



Growing Up and Branching Out

March
April
May
2011



GREENTREE STAFF

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Important Dates:

March

5- Owner Appreciation Day
16- Board Meeting

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7- Owner Appreciation Day
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Board of Directors:

Eric Baerren:
Vice Chair

Wilma Blackman

Michael Brockman:
Chair

Lyndsey Chippeway:
Treasurer

Talat Halman

Penny Lew

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Storekeeper

Andrea Hernandez>
Storekeeper Team
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<Brian Radomski
Storekeeper

Christian Colombini>
Bulk Buyer
Produce Assistant



<Grace Rollins
Storekeeper

Jeff Kuhns>
Storekeeper



<Josh Johnson
Storekeeper



<Laura Coffee
Graphics & Branding
Coordinator

Molly Kampf>
Produce Buyer



<Reeva Ripley
Storekeeper

Samantha Fiani>
Storekeeper



<Sarah Christensen
General Manager

Stacy Saul>
Grocery Buyer/
Merchandising Manager



<Sydne Conant
Wellness Buyer

Treslyn Zelenak>
Storekeeper



So what about that Owner Equity?

At the beginning of 2009 we (GreenTree) switched to an equity based ownership structure. For the last two years the money from Owner-share purchases has gone into a separate and restricted savings account. By "separate" I mean that it is separate from the money we use to run the store everyday. By "restricted" I mean that the Board of Directors has placed limitations on my ability to spend/use that money. So far, we've got close to \$55,000 in Owner equity and its growing every day.

You see, the whole idea of a Co-op is a group of people pooling their resources to get a good or service that they could not get on their own. So what will our pool of resources bring us you ask? A deli! That's right, the long-awaited ever elusive deli. We are working on plans for a store reset that would make our deli dream a reality in the first half of 2011. And the money you've contributed as an Owner will help us pay for it.

If you want GreenTree to finally realize its deli-related dreams feel free to attend one of our upcoming Board Meetings and let us know!



Website: www.greentree.coop

Phone: (989) 772-3221

Email: general@greentree.coop

The Co-op Scoop

By Sarah Christensen, General Manager, Co-op Owner



It's hard to believe that I've worked at GreenTree for over 7 years. I remember when I was first considering moving to the area... I expressed to my sister, who already lived here, that I wouldn't have anywhere to buy food and she said "Well, there's this little place called GreenTree, we should check it out." So we did and I was hooked. The smell, the smiling faces, and food I would actually want to feed my family- what more could you ask for from a grocery store? As it turns out, when it comes to a Co-op (which was a foreign idea to me) you can not only ask for more, but expect to get more. Here's why:

Principle Number 1-Voluntary and Open Membership

GreenTree, like any other Co-op using the name correctly, follows the 7 Cooperative Principles as outlined by the International Cooperative Alliance. And the first of those principles is Voluntary and Open Membership. So what does that mean? It means that anyone who is willing to invest \$210.00 can be an Owner. It really is that simple. We don't screen, we don't interview, we don't ask to look at your personal or financial portfolios. All you have to do is purchase a share.

So that covers the open part, but what about voluntary? You don't have to be an Owner to shop, and we don't require that you are a part of any other organization in order to become an Owner. That's right, you don't have to be a card carrying member of the National Hippie Alliance to be a GreenTree

Owner. In fact, we want our Ownership to represent the diversity in our community and with 854 Owners I believe we are well on our way to doing just that.

The purpose of the cooperative business model is that the people that use the goods and services are the very same people who own the business. This community of Owners elects their own Board of Directors and votes on any changes to the governing Bylaws. The opportunity to not only invest in, but be a shared Owner in a business where you also purchase a basic necessity like food is really a wonderful thing. So why shop anywhere else?

Well there a lot of reasons to shop elsewhere. Being an Owner of GreenTree isn't an exclusivity contract. Meijer, Kroger, and Ric's all offer something different, whether it's a different price, a different product, or a different experience. But the truth is that none of them offer an investment opportunity and none of them look at their year-end finances and say, "Well, we made more than we needed, let's give it back."

So why not make the most of your Co-op investment? Stop and ask yourself, "What more could I ask from my Co-op?" (Is there something you wish we carried or a service you'd like to see us offer?) And then tell us! You can send us an email at sarah@greentree.coop, put a note in the suggestion box, or fill out our upcoming survey- whatever works for you.



The Grapes of GreenTree

By Stacy Saul, Merchandising Manager and Grocery Buyer, Co-op Owner

One of my favorite departments here at GreenTree is the wine section. Did you know that GreenTree obtained its license to sell beer and wine in 2008? Since that time we have focused much of our attention on Michigan wines and organic wines. About half of the wines we sell are from Michigan while the other half are from a combination of California, Washington State, Chile, and Australia.

Of the varieties that we carry, a total of eight wines are organic or pesticide-free. What does organic mean when it comes to wine? This can vary from country to country. Here in the US the grapes must be farmed organically. Also, they must not contain added sulfites.

Pesticide-free means that the grapes are grown without pesticides, but that the wine is not certified organic.

Organic vegan wine is clarified with bentonite clay. Generally, non-vegan wines are clarified with fish protein, egg whites, or gelatin during the winemaking process. Currently, our only vegan wine in stock is "Organic Vintners" Zinfandel.

