



## Heart Health



**The most important ingredient** for a healthy heart is most likely exercise. The heart is a muscle, and like any other muscle, it needs to be exercised to stay in shape. Aerobic exercise (“exercise with oxygen”) increases the heart rate for an extended period of time. Think of running, cycling, swimming, skiing, dancing, soccer (chess, mini-golf, and computer games do not qualify!). To maintain a healthy heart, it is advised to exercise at least three times a week for about 30 minutes each day.

A good exercise program provides a number of benefits, among them better sleep and rest, and a healthy appetite. Exercising regularly keeps us more easily motivated to reach for heart healthy foods rather than to make do with quick energy foods such as sweets and stimulants.

The web site [www.eatingwell.com](http://www.eatingwell.com) lists a number of foods that have earned their place among the foods supporting a healthy heart and thus a healthy body and mind. Here we list some of them:

### **Yogurt**

Research shows yogurt may protect against gum disease. Left unchecked, gum disease may elevate a person’s risk for heart disease. Researchers credit probiotics (a.k.a. “good bacteria”) as one possible champion of gum health. Experts believe that probiotics may help to counter growth of the “unfriendly” bacteria in the mouth. Probiotics are live active cultures used to ferment foods, such as yogurt and kefir, and studies suggest that they may improve digestion and boost immunity too.

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## **The Middlebury Co-op Newsletter**

A Monthly Publication of the  
Middlebury Natural Foods Cooperative  
1 Washington Street, Middlebury, Vermont 05753

Editor - Reiner Winkler

Printed at *The Little Pressroom*, Middlebury, Vermont.

*The purpose of the MNFC Newsletter is to provide a means of communication between the Co-op and its membership. Its aim is to set a forum, which promotes an awareness of social, health-related, political, economic, technological, and environmental issues as they relate to food and other products sold by the Co-op. In addition, the Newsletter provides a medium to introduce the Co-op and its products and services to the general public. The format is intended for educational debate and discussion. Your letters of opinion and article submissions are welcome and encouraged. The views expressed in the MNFC Newsletter do not necessarily reflect the policies or beliefs of the Middlebury Natural Foods Cooperative as a whole.*



*Call 802-388-7276, or e-mail us at [mnfc@together.net](mailto:mnfc@together.net)  
Visit our website at [Middleburycoop.com](http://Middleburycoop.com)  
Or Like us on Facebook*

### **Middlebury Co-op Ends Statement**

*MNFC member owners, customers,  
and the community benefit from:*

- ◆ **Healthy Foods**
- ◆ **Vibrant Local Economy**
- ◆ **Environmentally Sustainable  
and Energy-Efficient Practices**
- ◆ **Cooperative Democratic Ownership**
- ◆ **Learning About These Values**



### Whole Grains

People who eat plenty of whole grains tend to be leaner and have a lower risk of heart disease than those who don't. This is probably because whole grains contain antioxidants, phytoestrogens and phytosterols that are protective against coronary disease.

The fiber in whole grains also has its benefits: various studies link a high-fiber diet with a lower risk of heart disease.

### Beans

Eating beans regularly is good for heart health. You don't need to eat a lot of them to benefit. A study suggests having just one half cup of cooked pinto beans daily might lower cholesterol. Like all foods that contain a lot of soluble fiber, beans help bind cholesterol and keep it from being absorbed in the gut. And, as the fiber is fermented, it produces changes in short-chain fatty acids that can inhibit cholesterol formation. Beans contain a variety of heart-protective chemicals, including flavonoids, compounds also found in **wine**, **berries** and **chocolate**, that inhibit the adhesion of platelets in the blood, which can help lower risk for heart attack and strokes.

### Salmon

Consuming two or more servings of fish per week is associated with a 30 percent lower risk of developing coronary heart disease over the long term, studies show. Fish — especially “oily” kinds, such as salmon and tuna — contain omega-3 fats, which lower levels of triglycerides in the blood that may contribute to blood clotting. Omega-3s also lower blood pressure slightly and can help prevent irregular heart rhythms. No common fish delivers more of the omega-3 fatty acids than salmon. **Flaxseed oil** and **walnuts** also contain omega-3 fats.

