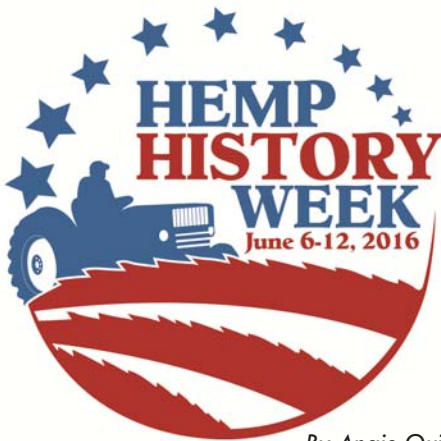




Currents



By Angie Quinn

Hemp is one of the oldest cultivated crops, with some estimates suggesting that farmers have raised it for almost 12,000 years. Over millennia hemp has been used in two primary ways: plants grown that were superior for textiles and those superior for their narcotic and medicinal uses. Indeed, the word canvas, comes from the same root word as hemp and cannabis—the Latin form.

As farmers cultivated these two varieties over time, their chemical and narcotic dispositions diverged. Today, the type grown for its narcotic ability, and known as Marijuana, contains more than .3% of the chemical Tetrahydrocannabinol (THC), while the textile plant, Hemp, contains less than .3% THC.

The United States outlawed cultivation of both forms in 1937, but has allowed industrial hemp to be grown by permit in nine states (including Indiana) in recent years. Hemp food production is currently not allowed in the US, and as a result, over \$11 million in food related products are imported annually.

Hemp food products have been found to be especially high in protein and omega 3 and 6 acids. *Shape Magazine* recently published a break-down of the benefits of hemp: "Hemp seeds provide a solid nutritional punch akin to flaxseeds. They won't revolutionize your health, but they will

Hemp History Week: Grow Our Future

provide you key nutritional support, especially if you eat a diet exclusively or primarily from plants. You can take advantage of the nutritional properties of hemp in three different ways: hemp seeds, hemp oil, and hemp protein.

"Hemp seeds: These little seeds give you the complete nutritional power of hemp with their blend of omega-3 and omega-6 fats, high fiber content, and quality amino acid profile. Hemp seeds are also high in magnesium, a mineral that helps with relaxation, blood sugar control, blood pressure, and potentially osteoporosis, and that is generally low in women. Three tablespoons of hulled hemp seeds gives you 10 grams (g) of protein, 14g fat (mostly coming from omega-3 and omega-6 fats), and 2g fiber.

"Best uses: Hemp seeds are very versatile and can be sprinkled on salad, mixed in with yogurt, or added to a smoothie.

"Hemp oil: Found in many skin beauty products, hemp oil also can be used in the kitchen. However because its polyunsaturated fats can oxidize at high temperatures, it is not recommended for high-heat cooking. (Its smoke point—the temperature at which the fats start to break down—is above that of flax oil but below that of olive oil.) To further prevent the oxidation of the fats, keep hemp oil in the refrigerator.

"Best uses: Hemp oil has a nutty flavor that makes it a great option for salad dressings."

Shape Magazine also notes that while hemp is a great addition to a diet, whether plant-based or not, it is high in calories, and does not contain the amino acid leucine, so it should not be used as a primary source of protein.

Sources:
NPR, *Shape Magazine*, Wikipedia

Health Benefits of Hemp

Among the fastest-growing categories in the natural foods industry, hemp seed is a rich source of Omega-3 and Omega-6 essential fatty acids (EFAs), providing both SDA and GLA, highly-digestible protein, and naturally-occurring vitamins and minerals, such as vitamin E and iron. An excellent source of dietary fiber, hemp seed is also a complete protein—meaning it contains all ten essential amino acids, with no enzyme inhibitors, making it more digestible by the human body. Hemp seed, hemp milk, hemp ice cream, hemp oil, cereals and snacks, protein powder, and dietary supplements are increasingly popular and available at natural grocers everywhere, as consumers become turned on to the nourishing health benefits of hemp foods.

