

# THE GOOD NEWS



## Update

From GreenTree's past, breaking into the future, former Green Tree staff Lee, Laurie and Iris Arboreal are featured in Organic Valley's Meet the Farmers section of their current newsletter. You can check it out on the web, direct link [http://www.organicvalley.coop/our\\_story/meet\\_the\\_farmers/arborals.html](http://www.organicvalley.coop/our_story/meet_the_farmers/arborals.html)

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Arnica to the Rescue

## The Lawn Chemical Habit: Are You a User?

By Matt Vogel

For some time now lawns have been in my headspace. I observe them, walk on them, smell them, fear them and mostly remain confused by them. As a society, and especially in the suburbs, we've become moderately obsessed with the appearance of our lawns without much thought to the effects of our practices.

If you are a heavy chemical user (for your lawn, that is) please don't take offense or feel judged at the content of this article. Just read it and take a few moments to think about your actions, especially if you have children or grandchildren. If you're a user, you're in the majority; approximately 75% of your fellow Americans are in the same club, shooting up 2 to 5 times per year. But for what purpose?

I know folks who eat primarily organic food, yet their personal living space couldn't be more toxic. So, why the addition to a chemical lawn? Is it simply habit? Do we mindlessly pay a company or apply them ourselves because we see no other feasible options? Is it just what we're supposed to do? Or is it perhaps peer pressure? Will our neighbors shun us and lock their doors because we have a few dan-

delions in our yard?

I love watching my daughter pluck a dandelion ("the blowy kind" she calls them, not to be confused with the yellow stage) and blow those seeds all over the neighborhood. I hope this practice doesn't become illegal some day as kids are locked up all over the country for facilitating a public nuisance. Spreading seed is the first step towards free thinking. Be careful.

I find the names of the chemical lawn companies interesting. Have you noticed? At least one of the mlets you know they'll be spraying chemicals all over the little plot of Mother Earth you spend the most time on. According to the U.S. Fish and Wildlife Service, homeowners spray up to 10 times more chemical pesticides per acre on their lawns than farmers use on crops. (In this article, the term "pesticide" will be used broadly to describe a family of 'cides' such as insecticides, herbicides, fungicides, etc.) So you're concerned about chemicals in your food? Maybe you should talk to your neighbors as well as your farmer. When we apply such chemicals, research shows that we are directly exposed through inhalation, dermal (skin) exposure, and/or ingestion. Moreover, many 'do-

it-yourselfers' don't use proper precautions and don't really understand the intensity of some of the products they're using.

Those suffering the greatest impact are children under the age of five. Research has shown that there is a greater incidence of childhood leukemia, brain cancer and soft tissue sarcoma in children who live in households where pesticides are regularly used. The National Cancer Institute reports that children develop leukemia six times more often when pesticides are used around their homes. According to the EPA, 95% of pesticides used on lawns are possible or probably carcinogens. Of the most commonly used products on lawns, very few have been fully tested for human health hazards. The EPA does not have testing and assessment guidelines specific for lawn use and has admitted in court that pesticide registration does not ensure product safety. Mmmm, interesting. Do you still want your lawn to look like a putting green? Let's keep going.

Pesticide poisoning (yes, *poisoning*) does occur frequently. The symptoms are often misdiagnosed as flu or allergies,

(See Chemical Habit article continued on page 7)



**Sarah Christensen, Interim GM**

As members of the National Cooperative Grocers Association (NCGA) we participate in a variety of conferences, work groups and supportive practices for cooperative grocery stores across the country. The foundation of the NCGA is to encourage cooperatives to share knowledge and experience with each other while honoring the autonomy and distinct community that each represents. This year the NCGA and its members, GreenTree included, have two areas of focus. The first is the compilation of a business plan for every store. The second is an improvement of produce departments -- their sales, practices, and margins.

