

HEART BEETS

from the alberta co-op



SUMMER 2014



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It's TRUE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!





HAPPY SUMMER, ALBERTA CO-OP MEMBERS!

Welcome to the new (and hopefully improved) version of Heartbeats, Albera Cooperative Grocery's bi-annual newsletter. You may notice we've changed format, to a more magazine-style publication. We think this edition looks sleeker and nicer looking than our former newsprint version.

We hope you all enjoy this new change as much as we're excited about it. This edition is packed full of information for our owners and shoppers alike, from updates about GMO legislation, an FYI about wine, staff hot sauce picks, awesome sales, and much more. Enjoy!

**-Theresa,
Marketing**

A GREETING WITH OUTREACHED ARMS



As many of you know, one of the many roles i play in the ongoing journey of the coop experience is outreach coordinator. It has been wonderful speaking with many of you about things such as the patronage dividends (which will exist if the member owners vote on it!), the fresh exchange program, and just answering your general queries. As the

outreach person, i do want to make sure every single person has access to information, to assure they make decisions about their health, and i feel like i want to take this a bit further and include YOU in this journey!

**-Jamilah,
Outreach
Coordinator**

Tri Co-op Farm Tour²⁰¹⁴ Sat. Aug. 23 Food: The Next Generation

Nearly 60% of all people operating small farms in the US are 55 years of age or older, and quickly approaching retirement. The "graying" of farmers, combined with the fact that fewer young people are entering the field, poses challenges for the future of small farms, and questions about who will grow our food in the future.

But let us look forward with hope! Join the three Portland food co-ops: Alberta, People's, and Food Front to explore Food: the Next Generation. We'll make visits to small urban farms run by enthusiastic younger people with fresh perspectives and dedication to food and community building. We'll also visit urban garden education sites teaching youth

to grow and prepare wholesome foods, and maybe, just maybe, plant the seeds for a new generation of farmers!



GET OUT OF THE AISLES, AND INTO THE FIELDS

Ticket available at All Three Portland Co-ops



SUMMER, SUMMER, SUMMER TIME

SALE

KeVita sparkling probiotic drink

\$2.39 per 15.2oz bottle
reg. \$3.69



assorted flavors

July 16th - July 29th

SALE

Lakewood organic
Lemonade

\$1.99 per 32oz bottle
save \$2.49!



July 16th - July 29th

SALE

ANNIE'S natural salad dressing

\$1.99 per 8oz bottle
reg. \$3.79



assorted flavors

Q: Why should you always knock on the fridge door before you open it?
A: There could be salad dressing in there.

July 16th - July 29th

SOME LIKE IT HOT

local {



} not local

The Co-op is just jam packed with hotties (flame boy mango not pictured)



#1 Aardvark. Secret Aardvark. This stuff is my go-to hot sauce to put on anything that's not hot enough. Its got a nice habanero bite, but also enough other ingredients to have really nice flavor - I put it on tacos, in salsa that's not hot enough, on chips, quesadillas, rice and beans, or just steamed veggies.

#2

Thai and True Sriracha. This stuff used to be hotter, but its tempered out a little. I use this one for curries, stir-fries, and sometimes a barbeque sauce.



#3 Hot Winter Santa Fe Grande (hot). This is a new one. It comes in a nice glass bottle with a real pretty label. There are 4 levels of heat, but this is my favorite. This is the one I use as my ketchup. I'm not a ketchup-eater, but this is a nice, flavorful, but intense and thick hot sauce that I put on hashbrowns and eggs or tater tots.

Eli's Picks



Richard's Picks



#1 Hot Mama Salsa Hot Suace is best for what it's not. It's not insanely hot, too mild, balancing too many flavors, or trying to be something it's not. It relays on Habanero for most of it's flavor and matches perfectly with eggs, burritos, or in a more complex cooking sauce.

#2

Flame Boy XXX Hot isn't the hottest sauce on the shelf, but it still packs a punch. Its distinct smokey flavor makes it a perfect grilling hot sauce!