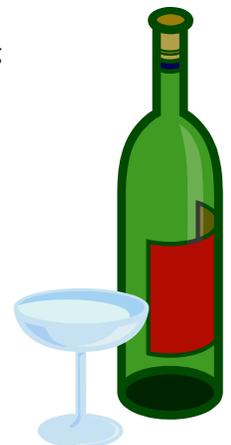
So, if it's a white table wine, merlot, cabernet sauvignon, or chardonnay that you are looking for, GreenTree has a nice selection to fit most budgets.

If you need a nosh to go with your wine we've got you covered there too. We carry a nice selection of hard and soft cheeses, including local, organic, and goat milk options as well as a variety of olives, pickles, tapenades, crackers, spreads, breads, and more.

GreenTree even stocks items like smoked oysters and truffle oil if you're in the mood

for something a little different.

Don't just take my word for it though- stop in and see for yourself!





Beat the flu and allergies too!

-By Sydne Conant, Wellness Buyer and Co-op Owner

It is spring fever time and we are here to help you fight allergies! There are several natural ways to help reduce your body's reactions to allergens. First, you may want to boost your immune system. This can be as easy as eating your fruits and veggies. Make sure you're getting lots of color variation in your diet. Berries, bell peppers, sweet potatoes and tomatoes are great choices and provide Vitamin C. Vitamin C helps lessen the histamine in your body and is a natural decongestant! You can get your Vitamin C through foods or in pills and drink mixes, like Emergen-C.

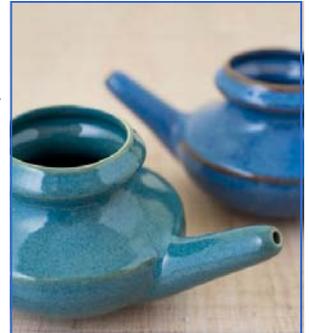
Getting your Omega-3 fatty acids on a regular basis can also help boost your immune system and reduce your allergic reactions. Omega 3 fatty acids can help reduce inflammation so that your allergy and asthma reactions are less painful. Fish oil and flax oil are

great ways to get omega fatty acids and are available in pill or liquid form. Don't forget that your favorite spicy foods are also a great way to clear up your congestion. Spice up your chili and salsa or enjoy wasabi with your sushi!

If you want more than a dietary fix, there are a couple of other ways to help you breathe easier this spring. Neti pots are nature's nasal cleanser. This sinus flush may relieve the pain and pressure of allergy congestion. GreenTree carries Baraka neti pots and mineral salt rinses made by Red Hot Ceramics in California. If you're not familiar with a neti pot, it looks like a tiny tea pot with a long spout. You fill the pot with a warm salt water solution, tip your head to the side and insert the spout into the top nostril. The water runs up through your nasal passage and out the bottom nostril! Using a salt water rinse is essential when you neti, as regular

water will cause a burning feeling. It's a great way to wash away pollen, dust, and smoke to allow you a deep breath of spring air. You can neti every day or just when you're congested.

If you have a chronic allergy or sinus problem, try our Baraka sinus rejuvenation oil. It's a blend of pure, organic essential oils that you apply directly on your



nostrils. According to the Baraka website, when you inhale, the oils help block allergens and expel mucous. Over time the oils help heal your nasal passages and respiratory tract. Try it today and see if it helps you cut down on using pharmaceutical drugs this allergy season.

Meet Your New Bulk Buyer

-By Christian Colombini Bulk Buyer, Produce Assistant and Co-op Owner

My name is Christian Colombini. As your new bulk buyer I'd like to talk about some of my plans for this great and essential part of your community-owned grocery store. I have big shoes to fill: As some of you know our General Manager Sarah Christensen was until recently our bulk buyer as well. Her experience has been invaluable to me. With her guidance, I'm sure it will be an exciting and successful year in bulk! I'm still learning, but don't let that dissuade you from asking questions. Any answer I don't know creates an excellent learning opportunity, whether it's about the cholesterol level in an oil or how to use quinoa. I always appreciate a good question, especially about food! With all the great resources available at GreenTree, we can usually find an answer to satisfy your curiosity. As long as I am working at GreenTree, I plan on keeping my ears and eyes open for helpful input. Product requests and comments are always welcome. One of my main goals as buyer is to bring in

new products tailored to your specific needs, while keeping items convenient and affordable for everyone. That's what the bulk department is all about: It's a place where you can get what you need at prices you can afford.

One thing that I love to do with bulk is make my own herbal tea. This is a great way to save some money and can be a lot of fun! Teas are not only delicious but can be very therapeutic as well. The comforting aroma of a chamomile and cinnamon tea on a cold night can do wonders to warm the spirit and soothe the body. I also enjoy the simple but elegant pairing of mullein and lavender. It has a smooth flavor and is very relaxing, making it a great bedtime tea. One of my favorites during the cold and flu season is a combination of red clover, echinacea, and hibiscus flowers. It's great for your immune system and has a very nice, almost fruity, taste. Yum! I use heat-sealable tea bags from GreenTree and make batches for my friends and family when they get sick. I

highly recommend experimenting with your own unique recipes for herbal tea.

For all the coffee drinkers out there we have a wide variety of fresh whole beans to keep you satisfied. Not being much of a coffee drinker myself, I really appreciate feedback. Let me know which are your favorites, or if there are particular blends that you would be interested in trying.

