COOP SCOOP
THE ABUNDANCE ISSUE

Squash Hunger
With Capital Roots

Spice Up Your Life!
Bulk Herbs and Spices

Letting Go of Ego
Cultivating Mindfulness
I am writing this note to you as we approach both the printing date for our July/August issue of the Coop Scoop and the longest day of the year, the latter of which is an event that I make an effort to notice and appreciate each time it comes around. And, by the time you are reading this, the days will be shortening already, and isn’t that something? Just barely tapped into strawberry season and already sliding towards winter. Transitions abound!

In my last letter, I mentioned that we were looking to grow our team of writers and behind-the-scenes contributors for this magazine, which truly takes a team of devoted people to produce. I’ve been delighted by the responses that we’ve gotten so far!

With this issue, we welcome layout designer and member-owner Holley Davis. She caught right on to our at-times hectic process and has done an amazing job. In our next issue, you’ll see new and also familiar names in the bylines. You’ll also read a Letter from the Editor by two member-owners, who are excited to jointly take on the role of Managing Editor. They came with lots of enthusiasm, energy, and ideas and we’re very excited to welcome into this important role!

The theme of our July/August issue is abundance, and our writers have been inspired by the prompt, as always, in a variety of ways. You’ll find a piece on Capital Roots’ Squash Hunger program, to which you can donate fresh produce from Honest Weight or from your garden using a bin near our exit. Read some little-known facts about the spice selection in our abundant Bulk Department. Learn ways to thoughtfully and mindfully go through your day and your summer exercise program. Make a delicious, no-cook chickpea salad with simple ingredients.

If you are interested in partaking in the process of writing for the Coop Scoop, or might like to submit or be assigned to create illustrations or photographs, do reach out! There is still room for involvement in our co-op community’s bi-monthly magazine, and I can say that seeing one’s creative work in print, after working and reworking, can be pretty thrilling.

Thanks, as always, for reading, and until next time,

Georgia

Georgia Julius is the current editor of the Coop Scoop. She can be reached at georgiaj@honestweight.coop.
Honest Weight Food Co-op is a member-owned and -operated consumer cooperative that is committed to providing the community with affordable, high quality natural foods and products for healthy living. Our mission is to promote more equitable, participatory, and ecologically sustainable ways of living. Honest Weight is open to the public, seven days a week. The Coop Scoop is produced bimonthly by our Education Department and offered free of charge as part of our mission. To view online, please visit www.honestweight.coop/coopscoop.

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What's Fresh at Honest Weight!

We're always keeping our eyes and ears open for products and companies that would be a good addition to the shelves and bins at Honest Weight. That means products that fit our strict buying policies with none of the ingredients on our Banned List. Priority goes to local or regional businesses, mission-based businesses and cooperatives, and those who use socially and environmentally conscious practices in their work. Here are new Honest products for you to check out!

NEW GF BAKERY CASE

We've expanded our selection of sweet treats with a designated bakery case for made-without-gluten offerings! Choose from even more delicious muffins, cookies, sweet breads, dessert bars and more, with new vegan options, too! Everything is baked in-house or locally with high-quality ingredients. Find it in our Deli!

GT'S ALIVE SPARKLING PROBIOTIC Ciders

You’re probably familiar with GT’s delicious kombuchas. Their newest line features probiotic ciders with flavors like Pu-Erh Root, Mate Mint, and Guyana Turmeric. Grocery Manager Alex says, “The Pu-Erh one tastes like a root beer float and has three cool apoptogenic mushrooms in it—I’m hooked!” Find it in Refrigerated Grocery!

BUDDHA TEAS CBD TEA

These tea bags come in classic flavors—Turmeric Ginger, Matcha Green, Chamomile, Mint—but also contain 5mg each of water-soluble CBD. Legal federally and in NYS, CBD is known to aid in stress, anxiety, nausea, and other ailments. Try a calming cup of healing tea! Find it in our Wellness Department!