#3

Organic Harvest Chipotle Habanero Pepper Sauce is my most regular go-to hot sauce! I put it on pizza, tacos, eggs, or anything I have the compulsion to eat hot. Chipotles make this sauce super flavorful and mouthwatering. Sometimes I find myself staring off into the distance for several minutes at a time just thinking about how much I love this sauce.



THE RIGHT TO KNOW

By **Anthony Rianda of the Grocery Team**

One of the hottest topics in the food industry these days is the debate over GMOs. This November, Oregon voters may have the opportunity to require all foods containing GMOs to be labeled as such. The proposed initiative aims to provide increased transparency to shoppers. Basically, manufacturers are required to list nutritional facts, so why not GMO content? Currently, over 60 countries around the world legally require GMO foods to be labeled.

nature.

Usually, GMOs are found hidden in the ingredients that are used to make our more processed food items.

So what's the hubbub over these "Frankenfoods" anyway? The impact could be broad and profound. The side effects directly influence consumer health, environmental well-being, and the viability of our farmers.

First introduced to the market

use stronger, and likely more dangerous, chemicals. This spells obvious catastrophe for consumers, farmers, and the environment, which all inadvertently absorb these toxic substances.

Created in labs, GMOs are patented, thus creating ownership of the crops for a handful of giant corporations. This has created a relationship where farmers are helplessly indentured to these businesses, which own the seeds and the obligatory pesticides.

Alberta Co-op's staff has officially endorsed Oregon's initiative to require GMO foods to be labeled and directly create more transparency in our food choices. Not only that, ACG advocates knowledge through awareness by adhering to our Buying Guidelines, which specifically states: "ACG will strive to maintain a GMO-free product selection and actively educate it's members and customers about the issues of genetic manipulation in our food chain. Whenever we become aware of genetically modified ingredients in ACG products our buyers will research alternative options and alert customers through proper signage."

If you'd like to learn more, visit these websites:

oregonrighttoknow.org

gmofreeoregon.org

nongmoproject.org

If you are unaware of this term, GMO stands for Genetically Modified Organism. These are foods, both plants and animals, that are genetically engineered in laboratories. Scientists in laboratories are splicing genes of plants, animals, insects, bacteria, even humans, altering their very DNA to create new plants and animals for consumers. This is much different from traditional methods of crossbreeding, which has existed for thousands of years, since it introduces combinations of species that could never occur in

in 1994, GMOs are a relatively new technology. There has yet to be a thorough study on whether there are detrimental effects to consuming these genetically modified products. By unwittingly consuming GMOs, we are currently living the experiment, and no one can be certain of the repercussions. Most GMOs are specifically designed to tolerate herbicides and pesticides. This has directly lead to a proliferation of chemical treatment on our food supply. As pests become increasingly resistant, farmers are forced to



Right now all you Member-Owners get a chance to vote on a very special bylaw revision before our Annual Meeting on July 13th. We're talking patronage dividends!

Hopefully you all have seen the info we've put out to help inform our customers about these proposed changes, but just in case you're not as up to date as you might like to be when filling out your ballot, here are a few FAQs for you:


FIRST OFF, WHAT ARE THEY?

Patronage dividends are a couple fancy words that mean all owners of the co-op could get back a portion of what you spent in a year at ACG if we make a profit. Like how members of REI or most other consumer co-ops get checks in the mail once a year based on their shopping, we'd transfer to a system like that.

DO ACG'S WORKERS SUPPORT THIS SYSTEM?

We do! We believe this is the best next step for our business.

1859



**alberta
co-op**

Pay to the order of Alberta Co-op Member (you) \$ \$ \$ \$ \$ \$

Share in the success and no 100

For Patronage Dividends Checky Signer

#####

patronage dividends

WHY FIX WHAT'S NOT BROKEN? DO WE NEED A NEW SYSTEM?