As the Interim General Manager, my commitment includes the creation of the business plan. This will be a first for me professionally and, as far as I know, a first in GreenTree history. One of the exciting parts of creating a business plan has been to write a history of our organization. I have had the pleasure of rummaging through old files, pictures (see photo top right) and Board minutes in an attempt to document our past. While it has been interesting, I feel that I haven't gotten the complete picture. At this point, I would be interested in hearing

## Store Happenings

from some veteran members, founders and other community members who have some knowledge of our history. Feel free to talk to me at the store or call if you'd like to set up a time to talk. Our co-op has been in business for over thirty years, and a lot of people have contributed to that success. I am eager to learn more and look forward to writing the history.

Another part of the business planning process is to develop a vision for the store and to answer the questions: Where do we see ourselves in a year or two or five? How do we take our values and our mission and cultivate them into future plans? What are our priorities?

One of the priorities we have established is a commitment to local producers. This year, for the first time, we held a local farmer meeting to establish relationships between the co-op and growers that will withstand staff turnover and create long-lasting collaboration. I feel confident that GreenTree will maintain this focus and that our commitment to our own community's family farms will not falter.

What other areas do you think the co-op should focus on? **We want your input.** The disappointment of closing the deli still has my stomach gnawing. How about yours? If re-opening the deli meant an expansion or relocation, would you support it?

These are all questions that I, the management team, the staff, and the Board of Directors must consider. So for another first, the Board and management members are holding a strategic priority planning session. Basically, we will get together for a day to discuss and create our vision for GreenTree.

### Picture of GreenTree in the past

We have this planned for late June. As an equal owner in the store, your vision is just as relevant as mine or anyone else's. If you have an idea you would like to share, please do so. Once again, you can talk to me or pass it along to another staff person. As always, the Board represents the members, so feel free to contact the mass as well.

As I am sure you have noticed already, the produce department is consistently improving in variety and freshness, which has led to an increase in sales. In part, this is due to our involvement with the NCGA, which has provided our produce buyer, Dean, with support, tracking systems, and ideas for improvement. I have to say, however, that the improvements I mentioned would not be possible without the energy and commitment to quality exhibited by Dean, Produce Assistant Tim Cameron, and the entire GreenTree staff. I want to take this opportunity to acknowledge their efforts. Keep up the good work!

It's turning out to be another promising year at GreenTree Cooperative with a lot of exciting changes on the horizon. I encourage everyone to engage in GreenTree in whatever ways feel comfortably positive.

In Cooperation,  
Sarah Christensen



## Volunteers of the Month



Introducing:  
**Karen & Mary Ann**  
(Too modest for pictures!)  
"We really enjoy working here. The co-op is good for your body and good for your soul."

We would like to take this opportunity to thank Karen and Mary Ann for their commitment to GreenTree over the past two years. Every week, they take our recycling to the MRF and readily run errands for various store equipment and supplies. Their upbeat personalities brighten our day. Their commitment saves the co-op time and money!



Jessica at the GreenTree

## Staff in the Spot Light

**Hey Jessica, how long have you worked at GreenTree?** *I have been a member of the GreenTree staff for a little over two years. Prior to becoming a staff member, I also did volunteer work at GreenTree for a few months.*

**What is your favorite aspect of working at GreenTree?** *There are several reasons why I love working at GreenTree, but one of my favorite aspects is that the values and belief system shared by the co-op and its members are aligned with my own.*

**If you could change any two aspects of society in America, what would they be?** *I believe that to create real change within American society, first a change must occur within the self; each individual must change in order for society to change. There must be a complete paradigm shift on how we view our relationship to the planet, and how we relate to one another as members of the human species. Once this change occurs within the mind and soul of the individual, then and only then does the possibility for real change within a society exist. Once this shift occurs, I would like to see the American people unite and rise up to create real change within our government.*

**Besides being a co-op worker, what do you do? What are your interests?** *I am a student at CMU and my fields of study are political science and philosophy. I have been happily married for over seven years. I love music and great conversations. I enjoy several outdoor activities: camping, hiking, canoeing, and going to music festivals! I also enjoy loving up with my cat Natty and my plants at home.*

