

news in natural

Grill Up!
**taco tuesday
vegan elotes**

Magnificent
margaritas

Community of Care
**the local people
& organizations
that inspire us**





▲ *Kayaking on Detroit Lake* p. 10

When it comes to COVID-19, we're not out of the woods yet. Luckily for those of us in the Willamette Valley, summer is a great time to get into the woods (and rivers and lakes and...). While it's as important now as ever to take precautions with our health and the health of our loved ones, the outdoors offers great, safer opportunities to connect with friends and family.

In this issue of News in Natural, Miranda shares how she's managing to put together fun, safe, and rejuvenating family get-togethers. Miranda and our other talented LifeSource gourmands offer up a range of recipes for hitting the trail or firing up the grill. If you're like me, our elote recipe might just leave you elated. Whether you're cooking for your household or a socially-distanced small gathering, we've got some great ideas for you.

Enjoy!

Ben

Ben Martin Horst · Editor

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

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HOT FOOD

Warm Hearts

By Ben Martin Horst · Editor Photos by Jeremy Scott

As the COVID-19 pandemic eats deeper into the economy, food insecurity is on the minds of many of us. But for Salem's unsheltered community, not knowing where one's next meal is going to come from is nothing new. LifeSource's Jeremy Scott and his wife, Jennifer Dziubaneck, have been providing meals to the unsheltered community. I sat down with them over Zoom to talk about their work and motivations, the resources available to houseless people in Salem, and the effects of COVID-19 on homelessness.

Jeremy is LifeSource's assistant grocery manager; Jennifer is a social worker in a residential care program working with adolescents impacted by mental health issues and their families. After moving to Salem from Arkansas, the couple was struck by the sheer number of people they saw who didn't have homes. After some discussion last fall, they decided to use the resources they had at their disposal: food from LifeSource and a conviction that, as Jennifer says, "every human should be treated as such and deserves a hot meal."

"A lot of these great organizations out there that provide food to the unsheltered or the food-insecure folks is typically stuff that can be sustained without having to be refrigerated," Jennifer says,

"they're not usually hot meals. We just wanted to reach out and provide a hot meal to folks who might not otherwise get it."

Jeremy and Jennifer made soups, stews, and chili in their slow cooker, and began serving food near one of Salem's large tent camps.

"At first it was completely Jenn's idea, but the very first time we did it," Jeremy notes, "I was like 'This is amazing, we cannot miss a Saturday.' We had the belief that if you put hot food in somebody's belly, they might make a better decision that night than they might have otherwise. Or they'll just be happier."

"Our physical health is greatly tied to our mental health," adds Jennifer. "The food we put in our bodies affects our mental health either for the positive or the negative."

"Putting hot, organic, quality

food in someone's belly hopefully helps them help themselves," Jeremy says. "We'd sit there and hang out with them for an hour or so, put warm food in their bellies whenever possible, and just listen and recognize that they're part of our community. I think that's the most important thing: they just want to be recognized. Just because they're unsheltered doesn't mean they're not a part of our community."

"Or less than," says Jennifer.

"Or less than," Jeremy agrees. "Just





▲ Donating food to the Union Gospel Mission in Salem

because we have a house doesn't make me any better than them. They just want people to understand that.."

But this spring Jennifer and Jeremy realized they had a problem. "Then we learned that it was illegal," Jeremy recalls. "It had been illegal before we even started. The City of Salem had made it illegal mainly based on trash. We'd been hanging out and trying to collect the trash and do whatever we could to keep it clean, even before we realized that it was illegal. Once we realized it was illegal, that was about the same time—late January, early February—when COVID hit. With Jenn working with a vulnerable population, we decided let's take some time off and figure out how to do this correctly."

Jeremy notes that some members of the unsheltered community have troubled histories with institutions, or even just the inside of buildings, so "it felt so good being so organic in the beginning, just doing it out of the back of our car and..."

"And meeting them where they're at," Jennifer finishes his thought.

"We really enjoyed doing it outdoors," Jeremy chimes back in, "but now that's really not possible. And now with social distancing, mask wearing, and everything else, it's a whole different world."

After reaching out and getting involved with the [Union Gospel](#)

[Mission](#), the [ARCHES Project](#), and the [HOME Youth & Resource Center](#) (area organizations that offer services to the unhoused community), Jeremy and Jennifer are poised to start cooking hot meals again, this time under the auspices of the ARCHES Project.

I asked how others might be able to contribute.

"Volunteering is always the number one thing," Jeremy says immediately. "There are so many needs for volunteering, whether it's at the Mission or at ARCHES, or any of that. Money is always awesome: they will always take your money, and they will always take your packaged, quality food donations. Like recently, I went and gave probably 300 pounds of food to the Mission. Those are the easy ways."

"I also think," says Jennifer, "there's something to be said for when you see unsheltered folks...to stop and say hi and connect."

"Look people in the eye," says Jeremy, "don't ignore them, even if they're asking for money and you don't have money to give them, or don't want to give them money, just say hi to them and say, 'I hope you're doing well.'"

For those who do have houses, homelessness can seem like a distant problem. But, Jennifer warns, the risk of losing one's home now looms large for more and more of us. As COVID-19 continues to impact the economy and

employment and many of the economic relief measures begin to expire, many people who have never been unsheltered will now be unsheltered. "It's not that they don't have skills to work," she says, "or that they don't want to work, but they just can't work because the coronavirus has put them out of a job. The unsheltered population is going to increase and we're going to be kicking more people out into the streets in the coming fall and winter months."

