



S O U N D C O N S U M E R



HOW FLAVOR DRIVES NUTRITION

WE’RE PROGRAMMED TO SEEK DELICIOUSNESS. FOR THOUSANDS OF YEARS, FLAVOR GAVE OUR BODIES CRUCIAL INFORMATION ABOUT NUTRIENTS. LATELY WE’VE TURNED THAT SYSTEM AGAINST ITSELF — JUST AS WHOLE FOODS ARE GETTING BLANDER, WE’RE SIMULTANEOUSLY ADDING FLAVORINGS TO FOODS WE SHOULDN’T BE EATING. THE RESULT: WE’VE SHORT-CIRCUITED OUR BODIES’ ABILITY TO CHOOSE GOOD FOOD.

by Mark Schatzker

IF THERE’S ONE ISSUE UNIVERSALLY VEXING TO PARENTS, IT’S THEIR CHILDREN’S EATING HABITS.

A 6-year-old sitting at the table — arms crossed, mouth resolutely shut — isn’t just a cliché, it’s a daily occurrence at dinner tables from Cape Cod to San Diego. The family dinner is trench warfare at its worst. On one side, the parents, who think broccoli, lettuce and cauliflower are healthy. On the other, the children, who think it’s gross.

This brings up a question: Why would something taste unpleasant if it’s healthy? How did we, as a species, survive if the food we are supposed to eat tastes bad? You don’t see baby goats gagging on the flavor of leaves, do you?

Guided by taste buds

In 1926, a Chicago pediatrician named Clara Davis asked the very same question. At the time, the leading scientists of the day were discovering the wonders of vitamins.

No sooner did we discover vitamins than we became very concerned that our children weren’t getting enough of them. Mothers were instructed to starve their children until they ate their vegetables. Their children refused. Sound familiar?

So Dr. Davis did the unthinkable. She took 15 babies and left the eating all up to them. Each child decided what he or she wanted to eat, based on a list of 34 foods that included potatoes, cornmeal, barley, beef, lamb, bone jelly, carrots, turnips, haddock, peaches and apples.

As you might expect, those kids ate meals that only a kid could dream up. One had eggs, bananas and milk for dinner. Another had liver and orange juice ... for breakfast.

Did these kids hurl bone jelly at the wall? Did they binge eat into an acute state of scurvy? Nope. They ate superbly well. One child with a severe case of rickets drank cod liver oil of his own volition until his disease went away. By the end of the experiment, another doctor referred to them as “the finest group of specimens from the physical and behavior standpoint that I have ever seen in children that age.”

So how did these little master nutritionists figure it all out? The same way goats, monkeys and insects figure it all out. The answer, in fact, tells us everything we need to know about where our food went wrong. In short, it provides the missing piece of today’s food puzzle: flavor. These children, as strange as it might sound, were guided by their taste buds. The children ate the food that tasted the most delicious, and the nutrition took care of itself.

Delicious is not the enemy

It sounds ridiculous. Isn’t deliciousness precisely the problem? After all, if food weren’t so appetizing, we wouldn’t eat so much of it.

Not so fast. The human body, it turns out, takes flavor very seriously. Our flavor-sensing equipment occupies more DNA than any other bodily system. So perhaps it’s worth asking this question: If deliciousness is our enemy, why are we programmed to seek it out?

Every other animal depends on taste and smell to identify nutrients essential for life. Insects use flavor chemicals to distinguish

CONTINUED ON PAGE 4

Organic, heirloom and non-GMO turkeys

PCC is delighted to offer a full range of turkeys to choose from this holiday season. Of course, we’ll offer Diestel’s premier certified organic turkeys, raised on an all-organic diet without GMOs or synthetic pesticides, and free to roam outdoors.

We also will have certified organic American Heirloom turkeys, a special legacy breed that enjoys foraging for its food, a diet supplemented with organic grain. These heirloom birds have a more succulent skin that renders down for a richer flavor.

Also, for the first time, we’re offering free-range, Non-GMO Project Verified turkeys. These birds are raised on a Non-GMO Project Verified vegetarian diet.

All these birds are from the family-owned Diestel ranch, known for birds raised sustainably with high animal welfare standards and without artificial growth stimulants. They’re raised almost twice as long and with four times as much space to roam as conventional birds.

If you would rather leave the cooking to us, we’ll offer organic turkey or smoked non-GMO turkeys fully cooked, so you can spend your time relaxing or baking the perfect dessert. To reserve your holiday turkey, visit pccnaturalmarkets.com/holiday.

PCC policy actions

PCC’s public affairs team recently has:

- Submitted comments to the National Organic Standards Board (NOSB) on use of fracking waste water in organic crop systems; celery powder; potassium phosphate; sodium phosphate; magnesium carbonate; and National Organic Program/NOSB relations.
- Sent a letter to all PCC vendors reminding them of our pledge and criteria for identifying GMO foods in our stores by 2018.
- Sent a letter to PCC beer, wine and hard cider vendors asking them to sign affidavits confirming their products do not contain ingredients prohibited by PCC. Alcoholic beverages are not required by law to label or disclose ingredients so we must ask!
- Participated in an “industry lab” on sustainability and traceability in the seafood industry.

YOUR CO-OP COMMUNITY

Find out more about community events at pccnaturalmarkets.com/events

Food Bank Packaging Parties

Help package bulk foods into family-sized portions at our partnering food bank locations. Join us on:

Monday, November 9 at 6:30 p.m.,
Kirkland Hopelink Food Bank

Tuesday, November 10 at 7 p.m.,
North Helpline Food Bank

Monday, November 16 at 7 p.m.,
Issaquah Food & Clothing Bank

Monday, November 16 at 7 p.m.,
Westgate Chapel Food Bank

Tuesday, November 17 at 7 p.m.,
Rainier Valley Food Bank

Wednesday, November 18 at 7 p.m.,
FamilyWorks Food Bank

Wednesday, November 18 at 7 p.m.,
University District Food Bank

Pre-registration not required. Due to space restrains, for groups larger than five people, please contact the food banks directly to set up group volunteering activities. To learn more visit pccnaturalmarkets.com/foodbank.

Purple Stride 5K

Sunday, November 1, 8 a.m. to noon
Magnuson Park – Hangar 30
7400 Sand Point Way NE, Seattle

Join in this 5K run or family-friendly walk that supports the efforts of the Pancreatic Cancer Action Network. You can find us inside Hangar 30 in the Kid's Area where we'll be making custom soup mix with kids 12 and younger.

To learn more about the Pancreatic Cancer Action Network and to register for the run visit pancan.org.



Greenlake Gobble

Sunday, November 22, 8 a.m.
Green Lake Park
5900 West Green Lake Way N., Seattle

Join us the Sunday before Thanksgiving, for a fun and festive 10K run/walk and a 5K run/walk. Kids 12 and younger can compete in the free PCC Healthy Kids Tiny Turkey Trot at 9:10 a.m. PCC is the official fruit sponsor of the run so swing by the PCC TasteMobile to refuel.

Make sure to stick around for a post-race celebration that includes the crowd-pleasing Mashed Potato Munch Off competitive eating contest and an onsite beer garden.

Canned food donations will be accepted for Seattle's Union Gospel Mission. Funds raised will support Seattle's Union Gospel Mission goal of providing 300,000 meals to fight hunger with hope this holiday season!

Sign up for the run at promotionevents.com/thanksgiving/home.html.

2016 Chinook Book sale

The 2016 Chinook Book sale will be from November 16 through December 27! Celebrate the holidays with \$5 off the retail price of the print book, mobile pack and combo pack, on sale for \$17, \$10 and \$25. Save hundreds of dollars while supporting local, sustainable businesses. Inside, you'll find three PCC coupons redeemable at our stores. PCC will donate all proceeds to the PCC Farmland Trust. See Chinookbook.net for more info.

Seattle Kids Marathon – Race Day

Saturday, November 28, 10 a.m.
Seattle Center, Fifth and Harrison

The Seattle Children's Kids Marathon is structured to allow kids — kindergarten through eighth grade — to complete a full 26.2 mile marathon at a rate that's fun and safe for their growing bodies "one mile at a time." It also encourages them to eat 20 healthy foods, read 13 books and perform 13 good deeds.

PCC is sponsoring the "Eat Right-o-meter." Try 20 of the 26 items, check them off the list and bring your list to the TasteMobile while at the Kids Marathon and the first 100 kids will receive a \$20 gift card. Register soon so kids have time to complete their miles, meals, reading and good deeds before race day.

To learn more and to sign up, visit: seattlemarathon.org/seattle-childrens-kids-marathon.

Woodland Park Zoo Wildlights

November 27 through January 3
Woodland Park Zoo

The zoo's winter holiday lights festival is here! WildLights features wild animals and wild places recreated in hundreds of thousands of sparkling LED lights. Experience amazing indoor and outdoor light displays, see a few of our animal friends (including visiting reindeer), have a faux-snowball fight with your family, and enjoy carolers singing. On December 19 the PCC TasteMobile will be there from 5:30 to 8:30 p.m. handing out hot cider and a sweet treat. See zoo.org/wildlights for more info.



The holidays are just around the corner, and PCC Cooks is here to help you prepare! If meat is on your mind — or your menu — join us for *Roasting Poultry and Meat*, where Chef Darin Gagner will share reliable recipes for success as well as his extensive culinary knowledge. He'll discuss brining, searing and carry-over cooking in a demonstration format perfect for ample note-taking and question-asking. *Cultured Foods (with a Holiday Twist!)* offers an inventive non-traditional array of cultured dishes with flavors perfect for a holiday table. Added bonus: cultured foods can help aid digestion and keep your body healthy during the season of overindulgence.

This November, you also can experience some heart-warming home cooking the Portuguese way, as you sit down to a *Portuguese Table*, learning about the culture and cuisine along the way. Many other hearty options abound from *Yeast Whole Wheat Bread* to *Easy Italian Dinner* and *Knife Skills*. Visit PccCooks.com to browse the tasty choices!



Farms for Life Farms for Life increases access to nourishing farm-fresh produce for agencies serving our local community. Women's shelters, youth homes and community kitchens receive organically grown produce purchased from local farmers. Support the cycle of nourishment — local farmers and people in need of healthy food — and be a part of change. Board member and volunteer positions available starting this month. For more information: info@farms4life.org.

NOVEMBER CUSTOMER SERVICE STAR



John White — First at Redmond, now at Edmonds, his friendly service and knowledge in beer and wine are quite impressive!



