A-maize-ing Recipes
(every bit as corny as our puns!)

Morning Skincare
Tips & Tricks for Healthy Skin

No-Bake Blueberry Cheesecake
Better Than Candy: A Different Sort of Snack Shack
Despite the song’s promise that, in summertime, “the livin’ is easy,” summer rarely feels easy to me. It’s often full to the brim with hikes and camping trips with friends and family, carting the kids around to camp and summer programs, weeding the garden, and canning and preserving. Fun, yes. Easy? Not so much.

Perhaps that’s part of what makes those late summer dinners out on the patio so lovely: the day’s heat fading as the sky starts to darken, the swifts heading to roost as the first bats start to flit around, the enjoyment of good food and the chance to relax and simply be. In pursuit of the simple pleasures that summer brings, we offer this issue of News in Natural, with recipes galore to use the abundance of summer produce. Speaking of produce, what are your favorite fruits and vegetables? Mark asks that question of our team, and their thoughts on summer snacking favorites may get your mouth watering. Sam Vandegrift encourages us to take some time to embrace serendipity this summer and in our summertime exploration of wine. And while you’re enjoying the first corn on the cob this season—or maybe some esquites or elote, or even the tortilla on your taco—I bring some reflections on the long, weird history of corn that I hope will inspire some wonder at this commonplace staple grain.

You’ll find all that and more in this issue of News in Natural. We wish all of you a little ease this summer.

Ben

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The material contained in this newsletter is for informational purposes only. Always see your healthcare provider before beginning a self-treatment program.
SUMMER 2022

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Creamy Avocado Pasta Salad
After each Little League game when I was growing up, we would get a quarter to buy something from the snack shack, which usually consisted of some sort of chip, soda, or candy. Nowadays, the LifeSource produce department is my snack shack of choice.

Summer, with its longer days and warm weather, is a time that is ripe for snacking. Organic produce is the best snack choice around. After all, it is healthy for you, low in calories, and bursting with flavor. What’s not to like? The interesting part...
comes when you ask someone what their favorite summer produce snacking item is. Some blurt it out as soon as the question leaves your mouth, while others ponder as if they are drifting back to their childhood. For instance, watermelon would be a popular choice if you asked around most offices or homes. It’s eaten in many ways: sliced, cut into chunks, with a spoon using the rind as the bowl, or served with a little lime juice and cayenne pepper. Or, as a friend once told me, watermelon is best served with a hammock and shady tree. According to our produce manager, Jason Gregg, “My grandma always knew when I was around because I would cut the center out of the melon in the refrigerator to avoid the seed.” Ginger Goodman, our assistant bulk buyer, said, “I totally agree that watermelon is hard to beat as a summer treat. A friend showed me how she likes to blend it up with a little lime or lemon juice and drink the resulting slushy. I’ve been hooked ever since!”

July peaches are my favorite fruit, especially those picked after the 4th of July (yes, there is a difference in peach varieties depending on when they ripen). Try it out yourself. If you are going to do some peach sampling on your own, do so each week of the month. Ask about the varieties and make a mental note of the names: it will be worth remembering next season when the time comes around again.

For my favorite veggie (which, yes, is botanically a fruit but still a vegetable according to the Supreme Court’s 1893 Nix v. Hedden decision), I would probably choose Sungold cherry tomatoes. They start out firm and round and with a gentle bite burst their goodness into your mouth. Baskets of these get consumed in one sitting around my house this time of year. And we can’t leave out homegrown tomatoes! Catherine Dwelley, our resident graphic artist, shared, “We always had a garden growing up, and I have vivid memories of standing in the hot sun in bare feet, the odd rock burning my toes, picking huge tomatoes off of our sprawling beefsteak plants. The way they smelled, kind of peppery, mixed with that mineral scent of hose water and churned up soil, is quintessentially summer to me.”

I couldn’t agree more! A big thick slice of rich red tomato, or perhaps eaten whole like an apple, warm and juicy. Mmmm.

How about this snack idea from category manager Jessica Hill: “Flash-grilled broccolini with a mixed splash of olive oil, butter and pressed garlic, sea salt and black pepper on top and I will eat the whole bunch!”

And Troy Wenning’s favorite is Concord grapes: “With the seeds, that thick skin, and all the tannins. Hard to find these days. If you have a vine in your backyard this summer, keep me in vine… er, in mind.”

What’s your favorite? Or your best friend’s favorite? Can you name your sweetie’s? It’s fun to ask, and you may be surprised at the answer. Whatever it is, when you aren’t in your garden, at the farmers’ market, or picking from your favorite berry patch, you can count on the LifeSource produce department having the best, freshest organic produce available for your snacking pleasure all summer long. So what are you waiting for? Let the snacking begin!
No-Bake Blueberry Cheesecake

By Catherine Dwelley · Makes 8 Servings

<table>
<thead>
<tr>
<th>Crust</th>
<th>Cream Cheese Filling</th>
<th>Blueberries</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 9 whole graham crackers, crushed to fine crumbs</td>
<td>• ¼ cup whipping cream</td>
<td>• 3 cups fresh or frozen blueberries</td>
</tr>
<tr>
<td>(about a cup of crumbs)</td>
<td>• 2 blocks cream cheese, softened</td>
<td>• 2 Tbsp granulated cane sugar</td>
</tr>
<tr>
<td>• ⅓ cup butter, melted</td>
<td>• ½ cup granulated cane sugar</td>
<td>• 1 Tbsp lemon juice</td>
</tr>
<tr>
<td>• 3 Tbsp granulated cane sugar</td>
<td>• ½ cup cultured sour cream</td>
<td>• 1 Tbsp cornstarch</td>
</tr>
<tr>
<td></td>
<td>• Zest of 1 lemon</td>
<td>• 1 Tbsp water</td>
</tr>
<tr>
<td></td>
<td>• 1 Tbsp lemon juice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• 1 tsp vanilla extract</td>
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Graham Cracker Crust

1. Grease a 10-inch tart or springform pan with butter, a neutral oil, or cooking spray. In a medium bowl, stir together graham cracker crumbs, butter, and sugar until fully combined. It will be the texture of wet sand. Press evenly into the bottom of the prepared pan with the bottom of a measuring cup.