Jeremy notes that voting for politicians who take homelessness seriously and adopt a Housing First model is one of the most important steps toward housing the unsheltered community. "We're doing this wrong," he says. "We've been doing this wrong for so long. We need to put more money into mental health, more money into rehabilitating people and actually giving them a home."

"It's an economic issue," puts in Jennifer. "Mortgage and rents are increasing, and people's wages are not. You've got this unbalance of people not getting paid an adequate wage to where they can stay in their home and eat and have basic needs met."

"There are unsheltered people that work full-time jobs," adds Jeremy. "They're getting paid minimum wage, and they can't support their families. We have to pay people correctly." 🌱



Arnicare®: We take care of it, it takes care of you.

Delivering high-quality Arnicare starts in a field of Arnica montana plants in the French Alps, usually in early summer. Specialized harvesters carefully handpick this mountain daisy the same way founders Jean and Henri Boiron did in the 1930s. Within 48 hours, the fresh plants arrive at Boiron's laboratory. At the lab, a passionate team of botanists, technicians, and pharmacists transforms this plant into one of today's most relied upon homeopathic pain relievers.

Boiron continuously strives to improve its environmental stewardship by focusing on four specific areas: cultivating fair trade practices; minimizing environmental impact; ensuring quality ingredients; and creating responsible packaging.



#THANKYOUSALEM

Thank you, Salem, for caring and helping each other in during what's been an incredibly challenging year for all of us. We've all experienced loss, but we have good reason to keep faith in each other. LifeSource is committed to our community and are proud to work with these fine organizations that provide strength and help for our most vulnerable community members.

SALEM HARVEST

Over 2 million pounds of fresh, locally-grown fruits and vegetables have made it onto struggling families plates by a cheerful army of 2,600 volunteers. Thank you Salem Harvest for providing direct support to thousands of families and individuals over the last 10 years.

www.salemharvest.org

MARION POLK FOOD SHARE

You're so much more than a food bank. Your programs have addressed the root causes of hunger and have fed over 46,000 people, including 15,000 children, every month. Thank you for providing nutritious food to children and adults to learn, work, and thrive.

www.marionpolkfoodshare.org

THE NORTHWEST HUB

Your amazing team has turned thousands of bicycles heading to landfills into reliable transportation for those in need. Thank you for inspiring our community to serve by providing a bicycle shop, reclamation, and training center for all of Salem.

www.thenorthwesthub.org

CENTER FOR HOPE AND SAFETY

Thank you for protecting and providing life-saving resources to victims and survivors of domestic violence, sexual assault, stalking and human trafficking. Your crucial work is helping educate the public about the issues surrounding victimization.

hopeandsafety.org

LIBERTY HOUSE

Thank you for providing a safe, comfortable, child-friendly environment for children and their families facing abuse, neglect, trauma, or grief. Your work has never been more important than now, when families are facing multiple crises.

libertyhousecenter.org

FAMILY BUILDING BLOCKS

Thank you for empowering families to break the generational cycle of abuse. You've strengthened our families and provided our children with healthy lunches and clothing for over 23 years.

www.familybuildingblocks.org

SALEM FOR REFUGEES

For over 30 years, Salem for Refugees has helped people forced to flee their homeland. Thank you for bringing together community members and resources to empower refugees to thrive in Salem.

salemforrefugees.org

TURTLE RIDGE WILDLIFE

Thank you for providing rehabilitation and care for over 2,000 injured or orphaned native animals a year. Your volunteers aren't just animal caregivers, they're growing food, building, fixing, and making sure we give back what we inadvertently took away.

turtleridgewildlifecenter.org

CAUSEWAGON

Thank you for donating 100% of your profits to local organizations making a difference in our community (some are on this list!). By using design and art you've connected and enriched the lives of our community.

causewagon.com





TOGETHER, AT A DISTANCE

By Miranda Vaughn · Customer Service

Summer has arrived, we've come out of quarantine, and now we're learning to navigate social distance with the ones we love.

My partner and I used to have dinner at his mom's house every Monday night. That all changed with COVID-19, and it hurt not to see his family. It took a lot of planning ahead and imagining different scenarios, but somehow, we were able to construct a plan to make this summer's gatherings safe and fun. We decided on an outdoor barbeque, where it was sunny and open for enough room for social distance. My partner and I cooked the main dish on the grill outside, while his family brought extra

side dishes. We set up a large table outside and lined up hand sanitizer, plates, food, utensils, napkins, glasses, a water pitcher, and wine. This order created space between food and drinks that could otherwise be congested, and kept us free of the need to congregate indoors. But Miranda, you may ask, what if someone needs to go to the bathroom? I literally sanitized my bathroom ceiling to floor, making sure to get all of the doorknobs and light switches, switched out hand towels, and even out got a new roll of toilet paper

right before guests arrived.

We often plan to play games together, wearing gloves and disinfecting game pieces, but instead we usually just end up catching up while sipping on wine or mojitos.

This year we gathered on July 4th at the family cabin, and it was everything we needed to feel like a family again. We had less than 10 people, we washed our hands before and after handling food, had designated cups for drinking, and did socially-distanced group kayaking.



MOJITOS

Makes 1 Serving

- 4 large mint leaves, or to taste
- 2 oz white rum
- 1 oz lime juice, fresh squeezed
- ½ oz simple syrup, or to taste (See page 16 for the recipe.)
- Sparkling water
- Sprig of mint and slice of lime for garnish.
- Ice

1. Gently muddle mint leaves in the bottom of a shaker. You don't want to shred them, gently bruise them to release the oils.
2. Add rum, lime juice, simple syrup, and ice to the shaker. Shake until chilled.
3. Pour over ice in a 12 oz glass. Top with sparkling water.

