

LifeSource
natural foods

news in natural

SPRING 2020 · FREE

*Spring
Brunch*

**A Brief History
of LifeSource**

**Recipes to Keep You
Busy During Isolation**



▲ The original LifeSource Crew—1994 p.6

As we go to press, we're several weeks into social distancing and the governor's stay-at-home order to mitigate the effects of the COVID-19 pandemic. LifeSource staff are scrambling to stay up-to-date on official health recommendations to protect both customers and ourselves. Like everyone else, we're seeing things we've never seen before, from toilet paper shortages to an unprecedented surge in online curbside pickup and delivery orders. In its health impacts and the havoc it has played with our livelihoods and the businesses, restaurants, and institutions we love, the pandemic is the strangest, most nerve-wracking thing we've collectively experienced in a very long time, if ever.

Novel coronavirus notwithstanding, it's a beautiful spring, and we hope you're finding ways to enjoy it. You may be finding yourself with lots of time to spend in the kitchen, and to that end, we've filled this issue of News in Natural with recipes to enjoy. We're also marking the end of an era at LifeSource, as our founder and longtime leader, Alex Beamer, enters retirement; I sat down with him shortly before the pandemic to discuss his quarter-century with LifeSource and his plans for the future. And Tabettha offers a report from a (pre-coronavirus) volunteer trip to Marion Polk Food Share, an organization that is more important now than ever, as many deal with food insecurity.

It's a bizarre time for us at LifeSource, just as it is for everyone else, but we're committed to keeping our community healthy, now as ever.

Eat well, and stay healthy!

Ben

Ben Martin Horst · Editor



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

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Spring 2020



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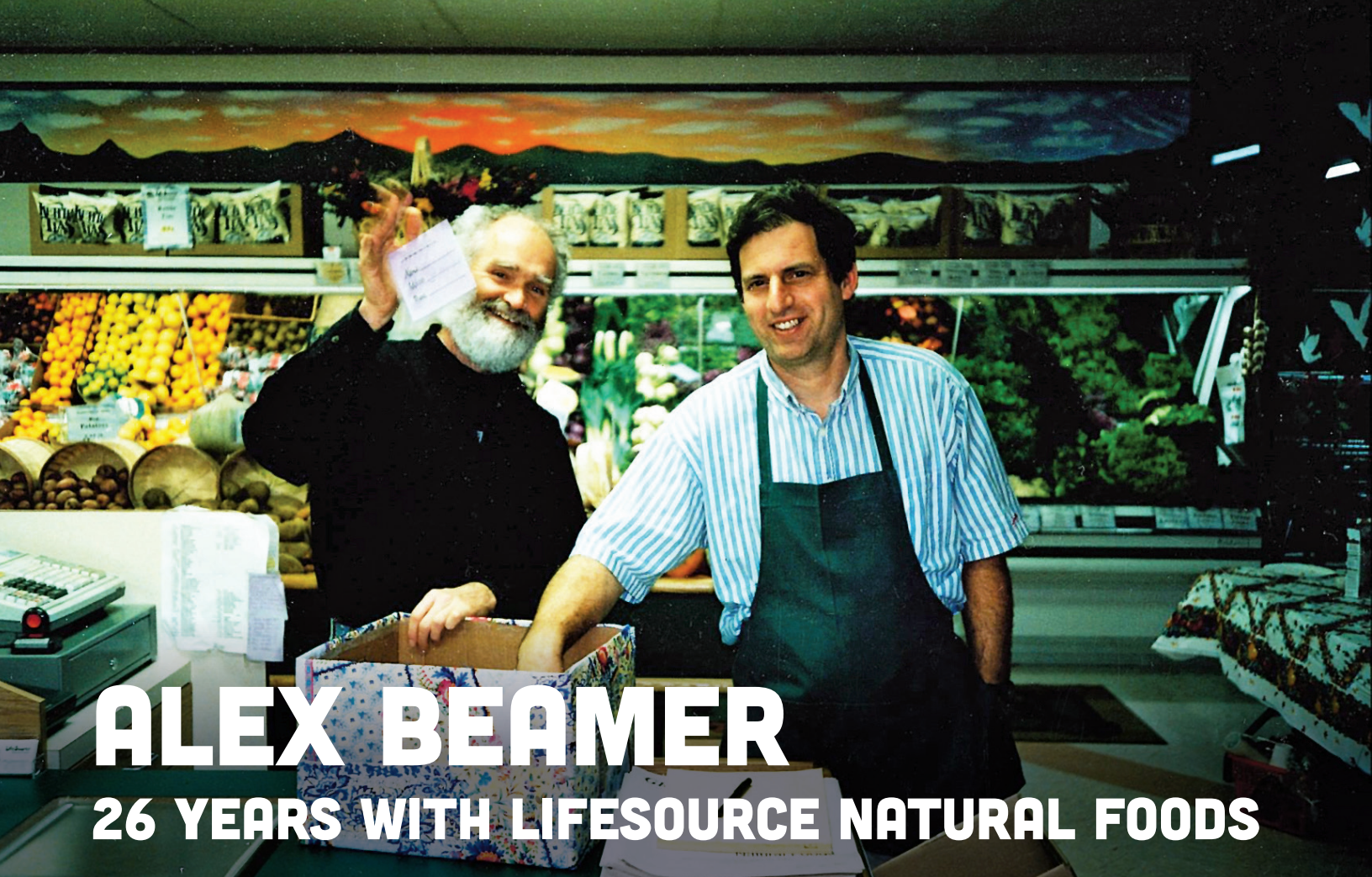
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ALEX BEAMER

26 YEARS WITH LIFESOURCE NATURAL FOODS

▲ *Left: Peter Moore Right: Alex Beamer*

By Ben Martin Horst · Editor

Alex Beamer opened LifeSource in 1994. Now, nearly 26 years later, he retired at the beginning of April. In addition to managing LifeSource, Alex has been a leader in the national and regional natural foods movements, and sat on the board of the Independent Natural Foods Retailers Association from 2007-2014. He has also been a board member of Marion Polk Food Share since 2008.

While Alex has now retired, he remains LifeSource's owner, and his vision for the store remains strong. I sat down with Alex a couple of weeks before his retirement to talk about his quarter-century at LifeSource, promoting natural and organic foods.

Editor: You opened LifeSource in 1994. Why?

Alex Beamer: There are all these

building blocks that I call chapters of my life that all led up to doing this. I grew up in the San Francisco Bay area in the 1960s and was very influenced by the hippie movement and its ideals about how people could live better in relation to each other and the earth. I have to say, I took the ideals to heart, but I didn't get into the party scene.

Eventually I moved into the hills outside of Banks, Oregon, west of Portland, where I joined a college professor on eighty acres and worked with friends to build a house and gardens. And actually my foot got into the natural food movement and I helped manage a rural food co-op. At the time we didn't even know the term "natural," or "organic," we just knew the term "cheap food!" We would just buy bags of rice and blocks of cheese.

