

news in natural

Luscious Legumes · Beans, Peas, & Lentils

Meet the Kloft Family of Lonely Lane Farms



Linguine with Clams *and much more!*



▲ John Kloft of Lonely Lane Farms p. 4

As a parent, there are few things that keep me awake at night more than worries for my kids, so stories like the Kloft family's tug at my heart. As Jeremy relates in this issue of News in Natural, eight-year-old John Kloft of Lonely Lane Farms is facing a diagnosis—kidney failure—that no parent or child wants to hear, and hope, in the form of a kidney donation from his mom, Patty.

The Kloft family's struggles with illness and hope are their own, and can't be minimized. Yet I can't help thinking that all of us in this past year have had the same sorts of struggles, to greater and lesser degrees. As the pandemic rages, as we continue to reckon with centuries of racial traumas, and as we sort through disinformation campaigns and political violence, most of us are contemplating mortality, isolation, and grief in ways that might have seemed alien just a year ago. I also can't help thinking that hope has to come to the rest of us in the same way it comes to the Klofts, in the form of radical gifts of self: solidarity, mutual aid, reaching out to those around us... and being able to accept those gifts as they are offered.

I'd like to invite you to read the articles and recipes in this issue in that light. As Jeremy writes, even as the Klofts deal with John and Patty's upcoming surgeries, they continue to sustain our community with locally-grown food, and there are ways for us to give back. Marney writes about the ARCHES Project's continued efforts to serve those without housing in our midst and that needs our support. And we offer recipe, supplements, and wine (even music!) suggestions to help sustain and nourish you and your families and communities through the gray days of winter and beyond.

Enjoy,

Ben



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

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WINTER 2021



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Most Americans never really know where their dinner ingredients come from. Meet the Klofts, the family behind Lonely Lane Farms in Mt. Angel.

FROM THEIR PASTURE to Your Plate

A story about Lonely Lane Farms

By Jeremy Scott | Photos by Matt Trickey



▲ Patty, John, and Mike Kloft

*F*arm-to-Table eating has been around for generations, though it wasn't the trend it is today.

It was just how people ate. You would grow produce or livestock then harvest it naturally and put that product up for sale to your community. A family could trust the quality of the food they were putting on their table often because they actually knew the farmer and their farming ethics. That nuance of knowing your farmer, their standards, and their product has truly fallen apart in the current mainstream or corporate farming industry. Most Americans now never really know where their dinner

ingredients actually come from.

Eight-year-old John Kloft is a sixth generation farmer on his mom Patty's side of the family, and the fourth generation of farmers on his dad Mike's. While Mike and Patty say that they have no intentions of forcing John into farming, John says he wants to take it on just like both of his parents have. Mike and Patty run Lonely Lane Farms in Mt. Angel, a farm that's set apart from nearly every other in the country. According to Rebecca Thistlewaite of Oregon State University, fewer than 100 of the nation's more than one million meat producers do everything from the pasture to getting their product to your plate. Lonely Lane Farms is one

of those few. They produce the best tasting and most sustainable beef, pork, and lamb that I have ever eaten.

Lonely Lane Farms was started by Mike's grandfather John Kloft in 1939. John Kloft, the namesake of Mike and Patty's son John, was a stonemason and a butcher and sold his butcher shop to buy the property that is now Lonely Lane Farms. John Kloft's family came to Mt. Angel in the late 1800s from Germany to help build the Mt. Angel Abbey, which is less than a mile from the family farm. Patty's family, also farmers, arrived at Mt. Angel at about the same time. Over 100 years later, their families living only three miles apart, Mike and Patty met and fell in love



when Patty went to work for Mike’s family at a local farmer’s market.

Mike’s family has tried a few things since they started farming in Oregon in 1939, starting with cereal grains, transitioning to dairy around 1970, and finally moving into beef in the 1980s when Mike was still very young. Patty’s family, on the other hand, started farming in the Mt. Angel area in the 1890s, raising and processing pork on the very same land that they still do today.

It is almost unheard of that a livestock farm is almost completely self-sufficient from their pasture all the way to getting that product to your plate. Lonely Lane Farms does nearly everything, from breeding their own livestock to growing their own feed for that livestock to the production and packaging of meat to the distribution of the final product to your local grocery store. Lonely Lane Farms does all of this, and it’s how they’re able

to completely control their high quality and affordable prices.

When the COVID pandemic started in the early months of 2020, Lonely Lane Farms was prepared by chance to take on the influx of more demand. Just before the pandemic started, Lonely Lane bought more livestock with plans to expand their market into more stores. As it turned out, that extra livestock would instead fulfill larger orders from their current clients like LifeSource. Before the pandemic, Lonely Lane Farms only delivered twice a week to the seven stores where they currently sell their products, but as soon as the pandemic started they were then delivering 6-7 days a week to those same seven stores just to keep up with demand. While many other farms may have had the livestock to supply their stores, those farms didn’t have a facility to do the production and packaging of their product. But Lonely Lane Farms didn’t have the

same sort of bottleneck since they do almost everything in-house.

Mike and Patty soon learned that aspect of their farm would get them through this pandemic. They learned that their customers, whether at the farmer’s market or at stores like LifeSource, wanted to support Mike, Patty and their family. Although Mike and Patty had higher costs to produce their meat due to the higher demand, they decided not to raise their prices. Instead they decided to work harder, knowing that the pandemic will ultimately pass.

But while the family stay busier than ever on the farm, all of them, and especially eight-year-old John, has something bigger to deal with. He was recently diagnosed with stage 4 kidney disease.

As I walked around the pastures with the family, I would have never even known that John needed any kind of medical help. Although John needs a new kidney, he never

struggled to keep up on our hike. On our four-hour tour of their farm, John stayed right by our side, showing us the way around. His favorite part of being a farmer, John said, is hiking through their pastures.

I asked John if he wanted to talk about the kidney transplant.

“Oh yeah!” he said. “My kidney disease started when I was little. It went up and up and up. Every time I would get sick I would get lower. We weren’t able to know if we could have stopped it at that very first point. So my nephrologist, which is a kidney doctor, had me in for a checkup then she figured out she couldn’t do anything. Stanford, which is where I am going to get my transplant, said we can’t fix it without a transplant.”

This is something John has become very educated on and honestly doesn’t seem to be afraid of. While he spoke heavily to the fact the he was getting blood drawn regularly, his tone didn’t seem concerned,

just resigned that it had to happen even though it wasn’t awesome.

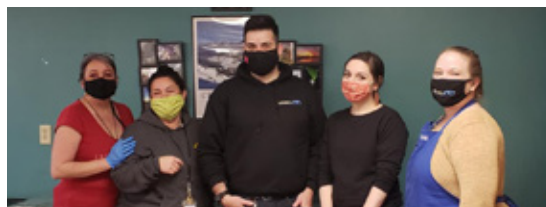
“First my dad was supposed be a donor but he had extra kidney vascular structure which means he shouldn’t donate. So then they went to mom. She passed! She passed all of the tests! I got a bunch more blood draws and a renal panel to test my creatine, which is the only thing they don’t have a pill for. They can’t get it out. The only option was a kidney transplant or dialysis.” Sometime soon, the doctors will take one of Patty’s kidneys and transplant it into John.

