

AYURVEDIC SELF-CARE • ALTERNATIVE HEALTH CARE FOR PETS • NEW FARM OWNER TAKES ON LEGACY

MORSEL

neighborhood.coop

Fall 2019



FREE

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Fall 2019

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{CO-OP THROW BACK}

Pictured is an outside view of the Co-op in December 1991, at its first location sporting a new awning and sign that had recently been added. The Co-op spent more than 20 years in this building at two locations: 102 E. Jackson from 1985 until 1997 and 104 E. Jackson from 1997 until 2006. During that time the Dunaway Block, as its known, was transformed from a rundown eyesore to being the best-preserved part of the original town square today. A local architect, who came into possession of the building in the late 1980s, deserves the credit for making significant investments in restoring the building to its original circa 1900 appearance. However, the Co-op also played a role in the revitalization of the block by being a growing business that consistently paid the increasing rents.

MORSEL

A QUARTERLY PUBLICATION OF
NEIGHBORHOOD CO-OP GROCERY

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EDITORIAL POLICY

Morsel is a quarterly magazine produced by Neighborhood Co-op as a means to share news from the Co-op, promote local food, celebrate the seasons, and inspire our owners and patrons to enjoy a healthy lifestyle full of delicious and nutritious food. The views expressed in Morsel are the authors' and do not necessarily reflect those of the Co-op's directors, staff, or ownership. Health and nutrition articles are for informational purposes only and do not constitute medical advice.

SUBMISSION POLICY

Morsel accepts submissions on an ongoing basis. Letters, articles, artwork and ideas are all welcome! We reserve the right to edit content for brevity and clarity. Please send inquiries and submissions to amy@neighborhood.coop.

OUR STORE

1815 W Main Street, Carbondale, IL 62901

Neighborhood Co-op is a cooperative grocery store owned by members of our very own community. Most of our staff are even owners! We are a founding member of the National Cooperative Grocers, a network of more than 200 cooperative grocery stores all across America. We combine our buying power to bring you the best food at the best value while staying locally governed. We work hard to support our community and improve our local food system.

OUR MISSION

Neighborhood Co-op Grocery aims to serve the needs of its owners and patrons by providing wholesome foods, economically, in the cooperative tradition and in ways that best promote the health of the individual, the community and the earth.

BOARD OF DIRECTORS

Generally, meetings are held in the Co-op Community Room once a month at 6p.m.

Contact the Board at:
boardlink@neighborhood.coop

Margaret Anderson
Mary Avery
Kristy Bender
Susan Barry
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Lauren Bonner
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ECO PRINTING

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Sales & Events

at the Co-op

OCTOBER

02

Wellness Wednesday

10% off all wellness items!

12
13

Super Sale

October 12-13, all customers receive deep discounts on many products throughout the store.

19

Empty Bowls

SIU Ceramics will be selling hand made bowls in front of the Co-op to raise funds for their program.



26

Safe Halloween

Put on your costume and trick-or-treat at the Co-op and Murdale shopping Center.



BOARD MEETINGS

Co-op Community Room • 6pm

Monday, October 28

Monday, December 2

NOVEMBER

06

Wellness Wednesday

10% off all wellness items!

16
17

Owner Appreciation

Owners get 10% off their total purchase this weekend.

OWNER APPRECIATION
WEEKEND

28

Happy Thanksgiving

The Co-op will be closed in observance of the holiday.

DECEMBER

04

Wellness Wednesday

10% off all wellness items!

24
25

Merry Christmas

The Co-op will be closed at 7:00pm on Christmas Eve, and closed all day Christmas Day.





GENERAL MANAGER'S REPORT



FRANCIS MURPHY

In July, the Co-op's board of directors and management team spent a day with co-op consultant Leslie Watson to reflect and plan for the next three years. The focus in the morning was how to understand the diverse needs of current and potential Co-op customers. We want to increase the sense of warmth people tell us that they experience at the Co-op and ensure that this genuine welcome is inclusive of everyone who walks in the door. At the conclusion of the morning's conversation we identified several potential actions including working toward the board and staff reflecting our entire community, seeking mission aligned organizations and partnering with them, and continuing to sustain the Co-op's community involvement to make a difference in the world.

In the afternoon, our focus shifted to a scenario planning exercise. This was similar to the work that the board and management did three years ago which resulted in a strategic plan covering the years 2017-2019. As we contemplated a future 10 years distant in which the Co-op is thriving, a number of potential key drivers were identified. Some of these come from the grocery industry and others from society as a whole or from our own community. We then prioritized these drivers, identifying those that are most critical. Not surprisingly, the fate of SIU was one of the top critical drivers as were issues related to the State of Illinois.

SIU's on-campus enrollment for fall 2019 is down 10.29% at 9,597 students, down 1,101 students from fall 2018 and 373 students from spring 2019. The administration is doing their best to highlight positive trends including improved retention and higher average ACT scores of enrolled students. There are also plans to hire regional recruiters in Chicago and St. Louis and the university is investing in technology to communicate with prospective students. New programs in nursing and business analytics have been created and bridge programs in occupational and physical therapy will be developed in the next few years.

