



# MARIPOSA NEWS

WINTER 2013



## Happy Holidays



Now that the first Fall rains have materialized, the prospect of the Holidays does not seem so far-fetched. It was hard to imagine with that 75 degree weather. Grateful we are for the wonderful moisture that has settled the perpetual dust and set the creeks to running. The Thanksgiving frenzy which we are experiencing right now will fizzle out after we consume our yearly mega-meal, and we will be able to concentrate on the less hectic holidays (for us) of December.

Our addition to the kitchen and offices is in full progress. We are excited about our newly enlarged kitchen which will help the café with its problems revolving around getting the soup, sandwiches, and salads out in a timely manner. We will be featuring two soups every day, one vegetarian and one with meat. We have a new Panini-maker which should get hot sandwiches out in less than 5 minutes. And our local baker Hellagood is starting to supply us with gluten-free baked goods, filling a need that was opened when Katherine Sterngold (Sugar Kat) moved to Santa Rosa.

The GMO labeling law did not pass in Washington State in a recent election. Once again the Monsanto Corporation poured millions of dollars into the campaign using the same tactics that were used in California to defeat the law. They told the public, in an inundation of TV ads and flyers, that labeling the food would raise food prices and that the law was poorly written and would cause confusion and economic hardship. Interestingly, the ads never mentioned the issue at hand: the fact that the public has the right to know what is in their food. It amazes me that in this "media age" most people know very little about genetically modified foods and are blissfully

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## Employee Favorites in the Body Care Aisle by Gaea Bogue

Recently a customer approached me and said that she's liked every product she's tried that has an "Employee Favorite" sign. Her positive feedback prompted me to start adding more signs for my favorite products. Below is a list of some of my favorites. Enjoy!

### **Badger, Chamomile & Calendula Baby Oil, USDA Organic**

Gentle and soothing for delicate baby skin. This can be used for baby massage, cools and heals rashes, moisturizes, and protects skin. I love the soft natural scent derived only from the herbs. I even like to use it as a body oil for myself!

### **Babytime, Peaceful Bubbles**

Gently cleansing and moisturizing, PH balanced, non-irritating, without the chemicals. The soft scent is naturally derived with lavender and plum notes. This can be used as a body wash, bubble bath, and shampoo for ages 0+. I've also just brought in travel size, gifts sets. My friends with babies love this line.

### **The Super Salve Company, Cocoa Mango Skin Oil**

I'm addicted to the scent of this delicious oil blend! It is scrumptious with a sweet and nostalgic aroma. It brings to mind a tropical beach setting, which is perfect in the summer, and dreamy in the winter months. When

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### Hours

Mon-Fri 9-7 Sat 9-6 Sun 11-5:30

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Mariposa Market - 500 S. Main St., Willits, CA 95490 - Ph (707) 459-9630

### Employee Favorites - Continued from Page 1

I use it in the winter I find that it gives a nice mood lift, maybe the remembrance of warm skin soaking up the sun.

#### **Copper Moon Apothecary, Deep Tissue Sore Muscle Bath Soak**

I purchased this as a gift before I started working at Mariposa, I tried it and it is now my favorite luxury bath product. This truly does help to ease the aches and pains and is formulated with therapeutic grade herbs to do so. I really enjoy the spa-like experience of bathing with this blend of herbs and essential oils.

#### **MyChelle, Ultra Hyaluronic Hydrating Serum**

I use this daily and noticed an improvement in my skin softness right away. Hyaluronic Acid helps to bind water to the skin, moisturizes, and helps smooth fine lines. It also helps heal skin imperfections such as blemishes.

#### **Dr Hauschka, Mascara**

I've tried countless mascara brands, natural and not so, this is my favorite. It actually strengthens and conditions your lashes as you use it! Nothing else that I've tried has made my lashes as substantial, and I enjoy the knowledge that it is not harming, but improving them.

