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SPRING 2014

Hours

Monday-Saturday: 9a.m.-7p.m.

Sunday: 10a.m.-4p.m.

Crow Wing Food Co-op 8th & Washington, Brainerd MN 218-828-4600

LET US INTRODUCE



OUR NEW GENERAL MANAGER



My name is Nalrah Skinner Hicks. I was born in Brainerd to Harlan and Margaret Skinner. If you spell my father's name backwards you will have mine.

I grew up in a rural area on a hobby farm. We had many different animals at different times.

It was great growing up in a rural area because it was so laid back and peaceful. During my high school years I trained and rode A LOT of horses and helped out with the animals on the farm.

My parents taught me good old family values with the skills and knowledge of living off the land being independent and sustainable. With my upbringing my interests grew into learning about Natural Path Remedies, acquiring a family herbology certificate, and taking wild edible, pioneering, and wilderness survival courses. I love hunting, fishing, gardening—just being a complete outdoors woman.

I attended Central Lakes College and also took classes at St. Cloud State for Business and Business Management. Business

is a deep interest of mine and my passion. I have many different certificates in Business Management — Food Safety Manager Certificate, Time Management, Small Business Management and the list goes on. I love learning all that I can about successfully operating a business. I also have been a business owner for over 13 years.

I have three wonderful daughters who I love very much and a grandson that I treasure more than anything. My oldest is Jordan - she is a true outdoors pioneer woman. She loves horticulture and being outside. Jordan lives with her husband and my grandson in Crosby.

Threasa, my middle daughter, lives in Seattle, WA with her husband Simon. Threasa is at Bastyr University working at receiving her doctorate in Naturopathic Medicine.

Debra, my youngest, graduated from high school last year and has been attending college for Business Management.

I am so grateful to have the opportunity to work at such a great business. I am ecstatic to watch the Co-op grow to bring whole food nutrition and natural health to a broader community.

Co-op Board Meetings are open to Owner/Members & held every 2nd Thursday of the month at 7:00. Call the Co-op at 828-4600 to confirm time & location.



A NEW SEASON

Spring is finally here!! With the changing seasons comes changes at the co-op! While I am now off and working with my pigs and chickens, hauling hay, and feed. I still am thinking fondly and often of my time at the co-op! I will miss your faces, your kids, your questions, your conversations about dreams, and your sorrows. We have hugged and cried together, created lasting friendships, and learned so much together!

For all of that, I thank you! I have achieved more personal growth during my time at the co-op than any other time period in my life. The atmosphere of excellence and positivity makes it the perfect place to affect anyone who walks through these doors with an open mind and heart in a positive way!

In friendship and cooperation
Jessy McShane

'know who produces the food you eat'

NEW TO OUR BOARD



Arlene Jones

Arlene has owned and operated The Farm on St. Mathias with her husband, Bob, and family since purchasing the 80 acre parcel in 2006. They are passionate about locally produced and sourced goods, creating the region's first local foods hub, SPROUT MN in 2013. Working with

over 30 of the area's small family farms, Arlene coordinates Farm to School and Farm to Institution within a 6 county area, and coordinates a region-wide CSA program utilizing the area's finest locally grown products. The Farm on St. Mathias continues to be Arlene's passion, continuing to grow The Farm into a destination farm hosting weddings, wine dinners, fundraisers and, of course, family fun with the corn maze and hayrides in the fall. When not working on food issues, Arlene spends time with her beautiful family, the family's trio of Gordon Setters and in researching her family tree.



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We Need You!

Ideas needed for the newsletter:

- recipe • articles • photos • etc

Volunteers needed:

- to update the Owner/Membership list by telephone or email from the comfort of your own home

Contact: jeanborkenhagen@gmail.com

If you might be interested in joining the Co-op Board contact jeanborkenhagen@gmail.com

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Why the excitement? Stop by & check out our produce.



STAFF LEFT TO RIGHT: Bri Keran, Julia Lee, Andrew Rich, Sheila Carleton, Nalrah Hicks

Not finding what you want in the Co-op? Talk to us - we can special order!

Visit the Co-op's new website at crowningcoop.com

Find us on Facebook

Lemongrass Essential Oil for Pest Control

Lemongrass - Lemongrass oil is distilled from a tropical grass native to Asia. It has a powerful, lemony, grassy aroma. It is used in insect repellents, room sprays, soaps and detergents. Aromatherapy benefits: vitalizing, cleansing.

For big areas mix 10 drops of essential oils & 1/2 tsp natural dish soap to 8 oz water in a spray bottle - shake well during use. Remember less is more - you can always repeat application

Note:

- Essential oils are very concentrated. Do not apply directly to skin; always dilute essential oils before applying to the skin, either in a fatty oil, or in water as when used on a compress.
- Do not use essential oils internally.