### Nuts

Nuts are full of vitamins, minerals, heart-healthy monounsaturated fats and low levels of saturated fats. Research suggests that people who eat nuts — **walnuts**, **pecans**, **almonds**, **hazelnuts**, **pistachios**, **pine nuts**, and **peanuts** (which actually are legumes) — two to four days or more per week have a lower incidence of heart disease than people who eat them less often.



### Chocolate

Researchers have discovered that eating moderate amounts of flavanol-rich dark chocolate has a blood-thinning effect, which can benefit cardiovascular health, and it may also boost the immune system by reducing inflammation. The Kuna people of the San Blas islands, off the coast of Panama, have a rate of heart disease that is nine times less than that of mainland Panamanians. The reason? The Kuna drink plenty of a beverage made with generous proportions of cocoa, which

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# **Building a Digital Communications Strategy**

**By Sheila McGrory-Klyza**

Hopefully by now all member-owners are familiar with the Co-op's Long Range Plan and have taken the opportunity to provide feedback if they so choose. The plan provides a framework for the Co-op's strategic direction over the next three to five years. One component of the Plan that the Board is in the process of focusing on is exploring our potential to use web-based communication tools to add value, service, and education. In addition, we're considering how to expand the quality and scope of our digital communications systems to increase accessibility and interactivity across a growing number of outreach and educational activities. A significant aspect of our increased outreach will be an improved website and growth in other forms of electronic communication, such as social media. These tools provide an effective and efficient means of reaching an ever-widening audience with a growing interest in healthy foods and healthy living. They, along with up-to-date information technology, also enhance our ability to promote our cooperative values without contributing to the Co-op's carbon footprint.

To assist the Board and staff in navigating this terrain, we have hired a digital communications consultant, Rich Nadworny. His company, *Empati-co*, uses a human-centered design process that helps organizations create a communication approach that will have clear and real connections to people and their everyday lives. This approach appealed to the Board especially because we want to be sure that any and all changes the Co-op makes with technology will be relevant to member-owners and/or will improve their interaction with the Co-op, not interfere with it.

Rich describes his work as very collaborative, and by now you may have had a conversation with him at the Co-op since part of his process involves talking with customers. Over the next month or so, he may be seeking out your thoughts on digital communications and ideas you may wish to share. After extensive research involving member-owners, staff, the Board, and other food co-ops, he will create a comprehensive communications design for MNFC. With this design in hand, the next step will be implementation which most likely will happen in stages.

As with any kind of change, there may be an adjustment period as we all learn and adapt to these new tools. The Board understands that some member-owners will be more excited about the changes than others will be.

Some people may wish that their interactions with the Co-op will remain as is, and we will strive to accommodate that desire, while at the same time making the most of technology's potential to provide value in terms of education, outreach, and efficiency, and promoting a healthy and sustainable lifestyle.

Sheila McGrory-Klyza is a member of our MNFC Board of Directors

### Correction:

In our December 2014 Newsletter, MNFC Board Member R.J. Adler had written, "The 150-kilowatt solar array is providing a third of our power needs, and saving MNFC thousands of dollars each month." (Newsletter article *The Co-op's Solar Array*, page 9). It should read that the Co-op will save approximately \$110- \$120 per month.

### Paper or Electronic

If you have received your Monthly MNFC Newsletter in paper form, please consider switching to receiving it electronically. We will send it to you monthly via e-mail. If you would like to make the switch, please contact our Membership Services at [membership@middleburycoop.com](mailto:membership@middleburycoop.com).

You may, instead, leave a message with any cashier. Or call Karin, Emily, or Victoria at (802) 388-7276. We will need your membership number, name, and e-mail address. Thank you!



## ~ FROM THE BOARD ~

The MNFC Board of Directors meets every month to discuss a broad range of subjects related to our Co-op, including possible future directions. Anyone in the community is welcome to attend. Time is set aside at the beginning of each meeting for members to share ideas, express concerns, or make suggestions. Please join us!

