

# Food Conspiracy Co-op Community News



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Store will be  
closed April 8.  
Happy Easter!

## Generally Speaking



by Ben Kuzma,  
General Manager

**N**ow that the member-owners voted to have new Articles of Incorporation and Bylaws it's a good time to reflect on a few of them. Some are simple and even funny—like this one, my favorite:

**ARTICLE IV. Duration.** The duration of the Cooperative shall be perpetual.

Lasting an eternity? Even longer than a white pine archeologists say started its life back in the year 800 BC? Perhaps—it depends on how well the staff and Board can deliver the goods (and services). It also depends on the member-owners doing their share to support the organization. It's a three-way effort. If someone falls short on their end(s) of the equation then the Co-op doesn't live up to its potential. The passing of our new Articles of Incorporation starts us at year one of our long journey into the future.

In the new bylaws there is a statement about the responsibilities of member-owners.

**Section 2.4—Responsibilities.** Each owner shall keep reasonably current in payment of the share purchase requirement described in Section 2.1 above, shall patronize the Co-op on at least an occasional basis, and shall notify the Co-op of any change to his or her name or address.

Our old bylaws did not even have a section about member-owner responsibilities. There was a section about member-owner rights and privileges, but there were no

cont. on p. 9

## The Earthbox and Other Resources for Living More Sustainably

by Deborah Mayaan,  
Co-op member

**W**hen I visited the Tucson Community Supported Agriculture distribution center (see March 2007 *Community News*), Philippe talked about the challenges in increasing our local food production. He thought that even with more CSAs, we would continue to be dependent on other areas of the country with greater water resources.

We are already importing water from the Colorado River. Increased water harvesting for use in growing food, as taught by Co-op member Brad Lancaster, increases our capacity to provide for ourselves here in the desert. Growing desert-adapted varieties that require less water can also increase our productivity. We can buy seeds from Native Seeds/SEARCH, or purchase produce grown by the San Xavier Cooperative or Tohono O'odham Community Action.

A friend named Earth recently introduced me to something else that may help us. Earth and I lived in an intentional community in the Tucson area many years ago. She now spends the greater part of the year in a community in northern New Mexico. When she drove down for the winter this year, she brought part of her garden with her. Rather than using ordinary pots for container gardening, she has been using of all things, EarthBoxes!

While she is not the inventor of this product, I wonder if her name might make her a perfect candidate for becoming a paid spokesperson? She was enthusiastic enough to be a candidate. The EarthBox® has a chamber at the bottom which is filled with water via a piece of pipe that is open at the top. A screen sits over the reservoir to hold the soil. Water wicks up into the soil, and a plastic sheet over the top reduces water loss through evaporation. Not only is water use reduced, but also fewer soil additives are needed, since they can be efficiently added to the water reservoir rather than to the soil surface.



Earthbox, by Deborah Mayaan

cont. on p. 10

## Food Conspiracy Members Approve Plans to Reincorporate as a Cooperative

(Details on page 2).



# FOOD CONSPIRACY CO-OP

## Store Hours:

Monday-Sunday 8 a.m.-8 p.m.

## Food Conspiracy Cooperative

412 N. 4th Ave., Tucson, AZ 85705  
Tel: 520-624-4821 • Fax: 520-792-2703  
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http://www.foodconspiracy.org

## Food Conspiracy Co-op Community News

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Turtle, Heather Waldor, N.M.D.,  
Linnea Wardwell

## Next Deadline: April 5th

Articles about health or nutrition are for informational purposes only. We recommend that you consult a health care professional for medical advice. Opinions expressed in this newsletter are those of the writers and not necessarily the views or policies of Food Conspiracy.

**Submissions** to the Food Conspiracy Co-op Community News newsletter are encouraged and due by the 5th of the month prior to publication date. All unsolicited material—including letters—is subject to approval. Written submissions by e-mail are preferred; typewritten acceptable.

**Letters to the Editor** are welcome. Letters must be signed and include a phone number for author verification. We will withhold name if requested. Editor reserves the right to edit for grammatical errors, clarity, and length. Keep letters to a reasonable length of 300 words or less.

**Co-op/Community Calendar** highlights events and meetings of interest to the Co-op membership. If you or your group would like to be considered for inclusion in the Calendar, please submit all information about your event, including contact name and phone number, to the Co-op Community Calendar Editor, c/o the Co-op. If you would like details about Co-op events, call 624-4821.

**UnClassified Ads—Non-commercial ads** of 50 words or less from Co-op members are free. Free ads include personal messages, personal items for sale, lost & found, notices, and miscellaneous wanted. Limit one free ad per month. Free ads to run more than one month must be resubmitted. UnClassifieds that do not meet the standards for a free ad are charged 40 cents per word. Full payment for ads must accompany the order. Ads for instruction and services offered for a fee are not free.

**Moving?** Please send us your new address, so we can keep the newsletter coming to you.

**Printed on Recycled Paper.** Please reuse, recycle, or pass it on to a friend. Thanks.

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by Torey Ligon,  
Outreach Coordinator

# COMMUNITY CONNECTIONS

**A**pril is one of my favorite months. Growing up in New Jersey, April marked the beginning of nice weather and flowers. Back then, I loved the spring because it meant that summer was coming, and I hated the fall because it meant that the cold and dreary days of winter were near. Even though my appreciation for seasons has flip flopped since I moved to Arizona (all of a sudden, summer is my least favorite season), I still have a reason to celebrate the coming of April.

April is the month when our country officially celebrates our amazing planet. As a child, I can remember looking forward to Earth Day as one of my favorite holidays. Always an organizer, I would drag my parents to the nearby park every Earth Day with huge trash bags to collect up the empty beer cans that the local high school students had no doubt dumped the night before. Although I'm sure my diligent litter pick-up made almost no difference, it allowed me to create a tradition of environmental activism and firmly established Earth Day as one of my favorite days all year.

Recently, I was disappointed to learn that the Community Earth Day celebration at Reid Park is not happening this year. In its place, the Co-op is participating in two other environmental fairs. The first is the **Clean Air Fair** at Reid Park ([www.tucsonaz.gov/cleanairdays](http://www.tucsonaz.gov/cleanairdays)) on Sunday April 1st from 12 noon to 4 p.m. The Co-op will be giving out information on the positive environmental impact of eating locally grown and produced food. The Avenue Deli will also be providing food for fair attendees so that the public can get a taste of our delicious fresh organic food. 10% of the profits we make from this event will be donated to Trees for Tucson ([www.treesfortucson.org](http://www.treesfortucson.org)) to help make Tucson a greener place to live.

Later this month, the Food Conspiracy will be sponsoring an exciting new event called **Solar Rock**. This outdoor concert and fair will celebrate the National Day of Climate Action, a collection of local events happening simultaneously around the country to call on Congress to cut carbon emissions by 80% by 2050. The event will take place on Saturday April 14th from 12 noon to 5 p.m. at Himmel Park (1000 N. Tucson Blvd.), and will be completely powered by solar energy from The Solar Store. Come out to enjoy a day of music, speakers, educational booths run by local environmental organizations, and delicious food from Food Conspiracy's Avenue Deli. To learn more, visit [www.stepitup2007.org](http://www.stepitup2007.org).

For all the kids out there, we are running an **Earth Day coloring contest** this month. Stop in to the Co-op to pick-up a coloring page or download one off our website. Entries will be accepted until April 22nd. The winner will be randomly selected from all the entries to win the huge stuffed whale that you've no doubt noticed hanging from the ceiling at the Co-op. For those that haven't been in lately, you can view a picture of the Orca on our webpage under the Earth Day Contest heading, it is nearly life sized... or at least it's bigger than most small children. And don't forget to visit [www.saems.org/Earthday](http://www.saems.org/Earthday) to find out about the **13th Annual Children's Earth Day Festival** on April 21st. This event is sure to be fun for the entire family.

In addition to these exciting events, on April 22nd, the Food Conspiracy will be handing out **pockets of seeds** for our members and shoppers to take home and plant in their gardens or plant pots. This small gift is our way of encouraging you to get outside and enjoy nature; after all, that's what Earth Day is all about. If we can all develop a love and appreciation for the natural world, we will all be more thoughtful about our impact on this large ecosystem that we are a part of.

No matter what you do this month, be sure to find some way of honoring the environment that keeps you healthy and alive. Go for a hike, plant a tree, ride your bike to work, spend time in a garden, eat locally grown food, teach a child to respect plants and animals, bring a reusable bag with you to shop, and come join us at one of the fun events I mentioned above.

The End

# Reorganization Vote

by Melita Quance, Board Member

**A**s Food Conspiracy Co-op owners, we have cause to celebrate another successful move towards the future for our amazing cooperative. In March, member-owners voted to reorganize as a cooperative in the state of Minnesota. For those of you who don't know, Arizona has no cooperative laws. We are currently organized in Arizona as a not-for-profit organization. We are excited to be able to be recognized for what we really are, a cooperatively owned and operated business.

The reorganization and new bylaws were approved by 86 yes votes. The total number of ballots cast was 97. Ten of the ballots were disqualified because the person voting either was not a current member, checked both yes and no and/or did not have their member number written on the outside of the envelope. In order to be an active owner, you must be current in your equity payments as of the day the ballots are counted. Please check with the cashier the next time you are in the Co-op to make sure that you are current on your payments.

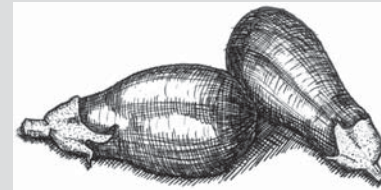
The Board of Directors will take the following next step: we will file in Minnesota and begin working within the new bylaws. We do want to assure those of you who expressed concerns about wanting an effort made to have laws within our own state that allow us to be organized as a cooperative. The Board is currently discussing ways to create that change. We look forward to a successful future as an official cooperative.

# Food Conspiracy Co-op

Member-Owned Since 1971

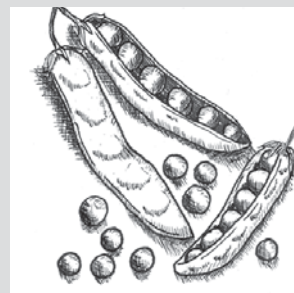
## Statement of Cooperative Identity

A cooperative is an autonomous association of people united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.



