

**"IF YOU KEEP  
GOOD FOOD  
IN YOUR FRIDGE,  
YOU WILL EAT  
GOOD FOOD"**

-ERRICK McADAMS



September 2015

### Mark Your Calendar:

- **Massage Therapist Drew Roots** offers a solution for resolving your chronic aches, pains and muscular tension through **Push Therapy**. This class will be offered from 6 pm – 7:30 pm, September 10th, in the Moonflower Community Cooperative Library
- **Daniel Johnson**, a visual artist from Moab will be featuring his artwork in Moonflower for the September 12th Art Walk
- **Board Meeting** September 15th
- **Show your pride on September 22nd!** 5% Day is going to Moab Pride
- **Half Hour for Health with Red Valley Clinic's Dr. Morgan** to be held September 23rd

### Just For Your Information:

#### **Peaches**

Peaches are sold individually or \$12 for a flat!

#### **Grocery Bags**

You can help prevent bacteria, yeasts and mold from growing on your bags and cross-contaminating your food by washing and storing the bags safely between each use

## Digestion Class Learns How to "Tune In"

Herbalist Emily Stock gave her audience plenty to digest while teaching her "Tuning In" class at Moonflower Co-op.

Raised in Castle Valley, Stock followed in her grandmother's footsteps and became an herbalist 10-years ago.

"It makes my heart happy," she said.

Stock served her own herbal tea blend and told the audience to take a moment and "tune in."

A key point during class was how the stomach and intestines are directly connected to nerves, emotions and instincts. The gut can even be considered a second brain. Emotional problems can directly affect the stomach's health.

Stock explains the importance taking time, making space and setting intentions before eating. Change the eating ritual to include, tuning into

what your body wants, slowing down, chewing your food and choosing topics at the dinner table that are not overly emotional.

The elimination diet is a good way to rid the body of both allergies and intolerance

to foods, which manifest in different ways.

Allergies come with much more extreme symptoms; a person will have immediate reactions to the food. Intolerance will be subtler; possibly with stomach irritation, a rash or mucus buildup.

With the elimination diet it is important to cut the food you are concerned might be causing the physical manifestations for up to 6 weeks, then reintroduce the food into your diet. The best foods to start



Stock explains how to "Tune In"

eliminating first are glutes and dairies. If nothing changed, try again with another food. Stock said a good tip is to eat nothing out of a box or can, as many fresh vegetables as you can and to eat fish.

Different enzymes are required in the digestion of different foods. Eating fruit in the morning and not mixing it with other food groups will keep it from putrefying in the stomach. Don't eat carbo-

## Moonflower Community Celebrates a Happy Birthday

Moonflower Community Cooperative's 2<sup>nd</sup> Anniversary party was a success!

Party goers were welcomed at the door by acoustic sounds from local John Olschewski.

Kitchen paraphernalia was given out for prizes. Quiz participants answered three questions; First Moonflower has sold 22,200 pounds of bananas

(our best seller), second the participants had to name three co-op principles, and third guess when we moved into the current location, 2001.

Without a doubt the biggest success of the day was our very own Chef Wes Schuchman, who was treated to a standing ovation for his delicious organic cuisine. The table was decorated with delectable

bounty. Kale salad, ginger sesame noodles, lemon garlic hummus, red roasted pepper hummus, fresh salsa, assorted cheeses and crackers, along with tantalizingly tart ginger mint lemonade.

Exclamations of excitement could be heard throughout the party, "Where can I buy his cookbook?"



Purslane

## Purslane Much More than Just a Weed

Purslane is a glossy plump wild weed that is packed full of vitamins, minerals and Omega-3 fatty acids.

If Moonflower isn't carrying it in the store, look on the ground because this weed grows everywhere!

Also called Pursley, it is widely grown in many Asian and European regions as a staple leafy vegetable.

Its edible leaves appear thick, contain mucilaginous substance, and have a

slightly sour and salty taste. In addition to succulent stems and leaves, its yellow flower buds are also favored, especially in salads.

This wonderful green leafy vegetable is very low in calories and fats; nonetheless, it is rich in dietary fiber, vitamins, and minerals.

Fresh leaves contain surprisingly more omega-3 fatty acids than any other leafy vegetable plant. It is an excellent source of Vitamin A, one of the

highest among green leafy vegetables. Purslane is also a rich source of vitamin C, and some B-complex vitamins like riboflavin, niacin, pyridoxine and carotenoids, as well as dietary minerals, such as iron, magnesium, calcium, potassium, and manganese.

## Art Exhibition in the Library

Daniel Johnson is a visual artist from Moab, Utah. Daniel and his wife Alexis live in Moab with their daughter Danielle, three cats, two dogs, two cockatiels, a Bearded Dragon and a mouse. He has a Bachelor of Fine Art from OSU, and an Associate's Degree from Dixie State in St. George, Utah.

Both his abstract and representational work are meant to invoke the same transcendent feeling one may get while exploring the Moab area. His work has been featured in over 25 shows during the past 8 years, including his first public solo show at the Albany Civic Theatre in Albany Oregon, and Prism Magazine, an art journal at OSU.



Moab Triad by Daniel Johnson

## "Tune In" continued

hydrates and meats together because again they need different enzymes to break down for proper digestion.

Promote a healthy gut by adding Omega 3 to the diet, through fish oil, or "eat a can of sardines every other day," Stock said, don't forget to eat the bones. Add vitamin D, which is correlated to emotions that directly affect the gut. Add minerals by drinking herbal teas and eat more turmeric, an excellent anti-inflammatory.

"It is a journey," Stock said. "If you are ready to embark, just come talk to me."



**Tomatoes are on Sale!**  
**Tomatoes are featured in the Deli! Tomatoes are delicious!**

## Happiness is the Smell of Frying Garlic

There is no such thing as too much Spanish Roja.

Locally grown by John Olshchewski, Spanish Roja Garlic has been acclimated to Moab and Spanish Valley during the last ten years.

The special garlic bulbs originated in Washington State where Olshchewski was helping friends with their family farm. After harvest they generously handed over the 12-bulb start.

The pungent purple hued garlic is of the hard neck variety and "is the best," Olshchewski confirmed. It has a high oil content and is often used in gourmet cooking.

Over its 9-month growing cycle little fertilizer and no pesticides are used.

People stop Olshchewski in the streets and tell him "Your garlic is so good!"



Spanish Roja Garlic