The next MNFC Board meeting will be held on **February 25 at 6:30 pm** in the **Co-op Meeting Room**.



## Badger Body Care Gilsum, New Hampshire



In 1995 Bill Whyte and Katie Schwerin started making *Badger Balm* in the kitchen of their home with the support and help of their daughters Mia, Emily, and Rebecca. Now Bill is the CEO, Katie is the COO, Emily is the Director of Sales & Marketing, Rebecca the Director of Product Development, and Mia is a Human Resources consultant. Emily has a little girl, Maya, who came to work as part of Badger's Babies at Work program.

A team of over 40 friendly "Badgers" formulate, manufacture, and ship all of their products from our facility known as The Badger Mines. They work hard to maintain a healthy community-minded business with ethical and charitable social principles.

If the *Badger Company*  
could speak,  
what would it say?

*I have fun and I love to work! I love people and really enjoy the daily interactions. I am a machine too, and I'm at my best when I'm running smoothly, pouring hot, expertly-blended herbal formulas into Badger decorated tins, thousands per hour, all day long, and shipping them cheerfully, all over the world. I am filled with cheerful and industrious workers that do a great job. I make products that work. I try to do everything I do in a way that is aesthetic, healthful, creative, considerate and kind. I am trustworthy and know that other people recognize this. I am also chemical- and synthetic-free, so much so that I won't even allow chemicals in the process of extracting the raw natural ingredients. I have a philosophy that close to the source is the safe, wholesome, best-for-the-body, mind, spirit, planet course of action. Finally, I am always striving to be a good world citizen through the sustainable and responsible use of resources, and through support of organic and sustainable ecological practices. I am Badger Balm, good stuff in tins.*

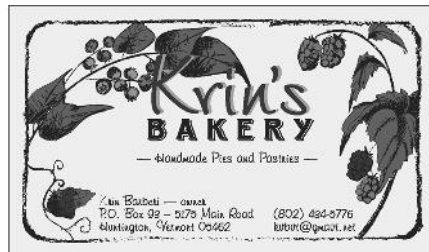
*"Call and ask any employee. You'll hear about our free organic lunches every day, generous benefits package, green initiatives in every department, and our charitable giving practices."*

*Bill and Katie*

During the week of **February 5 — 11**, Co-op members will receive a **30% discount**, in addition to their regular member discount, on all **Badger Body Care** products.

## Krin's Bakery Huntington, Vermont

There is a small bakery in Huntington, owned and operated by Krin Barberi. Krin is mostly known for her incomparable macaroons, which are hand-dipped in dark chocolate. If you haven't tried them yet, don't miss out. They are rather delicious!



For Valentine's Day, February 14, you may be planning to bake cupcakes for your beloved one. If by chance, you can't find the time... no worries... the Co-op will have *Krin's Bakery* cupcakes for you!

Wikipedia tells us that a cupcake is a *small cake designed to serve one person, which may be baked in a small thin paper or aluminum cup. As with larger cakes, icing and other cake decorations, such as candy, may be applied.*

The first mention of the cupcake can be traced as far back as 1796, when a recipe notation of "a cake to be baked in small cups" In the early 19th century, there were two different uses for the name cupcake. In previous centuries, before muffin tins were widely available, the cakes were often baked in individual pottery cups, ramekins, or molds and took their name from the cups they were baked in. This is the use of the name that has remained, and the name of *cupcake* is now given to any small cake that is about the size of a teacup.

A standard cupcake uses the same basic ingredients as standard-sized cakes: butter, sugar, eggs, and flour. Nearly any recipe that is suitable for a layer cake can be used to bake cupcakes. The cake batter used for cupcakes may be flavored or have other ingredients stirred in, such as raisins, berries, nuts, or chocolate chips. Because their small size is more efficient for heat conduction, cupcakes bake much faster than a normal layered cake.