Mike, Patty, and John had hoped that transplant would happen in late January but because of the pandemic they will have to wait a little longer. At Stanford Hospital in California, where the transplant will take place, rooms in the children’s side of the hospital are available for John to safely get his surgery, but the COVID pandemic means there are

not enough available adult rooms for Patty’s kidney donation surgery to take place and still keep her safe. Now the family is just waiting for the call that lets them know when the transplant can happen safely.

John is excited to have what is called a second or new birthday. A second or new birthday is when a transplant patient gets a new lease on life because of their new organ and they celebrate that day as their second or new birthday. John’s new birthday will hopefully come shortly after his actual birthday. He thinks that’s pretty cool. 🍀

LifeSource has partnered with COTA (Children’s Organ Transplant Association) to help raise funds for John and the cost of his transplant. You can help by donating at this link: Cota.org/campaigns/COTAforJohnsJourney



NO PLACE LIKE HOME

The ARCHES Project helps people navigate from homelessness to stable housing and better lives.

By Marney Roddick

Everyone deserves safe and stable housing. This is the first sentence you'll find on the ARCHES website, and it defines ARCHES' work in our community. Housing is a basic human right, but there are more than 3,500 people in the Salem/ Keizer area suffering from homelessness. Homelessness has a significant financial impact on the community. Individuals leading better, more stable lives promotes improvements in equality, fairness, and justice across our community.

Ashley Hamilton, the program director for the ARCHES Project, is clear when she speaks about the primary mission of the Project. "We save lives," says Ashley. "Our warming centers operate from November through March. All are welcome. We never turn anyone away." The professional staff and trained volunteers agree that their work is challenging and rewarding.

ARCHES is one of the many programs under the umbrella that is Mid-Willamette Valley Community Action Agency, founded

in 2013. Together with partners and volunteers, ARCHES goes beyond symptoms alone and addresses the root causes of homelessness, creating a multifaceted program for housing instability and homelessness in our area. The people doing the good work of the organization are a tight-knit network of staff and volunteers united around the urgent need to help our neighbors. They believe everyone deserves dignity, a positive future, and a life without poverty.

This challenge requires flexibility, and an ability to recognize the complex, often hidden, causes of poverty. Meeting the challenge head on, ARCHES acknowledges that life includes both immediate needs and long-term aspirations. A flexible response system addresses everything from housing and education to job training and childhood care. Combined, these services are a potent force against the entire spectrum of poverty. The ARCHES Project provides referrals and services to the homeless or those at risk of homelessness. 🌱

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bike locks · ground coffee

You can drop off donations at
The ARCHES Project
615 Commercial St NE
Salem, OR 97301

ARCHES can always use donations of money and regularly has volunteer opportunities.

CONTACT ARCHES

ARCHES can be reached by phone at (503) 399-9080, or at mwvcaa.org/programs/the-arches-project



SPOTLIGHT ON *Now Foods*

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Since 1968 NOW has been a leader in the natural products industry. Even when healthy foods and natural supplements weren't mainstream, we've never wavered from our mission—to provide value in products and services that empower people to lead healthier lives.

A Friend in Need

NOW has enjoyed many good years, but we've also seen plenty of lean years, and it's these times that help us remain grounded and focused on what really matters—helping others. At NOW we're committed to sharing our blessings and good fortune with others. To this end we give generously based on the needs we see around us, as well as specific, ongoing causes. We give to charities in a direct and efficient manner, and we actively seek charities that are "self-enabling", or those charities that encourage their recipients and teach them the skills they need to take care of themselves going forward. These are just a few of the charities we give to:

World Needs & Disaster Relief

- Autism Research Institute · www.autism.com
- Compassion International · www.compassion.com
- Feed My Starving Children · www.fmssc.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.scarceecoed.org
- The Climate Reality Project · www.climateRealityproject.org
- The Conservation Foundation
www.theconservationfoundation.org
- Natural Resource Defense Center (NRDC) · www.nrdc.org
- The Rodale Institute · www.rodaleinstitute.org

We consider charity a duty of those who are fortunate in life. We believe in the creed "Do unto others as you would have done unto you." NOW® will continue to give to charitable efforts that enhance the lives of those less fortunate.



NAVEL GAZING

By Ezekiel Menchaca · Produce Photos by Catherine Dwelley



Let's talk about one of my favorite mutants. No, not Wolverine. The orange! While some citrus varieties began as hybrids, many started as a mutation of an earlier type of citrus. These mutations, like color and resistance to weather, aren't scary and occur due to things like stress, heat, cold, pruning, cosmic rays, and viruses. Sometimes growers find beneficial or positive mutations and use methods like grafting (a technique where segments of plants are joined together) to pass on those traits.

Originating in a region around southern China, northeast India, and Myanmar, the orange is now grown in tropical and subtropical climates around

the world. In 2017, 73 million tons of oranges were grown worldwide, with Brazil leading with 24% of the world's total!

Here at LifeSource, we carry many varieties of citrus, but the one that tends to take precedence is the navel orange, an easy-to-peel variety that's great for eating. In the United States, navel oranges are available from November to April with peak supplies in January, February, and March. Navel oranges can be easily identified by a naturally occurring growth of a small, second fruit which resembles a belly button. All navels originate from a single mutant tree around two hundred years ago, and all have the same genetic make-up as that first tree. This is similar to other

common fruit varieties, such as our everyday yellow seedless banana, the Cavendish, or the Granny Smith apple! Under rare situations the navel orange goes through additional mutations that can lead to new varieties, like my favorite, the Cara Cara navel.

Believed to have been discovered as a mutation of a navel orange tree, Cara Cara (or "red navel") oranges are grown mainly in Venezuela, South Africa, and California. Sweet in flavor and low in acid, the Cara Cara is almost indistinguishable from the navel until you cut it open and are welcomed by a pinkish red color. The Cara Cara's flavor is complex and has berry-like notes. 🍷



ORANGE BARS

Makes 12 Servings

Crust

- $\frac{3}{4}$ cup all purpose flour (wheat or gluten free)
- $\frac{1}{4}$ cup almond flour
- $\frac{1}{2}$ cup powdered sugar
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{2}$ cup unsalted butter, melted
- 1 tsp vanilla extract

Filling

- 1 orange, zest and juice
- 1 lemon, zest and juice
- $1\frac{1}{2}$ cup unrefined cane sugar
- $\frac{1}{4}$ cup all purpose flour (wheat or gluten free)
- 4 eggs, beaten
- $\frac{1}{2}$ tsp vanilla extract

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 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 orange zest, lemon zest, sugar, and flour. Stir in eggs and vanilla. Pour into the hot crust.
5. Bake for an additional 40 minutes, or until the center no longer jiggles. Allow to cool completely before removing from the dish and slicing.