## Food Conspiracy Values

1. We adhere to the internationally recognized Rochdale Principles.
2. We promote whole, natural, organic, and chemical-free products with minimal packaging.
3. We value openness, honesty, and integrity with each other and the community.
4. We seek, through cooperative effort, to provide a humane, fulfilling environment in which to work and shop.
5. We promote social justice, encouraging and respecting diversity.
6. We strive for a sustainable, healthy ecology, through use of clean, renewable resources.



## Co-op Principles

Co-op principles were first stated by the Rochdale pioneers in 1844. The cooperative principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and open member-ownership.
2. Democratic member-owner control.
3. Member-owner economic participation.
4. Autonomy and independence.
5. Education, training, and information.
6. Cooperation among cooperatives.
7. Concern for community.

## Co-op Management Team

General Manager: Ben Kuzma  
Finance: Jeanene Graham  
Outreach: Torey Ligon  
Front End: Sue Carolan  
Grocery: Cynthia Taylor  
Produce: Todd Stadtlander  
Wellness: Sylvia Parmley

## Board of Directors

Cathy Driscoll, President  
– [cactuscat01@yahoo.com](mailto:cactuscat01@yahoo.com)  
Scott McMullen, Vice President  
– [oraclebox1@yahoo.com](mailto:oraclebox1@yahoo.com)  
George Milan, Secretary  
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Melita Quance – [quancme@yahoo.com](mailto:quancme@yahoo.com)  
Rebecca Froom – [rebecca.froom@gmail.com](mailto:rebecca.froom@gmail.com)

Food Conspiracy Board of Directors meets the first Wednesday of the month, 7-9 p.m., at the Quaker Meeting House, 931 North Fifth Avenue. *Members-Owners are welcome.*

# Feeling Beautiful – The Naturopathic Way

by Heather Waldor, N.M.D.

## Ask the Doc

illustration by Bettina Mills

**B**eauty is more than skin deep, but it is part of the equation. We often scoff at our society for putting so much importance on physical beauty—yet we all feel good when we look beautiful and look beautiful when we feel good. Looking beautiful, naturally, is often a sign of generally good health. Changes in our physical features can be indicative of underlying disease or disorder. Our skin, hair, nails, ears, teeth, mouth and eyes all act as windows to what is going on inside.

### Skin

**Dry Skin:** may be caused by deficiencies in essential fatty acids and certain antioxidants. Excessively dry skin is also a common condition in thyroid dysfunction.

**Follicular hyperkeratosis:** those stubborn red bumps on the back of the arms, anterior thigh or buttocks may be a sign of the above conditions that cause dry skin and/or may be a sign of digestive problems and nutrient malabsorption.

### Hair

**Dandruff:** may indicate problems with eating refined carbohydrates or deficiencies of antioxidants, vitamins and essential fatty acids.

**Hair Loss:** may be caused by parasites, hormonal imbalances, heavy metal and environmental toxicities, thyroid dysfunction and vitamin deficiencies.

### Nails

**Brittle Nails:** can be a sign of thyroid imbalances or possibly low levels of hydrochloric acid, protein and/or minerals.

**Spooning nails:** Koilonychia, the nails becoming flat, happens in conditions with low iron levels.

**Clubbing nails:** is increased curvature of the nail, and this is associated with heart and lung diseases.

**Nail infections:** can be related to yeast/fungal infections, decreased immune ability or imbalances in blood sugar.

### Ears

**Diagonal earlobe creases:** are seen, especially in men, with cardiovascular disease.

**Tinnitus:** also known as ringing in the ears, happens in cases of cardiovascular disease, allergies and aspirin toxicities.

### Teeth and Mouth

**Bleeding gums:** are seen in a diet that is low in vitamin C and bioflavonoids.

**Glossitis (swollen tongue):** may be seen when there are low levels of B12, folate, zinc or iron.

**Tooth decay:** can obviously be caused by poor dental hygiene but may also indicate decreased mineral absorption or low calcium and B12 levels.

**Canker sores:** Aphthous ulcers can be seen in low immune systems, vitamin deficiencies, stress, hormonal changes and food allergies.

### Eyes

**Dark circles under the eyes:** can be more than fatigue. They are seen in many food allergies (often dairy intolerances).

**Pale conjunctiva:** as well as pale gums, are common in people that suffer from anemia.

**Dennies' lines:** are horizontal lines in the skin beneath the lower eyelashes and are commonly caused by chronically rubbing eyes because of allergies.



While physical beauty may in fact be skin deep, our physical appearance can often tell a story of what is going on deeper. Vitamin, mineral and antioxidant deficiencies; hormonal imbalances; blood sugar problems and various diseases cause changes in how we look. Dry skin, puffy eyes, sensitive gums and broken nails should be noticed to rule out more serious problems. These health concerns can then be addressed—the naturopathic way.

Heather Waldor is a naturopathic physician with a private practice in Tucson. She offers comprehensive naturopathic care and specializes in homeopathy and acupuncture. Contact her with questions or to make an appointment at 204-2250 or hwaldor@hotmail.com. Ask the Doc articles are for general information purposes only. Please consult a health care professional for individual conditions.

The End

## Food Conspiracy Co-op

# Planning Update



- ▶ The expansion committee is meeting regularly and actively searching for a new site. If any member-owners have ideas for possible sites that fit with the expansion policy objectives please send your suggestions to outreach@foodconspiracy.org. To review an excerpt of the Co-op expansion policy, please come into the store, or refer to the August Co-op newsletter (available in the newsletter archives at [www.foodconspiracy.org](http://www.foodconspiracy.org)).
- ▶ As of October 1, 2006 the member equity requirement at the Food Conspiracy Co-op is \$180. All member-owners who were fully paid at the \$120 level must invest an additional \$60. This amount can be paid in full or in part, and a minimum of \$15 must be paid every three months beginning December 1, 2006. Any members who can afford to pay more than the minimum payments are encouraged to do so to help build the Co-op's capital fund for a relocation more quickly.

Thanks to... Lauren Garlovsky for preparing a fabulous meal for the Annual Meeting.

Lauren Garlovsky, Organic Whole Foods Catering  
431 West Rosales • Tucson, AZ 85701  
207-4078  
lgarlovsky@hotmail.com



by Cathy Driscoll,  
Board President

## March 2007 Board Report



**W**hat a great time of year to begin a new and fresh venture... we are pleased to announce that the Food Conspiracy will become a legal cooperative! With your help, we are going to be taking the next steps in becoming a cooperative, filing our new articles and bylaws with the State of Minnesota.

I want to congratulate the membership for being responsible and really hearing what it is our cooperative needs to move forward with its plans to serve all our needs in the future. And for supporting the many changes we've asked you to vote on during the past year. We've done some monumental work, and it's all because you, our members, were there for our cooperative when we needed you ... to ask questions, show support and vote. Great job everyone!

I feel really good about what is happening to the Food Conspiracy. It seems like after a very long time of trying to make up our minds about what we wanted, we are finally going forward, taking action and breathing new life into our wonderful cooperative. We currently have an energetic and vibrant board of seven members. There are seats for two more board members, and we are actively seeking

appointees to help us do our work. If you are interested, please contact Melita Quance who is the chairperson for the Election Committee. You can find her contact information listed with the other board members on page 2. Or when you are in the store, just ask for an application for the board. Staff will be glad to help you obtain the proper forms.

In May or June, the board and management will once again be having a planning retreat, doing some board training and coming up with a three- to five-year plan as we move forward with expansion and growth. We'd really like to hear from you about your vision for our cooperative. What do you see or want for our future? The board has made a commitment this year to hear what the membership wants, to be responsive to your needs and to support the growth by planning, outreach and training of board and staff. Education and outreach are in the forefront of our vision.

Thanks again for your support and patience as we have gone through the stages of change which were necessary for survival, growth and opportunity.

My wish for all—enjoy spring with all its miraculous awakenings!

The End

# in the Stars Sun Sign Astrology

For April 2007

by Jewell Peterson, Co-op member

**T**

he Roman Ares was God of War and Grain. An army travels on its belly so they had to eat grain to go on because there wasn't enough meat to sustain that large group on the move. The patriarchy and their testosterone have been defining our world for the past four millennia, but war is only one manifestation of the archetype of beginning. Birth is violent. Spring storms are violent. The seed bursts open, violently destroying the case that once protected it. The baby bursts from its mother's womb, violently causing great pain to her. The blade of grass rends the earth as it reaches to the sun.

My centrist view of the Aries archetype is defined by the desire to be. Humans all have this desire, not just men. The newborn seems hardly like a warrior, but its becoming is like the blade of grass, fierce in its imperative to exist. Once the baby is here, alive, its survival depends upon faith, trust and crying out loud. Aries must be finely tuned to every internal desire, trusting the instinctive urges that promote its survival. I have yet to meet an Aries man or woman who was not interested in saving something.

In modern western astrology we follow the seasons to describe our archetypes. Aries represents spring, new beginnings. Spring is a turbulent season when warm temperatures bring floods and rain so we

can have the pretty flowers. It is not a gentle season. Aries is the rescuer and the rescued, a newborn baby and a blade of new grass. The Aries rushes in with freshness and vigor to usher in the new thing. For those of us who are about to live, I salute you!

## Aries

When you were brave and strong your uncle thought you were rude and inflexible. Don't take that to heart. He simply misunderstood your motives, which weren't really motives, but reactions to the stimuli that make life on Earth possible. You are new and fresh. You are intuitive and inspired by duty. Although that might seem oxymoronic, it is the situation. Step by step, the vision eludes you. Go for the emotional meaning and allow the answer to be in sight but not in hand. **FC**

For the rest of this column, including this month's horoscopes, please visit [www.foodconspiracy.org/events/horoscope](http://www.foodconspiracy.org/events/horoscope) or go to [www.Astrology911.com](http://www.Astrology911.com).

Julie Jewell Peterson is based in Tucson for the winter and anywhere cooler in the summer. She can be reached for personal consultations at 620-9366.