Mocktail: Replace the rum in the shaker with a splash of filtered (not sparkling) water. After shaking, top with lime sparkling water.

Strawberry Mojito: Follow steps 1 and 2. Muddle a strawberry in the bottom of the glass. Add ice. Pour in mojito mix and top with sparkling water.

Ask LifeSource

Dear LifeSource: I've seen collagen listed as Types I, II, or III. What's the difference?
—Need a Collagenius

Dear Collagenius: Collagen has gotten lots of hype in recent years, and for good reason. Collagen is the most abundant protein in the human body, and the main component of our connective tissues. Bone, tendons, ligaments, cartilage, skin, and many other tissues are composed, primarily or in part, of collagen. Collagen is essential for keeping the body both strong and supple.

Researchers categorize collagen into at least 30 types, but of those, three types are the most abundant:

- Type I: This makes up over 90% of all the collagen in the body. It is a major component of scar tissue, bone, tendons, ligaments, dermis (skin), dentin (teeth), and connective tissues within the muscles and along capillaries.
- Type II: This collagen forms the basis for cartilage.
- Type III: This is often found alongside Type I, and is critical in wound healing, providing a supporting mesh in soft tissues like the liver, bone marrow, and lymphatic system. It's also found in artery walls, intestines, and the uterus.

The body synthesizes its own collagen from available amino acids, but requires adequate Vitamin C to do so effectively. And as we age, unfortunately, our bodies' ability to synthesize sufficient collagen declines. Supplementing with collagen powders, drinking bone broth, and eating gelatin-based foods can be good ways to ensure that our bodies have enough of these essential building blocks to keep our organs and tissues strong and supple.

Generally speaking, our bodies will use the components of any dietary or supplementary collagen in order to create the types of collagen that they need. In some specific cases, however, consuming a particular type of collagen may be specifically useful in supporting the health of the tissues in which they predominate. In a 2016 study, for example, patients with knee osteoarthritis—a disease resulting from the breakdown of joint cartilage, which is composed of type II collagen—reported significant improvement after three months of type II collagen supplementation (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4970562/>).

Sincerely,

LifeSource



PRIMAL KITCHEN
Collagen Peptides

Types I, III



ANCIENT NUTRITION
Multi Collagen Protein

Types I, II, III, V, and X



GARDEN OF LIFE
Collagen Peptides

Types I, III



NORDIC NATURALS
Marine Collagen

Type I



NOW
BioCell Collagen

Type II

Sunny Days Are Here Again



BADGER UNSCENTED BROAD SPECTRUM SPF 35 Sport

Throw this in the pack whenever you are heading out for some fun in the sun. Feel safe diving into the rivers, lakes and surf when Badger has you covered with unscented, bio-degradable, non-nano, broad spectrum SPF 35 sunscreen that resists water for 80 minutes. All this from only 5 simple organic ingredients.

BADGER ANTI-BUG SPF 34 Sunscreen

Heading high up in the mountains or down into marshy valleys? You should bring this dual-action sunscreen/mosquito repellent along. The essential oils of citronella, rosemary, cedar and geranium are nice smelling and safer alternatives to DEET for your health and the health of the beautiful habitats you adventure in.

BADGER BABY BROAD SPECTRUM SPF 30 Sunscreen

With 7 simple ingredients that are 98% organic you will feel safe putting this on the most precious skin. It is pediatrician tested and contains sunflower vitamin E, Roman chamomile, calendula, and sea buckthorn oil to nourish fresh, young skin.

THINKSPORT KIDS SPF 50+ Sunscreen

This is a great all-purpose sunscreen for kids (and playful adults too!) It rubs on nicely without an oily feel, which makes it a favorite for use on the body and the face. Perfect for long sunny days since it has an SPF of 50+ and resists water for 80 minutes.

MYCHELLE SUN SHIELD SPF 30 Clear Spray

This non-aerosol spray is a natural alternative to the health risks posed by aerosol sunscreen sprays. The FDA has issued a new warning against using aerosol sunscreen sprays on children because of the health risks involved with inhaling the chemical sunscreen ingredients. The Mychelle Clear Spray goes on quickly and rubs in easily and still provides 80 minutes of water resistance.

ANDALOU PERFECTING BEAUTY BALM SPF 30 Tinted

Keep your face protected and healthy every day of the week with this nourishing beauty balm. The natural mineral tint gives you a sunny glow while ingredients like resveratrol, CoQ10 and sodium hyaluronate go to work to nourish and hydrate sun exposed skin. Best of all, it won't look or feel like you are wearing sunscreen!



SPOTLIGHT ON *Aloe Life*

Located in the foothills of California, Aloe Life has produced the most therapeutic Aloe Vera products worldwide since 1991. The superiority of each product – juices, tablets, herbal blends, and personal care – is due to the quality, potency, and gently processing of the raw ingredients from field to bottle.

Harvesting only Certified Organic Whole Leaf Aloe Vera leaves, not over-filtering, overheating, or diluted

with water (actually concentrating by removing water), gives the dark golden yellow color and fast results. Delicious fruit juice flavors compliment the almost tomatoey “Herbal Bitter” natural taste of the Aloe Gold. The 100+ active compounds can be felt within seconds. The health results of taking only 1-2 oz. are quick and dynamic, supporting digestion, healthy skin, immunity, energy, and optimum health for kids and adults.