"for not your ordinary seeker"
DR. DICK SHEPARD
"not your ordinary chiropractor"

206-525-4155 • www.networkcare.org

DrDickShepard Read Our Yelp! Reviews HealingCrystalBedInSeattle



Veronica Bello DDS MSD

Eco-friendly Dental Office
General and cosmetic dentistry for adults and children.



Call now to schedule your appointment!
206.420.3836
www.aviladental.com



mention this ad to claim a reusable bag



Great
foods.
Healthy
neighborhoods.

Become a PCC member and join a community of shoppers who value fresh, locally grown food — plus get shopping discounts every month! To become a member, just stop by any PCC store and ask a cashier. Or, join online at www.pccnaturalmarkets.com. 

The SOUND CONSUMER is dedicated to informing and educating members and the public about food and agriculture, consumer concerns and co-op principles.

SOUND CONSUMER: circulation: 54,000. Copyright 2015: All rights reserved including the right to reproduce. PCC endorses neither the services nor products of any paid advertiser. Opinions expressed in the paper are the writer's own and do not necessarily reflect co-op policy.

EDITOR Eli Penberthy
ART DIRECTOR Sue Aho
GRAPHIC DESIGN & PRODUCTION Kathy Moore
RECIPE DEVELOPMENT Jackie Freeman
ADVERTISING Rachel Welker, Fran McDonald
PROOFREADER Hana Rubin
CHIEF EXECUTIVE OFFICER Cate Hardy
PUBLIC AFFAIRS DIRECTOR Trudy Bialic
BOARD ADMINISTRATOR Janice Parker
BOARD OF TRUSTEES
Carol Binder Julianne Lamsek John Sheller
Michael Hutchings Maggie Lucas Sandy Voit
Taso Lagos Karen May Bruce Williams

PCC neighborhood locations:

- Columbia City** Daily 6 a.m. to 11 p.m.
3610 S. Edmunds St., Seattle, WA 98118
206-466-6182
- Edmonds** Daily 6 a.m. to 11 p.m.
9803 Edmonds Way, Edmonds, WA 98020
425-275-9036
- Fremont** Daily 6 a.m. to midnight
600 N. 34th St., Seattle, WA 98103
206-632-6811
- Greenlake Aurora** Daily 6 a.m. to midnight
7504 Aurora Ave. N., Seattle, WA 98103
206-525-3586
- Greenlake Village** Daily 6 a.m. to midnight
450 NE 71st St., Seattle, WA 98115
206-729-5075
- Issaquah** Daily 6 a.m. to 11 p.m.
at Pickering Place
1810 12th Ave. NW, Issaquah, WA 98027
425-369-1222
- Kirkland** Daily 7 a.m. to 11 p.m.
10718 NE 68th St., Kirkland, WA 98033
425-828-4622
- Redmond** Daily 6 a.m. to 10 p.m.
11435 Avondale Rd. NE, Redmond, WA 98052
425-285-1400
- View Ridge** Daily 7 a.m. to 11 p.m.
6514 40th Ave. NE, Seattle, WA 98115
206-526-7661
- West Seattle** Daily 6 a.m. to midnight
2749 California Ave. SW, Seattle, WA 98116
206-937-8481
pccnaturalmarkets.com

[LETTERS to the editor]

Letters must be 250 words or fewer and include a name, address and daytime phone number. We reserve the right to edit. Please email letters to editor@pccsea.com.

INSTACART HOME DELIVERY

We've been a car-free family since October 2014 and really have missed being able to do a full grocery shop at PCC. We just wanted to take a moment to say *thank you* for partnering with Instacart to make home delivery possible.

We used the service last week and we were extremely pleased with the quality of produce our personal shopper chose, as well as the text messages to let us know when something wasn't available and to get the okay for a substitution.

Your website ordering system was impressive (especially over Safeway.com!) and we are excited to be able to get the great products we've come to know and love from PCC delivered to our door. Also, thank you for pricing your goods online the same as in store. It's really wonderful.
— Krista S.

HEIRLOOM APPLES

I am writing for the third year in a row to thank you for having heirloom apples. My favorite this year is Ashmead's Kernal. Tied for second are Orleans Reinette and King David. These apples are so indescribably beautiful, special and delicious that my heart aches a bit when I eat them.
— Ann

VEGETABLES ON A BUDGET

I've been a member for 20+ years and still am trying to get a handle on eating more vegetables. Can you please point me toward some general information about how to get organized with vegetable prep and storage?
I can't seem to find the time every day and think I'd like to prep vegetables for a

week at a time but then I worry about them losing nutrition if they are stored after being washed and cut. Also I'm not clear on how many nutrients are lost when I cook them but drink the cooking water.

I'm a huge fan of PCC although I can't afford most of your products other than bulk products and fruits and vegetables when they are on sale. I live on about \$500 a month and must go for low prices where I can find them. I do buy most of my meat at PCC because I know that you check out the living conditions of animals raised for meat. Can't express how much I appreciate the integrity of PCC. Your deli food is the best in town as far as I'm concerned (I buy mini portions from time to time).
— Ruth

PCC replies: A great resource for how to prep and store vegetables to extend their shelf lives is here: pccnaturalmarkets.com/r/3590. For tips to reduce food waste, including innovative ways to use vegetable scraps, see pccnaturalmarkets.com/r/3591. For more info on shopping on a budget at PCC, see pccnaturalmarkets.com/r/3592.

Regarding the loss of nutrients associated with cooking, yes, it's true there is some loss of vitamin C and water-soluble B vitamins with cooking. These losses are not huge and you can minimize nutrient losses by steaming, oven roasting and baking rather than boiling. These methods reduce the leaching of vitamins into the cooking water. You won't recover 100 percent of the nutrients by drinking the cooking water because cooking also degrades (breaks down) some nutrients.

FRACKING WASTEWATER ON CROPS?

With what I've been hearing about California farmers, even organic ones using the water left over from fracking for irrigation, I'm wondering if PCC inquires or investigates as to whether any

of its produce and/or meats are grown using this water.
I'm buying organic to avoid toxic chemicals. It sounds like the water doesn't have to be tested to comply with organic standards — there is nothing in place for that — so I'm quite concerned.
— Diana Law

It recently came to my attention that some California-grown organic produce might be irrigated with fracking wastewater despite being organic.
Can PCC look into this and like with Horizon dairy from a few years ago, give those products the boot if true? Looks like Sunview Raisins, which I regularly buy, might be one of the key culprits?
— Kevin Orme

PCC replies: We also are very worried about this emerging issue and have been asking Sunview — and its organic certifier, CCOF (California Certified Organic Farmers) — some aggressive questions, but we don't yet have the information we need to address the obvious concerns.
To comply with existing organic rules, growers must “manage plant and animal materials to maintain or improve soil organic matter content in a manner that does not contribute to contamination of crops, soil or water by plant nutrients, pathogenic organisms, heavy metals, or residues of prohibited substances.”

The Residue Testing Rule in organic standards authorizes organic certifiers to test the finished product, specifically for heavy metals, which independent lab tests found in the irrigation water for Sunview. CCOF did not give a straight yes or no answer when we asked directly if it had tested the raisins, as authorized.
We encourage you to read PCC's

LETTERS CONTINUED ON PAGE 5



We'll travel to you, or you can come to us.

FIRST AID • CPR • BLS
AED SALES • ACLS
WILDERNESS FIRST AID
PET CPR


Your Community Health and Safety

TRAINING

Center

p: 206-504-3280
e: cpr@cprseattle.com

cprseattle.com




Dr. Paul Rubin,
DDS, MIAOMT

Choosing a “holistic” dentist?

- Over 30 years' experience in mercury-safe, biological dentistry
- Fellow and Master, International Academy of Oral Medicine and Toxicology (IAOMT)
- Charter Member, International Association of Mercury Safe Dentists
- Sign up on our website for a free e-newsletter

9730 3rd Ave. NE Ste. 205 • Seattle, WA 98115
www.drpaulrubin.com • phone: 206.367.4712



ENVIROSTARS

CHUTNEYS

Bistro

Organic menu available, please ask server.

1st Indian Restaurant
Offering Organic Food

1815 N. 45th Street • Seattle, WA 98103
Ph. 206.634.1000 Fx. 206.545.1234



alpine

SPECIALTY CLEANING®

"A Tradition of Quality Since 1969"

"We Promise a Superior Customer Experience™"

1-800-462-5933

www.alpineclean.com

All Natural Green Cleaning.

CARPET CLEANING

ANY 3 ROOMS **\$129.95**

ANY 5 ROOMS **\$179.95**

ANY 6 ROOMS **\$219.95**

One set of stairs can be used as one area.

AREA RUGS & DRAPES

35% OFF

AIR DUCT/HVAC CLEANING

\$60 OFF

We clean the entire DUCT/HVAC system the right way with a truck mounted negative air vacuum system, no gimmicks or extra charges!

NATURAL GREEN HOUSE CLEANING

\$45 OFF

METAL MINI BLINDS

\$15.99 EA

Standard size.

Fine Cleaning of: Carpets, Furniture, Area Rugs, Drapes, Blinds, Maid Service, Tile/Stone and Air Ducts/HVAC.

Minimum charges apply.



A+ Rating



OFFERS EXPIRE 11/30/15

PCC SOUND CONSUMER | NOVEMBER 2015 3

HOW FLAVOR DRIVES NUTRITION

CONTINUED FROM PAGE 1

between food and poison. Sheep deficient in essential minerals, such as calcium or phosphorus, will crave flavors associated with them. Monkeys infected with gut parasites will seek out and eat specific leaves that alleviate their condition.

According to Fred Provenza, a behavioral ecologist and professor emeritus at Utah State University, “Flavor is the body’s way of identifying important nutrients and remembering what foods they come from.”

We humans are exactly the same. In the 18th century, sailors ravaged by scurvy were gripped by intense longings for fruits and vegetables. Pregnant women are nauseated by foods their bodies perceive as toxic.