Something I do know about is candy. Have you tried the agave sweetened fruit slices or gummy bears? Amazing right? Well I have a trick for you- make them into super sour "C" sensations! Take two tbsp of fructose fruit sugar and add one tsp of citric acid and one tsp of vitamin C powder (all available in bulk at Greentree) to make your super-sour powder. Sprinkle over one cup of gummies in a bag and shake it up. Ta-da! A treat that will satisfy your sweet tooth while providing Vitamin C to boost your immune system!





Asparagus: The Springtime Vegetable

-By Molly Kampf, Produce Buyer, Co-op Owner

Michigan has many reasons to be proud: Great Lakes, maple syrup and cherries just to name a few. The spring growing season adds another reason to our list- asparagus. The Michigan asparagus season begins in late April or early May and will last a quick 6-7 weeks. (Keep an eye on our e-news updates if you want to know when local asparagus first hits the Co-op shelves!) Did you know Michigan is the third leading producer of asparagus in the country? Harvesting approximately 11,000 acres, Michigan produces 25 million pounds of asparagus annually. Of that harvest 25% is sold in roadside stands and grocery stores, while the rest is sold for canning and freezing.

Although the exact origin is unknown, asparagus's culinary history dates back 2,500 years. It began as a wild plant that grew in sandy soil in northern Europe, Britain and Syria. The word asparagus comes from the Greek word *asparagos*, meaning shoot or sprout. It was used for both culinary and medical purposes. The Greeks and Romans believed asparagus could cure toothaches and prevent bee stings. They also dried asparagus for winter use. Asparagus still grows wild today.

Asparagus is rich in nutrition: Low in sodium, high in potassium, and has no fat or cholesterol. It is rich in thiamin, Vitamin C, and Vitamin A and it is an excellent source of folic acid. One half cup of cooked asparagus contains a mere 24 calories, but supplies a lot of fiber. It is also a source of rutin and vitamin B6. Rutin strengthens capillary walls. The high amount of folic acid (also called folate) is good news. Folic acid promotes the health of our

cells, and helps repair aging or damaged cells. As has been widely publicized, folic acid is also essential for reproductive health. It is recommended that women of child-bearing age consume a lot of foods with folic acid. So go for that asparagus!

When buying fresh asparagus, look for crisp, straight, bright green stalks with compact tips. One pound of fresh asparagus will make 4 servings. To store fresh asparagus, wrap the bottom of the stalks in a damp paper towel, put the bunch in a plastic bag and keep it refrigerated. Another option is to keep the asparagus in a container with about an inch of water in the base. Be sure to keep the stem tips covered with a loose plastic bag to ensure freshness. Especially with local and organic asparagus, plan to cook it within a few days.

A question I often hear when I am talking to customers about our produce is "How do I prepare it?" Well, asparagus is delicious so many ways!! You can grill it, steam it, stir-fry it, blanch it, roast it, toss it in a casserole, you can even eat it raw or make asparagus soup!! Prepare fresh asparagus by first rinsing it with cool water and breaking off the heavy end of each spear where it snaps easily. It is delicious as a salad topper and roasted with a little onion and garlic. Below is a tasty asparagus recipe that I hope you'll enjoy, and as always, let us know what you think!

(Fun Fact: Asparagus comes in green and purple varieties. White asparagus, popular in European countries, is actually green asparagus that is denied light while it grows. This lack of chlorophyll makes the white plants less bitter and more delicate in flavor.)

Asparagus, Mushroom, and Parmesan Frittata

Serves 4



1 tablespoon extra virgin olive oil, divided

8 small stalks asparagus (4 or 5 medium), cut into 1" pieces

1/3 lb white button mushrooms, cut into sixths

2 tablespoons chicken stock

1 cup minced onion

6 large eggs

2 large egg whites

1/3 cup grated parmesan cheese

salt and pepper to taste

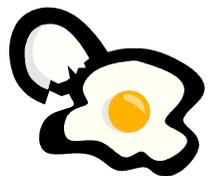


- 1) In a large oven-proof skillet, heat 1/2 tablespoon of olive oil over medium-high heat. Add asparagus. Cook for 1-2 minutes. Add stock. Add mushrooms. Cook until mushrooms have released their liquid, and then that evaporates. Put mixture in a bowl to the side.
- 2) Whisk eggs, parmesan, and salt and pepper to taste together in a small bowl.
- 3) Preheat broiler.
- 4) In the same skillet, heat remaining 1/2 tablespoon oil over medium-high heat. Add onion and cook about 3 minutes, until translucent. While this is happening, pat down the asparagus and mushrooms to remove some of the moisture.
- 5) Turn heat down to medium and add eggs. Without stirring, let eggs set for about 3 or 4 minutes.
- 6) When sides of frittata start to

set (they'll begin pulling away from the pan), sprinkle asparagus and mushrooms evenly on top. Cook for about 3 minutes more, until the top just starts to set.

7) Transfer pan to broiler and cook until top becomes light golden brown. This should take about 3 minutes, but check after 2 since broilers are different the world over.

8) Using a potholder, remove pan from broiler and set on top of stove. Loosen frittata with plastic spatula immediately (otherwise it will continue to cook), being careful not to tear the eggs. Plate and eat.