Innovative Hemp Technology

Advancements in hemp research and manufacturing demonstrate the remarkable versatility and product-potential for hemp. Hemp bast fiber has shown promising potential to replace graphene in supercapacitor batteries, which could then be used to power electric cars and handheld electric devices and tools. Hemp fiber can also be used to create environmentally friendly packaging materials, and hard bio-plastics for use in everything from airplanes to car parts. Hemp houses are also on the rise, as hempcrete has many advantages to lumber and concrete. Hempcrete is energy-efficient, non-toxic, resistant to mold, insects and fire, and is much more sustainable and renewable than wood and synthetic building materials.

(Continued on page 4)

Mine. Yours. Ours.: Owner News You Can Use

News from the Board

by Stephanie Demorest, Board Member

Do you want to make a difference in your community? Do you want to develop yourself professionally? Could you carve out a few hours each month to give some time and energy to your local food co-op, for your own benefit as well as theirs?

Take a few minutes to imagine how you might expand your own thinking and the ways you might grow personally by becoming involved at a deeper level and on a regular basis with the individuals who direct your local grocery store. **The Board of Directors of the Three Rivers Natural Grocery store invites you to explore the opportunity of becoming a board member!**

We will have eight seats on our nine-seat board open in the Fall 2016. Our board operates as a **policy governance body**: this means that the purpose of our membership is to assess the performance of our co-op with regard to the policies already set in place for its direction. By interacting with our written policies and with one another in monthly meetings, we ensure that our co-op is pursuing its planned goals.

This is a great opportunity to learn how the co-op operates and how it is guided in its development through various policies. As a board member, you would gain experience with policy governance, interact with other co-op members, and learn about the natural foods industry.

Applications for our October elections must be submitted by August 15, 2016. You may pick up an application from the Board of Directors information board at the front of the store, find it online (<http://goo.gl/wWyASW>) or request one by e-mail to board@3riversfood.coop. Please feel free to submit any questions you may have about board service to this e-mail address as well. We would be happy to talk with you through e-mail or personal meeting about qualifications and expectations for individual directors.

Don't let this opportunity slip away! Now is your chance to take the next step toward board membership and to experience the difference that becoming involved makes.

Monthly
Owner Bonus Buys

Weekly
Fresh Deals

Hey, owners—want to be the first to know? Download our mobile app or get on our weekly email blast to receive the monthly **Owner Bonus Buys**, bi-weekly **Co+op Deals**, the **Weekly Fresh Deals**, **deli menu**, and news from the store. Tell a cashier or email news@3riversfood.coop. You may also sign up at our website

Own it!

Interested in how being a co-op owner works? Ask a cashier for more information!

*It's easy to become an owner and you will own an equity share of a local business!
We are Co+op, Stronger Together!*

Current Co-op Membership

Total Owner Households-1,770

Total Fully Invested Households-702

New Households-6 (Apr 21-May 23)

**These numbers include Active & Inactive Owners*



stronger together

Co+op Deals News

Cycle A Sales:

June 1-14

Special orders due June 11

Cycle B Sales:

May 18-June 1

Special orders due May 28

****All special orders must be purchased by the last day of the sale as noted above**

We're thinking the hot weather will be holding on by June and you will be working up a thirst with outdoor activities. We'll have the cure to that thirst with a bevy of drinks on sale in the first round of sales for June: Kevita Kombucha, Santa Cruz Lemonade, Blue Sky Sodas, Zico Coconut Water, Essentia Electrolyte Water, Knudsen Juices, and Lakewood Organic Juices. Round A also features a variety of hemp products in celebration of Hemp History Week, June 6-12 (see the article on page for recipe ideas).

For our second cycle of sales will have you firing up the grill! From the condiments to vegetarian burgers and hot dogs (and the corresponding buns) you can snag it all at a reduced price! Follow it with gelato, ice cream, or fruit pops for the ultimate cookout experience! Hooray for summer!

Owners--don't forget to order your cases of sale items by the dates above for your extra 10% off.

