

FALL 2022 • FREE

news in natural

FANTASTIC
Fall Recipes



**Catch Up
with Local
Farmers**

**Level Up Your
Upcycling Game
with our craft tips**

**What
Squash
Am I?**



▲ Pie Pumpkins · Photo by Brandon Drake

In the US, perhaps the two most iconic symbols of fall are pumpkins and Halloween. The two are connected in obvious ways (we carve jack-o-lanterns for Halloween, of course), but allow me to connect the dots in a rather unorthodox fashion. Halloween is a holiday of spirits and ghosts, and our continent also has some ecological ghosts: mammoths, mastodons, and giant ground sloths. These awe-inspiring megafauna have been extinct for some 10,000 years, but we can still trace their influence in the environment today. In the Southeast, for example, these beasts ate the fruit of the Osage orange tree and spread its seeds far and wide. After they went extinct, the Osage orange headed slowly in that direction, too, until humans decided they liked the wood and started planting the trees more broadly. Further south in Mexico, many species of cucurbits were also favored foods of ancient sloths and elephants, and several of these went extinct along with the giants. But like the Osage orange, a few cucurbits were saved by humans, too, and were bred to make containers out of the fruit's rind—gourds—or for their tasty and storable seeds and flesh. These became squash, including pumpkins. So the next time you're tucking into a pumpkin pie, remember, perhaps, to offer a word of thanks to the ghosts of the mastodons and ground sloths that tended these fruits long before humans got to them.

Ben



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FALL 2022



On the Cover

Our Vegan Butternut Pie is so good you won't miss the dairy! (p. 14)

4 Keeping Up-To-Date with Local Farms

We check back in with the incredible farmers behind Sublime Organics and Austin Farm after a notably challenging 2021. How has 2022 treated them?

10 A Different Game of Squash

Ever ask anyone what kind of squash they'd be? We did!

18 Wines for the Feast

Holiday wines can be memorable without being too time consuming and worrisome to enjoy.

22 Sustainable Gifting

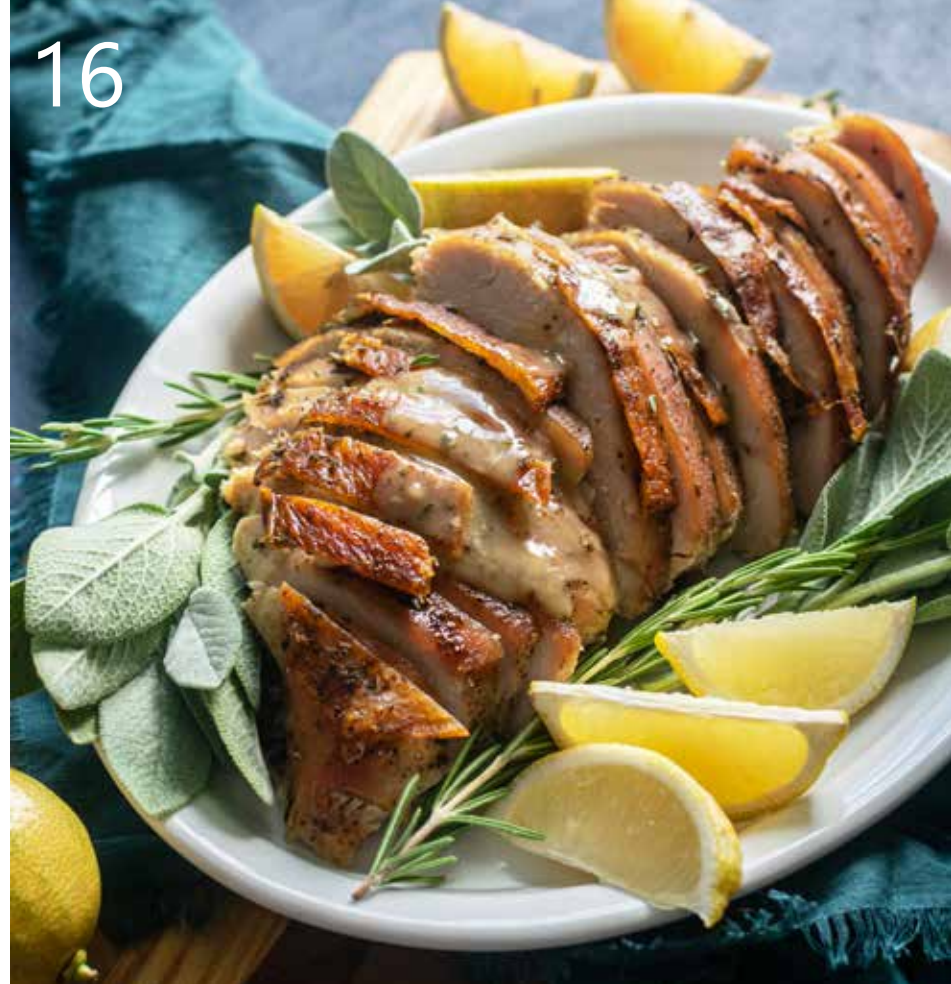
Feeling crafty but not sure where to start? Check out our team's simple suggestions for gifts and decorations!

24 Ask LifeSource

Feeling crafty but not sure where to start? Check out our team's simple suggestions for gifts and decorations!

26 Friends of Family Farmers

Oregon's small, local, family farms face many challenges. This organization provides support.



RECIPES

- 9 Mini Apple Pies
- 13 Scalloped Potatoes
Trumpet Mushroom Risotto
- 14 Vegan Bourbon Butternut Pie
- 15 Butternut Squash Risotto
Easy Dinner Rolls
- 16 Dry Brined Turkey Breast
- 17 Mushroom Wellington
- 23 Lemon Dill Infused Finishing Salt



KEEPING UP-TO-DATE WITH LOCAL FARMS

By Hannah Giesbers-Jeanseau | Photos by Jenna Daviau

Last year, we spoke with several local farmers about their operations, the great food they produce, and the challenges they face. 2021 was a particularly challenging year for many Oregon farmers, so we wanted to get back in touch and see how they've been faring this year. We revisited Greg and Ellen Wilt of Sublime Organics (see our original article in the Summer 2021 issue of *News in Natural*) and Neil Austin of Austin Farm (our original article was in the Fall 2021 issue of *NiN*).

A SUBLIME ORGANICS TOUR

We arrived at Sublime Organics at about 5:07 on a 98 degree July evening. We were immediately greeted by three matching Border Collies and more ducks than you could count - nestled into every shady spot they could find. The farm is picturesque: a big old white farmhouse with a gorgeous covered porch and a large red barn looming in the back. The summer breeze was warm and the sun beat down on the farm. Sublime covers a total of 67 acres,

a labor of love by avid farmers Ellen and Greg Wilt. While they used to be one of our smaller farms, Covid, inflation, and climate change have positioned Sublime Organics as LifeSource's biggest local supplier of produce.

We are met by Ellen first, who shows us the barn, where garlic is hanging from the beams to dry and the smell of hay stacked in the rafters fills the air. The garlic here is not garlic for us: this garlic is sold for seed, which is significantly more profitable

for them. Ellen is tired. Last night one of their goats gave birth and they had to call the vet in the middle of the night to help. The babies are nestled in a pen with their mama, and we stop to say hello.

On top of growing much of the produce we all love, they keep goats, cows, lambs and ducks for meat, all certified organic and Animal Welfare Approved. They also have two farm cats, three dogs, and an alpaca and a llama to guard the flocks. It is here at the barn that we learn a bit about the process of raising organic livestock animals. To be processed as organic meat, the animal must be 100% organic from the third trimester until slaughter. To mitigate the high cost of organic feed, many farmers let their non meat animals feed conventionally until a female reaches the third trimester of pregnancy. Organic hay costs three times the price of conventional hay, so this benefits the farmers and the consumer's wallet down the road.

From the barn Ellen takes us by the raspberry patch, which Jenna and I, along with many LifeSource customers, have already spent a few weeks enjoying in the store. As delicious as they taste when eaten straight from the blue carton off the shelf, nothing beats a raspberry plucked off the bush, warmed in the afternoon sun. As we relish the sweet flavor we pass the greenhouse, where everything grown on this farm is started from seed.