# Spotlight On...

## Fourth Avenue Street Fair Artist Kristi Spillman

by Torey Ligon, Outreach Coordinator

**1**

f you made it to the spring street fair a few weeks back, you most likely stumbled upon the booth of featured artist, Kristi Spillman. Spillman is an accomplished stained glass artist and no stranger to the Fourth Avenue neighborhood. Even after selling her shop, Fourth Avenue Trading Post, she continued to work off and on for cafes, restaurants, and shops on the avenue. After thirteen years of working in this area, she seemed like a natural fit for the Fourth Avenue Merchants Association (FAMA) in their search for a local artist to feature this spring. Plus, her FAMA-commissioned work of blooming cactus and a hummingbird is the first stained glass to be featured on a Street Fair poster and t-shirt.

Kristi Spillman is also no stranger to the cooperative movement. As the daughter of our Board President, Cathy Driscoll, Kristi has watched the Co-op movement progress. From her mom's involvement with the Food Conspiracy and also co-ops in Pennsylvania and Hawaii, Kristi has seen co-op stores grow, expand, and evolve as the natural food market has boomed. She also believes strongly in supporting local businesses, organic food and environmentally responsible practices.



These days, Kristi splits her time between Tucson and Greer, Arizona. She has a small shop in Greer where she sells her work and where she offers classes in stained glass art and glass fusing. Kristi's voice lights up when she talks about teaching classes and she claims to love that part of her work. I suppose that's no surprise, since she got her start through a local stained glass course that she took with a friend. She says she fell in love with stained glass during that first class and continued taking courses until the shop eventually asked her to start teaching some courses of her own. Back then she was working out of a tiny workshop in the laundry room of her house.

Since her early days as a stained glass artist, Kristi's skill and following has grown. She now works on a number of commissioned projects for churches, businesses, and individual homeowners creating unique pieces to fit the style, subject matter, and window size of the individual or group for whom she is working. With formal training in graphic design, she enjoys the layout and design stages as well as the time creating and even installing her work. In our conversation, she emphasized that she does all of her own drawings, patterns and installations. As an environmentally conscious artist, she finds particular joy in her work when she can incorporate recycled glass objects and found items into her pieces.

With dreams to someday open a studio and gallery right here on Fourth Avenue, it seems clear that Kristi Spillman will be around this town for many years to come. In the meantime, if you're interested in learning more, you can see examples of her work, view class offerings, and contact Kristi directly through her webpage: [www.peakabooglass.com](http://www.peakabooglass.com). **FC**

# EAT Local PRODUCE

for your health, your community, your future.



Watch for these local produce items from area farms

**April**

**Grapefruit,  
Oranges,  
Salad Mix,  
Green Onions  
Bagged Herbs**

# SOUTHWEST CONFERENCE ON BOTANICAL MEDICINE TO BE HELD IN TEMPE

by Linnea Wardwell

**T**he Southwest Conference on Botanical Medicine will be on April 14 and 15 at the Southwest College of Naturopathic Medicine in Tempe, Arizona. This conference includes a number of indoor and outdoor presentations on herbal medicine. Mark Blumenthal of the American Botanical Council in Austin, Texas, will discuss the latest information on herb-drug interactions and up to date findings in herbal research. Tori Hudson, ND, from Portland, Oregon, will present topics focused on women's health: infections in women and a women's health botanical update.

Tieraona Low Dog, MD, is the keynote speaker this year. Tieraona's study of herbal medicine and its role in modern health care began more than 25 years ago, when she started an herbal practice in New Mexico. She received her MD at University of New Mexico, and is now the director of education for the program in integrative medicine at the University of Arizona. In her keynote address she will examine the role of alternative therapies in the medical practice of the future.

Donald Yance is an herbalist and nutritionist from Ashland, Oregon, where he specializes in cancer, heart disease and other chronic conditions. His presentations include: "Restoring the Balance of Testosterone and Estrogen" and "Healthy Weight through an Understanding of Body Mass, Genomics and Aging."

A highlight of the weekend for many people will be a visit to the Desert Botanical Garden in Phoenix. Herb walks take groups through the springtime garden identifying medicinal plants of the desert and describing their medicinal uses. For the last few years the garden has been in spectacular bloom for the herb walks, and we hope with this year's rain, the desert bloom will be in full swing again!

CE credits are available for herbalists, naturopathic physicians, nurses and acupuncturists. For more information, call 800-252-0688 or visit [www.botanicalmedicine.org](http://www.botanicalmedicine.org). **FC**

# ALLERGY AWARENESS MONTH

by Anna Lambert, Co-op member

**T**he arrival of the Tucson spring with its cool mornings and soporific afternoons also marks the beginning of our very long allergy season. While dust and molds can cause year-round reactions, various pollens produce uncomfortable symptoms in those sensitive to them. Known as allergic rhinitis, typical symptoms include eye irritation, runny or stuffy nose, sneezing and inflammation to the throat. Those with severe allergies can experience asthma attacks, chronic sinusitis, headaches and impaired sleep.

Pollen are microscopic round or oval grains produced by plants in order to reproduce. In some species, the plant uses the pollen from its own flowers to fertilize itself. Other types must be cross-pollinated. That is, in order for fertilization to take place and seeds to form, pollen must be transferred from the flower of one plant to that of another plant of the same species. Insects pollinate many flowers and vegetables with sticky, heavy pollen that is generally not irritating. The types of pollen that most commonly cause allergic reactions are produced by the plain-looking plants (trees, grasses, and weeds) that do not have showy flowers. These plants manufacture small, light, dry pollen granules, sometimes in large quantities—a single ragweed plant can generate a million grains of pollen a day—that are effectively transported by wind.

Some well-established imported plants like exotic grasses, desert broom, pecan trees and ash trees are infamous local allergens, as is the Russian Thistle, a restricted noxious weed also known as Tumbleweed. We also have a number of native species that are well known for their ability to cause discomfort among our most sensitive population. Cottonwood trees may not be as common within city limits, but a spring walk along a wash or creek bed may cause increased irritation. Canyon Ragweed has migrated to washes and roadways, and Triangle Bursage is abundant in areas of lower elevation. We also have several varieties of pigweed, Fringed, Prostrate and Tumble that are native to washes and mesas, but now populate roadsides as well. Even our local variety of Amaranth causes inflammatory effects. Our allergy season begins to peak after the monsoon season, and briefly ends when the weather turns cold.

According to local herbalist, Amanda Brown, owner of the Tucson Herb Shop, located around the corner from the Co-op, natural remedies can effectively relieve allergy symptoms. One support for the physical symptoms of allergies is an extended course of treatment with bioflavonoids, also known as flavonoids, biologically active substances found in plants. Bioflavonoids strengthen capillaries and maintain the collagen that strengthens connective tissue throughout the body. They have antioxidant properties and are essential for absorption of Vitamin C. Bioflavonoids are the brightly colored pigments common in fruits and vegetables; they are especially high in dark, red foods such as bilberries and blueberries. Using an extract of these plants, in the

form of a concentrate, capsule or tincture, provides protection and nurturance to the body, enabling it to develop resistance to seasonal allergens.

Amanda recommends several plants native to the Sonoran Desert for immediate relief of allergy symptoms. Yerba Manza grows in low desert, swamp-like conditions, a perfect analogy for the effects of allergies like feeling boggy, wet and stuck. It reduces inflammation. Yerba Santa dries up mucous and Canyon Ragweed, also known as Ambrosia, assists in lymphatic system movement and clears congestion. Not local, but highly effective is Osha, which dilates the vascular system, bringing more oxygen to cells. It has the property of opening up, a focusing quality to bring the user into greater mental clarity. The Schizandra Berry, a Chinese herb and a source of bioflavonoids, also brings a greater level of clarity to the physical body. Mormon Tea, which is high in calcium and a weak version of ephedrine, helps with the drained feeling allergies can bring. White Sage is similar to Osha, and assists with clearing stuck energy.

Besides herbal tinctures, extracts and capsules, the Food Conspiracy stocks homeopathic combination remedies for allergy relief, as well as low-potency, single remedies for acute, individual allergy symptoms. The combinations are useful for laypersons in that it can be difficult to find that one, perfect remedy without professional assistance. Combinations are low dosages of a number of remedies, some of which are likely to provide relief. Homeopath Dana Ullman, M.P.H., in his book *Homeopathic Medicine for Children and Infants*, recommends Allium Cepa when one has symptoms such as a raw feeling in the nose, violent sneezing and a profuse, watery, burning nasal discharge. A frontal congestive headache may be present. The above-mentioned Ambrosia is available in a potentized, homeopathic form for hay fever after exposure to ragweed. Arsenicum alleviates burning tears, and nasal discharge, while Nux Vomica treats symptoms related to a steady nasal discharge during the day and congestion at night.

Additionally, exposure to pollen can be reduced by staying indoors in the morning, when outdoor pollen levels are highest, as well as on hot, windy days. Caulk and seal your windows. You could install an air filtration or purification system, although, because many do not work as effectively as they claim, it would be useful to carefully research before purchasing. Pollen masks are available if you need to do outdoor work, and if your dog is out in the yard a lot, you may need to bathe her frequently. Removing carpet altogether reduces pollen triggers as you walk around your home. Avoid other irritants such as dust, insect sprays, tobacco smoke and fresh tar or paint. When planting, choose plants that are insect-pollinated. Eliminate weeds from the garden early, before they reach maturity and flower. Certain species of the compositae plant family, such as mums, marigolds, and dahlias, may be cross-reactive for individuals with ragweed sensitivity. **FC**

## VOLUNTEER

Work in the store you own.

## Advertise in Community News!

The Food Conspiracy Community News is mailed monthly to almost two-thousand Co-op members and is stocked all month for the shoppers who visit the store. Reach our health conscious and community minded readership with a display ad in the newsletter.

For rates and information, contact Torey at the store,  
or email [outreach@foodconspiracy.org](mailto:outreach@foodconspiracy.org).

## Member Skills Bank

**Members**—Put your business or service listing in our online Member Skills Bank! We are interested in developing a community resource that supports the skills and offerings of Co-op members. The infrastructure is set up, now all we need is YOU to bring the project to life. Go to our website (<http://www.foodconspiracy.org>), click on "About Us" and then choose "Member Skills Bank." Listings are free and are available only to Co-op members.