#### **Alaffia, African Black Soap**

This multi-use soap is great for men, women, and children. It goes a long way and leaves skin & hair feeling soft and clean. I like the satiny, rich consistency and light citrus scent. Alaffia is a remarkable company. Alaffia was created to help West African communities become sustainable. Some of the projects include the creation of women's cooperatives, bikes for kids, education support, reforestation, maternal health, and gender equality by providing women with jobs. Alaffia is fair trade certified.

#### **Wild Carrot, Peace Cream**

This is for help with sleep and quieting the mind. It actually works! When I'm having trouble falling asleep I massage a little bit on the back of my neck and shoulders. Some people like to rub it on their hands, feet, or chest for the same calming, quieting effect. It is located in the sleep and mood section of the Health and Beauty aisle.

#### **Honey Girl Organics, Facial Cleanser & Makeup Remover**

This is a one step cleanser and moisturizer. I like to use it before bedtime to remove my makeup and cleanse my skin of the dust from the day. It leaves my skin feeling radiant and fresh. Honey draws moisture to the skin, stimulates collagen production, and is a natural antibiotic.

#### **Gabriel Cosmetics, Lip Gloss Treatment**

This lip gloss is reminiscent of MAC lip gloss, but with good ingredients. After applied it stays put, I don't have to re-apply as often as with some other lip glosses. This is moisturizing and plumping as well as lovely.

### Happy Holidays - Continued from Page 1

ignorant of the impact they have on our environment. Recently, I read an article which stated that the REAL weapons of mass destruction were genetically modified foods, pesticides, and excessive carbon emissions (CO2). It's unfortunate that we can't seem to focus on the things that will affect us in the most negative ways.

Sarah and Aaron have collaborated on a Gluten-Free Holiday Guide that is available to our customers at the check-out stands. This helpful little hand-out lists many of the available gluten-free alternatives for holiday cooking and tells you where they are located in the market. It includes some cooking tricks and recipes.

Just a reminder: Our food drive for the Food Bank will continue until Christmas. Please clean out your cupboards or donate food items from our store. There are a lot of people in Willits that will greatly appreciate your donations. Our obligation to our community is most important.

The owners and staff of Mariposa Market wish you a safe, healthy, and happy Holiday season. May you be surrounded by friends and family. The very best of 2014 to you as well.

—Mary Anne

### Modified Holiday Schedule

**We will close our doors at 3:00 p.m. on Christmas Eve and be closed all day on Christmas itself. We will open at 11:00 a.m. the day after Christmas—Dec. 26<sup>th</sup>.**

**New Year's Eve we will close at 5:30 p.m. and be closed all day on Jan. 1<sup>st</sup>. We will be open as usual on Jan. 2<sup>nd</sup>.**



## Words From The Dalai Lama For the Christmas Season

By Mary Anne

Recently, I read an interesting article by Victor Chan in the Shambala magazine. Victor had the privilege of spending a morning with the Dalai Lama. In his article, Chan writes about his experience in a letter to his daughters. As a message for this holiday season, I wish to share some of his revelations with you.

Chan says, "For the Dalai Lama meditation is most important. For him, it is like brushing his teeth. He has made it a habit, and without a doubt, he is the happiest person I have ever known. His sense of humor and his ability to laugh and enjoy life is legendary". Yet, the Dalai Lama gives us some simple parameters for a meditation practice. He admonishes us not to be too ambitious and to temper our impatience. He instructs us not to practice for too long at the beginning, only ten or fifteen minutes, but to do it often, as in a few times per day. And, he says, make it a regular habit. Science itself has confirmed the close correlation between meditation and genuine happiness.

The Dalai Lama was not a particularly good student when he was young. With a mercurial temper and impulsive nature, he struggled with monastic disciplines. He learned easily, which he felt only made him lazy; he had no real interest in work, only play. But, his tutor kept a "holy whip" nearby for the "holy student". Eventually, with perseverance and self-control, he learned to sit still and control his errant impulses.

Now, the Dalai Lama lectures often on the importance of self-control, which he considers a necessary element of spirituality. He likens our undisciplined minds to untamed rampaging elephants. Instilling a good dose of inner discipline makes us more likely to develop compassion, the foundation of genuine happiness. Meditation, of course, is the tool.