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Attention Local Artisans!

We are getting an early start on planning this year's Midsummer Faire and Celtic Celebration on The Farm on St. Mathias, July 26th from 11- 6. We are looking for local artisans to sell their wares and demonstrate their talents. For a peek at last year's event and a copy of our vendor application visit: <http://www.thefarmonstmathias.com/event-calendar/celticcelebration/>

Bees for Farm and Food

Honeybees continue to make headlines as scientists try to understand “Colony Collapse Disorder.” CCD is a mysterious disease in which field bees fail to return to the hive resulting in the death of the entire colony. There are several theories as to the cause, but there is still no clear smoking gun.

Keeping bees healthy is important because bees pollinate about a third of all fruits and vegetables that we consume. So, bees are particularly valuable for fruit and vegetable growers, not to mention those of us that eat them.

Honeybees tend to be the most familiar pollinator, but not the only one. While every child knows about hard-working bumblebees, few of us realize that there are 4,000 species of native bees in this country. Some species of native bee are familiar, such as the bumblebee. Many are unfamiliar, though they live inconspicuously alongside us in our yard and gardens. Unlike honey bees, native bees generally do not sting, generally do not form colonies, but do come in a bewildering variety of colors, sizes and shapes. You can often recognize native bees because the hairs on their bodies are covered in pollen.

These bees are worth encouraging, because they can pollinate alfalfa, apples, blueberries, tomatoes, peppers, squash and other important crops. Because native bees already live here, it is fairly simple to encourage them. On farms, planting native prairie flowers along field edges, along field roads, and in neglected corners of a property, gives wild bees food and habitat. Because prairie seldom needs mowing, the flowers are left to provide nectar and pollen. Many bee species live in wood, so letting sumac, elderberry and other wild berries grow, and leaving some dead trees alone, will provide habitat.

Other native bees nest in the ground, spending most of their lives in a larval state. Tillage will kill the larvae, so leave some places untilled. In short, some of the best places for bees are the worst places for growing crops.

If you grow apples, blueberries or other fruits, interplant cover crops between rows and let them flower. Possibilities are clover, vetch or yarrow. Good garden plants for bees include zinnia, thyme, basil, mint, sunflower, hyssop, Joe Pye Weed, gay feather (*Liatris*), cosmos, cleome, globe thistle, giant hyssop and the aptly named bee balm (*Monarda* or bergamot).

For those of you who love your electric drill, you can take a block of untreated wood and make “bee houses” for native, solitary bees, such as the mason bees and leafcutter bees. Take a block of wood at least four inches square – a log, dead tree or firewood also works well, and drill a variety of nest holes about three-quarter inch apart. Drill one-quarter-inch holes as deep as you can, up to five inches deep. Drill 3/32 or 3/8-inch diameter holes five to six inches deep, if you can. Don’t drill all the way through the wood. (Obviously, your block of wood must be at least six inches deep). Drill a clean hole with a



Photo courtesy of St. Mathias Farm

sharp bit, and drill across the grain of the wood. Fasten them tightly to a post about four feet high, facing southeast towards the morning sun. After two years, get your drill out again and replace the whole block, to keep diseases at bay.



Photo courtesy of St. Mathias Farm

For much more on bees and other native pollinators see the Xerces web site at www.xerces.org.

For more information, contact me at 800-450-2465 or stordahl@umn.edu. This article was provided by Tom van der Linden, Extension Educator in Winona County.

Here is a link to a very recent article highlighting the work that the MN Department of Agriculture is focusing on, along with the USDA.

http://www.twincities.com/news/ci_24907495/state-agencies-develop-protection-honey-bees



COCONUT OIL

by Deanna Olson

It is almost earth shattering when you find the one product you can use for almost any situation in your home, especially after you have children! From smelly underarms to baking bread, coconut oil has found a multifaceted place in not only our home, but many others as well. A simple Google search will enlist hundreds of sites claiming 101 uses for this marvelous miracle. How has it come to be that something as simple as coconut oil has 101 uses? Coconut oil is versatile for cooking, personal care products, and home remedies.

MY TOP 5 WAYS OF USING COCONUT OIL

1 HEALTHY HOMEMADE DEODORANT (EXTERNAL)

Antiperspirants are loaded with chemicals that progressively block our body's natural process of cleansing (perspiration/sweating). Simply stated: We sweat to get the bad out. If we block this option with chemical build-up, it begins to store itself within our body, and works against our body's cleansing mechanisms.

