

# LIFE GROCERY

## A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Sept/Oct 2017

Two Months of Super Savings

# Life Savings



## Oil of Oregano

30 softgels ..... \$9.79  
 60 softgels ..... \$17.99  
 2 oz ..... \$29.99



*Aged garlic extract helps support cardiovascular health*

**Kyo-Dolphilus**  
 45 caps ..... \$8.99  
**Kyo-Dolphilus**  
 90 caps ..... \$14.99  
**Kyo-Dolphilus**  
 180 caps ..... \$24.99



**All Gummy Products**

**All Ultimate Omega Products**

**25% off**

### New HBA Products

- Giovanni Shampoo (Shea/Sweet Almond Oil) 8oz
- Giovanni Conditioner (Shea/Sweet Almond Oil) 8oz
- Reviva Peptide Facial Serum 1oz
- Reviva Vitamin C Serum 1oz
- EO Hand Sanitizer 32oz

### New Supplement Products

- Jarrow Pumpkin Seed Protein 16oz
- Natures Plus Almond Protein 1lb
- Enzymedica Purify Complete Body Cleanse kit
- Organic Valley Organic Fuel Whey Protein 12oz



**All Ester C Products**

**20% off**

**Bluebonnet**

**All Multi Vitamins**

**20% off**



**All Curamin and CuraMed Products**

**15% off**

**Jarrow FORMULAS**

- **Pumpkin Seed Protein**  
16 oz ..... **\$23.99**
- **Jarro-Zymes**  
100 caps ..... **\$11.99**
- **Organic Coconut Oil**  
16 oz ..... **\$11.99**



**New Skin Therapy Line**

**20% off**



**All Floradix Liquids**

**20% off**

**Beet Crystals**  
7 oz ..... **\$19.99**



**All Products**

**20% off**



**All Products**

**20% off**

**Tenayo**

- **Original**
- **Mild**
- **Habanero**
- **Chipotle**

16 oz **\$4.99**



**Fruit Preserves**

10 oz ..... **\$3.99**

**Gourmet on the Go**

- **Bean Meal**  
6.2 oz ..... **\$2.69**
- **Salmon Vegetable Meal**  
6.2 oz ..... **\$2.99**

**NEW GROCERY PRODUCTS**

- Earth Circle Organic Chlorella Powder
- Ginger Bake Gluten Free Cookies
  - Macadamia
  - Oatmeal
  - Coconut Oatmeal
- Kuli Moringa Bars
  - Black Cherry
  - Crunchy Almond
  - Dark Chocolate
- Mavuno
  - Dried Organic Coconut
  - Dried Tropical Organic Mix

- Tcho Chocolate Bites
  - Mokaccino
  - Toffee Sea Salt
  - Almond Sea Salt
- Zemas Black Bean Gluten Free Brownie Mix
  - Sweet Potato Gluten Free Pancake and Waffle Mix
- SoDelicious Non Dairy Cashew Milk Bars
  - Double Chocolate
  - Salted Caramel

- Field Day Mac'n Chao Cheese Nutiva Classic Chocolate Hazelnut Organic Spread
  - Dark Chocolate Hazelnut Organic Spread
- Clifia Organic Almond Milk
  - Organic Cashew Milk
  - Organic Go Coconuts Coconut Milk
  - Organic Coconut Milk
  - Calicoco Coconut Smoothie

- White Mountain Bulgarian Organic Yogurt Whole Milk in a glass jar
- Cassanova Root Vegetable Chips
- Beet
  - Sea Salt
  - Seeds
- Choice Organic Tea Reishi Detox
  - Shiitake Mate
  - Shittake Turmeric
- Verday Chlorophyll Water
- Cucumber
  - Watermelon



**Bavarian Bread**

- **Pumpernickel**
- **Multi Grain**
- **Flaxseed**

17.6 oz **\$4.49**

# Preserving and Storing Food - Part 1

By Linda Townsend

I remember my grandmother's fruit cellar, a small and naturally constantly cool room just off the main basement that kept her preserves and canned foods for some years after she had passed away. Canning was just a way of life for her and we enjoyed her jams and tomatoes until they were all used up.

Thankfully, food is plentiful, affordable, and available in the United States. In fact, refrigeration and better packaging has allowed food to be shipped from all over the world, so that we can have some fresh produce like apples, bananas, tomatoes, and lettuce year round! Because of this, few families actually grow their own food and appreciate the labor necessary to fight off weeds and pests—particularly if the food is organic. Average consumers probably put more thought into planning a vacation than planning their lives around planting, harvesting, and preserving food. Even fewer know the properties of food or find it a necessity to have long term storage of food.