They have been farming this

land since 2017, three years after purchasing it, which is the amount of time it takes to convert conventional farmland to organic. Sublime Organics has six acres growing fruits and vegetables, 20 acres of pasture, and 21 acres of forested watershed and wetlands. The remaining 20 acres was previously leased for conventional hay, but they are in the process of turning it into organic pasture. The wetlands and native prairie habitat are protected in partnership with the U.S. Department of the Interior's Fish and Wildlife Service and U.S. Department of Agriculture Natural Resources Conservation Service. Ellen and Greg focus their farming efforts on protecting the planet, with pollinator habitats in all of their hedgerows. The barn and garage are both covered in 17kw solar panels, which provide 100% of the farm's power during the summer.

Ellen walks us past the barn to the hoophouse and the main vegetable fields. They grow a wide variety of produce, including, but not limited to, eggplants, corn, tomatoes, peppers, potatoes, beans, onions, and sunchokes. Here, Greg joins us and I ask each of them what is their favorite thing they grow, to which they both eagerly replied, "Tomatoes!"

Between the glow on their faces and the tan of their skin, you can tell they are farm people. Ellen's single favorite thing about farming is being outside all day, which she says with a youthful laugh. She spent 40 years in Alaska, where it is hard





to grow food without intense supplementation and care. Part of the reason she moved here is because, as she says, "I was tired of eating crappy produce." When I ask Greg his favorite part of Sublime, his answer is, "I can find it very frustrating because there's so much to do. I work constantly and sometimes, y'know, you feel like you're overwhelmed. But then you sit down and eat a good tomato or ear of sweet corn and it's all worth it." He could live off a simple meal of tomatoes, steamed beans with butter, and sweet corn.

While it was hard to imagine fall and winter crops as we stood amongst the sunflowers and tomatoes on that hot summer day, we started chatting about what the season looks like when you'll be reading this magazine. Aside

from cover cropping fields and prepping greenhouses, pruning raspberries and planting garlic are two of the big jobs as the weather turns cooler. Ellen tells me we can look forward to swiss chard, kale, winter squash and pie pumpkins from them in the fall.

Just like every other farmer we talk to these days, climate change is affecting Sublime. In June 2020 they already had summer squash in our store - whereas this year they weren't even able to get it into the ground until June. The extended rains this spring made it too wet to till the fields with the tractor, so they had to wait for the fields to dry out. And just like any other business, Sublime was also affected by inflation this year. The prices of feed and fertilizer went up, causing their

wholesale prices to go up a bit too. An interesting note they both pointed out was that price inflation in organic supplies lagged behind conventional. While still more expensive than conventional, organics prices haven't risen as quickly.

Luckily for Sublime, and for a few other small local farms, any surplus that may be left over will be bought by the Marion Polk Food Share. Each year MPFS visits many small farms and picks a select few to support, a program which Sublime has been a part of for the last few years. MPFS buys produce at their regular wholesale cost, so the farms don't lose any profit by taking this route.

As our tour came to an end, we landed in the garlic field, where

two young adults were pulling garlic tirelessly under the hot evening sun. When we checked in with Sublime last year, Evan Bindas was a WWOOFer (Willing Worker on Organic Farms) on the farm; today he is the only other paid employee. Ellen endearingly calls him her "farm son." They have a new WWOOFer these days, and the two of them were busy at work when we arrived. They grow many varieties of garlic. Anything pulled up over 1.75 inches is sold for seed, which Greg says makes much more money than selling garlic for food. The garlic will sit in the field for a few days so the sunlight can kill any fungus in the roots and then will be hung in the barn to cure for four weeks before being sold. He points out that much of the garlic has already been claimed and sold even before it's pulled from the ground.

Last but not least, we ended the evening attempting to feed the alpaca and visiting the billy goats and llama out in the pasture. It is easy to understand why Sublime is Animal Welfare Approved: the animals have more than enough space to frolic, with thistles and hay to munch.

Our visit to Sublime had us feeling just that: absolutely sublime. If you want raspberries grown with love or meat raised intentionally, Sublime Organics is the way to go.

DID YOU KNOW?
You can't get organic Sungold tomato seeds. However, as long as you grow them organically, you can apply for an exemption. Greg has mixed feelings about this process. He says it's nice he can still grow things like Sungolds because everyone loves them, but the exemption

does not support the organic seed industry because it's a workaround that lowers demand for certified organic seeds.

AUSTIN FARM
When it comes to work/life balance, Neil Austin knows what he's doing. A beloved supplier of local apples for many years, Neil loves his apple orchard like a pet. When asked why he chose apple farming, he says "I wanted to do something and I enjoy doing this. People come over and think 'oh that's a lot of work' but to me it's not really work. Some people like to go fishing or hike. I like to do this." Clearly he was cut out for farming - as he tells us he needs to get a drink, and proceeds to stick his face under a nearby garden hose.

Their farm is the kind that makes a city girl consider the country life. A big 1916 white farmhouse





and covered porch, with a flower garden in the front, a vegetable patch in the back, and an apple orchard just past that. They’ve been here since 1984, a year after they purchased the property. They started the farm two years later. Neil fondly recalls that it was the same year his son was born, and tells a story of how the midwives had to force his wife to stop helping him plant the trees. It was never a full time job for the two of them: he was a woodworker and she was a special education teacher. Over the course of about five years they planted row by row, grafting each tree by hand. While they had always used organic practices, they were officially certified in 1989. Aside from the 13-row, one-and-a-half-acre orchard, Neil also grows pears, plums, raspberries, figs, and nectarines which he takes to the farmers market in the summers. Working the markets and selling direct to customers

is Neil’s favorite part about being a farmer. He loves watching generations grow up and enjoy his apples throughout the years. As he tells us about kids he’s watched grow up he fondly says, “When I look back and wonder why I’m here... it’s a blessing really.”

Neil makes sure to not just take care of his fruit, but their pollinators too. He has bird and bat houses which not only pollinate the fruit but eat and keep away the coddling moths, one of the biggest threats to his orchard. Again and again Neil credited the Oregon City-based Home Orchard Society for teaching him “everything I know about fruit.”

Just like with any farm interview these days, Neil brought up climate change. He recalls that when he first started his orchard he never had to water the trees. These days he has drip lines

flowing. If you read last summer’s article with Austin Farms, you know he lost most of his crop due to the 117°F heat, something he (and most Oregonians) wouldn't have even dreamed of 20 years ago. He recalls his Wynoochee apples—a LifeSource favorite—were the only ones to survive. “I had it bad but a lot of people had it worse,” he says humbly. The heat this summer wasn’t too bad and his orchard continued to thrive for the rest of the season. He explains that normally in early summer he does summer pruning to thin branches to let light come in. This helps with color for fruit and changes vegetative buds to fruit buds. After last year he left more foliage on to give protection from the sun, which seems to be helping.

Just like Sublime, Austin has noticed that the late rain this year has affected his timeline for producing apples. Often

his apples are ready to begin harvest the third week of July. We visited his farm on August 2nd and the first harvest was still a week or two away. Produce Manager Jenna has also noticed this trend, with most farmers stating they are about three weeks behind schedule. Neil’s apples should likely be available through the second or third week of November.