**Let's hear about one or some global factors that you feel might be issues?** *There are many global issues of great concern: human rights violations, world hunger, disease, poverty, civil wars, genocide, nuclear proliferation, trade issues, globalization, overpopulation, loss of biodiversity, global warming, and the list goes on. If we begin to look deeper at these issues, we will find that they are all inter-related.*

**Which came first: the chicken or the egg?** *I never did figure this one out. I am still working on it, but I will let you know if I discover the answer.*

**What do you feel your special purpose is here on the planet at this time?** *I am not sure what my special purpose is at this time. I am just trying to be a good person and grow as an individual. Also, I always try to learn as much as I can about others in order to relate to them in a positive way.*

**If you could sit down and have coffee/ conversation with one person (living or deceased), who would it be?** *I would like to have conversations with so many people, but one person*

*I would really love to sit down and converse with is Rev. Dr. Martin Luther King, Jr.*

**If you could take one food to a deserted island what would you take?** *Angie's awesome vegan chocolate chip cookies!*

**Where is the most beautiful place you've ever been and why?** *I would have to say that Tahquamenon Falls in Michigan's Upper Peninsula is the most beautiful place I have been. I have lived in Florida and in Colorado, and I have been to many other places. But my roots are in Michigan, and I love our forests the best. I think that this deep connection I have to our landscape is why I feel it is the most beautiful. I felt the most peacefulness here and so much power from the falls and the trees.*

**A phrase or quote to live by?** *"The unexamined life is not worth living" -Socrates*

## From the Garden to Your Plate

By Becca Dunning

Hmm... not sure what to do with all the fresh produce choices from our local farm families this growing season! Well, to encourage you to purchase that fresh spinach from the Swier Family Farm or that yummy rhubarb grown in our own Mt. Pleasant backyard, we'll be running this column every Newsletter (as well as posting delicious recipes by the produce cooler!) so you can create something scrumptious for your table. To begin this season right I brought a great recipe out of our Deli archives - ENJOY!!

### SPINACH QUINOA SOUP

1# local spinach  
1 bunch fresh scallions or wild leeks  
3 cloves fresh garlic  
1 quart stewed tomatoes or equivalent fresh  
4 cups filtered water  
1 cup quinoa  
½ cup olive oil  
1 Tablespoon sea salt  
1 teaspoon fresh ground black pepper

Bring water and quinoa to a boil. Then reduce to medium heat. Meanwhile chop all veggies and sauté in olive oil for 3 minutes. When quinoa is cooked (about 15 minutes) add tomatoes. Cook for 5 minutes. Stir in sautéed veggies and spices. Simmer on low for 10 minutes.

## Monthly Specials

### FROZEN

*SO Delicious*  
Organic Nondairy Dessert 32 oz  
\$3.39/lb.