OVERNIGHT OATS

CHOCOLATE ORANGE

- 1 cup organic old fashioned rolled oats or Swiss muesli
- 1½ cup milk or non-dairy milk
- 2 Tbsp chia seeds
- 2 Tbsp nut butter
- 3 tsp unsweetened cocoa powder
- ¾ tsp ground cinnamon
- Honey, to taste
- 2 navel oranges, peeled and sliced

Mix oats, milk, chia seeds, nut butter, cocoa powder, cinnamon, and honey in a small bowl or jar.

Refrigerate covered overnight, or up to five days.

Top with oranges and drizzle with honey just before serving.

CLASSIC

- 1 cup organic old fashioned rolled oats or Swiss muesli
- ¾ tsp ground cinnamon
- 3 Tbsp chia seeds
- 3 Tbsp nut butter
- 1½ cup milk or non-dairy milk
- 1½ cup sliced fresh fruit
- Honey, to taste

Mix oats, cinnamon, chia seeds, nut butter, and milk in a small bowl or jar.

Refrigerate covered overnight, or up to five days.

Top with fresh fruit and drizzle with honey just before serving.

BLUEBERRY LEMON

- 1 cup rolled oats or Swiss muesli
- 1½ cup almond milk
- 3 Tbsp chia seeds
- 1½ cups fresh blueberries
- 3 Tbsp lemon curd
- Honey, to taste (optional)

Mix oats, cinnamon, chia seeds, and milk in a small bowl or jar.

Refrigerate covered overnight, or up to five days.

Top with blueberries, lemon curd, and drizzle with honey just before serving.

BERRY ALMOND BUTTER

- 1 cup organic old fashioned rolled oats or Swiss muesli
- 1½ cup almond milk
- 2 Tbsp chia seeds
- 2 Tbsp almond butter
- ¾ tsp ground cinnamon
- Honey, to taste
- 1½ cups chopped strawberries and raspberries
- More almond butter, for serving

Mix oats, milk, chia seeds, 2 Tbsp nut butter, cinnamon, and honey in a small bowl or jar.

Refrigerate covered overnight, or up to five days.

Top with berries and more almond butter just before serving.

Done with Dairy?

SOME PLANT-BASED ALTERNATIVES TO DAIRY MILK

by Megan Coston · Front End

Plant-based non-dairy milks are a great alternative to dairy, though they may differ a bit from cow's or goat's milk in flavor or texture. They also differ in their nutritional content. Dairy milk has a short ingredient list—simply milk and maybe vitamins D and A—while non-dairy milks often use many ingredients to approximate dairy.

1 SOY MILK

Made by soaking and grinding whole soybeans, boiling them in water, and then filtering out the solids.

Provides a high amount of protein per serving and often comes fortified with added calcium and vitamin D.

Substitute for dairy milk when cooking and baking.

2 ALMOND MILK

Made by mixture of finely ground almonds and water.

Low in calories

Simple and balanced; great for soaking overnight oats.

3 OAT MILK

Made by soaking and blending steel-cut oats or rolled oats with water.

High in carbs and fiber.

Add creaminess to lattes, cereals, or pancake batter!

4 COCONUT MILK

Made by blending the coconut's white flesh and water.

Good source of nutrients, including magnesium, iron, and potassium.

Add to soups, stews, and curries—or even ice cream!

5 MACADAMIA NUT MILK

Made by soaking macadamia nuts in water.

Rich in monounsaturated fats, with low carb content. High in vitamin B1, and magnesium.

Adds nuttiness to lattes, hot cocoa, and dessert recipes.



Vegan Comfort Food

What's on the Menu?

French Onion Soup
Shepherd's Pie
Chocolate Beet Cupcakes
Biscuits & Gravy

French Onion Soup

Makes about 6-8 Servings

- 4 Tbsp vegan butter
- 2 lbs yellow onions, thinly sliced
- 5 cloves garlic, minced
- 2 Tbsp unbleached wheat flour
- 1 cup dry red wine
- 3 cups mushroom broth
- 1 Tbsp pickapeppa sauce
- 1 bay leaf
- 4-6 sprigs fresh thyme, bundled and tied with string or $\frac{3}{4}$ tsp dried
- Sea salt and black pepper, to taste
- Baguette, sliced
- Olive oil
- Vegan cheese (We used Violife Smoked Provolone)

1. Melt butter in a six quart heavy bottomed pan over medium heat. Stir in onions, until coated in butter. Cook until brown and caramelized, stirring every 5 minutes or so. This can take 30-40 minutes.
2. Add garlic, cook and stir for 2 minutes, or until softened and fragrant.
3. Add flour. Cook and stir for about 10 minutes.
4. Add in red wine to deglaze the pan, scraping all of the brown bits from the bottom of the pan. Stir until smooth.
5. Stir in remaining ingredients, mushroom broth, pickapeppa sauce, bay leaf, thyme, sea salt, and pepper. Cook for another 20 minutes.
6. Taste the soup, adjust seasonings if desired. Spoon soup into broiler-safe ramekins. Put on a rimmed baking sheet. Brush baguette slices with olive oil, float on top of the soup. Top with cheese. Broil for 3-5 minutes, or until the cheese is melted and bubbly.

No broiler-safe ramekins? Not to worry! Preheat the oven to 450°F. Brush baguette slices with olive oil. Bake on a lined baking sheet for 5 minutes. Flip, and top with cheese. Bake for another 5 minutes, or until the cheese is melted and bubbly. Spoon soup into bowls and top with toasted bread and cheese.



Shepherd's Pie

Makes 4-6 Servings

- $\frac{1}{2}$ cup dry green or brown lentils, rinsed
 - 2 Tbsp vegan butter (we used Miyoko's)
 - 1 yellow onion, chopped
 - 1 carrot, chopped
 - 1 stalk celery, chopped
 - 3 cloves garlic, minced
 - $\frac{1}{4}$ lb shiitake mushrooms, sliced
 - 3 Tbsp all purpose flour
 - $\frac{1}{2}$ cup red wine
 - 1 cup frozen green peas
 - 1 cup homemade mushroom broth
 - 1 Tbsp tomato paste
 - 1 Tbsp Pickapeppa Sauce, or vegan Worcestershire
 - $\frac{1}{2}$ tsp dried thyme
 - $\frac{1}{4}$ tsp black pepper
 - Sea salt, to taste
- Mashed Potato Topping**
- 1 $\frac{1}{2}$ lbs potatoes, peeled and chopped
 - $\frac{1}{4}$ cup unsweetened cashew milk
 - $\frac{1}{4}$ cup vegan butter
 - 4 cloves garlic, peeled and smashed
 - Sea salt, to taste
1. In a medium saucepan, bring lentils and 5 cups of water to a boil. Reduce heat to simmer. Cover and cook for about 15 minutes, or until almost tender. Drain and set aside.
 2. Place potatoes and peeled garlic in a medium saucepan and cover with water. Bring to a boil, reduce heat, and simmer until tender, about 10-15 minutes. Drain. Mash potatoes with butter and milk, add salt to taste. Set aside.
 3. Preheat the oven to 400°F.
 4. In a 10-in cast iron skillet, melt butter over medium heat. Cook onions until translucent, about 5 minutes. Add carrot, celery, and garlic. Cook until fragrant, another 3 minutes. Stir in mushrooms, cook until softened, 5 minutes.
 5. Mix in flour so everything is evenly coated. Cook until it loses its raw smell, about 5 minutes. Add red wine, cook until reduced by at least half, 5 minutes.
 6. Stir in cooked lentils, peas, broth, tomato paste, Pickapeppa, thyme, salt, and pepper. Bring to a boil. Remove from heat.
 7. Spread mashed potatoes evenly over the mixture. Bake in the preheated oven until heated through, about 30 minutes.