2. For a no-bake crust, refrigerate for at least 30 minutes before filling. For a baked crust, preheat the oven to 350°F, and bake for 8 minutes. Cool.

Cream Cheese Filling

3. With an electric mixer on high, whip cream into stiff peaks, about 4 minutes. Set aside.

4. In a large bowl, beat cream cheese and granulated sugar until smooth and no lumps remain. Beat in sour cream, lemon zest, lemon juice, and vanilla until blended.

5. Fold in whipped cream. Scrape into the prepared crumb crust. Cover and refrigerate 12 hours to overnight.

Blueberry Topping

6. In a small saucepan, heat blueberries, cane sugar, and lemon juice over medium high heat. Reduce heat and simmer for 10 minutes, or until blueberries are soft, pressing some with the back of a spoon.

7. Whisk together cornstarch and water. Pour into the berry mixture. Turn up heat to medium high, cooking and stirring until thickened and bubbly. Remove from heat. Stir in the remaining cup of fresh berries. Allow to cool slightly. Top cheesecake and serve.
Chicken and Orzo Skillet

By Catherine Dwelley · Makes 6 Servings

- 2 lb chicken legs or thighs
- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 1 cup cherry tomatoes, halved
- ½ cup artichoke hearts, sliced
- ½ cup kalamata olives, sliced
- 3 cloves garlic, minced
- 2 tsp Mediterranean seasoning
- Salt and pepper, to taste
- ½ cup dry white wine
- 2 Tbsp red wine vinegar
- 1 ½ cups uncooked orzo pasta
- 2 cups chicken broth
- 1 bunch fresh basil, sliced
- 2 Tbsp fresh parsley, chopped
- ½ cup feta cheese, crumbled
- 1 lemon, cut into wedges

1. Heat oil in a cast iron skillet over medium high heat. Brown chicken for 3-5 minutes on each side. Remove chicken from the pan and set aside.

2. Reduce heat to medium. Cook onion until translucent, about 4 minutes. Add tomatoes, artichokes, olives, garlic, seasoning, and salt and pepper to taste. Cook for about 5 to 7 minutes, or until tomatoes are soft.

3. Deglaze the pan with white wine and vinegar, cooking until reduced by half, about 3 minutes.

4. Stir in the orzo and chicken broth. Place the chicken on top. Increase heat to high and bring mixture to a boil. Cover and reduce heat to a simmer. Cook until liquid is absorbed and chicken is done, about 12 minutes.

5. Serve sprinkled with basil, parsley, feta and lemon juice.

Cornmeal Shortcakes with Peaches

By Catherine Dwelley · Makes 6 Servings

Shortcakes

- 1 ½ cups unbleached white flour, plus more for kneading
- ½ cup cornmeal
- ¼ cup granulated cane sugar
- 1 Tbsp baking powder
- 1 tsp salt
- ¾ cup cold butter, cut into cubes
- 1 cup buttermilk
- 1 lb fresh peaches, sliced
- 2 Tbsp brown sugar
- 1 Tbsp lemon juice
- ½ tsp ground cardamom
- Vanilla ice cream

1. Preheat the oven to 425°F. Line a large baking sheet with parchment or a silicone mat.

2. In a mixing bowl, whisk together flour, cornmeal, cane sugar, baking powder, and salt. Cut in the butter with a pastry cutter or fork until the mixture forms coarse crumbs. It will look similar in texture to wet sand.

3. Make a small well in the center, and pour in buttermilk. Toss with a fork until milk is incorporated. Gently knead 5 or 6 times until a soft dough forms. Add a little more flour if it is too wet.

4. Scoop out ½ cups of dough onto the prepared baking sheet. Gently pat them to ½-inch thick. Bake for 15-18 minutes, or until golden brown. Cool on a wire rack.

5. Toss sliced peaches with brown sugar, lemon juice, and cardamom. Allow to macerate for about 30 minutes.

6. Top shortcakes with peaches and ice cream.
A round the turn of the millennium, my archaeology professor and I toured the magnificent ethnobotanical gardens at the Church of Santo Domingo in Oaxaca City, along with Dr. Mary Eubanks, an archaeologist-turned-geneticist, formerly of Duke University. The domes of the former monastery glowed in the last of the day’s light, and towering biznaga cacti cast long fingers of shadow across our path. Dr. Eubanks pointed out a tall, robust grass that was a focus of her research: teosinte, the wild ancestor of maize (commonly known in the US as corn). Teosinte plants look a lot like corn, but where they obviously differ is their ears: teosinte’s are small, with 5-12 kernels, hidden in clusters among the leaves. While scientists have long recognized teosinte as one of corn’s wild ancestors, they’ve puzzled for decades about how corn was transformed from these tiny-eared plants to the giant-cobbed plants we know today. Corn’s ears have changed so much from their wild ancestors that they can no longer reproduce without human help: if an ear of corn falls to the ground, its sprouting seeds will tangle and crowd one another until they all die. It takes a human to separate the seeds from the ear and plant them. Without humans, corn would rapidly die out.

At the time of our stroll
through the garden, Dr. Eubanks was researching her hypothesis that corn was domesticated as a result of hybridization between teosinte and another related grass, tripsacum. Advances in genetic sequencing in the years since have likely proven that hypothesis incorrect, but studies by Dr. Eubanks and other researchers have started to tease apart the history of this staple crop.

At least 9,000 years ago, the people of the Balsas River Valley in southern Mexico were interacting with wild teosinte in such a way that it began a transformation into something recognizable as corn. The ears were still very small, but the seeds had lost a hard outer coating, making them much easier for humans to process into food, and the seeds probably clung to the ear even after they were fully ripe, making them easy to harvest. Humans spread this early maize through southern and central Mexico, into Central America, and on to northern South America. Corn wasn’t yet a staple crop, and modern researchers don’t know why it was treasured and spread as widely as it was, but it’s possible it was for some reason other than its food value.