Ed: In 1977, you bought Breitenbush Hot Springs with a vision to build it into the retreat and conference center it is today. How did the community there come together?

AB: Initially, I would say I invited people to come join us. One by one the right people came to join us. After there were some people, we made group decisions together and if somebody new wanted to join they had to be voted in.

Ed: I remember you saying that living in that intentional community was a lot like being in a marriage?

AB: Yes. So, I had thought when I started that I'd want to live there my entire life. It was this idealistic way for people to live better together, to come to the mountains and the beautiful forest, with the hot spring energy, and the river. Then I found out I wasn't a

good candidate with being in that... almost like a marriage with fifty people! I'm a bit more of a loner. There were periods of times when we'd spend a third of our time in meetings. When I left Breitenbush, I said, "I'm allergic to meetings, I'm not going to do them any more!" But I got over that.

I moved away, and bought a natural foods store, Kea'au Natural Foods, in Hawaii. That got me started with natural foods. My then wife and I had gone over to be part of an ashram of a guru that my wife followed, and I noticed that a lot of members of the community were on food stamps. I thought, well, we could have a business and make a livelihood. Although only one member of the group ended up working with me, it got me into the natural foods business. I guess I would offer the term "right livelihood" at this point, which comes out of Buddhist philosophy: choosing to make my living in a way that benefits me and benefits the world around me.

I lived there five, six years. Then I actually went back to Breitenbush for a few years. I had my second child, and then I got separated and then divorced from my wife, and I went back to Breitenbush for a few years. Then I moved to Salem: I got married to a second wife and had stepkids, and it turned out the educational opportunities up in the mountains weren't very good! And then I started LifeSource. I had a vision for a store that was different than anything that existed in Salem at the time.

Ed: Say more about that.

AB: Early natural foods stores tended to be businesses run on a shoestring, and often weren't very well organized, and they weren't very clean, and they weren't well structured. I had a vision for a store that was really beautifully laid out and had good equipment, thoughtfully organized. I can't say that I was the first person with that kind of

idea for a natural foods store. I would say that around the time, Whole Foods and maybe some other stores started making really nice supermarkets, with the same concept. It was probably part of a movement thinking about elevating the game. I still just have my one store, and I know people who started around then and now they have four or five stores, and I'm like, "Holy smokes!" They played the game.

Ed: You don't have four or five stores. Is that just how things played out?

AB: I would say it had a little bit to do with, well, people with four or five stores usually have partners or investors to do that. I was conservative. While there's a benefit to the energy and resources of connecting to people, there's a risk that you won't get along and the whole thing will fall apart. There's successes, but there are also lots of bad stories.

Ed: In the nearly 26 years now since LifeSource opened, what things are you most proud of?

AB: Building this business that is a community hub, that promotes and supports people living a healthy lifestyle. How there's good energy, and how people have participated and stuck with us, how well the business has grown. I love selling organic foods, and I wish I could sell more. I love making a great place for staff to work, and providing good benefits and a good working environment. I love seeing all the interaction between staff and the customers, being really friendly and making everybody's day, every day. Constantly providing a message to Salem about health, and about eating right and taking care of

yourself, and being healthier. I've loved having a thriving business that's lasted for so many years. Lots of wonderful relationships with people.

Ed: What do you think LifeSource represents to this community?

AB: It comes back to health, but I think it's almost more than that. Healthy eating. There's a whole element of self-care. I've never had good language for it. There's going somewhere and getting pills, and there's going to LifeSource and learning how to take care of your body with natural products.

And I have to think that we've really modeled good business practices, towards our employees.

▼ Straub Summer Camp visits LifeSource



Ed: I'm a relatively recent transplant to Salem. In the less-than-a-decade that I've been here, I feel like things have changed quite a bit. You were talking about being a model for business practices. Have you seen those shift in this town?

AB: What I would say is that we have been a front runner, leading the way, and big shifts have happened. One way that I'd say that is that we used to be the only place to get organic and natural products. Now all the major grocery stores sell lots. We're not unique in that way anymore. And then I think we we're also about taking care of the environment, and now there's Marion County EarthWISE certification, and how many businesses are on board with

that? That was kind of a theme: I think the environment and sustainability have grown and been embraced by the community. So we could say healthy food, environmental sustainability, solar panels on the roofs.

Ed: What's challenged you over the last 26 years since opening LifeSource?

AB: Something that's challenged me a lot recently is that we're not as unique as we used to be. We've been able to grow because natural and organic

So I tell people that we try to evolve as well as we can, to stay competitive and sustainable in the changing marketplace.

I used to think that my favorite thing about running the business was promoting natural and organic foods, and putting them out to the community. But I'd say that over time my focus shifted to people, and both the challenge and the rewards of working with staff and developing staff, creating a really great culture with the store.

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foods have become more popular, but that popularity has caused all the stores to start selling what we sell. So then what makes us stand out as a place to still come? How do we stay relevant? So that's been a big challenge.

That's really challenging, hard work! But it's really fulfilling to be successful, to really impact a hundred people's lives. I would say my goal is that this is the best place that they've ever worked. And honestly, it doesn't work out that way

for everybody, but I'd say that for a lot of people, yes, it is.

Ed: Can you tell me about something that never would have occurred to you when you started LifeSource? Developments that have happened since you opened?