Fuel the
Adventure!
Partake in our
collection of
tasty camping
favorites.

Camp Cuisine

s'möre-gåsbord

Celebrate summer and satisfy your sweet tooth at the same time! Grab a graham cracker and pile on roasted marshmallows, organic and fair trade chocolate, organic fruits and berries, and a tasty organic nut butter!

we used

- | | |
|---|--|
| 1 Dandies
Vegan Marshmallows | 5 Chocolove
Ethical Ruby Chocolate |
| 2 Green & Black's
Organic White Chocolate | 6 Endangered Species
Fair Trade Milk Chocolate |
| 3 Endangered Species
Fair Trade Dark Chocolate with Almonds | 7 Organic Fruit
Kiwis, Blackberries, Raspberries, Strawberries |
| 4 Santa Cruz Organic
Light Roast Smooth Peanut Butter | 8 Cadia
Organic Graham Crackers |



Tofu Scramble

By Miranda Vaughn | Makes 1 Serving

- 4oz tofu (¼ of a 16 oz package)
 - 2 ½ Tbsp green onion, chopped
 - 2 Tbsp shredded cheese
 - ½ tsp Nearly Normal's Savory Tofu Spice Mix
 - 2 Tbsp It's The Famous! Salsa
 - Oil (for frying)
 - Salt and pepper (to taste)
1. Using a fork, mash the tofu until it resembles scrambled eggs. Season with salt and pepper.
 2. Heat oil in a pan over medium heat. When hot, add green onions and let them sweat, about one minute. Add the tofu and Nearly Normal's Spice Mix to the pan and stir together.
 3. Continue cooking, stirring only every two minutes or so, until the tofu reaches your preferred level of dryness (we cook for a total of around 6 minutes). Stir in shredded cheese. Once the cheese has melted, remove from heat and top with salsa.

Chili Stuffed Sweet Potatoes

By Luna Tully | Makes 4 Servings

- 4 medium orange sweet potatoes (a.k.a. yams)
 - 1 medium onion (medium dice)
 - 3-4 large garlic cloves, sliced
 - 1 Tbsp olive oil
 - 15 oz kidney beans
 - 6 oz tomato paste
 - ½ can of beer (preferably stout)
 - 1 Tbsp chili powder
 - ½ Tbsp cumin
 - ½ tsp salt
 - Toppings: Remaining diced onions, green onions, vegan sour cream, avocado, cilantro, Violife Vegan Feta
1. Pierce sweet potatoes all over with a knife. Wrap sweet potatoes in aluminum foil and place in a campfire pit for 30 minutes, turning occasionally. Alternatively, bake in a 400°F oven for 60 minutes, or until soft.
 2. While that's going, throw ¾ of the onions in a pot with olive oil. Stir in garlic and wait until they both begin to soften. Add beans, beer (or broth if desired), tomato paste, and spices; mix well. Let simmer for 15-20 minutes.
 3. When sweet potatoes are cooked through, remove from the fire and open the foil. Slice down the middle. Fill with chili and any other desired toppings.



Browned Butter Granola

By Catherine Dwelley
Makes about 6-8 Servings

- 2 cups rolled oats
 - 1 cup slivered almonds
 - 1 tsp cinnamon
 - ¼ tsp kosher salt
 - ¼ cup butter
 - ¼ cup honey
 - 2 tsp vanilla
 - ½ cup chocolate chips or raisins
1. Preheat the oven to 275°F. Line a rimmed baking sheet with a silicone baking mat or parchment paper.
 2. In a medium bowl, mix together oats, almonds, cinnamon, and kosher salt.
 3. In a medium saucepan, heat butter over medium heat. Stir constantly, allowing butter to foam, then brown. 5-8 minutes. Remove from heat when butter has a nutty, amazingly delicious scent and little brown bits.
 4. Stir honey and vanilla into butter. Mix into oats until thoroughly coated.
 5. Spread onto the prepared baking sheet. Bake for about 45 minutes or until golden brown, stirring every 10 minutes or so. (Granola will crisp up as it cools.) Allow to cool completely, then mix in the chocolate chips or raisins. Transfer to an airtight container.



Backpacker Salmon Chowder

By Ben Martin Horst
Serves 2-4, depending on how many miles you've traveled

- ¼ cup (1 stick) butter, divided
 - 1 medium onion
 - 4 cups (32 fl. oz.) water
 - ¾ cup powdered coconut milk (such as Native Forest)
 - 3.5-4 oz dehydrated mashed potatoes (1 box of Edward & Sons Organic Mashed Potatoes)
 - 5 oz package smoked salmon (or substitute canned salmon or clams)
 - ½ tsp smoked paprika
 - Small bunch of parsley
 - Salt and pepper
1. Dice the onion. In a deep pot, sauté the onion in about ¾ stick of butter.
 2. When the onion is soft and translucent, add the water to the pot and bring to a simmer. Add the powdered coconut milk and stir rapidly to dissolve. When the milk has reconstituted and any lumps have dissolved, slowly pour in the dehydrated mashed potatoes, stirring constantly to avoid lumps. Continue to simmer until the chowder reaches your desired thickness.
 3. Flake the salmon into the chowder and remove from heat. Add salt and pepper to taste.
 4. To serve, pour chowder into individual bowls. Sprinkle each with paprika, a pat of butter, and chopped parsley, to taste.

Hot Hot Sauce



We sampled a selection of our tasty sauces and rated them from mild to spicy. Find a new favorite!