LIVING INTENTIONS: SPROUTED ALMOND CACAO SUPERFOOD NUGGETS

Raw, sweetened without sugar, and super satisfying, these healthful treats are made with sprouted almonds, which allows us to better digest fully absorb their nutrients. Cacao chocolaty goodness and provides great antioxidants that our cells would thank us for if they could. Find it in our Bulk Department!

TWO STONES FARM HALCOTT SUNRISE RESERVE

A new cheese maker to Honest Weight, Two Stones uses blends of cow, sheep, and goat milks at their farm in the Catskills. This particular cheese is their sharpest and firmest. It’s sunshine yellow from the Jersey Cow milk in it, and it’s aged over 6 months on white oak boards. Find it in Cheese & Specialty Foods!

LOCAL POSTCARDS

You don’t have to go on vacation to send a postcard! Check out our charming illustrated Albany postcards from hometown designer Lee Dixon and New York State postcards from LionheArt Graphics, based in the Adirondacks. Pretty enough to hang on your wall as affordable art prints! Find it in our Mercantile Department!

LOCAL, ORGANIC Packaged GREENS

The Farm at Miller’s Crossing, a longtime vendor of ours from Hudson, provides us with a local alternative to national packaged organic greens, and they do it at the same price point! Enjoy LOCAL Baby Arugula, Spinach, and Baby Mesclun throughout the summer and fall. Find it in our Produce Department!
We truly value the small businesses and dedicated individuals who work hard to create the exceptional goods and products we carry here at Honest Weight Food Co-op. We think these inspirational stories demonstrate the importance of supporting local, and why we’re so committed to it!

The Gracious Gourmet produces a line of specialty foods—chutneys, spreads, tapenades, and pestos—that feature only the finest all-natural ingredients and never contain any preservatives. Many of the options are also low in fat, salt, and sugar and are naturally free of gluten. On its website, the company states, “Our aim is simple: to make every one of your meals a special occasion.”

NANCY WEKSELBAUM IS THE CREATIVE FORCE BEHIND GRACIOUS GOURMET.

She was born, raised, and educated in the Capital District. Cooking has always been her passion, but only later in her life did it become a full-time job. She was especially interested in French cuisine and began taking trips to the France countryside where she immersed herself in regional cooking. She even worked alongside top chefs during a stint at the renowned Les Frères Troisgros in Roanne, a restaurant annually awarded three Michelin stars since the 1960s!

WEKSELBAUM SEEMED TO STUMBLE INTO HER SPECIALTY FOODS BUSINESS ACCIDENTALLY.

During a power outage, she prepared a steak with homemade chutney for a friend, who was so impressed with it that she suggested Nancy start a business, and late in 2006, the Gracious Gourmet was born. The first product launched, Dried Fruit Chutney, was the same chutney she had prepared for her friend. Nancy still develops all products in her own kitchen.

The Gracious Gourmet is based in Bridgewater, CT, where its award-winning specialty condiments and snacks are made in small batches. The company is a certified woman-owned business, and the line is sold by independent retailers around the country.
Elmhurst, a producer of plant based nut “milks,” had its origin in Queens in the 1920s when Max and Arthur Schwartz began hand bottling cows’ milk in their father’s milk house. They called their business Elmhurst Dairy and delivered their fresh milk throughout Brooklyn and Queens. Almost 100 years later, Elmhurst has become one of the largest dairy manufacturers on the East Coast. Now owned by Max’s son Henry Schwartz and simply named Elmhurst, the company has recently developed an additional product: minimally processed nut milk, which he claims is “just as nutritious and pure as conventional milk without the emulsifiers, thickeners and stabilizers used in most other plant based brands.”

Schwartz owes much to food entrepreneur and scientist Dr. Cheryl Mitchell who is renowned for developing cooking methods that retain the nutritional value of plant-based foods. It was her expertise that was used to make the largest selling rice beverages in the United States. After 20 additional years of experimentation, she was finally able to unleash the proteins and all of the nutrients in grains, nuts, and seeds, using only traditional mechanical and fermentation methods.

The end result was a deliciously creamy, natural plant milk having essentially all the nutrients and superior digestibility of the starting material.