Chocolate Beet Cupcakes

Makes 12 Cupcakes

- Cupcakes**

 - 2 small beets, Scrubbed clean, tops and bottoms sliced off
 - 2 tsp olive oil
 - 1 ½ cups unbleached white flour
 - ½ cup unsweetened baking cocoa
 - 2 tsp baking powder
 - ¼ tsp salt
 - ½ cup vegan butter, softened to room temperature
 - ½ cup granulated cane sugar
 - ½ cup brown sugar
 - ¾ cup almond milk mixed with 1 Tbsp apple cider vinegar (to make vegan buttermilk)
 - 2 Tbsp ground chia seeds, mixed with 6 Tbsp water (to make vegan eggs)
 - 2 tsp vanilla extract
- Frosting**

 - 1 cup powdered sugar
 - 1 (7.05 oz) pkg Violife Just Like Cream Cheese, softened to room temperature
 - ¼ cup vegan butter, softened to room temperature
 - ¼ cup unsweetened baking cocoa
1. Preheat the oven to 375°F. Rub beets with olive oil. Wrap in foil and bake for 1 hour, or until tender. Once cool enough to handle, wipe off skin with a damp paper or kitchen towel. Chop roughly and place in a blender with a splash of almond milk and puree. Set aside.
 2. Reduce oven temperature to 350°F. Line a muffin pan with baking cups.
 3. In a medium bowl, sift together flour, cocoa, baking powder, and salt.
 4. In a larger bowl, cream together vegan butter and sugars until fluffy. Mix in beet puree, vegan buttermilk, chia eggs, and vanilla extract until well blended.
 5. Stir in flour mixture until just combined, do not over mix.
 6. Fill each baking cup about ¾ of the way full. Bake about 20 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool completely before frosting.
 7. Beat together powdered sugar, cream cheese, butter, and cocoa powder until fluffy. Frost cupcakes. If frosting becomes too soft, chill for 10 minutes in the refrigerator. Frost and enjoy!



Biscuits & Gravy

Makes 4-6 Servings

- Biscuits**

 - ¾ cup unsweetened cashew milk
 - 1 Tbsp apple cider vinegar
 - 2 cups all purpose flour, spooned and leveled
 - 1 Tbsp baking powder
 - 1 Tbsp granulated cane sugar
 - ½ tsp kosher salt
 - ¼ cup vegan butter, placed in the freezer for 30 minutes (we used Miyoko's)
 - 2 Tbsp vegan butter, melted
- Gravy**

 - 1 pkg (7.5 oz) Lightlife Breakfast Sausage (or your favorite), crumbled
 - ½ yellow onion, finely chopped
 - 3 Tbsp vegan butter
 - 2 Tbsp all purpose flour
 - ½ tsp poultry seasoning
 - Pinch chili flakes
 - Salt and black pepper, to taste
 - 2 cups unsweetened cashew milk
1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment or a silicone baking mat.
 2. Mix together cashew milk and apple cider vinegar to make vegan buttermilk. Set aside.
 3. Whisk together flour, baking powder, sugar, and salt.
 4. Cut chilled butter into cubes. Add to flour mixture. Blend with a pastry cutter or fork until well incorporated, with clumps being about the size of small peas.
 5. Make a well in the center, pour in vegan buttermilk. Stir with a wooden spoon until a shaggy dough forms. Turn out onto a floured surface. Add a little more flour if the dough is too sticky. Pat into a rectangle.
 6. Fold the dough in half. Pat to about an inch thick again, fold in half, and give it a quarter turn. Repeat the folding, patting, and turning 5 more times.
 7. Pat dough out to 1-inch thick once more, and use a 3-inch biscuit cutter to cut into at least 6 biscuits. Gently gather up scraps and cut out a few more.
 8. Place biscuits on the prepared baking sheet and bake for 12-15 minutes, or until they start to brown. (They will be a little pale.) Brush hot biscuits with melted butter.
 9. Melt 1 Tbsp of the butter in a medium skillet over medium high heat. Cook sausage until browned, about 5 minutes. Remove from the skillet.
 10. Reduce heat to medium. Melt butter and cook onions until softened and translucent, about 5 more minutes.
 11. Whisk together the flour, poultry seasoning, chili flakes, salt, and pepper. Add flour mixture to butter and onion, cooking and stirring to make a roux, about 5-7 minutes.
 12. Whisk in cashew milk, stirring constantly until smooth and thickened. Stir in sausage. Add more salt and pepper, if desired. Serve over hot biscuits.

Know Your Greens!

BEET GREENS

Next time you grab a bunch of beets, cook up the greens as well! Beets and Swiss chard share a common ancestor, and beet greens and stems have a sweet and mild flavor. They cook up tender, with a little more structure than spinach. Excellent sautéed with butter and garlic, added to a grilled cheese sandwich, scrambled with eggs, and mixed up in mashed potatoes.

KALE

Lacinato or Italian

A member of the beautiful brassica family—the family that includes broccoli, cabbage, cauliflower, and collards too! Try young kale raw in salads and slaws. Large bunched kale is excellent sautéed, steamed, tossed in a hearty soup, or baked into the infamous kale chip. Cut out the tough stem and tear the leaves into bite sized pieces before cooking. Amazingly tasty with butter and garlic, Parmesan and aged cheddar cheeses, smoky bacon, and roasted meats.

DANDELION GREENS

Young leaves are tender and mild, and become more tangy and bitter with age. Toss them in a winter salad with apples and pears, cook up with scrambled eggs or in an omelette, or bake them in a gratin with cheese and uncured bacon. They also pair well with creamy dressings and vinaigrettes, citrus, and tomatoes.