There are a few important reasons the staff at ACG are supporting this move to patronage dividends. First, it will help improve the financial sustainability of the store. With the discount system, profits are given to our owners

(in the form of our register discounts) before we know if we've actually made a profit for the year. With a patronage dividend system, we'd have more ability to make the wisest financial decisions based on what we've actually earned (or not). Additionally, not having register discounts would allow us to free up

more money in our budget for things like outreach programs, staff benefits, or store improvements, for examples. A patronage dividend system would also give us a nice tax advantage. As long as we distribute at least 20% of the profit back to the ownership who shopped here, we won't need to pay taxes on that income. Finally, we believe this system supports the Cooperative Principles (namely number 3:

"Economic Participation: Members contribute equally to, an democratically control, the capital of the cooperative". We also believe this system will help foster feelings of ownership within our owners. We think getting a check in the mail based on how much you shop here will really help you know that you share in the successes of this cooperative business.

**We think getting a check
in the mail based on how
much you shop here will
really help you know that
you share in the successes
of this cooperative
business.**

ARE OTHER CO-OPS DOING THIS?

Yes! A vast majority of consumer cooperatives operate with this system. Maybe the most famous example is REI, but co-ops all over use a patronage dividend system,

including the other two grocery co-ops in town, People's Co-op and Food Front.

Thanks for reading up on this, and hopefully this will help you make an informed decision when it comes time for you to vote. Please email our Owner Services coordinator with any questions you may have at:

OWNERS@ALBERTAGROCERY.COOP

This Conversation is BANANAS

By Alex Hebler of the Produce Team



Nutritious, easy to eat, and considered delicious by most, it's no wonder the banana is the top selling fruit in the US. According to national studies, the average American eats roughly 25 lbs of bananas per year. As someone who regularly stocks the banana display here at ACG, I say 25 lbs is a conservative estimate! People are--I apologize in advance for this joke--bananas for bananas.

Bananas are, however, a tropical fruit, and consumers depend on imports from other countries. Conventional banana plantations are notorious for being some of the most terrible work environments, often operating under very limited workers' protection and the lowest wages possible. The Fair Trade movement combats these injustices by providing opportunities for smaller farms to participate in trade, and ensuring that workers are being paid fair wages for their labor. According to an article on Civil Eats, "The Fair Trade banana industry began in Europe nearly two decades ago and while it currently represents 30 percent of the banana market in the United Kingdom and 50 percent of the market in Switzerland, less than one percent of the bananas sold in the U.S. are Fair Trade certified." How can we increase that percentage? By supporting and purchasing Fair Trade certified bananas! While there are an assortment of Fair Trade certified bananas available in

the US, we haven't yet found distribution in Portland for them. The bananas our produce distributor Organically Grown Company carries are GROW bananas.

GROW (Giving Resources and Opportunities to Workers), a social responsibility program within Organics Unlimited, uses a portion of their profits to directly benefit the communities in rural Mexico and Ecuador growing these bananas. In fact, Organics Unlimited is the first provider of organic Fair Trade certified bananas from Mexico. Organically Grown Company--a wholesale produce distributor here in Portland--states, "Since 2005, OGC's sales of GROW bananas has resulted in donations of more than \$600,000 to support educational programs and dental and vision clinics in Colima, Mexico, where most of the bananas are grown." When you see a GROW sticker on the banana you're buying at ACG, you're contributing to essential medical and educational programs in these communities.

There is still plenty of work to be done in the complex and problematic world of banana trade, but programs like the GROW program are a good start. The article cited above from Civil Eats, "The Other Fair Trade: Why Equitable Bananas Matter", is a great beginning step for those of you interested in learning more about the banana industry.



BULKING UP



COME CHECK OUT OUR NEW BULK LIQUID SET UP!

We've got more bulk liquids than ever before, and new drip trays to keep things more tidy.

HERE'S WHAT IS NEW::

- We added an Organic California Olive Oil to the Mix \$7.99/lb
- We added a Organic Toasted Sesame. Yum... Toastie. \$6.49/lb
- The Maple Syrup got a speedier nozzle. Still just \$8.99/lb
- Did you know we have Bulk Organic Fair Trade Coconut Oil? \$7.69/lb

SEE YOU IN THE BULK AISLE!