RECIPE FOR HOMEMADE DEODORANT

3 TBS of Coconut Oil
3 TBS of Baking Soda (non-aluminum)
2 TBS of Shea Butter
2 TBS of Arrowroot Powder (optional, helps to feel dry)
Essential Oil (optional for fragrance)

Combine shea butter and coconut oil in a quart size glass mason jar with a lid and place in a small saucepan of water until melted. Remove from heat and add baking soda and arrowroot. Mix well and add any desired essential oils. Pour into desired storage container, and allow to cool/harden in the fridge. It does not need to be stored continuously in the fridge.

2 LOTION WITHOUT THE EXTRAS (EXTERNAL)

Many lotions are (including popular baby lotions and soaps) filled with chemical ingredients and color dyes. It is best to avoid such application as much as possible. The chemical overload we experience is overwhelming, especially for our children's developing systems.

Use a organic, unrefined extra-virgin coconut oil in your home. This type of coconut oil can be used internally and externally. A small amount can be stretched a long way. A pea size amount of coconut oil will serve as a head to toe application. As a general rule of thumb, moisture absorption is best achieved immediately following a bath or shower.

3 DIAPER RASH CREAM (EXTERNAL)

All of the latest must-have creams and lotions claim immediate relief and comfort. However, coconut oil is a non-irritating, hypoallergenic option that truly relieves baby's soreness. As with lotion, additional chemical fillers can be harmful and counterintuitive to alleviating the inflammation and/or soreness that occurs with diaper rash. Additionally, it is appealing to have one go-to product that is safe, efficient, and cost effective, rather than several slightly used and unsuccessful bottles and tubes of products.

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4 BARRIER OIL FOR VAPOR RUB OR OTHER ESSENTIAL OIL APPLICATIONS (EXTERNAL)

Making your own vapor rub for the cold season is safe, effective, and inexpensive. You will also have the self-assurance to knowing all of the ingredients in your homemade congestion relief.

RECIPE FOR VAPOR RUB

1/2 cup of Coconut Oil
20 drops of Eucalyptus Oil
20 drops Peppermint Oil
10 drops Rosemary Oil
10 drops Cinnamon or Clove Oil (optional)

Combine all ingredients together. Store in desired airtight container. Apply a modest amount to the chest area as needed when experiencing a cold and/or congestion.

BUTTER/SHORTENING SUPPLEMENT (INTERNAL)

Coconut oil is a neutral oil that can be substituted in baking or cooking for your traditional fats, such as butter, margarine, or shortening. Choosing a unrefined oil with the "aroma removed" will take away the slightest smell and/or taste of coconut (although initially imperceptible). This is a welcomed substitute for those trying to avoid animal fats and/or soy-based products.

Coconut oil proves to be a diverse product we are thankfully able to use internally and externally. It is imperative to begin finding substitutes for our products bursting with chemical fillers, such as fragrance, parabens, and dyes (internally and externally). Coconut oil is a step away from these products and fillers.

Recipes continued...

5

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108 Uses for Coconut Oil!

Coconut oil is a natural, affordable product that offers a myriad of health benefits for you and your home. Coconut oil can easily replace harmful chemical-based personal care and cleaning products and provide a neutral oil/fat supplement to your kitchen for cooking and baking.

Coconut Oil Anti-bacterial

Kills bacteria that cause ulcers, throat infections, urinary tract infections, gum diseases, and other bacterial infections.

Anti-carcinogenic

Coconut oil has antimicrobial properties so it effectively prevents the spread of cancer cells and enhances the immune system.

Anti-fungal

Kills fungi and yeast that lead to infection.

Anti-inflammatory

It appears to have a direct effect in suppressing inflammation and repairing tissue. It may also assist in inhibiting harmful intestinal microorganisms that cause chronic inflammation.

Anti-microbial/Infection Fighting:

The medium-chain fatty acids and monoglycerides found in coconut oil are the same as those in human mother's milk, and they have extraordinary antimicrobial properties. By disrupting the lipid structures of microbes, they inactivate them.

About half of coconut oil consists of lauric acid. Lauric acid, its metabolite monolaurin and other fatty acids in coconut oil are known to protect against infection from bacteria, viruses, yeast, fungi and parasites. While not having any negative effect on beneficial gut bacteria, coconut oil inactivates undesirable microbes.

Type of Coconut Oil to Use

Expeller pressed (refined) coconut oil can be used for anything. It does not have a coconut smell or taste.

Virgin (unrefined) coconut oil tastes and smells like coconut and is great for cooking and baking where you want to add coconut flavor. You can use it for anything but it will impart a mild coconut taste.

Food grade should always be used.

