suffering from a severe skin condition because of having to interact with a certain type of pesticide. What it has meant today is that we're still trying to ban some of the worst pesticides. We're still trying to ban a toxic pesticide called chlorpyrifos, and that's actually on our legislative agenda this year, to try to ban it here locally. We're going up against some really powerful people, really powerful corporations, when it comes to trying to ban something like chlorpyrifos.

There's a lot of farms out there that are trying to do it themselves and they're trying to do better, and they're choosing to do organic practices, they're choosing to do practices that are regenerative, but the people who actually need to be doing it aren't. The ones that are actually really messing up our land, the ones

that are really causing the problems aren't the ones that are trying to change. I want to say that I would love to work with the Farm Bureau, or with some of these big voices in the agricultural grower side of things, but we have not come to a consensus or an agreement around what the alternative is. Because to them it's really all about the bottom line, or they think that they have to use these things to farm the way they do, and that using an organic alternative might not be good for what they're doing now.

We're eating these things every single day, and they have effects. That's not a secret. It has an effect if you keep eating something with a toxic chemical on it no matter how much you wash.

People don't know that even if they are undocumented, they have protections, they have rights. It's key to be able to go out there to say, "You're not alone, you have rights."

**Ben:** I think that a lot of people who aren't directly involved in agriculture don't realize how different labor standards are in the agricultural sector versus other areas of the economy. What are some of the differences, what are you dealing with on a daily basis there?

**Reyna:** So many things! We talked about one of the biggest ones at the beginning, about the National Labor Relations Act [excluding farmworkers from protections], but also child labor

laws not being the same. There are kids that are working out there, and do you ever question if it was child labor that picked this fruit? Who knows?

Before we didn't have the right to paid breaks. [Even now] if the workers are isolated, you don't know if they're actually taking their paid breaks. Another big issue that also falls under the law not protecting people is overtime. If you work more than a fifty hour week, you're not getting paid overtime. Who knows if you're getting paid! That's also a really big issue out in the fields: people sometimes aren't getting paid because of the intersection between immigration and people not wanting to come out and talk about these issues. People don't know that

even if they are undocumented, they have protections, they have rights. [It's] so key to be able to go out there to say, "You're not alone, you have rights." We're trying to do more and more of that, and it does involve having people that you can relate to, that you trust when you see them, that understand your struggle to be able to start teasing out what the issues are when you're working in the fields. 🌱





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## In the LifeSource Hot Seat

# LISA LIND

By Jeremy Scott · Grocery

To pick a team member to profile for this article, I threw a dart at our team member phone list. I was excited when the dart hit Lisa Lind's name.

Lisa Lind was born and raised right here in Salem and has lived her whole life in this wonderful city. An HR manager at Nordstrom for 22 years, Lisa knows how to take care of her team members as well as any manager I have ever worked with. After retiring from Nordstrom and looking for a new career, Lisa put in two job applications: one at a doctor's office and one at LifeSource as a front-end checker. She got a job offer at both but chose LifeSource over the doctor's office job because LifeSource is a company that fit better with her core values and has its own amazing benefits. Lisa has now been taking care of our customers and our LifeSource team for eight years.

A big part of Lisa's life is her family, whether human or feline. Lisa and her husband Jim (who you can find at the deli bar at least a few times a week) have been married for 19 years, but have been together for around 29 years. Together they own a business called Crystal Power & Light Co., where they create and sell some of the most amazing jewelry I have ever seen. I have no doubt that many of you have seen and have worn their artwork. Also part of Lisa and Jim's family are their cats. With all the pet food that Lisa orders, I thought for sure that she had at least five cats, but she has only two, Brother and Sissy. It turns out she loves all animals, even the ones most people ignore, and she feeds many of this world's creatures...even the homeless ones.



**What's the one thing you couldn't live without?**

The love of my close family.

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

Ireland because of the kindness of the people, the clean water, music, and magical Neolithic sites.

**What was your first live concert?**

Elton John.

**What three ideas would you use to describe LifeSource?**

Strong values, great products, and amazing teams.

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

Speak Latin.

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

Donate to grassroots organizations, donate to climate change organizations, donate to animal care, and maybe take a vacation.

**If you could be any fictional character, whom would you choose?**

Aslan from C.S. Lewis's *The Lion, The Witch and The Wardrobe*.

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

Our car accident on Christmas day.

**What is your favorite outdoor/indoor activity?**

Drinking good wine and hanging out with my cats.

**What chore do you hate doing?**

The dishes.

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

The Persian poet, Rumi.

**At what age did you become an adult?**

I thought it was 18, but really it was around 25.

**What three traits define you?**

Compassionate, clear communicator, and ethical.

**What's the coolest trend you see today?**

More people eating organic.

**What would you most like to tell yourself at age 13?**

Don't take yourself or others so seriously.

**What is your favorite thing about working at LifeSource?**

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