



NEWS BITES

Celebrate Cooperatives

The story of Ten Co-ops and One Chocolate Bar

Open Harvest Annual Membership Meeting

MARK YOUR CALENDAR!

**Sunday, October 24
6:30-9:30 PM**

140 N. 8th Street, Suite 500,
(the Apothecary Building in the Haymarket)

Potluck

Bring your favorite dish to share
Beverages will be provided

Mid-East appetizers from the
Open Harvest Deli

Door prizes

Live Music by the McNeelys

Live performance by Basharaat
Belly Dance Troupe

Childcare will be provided

Inside this issue:

Meet "Baby Swiss"	2
Food Additives Play Role in Hyperactive Behavior	3
Bioneers Conference in Fairfield, Iowa	4
Benefits of Flax Seeds and Oil	5
Recipes	6
Healthy Snack Ideas	7
Co-op Advantage Coupons coming to you	8
Future of Food	8

Equal Exchange, a worker co-op and leader in Fair Trade, offers some food for thought for national co-op month in October.

Did you know that you're already part of the solution? You are because you shop at a consumer cooperative. Cooperatives tackle directly the problem of how our economy often works for a few, and not for the many. And because October is national co-op month this is a good time to remind co-op members how they are supporting an enterprise that puts you, the community and democracy first, and profits second (or even third or fourth).

In a world where corporations seem willing to sacrifice everything for the sake of maximizing profits, stock price, and CEO salaries, cooperatives stand apart as an encouraging, viable, and just economic alternative.

There are all kinds of co-ops: consumer co-ops, farmer co-ops (Organic Valley is one), worker co-ops (Equal Exchange), credit unions, etc. And many things make co-ops special, but most of all that by uniting the work and capacities of many, many individuals—the "little guy"—into a democratic organization they begin to level the playing field and create new, more equitable economic possibilities for all of us.

Not only is your co-op making a difference in your community, but

co-ops are helping millions of people across the U.S., and around the world. For example, let's look at a single product: Equal Exchange's new Fair Trade chocolate bar.

This simple chocolate bar refutes what the media would have you believe, namely that only huge corporations can handle the complexities of international business in this age of globalization—where the ingredients, processing, and distribution of a product can span many countries and continents.

For starters, all the key ingredients for these chocolate bars — cocoa, sugar, and milk — are certified organic and produced by democratic small farmer cooperatives.

In these producer co-ops, farmers organize to market their agricultural products collectively, electing a board of directors who hire staff to run daily business. Revenues in producer co-ops are distributed equitably and transparently. These farmer co-ops are critical to increasing their member's otherwise meager incomes and to democratizing the economies of these rural communities.

The cocoa for the chocolate bars is provided by three different CACVRA and Quinacho cooperatives on the edge

continued on page 7



News Bites

is a quarterly publication of Open Harvest Natural Foods Cooperative Grocery

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The Board of Directors meets the first Monday of the month at 6:30 pm at 2012 S.13 St. Members are welcome to attend. Something you'd like discussed? Call Keith Dubas at 438-0171.

Open Harvest Mission Statement:

The goal of Open Harvest is to provide good health through good nutrition. Open Harvest provides high quality and natural foods with a high level of service and a reasonable price to the community of Lincoln. Open Harvest is a member-owned retail cooperative dedicated to equitable employment practices, support of local producers, consumer education, and sustainable agricultural practices.

THE BIG CHEESE

introduces

“Baby Swiss”

- Body and Soul

By Jean Helms, General Manager

Our dream has come true and I, the “Big Cheese”, have added a new member to our family. On August 7th Louis Joseph Allen, “Baby Swiss”, came into the world. The last month has been the most difficult and most rewarding time of my life to date.

Amongst other things, motherhood has presented a new set of challenges and questions about health, nutrition, and feeding a child's body and soul. There are, of course, hundreds of books on these subjects. I have narrowed the scope to four books from which to share with you.

