

news in natural

WHAT'S SHAKIN' WITH SHAKSHUKA

SURPRISING
SALADS

OREGON PINOT NOIR

FOODS FOR FIDO & FIFI • A NEW COMMUNITY GARDEN





▲ *Santana Village Community Garden, p. 28*

I'm a transplant to Salem, having now lived here a little over a decade, and I hope I can be forgiven if I didn't immediately see everything that the city has going for it. When I first moved here, I was frequently annoyed by traffic, the legacy of poor planning decisions in decades past that funnel too many vehicles into bottlenecks and onto too few thoroughfares. I regularly biked to work, but rarely felt safe on Salem's inadequate network of bike routes. Going for walks with my young kids was often harrowing when, as in many neighborhoods in northeast and south Salem, there aren't even sidewalks. But mostly there just didn't seem to be much happening here. When I'd see the bumper stickers reading "Keep Salem Lame," I nodded in silent agreement.

I don't know whether the city has changed in the ensuing decade or whether my perspective has, but Salem feels very different to me now. Sure, we still have all the same infrastructure issues, but there seems to be so much happening now that I didn't notice before: projects and groups and communities growing and bubbling beneath the surface that are quietly transforming this town into a much livelier, more livable space. In this issue of News in Natural Reuben Gershin and Sara Duncan write about one such project, the Santana Village Community Garden, that's taking a once neglected tangle and making it into a productive, beautiful neighborhood space. And I'm humbled, too, at how often I've seen LifeSource as a hub of community-building efforts, whether directly or simply as a place for customers and neighbors to meet on the aisles to chat and exchange ideas. I'm looking forward to watching grass-roots efforts continue to transform Salem in the years to come.

Ben



2649 Commercial St SE Salem, OR 97302 · 503-361-7973
www.LifeSourceNaturalFoods.com

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Contact Us

General Manager

Alex Beamer
Alex@LifeSourceNaturalFoods.com

Store Manager

Marie Wallace
Marie@LifeSourceNaturalFoods.com

Grocery & Perishables

Jessica Hill
Jessica@LifeSourceNaturalFoods.com

Deli

Marie Wallace
Marie@LifeSourceNaturalFoods.com

Bulk

Emily "Ginger" Goodman
Ginger@LifeSourceNaturalFoods.com

Produce

Eli Alonzo
EliA@LifeSourceNaturalFoods.com

Beer & Wine

Jason Gregg
JasonG@LifeSourceNaturalFoods.com

Wellness

Kathy Biskey
Kathy@LifeSourceNaturalFoods.com

Mercantile

Robin Bielefeld
RobinB@LifeSourceNaturalFoods.com

Marketing & Outreach

Alex Beamer
Alex@LifeSourceNaturalFoods.com

Editor & Mailing List

Ben Martin Horst
Editor@LifeSourceNaturalFoods.com



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[@LifeSource_Foods](https://www.instagram.com/LifeSource_Foods)

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OREGON PINOT NOIR

A HISTORY OF CULTIVATION & COLLABORATION

By Matt Trickey · Marketing



The unique soil and climate of the Willamette Valley have worked very favorably for winemakers in helping Oregon Pinot Noir earn admiration among wine enthusiasts.

Pinot Noir's growth and success in Oregon began with experimental plantings in the 1960s, which showed the variety could be grown successfully in the Willamette Valley. Now Oregon Pinot Noir stands alongside wines from Burgundy, France, where Pinot Noir has been produced for centuries. This success is a testament to the pioneering spirit of Oregon winemakers who collaborated to develop techniques for growing grapes in the cool, fertile soils and microclimates of the Willamette Valley.

David Lett, one of the first to cultivate the Pinot Noir grape in Oregon, had rooted some Pinot Noir cuttings near Corvallis in 1965. The vines were nurtured in a greenhouse, and eventually moved to The Eyrie Vineyards in the Dundee Hills. It was Richard Sommer, founder of Hillcrest Vineyard in the Umpqua Valley, who bottled Oregon's first vintage of Pinot Noir for sale in stores. Years earlier, Sommer had dreamed of moving from his native California and opening a winery in Oregon, hoping the cool climate would help him produce a fine Riesling. However, the state of Oregon had not licensed a commercial winery since the state repealed prohibition in 1933. Sommer hired legal help, and eventually obtained the license in 1961. Originally planting several varieties of vines, Sommer would later begin growing Pinot Noir on his estate vineyard, and in 1967, offered the first Pinot Noir vintage for sale in stores.

As a youth, Jim Bernau, whose father helped Richard Sommer obtain a winery license, was offered tastes of Sommer's wine at the dinner table. Sommer's enthusiasm for Oregon viticulture led Bernau to pursue winemaking studies at UC Davis and Beaune, France. In 1981 a group of winery owners sought to earmark a tax on wine cases towards promoting the wine industry, and viticulture education. Jim Bernau was one of the lobbyists working with the Oregon chapter of the National Federation of Independent Businesses (NFIB), to help these winemakers with their legislation. During this time, Jim purchased a tractor and began farming. It was during the 1983 legislative session that the NFIB was successful in establishing state support for winery development. Working with winery owners, Jim had become inspired

◀ *Willamette Valley Vineyards, Turner OR
Photo by Derek Hill*



to form his own business and in 1983, he bought land south of Salem to begin his vineyard.

For many years, winemakers had been experimenting with the Pinot Noir varietal in the Willamette Valley. The majority of California winemakers had thought Oregon’s climate too cold to grow Pinot Noir, but a few adventurous winemakers persevered in cultivating the grapes, sharing their knowledge with each other when successful. Pinot Noir grapes are delicate, and difficult to grow, but slow experimentation led winemakers to develop techniques to successfully grow the grapes. The terroir of the Willamette Valley’s wet winter climate had posed an obstacle to cultivating Pinot Noir grapes. It was a challenge to prevent mildew forming on the grapes and vines from rotting at the soil surface, but there was a sense of camaraderie among winemakers in overcoming these obstacles.

By pooling their knowledge and skills, vintners learned to safeguard the tender grapes from fungus and rot during wet winters, and they discovered some advantages offered by the region’s unique soils and climate. Willamette Valley’s higher latitude, in comparison to regions like California’s Napa Valley, enables Pinot Noir grapes to mature slowly and acquire intricate flavors. The cooler growing season also enhances the grapes’ natural acidity, essential for well-rounded wine flavors. Soils deposited by Ice Age flooding had characteristics that proved ideal for growing Pinot Noir, and allowed vines to grow more resiliently. The mineral content of these soils imparted subtle flavor characteristics

to the wines that fostered enthusiasm about the terroir of the region.

When Jim Bernau began planting Pinot Noir grapes in a former plum orchard in Salem, he had the advantage of the body of knowledge Oregon winemakers shared about successfully growing Pinot Noir grapes. During advocacy for Oregon’s growing wine industry, Bernau felt a sense of community among winemakers who believed that working together and sharing techniques would help their overall success. Viticulture in the valley was still relatively new, and Oregon winemakers had to develop methods of cultivation that would suit this unique region. They would freely exchange information about which grape varieties were performing well in specific areas of the valley or which vineyard management methods were the most effective. Rather than focusing solely on their individual wineries, Oregon vintners worked to promote wines of the region collectively. They understood the value of building the valley’s reputation for world class Pinot Noir.

Thanks to these early efforts, the Willamette Valley is now home to hundreds of wineries, and Pinot Noir is the most widely planted grape variety in the region. The cooperative spirit that helped establish the industry in the 1980s and 1990s still exists today, with winemakers collaborating on marketing initiatives, and working towards sustainable and regenerative viticulture practices.

Back in 1983, Bernau’s vision began to take place as he planted his first vineyard by towing a Christmas tree

planter behind his tractor. Bernau persevered, using ingenuity where he lacked funds, and eventually had his first estate vineyard growing towards its first harvest: the genesis of Willamette Valley Vineyards. As he piloted the tractor through the reddish Jory soil on the south slope of his young vineyard, Bernau probably never expected the state of Oregon would someday name this as the official state soil, yet legislators were indeed persuaded to bestow this distinction in 2011.