This delicious recipe, and others like it, can be found at:

<http://cheaphealthygood.blogspot.com>

Gardens, Gardens Everywhere:

Text and Illustrations By Laura Coffee, Graphics and Branding Coordinator, Co-op Owner

It may still be a little frosty to start your garden, but according to the Old Farmer's Almanac there is a 50% probability that we will be frost free after May 4th. That means outdoor planting could be less than 2 months away for those hardy cold loving plants, like spinach or carrots, and even sooner for things that get started indoors. I don't know about you, but at my house garden planning has already begun. There's choosing the location (in my case a balcony full of buckets) and the number of beds or containers, deciding what to grow, where to get seeds, and when to plant them. Let's get started!

How to Turn a Lawn into a Garden

When turning your lawn into a garden the first thing you need to do is get rid of the grass. The mass of root fibers just below the surface makes for a beautifully uniform carpet of green, but it does that by choking off any other plant that tries to access the soil. If you've never used your lawn as a garden before and you're willing to wait until next year there is an easy way to make use of all that organic matter. Just put down a layer of newspaper, get it wet, and put about 6 inches of soil or compost on top. Do this in the fall, and the following spring you will be ready to go.

If you want to get started right away just cut out the sod and add a generous layer of soil and compost to kill any remaining grass seed. You may also want to put down some type of edging or mulch to keep the grass from re-colonizing your garden beds.

Raised beds allow you to ignore the grass completely. You will need to add topsoil to a depth of at least six to twelve inches though, or the grass will grow right on through! You can either pile the dirt up in a flat-topped mound and mulch the sides or build a rectangular frame.

Solid Frame Raised Beds

If you choose to build a frame, pick your materials carefully. Wood is the easiest to find and the simplest to work with, but be careful, some boards have been chemically treated and could contaminate your soil. Natural cedar is an attractive and rot-resistant choice. No matter what wood you choose, be sure to use nails or screws that are stainless, galvanized or otherwise treated to prevent rust.

Stone or brick are durable and attractive materials. Concrete is another good material, just be sure to leave the bottom of the bed open to the soil!

If you really want to go green with your raised beds you might even consider using "plastic timber": It is very durable, non-toxic, often comes in pre-cut interlocking blocks, and is made from recycled plastic.

Since you can fill these beds



with a custom mix of topsoil, compost, and natural fertilizers (like peat moss, Dairy Doo, or bonemeal) they are extremely productive. Plants can be grown closer together, netting you higher yields with less space. Just be sure the soil mix is deep enough (at least 6-12 inches), and add some fresh compost at the end of each growing season.

When choosing how high to make your frames think about planting and weeding. How far do you want to reach? Higher beds mean less bending and crouching when caring for plants.

Consider adding arched hoops every few feet. You can then cover the bed with clear plastic to act as a mini-greenhouse and extend your growing season. Or use netting in the midst of summer to protect your veggies from insects and birds!

Apartment Farming

Visions of homegrown heirloom tomatoes and incredibly fresh and tender salads dance through your dreams, you imagine the satisfying crunch of the season's first green bean, the convenience of the farmer's market in your own back yard... Wait, you don't have a yard? Drat! However will you reap a homegrown seasonal bounty with no garden of your own? One word: Containers.

Containers don't need to be fancy. They can come in any shape and size and fit just about anywhere. Hang them from the ceiling, tuck them onto shelves, or turn your porch or balcony into an edible jungle. Almost anything can be turned into a planter: coffee cans, buckets, even old shoes (for flowers) if you are feeling adventurous. Just make sure it's made from a food-grade material, has adequate drainage, and put it where it can get plenty of sun.

Save that empty Earth Balance tub, punch a few holes in the bottom, set the lid underneath, and voilà! A windowsill herb garden. Just be sure to place small stones (the smooth ones they use in fish tanks work great!) or other hard non-toxic objects over the drainage holes before you add soil. This helps keep waterlogged soil from blocking the holes and turning your garden into a swamp.

Want to go bigger? Then you might want to try:

It's easier than you think!

Self-Watering Containers

Self watering containers are a great solution for the yard-less gardener. Even if you have to park them somewhere hot and dry you won't come home to wilted tomatoes at the end of the day. Create a big enough reservoir and you can even get away for the weekend without worrying about your plants!

The easiest way to do this is simply to buy containers. Just google "self watering planter" and you will find plenty of sources. If, like me, you are a thrifty do-it-yourselfer, making your own containers can be a fun weekend project. Plus you don't have to wait for warm weather to get started on your gardening.

There are many ways to make these containers, googling the phrase "how to make self-watering containers" turns up 75,500 results. I'll just tell you how I made mine.