Unfortunately, there are a number of questions about the fate of SIU that remain unanswered. Political gridlock resulted in a budget crisis from 2015 to 2017 where public universities saw approximately 6 months worth of funding over a period lasting a little over 2 years. The largest drops in enrollment came at the same time as the state budget crisis and it may be a long time before the damage is undone. Higher education did receive more favorable treatment in the current state budget but the 5% increase just brings funding to close to 2015 levels. Further increases are likely dependent upon the success of taxing recreational marijuana and getting a graduated income tax approved by the voters.

Other issues affecting SIU include the searches for a permanent president and chancellor, and whether the controversial reorganization begun by the late Carlo Montemagno is continued by a new administration. SIUC's sister school at Edwardsville may continue to clamor for a greater share of the system's resources or try to leave the system all together. There is also talk of all the state universities in Illinois becoming part of a single system such as one finds in Wisconsin and other states.

Despite the economic uncertainty created by the region's largest employer, the Co-op is doing remarkably well with sales growing slightly each of the last four quarters. Given that a dozen or more iconic local businesses have either closed or been put up for sale in the past year, I am extremely grateful for the continued support of all of our owners and customers. The staff, managers and I will continue to do our best to make the Co-op the friendly environment that is key to our success, while remaining open to ways that we can improve and enlarge the circle of "we".



Electricity From the Sun

by **Richard H. Thomas**

Solar power is more practical now than ever before. Prices of solar panels are plummeting, efficiency is improving, and tax credits and other financial incentives are making it an attractive investment, never mind the obvious environmental benefits. Here I'll walk through some of the many approaches to harnessing the sun to produce electricity through the photovoltaic effect. How it works you can read about elsewhere; suffice to say Einstein won his Noble Prize for explaining it.

Photovoltaic power scales from those solar powered path lights you buy at the local big box store to multi-megawatt arrays covering thousands of acres that feed into utility grids. For household electricity most of us have one of two options: to have our own systems, or to participate in community solar projects.

In community solar projects groups of people organize themselves and build a solar array that feeds into the utility grid. Investors receive credit for solar power on their electricity bills in proportion to their contribution to the project. This is the best option for people who for whatever reason can't have their own array. This simple description glides over many crucial details, like finding a suitable location for the array near an appropriate point to connect to the grid. At the moment, the State of Illinois incentive program for community solar projects is massively oversubscribed, which hurts the economic viability of such projects. Since community solar is probably the only option for most people, we can hope it becomes easier to implement. Speak to your legislators!

If you are in the fortunate position of having a suitable spot for a solar array on your roof or nearby ground, you have many options for obtaining some, or all, of your electricity from the sun. For most of us, this means a system tied into the electricity grid. Getting off the grid entirely requires a

solar array and battery system capable of powering all your requirements, which are likely to be significantly less than those of the average home because your electricity usage would be designed from the ground up to work with a reasonably sized array and battery system. Grid-tied systems do exactly what the name implies – feed power into the grid. On nice sunny days you can experience the satisfaction of watching your electricity meter run backwards as you generate more power than you consume, and in Illinois this results in your electric utility buying power from you. It is possible to install battery banks that can serve as a backup in the event of outages by the utility. However, the economics of this requires careful consideration because the federal and state incentives for solar do not cover these expensive systems, and it may be more cost effective in the long run to install a backup generator powered by propane or natural gas.

Financially, now is the best time to install a solar array. Illinois state incentives will start ratcheting downwards by 5% a year from 2020, though they will remain substantial for several years at least. These incentives are managed by a private entity who takes a cut, and the money you receive from the state is counted as taxable income, but despite all that, they are still considerable. The federal income tax credits are easier to understand and can amount to around a third of the cost of the system. Importantly, these credits can be spread across years.

The southern Illinois region has a number of good solar installation businesses that can tell you what your options are for your situation. For a good introduction to renewable energy in general, and solar in particular, the National Renewable Energy Laboratory is an excellent starting point in educating yourself about these vital technologies (<https://www.nrel.gov/>).

COMMUNITY CONNECTIONS

Our second quarter **Wooden Nickels** recipients are **Free Again Wildlife Rehabilitation** and **St. Francis CARE**



Free Again Wildlife Rehabilitation is located in Carterville, Illinois. All native animal species in the region are taken in. Some are orphans being fostered, others are victims of roads or unfortunate accidents requiring medical care.

Free Again is entirely volunteer-run and is dependent on the public and fundraisers for funding, as it receives no government money. Educational birds-of-prey and other programs are given throughout the area to raise awareness of wildlife.

St. Francis CARE is a volunteer, nonprofit animal welfare organization dedicated to providing shelter and veterinary care to lost, unwanted and abandoned animals until they can be placed in kind and loving homes. They are also the home to the area's first low income spay and neuter clinic.

Community Animal Rescue and Education (St. Francis C.A.R.E.) was founded in 2006 by a group of animal enthusiasts who wanted to provide shelter for unwanted animals before placing them in good homes. The founders soon expanded their purpose to help educate the public about the importance of spaying and neutering pets to minimize the use of euthanasia for population control.

