



the COOPERATIVE spirit

INSIDE THIS ISSUE

CO-OP EDUCATION
Herb Drying 101

2

CO-OP COMMUNITY
Meet Your
Board of Directors

3

CO-OP EDUCATION
Three Must-Have
Supplements Available
at the Co-op

4

CO-OP GOODNESS
Recipes

6

CO-OP GOODNESS
Featured Products:
Local Farmers

7

UPCOMING EVENTS

7/25 Board of Directors
Meeting 5:30 PM

8/22 Board of Directors
Meeting 5:30 PM

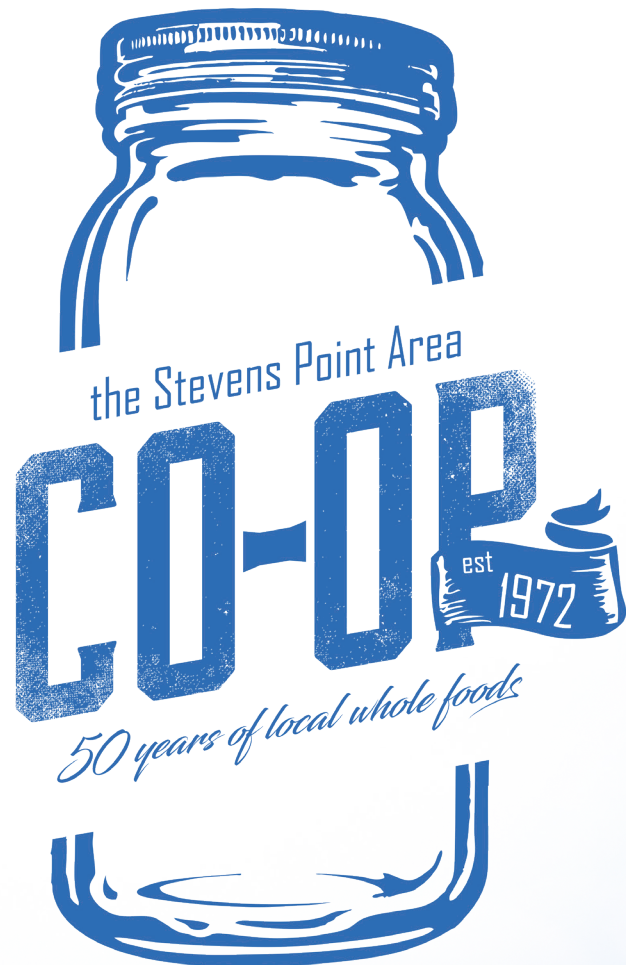
NOMINATE A NONPROFIT FOR 2024 1% FRIDAYS

We're about halfway through 2023, can you believe it?! That means we've gotta start thinking about our 2024 1% Fridays nominees and SPAC wants to hear about YOUR favorite local charities and nonprofit organizations! The Stevens Point Area Co-op's 1% Friday is our way to give back to our community. Each month of the year, we donate 1% of our Friday sales and all of our bag credits throughout the month to a different charity voted on by our membership.

Please email Jessica at jessical@spacoop.com with your submissions. Be sure to include the contact information about your nonprofit or charity as well as what they do and why you chose them! We want to hear in YOUR words why they matter. Nominations will be voted on during the fall and approved by our Board of Directors.

Thank you so much and we can't wait to hear from you!

50
YEARS
OF
**LOCAL
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FOOD**
the Stevens Point Area
CO-OP



HERB DRYING 101

Fresh herbs are flourishing in the garden! Are you wondering how you'll use up all that extra basil and oregano? One of the simplest ways to preserve herbs is to dry them so you can enjoy the flavors of summer all year round. You can add your dried herbs to tea, baked goods, soups, or any of your favorite recipes!

Start by harvesting the entire stalk on a dry morning before the herbs begin to flower. Remove any brown or damaged leaves. Wash the herbs if you wish, but make sure to pat them dry to avoid excess moisture. Use rubber bands or string to make small bundles of about 5-7 stalks. Hang the bundles up, leaves facing down. The herbs can be hung on a string, clothes hanger, or drying rack. It is best to hang herbs out of direct sunlight to maintain their potency. Too much humidity in the air may cause molding, so make sure to check on the herbs throughout the process. If molding occurs, discard the herbs and consider using an oven or food dehydrator instead.





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After about 10 days, the herbs should crack when pinched. The herbs should be stored in airtight containers away from direct sunlight. A glass jar stored in a cabinet is ideal. Herbs can be removed from their stalk and crumbled, or placed directly into the jar until they are ready to be used. It is best to use the herbs within a year of drying.