As we were leaving, we asked Neil what was on his agenda for the day. “I’m gonna go through the orchard,” he says, smiling. “Then, when it gets too hot, go inside and play mandolin or something. I used to work day and night but now I just don’t.” One conversation with Neil and you can tell that he loves being an apple farmer, but more than that, he loves his family, his freedom, and his beautiful land. 🍏

Mini Apple Pies

By Catherine Dwelley · Makes 6 Servings

- Pies**

 - 1 lb apples, peeled, cored, and diced to ¼-inch pieces. (About 3 medium apples)
 - 1 Tbsp lemon juice
 - ¼ cup organic cane sugar, or to taste
 - 1 Tbsp cornstarch
 - ½ tsp cinnamon
 - ¼ tsp cardamom
 - 1/8 tsp ginger
 - 1/8 tsp allspice
- ¼ tsp sea salt
 - 1 pie crusts (homemade or store bought)
 - 1 egg + 1 Tbsp water, optional
 - Coarse sugar, for sprinkling

Caramel Sauce

 - ¾ cup brown sugar
 - ½ cup heavy cream
 - 3 Tbsp butter
 - Pinch salt
 - Whipped cream, for serving

1. Mix together 1/4 cup sugar, cornstarch, spices, and salt in a small bowl. In a large bowl mix apples and lemon juice. Add sugar-spice mixture to the apples and toss to coat. Let macerate for about 30 minutes.
2. Roll out the pie crust to ⅛-inch thick. Use a 3 ½-inch cookie cutter to cut 12 circles, re-rolling scraps as necessary.
3. Grease a muffin pan with butter or a little cooking spray. Press each circle of dough into the muffin cups, being careful not to tear the dough. Fill with apple mixture. Freeze for 15 minutes.
4. Preheat your oven to 425°F. Bake mini pies for 20-25 minutes, or until the crust is golden and the filling is tender. Allow to cool in the pan on a rack for 10 minutes before removing pies.
5. While pies are cooling, bring caramel sauce ingredients in a small saucepan to a simmer over medium heat. Stirring constantly, continue to cook until slightly thickened, about 5-7 minutes.
6. Serve pies with whipped cream and a drizzle of caramel sauce.





A DIFFERENT GAME OF SQUASH

By Mark Mulcahy

It's autumn, and nothing signals the season better than the colorful displays of squash that greet you when you walk into the LifeSource produce Department. As you look at all of the shapes and sizes, your thoughts may turn to delicious ideas of squash soup, baked butternut, stuffed acorn... Or you may consider the fact that the dense, dark orange flesh of winter squash makes for an ideal winter food. High in vitamin A, it provides this powerful antioxidant when we need it most in cold and flu season, while also benefiting our winter-weary eyes and skin. Sweet tasting winter squash is rich

in complex carbohydrates that digest slowly, providing energy over time instead of the quick sugar buzz of simple carbs. It's also high in fiber, which absorbs water in the digestive tract and helps eliminate toxins and waste... something we could all use during those winter months of rich holiday meals!

Maybe squash reminds you of Marney's article on the Three Sisters—corn, beans, and squash—from our summer issue. With its tough shell and fleshy interior, winter squash seeds have the perfect home to wait out winter for spring planting. It's no wonder that many Native Americans value squash so highly; they can stockpile it as a food to last the winter, keeping some as seed for the next year's crop. Grown together as three sister crops, the sprawling squash vines cover the ground, keeping out weeds while the tall corn planted between the squash provides its stalk for the beans to climb, all perfectly complementing each other.

All of these things make a lot of sense, but I wanted to know something a little more fun. So I asked the LifeSource team members: If you were a Winter Squash, which one would you be and how would you like to be cooked?

I would be a Kabocha. While I may look like a smaller, squat version of a pumpkin, my deep green body and lighter green highlights allow me to stand out in any squash crowd. My sweet,

super-rich flavor and velvety yet dryer texture may have some of you thinking I'm more akin to a sweet potato—alas, I'm not. I'm all winter squash!! Some say this Japanese pumpkin has the taste and texture of roasted chestnuts. Mmmm! My texture makes me an excellent candidate for roasting, steaming, and frying - or adding to your favorite Thai curry. My favorite way to be cooked is cut into wedges, roasted with coconut oil, and sprinkled with sea salt and black pepper.

For Diana, Front End and Wellness Fill-In/Zine Contributor: "I'd be a delicata. Specifically, a delicata baked french-fry style with a garlic aioli dipping sauce." Carrie in Wellness added: "I'd be a Hubbard 'pumpkin' pie! And then there's thin sliced sautéed delicata in a salad with arugula, radicchio, soft goat cheese and maybe even bacon."

Zira, Category Buyer/Mistress of Mercantile shared: "I would be a pumpkin and I shall be cooked into a fine pie, complete with whipped cream, and a cardamom ginger caramel drizzle. Drizzle me up good, don't skimp on the sauce." Jason in Produce recalled a story with his pick: "Pumpkin! So many varieties and delicious in both savory and sweet dishes, pies, cheesecake (I make a mean one with homemade caramel and roasted pecans btw), curries, and pastas. And they're just fun to carve. When I worked for Harry and David we hired a master

carver to make a 9 foot tall totem pole made from 3 pumpkins, stacked one on the other, that weighed over 600 lbs each and had 4 different faces on each pumpkin. And being a part of my favorite holiday, Halloween, it cements the pumpkin as my favorite squash."

Alyssa, Front End Assistant Manager exclaimed: "Ooh, I'm torn! There's nothing like butternut squash ravioli with an earthy and sweet sauce. But I think I'm going to go with spaghetti squash. I'm a huge fan of pasta and enjoy the healthy alternative with a unique texture! I like to bake it in the oven with a drizzle of olive oil, some garlic powder, and some salt and pepper. Whipping up a tasty marinara sauce with some Tofurkey Italian Sausage makes for a hearty and savory meal!

Now, not everyone on the team could relate to winter squash as Jess in Perishables boldly stated: "I'm a summer squash. Sorry."

...to which a few others heartily agreed!

How about you?

Not sure? Take our handy winter squash quiz on the next page and see where you land.

I can't wait to hear about who I'm stocked with in our amazing squash display during my favorite season, autumn! 🍂

WHAT KIND OF SQUASH AM I?

Take our quiz and find out!

By Ben Martin Horst



1. My favorite thing about fall is:

- A Leaves changing color.
- B Soups and stews.
- C Listening to the rain.
- D Sweaters.
- E Halloween.
- F I hate fall. Give me summer back.

2. On a road trip, my radio is tuned to:

- A Hip-Hop
- B Classic Rock
- C R&B
- D News/Talk
- E Easy Listening
- F Country

3. My favorite pants are:

- A Green
- B Khaki
- C Yellow
- D Red
- E Orange
- F Shorts

4. If they're being honest, my friends might say that I'm:

- A Reliable, but maybe a bit nutty.
- B Mostly tasteful, but occasionally a little inappropriate.
- C Thin-skinned.
- D Full of surprises.
- E A little basic, but sweet.
- F Immature.

5. I love to eat:

- A Maple bars.
- B Moroccan food.
- C French fries.
- D Italian food.
- E Pumpkin spice anything!
- F Whatever... I'm not picky.

SCORING

To find out which type of squash you are, tally up the number of each letter that you selected. Whichever letter you selected most is your squash! (If you've got a tie, it means somebody must have planted a couple of varieties too close together last year. Squash will cross-pollinate like crazy if you let them!)

Congratulations!

Mostly A's You are an Acorn Squash! Flexible and versatile, Acorn Squashes can be sweet when they need to be, but they can roll with life's punches, too. Acorn Squashes are always looking for someone else who complements them perfectly.

Mostly B's You are a Butternut Squash! Bold and ambitious, Butternut Squashes can take whatever life throws at them. Butternut Squashes aren't afraid of change and can make the best of most situations.

Mostly C's You are a Delicata Squash! While they may not be as flashy as some others, Delicata Squashes certainly aren't as meek as they might first appear. True Bohemians, Delicata Squashes can pull things off that others never could.

Mostly D's You are a Spaghetti Squash! Often misunderstood, Spaghetti Squashes don't have patience for saccharine

superficiality. But anyone who invests the time it takes to get to know a Spaghetti Squash is well rewarded.

Mostly E's You are a Pumpkin! They may not stand out much, but Pumpkins don't need to. Pumpkins know they've got everything they need to be well and truly loved. Let the haters hate: it's their loss.

Mostly F's You are a Zucchini! While definitely still a squash, Zucchini's need to be treated a little differently. Full of grand possibilities and able to fit in just about anywhere, Zucchini's must take special care not to get too big for their britches.