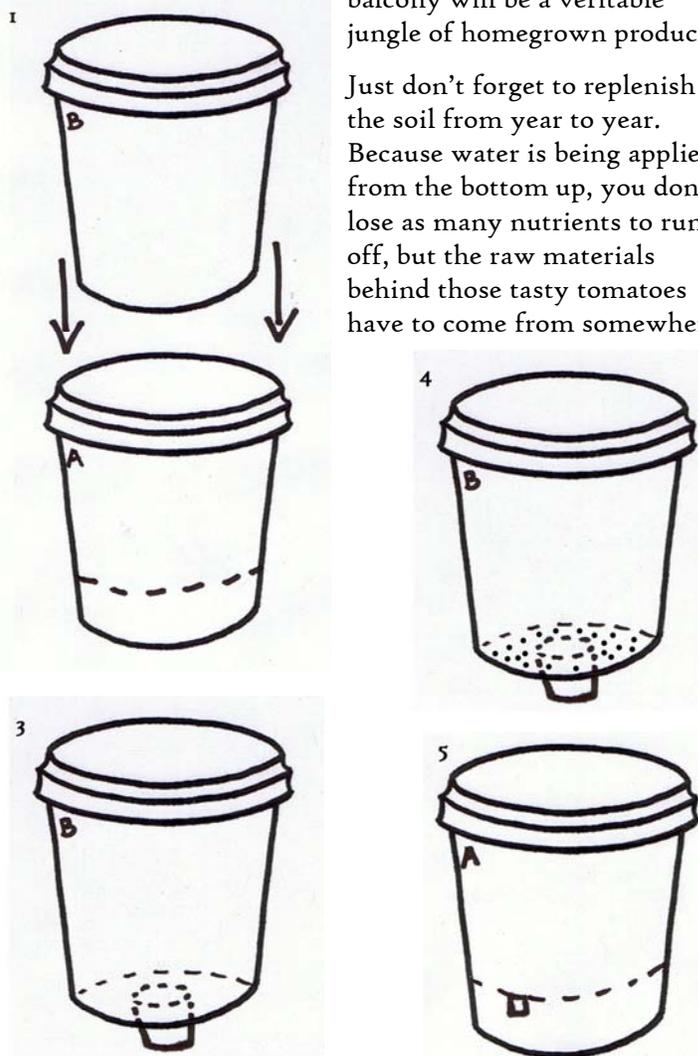
You will need two food-grade buckets of the same size, safety glasses, gloves, a cordless drill, a jig saw, a small pot or funnel, and soil to fill the buckets. I also recommend having files on hand to smooth out rough edges, but if you are good with the saw you might not need it.

1. Get two food-grade buckets that are the same size. Put one inside the other and make a mark on the outside bucket (A) where the bottom of the inner bucket (B) stops. Measure from the bottom of the outside bucket to this mark.
2. Get a funnel or small plastic pot with drainage holes that is as tall as the measurement you just took. (Or cut one to fit if yours is too tall.)
3. Cut a hole in the bottom of your inside bucket just big enough to allow your funnel or small pot to touch the bottom of the outside bucket without falling through. (Make a pilot hole with the drill before sawing and things will go much easier.)
4. Drill a bunch of smaller drainage holes in the bottom of the inside bucket.
5. Cut a small hole in the outside bucket flush with the bottom of the inside bucket. This hole should be about an inch square or an inch round. It just needs to be big enough to accommodate the spout of whatever watering can you will be using to fill the reservoir. It will also allow excess water to flow out of the bucket in the event of a heavy rain or overzealous plant sitters.
6. Now place the inside bucket in the outside bucket and the funnel or small pot into the hole in the inside bucket.

7. Now you can fill the bucket with soil, compost, and/or natural fertilizers. Just make sure the funnel is filled with dirt. Don't pack it in tight, but be sure it reaches the bottom. This soil will conduct water from the reservoir to your plants roots.

To use your containers just fill the reservoir in the bottom bucket with water. If you're not sure how full it is just use that brilliant measuring device, the human finger. Reach into the reservoir and check the water level. If it needs more fill it up. Depending on the weather you can sometimes go days without watering- even with thirsty plants like tomatoes. Use small 1-2 gallon buckets for plants like herbs, peas, and beans. Larger 5 gallon buckets are perfect for tomatoes or melons. And if you really want to go big you can use Rubbermaid tubs. Before you know it your porch or balcony will be a veritable jungle of homegrown produce!

Just don't forget to replenish the soil from year to year. Because water is being applied from the bottom up, you don't lose as many nutrients to run off, but the raw materials behind those tasty tomatoes have to come from somewhere.



I hope you find these gardening tips helpful this summer. There is no better way to know where your food comes from than to grow it yourself. (Or get it from your friendly neighborhood Co-op!) The joy that comes from sharing homegrown produce- or getting friends to chip in with the weeding- can really help build a sense of community. If you have any questions about these tips, or if you have a few of your own you would like to share, email me at laura@greentree.coop, or find us on Facebook. Just search for GreenTree Cooperative Grocery. 973 likes and counting!

And that means what?

By Laura Coffee, Storekeeper, Graphics and Branding Coordinator, Co-op Owner



We hear a lot these days about how consumers need to be better informed when it comes to the food we eat. A chorus of voices is shouting at us to, “Check the ingredients! Read the labels!” This can sometimes be easier said than done. Some of the information provided on the label can be difficult to interpret even when presented clearly. When you remember that everything about a product’s packaging is chosen by that company to convince us that we need their product, it becomes easier to understand why this information is unclear. (And occasionally downright misleading!)

Let’s start with the front of the package. This is the billboard for our food. The information that appears here is designed to catch and hold our attention so we will choose product A over product B. It will typically alert us to the name (or flavor) of the item, the brand, and a claim about the product’s healthfulness, nutrition, or taste. For example: The label may indicate that the item is natural, green, organic, sugar free, low sodium, high fiber, low fat, certified vegan, or part of the Smart Choices program. Some of these statements tell us more about the product than others.

