



Gluten Freedom

Kathy Biskey

If you had asked me 20 years ago what gluten was, I wouldn't even have known. Those days are long gone for me. I know more about gluten—and how I react to it—than I ever would have guessed. My education was slow and sometimes painful, but poor health and persistent symptoms kept pushing me towards a solution.

I did eventually find the solution: eliminate gluten from my diet. I was relieved, all I needed to do was change my diet. How hard could that be? Then I began to realize how pervasive gluten is. In moments of despair I felt like there was nothing I could eat. Of course there are lots of delicious and healthy foods that are gluten-free, but the emotional impact resulting from such a fundamental change in diet and lifestyle was sometimes overwhelming.

What kept me going? The clear fact that I felt so much better when I didn't eat gluten. It was impossible to ignore how it affected me. But changing habits is hard, and I would crave the foods I loved but couldn't eat. Despite my ups and downs, however, I could see steady improvement and finally common sense won the battle over cravings

and old habits. As with any change, it gets easier with time.

If you are faced with the need to go gluten-free, it helps to look at the scope of the changes right up front. Food is central to our lives and our culture, and this change will be central to your life. You will change how and where you shop. It will affect your whole family's meals, and your ability to eat at restaurants. It requires an entirely new way to look at food and how you relate to it.

Start by educating yourself, there are lots of sources these days. And read every label, yes every one at first. Learn how and where gluten hides in an ingredient list. Know which foods are safe even if they are not labeled gluten-free.

The good news is that there are now so many really delicious alternatives to foods containing gluten. A rice cracker is no longer the closest thing to bread or pizza crust that is gluten-free! I now eat bread, english muffins, bagels, donuts, pizza crust, muffins, crackers and pasta. All gluten-free, all delicious!

If you are going gluten-free don't think of it as deprivation, notice how good you feel—and think of it as gluten freedom!

News in Natural

Jeff Watson



In the last few years, there has been an increasing awareness of celiac disease and the health issues associated with it. In patients with celiac disease, the presence of the protein gluten from wheat, barley or rye triggers an immune system attack, damaging the villi in the small intestine. Villi are fingerlike projections that increase the intestine's surface area for nutrient absorption. The tendency to get celiac disease is inherited. It can also be triggered by an environmental factor such as a severe physical trauma, emotional stress, viral infection, surgery or pregnancy.

It is estimated that it is four times more common today than 50 years ago. It now affects 1 in 100 people, with many more still undiagnosed.

The increase is baffling scientists, and is leading to many questions about changes in our environment

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Meet Your Farmers

Paige Smith

One of my favorite shirts is from the Organic Valley family of farms and asks, “Who’s your farmer?” I am fortunate enough to know the answer to this question, and if you eat LifeSource’s local produce then this is your chance to know it, too.

Sloan and Keith, creators and protectors of Teal Creek Farm have been selling their fresh organic produce and plant starts to LifeSource since we first opened our doors. They also sell at the Salem Farmers market on Saturdays. LifeSource has always been committed to bringing you fresh, quality, organic local produce. We also strive to support our local farming community by giving them another outlet to sell their products.

Teal Creek Farm is certified organic and provides LifeSource with a wide variety of fresh vegetables including lettuce, cauliflower, kale, chard, kohlrabi, cabbage, squash, peppers, onions, peas, beets, and cucumbers. We also showcase a few of Keith’s amazing lettuce hybrids, including his Ruby Sail and Trouted Romaine. You should check them out. Many of our customers could not imagine beginning their summer gardens without picking up a few of Sloan’s beautiful and varied tomato plants.

Sloan and Keith met 30 years ago and knew that they wanted to start an organic farm. They both shared the same interest in organic farming and living independently, while at the same time protecting and nurturing the environment. One of their core beliefs is that “it is not a living, it is a lifestyle”. This is very obvious from the minute you set foot on the farm.