I think I could write an entire book on my experiments with raising food over the years in three states differing greatly in climates and soils, from planning with limited space to soil preparation to preserving. For instance, for two years I grew cherry tomatoes in Florida's poor, sandy soil with some compost, but while the tomatoes were sweet and ripened quickly the plants always had a sickly yellow appearance that would not grow up the net past my shoulder. They also would be decimated in one night by tomato hornworms. The last two years we installed a misting system with a timer (much like in the produce section of Life Grocery) and added a polarizing energy source, plus I would give the plants a deep watering with hydrogen peroxide added on the days it did not rain. Then the healthy green plants grew up over our roof and tomato hornworms were very rarely seen. I planted just two plants instead of five in the same area the second year and yields were even better than before.

I always like having fresh foods, but when I grow food and everything goes well, I usually find that I have too much when it is in season and

too little when it is not. When we actually grow our own food, we understand that preserving food was not just an art for our ancestors, it was a necessity, and we have far more choices than they did, like modern refrigeration that helps keep food fresher longer. But what if the refrigerator goes out? Mine did this a few months ago and then the new one delivered did not work either so we did not have a working refrigerator for a week! Fresh produce on ice in a cooler does not look so fresh in just a couple of days.

The first decision about preserving food should be how much to have on hand. Every family should have enough food for an extra week to cover short term difficulties, but having enough to feed your family for a month to three months is better. People who have lived through disasters or in areas that are prone to have food shortages because of extreme weather or inability to get to a store weekly tend to have reserves for six months to a year.

Knowing how much you want to have on hand helps determine what kind of storage system you should do. However, most people do not rely on just one method. That is because the properties of the foods cause them to do better with some kinds of preservation and not others. Other considerations are preference, costs, storage space, and length of time you hope the food will last.

Storing extra food will require a bit of extra work also, because you will need to rotate everything, placing the oldest in front of the newer, but it is not about when you made the purchases. Most processed foods and some packaged produce usually have had "sell by" dates based on their expected shelf life and when they were packaged. That is the deadline for the item to be sold from the store, although that does not mean the food has expired and should not be eaten, because it allows extra time from the time that it is purchased to be consumed. In fact, that labeling has caused so much confusion for the consumers that the food industry is moving more toward "use by" or "best if used by" dates, which is easier for the consumer to understand. It is always better to rotate your food by the dates on the jars and packages. You can even have a shelf for just the older items so that you easily see what you need to use soon and plan your

meals accordingly. Most of those dates are either hard to see or in different places on different packages. I usually use a marker to circle the ones easy to see or write the dates on the tops of cans and the front of packages.

Food in cans and jars with vacuum seals seem to last well past the suggested dates, but I have noticed that processed organic or foods with oils as an ingredient and natural preservatives that are stored in original bag packages, such as chips, crackers, cereals, and cookies, tend to taste off stale or worse not too long after the "use by" date because the oils become rancid. This is because they are packaged for short term storage and do not protect the food from oxygen as they would need to be for long term storage. Placing these items in air tight containers after opening helps, but that is not solution for long term storage.

Another reason to store foods is that it can save you some money, because you can buy in bulk when the items are on sale. However, some methods of food storage can be costly so it is something to keep in consideration. The question is if it is about saving money more than saving the quality of the foods or the other way around. For me, it is a balance between the two because my goal is to have enough food in long term storage that my family could survive a long term disaster and perhaps be able to help out a few of my friends and family as well.

In the second part of this article, I will be discussing the advantages and disadvantages of the different methods to preserve foods and their nutrients for longer terms.

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# What's with The Yogurt, Mom?

By Sarah Townsend

Yogurt is one of my mom's favorite foods. She eats it for lunch several times a week because it is filling and stops her sugar cravings. Our refrigerator probably has about fifteen or twenty small yogurts peacefully residing inside waiting to be the next chosen one. With all of the yogurt I see whenever I open the door to the tall silver box of chilliness, it has gotten me curious about what the benefits of yogurt are.

Yogurt contains calcium, potassium, magnesium, vitamin B-2, vitamin B-12, and protein. It also has probiotics, which is probably

the greatest benefit yogurt has. Probiotics are friendly bacteria that can possibly boost immune system and promote a healthy digestive tract, which helps with lactose intolerance and Inflammatory Bowel Disease. Yogurt has also been proven to help prevent Osteoporosis and reduce risk of high blood pressure. Another cool thing is that it can help you lose weight by making you feel fuller faster with very few calories (about 100-200 calories per serving).

Besides having some pretty great health benefits, you can use it as a substitute for things in

baking. You can use unflavored or a complementary flavor of yogurt to replace oils and butters needed for muffin, brownie, and cake mixes. You can use it in place of sour cream for other things as well.

After looking at these benefits, I guess I should be eating yogurt, too.

*Sarah Townsend is a teenager keen on healthy living and the daughter of Linda Townsend, a regular contributor to The Life Line. You can contact her at [4biohealth@gmail.com](mailto:4biohealth@gmail.com).*