Visit neighborhood.coop if you know of an organization that could benefit from our program.



Neighborhood Co-op Farm Crawl

The Neighborhood Co-op Grocery sponsored a Farm Crawl September 14-15. The event featured 13 different farms from around the Southern Illinois area. Farmers opened up their properties for the public to view, learn, see demos and take tours. Participants learned about different livestock as well as farm techniques! We think this event is a great opportunity to connect and educate consumers on how and where our local food comes from. This year's crawl was a great success as **we raised \$2,200** for Food Works, our largest amount to date!

A big thank you goes out to all the farmers that participated and for the volunteers and staff that made this event happen! We heard many great

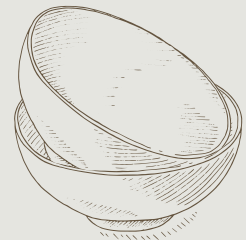


comments about how wonderful the farms are!

Food Works is a non for-profit organization that supports facilitating the development of a regional food economy in Southern Illinois. For more information please visit fwsoil.org

Empty Bowls

This year the Neighborhood Co-op Grocery will partner again with Southern Clay Works in bringing awareness in the fight to end hunger, happening October 19, 2019. Empty Bowls is a world wide grassroots effort where artists and art organizations creatively bring awareness at a community level. Southern Illinois University Carbondale students and faculty are donating their ceramic bowl creations to raise money for Good Samaritan House of Carbondale and the Womens Center. With every bowl purchase the Co-op will be donating soup to fill your bowl at no extra charge.



Please support this great cause as each unique and individual bowl serves as a reminder of the real struggle of people who face hunger each and every day.

Red Cross Blood Drive

A big thank you to those that donated blood on Sept. 25. It was a very successful drive! We plan to continue to work with Red Cross, so please look for upcoming dates!

AYURVEDIC SELF-CARE

ROUTINE TO
PREVENT
ILLNESS

by *Theresa Brown*



With its roots possibly going back to 50,000 year-old spiritual shamanism, Ayurveda is considered one of the most comprehensive systems of medicine in the world. It is regarded as an important body of healing knowledge often referred to as the “mother of all healing”. It is known to have spread with Buddhism through most of Asia where it mixed with Occult Chinese Medicine and traveled west with trade to influence early medicine of Greece and Hippocrates himself. Therein lie endless tokens of wisdom to integrate and apply to our daily lives of the modern world. An over-consumptive lifestyle, sleeplessness, and stress have become some of the primary causes of disease. This article will briefly touch on a few ideas on how to invigorate inner-power, immunity, and inherent peace with an Ayurvedic perspective in your effort to dissolve the root causes of disease and prevent illness this season.



Understand your energetic constitution, or dosha

Doshas in Ayurveda are the expression of a unique combination of the five elements of the universe space, air, fire, water, and earth. We experience a dominance of these elements in our body/mind resulting in an imbalance known as one of the three doshas: Vata, Pitta and Kapha. Through eating seasonally and being mindful these tendencies we seek to reduce or pacify our dosha and restore intelligent balance of prana, life force of good energy circulation and alert cognitive function. To learn your dosha find and take some of the quizzes listed on this blog post from yogahealer. <https://yogahealer.com/whats-your-dosha-darling/>

Scrape Your Tongue

In the morning remove toxins that have built up on your tongue during the night, before they are swallowed and reintegrated into your body. Using a copper or stainless steel tongue scrapper you will notice patterns of where the white gunk, known in Ayurveda as ama, tends to collect.

If you are interested to learn more there are charts that indicate areas of the tongue in association to your organs to see where you have a toxic build-up. For example, if you see two small patches in the back and side edges you might be suffering from kidney toxicity and might think about doing a kidney cleanse. Find a PDF chart on yogahealer.com

Become a Pooping Champion

Wake up and drink hot water until you poop. Choose to wake a few minutes early to move your body, stretch, do a few sun salutations to help get things going. It is important to get rid of yesterdays waste before you begin today. If you aren't pooping within the first hour of being awake your energy won't be as optimal and will give the day a heavy quality. Some excellent pooping foods include fully hydrated chia seeds, super green smoothies first thing in the AM, and foods with high fiber all day. Use a squatty potty or raise the height of your legs while at the throne to put your body into a natural position for release.

Dry Brush + Self-Massage

Before your daily morning shower use a soft brush or silk gloves to invigorate the lymph system and remove dead skin cells, called garchana in Ayurveda. Exclude the face, chest, and sensitive or broken areas of the skin. Move in small circular motions toward the heart starting with the feet and moving upward with long strokes on the arms and legs to improve digestion and toxic release through strong circulation. After the shower use almond, sunflower or coconut oil to keep your skin glowing strong and well fed. Take the time to massage your feet at night before bed with oil again and make a ritual out of loving your body through touch going to places that are sore to stimulate healing energy and movement in these areas.