Scalloped Potatoes

By Catherine Dwelley · Makes 6 Servings

- 2 lbs yukon gold potatoes, slice 1/8-inch thick
- 1 yellow onion, finely chopped
- 4 cloves garlic, smashed and chopped
- 4 Tbsp butter
- 2 Tbsp all purpose flour
- 3 cups heavy cream
- or half & half
- 1/4 cup dry white wine
- 2 tsp fresh thyme, minced
- 6 oz cheese, about 2 cups shredded (we used gouda and parmesan, but use your favorite!)
- Salt and pepper, to taste

1. Preheat the oven to 400°F. Grease a 2 quart baking dish with a little of the butter.
2. Melt 1 Tbsp of butter in a large skillet over medium heat. Saute the onion until soft and golden, about 10 minutes. Add garlic, cooking and stirring for another minute.
3. Add remaining butter and allow to melt. Whisk in flour, continuing to cook and stir for 1 or 2 minutes. Whisk in wine, cream, and thyme, cooking and whisking until smooth and beginning to thicken. Stir in cheese a small handful at a time until melted and smooth. Season to taste with salt and pepper.
4. Add a layer of potatoes to the prepared baking dish, and ladle on a layer of sauce. Add another layer of potatoes, more sauce, and continue until all potatoes and sauce are added to the dish.
5. Cover the baking dish with foil or a tight fitting lid. Bake for 30 minutes. Remove foil, and bake an additional 30 minutes, or until well browned and bubbly.

Trumpet Mushroom Risotto

By Catherine Dwelley · Makes 4 Servings

- 1/4 cup butter
- 1 small onion, finely chopped
- 3/4 lb trumpet mushrooms, 1/4-inch dice
- 3 cloves garlic, grated
- 3 tsp fresh thyme leaves, chopped
- 3 Tbsp fresh sage leaves, chiffonade
- 1/2 cup dry white wine
- 1 cup Arborio rice
- 4 cups hot low sodium chicken or vegetable broth
- Salt and pepper, to taste

1. Melt butter in a large heavy bottomed pan over medium heat. Add sage to the melted butter and fry, stirring often, until butter is foamy, about 2-3 minutes. Remove sage leaves with a fork to drain on a paper or clean kitchen towel. The sage will crisp as it cools.
2. Add onions to the butter with a pinch of salt. Cook, stirring frequently until golden, about 15 minutes. Turn down the heat if the onions begin to brown too quickly.
3. Return to medium heat, and add mushrooms, garlic, and 2 tsps of the fresh thyme. Cook and stir until mushrooms are tender, about 8 minutes.
4. Add wine, cooking and stirring until reduced by half, about 3 minutes.
5. Add rice and 1 cup of the hot broth, cooking and stirring constantly until the broth is absorbed, about 5 minutes. Continue stirring and adding broth 1/2 cup at a time, when the previous addition is absorbed. With the last addition of broth, add the remainder of the thyme. Cook and stir until rice is creamy and tender. Top with fried sage and serve.



Vegan Bourbon Butternut Pie

By Catherine Dwelley · Makes 8 Servings

Crust

- 1¼ cups unbleached wheat flour
- 2 tsp granulated cane sugar (optional)
- ½ tsp kosher salt
- ½ cup cold Miyoko's butter, cut into cubes
- ½ cup ice water
- 1 Tbsp bourbon whiskey

Pie

- 1 (3-4 lb) butternut squash, about 2 cups puree
- 1 cup heavy coconut cream (or full fat coconut milk)
- ¼ cup brown sugar, or to taste
- 2 Tbsp bourbon whiskey
- 1 Tbsp maple syrup
- ¼ cup tapioca starch
- 1 ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp kosher salt
- ½ tsp ground ginger
- ¼ tsp ground cloves

Directions

1. Whisk together flour, cane sugar, and salt in a medium bowl. With a pastry blender or fork, cut in vegan butter until the mixture resembles coarse meal, with some pea sized pieces.
2. Mix bourbon into the ice water. Mix water mixture into the flour mixture 1 Tbsp at a time until dough gathers into a shaggy ball. We used about 5 Tbsp, but it will vary.
3. Wrap dough in plastic wrap and form into a thick disk with smooth edges (this will make it easier to roll out).Place in the freezer for about 30 minutes. You don't want it frozen solid, but very cold. If made ahead, the dough will keep several days in the fridge.
4. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment or a silicone mat. Cut the squash in half lengthwise and scoop out seeds and stringy bits. Place the squash cut side down on the prepared baking sheet. Bake uncovered for 60 minutes, or until it can be easily pierced with a fork.
5. Once the squash is cool enough to handle, peel off the skin and discard. Place squash in a large mixing bowl and puree until smooth with an immersion blender.
6. Whisk in coconut cream, brown sugar, bourbon, and maple syrup.
7. In a small bowl, whisk together cornstarch, cinnamon, nutmeg, salt, ginger, and cloves. Stir into the squash puree until well mixed.
8. Preheat the oven to 350°F.
9. Roll out dough on a floured surface to a 14-inch circle. Place it on your pie plate so at least an inch of dough hangs off the side. Trim to a 1-inch overhang with a sharp knife or scissors to even out the crust. Fold the excess dough under, and flute or crimp with a fork. Refrigerate for another 30 minutes while the oven preheats.
10. Line the crust with foil or parchment and fill with dried beans or pie weights. Bake in the preheated oven for 12 minutes. Remove foil and weights and bake for another 5 minutes.
11. Fill the hot par-baked pie crust with pie filling and carefully place in the oven. Bake for 50-60 minutes, or until the center reads 175°F with an instant read thermometer. Cool on a rack to room temperature and refrigerate at least 3 hours before slicing.

Butternut Squash Risotto

By Catherine Dwelley · Makes 4 Servings

- ¼ cup butter
 - 1 small onion, finely chopped
 - 1½ cups roasted butternut squash, ¼-inch dice
 - ½ cup butternut squash puree
 - 3 cloves garlic, grated
 - 3 tsp fresh thyme leaves, chopped
 - 3 Tbsp fresh sage leaves, chiffonade
 - ½ cup dry white wine
 - 1 cup Arborio rice
 - 4 cups hot low sodium chicken or vegetable broth
 - ½ cup Parmesan cheese, shredded
 - Salt and pepper, to taste
1. Melt butter in a large heavy bottomed pan over medium heat. Add sage to the melted butter and fry, stirring often, until butter is foamy, about 2-3 minutes. Remove sage leaves with a fork to drain on a paper or clean kitchen towel. The sage will crisp as it cools.
 2. Add onions to the butter, along with a pinch of salt. Cook, stirring frequently until golden, about 15 minutes. Turn down the heat if the onions begin to brown too quickly.
 3. Return to medium heat, and add diced and pureed squash, garlic, and 2 tps of the fresh thyme. Cook and stir until heated through and garlic is fragrant, about 3 minutes.
 4. Add wine, cooking and stirring until reduced by half, about 3 minutes.
 5. Add rice and 1 cup of the hot broth, cooking and stirring constantly until the broth is absorbed, about 5 minutes. Continue stirring and adding broth ½ cup at a time, when the previous addition is absorbed. With the last addition of broth, add the remainder of the thyme. Cook and stir until rice is creamy and tender. Stir in Parmesan. Top with fried sage and serve.



Easy Dinner Rolls

By Catherine Dwelley · Makes 6 Servings

These simple rolls bake up equally well with either vegan or dairy milk and butter. If you would like to make ahead, freeze them after they have been formed in step 7, but before the rise. Thaw them in the refrigerator overnight, and allow to rise until doubled in a warm, draft-free place before baking.

- 1 cup milk
 - ¼ cup butter
 - 1 packet or 2 ¼ tsp active dry yeast
 - 1 Tbsp evaporated cane sugar
 - 2 ¾ cups unbleached wheat flour
 - 1 tsp kosher salt
1. In a small saucepan, heat milk and butter until butter is melted, and mixture is warm to the touch—about 110°-114°F.
 2. Add yeast and sugar to the warm milk mixture and let sit for about 10 minutes, or until foamy. If your yeast doesn't foam up it is likely expired and you will need fresh yeast.
 3. Whisk together unbleached wheat flour, and salt.
 4. Stir milk mixture and proofed yeast into flour mixture until combined. A soft dough will form.
 5. Turn dough out onto a floured surface and knead for 5 minutes, adding a little more flour if dough is too sticky. You'll want it a little tacky, but not sticking
 6. Generously grease an 8 x 8-in baking dish with butter.
 7. After the dough has rested, turn it out onto a lightly floured surface. Divide the dough into 12 even pieces. Roll each piece into a ball, and place in the prepared baking dish.
 8. Cover tightly with plastic wrap. Allow to rise in a warm, draft free place until doubled, about one hour to 90 minutes.
 9. Preheat the oven to 375°F. Remove plastic wrap and bake for 20-25 minutes, or until rolls are golden brown.