Cupcakes may be topped with frosting or other cake decorations. They may be filled with frosting, fruit, or pastry cream. For bakers making a small number of filled cupcakes, this is usually accomplished by using a spoon or knife to scoop a small hole in the top of the cupcake.



During the week of **February 12 — 18**, Co-op members will receive a **30% discount**, in addition to their regular member discount, on all *Krin's Bakery* products.

## Henry & Lisa's Natural Seafood Seattle, Washington



Here are Henry and Lisa  
in their own words...

*We launched EcoFish in 1999 with the belief that there are many concerned people just like us who care about where their food comes from, care for the environment, and desire a source of all natural premium quality seafood from environmentally sustainable fisheries.*

*Having spent 10 years in the seafood industry — traveling around the globe visiting seafood exchanges from Tokyo to Paris, Beijing to Madrid, we witnessed the astounding volume of seafood being sold each day on these exchanges, and noticed the size of many of the fish decreasing. Simultaneously, there was more and more news that numerous species were being fished to the point of commercial extinction (the point at which it is uneconomical to fish for them any longer because there are so few target fish left). It became very evident to us that the world is harvesting the oceans far faster than the oceans can replenish themselves, and these resources need better management.*

*In addition to our seafood industry experience, we have always had a deep respect for and great appreciation of the oceans. As a youngster, Henry was inspired by Jacques Cousteau, spent time volunteering at the New England Aquarium, and learned to scuba dive. Now as avid scuba divers and sea kayakers, whenever we have a chance, we love to explore new areas. While living on the Maine coast, we also had the good fortune and opportunity to have our own lobster boat and a few traps!*

*With these thoughts in mind, Henry sat down and began to write the EcoFish Business Plan. A lot has changed since then. Today you can find EcoFish/Henry & Lisa's in over 3,500 grocery/natural food stores and many restaurants nationwide. But a lot has stayed the same. We are still a small company with lofty goals and the belief that we all deserve choice, and given the tool to make good decisions, consumers will vote with their wallets and support healthy fisheries.*

During the week of **February 19 — 25**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all **Henry & Lisa's Seafood** products.



## Kimball Brook Farm

North Ferrisburgh, Vermont

### *Vermont Organic Milk!*

Tucked into Vermont's Champlain Valley, *Kimball Brook Farm* is home to a herd of 200 Jerseys and Holsteins, together responsible for a complete, nutritious health food: Vermont organic milk!



*Kimball Brook* has been a Certified Organic farm since 2005, producing tasty and wholesome grass-grazed dairy. The cows fertilize the land on which their feed is grown and walk to their pastures throughout the seven-month growing season. Their exercise support their own wellbeing while contributing to the health of their milk. The herd grazes on untouched land, which keeps cows — and their product — healthfully close to nature.

*Kimball Brook Farm's* 955 acres are tended with respect, affection, and a careful eye toward conservation. Stewardship of the land and care for the environment produce a product that's good for the planet, good for the herd and good for you.

### **At Middlebury Co-op you'll find:**

- ◆ Whole Milk: creamy, rich, full of nutrients
- ◆ Cream-Top Whole Milk: unhomogenized wholesome milk. Spoon the cream into your coffee and enjoy the skim in a smoothie. Or simply shake the milk before drinking.
- ◆ 1% Chocolate Milk: flavorful and light
- ◆ Heavy Cream: perfect for cooking and baking. Treat yourself to whipped cream over fresh fruit!
- ◆ Coffee Iced Cappuccino: flavorful and low-fat
- ◆ Caramel Iced Cappuccino
- ◆ Mocha Iced Cappuccino
- ◆ Vanilla Iced Cappuccino



During the week of **February 26 — March 4**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Kimball Brook Farm* products.



# Cooking Classes

Join us for an exciting series of MNFC sponsored cooking classes at the Hannaford Career Center! To register, please contact Denise Senesac at the Hannaford Career Center by calling 382-1004 or emailing [dsenesac@pahcc.org](mailto:dsenesac@pahcc.org). Registration for each class closes 7 days prior to the class date. The registration fee is \$30 per class (all classes are free for members of our *Food for All* program; just let Denise know that you are an FFA member) We hope to see you there!!