Sun Safety Basics

by Dr. Caitlin Hernandez



It's about that time again...summer is just around the corner. One of the biggest myths about summer sunshine is that the sun is responsible for skin cancer. This is simply not true! Sunlight enables your skin to produce vitamin D which actually reduces your chance of developing melanoma. Vitamin D is a steroid hormone that not only effects all of the cells in your body but is also one of the most powerful cancer fighters! Research has shown time and time again that low vitamin D levels are associated with an increased risk of melanoma. Therefore, the very thing that many are led to believe CAUSES skin cancer actually helps PREVENT skin cancer with healthy exposure.

When it comes to exposure you want to expose large portions of your skin. Exposing your face and hands is simply not sufficient. On the flip side, you definitely don't want to allow yourself to develop a sunburn. Sunburns damage the cells and increase your risk of developing skin cancer. To determine the best time to sunbathe you must understand the different rays of sun and the effect on your body.

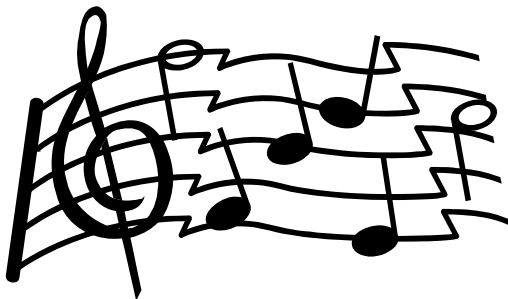
There are two forms of ultraviolet light that come from the sun; UVA and UVB rays. UVA rays penetrate your skin at a deeper level and can cause increased free radical damage. The concentration of UVA remains constant throughout the daytime and into the evening. UVB rays are healthy wavelengths that cause your body to produce vitamin D. These rays are more concentrated during the middle of the day. Therefore, the best time of the day for sun exposure would be from about 10:00 a.m. to 2:00 p.m. Sun exposure during this time period will ensure maximum vitamin D production and decreased risk of melanoma.

During the exposure you will only need enough time in the sun to have your skin turn to a light shade of pink. This might take anywhere from 10-20 minutes. Longer sun exposure is needed for those with darker skin. Once you reach the

proper level of exposure you want to cover your skin (light weight cotton clothing) or apply a sunscreen. When it comes to purchasing a healthier sunscreen look for one void of the following ingredients; benzophenones (dixoybenzone, oxybenzone), PABA and PABA esters (ethyl dihydroxy propyl PAB, glyceryl PABA, p-aminobenzoic acid, padimate-O or octyl dimethyl PABA), salicylates (ethylhexyl salicylate, homosalate, octyl salicylate), digalloyl trioleate, menthyl anthranilate, avobenzene, cinnamates (cinoxate, ethylhexyl p-methoxycinnamate, octocrylene, octyl methoxycinnamate). Three Rivers Co-op is a great place to purchase a healthier brand!

Another step in preventing D3 deficiency and decreasing your risk of developing skin cancer is to add a vitamin D3 supplement from a whole food source. A good quality D3 supplement will be void of synthetic binders and fillers; artificial flavors, sweeteners, colors, and additives. In addition, make sure to consume diets consisting of a great deal of raw fruit and vegetables and lots of healthy fats (wild caught, Pacific origin fish, avocados, raw nuts and seeds, coconut milk & oil, organic butter, olives, etc.) Raw (uncooked) produce will supply your body with antioxidants needed to prevent the formation of free radicals which are linked to cancer. Consuming a diet rich in good fats will ensure the proper ratio of omega-6s to omega-3s which will further protect your skin from sunburn. Don't vilify the sun this summer! Enjoy it and maintain proper exposure. You were designed to be in the sun and by doing so consistently, your risk of developing skin cancer, will be much less.

Looking for more information about a particular sunscreen or seeking a sunscreen for a specific need? Check out the Environmental Working Group's 10th Annual Guide to Sunscreens. Their database is searchable by need or by particular sunscreen: www.ewg.org/sunscreen. The site also offers tips like these-- always be smart in the sun!