In *Whole Child/Whole Parent*, Polly Berrien Berends shares a spiritual approach to child-raising. She shares, “If we feed our children only food, no matter how much they consume, they will be at least half-starved. The ideal food for the ideal child must be love, since, after all, the ideal individual is above all a loving individual.” One thing that I really appreciate about the book is that while it is imparting wisdom about the spiritual aspects of nurturing both child and parent, it also presents a section in each chapter called “Practical information for new parents”. These sections span the range of advice on buying clothing, books and toys to everyday items that can be used to delight and stimulate. The general tone supports NOT buying a bunch of fancy gadgets and toys.

When it comes to feeding my child's stomach and not just his soul, I have chosen two books from which to draw inspiration. The first is *From Animal Crackers to Wild West Beans* by Carol Timperley. This book presents vegetarian recipes that will take a child from infancy through toddlerhood. You will find recipes for entrees, soups, snacks and desserts. I chose to share the recipe for Bubble &

Squeak, which is a traditional English dish said to be named for the sound the mixture makes while cooking.

The second book is *The Well-Fed Baby* by O. Robin Sweet and Thomas A. Bloom, Ph.D. This book has recipes for all meals of the day plus snacks and desserts. As an omnivore, one thing that I appreciate about this book is that some of the recipes include meats and others use tofu. I chose to share the recipe for Sturdy Teething Biscuits, which are recommended for infants 8 months or older. Look for these recipes on the recipe page in this issue.

There is another book called *The Baby Book*, by William Sears, M.D., and Martha Sears, R.N. that has a plethora of information about getting from infancy to toddlerhood. In the chapter on Infant Feeding and Nutrition, they purport why food chemicals and children don't mix. For example, “Today's children will be exposed to toxic chemicals over a longer time, so they face greater health risks as adults.” and “Researchers believe that the rapidly dividing cells of an infant and child are more susceptible to the carcinogenic effects of pesticides.”

On the topic of feeding my child organic food, I use the same criteria that I use for myself. I normally choose natural, organic, whole foods and, if I have it available to me, fresh, organic and/or locally grown produce.



There is plenty of information, in my opinion, to support the importance of feeding babies organic, pesticide-free foods. One organization that has produced a report on the subject is the Natural Resources Defense Council. At www.nrdc.org you can read

their publication, *Putting Children First: Making Pesticide Levels in Food Safer for Infants and Children*. Every family is different, you will find yourself searching out differing opinions and making choices based on what your child and your instincts tell you.

The difference between the words healthy and holy is only the distinction historically made between the physical and the spiritual. Whether or not they get eaten, the peas in the pod are amazing; the star in the apple is a wonder.

- Polly Berrien

Food Additives Play Role in Hyperactive Behavior

By Gloria Bucco

Food additives are so predominant in our culture that even some television commercials are poking fun at the unpronounceable names of these chemicals that color, flavor and preserve our food.

But our additive-laden foods are no joke. A recent study conducted in Britain and published in the June issue of *Archives of Disease in Childhood* has found that food additives may play a role in increasing hyperactive behavior among young children.

British researchers found that removing food additives from the diet of a group of 3-year-olds caused a reduction in the children's hyperactive behavior reported by their parents. When the food colorings and preservatives were added back into the children's diets, the parents reported an increase in hyperactivity.

If these findings can be confirmed by further studies, researchers say removal of food additives from children's diets could help reduce their long-term risk of behavioral problems.

Preserving foods goes back thousands of years. Salting, pickling and drying meats and vegetables were common practices. But these natural methods did not lend themselves to mass production. As populations increased, food manufacturers began investigating methods that were easier and more cost effective. Today processed foods contain manufactured sweeteners, artificial flavorings and colorings, vast quantities of preservatives, processed fats or fat substitutes and more.

It's true that these substances are exhaustively tested, however, they are tested individually. Lab animals are given megadoses of a single additive at a time. Adverse reactions are easily explained away by noting that humans would not be consuming these large quantities. However, what is not taken into consideration is how different food additives interact with each other, or what cumulative effects they could have on the human body.