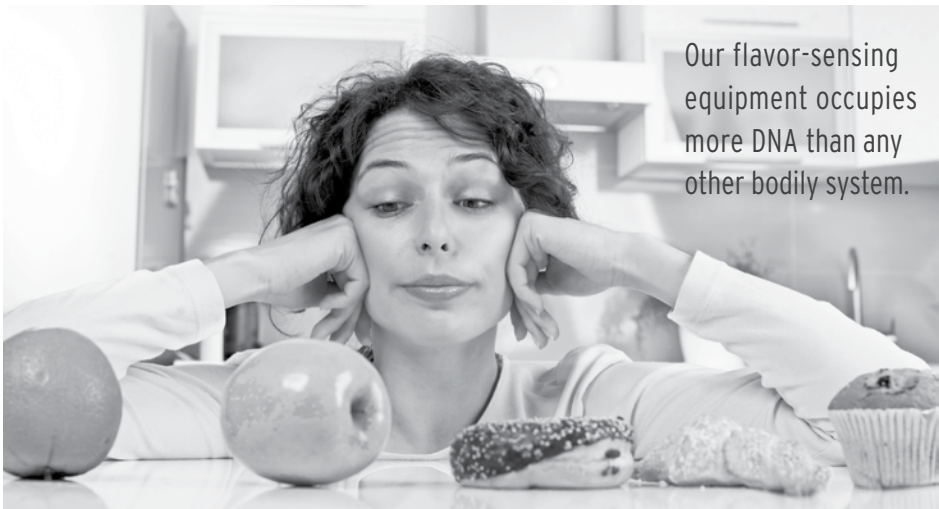
A 2006 paper in the prestigious journal *Science* shed light on the chemistry underlying those flavor cravings. Scientists Stephen Goff and Harry Klee discovered that the 20 most important flavor compounds in tomatoes all are synthesized from important nutrients, such as omega-3 fats and essential amino acids. What makes a tomato nutritious, very simply, also makes it delicious. Flavor compounds, the scientists wrote, “provide important information about the nutritional makeup of foods.”

What went wrong?

All of which raises an important and obvious question: What happened? If toddlers in the 1930s were so good at meeting their own nutritional needs, how is it that children today now grapple with obesity and metabolic disease?

The answer is that flavor changed. Food does not taste the way it used to. And it’s affecting the way all of us, our children included, eat.

For more than half a century, the whole foods in the modern American food system have been getting blander.



As crops and livestock are bred to be more productive, affordable and have a longer shelf life, they keep losing flavor. Tomatoes, strawberries, chicken — it can all taste like cardboard these days, as you have probably heard your grandmother say. And as flavor diminishes, so does nutrition. An average non-organic tomato today has half as much calcium and vitamin A as a tomato had in the 1950s.

But that’s only one side of the flavor problem. Because just as whole foods are being bleached of flavor, we’re simultaneously adding flavorings to the foods we shouldn’t be eating. We add chemical flavorings to soft drinks, potato chips and frozen pizzas. We’re even adding them to yogurt and soy milk — and herbal tea. When you walk into a mainstream supermarket today in the mood for blueberries or strawberries, you’ll find a better version in the sugary drinks aisle than in the produce aisle. All told, Americans are consuming more than 600 million pounds of synthetic flavorings a year.

If you consider flavor the incentive to eat, we have utterly perverted that incentive. All that flavoring is telling us a thrilling but ultimately deceptive nutritional lie. And it’s getting us to eat food — a lot more food — than we ordinarily would. Consider that a

berry-flavored yogurt tube tastes wonderful to a two-year-old, but it doesn’t carry the same payload of vitamins, minerals and antioxidants as a real strawberry.

We still have the same genes and the same amazing flavor sensing system as our ancestors. But we’ve short-circuited it. For thousands of years, flavor gave our bodies crucial information about nutrients. In the last few decades, we’ve turned that system against itself.

As grim as it all might look, the solution is actually quite simple. Stop worrying about fat, carbs and other nutrients and start caring about flavor. When you shop for food, ask yourself a simple question: Where did the flavor come from? If you see “artificial flavors” or “natural flavors” on the ingredients, you know it was designed by someone with a PhD to be ultra-delicious.

Instead, buy whole foods whose flavor tells the thrilling story of their nutrition. Look for the best tomatoes, the sweetest strawberries and chicken that tastes like chicken. You’ll be healthier, and a whole lot happier.

Mark Schatzker is the author of “The Dorito Effect: The surprising new truth about food and flavor” (Simon & Schuster). Available for sale at PCC.

“Natural” flavors

Natural and artificial flavors aren’t that different. Flavors are complex mixtures that sometimes comprise more than 100 chemicals. In addition to flavors themselves, these mixtures contain chemicals that have other functions. Solvents, emulsifiers, flavor modifiers and preservatives often make up 80 to 90 percent of the mixture.


The Food and Drug Administration (FDA) defines natural flavors as substances derived from animals or plants and artificial flavors are those that are not. The actual chemicals in these two kinds of flavors may be exactly the same. The chemical structures of the individual molecules may be indistinguishable.

An artificial flavor must be comprised of one of the nearly 700 FDA-allowed flavoring chemicals or food additives categorized as “generally recognized as safe,” (GRAS) or any of 2,000 other chemicals not directly regulated by the FDA but sanctioned for use by an industry group, the Flavor and Extract Manufacturers Association of the United States. Most of these chemicals exist as natural flavors or can be extracted from them.

Interestingly, the chemical mixtures that comprise artificial flavors often are simpler than “natural” flavors. The reason: artificial flavors contain fewer chemicals than natural ones, which can be mixtures of several hundred chemicals.

For certified organic foods, the natural flavor must have been produced without synthetic solvents, carriers and artificial preservatives. The additives not allowed in natural flavor in organic foods include propylene glycol, polyglycerol esters of fatty acids, mono- and di-glycerides, benzoic acid, polysorbate 80, medium chain triglycerides, BHT, BHA and triacetin.

— From the Environmental Working Group




**THREE CEDARS
WALDORF
SCHOOL**

Engaging, art-infused curriculum inspires creativity, love of learning, healthy development and intellectual capacity.

425.401.9874 threecedarswaldorf.org

Early Childhood – Eighth Grade • 556 – 124th Ave NE, Bellevue



**OPEN HOUSE
JAN 9**

Tour during the school day: Dec 8, Feb 2



In Downtown Bellevue
The Best Selection of Organic & Non-Toxic Mattresses, Adjustable Beds, Bedding & So Much More! Organic & 100% Natural (Produced By Nature!) For All Budgets!



10623 NE 8TH STREET BY 106TH AVE NE • 425.454.8727 • LEARN MORE AT TheSleepStoreUSA.com




Our belief is that a garden should do more than look neat and pretty. It should be low maintenance, stable, diverse and healthy... just like a natural ecosystem.

To schedule a free site visit, please call us at 206-459-7022 or visit us online at www.we-design.net.

LANDSCAPE DESIGN AND INSTALLATION

PLANTINGS
CARPENTRY
STONEWORK

★★★★★
ENVIROSTARS RATING
LICENSED, BONDED & INSURED
#WEDES01938K9



Mercury-Free Dentistry that Focuses on the WHOLE You, Not Just Your Teeth



SATISFIED CLIENTS SHARE THEIR EXPERIENCES:

“The thing I appreciate about all of you is that you listen well and respond intelligently and kindly to questions and requests.” – JUDY G.

“I was very impressed with the whole experience, from the dentist coming out to introduce himself, to the water and juice in the ‘fridge, to the nice homey waiting room, to the excellent dental hygienist and the friendly receptionist!” – KATHY P.

“Dr. Bret, you are a true tooth artist!” – PAULINE C.

Call or visit our website today to learn more!
206.933.9300 • www.alkidental.com
1331 Harbor Ave SW, Suite 100 • Seattle 98116



PCC members receive a 5% discount

[LETTERS to the editor] CONTINUED FROM PAGE 3

comments to the National Organic Standards Board (NOSB) and National Organic Program on our website at pccnaturalmarkets.com/r/3595. We have asked NOSB to consider a moratorium on use of recycled fracking wastewater within the context of its work on contamination in farm inputs. We also asked the NOSB Crops Committee to prepare an updated document on use of this recycled water for the public to review, since the concern involves not just Sunview but also nearby table grape, citrus and pistachio growers — and every region with sustained drought and fracking. A report from Beyond Pesticides indicates ordinary irrigated water also is contaminated from intensive conventional agriculture. This is a complicated issue requiring short- and long-term solutions.

IS KERRYGOLD REALLY GRASS-FED?

Can you please address this blog regarding Kerrygold? (See: hopecentric.com/why-i-stopped-buying-kerrygold-butter/) She says her research shows Kerrygold is 90-percent grass-fed and can be 97 percent non-GMO with 3 percent (or more) GMO soy and corn feed.

Most consumers of Kerrygold, I believe, think they're eating 100-percent grass-fed and non-GMO. Although the label doesn't say it's organic, many of us have a mistaken belief that GMOs aren't

in Europe and we also have a fantasy that the fields of Ireland aren't drenched with the herbicide Roundup.

If it's really not 100-percent grass-fed, I think there should be an indication on the shelf that it contains GMO soy and corn, which would be pesticide-drenched.

— Garth Lien

PCC replies: Kerrygold told us, "Our cows enjoy a healthy grass-based diet all year. During peak milk production in the summer months, cows graze outdoors on green pastures all day. In the winter months Irish cows enjoy a predominantly grass-based diet. They eat silage, which is fermented high-moisture fodder cut from summer grass and stored for winter feeding. To maintain health and well-being, the cow's grass-based diet includes supplementary feed. The majority of this feed is grown locally with a small percentage imported. Some of this imported feed may be from genetically engineered sources so we cannot say our products are non-GMO." EU rules allow animals to eat GMO feed without labeling the products.

At PCC we recognize that "grass-fed" label claims on dairy can be misleading. There is no federal definition for "grass-fed" dairy, which is regulated by the Food and Drug Administration (FDA). There is a definition for grass-fed meat, which is regulated by a different agency,

the Department of Agriculture (USDA). PCC sent a formal complaint to the FDA in late September, asking it to recognize USDA's definition. We believe the market needs one uniform definition.

ANIMAL WELFARE

With all the recent discussion of whether PCC eggs are from cage-free or free-ranging hens, no one is talking about hatchery practices. Last I checked, I was unable to find a single small-farm or commercially produced egg that did not come from a hen purchased through a large-scale hatchery, where the routine practice is to gas male chicks.

I'd like to know if PCC has more recent info about this, or investigates USDA research into alternative methods for sexing embryos, which would eliminate the current methods of male chick euthanasia. Thank you,

— Erika Enright

PCC replies: All egg producers we know of, including the small and large farms that supply PCC, buy chicks from hatcheries. This means yes, male chicks are killed routinely in various ways, depending on the hatchery. Unfortunately, the only way to avoid this practice is to raise your own hens or to avoid eggs altogether. We're sorry there isn't a better alternative to this industry-wide practice.

PRODUCTS FOR TEXTURED HAIR

My wife and I appreciate and truly enjoy the opportunity to shop for our health and beauty products at PCC. We feel safe using the products at your store for ourselves and our young children. With that in mind, we would be so grateful if your stores would carry more products for black/textured hair. We like the Alaffia line, but we would be so happy to have a few other options.

