

the Coop

something to chew on...

THE NEWSLETTER OF THE DIXON CO-OPERATIVE MARKET ISSUE #44 FEBRUARY 2012 WWW.DIXONMARKET.COM

Gifts from the Bees & A Local Beekeeper's Story

by Susan P. Lewis

Les Crowder was only 15 when he first started having an affair with bees. Well, maybe not an affair but they came into his life in an unexpected way. He grew up in Bernalillo. He had just returned from a summer in Colorado when a swarm of bees arrived in their backyard. His mother had gotten a beehive yet never used it. His grandfather, an organic gardener in the early days before it really came around, was on site. Lee and his grandfather had decided to try to get the swarm into the hive. Which they did. As Lee was looking at the bees, something clicked. It was from then on that he became aware of his fascination and ultimate desire to care for these special creatures that keep our food system going. It is their pollination process that creates about 70% of the food that we eat – mostly our vegetables and fruits. We should be indebted to them. At least in awe of their amazing capabilities and honoring what they do in the food chain.

From there, Les began a lifelong study of bees and their nature and habits. He took up any book he could find and spent part of his early 20's in Ecuador studying and learning the bee way from people who have honey as part of their cultural food. When he returned to the States, Les ended up working for a large, commercial bee-keeping company. But he slowly learned that they really didn't care about the bees' well-being as profit was their only motive. They

were using various chemicals and killing many of the bees with their focus on the bottom line. When he finally came to a place of feeling that this was not the way bees should be treated, he moved on and furthered his study with an eye toward a humane way of caring for these beloved creatures.

Les ultimately taught bee-keeping here in NM, which is where he and Heather met. They are the owners of the loving land up in Peñasco and created



their business, which they call **For the Love of Bees**. Not only do they make pure honey, artistic natural soaps and herbal products, but they also use the honeycomb for making propolis.

Propolis is one of those many bee products that is extremely helpful to our immune system. It is what the bees use to line the walls of the hive like thick glue and keep it sterile, free from outside bacteria, moisture and germs that can come into their home and cause infection or disease amongst the bees. And there

are thousands of them living in one hive so they need good protection. Propolis is a resinous substance that is gathered by bees from the leaf buds and barks of various trees and bushes. It is often called “nature’s penicillin” as it has effective antibacterial, antiviral, antifungal and antibiotic properties. Many people use propolis at the first sign of a cold and it helps boost the immune system and creates the same protective environment within our own bodies as it does within the hive.

-Propolis is rich in minerals, B vitamins and antibiotics and works to raise the body’s natural resistance and allowing it to produce its own disease fighting defenses.

- Propolis contains all the known vitamins except for Vitamin K.

-Of all the 14 minerals the human body requires for normal function, propolis contains all but one – sulphur.

- Propolis acts as a local anesthetic, reducing spasms and helps in the healing of gastric ulcers while showing improvement on functions of the lungs and strengthening capillaries.

-Propolis is a good choice for wound salves. Along with being anti-inflammatory and detoxifying, propolis stimulates new tissue and cell growth. It promotes quick healing of wounds and skin and diminishes the occurrence of scars.

The healing powers of **Royal Jelly** have been shown to increase your vitality, boost your love life, and help you live longer, according to research.

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Hearing this, we all want to take to the hills and find some ourselves. Produced by honeybees, it aids in relieving stress, soothing digestive ailments, strengthening your liver, helping you sleep, and eliminating fatigue. It is what the queen bee lives on all her life. Do you know how long a queen bee's life is? She can live up to 5 years as opposed to the worker bees who live only about 6 weeks in the summertime and 12 weeks in the wintertime. The health enhancing nutrition found in this super food includes a treasure house of over 48 live nutrients.

- Royal Jelly contains all the B vitamins including Pantothenic Acid that is proven to reduce stress

- It has an ample supply of Vitamins A, C, D, and E

- The minerals calcium, copper, iron, phosphorous, potassium, silicon and sulphur

- Protein in the form of 8 amino acids required by humans, and then 10 more.