A significant aspect of Pinot Noir’s flavor comes from the minerals in the soil. In the Willamette Valley, many vineyards feature Jory soil, named after a pioneer family that settled south of Salem, only a few miles from Jim Bernau’s fertile slope. Formed by volcanic basalt erosion and Ice Age floods, Jory soil offers excellent drainage and fertility, ideal for grape cultivation. It imparts flavors of red fruits, earthiness, and a mineral or metallic finish.

Further north, in the Chehalem mountains, another significant soil forms a unique terroir supportive of excellent Pinot Noir. This is known as Laurelwood soil, which also originates from volcanic basalt, and shares many characteristics with Jory soil. Laurelwood soil contains small pisolites, mineral pellets that enable roots to reach deeper, allowing grapevines in this region to regulate their moisture during dry summers. Pinot Noir grown in Laurelwood soil exhibits bright red fruit flavors, high acidity, and a peppery finish. With the eventual acquisition of many regional vineyards, Willamette Valley Vineyards now makes available wines from several different

PIZZA WITH PROSCIUTTO, PORTOBELLO, AND CARAMELIZED ONION

By Catherine Dwelley • Marketing
Makes 2 12-inch pizzas, about 4-6 servings

- 3 cups unbleached white flour, plus more for kneading
- 2 sprigs fresh rosemary leaves, minced
- 1 pkt (2 ¼ tsp) active dry yeast
- 1 tsp kosher salt
- 2 Tbsp olive oil, plus more for brushing
- 1 cup warm water (114°F)
- 1 large yellow onion, thinly sliced
- 2 portobello mushrooms, thinly sliced
- 2 Tbsp butter
- 8 slices prosciutto sliced into ribbons
- ½ cup pizza sauce, or to taste
- 2 cups shredded goat mozzarella cheese
- 1 bunch fresh basil or 2 cups fresh arugula

1. In a large mixing bowl, whisk together flour, rosemary, yeast, and kosher salt. Stir in olive oil and warm water. A shaggy dough will form.
2. Turn dough out onto a floured surface. Knead for 3-4 minutes, until the dough becomes smooth and elastic. Add a little more flour to your hands and surface if it begins to stick.
3. Oil your mixing bowl. Place dough back into the bowl, and brush with a little more oil. Cover bowl with plastic wrap or a clean kitchen towel. Allow to rise for 60-90 minutes, or until doubled in size in a warm, draft free area.
4. Melt 1 Tbsp butter in a 12-inch skillet over medium heat. Add onions and a sprinkle of salt, cook and stir until fragrant and translucent, about 7 minutes. Reduce heat to medium low, stirring frequently until caramelized, about 15 minutes. Splash with a little water if onions begin to stick. Allow to cool.
5. Add remaining 1 Tbsp butter to the skillet. Cook mushrooms until tender, and most of the water has been released, about 8 minutes.
6. Preheat the oven to 475°F. Lightly oil a large rimmed baking sheet.
7. Punch down the dough to remove the air bubbles. Divide in half.
8. Using lightly floured hands, form half the dough into a 12-in circle. Carefully move it to your prepared sheet pan. If there are any thin spots or holes, pinch them together with your fingers. Flatten any extra thick spots as well.
9. Brush your crust with more olive oil. Spoon on half of the pizza sauce, spreading it evenly. Leave a 1-inch border for the crust. Sprinkle on half of the cheese, caramelize onion, mushrooms, and prosciutto..
10. Bake pizza for 12-15 minutes, or until the crust is golden and cheese is bubbly. Sprinkle with torn fresh basil or arugula. Serve with a glass of pinot noir.
11. Repeat steps 8-10 for the second pizza.



terroir microclimates, each one with subtly different characteristics.

Winemakers learned fermentation techniques that helped to preserve and enhance the many characteristics of each terroir in the grapes, demonstrating finesse in crafting desirable flavor profiles. Winemakers learned to use the wild yeasts that are found on the grape skins, and methods such as whole cluster fermentation where the grapes own weight performed the crush of the fruit. This fermentation method involves placing entire clusters of grapes into a chilled vessel, purging out oxygen, and allowing the grapes to naturally begin the fermentation process. As fermentation proceeds, many variables can be controlled to enhance tannins, acidity, aroma, and flavors to the desire of the winemaker. Winemakers may also continue the fermentation in clay or concrete vessels to enhance mineral flavors in the wine, and achieve subtle variations in character.

The success of Oregon Pinot Noir is a tale of ingenuity, perseverance, and collaboration among winemakers that shared a vision. Winemakers who dreamed of world class Pinot Noir made the most of the Willamette Valley's cool climate and unique soils. Without their spirit of collaboration and community, these dreamers would have had a much more difficult task, yet working together, they have realized their dream. As a result, Oregon Pinot Noir has earned its place alongside the legendary wines of Burgundy, France. Today, the same collaborative spirit continues to drive winemakers to explore new techniques, foster sustainable practices, and create exceptional wines that showcase the unique characteristics of the Willamette Valley. 🍇

WILLAMETTE VALLEY VINEYARDS PINOT NOIR

Tasting Notes by Willamette Valley Vineyards | www.wvv.com



1 2020 Elton Pinot Noir
Ruby in color with aromas of cherry, blackberry, caramel and earth, the wine offers flavors that mirror aromas with the addition of cranberry, raisin and baking spices. The palate is medium bodied and silky with integrated tannins and tense acidity.



2 2021 White Pinot Noir
A richly textured white wine made from fully matured estate-grown Pinot Noir grapes, this wine features aromas of nectarine, lemon, lime and vanilla creme. A full, viscous entry characterizes the palate and moves into showcasing juicy flavors of white peach, citrus and candied ginger all concluding with a bright, crisp finish.



3 2019 Bernau Block Pinot Noir
Crimson hue illuminates from the glass. Cranberry, raspberries and boysenberry fruits are blended with other perfumes of anise and other baking spices. Seductive satin tannins add a beautiful texture mixed in with some red tea, earth and cherry pie that provide grip and warmth.

BLACKBERRY & PINOT NOIR BARBECUE SAUCE

By Executive Winery Chef DJ MacIntyre | Yields 2 ½ quarts

Celebrate the bounty of Marion Blackberries with this incredibly delicious Blackberry and Pinot Noir BBQ sauce by the Willamette Valley Vineyards executive winery chef DJ MacIntyre.

We love this delicious sauce with local pasture raised pork ribs from Lonely Lane Farms, and a glass of Whole Cluster Pinot Noir.

- ½ bottle Willamette Whole Cluster Pinot Noir
- 4 Tbsp canola oil
- ½ lb white onion, diced ¼-inch
- 4 cloves garlic
- 2 cups brown sugar
- 3 Tbsp paprika
- ½ cup dark chili powder
- 1 ½ tsp cayenne
- 1 ½ Tbsp black pepper, coarse
- 2 bay leaves, whole
- 1 chipotle in adobo sauce
- 1 cup apple cider vinegar
- 1 cup balsamic vinegar
- 2 pints organic blackberries
- 1 qt organic ketchup
- 3 Tbsp kosher salt

In a large pot over medium-high heat, sauté the onions and garlic until the onions begin to caramelize. Then add all the dried spices, sugar, and chipotle peppers and cook for 5 minutes. Stirring constantly to prevent scorching. Next, pour in the whole cluster pinot noir, vinegar, ketchup, and organic blackberries. Reduce heat to medium low and continue to simmer for 15 minutes. Blend sauce completely with an immersion blender. Continue to simmer for an additional 15 minutes on low heat. Transfer and cool in the refrigerator.

Sauce lasts up to 2 weeks in the fridge, or divide into 2 cup portions in airtight containers and freeze up to 6 months.

BBQ PORK RIBS

By Catherine Dwelley | Makes 4 Servings

- 2 lbs Lonely Lane Farms pasture raised pork ribs
- 1 tsp black pepper
- 1 tsp sea salt
- 1 tsp red pepper flakes
- 2 cups BBQ sauce, warmed

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



Grilled Chicken Skewers & Guasacaca

By Catherine Dwelley · Marketing | Makes 4 Skewers

Guasacaca (pronounced *Wah-sah-cah-ca*) is the creamy, tangy, and amazingly delicious Venezuelan cousin to guacamole. Serve it up with grilled meat, slather it on a sandwich, or eat it with tortilla chips—you'll find a hundred excuses to make it this summer!

