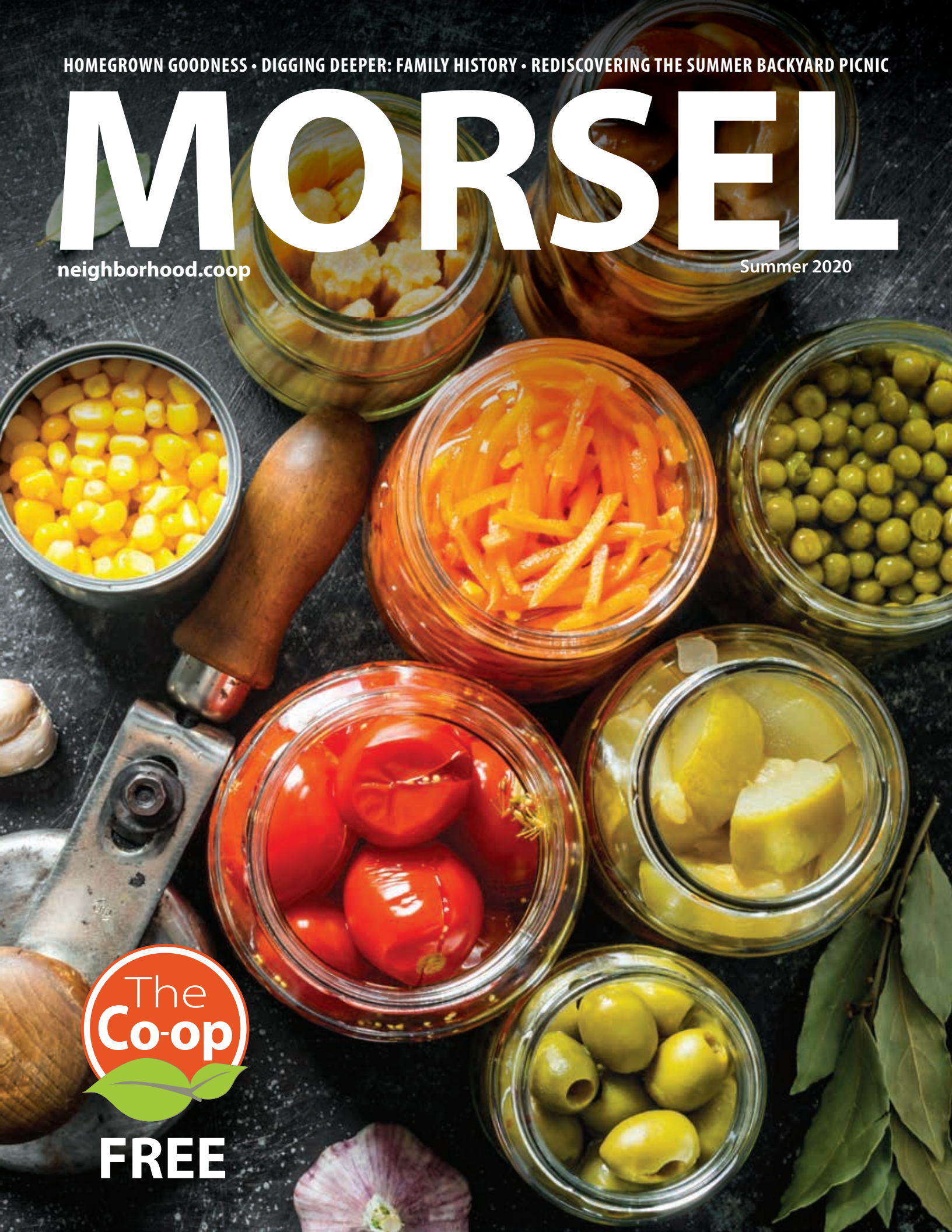


HOMEGROWN GOODNESS • DIGGING DEEPER: FAMILY HISTORY • REDISCOVERING THE SUMMER BACKYARD PICNIC

MORSEL

neighborhood.coop

Summer 2020



FREE



What's Inside

Summer 2020

4 SALES & EVENTS AT THE CO-OP

5 GENERAL MANAGER'S REPORT

6 FROM THE BOARD

7 COMMUNITY CONNECTIONS

13 CO-OP EXPLORERS

16 RECIPES



8
HOMEGROWN
GOODNESS: FROM
GARDEN TO CAN



10
DIGGING DEEPER:
WHY FAMILY HISTORY
MATTERS



14
REDISCOVERING
THE SUMMER
BACKYARD PICNIC



Contributors

FRANCIS MURPHY

General Manager
francis@neighborhood.coop

MONICA TICHENOR

Freelance Writer

BARBARA JAMES

Board Member



{CO-OP THROW BACK}

This photo from the late 1980s shows the first handmade shelves used at the Co-op. Volunteers constructed them from smoke-damaged doors and two by fours. It is hard to tell, but on those shelves are mostly pre-packed bulk items. In those early days of the natural food industry, packaged grocery products were few and far between, and most of what the Co-op sold came in 50-pound sacks that staff and volunteers put into plastic bags for sale on the shelves. Recently, with precautions around COVID-19, the Co-op has gone back to this early method of selling bulk.