Thank you for considering.

— Jennifer

PCC replies: We would love to carry more products for textured hair, but almost everything we've come across has had ingredients we don't allow at PCC because of their health or environmental impacts. We do carry Aubrey Chia Mousse for curly/coarse hair. We'll keep looking for more!

QUALITY AT PCC

This is just a quick note of appreciation and thanks! I recently moved away from West Seattle, and I really miss PCC. All the stores are so welcoming and have such high-quality products! My family and I appreciated the kindness and hospitality of the staff. We've also eaten more than our fair share of free fruit for kids! I only wish there was a market so good in the Washington, DC area ... So far nothing measures up! Keep up the good work.

— Elizabeth Brandt

"go braless & be modest"

100% organic cotton panels keep nipples undercover

100% comfy cotton to wear over or under

Ttime flatwear

www.ttimeflatwear.com

"I'll never wear a bra again!"

CHIROPRACTIC NEUROLOGIST

Diplomate of the American Chiropractic Neurology Board
Getting great results with children with autism and ADHD!

Dr. Merry Harris | Private practice in Woodinville
(425) 802-4501

drmerryharris@gmail.com • drmerryharris.com

brooke/wanless gardens

- elegant healthy pruning of small trees, shrubs, & vines
- fine gardening
- consultation / instruction

ISA certified arborist
206.938.5675

SHIFT HAPPENS!

Access peace, personal power, health & prosperity. Let go of anger, judgement, negativity, confusion, being stuck.

Discover solutions to your life challenges as Brenda assists you to empower yourself and to tap into your own innate wisdom through the process of professional coaching.

Brenda Miller, Radical Awareness® Coach
www.brendamiller.org **206.529.8282**

Mention this ad by 11/30/15 for a free consultation.

RENEW YOUR SKIN SAVE YOUR SKIN

NATUROPATHIC DERMATOLOGY™ SKIN CARE FORMULAS
BY DR. CHRISTA LAMOTHE

✦ All natural and locally produced ✦

REJUVENATE & PROTECT red, dry, scaly, sensitive, irritated, ACNE-PRONE, AGED & DISCOLORED SKIN

E-mail, call or visit us to consult about which products can help you!
www.NaturopathicDermStore.com Products@NaturopathicDermatology.com
(425) 361-1795 • 324 Main Street, Edmonds, WA 98020

Eco-Friendly Alternatives to Pre-Packaged Bottled Water

water filters * bottles * crocks

CUSTOM PURE

206-363-0039
www.custompure.com

Visit our Showroom
1514 NE 179th St.
Shoreline, WA 98155

Creating beautiful gardens & outdoor spaces

Living Earth Landscapes

- Over 30 years experience
- Member of WALP & Plant Amnesty
- Award winning landscapes

Bill Bowlus 425-882-2930
LivingEarthLandscapes.com

DESIGN • INSTALLATION • MAINTENANCE

PRAYS WELL WITH OTHERS

SpiritualLiving.org

206-527-8801 | 5801 Sand Point Way NE | Seattle WA 98105
[fb.com/CenterforSpiritualLiving](https://www.facebook.com/CenterforSpiritualLiving) twitter.com/mycsl

CENTER FOR SPIRITUAL LIVING

SWEDISH AUTOMOTIVE INCORPORATED

7901 35th Ave SW, Seattle, WA 98126
Volvo, Saab, Subaru and Mini
Specialists since 1983.

\$25 Rental Cars and free customer pickup and delivery in West Seattle.

Our promise: quality repair, personalized service, and environmental responsibility.

Please call or visit our website!
206-938-8685 swedishauto.com

GET CULTURED ABOUT DAIRY



Take heart, cheese lovers! There are plenty of reasons to choose fermented dairy (even cheese!) for good health — see PCC nutrition educator Nick Rose’s article, “Quel fromage!” on page 12 for the latest research. But that’s beside the point. Cheese, yogurt and other cultured dairy foods are a luxurious pleasure to eat. Creaminess offset with a subtle tang is the trademark flavor of cultured dairy and is why we love using it in so many recipes. Here we extoll the virtues of a selection of cultured dairy you’ll find at PCC, from farmstead cultured butter to the best buttermilk you’ll ever taste.

Maple Hill Creamery yogurt

Certified organic, 100-percent grass-fed, whole-milk yogurt from family farms in upstate New York. Maple Hill is the first creamery to receive PCO 100-percent grass-fed certification, considered the gold standard. Milk from grass-fed cows is higher in heart-healthy omega-3 fats and conjugated linoleic acid (CLA). We love the creaminess and also that the flavored yogurts contain much less sugar than other brands.

Jacobs Creamery cultured butter

Jacobs Creamery in Chehalis, Washington starts with fresh cream from pastured cows and adds its own unique culture blend, enhancing the natural flavors of the cream. The result is a butter that’s silky smooth with a rich, nutty flavor. Each batch is hand-churned. Spread this on crusty bread, such as The Essential Baking Company’s Pain du George. Also not to miss: Jacobs Creamery gouda. You’ll only find Jacobs Creamery cheese and butter at PCC.

Grace Harbor buttermilk

PCC shoppers have long loved Grace Harbor’s cream-top, non-homogenized, whole-milk yogurt from a herd of Guernsey cows raised in Northwest Washington. Now, Grace Harbor’s Tim and Grace Lukens are churning out a creamy buttermilk that’s second-to-none. Other brands may taste bitter, but Grace Harbor’s buttermilk is smooth and mild, with a pleasant tang. Use it in a range of recipes, from Good Ol’ Southern Fried Chicken to a decadent Buttermilk Orange Cake with Chocolate Ganache (find the recipes at pccnaturalmarkets.com).

Redwood Hills Farm goat kefir

Kefir is similar to yogurt but consumed in a drinkable form instead of with a spoon. It’s fermented for a longer time than yogurt and with a greater variety of bacterial species, so it has more gut-healthy probiotics. We love Redwood Hills Farm’s goat kefir — especially the Blueberry Pomegranate Açai flavor — because it has no added sugar or preservatives. If you prefer a milder flavor, try Wallaby’s organic kefir, made with cow’s milk.

Ancient Heritage Dairy Isabella cheese

Isabella is a washed rind cheese aged at least 60 days and named for the young granddaughter of one of the dairy’s owners. It’s made with raw cow and sheep’s milk, with a taste that has been compared with Belgian ales because of its sweet, briny flavors and yeast notes. A light, bloomy rind reveals a thick and creamy interior.

Le Gruyère AOP cheese

Le Gruyère AOP cheese has been produced in the region of Gruyère, Western Switzerland, since the 12th century. It’s a full-bodied cheese made from raw milk from cows fed grass (summer) and hay (winter). The character of the cheese lies in its specific production methods, which remain true to the original recipe and follow time-honored techniques, including aging for at least 11 months in sandstone caves. Famously used in fondue, this cheese melts beautifully and is a sharp addition to grilled cheese sandwiches, gratins, sauces or just for snacking. Pair it with a chardonnay.

Willapa Hills cream cheese

On the banks of the Chehalis River in Doty, Washington, Stephen Hueffed and Amy Turnbull are making a cultured cream cheese with no fillers and no stabilizers; just milk, cream, cultures and salt. Vat culturing and bag draining produces an unparalleled creamy texture and sweet flavor. If you’re a transplanted New Yorker, you’ll want to spread this on the best bagel you can find.

Bio-K+ fermented dairy probiotic

If you want even more probiotics to boost your intestinal health than yogurt or kefir offer, this tangy dairy-based supplement will do the trick. Each small bottle contains 50 billion probiotic bacteria, and you can drink as little as ¼ a bottle a day and still benefit.

Is dairy not your style?

See pccnaturalmarkets.com/r/3593 for other cultured foods at PCC, such as miso and fermented vegetables.

[STAFF picks]



THE GINGER PEOPLE ORIGINAL GIN GINS
Zippy, strong flavor that’s a pick-me-up or relieves nausea. I never leave home without them.
— Sue R., View Ridge

GRACE HARBOR BUTTERMILK
The best buttermilk to come along in years: clean and sweet, full-fat and oh-so-smooth with no aftertaste like some brands.
— Trudy B., Director of Public Affairs

SALSA DE ROSA FRESH SALSA
The Medium has perfect heat, flavor and texture for chips by themselves or with nachos.
— Suzanne P., Redmond

WILLIPA HILLS CREAM CHEESE
It’s wonderful, local and cheaper than Organic Valley cream cheese!
— Nicole W., Greenlake Aurora



PCC DELI PERFECT PROTEIN SALAD
This salad made with organic spelt berries, garbanzo beans and vegetables is always one of my go-to salads when someone is new to our deli.
— Cinda S., Edmonds Deli

PCC BAKERY HARVEST FRUIT AND NUT BAR
Full of fruit and nuts, it’s chewy, not too sweet, and great to take on a hike.
— Suzanne P., Redmond

CULTURED FOOD STATIONS
A lively, spicy kim chi or kraut can raise a very basic meal to exotic and sublime. You’ll find all kinds of fermented foods at stations in the Columbia City, Issaquah, Fremont, Edmonds, Redmond and West Seattle stores.
— PCC Chef Lynne Ve



ACURE ULTRA-HYDRATING BODY WASH
This is the most hydrating body wash I’ve ever tried. Helps with itchiness.
— Mary B., IT

GAIA TURMERIC BOOST
Mix with coconut, rice, almond or dairy milk, pour over ice, and enjoy like an iced chai latte!
— Katherine B., Redmond

HERB PHARM ELEUTHERO
This herb helps my body adapt to stress and provides me with sustained energy and a sense of vigorous vitality!
— Brandy L., Columbia City

BIG DIPPER BEESWAX CANDLES
I LOVE this local company! Not only do they make incredible handcrafted beeswax candles, but they also are committed to giving back to the community and protecting the environment.
— Kibby B., PCC health and body care



QUADY NORTH ROSÉ
This rosé is my favorite to bring to Thanksgiving dinner, it’s such a great compliment to savory fare. Layers of dense cherries wrapped in rosehip and raspberries. Refreshing and lovely.
— Seri S., Columbia City

COOPER MOUNTAIN RESERVE CHARDONNAY
Briny and earthy, which makes it a white wine suitable for all seasons. Amazingly flavorful and a must-try for people who think they do not like any chardonnays!
— Alex G., Greenlake Village

BAGLIO DEL SOLE NERO D’AVOLA
Dark, briary fruit with a little brininess and a hint of ash/smoke.
— Judy R., Greenlake Village

COOKING WITH CULTURE

Get your ovens preheating! This month, we’re baking up biscuits, casseroles and soufflés — all with cultured dairy. This is hearty comfort food at its best, using creamy-tangy buttermilk, cream cheese and Swiss. Craving something lighter? Try roasting carrots to bring out their flavor, then serve them with a dollop of cumin-laced Greek yogurt.