Chicken Skewers

- 1 lb boneless chicken breast or thighs, cut into 1-inch wide strips
- 1 lime, juiced
- 1 Tbsp olive oil
- 1 Tbsp Worcestershire sauce
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ½ tsp kosher salt
- ½ tsp black pepper
- ¼ tsp cayenne
- 4 bamboo skewers, soaked at least 30 minutes

Guasacaca

- 1 large or 2 small avocados, chopped
 - ½ red onion, chopped
 - 2 jalapenos, chopped
 - 1 lime, juiced
 - 1 small green bell pepper, chopped
 - 3 cloves garlic
 - ½ cup cilantro
 - ½ cup parsley
 - 2 Tbsp red wine vinegar
 - 1 Tbsp olive oil
 - Salt and pepper to taste
1. Place chicken and all other skewer ingredients in a bowl. Mix together thoroughly, so chicken is well coated. Cover and allow to marinate for at least 1 hour.
 2. Divide chicken between 4 skewers. Grill or broil on high for 5 or 6 minutes on each side, or until cooked through.
 3. Place all of the guasacaca ingredients in a high powered blender and blend until smooth. Serve with chicken skewers.

Tangy Grilled Chicken & Chili Lime Quinoa Salad

By Catherine Dwelley · Marketing | Makes 4 Servings

Chicken

- 2 lbs boneless skinless chicken breast
- 2 Tbsp olive oil
- 1 lime, juice and zest
- 1 ½ tsp chili powder
- ¾ tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ½ tsp pepper
- ¼ tsp cayenne pepper (optional)

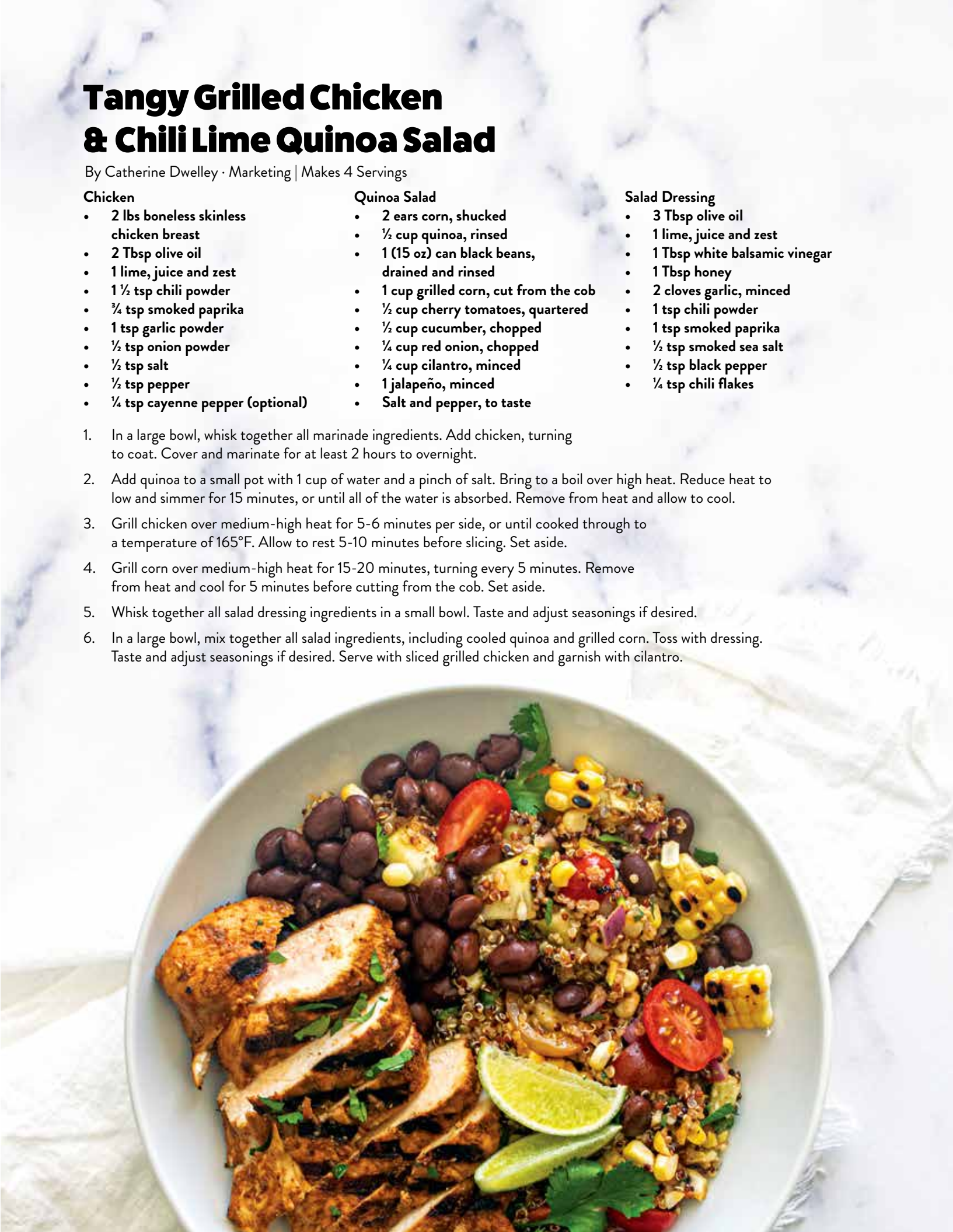
Quinoa Salad

- 2 ears corn, shucked
- ½ cup quinoa, rinsed
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup grilled corn, cut from the cob
- ½ cup cherry tomatoes, quartered
- ½ cup cucumber, chopped
- ¼ cup red onion, chopped
- ¼ cup cilantro, minced
- 1 jalapeño, minced
- Salt and pepper, to taste

Salad Dressing

- 3 Tbsp olive oil
- 1 lime, juice and zest
- 1 Tbsp white balsamic vinegar
- 1 Tbsp honey
- 2 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp smoked paprika
- ½ tsp smoked sea salt
- ½ tsp black pepper
- ¼ tsp chili flakes

1. In a large bowl, whisk together all marinade ingredients. Add chicken, turning to coat. Cover and marinate for at least 2 hours to overnight.
2. Add quinoa to a small pot with 1 cup of water and a pinch of salt. Bring to a boil over high heat. Reduce heat to low and simmer for 15 minutes, or until all of the water is absorbed. Remove from heat and allow to cool.
3. Grill chicken over medium-high heat for 5-6 minutes per side, or until cooked through to a temperature of 165°F. Allow to rest 5-10 minutes before slicing. Set aside.
4. Grill corn over medium-high heat for 15-20 minutes, turning every 5 minutes. Remove from heat and cool for 5 minutes before cutting from the cob. Set aside.
5. Whisk together all salad dressing ingredients in a small bowl. Taste and adjust seasonings if desired.
6. In a large bowl, mix together all salad ingredients, including cooled quinoa and grilled corn. Toss with dressing. Taste and adjust seasonings if desired. Serve with sliced grilled chicken and garnish with cilantro.



Lemon Tarragon Bulgur Salad

By Catherine Dwelley
Makes 6 Servings

If you’ve ever tried tabbouleh, you’ve likely had bulgur! Bulgur is made from cracked whole red wheat berries that are par-cooked, making it quick to cook for busy weeknights or meal prepping. It comes in a variety of grinds from coarse to fine. We’re using fine bulgur from the LifeSource bulk department. Fine bulgur only needs to be soaked in hot water or broth, while coarse grinds must be cooked on the stove top.

If you are wheat sensitive, try swapping the soaked bulgur in this recipe for either brown rice or quinoa—just follow the directions on the package to cook. To make this recipe vegan, swap honey for agave syrup and the feta for plant-based feta or chopped olives. Feel free to omit the pistachios or swap them for pumpkin seeds for nut sensitive eaters.

Salad

- ½ cup uncooked fine bulgur
- 2 cups boiling water
- 1 cup cherry tomatoes, quartered
- 1 cucumber, peeled, ¼-inch dice
- 4 oz feta cheese, crumbled
- ½ red onion, ¼-inch dice
- ½ cup fresh parsley, minced
- ¼ cup shelled pistachios, rough chop

Dressing

- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 Tbsp golden balsamic vinegar
- 2 tsp Dijon mustard
- 1 tsp honey
- 1 tsp dried tarragon
- 1 clove garlic, grated
- Salt and pepper, to taste

1. Soak bulgur in 2 cups of boiling water until all water is absorbed, about 10 minutes. Allow to cool completely.
2. In a large bowl, whisk together all dressing ingredients. Taste and season with salt and pepper, if desired.
3. Add cooled bulgur, tomatoes, cucumber, feta, onion, parsley, and pistachios to the large bowl with the dressing. Mix well. Cover and refrigerate for at least two hours before serving.