The Dalai Lama was recently quoted as saying "If every eight year old is taught meditation, we will eliminate violence from the world within one generation".

What a powerful concept!

Here are a few things that Victor Chan learned from the Dalai Lama which we can all use to make our lives more meaningful:

Meditation, the basis for self-control and compassion.

Exercise, which is beneficial for the body and the mind. The Dalai Lama exercises every morning even though he is not overly fond of working out.

Self-control, which includes delayed gratification, discipline, and perseverance

Habit, which forms a positive routine that helps create sustainability and success

Giving and being helpful to others

Chan says, "I intuited his (the Dalai Lama's) powerful and real connection to everything around him, a connection that transcends thought...The Dalai Lama knows cognitively as well as experientially that everything is subject to the law of impermanence and that our existence depends on a complex web of relations. It is as if his personal boundaries have dissolved. As a result, he feels a profound kinship with everything and everyone".

Although many more humans are meditating these days, many are not able to keep it up in a sustained way. Sooner or later pressing worldly concerns interrupt our routine. The message for all of you this holiday season is a plea to renew our efforts to bring about world peace through selflessness and compassion.

The Dalai Lama counsels us that progress takes time. He encourages us in this way: "It is not like switching on a light. More like kindling a fire, start from small spark, then becomes bigger and bigger, more light, more light. Like that."





## Seasonal News from the Gift Department

By Nan



Our seasonal offering of alpaca blend woolens from Andes Gifts is back. I'm always grateful to work with a company like this one because of its humanitarian approach. Andes Gifts is a Fair Trade company who employs a cooperative of indigenous Aymara and Quechua women who work at their own pace in clean safe and spacious environments. These skilled artisans, with years of experience as weavers and knitters, create this fine line of accessories that Mariposa has the privilege of offering to our community. We also have another line of Fair Trade woolens from Nepal to help keep you and your loved ones warm this winter.

Speaking of handmade items, MaryAnne's sister in-law is providing our market with a wonderful line of tie dyed socks and baby clothing called Tuk My Chicken. These colorful items are fun and very popular with the younger generation and a nostalgic flashback for us aging baby boomers. Who would have thought tie dye would have such a resurgence?

Our own local Kathryn Green has been supplying Mariposa with tie dyed shopping bags and children's socks for years. In addition to these, our tie dye leggings are rapidly becoming the most popular item of our gift department, and although they are imported from Bali, their quality and comfort is superb. Other handmade additions to our market are the felted slippers and silk and felted scarves from a new company called Silk Road Bazaar. This company provides jobs for the people of Kyrgyz in central Asia. These crafts people are far from modern civilization and produce these beautiful and useful items in a traditional manner that has been handed down through the generations.

Our gift department is full of other wonderful items for holiday shopping including a good selection of scarves, candles, kitchenware and SOCKS! Our staff will be happy to help you make your holiday purchase.

## Produce Updates for the Month of December

By Mary Anne

It's beginning to look a lot like: CITRUS! Yes, it's the time of year when "orange is the new green". The fruit section of our produce department is becoming a veritable ocean of vibrant fall colors, the perfect antidote for the "winter blues". Marching forward in the lineup is our perennial favorite, the Satsuma Mandarin. Unlike some citrus, early offerings of this mandarin are often very sweet and delicious. And, to top off all this excellence, they are seedless. (Just writing about them, I had to go eat one!) Five pound gift boxes are available as wonderful host or hostess gifts for the holiday season.

Following on the heels of the Satsumas are an array of other citrusy offerings. Reports on the early Navel Oranges are favorable; lemons are coming down in price. Many other items will soon follow: various mandarins and tangerines, tangelos and Meyer lemons. The Valencia Orange is sweet and juicy but will soon be going out of season. Grapefruit has been on our produce lists but is sometimes of sketchy availability. The Rio Red variety is especially juicy and sweet.