Humans continued to breed corn in all the regions to which it spread. Recent studies suggest that corn was fully domesticated, along with other crops like manioc and chilies, in what is now Colombia, by around 5600 years ago. These farmers, ancestors of the modern Chibchan peoples, spread this new corn north again. By 4700 years ago, these farmers, along with their new crop, had expanded into the Yucatán, and became ancestors to the Maya peoples, who later built great cities and monuments, largely sustained by corn, and who today still grow ancient varieties of maize throughout southern Mexico, Guatemala, and Belize. Within a few centuries, corn spread throughout Mexico and into what is now the United States. Corn gained such importance that while in Judeo-Christian mythology humanity was created from earth, the Maya and other Mesoamerican groups held that humanity was created from corn.

This brief history of corn domestication is too tidy, and wraps thousands of years into too neat a package. Why did people start playing with teosinte to begin with? Why did they keep at it for so many centuries? We just don’t know. Corn is one of the marvels of plant domestication, and a testament to the skills and care of generations of indigenous plant experts. We don’t know any of their names, but their expertise, both individually and collectively, clearly rivals or exceeds that of any agronomist alive today. Their care didn’t end with the domestication of maize, but has continued with the development of thousands of varieties, or landraces, of corn, each suited to its local growing conditions and cultural uses. Some varieties of corn plants are short and stubby, others much taller than a human adult. Some yield short, spiky ears, others have foot-long ears with huge kernels. There is purple corn, green corn, yellow corn, white corn, and red, as well as gem-like ears of many colors; there is popcorn, dent corn, parching corn, tooth corn, sweet corn, and much more. In many regions of Mexico and Central America, farmers still encourage wild teosinte (which many indigenous farmers regard as the mother of corn) around their cornfields, and those wild genetics continue to influence corn diversity.

The indigenous corn farmers of Abya Yala* also unlocked some of corn’s nutritional secrets. By the time European colonialists and conquerors arrived, corn was in use as a dietary staple from modern New York in the north to Chile in the south. The diversity of maize meant it could be grown from temperate regions to the tropics, and from desert river bottoms to forest clearings. Europeans quickly took advantage of the crop, exporting it back to Europe and on to Asia and Africa. Corn often became a staple in

*An indigenous Guna term used to refer to the two continents known as North and South America
those areas as well, but where it did, it brought problems. From Italy to South Africa, wherever corn became a new staple, pellagra soon ravaged the population. But for the indigenous farmers who had grown corn for centuries, pellagra, a disease caused by a deficiency of niacin, was not a problem. Thousands of years ago, indigenous people discovered that if cooked with lime (the mineral, not the fruit) or wood ash, the niacin in corn becomes nutritionally available. This process of treating corn with lime, known as nixtamalization (from the Nahuatl nextli “lime” and tamalli “corn masa or dough”), was a common technology from the Andes to Mesoamerica to the Great Lakes, and resulted in a much more nutritious staple food.

As a researcher into corn genetics, Dr. Eubanks was initially intrigued by the possibilities of genetically modified (GM) corn, but her first encounter with the real thing was not what she expected. As she shook pollen from the tassels of Bt corn (a GM strain with genes from a bacteria to kill certain corn pest insects), she started having trouble breathing. Her body swelled up, and she could no longer see through swollen eyelids. She was rushed to the emergency room, where she was treated for anaphylactic shock.

At first she feared that she had developed an allergic reaction to corn, which would have put an end to her research. But it turned out not to be quite so catastrophic for her: she was allergic not to corn in general, but the genetically-modified Bt corn pollen specifically.

Dr. Eubanks is not the only casualty of Bt corn. Many other people have reported allergies to the insecticidal pollen, while many insects beyond corn pests have been decimated, too, like monarch butterflies. Meanwhile, the targeted insects, like corn earworm, are constantly exposed to Bt toxin and quickly develop resistance. While originally touted as a way to increase productivity while using less insecticide and herbicide, over the past two decades it has become clear that GM corn is really an effort by agribusiness corporations such as Bayer, Monsanto (now owned by Bayer), Pioneer Hi-Bred, and Syngenta to control access to seed, further commodify corn, and increase herbicide sales. Today, over 90% of the corn grown in the US is genetically modified, and while Mexico currently bans the cultivation of GM corn, the country still imports...
some 16 million tons per year from the US. Corn easily cross-pollinates, so novel genetics from GM corn could readily pollenize indigenous landraces, disastrously impacting maize’s genetic diversity.

Despite major pressure from the northern side of the border, last October the Mexican Supreme Court upheld the GM corn cultivation ban, protecting native corn diversity. Throughout Mexico, interest in native varieties has surged as public opinion has turned decidedly against big agribusiness. And Dr. Eubanks’ research has indicated some promising alternatives to GM corn: taking a cue from indigenous farmers who have long allowed corn to cross with teosinte, Dr. Eubanks began crossing corn with teosinte and tripsacum, creating hybrids she calls Tripsacorn. Tripsacum is, as it turns out, a treasure-house of genetics, potentially allowing for new strains of corn with increased drought, heat, insect, and disease tolerance; higher protein content; and a reduced need for fertilizer—all achieved through conventional, if unusual, breeding techniques, not genetic modification.

Whatever the ultimate results of Dr. Eubanks’ work, it further demonstrates that the viable path forward is not confining corn to a handful of tightly-controlled, monocropped, genetically-modified strains, but rather is to preserve and enhance the genetic diversity of millennia.

Three Sisters Gardening
By Marney Roddick

Most farming in North America today is monocrops, huge plantings of the same crop in row after row. Not all cultures grow food in this way. Here, we explore the method of gardening known as companion planting, or Three Sisters Gardening.

Attributed to the Haudenosaunee, or Iroquois, Three Sisters Gardening is a technique that sustains soil health, while growing prolific crops in minimal space, but other indigenous groups use similar methods. It is aptly suited to our Willamette Valley.