Today's mainstream food products often contain more chemical additives than basic food ingredients, according to Janet Zand, L.Ac., O.M.D., in her book *Smart Medicine for a Healthier Child* (Avery Publishing Group).

"Always read the labels," Zand writes. "Trying to find additive-free products can be an exercise in frustration. Preparing fresh, whole foods is a good beginning and a way to avoid the frustration."

In addition, not getting the proper balance of vitamins, minerals and other nutrients can make children more susceptible to hyperactive behavior and other problems.

Children are eating too many trans fats and omega-6

fatty acids from highly processed plant oils and partially hydrogenated oils, and not getting enough of the critical omega-3 essential fatty acids found in walnuts, flaxseed and fish, according to Roseanne Schnoll, Ph.D., R.D., associate professor of nutrition at Brooklyn College of the City University of New York. Not getting enough of these omega-3s can also precipitate allergies and possibly hyperactive behavior, she writes on WebMD.

Zand offers the following guidelines to parents concerned about food additives:

- Whenever possible, buy organically grown produce and grains. Buy meat from animals raised without hormones or antibiotics.
- Offer a diet of 50 to 65 percent complex carbohydrates, 15 to 25 percent proteins, and 20 to 25 percent fats.
- Offer a variety of foods.
- Prepare foods simply.
- Give your child three meals a day, with wholesome snacks as necessary.
- Reduce or eliminate refined sugars.
- Give your child lots of clean water.

Gloria Bucco is an independent journalist who specializes in sustainable agriculture, natural health and alternative medicine. She can be reached at healthyink@earthlink.net.



Lincoln Association For Traditional Arts 2004 - 2005 CONCERT SERIES

Check the web for details at:
<http://lafta.nebraska.edu>
Or Call: (402) 580-8656

Sat. Sept. 25 - Vance Gilbert 7:30pm The Loft at the Mill
Tue. Oct 12 - Richard Thompson *1000 Years of Popular Music* 8:00 pm Rococo Theater

Fri. Oct. 29 - Jeff Black House Concert

Fri. Nov 12 - Catie Curtis 7:30pm The Loft at the Mill

Thu. Dec. 2 - Brooks Williams House Concert

Sat. Jan. 22 - Greg Brown 7:30pm The Loft at the Mill

Sat. Feb. 26 - Café Accordion Orchestra 7:30pm
The Loft at the Mill

Sun. Mar. 6 - Annie Gallup House Concert

Sat. Mar. 12 - Laurie Lewis and Tom Rozum 7:30pm
The Loft at the Mill

Sat. Apr. 9 - Buddy Mondlock House Concert

Sat. Apr. 16 - Tom Russell with Andrew Hardin
7:30pm The Loft at the Mill

Sat. May 7 - Tennessee HeartStrings Band 7:30pm
The Loft at the Mill

Main Stage Admission: \$13 members / \$17 nonmembers / \$10 students with ID/ \$1 under twelve.

Richard Thompson - \$22 members / \$25 nonmembers / \$15 students

Greg Brown - \$17 members / \$20 nonmembers / \$15 students

House Concert Artist Donation \$10

Bioneers Conference in Fairfield October 15-17, 2004

For fifteen years, The Bioneers Conference in San Francisco has been the preeminent gathering of visionaries with practical solutions for restoring the Earth. Thousands gather from around the globe for this unique cross-cultural conference of "biological pioneers"—innovators who peer into the heart of nature to create strategies for ecological and social restoration.

The Bioneers Conference offers the opportunity to interface with the global community and hear from the pioneers on the cutting edge of green architecture, organic agriculture, renewable energy, alternative healing, permaculture, and activism. The plenary speakers are internationally known scientific and social innovators, who share working models for restoration—models that can be refined and replicated in any community to serve environmental, spiritual, and cultural renewal. Participants receive models, resources, networks, and practical guidance to act as primary forces in the transformation toward a restorative future.

