

LIFE GROCERY

A Natural Foods Co-op

1453 Roswell Road, Marietta, GA 30062

Nov/Dec 2017

Two Months of Super Savings

Life Savings



Oil of Oregano

30 softgels	\$9.79
60 softgels	\$17.99
1 oz	\$16.49
2 oz	\$29.99



Aged garlic extract helps support cardiovascular health

Kyolic Liquid Garlic

2 oz \$12.99

Kyolic Stress & Fatigue Relief

200 caps \$17.99

Kyolic Immune

100 caps \$9.99



All Gummy Products

All Ultimate Omega Products

25% off



Activated Coconut Charcoal Powder

5 oz \$14.99



All Diffusers
\$36.99



All Probiotics
20% off



All Curamin Products
15% off



- **Alpha Lipoic Acid**
60 tabs \$18.99
- **Ultra Joint Builder**
90 tabs \$18.99
- **IP6**
120 vcaps. ... \$10.99



All Ester C Products
20%-25% off



- Olive Leaf**
8 oz \$14.99
- Olive Leaf**
16 oz \$26.99
- Olive Leaf Spray**
1.5 oz \$9.99



All Products
20% off



All Products
20% off



Golden Milk
3.7 oz \$11.99

New HBA Products

- Natures Gate- Body Butter 8 oz (Coconut and Fresh Scent)
- Jason- Coconut Cream Toothpaste
- Jason- Men's Shave Oil

New Supplement Products

- Nutiva- MCT Oil 16 oz
- Terry Naturally-Healthy Feet/Nerves/Curamin, Low Back Pain/Bosmed Joint Comfort

New Grocery Products

- White Mountain: Bulgarian Whole Milk Yogurt
- Wilbrine: Sriracha Kimchi, Cole Slaw, Korean Kimchi, Miso Horseradish Kimchi
- Wildbrine Live Shot: Kimchi, Japanese Citrus, Spicy Korean, Thai
- Hail Merry: 2-pack cups
- Beetol Organic Beet Juice: Berry, Cherry, Lemon Ginger, Tropical Fruit

- LaColombe Draft: Cold Pressed Espresso Latte
- Field Roast Mac N' Chao: Chili, Creamy
- Tofurky: Ham Style Roast
- Sir Kensington: Mayonnaise
- Verday: Chlorophyll Water
- Zevia Energy Drinks: Grapefruit, Kola, Mango
- Choice Organic Teas: Reishi Detox, Shiitake Mate, Shiitake Turmeric

- Pukka Organic Tea: Turmeric Gold, Matcha Green, Supreme Matcha, Three Ginger
- Traditional Organic Herbal Tea: Mountain, Moringa
- Yogi Organic Tea: Green
- Blackberry Moringa, Mango
- Teccino Dandelion Tea: Turmeric, Caramel, Mocha, Red Chai
- Artisan Tropic: Plantain Strips

- Lundberg: Ground Red Rice & Quinoa Tortilla Chips, French Onion, Pink Himalayan Salt, White Cheddar, Ancho Chia
- Nutiva: Chocolate Hazelnut Spreads
- Nature's Path: Love Crunch Organic Granola
- Tcho: Chocolate Bites
- Zema's: Black Bean Brownie Mix, Sweet Potato Pancake/Waffle Mix

- Kuli Moringa Bars: Black Cherry, Crunchy Almond, Dark Chocolate
- Emperor's Kitchen Organic Garlic: Chopped, Puree (In both original and Ginger)
- RX Protein Bars: Maple Sea Salt, Mint Chocolate, Pumpkin Spice
- Schaar: Gluten Free 10 Grain Artisan Bread, Ladyfingers, Pizza Crust

Preserving and Storing Food - Part 2

By Linda Townsend

I am still learning about preserving and storing food, because so much that my grandmother knew was not taught to me. In her childhood, the “ice box” actually meant a block of ice in a wooden box! My grandfather delivered such blocks of ice as his first job as a teenager. Most meals had to be made from scratch and families went to neighborhood stores and farms nearly every day for fresh food items.

Today we have so many conveniences and ways to preserve food. Each of them have their pros and cons. One of the easiest and most convenient is refrigeration. We are very fortunate in the United States to have reliable power sources so that our refrigerators work 24/7 and it works great for keeping foods fresher for short terms. However, refrigeration is rarely for long term storage, unless the food has been preserved by salting, fermentation, or pickling, as well, or foods just do not spoil easily, like breads.

Fermented foods are quite nutritious. Some types of fermented foods may not need to be refrigerated or even should not be, but many need a dark place, like my grandmother’s fruit cellar. Since we have such modern conveniences, the art of fermentation is not something most people find necessary to learn. I have to admit that my own experiences with fermentation have been limited to sourdough bread and homemade yogurt, but I find the process of friendly bacteria or yeast fermentation with their own contributions of nutrients fascinating.