For the Haudenosaunee, planting is traditionally a community effort which includes youth, adults and elders. The planting takes place in roughly three weeks’ time. The process is grow, harvest, enjoy. Threes.

Week One, plant corn. When the stalks have burst through the soil (Week Two), plant beans at the base. The third step is squash; plant when the beans are beginning to climb (Week Three). Soon, you will have a trio of healthy plants, each doing their job to support the others... like sisters.

The corn provides a trellis for the beans. The squash provides shade to keep the soil from drying out and smother out weeds. The beans sequester nitrogen from the air and nourish the soil for future crops.

Make your own trilogy of plants! Try Three Sisters Gardening and enjoy some succotash.
In the heartland in the mid-1800s, corn and grain sustained the settler families moving westward from points east and beyond. A certain Irish family lived on a small Kansas farm that might have inspired the set of The Wizard of Oz. I’m not sure if my ancestors, the Blaines and Orrells, invented corn pancakes, but since 1860 their descendants have been serving them up on Saturday mornings or Tuesday nights for at least six generations.

Corn pancakes? Are you nuts? Who would take a perfectly good pancake and put corn in it? Well, you are in for a treat. Take your favorite pancake recipe—gluten or free. In the height of summer, slice the juicy, fragrant kernels off of a cooked corn cob. Throw the chunks in the batter and cook the cakes as you normally would.

In other seasons, canned or frozen corn works mighty fine.

For fun, throw in some extra tidbits for a burst of flavor: chives, pimentos, jalapeno, bacon, scallions, cheese, parsley. This takes the pancake from a dough circle to a complex tasty meal. Serve with strawberry jam or real maple syrup.

In the last few weeks, I have been serving many friends my family’s weird culinary secret. In between bites bursting with fresh corn and green chiles, all have said that the corn pancake is a new taste treat, and they are eager to try the sweet or savory additions listed above.

While I’m sure the Blaines and Orrells were trying to avoid food waste, they created a tradition that we enjoy—and share—today.

Lena Beth Schneider (she/her)—Marney’s daughter—recently uprooted her life as a nonprofit director of strategic initiatives in Washington, DC, to become a baker and food writer in Biddeford, Maine. Lena Beth has written for several publications, including Hey Alma and Aish. She graduated from South Salem High School in 2012.

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Halo-Halo

By Ben Martin Horst

Gelatin:
1. Cook raspberries in a small saucepan over medium heat, stirring frequently, until the berries have broken down and released their juice. Strain through a sieve to remove seeds. This should yield about ⅔ cup of juice—if not enough, top up with water.

2. Meanwhile, sprinkle gelatin into the cold water to soften and bloom.

3. Return the raspberry juice and sugar to the saucepan over medium heat and stir until the sugar fully dissolves. Add the gelatin and continue stirring until dissolved.

4. Pour into an 8”x8” pan and refrigerate for about 1 hour, until firmly set. Unmold the gelatin and cut into ½” cubes. Keep refrigerated until ready to assemble.

Assembly:
5. Drain the coconut and carefully open it with a hacksaw, hammer, or cleaver. (Don’t discard the refreshing juice!) With the edge of a spoon, scoop curls of coconut meat out of the shell and into a bowl.

6. Cut mango into ½” cubes: To cut a mango, slice each “cheek” away from the pit, hold the cheek in your palm, and carefully score vertically and horizontally through the flesh without cutting through the skin. Then scrape the fruit away from the skin with a spoon, and repeat with the second cheek. On the remaining center piece, peel off the skin, cut the flesh away from the pit, and slice into cubes.

7. In four tall glasses, begin layering the ingredients: a scoop of gelatin cubes, a scoop of cubed mango, a scoop of adzuki beans, a scoop of coconut, and a scoop of corn, dividing equally between all four glasses. Add ½ cup shaved ice to each glass, then pour ½ cup evaporated milk over each one. Top each glass with a scoop of ice cream and sprinkle with cereal.

Variations: Different versions of halo-halo are common across the Philippines, and while many common Filipino ingredients aren’t readily available in Oregon (things like sugar palm, ube, and ripe jackfruit), many other common ingredients work quite nicely. If you don’t feel like making gelatin, try gummy bears or sliced gummy worms. Try other fruit, like berries or diced peaches, bananas, or fried ripe plantain. Other beans, like navy, kidney, or mung, can work well in place of adzuki beans, especially if they’ve been cooked in a sugar syrup. Try substituting sweetened condensed coconut milk for a vegan version. And if the halo-halo isn’t sweet enough for you, drizzle with a simple syrup or maple syrup. While not super traditional, these additions or substitutions are still delicious!

*To shave ice, put ice cubes in a blender and process on the “crush” setting for about a minute, then switch to “blend” until smooth.
### Pork Carnitas Tacos

**By Catherine Dwelley | Makes 2-3 Servings**

- Boneless pork shoulder (about 1½ lbs)  
- 2 Tbsp brown sugar  
- 2 tsp chili powder  
- 2 tsp smoked paprika  
- 1 tsp Mexican oregano  
- 1 tsp black pepper  
- ½ tsp sea salt  
- ½ tsp cumin  
- ¼ tsp cayenne  

1. To make the rub, mix together brown sugar, chili powder, paprika, Mexican oregano, black pepper, salt, cumin, and cayenne.  
2. Remove netting from pork roast. Coat well with rub mixture. Place in a slow cooker and place onion, garlic, and serrano pepper on top. Pour orange juice and vinegar over the roast. Cover and cook on high for 6-7 hours, or until roast can easily be shredded with a fork.*  
3. Remove the juices from the pan, and skim fat off the top.  
4. At this point, the pork and juices may be refrigerated separately in sealed containers, or you may continue on to step 5.  
5. In a cast iron skillet, heat 1 Tbsp of the oil over medium high heat. Working in batches, place pork in a single layer in the skillet. Spoon some of the reserved juices over the meat and fry until crisp, about 3-4 minutes. Flip and sear the other side for 1 minute. Remove to a bowl and repeat, adding oil to the skillet as needed, until all carnitas are cooked.  
6. Divide carnitas between all of the tortillas. Top with salsa and crumbled cotija cheese. Enjoy!  