Our locally grown Hachiya persimmons are absolutely fabulous this year. They have been coming from Ukiah where the long autumn season with its warm days and cool nights have created the perfect fruit. Have you ever made persimmon pudding? We have recipes for you next to the fruit. We still have late season apples from Mike Gauder—Sierra Beauties, Granny Smiths, and Waltanas all make for great baking apples for pies and other sweet favorites. Berries and grapes are dwindling away for this season but there are a few melons from Mexico. Mangoes are coming in high in price but this should change as the season gets going in the Southern

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## Yoga For Healthy Aging Meditation for Memory Loss

Alzheimer's disease (AD) is an irreversible, progressive degenerative disease that causes neuronal death in the hippocampus area of the brain, which triggers short-term memory failure, and often the ability to do familiar tasks decline as well. It also attacks areas of the cerebral cortex causing loss of language skills and judgment. Personality changes, emotional outbursts and disturbing behavior, such as wandering and agitation appear and can happen more and more often as the disease runs its course. It is believed that therapeutic intervention that could postpone the onset or progression of Alzheimer's disease would dramatically reduce the number of cases over the next 50 years.

Evidence shows that environmental as well as life-style practices may also contribute to the disease progression. Most of us can avoid the mind ravaging effects of AD by making healthy changes in lifestyle, remaining active, achieving ideal weight, reducing stress, and in some cases, supplementing your diet with vitamins, herbs and/or nutraceuticals that are recommended to you by a physician or licensed practitioner. The brain, like muscles in the body, requires exercise to remain strong in function. Stimulation of the brain increases the branching of brain cells that support cognitive function, and these beneficial effects can be seen in people of all ages. Thus, it is important to pursue intellectually challenging activity throughout life. Maintaining mental agility and learning new tasks as we age will also contribute to our own well-being and independence. A new pilot study led by researchers at Beth Israel Deaconess Medical Center suggests that the brain changes associated with meditation and stress reduction may play an important role in slowing the progression of age-related cognitive disorders including Alzheimer's disease.

The authors demonstrated that stress reduction through meditation also improves cognitive reserve. As people with mild cognitive impairment age, there's a high correlation between perceived stress and AD, and the authors wished to know if meditation reversed this process. They evaluated adults between the ages of 55 and 90 and included 14 adults diagnosed with mild cognitive impairment in the study. Participants were put into two groups: one group that participated in Mindfulness-Based Stress Reduction (MBSR) using meditation and yoga, and a second control group that received normal care. The study group met for two hours each week for eight weeks. They also participated in a day-long mindfulness retreat and were encouraged to continue their home-practice for 15 to 30 minutes per day. All participants underwent a functional MRI before the onset of the study and then again after eight weeks to determine if there were any changes in the structures of the brain or in brain activity.

The results of MRI imaging showed that the group that engaged in meditation and yoga had significantly improved functional connectivity in the hippocampal areas of the brain that is responsible for emotions, learning and memory. Furthermore, they experienced less degeneration of the hippocampus. In addition, the data also suggested a trend toward improvement for measures of cognition and well-being. What a cheap but effective method to reduce degeneration and improve functional connectivity! Meditation and yoga are some of the simplest intervention modalities with very little downside that may provide real promise for AD individuals that have very few treatment options.

Taken from: Yoga for Healthy Aging (<http://yogaforhealthyaging.blogspot.com/>) "Memory Loss – Meditation to the Rescue" by: Ram

### Produce Updates - Continued From Page 4

Hemisphere. We have local walnuts from both Lake County and from Redwood Valley with really nice flavor.

So far, we are also getting some beautiful tomatoes from C&A Farms in Redwood Valley and some delicious greens from Jim Leonardi's. But, the truth is, it's December, and the growing season in this area is coming to an end. We have had such a long and productive fall but the frosty nights are definitely telling us that the ending of this year's bounty is near. It's time to huddle up with some spiced apple juice from Pomo Tierra, roast a few chestnuts from John Spanbauer's orchard, share a mandarin, and dream about spring. Oh yes, and pray for rain!