*Van's*  
Wheat Free Waffles 9-9.5 oz  
\$1.99 Select Varieties

*Natural Choice*  
Organic Fruit Bars 8 ct.  
\$3.29

### BREAD

*Rudi's Organic Bakery*  
Organic Bread 20 oz  
\$2.69 Select Varieties

### DAIRY

*Organic Valley*  
Ultra Pasteurized Milk 64 oz  
\$3.39 Select Varieties

### GROCERY

*Golden Temple*  
Peace Cereal 10.5-16.4 oz  
\$2.89 Select Varieties

*Annie's Naturals*  
Dressing 8 oz  
\$1.89 Select Varieties

## JUNE

### MORE GROCERY

*Imagine Foods*  
Enriched Rice & Soy Bev. 32 oz  
\$1.69 Select Varieties

*Metro mint*  
Mint Water 16.9 oz.  
\$.99

*Clif*  
Organic Newton Bar  
\$1.19 Select Varieties

*Frontier Salpic*  
Salsa 16 oz  
\$2.99

*Boulder Chips*  
Potato Chips 5 oz  
\$1.29

*Deboles*  
Pasta 8 oz  
\$1.49 Select Varieties

*Simply Asia*  
Rice Noodle Bowl 2.5 oz  
\$1.19 Select Varieties

### MORE GROCERY

*Let's Do Organic*  
Organic Ice Cream Cones 2.3 oz  
\$1.79

### WELLNESS

*Alta Botanica*  
Green Tea Sunscreen 4 oz  
\$5.69

*Toms of Maine*  
Deodorant Stick 2.25 oz  
\$4.29 Select Varieties

*FloraFolix*  
Iron + Herbs 8.5 oz  
\$17.79

### REFRIGERATED

*Wholesoy*  
Soy Yogurt 6 oz  
\$.79 Select Varieties

*Earth Balance*  
Organic Whipped Spread 13 oz  
\$2.29

### PRODUCE

Look for fresh local farm products.

Strawberries—Nectarines  
Watermelon

### FROZEN

*Ami's*  
Enchiladas 9-10 oz  
\$2.69 Select Varieties

*French Meadow*  
Organic Rye Bread 16 oz  
\$2.19 Select Varieties

### BREAD

*Rudi's Organic*  
Organic Hamburger Buns 18 oz  
\$2.49 Wheat or White

### DAIRY

*Brown Cow*  
Low Fat Yogurt 8 oz  
\$.69 Select Varieties

*Wallaby*  
Organic Low Fat Yogurt  
\$.69

### GROCERY

*R.W. Knudsen*  
Spritzers 6/12 oz  
\$2.69 Select Varieties

## JULY

### MORE GROCERY

*Barbara's Bakery*  
Cheese Puffs 5.5-7 oz  
\$1.59 Select Varieties

*Organic Valley*  
Organic Soy Beverage 64 oz  
\$2.79 Select Varieties

*R.W. Knudsen*  
Very Veggie Juice 32 oz  
\$1.79 Select Varieties

*Cascadian Farm*  
Organic Fruit Spread 17 oz  
\$3.29 Select Varieties

*Cascadian Farm*  
Organic Cereal 10-17 oz  
\$3.39 Select Varieties

*San-J*  
Cooking Sauce 10 oz  
\$2.29 Select Varieties

*Nature's Path*  
Organic Toaster Pastry 11 oz  
\$2.39 Select Varieties

### MORE GROCERY

*Annie's Homegrown*  
Family Size Pasta & Cheese 10.3-12 oz  
\$2.29 Select Varieties

*Clif Bar*  
Energy Bar 2.4 oz  
\$1.19 Select Varieties

### WELLNESS

*Dr. Bronner's*  
Organic Bar Soap 5 oz  
\$2.49 Select Varieties

*Kiss My Face*  
Lip Balm .15 oz  
\$2.39 Select Varieties

### REFRIGERATED

*Rising Moon*  
Organic Pesto 7 oz  
\$3.29 Original or Garlic

*Sunergia*  
Organic Flavored Tofu 8 oz  
\$1.89 Select Varieties

## Feature Farmer

By Dean Schillinger  
Produce Buyer

Swier Family Farm is located on a few acres in the northwest corner of Isabella County in Coldwater Township, at the headwaters of Walker Creek. The Swier family includes

Chris, Kate, Allma and Ila. They have been supplying farm-fresh, bulkeggs and a variety of produce to the community and co-op for three growing seasons.

The top-quality produce they supply to GreenTree is varied and always fresh: basil, spinach, leaf lettuce, head lettuce, broccoli, Swiss chard, kale, eggplant, larkspur, parsley, oregano, cilantro, tomatoes, peppers, potatoes, sweet potatoes, carrots and kohlrabi. To try some of these, look for the "Local Harvest" signs indicating "Hand Picked by: Swier Family Farm" in our produce case. Although the Swier Family Farm is not certified organic, the Swiers practice organic farming methods on land that has not been subjected to traditional farming substances since 1970.