# April Calendar

## APRIL

### SUN., APR. 1 12-4 P.M. Clean Air Fair at Reid Park Bandshell

Come out to this fun family event to enjoy music, kids activities, free bike tune-ups, and more. Food Conspiracy's Avenue Deli will be providing food at the event.

### MON., APR. 2 Proposed use of Cloned Animals

Deadline to send comments to FDA about proposed use of cloned animals in milk and meat products. See pg. 11 for more details.

### WED., APR. 4 ☆☆☆ Food Conspiracy Board Meeting

6:30 p.m. at the Friends Meeting House, 931 N. 5th Ave. All members are welcome. Stay involved in Co-op decision making, and get work credit towards a discount for the time you are in attendance.

### THURS., APR 5 Scholars and Activists to Discuss U.S.-Mexico Border

6:30-8:30 p.m. at the U of A, Kiva Auditorium, Education Building Rm 211. A panel of speakers will discuss their research and work on the U.S.-Mexico border. Scheduled speakers come from activist groups and a variety of departments within the University of Arizona. Hosted by the Anthropology Graduate Students of the University of Arizona (AGUA)

### SAT., APR. 7 Rainwater Harvesting Systems

9 a.m. to 5 p.m. Learn creative ways to collect rainwater to grow gardens, intercept stormwater sheet flow, stop erosion and restore the natural landscape. Instructors are members of Tucson Permaculture group. Cost \$98 per person. Co-sponsored by Pima Community College. To register, call 206-6468 or e-mail communityed@pima.edu, ref: # 72126. For more info, see [www.caneloproject.com/dawn](http://www.caneloproject.com/dawn).

### SAT., APR. 7 Elder Brother's Garden

9 a.m. to 4 p.m. at Brown Canyon. Did you know some plants here can cause "milk-sickness," the same malady that killed Abraham Lincoln's mother? Or that others have been part of a treatment for cataracts since the classical Greeks and Romans? Maybe you knew that some shrubs have cyanide in their fruits but are still eaten by wildlife, or that others support the endangered lesser long-nosed bats. Hike and learn about local plants and their ecological and human associations with Dr. Dan Austin. Cost: \$20. For more info or to register, contact Meg Keoppen at 398-2065 or [keoppenm@hotmail.com](mailto:keoppenm@hotmail.com).

### SUN., APR. 8 ☆☆☆ Easter

The store will be closed today. Happy Easter!



### SUN, APR. 8 All You Can Eat Pie Party

6 to 9 p.m. at Dunbar School Auditorium, 325 W. 2nd St. This benefit for the Earth First! Journal features more than 100 vegan pies, in every imaginable flavor! Passover-friendly, gluten-free, raw and sugar-free options available. Take some home: pie auction and pie raffle prizes. Cost: \$7-\$10 sliding scale.

### FRI., APR. 13 Tucson Astrologers Guild Meeting

7:30 p.m. in the Awareness Room at the Unitarian Universal Church, 22nd St. near Swan. famous Shamanic Astrologer Daniel Giamario will give a lecture on "Sacred Marriage as Seen from the Perspective of Shamanic Astrology." \$10/15 members/non-members. All are welcome! For more info call 625-5762 or visit [www.tucsonastrologersguild.com](http://www.tucsonastrologersguild.com).

### SAT.-SUN., APR. 14-15 Geology of the Baboquivari Mountains

Sat. 2 p.m. to Sun. 2 p.m. at Brown Canyon. Explore Brown Canyon and study the rocks that help us understand how the lands came to be, and learn methods that you can use anywhere to unlock the secrets of the rocks. In the evening, take a 750 million year trip through Arizona's geological history with Dr. Richard Conway. Cost: \$78 (\$68 for Friends of BANWR Members). For more info or to register, contact Meg Keoppen at 398-2065 or [keoppenm@hotmail.com](mailto:keoppenm@hotmail.com).

### SAT.-SUN., APR. 14-15 Southwest Conference on Botanical Medicine

In Tempe. Topics include botanical therapies for women's health, sleep disorders, depression, anxiety, chronic back pain, aging and dementia. Herb walks at the Desert Botanical Garden. CE credits for health professionals. Info: 800-252-0688 or [www.botanicalmedicine.org](http://www.botanicalmedicine.org).

### SAT. APR. 14 Solar Rock

12 noon to 5 p.m. at Himmel Park, Tucson Blvd. and 1st St. Take a stand for a healthy future at this outdoor concert and fair in celebration of the National Day of Climate Action, a collaboration of local events happening all over the country to ask Congress to take decisive action to cut carbon emissions by 80% by 2050. This event is sponsored by the Co-op and will be completely powered by solar energy from The Solar Store. Enjoy a day of music, speakers, educational booths run by local environmental organizations and delicious food from Food Conspiracy's Avenue Deli and other local food vendors. To learn more, visit [www.stepitup2007.org](http://www.stepitup2007.org).

### SAT., APR. 14 Earthen Baking Oven

9 a.m. to 5 p.m. in St. David. Learn the basics of building and cooking in a natural, outdoor earthen oven by building and plastering the walls of an oven using clay and straw. Instructors are members of Tucson Permaculture group. Cost \$75 per person. To register or for more info, call 624-1673, or e-mail [dawnaz@earthlink.net](mailto:dawnaz@earthlink.net), or see [www.caneloproject.com/dawn](http://www.caneloproject.com/dawn).

### SAT., APR. 14 Wellness Workshop

11 a.m. at Inspired Healing, 4929 E. 29th St. Learn from Dr. Joanne Hauptert how Network Spinal Analysis can help you experience more energy, flexibility, endurance and greater ability to deal with stress. Please call to reserve your seat: 584-0343.

### SAT., APR. 14 Tucson Astrologers Guild Workshop

1 to 5 p.m. in the Awareness Room at the Unitarian Universal Church, 22nd St. near Swan. Daniel Giamario will give a workshop on "Recent Developments in Shamanic Astrology: Venus, Mars, and Mercury Cycles—an Evolving Paradigm." \$20/25 members/non-members. All are welcome! For more info call 625-5762 or visit [www.tucsonastrologersguild.com](http://www.tucsonastrologersguild.com).

### SUN., APR. 15 "Night Sky" Talk and Viewing

7 p.m., about 20 miles out of town off of Mission Road. Join visiting Shamanic Astrologer Daniel Giamario for an evening of astrology under the stars. Free. All are welcome! For more info call 625-5762 or visit [www.tucsonastrologersguild.com](http://www.tucsonastrologersguild.com).

### TUE., APR. 17 Tucson Organic Gardeners

7:30 p.m. at St. Mark's Church, 3809 E 3rd St. The monthly meeting will feature information on "Effective Microorganisms." Free and open to the public. Call 670-9158 or visit <http://iwhome.com/nonprofits/TOG> for more information.

### FRI., APR. 20 Damma Talk

7 p.m. at Tucson Community Meditation Center, 1231 E. Edison St. Damma talk by Philip Moffitt. Further information at [www.tucsonmeditation.org](http://www.tucsonmeditation.org), or [blake.b@msn.com](mailto:blake.b@msn.com), or call 514-2299.

### SAT.-FRI., APR. 21-27 Mindfulness Meditation Retreat

In Oracle. Mindfulness Meditation residential retreat with Philip Moffitt. Further information at [www.tucsonmeditation.org](http://www.tucsonmeditation.org), or [blake.b@msn.com](mailto:blake.b@msn.com), or call 514-2299.

### SAT., APR. 21 Children's Earth Day Festival

9 a.m., parade at 10 a.m., at the Tucson Children's Museum and Armory Park, 6th Ave. between 12th and 13th Streets.

Environmentally themed exhibits, music, performances, food vendors, art contests and recycling collections. Admission is free, and all exhibits include hands-on environmental activities for children. Free parking at the city-state garage on Congress, west of Granada, with a free TICET shuttle to the festival site.

### SAT., APR. 21 Water Harvesting Earth Day Celebration

9 a.m. to 2 p.m. at Originate, 526 N. 9th Ave. The Watershed Management Group will be creating water harvesting basins, planting trees, and giving tours of our first public water harvesting demonstration site! Please contact Elena Rotondi to register, [elenar@watershedmg.org](mailto:elenar@watershedmg.org) or 548-5519.

### SAT., APR. 21 Women's International League for Peace and Freedom

2 p.m. at Pima Friends Meeting House, 931 N. 5th Ave. A panel with Susan Burns (Clerk of Quaker Peace and Justice Concerns Committee) and two concerned parents of high school students will discuss Students' Rights and Recruiters' Responsibilities. The meeting is free; the public is invited. Contact 791-9535 or [info@wilpftucson.org](mailto:info@wilpftucson.org), or visit [www.wilpftucson.org](http://www.wilpftucson.org).

### SUN., APR. 22 ☆☆☆ Seeds to Happy Earth Day!

Come in to the Co-op for a free pack of Native Seeds/SEARCH chile seeds.

### THU., APR. 26 Tucson Water Gardeners

7:30 p.m. at Junior League of Tucson, 2099 E River Rd. Member Gail Barnhill will give a presentation and demonstration on how to "Divide and Conquer your pond plants." Door prizes, refreshments and an informal social time follow the meeting. Free and open to the public. <http://tucsonwatergardeners.org>.

### SAT., APR. 28 Odyssey Storytelling Series

7 p.m. at Hotel Congress, 311 E. Congress. Six invited storytellers have 10 minutes to talk about a specific theme. This month's theme: the first, and possibly only, "X-rated Odd-yssey." \$9. Call 730-4112 or visit [odysseystorytelling.com](http://odysseystorytelling.com). Children not permitted.

## ONGOING

### MIND/BODY/SPIRIT

#### Edgar Cayce Group

Spiritual/holistic study group now forming. Non-denominational new-age oriented group will include dream sharing, meditation, reincarnation, prayer lists, bible study and discussions based on concepts from American Christian mystic Edgar Cayce. For more information contact John Murphy at 628-8464.