Teal Creek Farm is located about 10 miles south of Dallas, and consists of 30+ acres of rolling, south-sloping land cradled in the coast range foothills. They named the farm after the beautiful Teal Creek, which runs along the property. Their commitment to good stewardship of the land is shown by one of the first actions they took. Shortly after buying the land they deeded 2 ¾ acres along the length of Teal Creek back to the state to be used as a riparian wildlife corridor.



I don’t know how many of you are familiar with the 80’s T.V. show “MacGyver”. It was about a man who could build just about anything out of almost nothing. Well Keith puts MacGyver to shame so I have taken to calling him “FarmGuyver”.



Keith’s inventions can be seen everywhere on the farm. Here are a few examples: #1; warming tables for the sprouting and growing of plant starts made from the inner elements of old heating blankets. #2; a ramp system that creates elevated work spaces to reduce back strain. #3; a “Master Blaster” which is a combination of an air compressor and copper tubing, which uses air power to literally shuck the outer paper off of garlic bulbs. #4 a “watering wand”, which is a hose that has been modified by counter balances, enabling it to be used for long periods of time without shoulder strain. Probably the most important tool that Keith has created is their own winnower, a machine that uses various levels of air currents to remove the chaff (seed coverings and debris) from the seed. This is a very important tool for the sustainable practice of growing and using your own seed. This allows them to independently create and control their own cycle of growth, from beginning to end.

Sloan is one of those rare people who seem to be able to create and encourage new life and growth everywhere they roam. (Don’t forget about the massive amount of work!) She can grow just about anything; almost anywhere. She tends to their greenhouses and fields. For fun, she livens up the lettuce plots by planting the various colors of the lettuce to create different designs.

It’s a good thing Sloan and Keith are committed to (and love!) the independent, sustainable lifestyle that they have made for themselves, because it’s a ton of work. Constant work from sun-up to sun-down. There is always something to tend to—and they wouldn’t have it any other way. They believe that as much as they put into the land, the land returns it 10 fold. To put it simply: if necessity is the mother of invention, then farming is the father—and together they’ve made Teal Creek Farm. 🌱

Organically Grown in Oregon Week • Sept. 13 - 19

As recognition of the importance of organic farmers, processors and distributors to the State of Oregon, Governor Kulongoski has named September 13-19th, 2010 as Organically Grown in Oregon Week. We will be having Organically Grown in Oregon Super Special Discounts to honor our organic providers—one each day of this important week. We'll have Organically Grown in Oregon tastings all month.



10 Reasons to Support Oregon's Organic Agriculture

Oregon's organically grown foods:

1. must meet strict USDA standards and organic farms and processors are inspected annually.
2. are grown without persistent pesticides or chemical fertilizers.
3. taste great because they are grown close to home and can be harvested ripe and ready for eating or processing.

Oregon's organic farms:

4. are great stewards of our state's farmland.
5. are managed by families who are active members in their local communities.
6. are located close to their customers, allowing you to receive the freshest products. Personal relationships can be established between farmer and customer, ensuring a more secure food supply.
7. protect the diversity of species and plant genetics in our landscapes.
8. grow a feast for the senses, reflecting Oregon's unique geography.
9. **Supporting Oregon's organic farms** means ensuring that the state will continue to possess a diverse mix of family farms and that your food dollars will remain in the state to benefit local communities.
10. **Supporting Oregon's organic agriculture** allows you to eat with the seasons. Spring's rhubarb, peas and greens. Summer's berries, stone fruits and salads. Autumn's apples and pears. Winter's hard squashes and soup vegetables. If it can be grown in Oregon, there is an organic farmer growing it!

Oregon Organic at 50% off!