MORSEL

A QUARTERLY PUBLICATION OF
NEIGHBORHOOD CO-OP GROCERY

DIRECTOR OF DESIGN

Amy Dion
amy@neighborhood.coop

ADVERTISING

info@neighborhood.coop

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
Kristy Bender
Lauren Bonner
Leslie Duram
Barbara James

Ron Mahoney
Erika Peterson
Jak Tichenor
Richard Thomas
Secretary: Ginger Golz

QUESTIONS

Email: info@neighborhood.coop or call 618.529.3533 x201

ECO PRINTING

This magazine was printed by ModernLitho. They are certified to the Sustainable Forestry Initiative® (SFI®) and by the Forestry Stewardship Council® (FSC®) for their efforts in utilizing papers originating from a sustainable, ecological source and for maintaining rigorous processes, procedures and training to ensure their standards of excellence and environmental responsibility.

Sales & Events

at the Co-op

JULY

01 **Wellness Wednesday**
10% off all wellness items!

AUGUST

05 **Wellness Wednesday**
10% off all wellness items!

01
31 **Owner Appreciation**
So that we meet the needs of as many customers as possible, we are canceling Owner Appreciation Weekend in August. INSTEAD, we are offering each owner a 10% off coupon good toward any one transaction they choose during the month of August.



SEPTEMBER

02 **Wellness Wednesday**
10% off all wellness items!

17 **Red Cross Blood Drive¹**
The Co-op will host a blood drive from 2pm - 6pm.

OCTOBER

03 **Super Sale**
All customers receive deep discounts on many products throughout the store.

04

07 **Wellness Wednesday**
10% off all wellness items!

10 **Empty Bowls**
SIU Ceramics will be selling hand made bowls for charity.

31 **Safe Halloween**
Put on your costume and trick-or-treat at the Co-op.



GENERAL MANAGER'S REPORT



FRANCIS MURPHY

In April, the Co-op received a \$200,000 Paycheck Protection Program (PPP) forgivable loan from First Southern Bank, which is a Small Business Administration (SBA) lender. The purpose of the PPP is to provide small businesses the means to pay their employees during the COVID-19 pandemic. The loan proceeds will be forgiven if they are used to cover payroll costs, and most rent and utility costs over an 8-week or 24-week period after the loan is made; and employee and compensation levels are maintained.

Congress created the PPP as part of the \$2 trillion CARES Act. Business swamped the PPP with loan requests when it launched in early April, claiming the initial \$349 billion allocated to the program in less than two weeks. Congress later allocated an additional \$310 billion to the program. Businesses, including self-employed and independent contractors, nonprofits, veterans' organizations, tribal business concerns, and farmers were eligible to receive a PPP loan. Most businesses, including grocers, had to have less than 500 employees to qualify.

The Co-op applied for a PPP loan because we wanted to do everything possible to ensure we could keep our staff employed and our doors open for business in order to serve our community. Like many businesses, we faced significant economic uncertainty as the result of the pandemic. Although grocers are essential businesses, our business has been impacted by a combination of factors, including:

- Uncertain supply due to panic buying and the potential for national and other chain grocers to be prioritized by manufacturers and distributors;
- Uncertainty around labor due to staff concerns about returning to work;
- Closure of our prepared foods and bulk departments impacting sales and staffing levels;
- Sales declines in April due to reducing operating hours and limiting the number of shoppers in the store further impacting staffing;

- Unexpected costs to increased cleaning, installation of protective barriers at registers, and provision of personal protective equipment; and
- The Families First Coronavirus Response Act (FFCRA) impacting retailers as employees utilize the expanded leave and FMLA benefits, causing staffing shortages, and potentially requiring retailers to limit store hours or services.

The PPP loan is helping us weather all of the unexpected changes by keeping all of our staff employed at a time it would likely have been very difficult to do otherwise. I am grateful this option was available to us.

It looks like we will get all or most of our PPP loan forgiven, which will provide a cash buffer for what I believe will be worsening economic conditions in the months or years ahead. The Congressional Budget Office predicts unemployment will reach 16% this summer and then remain at 10% through 2021. There are also concerns that the push to reopen the economy could cause the infection rate for COVID-19 to increase, which could lead to another shutdown. This could impact the length and depth of the recession.

Locally, we will be affected by whether Southern Illinois University opts to bring students back to campus in the fall or to only hold online classes, which would impact the Co-op by the lack of student and faculty traffic. Additionally, Southern Illinois Healthcare has furloughed an undisclosed number of employees due to a drop in revenues; if this major employer does not resume normal business operations, the region's economy could be hard hit.

As always, I appreciate your continued support to ensure our co-op can continue to serve our community.



Wendell Berry: A Man on a Mission

by **Barbara James**

Our Neighborhood Co-op's mission is to "...promote the health of the individual, the community and the earth." How do we do that?

We strive for good communication with our owners, patrons, suppliers, staff, and management. We share ideas with the other 147 co-ops in the National Co-op Grocers (NCG). And lately, as we deal with COVID 19, we have been adjusting the store's environment for the safety of staff and customers. We may lift our spirits during this challenging time by thinking about a man who personifies our mission.

Wendell Berry has dedicated his life to healthy living in his community. A professional writer, environmentalist, activist, teacher, and farmer, he lives in north-eastern Kentucky on a farm he has worked for over forty years. He has many publications—over eighty books of essays, novels, and poetry—and a host of significant awards, including a lifetime achievement award by the National Books Critics Circle in 2016. His message is that we must learn to live in harmony with each other and with nature.

He was born in 1934 and raised on land where generations of his family had worked and lived since the early 1800s. As a young adult, he traveled in Europe on a Guggenheim Fellowship, came home to teach in New York City, but soon found he needed to return to Kentucky. In a 2019 interview, he recalled that when he and his wife Tanya got on the Jersey Turnpike on their way back home with all their possessions in their Volkswagon Beetle, he "... felt a great, deep relief—as if I was following, at last, my true path."

