

Prairie Newsletter

Local, Local, Local

By Florence Vincent

At the Yelm Food Co-op we are always on the lookout for local vendors. We love being able to support our local sustainable farmers and manufacturers. Below are the very local Yelm area vendors, just minutes away. Shop Local/Buy Local!!!

Many of these you will find sampled throughout the month.

From Yelm; Master Tonic, Silver Water, NDulge Soaps, EM1 septic digestive system, Yummy Local Foods, Ready to eat snacks, Tree of Life Honey, Mari's Farms, Naked Newt Body Creams, Nisqually Farm Meats, Stiebers Farm Eggs,

From Eatonville; Woodside Farm Eggs, Left Foot Farm Goats Milk

From Rainier; Rainier Ridge Soaps, Starry Lane Apiary Facial Care

From Lacey; Eco's Earth Friendly cleaning products

From Olympia; San Francisco St. Bakery, Bread Peddler Breads & Pastries, Hot Babe Sauces, Exquisite Traditional Hummus etc., Oly Kraut, Terra Bonita Salsa, Rawk Star Drinks and Snacks, Rainbow Cloud Kombucha, Batdorf & Bronson Coffee Beans, Stokesberry Farms Chicken, Eggs, Duck Eggs

From Tumwater; 8 Arms Breads, Pastries & Pasties, Ice Chips Candy, Claddagh Cold Brew, Alaffia Body Care

From Tenino; Cozy Vale Milk, Tunawerth Milk, Cheese & Yogurts

Burdock Root = The Miracle Root

By Christine Jarlik-Bill

When you look into our produce cooler there is that long root with the name 'Burdock Root'. You may know the plant from your childhood: I remember throwing the fruits or burrs with hooked spines at each other. The burrs stuck everywhere in our clothing and even hair AND it was hard to get rid of.

No wonder that these burrs have been the template for velcro closures (patented in 1955).

Burdock can be called a weed as it grows almost everywhere on this planet. In Japan it is known as 'Gobo' and has been cultivated in order to harvest the roots easily. It has a pleasantly crunchy texture and an earthy, sweet flavor resembling celeriac or parsnip.

Now: what is all the craze about Burdock?

Consumption of this root has helped many people with skin issues through its blood- and lymph-cleansing abilities. The root has potent anti-inflammatory and antibacterial effects: 'It also soothes arthritis.

Besides being a cleanser Burdock nourishes the most extreme, buried and far reaching aspects of ourselves. The fresh root is high in vitamin C and vitamin E which are powerful natural antioxidants that help the human body stave off infections, cancer and neurologic conditions. Valuable minerals are iron, manga-

nese, magnesium, zinc, calcium, selenium and phosphorus. Burdock also contains Inulin which helps to lower blood sugar levels.

In order to get the health benefits it is advised to use the root long-term and frequently.

You can add the finely grated, fresh root to your salad by using 2 or 3 inches. If you like to cook with it, you can use the root in your stir fry or add it when cooking your rice or other grains.

Here is one of my favorite recipes: The Fast Root - serves 4

- 1 Tbsp Olive oil
- 1 burdock root, grated
- 2 carrots, grated
- 1 parsnip, grated
- 1 Tbsp sesame oil
- 1 tsp Tamari
- ~ a handful water



Slowly heat the oil. Add shredded or grated roots. Saute while stirring for about 5 minutes. Then add water, tamari and sesame oil. Cover well and cook until tender, roughly 10 minutes more.

Preparation time: 30 minutes. Grating or shredding fresh roots before cooking increases their already abundant energy. This food/medicine gives optimum nutrition for great strength, staying power, rooted energy and creativity.

HELP!!!

Yelm Food Co-op needs a new printer. Our HP printer has lasted 10 years! but needs to be replaced. We have chosen a Brother Business Smart printer that will print in both 8x11 and 11x17. The larger size will allow us to expand our newsletter to 4 pages!! Any donation will be appreciated. The cost is approx. \$130.



Yoga Way of Life cofounder Bharti Nagal collaborated with a team of Ayurvedic doctors to formulate her products with organic oils and herbs. A former IT specialist, Bharti is committed to Ayurvedic principles and providing a natural, organic alternative to other chemical-laden skin care products on the market. Check out her products at the Co-op, we carry her creams, soaps and scrubs. Hopefully you'll catch Bharti when she is in the store and have an opportunity to chat with her, as she is a wealth of knowledge about her products and Ayurveda. In the meantime, find a whole host of information on natural skin care remedies on her YouTube channel - YWL Skin Care.



IT IS ONLY NATURAL

Deli Sandwiches

have been temporarily put on hold.

We appreciate your positive response to our sandwiches last month. We encountered a compliance glitch that needs to be dealt with,

but at the same time we're working on a plan to offer Grab'n Go salads, soups and sandwiches as well as a sit down environment in the store.

There are obstacles to overcome due to our store's infrastructure, as well as licenses and compliance with local ordinances, but please bear with us as we work on these things, and know that we're planning to make our co-op an even better place for all of us!



Featured Members Only Sale Items—More in Store



Artisana Raw Almond Butter

Member Price
\$18.66 /EA

CURRY LOVE SAUCES



Member Price
5.63 /EA

CURRY LOVE PASTES



Member Price
\$3.43 /EA



GLEE GUM ASSRTD FLAVORS

Member Price **1.22** /EA



STONERIDGE DRIED FRUITS

Member Price **6.35** /EA



BULK CANE SUGAR

Member Price
\$1.23 /PerPound

STRAUSS BUTTER LITE



Member Price
\$5.13 /8 OZ

EARTH FRIEND DISHMATE SOAPS

Member Price
\$4.19 /EA



SOUTH of FRANCE SOAPS

Member
Price
\$3.45 /EA



TOPRICIN PAIN RELIEF & FOOT

Member Price
\$11.49 EA

March Coffee of the Month is *WHIRLING DERVISH* by Batdorf & Bronson **\$10.99/Lb**



Board meetings!

Board meetings are open to all members. Ten minutes is set aside at the beginning of each meeting for comments and suggestions.

The Board will meet at 6 p.m. on Thursday, March 15th here at the store.



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One block from the Co-op!



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