Schwartz became interested in Dr. Mitchell’s methods for producing plant based milk products and convinced her to bring them to New York. Now Dr. Mitchell’s system is combined with Schwartz’s proprietary cold milling process and unique aseptic packaging. As a result Elmhurst is able to produce high-quality nut milk and distribute it throughout the United States.

Honest Weight carries Milked Peanut, Milked Hazelnut, and Milked Brown Rice. Try one and compare its flavor and texture with the plant-based milk you have been enjoying!

More information about Elmhurst can be found at www.elmhurst1925.com.

Pat Sahr has been a member of the Co-op since 2005. She contributes to the Coop Scoop as the writer of the Producer Profiles. Sahr says, “It’s a pleasure being part of the Honest Weight family, and I’ve especially enjoyed communicating with the various producers whose products are sold at the Co-op!”
Spring got off to a bit of a slow start this year, and so, like spring, you may have gotten a slow start with your exercise program and thus been tempted to overdo your workout reboot. Unfortunately, sudden bursts of physical activity after a long period of sitting still are one of the most common ways that people injure themselves.

The key to avoiding injury as you get active is to start off slowly getting in shape. When you’re about to begin a physical activity, even something that’s seemingly not very intense, like golf, make sure you do a dynamic warm-up first. Many golfers sit in their car on the way to work, sit all day at work, sit in their car on the way to the golf course, and then hit the links. That’s an injury waiting to happen. You really want to do yourself the favor of a short warm-up before any kind of exercise.

So what happens when you warm up? Joints move through a full range of motion. This helps prepare them for exercise and prevents injury. Your pulse increases gradually instead of suddenly, which is less stressful for your circulatory system. Blood reaches every part of your body, even the extremities. That helps ready the tissues to absorb nutrients and remove waste. And maybe most important your brain gets your body into workout mode. It’s a subtle thing, but it’s vitally important that your brain switch gears toward paying attention to your body and its movement through space. This helps you to prevent injury and improves performance.

That’s the Why; now for the How. Exercise comes in three basic flavors: resistance training, sports, and cardio. Each type of exercise benefits from different types of warm-up. Before I get into those types, I should say that it’s more important for you to warm up, period, than it is to get exactly the right warm-up for your activity. That said, here are the types of warm-ups I recommend based on the workout you’re doing.

**RESISTANCE TRAINING**

Use dynamic stretches. Move your joints through full ranges of motion rather than holding them steady. Full stretches where you hold the stretch for
several seconds aren't appropriate for warm-ups because they can cause your muscles to relax too much, leading to injury. Some examples of dynamic stretching that you can do are shoulder rolls, torso rotations, hip circles, and ankle rolls.

SPORTS
Mimic the movements of the sport you're about to perform. For sports that require rotational movement, like baseball and golf, do some torso rotations. For basketball or soccer, do something like high knee marches and ankle rolls. After you've gotten in some of these dynamic stretches, you can switch to more strenuous warm-ups like jumping jacks and lunges.

CARDIO
Many people skip warming up altogether with cardio, because they view the activity itself as a warm-up. That's a mistake. Before cardio, do some dynamic stretching to signal your brain that you're going to get into activity mode. Then, when you do start, start slow and easy in order to bring your heart rate up gradually. Whatever kind of workout you do, make sure your body is ready for it.

A warm-up is a good idea, but most of your prep should happen before you even get to the place where you're going to work out. Abundance requires cultivation. That means you need to take care of your body on off days, too. Eat clean, quality food (from the Co-op if possible!) Don’t forget hydration. Each day, drink one ounce of water for every pound of half your body weight. (Weigh 200 pounds? Drink 100 ounces of water.) Get eight hours of quality sleep every night.

Other ways of taking care of yourself include: massage and soft-tissue work, meditation, and yoga. I call these practices “working in.” They are designed to deepen your energy reserves and calm your nerves so that strenuous physical or mental activity is more comfortable and you can do it for longer. Other good choices to replenish your energy would be chiropractic, acupuncture, inversion tables, infrared saunas, etc.