RED DUCK
Approachably Mild
Taco Sauce
Portland, OR



This sauce has all the flavor and texture of a top notch hot sauce or salsa with no discernible heat. Sweet ripe tomatoes and tangy limes, with a touch of cumin. Fabulous on scrambled eggs or tofu, mac and cheese, fish sticks, and yes, tacos.

PICKAPEPPER CO.
Pickapeppa Sauce
Shooters Hill, Jamaica



Pickapeppa is dark and sweet, tomatoey and tangy—with excellent umami flavor. Not your standard hot sauce, this one is similar to a classic worcestershire sauce with a peppery kick, all without the anchovies. Try it in the best Bloody Mary you ever had, on a quality aged steak, rich meaty fish such as tuna or swordfish, clam dip, gravys, marinades, and sauces, and in our tasty Portobello Mushroom Burger.

MAGGIE'S KITCHEN
Organic Chipotle
Taco Sauce
Elmira, OR



Smokey tomato, and a touch of jalapeno heat. We loved the versatility of this simple, flavorful sauce! A tasty addition to tomato soup with grilled cheese sandwiches, pasta sauce, mixed with ketchup for a killer meatloaf glaze, and in your favorite breakfast burrito or hash.

SIETE
Jalapeño Hot Sauce
Austin, TX



Green, nutty, and spicy with a little bit of a vinegar finish. Ground pumpkin, flax, and chia seeds give a unique flavor and excellent body. Surprisingly great all-arounder, no tomatoes needed! Plays well with fried food, or try it on grilled fish tacos with fruit salsa, chicken, or in a tomato and cucumber salad.

SECRET AARDVARK
Aardvark Habanero
Hot Sauce
Portland, OR



Well balanced, with great lingering heat. This sauce is a little sweet with a touch of vinegar and mustard to set it apart. Great with fried food, chicken wings, and for extra spicy tacos.

YELLOWBIRD
Habanero Condiment
San Marcos, TX



Our hottest sauce! Yellowbird's Habanero Condiment starts off sweet with carrot and tangerine, and becomes immediately (but not insanelly) spicy. Have a glass of water handy, and enjoy it on a slice of cheese pizza, grilled chicken or fish tacos, or anything that wants an extra kick. Staff favorite!



Taco TUESDAY

What's on the Menu?

Grilled Chicken Tacos

Elotes (Mexican Street Corn)

Citrusy Cantarito Cocktails or Mocktails



CANTARITO

Makes 2 servings

- 1 grapefruit, juiced (about 6 oz)
- 2 oranges, juiced (about 4 oz)
- 2 limes, juiced (about 2 oz)
- 2 oz simple syrup, or to taste (See page 16 for the recipe.)
- 4 oz tequila blanco
- Sparkling water
- Ice

1. Pour juices, simple syrup, and tequila (if using) into a shaker with ice. Shake until chilled.
2. Divide between 4 12 oz glasses with ice. Top with sparkling water.

Mocktail: Omit tequila. Top with sparkling water or grapefruit soda.

Sparkler: Omit tequila. Top with sparkling wine.

VEGAN ELOTES

Makes 4 Servings

Raw, Vegan Sour Cream

- 1 cup raw cashews (soaked 8 hours or overnight and drained)
- 1/4-1/2 cup water
- 1/4 tsp salt
- 1 tsp apple cider vinegar
- 1 tsp lemon juice
- 2 large cloves of garlic, minced
- 1 Tbsp cilantro, finely minced
- 1 Tbsp fresh squeezed lime juice (about half a lime)
- 1/4 tsp salt
- 1/2 cup Violife feta, crumbled
- 1 lime, cut into wedges for serving.

Corn

- 4 ears of corn, shucked
- 1/3 cup soy-free Veganaise

1. Blend together ingredients for vegan sour cream. A blender works, but a food processor is better. Start with 1/4 cup of water, adding more as needed to get a sour cream consistency.
2. Preheat grill or broiler to about 400-450°F (medium high to high). Cook corn, turning often, until done, about 10 minutes.
3. In a medium bowl, mix together Veganaise, garlic, cilantro, lime juice, and salt, and 1/3 cup cashew sour cream.
4. Place corn in a bowl, spooning on the sour cream-Veganaise mixture to coat all sides. Move to a plate. Sprinkle with extra cheese and serve with lime wedges.

ELOTES

Makes 4-6 Servings

- 4-6 ears fresh corn, shucked
- 1/4 mayonnaise
- 1/4 cup sour cream
- 1 Tbsp fresh lime juice
- 4 cloves garlic, minced
- 1/2 cup queso cotija (or feta), crumbled
- 2 Tbsp chili powder
- 1/4 cup cilantro, chopped
- 1 lime, cut into wedges

1. Preheat grill or broiler to about 400-450°F (medium high-high). Cook corn, turning often until done, about 10 minutes.
2. In a medium bowl, mix together sour cream, mayo, lime juice, and garlic.
3. Place corn in bowl, spooning on mayo mixture to coat all sides. Move to a plate. Sprinkle with cheese, chili powder, and cilantro to taste. Serve with lime wedges.