*If using a pressure cooker, cook pork on high for 45 minutes to 1 hour. Allow pressure to release naturally for 15 minutes, then quick-release any additional pressure before opening. Continue the recipe with step 4 or 5.

### Homemade Corn Tortillas

- 1 cup masa harina  
- 1 tsp kosher salt  
- ¾ cup cold water  
- 1 gallon sized plastic bag, cut into 2 plastic sheets

In a large bowl, whisk together masa harina and salt. Stir in the water, stirring until a well-hydrated, soft dough forms. Use your hands to mix the dough until all of the masa harina is incorporated. If the dough is too wet and sticking to your hands, add a little more masa. If it is too dry and crumbly, add a little more water.

Divide the dough into 1½-inch balls (about the size of golf balls.) Using a tortilla press, press dough balls one at a time in between the two plastic sheets. If you don’t have a tortilla press, place the dough between the 2 plastic sheets and evenly press down with a large baking dish or flat bottomed skillet.

Heat a dry skillet or griddle for a few minutes over medium heat. Place the tortilla on the skillet and cook for about 1 minute on each side, or until done. Cover with a clean kitchen towel to keep warm.

We use a large plastic zipper bag cut into two sheets to prevent sticking. Plastic bulk bags (maybe the one that your masa harina came home in!) also work well. Wash after using and save it for next time! Alternatively, you may use parchment paper or oil your press.

### Peach and Corn Salsa

- 1 cup cherry tomatoes, ¼-inch dice
- 1 ear fresh corn, sliced off cob
- 1 fresh peach, ⅛-inch dice
- ¼ cup red onion, finely chopped  
- 2 Tbsp cilantro, finely chopped  
- 1 serrano pepper, finely chopped  
- 2 tbsp lime juice  
- ½ tsp black pepper  
- ¼ tsp kosher salt

1. Place tomatoes, corn, peaches, onion, cilantro, and serrano pepper in a medium bowl.  
2. Add lime juice. Season to taste with salt and pepper. Gently toss to coat.  
3. Enjoy with tortilla chips or top your favorite tacos.
A NEW LOOK AT THE SUMMER BBQ SPECTACULAR

By Samuel R. Vandegrift


This is but one tasting note of sorts for how I remember summer evenings.

When I think about how to answer the question of “what wine should I drink this summer?” my mind goes back to all the joyful things from times past. There are parallels between wines I find memorable and the dear feelings from those summertimes when “the livin’ was easy.” And for many folks asking me a version of this question, I wonder if it’s actually the wine they want advice on, or perhaps it’s a guide back through the amber looking glass.

This article is meant to be just that, a guide. Too often wine advice is taken as gospel. I hope to offer specific examples to illustrate one way to enjoy the vibe created when you embrace a sense of journey rather than focusing on a destination. There are 14,000-20,000 wineries in the United States alone, and those represent a drop in the sea of wines produced every year from perhaps 1,000,000 wineries globally.

This moment is one of boundless possibilities for flavor, discovery, and pleasure in the world of wine. Such an array of terrific bottles exist for consumers in ways never before seen. Information, too, is the most available in history. One of the perverse side effects of this combination is how quickly it can all become overwhelming. Analysis paralysis and perfectionism further complicate the mystique of wine. All too often the notion of a single way...
to get it correct is entangled in “what wine should I drink this summer?” Given the ocean of wine available, people sometimes have a hard time choosing for fear of getting it wrong. Yet how many of our best experiences are products of serendipity?

Worth noting too is how different this summer is compared to those in our memory. How many of us will realistically cook over campfires this, or any future, summer? Consider how many more fabulous wine, produce, and cheese options exist in the store compared to even 10 years ago. How will the size and shape of your gatherings differ from a few years ago?

When picking what wines to drink this season, I invite you to choose this energy of discovery, to jump into the deep of new, to create memorable scenes instead of attempting to recreate any version of “perfect.” Amid the tumult and uncertainty beyond the threshold, your table offers a sort of mooring when you embrace pleasure and a willingness to be amazed.

Here are some tips and ideas for a memorable and delicious summer. The aim here is to make setting the scene, your table, a bit more easy.

**KEEP IT LIGHT**

From an aesthetic and philosophical perspective, remember that you are not entertaining a diplomatic envoy. As for food, it’s only getting hotter, so big chef salads, grilling outside, and simple platters of seasonal produce will keep prep easy. This leaves room to find some interesting wines.

Like with like is one easy way to pair food and wine. Wines with chocolate notes match with chocolate, as do smoky wines and grilled food. Light wines serve well with lighter fare, so nothing overwhelms. Wines from warmer growing regions may also be suited to a hot summer. Wine and traditional dishes from a particular region often evolved together making natural partners.

**Bodegas Nekeas “Vega Sindoa” Tempranillo** ($9.99) hits a number of these ideas. The silky tannins make this fuller-bodied red seem deft and elegant. Notes of pepper, smoke, and earth pair easily with charred mushrooms and proteins off your (gas) grill. Juicy plum and blackberry flavors compliment the fruitiness of peppers and tomatoes. Temperatures in Navarra, Spain are hot in the summer, yet cool off in the evenings.

**Les Dauphins Côtes-du-Rhône** ($12.99) is another wine from a place with equally hot summers. Composed mostly of Grenache, this wine is bursting with red cherry, cracked pepper, and hot stone notes. Yet for all this posturing, the wine is soft and juicy, instead of tough. Even the notes of leather offer up the caress of a well-worn saddle.

Grenache is a grape with many names—Garnatxa negre, Garnacha, Cannonau, Alicante, among others—that often makes extremely versatile wines. Better still, they tend to be tremendous values. Wines may come from Spain, Sardinia, California, Australia, and France as a single varietal or a blend from regions including Rioja, Calatayud, Barossa, Monterey, and Côtes-du-Rhône. It is worth seeking out.