Your Belly is a Brain, Honor Proper Digestion

Your digestive tract has more nerve cells than your entire spinal cord and every known neurotransmitter present in your brain is also present in your gut. Emotional eating is real; 95% of serotonin is found in your gut. Prevent sickness through honoring correct digestion. Slow down - chew your drinks and drink your foods. Saliva will effectively break down foods sooner making it easier for your gut to metabolize and energize your body. Eat a lighter and earlier dinner, only eat during daylight, and if you really need that dessert take it in the afternoon because getting the heavier calories earlier will let your body rest and recover at night also achieving high quality sleep.

Alternative Health Care for Pets

by **Jason Franchuk**



Laurie Geiger can think of four reasons to use Cannabidiol (CBD) products. She's one of them. Her three furry friends, dogs of a wide range of ages, are the other three. Geiger, who serves on the board of directors at St. Francis CARE Animal Shelter in Murphysboro, uses CBD products to treat her dogs for conditions ranging from seizures to stress.

"I've always been interested in alternative health care," says Geiger, whose son is a surgeon. "I believe in the value of CBD because I've seen first hand its positive impact on our pets."

CBD products can be found virtually everywhere, including at Neighborhood Co-op, and have become the darling of the wellness industry. From pet treats and bath salts to specialty beverages and beauty products, the CBD product list continues to grow. Certainly, the legalization of marijuana in many states has triggered interest in the potential health benefits of marijuana-related products.

But, is every claim about the healing properties of CBD true? And are the CBD-infused products we see popping up across the public landscape both safe and effective?

Scientists at research institutions like Harvard agree that the marketing of CBD has surged ahead of the science. Some clinical trials suggest it can be used to treat seizures and other related conditions, but science-based evidence based on long-term studies is not yet available – in part due to the changing legal status of hemp and marijuana at both federal and state levels.

What scientists do know is that cannabinoids interact with the endocannabinoid receptors located in the central and peripheral nervous systems, which help maintain balance in the body and keep it in a normal, healthy state. Anecdotal evidence also suggests that CBD could effectively treat nausea, anxiety, cardiac conditions, and even cancer, although there is not yet conclusive data on these potential uses.

So, what is CBD and how does it work?

Cannabidiol is one of the two best-known active compounds derived from the marijuana plant, according to Harvard Health Publishing (part of the Harvard Medical School). The other is tetrahydrocannabinol, or THC, which is the primary psychoactive element in marijuana that produces the "high" people experience when using it.

CBD does not get you high, but Dr. Donald Levy, medical director at the Osher Clinical Center for Integrative Medicine at Brigham and Women's Hospital and assistant clinical professor of medicine at Harvard Medical School, says the idea that it's not psychoactive is something of a misconception. "It does change your consciousness," says Levy. "You feel mellow, experience less pain, and are more comfortable." In addition, some CBD products do contain small amounts of THC.

While CBD can come from marijuana, it can also be extracted from hemp, marijuana's close cousin. Hemp contains 0.3% or less of THC and is often used to make fabrics and ropes. As of 2018, Congress made hemp legal in all 50 states, and



consequently CBD derived from hemp is also legal. The rules around marijuana-derived CBD, however, are far less clear.

Currently, no formal studies on how CBD affects dogs has been published, but the American Kennel Club's Canine Health Foundation (CHF) is sponsoring a study, through Colorado State University's College of Veterinary Medicine and Biomedical Sciences, to evaluate the use of CBD in treatment-resistant epileptic dogs. The CHF hopes that this will be the first study to gain scientific data on the use of CBD in dogs with this condition.

Until research results are compiled and published, there is ample anecdotal evidence from dog owners suggesting CBD can treat pain, especially neuropathic pain, as well as help to control seizures and anxiety, to which Geiger and her husband, Jon, can attest.

The Geigers' 12-year-old greyhound, Leia, was prone to intense seizures every week. Since using CBD for about a year, she's only experienced two minor seizures over the past four months. In addition, their 10-year-old mixed-breed, Lucy, who is going deaf, and new puppy, Sienna, who gets extra-anxious when Geiger's husband is out of town, are both treated with CBD to reduce their stress levels and to help keep them calm.

Geiger says that CBD is particularly valuable for Leia, who has bone-on-bone arthritis in the knees. "The CBD, combined with essential oils, has been better at relieving her pain than prescription pain meds," she insists, adding that shelters like

St. Francis have used it occasionally – often thanks to visitors who donate it – to help paralyzed or otherwise injured animals undergoing rehabilitation.

Although various websites have reported some side effects associated with CBD and pets, including dry mouth, lowered blood pressure, and drowsiness, Geiger insists the drug's benefits outweigh the risks, adding that CBD can be used to alleviate aches, pains, and insomnia in humans, as well.

Michelson Found Animals Foundation, a non-profit social enterprise committed to saving pets and enriching lives, conducted a survey last year of 1,000 dog and cat owners and found that as humans become more tech-connected and embrace alternative health practices and diets themselves, these trends are extending to their pets. CBD- and hemp-based products are a growing trend among humans, and of those who have used these alternatives themselves, 74 percent have used them on their pets, as well.

Back at the Geiger camp on Lake of Egypt, Laurie notes another positive impact of CBD on their quality of life. "We give our dogs CBD to help them sleep a little longer, and it works!" she says. "Otherwise they get up too early. Now, we can sleep in until about 6:30!"