- 1 (5-8 lb) bone-in turkey breast, dry brined, if desired (see below)
- 6 Tbsp unsalted butter, softened
- 1 ½ Tbsp fresh herbs, minced (we used sage, thyme, and rosemary)
- 1 tsp garlic powder
- 1 tsp ground black pepper
- Salt, to taste
- 1 large onion, thickly sliced
- 3 stalks celery, quartered
- 3 carrots, peeled and quartered

- Turkey is done when the internal temperature reaches 165°F.

Dry Brine

- 1 Tbsp kosher salt
- 1 tsp dried herbs (such as poultry or Italian seasoning)
- ¼ tsp ground black pepper

Mushroom Wellington

- 3 Tbsp butter or olive oil
- 1 large onion, chopped
- 4 large cloves garlic, minced
- 1 ½ lbs mushrooms, sliced
- ½ cup dry red wine
- 2 Tbsp Worcestershire sauce
- 1 Tbsp balsamic vinegar
- 2 Tbsp fresh herbs, minced (we used sage, rosemary, and thyme)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 cup hazelnuts, chopped and toasted
- Salt and pepper, to taste
- 1 sheet puff pastry, homemade or store bought (We like GeeFree for a gluten free option), thawed overnight in the refrigerator
- 1 egg plus 1 Tbsp water, whisked (or 2 Tbsp non-dairy milk)

- 1 egg plus 1 Tbsp water, whisked (or 2 Tbsp non-dairy milk)
- 
- A large, golden-brown loaf of bread is sliced into three pieces, revealing a rich filling of sautéed mushrooms, sausage, and onions. The bread is served on a rustic wooden cutting board, garnished with fresh thyme. The background is a dark, textured surface with a blue cloth.



WINES FOR THE FEAST

By Samuel R. Vandegrift

“Of course winter, I think, is better than summer for eating. In summer one picks growing beauties, beans and tomatoes and suchlike; there are all kinds of delicious fruits. But in winter one thinks a bit more about where and what and how to eat.”

- M.F.K. Fisher, 1985

How and what we drink to celebrate winter holidays seems to require more thought than a summer picnic. We often share these times with old friends and family from afar. For many, there is pressure to make it “perfect.” The erroneous idea that choosing the perfect wine can make or break an event adds unnecessary pressure to an often hectic time. I invite you to enjoy the suggestions below to help make wine memorable without being too time consuming and worrisome to enjoy.

Traditional foods often shape gatherings. These can be foods of our ancestors. A guest may always bring the same dish to share. Many holidays carry their own food traditions based on culture and region. Sharing these, even sharing these with ourselves, helps reconnect us to a deeper sense of what makes us who we are.

Venue does much to dictate our choices. Cocktail party, quiet night by the fire, joyful dinner party, cookie exchange, or toasting longer days: each seems an occasion requiring special attention to unspoken ritual and expectation. Indeed, many people may find themselves measuring against near mythical standards.

There is something dramatic to memories of winter feasting. Just the word feast conjures visions of dark halls adorned with carvings; lords and ladies with flagons* toasting victory; regal rulers wearing robes colored with inky

urchin, their heads gilded, not with gold, but fragrant laurel; ancient songs of valor sung while spoils of the hunt roast on the spit, the magnificent carvings on stone mantles illuminated with flame and embers.

But hardly any of us are land barons, and you need to return to work next Tuesday. So let's get start with a near-axiom amongst wine professionals.

TLDR: CHAMPAGNE IS ALWAYS THE ANSWER

Champagne is the catch-all for wine with bubbles. I should know better, and I still catch myself using the term somewhat interchangeably, especially when avoiding being pedantic. Champagne proper comes from a region northeast of Paris with soil and climate (historically, at least, but perhaps much longer) perfect for making tart, mineral wines with natural carbonation.

It is this combination of acid and bubble that makes it a wonderful partner to so many things. Potato chips, steak, cheese, salad, and cake all work magically with bubbly. The lofty effervescence somehow keeps conversation aloft too. Its relatively low (12% or so) alcohol makes it a reasonable choice to keep our wits. It partners effortlessly with long days cooking with friends in the kitchen, and then spiffs up for a fancy supper.

Bubbles take many forms, are made around the globe, and are among the best values in wine. It is worth keeping at least one

in the fridge for unexpected guests or celebration. Here are four styles to choose from.

Vega Medián Cava Brut (Organic) NV

With its effervescent charm and wallet-friendly price, Cava remains the supreme value in all of sparkling wine. Stock up on this crisp and easy going sparkler to have something on hand all this season. Easy to pop a second when it's just \$11.99.

Pizzolato Spumante Brut Rosé NV

Prior to 2020, all Prosecco came from a single white grape, Glera. The region now allows up to 15% Pinot Noir to the blend. This adds hints of chocolate and raspberry to the pear and lemon notes. This wine has soft bubbles and is dry – but not too dry. \$19.99.

Baumard Crémant Carte Turquoise NV

This is a really cool alternative to Champagne from another, perhaps lesser-known, part of France. Chenin Blanc, Cabernet Franc, and a splash of Chardonnay make for a complex & creamy wine full of golden apple, toasted filbert, and honey. \$21.99.

Marguet SHAMAN Champagne Brut Rosé 2018

Absolute rock-n-roll bubbly from one of the pioneers of organic farming in the Champagne Appellation. This is seamless with notes of cocoa-dusted raspberry, rose petal, and wet stone. Pure luxury both in terms of intellectual satisfaction

1. VEGA MEDIÉN

Cava Brut (Organic) NV
2. PIZZOLATO SPUMANTE

Prosecco Brut Rosé NV
3. BAUMARD

Crémant Carte Turquoise NV
4. MARGUET SHAMAN

Champagne Brut Rosé 2018
5. G.D. VAJRA BAROLO

Bricco del Viole 2017



and animal pleasure. \$69.99.

DRINK FROM THE CELLAR
You know that bottle you bought a while back and are saving for a special occasion? That rare thing too special to open just any old time that sits there looking at you every time you open the hall closet to grab your raincoat? (Yes, please store your wine somewhere cool and dark with even-temperature.) Wait, did I buy it or did Francis tell us to hold onto it...

Regardless, this is the year to drink it.

If it is older than a few years, decant it through a tea strainer into a beautiful pitcher and serve immediately. Depending on just how old the bottle is, it may quickly decline once opened. However, in most cases, it will improve with some air. Enjoy the transformation.

Serve it with as much fanfare as you wish, but please leave the pageantry and fetishization to

the cork dorks. There is time and place for deep analysis and study. I assure you the greatest bottles of wine I have ever drank happened amongst loved ones as part of something else.

This is also the year to start a tradition of laying a few things down for next year. The term wine collector carries so much baggage. Surely that must be reserved for grand homes with mahogany cellars, right? I invite you to stick a few things away to share in future seasons.

I want to quickly address how much to spend. I routinely have customers that think little of buying \$12 glasses of wine dining out, which means in practical terms they spend \$50+ a bottle for that wine. I am not saying you need to spend fifty bucks to have a wine worth cellaring. Much of the wine in my own cellar cost under \$30. In the end, spend what you feel comfortable, but I would start \$20+ to dip your toes in.

Do your future self the

honor of easing the choice for future pleasure.

G.D. Vajra Barolo Bricco del Viole 2017
Vajra is an absolute darling of wine industry insiders. Bricco del Viole is one of highest single vineyards in all of Barolo. Right now classic Nebbiolo notes of red cherry, tar, roses, black tea, cinnamon, and black raspberry hit with focused intensity. Give it a long (3-6 hour) decant to drink now or cellar for 10+ years. \$100 On sale for \$79.99.