## Schedule of Classes:



***Starting Your Vegetable Garden***  
**Thursday, February 5, 5:30—7:30.**

**Instructor: Jessie Witscher**

*Want to make the most of your backyard garden this season? This class will teach the basics of seed starting, tips for getting a jump on our short growing season, plant care and maintenance, ideas for natural pest control, and more!*

***Raising Chickens for Food and Fun***

**Thursday, February 12, 5:30-7:30. Instructor: Jessie Witscher**

*If you are interested in becoming a backyard chicken farmer, this is the class for you. We will talk about equipment essentials, the varieties of chickens that make good egg layers and those that make good meat birds, what to feed them at various stages in their life cycle, and other details that will leave you feeling confident enough to raise a flock of your own.*

***Basic Cheese and Yogurt Making***

**Thursday, February 19, 5:30-7:30. Instructor: Lily Bradburn**

*Save money and please your palate by learning to make your own cheese and yogurt at home! This hands-on class will teach you all you need to know to start making your very own yogurt, plus basic cheeses like mozzarella, ricotta, and chèvre.*

***Basic Bread Baking***

**Thursday, February 26, 5:30-7:30.**

**Instructor: Jonathan Johnson of Potato Hill Bakery**

*Once you taste fresh baked, you'll never want to buy bread again! This hands-on class will have you kneading your way to fresh bread in no time. We will cover flour selection, yeast basics, tips on rising, baking, storage, and more.*



***Cooking with Grains***

**Thursday, March 5, 5:30-7:30.**

**Instructor: Lily Bradburn**

*Don't know couscous from quinoa? This hands-on class will get you going with the grain. You'll learn about the various types of culinary grains, pre-soaking and cooking times, basic preparation techniques, and recipes to try at home.*



***Cooking with Beans***

**Thursday, March 12, 5:30-7:30. Instructor: Lily Bradburn**

*Beans are one of the most affordable and nutritious foods on the planet, and this hands-on class will teach you all you need to know about selecting, sorting, washing, soaking, and preparing them. Plus, we'll share some great recipes for you to try at home.*

***Healthy Cooking on a Budget***

**Wednesday, March 18, 4:00-6:00 (This class is for members of the Middlebury Parent-Child Center only). Instructors: Emily Millard Karin Mott**

*Want to fill your plate with healthy, delicious foods without breaking the bank? This class will share tips and tricks for making the most of your hard-earned food dollars, while still preparing healthy, nutritious meals at home. We'll talk about creating weekly meal plans, tips on how to stretch your ingredients to cover multiple meals, cooking and freezing in larger batches, how to stock up and save when bargains are available, and share lots of helpful recipes for you to try at home.*



**Laura Slavin  
10 Years at Middlebury Co-op!**



Laura has been our Human Resources Manager for 10 years, and we are truly lucky to have her! She began her career at the Co-op shortly after the opening of the new store. At this time, we were in need of a person with the skills and knowledge to support the growth in staff. Not only has Laura filled this role, but she continues to expand and cultivate the work she does so as to best guide the Co-op forward.

Beyond that, Laura's compassion, along with her ability to listen and communicate (and teach us to do the same), make her a valuable addition to our management team. And if that isn't enough, you can also see her working in the store as an emergency cashier, retrieving grocery carts, or helping close the store at night.

# Fresh Food in Winter?

by Barbara Clearbridge

Winter can be a tough time of year for eating well. Supplies of fresh produce in stores can be limited; local supply is mostly root veggies and a few hardy greens. Did you have a vegetable garden this summer? How is your supply of canned, frozen, and dried produce holding out? The farthest I ever got (not counting tomato sauce) was into the beginning of March, and this year I'm already seeing the bottom of the freezer in places. How can we enliven our diets and stay healthy from now until the first spring greens come up in the garden? Here are two great ways:



## **Sprouting**

If you've only tasted grocery-store sprouts, you should know that — despite how hard our Co-op works to provide them fresh — those you grow yourself will taste better and stay crisp longer. You can sprout many different flavors and kinds of seeds, including crunchy and spicy. Some sprouts you can cook slightly, such as older (taller) pea shoots, but most you eat raw. They are great in salads and sandwiches. The heartier kinds can be stand-alone snacks. They won't conflict with anyone's special diets and they satisfy the body's longing for fresh food.