### Tucson Community Meditation Center

Mindfulness meditation 6:30 to 8 p.m. Mondays, Loving Kindness meditation 6:30 to 8 p.m. Wednesdays. And group meditation sessions 8:30, 9 and 9:30 a.m. Saturdays and Sundays. 1231 E. Edison, between Speedway and Grant near Mountain. Supported by donations. Information at 869-6511 or [www.tucsonmediation.org](http://www.tucsonmediation.org).

### Dances of Universal Peace

The Dances of Universal Peace are simple, meditative and uplifting group dances. They represent and integrate many of the world's spiritual traditions, and help to create peace and unity within and without. Third Saturday of every month, 7 to 9 p.m. at Yoga Oasis, 2631 N. Campbell Ave. For more info contact: Jamia at 979-0278, [yamalika@yahoo.com](mailto:yamalika@yahoo.com). \$5 to \$10 donations accepted.

### Intenders Circle

Easily learn the Intention Process and bring that which you desire into your life, your community and the world. Tuesdays, 6:30 to 8:30 p.m., at Third Eye Arts, 623 N. 4th Ave. Parking available on 7th St., 1/2 block west of 4th Ave., on the south side of the street. Free (donations are appreciated). Bring healthy snacks to share. For more information, call Tom Mendola of Harmony & Health Foundation at 400-4489.

### Science of Spirituality

Learn Jyoti Meditation (Meditation on the Inner Light). This is a free and non-sectarian meditation group. Every 2nd and 4th Sunday at 11:30 a.m. Bookman's Used Book Store located at 6230 E. Speedway (Speedway and Wilmot). Call 625-8312 or visit [www.sos.org](http://www.sos.org).

### Three Jewels Buddhist Community Center

314 E. 6 St. provides free yoga, Buddhist classes and practice, zazen, a weekly kids' dharma club, music events, and more. Share a cuppa' good karma and community at the Crazy Yogi Cafe Mon-Fri 2-5:30. Check calendar online at [www.3jewelstucson.com](http://www.3jewelstucson.com).

### Creating Positive Change: the Power of the Heart

Whether you aspire to change your life or to change the world, this meditation class provides valuable tools. Enhance vitality and restore the optimism needed to accomplish your ideals, inspire others and avert "burnout." Tuesdays, 5:45-7:15 p.m. Beginner's review session, 5:30. Near Campbell and Speedway. Adjacent parking. Newcomers welcome! 4 classes for \$48 or \$15/class. Contact Bonnie about scholarships for non-profit employees/volunteers and students, or for further info and address. 730-5889, [bonnie@applied-meditation.org](mailto:bonnie@applied-meditation.org).

### Mantra Meditation

Join the world famous Sunday Feast and Festival. Enjoy an evening of chanting,

singing, dancing and an enlightening discussion on Bhakti Yoga. Afterwards, feast on a sumptuous plate of Govinda's sanctified food for a \$3 donation. Every Sunday starting at 5:30 p.m., 711 E. Blackledge. For more info contact Rama Bhakti at 623-3507 or e-mail ramabhakti@netzero.com.

## Inspired Healing

Free Meditation, every Monday at 6:15 p.m. Yoga Classes, every Saturday, 9:30 to 10:30 a.m.; \$5. Free Cleansing, Health and Wellness Seminar, second Thursdays at 7 p.m. 4929 E. 29th St. Call 584-0343 for more info.

## Natural Childbirth Classes

Whole Birth Midwifery offers natural childbirth classes, a series of six classes starting bi-monthly. Classes focus on the natural process of birth in the home setting. The class is taught through lecture, video, slides, art, and class participation. Class Fee: \$150. Whole Birth Midwifery, 3265 N. Stone Ave. For more info call Lisa at 275-0790.

## Belly Dance Classes

Free Mini Belly Dance class held every Thursday at Aladdin Restaurant. Join us for dinner, enjoy the Belly Dance show with members of the Hadia Sahara Ethno Modern Belly Dance Troupe, then attend the class!

## Tucson Yoga

Tucson Yoga, 148 South 4th Ave., holds various classes daily for just \$5 each or \$40/month. We're a few blocks from the Co-op, 1 block south of Broadway and the site of the old Greyhound Station. Beginners' classes available, no experience necessary. For a schedule, drop by the studio, or call 882-0597, or visit [www.tucsonyoga.com](http://www.tucsonyoga.com).

## Hatha Yoga

Experience a greater sense of peace and renewed energy through the practice of yoga. Ongoing multi-level Hatha yoga class in the 4th Ave. neighborhood. \$7. Wednesdays 12 to 1:15 at ZUZI Dance, 738 North 5th Ave. (Historic Y). Call Ilana at 629-0237 for more info.

## Desert Ashram

Founded in 1975 by Prabhushri Swami Amar Jyoti, Desert Ashram is a sanctuary of beauty and peace for all spiritual seekers. Daily 7 a.m. and 7 p.m.—Aarati (Sanskrit chanting and puja/worship). Thursdays and Sundays 7:30 p.m.—Sat-sang of Prabhushri (spiritual discourse) with chanting and meditation. There is no charge for these programs. Personal Retreats and Karma Yoga—by individual arrangement. 3403 West Sweetwater Drive, Ph: 743-0384.

## Yoga Class

Amazing yoga class: bring more peace, flexibility, stress relief to your life. This awesome yoga class is one that beginners find especially helpful. Every Saturday from 9:30-10:30, all are welcome. First class free, \$5 each class after that. Inspired Healing, 4929 E. 29th Street between Craycroft and Swan. 584-0343

## Yoga West

Gentle yoga Mondays 5:30-6:45 p.m., Vigorous yoga Wednesdays 5:30-6:45 p.m. Located at 3295 W. Speedway Blvd. Call Kathleen at 404-5587 or visit [www.KathleenKordich.com](http://www.KathleenKordich.com) for more info.

## Contemporary Dance

Experience the joy of dance! All levels of classes for adults and teens at the DanceLoft, 55 N. 6th Avenue, 3rd Floor. Classes include modern, hip hop, ballet, bellydance and Pilates. For more info visit: [www.thedanceloft.com](http://www.thedanceloft.com) or call 250-4664.

## Forrest Yoga

Awaken your spirit with Forrest Yoga! Chrissy is excited to introduce Tucson to this dynamic style of yoga that builds flexibility, body intelligence, and strength. Forrest Yoga helps individuals heal from physical and emotional injuries and create a more spacious home for their spirit. Classes are offered at Yoga Flow (3131 N. Cherry) on Tuesdays 9:30 to 11 a.m., Wednesdays 6:30 to 7:45 a.m., and Sundays 5 to 6:30 p.m. Call 321-YOGA for more info.

## Indigo Yoga For Kids

Indigo Yoga is designed for children age 4 to 13 years young. Explore fun techniques and experiences that will assist children in being centered, connected to source, and grounded. Saturdays from 2-3 p.m. at The Providence Institute, 1126 North Jones Blvd. Cost is \$5. Call 323-0203.

## Zen Meditation Group

Zen Desert Sangha, affiliated with Robert Aitken's Diamond Sangha, offers meditation sats three days a week: Mondays and Wednesdays 6:30 to 8 p.m. and Saturdays 7:30 to 10:30 a.m. Located at 3226 N. Martin (Campbell/Ft. Lowell area). We also offer one day and weekend retreats. For more info call 319-6260, visit [www.zendesertsangha.org](http://www.zendesertsangha.org) or email [zds@dakotacom.net](mailto:zds@dakotacom.net).

## Institute for Shamanic Arts

The Institute fosters connection with art and nature through the imagination. A variety of classes, circles and workshops in body movement, art, drumming, spirituality and healing are offered, as well as weekend nature walks. The Institute for Shamanic Arts is housed in the WomanKraft Castle, 388

S. Stone Ave. call 954-2004 or see [www.shamanworld.com](http://www.shamanworld.com) for more info.

## Meditation Shabd Yoga

Learn the ancient art of meditation on the divine sound current. This is a non-sectarian free & public meditation group. Thursdays at 7 p.m., 931 N. 5th Ave. (South of Speedway). Call 304-5779.

## ARTS/COMMUNITY/ ENVIRONMENT

### Tucson Women's Chorus

No auditions, sight-reading, or experience necessary. Multicultural songs, a cappella. Monday series 7 to 8:30 p.m., at First Light Creative Center, 2007 N. Stone. Wed. series 12:30 to 2 p.m., director's home. Starts week of 2/26. No sessions 1st week of each month. \$70/adult (+ scholarships), girls/free. Girls accompanied by singing adult. Ongoing pro-rated enrollment. Karleena Ravenwood, Founder/Director, 743-0991, [ravenwoodnaturalvoice.com](http://www.ravenwoodnaturalvoice.com).

### Taiko Drumming

Experience the power and fun of Japanese Drums. Classes held at 1013 S. Tyndall on Saturdays and weeknights include Adult Recreational Taiko, Community Taiko Group, and many others. Check out our website: <http://www.tucsontaiko.org> or call 327-1228 for more info.

### Conscious Connections in the Classroom

A forum for presentations, discussion and networking for K-12 educators the fourth Monday of the month, 4 to 5:30 p.m. in Bookmans Community Room, 1930 E. Grant Rd. For more info contact Katta Mapes at 850-5396 or [kmapes@hotmail.com](mailto:kmapes@hotmail.com).

### Lamplight Reading Series

The first Sunday of every month, the Lamplight hosts well-known and emerging poets, writers and performance artists, and holds an open mike. 4 to 6 p.m. at Bookman's, 6230 E. Speedway Blvd. Always free. For more info, contact FunKtional Adix at 490-2002.

### Chorus of Grandmothers

Women 50+ and all grandmothers. A cappella singing, chants, rounds and multicultural songs. Tuesdays 1 p.m. Ongoing enrollment. Sight-reading/auditions. Free 1st rehearsal. \$80/series (adjusted as necessary by enrollment date). First Light Creative Center, 2007 N. Stone. Karleena Ravenwood, Founder/Director, 743-0991, [www.ravenwoodnaturalvoice.com](http://www.ravenwoodnaturalvoice.com).

