



LifeSource
natural foods

SUMMER 2021 • FREE

news in natural

**BRYN MAWR
THE FUTURE
OF WINE**

**SUMMER
RECIPES**

**SUBLIME
ORGANICS**

**U-PICK
ORGANIC**

Growing up just north of Chicago, summer camping trips were inevitably a big production: to find anything approaching wilderness meant an eight-hour drive to Michigan’s Upper Peninsula, and finding mountains meant a multi-day road trip to Colorado. Even after living in the Willamette Valley for a couple of decades, I still can’t get over how easy it is to toss some gear into a pack, drive an hour or two, and hit the trail. Over the last pandemic year, plenty more people have discovered how lovely – and easy – it is to find someplace incredible among the creeks, mountains, beaches, and deserts of Oregon. It’s gotten to the point that many outdoor spaces are downright crowded, and there are negative impacts on wildlife. The solution isn’t to restrict access, but to increase the amount of outdoor space we have access to: we need more parks, more trails, fewer industrial forests and more public forests.

The same is true of good food: we need more access, so that everyone, regardless of income or neighborhood, can eat healthily and well. In this issue of News in Natural, Jeremy introduces us to Ellen and Greg Wilt, who grow a diverse abundance of organic foods at Sublime Organics outside of Sublimity. If you feel like picking your own organics, we offer some suggestions for u-picking this summer, too. Sabrina writes of volunteering along with other LifeSource staff at Wisdom of the Elderberry Farm, a new Native nonprofit farm that seeks to help Native Americans on career paths in agriculture and horticulture. All of these farms are illustrations of – and inspiration for – what we can and should be doing across the Willamette Valley. I invite you to read these articles and imagine a future Willamette Valley of smallholders and cooperative farms, growing vegetables and reestablishing native plants, first foods, and medicines.

Of course, we also offer many recipes to make good use of the abundance our farms and gardens provide, and we visit with Rachel Rose of Bryn Mawr Vineyards and find some very tasty summer sips.

Enjoy,

Ben

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Always see your healthcare provider before beginning a self-treatment program.

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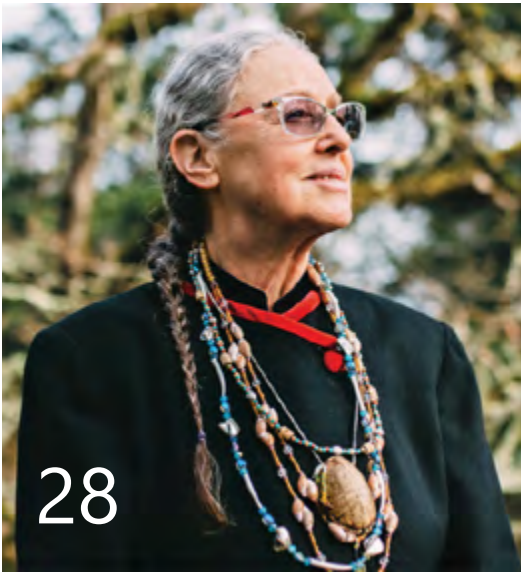


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SUMMER 2021



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SUBLIME ORGANICS

By Jeremy Scott | Photos by Matt Trickey

The oldest definition I could find of the word “organic” is “a relationship between elements of something such that they fit together harmoniously as necessary parts of a whole.” This definition seems to embody Greg and Ellen Wilt of Sublime Organics, their sustainable farming practices, and how the two of them have come together to grow organic food on their farm in Sublimity, Oregon.

Greg and Ellen met in Alaska, where Greg worked as an engineer installing underwater submarine cables and Ellen was a wildlife biologist. There they spoke about their mutual love of farming and

how they always wanted to have a truly sustainable farm. They had both previously lived in Oregon: Greg had a small hobby farm in Astoria and Ellen worked for Nearly Normals, an all-natural, vegetarian restaurant in Corvallis. They both were well aware of how fertile the Willamette Valley is.

As Greg and Ellen’s personal connection grew stronger, they decided to leave Alaska, which they loved, intent on making a connection to the land in a different way: to grow high-quality food without compromising the land. Thus, Sublime Organics LLC was born.

They sought out that perfect property in the fertile Willamette Valley. With a lot of hard work, love, and patience they realized their dream of growing organic food was possible on their new property in Sublimity, a 67-acre farm Greg and Ellen bought in the summer of 2014. They worked the land for over 3 years before finally getting it USDA organic certified in 2017. Now all the produce or meat they sell to LifeSource is truly organic. They have even taken their organic labeling a step further by getting their farm certified by the Real Organic Project. The Real Organic Project was started by farmers to tighten the definition



▲ *Ellen and Greg Wilt*

of organic: they only grow food in soil, not hydroponically, and all livestock must be raised in pasture and not in confinement.

Sublime takes their dedication to the land and their organic food even further than that. They solar panels generate 85% of the power to run their farm, and they even deliver the majority of their produce in an electric car. They take sustainability to an even higher level by using their livestock for their weed and insect control as well as the fertilizer that gives life to their produce. These practices are not easy and very time consuming, but they limit the need for substantial

outside inputs and amendments.

One of the most important ways to be sustainable and regenerative for the soil is a cover crop. The downside to a cover crop is not being able to use your full organic acreage for producing food, but if you care about the land and the organic food you produce it truly makes a difference. Even more importantly, it makes a difference to the generations to come that will also use that same land to feed their communities.

Being a hobby farmer myself, I love being able to cook a full meal by just walking out to my garden and picking what is fresh.



With Sublime’s produce and meat products that LifeSource carries, our customers can do something very similar and cook a full meal where all their ingredients to come from one small local organic farm. On the next page we have posted recipes where you can do just that with Sublime’s produce.

What Sublime Organics does and their sustainable farming practices is not something that goes unnoticed to many consumers these days. More people are conscious of the quality of food they eat and the farming practices of those who grow their food. With their kind hearts, Greg and Ellen have embraced others

who they trust coming onto their property and into their home to learn their trade, share their knowledge and break bread with them.

One of the best avenues for this collaboration between a farm and an interested future farmer is a program called WWOOF (Worldwide Opportunities on Organic Farms). WWOOF is a worldwide movement to link visitors with organic farmers, promote a cultural and educational exchange, and build a global community conscious of ecological farming and sustainability. Evan Bindas, 23 of Hopkins, Minnesota, has been living and working at Sublime Organics for over four months. He says his experience has been “great, and I love their food.” He started the program because of his love for food, cooking and caring for animals. Evan says he plans on working at their farm at least until the raspberries that he has been working with come to harvest.

LifeSource looks forward to seeing those raspberries and sharing them with our customers, too.

Look for turnips, potatoes, onions, tarragon, goat chops, goat stew meat, and more from Sublime this summer! 🍃

NO-POTATO SALAD

Makes 4 Servings

- 2 lbs turnips, peeled and chopped into ½-inch pieces
 - 2 Tbsp olive oil
 - ¼ tsp kosher salt
 - ¼ tsp black pepper
 - ¼ cup mayonnaise
 - ¼ cup greek yogurt
 - 1 Tbsp apple cider vinegar
 - 1 Tbsp white balsamic vinegar
 - 1 tsp dijon mustard
 - 3 slices bacon, cooked and crumbled
 - ¼ cup red onion, chopped
 - 3 stalks celery, chopped
 - 2 garlic scapes, (green onions may be substituted) thinly sliced
 - 3 Tbsp dill, minced
1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper or a silicone mat.
 2. Toss chopped turnips with the olive oil, salt, and pepper. Place on the prepared baking sheet in a single layer. Bake for 25-30 minutes, or until tender. Stir after 15 minutes. Remove from the oven and allow to cool.
 3. Whisk together mayonnaise, Greek yogurt, apple cider vinegar, white balsamic vinegar, and Dijon mustard. Season dressing to taste with salt and pepper.
 4. Toss turnips, bacon, onion, celery, garlic scapes, and dill in a large bowl with the dressing. Cover and chill at least one hour before serving to allow the flavors to get to know each other.



