

natural times

January/February/March 2010 • Volume 21/Number 1



NEW LEAF

COOPERATIVELY OWNED

market

THREE SONS BAKERY

TICKLE YOUR TASTE BUDS

THE COMMON COLD

eat healthy buy local build community

OUR MISSION...

New Leaf Market is committed to building a vibrant and healthy local community by providing natural and organic foods and products. As a cooperative, we emphasize socially and environmentally-responsible practices, and provide education and information about our products and the cooperative principles upon which we are based.

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NATURAL TIMES

Published four times a year to educate the community about our cooperative and the resources we offer. Articles are designed to inform readers about specific products, diets, activities and events—to augment readers' knowledge—and should not be considered a source of medical advice. The views of

our contributing writers do not necessarily reflect the views of New Leaf Market. Letters to the editor, comments, questions and suggestions are welcome.

THANKS TO OUR WRITERS!

Natural Times is always looking for writers and suggestions for possible articles. Send an e-mail to: cristin@newleafmarket.coop.

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GENERAL MANAGER'S REPORT

By Larrane Hartridge

One Year Out

Happy New Year from all of us here at New Leaf Market! We have been so busy fine-tuning the operations of our newly expanded store that it doesn't seem like a whole year has come and gone. Because of our successful expansion and subsequent profitability, your Board of Directors authorized a sizable patronage rebate. You should have received your checks in the mail by now. If not, please stop by customer service, or call 850-942-2557 to inquire about your rebate check.



Market Study

In 2003 we conducted a market study to determine the Co-op's trade area and customer base. The information we gathered was used for marketing and helped us determine favorable areas of town for second and third stores. In mid-January we will be conducting another market study to see how the Tallahassee market has changed over the past seven years. Part of the study will include collecting address information and transaction amounts from customers over a four-day period. We hope that you will assist us in gathering this important information.

International Recognition

The National Co-operative Grocers Association (NCGA) won the first ever dotCoop Global Award for Cooperative Excellence—a recognition that underscores NCGA's commitment to further the cooperative business model within its organization and throughout the nation. New Leaf Market has been a member of the NCGA since 2002.

NCGA Recognition

New Leaf Market has been recognized by the NCGA! When member stores of the NCGA take on expansion projects they are put on a watch list to ensure that they continue to meet their financial and operational obligations. We received a lovely letter from the NCGA advising us that we have been removed from the watch list and stating that, "New Leaf Market has consistently performed well with good expense control, sustained sales and margins and sustained profitability, quite an achievement given the size and scope of your expansion." Go New Leaf staff!

IT'S ALL IN THE SEASON

Eating locally in-season fruits and vegetables is a great way to enjoy fresh, delicious food while automatically reducing the transportation required to get food from the farm to your plate. The following Florida crops are seasonally available in January, February and March:

- Avocado (Florida)
- Bell pepper
- Cabbage
- Carrot
- Cucumber
- Eggplant
- Grapefruit
- Greens (collard, kale)
- Lettuce
- Mushroom
- Onion
- Orange
- Potato
- Radish
- Snap bean
- Spinach (February & March only)
- Squash
- Strawberry
- Sweet corn
- Tangerine
- Tomato
- Turnip

This list does not guarantee availability.

PRESIDENT'S REPORT

By Joshua Youngblood

With another year behind us, we have an opportunity to reflect on our successes and good fortune. As owners of New Leaf Market, we have some outstanding achievements to look to, especially



given the turbulent economic situations that have impacted so many communities and businesses around the nation. We all benefit from the stellar service provided by the store's staff and from the Co-op's great management, shown so clearly with the last expansion. New Leaf Market has gained a national reputation for sound financial decisions, careful planning, and outstanding in-store service.

The Board is certainly fortunate for the years of service provided by Candi Parker, who resigned as a director and Board Vice-President in October. Candi was instrumental in the implementation and monitoring of the Board's governance model, as well as in strengthening the connections between the Board and the New Leaf Market management team. As a Board member, Candi exemplified understanding and dedication to the mission of the Co-op. Long-time Board member Dave Watson has accepted reappointment to the Board in order to fill the vacancy. Welcome back, Dave.

Following the past election, the Board also decided to move forward with a change in leadership. The very capable Jim Terrell has now been appointed as Vice-President of the Board, and I have been appointed President. Jim and I are very grateful for the opportunity to serve the Co-op in these new capacities. The Board is also grateful to Chuck Hungerford for his years as President. We are fortunate indeed to still have access to his experience and knowledge as we move forward.

Now, as we look to what the next year may hold, the cooperative must also try to envision how we will adapt to meet future needs and continue to strive to make the world better through our consumer choices. What will the next big step for New Leaf Market be? What further economic changes await Tallahassee and the country as a whole? How do we want our co-op to help shape the future of our community?