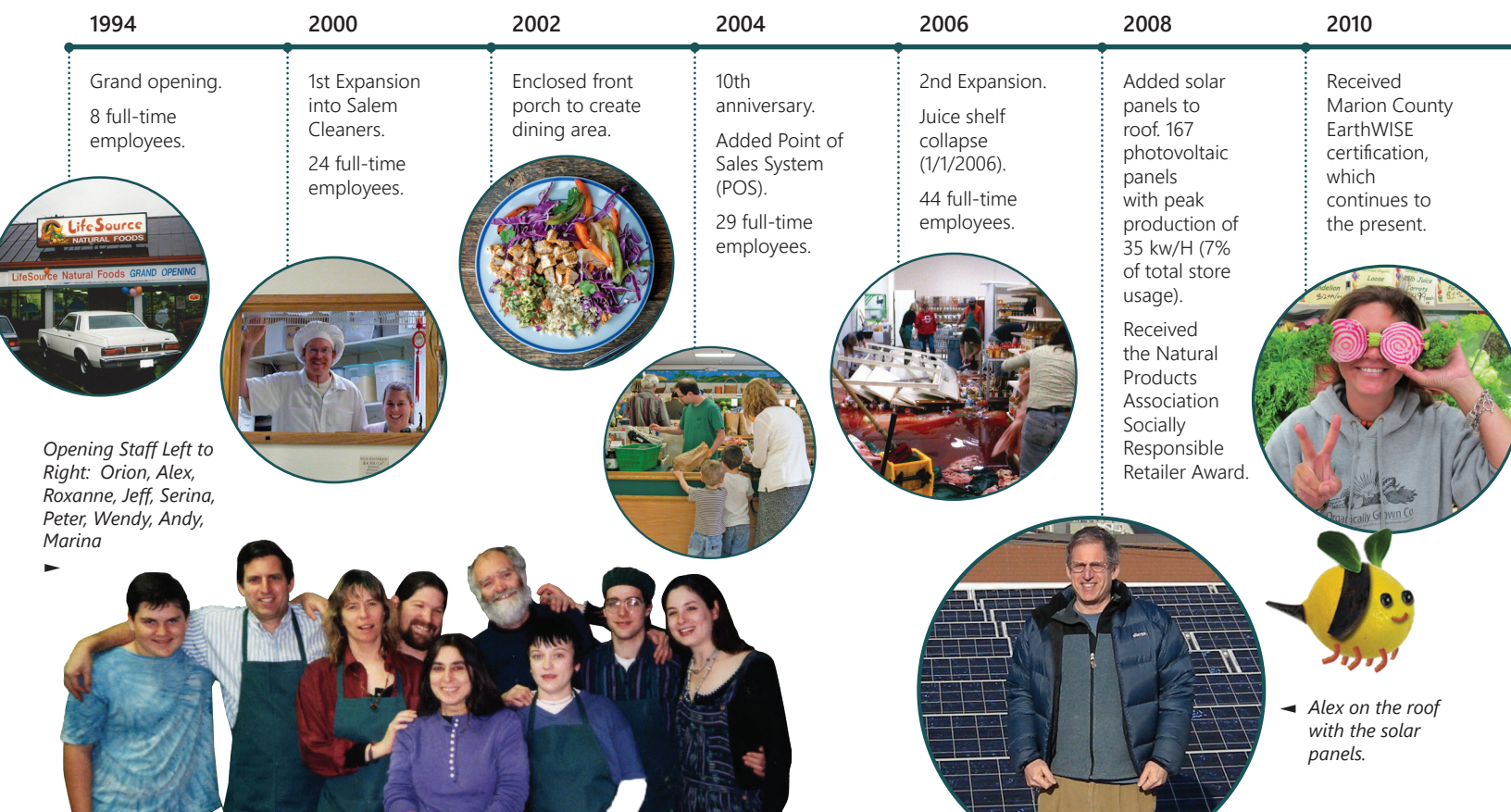
AB: Kind of a surprise result? I got to meet my wife, Lori! She was a customer, a number of years ago, about 15 years ago.

I would say that LifeSource has been far more successful than I could have imagined.

Ed: In what way?

AB: Oh, the size of the business, and how dynamic it is. As is the whole natural food movement. I was thinking about when we started Breitenbush, and we first started offering some retreats in 1980. One of the first retreats we did was a yoga retreat. We were promoting yoga, and it's interesting to remember that in 1980, yoga was not well known. It was weird! And now yoga is a household word that everybody does.

A BRIEF HISTORY OF LIFESOURCE



So there's an element of that in my life: these things that have gone from... weird concepts to widely recognized. And I guess organic foods would be that way.

Ed: How have your feelings about LifeSource changed over the years?

AB: I don't know. I think I'd just have to say I've loved it the whole time. And it's been stressful and hard the whole time. In recent years I feel like I've had to actually be more focused and work harder. I remember there were years when my daughter was a teenager, and I'd take a lot of time to run errands with her and do teenage kid things, and now I try to imagine that and I'm just so busy. Today that would be really hard.

Ed: You're retiring in April.

AB: That's right. My 70th birthday. I said several years ago that's my time to step down, or step aside.

Ed: So what comes next for LifeSource after you retire?

AB: I'll still own LifeSource, but the day-

to-day management will be handled by Jeff [Watson], who's becoming our new General Manager. Jeff's been with me since the beginning, and we have a high degree of alignment around our values and how the business should operate.

Ed: What are you looking forward to in retirement?

AB: One of the things is that this has become very much desk job, and I'm looking forward to not sitting at a desk. I think it's unhealthy! I wouldn't recommend it for a healthy lifestyle. And also, there's a high day-to-day stress level, and I'm looking forward to setting that aside.

I looking forward to spending more quality time with my wife and family. My wife and I are going to get a puppy in a few weeks.

I've been working on restoring an antique car, my Stanley Steamer for like, oh my god, so many years, and I'd really love to put about a solid year into finishing the project. I love doing that kind of work. My wife and I have bought a run-down house at the beach

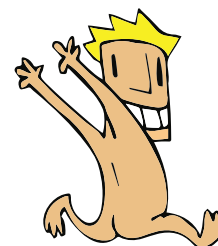
that we'll be rebuilding.

Ed: What do you anticipate being challenging about retirement?

AB: I've got too much I want to do!

Actually a big challenge is taking good care of myself. I would say that as we age, we have to invest more and more into taking care of ourselves. We have to really put the effort in and develop good habits. I read a book last year that talked about how if you go home and sit on the couch every day, you'll die. If you go out and ride your bike for an hour every day and have great relationships and have value and purpose in your life, you can live a long, healthy life. I believe it.

Ed: Thanks for taking the time to chat with me today. And thank you for the decades you've put into building LifeSource and the community it sustains. I know we'll see you around, but I miss you already! 🌱





FEEDING THE COMMUNITY

With Marion Polk Food Share

By Tabettha McCrimmon · Produce

Emily in our produce department is passionate about our community. Since she started her journey at LifeSource, she has helped arrange three different volunteering adventures for our team, with the first being at Marion Polk Food Share. It was an honor to join her at this fun-packed, satisfying, and gratifying happening.

The LifeSource crew met up and carpooled over to the Marion Polk Food Share headquarters on the northeast side of Industrial Drive. After Food Share staff greeted us warmly, we washed up and put on our protective wear: gloves, nets for beards and hair, and a stylin' apron. We separated several large bins of donated frozen meat into categories. After they didn't have any more frozen meats in the building, they asked us to make bags of apples for families. Most of the produce department gathered around one bin and the other half of our group circled the other bin. We must have felt inspired by the rock music on the radio and all the meat we slung because we started picking up the pace. Soon, the jig was up and it was full speed. As much as I would like to say the produce department were the victors in our friendly race, Alex, Lori and the rest of those apple baggers cleared their bin in

record time. All in all, it was a fantastic experience that I would happily do again. I'm humbled and grateful to work with this gaggle of humans.

Marion Polk Food Share distributes food to many places, such as low-income day care centers, foster homes, and senior housing units. They also operate Meals on Wheels in Salem and Keizer. The Food Share began in 1987, when a group of people saw a need to create an independent nonprofit to end hunger in Marion and Polk counties.

Each month, more than 46,000 people in Marion and Polk counties access food assistance, much of it through Marion Polk Food Share or one of its many partners.

Since then, the Food Share has grown to a network of over 100 partner agencies that collect and dispense food. Each month, more than 46,000 people access food assistance, much of it through Marion Polk Food Share or one of its many partners. Throughout Oregon, even before the COVID-19

pandemic, 13% of the population are struggling to afford food. Children make up 33% of that percentage.