ROSEMARY & RED WINE GOAT CHOPS

Makes 3 Servings

- 6 Sublime Farms goat loin chops (2 pkgs)
 - ¼ cup dry red wine
 - ½ lemon, juiced
 - 2 Tbsp olive oil
 - 4 cloves garlic, smashed and chopped
 - 3 sprigs rosemary, bruised and rough chopped
 - Kosher salt and pepper
1. Season chops all over with salt and pepper. Place in a sealable plastic or silicone bag.
 2. In a small bowl, whisk together wine, lemon juice, olive oil, garlic, and rosemary. Pour marinade over the goat chops. Squeeze the air out of the bag and seal. Refrigerate 2-4 hours, turning occasionally so meat is evenly coated.
 3. Remove meat from the refrigerator 45 minutes before cooking. Just before cooking, drain the marinade and pat chops dry.
 4. Preheat the broiler to high, and adjust the rack to about 6 inches from the heat source. Broil chops for 5 minutes on the first side, flip, and broil and additional 3-5 minutes on the second. Allow to rest 5-10 minutes before serving.



TARRAGON POTATO SALAD

Makes 6 Servings

- 2 lb fingerling potatoes, chopped into bite sized pieces
 - 1 red bell pepper, diced
 - 2 green onions, thinly sliced
 - 1 small shallot, minced (about 2 Tbsp)
 - 2 Tbsp tarragon, minced
 - 4 Tbsp olive oil
 - 1 Tbsp apple cider vinegar
 - 1 Tbsp golden balsamic vinegar
 - 1 Tbsp orange juice
 - 1 tsp Dijon mustard
 - Salt and pepper, to taste
1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper or a silicone mat.
 2. Toss potatoes with 1 Tbsp of the olive oil, salt, and pepper. Place on the prepared baking sheet in a single layer. Bake for 25-30 minutes, or until tender. Stir after 15 minutes. Remove from the oven and allow to cool.
 3. Place red bell pepper, green onions, and cooled potatoes in a large bowl.
 4. In a small bowl, whisk together shallot, tarragon, remaining olive oil, vinegars, orange juice, mustard, and more salt and pepper to taste.
 5. Pour dressing over the potatoes and toss until evenly coated. Refrigerate in a covered container at least 2 hours before serving.

Sweet Summer Eats

WATERMELON



WATERMELON BASIL SALAD

Makes 4 Servings

- ½ mini watermelon
- ¼ cup basil, loosely packed
- ¼ tsp powdered ginger
- Pinch sea salt

1. Use a melon baller or cut watermelon into large cubes, discarding the rind (should make roughly 4 cups).
2. Chiffonade or chop your basil. Combine all ingredients well and allow to chill for at least 2 hours (for the best results allow it to rest overnight).



WATERMELON MOJITO MOCKTAIL

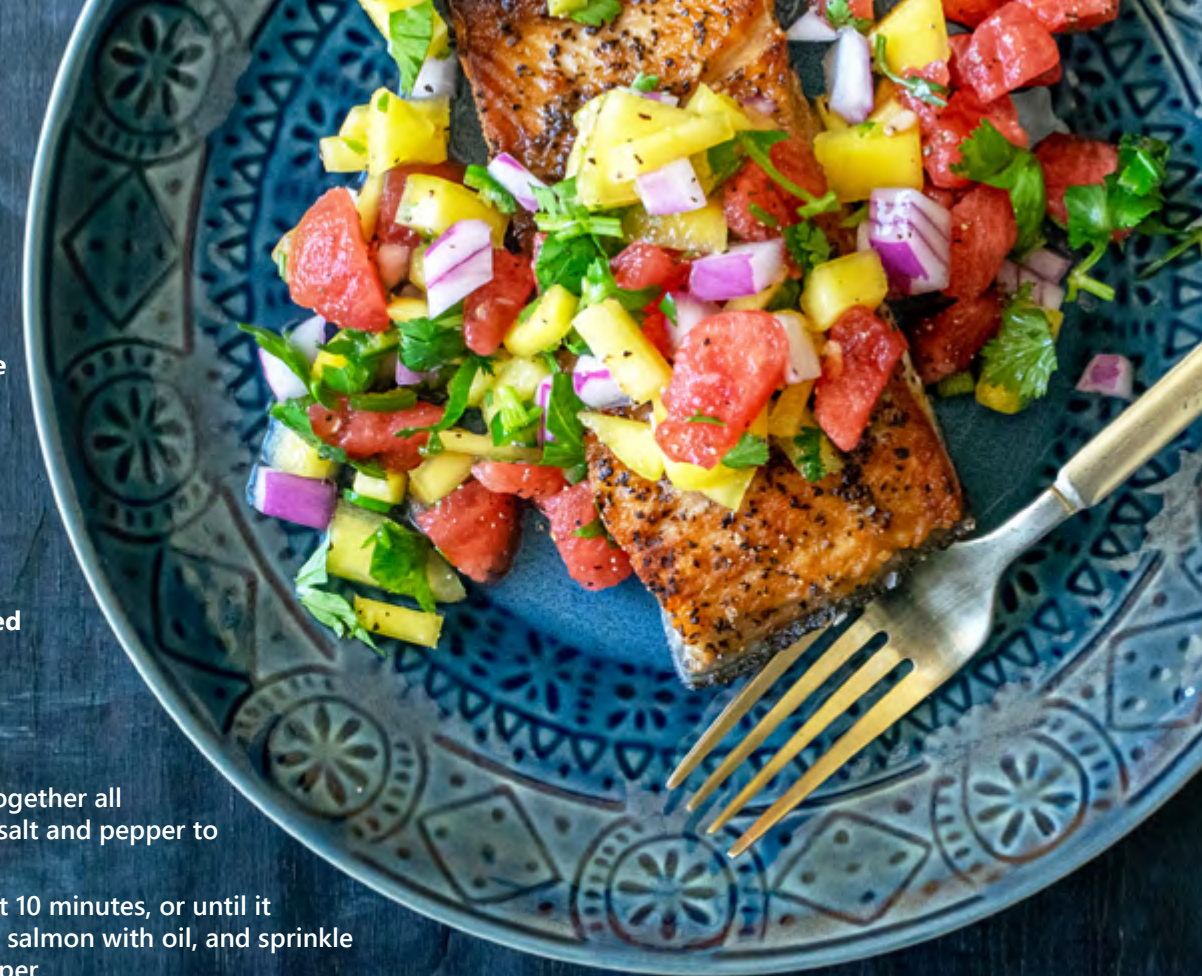
Makes 4 servings

- ½ mini seedless watermelon
 - ¼ cup loosely packed mint
 - 1 lime
 - 2 Tbsp simple syrup
 - ¼ cup seltzer
1. Squeeze juice from lime into shaker and add mint, muddle.
 2. Hollow out the watermelon and puree the juicy inside, set watermelon aside, strain out the seeds and pour into shaker with muddled mint and lime juice
 3. Add simple syrup and shake well
 4. Pour contents into the hollow watermelon and top with seltzer
 5. Garnish with a sprig of mint (slap it to release more minty goodness)

WATERMELON SALSA & SALMON

Makes 4 Servings

- 1 cup seedless watermelon, ½-inch dice
 - ½ cup mango, ½-inch dice
 - ¼ cup red onion, finely chopped
 - 3 Tbsp cilantro, finely chopped
 - 1 serrano pepper (or to taste), seeded and minced
 - Salt and pepper, to taste
 - 1 lb salmon fillets
 - 2 Tbsp avocado oil
 - Salt and pepper, to taste
1. In a medium bowl, toss together all ingredients. Season with salt and pepper to taste.
 2. Preheat the grill for about 10 minutes, or until it reaches about 450°F. Rub salmon with oil, and sprinkle all over with salt and pepper.
 3. Grill skin side down for 8-10 minutes. Flip, and grill an additional 2 minutes, or until internal temperature reaches 120°F. Serve with watermelon salsa.