Sprouting is easy. You can do it using any wide-mouth jar, in a porous bag, or even on a towel (though when I tried that the sproutlings clung to the towel with all their might, making harvest rather difficult). The ones I find the best are square "box" sprouters. There are full-sized ones, mini squares, and squares with little walls you can put in to divide the space in order to grow several kinds at once. You can use them half-filled to make sure you don't grow more than you can eat before they spoil. You can stack them to save counter space.

Sprouts are great travel foods. You can start them, put them into the fridge with a plastic bag around them (but open) while you're away for a few days, take them out when you return and you'll have great food waiting for you. If they weren't finished growing up, they'll wake and start growing again as soon as they're warm. You can also put the whole sprouting apparatus into your travel bag (the cloth bag method is great for this) and they'll keep quietly growing as you travel, as long as you keep them moist. Hikers take them on mountain trips, for a very lightweight, very nutritious part of their diet.

Most sprouting products come with full instructions. It might be something a quite young, or quite old, member of the family would love to take responsibility for providing for everyone.



## Food from the Sea

If you think of “seaweeds” as “vegetables which grow in the sea,” they might sound more appetizing. In the dried state in which they’re sold, they do look very weird. However, lots of succulent foods look weird. Think of an artichoke, or an ear of corn. Would you think there was great food in there if you didn’t know?

Sea veggies available at the Co-op:

- **Arame** is black and comes in tiny shiny shreds. All you have to do is soak it for a few minutes and it’s ready to eat.
- **Hijiki** looks like black spaghetti but is much more flavorful. It needs a half hour of soaking and 10 minutes of cooking. Just toss it into whatever else you’ve got going on the stove.
- **Kombu**, in sheets of dark green-black, is mainly used while cooking other things (such as beans — it makes them easy to digest, or stews and soups to add flavor and nutrients). After cooking, you remove it. You can use it several times until it’s soft enough to eat or just dissolves into the broth. I’ve just tried roasting it into chips this week and... the jury is still out on that one, though there are rave reviews all over the internet!
- **Dulse** often comes as flakes for flavoring other foods. If you can find actual pieces for snacking or main courses, they’re very good, nice and chewy. Dulse is purply-red and twisty.
- **Nori**, famous for being the green paper-like wrap around sushi, is one of the newest snacks at the co-op (packages of bite-sized pieces roasted with a little oil and seasonings). It’s full of protein and even the usual plain sheets of it make a very good snack or accompaniment to a meal. Nori comes toasted and un-toasted. If you buy un-toasted, you hold it over a stove flame and in a few seconds it turns from dark greenish-black to the shiny green we’re used to. (This is tricky with an electric stove, so some people use the broiler). This is one occasion where toasting *lightens* the color of the food.

I take sea veggies out of their packages and put them in jars, to enjoy how they look. (And also because I like jars better than plastic.) The price of some of the sea vegetables may seem very high, but remember that those products are dried. When you soak them, the amount of food will expand vastly, making it a much better value.

**Barbara Clearbridge is a member of Middlebury Co-op. She is an energy work practitioner and medical intuitive. For further information go to [www.FeelingMuchBetter.org](http://www.FeelingMuchBetter.org).**

**Heart Health** *continued from page 3*

is unusually rich in flavanols that help preserve the healthy function of blood vessels. Maintaining youthful blood vessels lowers risk of high blood pressure, type 2 diabetes, kidney disease and dementia.

Some research also suggests cocoa may help lower blood pressure. It appears that a compound in cocoa, called epicatechin, boosts nitric oxide, a substance that has been shown to be crucial to healthy blood vessels. Plentiful levels of nitric oxide help keep blood pressure from climbing. Be sure to choose dark chocolate, ideally one that's 70 percent cocoa solids. Milk chocolate lacks significant levels of epicatechin.

