



864-868-3105

Members Only (but it's easy to join)

Specializing in organic, natural, and allergy-specific foods

- [Home](#)
- [About](#)
- [Resources](#)
- [Become a Member](#)
- [Calendar](#)
- [Contact](#)



SUNDAY, MARCH 13, 2016

SEARCH THIS SITE

## Spring 2016 Newsletter

### VITAMIN K & YOUR HEALTH

by Echo Macdonald

I first learned about the health benefits of Vitamin K when I was studying Biology back in college. It was always referred to as a bit of an obscure fat-soluble vitamin that was necessary for blood clotting. The "K" designation for this vitamin comes from its German name, "Koagulationsvitamin". When I went to Nursing School, I was assigned the responsibility of giving Vitamin K injections to the babies in the newborn nursery, again to assist their bodies in the blood clotting process since their liver and intestines were not yet capable of providing sufficient Vitamin K.

Information about the role of Vitamin K has grown tremendously since my school days. We now know that there are three forms of Vitamin K: Vitamin K1 or phyloquinone, the natural version of Vit K1 (phytonadione, the synthetic version), Vitamin K2 or menaquinone, and Vitamin K3 as menaphthone or menadione. Vit K1, or phyloquinone, occurs naturally in green leafy vegetables (kale, spinach, turnip greens, collards, swiss chard, mustard greens, parsley, romaine, green leaf lettuce, brussel sprouts, broccoli, cauliflower and cabbage) and is stored in the liver. Vit K2 or menaquinone, is made by certain bacteria in your colon and goes directly into the blood vessel walls, your bones and tissues other than your liver. Vit K3 is primarily recognized as a synthetic vitamin and is not recommended for supplementation.

In addition to Vit K's role in helping to make four of the 13 proteins needed in the blood clotting cascade mechanism, we now know that this vitamin is responsible for good bone health and participates with vitamin D to transport and "cement" calcium into the bone for strong and healthy support. In addition, research has shown that this vitamin is important in preventing atherosclerotic heart disease, osteoporosis, diabetes, multiple types of cancer and Alzheimer's dementia. It seems to work in concert with Vit D, another recently appreciated fat-soluble vitamin, and has health benefits in a wide variety of the body's organs. A deficiency in one of these vitamins is generally associated with a deficiency in the other.

If your diet includes green leafy vegetables, you have a less likely chance of being deficient in Vit K1. However, many are deficient in Vit K2, the form of the vitamin produced by the gut microflora. There are many causes for microfloral disruption in the American diet today: widescale use of antibiotics in animal husbandry practices and their subsequent presence in foods derived from the meat and dairy industries, overuse of antibiotics in medical practice, the effects of glyphosate (Roundup) used on agricultural products and its disruptive effects on the gut, the prevalence of "leaky gut syndrome" in the American public in part due to the abnormal proteins associated with GMO foods, and the numerous chemicals used in the plastics and cans that package much of our available food supply.

The best natural sources of Vit K2 are natto (a fermented soybean product of Japanese origin), raw dairy products from grass-fed animals (hard and soft cheeses, raw butter), and fermented foods (kefir, sauerkraut, kimchee). Other

### CONTENTS

- [Vitamin K & Your Health](#)
- [Lemon Balm Essential Oil](#)
- [The Gift of Kindness](#)
- [Thai Crunch Salad](#)
- [Stove Top Almond Bread](#)
- [Available Co-op Jobs](#)
- [Classifieds](#)
- [Co-op News](#)
- [Co-op Updates](#)
- [Calendar Notes](#)

### THAI CRUNCH SALAD

from author Danielle Walker, [Against All Grain](#)



This delicious salad, just in time for warmer weather, features napa cabbage and jicama (pronounced hee-cama). If you haven't tried jicama, you can find it in the produce section of the supermarket. This tuber is part of the legume family, and is grown in warm climates such as Central America. With the texture of a turnip, and a taste similar to an apple, this versatile vegetable is great in everything from salads to stir fries to soups. It is also tasty sliced, chilled and sprinkled with chili powder, lime juice and salt. A healthy "starch," jicama has a good amount of fiber, infused with oligofructose inulin, which has zero calories and doesn't

sources include whole egg mayonnaise, miso, lamb, duck, turkey, beef, chicken and beef or chicken liver.