BOTTLE SHOCK

by **theresa**, marketing coordinator & resident wino

Picking out a bottle of wine can be an overwhelming experience. There are a seemingly infinite number of producers and varietals, and often times the labels on the bottles don't even tell you what's inside, especially those from Europe. Reading the shelf talkers from wine companies can leave you with even less of an idea of what the wine will be like, with all those wild metaphors and unusual descriptors (does anyone know what a wet forest floor tastes like?) Wine industry people can tend to take the whole thing really too seriously. And I get it, there's a lot to be passionate about, and a lot to know and always a lot to learn. But at the end of the day, the most important thing to remember is that it's just wine. It's supposed to be enjoyed, with friends and/or food, and doesn't have to be taken too seriously if you don't want to. What matters most is what you like, not the so-called experts. That being said, here is a brief overview of some popular varietals (or, grape varieties) you'll see on our shelves as singular varietal wines or in blends, and what you can usually expect from them in a

PINOT NOIR - The Willamette Valley's wine industry darling, Pinot Noir was made most famous originally in the northern French region Burgundy where bottles can be incredibly complex and expressive, with a price tag to match. Willamette Valley Pinots started taking off once growers started importing and planting Burgundian clones. Generally Pinot Noir is light bodied, delicate, and subtle. You will usually find cherry or dark berry notes, and often a certain earthy, gamey favorite tastes quality will develop with age (not everyone's "rules" and grapes are but I love 'em). Pinots are so light you can break the skins, which to come from enjoy a bottle with some salmon for dinner. These grapes are temperamental and produce low yields and have thin can add to costs. Generally the best Pinots are going to come from climates that are cool and moderately dry during harvest time. Try the Whoa Nelly Pinot from the Willamette Valley for \$15.99.

pinot noir



CABERNET SAUVIGNON - Probably as opposite a red wine as you can find from Pinot Noir, Cab Sauv is a main component in some of the most amazing, expensive bottles of wine in the world. This grape can be grown basically anywhere, but does best in a warm to hot climate. Cabs are generally in-your-face kinds of wines, with high acid and high tannins (the component in black tea that makes your mouth experience that heightened tactile sensation, sometimes described as astringent), and usually have big, bold flavors. These are wines to pair with steaks or really protein-rich foods as the tannins will bind with the proteins and soften their effect. These wines can run the gamut in pricing, but the best bet is to look for one from a moderately-warm climate (not too hot, not too cool). Try the Pacific Redwoods Cabernet.

cabernet sauvignon



SYRAH - Also known as Shiraz in Australia, this is another bold red wine that can stand alone for big taste impact or can go marvelously with food. The style of wine made from this varietal can vary dramatically based on the climate in which it's grown, so that'll be your best indicator of what you're getting when picking a bottle. Moderate climates (like Walla Walla, Washington or the Rhone Valley of France) will make a medium-bodied wine with good tannins and acid, and flavors of dark berries, mint, and black pepper. Warmer climates (like parts of Australia or California's Central Valley) make wines that are fuller-bodied, higher alcohol, and jammier fruit flavors. A nice Syrah out of Washington for \$15.99.

syrah



TEMPRANILLO - Tempranillo (in terms of taste and value) is predominantly out of Argentina and Chile. popular, and can be mostly Tempranillo. South America aren't as, say, France, so for a modest price.

tempranillo

is grown all over the place too, but the best ones (in are blended with other varietals and are coming Spain and, excitingly, South American countries. In Spain wines from the Rioja region are most made from lots of different varietals but are (generally around 90%). Both Spain and as established as premier wine regions they can still offer great bottles of wine. Tempranillos tend to be lower in acidity, bodied, with flavors of red berries, plum, leather. Try our Cortijo Rioja for \$10.99.