When I hear the word “natural” I imagine a minimally processed product made with easily identifiable ingredients and few, if any, additives. In reality the term is unregulated. Anyone can use it, regardless of what the product contains or how it is manufactured. (Except for meat and poultry, to be labeled natural these products can not contain any artificial flavoring, color ingredients, chemical preservatives, or synthetic ingredients, and can be only “minimally processed”.) “Green” is also unregulated. It’s a buzzword associated with the current pro-environment trend in marketing. I don’t mean to say that the product isn’t really natural or green, just that these terms themselves tell you very little about what it is you are buying.

Organic is a regulated term. In order to receive the USDA Organic seal a product must contain at least 95% certified organic ingredients. The 100% organic label requires that all ingredients be certified, and to use the phrase “Made with organic ingredients” 70% must be certified organic. In order to become certified organic producers must meet strict standards including the exclusion of synthetic pesticide use, and outdoor access for livestock. Certified Vegan is also a strictly applied term. A product with this label cannot contain animal ingredients or byproducts, cannot use those items in the manufacturing process, and cannot be tested on animals.



High, free, low, and less. These terms are also regulated, whether they are being used to describe fiber, sugar, fat, or calories, the meanings are pretty much the same. A product is high in something if it contains 20% or more of the recommended daily value per serving. If a food is “free” of an ingredient then it may not contain that ingredient, except possibly in trace amounts, or any product that does. So a sugar free cookie cannot contain sugar, but it also cannot contain jam which contains sugar. It can however contain carbohydrates, which do raise blood sugar levels when consumed. A salt free product cannot have salt added, but may still contain other types of sodium. “Low” means the amount of a substance falls below a specific number for a specific serving size. For sodium, low is defined as 140mg or less per 30g (or larger) serving. Low is generally consistent across products so if you look up the basic definition of the term you can apply it to any item making the claim. The most complicated of the three terms is “less”.

Let’s use sodium as an example again. The FDA says a food that is less, lower or reduced in sodium “contains at least 25 percent less sodium per reference amount customarily consumed than an appropriate reference food.” That’s fine and dandy, but you need to know what the “reference food” is to make sense of the claim. Campbell’s Condensed Tomato Soup contains 710mg of sodium per ½ cup serving. There are 2 ½ servings in one can. That’s 1775mg of sodium in one can of soup. Their Healthy Request version still contains 470mg per serving, or 1175mg per can. If, like me, you eat a whole can of soup in one sitting, the reduced sodium soup is still 50% of your daily recommended value of sodium!

Many of the claims made on labels, like “reduced” are extremely relative. Some are completely unregulated. Others only make sense if you know what they are being used in reference to- the Smart Choices program is one example. The program is internally consistent, but in order to understand why one product qualifies and another doesn’t you need to go to their website and check out their specific standards.

These are only a few of the terms and labels used to describe and advertise the foods we eat. Without knowing the background of each and every one it can be hard to know exactly what we’re getting when we sit down to dinner. There is an easier way. Next time we’re going to ignore the front of the package entirely and focus on the details: How to read nutrition information and ingredients.

Find out more about labeling regulation on the FDA’s website: <http://www.fda.gov/Food/LabelingNutrition/FoodLabelingGuidanceRegulatoryInformation/default.htm>

The Spa Space



Fresh Minty Astringent

Recommended for: oily, combination, acneic, or normal skin

(This recipe and many more like it can be found in *Organic Body Care Recipes* by Stephanie Tourles)

This product is wonderful to use chilled in the warmer months. It has a cooling, fresh fragrance and can also be used as a men's aftershave or can be applied to women's legs, underarms, or bikini line (as tolerated; it will sting a bit) after shaving to prevent ingrown hairs.

2 tablespoons fresh, crushed peppermint, spearmint, or lemon balm (if dried use 2 teaspoons herb)

1/2 cup plain vodka (unsweetened and unflavored)

1/2 cup witch hazel

Crush the fresh herb using a mortar and pestle. Combine the ingredients in a 1/2 pint or slightly larger jar with a tight fitting lid. Allow the herb to steep for 2 weeks in a cool, dark, dry area, shaking vigorously every day.

After this time, strain the liquid and pour into a storage container.

No refrigeration is required, but for maximum freshness and potency, please use within 6 months.

Application Tips: Using a cotton cleansing pad, apply approximately 1 teaspoon to the face or more as necessary to the shoulders or back.

Avoid eye area.



Ad Rates:

Small ad: 3.5" wide by 2.0" high: \$45 per issue (\$40 per issue for GreenTree Owner-members)

Large ad: 3.5" wide by 4" high: \$ 85 (\$75 GreenTree Owner-members).

Space in the Summer 2011 newsletter must be reserved by May 15th. Ad spaces are based on a first come first serve basis depending on the layout of each newsletter. Payment must be received with camera-ready or high resolution electronic copy (jpg, pdf, or gif) at the time of reservation.

A Word From the Board

By Mike Brockman, Board Chair, Co-op Owner

Make Your Vision Part of Our Vision:

Be assured, the current GreenTree Board feels the weight of responsibility associated with making decisions for other people. When we have to guess how GreenTree Owners feel, that weight feels especially heavy. The "Owner input" portion of our monthly Board Meeting is but a formality, hardly worthy of mention; there are never any Owners present. Experience helps me interpret this lack of Owner interest to mean that either everything is great, or that nobody really cares.