This year's Bioneers Conference will be presented live via satellite in Fairfield, Iowa. Fairfield is rapidly becoming a national center for implementation of innovations inspired by Bioneers and is truly a unique rural community with vibrant ecological and spiritual activity, located within hours of major Midwest centers like Chicago, St. Louis, Kansas City, and Minneapolis. In addition to the conference broadcasts, don't miss the full slate of other activities: practical workshops, vendor booths, tours, and entertainment. This is an event not to be missed!

BIONEERS

DECLARATIONS OF INTERDEPENDENCE

**WE ARE THE ENVIRONMENT.
THERE IS NO DISTINCTION.**
David Suzuki

"No conference on Earth celebrates more fully the possibilities of creating a world that is conducive to life."

— Paul Hawken, speaker, 2003

The Bioneers Satellite Conference in Iowa will broadcast live from the annual International Bioneers Conference in San Francisco, California (www.bioneers.org).

Fairfield will also host live music, exhibitors, tours, local foods, and practical workshops on:

- The Farm: Plant Based Products & Fuels (The New Biobased Economy)
- Cold Climate Greenhouse Plans
- Ecological Agriculture
- Prairie Medicine
- GMO's: Consumer Response
- Don't Live in An Energy Hog House
- RainGardens: Reducing Runoff
- Financial Resources for Sustainable Ag
- Tom Brown Wilderness Survival
- The Local Food Economy: Restoring Food Democracy

Keynote speakers: Neil Hamilton, David Osterberg and Ronnie Cummins

Partners and Sponsors include: Practical Farmers of Iowa, Midwest Organic and Sustainable Education Service, Southeast Iowa Sierra Club, Organic Consumers Association, and Iowa Progressive Assets Management.

For program details and registration, please visit us www.eco-living.org (641) 472-6665 or fairfieldbioneers@yahoo.com

Open Harvest 30th Anniversary Design Contest

Open Harvest looks forward to celebrating 30 years of cooperation in 2005. We are seeking creative designs to commemorate our anniversary. Designs will be used for t-shirts, mugs, and other co-op memorabilia.

First prize is a \$40 gift certificate to the co-op. Submit entries by Dec. 15 to Jackie or Jean at Open Harvest.

Musicians wanted for Member Weekends

Beginning in January, Open Harvest would like to host live music on Member Appreciation Weekends, the first weekend of each month.

We are seeking a variety of local musicians to perform in the store one or two days each month in exchange for a gift certificate to the co-op.

Due to space limitations, solo artists or duets are asked to contact Jackie at 475-9033.

Benefits of Flax Seeds and Oil

Flax seeds and oil contain high amounts of alpha linolenic acid, a type of omega 3 fatty acid, similar to those found in fish such as salmon. Many studies show the benefits of flax seeds and oil, including lowering total cholesterol and LDL cholesterol (the bad cholesterol) levels. Other benefits show that flax seeds and oil may also help lower blood triglyceride and blood pressure. It may also keep platelets from becoming sticky, helping to reduce the chance of a heart attack.

Linolenic acid is an essential fatty acid (EFA), meaning it is an essential nutrient for health. EFA's have several vital functions: 1) they improve metabolism, increase oxygen uptake, and increase energy production. 2) EFA's and their derivatives are components of the membranes that surround each cell. EFA deficiencies compromise cellular strength. Harmful things can invade the cell and beneficial things escape. 3) they are necessary for the transport and metabolism of triglycerides and cholesterol. 4) they are required for the normal development of the brain and brain function.

Linolenic acid is a particularly important essential fatty acid and is easily incorporated by taking flax in seed or oil form. Flax seed oil needs to be kept refrigerated until consumed in order to retain nutrients. It can be taken plain or mixed with yogurt or cottage cheese, or mixed into a salad dressing just before use. Flax seeds need to be broken or ground before consumption in order for the oils to be absorbed. Whole seeds can pass through

the body undigested. Crushed seeds have a nutty flavor and can be sprinkled on cereals or other foods. Try it with oatmeal to help lower cholesterol levels.