New Farm Owner Takes on Huge Legacy

by Jason Franchuk



Annie White is wearing a pair of jean shorts and a purple Bob Marley t-shirt as she mows her vast lawn on a hot September afternoon. She is “jammin” for sure, even if she sometimes wonders what in the world she’s gotten herself into. Her life is all about managing a 7-year-old daughter and roughly four acres of near mythical farmland that she purchased nearly three years ago from the widow of legendary local farmer Patrick Sweeney.

Sweeney, who passed away in 2009 after a second battle with cancer, was to local farming what Marley’s presence has been to the music world: prolific, timelessly creative and still abundantly discussed and adored. A noble teacher and community member, who, among so many other contributions, had provided hands-on workshops on sustainable farming and gardening, Sweeney created a legacy of staggering proportions. A visionary man, he was way ahead of his time in promoting what’s basically now called organic farming. Patrick purchased the property around 1980 and became a mainstay of the Carbondale Farmers Market, selling everything from produce to holiday wreaths. Patrick was later joined by Shari, who took on a second job as farmer in addition to teaching at Unity Point School. They married in 1995 after a courtship that started with a chance meeting at Cousin Andy’s Coffeehouse.

These days, Green Ridge Farm is again a view to behold, amid a flood of tomatoes and peppers. “I think it’s really satisfying when we have the entire kitchen’s counter surfaces covered with tomatoes. It feels like you’re going to drown in them,” White said. “Then, when all of the sauce is done, or I get everything canned, or I take cartons into town to the restaurants or the Co-op..., that feels great! There’s that feeling of rebirth, and you can start again fresh out here.”

A fresh start has certainly been noticed by Co-op customers and local residents, who see that Green Ridge has been selling summer produce all around town. This has been sweet music to John Miller, who lived on the land with Patrick and others in the late 1970s. Miller recalls a sparse, happy life that required plenty of firewood. There was no running water but an abundance of nutrient-rich soil, which isn’t always the case in this part of the world. Peas, broccoli and kohlrabi — a very rare turnip sighting in those days — were patched around the property. Miller





Photo top: Patrick's and Shari's daughter, Reilly, playing in the compost with friends. Right: Patrick gives a tour of his land during a Co-op Farm Crawl.



says Sweeney and his friends, lived in various huts around the property, experimented with different produce and constantly sought ways to be more efficient. The veritable commune dwellers even learned how to grow brussels sprouts and luffa (loofah) sponges. The only thing that seemed to have trouble growing was peppers, because the soil was almost too good, thanks to the copious amounts of organic matter that was being incorporated in the soil. "I never ate so well in my life," Miller said. "I kind of miss it, to be honest."

White has already heard from countless Southern Illinois residents about the history of her land and has brought joy to many people who are thrilled to see the land returned to production. "It definitely makes me feel good to know there's so much excitement out there," White said. "I know this is a special place. I'm also continuously reminded of it." "It's amazing to hear about how often people think of this place. "It is impossible to escape, really. Even the bus driver that picks up daughter Ella for the ride to Unity Point chimes in. After all, he used to turn around in that very same driveway for the four Sweeney children. "That's pretty damn cool," White said she gets stopped all around town, or she stops herself when she comes upon another archaeological reminder of her land's history. "It was a pottery commune, from what I've heard," White said, "which makes sense, because every time we till, we find broken pottery."

Even a first-time visitor can see both the current production along with the budding potential. White has certainly added her own touches. She erected a cabin and brought in her own farm equipment, along with three cats and two dogs. Her road-side market tent set up near the driveway serves as an additional place to sell her produce. More effectively, she's found partners in local restaurants like Keepers Quarters and Cristaudo's. White has also been allowed to set up a stand at Pinch Penny Pub, thanks to some beneficial connections. White would like to hear more music flowing at the farm than just through her earbuds. "I would love to incorporate musical get-togethers here, at some point in the near future, to accompany the produce and food and other arts we enjoy," she said, "but it's not like I'm running out of things to do around here." This would be the continuation of another tradition as Patrick Sweeney held "music nights" weekly on the farm, jamming with Shari and friends.

White is a transplant from the Chicago suburbs (both parents are employed at Northwestern University), who also spent considerable time in Minnesota before a family move brought her to southern Illinois. Four years ago, she and her daughter were residing in Makanda, when she discovered the Sweeney property online. White later encountered Shari at a potluck dinner where they bonded over the land's untapped potential. Awareness of that potential has White not particularly fond of the farm's current appearance. She wonders how certain

components are even holding together around the property. For her, it can be a frustrating stroll across the land. Yet, she knows what she likes, and that's what keeps her churning every day, with the help of daughter, Ella, and city-slicker brother, Zach, who moved from Chicago and resides in the backyard in what White once dreamt would become a ceramics studio. "It's a great patch of land, and I always get to hear about how great of a guy Patrick was," White said. "I never met him, but it's kind of like he's the source of all of this inspiration for me, too." While White feels tremendous pride in carrying on the torch, she is also incredibly humbled by the legacy bestowed upon her.