CHARDONNAY - Chardonnay, like Pinot Noir, got famous from Burgundy, France. Unlike Pinot Noir, though, almost anywhere, in any climate. grape is neutral in character, and the made from Chardonnay grapes do with the climate/winemaker itself. Chard has gotten a bad lots of bad, sugary sweet wines ones have a crisp acidity and green medium-bodied roundness and from oak aging, and are excellent or the idea that wines taste of a place climate and soil and winemaking tradition. Try our 2012 Eve Chardonnay, retailing at

chardonnay

Chardonnay can grow Chardonnay as a tastes of wines have more to techniques than the grape rap in the past because of made from it, but the best fruit character with smooth, vanilla/toasty/hazelnutty flavor expressions of terrior, because of things like



SAUVIGNON BLANC

France and Napa to produce really blew up. You'll smell off the bat, you'll smell a are impacted

sauvignon blanc

- Sauv Blanc has famously come from the Loire Valley in Valley in California, but with New Zealand's ability unforgettable versions of this varietal, the scene Sauv Blanc grapes make a distinctly aromatic wine. notes of tropical fruits like mango and lychee right and particularly in New Zealand Sauvignon Blancs pungent green grass or herbaceous note. These wines by location and climate where the grapes are grown, and are susceptible to picking up smokey, limestone elements from limey soils. These wines are naturally high in acid, and alcohol levels can vary based on climate.

For a good example, try our 2013 Ana Sauvignon Blanc for \$12.99



ROSÉS - Rosés are a style(not a varital) of (of almost any varietal.) Rosés get their juice from the grapes soak with contact for a short period of time (less than 48 wonderful summer wines, as they can structure and fruitiness not typically wines alone. They are acidic and and best served lightly chilled. I think Liquid Geography rosé (\$11.99, and all the Lascaux rosé from Languedoc, Grenache, and Syrah grapes) for \$15.99.

Rosé

pink wine made from red grapes pink color from letting the with the skins from the grape hours, generally). Rosés are hold an element of found in white or red refreshing, and rarely sweet, my favorites are the 2013 proceeds go to charity!), and France (a blend of Cinsault,



Of course there's so much more to say on this subject, and much of this conversation has to center around where the grapes are being grown and techniques used in the winery in order to be more comprehensive, but I think this is a good place to start. Next time you're in, give one of these a shot and let us know what you think! And, as always, you can ask us if you have any questions. Happy drinking!



A GREAT LEAP FORWARD

A few ACG workers got together and sampled some of our many vegan cheeses - here's some thoughts!



Treeline Cheese - Cracked Pepper Hard Cheese

This is my all time favorite. If I didn't want to eat it all the time, it would be the cheese I take on picnic date. Although Treeline's Cracked Pepper Hard Cheese is firm, when sliced it has a creamy texture that would go great on a fresh baguette. The pepper adds a spiciness that made this my all time favorite. -Lee

Very similar to the Treeline Classic hard cheese, but here a modest sprinkling of peppertrumps the smoky undertones of its cousin. Unwrap this at your next brunch or evening soirée and you'll have people talking - and not in the "Did they just bring Limburger to the party?!" kind of way. -Julia

Treeline Cheese - Classic Hard Cheese

This one is absolutely my favorite. This fermented cashew cheese takes vegan cheese into the realm of cheese as a thing to be eaten for its own sake, rather than a thing to be replaced on a pizza. Tart and crumbly and delicious. -Eleanor

Hard vegan cheeses are rare! Treeline's is quite dense, with a satisfying dryness to it, and manages to be sliceable without crumbling. Their Classic flavor is probably the most cheese-like of their entire line-- somewhere in the vicinity of a cheddar.- Cecca

Treeline Herb-Garlic French Style Soft Cheese

Creamy and delicately flavored, this is the perfect spread for that fancy cracker you've been dying to try. Not a fan of crackers? You really could schemer this stuff on just about any-thing with excellent results. -Julia

Creamy, subtle (like sweet whispers in your ear) Spread it all over bread-y things, you'll be glad you did.-Nickles



Treeline Scallion French-Style Soft Cheese

Creamy with a kick. Good on crackers, nice on a bagel. Good all-around soft cheese. -Nickles