GRILLED CHICKEN TACOS

Makes 8 Tacos

- 1 lb boneless chicken thighs (about 4-5 thighs)
- 1 lime, juiced (about 3-4 Tbsp juice)
- ¼ cup fresh pineapple, minced (or pineapple juice)
- 2 Tbsp olive oil
- 3 cloves garlic, minced
- 2 tsp chili powder
- ½ tsp smoked paprika
- ½ tsp onion powder
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp cayenne
- (or to taste) ¼ tsp red pepper flakes (or to taste)
- ¼ cup cotija cheese
- ¼ cup red or sweet onion, chopped
- ¼ cup cilantro, snipped
- Salsa verde
- Corn tortillas, warmed

1. Pound chicken to an even ½-inch thickness. Place in a bowl or plastic zipper bag.
2. In a small bowl, whisk together lime, pineapple, olive oil, garlic, chili powder, paprika, onion powder, salt, pepper, cayenne, and pepper flakes. Pour over chicken and toss to coat. Refrigerate covered or sealed if using a zipper bag, at least 2 hours or overnight.
3. Heat grill to medium high, or about 400°F. If broiling, set to high heat and preheat for at least 10 minutes. Remove chicken from marinade, shake off any excess.
4. Grill or broil chicken about 6-7 minutes per side, or until internal temperature reaches 165°F. Allow to rest 10 minutes before chopping.
5. Divide meat between 8 corn tortillas. Serve with cheese, onion, cilantro, and salsa.

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MARINATED PORTOBELLO MUSHROOM BURGER

Makes 2 servings

Mushroom Burgers

- 2 portobello mushroom caps
- 2 Tbsp Pickapeppa sauce
- 1 Tbsp coconut aminos
- 1 Tbsp olive oil
- 1 Tbsp golden balsamic vinegar
- 3 cloves garlic, smashed and minced
- 1/8 tsp black pepper

- 1/8 tsp cayenne pepper (optional)

Caramelized Onions

- 3 Tbsp butter, coconut oil, or vegan butter
- 1 large yellow onion, thinly sliced

- Burger buns and toppings

1. In a shallow baking dish or medium bowl, stir together Pickapeppa sauce, aminos, olive oil, vinegar, garlic, and pepper. Add mushroom caps and toss to coat. Allow mushrooms to marinate 30 minutes to an hour, turning occasionally.

2. While mushrooms are marinating, melt butter over medium heat in a large skillet. Add onions. Cook and stir frequently until the onion caramelizes, about 30 minutes. Drain on paper towels or a clean, lint-free kitchen towel. Set aside.

3. Heat your grill or skillet to medium high heat. Cook mushrooms 4-6 minutes each side until done. Build your burger with caramelized onions and your favorite toppings.



PINEAPPLE MARGARITA

Makes 2 servings

Simple Syrup

- 1 cup organic granulated cane sugar
- 1 cup filtered water

Cocktail

- 4 limes, juiced (4 oz)
- 2 oz fresh pineapple juice
- 4 oz tequila blanco
- 2 oz orange liqueur
- Simple syrup, to taste
- Ice

Simple Syrup

1. In a small saucepan, stir together sugar and water over medium high heat.
2. Bring to a low boil, reduce heat to medium low. Simmer 12 minutes, or until syrup is slightly thickened. Remove from heat.
3. Allow to cool, store in a sealed container in the fridge until ready to use.

Cocktail

1. Pour juices, simple syrup, and tequila (if using) into a shaker with ice. Shake until chilled.
2. Divide between 2 (12 oz) glasses with ice.

Mocktail: Replace tequila and orange liqueur with 6 oz lime sparkling water and a squeeze of orange.

Meatless Eats

Quick and easy burgers straight from the garden!

HILARY'S

World's Best · 2g protein

Made with whole grain millet, sweet potatoes, and leafy greens. This burger is not only tasty, but filling too! It is also free from 12 of the most common allergens, including gluten, egg, and soy.

Make it a meal: Chop up the cooked patty and toss with your favorite pasta salad.



DR. PRAEGER'S

Mushroom Risotto · 2g protein

This certified vegan burger is made with six kinds of veggies, plus mushrooms, arborio rice, and truffle oil for a unique experience.

Make it a meal: Cooked and chopped patties make great toppers for your favorite green salad or grain bowl.



SUNSHINE BURGERS

South West · 9g protein

Try this burger for zesty southwest flavor!

Made with black beans, cilantro, and a hint of jalapeño.

Make it a meal: Top with guac and serve it up with a side of smoky chipotle sweet potato fries.



BEYOND MEAT

The Beyond Burger · 20g protein

This amazingly meaty burger is made wholly from plants! Made with pea and mung bean protein. Free of gluten and soy!

Make it a meal: Dress this burger up with your favorite fixins, or crumble into a tasty casserole or pasta sauce.



BLUEBERRY SHORTCAKE WITH GRAPEFRUIT CURD

Makes 12 Shortcakes

SHORTCAKES

- 2 cups unbleached white flour, plus more for kneading
- ¼ cup granulated cane sugar
- 1 Tbsp baking powder
- 1 tsp salt
- ¾ tsp cream of tartar
- ¾ cup cold butter, cut into cubes
- ¾ cup whole milk
- ¼ cup buttermilk

GRAPEFRUIT CURD

- 1 cup honey
 - 2 eggs
 - 2 Tbsp butter
 - 1 large grapefruit, zest and juice
- ## BLUEBERRIES
- 2 pints fresh blueberries
 - 2 Tbsp granulated cane sugar
 - 1 Tbsp lemon juice

- Whipped cream
- 1 cup heavy whipping cream
- 2 tsp granulated cane sugar
- 1 tsp vanilla extract

WHIPPED CREAM

- 1 cup heavy whipping cream
- 2 tsp granulated cane sugar
- 1 tsp vanilla extract

