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Baker Food Co-op thanks Ryder Brothers for printing our newsletter!



September 2016

Hours: Monday-Friday

10 a.m. - 6 p.m.

Saturday 10 a.m. - 4 p.m.

Closed Sundays

**YOUR NATURAL CHOICE
GROCERY STORE**

2008 Broadway St. Baker City, OR 97814

541-523-6281 store@bakerfood.org

www.bakerfoodcoop.org

Shop Baker Co-Op to Avoid The US "Dirty Dozen" List!

We are at the peak of our local fresh fruit and vegetable season. Not only tasty, they are also full of minerals, vitamins, and antioxidants! However, if your fruits and vegetables are not organic, they may contain something else: unwanted pesticide residues. The *Environmental Working Group* analyzed pesticide residue test data from the *U.S. Department of Agriculture and Food and Drug Administration* to come up with its 2016 rankings for popular fruits and vegetables consumed by Americans.

12 fruits & vegetables with the most pesticide residue:

- | | | |
|-----------------|-------------|-----------------------|
| 1. Strawberries | 5. Celery | 9. Sweet Bell Peppers |
| 2. Apples | 6. Grapes | 10. Tomatoes |
| 3. Nectarines | 8. Spinach | 11. Cherry Tomatoes |
| 4. Peaches | 7. Cherries | 12. Cucumbers |



Rob & Linda Cordtz, Eagle Creek Orchard, Richland:

certified organic cherries, pluimcots, apricots, peaches & nectarines, grapes, pears, & apples.

Fortunately, Baker Co-Op offers many of these fruits & vegetables grown organically & locally, without the use of chemical pesticides or GMOs. Come enjoy the bounty before the last sunny days of summer are over!
Thanks to our local fruit and vegetable suppliers!

Robert Eber, Halfway: sweet onions, melons & more.

Mary Forrester, Baker City: many varieties of onions.

Michael Jimmerson, Baker City: garlic, kale, parsley, chard, radishes & snow peas.

Non-Members Welcome!

BAKER FOOD

CO-OP

Member Owned & Operated

2008 Broadway St.
Baker City, Oregon

open Mon-Fri 10:00 a.m.-6:00 p.m., Sat 10:00 a.m. -4:00 p.m.

Special Dietary Items:
non-dairy milk substitutes
sugar-free, wheat/gluten free
 Healthy skin products
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 Vitamins & supplements

Supplying low-cost
 natural foods to
 Northeast Oregon

Certified organic produce
 Farm fresh eggs
 Bulk Foods
 Local honey
 Local produce
 Dried Fruit & Nuts

e-mail: store@bakerfoodcoop.org 541-523-6281 website: www.bakerfoodcoop.org

Shop with us and become a WORKING member! You get 5% off when you shop. Work a few hours each month and **save as much as 30% off your grocery bill.** Run a cash register, weigh and bag food, stock shelves, and/or clean.

See Carol, Phoebe, or Pat at the Co-Op or call to speak with them at 541-523-6281.

FROM YOUR BOARD

It is hard to believe that it is back to school already and that summer is nearing its end. But at the same time it is when the gardens and orchards of north eastern Oregon are maturing with all their wonderful bounty. Come into the Co-op to see what the harvest is bringing in the way of local produce to the co-op, including sweet corn, watermelon, peaches, apples, and more all grow locally.

Everett Coombes has announced that he is going to have to step down from his director at large position on the Board of Directors due to scheduling difficulties. We want to thank Everett for the time and contributions he made while on the board. It was nice to have a younger member step up to help the co-op and his community. Thank you Everett!

With losing Everett it is time to ask all of you if you would be interested in becoming a board member. If you or someone you know is interested in filling this vacant board position please contact any board member or employee. It would be great to have a vote for a new member at our October Member Owner Meeting.

Upcoming meetings and events for your calendar.

September 20th – Board of Directors Meeting, 6 PM, at the Library meeting room.

October 18th – Member Owner Meeting, 6 PM, at the Library meeting room.

Your comments and suggestions are always welcome; you may contact any board member, staff, or use the suggestion box in the store. The board may be contacted at

bfcboard@bakerfoodcoop.org

Your Board of Directors:

Dennis Winkler – President, Ann Clark – Vice President, Valerie Potter – Secretary, Lloyd Nelson, Clyde Christian, and Lynn Landgrell

August Board of Director's Meeting Notes



- We will be installing new flooring in the kitchen/prep area on Oct 21 – 22. Volunteer help would be appreciated. We also need help with window cleaning (both inside and out).
- New aprons and name tags are on the way – be ready for a new look on staff and volunteers.

To view the complete minutes visit <http://bakerfoodcoop.org>. They're also posted on the bulletin board in the CoOP Bulk



CORNER COMMERCIAL LOT

SE 10TH & H STREETS - BAKER CITY ORE

SIZE: 127 x 255 feet or .75 ACRES

Cleared, level, native soil. Gas, power, sewer and waste available.

Great view of Elkhorn Mountains

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MEMBERS WHO WORKED 10 OR MORE HOURS IN AUGUST

9 new coop members joined in September – welcome!