The most classic pairing from Oregon is King (Chinook) Salmon and Pinot Noir, and really any salmon or steelhead will do nicely. Our friends at McBeth Vineyards produce their “Farm House” Pinot Noir ($22.99). Consider roasting a salmon fillet on a cedar plank with a light sesame-ginger glaze. Silky tannins complement the luxurious fish. Smoke and spice notes in the wine compliment the preparation.

**KEEP IT COOL**

Being conscientious about your energy consumption during the impending 90-degree weeks means your household is easily twenty degrees warmer than optimal for red wine temps. Warm, and worse off hot, wine emphasizes alcohol and astringency.

We often talk about serving red wine at room temperature, but “room temperature” comes from a historical context where you would surely put on a sweater in the winter, if not snuggle up against the sheep you brought in from the cold. That fortifying glass of red consumed while warming by the fire would have come from a rather cool cellar or larder.
Big reds like Cabernet, Syrah, and Merlot do best at 65 degrees or so. Lighter reds are better a touch cooler, and some, like Gamay & Pinot Noir love a slight chill.

**Troon** is one of our favorite producers here, and they make several big reds that take well to the proper temperature. Their **Druid’s Fluid Red** ($21.99) is a biodynamically farmed blend of Zinfandel, Malbec, and Tempranillo from the Applegate Valley that takes a slight chill well. Juicy bramble fruit and a crunchy, floral entry take center stage, and the wine easily pairs with a wide range of foods from fish to beets to bison. Their **Syrah** ($34.99) is fuller-bodied, with dark plum, boysenberry, cardamom, vanilla, and sandalwood. Pop it in the fridge for 15 minutes before opening to knock the heat off.

Pinot Noir is refreshing when a touch chilled. Both recent arrivals, the **Avalon Pinot Noir** ($11.99) and **Alias Pinot Noir** ($14.99) show red cherry, raspberry, five-spice, smoked cedar, and forest notes. We would love to hear which you love best.

I won’t police you for putting ice in your wine when it’s blazing out, but I do suggest using frozen fruit instead. It will interfere less with what is in the glass.

**SPRITZ & SANGRIA**

Spritz means fun. There was so much moral panic and hand wringing in the ’80s about Bartles and Jaymes, yet these wine spritzers swished some of the dustiness from a rigid wine cannon. Even with some premixed available, you will need to take matters into your own hands for a great spritzer. A recipe template for a spritzer is as follows:

- pour 4oz wine into a big glass (pint or more)
- add a splash of juice
- fill glass with ice
- top with sparkling water
- AAAHHHH (enjoy)

There are several benefits to the spritz. It’s refreshing. It slows your pace of consumption if a hot day makes you thirsty. It’s unfussy. Now I am all for drinking amazing wine and delving into that world of flavor. But this August when finally, at 9pm, it cools off to 80 degrees, I say let them drink spritz!

Sangria is the ultimate summer party cocktail. Make a big pitcher ahead of time, skip making drinks to order for your guests, and revel in all its festive glory. There are thousands of recipes available online, but in general, follow this guide:

- For every bottle of wine (about 3 cups) add:
- 2 handfuls of your favorite seasonal fruit, sliced
- sweetener to taste (sugar, honey, whatever)
- ½ cup brandy, rum, or vodka.
- Serve over lots of ice. Add sparkling water if you wish.

Please note that I’m being intentionally vague about what to use. If you want a few places to start, I invite you to try white sangria with peach and sage or red sangria with orange, blueberry, and Benton strawberry. This is a great place to experiment and
White Summer Fruit Sangria

By Catherine Dwelley · Makes 8 Servings

1. In a small saucepan, heat sugar, water, and the slices of 1 nectarine. Bring to a boil, reduce heat, and simmer for 10 minutes. Remove from heat and allow to cool. Strain the syrup.

2. Place remaining nectarines, strawberries, raspberries, and blueberries in a large pitcher. Add wine, pineapple juice, rum, triple sec, and nectarine syrup to taste. Refrigerate covered overnight. Serve over ice.

- ½ cup granulated cane sugar
- ½ cup water
- 3 nectarines, sliced
- 1 pint strawberries, sliced
- 6 oz pkg raspberries
- 6 oz pkg blueberries
- 1 bottle white wine
- ½ cup pineapple juice
- ½ cup white rum (optional)
- ¼ cup triple sec
- Ice

an ideal way to use up leftover wine.

For most of us, “leftover wine” is an anomaly. Badger Mountain Pure Red or White Organic Wines ($26.99 / 3 liter) or Our Daily Red ($19.99 / 1.5L) are great solutions. They come in a convenient self-sealing cask. Pour a glass or two every night, and measure what you need to have a pitcher of sangria at the ready.

FINAL THOUGHTS
You may notice little time was spent on white, rosé, and bubbly wine. Should you enjoy them this summer? YES! Their bright, crisp edge makes perfect sense in the impending weather. Red wines are such natural partners to most anything off a grill, and loving them when it’s hot requires a bit of care.

Just as dank IPAs and seltzers largely replaced suitcases of lite beer, a new sensibility towards pleasure challenges traditional notions in wine. A deeper look into why these changes occurred is perhaps a topic for another time. Suffice to say, people are choosing fun and flavor and adventure.

Being carefree hearkens back to the essence of summer living. I invite you to enjoy the pleasure of long days and longer conversations over a glass or few of wine.

Samuel brings the passion of a wine lover and the knowledge of an industry veteran to his work. Curiosity and a love of all things delicious guide his exploration of beverages. His decades in the wine trade include stints in retail management and as floor sommelier, wholesale and importing, and now educator and consultant as a member of Columinate. Samuel is among a select group to hold a Diploma in Wines and Spirits from the Wine and Spirit Education Trust.

Prices quoted in this article are subject to change.
Mediterranean Orzo Salad
By Catherine Dwelley · Makes 4 Servings

1. In a large bowl, whisk together dressing ingredients.
2. Toss together all remaining ingredients with the dressing. Taste and adjust seasonings if desired. Refrigerate at least 2 hours before serving, to allow the flavors to get to know each other.