Lamb & Tzatziki Lettuce Wraps

By Catherine Dwelley · Marketing | Makes 8 Wraps

Tzatziki

- 1 cup Greek yogurt
- ½ English cucumber, finely shredded and excess water squeezed out
- 3 garlic cloves, smashed and minced
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar (or apple cider vinegar)
- 1 Tbsp fresh dill, minced (or 1 tsp dried dill)
- Kosher salt and black pepper, to taste

Lamb

- 1 Tbsp olive oil
- 1 lb ground lamb
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 2 tsp chili powder
- 1 tsp smoked paprika
- ½ tsp turmeric
- ½ cup chopped fresh herbs (we used parsley, cilantro, and oregano)
- 1 Tbsp lemon juice
- 1 Tbsp red wine vinegar
- Salt and pepper to taste

Wraps

- 1 head butter lettuce
- ½ English cucumber, chopped
- 1 cup cherry tomatoes, chopped
- 1 oz feta cheese, crumbled

1. Mix all tzatziki ingredients in a medium bowl. Cover and refrigerate at least 30 minutes to allow flavors to mingle.
2. Heat 1 Tbsp olive oil over medium heat in a large skillet. Add onions and a pinch of salt. Cook until beginning to turn translucent, add garlic and cook for an additional minute. Add lamb, chili powder, paprika, and turmeric. Break apart with a wooden spoon and cook for about 7-9 minutes, or until lamb is cooked through.
3. Remove lamb from heat and stir in lemon juice, vinegar, and season with salt and pepper. Stir in fresh herbs and allow to cool slightly.
4. To assemble wraps, stack 2 leaves of lettuce and pile with lamb, chopped cucumber, tomatoes, and feta. Drizzle with tzatziki and enjoy!



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1. Cherry

Cherry tomatoes are round, small, and juicy bite-sized tomatoes with a sweet and slightly acidic flavor. Being sweeter than many larger varieties makes them excellent for eating by the handful, tossing in salads, making bruschetta, roasting on a sheet pan with olive oil and sea salt, or even sun drying for later use. Look for Super Sweet 100's, Sungolds, and Black Cherry tomatoes.

2. Grape

Grape tomatoes are about the same size as a cherry tomato, but shaped like a grape. Meatier and slightly less juicy than a cherry tomato, it also has a good balance of sugar and acid, making it ideal for both cooking and eating fresh. Try grape tomatoes in a pasta salad, on a kabob, in an omelet, in salsa, or sautéed in a little olive oil with garlic and basil. Look for Brad's Atomic Grape, Yellow Pear, or Sugar Plums.

3. Plum

A plum tomato, also known as a paste tomato, is an oblong, meaty, low acid fruit that is less sweet than other varieties. Their firm texture and low moisture content makes them excellent candidates for slow cooking, canning, tomato pastes, purées, and sauces. Look for Roma, San Marzano, and Italian Plums.

4. Globe

Globe tomatoes are the classically-shaped round tomato you find in every grocery store. You'll often see them labeled as Slicers, or presented on the vine. Globe tomatoes have a great balance of sweet to acid and meatiness to juiciness. Slice them for a burger or sandwich, chop them for green salads and salsas, or use them as a base for soups and sauces.

5. Beefsteak

Beefsteak tomatoes are a classification (as well as a variety!) of large juicy tomatoes with a robust flavor and excellent balance of sweet and acid. They are named for their generous size—many weighing in at over a pound! Look for hefty specimens with ribbed skin and a wonky shape, often mixed in with the heirlooms. Our favorites include Brandywine, Cherokee Purple, Mortgage Lifter, and of course, Beefsteak.



Weeknight Tomato Pasta

Recipe by Paul Altotsky
Photos by Catherine Dwelley · Marketing
Makes 4 Servings

- **8 oz linguine, or your favorite long pasta**
 - **Drizzle of olive oil**
 - **2 pints cherry tomatoes, halved (or any sweet variety)**
 - **6 cloves garlic, pressed and minced**
 - **8 oz mascarpone cheese (cream cheese makes a good substitute)**
 - **1 bunch basil**
 - **Salt and black pepper, to taste**
1. Get the pasta going in salted water, cook according to package directions
 2. In a large pan over medium heat, drizzle a generous amount of olive oil. Add halved tomatoes and salt. Starting it cold will ensure good timing.
 3. Chiffonade the basil
 4. After the pasta has cooked, take a heat safe mug and reserve some pasta water.
 5. As the tomatoes start to cook down, add fresh pressed, minced garlic
 6. Once the pasta is ready and you have the reserved cooking liquid, you can add the cooking liquid a bit at a time along with your cheese to the pan.
 7. Add the pasta and stir that in until the sauce is slightly looser than you'll want it. The viscosity will tighten up as it cools. Garnish with the basil.

SHAKSHUKA FOR TWO

By Catherine Dwelley · Marketing

Shakshuka, (Shak-shoo-ka) meaning mixed up or mixture, is a North African dish made with spiced tomato sauce, sweet peppers, herbs, and poached eggs.

Mix up your own version with your favorite herbs and spices, ground lamb, chorizo, or merguez sausage. Or make it vegan with chickpeas, tofu, or eggplant. Scoop it up with flatbread, or serve over rice, the possibilities are endless!

- 1 Tbsp olive oil
- ½ yellow onion, chopped
- 1 small bell pepper, seeded and chopped
- 2 cloves garlic, grated
- 2 cups fresh Roma tomatoes, chopped (or 1 14.5 oz can diced tomatoes)
- ½ tsp smoked paprika
- ¼ tsp chili powder
- ¼ tsp cumin
- ⅛ tsp coriander
- Pinch chili flakes (optional)
- 2 large eggs
- ¼ cup Italian parsley, chopped
- ¼ cup cilantro, chopped
- Naan or pita bread for serving

1. Heat olive oil in a medium skillet over medium heat. Add the onions and cook for 5 minutes, or until beginning to turn translucent. Add bell pepper and garlic. Cook for 3 minutes, or until garlic is fragrant. Stir in paprika, chili powder, cumin, coriander, and chili flakes. Cover and cook for 10 minutes.
2. Make 2 divots in the tomato sauce and crack in the eggs. Cover and cook for 5 minutes. Uncover and continue to cook 5-7 minutes, or until the egg whites are set and yolks are at your desired consistency.
3. Split into 2 bowls and top with cilantro and parsley. Serve immediately with naan or pita bread.



Mom’s Tomato, Cucumber, & Celery Root Salad

By Catherine Dwelley · Marketing · Makes 4-6 Servings

In the summer, when the beefsteak tomatoes were ripe and tipping over their cage, the lemon cukes were taking over the garden, and it was so hot you could smell the scorched dirt, my mom would pick up a celery root at the local market for tomato cucumber salad.

Gnarled and unlovely, celery root, or celeriac as it is also known, barely looks like food. Once you scrub and scrape away the dirt however, you are left with a fragrant and mellow tasting polygon of surprising versatility. It can be grated and eaten raw, mashed with potatoes, butter and garlic, blended into soup, or simmered until tender, marinated, and chilled before being served up in a favorite childhood salad.

My dad could sometimes be coerced into making his magical red-wine vinaigrette that he swears has no recipe and is different every time, but most often we just used bottled Italian dressing. Here I’ve included my recipe for dill vinaigrette. It isn’t really canon, but it’s delicious and makes the salad a wonderful accompaniment to grilled salmon.