WORKING MEMBERS OF THE MONTH:

Maureen Stanciu
Jo Ann Illingsworth

Cindy Bacon	Donna Landon
Kata Bulinski	Marshall McComb
Susie Busch	Jeanne Ann Mellott
Barbara Carnahan	Laura Miller
Mary West	Sue Nelson
Jerry Clark	Mary Nicolson
Janet Dexter	Barbara Peterson
Sara Haberle	Jana Simpson
Gayle Hammond	Maureen Stanciu
Kathleen Hansen	Ben Titus
Fran Hart	Sandra Vassar
Barbara Haynes	Kathy Vaughn
Jo Ann Illingsworth	Ramona Webb
Ken Johnson	George Wheaton
Ethel Jones	Ann Wyatt & Jill Wyatt

Healthy Snacks for Back to School or Weekend Adventures

New to the Co-Op are good-for-us organic treats providing great taste with the burst of energy & brain power we're seeking, but without too many refined sugars.

Almond Cranberry Chews: held together with almond butter, honey & brown rice syrup sweetened, & packed full of antioxidant, anti-inflammatory, and anti-cancer cranberries.

Coconut Mango Pomegranate Chews: fruity sweet & filled with pomegranate seeds that help prevent high blood pressure, high cholesterol, Alzheimer's disease, hyperglycemia and inflammation; they also have three times the antioxidant activity of red wine.

Carob spirulina Chews: sweet and "chocolatey-rich" morsels that melt in your mouth and contain the super-food spirulina which has an abundance of essential amino acids, iron, protein, B vitamins, and vitamins C, D and E.

Peanut-butter Chews: contain the goodness of peanuts with bone-building magnesium, muscle-friendly potassium, and immunity-boosting vitamin B6. Research shows that eating peanuts can decrease your risk of heart disease & diabetes. University of Florida scientists found that eating peanut butter boosted antioxidant levels by up to 22%.

Next month: Why "natural sugars" from fruit & dairy are metabolized more slowly & without the rapid rise in blood sugar & insulin levels measured when "refined sugars" are eaten.....

Choose the Best Protein Powder or Shake

Why Use a Protein Powder or Shake?

Protein is necessary to build, maintain and repair muscle. To increase protein in the diet, you could turn to meat, a complete protein source providing all the essential amino acids. The downside to meat, especially red meat, is the saturated fat and cholesterol. Another way to increase protein intake is by combining incomplete proteins such as legumes and grains, but this can increase carbohydrate and calorie intake. Some powders and drinks offer a protein alternative without significantly increasing consumption of fats, carbohydrates, cholesterol or calories.

Protein supplementation before, during and/or after resistance-type exercising can increase post-exercise muscle protein synthesis and inhibit muscle protein breakdown.

What Type to Use?

There are four main types of protein in powders and shakes:

- **Whey**
- **Casein**
- **Soy and/or**
- **Rice.**

Whey and casein are derived from milk (80% casein and 20% whey). Most protein products are made with whey, which is a “complete” protein and contains the highest branched chain amino acid (BCAA) content found in nature.

Branched chain amino acids are depleted during exercise and are vital for the maintenance of muscle tissue. Whey protein may be your best bet: it is believed to be digested faster than casein and more completely than soy protein. Some athletes choose casein before bed, however, due to its slower metabolism and potential to supply amino acids throughout the evening.

Soy and rice are the two vegetarian sources of protein. Soy is also the most “heart healthy” source; eating 25 grams a day (in addition to a low-fat, low-cholesterol diet) can reduce the risk of heart disease. Anyone with thyroid disease or a predisposition to thyroid dysfunction should limit soy-based food because it may affect hormone balance. Rice protein is not a complete protein; it lacks one of the essential amino acids, isoleucine. However, it can be combined with other protein sources to provide all the essential amino acids needed in your diet.



Baker Food Co-op carries whey, soy, rice, brown rice, spiru-tein, pea and vegetable protein drinks in a number of delicious flavors.

What to Avoid:

Some protein products contain ingredients that you may not want! For example, added herbs or whole foods may be contaminated with heavy metals, such as lead. Excess vitamins or minerals may cause you to get “too much,” exceeding recommended “Tolerable Upper Intake Levels” and increasing your risk of toxicity. Also, products that claim to promote “energy,” might include caffeine-containing ingredients, such as coffee extract, guarana, mate or cocoa; these provide stimulation rather than energy. Powders and drinks may also contain an array of sweeteners, giving you added calories and sugar alcohols, which can cause bloating and gas. It’s generally best to avoid these added ingredients.

Finding Quality:

Based on *ConsumerLab.com*’s extensive testing, it was found that some manufacturers don’t put in all the protein they claim, or they substitute with non-proteins. Some products also contain more fats, carbs (including sugars) or cholesterol than listed. Unfortunately, you can’t tell from looking at a product if it is high-quality or not, but you can check ***ConsumerLab.com*’s report** to find those which have passed its rigorous testing, including tests for heavy metal contamination. Tests in recent years found that more than 30% of protein powders and drinks don’t meet strict quality criteria. *ConsumerLab.com* has also found that some products are more reasonably priced than others; their report identifies which products provide high-quality protein at the lowest cost. Finally, when you use a protein powder or shake, be aware that increased protein can increase urine output, so stay well-hydrated. High-protein diets can cause calcium loss; be sure you’re getting enough calcium in your diet – add an extra glass of milk or take 300 mg of a good calcium supplement.