COLLARD GREENS

Love them or hate them? Collard greens contain a chemical compound called phenylthiocarbamide (PTC), which is either very bitter or practically tasteless, depending on the genetic makeup of the eater. If you can taste PTC and aren't a fan of the bitterness, slow cook it in a pot of lima beans with some smoky ham hocks. Also excellent braised, blanched, or baked into gratins. Tasty with pork, grilled steak, mushrooms, soy sauce, ginger, and spicy chiles.

MUSTARD GREENS

Mustard greens add a peppery kick to your recipes! Try tender greens raw in salad with a vinaigrette and hazelnuts. Braise, saute, or throw older greens in a soup or omelette. Delicious with salty uncured bacon or pancetta, creamy or cheesy sauces, apples, cucumbers, and citrus.





BEAN THERE, DONE THAT? TRY THIS!

By Catherine Dwelley · Marketing

FIRST THINGS FIRST

Rinse and sort through beans, discarding any rocks, other foreign matter, shriveled, or split beans. Cover with about 3 cups water to 1 cup dry beans, give them a quick stir, and remove and discard any that float to the top. Allow to soak overnight. Drain and rinse.

There is no need to soak lentils and split peas. Just sort and give them a good rinse.

TO SALT, OR NOT TO SALT?

A great deal of mystery surrounds the salting of dried beans. Some cite their grandmother’s great aunt’s sister-in-law’s vows that salting results in tough, partially cooked legumes, while others stand by salting. I’m one of the latter, though a recent convert. When I started this project, I was under the impression that salting beans before cooking would result in tough beans. Then I actually tried

it. Turns out it’s a myth! Soaking your beans in a sodium bath allows the sodium ions to exchange with the calcium ions in the pectin in the bean’s cell walls. This destabilizes the pectin and breaks down the walls for softer beans. So brine and season to your heart’s content!

BRINING DRIED BEANS:

For each cup of rinsed and sorted dried beans, use 3 cups of water and 1 ½ Tbsp kosher salt. If using fine sea salt or table salt, reduce the amount to ¾ Tbsp. Allow to soak overnight, and rinse thoroughly before cooking.

WHAT ABOUT ACID?

Cooking with the addition of vinegar, acidic produce such as tomatoes or lemons, or citric acid can actually lengthen cooking time and cause unevenly cooked beans. An experiment done by Cook’s Illustrated found that a pot of black

beans cooked with citric acid were still hard after 45 minutes. This is because the acid strengthens the pectin coat around the dried beans, making it less able to absorb water. The takeaway? Add your acid after the beans are already cooked.

QUICK SOAK!

What if I forgot to soak my beans overnight or didn’t plan? Quick soak to the rescue! And yes, this still involves some soaking, so you aren’t totally off the hook. Add your sorted and rinsed beans, water, and salt to a large heavy bottomed pot. Bring to a boil, and continue to boil for 3 minutes. Remove from heat, cover, and allow to soak for one hour. Drain and rinse, and continue the cooking process.

OLD BEANS

We all have that random bag of pinto beans crammed in the back

of the pantry, just waiting for the perfect pot of taco soup. When you finally do use them, the result is often a hard, unevenly cooked, unpalatable mess. What’s a thrifty chef to do? First, remember to soak your beans. Second, add a very small amount of baking soda to the cooking water! 1/8th of a teaspoon to every cup of dried beans is enough. Believe it or not, increasing the alkalinity of the cooking water can help speed up the breakdown process of the cell walls resulting in softer beans. Just take care to not add too much, or your beans will come out tasting soapy.

COOKING BEANS

Place brined or quick-soaked beans in a large, heavy bottomed pot. (Skip the soaking step if preparing lentils.) I use a 6 quart Dutch oven for a pound of beans. Cover with about 2 inches of water. Add 3 tsp kosher salt, and baking soda, if desired. At this point you may also add aromatics such as bay leaves, dried herbs, onion, garlic, or dried chiles. Bring to a boil and partially cover the pot. Reduce heat to a simmer and continue cooking until tender. Use the cook times on the chart as a guide, testing for doneness 15 minutes before minimum cooking time. Remember that cooking times may be longer for old beans.

Cooked beans, lentils, and split peas can be stored in their liquid or drained, it’s up to you! I’ve had good luck both ways. They may be refrigerated 3-4 days, and frozen up to six months in recipe sized packages. (2 cups of cooked beans equals one 15oz can of beans.) 🥄

COOKING TIMES

These are average cooking times for soaked or quick-soaked dried beans, and rinsed peas and lentils. Old or improperly prepared peas and beans will take longer.



ADZUKI BEANS
60-90 min



ORCA BEANS
45-60 min



RED LENTILS
15-20 min



BLACK BEANS
60-90 min



**CRANBERRY
OR BORLOTTI
BEANS**
60-90 min



GREEN LENTILS
25-30 min



WHITE BEANS
45-60 min



KIDNEY BEANS
60 min-2 hrs



BROWN LENTILS
25-30 min



FLAGEOLET BEANS
45-60 min



LIMA BEANS
60-90 min



**FRENCH
GREEN LENTILS**
20-25 min



BLACK EYED PEAS
45-60 min



MUNG BEANS
30 min



BLACK LENTILS
15-20 min



**CHICKPEAS
OR GARBANZO
BEANS**
60-90 min



13 BEAN SOUP MIX
60-90 min



MUNG DAL
40-45 min



PINTO BEANS
90 min-2 hrs



RED BEANS
60-90 min



GREEN SPLIT PEAS
45 min

ANKO TURNOVERS

Makes 12 Turnovers

While beans for dessert might sound a bit strange to some American palates, we think this recipe will show you why adzuki beans are such a popular dessert ingredient for millions in East Asia. Anko is Japanese sweet adzuki bean paste. It comes in two forms: tsubuan, which is a bit chunky, and koshian, which is pureed until smooth. These turnovers can be made with either tsubuan or koshian.

- ½ lb dry adzuki beans, soaked overnight
 - ⅔ cup granulated cane sugar
 - ½ tsp kosher salt
 - 1 cup all-purpose flour, spooned and leveled
 - ¼ tsp kosher salt
 - ½ cup butter, chopped into cubes (freeze for 30 minutes before using)
 - ¼ cup ice water
 - More flour for rolling out
 - 1 egg white
 - 2 Tbsp water
1. Rinse soaked beans well. Place in a large heavy bottomed pot. Cover with 3 inches of water. Bring to a boil, and reduce heat to simmer. Cover partway and cook until beans are very tender, about 1 hour to 90 minutes.
 2. a.) To make chunky tsubuan, drain. Return to the pan and mix in sugar and salt. Cook over medium heat, stirring constantly until sugar and salt are dissolved. Mash slightly with the back of a spoon to desired consistency. Allow to cool.
b.) For smooth koshian, add beans and remaining water to a blender or food processor. (If there is a lot of water remaining, drain, but reserve a cup or two for blending.) Blend until smooth. Return the paste to the pan. Stir in sugar and salt. Cook over medium heat, stirring constantly until most of the water has evaporated and the paste has thickened, about 15 minutes. Remove from heat and cool before using.