WATERMELON BASIL BELLINI

Makes 4 servings

- 2 cups chilled watermelon, chopped
 - 1 lime, juiced
 - 8 basil leaves
 - 3 Tbsp simple syrup, or to taste
 - 12 oz chilled sparkling wine (we used House Bubbles) or seltzer
1. Add the watermelon to a blender. Pulse until smooth. Pour through a strainer if desired.
 2. In a pitcher, gently muddle the basil leaves with the lime juice. Add the watermelon juice, stir, and taste. Add simple syrup and sparkling wine. Give it a stir and serve.

Make these for a group by doubling or tripling the recipe! Taste the watermelon before adding the simple syrup--you'll want to adjust depending on the sweetness of the fruit.



▼ Rachel Rose, the winemaker at Bryn Mawr Vineyards

BRYN MAWR

The Future of Winemaking is Here. And the Future is Female.

By Diana Carhart · Front End
Photos by Jeremy Scott · Grocery

For years climate activists have been highlighting the connections between feminism and the environment. When a land produces, we call it fertile, and when it doesn't, barren. We use the traditional feminine pronouns of she/her when we talk about the Earth and often refer to our planet as "mother". With this orbiting in my mind, I have been drawn towards seeking out the women farmers, growers, makers, and nurturers of this planet and finding out more about who they are, what they do, and how they do it.

Luckily for me, I don't have to go very far.

Rachel Rose is the winemaker at Bryn Mawr Vineyards, a perfect little oasis tucked into an idyllic hillside in the Willamette Valley. Growing up in the mountains of California, completely off-grid without running water or electricity, Rachel has always held

a high interest in the natural world and the roles we play in it. Rachel also holds a BS in Molecular, Cellular, and Developmental Biology from the University of California, Santa Cruz, and an MS in Enology. For those of you reading that and saying to yourself, "Wow that was a lot of big words:" Yeah. Yeah it is.

After spending the afternoon with her, it's easy to see how smart, innovative, and creative Rachel is. But it takes more than that to survive in a bustling industry in a geographic region that is exploding (for more information on the population explosion in the Willamette Valley, please see unexplained I-5 traffic on a Tuesday at 2pm).

Along with an early interest in the whole foods movement and the understanding that "with food comes wine," Rachel credits a job in the tasting room at Bonny Doon with igniting her interest in

the science of winemaking, but it's impossible to not also credit her intelligence and bravery facing a dramatically changing world. To say that 2020 brought unforeseen challenges to the world might actually be the understatement of the century. For those of us continuously hoping we wake up tomorrow to find that it's all a dream (more of a happy "Oh thank goodness that was a dream!" thing and less of a "Groundhog Day" vibe) there is a great relief in meeting folks like Rachel, people who make lemonade out of lemons (or, in this case, wine out of some pretty serious grapes).

Faced with a pandemic and a rapidly changing world, Rachel saw opportunity in her role. She used her scientific background to implement tools in the growing process to check in on her crop and share information across vineyards to determine regional land health. COVID stopping you from getting the internationally-



acquired glass you need to bottle that varietal? That’s okay: Rachel decided to switch to domestic bottles moving forward. Ever wondered to yourself while fiddling with the tiny knife on a wine key, “Why do wine bottles have this annoying tin blocking me from the cork?” Rachel explained that the tin actually was initially put on wine bottles to keep rats from eating the corks. Well, that’s not a problem most wine cellars have anymore. And the tin? It’s manufacturing process is actually pretty tough on the environment. Armed with this information, Rachel decided to ditch the tin moving forward. Some more elevated bottles will be dipped in wax (made and done by local family business) but a lot will just be bare, which means no more trying to find that tiny wine

key knife or chase your cat with the piece of tin in their mouth in 2021!

As a millennial (don’t judge) I am very interested in the environment. Just ask my 687 reusable straws. Nothing calms my anxiety-ridden millennial heart like hearing a winemaker talk about environmental protection. From environment-friendly glass and wax seals to the multifunctionality of plant life and the ecological preserve on site at Bryn Mawr, Rachel Rose is putting that education and experience into propelling Bryn Mawr straight into the heart of every Earth-conscious wine consumer (looking at you fellow childless millennials).

Rachel’s wizardry in the vines

speaks for itself. On the day of my visit, I had the full tasting flight and walked out with some (numbers are irrelevant) bottles and a wine club membership. While I enjoyed every tasty creation I sipped that day at Bryn Mawr, there was nothing more surprising than the Riesling. For anyone who caught my article last season, I am a Chardonnay-til-I-die, give me that oak-y, buttery goodness all day long type of wine drinker. Riesling is never on my list or in my wine fridge. But then I met the Bryn Mawr Riesling. Rachel credits her time in Australia for how acidically vivacious the Bryn Mawr Riesling is. With COVID making travel harder on us this year, exploring the world through Rachel’s wines is an awesome way to plan your post-pandemic round the world

trip. And if her Riesling is any indicator, Australia has just moved way up on my list. In my final questions with Rachel, I wanted to know, at the end of a day, with time for one pour only, what does Rachel Rose pour? Her answer was quick and unwavering: Riesling. I responded with a quick follow up, hoping for a toughy: “What is the wine that people too often discount that deserves another pass?” Again, very quickly and unwavering: Riesling. Well, y’all. This winemaker is a great many things, but a liar she is not. Her Riesling is complex and bold while still being approachable—the actual wine equivalent of the “too cool for school new girl in a Netflix original.” Well, pause Ginny & Georgia, because Bryn Mawr’s Riesling is here and she has things to say. Those things are:

“Drink me,” and “Don’t you dare count me out! I’m delicious!”

Following the winding roads back to downtown Salem I couldn’t help but be astonished that Bryn Mawr was a mere 30 minutes from my home and that somehow, until now, I (a self-described wine-drinking, childless millennial) had missed it. Walking and listening to Rachel, I was officially transformed into a forever fangirl: inspired by the mission and the work she is leading in our region and excited to be part of her eager and appreciative audience. Her background, experience, missions, and goals are inspiring to hear for me as a twenty-something millennial woman looking into a world full of possibilities. It’s not by accident that Rachel acknowledges the work she’s

done herself while crediting the family behind Bryn Mawr with encouraging her to try new things and innovate in her role as winemaker. It does indeed take a village, but it also takes a maker willing to take the risks and, sometimes, build the plane as she flies it.

