



Upcoming Events

- April 2, 10am-12pm
Townsend Cooking Class, Townsend Center
- April 8, 6:30-10:30am
Wayne County Gov't Health Fair, County Annex Building
- April 9, 9am-12pm
Farmers' Market, Innovation Center
- April 16, All day
Family Earth Day Fest, IUEast
- April 16, 10am-2pm
Family Earth Day Celebration, IUEast
- April 17, 6-7:30pm
100 mile radius potluck
- April 19, 6-7pm
Cooking with Jen Ferrell: Quinoa, Co-op
- April 20, 10:30-11am
Toddler Time, Co-op
- April 23, 9am-12pm
Farmers' Market, Innovation Center
- April 23, 10am-2pm
Natural Wellness Extravaganza, Innovation Center
- April 27, 10:30-11am
Toddler Time, Co-op
- April 28, 5-6pm
Merchant Network Night, Co-op

Clear Creek Food Co-op

April 2011

Common & Harmful Additives to Avoid



Still not sold on the idea of eating real food (or know someone else who isn't)? Here are some common food additives that are found in processed foods and why they are bad news for your health:

High Fructose Corn Syrup. It seems like high fructose corn syrup is added to everything these days. Even a lot of wheat breads contain it despite the fact that they are marketed as "health food." It has been linked to increased obesity levels, heart disease, diabetes, and has been known to cause overeating in some individuals. It may even contain mercury. Talk about delicious...

Aspartame. In order to avoid high fructose corn syrup, many people make the switch to diet soda and other sugar-free alternatives. Unfortunately, aspartame is one of the main ingredients used to sweeten sugar-free products. Aspartame produces an excessive amount of formaldehyde in the human body, even in small amounts found in a typical can of diet soda. When consumed, it breaks down into aspartic acid, phenylalanine, and methanol. Not good.

Hydrogenated Oils. Believe it or not, as much as 40 percent of the food at the grocery store is made up of hydrogenated oils. They are commonly found in packaged cereals, cookies, crackers, chips, pizzas, and candy. Why are they used? Because they are cheaper than butter. Unfortunately, these oils are made up of trans fat (and not the good kind). The oils do not occur normally in nature and are produced using harsh chemicals and heat. They can mess with your cholesterol levels and cause a variety of health issues.

Artificial Colorings. Ever eat something that looked really colorful but wasn't a fruit or vegetable? If so, it probably contained at least one artificial coloring. Colorings are added to tons of different products including candy, meats, baked goods, and drinks. Some of the worst include Yellow 6, Blue 1 and 2, and Red 3. All of these may increase the chances of tumors and other diseases in the human body.

Potassium Bromate. Last but not least, we have potassium bromate. This substance is typically added to bread products to increase their volume and make the crumbs look better. It's been shown that most of the bromate breaks down in the body, but the little that remains can cause cancer in animals. It's also worth mentioning that potassium bromate has been banned in almost every country except for the United States and Japan.

From: <http://www.lifeofjustin.com/natural-foods-diet-1-4226/>

Recipe of the Month

Easy Black Bean Soup

Ingredients:

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|---|--------------------------|
| 1 tbsp olive oil | 4 cloves garlic, chopped |
| 1 large onion, chopped | 1 stalk celery, chopped |
| 3 cups vegetable broth | 2 carrots, chopped |
| 2 tbsp chili powder | |
| 2 15 oz. cans black beans, rinsed & drained | 1 |
| 15 oz. can crushed tomatoes | |

Directions:

Heat oil in a large pot over medium-high heat. Saut  onion, celery, carrots and garlic for 5 minutes. Season with chili powder; cook for 1 minute. Stir in vegetable broth, beans, & tomatoes; bring to a boil. Reduce heat to medium; let simmer for 15 minutes.

Class Review

Gluten free baking, sounds complicated, right? In our March cooking class we learned the gluten free A-Z basics, what the common culprits look like and add to texture and taste. We made an amazing gluten free Focaccia, a truly delicious Peanut Butter Banana Cake, and learned a quick and simple recipe for making Peanut Butter Cookies on the fly.

A Good Read

Gluten-Free Girl: How I Found the Food That Loves Me Back... And How You Can Too
by Shauna James Ahern

In light of our new gluten free products at the co-op and our gluten free baking class, this is a published book inspired by a woman with a very popular gluten free cooking blog. See more at gluten-freegirl.com