- Antibiotic and antibacterial

Got questions about the newsletter, or suggestions for articles? Contact the Newsletter Maven, Susan Lewis at susanp@dixonmarket.com

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The Co-Op is open
Monday-Friday
10am - 6:30pm
Saturday and Sunday
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properties

As if that weren't enough, then there's **Bee Pollen**. It is the food that honeybees eat to be able to fly on the average of 15 miles per hour and between as many as 1,200 flowers in one flight from the hive. That's a lot. You need sustenance to keep you going – and this is it. Bee Pollen has been known to help speed up the healing process, revitalize the body's many systems, and assist in protecting cells in our bodies from free radical damage. It helps to improve unhealthy and/or aging skin, clear acne, age spots, and plump wrinkles. It helps those who bruise easily, strengthens the heart, helps fight anemia, and regulates high blood pressure. Bee Pollen gives a special boost to reproductive, immune and nervous systems. It has antibiotic, astringent, relaxant, tonic and nutritive properties. Take some bee pollen to wake you up, give you loads of energy, and bounce and spring in your step. Bee pollen can be added to oatmeal for that morning start of the day, a splash added to your smoothie, sprinkled on grains or just eaten in a spoon all by itself.

As for honey, it was the true inspiration for this article. As February contains Valentine's Day – a day of sweetness – I thought of the sweetness of honey. Honey is the joint effort of bees and flowers. Flowers produce the nectar that the bees gather for food. Pure, unheated, unprocessed, unpasteurized raw honey has been noted for its abilities to heal wounds and treat infections (as in Manuka honey from New Zealand). It is also known for its antioxidant, antibiotic and antiviral properties. It is rich in vitamins as well as minerals and enzymes. Raw honey is also antimicrobial. Its anti-inflammatory property rapidly removes swelling and pain and can stimulate growth of cells to repair tissues that have been damaged by infection.

Heather Harrell, the other half of **For the Love of Bees** up in Peñasco, is taking the time to research what flowers and trees attract bees so they can increase the population in this area. Bee populations in the wintertime decrease. They go down to about 2,000 per hive. In the summer, the hives

swell, literally, with about 80,000 bees living in there. Les spreads out his 150 hives over the region in places like Abiquiú, Chimayó, Nambé as well as keeping a number of hives at their home. This allows the bees to not compete for the same nectar. And Les is very careful about where he places his bees. The area must be wholesome for the bees' health.

Les and Heather have just finished a book that is about to be published. Look for the title, "*Natural Topbar Beekeeping*" in about 6-9 months.

For the Love of Bees also offers the Dixon Coop some delicious, fresh produce in the summertime that they grow naturally on their land. We reap the benefit of their labor and love of taking care of the land and watching over these special, magical creatures – the bees. Les encourages people to grow bee-friendly flowers in their own backyard to promote bee populations in this area and not to use any chemicals as the bees take that from the plants. And not to fear bees. They are truly helping all of us. And we can learn to help them.

We are also very lucky to have in our area another couple of caring beekeepers – Melanie Kriby and Mark Spitzig of **Zia Queen Bee**. The Dixon Market is fortunate to have their raw honey in the store with all of its beneficial content inside that little jar. Find it down the aisle and partake of all its healing attributes. It's coming to you locally from the hills of Truchas with their love. I was unable to reach them for an interview for this issue. Meanwhile, enjoy the honey and the sweetness of the time. A spoonful in your tea, your oatmeal or morning breakfast dish or wherever you'd like to sweeten the pot. "How Sweet It Is."

If you'd like to see Bee Pollen, Royal Jelly and Propolis on the shelves, please talk to Nelson or Melody and we'll bring them to the Co-Op so you can benefit from their healing properties.

Happy Valentine's Day! And remember to spread that love throughout Dixon.