They planned to live in Lexington, where he would teach at the University of Kentucky, but they found a house with twelve acres, realized it was their real home, and moved in for good. They soon had a large garden, two milk cows, two hogs, and a flock of chickens: "We were sitting down at that time to a lot of meals that came entirely from under

our own feet by our own effort. And our children came up in that way of living."

In his essays he explains that "...if we keep the scale of our work small enough, we can think responsibly." If the land producing our food belongs to us, then we belong to it, and we will take good care of that land. He advocates eating locally produced food as much as possible because that food is fresh and in season, not packaged, preserved, or transported. And it builds the local economy. A true community has what he calls "...an understood mutuality of interests." He warns that, "...if you are dependent on people who do not know you, who control the value of your necessities, you are not free, and you are not safe."

His inspiring poetry speaks eloquently of that freedom for all of us in our co-op community:

"The Peace of Wild Things" by Wendell Berry

*When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.*

Sources:

Essays in Sex, Economy, Freedom, & Community, by Wendell Berry, Pantheon Books, 1993

Interview by Amanda Petrusich in *The New Yorker* July 14, 2019

Poetry from *New Collected Poems* by Wendell Berry, Counterpoint Press, 2012

<https://berrycenter.org>

COMMUNITY CONNECTIONS



Solarize Southern Illinois is a not-for-profit group buy program dedicated to providing southern Illinoisans a transparent opportunity to go solar. Built by locals for locals, SolarizeSI aims to bring trust into the process of going solar. Throughout this summer, thirty-four educational Solar Power Hours will be held. Within these comprehensive one-hour sessions, people will learn how solar photovoltaic systems are custom built for the customers' needs. The Power Hours also cover environmental benefits, the pocketbook benefits of going solar, a full explanation of all state and federal incentives, and financing options. People interested in going solar in 2020 will receive bulk-buying rates plus special program rebates. SolarizeSI is designed upon the National Renewable Energy Laboratory model. However, SolarizeSI took the model an extra step, building in special components that create permanent southern Illinois solar infrastructure. This includes a new Low-Income Renewable Energy Fund and workforce training provided on projects developed through SolarizeSI. The program is available in Franklin, Jackson, Perry, Union, and Williamson Counties. The most likely participants are homeowners, small businesses, farmers, and non-profits. We welcome everyone to explore solar and can be found at www.solarizesouthernillinois.com or on Facebook. Sign up for your free ticket to a Solar Power Hour today.



Owner Appreciation Weekend

Since March, households worldwide have had to adapt to new behaviors when it comes to protecting themselves from the coronavirus. These sudden lifestyle changes, through social distancing and isolation at home, has been difficult on all of us.

The past few months, as an essential business, the Co-op has had to learn new ways of doing things for the greater good of public health. We understand that many of our customers wanted us to offer some form of online ordering, curbside pick-up, or home delivery. It's hard to convey our extreme challenges and financial needs, but being a small local business we unfortunately are not able to offer such services.

Through recommendations of the local Health Department and the CDC, we adapted much of what we do to provide a safe shopping experience. Last May, we would have normally hosted an Owner Appreciation Weekend (OAW). In other years, for two days owners would have had the opportunity to save 10% off their purchases, enjoy live music, try various samplings and more. Due to COVID-19, we transitioned to a "Pick Your Day in May" coupon. We didn't want our owners to miss out on their savings, so instead we offered a 10% off coupon good toward any one transaction during the month of May. This allowed owners to shop when they were most comfortable without the stress of shopping in an overcrowded store. This also put our staff at ease too.

The "Pick Your Day" option was so well received, we plan on doing this for our August OAW. In late July we will mail out a coupon as well as send emails to remind owners of the sale. If you are not receiving emails, or didn't get your May coupon via the mail, **please make sure our records are up-to-date with your information.**

It doesn't take long; all information is private and not shared with any other parties. Just talk to our customer service staff or a cashier and they can assist you!



Homegrown Goodness: From Garden to Can

by **Monica Tichenor**

Thanks to a beautiful growing season this year, the garden you lovingly planted is now exploding with fresh produce, from sun-kissed tomatoes to crisp cucumbers to plump berries. Few things taste as delicious as a juicy tomato plucked straight from the vine, but those same tomatoes preserved for a fall spaghetti dinner might run a close second!

If you can't eat or share your bounty fast enough, consider canning your favorites for healthy meal options throughout the year. Not sure where to start? Feel intimidated by the process? It's not as hard as you may think, especially if you start with simple foods.

"Everyone has the Great Aunt Millie story about how the canner blew up and splattered peaches all over the kitchen ceiling," says Mary Liz Wright, a Nutrition and Wellness Educator for the University of Illinois (U of I) Extension Service. "Food preservation is science, but it's not rocket science. If you gather the appropriate equipment and follow a tested recipe exactly, your efforts will result in a safe and delicious product."

One of the safest and easiest projects for beginning canners is making jam or jellies.

"I always recommend beginning with jam made with commercial pectin," says Mary. "Three ingredients and easy-to-follow, step-by-step instructions make jam a great first project. Always follow a tested recipe from the U.S. Department of Agriculture (USDA), the Extension service, or a reputable canning company." [An easy recipe for strawberry jam can be found on Mary's U of I Extension Service YouTube® channel, "What's Cooking? with Mary Liz Wright," at bitly.com/MLW_strawberry_jam.]

Keep in mind that not all fruits and veggies are safe to can at home due to uncertainty about setting reliable processing times to destroy pathogens. "There is no safe way to can summer squash, zucchini, winter squash, pumpkin, or pumpkin butter!" warns Mary. "USDA testing has not developed a safe way to process these vegetables."