Photo: Some of the fruits of the land from the first Greenridge Farm



Shari Sweeney

Shari Sweeney found out that her old farm was back in business again via Facebook. "I knew it was possible," Sweeney said. "Stuff grows there so easily."

Sweeney called the property Greenridge Farm, while new owner Annie White spells it "Green Ridge," which is the same spelling as the road it's on.

Sweeney has officially sold all 22 acres to White, after originally starting the deal with five.

"I didn't want to split it," said Sweeney, who now lives in Anna. "I just knew that Annie hadn't really talked about farming. But I did show her around to some of the more fertile areas and noted all of the beds that had been composted forever. It's still the nicest ground I've ever seen. It just feels different — really fluffy, and very easy to work with."

The two women are amicable, if not nearly best friends. Sweeney notes that it's a matter of age difference more than anything. She was thrilled to sell the property to White, whose

ambitious spirit matched some of the ideas Sweeney had considered since her husband, Patrick, passed away in 2009.

Also teaching full-time back then, it was a lot to manage and finally time to move on after getting remarried.

Visitors connected to Shari still trek to the property, where Patrick's gravesite rests. "Annie's been very welcoming," Sweeney said.

Back in the day, Sweeney said she was proudest of basil, garlic and salad mixes. "We had the sweetest, best carrots, too," she added. Her green thumb and community spirit is still in full force. She's started a food pantry garden (Union County Food Pantry) with her new husband, Tom Sadowski.

Sweeney said she's joyful about how she met the new owner — it came at a garage sale. Sweeney said White insisted she wanted to buy the place. But what homeowner hasn't heard that line? "I think it was meant to be," Sweeney said. "I'm thrilled."

Overview of How to Use CBD

by *Theresa Brown*

Cannabidiol (AKA CBD) is one of over 150 cannabinoids in cannabis derived from hemp. It has been recognized for its beneficial effects on the endocannabinoid system in all mammals. The endocannabinoid system contains receptors unique to receive CBD that interact with multiple systems in the body including the central nervous system, digestive track, and brain in areas responding to pain, sleep, appetite, memory, and emotional response. The overall affect is known to stimulate homeostasis within the body, which is why CBD seems to help so many different kinds of symptoms. CBD is known to be a powerful anti-inflammatory agent as well as an analgesic to address pain.

CBD has several methods of application:

Inhalation – Hemp flower taken through the lungs is the most immediately application. Because we have so many capillaries in the lungs, it can pass through the blood brain barrier nearly immediately. This increases the absorption rate of the CBD molecules, giving it the highest bioavailability, however shortest duration of effect.

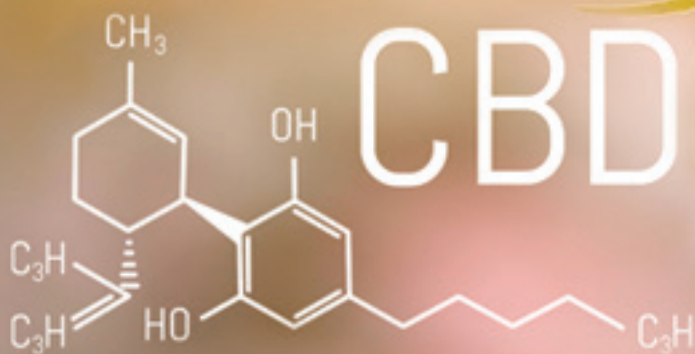
Oil (tincture) – Comes in a dropper bottle and is taken sublingually (under the tongue). Oil can vary in concentration considerably and is described in two major ways: 1) full spectrum – containing many cannabinoids like CBG, CBA and THCa which aid in overall effectiveness of symptomatic relief, also referred to as the entourage effect. 2) isolate – when CBD dominant hemp undergoes a purification process removing THC and accompanying plant components. It is made into a crystalline form then added to a carrier oil which is useful to those who know their specific dosing or might be drug tested by an

employer. When taken by mouth, is best to be held under the tongue for up to 90 seconds typically taking effect within 30 minutes and lasting up to 4-6 hours, depending on each individual's metabolism.

Capsules – Are suggested for those who have chronic or all day issues because when CBD is swallowed and digested, it acts as a slow release of CBD into the bloodstream. This typically means it will stay with you for longer than the other forms of application, 6-8 hours. **Topical** – Lotions and salves are common for those who need relief from local pain or inflammation. Uses range from an athlete with muscle cramping or someone who suffers with arthritis and is looking for joint relief. We have specific receptors on the surface of our skin that interact with CBD. Duration of effect is normally closer to 2-3 hours and would be need to be applied several times a day for best results.

Most importantly, when it come to cannabis therapy, using CBD should be approached in an individualized way. Product selection from brand to method of application should be met with patience and a commitment to trial and error. Always start with a low dose (5-10mg) and slowly titrate up over a week or three to find the right dose for you. It is most useful when used routinely and will sometimes take many days or even weeks for it to build up in your system before it becomes fully effective.