RUSTIC POTATO CRÈME FRAÎCHE SOUFFLÉ

Loaded with garlic and sweet-tangy crème fraîche, this is a great side dish for the holidays, weeknight meals or brunch.

Serves 6 to 8

- 1 head garlic
- Drizzle of olive oil
- ¼ cup butter, plus additional for baking dish
- 2 pounds red or white potatoes, scrubbed and cut into chunks
- ½ cup crème fraîche
- ½ cup vegetable, chicken or turkey stock
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 eggs

Preheat oven to 325° F. Cut the top off the garlic and place in an ovenproof ramekin. Drizzle with a little olive oil and bake for 1 hour. You may do this in advance, if you like.

Preheat oven to 400° F. Butter a 9-by-13-inch casserole dish and set aside.

Place potatoes in a pot of boiling, salted water to cover and cook until tender, about 20 minutes. Drain and transfer to a bowl and squeeze in roasted garlic. Add butter, crème fraîche, stock, salt and pepper. Mash potatoes, skins and all, until fairly smooth. Beat eggs until light and fluffy and gently fold into potato mixture.



Spoon batter into prepared casserole dish. Bake for 30 minutes, until golden and slightly puffy.

— Recipe by Lynne Vea, PCC Chef

EACH SERVING: 200 cal, 11g fat (6g sat), 85mg chol, 380mg sodium, 23g carb, 2g fiber, 2g sugars, 5g protein

BUTTERMILK SAGE BISCUITS

Makes 8 biscuits

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon baking powder
- 1 teaspoon sugar
- Pinch of salt
- 2 tablespoons chopped fresh sage
- ¼ cup butter
- 4 ounces cold Neufchâtel or cream cheese
- 1 cup buttermilk

Preheat oven to 425° F. Line a baking sheet with parchment paper.

Mix together flour, baking soda, baking powder, sugar, a generous pinch of salt and sage in a bowl.

Cut in butter and Neufchâtel with a

pastry blender or fingertips, until mixture is crumbly. Stir in buttermilk and gently mix to form dough.

Form dough into a circle. Cut into triangles (as if you were slicing a pie) and place dough on the prepared baking sheet. Bake until biscuits are golden, 15 to 20 minutes.

EACH BISCUIT: 220 cal, 10g fat (6g sat), 24mg chol, 430mg sodium, 27g carb, 1g fiber, 3g sugars, 6g protein

ROASTED CUMIN CARROTS

The depth of toasted cumin provides the perfect bass note to sweet roasted carrots and tangy Greek yogurt. This is a delicious side dish all year round.

Serves 8

- 1 ½ teaspoons cumin seeds
- 2 pounds carrots, peeled and sliced on the diagonal, ½-inch thick
- 2 tablespoons olive oil
- 2 tablespoons orange juice
- Salt and pepper, to taste
- 2 tablespoons chopped fresh parsley
- ¾ cup plain Greek yogurt

Toast cumin seeds in a small skillet over medium heat until fragrant, 1 to 2 minutes. Cool. In a spice mill or mortar, grind half the seeds to a fine powder. Combine with whole seeds and set aside.

Preheat oven to 425° F. Toss carrots with oil, orange juice, salt and pepper on a rimmed baking sheet. Roast until golden brown and tender, stirring occasionally, 25 to 35 minutes. Remove from the oven and toss with parsley and half of the toasted cumin.

Combine yogurt and remaining cumin in a small bowl; season to taste with salt and pepper.

Serve warm carrots topped with cumin yogurt.

Note: If you have a shorter variety of carrot, try cutting them lengthwise for a pretty presentation.

EACH SERVING: 90 cal, 4g fat (1g sat), 0mg chol, 240mg sodium, 12g carb, 3g fiber, 7g sugars, 3g protein

BAKED SPINACH AND SWISS CASSEROLE

Serves 8

- 1 tablespoon butter, plus extra for baking dish
- 1 large leek – halved, washed and thinly sliced
- Salt and pepper, to taste
- 3 (10-ounce) packages frozen spinach – thawed, squeezed dry and chopped
- 1 cup whole milk
- ½ cup heavy cream
- 3 eggs, beaten
- 1 ½ cups grated Swiss or Gruyère cheese, divided
- Pinch of freshly grated nutmeg

Preheat oven to 350° F. Butter a shallow 1-quart baking dish.

Melt butter over medium heat in a skillet. Add leeks and cook until soft and translucent, stirring often, about 10 minutes. Season with salt and pepper.

In a large bowl, combine leeks, spinach, milk, cream, eggs, 1 cup cheese, nutmeg, salt and pepper. Transfer to the prepared baking dish and top with remaining cheese.

Bake until set and the top is golden, 30 to 35 minutes.

EACH SERVING: 180 cal, 11g fat (6g sat), 115mg chol, 330mg sodium, 8g carb, 3g fiber, 3g sugars, 13g protein



SOIL & SEA: reports from our producers

CALIFORNIA PISTACHIO GROWERS ARE FINDING AN UNUSUALLY HIGH INSTANCE OF SHELLS that haven’t filled out with nuts — what growers call “blanks.” Usually the blanking rate runs about 10 percent. This year, as much as 50 percent of the harvested nuts could be hollow. Behind the blanks are the same culprits as in many other ongoing agricultural crises: drought, heat and abnormal West Coast weather. Pistachios need plenty of cold during the winter — what farmers call chilling hours.

THE GIANT POULTRY PRODUCER PERDUE HAS PURCHASED NIMAN RANCH, a purveyor of sustainable meats. Perdue recently announced it had succeeded in eliminating all

antibiotics in raising more than half its chickens, an achievement made easier by its acquisition of Coleman Natural Foods in 2011.

CALIFORNIA AGRICULTURE AS A WHOLE POSTED RECORD REVENUES in the midst of drought, according to a new report. The industry maintained high revenues in part because of a shift to higher-value crops, such as nuts and fruits. Farmers also kept revenues up by pumping more groundwater.

SALMON AND STEELHEAD IN OREGON, CALIFORNIA AND WASHINGTON ARE IN DANGER OF GOING AWAY FOREVER due to drought. It’s not just that the water is low. The shallower water warms sooner. Warm

water carries more diseases that attack fish. An estimated quarter-million salmon, more than half of the spring spawning run up the Columbia River, perished, probably because of a disease that thrives in warm water and causes gill rot.

ESTABLISHED FOOD COMPANIES HAVE LOST MORE THAN 5 PERCENT OF THEIR SHARE OF REVENUE GENERATED BY FROZEN ENTREES, while smaller private label brands increased their share, according to a report from Jeffries, an investment bank. Established brands such as Lean Cuisine and Marie Callender are facing stiff competition from competitors Luvo, Amy’s Kitchen and Simple Truth.

CREATIVE APPROACHES TO HUNGER RELIEF

by Katherine Pryor, M.A.

With 49.1 million Americans going hungry at some point in the last year, there's little question our wealthy nation has a moral and social obligation to help those in need. According to Northwest Harvest, one in five children in Washington is food insecure. Finite resources and increasing demand mean organizations around the Northwest are seeking creative solutions to get healthful food to people in need.

Gardeners help

Produce and protein are often the most difficult items for emergency food agencies to acquire and store. Seattle's Giving Garden Network helps home and community gardeners donate fresh produce to food banks, shelters and meal programs.

"We bring in bins of fresh organic lettuces, and huge bags of sugar snap peas. We're donating healthy organic produce to people who normally would be getting peanut butter and mac 'n' cheese," says Jude Berman, who co-founded Seattle's Giving Garden Network. The organization is entirely volunteer-run and started as a way to coordinate the gleaning programs at Seattle's P-Patch gardens.

"Community gardening is as much about the community as it is about the gardening," Berman says. "People come together around a common cause and the whole becomes much greater than the sum of its parts."

Lettuce Link reports that these efforts, combined with donations from Marra Farm and the Seattle Community Farm, delivered 55,198 pounds of fruits and vegetables to more than two dozen food access organizations in the Seattle area last year. Berman says, "The whole idea is not to let any good produce go to waste."

It takes a community

The Natural Resources Defense Council estimates about 40 percent of food in the United States is wasted. Last year, Food Lifeline was able to recover almost 40 million pounds of food from local restaurants, grocery stores, food manufacturers, hotels, hospitals and corporate campuses that otherwise would have gone to compost or landfill.

"Our work at Food Lifeline is not just about recovering food, it's about educating and advocating," says Dani Turk, director of community programs. "Often the people who are benefiting from the emergency food network have jobs, but they're in a hard place where maybe they're deciding between buying food or medication. We

know that within the food industry, a lot of folks want to advance their zero-waste initiatives, and we want to help them do that while helping their neighbors in need."

Through its Seattle's Table program, Food Lifeline recovers unused prepared food for nearby hot meal programs at partner locations. "We also are trying to build community. We want people to know there are hungry people right down the road, and they can help," Turk says.

Community involvement is the most important sustainability strategy at the Good Cheer Food Bank on Whidbey Island. In addition to food it receives through Food Lifeline and Northwest Harvest, it also utilizes donations from island farmers, runs a fruit tree gleaning program, maintains an onsite farm, and hosts a couponing team that sifts through 100 local newspapers each week to maximize the amount of healthful foods the food bank is able to offer.

The couponing was started by a food bank client who wanted to give back. Executive director Kathy McLaughlin-McCabe says, "She said my favorite thing, which is: 'I have a great idea, and I'll do all the work.' Most people offer up a great idea and walk out the door."

As cities and towns around Puget Sound grow and change, the creativity and commitment of hunger relief efforts are more important than ever. In a perfect world, no one would go hungry. In our messy, imperfect world, creative and compassionate communities must work together to make sure hunger is a temporary state.



You can help

PCC's Food Bank Program has been making a difference in our community for more than 25 years. With your donation, we purchase nutritious bulk foods that are most needed at our 12 partner food banks — grains, beans, soup mix and more. For example, one dollar donated can purchase 19 servings of pinto beans for families in our community.

Donate online: pccnaturalmarkets.com/r/3594.

Leftover PCC deli foods also are donated to 26 local food banks so they don't go to waste.

"The deli items from PCC are some of the most popular items at the food bank," says John Rittenhouse, the Issaquah Food & Clothing Bank manager. "It's wonderful being able to have delicious, healthy food from PCC to offer to our clients."