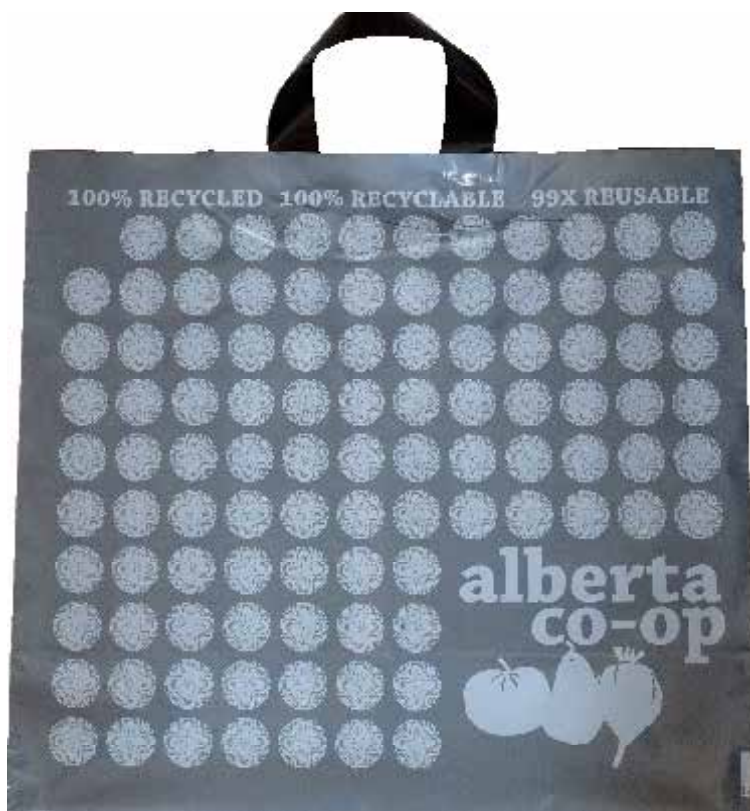
You will love this if you love super tangy flavors! -Eleanor

Heidi Ho Cheese - Chia Cheeze Sauce

I liked this more than I thought I would. The color was initially a turn off, reminiscent of low-grade nacho sauce, despite my knowing it to be all natural. But lay aside your prejudice! Chia Cheeze is a bit spicy and has enough flavor to hold its own as a dip, and I could imagine it working in other dishes, as well. -Cecca

I would grab this if I were heading to a BBQ with some chips and salsa. -Lee





The Co-op's Got a Brand New Bag

Reuse. It's always the 1st best option. So, if you already bringing in your own bags when you shop, kudos to you. If you forget a bag, or are looking for a reusable option, we have this economical option for you.

FUN FACTS ABOUT OUR NEW BAGS

- They're made from 100% recycled material
- They are 100+ times reusable
- They're Recyclable once you're done with them.
- They're more environmentally friendly than paper bags: they take less energy to produce, they're far more reusable, and they're made from recyclable materials.
- They comply with Portland Plastic bag ordinance

OH, and they're just \$.25 each



**HI, ALBERTA CO-OP OWNERS
(AND FUTURE OWNERS)!
HERE'S A FRIENDLY REMINDER
OF THE REST OF THE YEAR'S
OWNER APPRECIATION EVENTS.**

We've got Plenty of these cards
(pictured here) If you need a
physical reminder.



FAIR TRADE: A PRIMER by Bryan Johnson of Produce Team

You've probably heard us mention the Co-op's buying standards in any number of newsletter articles over the years. These are the guidelines that our buyers use to determine which products we should purchase for sale in the store. One of these buying standards directs us to "prioritize Fair Trade Certification when purchasing products from outside the United States."

So what does this mean? Fair Trade is a set of voluntary business practices adopted by buyers and producers that are designed to advance a number of economic, social, and environmental goals, including raising and stabilizing the incomes of small-scale farmers, farm workers, and artisans; more equitable distribution of the economic gains, opportunities, and risks associated with the production and sale of these goods; and promoting safe and sustainable farming methods and working conditions, among other goals.