Salad

- 1 medium unlovely celery root,
- 2 lemon cukes, if you can get them, or 1 regular cucumber, if you can’t
- 1 enormous beefsteak tomato, or 3 reasonably sized slicers
- 1 unassuming red onion

Dressing

- 3 Tbsp fresh dill, minced
- 3 Tbsp golden balsamic vinegar
- 2 Tbsp olive oil
- 1 Tbsp honey or agave syrup
- 2 tsp Dijon mustard
- 1 clove garlic, minced
- Salt and pepper, to taste

1. Wash and peel celery root. Cut into large chunks and toss in a saucepan. Cover with water. Bring to a boil and reduce heat to a simmer. Cook for 10 minutes or until just fork tender. Drain and allow to cool before assembling the salad.
2. Chop cooled celery root into ½-inch pieces. Peel and chop cucumbers into ½ inch-chunks. Chop tomato into ½ inch pieces, and thinly slice red onion.
3. In a large bowl, whisk together dressing ingredients.
4. Toss together veggies with the dressing. Taste and adjust seasonings if desired. Refrigerate at least 2 hours before serving, to allow the flavors to get to know each other.



Introducing THE DELI

By Marney Roddick · Customer Service

Homemade gluten free cupcakes are a must try from our bakers—the flavors and toppings change with the season, but are always delicious!



The old deli of the 90s provided a very limited menu.



The deli has come a long way since it was a cut-out at the end of aisle 1!



Breakfast is served on the hot bar every morning!



A variety of sandwiches are made fresh daily



In a hurry? Our grab-and-go is fresh from scratch!

What is more personal than what we put in our bodies? We feed ourselves and others, hopefully with great care. What goes into our mouths can affect our health, our mood, our weight, and our overall well-being.

When you dine with us at LifeSource, your food is prepared thoughtfully. The produce and grains are organic, as are many other ingredients. Our meats are raised naturally and are often local. You can taste the care and effort that the deli staff put into every morsel destined for your mouth.

And the secret ingredient? Well, we will get to that later...

The first delicatessens popped up in

Germany in the 1700s. Immigrants brought the concept with them and American delis were born in New York City in the 1800s. The word “delicatessen” is a mishmash of a word with German, French, and Italian elements, loosely translated as “delicious things to eat; delicacies.” We like to think the LifeSource Deli joins the ranks of Katz’s, Canter’s, Carnegie, and Manny’s.

According to Alex Beamer, the founder, owner, and general manager of LifeSource, offering our customers quick, healthy meals via an on-site deli was always in the vision for the store. The first menu included daily soups and sandwiches. That teeny deli was in the southwest corner of the store,

near today’s dairy section. Friendly faces popped out from a window in the wall. One of those early deli people is still with LifeSource!

The deli has evolved over 29 years, and still offers high-quality, from-scratch food with an emphasis on great taste and healthy, high-quality ingredients. The people in the deli are as important as the food: their passion for preparing delicious treats from scratch is the pervasive philosophy. Our deli allows team members a lot of creativity for menu and recipe development. Many items are gluten free and vegan (try the cupcakes!). The pizza is all gluten free, too.

Other popular foods include the

baked goods, homemade ranch dressing, and the scratch soups. Look for a wall of fresh grab-and-go selections: sandwiches, bakery items, salads, and other quick snacks and meals. And the scones... did we mention the scones?

Joel Villarreal is a long-time member of the deli team: 18 years. His recommendation is the hot bar and the salad bar. Plentiful and mostly organic, he suggests loading up on toppings to take home to transform into your own creations. For example, buy a head of lettuce from our produce department and some toppings from the deli for an easy-peasy fresh, abundant salad. You could assemble a box of toppings for a quick and easy

soup or stew at home. Or select items that would be delicious in a stir-fry or on pasta. Shredded beets are Joel’s favorite thing; he puts them on everything every day.

Customers look forward to the hot bar, which offers a rotating daily theme of globally inspired cuisines, including Mexican, Indian, and East Asian, using seasonal ingredients. Rather new is the aromatic rotisserie chicken. You can create several meals from a juicy chicken.

Put the LifeSource Deli at the top-of-mind the next time you are looking for a unique, fresh dining experience. It is a quick, convenient place to meet friends for lunch.

When I was growing up, an eatery called The Little Kitchen was just a few blocks from our house. In the 60s and 70s, owner and chef Scottie spent her entire life feeding the locals. The food was abundant and amazing. Every day the menu changed and offered an array of fresh, home-cooked foods. There was a takeout counter, grab and go, and a tearoom style dining room with the first salad bar I can remember.

In my life, nothing has ever come as close to the experience of The Little Kitchen as the LifeSource Deli. The common denominator? It’s our secret ingredient in the LifeSource Deli: love. 🌱



Summer Berry Slump

By Catherine Dwelley · Marketing · Makes 6 Servings

When it's 100 degrees out, no one wants to fire up the oven, even for a delicious summer dessert (and let's be real, we eat the leftovers for breakfast too). Slumps and grunts are the humble cousins of the famous cobbler. Grunts are named for the wet bubbling grunt they make while cooking, and Slumps for the way they slump onto your plate after serving; the names are pretty much interchangeable. Whatever you call them, both are made with a cooked fruit base and topped with a drop-biscuit type dough. Instead of being baked in the oven like their esteemed cousin the cobbler, they are often covered and cooked on the stove-top, (usually in a cast iron skillet) where the dough steams like a dumpling.

We encourage you to use any kind of fruit (fresh and frozen are equally good) and feel free to mix and match flour, sweetener, butter, and milk to customize this recipe for your dietary needs.

- **1 cup unbleached wheat flour (can substitute gluten free)**
 - **¼ cup cornmeal**
 - **1 ½ tsp baking powder**
 - **½ tsp kosher salt**
 - **3 Tbsp cold butter, chopped (can substitute with vegan butter)**
 - **¼ cup buttermilk (can substitute with whole milk or plant-based milk)**
 - **4 cups berries (fresh or frozen), we used strawberries, blueberries, raspberries, and blackberries**
 - **½ cup organic brown sugar**
 - **1 Tbsp cornstarch**
 - **½ tsp cinnamon**
 - **¼ tsp cardamom**
 - **½ cup water**
 - **1 Tbsp lemon juice**
 - **1 tsp lemon zest**
 - **Vanilla ice cream, for serving**
1. In a medium mixing bowl, whisk together flour, cornmeal, baking powder, and salt. Cut in butter with a pastry cutter or fork until the mixture resembles coarse crumbs.
 2. Make a small well in the center of the mixture, and pour in milk and buttermilk. Toss with a fork until mixture is evenly moistened. Dough will be very sticky and shaggy. Divide into 6 portions and set aside.
 3. Add fruit to a 4 qt saucepan. Whisk together brown sugar, cornstarch, cinnamon, and cardamom in a small bowl. Toss with fruit. Stir in water, lemon juice, and zest. Bring to a boil.
 4. Drop dumpling dough portions onto the hot fruit mixture. Cover and reduce heat to a simmer. Cook for 25 minutes, or until the dumplings are done. Serve warm with vanilla ice cream.



Strawberry Lemonade Bars

By Catherine Dwelley · Marketing

Crust

- **¾ cup all purpose flour (wheat or gluten free)**
- **¼ cup almond flour**
- **½ cup powdered sugar**
- **½ tsp kosher salt**
- **½ cup unsalted butter, melted**
- **1 tsp vanilla extract**

Lemon Filling

- **3 lemons, juiced**
- **Zest of 1 lemon**
- **1 ½ cup unrefined cane sugar**
- **¼ cup all purpose flour (wheat or gluten free)**
- **4 eggs, beaten**
- **½ tsp vanilla extract**

Strawberry Topping

- **2 cups strawberries, diced**
- **1 Tbsp lemon juice**
- **1 Tbsp unrefined cane sugar**
- **2 tsp cornstarch**

Crust

1. Preheat the oven to 350°F. Grease an 8x8 inch baking dish with butter. Line with parchment paper.
2. Whisk together flour, almond flour, sugar, and salt. Stir in butter and vanilla. A soft dough will form.
3. Evenly press dough into the bottom of the baking dish. Bake in the preheated oven for 20 minutes.

Filling

4. Whisk together, lemon zest, sugar, and flour. Stir in lemon juice, eggs, and vanilla. Pour into the hot crust.
5. Toss together strawberries, 1 Tbsp lemon juice, cane sugar, and cornstarch. Spread in an even layer over lemon filling.
6. Bake for an additional 40 minutes, or until the center no longer jiggles. Allow to cool on a rack for 2 hours, then refrigerate 1-2 hours or overnight before removing from the dish and slicing.