Canning involves two types of processes: water-bath (boiling water) canning and pressure canning.

Water-bath canning requires a large, deep pot with a lid, plus a rack for the bottom, and is used to preserve high-acid foods, such as fruits, jams, jellies, tomatoes, salsas, pickles, sauces, and chutneys. Jars filled with food are immersed in boiling water for a specific amount of time. After they are removed and begin to cool, a vacuum is created and the lids seal (you'll hear a 'pop') to keep out air, moisture, and bacteria.

Pressure canning requires a heavy-duty pressure canner with a vent, pressure gauge, and screw clamps, and is used to process low-acid (alkaline) foods, such as potatoes, green beans, and meats. Pressure canners allow you to heat jarred food to 240-degrees (hotter than boiling water), which prevents the growth of pathogens.

"*Clostridium botulinum* is a bacteria found in soil and is not harmful until placed in a no-oxygen environment where it produces a toxin," explains Mary. "If jars are not heated to a



high enough temperature to kill *Clostridium spores*, bacteria can begin to grow that cause Botulism, a rare, but potentially deadly, foodborne illness.”

Find instructions on how to use a pressure canner on the National Center for Home Food Preservation website at nchfp.uga.edu. View how to use a pressure canner to preserve green beans on Mary’s YouTube® channel at bit.ly/MLW_green_beans.

Whether you’re a novice or veteran canner, you’ll need some basic items to complete your essential canning kit, which you’ll find at the end of this story. You can also check out Mary’s YouTube® video outlining what you’ll need at bit.ly/MLW_canning_equipment.

Most sealed foods are safe to eat for a year or two, says Mary, as long as there is no sign of spoilage.

“The best way to prevent spoilage is to follow an approved recipe exactly as written,” she explains. “I cannot emphasize this enough. Canning recipes are scientific formulas that require exact ratios of ingredients, e.g. the ratio of acid to vegetable. If you have a few extra peppers, you cannot throw them into the salsa!”

After your canned foods have processed, allow them to sit, undisturbed, for 24-hours, remove the rings and wipe down the jars with hot, soapy water, and store them in a dry, cool, and dark place. Do not stack jars on top of each other.

“Watch for any sign of spoilage – bubbles, bulging, an unsealed lid, or an off smell,” says Mary. “A good rule to remember is: when in doubt, throw it out.”

Tomatoes are one of the most useful, and common, foods to preserve because of their versatility, but they require prepping before processing. “Modern research and a change in the acidic profile of tomatoes has taught us that we need to add acid to any tomato product that we can,” says Mary. “Add 2-tablespoons of bottled lemon juice, 1/2-teaspoon of citric acid, or 4-tablespoons of 5% vinegar per quart of tomatoes. Don’t add salt, as it is a flavor enhancer, not a preservative, unless used in fermentation.”

Perhaps the most obvious benefit in preserving garden-fresh or otherwise locally-sourced produce is how pleasing a properly canned food item can be to the palate.

“Oh my goodness, there is nothing better than opening a jar of peach jam in midwinter and enjoying that taste of summer when the snow is piling up on your doorstep,” says Mary. “And any gardener will tell you how satisfying it is to know that your family is well fed by the sweat of your brow. With canning, you know where your food came from and exactly how it was processed. There is nothing better than that!”

Have a question for Mary Liz? Contact her at maryliz@illinois.edu or (217) 826-5422.



Essential Canning Kit & Tips From Mary Liz Wright

- Commercially-made, tested, tempered glass jars with rings and lids – Be sure there are no nicks in the ring around the top of the glass. It must be clean and smooth for the gum in your lids to make the seal. Never use a lid more than one time and never use paraffin! Rings can be reused as long as they aren’t rusted or bent. Always buy rings and lids from a reputable canning company, such as Ball, Kehr.
- Water bath canner or large sauce/stock pot with a lid and jar rack
- Lid lifter with magnet – to safely lift jars from hot water without touching
- Cutting board
- Weighted scale
- Bottlebrush
- Measuring cups, ladle, funnels, and knives
- Wood masher/pestle and potato masher
- Rubber spatulas and long-handled wood spoons
- Bubble remover – Commercially-made or a plastic picnic knife will suffice. Do NOT use a metal knife, which could scratch your jar, weaken it, and cause cracking.
- Headspace tool or plastic ruler – To prevent overfilling jars. Headspace is the space between the underside of the lid and the top of the food or liquid in the jar.
- Dial kitchen timer
- Damp paper towel

ONLINE CANNING RESOURCES

- What’s Cooking? with Mary Liz Wright on YouTube: bit.ly/UIExt_Mary_Liz_Wright
- University of Illinois Extension Service: web.extension.illinois.edu/foodpreservation
- National Center for Home Food Preservation: <https://nchfp.uga.edu/how/general.htm>
- CDC Canning Safety: <https://www.cdc.gov/features/homecanning/>
- Ball/Kerr Canning Tips & Recipes: <http://freshpreserving.com>



Digging Deeper: Why Family History Matters

by *Monica Tichenor*

“Walking, I am listening to a deeper way. Suddenly all my ancestors are behind me. Be still, they say. Watch and listen. You are the result of the love of thousands.” – Linda Hogan

“Who am I?” We’ve all asked ourselves this universal question. It’s only human to ponder our existence, our origins, and ultimately, our purpose. In order to chart a way forward, it’s not uncommon to look to past generations for guidance, says professional genealogist Juli Claussen of Murphysboro, owner/operator of Search & Genealogy Services [searchandgenealogyservices.com].