Troon Syrah Applegate Valley
Southern Oregon Syrah offers a style all its own. With a savory, wild edge redolent of Hermitage, with a welcoming core of black fruit, licorice, and toasted spices, this wine seemingly begs to accompany your finest in holiday roasts. Drink for 5-8 years. \$29.99.

Left Coast Latitude 45° Pinot Noir 2019
Our friends at Left Coast make

6. TROON

Syrah Applegate Valley
7. LEFT COAST

Latitude 45° Pinot Noir 2019
8. FONSECA

Bin 27 Port NV
9. CHÂTEAU LARIBOTTE

Sauternes 2018
10. ANNE AMIE VINEYARDS

Late Harvest Müller-Thurgau NV



stunning wines about 20 minutes west of Salem. This Pinot rife with black cherry, allspice, meadow flowers, black pepper, and warm earth is both silky and full of grip with fewer than 500 cases produced. Drink over the next 5 years. \$39.99.

OPEN BOTTLED SUNSHINE
For nearly all of our time on this planet, sugar was seasonal and in short supply. This reality meant sweet wines offered a rare taste of saccharine bliss anytime. There is something wonderful about opening a peachy, caramelly nectar among the grim days of December.

Dessert wines are wonderful accompaniments to cheese, pâté, and all manner of sweets. They are rich, so a half bottle contains eight servings of 2oz each. These wines cover a range of styles.

Fonseca Bin 27 Port NV
Fonseca always comes up when discussing the best wines of the vintage. Their organically farmed vineyards produce wines that

set benchmarks for the region. Lean into the big, boozy (20% abv) hug of black fruit and chocolate by serving alongside your richest chocolate cakes and stinkiest of cheeses. \$19.99.

Château Laribotte Sauternes 2018
Run over to the cheese case and grab a hunk of Humboldt Fog or Rogue Blue to accompany this decadent treat. Honeyed apricot, preserved peaches, vanilla, and caramel-kissed Ginger Gold apple provide that sweet versus savory pairing of your dreams. \$24.99.

Anne Amie Vineyards Late Harvest Müller-Thurgau NV
This fortified dessert wine from the Yamhill-Carlton District offers candied orange peel, vanilla custard, and a crème-caramel-like finish. This will provide a warming partner to spiced cakes, cookies, and fireside confessions. \$19.99.

WRAP UP
Whatever you choose, I wish

you a joyous new year. All of these ideas come from a place of my experience and memory. Please do share your thoughts, and I invite any questions you have about specific food or event parings at samuelsvandegrift@columinate.coop. 🍷

*I certainly encourage flagons of mead nearly anytime, but, sadly, that particular beverage has largely fallen out of fashion.

Samuel brings the passion of a wine lover and the knowledge of an industry veteran to his work. Curiosity and a love of all things delicious guide his exploration of beverages. His decades in the wine trade include stints in retail management and as floor sommelier, wholesale and importing, and now educator and consultant as a member of Columinate. Samuel is among a select group to hold a Diploma in Wines and Spirits from the Wine and Spirit Education Trust.

Prices quoted in this article are subject to change.



Allie stands next to a two piece outfit she made from a vintage picnic table cloth and vintage dish towel (the elastic and thread used for the outfit was also thrifted).

SUSTAINABLE GIFTING

By Marney Roddick



Let's say you are a crafty person: artistic, resourceful, creative, productive. Or, perhaps you are more like me: I feel like a creative person, but I have no outlet for this energy. Enter winter craft season! Turn that pent-up, wanna-be artist loose and try some of these fun ideas for holiday decorating and gift-giving. Include the kiddies in your life and make lasting memories for all.

Fortunately, I work with some wonderfully artsy people at LifeSource who share these ideas, most with a sustainable upcycle theme.

Alyssa Kormann, our assistant front-end manager, loves making and giving citrus garlands. She uses sustainable hemp string and other natural materials like pine cones, rosemary sprigs, popcorn, cranberries or cinnamon sticks to create a unique and earth friendly garland.

Zira, our mercantile buyer, likes to host an annual craft party. Folks gather to make ornaments, drink fancy beverages, and get into the winter holiday spirit. All year she collects pine cones, glitter paints, dried flowers, mosses, buttons, baubles, bells, wood rounds, and all sorts of fun things to get creative juices flowing. Friends spend the evening making things and sharing joy.

Catherine Dwelley, who is much too modest to say that she creates this publication you are reading (she does!), loves to use LifeSource bulk ingredients to make things like spice blends, tea samplers, and homemade cookie or bread mixes. She uses one of her tested recipes, and—voilà!—a personalized gift. She also creates her own chili and soup mixes!

Hugh Pennock is indispensable as the LifeSource promotions coordinator. His favorite holiday offering is homemade candy, using his grandfather's recipes (some of which are modified to be just a tad healthier). He lovingly uses his grandfather's marble slab.

Finally, several of the LifeSource team chimed in with dough ornament recipes. Salt dough is an easy way to create wonderful and attractive dough ornaments for hanging, decoration, or adorning packages. Children love this project!

We reached out to our community for some more ideas. Allie May owns Sunlit Vintage, an adorable shop on Bush Street between Commercial and Liberty. Not just another

vintage shop, Allie makes (re-purposes) many of her offerings using fabric, lace, clothing and trinkets from days gone by. She uses these local businesses for ideas and supplies: Aunt Bee's House, Habitat for Humanity Restore, Across the Street Salem, Green Space Design by Jude.

Here are just a few of her ideas:

Pile your books in a circle, largest on bottom, to form a holiday "tree." Make a garland out of clothespins and a jump rope, then clip photos and hang in a child's room. A more substantial project is to take an old dresser and turn it into a dollhouse by removing the front panels and decorating each little "room."

"One of my favorite things to do at the shop," Allie says, "is find items in bad shape and either bring them back to life by repairing them or giving them new life and purpose. I really enjoy creating clothing from vintage and antique textiles that are otherwise headed for the garbage. One of my favorite projects so far has been turning a stack of Kodachrome Slides into a fun lampshade. I was able to save all these wonderful photos that were headed for the landfill and now someone can cherish each image despite not knowing the full story behind each picture. Also, it is incredible how many items can be saved by either putting a plant on or in the item! Vintage plates can be drip trays. Old containers can be planters. Old chairs can be plant stands. An old crate can be an outdoor

planter. A unique salt and pepper character can be a plant pet. There are just so many fun ways to dress up a plant and personalize it for your home!"

And, finally, the least creative of us (me) offers these fun ideas:

When I worked in what I call the "chilly bin"—the very cold spaces "backstage" at LifeSource—I made my own warm clothing out of leggings and sweaters. Similarly, you can make children's leggings and fingerless gloves from the sleeves of your old wool or polypropylene garments.

Make fun snow-people out of baby food jars. Stack two or three high and fill with torn white paper or cotton balls. Use construction paper to make the face. Or, fill one jar with cocoa mix and one jar with marshmallows, decorate and give to children as party favors.

Take an old cheese grater and spray paint a fun color. Use it to hang earrings.

Pool noodles make great boot fillers. Cut to fit and stand tall in the closet!

Finally, if you are up for a project, find an old entertainment center and create a play kitchen. Have fun designing the kitchen of your dreams for the child of your heart.

Go ahead: tap into your creative spirit, even if you simply watercolor a stick figure to send to an old friend. 🌱

Make Your Own Lemon Dill Finishing Salt

By Jenn Ellsworth
Makes 1 cup

Infused finishing salts are a simple and fun homemade gift that can be made from ingredients from the LifeSource bulk and produce departments. I have found that coarse salt works best.

- ½ cup fresh dill, minced
- Zest of 2 lemons
- Juice of 1 lemon
- 1 cup coarse sea salt.

Preheat the oven to 300°F.

Place all of the ingredients in a food processor. Pulse until thoroughly blended. Spread into a thin layer on a baking sheet. Turn off the oven and let sit for 3 to 4 hours, or until fully dry. When the mixture is completely dry and cool, crumble with your fingers and store in a glass jar.