Blueberry Lemonade

By Catherine Dwelley · Marketing · Makes 6 Servings

- **1 cup fresh or frozen blueberries**
 - **1 cup filtered water**
 - **½ cup granulated sugar**
 - **1 cup lemon juice (about 5 lemons)**
 - **4 cups filtered water or sparkling water**
 - **Ice**
1. Place blueberries, 1 cup filtered water, and ½ cup granulated sugar in a medium saucepan. Bring to a boil over high heat, reduce heat and simmer for 7-10 minutes, mashing blueberries with the back of a spoon. Strain through a fine mesh strainer if desired. Allow to cool.
 2. In a pitcher, stir together blueberry syrup, lemon juice, and 4 cups of filtered or sparkling water. Serve over ice.



Dear Mr. Natural,

Can I bring my own containers to fill in the LifeSource Bulk Department?

YES! After months of collecting petition signatures from our customers the Oregon legislature has updated the policy on personal containers in grocery stores. You may now bring your own VISIBLY CLEAN containers to fill in the bulk and produce departments of LifeSource.

How about for Deli Hot Food?

Unfortunately, this policy does not apply to deli hot food. The law would require us to serve you which would be very expensive and cause long wait times.

Do I get a discount/donation for bringing in my own container?

Yes! Just like when you bring your reusable bags you can choose a discount or donation for your bag credits. We do 10¢ for large grocery bags and 5¢ for produce bags and bulk containers.

What is a Tare Weight?

The Tare Weight is the weight of an empty container. If you bring your own container into the store and fill it in the bulk section we charge you by the weight of the product. This means we subtract the weight of the empty container from the total weight so all you pay for is the product inside!

How do I get the weight of my empty container?

Before you fill your containers in the Bulk Department make sure you have us weigh them for you. Just ask a cashier to weigh your containers at the certified scales at our registers! We'll help you by putting a sticker marked with the tare weight on your container. We are happy to do this for you and our staff is trained to assist in taking tare weights.

What kinds of things can I get in bulk?

That's a hard question to answer, because we have SO MANY THINGS.

Most people use our bulk department for everyday ingredients like flour, dry pasta, and spices. We also find that our nuts, trail mix, and dried fruit are very popular. Some of the hidden gems in our department are freshly ground nut butters, olive oil and molasses. We also have many nonfood items in our bulk department: everything from shampoo and laundry detergent to beeswax and shea butter. We highly recommend you check it out yourself!

You mentioned produce... how does that relate here?

You might not put your spinach in a mason jar but I'll bet you use one of our paper or plastic bags to hold it from the store to home! You can bring your own visibly clean bags to hold your produce. These can be mesh, cotton, or even woven. We recommend something that breathes since a lot of produce is damp when you purchase it. If you are unsure what these look like check out the ones we have for sale next time you are in the store! 🌱

HOW TO BULK

OKAY KAT, START TO FINISH... HOW DO I DO THIS?!

IT'S EASY, BEA! GINGER AND I WILL SHOW YOU!

FIRST, BRING YOUR VISIBLY CLEAN AND EMPTY CONTAINER TO THE STORE.

IT'S GINGER THE BULK BUYER!

NEXT, HAVE YOUR CLEAN AND EMPTY CONTAINER WEIGHED BY A CASHIER.

HEAD BACK TO BULK AND FILL YOUR CONTAINER.

USING A STICKER, LABEL YOUR CONTAINER WITH THE BULK BIN NUMBER.

FINALLY, BRING YOUR CONTAINER BACK TO THE REGISTERS TO CHECK OUT!

IF YOUR JAR IS TOO BIG FOR THE GRAVITY BINS, JUST ASK A TEAM MEMBER FOR A FUNNEL!

BULK BY THE NUMBERS:
377 BINS OF FLOURS, RICE, BEANS, & MORE
239 HERBS & SPICES
5 NUT BUTTER MACHINES
91 SNACKS PRE-PACKED

TAKE THIS PILL AND COME SEE ME IN SIX MONTHS.

By Sondra Underberg · CEO Diabetes Support Services

If you are a newly diagnosed Type 2 diabetic those might have been the first words you heard, along with, “Watch what you eat and get more exercise.”

Eat what? More exercise? Are there side effects to this pill?

Over 60% of newly diagnosed Type 2 diabetics get no diabetes education whatsoever. They live in fear. They’ve heard about Aunt Hilda’s amputation. Uncle Fred’s kidney failure. A neighbor going blind.

Diabetes is an epidemic. The Centers for Disease Control estimates that by the year 2025, 50% of US citizens will be either diabetic or prediabetic. One out of three babies born in the year 2000—and one out of two babies of color—will become diabetic in their lifetime if

conditions don’t change With no knowledge of how to handle this frightening disease, patients turn to the internet. Just Google the word “diabetes” to see how many hundreds of thousands of websites there are for review. Which ones can be trusted?

The good news is that you can eat what you have always eaten. It’s all about adjusting the portion sizes and counting carbohydrates. You can do it, with education. There is no such thing as a diabetic diet, regardless of what you read on the internet.

Why is a healthy diet so important?

One major reason is that our diets have a huge impact on brain function. Who doesn’t want to be smarter? Less forgetful?

Our brains consume over 20% of all nutrients and oxygen that we consume, so it’s important to feed our

brains with the good stuff (e.g., nuts, fresh fruit and veggies & plenty of omega-3 oils found in oily fish—you’ll find them all at LifeSource).

Foods high in sugar and refined carbohydrates, things like junk food and soda, can dull brain processes and make the brain foggy and sluggish. Not to mention elevating blood sugars that contribute to diabetic complications.

Green stuff on your plate won’t kill you. If spinach or kale makes you shudder, step out of your comfort zone and try just a little. Be brave. Experiment! You might be surprised.

Neither will exercise. Exercise can be simple! Don’t set up a routine that is impossible to maintain. Start slow.

You don’t have to do much to open your cells and let the glucose in for energy and out of your blood stream. Just two minutes right after a meal can do the job. March in place or lead an orchestra from your easy chair each time the TV commercial comes on. Dance!

When we learned that 60% of the newly diagnosed get no diabetes education, we saw the need. To our surprise, our meetings filled up with many more needing

help, not just new patients.

For the past 15 years, Diabetes Support Services has carried the torch and run with educating the diabetics in our community to the tune of over 30,000 people who have come to our classes, support group meetings, health fairs, presentations to schools, clubs and organizations, and one-on-one consultations. The number of people who have watched our Capital Community Media videos or listened to our radio interviews can’t be counted. We filled the gap.

Lack of information isn’t just local, it’s worldwide. Folks have turned to us for help from Washington, California, Idaho, Montana, Alaska, Ohio, North Carolina, New Jersey, and, then the UK, Canada and even South Africa. We’ve helped them all.

Our basic program is structured in four sessions of 12 classes each. Of course, we address what to eat and when and how to exercise, but the topics cover far more than what is normally found on a diabetes education agenda. We came up with a curriculum that provides information in digestible snippets that can be successfully applied to daily living, with built-in topics that affect the entire body.

Our facilitators have over 100 years of experience living with diabetes, either as a patient or a caregiver. They draw from first-hand knowledge to make a difference. They understand.

Attendance rewards the students with a tool kit containing items to assist with control, such as a glucose tester and strips, blood pressure cuff, low blood sugar treatment,

hand sanitizers, ID bracelet, and on and on, a value of nearly \$200.

Many who come to the classes do not have insurance or can afford to see a doctor. We provide an initial A1C test at the beginning and then check up on what they learned and applied by testing them again at the end of the 12-week class! We love results.

THE GOOD NEWS IS THAT YOU CAN EAT WHAT YOU HAVE ALWAYS EATEN!

We encourage our students to make use of our whole-body sonic vibration machines to enjoy just ten minutes of exercise that is equivalent to an hour of aerobic exercise. They get great results in what we so fondly call The Jiggle Joint!

Our students have managed their diabetes—lowered their blood sugars, A1C and blood pressure numbers. They have lost weight, are eating healthier and exercising. A huge bonus is that the support community of fellow students helps them cope with their diagnosis and realize they are not alone.

Diabetes is an expensive disease. There’s often no money left over for diabetics to pay for education. That’s why the cost to students for our programs is important. All “Diabetes Made Simple: Learn and Earn” classes are 100% free to the participants. The notebooks are free, the tool kits

are free, the A1C tests are free, the sonic suite usage is free. Donated diabetic supplies such as syringes and lancets are given out freely to those in need. We accept donations!