Open Harvest carries Barlean's flax oil and Spectrum flax oil capsules in the refrigerated section. Whole seeds can be purchased in bulk, ground in a coffee grinder and used fresh. Bob's Red Mill offers both whole and ground flax seeds. Refrigerate ground seeds after opening to retain freshness.

Barlean's website, www.barleans.com offers more information on the benefits of flax oil for:

- High cholesterol levels
- Inflammatory Bowel Disease
- Prevention of strokes, heart attacks, and angina
- High blood pressure
- Arthritis and Multiple Sclerosis
- Psoriasis and eczema
- Cancer prevention and treatment
- Mood disorders and ADHD
- Crohn's Disease
- Kidney Disease
- Childhood Asthma
- Pregnancy, postpartum depression
- Vegetarian health
- Women's health and Osteoporosis
- Weight loss

Thank you for your generosity to tornado victims

Judith and I want to express our deepest thanks and appreciation for the generous gift certificate given to us by the members, staff, board and friends of Open Harvest. After the May 22 tornado destroyed our home south of Hickman, we lost most of our food in the pantry and refrigerator. This donation will help us with our current food needs at our temporary location, and will help us restock the shelves when we move back into our home after it is rebuilt.

After being a member of Open Harvest for close to 30 years, served on its board of directors and staff, and served on the board of Blooming Prairie, the regional cooperative warehouse, I firmly believe in the importance of cooperative economics. The generosity of this gift demonstrates the true spirit of community cooperation, whereby working together we all help each other out.

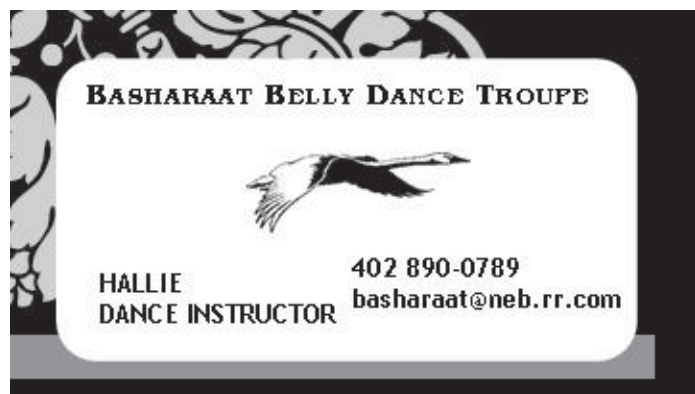
Again, thank you very much!

John Ellick and Judith Kriss

All new Open Harvest website!

Take a look at the all new Open Harvest website at www.openharvest.com!

Look for events and news, recipes under "Eating Well", community connections, membership information, our buying policy, and more!



Eating Well

Recipes for School Lunches

Kid-tested selections from Open Harvest's "Healthy Snacks for Kids" program

Quesadillas

Makes 6 servings

- 1/2 cup instant refried beans
- 3/4 cup boiling water
- 1 cup shredded cheddar or co-jack cheese
- 2 tablespoons salsa
- 6 tortillas

Preheat oven to 350 degrees. Mix beans and boiling water in a bowl. Cover and let sit 5 minutes. Stir in salsa. Spread over 3 tortillas. Spread cheese over other 3 tortillas. Place all tortillas on baking sheets. Bake 5 to 8 minutes or until cheese melts. Take out of oven and slap them together. Cut each into 6 pieces.

French Bread Pizzas

Makes 12 slices

- 1 French baguette (loaf) sliced about 1 cup spaghetti sauce
- 8 ounces shredded mozzarella cheese

Preheat oven to 400 degrees. Lay out bread slices on a baking sheet. Spoon spaghetti sauce over slices. Sprinkle mozzarella cheese on top. Bake 5 to 8 minutes or until cheese melts.