Music in the Café

*These jam sessions are open to the public. Novices welcome.
Come play or just listen.*

June 7, 6:30-8:30 pm

First Tuesdays
Southern Appalachian Fiddle Music Jam
(NOT bluegrass)

June 21, 6:30-8:30 pm

3rd Tuesdays
Traditional Irish Music Jam



**Watch for sales on hemp products
from June 1-14!**

(Continued from page 1)

Hemp for Sustainable Agriculture

Hemp is a renewable resource that can help reduce market dependency on lumber, cotton, animal products, and other non-sustainable industrial agriculture practices, thereby contributing to environmentally responsible food and fiber production, forest conservation, reduction in agriculture pesticide use, and soil remediation. Hemp sequesters carbon from the atmosphere, mitigating the rising rate of CO₂ levels responsible for climate change; and furthermore, pollinators thrive on the proliferous pollen created by hemp plants.

Hemp Nutrition Facts

Hemp seeds for a healthy body and mind!

- Hemp provides a perfectly balanced 1:3 ratio of naturally occurring Omega-3 and Omega-6 essential fatty acids.

Three tablespoons of hemp seeds contain:

- 11 grams vegan protein
- 7.5 Omega-6 essential fatty acids
- 3.0 Omega-3 essential fatty acids
- No gluten or known allergens

Get refreshed over
your lunch hour!
Chair Massage Monday
with Lisa Borton, LMT
in the Café
June 13 & 27
11:30 am-1:30 pm

Hemp Milk

Ingredients

- 3 c **Filtered Water**
- 1 c **Hemp Hearts**(shelled hemp seeds)
- 1 T **Brown Rice Syrup**
- Pinch **Sea Salt**

Preparation

- Combine all the ingredients in the blender and blend on high speed for 2 minutes.
- Pour the blended liquid into a strainer lined with 2 thicknesses of cheesecloth set over a large mixing bowl or other container.
- Allow the liquid to strain thru the cloth. When most of the liquid is drained you can pick up the cloth, twist the remaining water out and "milk" it.
- Refrigerated in an airtight glass container for up to 3 days.

Serving Suggestion

- Use your hemp milk as a 1:1 substitute for milk.

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Caesar Hemp Dressing

Yield: 1½ cups

Ingredients

- 2 whole cloves **Garlic**, chopped
- 1 T vegan **Worcestershire Sauce**
- ¼ c **Lemon Juice**, freshly squeezed
- 1 tsp **Dijon Mustard**
- 2 T **Hemp Oil**
- 1 T **Extra Virgin Olive Oil**
- 2 T **Hemp Hearts** (shelled hemp seeds)
- ½ tsp **Sea Salt** (more to taste if needed)
- Black Pepper**, ta taste, freshly ground

Preparation

- Combine all ingredients together in a blender and process until smooth.
- Serve as a salad over 3 chopped Romaine hearts.
- Refrigerated in an airtight glass container for up to 3 days.

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Hemp Pesto

Yield: ¾ cup

Ingredients

- ½ c **Fresh Basil Leaves**, firmly packed
- ½ c **Raw Hemp Seeds**
- ⅓ c **Flax Seed Oil**
- 1 tsp (about 2-3 cloves) **Garlic**, mashed
- ¼ tsp **Sea Salt**

Preparation

- Compine all ingredients in food processor and blend until well incorporated.

Serving Suggestion

- Combine with pasta or spiralized zucchini and roasted summer vegetables for a light, yet flavorful main dish. Use as the sauce for a grilled pizza.

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Chocolate Hemp and Oat Bars

Ingredients:

¼ c plus 1 tsp **Coconut Oil**
 1 c (packed, about 10 or 11) soft
Medjool Dates, pits removed
 1 c **Hemp Milk** (see recipe on
 previous page) or store bought milk
 or choice
 1 T **Vanilla Extract**
 1 T **Chia Seed Powder**
 1½ c **Rolled Oats**
 ½ c **Wheat Flour** (gluten free oats
 and flour may be substituted here)
 ¾ tsp **Baking Soda**
 ½ tsp **Salt**
 ⅓ c **Hemp Seeds**
 ⅓ c **Dark Chocolate**, finely
 chopped
 ¼ c **Cacao Nibs**

Directions:

Preheat oven to 350° F. Lightly
 grease a baking sheet with 1
 teaspoon of coconut oil.
 In a small saucepan, melt the
 remaining coconut oil into a warm
 liquid.
 Pour the coconut oil into a food
 processor. Add dates, hemp milk,
 vanilla extract, and chia powder.