If you are interested in joining our Learn and Earn classes, just show up any Tuesday at 1:00. Come a little early so you can

receive your materials; there’s no need to preregister. Some people are a bit shy about participating in a class setting so they call for a one-on-one appointment. Those are also at no cost.

Our organization is a 501c3 non-profit corporation staffed 100% by volunteers. We depend on donations and support from generous community members to keep our services free.

For more information, stop by to visit us Monday–Friday, 11:00–3:00 at 3886 Beverly Avenue NE, Building I, Suite 21. Details on our organization and programs are available at EducatingDiabetics.org. 🌱

Sondra Underberg is the founder and CEO of Diabetes Support Services. The views expressed here are her own, and are not intended to diagnose, treat, cure, or prevent any disease.

ASK A VET

By Sara Duncan

DR Angstrom sits in my kitchen perched cross legged on a little footstool. She has a curl twisted around her finger and she is frowning at the notes on her phone. My cat comes over to greet the familiar face and the veterinarian pets him absentmindedly.

“How long have you been a veterinarian?” I ask.

“Three years,” she says. “I feel old and young at the same time.”

Dr. Angstrom graduated from OSU College of Veterinary Medicine in 2020 at the height of the pandemic. Her entire first year as a doctor was unconventional to say the least. Her patients (usually four-legged with the occasional winged exception) were not allowed to bring their human companions in for appointments for the first full year

she was in residency. I was lucky enough to be her first in-person appointment, but knowing the doctor for twenty years has its perks.

“What are some of the common mistakes you see pet owners make when it comes to diet?”

Dr. Angstrom looks up from her notes and considers her words.

“They take the advice of non-vet professionals when it comes to their pets' nutritional health and welfare.”

“Then what are foods that are safe for animals to eat?” I ask.

She laughs. “It’s easier to steer owners away from bad foods than toward good ones. You mostly just have to treat human food for animals the same as you would for humans.”

She ticks a few points off on her fingers

“Wash your fruits and veggies. Cook your eggs & meats to the same temperature as humans. Dairy is usually fine in moderation, but watch the sugar content.

Be careful of portion sizes.”

“So what not to eat?”

This is where Dr. Angstroms notes come in handy. She starts running through her list and pulls up an online database to cross reference as we go.

We run through a few different topics such as toxic produce, choking hazards, and how to properly prepare food for your pets. I have compiled the information she gave me into a few graphics so that it will be easier for the average reader to digest.

While we talk through the list of facts and foods I can’t help but think about the numerous conversations we have had over the past 10 years she has been volunteering, shadowing, studying, and finally practicing vet medicine. Many of the foods she warns me against are accompanied by my own real life memories of late nights we shared debriefing her experiences. Some of those memories were happy sighs of relief when a patient pulled through and

others were unbelievably sad stories of pets that left this world too early.

But while my thoughts have taken a somber turn, we are still sitting in the kitchen, with a pot on the stove bubbling merrily, and Dr. Angstrom sitting cross legged on the stool petting my cat. It’s time to redirect this interview back into the positive.

“What are your personal favorite treats to give pets?”

She smiles and puts down her phone.

“You can take the core out of a strawberry and use it for a natural pill pocket. Really you can use any berry, but I prefer strawberries.”

She also explains that large carrots are a great replacement for bones, which can be hazardous for pets.

“Soak them in low or no-sodium chicken broth and stick them in the freezer,” she explains. I make a mental note to try this with my dog because it’s absolutely brilliant.

My dog hears the word “carrot” and comes trotting over. It’s time for both humans and pets to end the interview and move on to dinner.



TOXIC FOODS for Cats and Dogs

Allium species: Garlic, onions, chives, or anything else in the Allium family! These can be very toxic even in small quantities, especially garlic!



Grapes & Raisins: Grapes and raisins are still a bit of a mystery! For some dogs, even one grape can cause kidney failure while others will eat them with no issues! It's not worth the risk so these are a big pet no-no!



Avocado Pits: These yummy treats also have a dangerous center. The fruit is packed with nutrients and flavor but the pit is deadly! Make sure to safely dispose of your avocado pits where your four legged friends can't get them.



Apple Seeds: Apples are delicious, but their seeds contain cyanide. While your pets are safe eating the fruit, take care that they don't swallow any of the toxic seeds.



Nuts (except peanuts): Most nuts are not safe for pets! Peanuts are the exception since they are not really a nut. Keep other types of nuts and nut butters away from your animals.



Chocolate: The cocoa beans used to make chocolate are very dangerous for furry friends. The darker the chocolate the more toxic it will be!



Coffee: Coffee has a similar effect on our animals to chocolate. Raw beans are worse than used coffee grounds but you should keep you fur babies away from all of it!



Coconut Oil: Coconut oil is often suggested in DIY pet paw cream but it's not safe! Talk to your vet if your pet has cracked or painful paws.



Alcohol: Alcohol's effects on pets is similar to that on humans, but to a much greater degree. While some pets are known to enjoy alcoholic beverages, they are dangerous and shouldn't be used as a treat.



Alternative Sweeteners: Alternative and artificial sweeteners are often very dangerous for our pets. You should especially watch for xylitol. This common sweetener is often in gum and occasionally peanut butter, so check the label before giving it to your pet!

Other considerations:

- Fruit pits, antlers, bones, and baby carrots are all choking hazards for animals. These common treats hurt animals every day! Stick to other, safer treats.
- Animals are just as likely to get food poisoning as we are! Meat, fish, and eggs should be cooked just as you would for a human. Uncooked bread is particularly dangerous. Keep your furry friends out of your baking projects.
- Moldy or rotten foods: If you wouldn't eat it then your animal probably shouldn't either! If you need a place to put your food scraps, invest in a compost bin, but keep them out of your pets tummy!
- If you aren't sure if something is safe for your animal then wait and ask your vet. They have dedicated their lives to keeping your animals safe and would rather you be safe than sorry.

This is an overview and is not a comprehensive list or a replacement for advice from your veterinarian.



SANTANA VILLAGE COMMUNITY GARDEN

By Reuben Gershin & Sara Duncan | Photos by Sara Duncan

Of the 48 neighborhood parks in Salem, 14 of them remain undeveloped. What does an undeveloped park look like? For Santana Village Park in the early 2000s, this looked like an 4.1 acre overgrown field full of needles, graffiti, and trash. While inside Salem’s Urban Growth Boundary, Santana Village Park lies outside Salem city limits, giving jurisdiction to the Marion County Parks department. When the county fell into financial distress, the park was neglected. The grass grew too tall, the bushes grew into the path, and the community began avoiding the space. But a group of dedicated neighbors saw the potential in this park. They went above and beyond to create a happy outdoor space for their

community. Twenty years later, that formerly overgrown field is home to walking paths, a playground, a baseball field, and soon a community garden. This is a Salem success story.

The neighbors saw an opportunity and they began what would be a multi-year campaign to take control of the park from the county. They created the Santana Village Park Association (SVPA). This nonprofit is made up of master gardeners, handy folks, dedicated citizens, but most importantly the community members impacted by the park. Finally, on June 27th, 2012 the Marion County Board of Commissioners approved the transfer of the park to the SVPA. The park has flourished under their dedicated

care. Now, in 2023 they are seeing the realization of a new goal, the installation of a community garden.

Reuben Gershin proposed the community garden concept in the summer of 2022. With the support of the board and help from a team of volunteers, an initial project proposal was drafted. The team proposed an 8000 ft² garden, centering a permaculture design that needs minimal resources to maintain. In September, the team submitted the initial proposal to the Suburban East Salem Water District, which agreed to install a water meter for the park and provide water for use in the community garden, free of charge. With water available, the rest of the design could start coming together.

While the garden contains 4’x8’ beds that individuals in the community can rent for \$20 per year (with a need-based fee waiver available on request), the remaining areas will be devoted to a combination of perennial production and decorative/ pollinator crops with a focus on low long term maintenance. The crops harvested from these areas will be available to all gardeners. Additionally, these areas are intentionally extended beyond the garden perimeter fencing to allow for non-gardener access. The goal for this space is to have monthly events where the garden is open to the public, both to share the bounty and educate them about the plants.