Our very own Alex Beamer, who has been on the Marion Polk Food Share Board of Directors since 2008, says, "I feel it is important to help others in need. Being in the retail food business, I understand that helping feed hungry people is the right thing to do. I need to see the people around me having their basic needs met."

While writing about this adventure, I learned that the Food Share also invests in programs that tackle some of the root causes of hunger. They help start up community gardens, which grow healthy food and healthy communities. There were a few areas outside the warehouse waiting for the time to start planting. They're involved in several job skills training programs that empower people to find and keep jobs. There's also The Youth Farm, a partnership with the OSU Extension 4H Youth Program, provides business, agriculture, and leadership training to young people while growing produce for emergency food distribution.

There are many ways one could support Marion Polk Food Share battle hunger. One could donate a monthly or one-time gift. Every \$1 you give will help provide 3 nutritious



Shopping with Coronavirus in Mind

NOT FEELING WELL?



If you have a fever, cough or any other flu-like symptom, consider staying home or seek medical attention.

DISEASE PREVENTION



Source: World Health Organization

IN-STORE CAPACITY LIMIT



We're allowing 20 shoppers in our store at a time.

REDUCE RISK



Select one person to shop for your family.

STOP THE SPREAD

Wear a mask & cover your:

- ☒ NOSE
- ☒ MOUTH



Luchador Masks
Not Acceptable,
sorry.



PROTECT CHILDREN

Help children understand safe shopping behavior

- ☒ Only pick up products you intend to purchase
- ☒ Stay close to your cart
- ☒ Practice social distancing



AT-RISK SHOPPING HOUR

8AM - 9AM

People over the age of 62, pregnant, or immunocompromised



LIMIT EXPOSURE

Avoid Excessive Touching of products and surfaces.

Limit Socializing

Please keep conversations short and sweet.

Optimize Your Shopping

Use your list to plan a path that only requires a single visit to each department and aisle.



meals- enough to feed a family! The Food Share also works closely with Salem Harvest, another non-profit organization that connects farmers and backyard growers with volunteer pickers to harvest fruits and vegetables that would otherwise go to waste. About half of the produce that is harvested is given to the Marion Polk Food Share network for emergency distribution.

Editor's Note: LifeSource volunteers spent time at Marion Polk Food Share prior to the COVID-19 outbreak. Since the pandemic reached Oregon, Marion Polk Food Share has temporarily suspended warehouse volunteering, although if you are interested, you can sign up through their website and they will contact you when volunteer shifts begin again. Additionally, they cannot accept individuals' food donations. But because of the economic fallout from the COVID-19 pandemic, demand on food banks is greater than ever before, and donations of money will be put to immediate use feeding the hungry in our communities. Please check the Marion Polk Food Share website (marionpolkfoodshare.org) for up-to-date information on how you can help, or how to get help if you need it. 🍌

Bridging The Hunger Gap

By Ben Martin Horst · Editor

Here in the Willamette Valley, we're blessed with farms providing abundant organic vegetables for much of the year. But let's face it: in late winter and much of the spring, few crops are even in the ground yet, let alone ready for harvest. In climates like ours, this period between the last of the hardy winter vegetables and the first of the spring crops was often called the Hunger Gap.



Nowadays we can import vegetables from warmer areas like California or Mexico, but that hasn't been an option for most of human history. People got by on storage crops, like potatoes, turnips, and parsnips, and by turning to fallow or wild lands to provide what cultivated fields could not. That is to say, they foraged. In some parts of the world, these spring foraging traditions remain strong. In Japan, for example, wild spring vegetables like fiddlehead ferns, various wild alliums, and even hosta shoots are called sansai, or "mountain vegetables;" in Korea wild chives, mugwort, stonecrops, and others are considered members of a group of wild spring vegetables called bom-namul. Here in Oregon, our spring foraging traditions may not be as strong as in other parts of the world, but we have a lot of options here, too. If you have a lawn, chances are good that you have some edibles growing right outside your door.

Two of the easiest—and safest—spring vegetables to forage are nettles (*Urtica sp.*) and dandelions (*Taraxacum officinale*). Both are abundant, tasty, and hard to mistake for anything potentially dangerous. That said, when foraging, one should always get a positive ID from multiple sources before consuming a plant, sources like experienced foragers or reliable field guides (such as Jim Pojar and Andy MacKinnon's *Plants of the Pacific Northwest Coast: Washington, Oregon, British Columbia & Alaska*).

Nettles

You likely don't have nettles in your yard, but they are nonetheless common in the area, especially in moist woods and in river bottoms. Nettles begin to emerge in late winter, and are a fantastically nutritious and abundant wild vegetable, with a delicious, rich flavor. Their one drawback is that their leaves and stem are covered in hairs that secrete formic acid when one brushes against them, leaving an uncomfortable, if generally harmless, rash. Nettles are disarmed with cooking, but must be handled with gloves (or an experienced touch) when raw; rubber kitchen gloves are sufficient protection. Harvest the top 5-6 inches of nettles in early—to mid-spring, before they begin to flower (once the skinny light green flowers begin to develop, the leaves develop gritty particles that can irritate the urinary tract). In the Willamette River bottoms where I usually find nettles, they tend to be sandy or silty, so rinse them well. Nettle leaves (and the tender young stalks when newly emerging) can be coarsely chopped and sautéed or blanched and incorporated into many dishes: anything you can do with spinach you can do with nettles, and it's fantastic as a pesto or in a cream of nettle soup. My family loves to make nettle colcannon, an Irish mashed potato dish, for St. Patrick's Day.



Nettle Colcannon

- 2 lbs starchy potatoes (such as Russet or Yukon Gold), peeled and cut into chunks
 - 3 cups coarsely chopped fresh nettles (if you don't have nettles, you can substitute kale)
 - 1 cup leeks, chopped, rinsed, and patted dry
 - ¼ cup butter
 - ¾ cup whole milk or half-and-half, or unsweetened non-dairy milk of choice
 - Salt to taste
1. Cover the potatoes in salted water and bring to a boil. Reduce heat to a simmer and cook until tender, about 20 minutes. Drain the potatoes.
 2. While potatoes are boiling, heat a skillet over medium heat. When hot, add the butter and, when the butter has melted, the chopped leeks. Cook gently over medium or medium-low heat, stirring regularly, until the leeks have softened and turned translucent. Do not allow them to burn.
 3. Add the nettles to the skillet and sprinkle with salt. Continue to stir regularly, until the nettles have wilted and become soft. Add milk and cook until just warm. Remove from heat.
 4. Pour the milk-nettle mixture over the potatoes and mash thoroughly. Salt to taste. Serve with butter.