Puff Pastry

3. Whisk together 1 cup flour and salt. With a pastry cutter, cut in chilled butter until incorporated, with lumps being the size of small peas.
4. Make a well in the center, and stir in ice water. A shaggy dough will form. Turn out dough onto a well floured surface.
5. Pat into a rough square. With a rolling pin, roll into an approximately 12-inch-long rectangle. With a bench scraper, fold up the bottom third of dough toward the center. Fold top third down toward the bottom. (Like folding a letter to fit in an envelope.) Give dough a quarter turn clockwise and roll out again, repeating 7 or 8 times, adding a little flour if it is too sticky to start with. Dough will become easier to work as you go. If your kitchen is too warm and dough becomes too soft, place it in the freezer for 10 minutes between folding and rolling out. Wrap pastry tightly in plastic wrap and chill for at least 1 hour before using.

Turnovers

6. Preheat the oven to 400°F. Line a baking sheet with parchment or a silicone baking mat.
7. Whisk egg white and water together to make the egg wash.
8. Roll out dough to ⅛-inch thick (About a 12x12-inch square.) Cut into roughly 12 squares. Place a tablespoon or 2 of anko paste in one corner of each square, leaving ½-inch of space along the edge. Fold over on the diagonal and crimp closed with a fork. Cut 2 vents on top. Brush with egg wash. Place in the freezer for 10 minutes.
9. Bake for 20-25 minutes, or until golden brown and puffy. Enjoy with a mug of green tea.

HAM HOCKS & LIMA BEANS

Makes 4-6 Servings

- 1 lb dried lima beans
- 3 Tbsp table or sea salt
- ⅛ tsp baking soda
- 1 pkg (about 1½ lb) smoked ham hocks (we used Lonely Lane Farm)
- 32 oz low-sodium chicken broth
- 2 cups water (or enough to cover beans)
- 1 yellow onion, chopped
- 2 stalks celery, chopped
- 4 cloves garlic, chopped
- ½ tsp black pepper
- ½ tsp poultry seasoning
- ½ tsp cayenne (optional)
- 1 bay leaf

1. Rinse and sort through beans, discarding any foreign matter or shriveled or split beans. Cover with water (about 6 cups), add salt and baking soda. Give a quick stir and remove and discard any beans that float to the top. Allow to soak overnight. Drain and rinse well.
2. Add soaked and rinsed beans, ham hocks, broth, 2 cups water, onion, celery, garlic, and seasonings to the pot. Bring to a boil, reduce heat to medium low, and cover partway with a lid. Cook for 1 hour and 30 minutes, tasting the beans after 1 hour.
3. Once ham hocks are tender, remove from the pot and allow to cool enough to handle. Cut the meat off the bone and chop into bite sized pieces. Return to the pot.
4. Cook for an additional 30 minutes uncovered, or until beans are creamy and broth has cooked down.



BAKED BEANS

Makes 6 Servings

- 1 lb dried navy beans
- 3 Tbsp+2 tsp kosher salt
- 3 Tbsp butter
- 1 medium yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 3 cloves garlic, minced
- 1 ½ cup ketchup
- ½ cup brown sugar
- 1½ cup water
- ¼ cup molasses
- ¼ cup apple cider vinegar
- 1 tbsp Worcestershire sauce
- 1 tsp mustard powder
- 2 cups ham, chopped

1. Rinse soaked beans thoroughly. Place in a large heavy bottomed pot and cover with 2 or 3 inches of water and 2 tsp of kosher salt. Bring to a boil, reduce heat and simmer partially covered until tender, about 90 minutes. Drain and rinse, set aside.
2. Preheat the oven to 375°F.
3. In a 6 quart Dutch oven or other large oven going pot, melt butter over medium heat. Saute onion until it starts to soften and becomes translucent. Add bell pepper and garlic. Cook and stir for an additional minute.
4. Stir in ketchup, brown sugar, ½ cup water, molasses, vinegar, Worcestershire, and mustard powder. Bring to a low boil. Fold in ham and beans, adding a little more water if needed.
5. Cover and bake for one hour. Stir, and add an additional cup of water. Bake another 30 minutes to 1 hour, or until beans are tender.

Keeps in the fridge for 3-4 days, or be frozen for up to 3 months.

13 BEAN VEGETABLE SOUP

Makes 6 Servings

- 2 Tbsp olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 2 carrots, peeled and chopped
- 4 cloves garlic, minced
- ½ cup dry white wine
- 4 cups homemade vegetable broth
- 2 cups cooked 13 bean soup mix
- 1 (14.5 oz) can diced tomatoes, with juice
- 1 (4 oz) can green chiles, with juice
- 1 tsp Italian seasoning
- ½ tsp dried rosemary
- ½ tsp smoked paprika
- ½ tsp chili flakes (optional)
- Salt and pepper, to taste
- 1 cup green beans, chopped
- 1 cup cauliflower florets
- ½ cup frozen peas
- ½ cup frozen corn
- 1 Tbsp golden balsamic vinegar, or to taste

1. In a large, heavy bottomed pot, heat olive oil over medium heat. Saute onion until it starts to soften and become translucent. Add garlic. Cook and stir for an additional minute. Stir in celery and carrot, cook for another 3 minutes.
2. Add wine to deglaze the pan, scraping up any browned bits. Cook until reduced by half, about 2 minutes.
3. Add vegetable broth, beans, tomatoes, chiles, Italian seasoning, rosemary, paprika, chili flakes, salt, and pepper. Bring to a boil, reduce heat, and simmer for 20 minutes.
4. Add green beans, cauliflower, peas, corn, and vinegar. Cook for another 10 minutes, or until veggies are tender.



Spotlight on PACIFIC SEAFOOD

Founded in 1941 by the Dulcich Family, Pacific Seafood is a family-owned and operated company dedicated to providing the healthiest protein on the planet. Pacific Seafood manages all parts of the supply chain from harvesting/ fishing to processing, and distribution in order to provide customers with fresh, sustainable, high-quality products. Pacific Seafood Group is headquartered in Clackamas, Oregon. We employ more than 3,000 team members across 41 facilities in 11 states.

One of our missions is to provide products to meet all of our customers' center of the plate protein needs including seafood, beef, pork, and poultry. Some of our most popular items include oysters, Dungeness crab, rockfish, coldwater shrimp, wild salmon, and steelhead.

Find out more at
PacificSeafood.com

Hardshell Clams

The wide variety of clams available today make this a popular shellfish that can be eaten as an appetizer or entrée, depending on how you serve them and what type you have. On the West Coast, Manila clams are plentiful. These "steamer" clams are often steamed and eaten from the shell with butter and garlic. They can also be included in pastas or chowders. The common hard clam on the East Coast is eaten similarly, and is called by many different names: littleneck, topneck, and cherrystone to name a few.