Although extreme Vit K deficiency is rare, it can occur in a number of health conditions, resulting in excessive bleeding: any health problem that prevents your body from absorbing Vit K, such as gallbladder or biliary disease, cystic fibrosis, celiac disease, or Crohn's disease; liver disease; those taking blood thinners such as Coumadin (warfarin); long-term hemodialysis; and serious burns. If you have been taking antibiotics, especially the Cephalosporin class, you may have harmed the bacteria responsible for colonic production of this vitamin.

Who should take Vit K2 supplements? If you have any of the above health conditions or if you have a history of cardiovascular disease including arterial plaques and calcification, varicose veins, osteoporosis, prostate cancer, lung cancer, liver cancer, leukemia, dementia, tooth decay or a tendency toward infectious diseases such as pneumonia., you should discuss your concerns for Vit K2 supplementation with your health care provider. If you are taking Coumadin, you should not be supplementing with Vit K, as it reverses the effects of this drug. You should also use caution when consuming large amounts of green leafy vegetables for the same reasons. Vitamin K2 supplements are readily available. They can also be found supplied in conjunction with Vit D3. Both vitamins should be taken with food containing fat.

In addition to "policing" the calcium that floats around in our blood, Vit K2 is known to reverse atherosclerotic plaque formation, strengthen osteoporotic bones, reduce calcium deposits in cancerous tissue and reverse tooth decay. It may play a role in reducing hypertension due to its ability to remove calcium deposits in the arteries, allowing them to become more supple and flexible.

If spinach was good for Popeye, I guess it's okay for me, too. I can still hear my mother saying to me as a youngster, "Eat your greens! They're good for you!" Wisdom is wasted on the young. I'm going to eat more kale this year. Here's to your health!

---

#### LEMON BALM ESSENTIAL OIL

by Debbie Hornsby

Lemon balm comes from the same family as mint, and is known for its wonderful lemon candy fragrance when crushed. A perennial, lemon balm, as well as mint, are both very prolific, and will take over an area if not confined, but both are great for insect control. Lemon balm is also called Melissa, short for its Latin name *Melissa officinalis*.



Lemon balm essential oil is distilled from the leaves of the plant, and has several medicinal benefits.

1. Traditionally known for its calming effects, just inhaling lemon balm can soothe anxiety, directly or used in a diffuser.
2. It is an effective bug repellent, containing citronellol and citral, which are also contained in citronella. Include lemon balm essential oil in topical oils and sprays for protection against insects.
3. An effective component in treating cold sores, a salve can be made by combining a few drops in a mixture with melted beeswax and coconut oil.
4. Lemon balm has been helpful in the treatment of Type 2 Diabetes, reducing its effects.
5. In one cancer treatment study, it was found to have potential in the treatment of brain cancer, particularly the citral component of the herb.

*Aura Cacia Lemon Balm Essential Oil can be ordered at the Co-op through Frontier, and is great for topical use.*

---

#### THE GIFT OF KINDNESS

by Meredith Gooch-Goswami Barrioz

metabolize in the body, as well as a low glycemic index. It is also high in Vitamin C, and has B vitamins, potassium and minerals. Like potatoes, they should be used sparingly due to the high carbohydrates content.

#### **Dressing -**

- 1 TBS cilantro
- 1 TBS creamy almond butter
- 1-1/2 TBS lime juice
- 1-1/2 tsp liquid aminos
- 1-1/2 tsp apple cider vinegar
- 1-1/2 tsp chopped ginger
- 1 TBS coconut milk
- 1 tsp honey
- 1/2 tsp sesame oil
- 1/4 tsp chili sauce (optional)
- 1/4 cup extra virgin olive oil

Place all ingredients except for oil in your blender. Blend until combined. Remove lid and with the blender running on low, add oil in a slow and steady stream until emulsified. Save half for the salad, and store the remainder in the fridge.

#### **Salad -**

- 2 carrots
- 1/2 medium jicama, peeled
- 1 cup sugar snap peas, julienned
- 2 cups napa cabbage
- 1/2 cucumber, thinly sliced
- 1 cup mango, peeled and sliced
- 2 TBS sliced almonds
- 2 TBS sliced hazelnuts (or other nuts)
- 1 cup cooked chicken breast meat, shredded (optional)
- 2 TBS cilantro

Using the smallest grating blade on your food processor or cheese grater, shred carrots and jicama. Wash cabbage, then cut into thin strips using a sharp knife. Discard bottom root portion. Divide cabbage onto four plates, then top each plate with equal portions of carrots, jicama, snap peas, cucumber, mango, chicken and nuts. Drizzle each plate with 1 TBS dressing, or to taste, then top with cilantro.