Dandelion

Many of us know dandelions from hours spent pulling them from lawns and gardens. They might be confused with cat's ear (*Hypochaeris radicata*) or chicory (*Cichorium intybus*), both of which are hairy, as opposed to dandelion's smooth leaves, though both cat's ear and chicory are edible as well. Dandelion leaves always have some degree of bitterness, but early spring dandelions tend to be less bitter than at other times of the year. Bitterness is a quality that is sadly unappreciated in the standard American diet, but highly sought after in many other cuisines. In any case, if you can enjoy or minimize the bitterness, dandelion greens have a lovely flavor. Leaves can be eaten raw in a salad—chopped coarsely and mixed with a lot of lettuce to reduce the bitterness—or boiled for around 8 minutes to remove most of the bitterness. Both raw and cooked, dandelion benefits from liberally dressing with olive oil and vinegar. Dandelion flowers are much less bitter than the leaves and make a good addition to a salad, though I tend to use mine to make dandelion wine. Lastly, the root can be roasted and infused in hot water to make a lovely, robust beverage that some people compare to coffee. John Kallas discusses dandelions in detail in *Edible Wild Plants: Wild Foods from Dirt to Plate*.

Dandelion Root Coffee

While a roasted dandelion root beverage is often referred to as “dandelion root coffee,” it contains no caffeine. While it doesn't taste exactly like true coffee, it is delicious in its own right.

As you weed the yard or garden, collect dandelions (make sure no pesticides have been sprayed on them first). You'll need a lot, as it takes more than 10 dandelions to make one cup of coffee. Soak the dandelions in a tub of water to loosen any dirt from the roots or crowns, then rinse them well. Cut the roots away from the leaves (save the leaves for eating, if you desire), and chop the roots and pat them dry. If you have a dehydrator, dry the chopped roots at 115°F for several hours or overnight, until completely dry. If you don't have a dehydrator, you can dry them in the oven on the lowest temperature setting.

Once thoroughly dry, spread the roots on a cookie sheet and roast in a 250°F oven, stirring every 15 minutes, until they have turned a deep brown, coffee-like color, about 1½ hours. Do not let the roots burn. Allow the roots to cool before storing them in a glass container with tight-fitting lid.

To brew, combine about 2 Tbsp of roasted dandelion roots with 2 cups of water and bring it to a boil. Let it simmer about 15 minutes, then strain into a cup. Add milk or sweetener as desired.

Alternately, process the roasted dandelion roots in a coffee grinder until they are a coarse powder and brew, like true coffee, in a French press.



Spotlight on **NATURAL FACTORS**

Farm to Supplement Quality Control

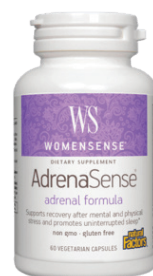
Natural Factors is a family-owned, fully integrated company, controlling every aspect of the product line to ensure that each product is safe and effective. For more than 50 years, Natural Factors has been an industry leader in organic farming, sourcing and development of raw materials, research and development, and quality assurance.

Their story begins at their certified organic Factors Farms, a very special tract of land covering over 1,100 acres. In the beautiful Okanagan Valley in British Columbia, they've been growing vegetables, grasses, and herbs for a quarter century. They have always made sure to choose true "species" non-GMO seeds for our seedlings and have never grown anything GMO on their farms. The plants are nourished in rich alluvial soil, fertilized with compost and nitrogen-rich sea plants, and meticulously cared for and harvested by hand. No synthetic pesticides (or even permissible organic pesticides) are used – EVER!



In addition to their farms, Natural Factors has impressive manufacturing capabilities including softgel and two-piece hard-shell encapsulation, tableting, liquid and powder extraction, multi-ingredient aqueous granulations, and a liquid fill line.

Natural Factors' vertically integrated approach clearly demonstrates transparency and integrity, high values for today's consumers who want to trust the quality, efficacy, and value of supplements!



Let's Do Brunch



Classic Buttermilk Pancakes

*Light, fluffy, and amazingly
delicious. You'll never go
back to a mix! p.17*



Blackberry Mimosas

By Sylvia Curry
Makes 2 servings

Simple Syrup

- 1 cup granulated cane sugar
- 1 cup water

Mimosas

- 1 (6 oz) pkg blackberries (If using frozen, thaw first)
- 1 tsp turbinado sugar
- 2 Tbsp simple syrup (or more, to taste) divided
- ½ small meyer lemon
- Champagne, sparkling wine, club soda, or sparkling water

1. Heat sugar and water in a small saucepan over medium high heat until it reaches a low boil. Reduce heat to medium low, and simmer for 10-12 minutes, or until syrup becomes slightly thickened. Allow to cool, and chill in a covered container until ready to use.
2. In a small bowl, muddle blackberries with turbinado sugar. Strain through cheesecloth, squeezing out the juice. (Wear gloves to protect your hands from staining!) Divide between 2 champagne glasses. Yields about ½ cup of blackberry juice.
3. Add 1 Tbsp simple syrup to each glass.
4. Squeeze the lemon once into each glass (About ½ Tbsp)
5. Top with sparkling wine, soda, or sparkling water.

Salmon and Leek Galette Bretonne

By Ben Martin Horst | Makes about 8 Galettes

For the crêpe batter:

- 250g (about 1¾ cups) buckwheat flour*
- 550ml water
- Pinch salt
- Butter (for frying)

For the filling:

- 1 leek
- Butter for frying, about 5 Tbsp
- Gruyère cheese, about 7oz
- Smoked salmon, about 5oz
- 8 eggs
- Salt and pepper to taste

1. In a bowl, whisk together the buckwheat flour, water, and salt. Cover with a towel and let stand on the counter for at least two hours, but preferably overnight.
2. Assemble the filling ingredients. Cut the leek into rings, rinse, and pat dry. Melt 2 Tbsp butter over medium-low heat and add the leeks. Cover and cook gently, stirring occasionally, until the leeks are soft and beginning to grow translucent; do not allow to brown. While the leeks are cooking, cut the cheese into thin slices and flake the salmon. Set filling ingredients aside.
3. Heat a well-seasoned skillet or crêpe pan over medium-high heat. When hot, add ½ Tbsp of butter to coat the pan. When the butter begins to brown and smoke, ladle about ⅓ cup of batter into the pan, turning the pan so that the batter flows into a thin, round crêpe. Cook until the top of the crêpe begins to dry and the bottom begins to crisp, about 30 seconds to 1 minute. Using a thin metal spatula, flip the crêpe and cook an additional 10-20 seconds. Remove the crêpe to a plate and cover with a towel to keep warm. Adding more butter to the pan as necessary, repeat until all the batter has been used. Keep the skillet warm.
4. In a separate skillet, heat 1 tsp butter over medium-low heat. Crack an egg into a ramekin or bowl, making sure not to break the yolk. Tilt the egg gently into the pan, sprinkle with salt and pepper to taste, cover the pan with a tight-fitting lid, and cook until the white is set but the yolk is still runny, about 2-2½ minutes.
5. While the egg is cooking, place a crêpe back into the first pan. Place a slice of cheese in the center of the crêpe, followed by a small scoop of leeks and some of the flaked smoked salmon, and finally the fried egg. Fold the sides of the crêpe up to make a square shape, with the egg's yolk peeking out the top. Cook until the cheese begins to melt and the filling is warmed through. Plate and serve.
6. Repeat steps 4 and 5 until you've used all the crêpes.