“It’s natural to be curious about family members who came before us – what their lives were like, their home countries, their ethnicity,” says Juli. “You may uncover illustrious ancestors, interesting scoundrels, or ancestors who have overcome great obstacles.”

Exploring more recent generations can also reveal information that allows people to be more proactive about their health. “This is especially important to adoptees,” explains Juli. “I’ve found biological families with predispositions to very serious, even life-threatening, medical issues.”

Juli developed a passion for genealogy early in life thanks to the influence of grandparents who lived nearby and were happy to share stories about their formative years.

“I spent the most time with my grandmother, Edith, who grew up on a farm,” says Juli. “She showed me the beautiful quilts her mother had made and a steamer trunk full of treasures, carried by her grandparents from Germany long ago. I couldn’t get enough of it!”

When she was 10-years-old, Juli’s Grandfather Lynn pulled out a Bible that listed the names of family members in fountain pen script and contained two locks of hair – a small black braid of Juli’s great grandmother’s and a blonde curl of her third great grandmother, Sarah, born in 1817. “I realized (Sarah’s) hair was the same color as mine, and I felt an instant bond with her,” says Juli. “These were the sparks that ignited my imagination and motivated me to begin researching my family history as a teenager.”



Photo: Juli Claussen and the family dog, Charlie. Credit: Tim Damian.

After graduating from SIU with a degree in social work, Juli worked in social services before shifting gears 20 years ago to pursue genealogy as a profession. "I reevaluated my talents and what I most enjoyed doing," she says. "I began honing my genealogy skills through volunteer projects, and when those went well, I began growing my business."

In addition to her lifelong passion for family history and background in social work, Juli also possesses a unique skill set that has helped her create an area of specialization, or niche, in her genealogy career, something she highly recommends to anyone who is interested in becoming a professional genealogist.

"I love solving puzzles and that has led to specializing in missing people and 'brick walls,'" says Juli. "Brick walls are when a family historian gets stuck and cannot find the information needed to carry the line back another generation. I've helped many hobbyist genealogists get 'unstuck' so they can continue their research."

Searching for missing people also includes finding missing heirs and property owners. "When a person with a sizable estate dies without a will and no spouse or children, their heirs need to be identified and located. It can be quite challenging."

Still, among all the cases she has accepted over the years, Juli says adoption searches continue to be her favorite. "I strongly believe everyone has the right to information about their origins. My social work training comes in handy when managing what can be complicated emotions for my clients. I do many of these cases pro bono."

Beginners who are ready to dig deeper into their family tree should first talk with older relatives and either write or record detailed accounts of their relatives' recollections.

"Ask your oldest relatives about their ancestors, but be considerate of sensitive subjects that might arise and don't push," says Juli. "Make notes of dates and places, personality traits, occupations, successes, challenges, and causes of death. You want to have a well-rounded idea of who these people were."

Outside resources are also essential when researching one's family history. "Seek out training for beginning genealogists in your community and online, many of which are free," says Juli. Online sources with free "how-to" workshops include the U.S. National Archives & Records Administration, the Ancestry.com Learning Center, and YouTube.

Continue to page 12

Free online sites such as FamilySearch.org or fee-based ones like Ancestry.com, are also helpful, as well as old-school resources like your local library, genealogical society, and courthouse records. "The research cannot all be done online," explains Juli. "Plus, it's kind of fun to get your hands dirty on those old, dusty records in the courthouse."

If you're a beginning genealogist, expect to travel unexpected roads and to make some common mistakes.

"There are three primary mistakes made by novices," says Juli. "One, accepting the family research of others without solid documentation to support it. Two, not realizing how many people have the same or very similar name and are the same age as your ancestor. And three, believing, verbatim, family stories that have been passed down."

If you experience any of these scenarios or run into additional roadblocks in your family history research, it may be time to consult a professional genealogist.

"Most professionals will do a consultation at no charge and can tell you if they are able to take your case," says Juli. "You might also need a specialist for a particular type of ethnicity or a region where the research can be very challenging, such as tracing Native American ancestors. The Association of Professional Genealogists website at apgen.org can help."

Juli adds that you may also have to accept that the information you seek may not be available or that you may not get the answer you had hoped to hear. "It's never as easy as it seems on the TV shows," she says. "The courthouse may have burned, the family may have eluded the census takers, or the line just disappears into a time when few written records were kept. When you hire a professional, you are paying for their time and not results."

Over the years, Juli has encountered fascinating stories that can evoke laughter, tears, anger, and surprise. "I once helped a fellow find out what happened to a great-uncle," says Juli. "It turns out he was involved in Al Capone's gang and his son became the doctor for the mob, removing bullets from bodies on a regular basis!"

What Juli finds most rewarding is when she can play a part in reunions between adoptees and their biological families, especially when against all odds, love finds a way, such as the case of 78-year-old Jerald, who was adopted as an infant. He learned he had a biological sister and after a terminal diagnosis, he hired Juli to help him find his sister before he passed away. It was a challenging case for Juli, with little information and few clues.

"At every step, just as I thought I'd found her, she slipped away again, and it seemed hopeless," recalls Juli. After months of relentless searching, Juli dialed the phone number of an 82-year-old woman named Margaret who turned out to be Jerald's long-lost sister.

"Jerald's daughter whisked him across the country to meet Margaret and her daughter, and she sent me photos," says Juli. "Jerald was out of his wheelchair, and he and his sister were playing together on a playground, as if they were children again. He was in a swing, and she was at the top of the slide. It was wonderful!"

Juli is a firm believer that preserving our family histories is a worthwhile endeavor with measurable benefits.