### Permaculture Open House

10 a.m. to 2 p.m. the fourth Saturday of each month (except December). See

demonstrations and get hands-on experience with earth plasters on adobe, cob or straw bale walls; desert gardening; water harvesting; land restoration; and affordable/small structures. Donations appreciated. E-mail or call to sign up and get location: 624-1673 or [dawnaz@earthlink.net](mailto:dawnaz@earthlink.net). See more at [www.canelo-project.com/dawn](http://www.canelo-project.com/dawn).

### Peace Vigil

Women In Black welcome all men, women, and children to a weekly peace vigil. Every Friday from 5 to 6 p.m. in solidarity with other WIB groups around the world for peace everywhere. Southwest corner of Speedway & Euclid. Wear black if possible. Call 628-8313 for more info.

### Free Hydroponic Gardening Classes

Sea of Green on 4th Ave. holds free hydroponic growing classes for food-conscious citizens on the first Saturday of every month at 3 p.m. Sea of Green is located at 402 N. 4th Ave. For more info, please call 622-6344.

### Tucson Zen Calligraphy Study

Experience the interplay of mind, body and spirit through the brush stroke with certified calligraphy instructor Yoshi Nakano. Simple Qi Gong breathing will be practiced in collaboration with calligraphy. 2nd and 4th Saturdays of each month (except holiday weekends), 9:30 a.m. to Noon at Desert Institute for the Healing Arts, 639 N. 6th Ave., 2nd Floor. 1 year membership fee: \$80, new student; \$75, continuing student; per class, \$12; trial class, \$20. To register or for more info, contact Pamela Kruger at 731-2835.

### BICAS

Tucson's Bicycle Non-Profit offers Community Classes on Saturdays from 1 to 4 p.m. Learn about the repair and maintenance of bicycles. Classes are \$20 each. Work Trade and Spanish translation is available. Call to register and for directions: 628-7950.

### Global Chant

Every Wed. 6 to 7:30 p.m. in the Little Chapel of All Nations, Ada Pierce McCormack Bldg., 1401 E. 1st St. Free interactive chanting. For more info call 326-4674.

### Desert Crones

The Desert Crones is an organization of older women proud of their age, wisdom and experience. The Eastside Desert Crones meet every Thursday at 1 p.m. at the Fellowship Square, 8111 E. Broadway. Contact Charlotte at 790-4933. The Avra Valley Crones meet the 1st Friday of each month at 10 a.m. Call Lois at 883-0377. The Northwest Crones meet the 1st Monday of each month at Nanini Library. Contact Ingrid at 742-0559. The Southwest Crones meet the 1st and 3rd Tuesdays at 1:00 p.m. Contact Pat at 298-6161. The Green Valley Crones meet the 4th Monday at 3:00 p.m. Contact Jean at 648-1225. Contact the point people for monthly schedules of activities.

### Graduates and Young Professionals

The Hillel Foundation's GAP serves Jewish young adults, 22-39 years old, singles and couples, through programming that enhances their connection to the Jewish community and their Jewish knowledge. Contact Hillel for special events. Regular meetings include Judaism with a Jolt, Tuesdays, 5 to 6 p.m. at Café Paraiso (800 E University); and Morning Prayers, Thursdays 8:20 to 8:45 a.m. at Hillel (1245 E. 2nd St.), morning services in an informal and welcoming setting.

### Green Party of Pima County

7 to 8:30 p.m. at the Northwest Neighborhood Center, 2160 N. 6th Ave. General meetings are open to all and take place on the first Tuesday of every month. Each meeting features a speaker on Green-related issues. Call our headquarters at 881-8022 for more info.

### Womankraft

Art classes and gallery showings claiming, validating and empowering women artists and other under-represented groups. Gallery hours are Tue., Wed., Fri. and Saturday from 1 to 5 p.m., February to May and July to December. A variety of arts and crafts classes are offered each month. The WomanKraft Castle is at 388 S. Stone Ave. Call 629-9976 for more info.

### Compost Demonstration

The Tucson Organic Gardeners maintain a compost demonstration site at the Tucson Botanical Gardens, 2150 N. Alvernon Way. A Master Composter is available to answer questions every Sat., excepting holidays, from 9 a.m. to 1 p.m. On display are a dozen forms of working compost bins. For more info call 670-9158.

### Democracy Now!

3 to 4 p.m. weekday afternoons on KXCI Community Radio, 91.3 FM. Amy Goodman hosts this daily investigative radio news magazine.

### Bike Workshop

Why Not Make Your Own Bike at Bicas—Youth Bike Underground, 4-7 p.m. Thur., 1-5 p.m. Sat. 44 W. 6th Street, basement. No experience necessary.

### Raw Foods Network

The Raw Foods Network meets regularly for food, fun, and sharing. The group also sponsors speaking events from notable raw foods advocates such as Dr. Gabriel Cousens, author of Conscious Eating, and David Wolfe, co-author of Nature's First Law. For more info, check for bulletins/flyers, posted on the Bulletin Board at the Food Conspiracy or call 792-9283.

## NEXT ISSUE

Make sure your organization's event is listed here! Mail, fax, or drop off by April 5 to Food Conspiracy Newsletter, 412 N. 4th Ave., Tucson, AZ 85705; Fax: 520/792-2703; or e-mail to [outreach@foodconspiracy.org](mailto:outreach@foodconspiracy.org).



## Unclassifieds

**FOR SALE:** two hand-held quartz crystal singing bowls, \$75 each, 743-7685.

**YARD SALE** at Tucson Community Meditation Center (1231 E. Edison). Sat. April 14th. Books, furniture, household goods, etc. More info at 321-3670.

# Celebrating True Pie~o~Diversity

by Turtle, *Earth First! Journal*

When *Earth First! Journal* advertises our annual All-You-Can-Eat Pie Party each spring, we mention that the event features more than 100 vegan pies. But what I think goes understated by this, and which is perhaps more exciting, is the incredible variety offered. Where else can you pick from a creamy pineapple pie, peach coconut almond crumb, oatmeal chocolate chip, cherry sour cream, avocado pie, and nearly 50 other varieties all at once? With something for everyone, these tasty creations are guaranteed to make your mouth water and your spirit hunger for more. While all of the pies are vegan, there are also options that are sugar-free, gluten-free, raw, and since this year the event happens during Passover, there will be Passover-friendly pies too.

All of my friends know that I love pie year-round, not just in the spring. Moreover, Pie Town, New Mexico, is one of my favorite places. I love it for the beauty it offers situated on the continental divide and surrounded by high-elevation, piñon-juniper forests, the generous spirit embodied by its small population, and the appreciation for a good slice of homemade pie that fills the air. The town hosts a Pie Festival every autumn, which my partner Ian and I have now attended three years running.

Two years ago, we made a yummy vegan blueberry "sour cream" pie and entered it in the festival's

pie-baking contest. I personally think it was the best pie we've ever made, but a creamy lemon meringue took home the blue ribbon that day. Upset that we lost to a pie filled with so much dairy, we decided to try again this past fall.

The peanut butter pie we feature each year at our All-You-Can-Eat Pie Party is always a crowd favorite. It is a very simple recipe that can do no wrong. So we made one of these pies, adorned it with homemade chocolate leaves, and entered it in this year's contest. Our beloved pooch, Ellen, had passed away in Pie Town a week before the festival, and we made the pie as a dedication to her. I know she would have loved every bite of it!

Anyway, we were thrilled that our pie, which was full of tofu, won a blue ribbon. We didn't disclose the ingredients, and let taste be the true judge. That evening, the winning pies were auctioned off, and a New Mexico ranching family happily went home with our vegan creation.

Of course we'll be serving this pie, which is now a staple in our house, at our fifth annual pie party in April. We'll also be unveiling our super chocolate peanut butter truffle pie for the first time, which I think is even better. You can be the judge.

The pie party is happening Sunday, April 8th, from 6 to 9 p.m. at the Dunbar School Auditorium



(325 W. 2nd St.). Because the event is a benefit for the *Earth First! Journal*, there is a \$7-\$10 sliding scale entrance fee. We'll also be having a pie auction so you can take some pie home and a raffle of all things pie. For more information, please contact the *Earth First! Journal* at 620-6900.

Each year, the ingredients to make these pies are donated by grocery stores around town, so that all of the proceeds can benefit the *Journal*. Turtle wants to be sure to thank the Food Conspiracy for its continued support of the event... Thank you! **FC**

## The Blue Ribbon Winning Peanut Butter Pie

This recipe requires one 9-inch pie crust. The Co-op sells a Wholly-Wholesome organic pie shell that is vegan and free from hydrogenated fats, refined sugars, and made with whole wheat flour for \$3.69 for a pack of two crusts. These pie shells are unbaked and must be baked ahead of time for use with this pie recipe.

1 pound extra-firm silken tofu  
1 cup creamy peanut butter  
3/4 cup sugar  
2 tablespoons soymilk  
2 teaspoons vanilla extract  
Chocolate or carob chips

Combine all of the filling ingredients in a food processor or blender and blend until smooth. Spoon into pie shell. Decorate with chocolate (or carob) chips. Refrigerate for at least two hours. Yum!

## Idealism at Work

compiled by Torey Ligon, Outreach Coordinator

January-March 2007

This column is a quarterly report on exciting projects and inspiring organizations that the Co-op had the opportunity to partner with over the previous three months. This is a chance to find out about some of the worthwhile endeavors that local Tucson community members are involved in, and should make all Food Conspiracy member-owners feel proud of the community-minded business that you own.

In honor of "cycling month" at the Co-op, the Food Conspiracy raffled off a free Jamis commuter bike at the February Annual Meeting. This raffle was free for all Co-op members and hundreds of you entered for the chance at a fantastic new bike. Here at the Co-op, we really believe in promoting health and environmental responsibility and we felt that a new bike might be a perfect way to help a member exercise more and drive less. Special thanks for Ordinary Bike Shop for giving the Co-op an excellent deal on this bike and congratulations to Co-op

member Barb Piasecki on your new bike. We hope you've been riding it all over town!