We have choices in this country: choice over what we believe, think, say, do, eat, and drink. There is power behind our dollar and power behind our bodies. There isn’t any doubt that we are lucky to live in this place at this time. We inhabit an incredible planet that is changing with us, as best she can. It is because of farmers, growers, makers, and nurturers of this planet, people like Rachel, that we see that the future is here and the future is, indeed, female. 🌿

CAMPSITE CUISINE

Words and Photos by Mason Laseter · Front End

Late spring and early summer are still chilly up in the mountains. The trails keep you warm but only long enough to change your socks back at camp. A few simple, dried ingredients can create something savory and warm for your fingers to cradle, replenishing mind, body, and soul. Lightweight and tasty ingredients found amid the LifeSource bulk foods selection offer convenience, packing in flavor from the trailhead, making something light and energizing for those times spent wandering outside.

RED CURRY RAMEN

Makes 2-3 Servings

A simple double stove setup is helpful to put together a spicy dish for tastebuds to dance with.

- 3 squares bulk ramen
- 3 Tbsp dehydrated minced onion
- 1/4 cup dried red bell peppers
- 1 tsp dried cilantro
- 1 tsp dried chili flakes
- 2 Tbsp red curry paste, or to taste
- 2 cups vegetable broth
- 2 cups water

Cook noodles and drain.

Heat broth and 2 cups fresh water over medium high heat. Add desired amount of curry paste for spice and flavor, and dried vegetables; simmer 10-15 minutes or to desired tenderness.

Serve and share with your camping crew before you head back out on another adventure. Add fresh veggies of choice to liven your bowl.

REFRIED BEANS & TORTILLAS

Makes 2-3 Servings

- 2 cups dehydrated refried beans
- Water
- 1/4 cup dried red bell peppers
- 1 tbsp dehydrated minced onion
- 1 tsp chili fiesta powder
- 1 tsp dried cilantro
- Tortillas of choice

Bring 2½ cups water and refried bean mix to a boil. Add dried vegetables

and seasonings and reduce to a simmer.

Fry tortillas with a little oil until crisp to make bite-sized scoops.

Use tortillas to dip into beans.

GARLIC LEMON SOY CURLS

Makes 2-3 Servings

- 2 cups vegetable broth
- 2 lemons, juiced and zested
- 1/4 cup dried minced garlic
- 1 tbsp agave
- 1/2 cup plant-based milk
- 1/2 tbsp salt
- 1/2 tbsp pepper
- 2 cups soy curls
- 1/2 cup all-purpose flour
- 3 Tbsp vegetable or avocado oil
- Chopped parsley for garnish

Warm the vegetable broth, add soy curls and soak for 5-10 minutes, stirring halfway through to soak evenly. Remove soy curls (reserving the broth) and squeeze out excess liquid.

Toss the soy curls in flour.

Keep the broth at a simmer. Add minced garlic, lemon juice and zest, agave, milk of choice, and seasonings.

Heat oil in a cast-iron skillet. When oil is hot, shake excess flour from soy curls and fry until golden brown. Pour marinade onto the soy curls and stir until thick and creamy. Serve over a bed of rice, mashed potatoes, or eat as is. Garnish with parsley.





ORGANIC U-PICK

CHEMICAL-FREE DELICIOUSNESS YOU CAN PICK YOURSELF

by Marney Roddick · Graphic by Liam Stary

Family-friendly farms dot the Oregon countryside and they are throwing open their farm gates to visitors this summer and fall for u-pick experiences that will delight young and not-so-young alike. Wear sturdy shoes, bring sunscreen and a bucket, and take home fresh-picked fruits, vegetables, and memories! Stock up for freezing or canning, and bring young people to see where their food is grown. A good resource for preserving your harvest is the OSU extension service: <https://extension.oregonstate.edu/food/preservation>. While there are many u-pick farms throughout Oregon, all the farms featured here are among the relatively few that are certified organic.

FARM ETIQUETTE & COVID INFO

Please check with the farm you wish to visit. Some are requesting a reservation. Please ask your

farm host if you're interested in bringing your dog: dogs are welcome at some farms if on a leash, but are not allowed in the picking fields. Families should wear masks, space out and observe recommended COVID protocols. Oregon Department of Agriculture has posted U-Pick and Agricultural Tourism Farm Guidelines on its website: [Oregon.gov/ODA](https://oregon.gov/ODA). Offerings and timing given here are approximate and depend on weather and other conditions. Check in with the farm before venturing out to make sure they're open and you understand their rules and guidelines.

MINTO ISLAND GROWERS

Certified Organic
3394 Brown Island Road
South, Salem
MintoGrowers.com
503-931-6840

Strawberries through June
Blueberries mid-July
Tomatoes in August

Please check in at farm stand before picking.

FAIRFIELD FARM

Certified Organic and Biodynamic
29204 Lakeside Drive,
Corvallis
www.facebook.com/Fairfield-Farm-122295474470189
707-601-9195

Everbearing blueberry varieties for a longer picking season
Strawberries

Please call or text to make an appointment.

SWEET HOME BLUES

Certified Organic
27818 SW Grahams Ferry Road, Sherwood
OrganicSweetHomeBlues.com
503-682-1962

Early-, mid-, and late-season blueberries

BELLA ORGANIC

Certified Organic
16205 NW Gillihan Road,
Portland (Sauvie Island)
BellaOrganic.com
503-621-9545

Strawberries and pie cherries in June
Blueberries, blackberries, and marionberries in July
Pumpkins September to November

Open year-round with three miles of trails (leashed dogs are allowed on paths, but not fields) and a farm stand with yummy food for purchase. Check website for planned events and activities (hay maze, fall rides, art-on-the-farm)

ORGANIC REDNECK

Certified Organic
44382 McKenzie Highway,
Leaburg
OGRedneck.com
541-896-3928
Blueberries for 5-7 weeks, starting early July

Please call first to make sure they are open.
Please, no dogs. Self-guided tours. Lots of wildlife.
Fun farm stand



OLD OREGON

In the not-too-distant past, Oregon youth as young as 11 worked in the fields picking strawberries, or worked in the canneries during the green bean harvest. If you know an Oregonian in their 60s or beyond, ask them if they worked in the fields or canneries.

Kids would catch the "berry bus" at 6AM and work in the fields until lunchtime, savoring a packed lunch from home. Then they were back at in in the afternoon sun, or possibly a rainstorm. With muddy knees and shoes, tired little kids took the bus home with a belly full of sweet berries and a pocket full of hard-earned wages.

Once child labor laws took effect, this traditional Oregon summer came to an end for generations of young city kids.

Paulova

By Catherine Dwelley · Marketing
Makes 8 Servings

Crisp on the outside with a soft marshmallowy center, clouds of fluffy whipped cream, tart and sweet fresh fruit—the pavlova is everything you could want in a summer dessert!



The pavlova as we know it was believed to have originated in the 1920's, in either Australia or New Zealand, when the famous Russian ballerina Anna Pavlova toured both countries. Meringue type desserts have actually existed for much longer, a similar Austro-Hungarian recipe called the Spanische Windtorte appeared in the late 1700's, and traveled to the US with German speaking immigrants in the 1860s, where it evolved with the addition of stabilizing agents like cornstarch and cream of tartar by the end of the century. It was sometimes known as baisier torte (kiss cake), schaum tort (foam cake,) or Charm Cake, a misspelling of schaum torte. In the 1940s there was Forgotten Cake, which was baked in the oven at a high temperature and then left alone for up to 8 hours!

Thankfully, our recipe doesn't take that long to make, but be sure to allow a good amount of time for proper baking and resting. (Maybe a Great British Bake-Off marathon is in order?)