Since I know you all care, I have to assume that everything is great. Heck, I shop at GreenTree; I know everything is great (except for that one pancake mix that made my daughter cry). I should qualify that by sharing that I don't really eat pancakes, and my daughter can be a bit of a pill. Owners vote with their dollars where products are concerned, and I'm not talking about products here anyway; I'm talking about big picture stuff.

My vision for what GreenTree can be is not the Board's vision; it's not your vision; it's not GreenTree's future; it's my vision. Your vision is likewise, your vision, etc... My vision is more important than your vision however, because I give input. Don't worry too much; we on the Board try to keep you in mind.

GreenTree is preparing to make some big and exciting changes over the next couple of years. We will be squeezing the last bit of space out of our current location in order to expand our products and services, and hopefully setting the stage for a change that will take us out of our current building. This is big stuff, and based on the Owner input of the past few years, we think you want it.

We will find out, because we will need a lot of help and commitment from our Owners to make it happen. Some of you may be saying to yourselves, "I have a lot of good ideas and experience; how can I help GreenTree now?" One way is to come to a Board Meeting and share your vision of what you want GreenTree to be. An even better way is to come to all of the Board Meetings as a Board Member. Elections will be held this May, and it has been a while since GreenTree has had a full (9 member) Board. There will be 3 seats to fill, so really, think about it.

I will return in future newsletters to ask more of you. We are all better together than any of us are apart.

Best regards,
Michael Brockman
Chairperson - GreenTree Board



Community Partner: Wellness Central

By - Treslyn Zelenack, Storekeeper, Co-op Owner

Looking for new ways to get in shape? Want to try something new or just get out of the house? Then you might want to check out Wellness Central Fitness, voted "Favorite Gym" in the Mt. Pleasant Buyers Guide 2010 People's Choice Awards. A long-time part of the Mt. Pleasant community, WCF has been a part of Central Michigan Community Hospital since 1989 and moved to its current location (upstairs at 2600 Three Leaves Drive) in 1996.

WCF hosts a huge variety of group exercise classes to meet everyone's interests and needs. Yoga, Pi-Yo, Body Sculpt, Gym Class, Zumba, and Aikido are just a few of the classes offered. Some classes are offered in varying levels, so you don't need to jump into the deep end when you're just starting out or relearn the basics if you have more experience. These classes are free with a gym membership, or cost \$7 per session (\$10 for yoga) for non-members. Special deals are offered if you wish to pay for 12 or 24 classes at a time. For a full schedule of classes visit the Wellness Central Fitness website: www.wcfitness.org

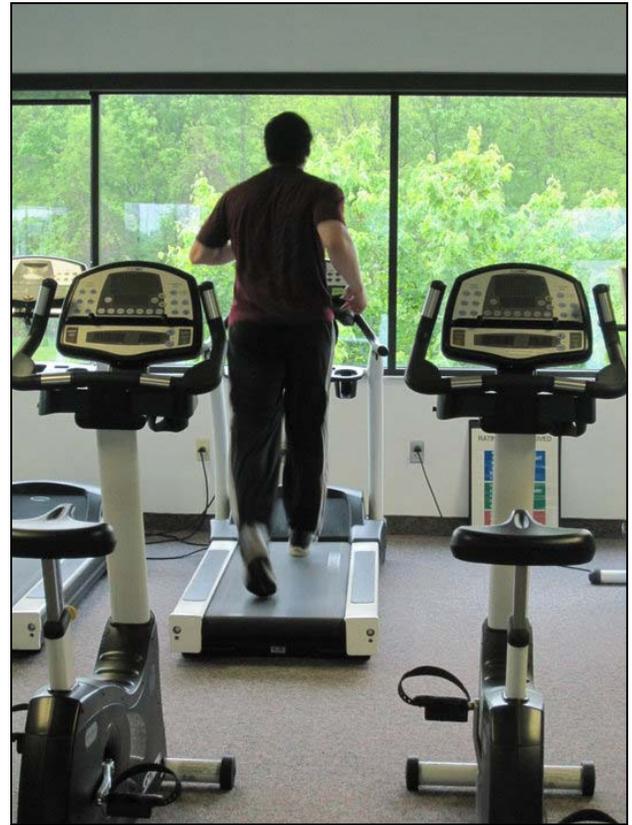
A wide range of fitness equipment is available for use by members, or for \$10 per day or \$20 per week on a walk-in basis. The equipment is located in a spacious area with windows along the entire wall, offering wonderful views of the surrounding nature. The gym is open from 5 a.m. to 9 p.m. Monday - Thursday, 5 a.m. to 8 p.m. on Friday, 7 a.m. to 3 p.m. on Saturday, and 10 a.m. to 6 p.m. on Sundays. Lockers and changing rooms are available for your convenience.

WCF is committed to helping you be fit. For each new member, they provide a full fitness assessment. An exercise program is created for each member based on personal goals and the fitness assessment. At a follow-up appointment members are shown how to properly use equipment and follow their program. WCF also offers personal training, either one-on-one, or with a buddy.

Memberships start at \$35 per month for students and seniors, or \$53 per month for two students or seniors from the same household. The regular individual rate is \$43 per month or \$65 per month for two individuals from the same household. You can even bring your family. The family rate is \$70 per month, and is available to any two adults over 21 living together (The least restrictive family policy available in the area!) and the children in their household between the ages of 12 and 18. Children under 12 are not allowed at the gym, though WCF does occasionally host classes or workshops for younger children. Just keep an eye on the schedule. Children aged 12-15 are allowed to use the gym, but must be supervised.