This past January, the Arizona Collegiate Leadership Conference brought together college students from around the country for a series of forum discussions, learning opportunities and community service projects. Through this conference, a group of these college students were paired with individuals who are blind or physically disabled for a hike up Mount Tumamoc. This activity helped to build connections between the participants and gave everyone a chance to enjoy a scenic and healthful outdoor activity in picturesque Southern Arizona. The Food Conspiracy had the pleasure of donating refreshments to help make the hike more enjoyable for everyone involved.

In March, the Food Conspiracy had the privilege of partnering with the Watershed Management Group to offer a free workshop on sustainable water harvesting techniques. Participants in this workshop

helped install a cistern, create tree basins, and plant desert tolerant trees at Originate, a neighborhood business that focuses on sustainable building materials and techniques. The Co-op provided an organic lunch for all participants including lentil barley soup from The Avenue Deli. If you are interested in participating in an upcoming Watershed Management Group water harvesting workshop, please see the calendar section for information about their April 21st event.

Here are a couple of other neat organizations that the Co-op was able to support last quarter through donations of gift baskets, gift certificates, merchandise and food: Dinnerware Artists Collective, Slow Food Film Festival, Tucson High Visual & Performing Arts Program, Rincon Congregational Church fundraiser to benefit Wingspan and the Pima Interfaith Council, V-Day Tucson 2007 to benefit the Southern Arizona Center Against Sexual Assault, the Free Charlie King Concert, Enchanted Desert

Waldorf School, Voice of the Earth Legal Defense Fund, Tucson Community School, the International Women's Day Fiesta at Toque de Pasión Boutique, Rincon Heights Neighborhood Association Tree Planting Day, and the Unity Center Health Fair.

As many of you know, there are seven International Co-op Principles that co-ops around the country and the world abide by. The fifth principle: education, training, and information, and the sixth principle: concern for community, drive us to seek out partnerships with local organizations that work to educate people and forward values and ideals that we as a co-op hold. If you or your organization have ideas for fruitful partnerships that will benefit this community and help educate people about health, nutrition, environmental awareness, local agriculture, cooperative development, or building community, please do not hesitate to contact the Co-op's Outreach Coordinator Torey at outreach@foodconspiracy.org. **FC**



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Thurs. April 12  
7 p.m.  
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Leo Rich Theater  
Tucson Convention Center

Saturday April 14  
Silent Meditation Retreat  
Leo Rich Theater, T.C.C.  
260 South Church

*"Come one foot towards me and I will come a thousand feet toward you."*



Sri Karunamayji

Friday April 13  
9 a.m. - noon  
Individual Blessings  
Leo Rich Theater, T.C.C.  
Please allow plenty of time.

Sunday April 15  
Homa (Sacred Fire Ceremony)  
Shuttle from parking lot,  
NE corner of Tanque Verde  
& Bear Canyon Rds.  
Shuttle runs 7:15 a.m. to  
8:45 a.m. and after the  
ceremony around 1 p.m.

Public programs are free  
Registration & fee  
required for the retreat

For more information:  
[www.karunamayji.org](http://www.karunamayji.org)  
or call 760-0364

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BROOKLYN PIZZA  
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(not good with any other offer)

CASBAH TEA HOUSE  
628 N. 4th Ave.  
— 10% discount every day

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— 5% discount on Tuesdays

COLON HYDROTHERAPY  
WITH SHAUNA STANGL  
— 20% discount on first visit  
887-4287

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ENERGY WORK & FLOWER ESSENCES  
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— 10% discount daily

FOURTH DIMENSION FUELS  
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4-6 p.m.  
or by appt.

CATHERINE FRANCE, B.S.,CHT  
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400 N. 4th Avenue  
— 10% discount on all  
accessories every day

HOW SWEET IT WAS  
419 N. 4th Avenue  
— 10% discount on Mondays

JULIANNE MONTAÑO, MPH  
Colon Hydrotherapy

548-9222  
— 10% discount on first visit

KANELLA'S NOW & THEN CLOTHING  
338 N. 4th Ave.  
— 5% discount every day

LOTUS MASSAGE &  
WELLNESS CENTER  
[www.lotustucson.com](http://www.lotustucson.com)  
326-7700  
— \$20 discount Tues. - Wed. - Thurs. mornings

MAGPIES GOURMET PIZZA  
609 N. 4th Avenue  
— 5% discount on Mondays

NATIVE SEEDS/SEARCH  
526 N. 4th Avenue  
— 5% discount on Mondays

ORDINARY BIKES  
311 E. 7th St.  
— 5% discount on parts &  
accessories on Mondays

PEOPLE'S IMPORTS  
276 S. Park Ave.  
— 10% discount Tuesdays  
and Wednesdays

MARCEY ROSIN,  
ACUPUNCTURE &  
ORIENTAL MEDICINE  
904-1460  
— 5% discount daily

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— 10% discount on Mondays

SUSAN ECHOE STAR, M.A.,  
CLINICALLY TESTED SPIRIT ENERGY  
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— 10% discount every day

TUCSON HERB STORE  
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— 10% discount on Wednesdays

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321-3670  
— 10% discount on counseling service

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247-7057  
— 10% off well women care,  
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## Join the NEW!!! Co-op E-Newsletter

[www.foodconspiracy.org](http://www.foodconspiracy.org)

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updates, current articles,  
special coupons, event  
announcements, and more  
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## Reminder to all Co-op members

who joined the co-op before  
October 1, 2006. A minimum  
of \$15 is due to begin paying  
off the \$60 equity increase. If  
you have not already made  
a payment toward this equity  
increase, you will be prompted  
at the register to pay \$15 the  
next time you shop.

cont. from p.1

written expectations or requirements that stated owners needed to support the Co-op. This is an important distinction because it emphasizes one of the cooperative principles that we operate under as stated, in part, in section 1.2 of the new bylaws:

(c) economic participation by owners with owners equitably contributing to and democratically controlling the capital of the Co-op, with a limited, if any, return on capital, and with earnings being equitably applied to

the benefit of owners in proportion to their patronage, to the development needs of the Co-op, and to the provision and extension of common services

The new bylaws are now asking a little bit more of our member-owners, as we should if we are to operate our business as a cooperative that adheres to the seven cooperative principles. We are happy when member-owners make their equity payments in a timely manner, but we also want them to use our services and make purchases on at least an occasional basis. Actually we'd like our member-owners to do

more than that—that's just a minimum standard that is now stated in our bylaws. I'm proud to say that many of the Co-op staff support the Co-op by being among the Co-op's top customers. If current member-owner supported us by purchasing a little bit more from our store than they do now, we will be in a better position to make improvements to their shopping experience, provide additional services and help secure a foothold in the future.

Right now we are trying to start up a delivery service—we're not talking air conditioned

vans with refrigerated cases. We're starting small—a borrowed bicycle, a second hand bicycle cart and a cooler packed with ice. We want to continue to improve, to build on our successes and we need the support of our member-owners. Help us take these small steps to continually improve our Co-op by shopping here a little more, by updating your membership and letting us know what improvements you'd like to see. Thank you.

The End

## Generally Speaking

When I looked at the product's website, I found another neat feature. The wheels on the bottom of the boxes make them easier to move inside and outside during transitional weather times, thus prolonging the growing season.

One drawback may be the relatively small space of the boxes themselves. But this may nudge us to grow our squash on trellises rather than allowing them to spread out on the ground, although I don't know how workable this is with very large squash.

I love all varieties of squashes and melons, and wouldn't want to give any up to conserve space. But it did make me think about how much of any kind of veggie or fruit I need. I'm thankful to be eating largely out of my garden right now, and am not very affected by the higher produce prices this season. But when I bought some of my favorite zucchini recently to satisfy a craving, I was shocked at the price of over three dollars per pound.

This made me meditate on what exactly it is about zucchini I really desired. When I think about a plant, I think about it on many levels. Are there specific nutrients I need that I can only get in zucchini? No. Do I have some specific emotional need that can only be met by zucchini? No; while I associate zucchini with some Mediterranean dishes, really it is the spices that meet my specific taste needs. Is there some specific medicinal need that I get from this plant? Not that I know of. I do make some food choices according to Chinese medicine

guidelines, but do not think zucchini is meeting some specific need here.

What else could it be? Years ago, when I wrote about my desire for the Co-op to carry the flower essence of Oregon grape, I discussed how the herbal uses for a plant can be an indicator of some of the properties of the flower essence to heal emotional and spiritual issues. Richard Katz and Patricia Kaminski, founders of the Flower Essence Society in California, talk about how "the soul-healing qualities of the flower essences are like a 'higher octave' of the medicinal and herbal healing properties belonging to the plant."

When I interviewed Cynthia Athina Kemp Scherer, founder of Desert Alchemy flower essences, for an article I did for *Tucson Lifestyle* a few years ago, she said that even though plants may be in bloom for relatively short times, the healing qualities of the plants are present at all times.

So might we look for the energetic quality of that favorite zucchini of mine? Perelandra, a flower essence and nature research center in Virginia, makes essences from the flowers of garden plants. Their Perelandra Essences Guide states that zucchini essence helps in increasing physical strength. I've been going to the gym and lifting weights recently, so I am focusing on increasing my physical strength. But even though I work with essences almost constantly for myself and clients, I never thought to ask if I

needed essences specifically to help with this aspect of my life.

Maybe that's because I was meeting the need by chowing down on that expensive zucchini I was craving. Since starting a course of zucchini flower essence, I've felt satisfied with smaller portions of zucchini and am happy to fill up on the greens I have in abundance in my own garden or growing wild in my yard. Now I'm eating a higher percentage of locally grown food, saving money, and feeling more resourceful.