We used local pasture-raised eggs from Meadow Grove, heavy cream from Garry's Meadow Fresh Jersey cows, and all the fresh local fruit we could get our hands on!

- 6 egg whites
- 1 ½ cups granulated cane sugar
- 1 tsp vanilla
- 1 tsp cornstarch
- ½ tsp cream of tartar
- 2 cups whipping or heavy cream
- ¼ granulated cane sugar, or to taste
- 1 tsp vanilla extract
- Fresh fruit, chopped into bite sized pieces. We used raspberries, blackberries, blueberries, strawberries, mango, and kiwi.

1. Preheat the oven to 425°F. Line a baking sheet with parchment or a silicone mat.
2. In a large bowl, or the bowl of a stand mixer, mix egg whites until frothy, about 2-3 minutes. Add the cream of tartar and cornstarch. Continue mixing about 2 minutes, and then begin adding sugar 1 Tbsp at a time, until all sugar is added, and egg whites are stiff and glossy, about 5-8 minutes.
3. Divide egg whites onto baking sheet into 2 roughly 8-inch circles. With the back of a spoon, smooth a shallow well into the center of each to hold whipped cream and fruit.
4. Place the pavlovas in the preheated oven and immediately reduce the heat to 200°F. Bake for 90 minutes. Turn off the heat and allow to cool in the oven with the door closed for 2 hours.
5. Just before the meringue is done setting in the oven, chill a large metal bowl and beaters for the whipped cream for at least 15 minutes.
6. To the chilled bowl add whipping cream, sugar, and vanilla. Beat on high with chilled beaters until stiff peaks form, about 3-5 minutes.
7. Top the first layer with half the whipped cream and half of the fruit, Layer with second pavlova, remaining whipped cream, and remaining fruit. Serve immediately. Place any leftovers in a sealed container and refrigerate up to a day.

Vegan Strawberry Shortcake

By Catherine Dwelley · Marketing
Makes 9 Servings

Shortcake

- 3 cups unbleached white flour
- ¼ cup granulated cane sugar
- 1 Tbsp baking powder
- 1 tsp kosher salt
- ¾ tsp cream of tartar
- ¾ cup cold vegan butter, cut into cubes
- 1 cup almond milk
- 1 Tbsp apple cider vinegar

Berries

- 1 lb fresh strawberries, sliced
- 2 Tbsp granulated cane sugar, or to taste
- 1 Tbsp lemon juice

1. In a medium bowl, whisk together flour, sugar, baking powder, salt, and cream of tartar. In a small bowl, mix together almond milk and apple cider vinegar to make vegan buttermilk.
2. Cut in vegan butter with a pastry cutter or fork until mixture forms coarse crumbs. It will look similar in texture to wet sand.
3. Make a small well in the center, and pour in vegan buttermilk. Toss with a fork until milk is incorporated and a thick batter forms.
4. Turn out dough onto a floured work surface. Sprinkle a little extra flour on top. Knead gently 5 or 6 times. Do not overwork the dough or your shortcakes will be tough.
5. Preheat the oven to 425°F. Line a baking sheet with a silicone mat or parchment paper.
6. Scoop out batter in ½ cup portions onto the prepared baking sheet. Bake for 15-18 minutes, or until golden brown. Cool on a wire rack.
7. In a medium bowl, gently toss berries with sugar. Allow to macerate about 30 minutes. Set aside.
8. Chill a metal bowl and beaters for the whipped cream for at least 15 minutes.
9. Scoop out the coconut cream solids, sweetener, and vanilla into the chilled bowl.
10. Beat on high with chilled beaters until stiff peaks form, about 3-5 minutes.

Whipped Cream

- 1 (13.5 oz) full fat coconut milk, refrigerated overnight
- 2 Tbsp powdered sugar, or to taste
- 1 tsp vanilla



A large, vibrant platter of mezze is the central focus, set against a dark, textured background. The platter is filled with a variety of fresh ingredients: a large portion of creamy hummus with a drizzle of olive oil, several pieces of golden-brown pita bread, a bowl of mixed olives (green and purple), chunks of white feta cheese, and a generous selection of fresh fruits including green and red grapes, cherry tomatoes, and orange slices. Pistachios are scattered throughout the platter and around it. The overall presentation is artful and appetizing.

Mezze

By Catherine Dwelley · Marketing

The perfect spread for when it's simply too dang hot! Mezze (pronounced Mez-ay), meze, or mazza originated from the Persian word maza, which translates "to taste, or relish." Mezze are served in Greece, Turkey, the Balkans, and parts of North Africa. Much like Spanish tapas, they are a collection of appetizers perfect for grazing, or you can serve them as a meal when it's simply too hot to cook!

Some common mezzes include hummus, baba ganoush (p.23), tzatziki, cheese, olives, fresh or dried fruit, nuts, and pita or flat bread. They may also include more substantial meat dishes, such as kebabs.

Just like when building a charcuterie board, you'll want to include cheese, bread, or crackers for dipping; raw or salted nuts; something briny like olives; and something sweet, such as seasonal or dried fruit.

We used naan and pita, our recipes for hummus and tzatziki sauce, organic green and red grapes, organic cherry tomatoes, and organic apricots. Roasted salted pistachios and feta cheese provide a bit of savor, and olives and pickled artichoke hearts round it out.

If you'd like to enjoy it with wine, try sauvignon blanc, sparkling rosé, or a late harvest reisling.

Tzatziki

Makes 4 Servings

- 1 cup Greek yogurt
- 1 cup English cucumber, finely shredded
- 3 cloves garlic, smashed and minced
- 1 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1 Tbsp fresh dill, minced (or 1 tsp dried dill)
- Kosher salt & black pepper, to taste

Mix all ingredients in a medium bowl. Cover and refrigerate at least 30 minutes to allow flavors to mingle before serving.

Hummus

Makes 4 Servings

- 1 (15 oz) can garbanzo beans, drained and rinsed
- ¼ cup raw tahini
- ¼ cup lemon juice
- 3 cloves fresh garlic, minced
- ¼ tsp cumin
- ¼ tsp sea salt
- ⅛ tsp black pepper
- ⅛ tsp coriander
- ⅛ tsp cayenne pepper
- ⅛ tsp smoked paprika

Add all ingredients to a blender or food processor. Blend until smooth. Alternatively, you may mash with a fork or potato masher for a slightly chunky texture. Taste, and adjust seasonings if desired.



Flavorful, filling,
and vegan!

Shawarma-Spiced Tofu Wrap

Makes 2-4 Servings

- Shawarma-Spiced Tofu**
 - 14 oz package tofu
 - 2 Tbsp plain almond milk yogurt (we used Kite Hill)
 - 1 Tbsp olive oil
 - 1 tsp black pepper
 - 1 tsp kosher salt
 - ½ tsp garlic powder
 - ½ tsp ground turmeric
 - ½ tsp ground cumin
 - ½ tsp ground coriander
 - ¼ tsp smoked paprika
- ¼ tsp ground cayenne
 - ⅛ tsp ground allspice**Yogurt Sauce**
 - ¼ cup plain almond milk yogurt
 - 1 lemon, zested and quartered
 - 2 cloves garlic, smashed and minced
 - 1-2 Tbsp fresh dill, chopped
 - Salt and pepper, to taste

1. Drain tofu and give it a quick rinse. Place a clean, folded kitchen towel on a plate. Put tofu on top of the towel, and place another clean, folded towel on top of the tofu. Place a small cutting board on top, and something heavy, such as a cast iron skillet or large cookbook on top of that. Allow to sit at least a half hour.
2. Preheat the oven to 425°F. Line a baking sheet with parchment or a silicone mat.
3. Stir together pepper, salt, and spices in a small bowl. Slice pressed tofu into half inch cubes.
4. Toss cubed tofu with 2 Tbsp almond milk yogurt, olive oil, and spices. Spread in a single layer on the prepared baking sheet. Bake for 25 minutes in the preheated oven, flipping after 12 minutes.
5. While tofu is baking, make the yogurt sauce. In a small bowl mix together ¼ cup yogurt, lemon zest, a squeeze of lemon, garlic, dill, and salt and pepper to taste.
6. Serve tofu on warm naan or pita with yogurt sauce and shirazi salad.