Blend until a smooth paste has
 formed, stopping the machine and
 scraping down the sides if needed.
 In a large bowl, mix together the
 oats, flour, baking soda, salt, and
 hemp seeds. Stir in the date
 mixture and mix well. Fold in the
 chocolate and cacao nibs.
 Spread the mixture onto the
 prepared baking sheet with a
 spatula, forming it into a rectangle
 about ½-inch thick. Cut the wet
 dough into about a dozen
 rectangles (or desired shape).
 Bake for 12-15 minutes, or until
 edges begin to turn golden brown
 and are cooked through. Let cool,
 then separate the rectangles and
 serve.

Variation

Add in ¼ cup goji berries with the cacao nibs.

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 Sterling Publishing Co., Inc.

Hemp Fudge

Ingredients

2 c **Raisins** (soaked overnight or 8 hours in 4 cups
 water)
 16 oz **Raw Tahini** (sesame butter)
 1 c **Shelled Hemp Seeds**
 1 c **Walnuts**, roughly chopped
 ½ c **Cocoa Powder**
 ¼ c **Brown Rice Syrup**
 1 tsp **Ground Cinnamon**
 Pinch **Sea Salt**

Preparation

Drain the raisins, keeping some of the liquid in case it
 is needed for blending.
 Mix the raisins and tahini together in a bowl and stir
 to combine with a rubber spatula. Scoop into a food
 processor and process until it becomes a smooth
 paste. You may need to stop and scrape down the
 sides a few times to combine well. You can add some
 raising water 1 T at a time to help the mixture
 combine.
 Combine the paste and remaining ingredients in a
 large mixing bowl.
 Press the mixture into a 9-inch bread or casserole
 pan.
 Refrigerate the pan for 10-15 minutes.
 Remove the pan and cut the fudge into pieces and
 serve.

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Sweet Potato & Hemp Seed Dip

Ingredients:

4 c **Sweet Potato**, peeled and
 cubed
 4 c **Cauliflower Florets**
 1 T **Organic Extra Virgin Coconut
 Oil**
 1 **White Onion**, chopped
 5 cloves **Garlic**
 2 tsp **Chipotle Pepper**
 2 tsp **Cumin Powder**
 2 large **Limes**, juiced
 ¼ c **Greek Yogurt**
 ⅓ c **Organic Hempseed**
 1 T **Organic Hemp Oil**
 ⅓ c **Cilantro**, chopped
Sea Salt (to taste)
Ground Black Pepper (to taste)

Directions

Bring a large pot of water to a
 boil. Place the cubed sweet
 potatoes, cauliflower florets and
 sea salt in the pot, cover and cook
 the vegetables until they have
 completely softened (about 15-20
 minutes). Drain the cooked
 vegetables in a colander and allow
 to cool slightly.

While the vegetables are cooling,
 heat the coconut oil in a skillet on
 medium-high heat. Sauté the
 chopped onion for 4-5 minutes, until
 golden brown. Then, add garlic
 and continue to sauté for 30-40
 seconds. Remove from heat and
 transfer to a food processor.

Add the cooked vegetables,
 chipotle pepper, cumin powder,
 lime juice, Greek yogurt, salt and
 pepper to the food processor.
 Process until almost smooth.
 (Scraping the sides of the processor
 may be necessary). Then, add the
 hemp seeds and hemp oil and
 pulse until completely mixed. Taste
 and adjust seasonings, if required.

Serving Suggestion

Garnish the dip with chopped cilantro and serve with gluten-free crackers or chips.

© Nutiva

Join us for June's FEATURED ARTIST of the month JANELLE YOUNG

Janelle has been making jewelry since the early 1980s. With a love for nature she focuses on natural materials with a little sparkle. You may have seen her creations in years past at Sage Traders or at local art festivals. Now she does a few art shows a year when she has the time.