**Note: Different brands of any kind of flour may vary slightly in coarseness, so we prefer to measure flours by weight instead of volume.*



Vegan Frittata

By Catherine Dwelley
Makes about 8 servings

- 12 oz pkg silken tofu, drained
- ½ cup Just Egg
- ½ cup non- dairy milk (or cashew cream)
- 1 Tbsp nutritional yeast
- 3 tsp cornstarch
- 1 tsp salt
- ½ tsp turmeric
- ½ tsp garlic powder
- ¼ tsp mustard powder
- 2 Tbsp vegan butter
- 1 small onion, chopped
- 2 yukon gold potatoes, chopped
- 4 cloves garlic, smashed and chopped
- 1 small red bell pepper, seeded and chopped
- 1 small zucchini, chopped
- 4 mushrooms, sliced
- 2 cups baby spinach

1. Preheat oven to 375°F. Grease a 9-inch springform pan or baking dish with olive oil.
2. In a blender, place tofu, Just Egg, non-dairy milk, nutritional yeast, cornstarch, salt, turmeric, garlic powder, and mustard powder. Blend until smooth.
3. In a large skillet over medium heat, melt vegan butter. Sauté the onion until it begins to turn translucent, about 5 minutes. Add potatoes, cook and stir an additional 5 minutes, or until they begin to soften. Add garlic, bell pepper, zucchini, and mushrooms. Cook and stir until almost cooked through, about 7 minutes. Finally, add spinach, cooking until spinach begins to wilt, another 2-3 minutes.
4. Stir tofu mixture into the vegetables, and then pour into the prepared springform pan.
5. Bake frittata for about 45 minutes, or until center is firm to the touch. Allow to rest 10 minutes before serving.



Blueberry Buttermilk Sweet Rolls

By Catherine Dwelley
Makes about 12 Rolls



Dough

- 2 ¾ cups unbleached wheat flour
- ¼ cup evaporated cane sugar
- 1 packet or 2 ¼ tsp active dry yeast
- 1 tsp salt
- ¾ cup buttermilk
- ¼ cup butter
- 1 egg, beaten

Filling

- 1 (12 oz) pkg frozen

blueberries

- ¼ cup granulated cane sugar
 - 1 meyer lemon, juiced
 - 2 Tbsp cornstarch
 - 2 Tbsp water
 - Tbsp butter, warmed to room temperature
- ### Frosting
- 1 (8oz) pkg cream cheese
 - ¼ cup granulated cane sugar
 - 1 meyer lemon, juiced

Dough:

1. Whisk together unbleached wheat flour, ¼ cup cane sugar, yeast, and salt.
2. In a small saucepan, heat buttermilk and butter until butter is melted, and mixture is warm to the touch—about 110°F.
3. Stir buttermilk mixture into flour mixture until combined. Stir in beaten egg. A soft dough will form.
4. Turn dough out onto a floured surface and knead for 3 minutes. Return to bowl and cover loosely. Allow to rest 10 minutes.

Filling:

5. In a small bowl, whisk together cornstarch and water. In a small saucepan combine blueberries, cane sugar, lemon juice, and cornstarch mixture. Cook and stir over medium heat until thickened and bubbly. Mash berries slightly with the back of the spoon.

Assembly:

6. Generously grease a pie pan with butter.
7. After dough has rested, turn it out onto a lightly floured surface and roll into a roughly 10-inch-by-14-inch rectangle. Spread with room temperature butter and blueberry mixture. Starting from the long side, roll the dough as tightly as possible (this can be challenging, as the filling tends to wander). With a sharp knife, slice into 12 rolls.
8. Place rolls in prepared pie pan, and cover tightly with plastic wrap. Allow to rise in a warm draft free place until doubled, about one hour to 90 minutes. (Ours rose for 90 minutes).
9. Preheat oven to 375°F. Remove plastic wrap and bake for 25 minutes, or until rolls are golden brown and filling is bubbly.

Frosting:

10. With a hand mixer, mix together cream cheese, sugar, and lemon juice. Spread over cooled sweet rolls.

Classic Buttermilk Pancakes

By Catherine Dwelley
Makes about 10 Pancakes

- 1 ½ cups unbleached white flour
- 3 Tbsp granulated cane sugar
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 cups cultured buttermilk
- 2 eggs, beaten
- 2 Tbsp butter, melted
- 1 tsp vanilla
- A little extra butter for greasing the skillet

1. In a medium bowl, whisk together flour, sugar, baking powder, baking soda, and salt.
2. Stir in buttermilk, eggs, butter, and vanilla until just combined. Batter will be lumpy.
3. Allow mixture to rest and do it's thing for at least ten minutes.
4. Preheat your skillet or griddle over medium heat for at least 5 minutes. Grease with extra butter.
5. Ladle batter onto the hot skillet using a ¼ cup measuring cup. Cook pancakes until golden, about 4 minutes. Edges will be dry and tops will be bubbly when it's time to flip.
6. Flip your pancakes, and allow to finish cooking on the second side, about 2-3 minutes.



Chicken and Rosemary-Brie Waffles

By Lyric Johns | Makes about 4-6 servings

Crispy Baked Chicken

- ½ cup all purpose flour
- 1 egg
- 2 Tbsp milk
- ¾ tsp salt
- 1¾ cup panko bread crumbs
- ⅓ cup olive oil
- 1 tsp garlic powder
- 4 boneless, skinless chicken thighs

Rosemary Brie Waffles

- 2 cups all purpose flour
- ¼ cup sugar
- 1 Tbsp baking powder
- 1 tsp salt
- 1½ cup milk
- 1 Tbsp vanilla
- 2 eggs, separated, plus 2 egg whites
- ¼ cup butter, melted
- ½ tsp ground rosemary

- 1 cup goat's milk Brie cheese

Brown Butter and Black Garlic Syrup

- 4 Tbsp butter
- 4 Tbsp Fresh Perspective black garlic honey
- 1 d'Anjou pear, sliced thin
- 1 cup walnuts, dry roasted

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper and coat lightly with cooking spray.
2. Season the chicken with salt and pepper.
3. Prepare three bowls. Place flour in the first bowl. In the second bowl, mix together your eggs, milk, garlic powder, and salt. In the third bowl, combine the panko bread crumbs and olive oil, mixing until the bread crumbs are evenly saturated with oil.
4. Dredge the chicken in flour, then dip it in the egg and milk mixture. Finally, coat the chicken in the panko mixture, pressing onto both sides to fully coat. Place on the prepared baking sheet, and bake until golden brown and crispy, at least 25 minutes. Chicken is fully cooked when internal temperature reaches 160°F.
5. Preheat the waffle iron, Cut Brie into small cubes. Set aside.
6. Sift together the flour, sugar, salt, and baking powder. Add the rosemary and mix until combined. In a separate bowl, mix together the milk, egg yolks, and vanilla. Combine thoroughly with the dry ingredients until no clumps of flour remain. Add the melted butter and mix until smooth.
7. In a separate bowl, beat the egg whites until stiff. Fold the egg whites gently into the batter until just combined.
8. Spray the waffle iron thoroughly with cooking spray, and scoop the batter into the iron. Take a small handful of cubed brie and distribute evenly over the scooped batter. Close the iron and cook until golden brown and crispy.
9. To make the syrup, start by melting the butter over medium-low heat. Continue to cook the butter, stirring occasionally, until it is caramel colored. Remove from heat and pour into a bowl. Add the black garlic honey and stir well until completely homogeneous.
10. Plate a waffle and a serving of chicken, top with pear and walnuts, drizzle with black garlic honey and brown butter syrup, and enjoy!