SHORTCAKES

1. Preheat the oven to 425°F. Line a large baking sheet with parchment or a silicone mat.
2. In a mixing bowl, whisk together flour, cane sugar, baking powder, salt, and cream of tartar. Cut in butter with a pastry cutter or fork until mixture forms coarse crumbs. It will look similar in texture to wet sand.
3. Make a small well in the center, and pour in milk and buttermilk. Toss with a fork until milk is incorporated. Gently knead 5 or 6 times until a soft dough forms. Add a little more flour if it is too wet.
4. Scoop out ½ cups of dough onto the prepared baking sheet. Gently pat them to ½-inch thick. Bake for 15-18 minutes, or until golden brown. Cool on a wire rack

GRAPEFRUIT CURD

5. Juice grapefruit. Set aside 1 Tbsp grapefruit juice for the blueberries.
6. In a small non-reactive pot (avoid copper, aluminum, and cast iron, unless it is enameled) combine honey, eggs, butter, and grapefruit zest. Cook over medium heat, whisking constantly, until ingredients are smooth. About 4 minutes.
7. Whisk in grapefruit juice (except the small amount reserved for blueberries). Continue cooking over medium heat, whisking constantly until mixture just begins to bubble and thicken slightly. It should coat the back of a spoon.
8. Remove from heat, allow to cool slightly. Curd will thicken as it cools. Refrigerate leftovers in an airtight glass jar.

BLUEBERRIES

9. Wash and sort berries. Set aside 2 cups.
10. In a small saucepan, bring remaining berries, sugar, and reserved grapefruit juice to a simmer. Cook over medium heat for about 5 minutes, mashing some of the fruit with the back of the spoon. Remove from heat and allow to cool slightly. Stir in reserved fruit.

WHIPPED CREAM

11. Chill a metal bowl and beaters for the whipped cream.
12. Once the bowl is chilled, beat together whipping cream, sugar, and vanilla extract until peaks form, about 3 to 5 minutes. Chill until ready to serve.

PUT IT TOGETHER

13. Top with berries, grapefruit curd, whipped cream or ice cream, and another shortcake (If desired!) Enjoy!



TAMARIND BBQ PORK RIBS

Makes 2 lbs

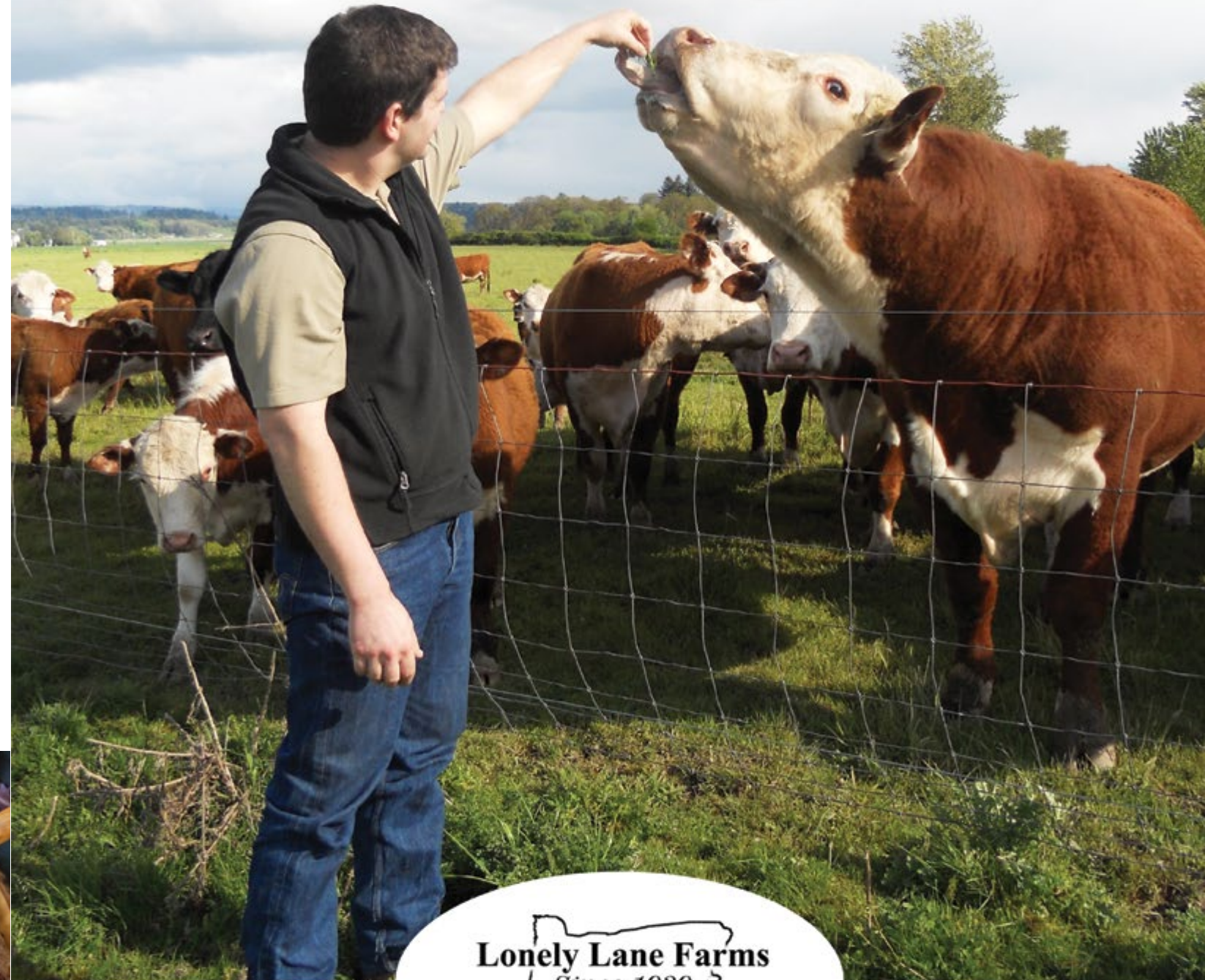
- 2 lbs Lonely Lane Farms pasture raised pork ribs
- 1 tsp black pepper
- 1 tsp sea salt
- 1 tsp red pepper flakes
- ½ tsp garlic granules
- ½ tsp onion powder
- ½ tsp cayenne
- ½ cup tamarind paste
- ½ cup honey
- 1 Tbsp hot sauce (we used Secret Aardvark)