Alternatively, combine everything in a bowl and serve.

---

#### STOVE TOP ALMOND BREAD

contributed by Meg MacArthur

- 1 cup almond flour
- 1/4 cup chia seeds
- 2 TBS arrowroot powder
- 3/4 cup black walnuts or other nuts
- 3 TBS macadamia nut oil or melted butter
- 2 TBS maple syrup or honey
- 2 eggs
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp each of ground anise, fennel, nutmeg and ginger or your preferred spices
- 2 tsp vanilla

I moved to Clemson, SC in 1984 with my 3-1/2 year old daughter to start a new life. The transition of moving from a small fishing community on the South Carolina coast to a college town in the foothills of the Blue Ridge Mountains was pretty difficult for both of us in many ways, and my meeting and falling hard for one of the cooks at the Chinese restaurant where I'd gotten a job waiting tables was a pleasant surprise.

Bill and I had been seeing each other for about six months when I got the idea of making him a pair of canoe paddles for Christmas. I wasn't a carpenter but I'd brought a few tools with me when I'd moved, including various c-clamps. I had a pretty good idea of what I'd need to do; I just didn't know how to go about doing it. I don't remember how I heard about him, but someone put me in touch with a local carpenter who was well respected for his fine cabinetry work. His name was (and is) Mr. Boyles.

I gave him a call and he invited me over so we could talk about my project. Mr. Boyles has 4-1/2 acres of what was then a pretty private little road, even though it was in town limits.

He gave me directions to his place, which was a couple of blocks off of a two-lane secondary highway, and when I got there he was so nice to me. He probably spent an hour, giving me instructions and suggestions for wood types, taking me through his very large shed where he kept his wood, and telling me to feel free to come back and get some wood when I was ready to start the project. Bill never did get those canoe paddles, but I remembered Mr. Boyles and how nice he was.



It was a few years before I saw Mr. Boyles again. The lot between his property and the main road had been sold to a landscape nursery owner who had hired me to mind the store while he was out in the field. Mr. Boyles was one of the first visitors I had. I don't think he bought anything but we remembered each other and he was polite during that first visit. I got it that he was not very happy about his privacy being compromised, and I'm sure I would have felt the same way.

I worked at the landscape nursery for a few years and during that time Mr. Boyles and I had some good conversations when he'd stop by to pass a bit of time. We talked quite a lot about gardening and I always enjoyed seeing him walk in the door. Change in the form of a new neighbor may have been hard for him at first, but he obviously got used to us.

Fast-forward about 25 years. I hadn't seen Mr. Boyles beyond a passing glimpse on the road or in a grocery store in all that time. And then in November I was in our Co-op getting some groceries and Mr. Boyles was in there with his daughter. Beyond acknowledging each other with the customary country tip of the head,

we didn't speak, we just went about our shopping. They were in line ahead of me with a lot of groceries and his daughter was talking to the cashier while Mr. Boyles stood there waiting.

I remembered how kind he'd always been to me. I was sure he wouldn't remember me so I said his name and when he looked my way, I said as much. I went on to tell him we'd met 30 years earlier and before I could finish my sentence he smiled and with a glint in his eyes he said, "when you came to my house wanting to make canoe paddles."

We shook hands and I think he bragged that he's close to 90 years old now, but I wouldn't have known it unless he'd told me. Our conversation didn't go unnoticed by his daughter, and all of us talked for a few more minutes before they headed out.

Long before I saw him at the Co-op I've thought of Mr. Boyles and how much he liked his neighborhood before the landscape nursery moved in, and how he had to (and did) adapt to the development of the land around him in the years that followed. I'm glad he didn't move, and when I've found myself getting aggravated with neighbors moving in who are so afraid of the dark that they put up yet another of those blasted lights that stay on all night, Mr. Boyles comes to mind. If he can adapt to what he's had to adapt to, surely I can handle a light or two.

Thirty years is a long time and I'm quite certain he and I both have seen and changed a lot during that time. But his kindness is remembered and the story shared. I'm glad Mr. Boyles is part of my life story and in the best possible way. In these lean years it's comforting to know that the memory of someone being kind stays with us, and sometimes that memory lingers for years. If I can give nothing else, I hope I'm always able to share a bit of kindness.