You'll find a Fair Trade label on many products in store, including coffee, chocolate, and a variety of bulk nuts. In the Produce Department we've been lucky to have more Fair Trade-certified products available from Mexico and further south this year than any year in the past. If you've bought tomatoes, avocados, eggplant, cucumbers, bell peppers, ginger, grapes, berries, or zucchini at the Co-op this year then you've been supporting Fair Trade.

FAIR TRADE OR DIRECT TRADE?

Even though Fair Trade is a positive and proactive step, it isn't the be all and end all. Some businesses, specifically coffee roasters and chocolate



manufacturers, have spotted faults in the Fair Trade model and



opted for direct trade with the growers themselves, rather than working through a third party or organizations that control certification.

But Direct Trade also has its upsides and its downsides. On the one hand, by constantly visiting source farms and establishing one-on-one relationships, companies can gain more influence over the quality of the product, the price paid to the farmer, and environmental, labor and business standards, all of which should be considered mutually-beneficial. But on the other hand, without any certification process the consumer has no way to know what these practices really are. Whereas a farm is certain to receive at least a minimum fair price for a product that is certified Fair Trade, the same cannot be said with certainty about a Direct Trade product, even though it is often true that the farmer may actually be paid more or have higher standards than under the Fair Trade model.

Ultimately, what it comes down to with Direct Trade is that we have to take their word. We, the buyers and consumers, could do a bit of research but, in the end, we only have the companies word.

At the Alberta Co-op, we take Direct Trade into account in one of our buying standards. "ACG recognizes

[Fair Trade certification] as a minimum standard for internationally traded goods. Buyers will prioritize working with companies exceeding FT standards and who trade directly with farmers and producers."

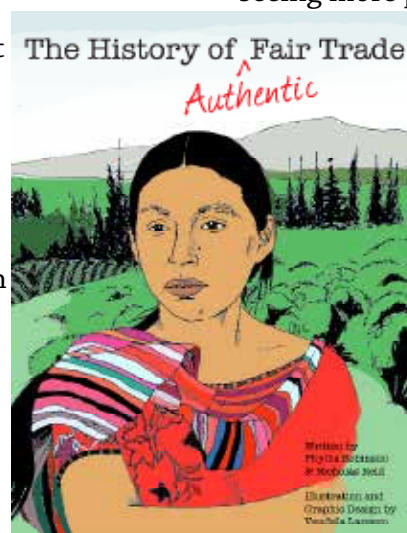
FAIR TRADE LABELS

There are a number of different Fair Trade labels out there. The labels you'll see most frequently at the Co-op are: Fair Trade USA, Fair Trade America, Fair for Life, Rainforest Allinace, and Small Producers Label. Amongst these labels there is a



pretty vast spectrum of what practices they attempt to certify. At the Co-op we like certifiers that have maintained that their products come from democratic co-ops of small scale producers

(Cooperating with other Co-ops!) For that reason we are excited about seeing more product with the small producers Label (Just Coffee, and Equal Exchange are rolling out more of their products with this Certification.



To help you swim through the turbulent sea of certifiers, we found that the Fair World Project's page Distinguishing Committed Brands

makes it easier to compare a number of certifiers on a number of key issues. We also highly recommend the reading of "The History of Authentic Fair Trade", a easy to read and informative comic book on the history of Fair Trade. Here's some great links to get you started:

fairworldproject.org
smallfarmersbigchange.coop

Food for Pregnancy & Breastfeeding



by silke akerson, midwife and
ACG owner

It can be easy to feel overwhelmed by the many ideas and opinions about how pregnant and breastfeeding people should eat. Lucky for us, and our babies, nutrition in pregnancy and breastfeeding is not rocket-science. We can easily support our health just by eating a variety of whole foods, making sure to include protein, healthy fats, and the full rainbow of colors in our fruits and vegetables (ie. Orange squash, green kale, purple cabbage).