Because the Swiers anticipate an abundant crop this season, they are offering a CSA (Community Supported Agriculture) pro-



Tomato plants in hoop house

gram. The concept of a CSA is to bring community members, farmers, and land together. The members of a CSA buy an advance share of the harvest in anticipation of the upcoming growing season. They then arrange to pick up a selection of the harvest each week. CSA is not only a

concept but also a practice, as it requires a relationship of mutual trust, understanding and flexibility. CSA members support the farmers as they tend to the earth responsibly and appropriately. If you would like to participate in



Chris, Kate, Allma and Ila

the next season's CSA, you can call the Swiers at (989)644-2435 and sign up. (For more general information about CSAs, visit

[www.attra.org/attra-pub/csa.html](http://www.attra.org/attra-pub/csa.html).



Chris and Allma

When you eat local produce, you not only support your neighbors, you also get the opportunity to know them personally. The Swiers tell

us that they believe it is imperative that good food be grown and enjoyed locally. "There is a tremendous satisfaction in trying to achieve this. It has been one of our long-standing dreams." One of the best parts of farming for Chris has been the opportunity to start all of the seedlings in their own greenhouses, followed by the planting. Of course, the work isn't without its trials. "Our work as a brand-new market garden can sometimes be all-absorbing, some-

times swallowing me and my family," admits Chris. Nonetheless, the Swiers are excited to participate in the "miraculous food-growing process." What advice can they give to those who want to start farming? "Today's a good day to start!"

Wash your GREENS before ENJOYING!

## Upcoming Events

### JUNE

21st

Summer Begins

25th

5:30 pm Member Worker & Store Tour

### JULY

6th

Member Appreciation Day

Members get an extra 5% OFF non-sale items all day!

Live Music

7th to 9th

Bliss Festival

Check out [www.blissfest.org](http://www.blissfest.org)

13th

6:45 pm Board Meeting

@ Veterans Memorial Library in the Annex

20th to 23rd

Downtown Mount Pleasant Sidewalk Sales

30th

5:30 pm Member Worker & Store Tour

### AUGUST

3rd

Member Appreciation Day

Members get an extra 5% OFF non-sale items all day!

Live Music

10th

6:45 pm Board Meeting

@ Veterans Memorial Library in the Annex

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If you have any events or special activities that you would like to share with other GreenTree Members please call 772-3221 or email Dean at [advertising@greentree.coop](mailto:advertising@greentree.coop).

## Wish List

Kids toys that will fit in play area (e.g. child size shopping cart, books)

Hardwood mulch for the front of the greenhouse

- Please call ahead for these items. We only need one of each. Thanks:

\* Vacuum with attachments

\* Two carrying bags for laptops

THANKS TO EVERYONE HAS PROVIDED US WITH USEFUL TOOLS FROM PREVIOUS WISH LISTS!

A SPECIAL THANKS TO NANCY MCINTOSH FOR THE TOASTER OVEN REQUESTED IN THE LAST ISSUE.

## Got Organic Milk? (Are you sure?)

by Kristen Ulmanis

From mid-March to mid-April, many of the milk drinkers among you were disappointed to discover that our Organic Valley milkshelves were often empty. Eventually, we were informed that our unfilled orders were due primarily to "calving season." In other words, Organic Valley allowed their cows to use their milk to nurse their new offspring. In response to this, we carried Horizon milk, a brand that did not have the same supply issue. ("Don't Horizon cows nurse their young?" you may ask. Good question.) The Horizon milk flew off the shelves, and many folks recognized it as a brand that they could get at Kroger and Meijer.

Now we wonder if we should have offered Horizon as an alternative. Given the following information about Horizon, what would you have done?

Horizon is owned by Dallas-based Dean Foods, the nation's largest dairy distributor. The Horizon brand reportedly captures 39% of the name-brand organic milk market. Although Horizon satisfies the USDA standards for organic certification, some consumer groups charge that the company and other larger "factory" dairies violate the spirit and intent of organic pasture requirements by exploiting loopholes within the guidelines.