Coconut Oil for Personal Body Hygiene

- 1. Age Spots**— Applying coconut oil directly to the age spot will help it fade.
- 2. After Shave**— Coconut oil will help heal your skin after shaving without clogging pores and is great for razor burn.
- 3. Baldness**— Apply three times a day to affected area of hair loss. Coconut oil supports cell regeneration.
- 4. Birth Marks**— Can be used after a laser removal treatment to aid in healing. Can also be applied after an apple cider vinegar treatment to help support and aid the fading process.
- 5. Body Scrub**— Mix coconut oil and sugar together and rub all over. Rinse off and your skin will be super soft! You can add in essential oils if you would like a specific smell.
- 6. Bruises**— Applied directly to the bruise, coconut oil enhances the healing process by reducing swelling and redness.
- 7. Bug Bites**— When applied directly to a bug bite, coconut oil can stop the itching and burning sensation as well as hasten the healing process.
- 8. Burns**— Apply to burn site immediately and continue applying until healed. Will reduce the chances of permanent scarring and promotes healing.
- 9. Lip Moisturizer** — Just rub a little into lips and it not only acts as a softening agent but it also has an SPF of about 4 so you get a little protection.
- 10. Cradle Cap**— If you are having issues with dry skin on your baby's scalp, coconut oil will not only nourish your baby's skin, it will also help eliminate cradle cap. Just rub a teaspoon onto scalp daily.
- 11. Dandruff**— Coconut oil soaks into the scalp and moisturizes dry skin, relieving symptoms of dandruff. It also helps to control oil secretion from the scalp, another leading cause of dandruff.
- 12. Deodorant**— Coconut oil alone can be used as a deodorant, but even more effective in combination with cornstarch/arrowroot powder and baking soda

13. **Diaper Salve**— Coconut oil can heal the skin irritation associated with diaper rash without harsh chemicals.
14. **Exfoliator**— Coconut oil mixed with sugar or sea salt is a very nourishing and effective exfoliator and safe to use all over the body.
15. **Eye cream**— Apply under the eyes to reduce puffiness, bags and wrinkles. Use on the lids in the evening.
16. **Face Wash/ Soap**— Mix equal parts coconut oil with either olive oil or castor oil and use in place of soap when washing your face. Wet face, rub oil in and leave on for two minutes, rinse and pat dry. One teaspoon should be adequate.
17. **Hair conditioner/ Deep Treatment**— Use as a leave-in hair conditioner by applying a teaspoon of coconut oil to your ends and then running your fingers through your hair to distribute the rest. For a deeper treatment, rub in a tablespoon of coconut oil onto your dry scalp and gently work through to the ends. Put a shower cap on to prevent transfer onto bed linens and leave on overnight.
18. **Hair Gel/ Defrizzer**— Rub a little between your palms and either scrunch into hair (for curly hair) or finger comb in through from scalp to ends (for wavy/straight hair).
19. **Healing**— When applied on scrapes and cuts, coconut oil forms a thin, chemical layer which protects the wound from outside dust, bacteria and virus. Coconut oil speeds up the healing process of bruises by repairing damaged tissues. Plus, it smells a heck-of-a-lot better than anything from the pharmacy.
20. **Lubricant**— It is an all-natural, perfectly safe personal lubricant (Not compatible with latex).
21. **Makeup Remover**— Use a cotton swab and a dab of coconut oil and wipe your makeup away, safe and affectively.
22. **Moisturizer** — A small amount goes a long way.
23. **Mole Remover** — When applied after an apple cider vinegar compress for several weeks, moles have been known to “slide off” or just disappear.
24. **Nipple Cream**— Works great to nourish cracked, sore or dry nipples. Apply to a cotton ball and leave on your nipples between feedings.
25. **Oily Skin Fix**— If you are prone to oily skin or an oily T-zone, use a pea sized amount underneath makeup or alone to reduce the appearance of oil.
26. **Pre Shampoo Treatment for Hair**— Rub a little into scalp and hair before shampooing. This is especially useful for those with course or frizzy hair.
27. **Pre-Shave**— Coconut oil will prep skin for the pending damage caused by shaving.
28. **Skin Problems**— Coconut oil relieves skin problems such as psoriasis, dermatitis, and eczema.
29. **Stretch Mark Cream**— Coconut oil is great at nourishing damaged skin. It may not be the magic stretch mark cure but it will help.
30. **Sun Burn Relief**— Rub liberal amounts of coconut oil into the affected area. Coconut oil has a natural SPF protection of 4 in addition to it moisturizer component.
31. **Swimmers Ear**— Mix garlic oil and coconut oil and put a few drops in affected ear for about 10 minutes. Repeat 2-3 times a day until you feel full relief (typically within 2-3 days).