#### RESOURCES:

Brad Lancaster  
Rainwater Harvesting for Drylands  
[www.harvestingrainwater.com](http://www.harvestingrainwater.com)

Deborah Mayaan  
[www.deborahmayaan.com](http://www.deborahmayaan.com)  
881-2534

Desert Alchemy  
[www.desertalchemy.com](http://www.desertalchemy.com)  
325-1545

EarthBox  
[www.earthbox.com](http://www.earthbox.com)  
1-888-917-3908

Flower Essence Society  
[www.flowersociety.org](http://www.flowersociety.org)  
1-800-548-0075

For more information on the concepts I described, see: Richard Katz and Patricia Kaminski, "The Twelve Windows of Plant Perception," [www.flowersociety.org/twelve.htm](http://www.flowersociety.org/twelve.htm)

Native Seeds/SEARCH  
526 N. Fourth Avenue  
[www.nativeseeds.org](http://www.nativeseeds.org)  
622-5561

Perelandra  
[www.perelandra-ltd.com](http://www.perelandra-ltd.com)  
1-800-960-8806

San Xavier Cooperative  
(Mon.-Fri., 8 am-5 pm)  
8100 S Oidak Wog (From I-10, take I-19 south. Take the San Xavier Rd. exit, #92. Turn right on San Xavier Rd. Turn right on Oidak Wog. Store is in tan mobile home.)  
295-3774

Tohono O'odham Community Action  
(a cooperative)  
[www.tocaonline.org](http://www.tocaonline.org)  
1-520-383-4966 (Sells)

The End

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## Get Involved & Get a Discount

**Food Conspiracy Co-op** offers two levels of member-owner volunteer involvement. Members-owners volunteering three hours once a month receive a 5% discount. Members-owners volunteering six hours per month receive a 10% discount. Discounts are available the month following your member-owner volunteering and are good for the whole household.

We are looking for members-owners who can commit to regular volunteer spots and who are excited to become more deeply involved with the Co-op.

The following Member-Owner Volunteer Positions are available as of press time. If you are interested, please fill out a Member-Owner Volunteer Application (available at the Member-Ownership Desk or from a cashier), or call Torey at 624-4821.

**It is also now possible to fill out a volunteer application on our website: [www.foodconspiracy.org](http://www.foodconspiracy.org)**

### Some volunteer opportunities currently available:

**DAIRY** (cutting and wrapping bulk cheese, stocking dairy cooler)  
2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Wednesday from 1 to 4 p.m.

**GROCERY** (stocking, cleaning, assisting customers, etc.)  
Monday & Thursdays for 3 hours between 7 a.m. and 2 p.m.

**OUTREACH** (represent the Co-op at events such as the Street Fair)  
Times vary. If you would like 6 hours a month of regular volunteer time in Outreach, you can work on our shelf tag program during months when there are no special events.

**PRODUCE** (stocking, culling, prepping, etc.)  
Thursdays, 3 hours any time

**BULK HERBS** (stocking, cleaning, etc.)  
Any day Tuesday through Saturday, 3 hours any time

**WELLNESS** (stocking, cleaning, etc.)  
Any day, 3 hours any time

**BULK** (stocking, cleaning, etc.)  
Any day Monday through Friday, 3 hours in the morning

**FRONT END** (bagging, cleaning, assisting customers, etc.)  
Any day from 11 to 2 p.m. or 4 to 7 p.m.

## Update on FDA Campaign to Introduce Cloned Animals to the Food Supply

### “Yuck Factor” Causes Many to Oppose Cloning of Animals for Food

**T**he backlash against the US Food and Drug Administration's possible endorsement of food from cloned animals continued as legislation was drafted to require labeling of all such food products. Meanwhile food companies issued statements opposing cloned foods and a leading ice cream company organized a protest march in Washington, DC. Even a biotechnology industry trade journal spoke out against cloning animals.

In February, Maryland Senator Barbara A. Mikulski introduced the Cloned Food Labeling Act. The legislation will require the FDA and the Department of Agriculture to mandate that all food that comes from cloned animals be labeled as such. The label will read: This product is from a cloned animal or its progeny. “The public deserves to know if their food comes from a cloned animal. My legislation will help the American public make an informed decision,” said Senator Mikulski. “I am strongly opposed to the FDA approving meat and milk products from cloned animals for human consumption. If cloned food is safe, let it onto the market, but give consumers the information they need to avoid these products if they choose to. We need to let Americans—many of whom find this repugnant—speak with their dollars and choose the food that they feel confident is safe.”

In California, State Senator Carol Migden also introduced legislation calling for labeling of meat and dairy products from cloned animals. Straus Family Creamery, a

California organic dairy, supports Migden's legislation. “We believe that consumers have the right to make informed choices when buying food. We think it's wrong that the FDA is allowing cloned meat and milk products onto grocery store shelves without being labeled,” the company said in a statement. California's largest dairy processor, California Dairies, Inc., recently stated that it “will not accept milk from cloned cows...effective immediately.” A recent poll by the Pew Initiative on Food and Biotechnology found that a majority of Americans opposed animal cloning. Pew representative Kara Flynn cited the “yuck factor” as the main reason for consumer opposition. “Religious and ethical concerns are a big factor ... as if we're playing God,” she said.

#### PROTEST MARCH

In February, ice cream maker Ben & Jerry's organized a protest march through the streets of Washington, DC, with more than 100 cow-costumed marchers rallying on Capitol Hill to raise awareness of issues related to cloning. “We are calling for the FDA to expand its review of cloning and urge all Americans to learn more about the issues and share their concerns with the FDA and their Congress members,” said Ben & Jerry's co-founder Jerry Greenfield. **FC**

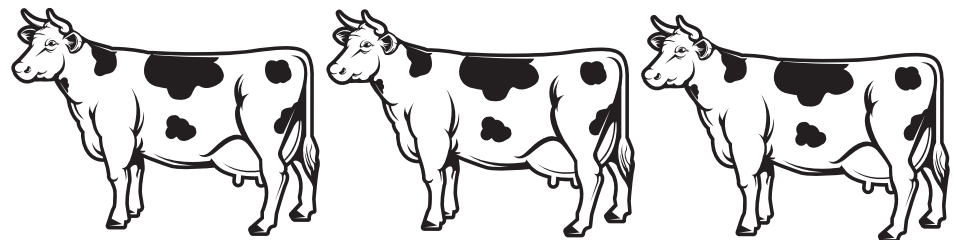
(Source: *The Kansas City Star*)

Stay informed on genetic engineering issues! The Organic and Non-GMO Report Special for Co-op Members: \$10 Off Your Subscription. 800-854-0586 or [www.non-gmoreport.com](http://www.non-gmoreport.com)

### Bill Would Prohibit Cloned Food Products in Organics

**T**wo US senators recently introduced legislation to ban foods from cloned livestock from receiving an organic food label under the National Organic Program administered by the US Department of Agriculture (USDA).

Senators Herb Kohl from Wisconsin and Patrick Leahy from Vermont say the legislation aims to “protect the integrity of the organic label.” “Any attempt to allow cloned animal products to carry the organic label would be inconsistent with the national organic standards and labeling program,” said Leahy, author of the Organic Foods Production Act of 1990. The proposed bill aims to close a possible loophole in USDA regulations, which prohibit cloning in organic production, but which do not address the issue of the offspring of cloned animals. **FC**  
(Sources: FoodNavigator-USA.com, Associated Press, Wisconsin Ag Connection)



### Reminder: Take Action to Stop the Sale of Cloned Milk and Meat Products

**I**n addition to the draft risk assessment on the safety of food from cloned animals, the FDA also issued a proposed risk management plan that addresses “uncertainties” associated with feed and food from animal clones and their offspring and a draft guidance for industry that addresses the use of food and feed products derived from clones and their offspring. FDA is seeking comments from the public on the three documents until April 2. To submit electronic comments on the three documents, visit [www.accessdata.fda.gov/scripts/oc/dockets/comments/commentdocket.cfm?AGENCY=FDA](http://www.accessdata.fda.gov/scripts/oc/dockets/comments/commentdocket.cfm?AGENCY=FDA)

The FDA will make a final decision on the documents after public comments are submitted. **FC**

## Acupuncture, Herbs, Total Body Wellness

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## Want More Community?

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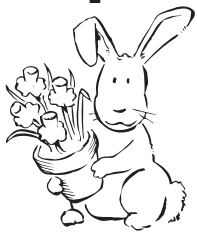
**We are looking for organizers and investors to make this dream a reality.**

for more information contact:  
Jack 743-0158 [jocx@juno.com](mailto:jocx@juno.com) or Dwight 740-0810 [info@peacesupplies.org](mailto:info@peacesupplies.org)

Current sponsors include: Tucson Peace Center, See Sharp Press, Peace Supplies, Food Conspiracy Coop, Cabeza Cerveza and Turnwind.

Food Conspiracy Co-op

# Bulletin Board



## Just Good Food

Join the Co-op & Save. Because everyone deserves a healthier bag of Groceries. You'll be part of a cooperative effort to sustain natural groceries and organic fruits and vegetables without any unwanted chemical or genetic surprises. All it takes is a \$10 nonrefundable administrative fee and a refundable investment of \$180. (The payment plan is \$23.75 per quarter.) Your investment is used to help improve our buildings, products and equipment. Should you ever choose to withdraw your member-ownership, you will be repaid the full amount of your investment.

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# SOLAR ROCK

A 100% Solar Powered Event

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more info: [www.stepitup2007.org](http://www.stepitup2007.org)

### Featuring:

**Local Bands:** Kool Shades,  
The Watchmen, The Thesis, and Arthur Migliazza

**Local Guest Speakers:**  
US Rep. Raul Grijalva, Dr. Joaquin Ruiz  
& AZ Rep. Steve Farley

**Local Environmental Organizations,**  
**Local Green Businesses,**  
Food, Family Entertainment, and Practical Info on  
What You Can Do.

### Special Thanks To:

Fair Wheel Bikes  
The B-Line Restaurant  
Magpies Gourmet Pizza  
Roadrunner Biodiesel  
& The Center for  
Biological Diversity



## Saturday, April 14th

## 12 to 5 p.m. @ Himmel Park

Himmel Park is South of Speedway and East of Tucson Blvd.

# CO-OP Basic Buys

Because everyone deserves a healthier bag of groceries.

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\*\*Produce prices will vary throughout the month  
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Salted & Unsalted  
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Reg. \$6.49

**\$3.79**

**Nature's Pac Eco Pac Cereals**  
Corn Flakes - Reg. \$6.69, Multigrain Flakes -  
Reg. \$8.69, Honey'd Raisin Bran - Reg. \$8.59,  
Heritage O's - Reg. \$7.89 & Heritage  
Flakes - Reg. \$7.89

**\$4.59**  
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### Organic Red Lentils

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Unsweetened Vanilla  
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**\$4.59**  
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