## **Alcoholism-Beyond the Myths (Part 5 of a 5-part series) By Todd Hall**

### **Treatment for Alcoholism**

#### **Historical**

The most significant obstacle of effective treatment for alcoholism is a lack of understanding of the disease. Throughout history, the habitual drunkard was considered a sinful creature, who preferred vice over virtue, and ultimately responsible for their own demise. This attitude was the consensus view of the Christian Church for centuries, and to some extent, still exists today. In the early 1800's, the first attempts to treat alcoholism as something other than a mental and moral weakness encountered fierce and effective opposition. In 1935, Alcoholics Anonymous was begun by two men who were considered hopeless drunks by their physicians. Both men were able to stay sober, and helped thousands of others to do the same. Contrary to the views held by the church, Alcoholics Anonymous proved that alcoholics, when they remained sober, were decent human beings who led productive lives, and not hopeless degenerates. (More on A.A. later)

Presently, the large amount of information and literature about alcoholism is mingled with a great deal of misinformation. Much of this literature is distorted by emotion, and burdened with an evaluative purpose. Major professions, established hospitals, and health agencies are mired in this confusion. As a result, these entities have been unable to provide effective treatment for alcoholics.

#### **Alcoholism Locally**

Here in the Willits area, I am personally familiar with several late stage alcoholics imprisoned by the disease. For each of them, alcohol is their first priority, and dominating force in their lives. Unemployable, they do whatever is necessary to obtain alcohol; Lie, steal, or perform 'services rendered'. These alcoholics have no knowledge of the disease which controls every aspect of their lives. When my friends and acquaintances encounter these alcoholics, they treat them with contempt. Even if the basic nature of the disease is explained to them, they seem unwilling or unable to grasp the concept, choosing rather, to

retain their unfavorable opinion of the 'drinking class'. To observe practicing alcoholics treated in this manner seems tangible proof that most of us do not understand the disease of alcoholism. This attitude, coupled with institutional ignorance has made recovery efforts difficult.

#### **Learning about the Disease**

The belief that alcoholics must 'hit bottom' before they can be helped has been discredited in recent years. Waiting for alcoholics to realize they need treatment is simply a mistake. Over 70% of alcoholics being successfully treated have been forced into treatment against their wills. Families, friends, employers, and others can work together to help create circumstances which forcefully and compassionately steer the alcoholic into treatment. Holding the notion that the alcoholic must want help to receive it is to become an ineffectual bystander. (The fact is that most practicing alcoholics do not want treatment) Any type of action plan designed to place the alcoholic into treatment must be carefully planned and researched. All those involved should learn about, and have a basic understanding of the disease. Firstly, it is important to realize that the alcoholic is a sick person, not a bad person. The practicing alcoholic can no more control their drinking and behavior than an epileptic can control having seizures. Moral judgments and condescending attitudes must be avoided. Alcoholics will become defensive and less likely to receive treatment. Families and friends of alcoholics who do not understand the disease can become emotionally intertwined in the alcoholic's excuses, denials, and irrational behavior. Any effective treatment can get sidetracked, and psychological symptoms (not the physical addiction) will be mistaken for the source of the trouble.

#### **Finding a Treatment Program**

Treatment programs will vary from one another, and many are simply not effective in treating alcoholism. Finding the right program will require some

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## Alcoholism - Continued from Page 6

self-education. During the process of choosing a treatment program, some general rules should be observed:

- Be wary of State funded programs, and avoid them, if at all possible.

- Find a program which has in-patient medical detoxification, and a 30 day minimum in-patient care.

- Seek facilities which provide educational programs, which stress the physical basis of the disease. Avoid programs which treat alcoholism as a psychological or mental illness.

- Look for programs which include nutritional and supplement therapy and education.

- Seek programs which emphasize follow up care, including involvement of families of the alcoholic.

Most treatment programs are listed in the phone directory. Learn about the disease and ask specific questions when seeking a treatment program. Always inquire with multiple facilities. Keep a written record of answers to your questions from each. Discuss your options as a family or group.