New Leaf Market is, of course, community-owned and operated and as such isn't beholden to any national or international interests. But New Leaf Market is also a strong business driven by a mission to build something greater than ourselves by nourishing a vibrant and healthy community. We can serve as an example, both as a cooperative and as a soundly managed, local business. Our values and success can show how to thrive in difficult economic times, as well as demonstrate what great organizations can do for the people they serve and the communities they are a part of when profit is not the primary motivation.

What will New Leaf Market be in the future, not just by next January, but in five years, or after another 35 years? This is an essential question for the Board of Directors and all the owners to consider. Our co-op can rightfully be optimistic about the future. And we can be ambitious in the community, region, and world we want to create.

WHAT IS A GMO? WHAT IS GE?

By Paul Rutkovsky

A genetically modified organism (GMO) is an organism whose genetic material has been altered using genetic engineering techniques. We should all be aware of the increasing use of GMOs in our food. Over 80 percent of all non-organic corn, soybean and cotton grown in the United States is genetically modified. This technique of genetic engineering (GE) is being practiced on plants, trees, fish, animals, humans and microorganisms. Pro-biotech governments and regulatory agencies, led by the United States, maintain that GE foods and crops are “substantially equivalent” to conventional foods

and therefore require neither mandatory labeling nor pre-market safety testing. This defies common sense. GMOs should be tested before we purchase them as food. However, this is not the case, and presently there are more than four-dozen GE foods and crops being grown or sold in the United States. Michael Pollan, author of several books about crops and food production, including *The Omnivore's Dilemma* and *In Defense of Food*, states that none of these GE foods should be on the market without extensive testing and health impact assessments.



Organic produce, for the most part, is still relatively safe, but corporate farming interests, like the “life science” corporations (Monsanto and Aventis), don’t want you to know when you’re eating GMO food products. Their lobbyists make sure that all legislative attempts to regulate genetically modified organisms in our food do not see the light of day. They have also fought hard not to allow labeling food that is genetically modified with the phrase “contains no recombinant Bovine Growth Hormone” (rBGH), a Monsanto artificial product. This continues even after Monsanto sold the product to Eli Lilly. Many dairy farmers use rBGH to increase milk production by approximately 10 percent. We have become involuntary guinea pigs in a vast genetic experiment.

Good News: Two major yogurt companies, Yoplait® and Dannon®, are now rBGH free.

All facts came from the Organic Consumers Association's web site and the Center for Food Safety.

THE COMMON COLD

By Chris Terrell, Merchandising Manager

Staying well during the winter can be a challenge. More people get colds when the temperature drops because viruses are more active in colder, less humid environments. Some of the symptoms of a cold include head and nasal congestion, sneezing, coughing, and sore throat. A cold is typically noticed 18 to 24 hours after the virus has entered the body. When people get sick they usually have a virus and mistakenly assume they need antibiotics in order to get better. Antibiotics are only good for bacterial infections and are ineffective against viral infections. There are many different products that are beneficial for the immune system, three of which are vitamin C, echinacea and the mineral zinc.

Vitamin C has been the topic of many different studies and there is conflicting evidence of whether taking vitamin C will lessen the chance of getting a cold. Some research has shown that vitamin C can reduce the chance of getting a cold by up to 50 percent, while other studies show no difference. There is, however, a large body of evidence that vitamin C will lessen the duration and symptoms of a cold. One study indicated that vitamin C could reduce the duration of a cold from seven to four days and lessen the severity of the symptoms.

Echinacea is another popular product that people take during the cold and flu season. There are nine different types of echinacea; the three that are used to assist the immune system are *angustifolia*, *purpurea*, and *pallida*. Since echinacea is a plant, the dependability of the



product depends on the quality of the plant. The German Commission E recommends a product known as Echinaguard. The manufacturer of Echinaguard looks for certain levels of active compounds in the echinacea to make sure that customers are getting the best product.

Zinc is a common product that people take when they have the flu. Zinc gluconate lozenges are shown to be beneficial for shortening the duration of a cold. Zinc is very important in the immune system and people who are zinc deficient are more susceptible to getting a cold. Zinc is necessary for the development of natural killer cells and neutrophils, both of which are immune cells.

It is important to remember that the best way to avoid getting sick is to wash your hands frequently, get plenty of rest, and eat healthy foods including fresh fruits and vegetables.

Chris Terrell is currently the Merchandising Manager for New Leaf Market. In addition, he is a certified strength and conditioning specialist and pursuing a masters degree in sport nutrition and dietetics from Florida State University.