Dried herbs are generally more potent than fresh herbs because they are more concentrated. A general conversion would be 1 part dried herbs for every 3 parts fresh herbs. So, for example, if a recipe calls for 1 tablespoon of fresh rosemary, substitute with about 1 teaspoon dried.

You can take it another step further and infuse your cooking oil with some of your freshly dried herbs, building your own blends. Here's how:

Herb-Infused Cooking Oil

Ingredients:

- A jar for storage
- Your choice of culinary oil - maybe the olive or sunflower oil from the bulk section?
- Dried herbs such as basil, oregano, or rosemary

Directions:

1. Make sure your jar is clean and dry. Fill the jar $\frac{1}{4}$ of the way with crushed herbs, and fill the rest with your choice of oil.
2. Cap the jar and place it in a sunny window. Shake the bottle every day, and check to ensure that the herbs are always submerged in oil. If not, add more oil. After 23 weeks, strain if desired, and use in salads, pasta, or over roasted veggies! The oil should keep for about one year.

-Michelle Nieuwenhuis

We'd like to thank our kind friends at Pisarski Funeral Home for being thoughtful, generous neighbors for many years!

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MEET YOUR BOARD OF DIRECTORS

You may have heard already, but SPAC has a new board member joining! Hallye Webb was recently voted into a board position at our GMM held on May 21st. Here's a little bit about her:

Hallye is a graphic designer, illustrator, and food lover. She has been a Working Member at the Co-op and has been involved in the Communications Circle and outreach efforts since moving to Stevens Point last summer. In addition to her design experience, she has a background in marketing, event planning, and social media strategy. She is excited to join the board because she would like to help the organization find new and creative ways to engage with the community, support existing members, and attract new members.



Are you interested in joining our Board of Directors? While we are operating within our bylaws with 9 board members, SPAC wanted to reach out to our community and see if there were any interested parties in joining our Board of Directors.

For more information, you can visit www.spacoop.com or email BOD_spac@spacoop.com!

Do you know how...When you were a kid,

You were completely fascinated with nature?

Our school incorporates nature and the environment into lessons where students learn through hands-on projects, like growing food for their school lunches!



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Have a suggestion? Have an idea? Feel free to email one of our board members with your thoughts!

Logan Brice - loganb@spacoop.com

Trevor Roark - trevorr@spacoop.com

Deandra Dewalt - deandrad@spacoop.com

Andrea Olson - andrea@spacoop.com

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Jessica Lawson - jessical@spacoop.com

Troy Kuehn - troyk@spacoop.com

Hallye Web - hallyew@spacoop.com

THREE MUST-HAVE SUPPLEMENTS AVAILABLE AT THE CO-OP

While obtaining all the nutrients our bodies need simply by eating food would be delightful, it's becoming unrealistic. Unfortunately, the quantity of nutrients in our food has been declining over the past 70 years. Scientific studies demonstrate that fruits, vegetables, and grains contain less nutritional value than those grown a few decades ago.

Nutrient deficiency can cause many health conditions, including cancer, decreased cognitive function, rickets, goiter, and more. Many people are unaware that they are nutrient deficient. Symptoms of nutrient deficiency include:

- Fatigue
- Hair loss
- Dizziness
- Muscle weakness
- Brittle hair and nails
- Bleeding gums
- Skin issues

Supplements are an efficient way to improve your overall health and help manage health conditions. Here are a few nourishing supplements available to you at the Co-op.

Chlorella Microalgae

Chlorella is coined a "superfood" due to its impressive nutritional profile. It's rich in phytonutrients, such as chlorophyll, amino acid, potassium, magnesium, and more. Taking a chlorella supplement is an excellent way to shuttle nutrients into your body without the hassle of eating leafy greens 5-7 times a day.

Chlorella is difficult for humans to digest in its natural state due to its rigid cell walls. However, by consuming an organic, low-temperature extracted chlorella supplement, you can receive all the powerful nutrients it offers in a powder or tablet form.

Studies have demonstrated that chlorella benefits the body's overall wellness by supporting hormonal function, maintaining blood pressure and cholesterol, aiding detoxification, and promoting cardiovascular health.

Here are a few scientifically proven benefits of chlorella:

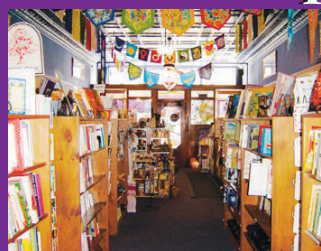
Heavy Metal Detoxification

Whether you eat fish regularly, have mercury fillings, have been exposed to radiation, or have been vaccinated, you likely have heavy metals lurking in your body. One of chlorella's greatest abilities is that it prevents toxins, such as lead and mercury, from being absorbed by your body. Taking chlorella regularly helps prevent heavy metals from accumulating in your body.