PCC further avoids food waste by donating foods from other departments, including dairy and organic produce.



\$10 Visit for New Clients Who Mention This Ad*

- Affordable acupuncture, tuina and shiatsu massage, and Chinese herbs
- Conveniently located on Ravenna Blvd close to Greenlake
- Evening appointments available Tuesday - Thursday

Call or use our on-line system to schedule.

(206) 517 - 4541
www.siomclinic.org
444 NE Ravenna Blvd.


*Applies to intern clinics only - does not apply to faculty clinics - does not include the cost of herbs.

Landscape design and artistic pruning

Make your garden the place you want to be

- Full service landscape design and installation
- Specializing in the fine pruning of pines and maples

206 781-8517



David Ohannesian
www.distinctivegardens.net
licensed & bonded

Newly Remodeled!

Wide Selection of Beautiful Yarns



Knitting and Crochet Classes

2818 NE 55th Street, Seattle 206-525-1726
Mon to Sat 10 - 6, Sun Noon - 5, Thurs until 8



CHIROPRACTIC NEUROLOGIST

Diplomate of the American Chiropractic Neurology Board
Getting great results with children with autism and ADHD!

Dr. Merry Harris
(425) 802-4501

Private practice
in Woodinville

drmerryharris@gmail.com • drmerryharris.com



We treat the whole you.

Naturopathic Medicine • Counseling • Nutrition
Acupuncture & Chinese Herbs • Ayurveda

Join us at 10:30 a.m. Dec. 5 for the free workshop
"Winter Gifts: Making Herbal Products at Home"

See for yourself:
BastyrCenter.org/Care
206.834.4100
3670 Stone Way N., Seattle

BASTYR CENTER
FOR NATURAL HEALTH
the teaching clinic of Bastyr University

PRAYS WELL WITH OTHERS



SpiritualLiving.org

206-527-8801 | 5801 Sand Point Way NE | Seattle WA 98105
[fb.com/CenterforSpiritualLiving](https://www.facebook.com/CenterforSpiritualLiving) twitter.com/mycsl



CENTER FOR SPIRITUAL LIVING®

Get to know your trustees

This is the first in a series of occasional articles on our current board trustees.

"I am passionate about businesses that combine profitability with a broader social purpose or mission and I want to help PCC become the model sustainable business. I believe PCC has the opportunity to capitalize on its mission-



MICHAEL HUTCHINGS
First term, first year;
term ends in 2018

-driven purpose, its cooperative structure, and the increasing public awareness of the benefits of healthy food and sustainable agriculture. I want to help PCC and its members be in a position to influence the nation's discourse on these ideals, including through a greater ability to donate to sustainability causes and by projecting its mission and ideals to a broader audience. I also want to ensure that as PCC grows it keeps its roots firmly planted in the values and tradition that have made PCC what it is now."

Michael is a business and social purpose attorney who is a partner at DLA Piper. "My legal practice consists of advising boards of directors and management of companies. I work with consumer cooperatives on governance and business issues."

On our board, Michael serves on the Board Development and Member Relations committees, as well as the Bylaws Task Force.

Board report

At the September 29 board meeting, the nominating committee reported on its work to date. Mary Simon has been selected to serve as the 2015-2016 chair. The deadline for board and nominating committee applications is December 7. Interviews will take place in early January.

The Bylaws Task Force updated the board. Lucas reported that the committee has developed a project timeline and is nearly ready to present a draft bylaws document to the board for discussion. They are trying to set a retreat date for some time in the next few months to review and discuss the proposed changes. (See "Bylaws update — Questions?" on this page).

Each of the four standing committees — Board Development, CEO Evaluation, Finance, and Member Relations — presented their 2015-2016 work plans, which were approved by the board.

The Board Development committee is working to refine the board job description and is generating a document that outlines desired trustee attributes, which will be shared with the nominating committee and with potential applicants.

One element of the Member Relations Committee's work plan is setting the agenda for the annual meeting. The committee proposed a new format for the meeting that will give many more members and staff access to the meeting and opportunities to meet the board candidates. The board approved the new format idea and asked staff to proceed with planning. At the November

board meeting, the board will consider a proposal with more details and will vote to set the governance dates.

Bylaws update – Questions?

The board's Bylaws Task Force continues work on a thorough review and rejuvenation of PCC's bylaws, which last underwent a comprehensive update in 2003. We're reviewing best bylaws practices, examples from many sources, consulting with experts at Cooperative Development Services, checking compliance with current law, and building in future compliance with applicable statutes. Draft bylaws will be evaluated by the board, staff and appropriate consulting experts. We will post updates on our progress on this page and on the board page of our website.

We would like to have an opportunity to answer questions you may have about this work. Any questions should be directed to board@pccnaturalmarkets.com.

Apply for PCC's board of trustees

Would you like to contribute to the continued success of the largest consumer-owned grocer in the United States? Are you a critical thinker? Are you able to work in a collaborative environment?

We're looking for qualified applicants for board service. Business and board experience helpful.

Board members serve a three-year term. Application deadline for the May 2016 election is December 7, 2015.

Next board meeting

The next regularly scheduled board meeting will be Tuesday, November 17 at 4:30 p.m. at the co-op office. Member comment period is at 6 p.m. Comments are limited to three minutes unless a longer presentation is approved by the chair. For planning purposes please email us at board@pccnaturalmarkets.com if you plan to make comments.

PCC Community Grants

PCC strives to support organizations and schools located throughout the regions served by our stores.

Four times each year, PCC awards a \$1,000 grant to a school or nonprofit that exemplifies the spirit of our local community.

We have a particular fondness for projects and programs that involve food, especially those relating to food education, nutrition and/or food sustainability.

Grant recipients will receive recognition — loudly and proudly — via our print publications, social media platforms and on our website. Visit pccnaturalmarkets.com/community/grants to learn more and apply.



Positive Discipline: Parenting With Confidence

Be respectful, kind and firm; topics will include using routines to reduce conflict, reducing power struggles and family meetings.

Tuesdays
October 27 – November 17
6:30 – 9:00 p.m.

Held at JFS, **Seattle**
Advance registration required.

Register online at
<http://jfsemotioncoachingfall.bpt.me/>

Contact Marjorie Schnyder,
(206) 861-3146 or
familylife@jfsseattle.org.



jfsseattle.org

HARVEST SOLAR FOR WINTER SAVINGS!

Offset your winter heating needs
with clean, renewable solar energy!

- Free Site Assessment
- Local, Employee-Owned
- Celebrating 1,000 solar rooftops & 5.5 Megawatts installed!

SUNERGY SYSTEMS™
Employee Owned
www.sunergysystems.com • 206-297-0086

SHIFT HAPPENS!



Access peace, personal power, health & prosperity. Let go of anger, judgement, negativity, confusion, being stuck.
Discover solutions to your life challenges as Brenda assists you to empower yourself and to tap into your own innate wisdom through the process of professional coaching.

Brenda Miller, Radical Awareness® Coach
www.brendamiller.org 206.529.8282

Mention this ad by 11/30/15 for a free consultation.



Bicycle Accident?

We Can Help You:

Recover all your damages,
Identify who pays your medical bills,
Assess your case's value,
Determine all responsible parties.

Call Ken for a free consultation **206.723.8200**

SELANDER | O'BRIEN
ATTORNEYS



7901 35th Ave SW, Seattle, WA 98126

Volvo, Saab, Subaru and Mini

Specialists since 1983.

\$25 Rental Cars and free customer pickup and delivery in West Seattle.

Our promise: quality repair, personalized service, and environmental responsibility.

Please call or visit our website!

206-938-8685 swedishauto.com

HOME SERVICES

Reliable housecleaning: 30 yrs experience. Refs. View Ridge/Wedgwood area preferred. Please call Sarah 206-525-1673.

Hate to weed? We specialize in garden bed maintenance. Garden of Weedin'. 206-362-8947. Five star EnviroStar.

Mel the Painter, melparejo.com 206-819-3586 melvinparejo@yahoo.com – 25 yrs exp. Efficient, clean, all work guaranteed. Free estimates, refs. – PAREJM*980QE.

American Home Painting – Serving all your interior and exterior painting needs. Please call Damon Thompson @ 206-522-7919. Eco-friendly paints. www.AmericanHomePainting.com. Contr. lic # AMERIHP045N9.

The Best Painters In The World – “A meticulous prep results in a beautiful finish.” Providing you with expert color advice and eco-friendly paints. Specializing in interiors & exteriors. Great references. Call Frank Diamond @ 206-547-8284 bestpaintersintheworld.com BETSPW33NS.

Housecleaning – efficient and reliable house cleaner with excellent Mt. Baker references. Arrange weekly or biweekly move in or move out, or special occasion cleaning 206-243-9680.

Organic gardening, design, stonework, maint, pruning. Nurtured Earth Gardens, Dan 206-234-9347. NURUEG960D4.

Abella Window & Gutter Cleaning, Inc. Free estimates, Lic/Ins, 206-234-7973. AbellaWindowCleaning.com.

Bamboo care, plant & removal services. BAMBOGL913BH 206-371-1072.

Silly Sisters Joyful Housecleaning. Thorough, reliable, green. Regular or one-time. Get a jump on holiday cleaning --- call us! 206-367-0375 or sillysistersjh@gmail.com.

Carpenter – Remodels to repairs, Lead-Safe certified firm. Tim Parker 206-718-1042 TIMPAC*077JA.

Exceptional Backhoe Service – LaValley Backhoe LLC – serving King County and surrounding areas for over 30 years. Free estimates – no job too small. Visit www.lavalleybackhoe.com for more information. Ted LaValley 425-226-0513/425-765-1507. Lic #LAVALBL991QR.

Fresh Breeze Window and Gutter cleaning. Refs. Free estimates. 206-760-9542, 206-280-3721.

The Cleaning Lady – There’s nothing like a clean house that smells good. I use environmentally cleaning supplies. I enjoy cleaning and consider it meditative. I have 25 yrs. exp. & am hardworking, reliable & honest. Can also do ironing & laundry. I have excellent references of long-time clients. Weekly- biweekly or once in a blue moon, call me – the cleaning lady: 206-478-5736.

PlantAmnesty Referral Service – tested and vetted. Gardeners that really do know how to prune and can tell the difference between a perennial and a weed. Arborists who do great work and tree risk assessments, designers with degrees. Call or email PlantAmnesty to make the perfect match. 206-783-9813 or info@plantamnesty.org.

Cleaning 17 yrs exp. Eastside, Everett to N. Seattle, U. Village, other areas. 1st time discount. Suzane, 425-485-0165.