Dixon Co-op as a Model for Other Communities

by Gaywynn Cooper

The physical transformation of the Co-op is something tangible that anyone walking in the door will be able to see. However, the grant that is making this change possible has a bigger context that is extremely important. Dixon's Co-op was selected as a testing ground, so to speak, to try to answer a much bigger question. That question is: how can healthy food be made easily accessible to all people, especially those who may have been marginalized in the past or are on limited incomes? Many of you may have read about "food deserts". They exist in the middle of cities as well as in rural areas. Super market chains don't want to locate in the poorer areas of big cities, it's too risky financially for them and as a result often there are only convenience stores available to the low income people living in these neighborhoods. They may have to travel miles across town to shop for fresh produce. In rural areas like Dixon we have a different but similar dilemma. People who are on limited incomes are most likely to be the ones with the least ability to travel the 20 plus miles to shop for groceries.

Elements of the Dixon Model

Banding together as a Cooperative, where the community owns the store is a part of our Dixon model that is different from other funded grants. No one person is taking the financial risk in order to open a store nor are we leaving it to some outside entrepreneur to come in and build a store in our community. We make the decisions about what to sell, hours of business, pricing policies, who to hire, etc.

Another element in our Dixon model is supporting the local farming community. The grant is funding a person (Farm Liaison) to assist the Co-op in building relationships with local producers so that as much as is possible the food that we sell in the Co-op can come from our own community. During the 2011 growing season the Co-op increased the amount of locally grown produce sold by 78% over 2010. This is a win win combination. Farmers gain additional income and

FEBRUARY CALENDAR:

Sunday, February 12th – Members' Discount Day. Take 10% off any item in the store, as many items as you'd like to take home with you. If you'd like to learn how to become a Member, please ask anyone who works in the store. We'd be happy to help you!

Friday, February 24th – Heart Healthy Potluck. What makes your heart feel healthy in terms of food? What foods are good for our hearts? Bring a dish to share that you believe is heart healthy. And remember to bring your favorite plate, utensils, and a mug with you for the night. Keep an eye open for details on location and the time we'll gather for the evening.

End Of March – Grand Reopening! This will be a special day as we celebrate the Grand Reopening of the Co-Op with all its new appeal. Come enjoy a day of sampling some tasty treats, boogieing to some live music, and seeing the Co-Op's expansion with all sorts of new items on the shelves and the new space in full glory. Let's celebrate together what we have created and will continue to create. This Market belongs to all of us!!

Sunday, April 8th – The store will be closed for Easter Sunday.

consumers have the choice of fresher, longer lasting produce while directly supporting their friends and neighbors in the bargain..

The third part of the model is the Food Initiative. The Initiative organizes activities and information that encourage making food choices which promote health. This is done through tastings, potlucks, films, discussions and pamphlets. Give us your ideas for more fun events or better yet offer to plan one.

The grant is an opportunity to enhance the environment of the Co-op and the economics and health of the village. For the model to be one that we encourage other towns to consider it must be successful. That can only happen if we have the participation of all segments of the population. This doesn't mean everyone has to buy all their groceries at the Co-op. It does mean we want everyone to check it out and to tell us what would make your shopping experience better and more comfortable. We would like for you to join in opportunities for sharing and learning about healthful foods. We want everyone to encourage others to shop here. We need to hear ideas from

all parts of the community about what would make the store better and more useful especially those of you on limited incomes. Please don't hesitate to let us know what you like and what you don't. It's the only way we will know how to improve, the only way we will be able to sustain the store long term.



KAHUNA KORNER

by Nelson Rhodes

It's happening at last!

As most of you have noticed by now, the expansion project is in full swing! As anyone who has done remodeling on an old Dixon building knows, things that you think will go smoothly frequently don't, and we've run into a few snafus, but basically the work is moving right along. We apologize for inconveniences this may cause you, but it will pay off in a better shopping experience for you, the customer, and an easier store to operate for the staff. At some point in early to mid February the store will have to close for a few days, as we tear out the separating wall and re-arrange the store, but we'll keep you posted as that day approaches.