One such critic is the Cornucopia Institute. A not-for-profit policy research group based in Wisconsin, Cornucopia recently released the results of a survey it distributed to dairy marketers across the country. The results are intended to help consumers and wholesale buyers choose dairy suppliers that include the ethical treatment of animals in their organic practices.

Cornucopia asked questions concerning: the number of farms providing the milk to the supplier, the number of cows raised on each farm, the amount of pasture land per cow, the amount of time cows are allowed on the pasture land, the number of heifers that are replaced, and the origin of any newly purchased heifers. Then they rate each supplier based on how well it conformed to consumer assumptions about organic dairy production, particularly to the notion that these are "family" farms.

If you check out the survey results (<http://cornucopia.org/dairysurvey/index.html>), you will find a rating system of five cow icons for those that conformed most to consumer expectations of organic, family farming down to a one-cow rating for those that conformed the least. Organic Valley ([www.organicvalley.coop](http://www.organicvalley.coop)) they are a cooperative of farms) receive a four-cow rating. Receiving a one-cow rating was none other than Horizon.



Photo by Mark Kastel

Of course, it should be noted that Horizon was one of many suppliers that did not even respond to the survey. For information on these companies the Cornucopia Institute relied on interviews with "industry sources" and records they procure from the federal government. Horizon claims that 20 percent of their milk comes from two company-owned farms, which they acknowledge are large and factory-like, and 80 percent from over 300 "family" farms. However, those in the industry report that some of these "family" farms actually keep thousands of cows, and often in confinement.

Industry specialists also claim that Horizon imports heifers that have been raised on conventional farms, where they may have been given antibiotics and hormones. A loophole in the USDA's organic standards allows for this. Those companies with a high survey rating, like Organic Valley, report that their farmers do not take advantage of loopholes such as this one.

In response to the survey results and a subsequent boycott by cooperatives across the country, Horizon ([www.horizonorganics.com](http://www.horizonorganics.com)) sent wholesale suppliers, like us, a letter defending its practices. Horizon pointed out that a boycott would hurt the family farms that supply most of their milk. It cited its support of a 120-day minimum grazing requirement and its \$10 million investment in one of its factory farms, which will split the herd and expand the pasture base. It claimed that "the vast majority" of the family farmers and one of their own farms raise their own calves (which implies that some of them do not). Moreover, it highlighted its HOPE program, which provides financial assistance to dairy farms that are modifying their practices to obtain organic certification. Finally, it called the Cornucopia Institute survey "non-scientific" and "overly biased."

Now, back to my original question: Knowing what we now know about Horizon milk, should GreenTree carry Horizon products? (We currently do not.) If Organic Valley's cows nurse their calves each spring and reduce their supply of milk, should we offer Horizon as an alternative during that time? If we don't offer another brand of milk each spring, will you go to Meijer or Kroger and buy their brand of milk, along with all of the other products that you would have purchased at GreenTree? (By the way, none of the private-label, store brands responded to the Cornucopia Institute survey either. Do you know what farms actually supply milk for the Meijer or Kroger brand?)

The ultimate question is: How committed is our membership to purchasing products that satisfy criteria beyond the USDA standards? What should those criteria be? And here's another question: If you believe that we should *not* carry Horizon products, do you believe we should carry Silk soy milk and

White Wave tofu, also made by subsidiaries of Dean Foods? Drop us a note. Let us know at the register. Remember this is YOUR coop.



Photo by Mark Kastel

**"Knowing what we now know... should GreenTree carry Horizon products?"**

# Board Report

## Annual Membership Meeting Outcome



Shelly Smith  
& son  
Sammy

By Shelly Smith  
GreenTree Co-Chair Board of Directors

Thank you to all who made it to the annual membership meeting and potluck on Sunday, April 23. It was rainy and chilly that day. Luckily, we had planned to hold it indoors. Despite that, we had a good turnout of around 50 people. It was nice to see everyone together sharing the great food!