Nontoxic House Cleaning. Very experienced, excellent references. Prefer regular clients. Please call 253-246-7102.

Trustworthy Green home repairs, paint wrk, elect, plbg, carpentry, window cleaning, “Fix-its” covering QA, Mag, Ballard, Grnlk, Ron 206-853-2051 REASORR989D2.

Looking for a seasoned gardener? I’ve been in business 15 years. I specialize in regular maintenance of gardens and small trees, using organic methods and proper pruning techniques. Call Shannon 206-778-7426, www.shannonthegardener.com.

Eastside Handyman – Repair, replace, remodel, painting, carpentry, drywall, tile. Refs. Rob 206-817-0485 FISERAS988DG.

Gaieeous Gardens: native plant wildlife habitats, pollinator-attracting herb gardens, sacred spaces creation & urban forest restoration. Permaculture methods. Pesticide-free. GAACG*861OR. www.gaieeousgardens.com.

GENERAL SERVICES

Roy’s Hauling. No job too odd. Dump runs, clean-up. 206-723-2301.

Hauling – Will haul anything: dump appliances, construction debris. Licensed and insured. Phone estimates. Eastside only. Ray Foley 425-844-2509.

Light Hauling. Dump/Move/Deliver 206-362-3895.

End the April 15th blues. Income tax preparation for individuals and small businesses. Financial services available. Jim Peckenpaugh, EA, CFP, 206-789-8697.

Bookkeeping Services. Greg Parry CPA. \$35/hr. 206-283-7397. gregparry@q.com.

Beautiful Mosaics for baths, kitchens, patios & more. Affordable quality work. www.liztatchell.com 206-853-9221.

Blue Willow Catering Delicious, creative menus freshly prepared for your home or office event. Full service or drop off available. Knowledgeable, experienced, licensed and insured. Call Patty Carow 206-938-0988, www.bluewillowcatering.com.

HEALTH SERVICES

Dental Benefits for Everyone. All individuals, couples, families, just dependents and any size of group or business. For a free brochure call Stan at 206-244-4040, www.SmartSmileDentalPlan.com.

Organic Vitamin D. It is the ultimate immune health formula, containing 5 organic wild mushrooms & wild bluegreen micro algae, www.organicvitamind.net or call 206-522-2422.

Low Force Chiropractic – When you have tried everything else and nothing has worked, don’t give up! For people who want to feel better and don’t want the “usual” adjustment. See our video at: www.glchiro.com. Dr. Steven Polenz DC. 206-523-0121.

Natural Health Improvement Centers: TaylorGoodHealth.com and AbleBodyNutrition.biz in West Seattle. RobustLifeCenter.com in Northgate and Snohomish.

Stressed? Jann Y. Coons, LMP Hawaiian bodywork: deep tissue, relaxation, wellness & injury treatment 206-349-6404 #MA12242.

The World of Meditation Center offers Osho Active & Passive Meditations & Transformational Workshops. www.WorldofMeditation.com Tel: 206-772-8897.

Eating Disorders Specialist, also food/weight preoccupations, body image concerns & general psychotherapy. Initial consultation-no fee. Northgate location. Susan P. Picard, LCSW 206-517-3643. For info re: support group: eatingdisordersnw.org.

Meditation/taichi/naturalawareness.net.

CluedIn Social Skills: Do you or a loved one have trouble making friends? Just don’t seem to understand the unspoken rules? We offer concrete, step-by-step instruction for young adults with social deficits due to autism, anxiety or ADHD; individual or small groups. Certified PEERS provider. Check out our website: www.cluedinsocialskills.com.

Loving-Kindness Mindfulness & Walking meditation teachings 206-399-5317.

CLASSES/WORKSHOPS

Looking for fun, affordable classes in Seattle? We’re a small local program offering classes in drawing and painting, writing, acting, filmmaking, music and more. More info: 123classes.com.

Piano Lessons. Russian Education. PHD. 21 years of experience in United States. Location: Shoreline, Richmond Beach. References available. 206-546-9377. Vladimir.

Herbalist Matthew Wood MS, RH Western Pulse Evaluation and Tissue Palpation Workshop. Nov. 7-8, Edmonds, WA. Looking for a way to evaluate your client’s constitution from a traditional western holistic perspective? This rare opportunity will give you hands-on experience. For herbalists, homeopaths, bodyworkers, naturopaths, etc. https://communityschoolofnaturaltherapeutics.wordpress.com/ or 425-640-7525.

WANT

Work for PCC Natural Markets. Positions open regularly at all 10 of our locations. If you would like more information about jobs at PCC, visit pccnaturalmarkets.com or call 206-547-1222.

Organic Income Opportunity – We are a group of eco-preneurs who believe in organic foods and whole food supplements. Marketing these products from the convenience of our homes has created an ideal lifestyle, right livelihood and financial freedom. Join us and become an eco-preneur. Call 206-522-2422 and ask for a free packet of information.

FOR SALE

Bamboo plants in pots 206-371-1072.
Italian Villa Rentals, Small Group Tours & Mosaic Workshops. Call owner in Seattle: Anna 206-682-0052 www.LeTerra.com.
Nature Linocut Art Prints: www.happytreepress.com.

ATTENTION ADVERTISERS:

Naturopaths, massage practitioners, chiropractors, acupuncturists, day care providers and general contractors must submit a current copy of their Washington state license number with ad. Mental health care practitioners, counselors and hypnotherapists must submit a current copy of their Washington state registration or certification number with ad. Registration, certification and/or license numbers need not appear in ad (except for general contractors and massage practitioners) but must be on file at PCC.

CLASSIFIED AD ORDER FORM

Classified Ads are accepted for goods and services only; no personals or singles ads. Cost is \$6 for each set of 39 characters, including spaces and punctuation. Cost for less than 39 characters is the same as a full set. Use the guide below to figure your cost, or attach a typewritten or neatly printed copy of your ad. The guide below is used for counting purposes only; your ad will not appear exactly as it looks below. **DEADLINE** for the next issue is the 10th of this month at 5 p.m. **PAYMENT MUST ACCOMPANY AD COPY.**

Name			Phone ()		
Address					
Classification		Total enclosed		Number of issues to run ad	
Bring your ad and payment in person or mail to: PCC Classified Ads • 4201 Roosevelt Way NE, Seattle, WA 98105 Questions? Call 206-547-1222.					
					\$6
					\$12
					\$18
					\$24
					\$30
					\$36



brooke/wanless gardens

- elegant healthy pruning of small trees, shrubs, & vines
- fine gardening
- consultation / instruction

ISA certified arborist
206.938.5675

"go braless & be modest"

100% organic cotton panels keep nipples undercover



100% comfy cotton to wear over or under

www.ttimeflatwear.com

"I'll never wear a bra again!"



Hellerwork

- Deep Tissue Structural Integration
- Injury Treatment
- Emotional Awareness
- Lymphatic Drainage
- Detox/InfraRed Sauna
- Raw Food Coaching

Janaki Rose, OTR/L (206) 799-6771
Seattle/Greenlake, Monroe & Index • Insurance Accepted



Carol Kakoczky
— LMP, CST —

www.iahp.com/carolkakoczky/

Advanced CranioSacral Therapy

Lymph Drainage

Visceral Work

Issaquah **425 802 2826**

D.D.S.: University of Washington 1968
M.A.: Antioch University Int'l 1982
Mercury free dentistry since 1980

evenings only

No fancy office. Just one to one concerned care.

ECONOMICAL SOLUTIONS TO COMPLEX DENTAL PROBLEMS

JOHN AUGUST RAU, D.D.S., M.A.

Downtown Seattle since 1981
24 hour emergency beeper

(206) 622-2380

Environmentally and Socially Aware Investing


Put your money to work without compromising your social values!

JESSICA N. GREENWAY, CFP®

Please call for information. (206) 292-2103

Financial Planning and Investment Management services offered through Blue Water Wealth, Inc. Securities offered through Cambridge Investment Research, Inc., member FINRA/SIPC

605 First Avenue, Suite 506, Seattle, WA 98104





Veronica Bello DDS MSD

Eco-friendly Dental Office
General and cosmetic dentistry for adults and children.

Call now to schedule your appointment!
206.420.3836
www.aviladental.com

mention this ad to claim a reusable bag





In Downtown Bellevue
The Best Selection of Organic & Non-Toxic Mattresses, Adjustable Beds, Bedding & So Much More! Organic & 100% Natural (Produced By Nature!) For All Budgets!



10623 NE 8TH STREET BY 106TH AVE NE • 425.454.8727 • LEARN MORE AT THE SLEEP STORE USA.COM

Forced labor in fishing

Efforts to end forced labor in the fishing industry are gaining traction. Class-action lawsuits recently were filed against Mars and Nestlé, producers of seafood-based pet food brands including Iams and Fancy Feast, accusing them of failing to disclose their dependence on forced labor. Several lawmakers have introduced legislation to increase transparency and accountability, and the Senate Caucus to End Human Trafficking plans to discuss ways to reward companies with better policies to prevent labor abuses. *(The New York Times)*

Paleo flour?

The modern paleo diet excludes grains, but the original paleo eaters definitely were grinding oats and other grains for dinner, according to investigations of an ancient stone recovered in a cave in Puglia, Italy. The Gravettian culture used a hand-sized stone as a pestle and grinder dating back some 32,000 years, providing the earliest evidence of food processing in Europe. The flat surface of the stone shows the kind of wear that would be produced by grinding broken seeds into flour. *(NPR's The Salt)*

Court: No to bee-killing pesticide

A federal appeals court has struck down the Environmental Protection Agency's (EPA) approval of sulfoxaflor, a neonicotinoid pesticide implicated in bee colony collapse. The court cited the "precariousness of bee populations" and "flawed and limited data"

submitted by Dow on sulfoxaflor's effects. The ruling followed a lawsuit by beekeepers who argued EPA itself had found sulfoxaflor to be "highly toxic to honey bees and other insect pollinators." *(Mother Jones)*

Sustainable cocoa KitKat?

After facing allegations of child labor in their supply chain, Nestlé said KitKat will make all its products with sustainably sourced cocoa. The company plans to source 150,000 tons of sustainably produced cocoa annually by 2017. KitKat bars will be made with cocoa accredited by independent third parties by the first quarter of 2016. *(Bloomberg.com)*

Drastic tuna decline

New research from the World Wildlife Fund (WWF) and the Zoological Society of London shows tuna and mackerel populations have suffered a "catastrophic" 74 percent decline over the last 40 years. WWF warns that unless drastic action is taken to stop overfishing and other threats to marine life, we will lose species critical to human food security. *(The Guardian)*

Kashi GMO lawsuit

A federal judge has approved a \$3.99 million deal to settle a class-action lawsuit accusing Kashi of false advertising in labeling foods with genetically modified organisms (GMOs) as "all natural." The judge ruled "that a reasonable consumer would expect a product labeled 'all natural' to be free of GMOs."