In the meantime, now's the time to let the staff know what items you'd like to see in the expanded store, and be specific if you can. We will be able to stock some new items, and we need to know what you would purchase if we carried it, so don't be shy, come on down and give us your input (I'd particularly appreciate some recommendations on hardware). Remember, it's your store!

Once again, I can't thank our volunteers enough for all their hard work to make this expansion a reality. We truly couldn't do this without you!

One new service we have in the works will be a special order set-up for natural and organic pet foods and supplies. Soon, we will be set up with a major distributor out of Denver that will deliver once a month, and you will pay our buying club prices: wholesale plus 15% for members, wholesale plus 25% for non-members, which should be a substantial savings on these high-end pet foods. Rene is currently getting this set up and will notify you all when it is up and running, but in the meantime if you have any questions feel free to talk to her at the store.

Just to counter the mid-winter blues, I'll end with a joke. A guy is sitting at a bar enjoying a drink, when suddenly out of nowhere a voice says "Nice tie!" He looks around but doesn't see anyone; a little later he hears "Goes well with your shirt."

A few minutes later the voice says "those shoes are very handsome." Getting tired of this, he calls the bartender over and asks, "Hey, what's with the voice?" The bartender replies, "It's the peanuts, they're complimentary."

Thanks for all your support.

A New Board of Directors

As most of you are aware, elections for the new Board of Directors were held at the end of January. The results are in with Emily Romero garnering the lion's share of cast. The other two open seats were taken by former board members, Clark Case and Jeff Spicer. As of this writing, the board has yet to determine the officers' positions, but we'll post that information in the next newsletter.

Many thanks to outgoing board members Susan Lewis, Elena Arellano and Shelby Leonard. The community truly values your commitment and dedication to the health of this vital community enterprise, The Cooperative Market.

Big thanks are also in order for the other 3 nominees. Just "throwing your hat into the ring" requires a good deal of courage and commitment. So thank you David, Carol and Celia for stepping up.

Thanks to everyone who showed up as your participation is key to our survival. Finally, thanks also to **Mule Britches**, the local Old-Timey/Bluegrass band for serenading the after meeting "festivities".

Baklava

Dating back to at least the ancient Assyrians, baklava is popular throughout the Mediterranean and Middle East. Its signature phyllo dough (from the Greek word for "leaf") is tricky to make from scratch. For this recipe, purchase it premade... available at the Co-op.

Ingredients

2 cups ground walnuts
 1/4 cup ground almonds
 1/8 teaspoon ground cloves
 1/4 cup date sugar
 1/2 teaspoon ground cinnamon
 Zest of 1 lemon
 1 pound phyllo pastry sheets
 4 ounces unsalted butter, melted
 3/4 cup water
 1 cup brown rice syrup
 1/2 cup organic raw honey
 1 teaspoon vanilla
 4 whole cloves
 1 teaspoon lemon juice

Directions

Preheat oven to 350°F. In a large bowl, combine walnuts, almonds, ground cloves, date sugar, cinnamon, and lemon zest.

In a buttered 9 x 12 baking dish, layer 10 sheets of phyllo dough, lightly buttering every other sheet. Spread 1/3 of nut filling over the phyllo. Layer 5 more phyllo sheets, buttering alternating sheets, then spread another 1/3 of the filling. Layer 5 more phyllo sheets, buttering alternative sheets, and spread the remainder of the filling. Cover with 5 more phyllo sheets, buttering alternating sheets. With a knife, cut diagonally to form diamond-shaped pieces. Drizzle any remaining melted butter over the top and bake for 30 to 40 minutes, until golden-brown.

Meanwhile, in a small saucepan, combine water, brown rice syrup, honey, vanilla, whole cloves, and lemon juice, and cook over medium heat for 10 to 15 minutes, until syrupy. Remove cloves. When baklava is done cooking, pour syrup over the top and allow to cool before serving.