Thank you to everyone who took the time to vote as well. We had 67 members vote. This is very important if we are to

maintain the democratic structure of our cooperative. The Board represents the membership, and we rely on hearing your voice through your vote. In addition, each election requires a quorum for each vote, which our bylaws define as "the lesser of 50 people or 10% of the membership". So thanks again to the voters.

On that note, we would like to welcome re-elected Board member Angie Pohlman and newly elected Board members Jennifer Fields and Kate Swier. We would also like to welcome and thank Mariah Doren, who volunteered to be appointed to the fourth vacant Board position. We very much look forward to working with these four committed individuals.

Of course, in welcoming new Board members, we have to say good-bye to a few veterans. Thanks to Sister Marie Kopin for fulfilling a two-year appointment and keeping us focused as our par-

liamentarian. Thanks to Kristen Ulmanis for her impromptu appointment and her many relevant contributions to the Board in its transitions. Also thanks to Heather Frisch for her three years of service, much committee work and role as co-chair. We are also grateful to Heather for continuing her committee work and for diligently helping the Board implement policy governance.

As a reminder, our Board meets every second Thursday of the month at 6:45 pm at Veterans Memorial Library. At every meeting around 7pm we hold an open forum during which members and guests are welcome and encouraged to bring their thoughts and concerns to us. We are usually in the big annex room (where story time is held). If the room changes, we will post a sign near that door identifying the new location.

We hope to see you at a meeting in the coming year.

## Department Shouts

**HABA:** Check out all the good sales this summer on natural bug sprays and sunscreen!

**Refrigerated:** After a major glitch over Memorial Day weekend, the fridge is working fine and stuffed to the gills! New Product: Organic Valley Soy Milk! This is a great alternative to Silk soy milk, because Organic Valley is run by a farmers' cooperative. You can even find out

which farmer's soy beans you are drinking! Check out the web site: [www.organicvalley.com](http://www.organicvalley.com).

**Bulk:** Try one of our light and easy-to-pack meals on your next camping or backpacking trip. We have everything from dry falafel or hummus mix to various nuts ready for trail mix.

**Produce:** Local harvest season has started.

Keep your eyes peeled for the Local Harvest signs. Also, soft fruit (like peaches, plums, nectarines, cherries) and berries are coming in to season. If you are interested in making jam preserves or simply enjoy canning for a nice treat in the winter, feel free to make a special order to reserve a whole or a half case. You can contact the produce buyer at the store.

(More Department Shouts on back cover)

## Chemical Habit (continued from front cover)

but internally there is an assault on our central nervous system. A few short-term symptoms may include headaches, cramps, diarrhea, sore nose, tongue, burning skin, tissue swelling, fatigue, dizziness, or numbness. Some potential long-term consequences of overexposure to pesticides may include lowered fertility, birth defects, cancer, liver and kidney dysfunction, immune system disorders, memory loss, and the list goes on and on.

So let's put an end to this madness! We quickly destroy the ecological balance and become dependent on the chemicals to get anything to grow at all. It's also easy to get caught up in the trap of watering, mowing, watering, mowing. Yet, from an ecological perspective, what is this all about? Excessive water and petroleum use. It's a vicious cycle that has harmful health consequences, yet we continue on with a blind push towards conformity. Yep, that's what I think it

comes down to fitting in, not wanting to have a different lawn that doesn't fit in with the all-American standard.

What is the purpose of a lawn? If it's to create a nice, soft space for you to recreate on, does your foot care if it's stepping on a blade of grass or a dandelion leaf? Really, think about it. Yes, I do go around with a shovel and dig out every thistle to keep my children's feet happy, but overall I like to see what interesting things will come up in my lawn.

It's really a matter of perspective. At different times in our history clover in one's lawn was seen as a sign of prestige, and clover was often sold along with grass seed. It's a great nitrogen fixer and easy to maintain. Now we kill it. Dandelions are the one thing in our yard that can prevent cancer. The roots are a very powerful detoxifier, but ironically we spray cancer-causing agents directly onto the dandelions.

