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Members Only (but it's easy to join)

Specializing in organic, natural, and allergy-specific foods

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FRIDAY, JANUARY 1, 2016

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Spring 2016 Newsletter

RECAPPING 2015

by Francis Chamberlain

Out with the old, in with the new! Here's a list of accomplishments and happenings at the Co-op in 2015:

- Reorganization of Supplement shelves
- Solved financial mystery/missing money
- Sign put up advertising the Co-op
- New professional landscaping maintenance by the volunteer hours of Jerry Maw and family, making the grounds of the Co-op look much more inviting
- Revitalized consignment area with new items
- Installed attic fan
- Ended the year in the black
- Non-functioning cooler re-purposed for scented soaps
- Personal care section updated
- Added new pet food supplier
- Lost some longtime members/managers/friends, and gained some new members

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VITAMIN K AND 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 phylloquinone, the natural version of Vit K1 (phytonadione, the synthetic version), Vitamin K2 or menaquinone, and Vitamin K3 as menaphthone or menadiolone. Vit K1, or phylloquinone, occurs naturally in green leafy vegetables (kale, spinach, turnip greens, collards, Swiss chard, mustard greens, parsley, romaine, green leaf lettuce, brusselsprouts, 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.

CARROT COCONUT SOUP

This antioxidant rich soup is fragrant and creamy, delicious to sip on, on a cold winter night.

- 1 large onion, chopped
- 3 cups bone or vegetable broth
- 1 -2 tsp fresh ginger, sliced
- 4 medium cloves garlic, chopped
- 1 tsp turmeric or curry powder
- 2 cups carrots, sliced 1/4 in.

- thick
- 1 cup sweet potato, cut in 1/2 in. cubes
- 5 oz. coconut milk
- salt and white pepper to taste

Heat about 1 TBS of the broth in medium soup pot. Saute onion in broth over medium heat about five minutes, stirring often. Add garlic and

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 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 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 do choose to take Vit K supplements, make sure to take them with a meal that includes fat. 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.

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.

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.

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!

THE SKINNY ON OBESITY

by Echo Macdonald

When I was growing up, I remember seeing pictures of "Twiggy" and thinking about how unhealthy she looked in her excessively skinny state. That's definitely not the norm today. As I've gotten older I've noticed how hard it is to keep my own weight and body shape somewhere near to what I'd grown accustomed in my younger days. When I look around, I can see that I'm not alone. Truthfully, there seem to be more folks having difficulty with being overweight or obese than ever before. Obesity is now classified as a medical condition of epic proportions, no pun intended. It has been described by the WHO as a "Global Epidemic," affecting more than 500 million people worldwide, in both developed and third world countries. It is more prevalent in women than men and is seen more

ginger and continue to saute for another minute. Add turmeric or curry powder and mix well. Add broth, carrots and sweet potato and simmer on medium high heat until vegetables are tender, about 15 minutes. Add coconut milk. Carefully blend in batches in blender, or use an immersion blender, til soup is smooth, Add salt and pepper to taste. Serves four.

STOVE TOP PALEO ALMOND BREAD

1 cup almond flour
1/4 cup chia seeds
2 TBS arrowroot powder
3/4 cup black walnuts
3 TBS macadamia oil or melted butter
2 TBS maple syrup or honey
2 eggs
1 tsp baking soda
1/2 tsp salt
1 tsp each ground anise, fennel, nutmeg, ginger (or your own spices)
2 tsp vanilla

Put cast iron pan and griddle on separate burners on stove on lowest heat setting.

Beat together eggs, vanilla, maple syrup or honey and spices. Add dry ingredients and oil. Stir until mixed.

Place oil in bottom of pan and swirl to cover bottom. Add mixture, smooth out to edges and level out. Cover with preheated griddle, turning off its eye. Cook on lowest setting 25 - 30 minutes or until set in the middle.

All of the ingredients in this recipe can be found right at the Co-op! See ordering details below under **Co-op Updates.*

AVAILABLE CO-OP JOBS

Please contact Theresa Pizzuto at 864-508-0617 or 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
- White Board Message Updates
- Communications Mgr
- Herb/Spice Packager
- Newsletter writers to write short articles for quarterly newsletter
- Cashiers to work

commonly in people 50 years and above. South Carolina ranks as the 10th highest state in the US for adult obesity, now at 32%, up from 12% in 1990. Childhood obesity is also on the rise throughout the world.