Cream Cheese Veggie Roll-ups

Makes 4 servings

- 1/2 cup cream cheese
- 1/2 cup shredded carrots
- 1/2 cup sprouts or chopped broccoli (stems can be shredded)
- 3 tablespoons shelled sunflower seeds
- 4 10-inch wheat tortillas

Spread cream cheese over tortillas. Sprinkle carrots, broccoli or sprouts and sunflower seeds on top. (A combination of sprouts and broccoli or other finely chopped vegetables can be used.) Roll up and slice each tortilla into 6 or 8 slices. Lay flat on a plate and serve.

Peanut Butter Pinwheels

Makes 4 servings

- 1/2 cup peanut butter
- 1 cup honey
- 1/4 cup granola
- 1/2 cup raisins, if desired
- 4 10-inch wheat tortillas

Mix peanut butter and honey together. Spread over tortillas. Sprinkle on granola and raisins. Roll up and slice each tortilla into 6 or 8 slices. Lay flat on a plate and serve.

Recipes for Babies

Bubble and Squeek

from *From Animal Crackers to Wild West Beans* by Carol Timperly

Makes 8 – 10 portions

- 12 oz. baking potatoes
- 12 oz. young cabbage
- 1 leek, rinsed and very finely chopped
- 1 cup milk
- knob of butter

Peel and dice the potatoes, then boil for about 20 minutes, or until tender. Meanwhile, thoroughly rinse the cabbage, discarding any dark, bitter leaves, and cutting out any tough pieces of stem. Shred the leaves finely and steam for about 20 minutes, or until very tender. Poach the leek in the milk until soft, about 10 minutes. Mash the potatoes with the leek and milk mixture, add a little butter and stir in the cabbage.

Sturdy Teething Biscuits

from *The Well-Fed Baby* by Thomas A. Bloom

Makes 24 biscuits.

- 1 Tbsp uncooked oatmeal
- 1 cup all-purpose unbleached flour
- 1 Tbsp soy flour
- 1 Tbsp wheat germ
- 1 Tbsp dry milk
- 1 large egg yolk, beaten
- 3 Tbsp honey
- 1 tsp pure vanilla extract
- 1 cup milk
- 1 Tbsp canola oil

Preheat the oven to 350 degrees. In a mixing bowl, blend the dry ingredients. Blend in the egg yolk, honey, vanilla, liquid milk, and oil. The dough should be stiff. Roll the dough out thinly, about 1/4 inch in thickness, on a floured surface and cut the dough into finger-length rectangles or desired shapes. Bake on a greased cookie sheet for 15 minutes, until lightly browned. Cool and store in an airtight container.





Healthy Snack Ideas

Midmorning and midafternoon are likely snack times — times your child will need refueling to continue being attentive in school or active on the playing field. In keeping with wholesome meal offerings, prepare snacks that are nutritious and based on grains, fruits, vegetables and small amounts of protein. Avoid highly refined, sugar-laden foods that don't provide necessary nutrients. Here are some ideas for healthful snacks. Most can also fit easily into a lunchbox:

- Almond butter and celery
- Vegetables and onion dip
- Tofu or chicken dogs with beans, wrapped in a whole-wheat or corn tortilla
- Rice pudding
- Rice cakes with sesame-seed butter
- Rice cakes with peanut or almond butter and fruit-sweetened jelly
- Low-fat or nonfat granola and skim or low-fat milk
- Low-fat or soy cheese and crackers
- Low-fat cream cheese and celery with raisins on top
- Nonfat plain yogurt with fresh fruit and nuts
- Fruit kabobs
- Smoothies
- Homemade applesauce
- Almond butter on a whole-wheat tortilla
- Hummus and crackers

Source: *Smart Medicine for a Healthier Child* by Janet Zand, L.Ac., O.M.D., Rachel Walton, R.N., Bob Rountree, M.D.

The story of Ten Co-ops and One Chocolate Bar, continued

of the Peruvian Amazon.

The sugar is provided by three groups in Paraguay: the Montillo, Arroyense, and Manduvirá cooperatives. The milk, for the milk chocolate bars, is provided by America's own Organic Valley cooperative.