32. **Tattoo Healing and Moisturizer**— Continued use of coconut oil on tattoos will help keep the pigment from fading. Used on new tattoos, coconut will hasten the healing process and decrease the chance of infection.

33. **Toothpaste**— Mix coconut oil and baking soda and dab a little of the mix on your toothbrush.

35. **Wrinkle Prevention and Wrinkle Reducer** — Rubbing coconut oil on wrinkles and sagging skin helps strengthen the connective tissues to bring back that youthful look!

Coconut Oil for General Health and Wellness

Always consult your physician for proper diagnosis and treatment of any health concern you may have.

36. **Breastfeeding**— Consuming 3 1/2 tablespoons of coconut oil daily will enrich the milk supply.

37. **Bones and Teeth**— Coconut oil aids in the absorption of calcium and magnesium leading to better development of bones and teeth.

38. **Digestion**— The saturated fats in coconut oil help control parasites and fungi that cause indigestion and other digestion related problems such as irritable bowel syndrome. The fat in coconut oil also aids in the absorption of vitamins, minerals and amino acids.

39. **Energy Boost**— Coconut oil boosts energy and endurance making it a great supplement for athletes.

40. **Fitness**— Coconut oil has been proven to stimulate your metabolism, improve thyroid function, and escalate energy levels, all of which help decrease your unwanted fat while increasing muscle.

41. **Improves insulin secretion and utilization of blood glucose making it great for both diabetics and non-diabetics.**

42. **Lung Function**— Increases the fluidity of cell surfaces.

43. **Nausea**— Rub some coconut oil on the inside of the wrist and forearm to calm an upset stomach.

44. **Nose bleeds**— Coconut oil can prevent nose bleeding that is caused by sensitivity to weather such as extreme heat and extreme cold. This condition happens when the nasal passages become dry because of cold or dry air resulting to burns and cracks in the mucus membranes so bleeding happens. To prevent this just put coconut oil in you nostrils. Coat your finger with coconut oil and then lie down and coat your finger inside your nose. Doing this will strengthen and protect the capillaries in the nasal passages. A Vitamin C supplement will also help prevent nose bleeding.

45. **Stress Relief**— Relieve mental fatigue by applying coconut oil to the head in a circular, massaging motion. The natural aroma of coconuts is extremely soothing and can assist in helping to lower your stress level.

46. **Vitamin and nutrient absorption**

47. **Weight loss**— The saturated fats contribute to weight loss and controlling cravings and also increases metabolic rate.

Coconut Oil for Health Problems

When taken internally it is known for aiding, preventing, and/or relieving common health issues. *Always consult your physician for proper diagnosis and treatment of any health*

48. **Acid reflux/indigestion**– Aid if taken after a meal.
49. **Bowel function (regular/daily)**
50. **Candida**
51. **Cholesterol**– Improves HDL ('good' cholesterol) to LDL ('bad' cholesterol) ratio in people with high cholesterol.
52. **Crohns Disease** (inflammation)
53. **Circulation** (feeling cold all of the time)
54. **Diabetes**– Helps keep blood sugar levels stable and/or helps with cravings.
55. **Eczema**–In addition to taking it internally, many have success applying it externally.
56. **Heart Disease**– Protects arteries from injury that causes atherosclerosis.
57. **Hot Flashes**
58. **Immune System Builder**
59. **Irritable Bowel Syndrome**
60. **Kidney Stones**– Can aid in dissolving them.
61. **Menstruation Relief**– Regarding pain/cramps and heavy blood flow.
62. **Thrush**
63. **Thyroid Function**– Can regulate an overactive or underactive thyroid.
64. **Urinary Tract Infections/Bladder Infections**
65. **Acne**
66. **Allergies/Hay Fever**– Rub a little inside the nostrils for quick relief and pollen will cling to the oil.
67. **Athletes foot**
68. **Back pain/sore muscles**
69. **Boils and cysts**
70. **Canker sores**
71. **Cellulite**
72. **Circumcision healing** (substitute to petroleum jelly)
73. **Decongestant** – Rub coconut oil with eucalyptus oil on the chest and under the nose when congested from a cold or allergies.
74. **Ear infection** – Place a few drops inside the ear twice daily for relief from pain. It will also fight the infection itself.
75. **Gum Disease and Gingivitis**– Use as toothpaste or rub directly on gums. 76. **Hives**– Reduces itch and swelling.
77. **Pink eye**– (Apply around and in the eye)
78. **Toothache**

Coconut Oil and Cooking

79. **Butter Substitute**– Use 1 cup to 1 cup ratio when replacing butter in recipes with coconut oil.
80. **Nutritional Supplement**– Melt and add to smoothies.
81. **Replacement for butter/lard/Crisco/PAM** in its solid form for greasing pans, pie crusts, etc.
82. **Replacement for various oils in liquid form**– Baking, cooking, sautéing, etc.