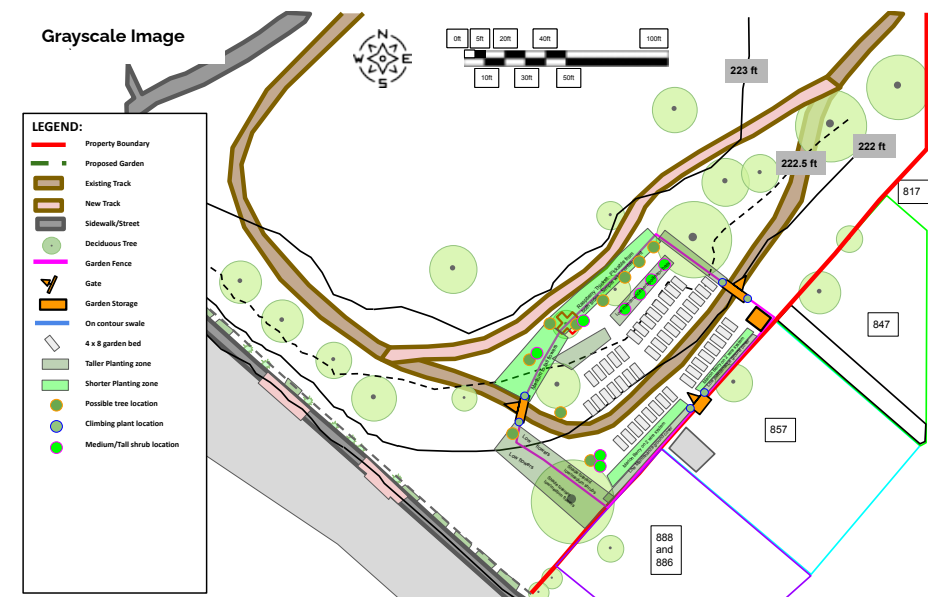
Marion Polk Food Share agreed to provide seedlings and seeds at no cost to gardeners. Through a series of donations from the community, including the Salem Leadership Foundation and LifeSource Natural

Foods, the remaining funding was secured and construction could start.

At the time of writing, three construction days have been completed and the garden is really starting to take shape. Volunteers laid water pipe for water, dug swales for drainage, built over 16 beds, and the fence is beginning to take shape.

This park serves as an inspiration to other communities who have a vision for an undeveloped park in their area. Salem deserves well cared for green spaces. This is hopefully a story that will be retold again and again as we develop more of our parks into spaces that serve the community that lives here.

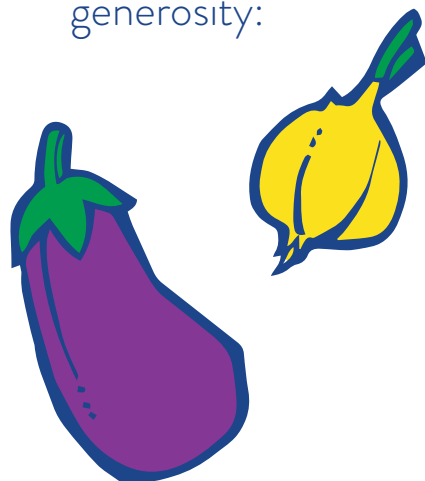
Permaculture is a whole-system approach to decision making that strives to utilize resources in a sustainable and restorative manner. For example, the location selected for the garden has relatively compacted soil that has been sod for years. It has a slight gradient and the lowest point often floods in the winter. To address this issue, several on-contour swales are planned. These swales will be shallow, level trenches that go across the garden following contour. These interrupt water runoff and help it infiltrate into the soil. The system is designed with several cascading swales in the garden, with one filling and overflowing to the next. In addition to addressing the flooding issue, this system will provide perfect passive irrigation for our perennial crops throughout the garden. These swales are filled with wood chips and double as paths around the garden. Trees, shrubs, beds and paths are then integrated organically throughout. This is one example of the whole-system approach. 🌱





COMMUNITY MATTERS

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:



FEBRUARY

Salem Harvest

\$625.55

SalemHarvest.org

Helps distribute food without charge to children or homeless, unemployed, elderly or low-income individuals.

MARCH

PCUN

\$938.97

PCUN.org

PCUN's mission is to empower farmworkers and working Latinx families in Oregon by building community, increasing Latinx representation in elections, and policy advocacy on both the national and state levels.

APRIL

Opal Creek Ancient Forest Center

\$688.03 & \$687.88 for Earth Day

OpalCreek.org

Provides transformative wilderness experiences that grow a community of environmental advocates.

MAY

Salem Angels

\$830.56

SalemAngels.org

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

JUNE

Rainbow Youth

\$819.10

RainbowYouth.org

Your donations help create safe and welcoming spaces for LGBTQIA+ youth and their friends to find connection, support, and friendship.

JULY

The Northwest Hub

\$661.39

TheNorthwestHub.org

Northwest Hub empowers members of the community by providing access to transportation, giving technical skills training and income-based repair services.

UPCOMING BAG CREDIT DONATION RECIPIENTS

AUGUST

Gilbert House Children's Museum

Gilbert House's mission is to inspire children to learn through creative play. The museum provides innovative and stimulating educational experiences which spark children's natural curiosity.

ACGilbert.org

SEPTEMBER

Free Fridge Salem

Free Fridge Salem is a local mutual aid project started to help our neighbors with food insecurity and basic human needs like personal hygiene products, harm reduction supplies and seasonal aid offerings.

FreeFridgeSalem.org

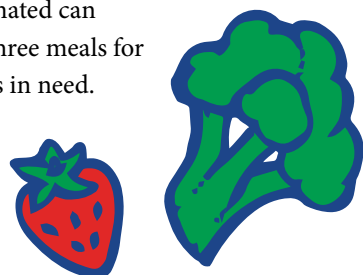
MARION POLK FOOD SHARE

Total Donations for January-July

\$2857.61

MarionPolkFoodShare.org

Marion Polk Food Share distributes food for individuals and families to 100+ local partners, including food pantries, meal sites, and Meals on Wheels to homebound seniors and adults with disabilities. Each dollar donated can provide three meals for neighbors in need.



Purchase your copy at LifeSource today! ▶



The seed for a Salem Harvest Community Cookbook was planted in the fields and farms across the Willamette Valley while harvesting unused crops. Naturally, when volunteers are out picking fresh, delicious, food in groups, conversations turn to recipe ideas and preserving techniques. So why not gather these community recipes in a book to share with the entire community?

Dedicated and enthusiastic Salem Harvest volunteers are the driving force in harvesting fresh food for hungry families while reducing food waste, and they were just as instrumental in creating this book. Once the cookbook seed began to sprout, amazing committee members jumped on-board to help it grow. They gathered, typed and formatted the recipes, sold advertisements, and collaborated with businesses to sell the finished books. In all aspects they went beyond every expectation and created community along the way. This truly is a

COMMUNITY Cookbook!

All recipes in this cookbook feature crops that are typically donated by local farms and harvested by volunteers throughout the summer and fall harvesting seasons. One thing the committee is most proud of is the unique way the book is organized. Rather than having the standard chapters like Soups & Salads, Main Dishes, and Desserts, the chapters in this cookbook are arranged by crop and when the crop ripens here in the Willamette Valley. There are ten chapters that include Blueberries & Cane Berries, Broccoli & Summer Squash, and Apples & Pears, just to name a few. With this book, you can follow the harvest season and always have recipes on hand to use the region's fresh, local bounty.

Another item the committee is really proud of is that every cookbook purchased helps provide a week's worth of fresh fruits and veggies for a hungry family of four in our community!

Salem Harvest is a non-profit organization founded in 2010. Its mission is to feed hungry families by harvesting food that would go to waste. Salem Harvest organizes volunteers and sets up opportunities to harvest in backyards and farms in Marion and Polk counties. Volunteers harvest healthy but unused produce and bring it to existing distribution chains to feed themselves and other hungry families.

All food harvested by Salem Harvest feeds children or elderly, unemployed, low-income, or homeless community members. The crops are distributed through 30 community food distribution partners and, each year, Salem Harvest rescues about 400,000 pounds of fresh produce.

To learn more about Salem Harvest and get involved visit SalemHarvest.org 🌱



2649 Commercial St. SE
Salem, OR 97302
503-361-7973
LifeSourceNaturalFoods.com