I feel bad about cautioning my children against the dangers of some of the lawns in our neighborhood. On our walks or bike rides they can explore, but not on certain lawns. Children need to be taught to love nature, not to fear it. I don't want to teach them to fear, but I see no other options. Am I creating another bio-phobic person who has an underlying fear of the natural world? On the other hand, is it responsible for me to let her walk around in her sandals on a yard that is glowing and smells?

Challenge yourself and your neighbors to get off the drugs. If you study up and investigate online you will discover options for natural, beautiful lawns. Remember, we live here, we really do. And being environmentally friendly isn't a hippy thing, a Democratic or Republican thing, or a strange thing. It's a human thing. It's a responsibility. Thank you for reading.



The

## Good News

A quarterly publication of  
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*Good Food for Good Folks*  
*Serving your local community for over 30 years!*

### Store Hours of Operation

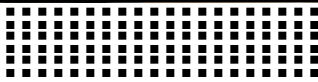
#### Summer Hours

June 1st to September 3rd 2006

Mon - Sat 9am - 8pm

Sunday 12 - 5pm

#### Regular Hours



Printed on Kenaf Paper  
the clearcut alternative  
www.visionpaper.com

Kenaf is a 4,000 year old NEW crop with roots in ancient Africa. A member of the hibiscus family (*Hibiscus cannabinus* L), it is related to cotton and okra, and grows well in many parts of the U.S. It offers a way to make paper without cutting trees. Kenaf grows quickly, rising to heights of 22-14 feet in as little as 4 to 5 months. U.S. Department of Agriculture studies show that kenaf yields of 6 to 10 tons of dry fiber per acre per year are generally 3 to 5 times greater than the yield for Southern pine trees, which can take from 7 to 40 years to reach harvestable size.



## Arnica to the Rescue\*

By Shelly Smith  
Co-Chair, Green Tree Board of Directors

When the weather turns warmer, it is a time of rejuvenation. While our environment is coming back to life, we rejuvenate our yards, our gardens, and our bodies. For many of us, this time of year means getting outside and getting moving. Hours of work in the yard and garden as well as renewed commitments to exercise are often the way we relieve stress in the spring. Unfortunately, many of us have been as dormant as the trees during the winter, and our enthusiastic relaxation has taken a toll on our bodies.

Fortunately, there is a remedy for the aches and pains of our exuberance: homeopathic Arnica. Arnica is a renowned remedy for many problems, not the least of which are the aches and pains associated with overworked muscles. If you find that you've worked in the garden an hour too many, or hiked a mile too far, Arnica may help relieve the impending muscle soreness.

When the familiar fatigue begins to set

in, even the first glimmer, it is time to take Arnica in a 30X potency. This can be repeated as often as necessary (even every fifteen minutes) or 3-4 times per day, depending on the severity of the pain. Ideally, remedies should be taken on a clean mouth, with nothing to eat or drink besides water for 15 minutes before or after ingestion. Remedies should be handled as little as possible as well. Simply tap one or two tablets into the bottle lid, then tap (without touching the lid) them under the tongue to dissolve. The remedy should be stopped when the muscle stiffness/soreness associated with the activity is gone.

Have a happy season, and let Arnica help you through!

\*This article is intended for educational purposes only. As with any injury or illness, it is important to consult with a health care professional. These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent disease.

### Department Shouts (Continued from page 7)

**Frozen:** We are now carrying certified organic steaks, roasts, stew meat, and hamburger from Graham's Organics, the local folks who have provided us with organic chicken and eggs for years.

**Bread:** As many of you may have noticed, we are now carrying Stone House Bread from Leeland, Michigan. Organic grains, well water, and sea salt

form the base for all the bread, and none of it contains sugar, molasses, eggs, milk, preservatives, or additives. It is delivered fresh every Monday, Wednesday, and Friday afternoon. You can special order your favorite kind by giving us a three day advance notice.