Coconut Oil and Pets/Animals

Check with your veterinarian regarding the recommended dosage for your animal-1/4 teaspoon for every 10 pounds of body weight twice daily.

83. **Aids healing of digestive disorders** like inflammatory bowel syndrome and colitis.

84. **Aids in arthritis or ligament problems.**
85. **Aids in elimination of hairballs and coughing.**
86. **Applied topically, promotes the healing of cuts, wounds, hot spots, dry skin and hair, bites and stings.**
87. **Clears up skin conditions** such as eczema, flea allergies, contact dermatitis, and itchy skin. 88. **Disinfects cuts and promotes wound healing.**
89. **Great for dogs and cats for general wellness** (Add a teaspoon to their water bowl daily). 90. **Helps prevent or control diabetes.**
91. **Helps sedentary dogs feel energetic.**
92. **Helps reduce weight** and increases energy.
93. **Improves digestion** and nutrient absorption.
94. **Makes coats become sleek and glossy,** and deodorizes doggy odor.
95. **Medium-chain triglycerides (MCTs)** have been shown to improve brain energy metabolism and decrease the amyloid protein buildup that results in brain lesions in older dogs.
96. **Prevents and treats yeast and fungal infections,** including candida.
97. **Reduces allergic reactions** and improves skin health.
98. **Reduces or eliminates bad breath** in dogs.
99. **Regulates and balances insulin** and promotes normal thyroid function.

Other Uses for Coconut Oil

100. **Chewing Gum in Hair Remover**– Rub some coconut oil over the stuck chewing gum and leave in for about 30 minutes. Simply roll the gum out between your fingertips.
101. **Goo Gone**– Mix equal parts coconut oil and baking soda into a paste and apply it to the sticky area and let it set for a minute. Then scrub off with an old toothbrush or the scrubby side of a sponge.
102. **Insect repellent**– Mix coconut oil with peppermint oil extract and rub it all over exposed skin (Keeps insects off and is safer than anything with Deet).
103. **Moisturizing and cleaning leather products.**
104. **Oiling wood cutting boards** and wood bowls.
105. **Polishing Bronze**– Rub a little oil into a cotton towel and then wipe down the statue. It cleans and helps deepen the color of your bronze.
106. **Polish Furniture** – Rub coconut oil with a little bit of lemon juice with a cotton towel to polish wood furniture (Always test a small, unobtrusive area to ensure it works the way you would like).
107. **Soap making** – Coconut oil can be used as one of the fats in soap.
108. **Conditioning your guitar** – Coconut oil can be used to condition guitar strings and wood

References:

- Omega Nutrition Health Blog (Coconut Oil)
- Network of family and friends' regarding top common uses
- Nutiva Health Blog (Coconut Oil)



Recipe Corner

Coconut Oil Recipes From the Kitchen of Deanna Olson

Best Brownies Ever

- 10 TBS Coconut Oil
- 1 ¼ CUP Sugar
- ¾ CUP Unsweetened Cocoa Powder (Dutch-process)
- ¼ tsp Salt
- ½ tsp Pure Vanilla Extract
- 2 Large Eggs (cold)
- ½ Cup Flour (baking flour)

Preheat the oven to 325 degrees. Line 8 X 8 baking pan baking/parchment paper. This will allow you to lift the brownies right out.

Combine the butter, sugar, cocoa and salt in a medium metal or glass bowl bowl and fit the bowl on top of a pot of simmering water. Stir continuously, watching the butter. If it's not melting quickly enough, turn up the heat. Keep stirring until the butter is all melted and you have a paste. Heat the mixture until it is just hot enough to the touch of your finger. Remove the bowl from the pot and allow it to cool.

Stir in the vanilla. Add the eggs one at a time, beat on high with an electric mixer to blend. Add the flour, stirring until it disappears. Then beat vigorously for 40 strokes with your mixer on high. Spread evenly in your lined pan. Bake until a cake tester comes out mostly clean, 20 to 25 minutes. Remove the brownies easily from the pan and let cool on the parchment liner. Cut the brownies into desired size squares (large or small).