Pregnant and breastfeeding folks, like all humans, need water, protein, fiber, complex carbohydrates, healthy fats, and the whole host of vitamins and minerals. In pregnancy and breastfeeding, we need more protein, minerals, and healthy fats than at other times in our lives to build the muscles, bones, brain, and organs of this new person and to create all the hormones involved. We are lucky to live in a time and place where we have so many options for meeting this increased need for protein, minerals, and healthy fats. Here are a few ideas:

PROTEIN

Eggs are about as simple and easy to digest as protein gets and are a great food for pregnancy. Egg protein is very similar to albumin, the main protein we use to expand our blood volume in pregnancy. You can start the day with an egg-

based breakfast or hard-boil a dozen eggs to have on hand and eat as a quick snack. Cottage cheese and greek yogurt are the most concentrated dairy sources of protein because the whey is drained off in the making of these products. Try to use organic or hormone-free meats, eggs and dairy if possible in pregnancy and breastfeeding to keep your exposure to xenoestrogens and contaminants to a minimum. Tempeh is a good vegan source of protein. Soybeans are significantly higher in protein (and iron) than many other vegan proteins but

WE CAN EASILY SUPPORT OUR HEALTH JUST BY EATING A VARIETY OF WHOLE FOODS, MAKING SURE TO INCLUDE PROTEIN, HEALTHY FATS, AND THE FULL RAINBOW OF COLORS IN OUR FRUITS AND VEGETABLES

they can be hard to digest if they aren't fermented so most bodies will get more usable nutrients out of tempeh (fermented) than out of tofu (not fermented).

MINERALS

Greens of all sorts are some of the best foods for pregnant and breastfeeding people. They are high in fiber and each type has its own fabulous combination of calcium, iron, Vitamin A, Vitamin C, Vitamin K and other minerals. Kale, collards, chard, spinach, and pak choi. are all great choices and can be prepared in a myriad of ways. Nettle leaf, Raspberry leaf, and Oat Straw are mineral-rich herbs that can be taken daily in pregnancy. I like to use these herbs together to make an infusion that

is rich in calcium, iron, magnesium, potassium, and vitamin K. To make an infusion, put a handful of each dried herb in a quart mason jar, fill the jar with boiling water, cover and leave to steep for 30 minutes to overnight, then strain and drink hot or cold. Raspberry leaf IS safe during the first trimester of pregnancy though there have been some internet rumors to the contrary. It is a uterine tonic not a stimulant so it does not stimulate contractions.

HEALTHY FATS

Folks who focus on natural foods have sometimes been scared away from fats altogether because of the ways that the over-eating of processed, saturated fats have impacted health in the US. But it turns out that fats are essential to our health, especially when it comes to our brains, nervous systems, hormones, and anti-inflammatory processes. Fats are even more important during pregnancy and breastfeeding because they are essential for healthy brain and nervous system development in the baby. Olive oil is a great source of healthy fat in pregnancy and breastfeeding. It is associated with heart health and is high in antioxidants and Vitamin E. Avocados are an easy snack on crackers or chips or eaten on their own with a spoon. They are a good source of healthy, unsaturated fat while also high in fiber and potassium. Sardines might be my favorite source of healthy fat for pregnant and breastfeeding women. They are a rich source of Omega 3 fatty acids, protein, Vitamin B12, Vitamin D, and calcium and they are low on the food chain so

WORKING OWNERS ROCK



Our mission at the Alberta Co-operative Grocery is to serve as a community resource and gathering place, while providing fresh, high-quality, affordable food to the diverse members of North and North-east Portland. We emphasize products from local, organic, and socially responsible sources, and work to build connections between our customers and their farmers. Our working owners are a key piece of that mission. They strengthen the Co-op with their hands-on involvement, their ideas, and their support of the local economy. Some Working Owners have a regular weekly shift on the floor, stocking produce or grocery, or helping to keep the store clean and beautiful. Others help out with committee work, events, or writing for our enews. Whatever their contribution, they add to the richness of our community. On behalf of the entire ACG staff, I want to give a huge thank-you to all of our Working Owners – you are the best!

XO,
ACG

If you are interested in finding out more about how you can get involved, contact Rachel at

workingowner@albertagrocery.coop