## The Pros and Cons of Alcoholics Anonymous

Alcoholics Anonymous has meetings in most cities and towns worldwide, and is also available in most treatment programs. Alcoholics need protection against the permanent threat of addiction. A.A. offers shared experience, strength, and hope, and helps alcoholics face their lives and accept the disease. The original '12 step program', A.A. offers guidance through sponsorship, and the experience of other alcoholics with like struggles. Alcoholics Anonymous has helped millions of alcoholics everywhere to achieve long term sobriety. Yet, for all of its strengths, A.A. is not perfect. Alcoholics Anonymous offers no medical or detox facilities, and is not a treatment program. Alcoholics who come in off the street to A.A. statistically have a difficult time staying sober. (On average, one person in eighteen will stay sober). Also, within A.A. remains a belief that personality defects and character flaws are somehow responsible for the trouble alcoholics tend to find. This belief has no basis in fact. The alcoholic should be assured throughout treatment that their personality did not cause the disease, and that they are in no way responsible for it. This assurance will help rid the al-

coholic of years of accumulated guilt and shame. It will assist the alcoholic in understanding that abstinence is essential, for the very reason that alcoholics are physically incapable of processing alcohol normally. If alcoholics believe that their personality caused the disease, they may think that once their personality problems are fixed, they will be able to manage their drinking.

Alcoholics should also understand the grievous error that it is acceptable, and even beneficial to drink coffee and eat foods high in sugar when depressed, anxious, irritable, or feel the need for a drink. Alcoholics Anonymous will have these foods available in abundance. While caffeine and sugar have an immediate effect in elevating the alcoholic's low blood sugar, their use is soon followed by a sharp drop in blood sugar, which will intensify hypoglycemic symptoms. This will often lead to an impulse to drink, if not an outright conscious craving for alcohol. This type of dangerous first aid has been a major cause for relapses within A.A.

## The Family

The most effective people in helping alcoholics find treatment are families of alcoholics. They often wield the emotional power to make treatment a reality. However, the family's deep emotional involvement can also be a burden. They may have become so desolated by the alcoholic's behavior that they are paralyzed with guilt and grief, and unable to help. They also may have a level of shame which causes them to hide the problem, and hesitate to discuss it with others. Again, in order to help the alcoholic, the family should learn as much as they can about the disease. They also must come to understand that they are not responsible for the alcoholic's behavior. Nothing they have said or done has caused the alcoholic to act the way they do. The disease itself is the 'culprit'. By learning about the disease, the family can better keep an emotional distance from the inevitable problems. This enables them to be a greater help. This self-education will also aid family members when dealing with unenlightened physicians and other professionals, who insist that the alcoholic is psychologically or emotionally disturbed, rather than suffering from a physical addiction.

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### The Employer

The alcoholic's employer can hold significant influence in assisting them into treatment. They can pose the choice: Treatment or termination. Alcoholics need money to finance their disease. They may be on the brink of insanity, but they are not stupid. In order to exercise power over the alcoholic, the employer should also understand the disease, if only the basics. Evidence should be carefully assembled, and then, preferably with the family's knowledge and consent, explain the facts to the alcoholic. A factual presentation of the alcoholic's work record and behavior squarely backs the alcoholic into a corner. The hard evidence is there. This will make it difficult for the alcoholic to pretend that their disease does not interfere with their work. The employer's emotional distance is another powerful weapon. Unlike the family, the employer has a business relationship with the alcoholic, and able to maintain professional detachment.

### Acquaintances and Strangers

Friends, acquaintances, and even complete strangers who have knowledge of the disease, often find themselves in a position to help alcoholics into treatment. An informed waitress can be more of a help than an uninformed physician, who may refer the alcoholic to a psychiatrist, or prescribe medication for them. It should come as no surprise, that it is often those who have no emotional attachment to the alcoholic, who prove to be the most helpful. Perhaps someday, alcoholism will be better understood institutionally. Until then, those of us who are alcoholics in recovery, or families and friends of alcoholics, can continue to strive to better understand alcoholism, and help better shape quality recovery for future days.