References: www.projectcbd.org, healer.com, www.sunsoil.com/pages/faq



Goat Cheese

What you should know

by Jason Hull

Goat milk has been a foundation of cheese making cultures for millennia. Archaeological records of goat cheese in the Mediterranean region date back to 8000 B.C. Worldwide, goat cheese is more popular than cow's milk cheese, partly because goats are more adaptable to living environments than cows, making their milk more available. Requiring less space and less food than cows, goats can often survive in harsh environments and their opportunistic foraging allows goats to eat a wide variety of plants that cows won't eat, like desert scrub, weeds, trees, shrubs, and aromatic herbs.

France—which learned of goat cheese from the Saracens in the 8th century—now produces the largest variety of goat's milk cheeses, though goat cheese is also made in Scandinavia, Eastern Europe, the Middle East, North Africa and the United States.

For cheese connoisseurs, goat milk varieties offer a range of flavor profiles and textures to delight the senses. Whether eaten as a snack or crafted into gourmet recipes, goat cheese can transform the ordinary into the exquisite.

Goat's milk has a similar nutrient profile to that of cow's milk, with some small but significant differences. Goat cheese clocks in at just 75 calories per ounce—significantly less than popular cow cheeses like mozzarella (85), brie (95), Swiss (108), and cheddar (115). By volume goat's milk contains slightly more protein, iron, potassium, phosphorus, Vitamins A and B, and magnesium than cow's milk. It also has a much higher calcium content while being slightly lower in lactose, making it viable option for those with sensitive stomachs. Some studies have found that goat's milk can enhance the body's absorption of important nutrients like iron and copper, while cow's milk may actually interfere with this process. Additionally, goat milk's higher concentration of the "prebiotic" carbohydrates known as oligosaccharides which nourishes the beneficial bacteria in our stomach's microbiome.

A key difference between the milkfat of the goat and the cow is the percentage distribution among specific short chain fatty acids. Goats have an appreciably higher proportion of capric, caprylic and caproic acids. While both milks have similar total fat content that varies by breed and diet, the high amounts of these specific fatty acids are responsible for the characteristic flavor and odor associated with goat's milk.

The distinctive, tart, earthy flavor of goat cheese (*chèvre*) has wonderful subtle variations. All *chèvres* have a unique tang and aroma right from the start, growing robust and bold in these rapid-aging cheeses. Generally, *chèvres* with less moisture have a more piquant flavor and stronger aroma. Soft-ripened goat cheeses have a more complex flavor and aroma than fresh *chèvres*. The larger and denser the cheese, the more slowly it dries during the aging process, and the more complexities of flavor develop. Young cheeses tend to be much whiter, while ripened cheeses develop a cream color.

Neighborhood Co-op offers a wide variety of goat cheeses from classic fresh *chèvre* to mixed-milk delights like aged Spanish Iberico and Wisconsin's Carr Valley Menage. Here are a few of our most popular varieties.

Montchevre – Known for the smooth and creamy texture of its fresh *chèvres*, this Wisconsin company has been making small-batch cheeses using milk from over



300 small family farms since 1989. It is now America's leading producer of goat cheese. Try their Tomato Basil, Garlic and Herb, Honey sweetened, or Blueberry Vanilla chèvres. Montchevre Goat Milk Feta is our best-selling variety of this salt-brined Greek classic.

Snofrisk - This white, unripened cheese from Norway has a creamy consistency and mild taste imparted by the addition of cow's milk cream. With a milder flavor than chèvre, it is essentially a cream cheese (fromage fraîche) but with the unique tang and slightly tart flavor of fresh goat milk. This cheese makes a wonderful snack when spread on crackers or crusty bread with smoked salmon or hard salami.

Mt. Sterling Goat Milk Cheddar – Since 1976 this Wisconsin co-operative dedicated to sustainable farming practices has been producing cheddar-style raw milk goat cheese. Notable for their slightly nutty flavor and a texture and body in the cheddar style, these rind-ripened cheeses are aged to produce a sharper flavor. Try Mt Sterling Cheddars on sandwiches, in casseroles, or as a snack paired with fresh fruit or summer sausage.

Geitenkaas – This Dutch original is made in the style of Gouda and shares a semi hard texture, light, salty flavor and smooth finish with its cow's milk cousins. Made with pasteurized goat's milk and aged in a wax rind, this cheese is great for snacking paired with fresh vegetables, cubed with salad greens, or melted on your favorite grilled cheese sandwich!

Menage – Made in Wisconsin by Carr Valley Cheese Company, this mixed-milk beauty is aged for intense flavor and a drier texture. The perfect blend of sheep, goat, and cow milk. It's dipped in a lovely wax as vibrant and green as Wisconsin's summertime pastures. Pair with Pinot Noir, Shiraz, stout beer, or Belgian ale.

Iberico – This Spanish blend of cow, goat, and sheep milk is widely acclaimed for its unique flavor profile and versatility. A rich aromatic hard aged cheese with strong flavor and a buttery finish, Iberico develops nutty or fruity notes as it ages. Our young Iberico is aged for less than 3 months to give it a distinctive creamy paste and lightly nutty flavor. Iberico pairs well with Sauvignon Blanc, Pinot Noir, or Spanish red wines. As a snack, try Iberico with sundried tomatoes, dried figs, and Manzanilla olives!