"Learning about my ancestors has given me a profound sense of my place in life," says Juli. "There is a deep desire in many of us for a long-ago tribe or culture from which we have no discernible memories. For example, how powerful it must be for the descendant of slaves, whose family roots were so cruelly severed, to learn through DNA testing of the specific tribe on the African continent from which she comes and perhaps to set foot on that soil."

Recent scientific studies implicate that human beings have genetic memory and that life experiences may influence the DNA and brain structure of descendants, which may in turn explain the deep yearning we sometimes feel for an unknown past. "Scientists theorize this process may also explain some of our phobias and anxieties, as well as certain strengths and adaptabilities," says Juli. [David Cornish, *Wired Science*, "Study: Genes Could Retain 'Memory' When Passed to Offspring," 2013, University of Cambridge]

Taking the time to learn about our ancestors not only helps us to see them as real people, it can give us a clearer picture of how previous generations may have helped to shape who we are and who we want to be.

"Knowing that I come from people who overcame adversity gives me strength in my life today," says Juli. "My ancestor, Sarah, grew up in a pioneer family, buried four of her nine children, lost her young husband in a cholera epidemic, and was left to run their farm. She raised her children well and lived to a ripe old age, held in high esteem by her family. Knowing that love extends across the generations is powerful to me, and I am honored to preserve and pass that legacy forward."

Celebrate Summer with Camp PBS Kids!

by *Monica Tichenor*

Summertime is usually a time of carefree fun and relaxation for kids and families. Many of us have happy (and possibly cringe-worthy!) memories of summer away camps spent hiking, camping, swimming, cooking over a fire, playing games, telling stories, and bonding with strangers who quickly became friends.

In the era of COVID-19, however, we've all had to rethink our summer plans and take the necessary precautions to protect ourselves and others – and that means summer away camps are not an option this year.

What to do with kids who've been at home since early spring and might be going a little stir-crazy (along with their parents)?

Keep the little and not so little kids in your care engaged by sending them to Camp PBS KIDS! This online camp at pbs.org/parents/summer offers a wide variety of activities designed to:

- **INSPIRE** the reader, scientist, artist, musician, writer, and explorer in your children;
- **NOURISH** creativity, imagination, and problem-solving skills; and
- **ENCOURAGE** kindness and empathy, which is especially helpful during this time of uncertainty and social upheaval.

Camp PBS KIDS demonstrates that you don't have to travel to have fun and to keep the kids learning all summer long. Here's a list of just a few of the activities you can try together at home or in your own backyard:

- Create a Salt Painting of our Solar System
- Identify Constellations and Try Shadowplay
- Create a Melted Bead Bowl
- Make your own Silly Putty, Play Dough, and Kinetic Sand
- Discover pitch with a Water Xylophone
- Make a Chinese Rattle Drum
- Hold a Step-by-Step Dance Party
- Make Dinosaur Footprints and Homemade Fossils
- Craft Soda Bottle Fireflies
- DIY Birdwatching Binoculars and Cardboard Castle
- Play Kindness Bingo

You'll also find parenting tips to encourage young readers, read-along videos featuring celebrities and PBS KIDS authors, and booklists for all ages, plus articles on how to connect with kids through art, music, dance, science, and more.

Get started on family summertime fun now at pbs.org/parents/summer! Find more and links at wsiu.org/educationresources



Beat the heat with these fudgy popsicles! Easy and fun to make with the kids.

Cashew Chocolate Fudgesicles

While most popsicles are seen as a dessert, these cashew chocolate fudgesicles are on the healthier side. The cashew butter gives them a nutty undertone and the cocoa powder makes them chocolatey.

Yield

Makes 6 popsicles

Ingredients

1 (13.5) can of full-fat coconut milk
1/3 cup cashew butter
1/3 cup cocoa powder
1/3 cup honey
Pinch of salt

Directions

To a blender, add the coconut milk, cashew butter, cocoa powder, honey and salt. Blend until puréed and smooth. Transfer to popsicles molds and add popsicle sticks. Freeze for at least 5 hours, ideally overnight. Gently remove popsicles from their mold and enjoy.

Source: From PBS Food – Recipe by Adrianna Adarme of Fresh Tastes



REDISCOVERING THE SUMMER BACKYARD PICNIC

by *Monica Tichenor*



A Conversation with Chef Tiffany Walker

"I expand and live in the warm days like corn and melons," said poet, writer, and philosopher Ralph Waldo Emerson in his 1836 essay "Nature." Emerson was not off the mark. When summer swells with life, we can't help but grow right along with it, soaking up every square inch of the season's perfect gifts, from its warm sunshine and gardens bursting with fresh produce to lazy afternoons that seem to stretch on forever.

Another indelible image of summer is the time-honored tradition of the family picnic. But since the arrival of the Coronavirus pandemic, we've all had to make changes in how we live our daily lives in order to keep others and ourselves safe – and those changes include how we celebrate summer with those we love.

Although it's possible to picnic in small groups at local parks, while taking appropriate precautions, many families are opting to move the fun to their own backyards. Still, it isn't easy giving up large get-togethers with extended family and friends. "Quite frankly, I just miss being around all of my family in general," says Chef Tiffany Walker of Carbondale, Ill. "I miss the comradery of being around the people you love and trust,

grooving to good tunes, chasing the kids, playing games, and of course, the delicious comfort food. Times like these are precious and should be enjoyed as often as possible."