Monday 9/13	Organic Milk half gallon
Tuesday 9/14	All Organic Breads
Wednesday 9/15	Organic Jam
Thursday 9/16	Organic Ice Cream
Friday 9/17	Organic Yogurt 32 oz
Saturday 9/18	Organic Oregon Trail Mix
Sunday 9/19	Fresh Organic Juices

We will be showing two films in our dining area in the evenings.
 Sept. 13th, 14th, 15th at 7 PM: *What's Organic About Organic*
 Sept. 16th, 17th, 18th at 6:15 PM: *What's on Your Plate*; and
 at 7:30 PM: *What's Organic About Organic*
 Sept. 19th at 6:30 PM: *What's on Your Plate*



Oregon Grown Organic Produce • Sale September 6 - 18

<p>Certified Organic Cantaloupe </p> <p>Oregon Grown </p> <p>Sale 79¢ /lb.</p>	<p>Oregon Grown Certified Organic Red Bell Peppers</p> <p> </p> <p>Sale \$4.79 /lb.</p>	<p>Certified Organic Cherry Tomatoes</p> <p> Oregon Grown</p> <p>Sale \$2.99 /each</p>
<p> Certified Organic Red Cabbage </p> <p>Oregon Grown</p> <p>Sale 99¢ /lb.</p>	<p>Certified Organic Green Cabbage </p> <p> Oregon Grown</p> <p>Sale 99¢ /lb.</p>	<p>Certified Organic Yellow Onions</p> <p> Oregon Grown</p> <p>Sale 99¢ /lb.</p>

A Visit to Oregon's Wild Harvest

Jessie Brown

Tucked away among the foothills of Mount Hood, just East of Sandy, Oregon, you'll find a progressive herbal supplements manufacturer, Oregon's Wild Harvest. The facility is fairly small, with only a handful of production folks. During our tour through the processing house we observed a man encapsulating dried herbal powder, a woman supervising the machine that counted and bottled the capsules, and another woman filling loose bulk herbs into mylar bags. Each process was done with attention to quality and efficiency. We were guided through the processing house, from station to station, ending at the Quality Control Lab. Many of the herbs are grown on their

the highest quality and safety of the products they provide. All of this is done while incorporating biodynamic farming practices. OWH is associated with Oregon Tilth, USDA Organic, Organic Consumers Association, Natural Products Association and Physicians For Social Responsibility.



Biodynamic farming is not new. It was a concept brought into action in 1924 by philosopher/scientist Dr. Rudolf Steiner. It is a wholistic farming method. Biodynamic farming is done by "managing the entire farm as a single interdependent organism, rather than a series of individual parts". Randy and Adam (Randy's son and Farm Manager) guided us through the lush fields of healing herbs. As we smelled, touched and tasted the growing plants, Randy & Adam answered our questions and shared their methods. Beginning with their use of Steiner's recipe of chicken and horse manure combined



farm but some are hand gathered from nearby lands, while a small percentage are purchased from the country where the specific herb flourishes. Each batch is tested for its molecular structure and potency to ensure the finest quality product possible.

Following the processing tour we were fed a fantastic lunch, offered by Barbara and Randy Buresh, owners of OWH, and we tourists mingled and shared our herbalist desires. After dining under the large maples Randy explained the mission of his company, his dream and the future of farming. They produce non-GMO, vegetarian, gluten-free encapsulated herbs, as well as bulk loose herbs, teas, oils and tinctures. There are products especially formulated for children, women, men and specialty formulas. Extensive and continual testing is being done to ensure



with concoctions of ground quartz crystal and yarrow. He explained how by growing and tilling specific plants into previously used soil, the earth can be rejuvenated, enriched to give birth to a healthier future

crop. Randy explained how bees, with their busy pollination activities, contribute to the farms success, why some plants need an artificial shade canopy and how the herbs that we need usually grow all around us. Some of us call them weeds. The Buresh's consider themselves stewards to the land, with the responsibility

of keeping it nourished and cared for. We were in awe of the passion and enthusiasm of our hosts.