If you maintain your body carefully, it will reward you with an abundance of energy, health, and happiness.

Jeff Miller is a certified personal trainer with twenty years of experience in the fitness industry. He holds multiple health and fitness certifications, including that of Titleist Golf Fitness Instructor. He focuses on helping people of all ages and skill levels achieve and maintain a healthy and active lifestyle.
Enjoy healthy convenience with fresh cut organic fruit! Eat what’s in season for the most delicious and nutritious refreshing snack: organic melons, pineapples, and berries are prepared daily at Honest Weight. Great for BBQs, picnics, and grad parties…or snacking in the car on the ride home!

**New! 38 Options on Our Olive Bar!**

Our olive bar, like the rest of our offerings, contains no unnatural preservatives, dyes, or flavors—choose from a rotating selection of 38 olives, pickled vegetables, and preserves that are naturally cured and seasoned with herbs and spices. Mix up a no-cook side, create a vibrant cheese platter, or perk up grilled meats and veggies at your next BBQ!

**Celebrate the graduates in your life!** We’ve got you covered with gifts, cards, and catering. Congratulations, from our family to yours.

**Gift Cards**

As they embark on this new journey, send them off right with all-natural food and products of their choosing!

**Cheese Platters**

Whether a small BBQ or huge graduation party, cheese platters are always a hit. We’ll set you up with one that’s perfect for your crowd.

**Catering**

Our delicious catering is made from scratch with high-quality ingredients and nothing artificial, and we will happily accommodate different diets!

To order, call 518-482-2667 Ext. 254!
I wish I could have shown you but my camera wasn't up to it.

Dust is the finest of sands and tells stories like where the feral cat has been.

In the first week of their lives the chicks scratched up a dust storm too fine to see 'til a sandy brown film appeared upon the brooder’s turquoise walls under the red desert hot glow of the heat lamp.

A canvas of sorts.

On the seventh day of the chicks' lives joy bloomed in their hearts and they knew they could fly.

This is the story that the brooder walls tell, feathered finger flourishes looming magnificently larger than life like the cave wall paintings of our ancestors.

Loren Brown is an Honest Weight member living in Nassau, NY.
The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have little. — Franklin D. Roosevelt

Capital Roots was founded in 1975 as a community gardens initiative sponsored by Garden Way, makers of the renowned Troy-Bilt lawn and garden equipment. Back then the program was called Capital District Community Gardens, but the mission was the same as it is today: to help address food insecurity and poor nutrition in the Capital Region. While operating neighborhood-based community gardens, both Capital Roots staff and the community gardeners themselves realized that sometimes surplus produce was not being used, and from that realization, in 2004, the Squash Hunger program—a food recovery and distribution initiative—was born.

In 2016, it was estimated that approximately 12% of Capital District residents grapple with food insecurity, defined by the U.S. Department of Agriculture as “a household-level economic and social condition of limited or uncertain access to adequate food.” In other words, despite our nation’s and region’s abundant food supply, significant numbers of our neighbors do not know where their next meal is coming from, or if it is coming at all. For many of our neighbors, food insecurity is complicated by the existence of “food deserts,” parts of our communities with very limited, if any, access to fresh fruits and vegetables, foods we know are essential to health and vitality for people of all ages and especially for children. Food insecurity may be eased in some respects by the provision of processed foods—nonperishable
canned and dry goods—but many food programs cannot easily provide access to the fresh produce that is essential for a healthy diet and a productive life, and the lack of which is directly related to risks of obesity and other serious health problems.

Today the Squash Hunger program collects surplus fresh food, not only from the 52 community gardens sponsored by Capital Roots, but from a wide variety of other sources as well: home gardeners, farmers, CSAs, farmers markets, and food distributors. Some retail markets and grocery stores, including Honest Weight Food Co-op, one of Squash Hunger’s first market partners, have bins in their stores in which shoppers and home gardeners can deposit fresh produce, making donations convenient and efficient. Ideally, market shoppers will select an extra produce item to donate as they shop for their own produce, and home gardeners will bring surplus produce with them to donate when they shop.