Easy Food & Wine Pairing

By Liam Stary

Selecting a wine to pair with food can seem like a daunting task. What if the wine doesn't truly unite or enhance the flavors that you've spent time preparing? If curiosity compels you to try a new-to-you wine, you may be uncertain about how it will pair with the dinner you have in mind for the evening.

Luckily, selecting a wine needn't be scary: simply knowing the style of wine gives cues as to how to pair it. That's why we've created this Food & Wine Pairing Chart, a helpful road map

that allows you to either start with the style of wine and then build the perfect meal to pair it with, or select a wine that will mesh well with your planned meal. Select a wine and then follow the column downward to find food inspirations below, or find a food and follow the column upward to pick a complementary wine.

The chart is a comprehensive guide for pairing wine with food. It is organized into columns for wine styles: Sparkling, Whites (Dry, Off-dry, Rich), and Reds (Light, Medium, Full, Dessert/Port). Rows represent food categories: Cheese, Nuts, Fruits, Veggies, Spices, Sauces, Seafood, Meat, and Desserts. Each cell in the grid contains specific food items that pair well with the corresponding wine style. For example, under 'Whites - Dry', it lists 'Sparkling', 'Crisp', 'Light', 'Citrus', 'Green', 'Herb', 'Apple', 'Pear', 'Peach', 'Plum', 'Cherry', 'Raspberries', 'Blackberries', 'Strawberries', 'Blueberries', 'Grapes', 'Pineapple', 'Mango', 'Peach', 'Plum', 'Cherry', 'Raspberries', 'Blackberries', 'Strawberries', 'Blueberries', 'Grapes', 'Pineapple', 'Mango'. The chart also includes a footer with contact information for LifeSource Natural Foods.

▲ Download Liam's detailed Food and Wine Pairing Chart from our website:

LifeSourceNaturalFoods.com/local-organic-beer-wine

through their ability to enhance the characteristics of the wine, or by presenting a contrast or balance. They are not only items meant to be enjoyed alone with wine (though some would indeed be fantastic paired as-is!), but rather as prominent flavors in a dish to accompany your selection.

For example, say you are in the mood for a dry white wine, and you've selected **Cubanismo Vineyard Pinot Gris**. What could you whip up to go with it? Well, with a quick glance you might come up with a mixed-greens salad with chèvre, toasted pine nuts, diced green apples, and a citrus vinaigrette; baked chicken pesto pasta with fresh tomatoes; and a scoop of orange sorbet with cashews for dessert. Hungry yet? Well, this is just the beginning! Check out some more examples of our delicious food and wine pairings, and get ready to create some of your very own!



Cubanismo Vineyard Pinot Gris

Mixed-Greens Salad with Chèvre, Toasted Pine Nuts, Diced Green Apples, and Citrus Vinaigrette

Baked Chicken Pesto Pasta with Fresh Tomatoes

A Scoop of Orange Sorbet with Cashews.



Avalon Napa County Cabernet Sauvignon

Butter Lettuce Salad with Crumbled Blue Cheese and Walnuts

Pot Roast with Butternut Squash and Dried Plums

Boysenberry Cobbler with Lavender Whip Cream



Bryn Mawr Vineyards Willamette Valley Chardonnay

Cheese Plate with Brie, Gouda, Hazelnuts, and Fuji Apple Slices

Tarragon Corn Chowder

Pan Seared Halibut in Thai Curry Sauce



Domaine Delmas Passion Cuvée Cremant de Limoux

Green Pea Salad with Bacon and Cheddar Cheese

Macadamia Coconut Fried Shrimp

Strawberry Shortcake with Black Pepper Whipped Cream



Coconut Macadamia Shrimp Cakes

By Catherine Dwelley
Makes 8 Shrimp Cakes
Pair with Domaine Delmas Passion
Cuvée Cremant de Limoux

- ½ lb cooked salad shrimp
- ½ cup bell pepper, seeded and chopped
- 1 Tbsp fresh ginger, grated
- 1 Tbsp lemon juice
- 1 clove garlic, peeled and smashed
- 1 egg
- ½ tsp red pepper flakes
- ½ tsp cayenne
- ¼ tsp black pepper
- ½ cup panko bread crumbs
- ¼ cup macadamia nuts, finely chopped
- ¼ cup shredded unsweetened coconut
- ¼ cup coconut oil, for frying
- Lemon wedges, for serving

1. Place shrimp, bell pepper, ginger, lemon juice, garlic, egg, red pepper, cayenne, and black pepper in a blender. Pulse until ingredients come together into a thick paste.

2. In a small bowl, mix together panko, macadamia nuts, and coconut. Spread half of the breadcrumb mixture on a plate.

3. Use a ¼-cup measuring cup to scoop the shrimp mixture onto the layer of breadcrumbs. Sprinkle more breadcrumbs on top, and gently flatten into patties.

4. Melt coconut oil in a skillet over medium-low heat.

5. Carefully transfer shrimp patties to the skillet and fry 2-3 minutes on each side, or until golden brown and cooked through. Season with salt and pepper to taste. Serve with lemon wedges.

Halibut Thai Curry

By Ben Martin Horst | Makes 4 Servings
Pair with Bryn Mawr Vineyards Willamette Valley Chardonnay

- 3 Tbsp coconut oil, divided
- 1 tsp Thai Home red curry paste
- 1½ Tbsp fresh ginger, minced
- 1 (13.5 oz) can of coconut milk
- ½ large red onion, sliced thin
- 1 large carrot, cut into ¼-inch medallions
- ¼ cup fresh cilantro stems, minced
- ⅓ cup fresh cilantro leaves
- Florets from 1 head of broccoli
- 3 limes
- 1 tsp fish sauce
- 1 lb halibut fillets, divided into serving-size portions (can substitute Dover sole or rockfish)
- ⅓ cup fresh basil, chopped (if fresh basil is unavailable, substitute fresh mint leaves)
- Cooked jasmine rice or riced cauliflower, for serving
- Salt and pepper, to taste

1. Salt and pepper the halibut fillets; set aside.

2. Zest and juice 2 limes. Cut the third lime into wedges.

3. In a wok or deep skillet, heat 1 Tbsp coconut oil over medium-high heat until it shimmers and barely begins to smoke. Add red curry paste and sauté for 15 seconds, stirring to keep from burning. Add ginger and sauté for another 10 seconds. Add coconut milk and reduce to medium heat.