Passionate about the creative arts and cooking, Tiffany studied art and design at Tougaloo College and recently earned a degree in Culinary Arts from the Auguste Escoffier School of Culinary Arts. In addition to being a certified chef, she is also a makeup artist, author, and owner/operator of Plush UNLTD, Creative Studio & Co. (www.plushunltd.com), which she launched eight years ago to help fill the gap she saw in available creative spaces for artisans and creative entrepreneurs, particularly those with children.

"Being creative is completely ingrained into my personality," says Tiffany. "I've been an artist all of my life – writing, music, and painting – and have won different awards and accolades through the years, including being named National Book Foundation Slam Champion and winning a national UNCF painting competition. Cooking and makeup application/education form the bulk of the services that I provide through Plush UNLTD."

While completing her Culinary Arts degree, Tiffany suffered the painful loss of an unborn child and subsequent health complications that kept her in the hospital during the last week of school and her externship at Walker's Bluff. During that difficult time, she drew on her inner strength and her faith to stay focused on the finish line. "I come from a legacy of strong resilient women of all shades and backgrounds who have done whatever is necessary to make a better life for their families," she says. "I also wanted my other two little ones to see their mama not giving up and managed to finish school with straight A's."

Tiffany's love affair with cooking began when she was very young. "I spent my early years being raised by my grandmothers, surrounded by bubbling pots and sizzling skillets," she recalls. "My great-grandmother was a professional housekeeper to the upper echelon for many years. That's how she also ran her household; always tidy, always cooking, always inviting. I started as the designated dish washer then worked my way up to picking beans and washing greens. This is where my passion for cooking and creativity really began."

Tiffany also uses her business to address common misconceptions about African American food traditions as being unhealthy. "Because our cuisine usually tends to get a bad rap, it's important for me to use my platform to help evoke positive awareness about African American food culture and it's culinary influences, both pre- and post-African Diaspora and slavery," she says. "I'm hoping to change the narrative by providing my patrons healthier versions of American and Soul Food classics with fresh ingredients and global techniques."

As a professional chef who also likes to support local businesses, Tiffany believes it's important to purchase locally-sourced produce and meats. "I am a fervent Farmer's Market shopper, and I get as much locally as I can, then base my weekly menus on my fresh finds," she says.

As an artist and chef, Tiffany is always thinking of new ways to be creative and to raise awareness about her brand and cause. "Before the COVID-19 pandemic hit, I was entertaining the thought of auditioning for one of those Reality TV cooking competitions," she says. "I'm sure I still will. With Plush UNLTD, I hope to create a 'hole-in-the-wall' type of kitchen where the community can enjoy my take on classic and cultural staples, as well as to provide a place for artists to create and network. With the support of my Southern Illinois community, we can get there sooner than later. Families can support Plush UNLTD by hiring me as a personal chef for one or multiple meals or to teach private cooking or makeup classes. I also sell merchandise on the website and host online bake sales. Any and all support is always graciously appreciated!"

For booking info, food ordering, and product purchases, visit www.plushunltd.com. Like, Follow, and Share Tiffany's Facebook pages at @tiffthefacechef and @Plush UNLTD, and Instagram pages at @thefacechef3f and @Plush UNLTD. You can also reach Tiffany via email at plushunltd@gmail.com.

*** See Chef T's recipes on page 16**

BACKYARD FAMILY PICNIC TIPS FROM CHEF T

- To glam up your family backyard BBQ, try starting with a theme. It can be as simple as a "Celebrity-Style White Party" theme where everyone dresses in professional casual white apparel. Bring in more of the color with decor and floral arrangements. Light the yard and deck with tons of candles and fairy lights. A fun theme that the kids can join is "Sneakerheads" where everyone wears their best sneakers.
- Include a "best sneakers" or dance contest to amp up the social-media worthy moments and warm memories. Whether the family at home is big or small, all get-togethers are about the photographic moments. Thoughtful decor alone should do it, but a makeshift photo booth using a stool or chair and a garland backdrop, with goofy props, are always a hit.
- The hotter the summer gets, the later you'll want to have your gathering because of the heat. Be prepared with plenty of ready-made ice and frozen treats. Because of the pandemic, most community pools and water parks are closed. No worries; kiddie pools, water guns, and balloons can level up any outside gathering for all ages and yard sizes.
 - Fresh fruit and infused water are great ways to stay hydrated and get the kids involved. They can help you wash and prepare various fruits to enjoy simply as slices, like oranges and watermelon, or to go into yummy fruit salads with grapes, pineapple, and strawberries.
 - Important COVID-19 Safety Tips: Wash hands often! Keep your family picnic to immediate family who you've already been in contact with, meaning no new guests, and keep attendance to a minimum. If you do invite a few outside family members, have them join you outside rather than letting them walk through the house to the backyard. It's a good idea to designate 1-2 people to serve, but either way only handle food with gloves and clean, covered utensils. Have plenty of hand sanitizer available for inside and outdoors, as well as disinfectant for house runs and bathroom breaks.

PICNIC FAVORITES FROM CHEF T

"Nothing says summer backyard barbeque like the all-mighty burger and a cool sweet treat. Try these recipes on for size. Be sure to reach out and let me know how much your family enjoyed them!" – Chef Tiffany Walker

CLASSIC AMERICAN CHEESEBURGER

Ingredients

2lbs Grass Fed Ground Beef (80/20 also works fine)
½ tsp Seasoned Salt
½ tsp Black Pepper
¼ tsp Kosher Sea Salt
¼ tsp Garlic Powder
¼ tsp Onion Powder
¼ tsp Mustard Powder

6-8 American Cheese Slices*

*or any other cheese style you prefer

6-8 Gourmet/ Restaurant Style Large Buns

Topping Options

1 Red Onion, sliced or sautéed

1 Slicer Tomato, sliced

1 c Baby Bella Mushrooms, sliced or sautéed

1 package of cooked sliced bacon

Instructions

Combine the beef and the seasonings in a large bowl, kneading them together with your hands until thoroughly incorporated. You're welcome to use a spoon, but trust me, your hands will work better. Divide the meat mixture into 6-8 equal parts, depending on what size of burger you're going for. Grill burgers until desired doneness; on average six minutes on each side for medium. Before serving, add a slice of cheese. You can choose to serve the burgers fully dressed or set up a "burger bar" of toppings and condiments for your family to build up their own!