Last year alone, Squash Hunger—with Capital Roots serving as a high-capacity regional fresh food hub—provided more than 74,000 pounds of fresh produce to more than 100 of the region’s community feeding programs. In addition to coordinating with other food recovery and provision programs in the region, Capital Roots has begun to partner with local organizations to provide fresh produce for children’s BackPack programs, which help combat food insecurity.

Just as Squash Hunger relies on multiple sources of fresh nutritious surplus, including culled and gleaned, the program could not function without the time, energy, and dedication of the community volunteers—individuals, families, organizations, and programs for people with a variety of life challenges and differences. Volunteers pick up donated food and deliver it to more than 100 community feeding programs that cook meals and distribute food to those in need. Volunteers also participate in the many gleaning activities at farms throughout the region during the growing and harvest seasons and well into early winter. In any given year, as many as 100 volunteers are needed to make Squash Hunger work, and as many as 40 volunteers make up the core of dedicated “regulars” for the program, but more volunteers are always needed.

For more information about Squash Hunger, and especially to volunteer, please contact Squash Hunger Coordinator, Cheryl Whilby, at squashhunger@capitalroots.org or at (518) 274-8685.

Ben Goldberg is retired from a 40+ year career in behavioral health care in the nonprofit sector. He is currently an active volunteer and a freelance writer and editor.
What makes Honest Weight so special? The abundance of quality products! Most Member-Owners who have been shopping cooperatively for years, along with many newer shoppers, agree that the Bulk department of Honest Weight, with specialized areas including Bulk Herbs, is quite possibly the largest and freshest in the Northeast. Shopping in Bulk Herbs allows customers to purchase only what they need for a meal, refill spice containers for the month, or purchase bulk herbs by the pound.

Aromatherapy is always available in Bulk Herbs. With so many choices, it’s hard to decide where to start. One day I was stocking whole nutmeg for the first time. I opened the jar of fresh, whole nutmeg and breathed in the incredible aroma. It was like smelling this precious spice for the first time.

What does one do with whole, fresh nutmeg that has such a strong aroma it seems fresh off the tree? When one of our older customers wondered where the whole nutmeg was located, I asked her to help me understand the difference between whole and ground nutmeg. A sweet and blissful look came over her face, and she said “There’s no comparison.” “How do you use it?” I asked. “You carefully grind the whole nutmeg, taking only what you need. Not an electric grinder either! This should only be ground by hand.” Another whiff of whole nutmeg transported me, and I knew what she said was true.

The Bulk Herbs department at Honest Weight offers approximately 170 different bulk herbs and spices from around the world. These products include the freshest culinary and medicinal roots, leaves, nuts, berries, and seeds available in either conventional or organic varieties. The price for organic herbs and spices can be prohibitive, which is why Bulk Herbs offers both organic and conventional herbs and spices. However, both the conventional and organic bulk herbs at Honest Weight are the highest quality, sourced using the highest standards, and of the highest grade in the world. Co-op suppliers are carefully selected by our Bulk Herb’s manager based on their unconditional commitment to the freshest and highest-quality products. These come from both large and small suppliers, including those located in New York State, and within the Capital Region.

In this country, products sold as certified organic must meet U.S. testing standards, which include chemical analysis, testing for possible contamination, and the use of ecologically beneficial materials and practices. One of our most prolific vendors is Mike’s Spice, a one-person operation in Buffalo, NY. Mike has been importing and distributing herbs for 36 years. He hand scoops and/or visually examines all shipments for safety, quality, and freshness.

Each day, multiple Member-Owners rotate herb stock, clean containers, and replenish the
herbs to ensure optimum freshness for Co-op shoppers. The new herbs are placed in the jar first and the older stock is poured on top. This assures freshness at all times.

**POPULAR HERBS AND SPICES**

*Turmeric* is from India, and may be purchased as either conventional or organic. Alleppey is the highest grade conventional turmeric offered by the Co-op.