The sourcing of the ingredients is coordinated by another worker cooperative, La Siembra, in Ottawa, Canada. Like Equal Exchange, La Siembra is also a 100% Fair Trade organization, but with a specialization in cocoa and sugar products.

The ingredients are all then sent to a venerable gourmet chocolate company in Switzerland to be converted into chocolate bars. Afterwards they are shipped to us, Equal Exchange, a 65-member worker co-op south of Boston, where is handled all the public education, marketing, sales, distribution, and customer service. In worker co-ops, employees own the company on a one-person/one-share basis, and

elect the board from their own ranks. The directors in turn oversee the company's management. Employees at Equal Exchange, and most worker cooperatives, also share in year-end profits or losses.

Lastly, the bars go out to hundreds of consumer cooperatives like yours, for final sale. Ideally they'll be enjoyed with a cup of organic coffee supplied by yet other farmer cooperatives, with a dash of co-op produced cream and sugar.

It's common enough today for the value chain of a chocolate bar to span six countries and three continents, but it's exciting when that chocolate was brought to you by seven farmer cooperatives, two worker cooperatives, and your own consumer cooperative, working together across thousands of miles, and with a shared sense of purpose. Thanks to cooperatives you, too, can be a part of this 'grassroots globalization', helping to sustain an economy that works for everyone.

Equal Exchange Fair Trade chocolate bars will be available at Open Harvest beginning in October!

Cooperative Principles

Cooperatives follow seven internationally recognized principles:

- Voluntary and Open Membership
- Democratic Member Control
- Member Economic Participation
- Autonomy and Independence
- Education, Training and Information
- Cooperation Among Cooperatives
- Concern for Community



International Symbol
of Cooperation



Open Harvest Natural Foods Cooperative Grocery

1618 South Street
Lincoln, NE 68502
Phone: 402-475-9069
harvest@openharvest.com

Member Appreciation Weekends:

October 2 and 3

November 6 and 7

December 4 and 5

Members save 5%!

Co-op Coupon Book

We are excited to bring you another benefit of the Co-op Advantage Program, a coupon book filled with a variety of ways to save money on premier natural products. Delivered in early October, this coupon book is an exclusive offer to the natural food co-op members. Look for coupons inside on products from Organic Valley, Muir Glen, Spectrum Organics, and Traditional Medicinals among many more!

The Co-op Advantage Program has enabled our store buyers to bring you the best prices on natural foods through a joint purchasing program. We hope you like the extra savings on the products represented in the coupon book's pages, as well as this benefit of your co-op membership. It's our way of celebrating co-ops, and extending our thanks to you for your membership and continued patronage.

"Future of Food" film premieres in Lincoln

by Jackie Barnhardt

The battle for control of global food systems rages behind the doors of global corporate players and in the fields across Africa, South America, and the U.S. This fight for taking back our food has been taken on by consumer advocacy organizations and now via a grass-roots "house party" concept.

On September 12, nearly a hundred people gathered at the Culture Center for potluck dinner and premier of "The Future of Food", a documentary on genetic engineered food by Deborah Koons Garcia. UNL student organization Ecology Now co-sponsored this event with Open Harvest Natural Foods Co-op Grocery which provided an "Organic Tasting" table.

"Future of Food" examines the devastation of rural economy and the vulnerability of global food security. Varieties of foods planted since 1900 have decreased by 90%. A handful of seed companies now produce most of the food grown on the planet. All of these corporate giants have been bought out by even bigger and fewer chemical corporations that manufacture agricultural pesticides, herbicides and fertilizers. These chemicals are now incorporated into growing designer seeds genetically engineered to rely on them to grow.

By-products of genetically engineered food crops fill America's grocery shelves, untested and unlabeled. Consumer demands for labeling and testing have been blocked.

A grassroots effort to raise awareness of genetically modified organisms in our food system is underway locally. Open Harvest is making available "The Future of Food" for home viewing. Contact the administrative office at 475-9033 for more information.