Dressing
- 1 small shallot, minced
- 2 cloves garlic, minced
- 3 Tbsp olive oil
- 3 Tbsp golden balsamic vinegar
- 2 tsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp honey
- 1 tsp Mediterranean seasoning
- Salt and pepper, to taste

Salad
- ½ lb orzo, cooked to al dente (about 4 minutes), and drained
- ½ English cucumber, chopped
- 1 vine ripened tomato, chopped
- ½ red onion, thinly sliced
- ¼ cup crumbled feta cheese
- ¼ cup fresh parsley, chopped
Chili Mango Pasta Salad
By Catherine Dwelley · Makes 4 Servings

Dressing
• 1 ripe mango, peeled and chopped (about 1 cup)
• 3 Tbsp olive oil
• 3 Tbsp apple cider vinegar
• 1 lime, zest and juice
• 1 tsp honey or agave syrup
• 1 tsp chili powder
• ½ tsp smoked paprika
• Salt and pepper, to taste

Salad
• ½ lb farfalle, cooked to al dente (about 4 minutes), and drained
• 4 Persian cucumbers, chopped
• 1 cup cherry tomatoes, quartered
• ½ red onion, thinly sliced
• ½ cup fresh cilantro, chopped

1. Using an immersion blender or regular blender, blend together all dressing ingredients until smooth.
2. Toss together all remaining ingredients with the dressing. Taste and adjust seasonings if desired. Refrigerate at least 2 hours before serving, to allow the flavors to get to know each other.

Creamy Avocado Pasta Salad
By Hannah Giesbers-Jeanseau · Makes 8 Servings

Dressing
• 1 large or 2 small avocados, peeled and pitted
• 1 cup fresh spinach
• 1 cup fresh basil
• ½ cup walnuts
• ¼ cup nutritional yeast
• 2 Tbsp fresh cilantro
• 1 Tbsp fresh parsley
• 1 lime, juiced
• 3 cloves garlic, peeled and smashed
• Salt, to taste
• 1 (12 oz) can full fat coconut milk

Salad
• 16 oz einkorn or whole wheat short pasta, cooked to al dente (about 4 minutes) and drained
• 1 red onion
• 2 Tbsp balsamic vinegar
• 1 pint cherry tomatoes
• 1 Tbsp olive oil
• Salt and pepper, to taste
• 4 oz feta cheese

1. Preheat the oven to 350°F. Line a baking sheet with a silicone mat or parchment paper to ease cleanup. Slice cherry tomatoes in half. Toss with olive oil and a sprinkle of salt. Bake for 20-25 minutes in the preheated oven.
2. Slice red onions thin and marinate in balsamic vinegar and a pinch or two of black pepper.
3. To make the dressing, combine avocados, nutritional yeast, spinach, walnuts, basil, parsley, cilantro, lime juice, garlic, black pepper, and salt to taste in a blender. Add coconut milk, starting by pouring only the cream off the top and adding the liquid slowly as necessary to get a smooth dressing. Taste and adjust seasonings if desired.
4. Pour dressing over the pasta, topping with the tomatoes, marinated onions, and feta. Serve warm or chilled.
LifeSource was founded not only on the passion to provide our community with organic produce, natural supplements, and good food, but to care for our community through financially supporting local causes. We have a full time outreach coordinator, offer our staff paid volunteer hours, and consistently donate to local schools, nonprofits, and educational programs.

We place a huge emphasis on taking care of our community as a whole. You can often find us supporting mutual aid projects like Free Fridge Salem, showing up to educational events like Englewood Forest Festival, and donating baskets to school auctions.

Bag Credit Donations
Every time you use your reusable grocery bags at LifeSource, we give you the option of a 10¢ discount per bag, or donating that 10¢ to a local organization doing great work in our community. 10¢ may not sound like much, but those dimes add up! Here are recent recipients of your generosity:

February
Oregon Black Pioneers
$794.09
OregonBlackPioneers.org

March
Family Building Blocks
$857.08
FamilyBuildingBlocks.org

April
Salem Environmental Education
$885.33 plus 5% of our Earth Day profits ($750)
Salemee.org

Salem Environmental Education is a local nonprofit created by retired science teacher Jon Yoder, with a passion for bringing outdoor education to kids who need it most. SEE provides Outdoor School to Title 1 schools, with four full days at multiple field sites. They also offer environmental-based stem classes in school. SEE is fully volunteer-led and all profits or donations go directly to funding their programs and making them accessible for students.

May
Trillium Family Services
$845.74
TrilliumFamily.org

Trillium is the only provider in Oregon offering a full continuum of children’s mental and behavioral healthcare services. Their interventions are ranked in the top 10-20 percent most effective among children’s mental health organizations nationwide. Their vision is to create safe communities where children are healthy and every family has the opportunity for success. Families get the support they need, when and where they need it.

June
Salem Angels
Salem Angels provides mentorship, resources and support to foster youth and their placement families.

Upcoming Bag Credit Donation Recipients
July
Salem Art Association
Salem Art Association helps engage the community in the arts through exhibits, events, and arts education.

August
Willamette Vital Health
Provides comprehensive hospice care services, supportive care for pain & symptom management for those with serious illness, and grief support.

September
Marion Polk Food Share Youth Farm
An educational farm where youth can learn how to grow and cook organic produce, as well as learn how to run a CSA. (For more information on the Youth Farm, see the Spring 2022 issue of News in Natural.)

Find us at these Summer 2022 Events:
August 6
Family Building Blocks Riverfront Family Fest
FamilyBuildingBlocks.org/events

August 13
Englewood Forest Fest
EnglewoodForestFestival.org

September 24
Willamette Valley Health Walk-n-Wag
WVH.org/pets

LifeSourceNaturalFoods.com · 23
Dear LifeSource,

I have pain in my joints and a lot of stomach issues. I want to take something for it but I’m overwhelmed with the choices! What should I do?

Aches N. Payne

Dear Aches N. Payne,

You’re not alone! Joint pain and digestion issues are huge topics with many contributing factors. Luckily it’s often as simple as addressing the inflammation at the root of the problem, and inflammation usually starts in the gut.