The same technique can be used for many different flavors... the process is very adaptable and forgiving. Other flavors we've used are:

- Garlic and Parsley
- Tomato Basil
- Chipotle Lime



Ask LifeSource

Dear LifeSource,

As soon as it starts getting cooler outside, I just can't get warm. My hands and feet are cold all the time. I bundle up, even inside. Other people seem just fine. What can I do?

Signed,

Cold Hands, Warm Heart

Dear Cold Hands,

You're not alone! Feeling cold all the time is something many people experience. While uncomfortable, lots of people may not seek help as it can feel like a fairly minor issue. But it could be related to a handful of serious conditions, so as a first step I'd suggest consulting your physician or health care provider.

In the meantime, there are a number of things that might offer some support. One of the possible reasons people feel cold,

especially in their hands and feet, is poor blood circulation. If your capillaries—the tiny, hair-thin blood vessels that circulate oxygen and nutrients to your cells—aren't dilating well, the blood from your core won't be able to warm your extremities as effectively. To support circulation, one of the first things to try is improving your hydration. It's totally possible to get dehydrated in the summer, but when we do, there are often lots of obvious cues to drink more: we're thirsty, hot, and sweaty. When the weather cools off, we may not feel the same urgency to drink. Even when we are drinking, it's more likely to be hot beverages like tea or coffee, which can be somewhat diuretic and actually promote dehydration. Pay close attention to your water intake throughout the day: a good rule of thumb is to drink half your bodyweight in ounces. For example, if you weigh 160 lbs, you might want to

ensure that you're getting at least 80 oz (since there are 32 oz in a quart, that's about 2.5 qts) per day. Remember, too, that good hydration depends not just on water, but also on electrolytes like salt and other minerals. One good source of trace minerals is **ConcenTrace Trace Mineral Drops**, a low-sodium concentrated mineral solution.

A number of foods—particularly spices—can also promote circulation. Hot peppers contain capsaicin, a phytochemical that can promote blood flow by lowering blood pressure and stimulating the release of vasodilators like nitric oxide. [1] If you've ever taken a bite of something really spicy and broken out in a sweat, you'll know that we call chilies hot peppers for a reason. Curcumin, a compound in turmeric, has also been shown to support nitric oxide production, and has extensive



TRACE MINERALS
ConcenTrace Drops



LIFESOURCE
Turmeric Capsules



LIFESOURCE
Cinnamon Capsules



LIFESOURCE
Ginger Zinger Syrup



SOLARAY
Cool Cayenne

inflammation balancing effects, demonstrated in many human and animal studies.[2,3] Research into turmeric's relative, ginger, shows that it, too, can support reduced blood pressure by inhibiting angiotensin I-converting enzyme (ACE).[4,5] And to round out our spices, studies have shown that cinnamon can help promote blood flow by relaxing blood vessels.[6] All of this suggests that making curries a regular part of your diet certainly couldn't hurt, but all of these lovely spices are available in standardized supplement form as well. Our **LifeSource Natural Foods** line of supplements includes **turmeric capsules**, **cinnamon capsules**, and a **Ginger Zinger syrup**, all extensively tested and vetted for quality and environmental and labor concerns. **Solaray Cool Cayenne** capsules offer 40,000 heat-unit cayenne treated with Solaray's Bio-Cool so that it keeps its heat without burning your stomach.

Lastly, while it may feel counterintuitive, if you're physically able, getting outside in the cool weather may be of help. When we're feeling cold, sometimes the last thing we want to do is leave our cozy indoor spaces, but this can be of benefit for two reasons. First, movement can help encourage blood flow and improve circulation, even if it's not strenuous exercise. Second, when we're in mostly climate-controlled spaces, our bodies don't need to adjust their metabolic thermostats. Regularly introducing our bodies to actually cool environments may help them to calibrate our metabolisms and keep us feeling warm indoors. 🌿

[1] Segawa, Yukiko, et. al. (2018, April 2). Role of Endothelial Nitric Oxide Synthase in a Capsaicin Diet-Induced Alleviation of Blood Pressure-Elevation in 2-Kidney, 1-Clip Hypertensive Rats. Hypertension. https://www.ahajournals.org/doi/10.1161/hyp.62.suppl_1.A622

[2] Yao, Yonggang, et. al. (2016, May 5). Curcumin Exerts its Anti-hypertensive Effect by Down-regulating the AT1 Receptor in Vascular Smooth Muscle Cells. Sci Rep. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4857140/>

[3] Santos-Parker, Jessica R., et. al. (2017, January 3). Curcumin supplementation improves vascular endothelial function in healthy middle-aged and older adults by increasing nitric oxide bioavailability and reducing oxidative stress. Aging. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5310664/>

[4] Hassani, Hossein, et. al. (2019, April 11). Does ginger supplementation lower blood pressure? A systematic review and meta-analysis of clinical trials. Phytother Res. <https://pubmed.ncbi.nlm.nih.gov/30972845/>

[5] Akinyemi, Ayodele J., et. al. (2013, July). Aqueous extracts of two varieties of ginger (Zingiber officinale) inhibit angiotensin I-converting enzyme, iron(II), and sodium nitroprusside-induced lipid peroxidation in the rat heart in vitro. J Med Food. <https://pubmed.ncbi.nlm.nih.gov/23875904/>

[6] Jalali, Ronak, et. al. (2020, June 24). Cinnamon supplementation improves blood pressure in type 2 diabetic patients: A systematic review and meta-analysis of randomized controlled trials. Clinical Diabetology. https://journals.viamedica.pl/clinical_diabetology/article/view/6768

LifeSource Community Outreach: FRIENDS OF FAMILY FARMERS

By Hannah Giesbers-Jeanseau

While LifeSource has partnered with Friends of Family Farmers for many years, I first made contact with them when they reached out to request a donation." From reading their website, I was impressed. But sitting down with Alice Morrison, FoFF's organizational director, that really gave me chills. I love learning about our food system and especially how our local system works and benefits from our support. Having worked in the natural food industry, grown up in alternative schools, studied food justice, and interned on a small farm, I've always been drawn to supporting the small farmer. Friends of Family Farmers does just that, and takes it above

and beyond.

Friends of Family Farmers was founded in 2005 by a group of concerned small farmers and rural residents in Scio, Oregon. They felt the pressure and encroachment of conventional agriculture and did not feel represented in politics or their community. FoFF offers a voice for small, socially sustainable farmers. They approach systems change from two sides: what can be done in the moment and what needs to be done over the long term. They offer resources, knowledge, community and a voice in the legal system. Their vision is to see small farmers supported in the state as much as or more than conventional

growers and recognized as a part of the community that they are.

When we as consumers support locally owned farms, it creates revenue for our state, our farmers markets, and the local economy. A 2014 OSU study found that for every dollar spent at the farmers market, \$3 is generated in economic activity. Spending your money locally employs local people and supports local farmland. Many farms these days are owned by corporations that are not necessarily paying taxes to the local economy if owned out-of-state. Supporting local farms is more important than ever: as with what feels like nearly everything these days, inflation is drastically affecting land prices.



Left to Right: Leaping Lamb Farm, ▲ Flying Coyote Farm, Forage Consult.

An American Farmland Trust survey found that Oregon land prices went up 10.4% per acre between 2020 and 2021, which is the highest rate of change on the west coast.

Alice points out that the pandemic brought an interesting shift around food consciousness. For many of us, it was the first time we've faced empty shelves at the grocery store. It put a light on food systems work that wasn't there before. Between the pandemic, the extreme heat, the ice storm, and the fires that have rocked our world the last few years, climate resilient agriculture is not in the future but something we need now. FoFF conducts regular surveys to see what the

local farmers' areas of interest and need are, and climate change is always at the top.

FoFF has three main programs they facilitate: Oregon Farm Link, Oregon Pasture Network and InFARMations.

Oregon Farm Link is a site where folks looking for farmland and those looking to pass it on can connect. The Oregon Farm Link's Navigate Program provides one-on-one technical assistance for BIPOC farmers looking for land security. They help BIPOC individuals with a few years of experience and a business plan further develop that plan and identify land matches. They help ask questions, visit farms,

subsidize legal costs, and provide a translator if necessary.