*Cinnamon* is sourced from either Indonesia or Vietnam. What Americans know as cinnamon is actually cassia. Real cinnamon is primarily used in Europe in flake form, as it is too soft to easily grind. Cassia can be ground into a powder for baking and flavoring and is similar to cinnamon in taste and smell. The "cinnamon sticks" stocked by Bulk Herbs at Honest Weight are actually cassia. For a stronger taste, try the Vietnamese "cinnamon" (cassia) which is 5% oil content.

Having trouble choosing? Our other cinnamon options that most customers purchase are 3% oil content.

*Peppercorns* are primarily from Indonesia, Sri Lanka, and India. The different types are processed differently to create different types, and to bring out multiple colors: white, black, green, and the highest grade, Tellicherry.

*Ginger* is related to turmeric; both are rhizomes. Ginger is sourced from multiple countries, including Nigeria. Much conventional powdered ginger on the market contains added sulfites to brighten it. Honest Weight does not sell dried ginger that contains sulfites.

**USES OF HERBS AND SPICES**

The primary use of these Bulk Herb products is for cooking with the most popular items being ginger, cinnamon, peppercorns, and ethnic spice mixtures. Many Co-op customers also use herbs for medicinal purposes. The Bulk Herbs department stocks a variety of herbs and roots that can be made into tinctures and decoctions, such as: mugwort herb (used for sleep and dreams); rhodiola root (to help curb anxiety), astragalus root (for immune support); dandelion root (a blood cleanser and tonic); fenugreek seed (assists in mother’s milk production); goldenseal root and leaf (for antibiotic support); black walnut hull (an anti-parasitic); calendula flowers (used as a topical salve for wounds); chamomile (a calming herb for steeping in a tea); milk thistle (liver support); and schizandra berries (antioxidant). This is only a small list of the many herbs and roots available at the Bulk Herbs department for those who like making their own teas, decoctions, and tinctures.

If you haven’t yet discovered Honest Weight’s Bulk Department, please check us out and put more herb and spice in your life!

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**Jules Harrell** has been a Member-Owner since 1994. She lives with her family, horses, llamas, dogs, cats, food gardens and many wild grown plant species on a homestead farm on the MA/VT/NY border. Between 2010 and 2015, Jules wrote the “Gardener’s Diary for the Coop Scoop.”
Abundance through Mindfulness
by Tara Herrick Brown

With the brilliance of summer comes an abundance of light, literally and metaphorically. The sun shines overhead for more hours than not, and the season also presents opportunities for reaping the bounty of our internal landscape, connecting with our personal flourishing and abundance.

It takes an inner connection and awareness—mindfulness if you will—to access the fullness of this existence. Mindfulness is a tuning-in, an awareness of the present external reality, but also of oneself, one’s whole self with many layers. For simplicity’s sake, let us name these layers the “true self” and the “ego self.”

The ego is our brain’s understanding of who we are, in relation to, and also distinct from, others.

The ego gives us context and a sense of our identity. In effect, the ego is a story we have learned to tell ourselves about who we are. It develops in childhood, between two and three years of age, when our self-consciousness is formed. Beyond childhood, most of us continue living from this place of ego because our caregivers taught us from their ego-selves, reinforcing this egoic way of thinking and being.

As we get older, some of us find ourselves looking for life’s deeper meaning and searching for the missing pieces of our true selves. Eventually, as we do our own self-awareness work, we come to see that our identities are simply stories created in early childhood; they are not our truths.

Most of us do not see ourselves clearly. We do not understand who our whole selves, our true selves, are. Spiritual teachings and liberation and enlightenment disciplines suggest that we can only know our true selves by witnessing our thoughts, words, and behaviors with total neutrality. In this quest for wholeness, we must first learn how to adopt a neutral-witness perspective and come to terms with the fact that we have layers of self and consciousness beyond our egos. By seeing the world with neutral, more detached eyes, rather than through the polarized, dualistic, judgmental lenses of good/bad, we begin to see truth.