Shirazi Salad

Makes 4 Servings

- 4 Persian cucumbers (English cucumber may also be used), 1/2-inch dice
- 1 pint cherry tomatoes, quartered
- ½ cup red onion, chopped
- 2 Tbsp fresh dill, chopped (you can swap for your favorite fresh herbs,
- try cilantro, parsley, mint, or basil)
- 1 Tbsp olive oil
- 1 Tbsp golden balsamic vinegar (optional)
- 1 lemon, zest and juice
- 2 large cloves garlic, smashed and minced
- Salt and pepper, to taste

Toss together all ingredients in a large bowl. Taste, and adjust seasonings if desired. Cover and refrigerate for an hour or two to let the flavors get to know each other.



Baba Ganoush

Makes 4 Servings

- 1 eggplant (about 1 lb)
 - ¼ cup olive oil
 - 1 Tbsp tahini
 - 3 cloves garlic, peeled and smashed
 - 2 Tbsp lemon juice
 - 1 Tbsp parsley, rough chopped
 - ½ tsp smoked paprika
 - Salt and pepper, to taste
1. Preheat the oven to 425°F. Line a baking sheet with parchment.
 2. Slice the eggplant in half lengthwise and brush with some of the olive oil. Place the cut side down on the prepared baking sheet. Bake for 45 minutes, or until tender.
 3. Scoop the flesh out of the skin of the eggplant into a mesh strainer. Allow to drain for 10 minutes.
 4. While the eggplant is draining, place the remaining olive oil, tahini, garlic, lemon juice, parsley, and paprika into a blender. Pulse a few times, scraping down the sides.
 5. Add the eggplant to the blender, and blend until smooth. Season with a pinch each of salt and pepper. Taste, and adjust seasonings if desired.

You may also grill the eggplant whole (First, oil the grate!) over medium high heat for 25-35 minutes, turning occasionally. Cut in half lengthwise and follow the instructions starting with step 3.





FINEAPPLE

By Sabrina Lorentz · Makes 2 Servings

- 1 whole pineapple
- ¼ cup brown sugar
- 1 Tbsp vegan butter
- 2-4 oz coconut rum
- ¼ cup Coconut Bliss, plain
- 3 pitted cherries
- Ice, for blending
- or vanilla

1. Hollow out pineapple using a corer (or hollow it out by using a knife to cut a circle roughly an inch from the outside of the pineapple, cut the inside circle into quarters and use a large spoon to pull out each section)
2. Cut the juicy pineapple away from the fibrous core and cut into chunks. Discard the core.
3. Take 8 oz of the chunked pineapple, and 2 of the pitted cherries, and fry in butter and brown sugar until pineapple is lightly browned.
4. Combine fried pineapple and juices from the skillet, coconut bliss, and a few cubes of ice in a blender. Blend until smooth, adding more ice if desired. Blend in the coconut rum, and pour contents into the cored pineapple.
5. Garnish with a chunk of pineapple and the remaining cherry

PINEAPPLE PUNCH

By Catherine Dwelley · Makes 2-4 Servings

- 1 whole pineapple, cored
- 4 strawberries
- ½ cup organic margarita mix
- 6 ice cubes
- ½ cup ginger beer (for a cocktail try rum or tequila)

1. Place all ingredients into the blender with ice except ginger beer. Blend until smooth.
2. Pour into the cored pineapple (there will be leftovers) or divide into 2-4 glasses, top with ginger beer

TROPICAL SALAD SHRIMP Ceviche

By Catherine Dwelley · Makes 2-4 Servings

Omit the shrimp for a delicious vegan salsa.

- ½ lb fresh pink bay salad shrimp
 - ½ cup red onion, finely chopped
 - ½ cup pineapple, ¼-inch dice
 - ½ cup mango, ¼-inch dice
 - 1 kiwi, peeled, ¼-inch dice
 - 1 avocado, ¼ inch-dice
 - ½ cup cilantro
 - 1 serrano pepper, finely chopped
 - 2 tbsp lime juice
 - 2 tbsp orange juice
 - ½ tsp black pepper
 - ¼ tsp kosher salt
1. Place shrimp, onion, pineapple, mango, kiwi, avocado, cilantro, and serrano pepper, in a bowl.
 2. Add lime and orange juice. Season to taste with salt and pepper. Gently toss to coat.
 3. Enjoy with tortilla chips or top fish tacos.



SWORDFISH WITH PINEAPPLE SALSA

By Catherine Dwelley · Makes 2-3 Servings

- 1 cup pineapple, chopped
- 2 Tbsp red onion, finely chopped
- 2 Tbsp mint, finely chopped
- 1 jalapeno (optional), finely chopped
- 1 clove garlic, minced
- 1 Tbsp lime juice
- 1 Tbsp orange juice
- 1 lb swordfish, or mahi mahi, or tuna cut into 2 or 3 steaks
- Juice of 1 small lime, (about 2 Tbsp)
- 1 Tbsp olive oil
- ¼ tsp salt, or to taste
- ¼ tsp black pepper, or to taste

1. Toss together all salsa ingredients. Taste, and adjust seasonings if desired. Set aside.
2. In a small bowl, mix together juice of 1 small lime, olive oil, salt, and pepper. Rub into fish.
3. Preheat the broiler to high, or grill to medium high for 10 minutes. If broiling, set the rack on the second notch from the heating element, and place the iron skillet inside to preheat as well.
4. Broil or grill the swordfish steaks for 4 to 5 minutes each side, or until the internal temperature reaches 135°F.
5. Allow fish to rest at least 5 minutes. Serve with pineapple mint salsa.





Ask LifeSource

Dear LifeSource,

My allergies seem worse this year and I don't like to take over-the-counter antihistamines because of the side effects. What else can I take to help with seasonal allergy symptoms?

—Sniffles in Salem

Dear Sniffles: A good blend of quercetin and nettle leaf can be very supportive for seasonal allergies. Quercetin is often known for its free-radical scavenging activity. However, it also provides allergy support through inhibition of histamine release, stimulation of the immune system, and by supporting healthy inflammation levels. Nettle leaf also has a long history of use for allergy symptom support through inhibition of histamine release and inflammation support.

In addition to quercetin and nettle, NAC (N-acetyl cysteine) can be added to support the body's ability to break down mucus. Other formulas add turmeric or bromelain for additional inflammation support. LifeSource carries all of these supplements as single remedies and in various combinations specifically designed for seasonal allergy support.

Homeopathic allergy formulas are another popular way to address seasonal allergies. LifeSource offers general homeopathic allergy formulas, or more specific formulas as we progress through allergy season, including a tree pollen formula (early in the season), a grass pollen formula (later than trees, continues throughout the season), and a pollen hayfever formula (mid to late season). Use homeopathic remedies alone, or they can safely be combined with any of the supplements mentioned above to give a two-pronged approach to allergy relief.