Obesity is a condition involving the excess accumulation of body fat. It is generally defined through the calculation of BMI, the body mass index, a number that equals the subject's weight in kg divided by the square of their height in meters. BMI values range from 18-40, with 18-25 representing the range of normal values, 25-30 being overweight, and 30+ representing obesity. The greater the degree of obesity, the more negative are the health consequences. Obesity is associated with diabetes (type 2), heart disease, hypertension, obstructive apnea, osteoarthritis, cancer, chronic skin breakdown, infections and decreased life expectancy. In addition to the physical problems, there are associated psychological and social maladies (depression, isolation, discrimination).

So why has obesity become such a problem? Some of the suggestions include: the readily available and inexpensive supply of fast food, sweetened soft drinks (sodas, sweet tea, flavored sports drinks), the increasingly sedentary lifestyle (TV's, computers, gameboys, iPads, iPods, PlayStations, iPhones, emailing, texting, blogging, tweeting...), and the increased use of cars, mass transportation. In addition, our lifestyles have become more intense and stressful, managing the barrage of data that demands our attention each day. The increased stress plays havoc with our metabolism causing our cortisol levels to rise which works to keep us awake at night, makes us hungrier, interferes with our thyroid hormones and causes us to be more susceptible to the negative effects of every virus, bacterium and toxin around us. And the weight piles on. The American Dream has become a 21st Century fast-lane formula for obesity.

Is it Just Calories?

The pundits tell us that it's a matter of calories in versus calories out. However, the picture is getting more complicated. We now know that our intestinal community of bacterial helpers has a large part to play in our overall health. In addition to protecting our immune status, our "microbiota" can release chemicals that act as neurotransmitters, communicating with our brains to "tell us" when we've had enough to eat. In fact, a distinct difference in colonic flora has been found in skinny versus obese folks. Our fat cells apparently release a number of hormone-like substances (ghrelin and leptin, among others) that work to inform the satiety centers of the hypothalamus about the energy storage capacity of the body. Leptin is the substance that turns off the hunger response. Many obese individuals have high circulating plasma levels of leptin but seem to be insensitive to its effect, much like insulin levels in Type 2 diabetes. Research is actively looking for adipose tissue hormones with the goal of creating pharmaceutical products to mimic the hunger suppressing substances.

An interesting phenomenon is also being discussed with respect to how the body manages calories and energy supplies. We know that each of the three food types our bodies use to create fuel for energy production (proteins, fats and carbohydrates) provides different rates and returns of energy. Each gram of carbohydrate and protein provides us with 4 calories; each gram of fat provides 9 calories. However, it takes more energy to break down protein and fat than carbohydrate. The thermic effect of protein, the energy used up in making it available to your body, is around 30% as opposed to 8% for carbohydrates. So for every gram of protein you eat, you will gain less weight than if you ate the equivalent amount of carbohydrate. You had to expend more energy to chop the protein up into useable bites for your cell's metabolism than that of carbs. The same is true for fats. Our metabolism actually works better on fat than on carbohydrate, with much cleaner nutrients for brain and muscle activity minus the inflammatory side effects of carbohydrates. This fact explains why intermittent fasting (eating meals with intervals stretching from 6-8 hours between meals) helps the body to effectively become a fat-burning machine. Intermittent fasting is known to reduce inflammation associated with chronic medical conditions (arthritis, infections, diabetes).

Do Diets Work?

Despite our best efforts at dieting and calorie restriction, most people find that they eventually put the lost weight back on. In 1917 Francis Benedict reported on the first calorie restriction study with 12 subjects who lost weight on a severely restricted diet. Within a few weeks after the study, the subjects gained the weight back plus a few more pounds. In the mid 1940's Dr. Ansel Keys looked at the impact of starvation on 36 conscientious objector student volunteers. He lowered their caloric intake over a period of 24 weeks to under 1,000 calories per day. Surprisingly, they lost interest in their coursework, in dating, in everything but their next meal. Before the study was concluded they stopped losing weight. After the study ended, the subjects regained their weight to initial levels and also gained extra pounds. In 2007, Marion Franz examined 80 studies of 26,000 subjects on calorie restricted diets. Following each study the subjects regained

- 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

Membership dues are due the first time you shop in 2016. Pick up informational flyer at the cashier counter, which covers\ Co-op policies.