1. Preheat the oven to 300°F. Line a large baking sheet with aluminum foil.
2. In a small bowl, mix black pepper, sea salt, red pepper flakes, garlic granules, onion powder, and cayenne. Set aside.
3. Peel the silver skin—the thin membrane—off the boney side of the ribs. Pat dry, and rub ribs with the spice mixture.
4. Place ribs meaty side up on baking sheet. Cover with more foil (or use a large roasting pan with a cover). Bake 1 hour and 30 minutes.
5. In a small saucepan over medium heat, mix tamarind, honey, and hot sauce until smooth.
6. Heat grill to medium low. Finish ribs on the grill, brushing with tamarind sauce and turning every 5 minutes or so, for about 20-30 minutes.
7. Remove from heat and allow to rest 10 minutes before slicing and serving.



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FIND IT AT LIFESOURCE NATURAL FOODS



▲ Above: Baxter

Pleased to Meet You
JOHN LIEFERMAN

By Jeremy Scott · Grocery

In my short two years at LifeSource Natural Foods, a few people and things truly stood out to me. The first is our recently-retired leader and founder, Alex Beamer. The second is the quality of food we sell to our community and the dedication we put into trying to make our community healthier, mentally and physically. The third would have to be John Lieferman. When I was first hired at LifeSource as a front-end checker, John was my trainer. I knew immediately that he had a wonderful soul and I looked forward to getting to know him better. I didn't know his history with LifeSource but he immediately made me feel comfortable. I'll never forget when, in my first month at LifeSource, a young child came up to me and asked, "Do you know where the owner of the store is?" I told them that his office was in another building across the street. The child replied, "No, this is John's store

and he works in this building!" While John doesn't own the store, he's certainly been LifeSource's face to many of our customers. It saddens me to say that after almost 10 years of working at LifeSource, John is moving to be closer to family in Spokane. It is an understatement to say John will be dearly missed by both co-workers and customers and we wish him the best in his new journey. John announced he would be moving the same morning that we had our interview. I have to admit the news made me tear up a little. So here's a little more about John. John is originally from Corvallis, where he took his first job at age 14 as a busboy. John's first experience working in natural foods was at Wild Oats in

Bend at the age of 22. After Whole Foods bought Wild Oats, John decided it was a little too corporate for him, so he took a management position with Sunriver Grocery. Later, when John moved to Salem, LifeSource Natural Foods was a natural fit for him. When John first started working at LifeSource, everyone was trained in all of our different departments except for the deli so he was able to work all over the store. Over time, John realized he really enjoyed working in the front end as a cashier because he loved being able to communicate with the customers and have a finger on the pulse of what's going on in the community. He later became a PIC (Person in Charge) and recently became our maintenance manager. John's favorite place to be is the outdoors with his partner and their

dog, Baxter. During the summer they go camping and floating as often as possible. John says that even when not camping, any 30 minutes of free time he spends in his back yard. The two things John will miss most about working at LifeSource is our community and his work family. With a heavy heart, I put John in the hot seat and asked him a few questions. Here are his answers:

Jeremy Scott: What do you think is the most important trend that you see happening in the world today?

John Lieferman: People showing up and really showing their voice, especially today.

JS: What is one thing that you could not live without?

JL: The support of my friends and family.

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

JL: I love Maui. I try to travel to Maui every year on my birthday. It's the pure beauty and the weather is always nice.

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

JL: Tacos

JS: What is your favorite food that we sell here at LifeSource?

JL: The brownies that our deli makes, especially the mint chocolate brownies.

JS: What was the first concert you went to?

JL: Garth Brooks in the front row in the 5th grade.

JS: What three ideas would you use to describe LifeSource?

JL: Loving, community-based, and giving.

JS: If you won the lottery, what would you do with the money?

JL: I would buy property to build a family commune so that all of my family and friends could live around me.

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

JL: Superman.

JS: You already are! What chore do you hate the most?

JL: Laundry

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

JL: Princess Diana, because of her compassion for everyone.

JS: What three traits define you?

JL: Caring, loyal, and honest.

JS: What would you like to most tell yourself now when you were 13?

JL: Enjoy school...Live it up!

JS: What would you do for a career if you weren't working at LifeSource?

JL: I would be a schoolteacher.

JS: If you could switch jobs with anyone at LifeSource who would it be?

JL: No one...I really enjoyed my role here and wouldn't have changed it.

JS: What advice would you give to recent new hires?

JL: Remember to smile and be honest to customers. Give them your honest opinion when they ask for advice.

JS: What is your favorite guilty pleasure?

JL: Ice cream! 🍦





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