Cancer-Fighting Properties

It's believed that most people develop cancer cells at some point in their lives. Strong immune systems have no problem destroying these cells before they have the chance to create cancer. When taken preemptively, it nourishes your immune system. It also helps detox your body from heavy metals, decreasing the chance of environmentally based cancers.

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Mind and Energy Boosting

With an extensive amalgam of antioxidants, phytonutrients, minerals, and vitamins, chlorella is nourishing to an overstimulated or imbalanced body. It has a calming effect on your nervous system while helping restore your overall wellness. In Ayurvedic medicine, chlorella is used for people who feel run down or require an extra mental boost.

NAC (N-Acetylcysteine)

NAC is the supplement form of cysteine, an amino acid that aids your body in creating and using protective antioxidants. It's considered a semi-essential amino acid because it can be made from the non-essential amino acids serine and methionine, which your body naturally produces.

It's common for people to lack these amino acids due to poor diet, toxin exposure, and stress. In this scenario, the only way to replenish your body is to nourish your body with suitable amounts of cysteine through high-protein foods. NAC bonds with glutamine and glycine to create glutathione, a free radical fighter produced naturally by your body. Its ability to restore glutathione stores is one of NAC's greatest benefits.

NAC is praised for its function in glutathione production which is crucial to create an immune response and fight free radical damage to cells. This process makes it essential in supporting brain, heart, and liver health.

Due to its role in glutathione production, NAC poses many benefits, such as:

Brain Health Support

Glutathione reduces oxidative stress caused by free radicals. Oxidative stress is at the root of many chronic illnesses, including hypertension, diabetes, and cardiovascular disease. It has also been linked to neurodegenerative conditions such as Alzheimer's and Parkinson's.

NAC promotes the function of key transmitters in the brain which impacts learning, mood, and memory. This is particularly helpful to people who struggle with addiction and depression, conditions associated with neurotransmitter imbalance.



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Biofilm Disruptor

NAC supports the well-being of the gut mucosa, the inner lining of the gut. A healthy gut mucosa is essential for maintaining your gut microbiome. While your gut is lined with mucus to protect it, it can become damaged by candida overgrowth, inflammatory bowel disease, and other conditions. When the mucus is damaged, it presents an opportunity for bacterial biofilms to attach to the gut cell wall, causing further damage and the likelihood of a leaky gut.

Biofilm formation occurs because microorganisms cling to the surface of an object in a moist environment and begin to reproduce, spreading along the surface and linking to each other by secreting glue-like matter. NAC has antimicrobial properties, making it a great tool for disrupting biofilm.

Other benefits of NAC include:

- Supporting respiratory health
- Supporting liver health
- Promotes a healthy immune system response
- Promotes estrogen balance

Shilajit

Shilajit is a tar-like substance known as biomass. It's a staple in traditional medicine and was referred to in ancient Sanskrit texts as "conqueror of mountains and destroyer of weakness." Shilajit is an effective medicinal herb because of its high fulvic acid content, which has many benefits including improving gut health and maintaining flourishing skin.

Shilajit is also rich in humic acid, amino acids, and plant-based antioxidants.

Furthermore, it's packed with trace minerals including zinc, iron, copper, calcium, magnesium, lithium, and more. Traditionally, shilajit is known as a "joining carrier" because it drives nutrients deep into the body, increasing their efficacy. Taking shilajit with other herbs and supplements is beneficial to increase their value.

Here are some benefits of taking shilajit:

Mitochondrial Function

Shilajit increases the function of our mitochondria, the power source of our cells. It also has an impressive impact on mitochondria oxygenation when combined with CoQ10, an antioxidant found in all cells. The effect shilajit has on mitochondrial function increases your body's overall energy and stamina. It's commonly used to support athletic performance and treat chronic fatigue symptoms.

Brain Function

Shilajit is known to help shuttle nutrients, minerals, and oxygen into the brain to support its ability to remove toxins, especially toxins that build up over time and contribute to dysfunction and early cell death. It has been found that shilajit inhibits an enzyme that breaks down a much-needed neurotransmitter, acetylcholine. Acetylcholine is essential for memory and overall brain function. Stress and aging diminish our levels of acetylcholine, but shilajit helps maintain healthy levels of this major compound, protecting our brains from degeneration.

Other benefits of shilajit:

- Supports reproductive health
- Promotes heart health
- Energy boosting
- Helps regulate hormones
- Fights inflammation

-Anita Welch

RECIPES

Watermelon Strawberry Smoothie

This refreshing smoothie is perfect on a warm Summer day. Enjoy this smoothie for breakfast on your front porch or as a delightful way to cool down any time of the day! This recipe makes 2 frozen fruit smoothies.