## From Our Suggestion Box

### Yogi Tea, Positive Energy (Mate Orange):

*We will start carrying this one.*

**Green Panda, Bamboo Toothbrush:** *Thanks for the recommendation! We might bring this one in when there is shelf space.*

**Lundberg, Honey-Dijon Rice Chips:** *We decided to bring them in and they are in stock!*

**Runa, Guyusa Tea:** *We already carry this.*

**Organic Flat Bread:** *We'll look into it.*

**Sesame Sticks in bulk:** *We used to have some in bulk, but did not sell well. We do have individually wrapped sesame crunches.*

**Eden Tamari, large w/sea salt:** *Unfortunately our distributor, UNFI, does not carry this.*

**Gluten free corn pasta:** *Sorry, another one our distributor does not carry.*

**Grindstone Sprouted Seed Bread, please order more as you always run out:** *The shelf life is only good till Tuesdays after delivery. If we order more, we have too much waste.*

**Salazon Chocolate Co., Sea Salt and Sugar Chocolate Bar, organic:** *We got it and it's on the shelf!*

**The Simply Bar & Simply Protein Chips, Chocolate & Herb:** *This particular one is not organic. We are currently bringing in other raw and organic protein bars.*

**Unsalted, baked tortilla chips, please bring them back:** *So sorry, but they have been discontinued by our distributor.*

**Numi Organic Emperor's Pu'erh Tea:** *We currently do not have the shelf space, but will try to order this in the future.*

**Rapadura (unrefined sweetener) in bulk:** *Rapadura is the trademarked name. It's the same as Sucanat, which we carry.*

**Synergy, Bilberry flavor:** *Currently there is no room for additional flavors; however, you can always special order a case.*

**Zhenas Carmel Chai Tea:** *Unfortunately, there's no room for another Zhenas flavor, but placing a special order is always possible!*

## Mexico and Hawaii in GMO News

### By Kevin Copperfield

#### Mexico

Bad news for Monsanto and good news for Mexico. Just days before a recent global March Against Monsanto, a judge in Mexico, citing imminent harm to the environment, has slapped a temporary halt to all planting of genetically engineered corn in the country.

Though not necessarily permanent, the injunction came after years of protests against transgenic crops, particularly those that threaten the persistence of staple crops like corn. For Mexico, corn, also known as maize, is a primary food crop for which there are hundreds, if not thousands, of heirloom varieties currently being grown. If GM corn varieties are allowed to be cultivated alongside them on any considerable scale, Mexico's entire agricultural heritage could become extinct.

Despite a moratorium on GM corn cultivation in Mexico that dates back to 1998, many native maize varieties have still tested positive for low levels of modified genes, which proves that GMOs cannot be contained and have a tendency to contaminate other crops. Because of this, a coalition of 53 groups and individuals, which includes scientists and human rights groups, filed a lawsuit last year to suspend all field trials of GM corn and other experiments that could be causing this contamination.

Mexico, the birthplace of modern-day maize and its cultivation, knows a little bit about how to create various disease-resistant strains of corn, given Mexicans in one form of tribe or another, have been doing it for millennia," writes Gustavo Arellano for the OC Weekly.

Although Mexico produced 21 tons of corn, or about 3% of global consumption, it consumed roughly 30 tons, importing the balance, most of which is GMO from the United States.

#### Hawaii

The Big Island of Hawaii passed a new law, Bill 113, last week that bans biotech companies, as well as all open-air testing and growing of genetically modified organisms (GMOs), which can lead to fines of \$1,000 a day for those who violate it. The Hawaii County Council's GMO ban occurs just after the Kauai County Council overrode a veto by Bernard P. Carvahlo Jr. and passed a law that requires mandatory disclosure about GMO crops and pesticide spraying by the biotech industry. In Kauai, a massive hospitalization of teachers and children from Waimea Middle School occurred as a result of, many say, pesticide drift from fields belonging to biotech company Syngenta.

There's a significant difference between the two bills, though. While GMOs have been planted on Kauai, the likes of Syngenta, Monsanto, Pioneer, Dow and BASF — all the big-name biotech companies — have not yet set up operations on Hawaii's Big Island. Bill 113 can effectively keep them from doing so and letting GMOs enter Hawaii.