VEGGIE BURGER OPTION

Ingredients

6 cans of Black Beans
½ green, red, yellow, orange peppers each, minced
½ onion, minced (doesn't matter what kind)
2 cloves of minced garlic
1 egg

¼ c unseasoned dry bread crumbs
¼ tsp liquid smoke
¼ tsp salt
¼ tsp black pepper
¼ tsp garlic powder
¼ tsp cumin
¼ tsp smoked paprika

Instructions

I don't particularly recommend grabbing the food processor for this one, so for this recipe, let's get a quick bicep burn and dust off the ole' knife skills! Dump all of your black beans and seasonings into a small-medium pot and bring to boil. Reduce to simmer and let simmer for about 10 minutes. Remove from heat and cool before straining to a bowl. Reserve that juice for later. Take drained beans and mash away until you get a paste-like consistency. Fold minced vegetables, egg, and breadcrumbs to the bean mixture, then mix. Moisten the mixture with the reserved liquid a tablespoon or two at a time to get the mixture soft, yet firm enough to form patties. Spray patties with non-stick cookie spray. Grill veggie patties for about 3-4 minutes on each side, rotating clockwise halfway through to form grill marks. Top and serve as you please!

PEACHES AND CREAM CHEESECAKE PARFAIT

Ingredients

4-6 peeled and sliced fresh peaches*
*couple cans in heavy syrup, drained is just fine
2-8oz packages cream cheese, softened
¾ c sugar
1 tbsp sour cream
½ tbsp vanilla

¼ c chopped or slivered almonds
1 c vanilla wafers, crumbled or 4-6 biscotti
6-8 glasses for serving

Instructions

Mix cream cheese, sugar, and vanilla. Put into a piping bag or sandwich bag and cut the tip. If serving with vanilla wafers, layer bottom of glass with some crumbles first. Add a layer of cream cheese mixture, then a layer of peaches. Repeat those steps until the glass is full. Top with a dollop of whipped cream, cookie crumbles, and almonds. If using biscotti, use the same layering method, just top with almonds and serve with a half of biscotti. Serve cold.



Strawberry Lemon Bars



Total Time: 1 1/2 hours; 25 minutes active

Servings: 12

Preheat the oven to 350°F

CRUST

1 3/4 cups whole wheat pastry flour
1/2 teaspoon salt
1/2 cup powdered sugar
1 stick butter, sliced
1/4 cup cold water

FILLING

2 cups fresh strawberries (or frozen strawberries, thawed, with juices)
3/4 cup fresh lemon juice
1 tablespoon fresh lemon zest
1 1/4 cup sugar
1/4 cup all-purpose flour
1/4 teaspoon salt
5 large eggs
1 large egg yolk

GLAZE

1 cup powdered sugar
2 tablespoons milk



INSTRUCTIONS

In a food processor, combine the whole wheat flour, salt and 1/2 cup powdered sugar. Pulse to mix. Add the butter slices and pulse until crumbly. Drizzle in the water and pulse to make a crumbly dough. Press into a 9x13 baking pan (preferably metal) to form an even crust on the bottom. Bake for 15 minutes, until lightly toasted.

Rinse the processor, then place the berries in the processor bowl and purée completely (if using frozen berries, let them thaw and add along with juices). Add the lemon juice, zest and sugar and process to mix. Add the all-purpose flour, salt, eggs and egg yolk and process until smooth and well-mixed. Pour over the crust.

Bake for about 25 minutes, until the bars are just set. Let cool on a rack.

When the bars are completely cooled, place 1 cup powdered sugar in a cup and stir in the milk with a fork. Drizzle the powdered sugar mixture across the bars, then let set for 10 minutes before slicing into bars.

To store, keep tightly covered in the refrigerator for up to a week.

Don't miss this year's SOLAR INCENTIVES.



REQUEST A FREE QUOTE @ aessolar.com

(618) 988-0888 • 1804 SUPPLY ROAD • CARTERVILLE, IL 62918



ATTENTION CO-OP OWNERS:
Has Your Information Changed?

Have you moved? Has your name, email address, or phone number changed? Have you had a change in who constitutes your household members?

Keep your membership data up to date by letting us know what has changed. We want to keep our owners informed with the latest news about our Co-op, and we appreciate your help.

Send updates to Joan Phillips at joan@neighborhood.coop



**Not all
Dental Practices
are alike.**

Do you realize how important a
HOLISTICALLY-INCLINED, HEALTH-CENTERED,
RELATIONSHIP-BASED
dentist is for your well-being?

Thomas L. Waltemate, D.D.S., AIAOMT

618-965-9213

Steeleville, Illinois

Learn more at

www.TomWaltemateDDS.com



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

Owners Appreciation Month

**Pick Your
Day
In August!**

See details below



To meet the needs of as many customers as possible, we are again offering a "Pick Your Day" coupon for the August OAW. We will be mailing owners a 10% off coupon good toward any one transaction during the month of August. **LOOK FOR YOUR COUPON IN THE MAIL!**