Processed foods, industrial runoff, pesticides, herbicides, and countless more all add to the ever-growing toxin exposure we experience. Combined with occasional injuries, stress, lack of sleep, and the wear and tear of everyday life, it’s easy to accumulate too much inflammation, which is at the root of much disease. Mobility, cognition, digestion, and mood are all affected by inflammation. Nowadays, inflammation is ubiquitous, but there is hope!

Many factors affect inflammation levels in the body but the biggest contributing factor may be gut health. As the gatekeeper of the body, the gut is responsible for processing nutrients and eliminating toxins. It accomplishes this with a series of detectors that alert the gut to what is coming, followed by a meshwork in the gut lining that allows the broken down nutrients into the system and excludes toxins. Constant bombardment of the gut lining damages tight junctions—the protein mesh between cells—allowing toxins and particles that haven’t been completely broken down to enter the bloodstream, activating the immune system and causing acute inflammation.¹

If the toxins are not avoided and tight junctions remain damaged, the inflammation becomes chronic and the damage increases in a vicious cycle. With chronic

Ask LifeSource
inflammation, the body thinks it’s always under attack so it’s always defending itself with an immune response, producing more and more inflammatory cytokines.

A nutrient-dense diet and quality supplementation can provide the necessary components for your body to effectively process nutrients and guard against toxins, however, no one is perfect and even a perfect diet has trouble standing against today’s toxin loads. To help fight back, your body needs building material and increased communication between cells to keep the gut lining strong as well as nutrients to help detox and tamp down overactive inflammation.

One supplement that can support this effort is ION* Gut Support, which is a humic mineral supplement that provides the body with minerals and amino acids that can help cells amplify their own communication pathways, supporting the integrity of tight junction barriers.2

To provide the necessary building materials, there’s nothing better than bone broth and it couldn’t get easier than Ancient Nutrition’s Bone Broth Protein. It’s a high quality, one-stop shop for all the nutrients needed to repair and fortify the gut lining.

To help the body handle toxins, we recommend the nutritional powerhouses that are cruciferous vegetables. They contain many sulfur-containing compounds that help the body produce potent antioxidants like glutathione.3 If you don’t like these vegetables, or you don’t feel that you’re getting enough, Life Extension’s Cruciferous Vegetable Extract is a great way to get these into your diet.

While addressing the cause of the inflammation, it may be a good idea to help reduce the current inflammation with supplements like Gaia’s Turmeric Supreme or Terry Naturally BosMed 500 that help to support a healthy inflammation response.

Stress and sleep are the final two factors to keep in mind. Stress keeps your body in a state of fight or flight, keeping the body from addressing the inflammation. Sleep is when your body does most of its detoxing and repairs.4 These topics are too big for this article but with sleep, consistency is key and adaptogens are a good place to start with stress as they support healthy cortisol levels.

To summarize: Avoid toxins and stress wherever possible, take care of your gut, get good sleep, and you’ll be on your way!

LifeSource Natural Foods

1 tinyurl.com/28knz87y
2 intelligenceofnature.com/pages/science-how-it-works
3 www.sciencedirect.com/science/article/abs/pii/S0940299310001831
Cleansing, Moisturizing, and Protecting Your Skin

By Naomi Ryan · Wellness

Scan this code with your smartphone to watch Naomi demonstrate her morning skincare routine and learn more about the products she’s using!

Step 1: Cleansing

Naomi is using Cocokind Oil to Milk Cleanser. Oil based cleansers are great for breaking down makeup, sunscreen, and excess sebum, without stripping the skin, thanks to a hydrating combo of oils and fermented oats. Using only her fingers in a circular motion, she massages her skin, focusing on areas where dead skin and oil can build up, like around the nose. Afterward she rinses off the product with water, putting as much effort into rinsing as she did with cleansing.

Step 2: Serum/Toner

If using a toner as well, apply before serum. A good rule of thumb is to apply products in the order of thinnest to thickest. Here Naomi is using Cocokind Ceramide Barrier Serum, which uses a blend of five ceramides to protect the skin barrier and reduce transepidermal water loss. Because of their consistency, serums and toners are great for delivering skin-benefiting active ingredients deeper into your skin.

Step 3: Moisturizer/SPF

The last step in the routine, you want to lock in the hydrating and skin-benefiting ingredients you just applied with a moisturizer, and follow that up with sun protection during the day. The sunscreen Naomi is using, Cocokind’s Daily SPF, contains a lot of moisturizing ingredients, like oat and sunflower seed oil, so she can combine these steps. Naomi uses a generous amount of sunscreen, and applies it all over her face and neck. Naomi recommends reapplying every two hours when outside, and wearing sunscreen every day (even the cloudy ones).
How long have you worked at LifeSource?
I’ve been here for 20½ years!

What is your role in the store?
I am the lead buyer of bulk goods and assistant manager for the bulk department.

Have you always worked in the Bulk Department?
Nope, my first duty was closing shift cashier. Then I became the assistant to the grocery buyer, then took over as grocery buyer before eventually making my way to bulk.

What is it about LifeSource that has kept you here so long?
The community and the culture at LifeSource is a working part of my life. I get to be me here, and that is important to me.

When you’re not at work what do you like to do?
Eat good food, ride bikes, practice yoga, breathe, run, hikes among trees, and living room dance parties with my daughter.

Do you have a favorite spot in town to eat out?
I love homemade vegetarian food eaten outside with people I love.

What about a favorite biking spot?
I love road riding on country side roads and mountain biking amongst the trees. Last year I got to ride the sandstone of Moab, Utah, and that was amazing!

What is it that you love about hiking?
A hike for me is anywhere where my feet take me. I get into the rhythm of, “Nowhere to be, nowhere to go, no-one to be.”
WE'RE MORE
than just a grocery store.

We're a movement of people strengthening our community and reimagining our world through food. As a business dedicated to sustainability and regeneration, we're honored once again to be named one of Oregon's 100 Best Green Workplaces.