With its climate and an ecosystem that is suitable for year-round testing and growing seed corn and other crops, the state of Hawaii has long had a huge appeal for biotech companies. Many have been at work for years experimenting with GMO crops and seeds on Oahu, Kauai and Molokai. According to Ecowatch the biotechnology industry has all but completely supplanted the sugar cane and pineapple industries that used to dominate the Hawaiian landscape.

The communities of Hawaii and of western Kauai in particular have been rallying to stop the use of GMOs on their lands. As Councilwoman Margaret Wille, who introduced the Hawaii bill, said to Honolulu Civil Beat: *"We are at a juncture. Do we move forward in the direction of the agro-chemical monoculture model of agriculture, or do we move toward eco-friendly, diversified farming? ... There is no sacred cow when it comes to how we protect the future health of the island and the kids."*

It is crucial that Mayor Kenoi sign Bill 113 into law to ensure that its agricultural lands remain free from planting with any more GMOs and to keep out biotech companies who are thinking about profits, not people. Excerpts and more info at [huffingtonpost.com](http://huffingtonpost.com), [care2.com](http://care2.com), and [naturalnews.com](http://naturalnews.com).

## Buckeyes: One of My Favorite Recipes

### By Robin Kane

Buckeyes are a gourmet peanut butter and chocolate treat. I found this recipe on the Splendid Table website (<http://www.splendidtable.org/recipes/buckeyes>). This version of an old recipe, and the thing that takes them over the top, is the sprinkle of coarse salt added at the end.

**Special Equipment:** Stand mixer fitted with paddle attachment, or electric mixer with large bowl  
2 large (13" x 18") rimmed baking sheets, lined with parchment or wax paper, and wooden toothpicks.

#### Ingredients

##### **For the centers:**

1/4 cup (60 g) cream cheese, at room temperature  
1 1/2 cups (275 g) creamy commercial peanut butter (When we say "commercial" peanut butter, we mean the emulsified, no-oil-on-the-top kind)  
10 tablespoons (1 1/4 sticks/150 g) unsalted butter, at room temperature  
2 teaspoons (10 g) fine sea salt  
1 cup (85 g) \*almond or peanut flour (see note below)  
3 cups (400 g) confectioners' sugar, sifted.



##### **For the chocolate coating:**

About 4 cups (26 ounces/740 g) chopped dark chocolate. **Or** 3 cups (19 ounces/540 g) chopped dark chocolate and 1/2 cup (4 ounces/110 g) mild vegetable oil; Coarse sea salt.

#### Instructions

1. Make the centers: Combine all the ingredients in the mixer bowl and beat on medium-high speed until completely incorporated and creamy-looking. Cover and refrigerate the peanut butter mixture until it has firmed up a little (it should be pliable but hold its shape), about 30 minutes.

2. Scoop up a tablespoon of the mixture, roll it into a ball with your hands, and place it on one of the prepared baking sheets; repeat with the remaining mixture. Once all the mixture has been formed, place the balls in the refrigerator until firm, about 30 minutes. (Any leftover peanut butter mixture can be wrapped tightly in plastic wrap and stored in the fridge for up to a week.)

3. Prepare the dipping chocolate: Temper the 4 cups dark chocolate or melt it. Place the coating of your choice in a large bowl.

4. Dip the buckeyes: Stick a toothpick into a peanut butter ball and dip it in the chocolate, but don't submerge it—leave the top quarter undipped. This spot is what makes a buckeye a Buckeye! Transfer the buckeye to the second prepared baking sheet. Pull out the toothpick, twisting it gently, and either use your thumb to carefully smooth out the hole left behind or cover it with a few grains of coarse sea salt. Repeat with the remaining buckeyes.

5. Allow the buckeyes to set up until the chocolate is firm, 15 to 20 minutes. Store the buckeyes, layered with wax paper, in an airtight container in the refrigerator for up to 4 weeks.