Local bee pollen is another way to support your body's struggle with seasonal allergies. Eating local pollen can support your body's own responses to those local pollens that are in the air. Start small when eating pollen for the first time, one or two grains only, and increase if there is no allergic reaction. LifeSource carries a wonderful local bee pollen in our bulk department, gathered from a variety of local bee keepers throughout the Willamette Valley.

Rinsing your nasal passages with a neti pot and saline solution is a practical way to reduce allergens in your body. It's really not so bad once you get the knack of it...and so helpful! If you need an alternative to a neti pot, we have a couple of small inhalation sticks with essential oils. They won't rinse allergens out of your nasal passages, but instead are designed to help temporarily open up those passages for clearer breathing.

LifeSource 🌿

NETTLE LEMONADE

Makes 1 Serving

- 1 tsp dried nettle leaves
- 1 cup boiling filtered water
- 1 lemon, juiced
- 1 tsp honey, or your favorite sweetener, to taste
- 8 pumps or 4 droppers of WishGarden Kick-Ass Allergy*
- Ice

1. Steep nettle in boiled water for 5-10 minutes. Strain, and allow to cool.
2. Add nettle tea, lemon juice, honey, and Kick-Ass Allergy to a shaker with ice. Shake well until chilled. Serve over ice.

**Do not take while pregnant or nursing. Keep out of reach of children.*

SPOTLIGHT ON NOW FOODS

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- Compassion International · www.compassion.com
- Feed My Starving Children · www.fmsc.org
- Habitat for Humanity International · www.habitat.org
- Hill of Hope · www.hillofhope.org
- Meal-A-Day of the Americas
www.facebook.com/MealADayofAmericas
- Price Pottenger Nutrition Fund · www.ppnf.org
- Vitamin Angels · www.vitaminangels.org
- WCF Community Services · wcfoundation.org/humanitarian
- World Relief · www.worldreliefdupage.org

Conservation & Environmental

- School and Community Assistance for Recycling and Composting Education (SCARCE) · www.scarcecoed.org
- The Climate Reality Project · www.climate realityproject.org
- The Conservation Foundation
www.theconservationfoundation.org
- Natural Resource Defense Center (NRDC) · www.nrdc.org
- The Rodale Institute · www.rodaleinstitute.org

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▲ Rose High Bear



ELDERBERRY WISDOM FARM

Words and Photos
by Sabrina Lorentz · Outreach

Nestled in the countryside of rural Salem lies a small non-profit farm owned and operated by Rose High Bear a Deg Hit'an Dine and Inupiat Native American. She is also a co-founder of the nonprofit organization Wisdom of the Elders, Inc., in Portland, has led several Native American cultural projects, and was the editor of *The Seven Commandments of the White Buffalo Calf Maiden: Martin High Bear*, a biography about her late husband, a Lakota Medicine Man.

Years after his passing, Martin approached Rose in a dream, inspiring her to start the nonprofit Elderberry Wisdom Farm. The farm has a calm and beautiful energy that spreads easily to those who volunteer to make Rose's dream a reality, a place where Native Americans of all ages can be educated in the fields of agriculture and horticulture by way of the Traditional Ecological Knowledge Workforce Program partnered with Chemeketa Community College.

Currently the farm is working on removing invasive species and replacing them with plants that are native to Oregon, with the end goal of only having native species on the property. Most recently LifeSource Natural Foods and other community

members have been helping with the living green fence project by removing invasive species, laying down cardboard and mulch (the "lasagna gardening" method) for future planting, and building small cages to keep the baby elderberry plants safe from the forces of nature. Rose currently has 17 different native plant species in her greenhouse that will one day be spread across the farm. Committed to an all-natural farm, only diatomaceous earth is used as pest control.

Each volunteer event is started by joining in a circle where we are encouraged to share not only our names and a small bit about ourselves, but also our heritage to remind us that regardless of our race, color, or age we are all grandchildren of the oldest grandmother, Grandmother Earth. Lunchtime is a shared experience in which we all partake in

eating the same all-natural foods and create a spirit plate to honor the ancestors that came before us. During each shift Rose often comes around and educates us about the species that are on the land and the history that connects us to the Earth, and is always joyous to learn more from the volunteers who come to participate in these projects. Her view has been "the older I get, the less I know," meaning that through all her years and learning there is still so much to learn.

Due to the COVID-19 pandemic, the start of classes was postponed, but through the fog of this last year lies a hopeful future in which students will soon be able to participate in classes that will strengthen their relationship with the land, their cultural history, and themselves. Encouraging indigenous youth to share this traditional knowledge with the

world around them may help to change the way we care for our planet. Classes will be held not only in a traditional classroom setting but also through experiential learning, working with native plant nurseries and farms, habitat restoration projects, government agencies, and more.

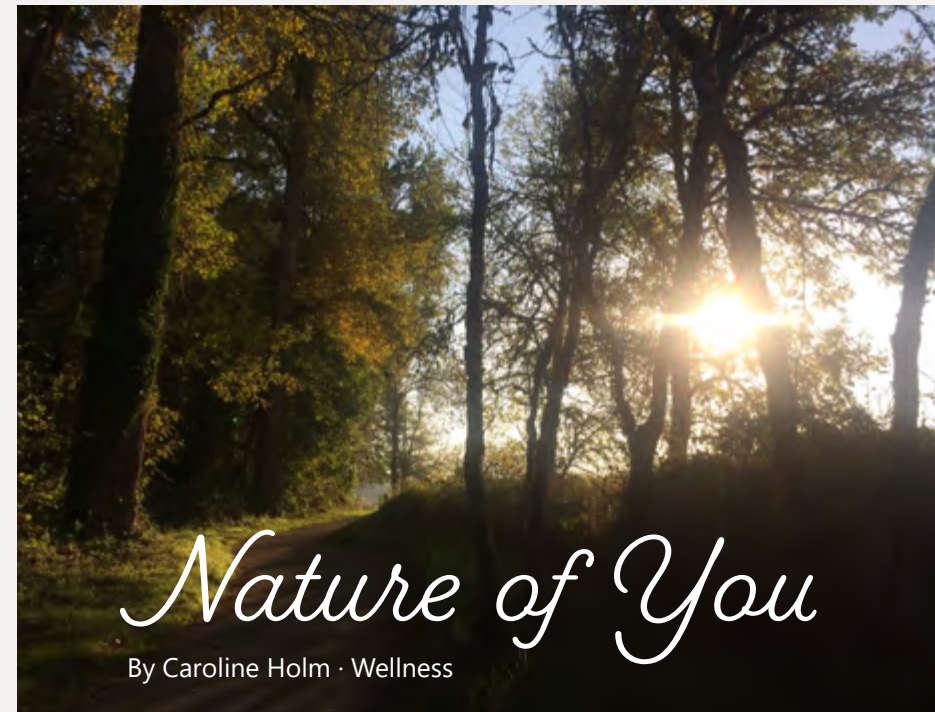
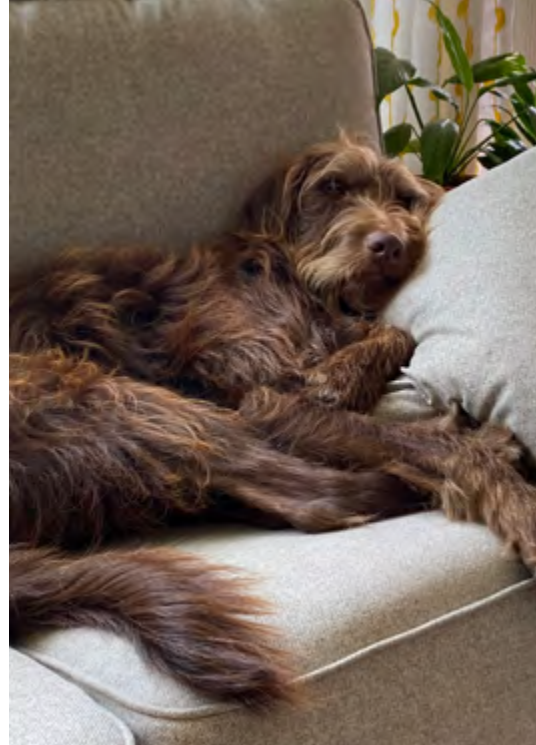
Multimedia programming such as videos and radio programs as well as public cultural events will be provided to the community to help bring awareness to these projects and work towards reconciling racial disconnection that has resulted from our dark histories. Anyone is welcome to join in on volunteer projects which can be found at elderberrywisdom.org/volunteer. We look forward to working with our community at the farm and seeing where the future leads us collectively. 🌱