After the six hour tour, I felt uplifted by the day and encouraged at this small company's dedication to providing a quality product, attention to Mother Earth and care for it's employees.



Bring Your Own Bags!

LifeSource will discount your purchase for each bag you reuse:



- 10¢ for each large grocery bag or tote
- 5¢ for each smaller bag or bulk container

Save Resources Save Money

News in Natural

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and diet. Some theories link the increase to the way wheat is grown and processed, the amount in our diet, the reduction of germs we are exposed to leading to a lower tolerance of certain diseases, or simply better awareness of the disease and better ways of diagnosing it.

Fortunately, Celiac disease is treatable by eliminating gluten from your diet. In fact, many people see a rapid response, especially children.

Gluten is contained in wheat, barley and rye and other related grains. It is also hidden in many other products that are made with gluten containing ingredients, such as soy sauce. There are plenty of resources to help you eliminate gluten from your diet, including the Internet, books and cookbooks, and local support groups.

We carry an extensive selection of gluten-free products. We have made shopping for them much easier by labeling them with a yellow shelf tag indicating gluten-free.

This shelf tag is used on all items that have been labeled by the vendor as gluten-free.



Even a few years ago, the selection of gluten-free products was sparse and led to people feeling very limited in their food choices. Fortunately, with the increased awareness of this disease we have seen an ever increasing selection of products. We currently boast over 1300 items that we have labeled as gluten-free. You can get a free booklet containing our gluten-free products at our customer information center to further help guide you in your shopping. The range of products we carry includes breads, pasta, chips, cookies, tortillas, beer, wine, energy bars, cereals, crackers, soups, meats and lots of baking ingredients in our bulk department.

If you find yourself newly diagnosed with celiac disease, we have a broad spectrum of products to help you eliminate gluten from your diet without feeling deprived. Please come in with your questions and allow us to utilize our collective knowledge to assist you.

To further highlight the range of gluten-free products available to you, we will be having a gluten-free food fair on September 18 from 11 to 3. Join us for product sampling, vendor demos, gift bag drawing and fun. Members of the local Gluten Intolerance Group will be in attendance to provide the wealth of knowledge and support their group offers the local community.

Book Review

Anita Stolz

The Self Sufficient Life and How to Live It

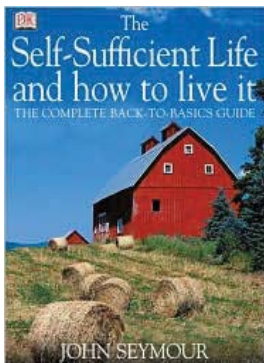
John Seymour



There are many reasons why people will choose to grow a garden or have a small scale farm to sustain their family. *The Self Sufficient Life and How To Live It* is a "how to" book with lots of detailed descriptions and pictures. This guide seems to leave no stone unturned when it comes to describing the meaning of self-sufficiency and the steps to achieving this.

Some points that I feel are key to success are understanding the importance of interrelationships among organisms throughout the food chain, knowing what nutrients that your soil may need and what to do in relation to the seasons. Once you know a bit about these points then you can start applying the different ways to grow food.

Whether you are a city dweller without much space, are involved in a community garden, or have an acre of land, this book has useful, old fashioned information in an accessible modern format. I also love the beautiful color plates of fruits, vegetables and herbs.



Save the Trees

Save paper

and receive our newsletter via e-mail by sending your address to editor@LifeSourceNaturalFoods.com



Gluten-Free Food Tasting Fair



September 18th, 11 AM - 3 PM



Cookies, crackers, breads, sauces, spreads and more. All Gluten-Free for the discerning palate. Enter the drawing for gift bags and gift certificates. See You here!





Members of our local Gluten Intolerance Group will provide the wealth of knowledge and support their group offers our community.



LifeSourceNaturalFoods.com



We have a fresh, new web site!

-  new features
-  user friendly
-  join our blog
-  get social with us

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Sunday: 9am - 8pm

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