4. Add the onion, carrot, cilantro stems, broccoli florets, lime zest, and fish sauce. Simmer, stirring frequently, until the carrots and broccoli are tender, about 10-15 minutes. Remove from heat and stir in the lime juice and basil.

5. As the curry is cooking, heat the remaining 2 Tbsp coconut oil in a second skillet over medium-high heat. When the oil begins to smoke, gently lay the halibut into the pan. Cook until the fish turns opaque and develops a crust, about 3 minutes, then flip and cook on the other side about 2 more minutes, until cooked through.

6. Serve by placing a scoop of rice (or riced cauliflower) in individual bowls. Set a piece of fish on top of the rice and ladle curry over the fish. Garnish liberally with cilantro leaves and a wedge of lime.





Blackberry Cobbler with Lavender Whipped Cream

By Catherine Dwelley | Makes 4 Servings | Pair with Avalon Napa County Cabernet Sauvignon

Berry Filling

- 4 (6 oz) packages of blackberries, about 5-6 cups (defrost and drain if using frozen berries)
- ½ cup organic cane sugar
- 1 tsp lemon juice
- 1 tsp vanilla extract
- ½ tsp cinnamon
- 4 Tbsp cornstarch

- 1 Tbsp unsalted butter cut into small pieces

Cobbler Biscuit Topping

- 2 cups unbleached wheat flour
- ¼ cup organic cane sugar
- 1 Tbsp baking powder
- 1 tsp sea salt
- ¾ tsp cream of tartar

- ¾ cup unsalted butter, at room temperature
- ¾ cup whole milk
- ¼ cup buttermilk

Lavender Whipped Cream

- 1 cup heavy whipping cream
- 2 Tbsp lavender simple syrup (see below)

1. Preheat the oven to 400°F. Grease a 9" pie dish and place on a baking sheet lined with a silicone mat or parchment paper.
2. In a medium bowl, gently mix together blackberries, ½ cup of cane sugar, lemon juice, vanilla extract, and cinnamon. Mix in cornstarch until all of the berries are well coated. Spoon into the prepared pie dish and dot with butter.
3. In another bowl, whisk together flour, baking powder, sugar, salt, and cream of tartar.
4. Cut in butter with a pastry cutter or fork until mixture resembles coarse crumbs.
5. Make a small well in the center of the mixture, and pour in milk and buttermilk. Toss with a fork until mixture is evenly moistened. Dough will be very sticky and shaggy.
6. Turn out dough onto a floured work surface. Sprinkle with more flour. Gently knead dough 5 or 6 times until it is workable. Dust with more flour if needed. Don't overwork your dough, or your biscuits will be tough.
7. Gently pat dough to a half inch thick. Cut out biscuits with a small 1 ½-inch biscuit cutter, dipping it in flour to prevent sticking.

Re-roll dough if more biscuits are needed.

8. Place biscuits on top of berry mixture, nestling them close together, leaving only small gaps for steam to escape. Brush with a little milk.
9. Bake the cobbler for 10 minutes. Reduce heat to 350°F, bake an additional 55 minutes, until biscuits are golden brown and filling is bubbly.
10. While the cobbler is baking, chill a metal bowl and beaters for whipped cream. Once the bowl is chilled, beat together whipping cream and lavender simple syrup until peaks form, about 3 to 5 minutes. Chill until ready to serve.

Lavender Simple Syrup: 1 cup organic cane sugar, 1 cup water, 4 Tbsp dried lavender flowers. Heat sugar and water in a small saucepan over medium high heat until it reaches a low boil. Reduce heat to medium low, and simmer for 10-12 minutes, or until syrup becomes slightly thickened. Stir in lavender flowers, cover and steep 20 minutes. Drain through a fine mesh strainer or cheesecloth to remove flowers. Allow to cool, and chill in a covered container until ready to use.

Brew Dr. Kombucha stands apart as a kombucha company steeped in tea heritage. In 2006, Matt Thomas started Townshend's Tea Company, which offers organic loose-leaf tea of the highest quality in a casual teahouse setting. In 2008, he began brewing organic kombucha in the kitchens of their teahouses, giving it the name Brew Dr. Kombucha. From leaf to bottle, the company creates each flavor from their custom tea blends, making deliciously refreshing authentic kombucha with a difference you can taste.

Brew Dr. Kombucha is proud to be the first national kombucha company to become a certified B-corporation, and they're also carbon neutral. The company is on a mission to help people discover how good kombucha can be, from the company's sustainability practices to each flavor's smooth and distinctive taste.



Spotlight on **BREW DR. KOMBUCHA**





▲ Left: Belle Right: Harley

Pleased to Meet You **DEVEREUX** **ALO**

By Jeremy Scott · Grocery

A cook in the LifeSource kitchen, Devereux is one of my favorite chefs. Not only do his recipes hit your mouth with a perfect explosion of flavor, they also always look almost too pretty to eat. On top of all of his amazing kitchen skills, he is one of the kindest souls with whom I have ever had the pleasure to work.

Devereux was born in Cebu City in the Philippines. He and his family moved to Los Angeles when he was 8 years old. His path to becoming a chef was a long one and started at a very early age. When he was only 11 years old, he started cooking for his parents and began to really enjoy it. Much later, when Devereux was working as a driving instructor for AAA, one of his students told him that he should go back to school. Though he thought he was too old to go back to school, he took the leap anyway, deciding to pursue cooking professionally. After graduating from the International Culinary School at the Art Institute in Los Angeles, he immediately got a job at the school's café, 50 Forks. Moving to Oregon in 2013, Devereux started cooking at McGrath's Fish House, and later cooking at a retirement home before finding his way to the LifeSource Deli where you can taste his passion for food five days a week.

I wanted to learn a little more about Devereux, so I caught up with him to ask a few questions. Here are his answers.

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

Devereux: Definitely playing with my cats, Belle and Harley.

J: What is the most important trend that you see happening in the world today?

D: Getting back to your roots

J: What would you want to be doing as a career if you weren't a chef?

D: Racing Motorcycles

J: What is the one thing you couldn't live without?

D: My motorcycle

J: Where is the best place you have ever traveled to?

D: Spain where I lived for 6 years.

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

D: Eggrolls.

J: I've tried your eggrolls. They're unreal good! How do you eat? What's your everyday diet like?

D: I eat a lot of quality meat and a lot of quality veggies. I try to have a low-carb diet.

J: What is your favorite food at LifeSource?

D: The Lonely Lanes pork shoulder and butt.

J: How long have you worked at LifeSource?

D: 6 years. 🌿



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