The Oregon Pasture Network is a community of pasture-based livestock farmers. This can be an isolating business, often surrounded by conventional ag. OPN offers community and education. They also offer the Pastured Product Guide, which members can join. This makes pastured products more readily accessible to the public.

InFARMations is a public education platform for farmers to talk to communities. It offers an important avenue for people to hear directly why we need systems change.



On top of providing education and community, FoFF sits on several Oregon Department of Agriculture work groups. Many of the other people on these groups are not producers but rather organizations who don't necessarily represent the same kinds of small farms FoFF does. "It's very easy in policy - because of the rural urban divide in our nation," Alice says, "for people to come in and say they 'represent all farmers' and to have people believe them. We know who we represent and it's a specific type of farmer not often included in the conversation." FoFF was instrumental in creating the Small Farmers Seat on the Oregon Board of Agriculture, which is currently held by Shantae Johnson of Mudbone Grown, a Black-owned farm in Corbett. As a nonprofit, FoFF is limited in what they are allowed to do, such as no election campaigning. They must remain nonpartisan, but that doesn't stop them from

showing up to meetings and asking important questions about impacts on and accessibility for small farmers.

FoFF has been instrumental in the passage of many things that make life easier for the small farmer. The Farm Direct Producer Process Exemption allows farmers to bring to market processed foods they've grown on their farms, such as pickles and jams, without requiring the use of an industrial kitchen. Alice says this exemption saved her own farm, allowing her to bring pickles to market in the winter when nothing else was growing.

The Thousand Bird Exemption allows farmers to slaughter and sell up to 1000 birds on site from their farm directly to consumers, as long as they are frozen and sold whole. This was huge for the farming community, as selling animals by the part in a retail setting requires a USDA

inspected facility processor. These facilities are few and far between and are often booked out many months or years in advance.

FoFF also actively promotes the use of custom exempt butchery for small farmers through OPN and the authorization of the state meat inspection program. A custom exempt butcher allows farmers to sell "live animal shares," which means they can sell animals by the whole, half or quarter and determine a custom cut list because customers are technically buying the live animal and paying the butcher themselves. The state meat inspection program was authorized on July 28th of this year. It is a parallel program to the USDA inspection but allows farmers and communities to have more of a say over the facility. It allows for more local control over waste and the processing of organs. State facilities only allow farmers to sell their meat within the state, once again helping to regenerate the local economy.

We all know it feels good to "support local" but it really truly benefits your community when you do. Sitting down with Alice and hearing in person about all the good FoFF does for our local small farmers made me even more excited to have them be our October bag credit donation recipient! The proceeds from the month will support fall InFARMation classes. These classes are open to the public! Learn more at FriendsOfFamilyFarmers.org/eaters/infarmation/salem/ 🌱



BAG CREDIT DONATIONS

Every time you use your reusable grocery bags at LifeSource, we give you the option of a 10¢ discount per bag, or donating that 10¢ to a local organization doing great work in our community. 10¢ may not sound like much, but those dimes add up! Here are recent recipients of your generosity:

June
Salem Angels
\$767.08

SalemAngels.org
Salem Angels provides mentorship, resources, and support to foster youth and their placement families.

July
Salem Art Association
\$783.73

SalemArt.org
Salem Art Association helps engage the community in the arts through exhibits, events, and arts education.

August
Willamette Vital Health
\$745.25

WVH.org
Willamette Vital Health provides comprehensive hospice care services, supportive care for pain and symptom management for those with serious illness, and grief support.

September
Marion Polk Food Share Youth Farm
MarionPolkFoodShare.org/programs/youth-farm
An educational farm where youth can learn how to grow and cook organic produce, as well as learn how to run a CSA. (For more information on the Youth Farm, see the Spring 2022 issue of News in Natural.)

Upcoming Bag Credit Donation Recipients

October
Friends of Family Farmers
A local non profit that stands as a voice for small and family farmers.

November
Center for Hope and Safety
Offers a safe refuge and support to victims and survivors of domestic violence, sexual assault, stalking and human trafficking.

December
ARCHES
A housing and street outreach program of Mid-Willamette Valley Community Action, providing shelter and resources to locals experiencing houselessness.



Pleased to Meet You **JESSICA**

By Hannah Giesbers-Jeanseau

How long have you been with LS?

I started in 2010. August 30th, 2022 made 12 years!

What is your current position in the store?

I am the Grocery Category Manager.

Tell me a little about your journey to becoming a category manager...

Back in the day, everyone was cross-trained in multiple departments. I started cashiering, then was trained to do cheese—both buying and prepping. A lot of the cheese comes in big wheels we cut down to sell. After that I was trained in mercantile and became the main mercantile buyer on top of doing cheese. I had 13 years of experience working with jewelry and gifts so it was a natural fit. However, I had left that job because I wanted to try new things, so I trained our current Merc buyer, Zira and became the lead perishables buyer.

From there I fell into grocery category management in 2018.

What is a Category Manager?

The Category Manager is in charge of products: movement, promotion, vetting, display, sales. Lots of research goes into the job. I look at what products are new in the industry and how products perform at other natural foods stores. For example, in November, we'll look at the sales history of ice cream to prepare for summer. Then I decide what items to get rid of or bring in based on previous year's sales.

How do we see how products perform elsewhere?

There's a national database that natural foods stores use to input data and share with the industry. It shows velocity of sales, average prices, and more. We're able to search by attributes so that I can find new products based on our standards. I think we have the strictest values, and I am really grateful for that. Most places choose profit over standards.

Are there any products that are hard to find within our standards?

Pet food for sure, especially with supply issues.

Tell me more about how supply issues are affecting what you do for our store?

Supply chain issues are constantly changing. Sometimes what folks don't realize is it's not just the product or an ingredient but it could be something in the packaging, like ink or even certain glass that requires fuel,

and fuel prices have shot up.

Favorite thing about your job?

First thing that comes to mind is communicating with staff. I love when staff get really excited about a product. They will tell me something they found that we should bring in, then I get to bring it in and tell them it's here, and they get so excited and then they tell our customers about it!

Second favorite part would be building displays. It's the hardest part physically and mentally but really fun. I work with the Grocery Team Manager to plan and build endcaps and displays each month based on sales, new products, and more.

Why did you choose LifeSource?

I was diagnosed with Crohn's disease at 32. I had to be very conscious of what I ate so I shopped here a lot. I also needed a place to work that could be understanding. I was very upfront in the interviews and LifeSource has done a very good job of supporting and working with me and my needs.

Favorite grocery & wellness items?

Grocery—R.W. Garcia Chili Corn Chips
Chill—This is so tough! Right now my favorite items are the Odyssey energy drinks.
Freezer—Field Roast corn dogs.
Wellness—Wylld Raspberry CBD Gummies.

Favorite meal/food?

Baked Salmon with garlic and roasted asparagus and mashed

yellow Yukon potatoes.

What do you do in your free time?

I do a lot of creative things. I make jewelry, paint, draw, sculpt and love to cook. My art tends to have nature themes and lots of details. I'm literally what you call a maximalist and my art is the same.

I'm an avid cat person! The past 3 summers I have helped multiple feral and stray cats in our neighborhood get spayed/neutered as well as get shots and general care. I have assisted in getting many of these cats to good homes and the ones too feral for placement we now watch over and provide good healthy food, fresh water, and a watchful eye just in case the need for care arises. It is tough right now because resources are next to nonexistent and non-paid volunteers are overworked and exhausted.

I am an avid gamer and have been since Commodore 64 days. I love RPGs (role playing games). I particularly love pirating events. Who doesn't like to pretend? I am actually a part of a reenactment for nonprofit group that loves to educate folks on the history of pirates from the 1600's to 1700's. We also love to teach folks about Norse history and anything Viking related. Many skills we love to show off are archery, axe throwing, knot craft, leather work, cooking on an open fire, building temporary shelters, etc. It is a great way to escape the mundane and go back in time if only for a weekend. 🐾



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