**SATURDAY,
JUNE 11,
12-6 PM
in our café**

Interested in being a future featured artist? Forms will be available in the store as well as online. You may also email news@3riversfood.coop.



May – June 2016

Great Savings for Celebrations!

Get ready for spring celebrations with great savings in the May-June Co+op Deals coupon book. This edition includes coupons that can save you over \$42 on your favorite brands, including Lundberg Family Farms, Organic Valley, Clif Bar & Company and Spectrum. Owners received the coupon books in the mail in early May. Books are available in the store near the entrance for anyone to pick up--stop by the co-op to pick up your copy today. You'll also find coupon tear-off pads near the corresponding items. The Co+op Deals coupon book is just one of the ways that food co-ops around the country are working together to bring value to their communities.

Look for the coupon books and coupons on the co-op's shelves beginning in Mar. Offers are valid through June 30, 2016.

This Just In!: New & By Special Request



We've expanded our **Follow Your Heart** vegan offerings to include their shredded Parmesan cheese as well as their Blue Cheese Dressing (by shopper request).

Sweet Earth Benevolent Bacon joins our lineup of meat replacements in the freezer. The summer will be grand avoiding meat on occasion or all the time--just imagine the BLTs you'll consume this tomato season!



Another shopper request is the **Udi's Gluten Free Rye style Bread**. New Rye-Style bread with caraway seeds from Udi's Gluten Free will make your taste buds sing. This bread's deep, hearty flavor is perfect for bringing back the classic Reuben sandwich or adding a twist to your favorite stu-ffing! One of our shoppers was so excited to give this bread a try--she hadn't had rye since she went gluten free five years ago!

Did you think popsicles were a thing left behind in your childhood days? Nah! These are pops for grown-ups! **GoodPop Frozen Pops** have arrived in Coldbrew Coffee or Banana Cinnamon. With just 80 calories and no gluten, these guys might become your go-to treat of the summer. We've also added Alden's organic ice cream bars in salted caramel or chocolate peanut butter as well as So Delicious cashew milk frozen dessert in Simply Vanilla or Creamy Chocolate.



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Natural Grocery & Deli
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Want more? Owners can sign up for our owner only newsletter to get unadvertised specials, deli menus, fliers, and info about events. Non-owner shoppers can receive a monthly newsletter as well. Send an email to news@3riversfood.coop or visit our webpage at www.3riversfood.coop/newsletter/



Have a product you'd like to pose with? Perhaps the roving reporter will find you and snap your pick!



Jason stops in for water refills from our **Ultra-Plus Reverse Osmosis Water** machine. He says, "it's good water at a great price!" Our refills are just .39¢ a gallon! He also often picks up a 6-pack of **Zevia Caffeine Free Cola**. As it is sweetened with Zevia and free of chemicals he finds it a "healthier alternative to the

GARDENING SUPPLIES

We still have gardening supplies in stock! Get your dirt, fertilizer, insect repellent, and High Mowing organic & heirloom seeds here!



Dr. Bronner's Peppermint Soap (in both liquid and the bar) has been **Joseph's** soap of choice for 20 years! It leaves him feeling pepperminty fresh & clean! He's looking to get a little detoxing from his bad habits in preparation for an upcoming bike ride with **Tazo Lemon Ginger Tea** and **Kevita Kombucha** in Tart Cherry (also good for gout). Good luck, Joseph!



Jenna was bag with a bag to stock up on a treat she'd discovered earlier in the day. **Follow Your Heart American Cheese** is a vegan convenience she can eat on the go. We helped her open this one and we're sure it was gone by the time she reached the car. Yum!



(260) 424-8812

June 2016

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Inside:

Hemp History Week, page 1

News From the Board,
Co+op Deals News, page 2

Sunscreen, page 3

Hemp Recipes page 4-5

Co+op Deals Coupon Books, This Just In:
New Products, page 6

Shopper Pics Picks, page 7