GreenTree has worked with WCF in the past, providing snacks, beverages and fresh fruits for events such as the 2010 Winter Yoga Retreat. We are currently working together in hopes of creating a membership discount for GreenTree Owners. In the meantime, **bring your copy of this newsletter into Wellness Central Fitness and get one free visit!** This includes a group exercise class and/or time in the gym. If you find that WCF is the gym for you, be sure to use the included coupon to have the \$50 enrollment fee waived!

Wellness Central Fitness is a member of the GreenTree Community Partners program. This program is part of a recent effort by local businesses working together to encourage cooperative growth and strengthen community ties. You can help this program thrive (and hopefully expand) by using offers like this one when you visit member businesses.



\$50 off
No Enrollment Fee!

wellness central
fitness

2600 Three Leaves Dr., Mt. Pleasant • (989) 779-5602

Bring in this coupon to waive your enrollment fee!
 Monthly memberships start as low as **\$35 a month**.
 All inclusive membership: group exercise classes,
 weight room, locker rooms & fitness assessment.

CENTRAL MICHIGAN
 COMMUNITY HOSPITAL
a McLaren Health Services

Exp. 05/31/11

Staff in the Spotlight

Featuring: Aaron Stauffer, Storekeeper, Co-op Owner



Where are you from?

Traverse City

How did you first find the Co-op?

I don't remember how, specifically, but I was in search of organic, bulk peanut butter.

How long have you been working here?

Approximately 6 months which is awesome.

What is the best part of your job?

My coworkers care. GreenTree is less of a job and more of a group of friends striving towards a common goal.

Do you like to cook?

I love to cook almost as much as I love to eat.

Describe your perfect breakfast.

A few slices of thick, eggy French toast, non-meat sausage links, crispy fried potatoes, scrambled eggs, and lots of maple syrup.

What is your favorite GreenTree product?

Newman's Own Ginger-Os

Favorite movie?

The Princess Bride. My capacity for watching that movie has yet to be filled.

What's your favorite thing to do in Mt. Pleasant?

Run on the nature trails in the warm months and sled during the snowy ones.

Tell us something about yourself others might not know.

When I was living in Traverse City, I performed as part of a "Belly Dance" troupe. I am now thoroughly out of practice.

Where are some of your favorite travel destinations?

Any place where nature is abundant and civilization is minimal. South Manitou Island was probably my favorite location of that description.

What are your hobbies?

Games of strategy, complex board games, running, cooking and thinking.

What music is playing in your car, home or head?

Everything from goofy stuff like Weird Al to classical, to extremely heavy metal like Between the Buried and Me. If it is well put together, I like it. If it's epic and tells a sweet story, I like it even better.

Where do you see yourself in 10 years?

That's a hard question to answer considering I don't even know what part of the world I will be in six months from now. I hope to be living someplace where nature is abundant and I can work towards the \$800,000 quota that will allow me to retire from the human rat race with my wife and possibly a couple children.

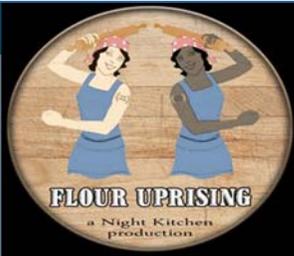


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Annette Pratt and
Linda Spyke
Bakers

Goodbye to Angie

GreenTree has just said goodbye to our longest serving employee, Angela Pohlman. Angie had been with the Co-op for nearly eight years, acting as everything from a Board

Member to a Buyer and Team Leader. (Not to mention jumping in wherever and whenever anyone needed a little extra help.) Whether she was in the office, at the registers, loading, unloading, stocking, or answering questions it was always a pleasure to work with her. We wish Angie luck in all of her future endeavors.



We'll miss you!



Jerry H. Sundberg
Manager

P.O. Box 331
Mt. Pleasant, MI 48804-0331
sunstarlandscaping@gmail.com



214 N. FRANKLIN AVE.
MT PLEASANT, MI 48858

WWW.GREENTREE.COOP

Locally Grown

Community Owned

Hey Kids!

Are you a Green Sprout yet?

Membership in the GreenTree Green Sprout Kid's Club is free and fun! Sign up today and start getting a free piece of fruit every time you shop in the store. We also have membership cards, birthday greetings, and special drop-in activities. Keep an eye out, there's a new schedule coming soon!



And now you can find fun stuff on GreenTree's website!

Just grab your parents and go to www.greentree.coop.

You can print out your very own Co-op coloring pages. If you want to bring

them into the store when you're done we'll hang them up for everyone to enjoy!

Spring Means Seeds

This year GreenTree has decided to purchase our seeds from Nature's Crossroads Seeds; a regional provider of certified organic seeds. They are based in Indiana, all the seeds are tested there to check their suitability for the Midwestern climate, and some of the seeds are actually produced on the company's Indiana farm. Check out our website to see what varieties we'll be carrying!



And if you're looking for a place to plant those seeds, think about getting a plot at the Pine Street Community Garden.

This will be our second year running the garden and we're hopeful that it will be even better than the

first! Watch our website and FaceBook page for up to date information on pricing and availability.