The "Good Dressing"

- 2 TBS Sesame Seeds or Flax Seeds
- 1 TBS Poppy Seeds
- ½ CUP Sugar (Agave Nectar or Honey can also be used)
- ½ CUP Coconut Oil
- ¼ CUP White Vinegar
- ¼ tsp Paprika
- ¼ tsp Worcestershire Sauce
- 1 TBS Onion (minced)

Combine all ingredients and marinate in the fridge for 1-2 hours. Because coconut oil hardens when refrigerated, set the dressing out at room temperature ½ hour before serving. This dressing is excellent with lettuce salads or mixed spinach and kale. It compliments strawberries and blueberries and feta, blue cheese, and/or goat cheese. Enjoy the nutty flavor!



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- Support your local economy
- Provide your family with nutritious meals
- Save money
- Know your food
- Know your farmer

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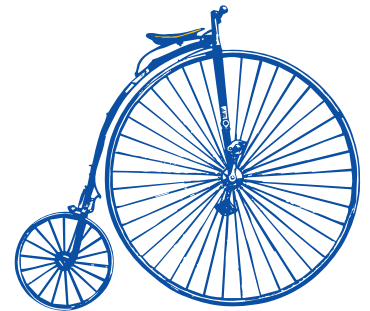
Herbs for Pest Control

In the past, herbs were heavily relied upon for the serious task of pest control. Pommanders were hung in closets, sachets were slipped in drawers or between layers of linens or stored clothes, and handfuls of herbs were sprinkled in kitchen cupboard drawers or on pantry shelves. Herbs are as effective as ever, of course — and much friendlier (more pleasant smelling and non-toxic) than many of today’s chemical solutions. Give some of these a try this summer:

- Sprinkle catnip, pennyroyal, or peppermint in your kitchen cupboards (or behind cabinets) to discourage ants and other crawling insects. You might even leave a trail of herbs across an especially problematic kitchen counter.
- Place whole bay leaves on your pantry shelves to keep invaders out of your grains.
- Put a handful of very aromatic herbs in small muslin bags and hang in your closets or place in a storage container with your winter clothes. You can also sprinkle the herbs in a small envelope and tuck the envelope between layers of clothes or in a pocket of something hanging in the closet. Good herbs for this purpose include: catnip, juniper berries, lavender, lemon balm, peppermint, red cedar, rosemary, sage, spearmint, thyme, and wormwood.
- Dried mullein was once used in barns to keep mice away from grains. Try it, or peppermint, in your pantry.
- A sprig of fresh mint on your picnic blanket will help ward off bees.

From Frontier Herbs

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Spring Cleaning the Non-Toxic Way

With Jean B.

I always “catch” the spring cleaning bug this time of year. But as I get older I’m also becoming more sensitive to toxic cleaning supplies. I look for ways to clean that are gentler on me, my family, and the environment. The Co-op carries many great cleaning options, but if you are interested in making your own non-toxic cleaners the following are the top ingredients you’ll want to have on hand and are probably already in your pantry. Some combination of these ingredients will make you almost all of the recipes you’ll find below. All of them can be found at the Co-op.

- Baking Soda – cleans, deodorizes, scours
- White Vinegar – cuts grease and soap scum, dissolves mineral deposits, inhibits mold, freshens; reportedly kills 99% of bacteria, 82% of mold, and 80% of viruses
- Hydrogen peroxide -cleans
- Borax– cleans, deodorizes, disinfects
- Essential oils, like tea tree oil, lavender oil, eucalyptus oil, or lemongrass oil – freshen, disinfect
- Castile soap (like Dr. Bronner's) or vegetable oil-based liquid soap – cleans
- Fresh herbs, citrus, or citrus peels
- Olive or vegetable oil– cleans
- Kosher salt – scours, disinfects
- Water

Equipment or Tools

Measuring cups & spoons • Jars • Spray bottles

• ALL-PURPOSE CLEANER

Using funnel, put 1 teaspoon baking soda, 1/2 teaspoon dish soap, and 2 tablespoons vinegar into your spray bottle. Give it a stir/shake. Let it sit for a minute, now fill bottle with warm water and shake it up. Give it a few more minutes to calm down, and add a few drops of essential oil if desired.

• ALL-PURPOSE CLEANER II

Another all-purpose cleaner using three basic, inexpensive, non-toxic ingredients. They are: water, hydrogen peroxide, and lemon juice. You can use this cleaner for everything from streak-free mirrors to wiping out the cat litter box. Mix 2 cups water, 1 cup Hydrogen Peroxide, and 1/4 cup Lemon Juice. Adjust to suit your needs.

Hydrogen peroxide is the key to this cleaner. It’s inexpensive, non-toxic, and readily available. It’s a nearly odorless liquid that is commonly used on open wounds and therefore safe to use around pets and children. Hydrogen peroxide has stronger cleaning capabilities than vinegar and works much like

bleach, just without any harmful health or environmental effects. You can also add about half a cup of this mix into laundry water to whiten clothes. The acidic lemon juice helps break down grime and add a fresh citrus scent. Water helps dilute the mixture. I keep it pre-mixed in a reused windex spray bottle for easy access.