Kashi has agreed to reimburse customers and to change its labels, as well as provide "compliance information" on products it claims are non-GMO. *(The Daily Meal)*

Chipotle lawsuit

A class-action lawsuit claims Chipotle has misled consumers in declaring it switched "to serving food made only with non-GMO ingredients." Plaintiffs say Chipotle's non-GMO food labeling is false and misleading because it serves beverages such as soft drinks made with GMOs, and meat, sour cream and cheese from animals that eat GMOs. Chipotle says its website carries disclaimers about the GMO content in animal products. *(Reuters)*

EU bans animal cloning

The European Parliament voted to ban the cloning of all farm animals and the sale of cloned livestock, their offspring and derivative products. The measure passed by a large margin and goes beyond a 2013 proposed directive that would have banned just five species: cattle, sheep, pigs, goats and horses. The EU Parliament cited animal welfare concerns in supporting the ban, claiming only a small percentage of cloned offspring survive to term and many die shortly after birth. *(sciencemag.org)*

Ocean acidification and shellfish

A study from Oregon State University finds shellfish industry workers are four times more likely to agree that ocean acidification

is having an impact on the world's aquatic animals. The oceans are absorbing so much carbon dioxide, turning the oceans acidic, that larval shellfish have a more difficult time building their shells. Northwest shellfish growers have experienced repeated die-offs, causing economic havoc. *(Oregonlive.com)*

Plot against eggless mayo

Hundreds of pages of documents provided to the Associated Press reveal a two-year campaign waged by the American Egg Board — a "quasi-governmental body" overseen by the U.S. Department of Agriculture — to counter the emergence of Hampton Creek's eggless Just Mayo spread. The board tried to prevent the sale of Just Mayo and paid bloggers to tout the benefits of real eggs. The campaign may be illegal as checkoff programs, such as the Egg Board, are required legally to stay within the boundaries of advertising, promotion, consumer education and research. *(eatdrinkpolitics.com)*

Half U.S. seafood wasted

Nearly half the U.S. seafood supply winds up uneaten, according to researchers from the Johns Hopkins Center for a Livable Future. About a quarter of the waste occurs at sea, where fish are frequently caught by accident, then thrown back, and an additional 15 percent or so is lost *en route* to consumers, often because it spoils or is discarded as scraps at processing plants. Each year U.S. eaters buy but never eat 1.3 billion pounds of fish and shellfish. *(NPR's The Salt)*



CPR
SEATTLE

Your Community
Health and Safety
TRAINING
Center

**We'll travel to
you, or you can
come to us.**

FIRST AID • CPR • BLS
AED SALES • ACLS
WILDERNESS FIRST AID
PET CPR

p: 206-504-3280
e: cpr@cprseattle.com

cprseattle.com




CHUTNEYS
Bistro


Organic menu available, please ask server.



1815 N. 45th Street • Seattle, WA 98103
Ph. 206.634.1000 Fx. 206.545.1234

Creating beautiful gardens
& outdoor spaces





- Over 30 years experience
- Member of WALP & Plant Amnesty
- Award winning landscapes

Bill Bowlus 425-882-2930
LivingEarthLandscapes.com

DESIGN • INSTALLATION • MAINTENANCE

Pande Cameron
Fine Oriental Rugs



Putting the world at your feet since 1924.
Family owned and operated
for three generations.

Complimentary in home consultation available.

20% OFF area rug cleaning!

- Minimum charges may apply
- Expires 12/31/15
- Not valid with any other offer
- A portion of proceeds donated to PCC Farmland Trust!
- Must be presented at time of order

Cleaning & Restoration 206-624-6263
Seattle: 333 Westlake Ave North 98109 (M-F 9-5:30, Sat 10-5)
Bellevue: 13013 NE 20th 98005 (M-F 9-5:30, Sat 10-5)

pande-cameron.com


Soaring Heart
SINCE 1982



Natural Beds

A Seattle icon for over 30 years
Experience organic luxury in our new Bellevue location

soaringheart.com 877.288.1717 10000 Main St., Suite 103, Bellevue WA 98004




**Parenting Towards
Character and
Kindness**

Explore three key parenting principles, drawing on today's research and timeless Jewish wisdom. Facilitated by Marjorie Schnyder, LICSW.

**Wednesday, November 18
11:30 a.m. – 12:15 p.m.**

Free Live Webinar. Guests will need phone, internet and computer access.

RSVP Marjorie Schnyder,
(206) 861-3146 or
familylife@jfsseattle.org.



jfsseattle.org

QUEL FROMAGE! A surprising twist in the “French Paradox?”

by Nick Rose, M.S.

For decades, we’ve watched the French eat twice as much cheese as us Americans, while enjoying much lower rates of heart disease. This “French Paradox” led researchers on a quest to explain why French people’s extraordinarily high saturated fat intake doesn’t lead to more heart attacks.

The latest research on cheese and other fermented dairy foods, such as yogurt and kefir, suggests it might not be a “paradox” at all. Instead, we just now may be starting to understand the health benefits of cheese and other fermented dairy.

Dairy fat: not bad

“Contrary to prevailing dietary advice ... there is no excess cardiovascular risk associated with intake of saturated fat.” This statement, published in the British Medical Journal this year, represents the changing view of dietary fat and health.

A growing body of research finds eating about 2 to 3 ounces per day of cheese doesn’t harm blood cholesterol levels. The saturated fat in dairy comes mostly from short- and medium-chain fatty acids, which have beneficial (or at least neutral) impacts on blood cholesterol levels. The saturated fat in cheese also is offset by other beneficial nutrients in fermented dairy foods.

Milkfat is the best source of naturally occurring trans fatty acids, such as conjugated linoleic acid (CLA). Unlike the synthetic trans fatty acids in margarine, trans fatty acids in dairy from ruminants, such as cows, goats or yaks, appear to provide health benefits including a reduced risk of diabetes, cancer and heart disease. These ruminant trans fats are produced in the digestive tract of the animals and are found in greatest quantity in 100-percent grass-fed, whole-milk dairy products.



What dairy products are fermented?

Always:
cheese, crème fraîche, yogurt, kefir, sour cream

Sometimes:
butter, buttermilk, cottage cheese, cream cheese

Not fermented:
milk, cream, ice cream, butter

Lower lactose: better for everyone

Cultured dairy products, such as cheese, sour cream and plain yogurt, taste less sweet and more tangy because of their reduced lactose (milk sugar) content. Many people with lactose intolerance can eat cheese and yogurt safely because most of the lactose is pre-digested by the “good bacteria” in these cultured foods.

This lower lactose benefits everyone, not just those with lactose intolerance. Lactose is broken down in our digestive tract and becomes galactose, a potentially pro-inflammatory sugar. The reduced lactose content of fermented dairy could result in less milk-induced inflammation, and might also explain why

researchers are finding different health impacts between consumption of fermented dairy and non-fermented dairy.

Fermentation benefits

Fermented foods are popular because of the health benefits of probiotic bacteria, but fermentation enhances the nutritional profile of milk beyond just the probiotic benefits. Fermentation boosts milk’s vitamin content (K, folate, B-12 and biotin), CLA content, and supports gut health with unique prebiotics and probiotics.

Cow’s milk contains only traces of vitamin K, but menaquinone, a far superior form of this nutrient (also called K2), is produced by bacteria during

fermentation. The highest food sources of vitamin K2 are hard cheeses, such as Gouda, Swiss and Gruyere. The unique benefits of K2 were identified only recently, but research is mounting confirming K2’s benefits for bone health and disease prevention.

During fermentation the proteins in milk are broken into smaller peptides, and these peptides may improve blood pressure and immune function. Molded cheeses produce additional nutrients that early research finds provide a beneficial impact on inflammation and heart health. The longer cheese ripens, the more nutritious it becomes.

French lessons

A growing body of research is questioning the common assumption that low-fat dairy foods are the healthiest choices in the dairy aisle. Evidence is accumulating that full-fat, fermented dairy may be the best option for supporting heart health, reducing inflammation, and even preventing obesity and diabetes. The Dietary Guidelines Advisory Committee recently suggested we stop stressing about dietary cholesterol and total dietary fat — but it has not yet changed its opinion on saturated fat.

Most of the published research on dairy in the past five years is from Denmark and Sweden, two countries with the highest dairy consumption. There’s cause to be skeptical about some of these studies since researchers often are funded by the dairy industry.

Early nutrition studies lumped all dairy products together for statistical analysis, so it’s encouraging to see researchers dissecting the health impacts of fermented, whole-milk and grass-fed dairy. It’s very likely that the difference between “drinking milk” and “eating dairy” is a significant and important distinction.



Columbia City PCC opened July 2015.

Apply for PCC’s Board of Trustees


Would you like to contribute to the continued success of the largest consumer-owned grocer in the U.S.? Are you a critical thinker? Are you able to work in a collaborative environment? Then we’re looking for you!

PCC Natural Markets has 10 stores in the greater Seattle area and had more than \$220 million in 2014 sales. We are on a steady growth path. Our 11th store is scheduled to open mid-2016.

We’re looking for qualified applicants for board service. Previous board experience is helpful. Board members serve a three-year term. Trustees are elected in May 2016. Deadline for completed applications is December 7, 2015.



nominatingcommittee@pccnaturalmarkets.com







“for not your ordinary seeker”

DR. DICK SHEPARD

“not your ordinary chiropractor”

206-525-4155 • www.networkcare.org

 DrDickShepard  Read Our Yelp! Reviews  HealingCrystalBedInSeattle



BRET SHUPACK, DDS

Mercury-Free Dentistry that Focuses on the WHOLE You, Not Just Your Teeth

SATISFIED CLIENTS SHARE THEIR EXPERIENCES:

“The thing I appreciate about all of you is that you listen well and respond intelligently and kindly to questions and requests.” – JUDY G.



“I was very impressed with the whole experience, from the dentist coming out to introduce himself, to the water and juice in the ‘fridge, to the nice homey waiting room, to the excellent dental hygienist and the friendly receptionist!” – KATHY P.

“Dr. Bret, you are a true tooth artist!” – PAULINE C.

Call or visit our website today to learn more!

206.933.9300 • www.alkidental.com

1331 Harbor Ave SW, Suite 100 • Seattle 98116



PCC members receive a 5% discount