4 tsp vanilla

Preheat cast iron frying pan and griddle on separate burners on lowest heat on stove. Beat together eggs, vanilla, maple syrup and spices. Add dry ingredients and oil. Stir until mixed. Pour some oil into cast iron frying pan and swirl it around to cover the bottom. Then add mixture. Smooth out to edges and level out. Cover with preheated griddle, turning off its burner. Cook on that lowest setting 25-30 minutes or until set in the middle.

*You can get most of the ingredients for this recipe right at the Co-op!*

---

#### AVAILABLE CO-OP JOBS

Please contact Theresa Pizzuto at 864-508-0617 or [theresa.pizzuto@gmail.com](mailto:theresa.pizzuto@gmail.com) for more information about the following available Co-op jobs, or if you can't work regular hours at the Co-op but are interested in a job:

- Marketing Manager
- Local Meat Manager
- White Board Message Updates
- Communications Mgr
- Herb/Spice Packager
- Newsletter writers to write short articles for quarterly newsletter
- Cashiers to work weekly
  
- Bulk packagers
- Building maintenance (carpentry, plumbing, etc)

---

#### CLASSIFIEDS

Be sure to check out our classified section on our website. This is a wonderful and easy way to sell items, share bulk buying, share info. about your business, etc.! To submit online (our preferred method) [go here](#).

---

#### CO-OP NEWS

**Serve on the BOD:** We are currently looking for two members that would be interested in filling open positions on the Board of Directors. Meetings are generally once a quarter (more frequently when the board is working on projects). Term is for two years and it's a nice group of people to spend an evening with while serving the Co-op. Five percent reduction in mark-up for service.

## A PRIMER ON THE PALEO DIET

by Echo Macdonald

There are many fad diets and many more “how to” books on dietary theories available today. One of these is the “Paleo Diet,” also known as the Paleolithic Diet, the Caveman Diet or the Stone Age Diet. The basis of this dietary approach is that mankind started out in ancient times as hunter-gatherers, eating whatever could be easily dug up from the earth or killed with limited effort. The supposed diet of the Stone Age man would consist largely of fresh meat, fish, wild vegetables, fruits and nuts. Compared to today’s menu, this diet would exclude dairy, legumes, and grains. The assumption behind this diet is that our transition from the nomadic life style to a more settled, agricultural pattern led to the development of food preferences that included grains, dairy, grasses and processed foods (flour, sugar, processed oils). This change in the dietary pattern of food consumption is what is believed to account for the increase in the chronic disease patterns of Western Society (heart disease, cancer, diabetes, obesity).

Some of the benefits of this diet include: some weight loss initially, a decrease in the glycemic index of foods consumed, a simplification of menu, a decrease in GI irritation due to the negative health factors associated with hybridized and genetically modified grains and legumes (corn, soy, wheat). Some folks with gluten sensitivity do well on this diet. The weight loss seen with this diet may be due to the increase in fats and proteins as energy sources as opposed to carbohydrates.

Like all “new dietary approaches” there is some controversy associated with the Paleo Diet. If one follows this diet strictly, there can be a deficiency in dietary B vitamins and calcium. We don’t specifically know the food sources eaten by cavemen. The disease patterns of the 21<sup>st</sup> century may also be attributed to the predominately sedentary lifestyle of people today as compared to the nomadic lifestyle of our early ancestors. We live in an over-stressed, hyper-driven, mass media technology saturated, toxin-filled world, the negative effects of which are difficult to separate or fully understand.

If you were to examine the diets of the Eskimos, the folks living around the Mediterranean Sea and the inhabitants of the Sahara desert, you would discover a wide difference in food preferences. People from vastly different geographic areas who eat foods largely unknown to each other have for centuries exhibited healthy lifestyles and eating habits. People living in agricultural communities have learned to adapt to the inclusion of grains and dairy into their diets. So, a common denominator in this discussion is the adaptability of the human race to accommodate to different food sources. No single dietary approach works for everyone.

Whether our dietary preferences are molded by our ancestral genes or moved by the publishing industry’s push for the fad diet of the day remains to be determined. My mother used to say, “Life is progressive revelation in the making”. What works for you today may not next year. Isn’t it wonderful to have so many choices?

For more information, please contact Tina Starwyck at cell/text 864-506-5794 or email, [windchasedeerhounds@yahoo.com](mailto:windchasedeerhounds@yahoo.com); or see any current board member; or pop in for a visit at the next board meeting on May 19th at 5:30 pm at the Central-Clemson Library.