Pleased to Meet You SAVANNA

By Jeremy Scott · Grocery



▲ Left to Right: Savanna with broccoli seeds, Auggie, and Larry

For a long time, managers have honored and recognized LifeSource team members who stand out in positive ways. We recently started something new: each month, the entire LifeSource team votes to recognize one of our peers for the time and care they take with their coworkers and customers. The selected team member not only gets to know they are beloved by their fellow staff but also gets perks such as a parking spot close to the entrance or some paid time off. This first person nominated for this new recognition was our Front End PIC (Person-In-Charge), Savanna Hanson.

Many of you know Savanna by the amazing care she takes with you, whether you are a staff member or a customer. Savanna grew up outside Amity and lived off the grid with her family in the woods until she graduated high school. Her house was solar

powered and had a composting toilet: her family was doing the right things long before thoughts of global warming or climate change were mainstream. After graduating high school she moved to Portland and went to college at Portland State University and got her bachelor's degree in Liberal Studies. After being in Portland for 10 years, Savanna and her partner decided they wanted a quieter and simpler way of life and landed in Salem in 2018. While she wanted to go back to school for Computer Science, she needed a job, but not just any job would do. She needed a place she could believe in; a job where she could find her people. Luckily for our customers and us, Savanna found LifeSource.

Savanna started at LifeSource as a cashier but was quickly promoted to PIC. Since then she has also worked for our marketing team as a graphic designer, as an interim

assistant front end manager, with our human resources department helping with new-hire orientation, as well as being on many internal committees for LifeSource such as the Look and Feel Team that helps determine the aesthetics of our new expansion. Honestly, I don't think there is anything at LifeSource she doesn't help with. She might be small in stature but her kind heart is huge and reaches everyone that walks through our doors.

Here are a few questions I asked Savanna so we could all get to know her a little deeper.

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

SH: Does hard kombucha count? The June Shine Pineapple Vanilla Chai.

JS: What three traits define you?

SH: Optimistic, observant, particular.

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

SH: Gandalf.

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

SH: Something with cheese.

JS: What advice would you give to new LifeSource employees?

SH: Ask questions! Get to know your coworkers. There are a lot of really interesting, smart and rad people here.

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

SH: Racial and environmental justice movements. Pushback against capitalism.

JS: What is your favorite concert that you've been to?

SH: Joanna Newsom. 🌿

Your body holds a nature that mirrors the earth's own charm: wrapping veins present as sprawling vines, ivy climbs the arc of eyebrow and sweltering dew drips from stem neck to garnet thigh. The quartz gleam of animal teeth and shores for skin, the very sheath of you.

Inside, you home moth spirit, sacred soil, oak will, bloody roots and muddy organs that weave for us our place in this tangled creaturehood.

Bare feet planted in dirt, our taproots grounded and our fingers, insects busy with their work, tying twine of hesitation, burrowing through the given earth for remains of forlorn hearts and sense, of meaning and worth.

Lichen freckles spot the thorny villages of you and forehead creases are subdued by the old moss of your thoughts. Feathered melodies fall from you as you sing, your bough arms sway and swing and almost everything on this doting earth calls back to you if you're listening.

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Excerpted from *Woodland* by Caroline Holm, forthcoming in summer 2021. To preorder *Woodland* or find out more about Caroline, visit her website at www.carolineholmpoetry.com





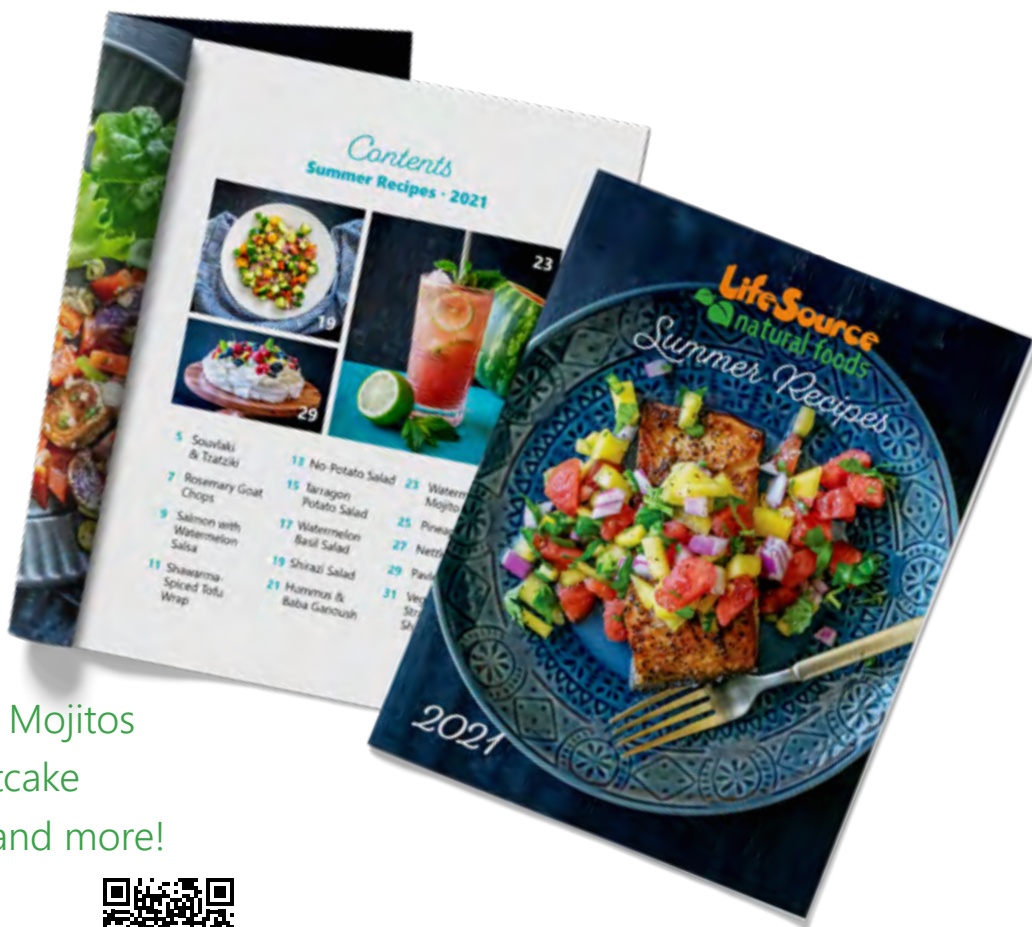
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