The next Membership meeting for 2016 will be

- Thursday , **May 19th**

Board of Directors meet at 6 pm and the General Membership meeting is at 7 pm. If you have suggestions for topics or speakers please email 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.

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

their original weight and more. A 2015 study in the American Journal of Public Health showed the same pattern with 280,000 people. Evidence has shown that calorie restriction comes at a severe price. The body will compensate for the calorie restriction by altering thyroid function to decrease the metabolic rate. It will conserve nutrients by diverting calories from non-essential functions, e.g. reproduction, by diminishing sex hormone production. It will reduce overall calorie expenditure by burning subcutaneous fat and muscle proteins. The body has an inherent directive to survive. Storing calories for survival is of higher priority than looking like Twiggy on the beach in June.

So what can we do to gain control of our bodies? If we are fighting against our most innate survival instincts by calorie restriction and exercise, how can we readjust our energy storage capacity without compromising our metabolism?

- Think primitive lifestyle: maybe two meals/day with 6 to 8 hours in between to become a fat-burning machine.
- Eat food in its most natural form (organic, unprocessed, raw, pasture raised)
- Drink water instead of sugar-laden lattes or tea
- Eat more healthy fats and proteins with fewer carbohydrates
- Moderate exercise
- Avoid excessive sitting
- Stress reduction

Try to eat the majority of your daily calories before the sun goes down. A long walk on the beach or in the woods in the morning before your first meal will help you enjoy that breakfast even more. Here's to your health!

ENVIRONMENTAL WORKING GROUP

If you haven't visited the Environmental Working Group website, www.ewg.org, it is well worth your time. EWG gives dietary guidelines as well as extensive information on toxins, consumer products, energy, farming, food and water.

Their "Dirty Dozen" produce list, where the highest amount of pesticides are found, includes:

- apples
- celery
- cherry tomatoes
- cucumbers
- grapes
- nectarines
- peaches
- potatoes
- snap peas
- spinach
- strawberries
- sweet bell peppers

plus hot peppers, kale, and collard greens.

Their "Clean Fifteen," least likely to hold pesticide residues, includes:

- asparagus
- avocados
- cabbage
- cantaloupe
- cauliflower
- eggplant
- grapefruit
- kiwi
- mangoes
- onions
- papayas
- pineapples
- sweet corn
- frozen sweet peas
- sweet potatoes

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.

Health Discussion: Discuss health issues at the Clemson Library every 2nd Tuesday at 7 pm. For further info contact Gary 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

Gluten-Free: Check out our G-F section, and contact Lynn Burkett at 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 a nice 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 Feb. 15** for delivery on **Thu Feb. 24**.

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 for sign-in information. Orders are currently planned to be placed on the fourth Friday of each month, with delivery expected the following Thursday.

Sharing Case Purchases: If

For information on tap water, go to www.ewg.org/tapwater/. This data base identifies pollutants in water, top and lowest rated water utilities, and you can plug in your zip code and water company to see if they are rated.

THE WONDERS OF CACAO

by Debbie Hornsby

Being the chocolate lover that I am, I was thrilled beyond words to find out about the health benefits of raw cacao.



Cocoa, as opposed to cacao, is a processed product from the cacao bean that has been roasted, thus losing much of the nutritional value. Adding sugar, milk and other ingredients turns it into a solid food, and the added dairy prevents antioxidant absorption.

Most cacao today has undergone a fermentation process, removing the bitterness without roasting the beans, which leaves rich antioxidant value. Cacao's intense flavor is more like unsweetened dark cocoa powder or Baker's chocolate. Cacao nibs are peeled, chopped cacao beans, and are a wonderful, crunchy superfood to use in place of chocolate chips.

Benefits of cacao include:

- mood lifter
- aphrodisiac
- serotonin booster
- protects cardiovascular health
- blood thinner
- protect from premature oxidation/aging
- appetite suppressor
- energy booster
- good source of sulfur
- reduces blood pressure
- improves metabolism
- helps prevent sunburn
- improves skin texture and hydration
- fights tooth decay
- cough suppressant
- improves cognitive function
- stimulates digestive enzymes
- healthy monounsaturated fat

Information from dailysuperfoodlove.com. This site also has some great cacao recipes.

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 FAQ 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 and Elian Evans for researching, writing and editing this edition of the newsletter.

Labels: [Newsletter](#)

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