Ingredients:

- 3 cups frozen Watermelon, cubed
- ¾ cups frozen Strawberries
- ½ of a frozen Banana
- 2 Tbsp Coconut Cream
- 2 Tbsp Chia Seeds
- 2 Tsp Maple Syrup
- 3 cups Water (or part water and part milk of your choice, or even part coconut water!)
- 2 pinches of Salt

Directions:

Optional: 1 scoop Naturade Vanilla Pea Protein Powder (this brand of powder has a flavor that pairs well with this smoothie for extra creaminess, other protein powders may not have the same results.)

Place all of the ingredients into your blender, adding the water last. Blend until your smoothie is created, pour into your glasses and enjoy!

Fun tip: If you have a little smoothie left over, pour into popsicle molds to enjoy later!



THE CO-OP'S
CO-TO-GO
COOLER IS
FULL OF
DELICIOUS
GRAB & GO
MEALS

Summer Broccoli Cauliflower Salad

Welcome summer! Picnics and festivities call for delicious, plentiful salads filled with fresh veggies. This summer classic is easy to whip up and sure to become a favorite amongst family and friends.

Time: 2 Hours 15 minutes (including chill time)

Ingredients:


- (Equal amounts of Broccoli and Cauliflower:)
- 1 medium Cauliflower
- 2 medium Broccoli heads
- ½ medium Red Onion
- ½ cup Roasted Salted Sunflower Seeds
- ½ cup Dried Cranberries
- 2 Tbsps Sucanat Sugar (or 1 Tbsp + 1 Tsp Maple Syrup or Agave Nectar)
- 3 Tbsps Apple Cider Vinegar (Red Wine Vinegar or White Vinegar works great too)
- ½ cup Veganaise
- ½ Tsp Salt
- Ground Black Pepper

Directions:

Rinse the broccoli and cauliflower and chop into bite size florets, then add them to a large bowl. Dice up the red onion and add it to the bowl, along with the sunflower seeds and cranberries.

In a separate small bowl, whisk together the sugar, vinegar, veganaise and salt. Once well mixed, add to the veggies in the large bowl. Toss all the ingredients together, adding black pepper to taste.

Cover and let chill for at least 2 hours so flavors can marry together nicely, softening the broccoli and cauliflower slightly. Serve as a side to your favorite grillables and picnic foods!



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FEATURED PRODUCTS: LOCAL PRODUCE FROM LOCAL FARMERS

Cattail Organics: Salad Mix, Lettuce Head, Basil, Dill - Located in Athens, WI, Cattail Organics is a USDA Certified Organic Family Farm that focuses on the importance of teaching eaters how to eat seasonally.

Growing Earth Farm: Spinach, Garlic Scapes, Red and Yellow Onion Bunches, Scallions - Growing Earth Farm is a small diversified certified organic farm in Athens, WI focusing on serving the Marshfield and Stevens Point area.



Whitefeather Organics: Microgreens: Broccoli Bomb, Pea Shoots, Sunflower Shoots, Arugula Rocket, Nutty Blend with Arugula, Wasabi - Healthy soil, healthy water, healthy people. Whitefeather organics offer fresh certified organic produce for the local community. Additionally, they raise pastured, organically fed animals as well.



ColdSnap Aquaponics: Mixed Lettuce, Cucumbers - The ColdSnap Aquaponics fish tanks are filled with tilapia and uses less than 10% of water needed for conventional agriculture. ColdSnap has the capacity to grown 90,000 heads of lettuce annually and provides fresh produce to a variety of local schools, hospitals, restaurants and different grocery stores; one of which being SPAC!



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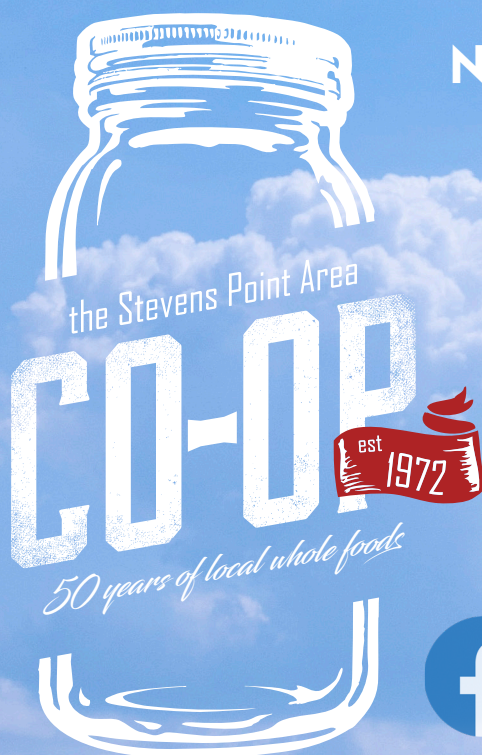
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