Our hatcheries utilize best practices in humane husbandry. We expertly manage the growth cycle of our oysters, clams, mussels, and steelhead in healthy, controlled environments. We are the only company in North America with an SQF Level III certification in shellfish.



Breadsticks

Makes 8 Servings

- ¼ cup warm water (114°F)
- 1 pkt (2 ¼ tsp) active dry yeast
- Pinch of sugar
- 3 cups unbleached wheat flour
- 1 tsp kosher salt
- 1 cup warm water (114°F)
- 2 Tbsp olive oil, plus more for brushing
- ½ cup Parmesan cheese
- 1 tsp Italian seasoning
- 2 Tbsp melted butter (optional)

1. In a small bowl, mix together ¼ cup warm water, yeast, and sugar. Allow to proof 5-10 minutes, until foamy.
2. In a large bowl, whisk together flour and salt. With a wooden spoon, stir in proofed yeast, remaining cup of warm water, and 2 Tbsp olive oil. A shaggy dough will form.
3. Turn out dough onto a lightly floured surface. Knead 3-4 minutes, until the dough is smooth and elastic.
4. Oil the mixing bowl. Place dough back in the bowl and brush with a little more oil. Cover with plastic wrap or a clean kitchen towel. Allow to rise in a warm, draft free place for 60-90 minutes or until doubled.
5. Preheat the oven to 450°F. Line a baking sheet with a silicone mat or parchment paper.
6. Punch down the dough to remove air bubbles. Divide into 2 portions. Roll each out into 12x12 inch squares. Cut each square into 4 strips. Fold each strip in half and twist several times. If the dough will not twist, allow it to rest for 5 minutes.
7. Place twists on the prepared baking sheet. Brush with more olive oil, and sprinkle with Parmesan cheese and Italian seasoning. Bake for 15 minutes or until golden. Brush with melted butter, if desired.

Linguine with Clams

Makes 4 Servings

- 8 oz linguine
- 3 Tbsp butter
- 1 shallot, finely chopped
- 5 cloves garlic, minced
- ½ tsp red pepper flakes
- ¼ tsp black pepper
- ½ cup dry white wine
- 1 lb hardshell clams, defrosted
- ¼ cup clam juice
- 1 fresh lemon, juice and zest
- ¼ cup Parmesan cheese
- ¼ cup fresh Italian parsley, chopped

1. Cook linguine to al dente, according to package directions. (About 9 minutes for dry pasta.) Reserve 1 cup pasta water.
2. In a large skillet, melt butter over medium heat. Saute shallot until it begins to soften and becomes translucent, about 3 minutes. Add garlic, cook until fragrant, another minute. Stir in pepper flakes and black pepper.
3. Deglaze skillet with wine. Allow to cook down until reduced by half, about 5 minutes.
4. Increase heat to medium high. Add clams, clam juice, lemon juice, and zest. Bring to a boil. Add pasta, parsley, and a splash of pasta water. Toss and cook until evenly coated, and sauce has thickened. Sprinkle with Parmesan and serve hot.



Mushroom Scallop Pasta

Makes 4 Servings

- 8 oz linguine, cooked until almost al dente (about 5 minutes), 1 cup pasta water reserved
- 1 lb trumpet mushrooms, the largest you can find (oyster mushrooms may be substituted)
- 2 Tbsp butter or vegan butter
- 1 Tbsp olive oil
- 1 shallot, minced
- 1 head black garlic, minced
- 1 cup dry white wine
- 1 meyer lemon, zest and juice
- 1 small bunch kale, stemmed and torn into bite sized pieces
- 2 Tbsp slivered almonds, toasted

1. Slice the trumpet mushroom stems into 1 inch thick rounds ("scallops"). Mince the caps and set aside.
2. Melt butter and olive oil in a large cast iron skillet over medium heat. Sear mushroom scallops for 3 minutes on each side, or until golden. Remove from the skillet and set aside.
3. Add shallot and garlic to the skillet, saute for 1 minute. Stir in minced mushroom, cook for an additional minute. Deglaze with wine, scraping up any browned bits. Cook until reduced by half, about 3 to 5 minutes.
4. Stir in lemon juice and zest. Bring to a boil. Add kale, cook until wilted. Add pasta, mushroom scallops, almonds, and a splash of pasta water. Toss until evenly coated, cooking until kale and pasta is tender, and sauce is thickened. Season with salt and pepper, to taste.



Pour Form

By Diana Carhart · Front End

I have a great many loves in my life: family, friends, food, music, and wine. I've been lucky in my life to live and work at the intersection of these loves and I am so excited to share them with our customers and readers! That being said, it wouldn't be a complete article without including the wines I tried, the foods I paired with them, the music I put on the record player (doesn't music just sound better that way?), and the other foods I dreamed about while I ate, drank, and sang.

For most of my life, I was an omnivore. While I now follow a vegan diet, I tried to include a wide variety of the foods that I believe would pair with each wine listed. I hope you enjoy my findings and that they spark the culinary creativity inside each of you.



buttery, and warm. Think a crisp, warm loaf of bread in wine form (though I'm gluten sensitive, I can always bring it back to bread!). Airlie's 2015 Chardonnay was a perfect compromise at a really workable price

AIRLIE 2015 Chardonnay

My house is divided on Chardonnay. My wife prefers steel-aged white wine, leaning more into crisp and fruity Chardonnays. I prefer the white wine equivalent of a flannel shirt—oaky,

point. I would classify its oakiness as “slight:” it appealed me and my wife could roll with it. The mouthfeel was heavy on the butter, and I

▼ *Enjoy Airlie Chardonnay with a charcuterie board*



▲ *Willamette Valley Vineyards by Diana Carhart*

could easily crush a bottle of this by myself, dancing in the kitchen while I cook (just don't tell my doctor).

What I ate with it: Vegetable Curry

What I listened to: The Four Lads, Greatest Hits

What you could pair with it: Winter squash, butternut squash soup, spaghetti aglio e olio, cheese & charcuterie plate.



TRINITY VINEYARDS

Willamette Valley Pinot Noir Rosé

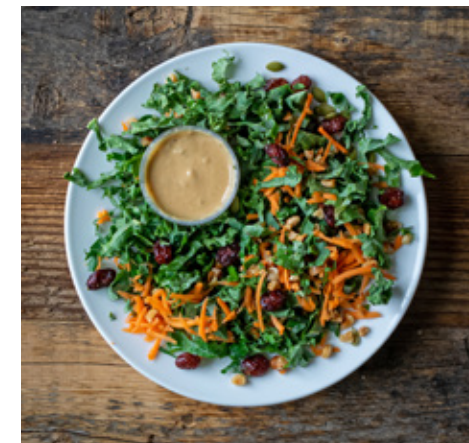
Rosé is often classified as a summer wine, but I'm here to advocate for her all year long. Perfect after a day of snowshoeing or skiing on the slopes, I'm officially announcing that

Pinot Noir Rosé is not just a summer wine choice any more! For a long time I tried to hide my love of Rosé. But luckily for me, the world realized that this type of wine had a lot to offer and now I get to flaunt my love in public (#lovewins). My household is also divided on Pinot Noir Rosé: I prefer something sweeter, more berry-forward and my wife prefers dry. While I felt this wine was borderline more dry than sweet, Trinity Vineyards still made a Pinot Noir Rosé that I could get down with all winter long while I hibernate like a bear for summer.