• TUB AND TILE CLEANER

In a jar or spray bottle, combine 1 2/3 cup baking soda with 1/2 cup vegetable oil-based liquid soap. Add 1/2 cup water and 2 tablespoons vinegar. Shake before using. Apply with a cloth or sponge & rinse well.

• SCOURING POWDER:

Combine 1 cup baking soda, 1 cup borax, and 1 cup kosher salt in a jar. Sprinkle on area to be cleaned, wipe with a sponge, and rinse.

• TOILET BOWL CLEANER:

Mix 1/4 cup borax or baking soda and 1 cup vinegar in the toilet. Let it sit for 15 minutes (or longer, if necessary), scrub, and flush.

• GLASS CLEANER:

Combine 1/4 cup vinegar and 4 cups warm water in a spray bottle. Use to clean glass or mirrors with a dry cloth or piece of newspaper.

• DRAIN CLEANER:

Pour 1/2 cup baking soda into drain followed by 1 cup vinegar. Let it sit and fizz for 15 minutes, then rinse with hot or boiling water. May need to repeat or leave baking soda and vinegar in overnight.

• FLOOR SANITIZER:

In a bucket, mix 1/2 cup borax with 2 gallons hot water. Apply with a mop or sponge. Rinsing is not necessary.



- SOAP SCUM REMOVER:

Sprinkle on baking soda, scrub with a cloth or sponge, and rinse. Vinegar or kosher salt also work.

- CALCIUM OR LIME REMOVER:

For calcium or lime deposits on a chrome faucet, soak a towel in vinegar and wrap it around the faucet. Let it sit for a couple of hours or overnight.

- MOLD OR MILDEW REMOVER:

Mix 1/2 cup borax and 1/2 cup vinegar to make a paste. Scrub with a brush or sponge and rinse with water. For tough mold, let it sit for an hour before rinsing with water.

- SINK OR STOVETOP CLEANER Put a 1/3 cup baking soda in a bowl. Mix in enough warm water so that you get a nice moist paste. Put paste on sponge or brush and scrub away. Make it as you need it.



ADDITIONAL TIPS:

- Add a few drops of essential oil for fragrance and/or cleaning power. Eucalyptus, lavender, lemon, tea tree, and thyme are among the essential oils considered to be antiseptic and antibacterial. Find them near the check-out at the Co-op.

- Using a label or permanent marker, write recipes directly on jars and bottles for future reference.

LEMON INFUSED DUST CLOTHS

These will leave your wooden furniture shiny and your house smelling fresh.

Materials

Water

White distilled vinegar

Olive Oil

Rags

Lemons

Airtight glass container

Instructions

1. Mix equal parts water and vinegar. Add a couple drops of olive oil.
2. Soak rags in the solution until fully saturated. I used old dishcloths that I cut into fourths with pinking shears.
3. Wring out the rags leaving them just damp.
4. Lay the rags, and place a couple lemon rinds on each cloth.
5. Roll or fold the rinds into each cloth, and place into your

glass container. Add an extra lemon peel, and make sure lid is tight. Store until needed.

Additional notes: Once used, wash or boil the dust cloths and repeat the steps above for a new batch!



COOKING CLASSES

The Co-op will be offering cooking and healthy living classes sometime this summer. The Co-op doesn't have room for the classes at the store, but the Northland Arboretum has offered their kitchen space for us to gather together to explore healthy eating. Check the Co-op's website (crowningcoop.com) & the Arb's (northlandarb.org) for class schedules.

~ Life is not merely being alive,
but being well. ~



OUR MISSION:

To be a community owned grocery store dedicated to providing natural foods & products for ourselves & the larger community in a manner consistent with cooperative principles & values that support and sustain healthy individuals, communities & the natural environment.

The International Cooperative Principles

1. VOLUNTARY AND OPEN MEMBERSHIP.

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. DEMOCRATIC MEMBER CONTROL.

Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote) and cooperatives at other levels are organized in a democratic manner.

3. MEMBER ECONOMIC PARTICIPATION

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. They usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4. AUTONOMY AND INDEPENDENCE

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

5. EDUCATION, TRAINING AND INFORMATION

Cooperatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public — particularly young people and opinion leaders — about the nature and benefits of cooperation.

6. COOPERATION AMONG COOPERATIVES

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7. CONCERN FOR COMMUNITY

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

Crow Wing Food Co-op...
Building Community in the Brainerd Area
Since 1979

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