Pecorino Romano – An Italian original dating to the early Roman Empire, Pecorino Romano is one of the most ancient types of cheese as well as the most famous outside of Italy. As per EU legislation, production of Pecorino Romano is allowed only on the islands of Sardinia, Lazio and in the Tuscan Province of Grosseto. Made exclusively with goat milk and dry-salted by hand, the wheels get a salting numerous times, to deliver a fabulous taste. Its lengthy aging time from eight to 12 months results in a dry and granular texture and a strong taste. Because of the hard texture and sharp, salty flavor, Pecorino Romano is an excellent grating cheese over pasta dishes, breads and baking casseroles. It also pairs well with bold red wines and ciders!

Sources

Dairy Research and Information Service at the University of California Davis
www.prevention.com/food-nutrition/healthy-eating/a20447024/goat-cheese/
www.carrvalleycheese.com/
www.strongertogether.coop/fresh-from-the-source/goat-cheese

Kids and Pets

There are many pros and cons to having a pet. If you have little ones at home that are asking for a pet, you should of course consider things such as time, money, and the type of pet that suits your family. Include your child(ren) in conversations and see what they believe would be a good option as well as creating expectations before a animal enters the home. A pet can be a way to enrich a child's life. Experts believe that a child can learn positive traits such as responsibility and compassion by being taught how to care for a family pet.

Here are some things to consider about owning a pet:

- Helps develop responsibilities. Depending on the age, create a list of activities that a child can help care for a pet. Children will learn that animals, like people, need food, water, and exercise to stay healthy.
- A good relationship with a pet can also help in developing non-verbal communication, compassion, and empathy.
- They can be safe recipients of secrets and private thoughts--children often talk to their pets, like they do to their stuffed animals.
- They provide lessons about life, including reproduction, birth, illnesses, accidents, death, and bereavement.
- They can teach respect for other living things.
- To call a dog your own is a powerful thing. It creates a relationship of unconditional love and commitment for general well-being and needs.
- Creative play. Dogs and cats can serve as a wonderful playmate as they enter their imaginary worlds.
- Physical expressions of love such as hugs and kisses to animals as well as quality time like throwing the ball with the dogs is a great foundation to growing in behaviors that express love to others in the future.

Source: <https://www.aacap.org/>



KIDS MENU

The Co-op Deli now has a Kids Menu! Made with all natural ingredients. Available for all ages.

MADE-TO-ORDER DELI

Turkey and Cheddar Sandwich \$3.99

Roasted turkey breast, cheddar cheese, and mayonnaise on Neighborhood Wheat Bread

Ham and Swiss Sandwich \$3.99

Fire roasted ham, Swiss cheese, and mayonnaise on Neighborhood Wheat Bread

Peanut Butter and Jelly Sandwich \$1.99

Organic fruit spread and peanut butter on Neighborhood Wheat Bread

Peanut Butter and Honey Sandwich \$1.99

Wildflower honey and peanut butter on Neighborhood Wheat Bread

HOT BAR

Chicken Meal \$3.49

Two roasted chicken legs and a side of roasted potatoes

Rice and Beans \$2.49

Organic brown rice and Cuban black (or pinto) beans

SIDES

Organic Applesauce \$.99

4 oz cup

Carrot Stick Snack Cup \$1.49

carrot sticks and all-natural ranch dressing



Empty Bowls

Join us Saturday, October 19 at
the Neighborhood Co-op Grocery
from 11am - 1pm

Empty Bowls is a fundraising event where art students create beautiful ceramic bowls and sell them to raise money for a cause. With every purchase Neighborhood Co-op fills your bowl with free soup!

November 16 -17

10% OFF
Your Entire Purchase

**OWNER APPRECIATION
WEEKEND**

LOCAL MUSIC & SAMPLING

Owners in good standing receive 10% off their purchases.
Sorry, no rain checks.

**ATTENTION ALL
OWNERS!
WE NEED YOU TO**

RUN FOR THE CO-OP BOARD!

- Board terms are 3 years.
- Board meetings are once a month at 6pm.
- Board members put in about 8-12 hours per month working on Co-op matters.
- A monthly stipend is issued to each board member as thanks for their service.
- Board members are responsible for overseeing the Co-op's strategic direction and ensuring its economic health. They do not directly participate in operating the store.
- Applications available at www.neighborhood.coop

NEXT ELECTION: SPRING 2020



Neighborhood Co-op Grocery
1815 West Main Street
Carbondale, IL 62901

GET YOUR HOLIDAY FAVORITES AT THE CO-OP!

Organic Turkey 3.39 lb

Natural Turkey 1.79 lb

Holiday Pies

Co-op will be offering 8 inch Willamette Valley pies for the holidays this year. Handmade with all-natural ingredients, varieties include Apple, Cherry, and Marionberry. Co-op Bakery will also be offering their popular Pumpkin and Pecan pies.

Deli Made Fixings

Don't have time to cook all your extras for your Thanksgiving meal? The Co-op can help! Our Deli has many holiday side dishes: Cranberry Relish, Maple Glazed Yams, Green Beans Aux Champignon, Rosemary Roasted Potatoes and more!