### **Tomatoes**

An excellent source of vitamin C, plus vitamin A, potassium and fiber, tomatoes are high in lycopene, which works with other vitamins and minerals to aid in disease prevention. Research suggests that the combination of nutrients in tomatoes may help prevent cardiovascular disease. Cooking may actually increase the health benefits of this lush fruit because although cooked tomatoes have less vitamin C, their lycopene is more available and antioxidant activity is undiminished by cooking.

### **Apples**

Researchers suggest that the strong antioxidant flavonoid compounds found in apples — quercetin, epicatechin, epigallocatechin, kaempferol and other polysyllabic wonders — play a key role by preventing “bad” LDL cholesterol from oxidizing and triggering a series of events that result in the buildup of plaque in arteries, as well as inhibiting inflammation. Apples are also rich in pectin, a form of soluble fiber known to help lower cholesterol, and they provide a decent amount of vitamin C, another antioxidant.



### **Bananas**

One banana has about 12 percent of your recommended daily dose of potassium. The potassium in bananas helps maintain normal heart function and the balance of sodium and water in the body. Potassium helps the kidneys excrete excess sodium, thereby contributing to healthy blood pressure. This mineral is especially important for people taking diuretics for heart disease, which combat sodium and water retention but also strip potassium from the body in the process. Other good sources include **sweet potatoes** and **spinach**.

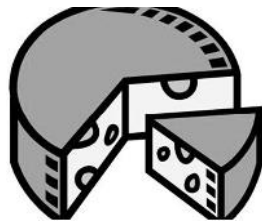
### **Popcorn**

Popcorn delivers polyphenols — antioxidants linked to improving heart health. Gram for gram, popcorn boasts three times more polyphenols than **kidney beans** (the highest vegetable polyphenol source) and four times more than **cranberries** (the best fruit source), according to recent research.

## Wine/Alcohol

Scientific literature indicates that people who drink moderately are less likely to have heart disease than those who abstain. Drinking in moderation may protect the heart by raising “good” HDL cholesterol, decreasing inflammation and “thinning the blood” (preventing clots that can cause heart attack and stroke). Moderate drinking also increases estrogen, which protects the heart.

Source: [www.eatwell.com](http://www.eatwell.com)



## Queso Tetilla

By Wendy Stewart

The name of this Spanish cheese is derived from its remarkable appearance resembling a women’s breast. It has also been described as a *large white chocolate Hershey Kiss*. Originally shaped by hand tetilla is now formed in 4-5 inch molds. Friesian and Robia cattle produce the milk that goes into making this pasteurized cheese. They graze on the lush pastures in northwestern Spain near the mountainous coastal range. The rind is thin and yellow-green in color, and the paste is ivory with irregular holes. Tetilla’s semi-soft texture slices easily, and has a nutty-fudgy flavor. It has a mild lemony tang with a melt-in-your-mouth creaminess similar to Monterey Jack. Tetella is a great addition alongside fruit desserts such as pies and tortes. It is also served with ham and sausage. A quick and delicious meal is an open-faced Tetella cheese sandwich with broiled vegetables on the side. I haven’t come across a Spanish cheese I didn’t like, so look for this new one coming in our cheese case!

One of the most commonly asked questions asked at our Cheese Counter is *what’s new?* — We are bringing in and trying out more and more different cheeses from local sources and from around the world. Our cheese cases are limited in space, so new cheeses have to prove themselves and be popular to stick around. Also, we sometimes will rotate some of our cheeses to make room for the new ones. We love to get feedback from our customers so feel free to let us know what cheeses you’d like us to try out. Availability and cost are factors that sometimes prevent us from bringing in your requests, but we are eager to please, and welcome our input.

I hope you are enjoying your winter. Cheese makes a great snack on those cold blustery days, and is a lovely comfort food!

Wendy Stewart is a member of our Co-op staff.