I have found that most foods that are vacuum-sealed last far longer in the refrigerator, whether in bags or special containers designed for that purpose. I have had tender spring lettuce mixes stay fresh and crisp for over two to three weeks in a vacuum container and cheese seems to last indefinitely, as long as it is vacuum packed after every use. Generally, vacuum sealing adds days to weeks and, in the case of cheeses, possibly months.

Freezing is another way of preserving and storing some foods for longer periods than refrigeration. Generally what will only last a week or two in a refrigerator can last four to eight times as long in the freezer. However, that also depends on how the food is prepared, as in raw meats tend to last for less time than cooked. How well packaged or sealed the food is makes a difference, also. Again, I have found that vacuum-sealing adds months. The downside is that some foods should never be frozen as the

process breaks down the consistency of the food (mayonnaise and yogurt are among those) and vacuum-sealed bags can be damaged when re-positioning them in the freezer, thus losing the seal. Many dairy products can be frozen like butter and cheese, but cheese can be more crumbly afterward. Even eggs can be frozen, but not in the egg shell. Personally, I do not bother to freeze eggs.

As convenient as refrigerators and freezers are, they require electricity and, if we have learned anything recently from the storms that have hit our country, your home may have little damage from a storm, but still be without power for a long time. Unless you have fuel in reserve and a generator, you could be without a working refrigerator and freezer for longer than the food will stay cold.

For canned and pre-packaged foods that do not require refrigeration, I have a nice size pantry for storage. Several months ago though I found that a rodent coming in from outside thought all those packaged foods were rather convenient too. We then added five gallon buckets with lids for grains and bulk items and a metal locker with shelves for the packages that can be eaten through...and gave my cats notice about how they were not doing their job. Preserving and storing food is not just about keeping food fresh, but also protected from pests, including bugs. I freeze all my flour until I open it and then it goes into a sealed container for that reason.

Many foods can be preserved by canning, but as much as my grandmother must have liked it, it is not my favorite way to preserve food, mostly because it has to be heated to boiling, which kills off enzymes and reduces the available vitamins. That is not to say I am against all canned foods, but that the canned foods I have are foods I plan to heat in preparation of a meal anyway.


Dehydrating is another way to preserve some foods. This is a great method to preserve jerky and fruits. Vegetables also can be dehydrated, but most need to be blanched first, which is not difficult to do, but another step. Although I love dehydrated fruits as a snack or to add to granola, dehydrating also requires warming, but afterward they do not need refrigeration. The dehydrated foods are still somewhat moist or sticky and some probably should be well sealed to keep better and protect them from pests.

Similar to dehydrated foods, freeze dried foods are even better for longer term storage (think years) without the need of refrigeration because all the moisture is removed and then they are sealed

with low levels of oxygen or vacuum sealed. Until recent years, freeze dried foods could only be purchased prepared, as it was not something people could do at home. When small freeze drier units became available for home use, they were very expensive, but the prices have been coming down to almost half, so I have included this as a home method. In freeze drying, the food is frozen then warmed while being vacuumed so that the ice sublimates, which means it goes from ice to gas without becoming liquid. This entire process takes hours depending on the moisture content of the food. The benefit is that far more nutrients are preserved and all that must be done is to add water to rehydrate the food, although some eat the crunchy fruit and vegetables as a snack without rehydrating. Freeze drying is particularly good for raw meats, fruits, and vegetables. Afterward the food is sealed in mylar bags with oxygen absorbers or vacuum sealed. The bags can then be placed in a pantry or in bucket containers with lids to keep protected from pests. Foods that do not freeze dry well are those with high fat content, such as butter. Freeze dried cheese, which tends to powder, can be heated in cooking, but does not rehydrate with water like other foods. Freeze dried meats, however, dehydrate and rehydrate beautifully and keep for years without refrigeration or freezing. The downside of freeze dried foods is that water is required to rehydrate and in some cases there can be a severe shortage of water also.

As you can see, we have a greater number of choices in how to preserve food than people did just a hundred years ago. Some are ancient arts and some are modern technology. Each has its good points and its limitations and its costs. My hope is that we all have food and water stores in preparedness for any unexpected needs. When I began writing the first part of this article, there were no storms threatening our country, but we have seen what such tragedies can do. We can never be *fully* prepared, but we can be *better* prepared to have food on hand for our loved ones when there is the need.

Linda Townsend has been a member of the Life Grocery Co-op for 20 years and is a freelance writer of health-related issues. She can be contacted at 4biohealth@gmail.com.

 <p>Coconut Bliss All Flavors pint \$4.99</p>	<p>PRIMAL kitchen</p> <ul style="list-style-type: none"> • Mayo with Avocado Oil 12 oz \$7.69 • Vinaigrette 8 oz \$4.69 • Avocado Oil 16.9 oz \$9.99 • Extra Virgin Avocado Oil 8.5 oz \$9.99 	 <p>Bone Broth</p> <ul style="list-style-type: none"> • Beef • Chicken • Chicken and Mushroom <p>16.2 oz \$6.49</p>
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