Think of a seesaw. One side is up, the other is down, and the point in the middle is the fulcrum or still point.

If two people of similar weight sit at each end of the seesaw, the board they are sitting upon becomes horizontal, neutral. The weight of each person is at the ends, but everything is in balance. This is important to note as we learn to see things with neutral eyes. Is happiness better than anger? Is happiness at the high end of the seesaw and is anger touching the ground? One will only sit higher than the other if we give one more weight than the other. When we learn to give each feeling an equal weight and learn to acknowledge that both feelings are just...
feelings, rather than being swept away with our emotions or egoic stories, the seesaw will balance, and perhaps we will feel more in balance.

Often, and often out of our awareness, we find our egoic selves constantly comparing and judging, rather than seeing the reality of, and accepting, what is. If we can become more present and mindfully listen to the words we speak and the thoughts we think, we will become increasingly more aware of our imbalanced, polarized, judgmental ways of thinking. And only with awareness can we begin to change and move towards balance.

One way to begin heightening our awareness is through everyday mindfulness:

1. **Brushing your teeth.** What am I thinking about as I see my reflection in the mirror, or am I simply watching myself brush?

2. **Making dinner.** How will my body feel when I take in the food I just prepared, or how does it feel as I eat?

3. **Interacting with your children or significant others.** Why did I just react to that person in that way? What in me ignited this response, whether positive or negative?

Mindfulness is an important tool for self-reflection. Once we become aware of our thoughts, self-talk, and interactions, we can be more mindfully and fully present with ourselves and others.

This summer, in the presence of the warm sun, let us soak in the light to illuminate our inner landscape. Through mindfulness and presence, we can begin to see the truth and experience the vastness of who we truly are, transforming ourselves and our relationships. This, my friends, is the highest form of abundance.

**Tara Herrick Brown** offers emotional and spiritual wellness at Elevate Albany Wellness, just five minutes from the Co-op. She also leads private meditation instruction, as well as group meditation classes and kirtans at Elevate 518 Studio. For more information about Tara and her work, please visit inur.com.
ABUNDANCE CHICKPEA SALAD
by Melanie Pores

**INGREDIENTS:**
- 16 oz. can of chickpeas, rinsed and drained
- 1 medium cucumber, peeled
- 1 red pepper, diced
- 2 green onions, chopped
- 1 avocado, diced
- 1 avocado cut into chunks
- ⅓ cup olive oil
- 1 lime cut in half
- ¼ teaspoon Himalayan pink salt
- ⅛ teaspoon fresh black pepper
- 8 to 10 fresh basil leaves, chopped
- ⅓ cup chopped fresh dill

**DIRECTIONS:**
1. Cut cucumber into thin slices, and then cut them in half.
2. Put the cucumber, red peppers and green onion in a bowl and set the mixture aside.
3. Place the diced avocado in a large bowl.
4. Add the oil and juice from a half of a lime. Add the salt, pepper and basil. Stir with fork. (The mixture will become creamy.)
5. Add the vegetable mixture and dill to avocado mixture. Toss gently.
6. Add chickpeas and avocado chunks and mix to combine.
7. Taste and add more lime, salt and pepper as needed. Serve immediately.

This recipe can be prepared 8 hours ahead of time and refrigerated until needed.

Melanie Pores is presently retired after having served a 30+ year career as a bilingual teacher, teacher-trainer, resource specialist, school board member, adjunct professor, educational researcher and policy analyst. She facilitates the Co-op’s Spanish Conversation Group on Mondays at 10am.
IF YOU WANT LOVE AND ABUNDANCE IN YOUR LIFE, GIVE IT AWAY.
- MARK TWAIN
LOCALLY MADE
SMALL, HANDCRAFTED BATCHES

NUTS • SEEDS
GRANOLA • DRIED FRUIT
TRAIL MIX • NUT BUTTER
CHOCOLATE • COFFEE

Always Organic, Always Fresh.

Keepin’ It Real

CHECK OUT OUR DELICIOUS PRODUCTS IN THE BULK DEPARTMENT

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