What I ate with it: Vegetable stir fry

What I listened to: The Mamas & The Papas, If You Can Believe Your Eyes & Ears

What you could pair with it: BLTs, grilled vegetables, salmon, kale salad with your choice of protein.



▲ *Try Trinity Vineyards Pinot Noir Rosé with a fresh kale salad*



INKARRI 2019 Malbec

Whenever the weather gets cold, my old southern bones start aching for jambalaya. Something about the rice, vegetables, and spices transports you to New Orleans and comforts you when the days are shorter and the nights

colder. A fruit-forward, super sippable soft wine, the Inkarrri 2019 Malbec was a dream paired with homemade jambalaya. Most Malbecs I encounter tend to lead with heavy spice, and this one didn't. I would recommend this bottle for anyone wary of dipping their toes into the Malbec pool.

▼ *Pair Inkarrri Malbec with a juicy ribeye or portobello mushroom burger.*



What I ate with it: Vegan Jambalaya

What I listened to: Dolly Parton, The Grass is Blue

What you could pair with it: Pan-fried Brussels sprouts, portobello mushroom burger, jambalaya, shish kabobs, ribeye steak, short ribs, paella.



LES HAUTS DE LAGARDE 2019 Bordeaux

If a wine could cuddle, Les Hauts 2019 Bordeaux would snuggle you right into 2021. Balanced, smooth, and classic, this red wine was perfect up against mushroom bourguignon and

my recording of The Bachelorette (don't judge). While I enjoyed my night-one glass, it was night two where I felt the wine really strutted its stuff. If you can restrain yourself, this wine loves a chance to open up and grow into day two.



▲ *Try Les Hauts de Lagarde Bordeaux with a hearty lentil stew.*

What I ate with it: Mushroom Bourguignon

What I listened to: Tracy Chapman, self-titled Tracy Chapman

What you could pair with it: Stew, beef tenderloin, ratatouille, chocolate. 🍷



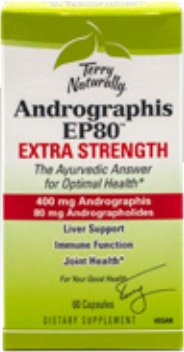
WINTER SUPPLEMENTS

By Desta Moore · Wellness



NATURAL FACTORS Vitamin D3 5,000 IU

The Oregon sun is low on the horizon and many people are staying indoors. Lack of natural vitamin D production in the skin and low levels in the diet can lead to deficiency. Vitamin D is getting a lot of media attention these days spurred by studies linking sufficient levels to better COVID outcomes. Vitamin D helps activate macrophages, the immune system cells that go after and destroy foreign invaders. Optimizing our vitamin D can also play an important role in maintaining healthy inflammation levels and a good mood on the dark days of winter.



TERRY NATURALLY Andrographis EP80

In 1918 the flu swept across India, killing millions of

people. The herb Andrographis was credited by some as playing an important role in eventually stopping the spread of that especially deadly flu. With a long history of use in Traditional Chinese Medicine and Ayurveda as an adaptogenic herb, the world is looking to Andrographis once again for its immune- and upper respiratory-supporting properties.



WHOLESUN WELLNESS Deep Immune Mushroom Health

This potent seven-mushroom blend is perfect for an acute cold virus or as a daily tonic throughout the entire winter. The Reishi, Turkey Tail, Chaga, Lion's Mane, Cordyceps, Maitake and Shiitake combine to provide the body with the full spectrum of myco-nutrients, known to boost immunity, enhance mood and mental clarity, increase energy and endurance, and aid in digestive health. Add this concentrated powder to any hot or cold beverage or food.

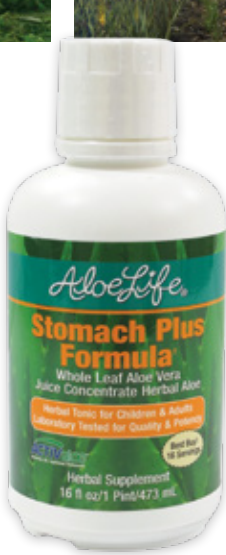


DR. OHHIRA'S PROBIOTICS

With around 70-80% of our immune system cells residing in our gut it makes sense to focus on gut health support throughout the winter season.

Dr. Ohhira's uses a unique blend of fruits, wild vegetables, mushrooms and seaweed and a traditional Japanese 3-year fermentation process to create a blend of pre-, pro-, and postbiotics. Most people are familiar with probiotic bacteria and their role digesting food and supporting immune response. Postbiotics, what our probiotic bacteria produce, are lesser known, but also important. Postbiotics are the pH-balancing organic acids, vitamins, minerals, amino acids and enzymes that our probiotics create during fermentation and healthy digestive processes.

Hippocrates is credited with saying "All disease begins in the gut." The more modern medicine discovers about the link between gut health and immune health, the more this ancient idea seems to be true in modern times.



SPOTLIGHT ON Aloe Life

Aloe Vera, called the First-Aid Plant and Plant of Immortality by the ancients, dates back to 3500 BC. Traditional use included both the yellow sap and inner gel from the entire plant for ingesting and topical use, supporting digestion, energy, irregularity, hemorrhoids, immunity, fever, congestion, joints, headaches, and skin. Aloe Vera is a true herbal medicine chest, with over 100 active components.

Modern research explains how it works and the results. 3500 research papers now point to the active components: polysaccharides, glycosides, sterols, saponins, gibberellins, salicylic acid, minerals, and more. The results include support for balancing cholesterol, blood sugar, detoxification, immunity, digestion, and skin repair for wounds and troubled skin.

The bioavailability research study at the University of California, Davis, in 2007 showed that aloe vera significantly increases absorption of Vitamin E, C, and B12 into plasma, explaining the foundational well-being many experience. Adding a quality Vitamin E with Aloe Vera supports the body at its foundation.

The popularity of aloe vera peaked in the USA in 2009, and it continues to sell among the top 6 superfoods. Testing herbs reveal a very big difference in the potency of aloe vera products on the market.

Since 1991, Aloe Life has produced a line of exceptional Whole Leaf Aloe Vera Concentrated products, personal care, and internal juices, fun to use and not overheated or overfiltered. It's a best buy in aloe vera to optimize health! Questions or information: www.aloelife.com or 800-414-ALOE



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Open 8am-8pm

WINTER RECIPES

Warm and comforting recipes to
get you through the season.

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Ham Hocks & Lima Beans
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Maple Pear Galette
...and More!



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