### **The next Membership meeting for 2016**

will be Thursday, **May 19th**. Board of Directors meet at 5:30 pm and the General Membership meeting is at 7 pm. If you have suggestions for topics or speakers please email [info@upstatefoodcoop.com](mailto:info@upstatefoodcoop.com) or call the Co-op.

**New Friday hours** at the Co-op are 10 a.m. - 2 p.m.

### **A Secretary (an officer position at 0% mark up) is needed.**

The Secretary takes minutes at the monthly manager meetings, quarterly general membership meetings, sends out the Weekly Update and all email communications to members & managers. Computer skills are required, including basic knowledge of Word and Excel;

familiarity with Google Docs a plus. If you are interested or want to learn more please contact Theresa Pizzuto at 864-508-0617 or [theresa.pizzuto@gmail.com](mailto:theresa.pizzuto@gmail.com).

### **Special Order**

**Assistance:** Ordering assistance is available between noon and 2:00 pm on Mondays at the Co-op. If you need help with placing a special order for UNFI or one of our Direct Order Companies, call the Co-op at 864-868-3105 or stop by to speak with Lori Pierce or Theresa Pizzuto.

For assistance via email, contact Theresa at [theresa.pizzuto@gmail.com](mailto:theresa.pizzuto@gmail.com)

### **Input Wanted from Co-op Members:**

We have started a monthly Speaker’s Forum on Health and Nutrition. We need your feedback! What topics would you like to know more about? Please email your ideas, suggestions to Echo Macdonald at [echolini@gmail.com](mailto:echolini@gmail.com).

**Health Discussion:** Discuss health issues at the Clemson Library the 2nd Tuesday of every month at 7 pm. For further info contact Gary at 864-843-2584 or Lori at 864-843-2584.

The Co-op now has printed business information cards. Please ask for some and pass them out when you tell your friends about us!

---

## CO-OP UPDATES

**New item** - Happy Cow raw milk gouda cheese

**Gluten-Free:** Check out our G-F section, and contact Lynn Burkett at [lynnburkett@bellsouth.net](mailto:lynnburkett@bellsouth.net) for suggestions on gluten-free products you would like to see at the Co-op.

**New Consignment Items** will be displayed on the third week of every month. The 2016 Consignment Schedule is available at the cashier counter.

**All meats** are stored in the (upper) freezer portion of the egg refrigerator. There currently an ample supply of eggs.

**Honey in Bulk** is now available, as well as jarred honey.

**Sale items** change daily; shop often to check on new items.

**Check the weekly co-op email** for updates, discontinued items and current co-op news.

**UNFI orders** are placed every other Monday and deliveries are the following Thursday. Next deadline is **Mon April 25** for purchase on **Thu May 5**.

**Frontier products** can now be ordered online for delivery to the Co-op. You will have access to the wholesale and sale catalogs. Contact Tiffany Thompson at [tiffany\\_9@hotmail.com](mailto:tiffany_9@hotmail.com) for sign-in information. Orders are currently placed on the fourth Friday of each month, with delivery expected the following Thursday.

**Sharing Case Purchases:** If you want only a half case of something and need another member to share a full case order, put it in our **classified section** for others to see.

**Co-op FAO Sheets:** These information sheets are available on the Co-op website on the **orders page**. (at the bottom left). Learn about ordering as well as general Co-op information.

---

## CALENDAR NOTES

### **CO-OP HOURS:**

Monday 10 a.m. - 2 p.m.

Tuesday 10 a.m. - 2 p.m.

Wednesday CLOSED

Thursday 3 - 7 p.m.

**Friday 10 - 2 p.m.**

Saturday 10 a.m. - 4 p.m.

Sunday CLOSED

**Holidays in 2016:**

(Co-op will be closed):

**Mon May 30** - Memorial Day

**Mon Jul 4** - Independence Day

**Mon Sep 5** - Labor Day

**Thu Nov 24** - Thanksgiving

**Manager meetings:**

Monthly on the 4th Saturday of

each month at 9:00 am at the

Co-op; everyone is welcome.

---

**APPRECIATIONS**

A big thanks to Debbie Hornsby,  
Echo Macdonald, Meri Barrios  
and Elian Evans for researching,  
writing and editing this edition of  
the newsletter.

Labels: [Newsletter](#)

---

[Newer Post](#)

[Older Post](#)

Upstate Food Coop All Rights Reserved  
404 John Holliday Rd, Six Mile, SC 29682

Web designer: [ElianEvans.com](http://ElianEvans.com)