TICKLE YOUR TASTE BUDS

By Brandon Chaplin, Specialty Manager

When planning a romantic dessert for Valentine's Day it is wise to carefully consider the wine that you will pair with your amorous treat. Sparkling wines always lend a festive mood to any event, and celebrating the romance in your life is a delightful occasion that is well suited for popping open a bottle, or two, of your favorite bubbly.

Sparkling wines come in a full array of flavors ranging from sweet varieties like Moscato d'Asti and Frizzante, to Extra Dry and Brut. Within this broad range lies the perfect sparkling wine for any occasion: main course or dessert. For our purposes I will focus on the sparklers that complement various dessert dishes.

If you are having a relatively light dessert, such as fresh berries and cream, you will find that a sweeter wine, such as a Frizzante or an Asti, really helps to accent the bright fruit flavors while supplying a lower acidity that will not upset the lusciousness of the cream. For those enjoying slightly sweeter fare, such as cobbler, torte, or cherry pie, a less sweet—but not dry—selection, such as a Blanc de Noir or a Blanc de Blanc, has a wonderful centering effect on the palate that helps to prolong and complement the bodacious warmth of cinnamon and other spices commonly used in these pastries.

Chocolate, arguably the most decadent and sensual of all desserts, pairs with sparkling Shiraz. Yes, sparkling Shiraz. Shiraz is one of the boldest, spiciest and in-your-face varietals of wine on the planet. The effervescence rounds the boldness and acidity into a truly balanced flavor bomb. Its naturally occurring notes mingle with any chocolate confection and explode deliciously on the tongue in a way that would make even the most experienced romantic blush.



Three Sons Bakery

By Gretchen Hein

Susan Winters of Three Sons Bakery is following her heart's desire and a love of baking that began in her childhood kitchen making baked goodies with her mother and grandmother. In fact, some of Susan's recipes have their roots in those early baking days. Her three sons have provided the main source of inspiration, hence the name, for Three Sons Bakery. She started baking for them when they were young. They have been, and still are her essential reason for baking. Susan's sons, now grown, and her daughter, with whom she recently reconnected, are all part of the effort, each in their own way. While Susan does the bulk of the work, Three Sons Bakery is definitely a family affair.



Susan was always the one bringing desserts to gatherings and dinners. Everyone raved and said she ought to go into business. She tried her hand at supplementing her income selling baked goods here and there from her home kitchen. With inspectors on her trail, she found space in a "legal" kitchen and baked there for a while. In 2005 she took a leap and turned part of her carport into a licensed kitchen. She's been at the baking business full-time ever since.

Susan's desire is to create the finest home-style cakes, cookies and cheesecakes Tallahassee has to offer. Her baked goods can be found in places all around town. New Leaf Market carries the gluten-free apple, banana and pumpkin breads. Other places you can find Susan's baked delights are: Tomato Land, Black Dog Café, Home Town Coffee and Honeytree. Three Sons Bakery is at the downtown Saturday Market most Saturdays and at the Lake Ella Growers Market on Wednesday afternoons. One day Susan hopes to have a storefront, but for now she's quite content to bake at home.

Most of her business comes from custom orders. She delivers, or you may drive to her home and pick up your order yourself. Her baked goods are shipped abroad as well. She bakes cookies, cakes, cheesecakes, pies, brownies, quick breads, pound cakes, scones . . . the list goes on. And they are all made with the best ingredients. Check it out for yourself at her website, www.threesonsbakery.com. The website tells more of her story, includes pictures of her baked goods taken by Ben, her photographer son, and testimonies from around the country extolling the quality and great taste of her wares. One comment sums it up fairly well, "The only thing better than seeing such a masterpiece is consuming one."

For those with special dietary needs, she's developed several gluten-free and diabetic recipes. She has a line of whole grain products as well. If it's freshly baked, handcrafted, high-quality, great-tasting baked goods you're looking for, you'll want what Susan makes.



Photography by Ben Kilpatrick



Owner Advantage

BULK

Chocolate Nut Crunch Mix	\$4.79/lb
[Suggested Retail \$5.99/lb]	
Organic Apricots	\$3.99/lb
[Suggested Retail \$4.49/lb]	
Organic Black Beans	\$1.39/lb
[Suggested Retail \$1.59/lb]	
Organic Black Eyed Peas	\$1.59/lb
[Suggested Retail \$1.69/lb]	
Organic Cranberry Harvest Mix	\$6.79/lb
[Suggested Retail \$7.89/lb]	
Organic Mung Beans	\$1.39/lb
[Suggested Retail \$1.89/lb]	
Organic Navy Beans	\$1.69/lb
[Suggested Retail \$1.99/lb]	
Organic Roasted Buckwheat	\$2.19/lb
[Suggested Retail \$2.49/lb]	

GROCERY

Almond Dream	\$1.99
Original, Unsweetened Original 32oz [Suggested Retail \$2.99]	
Barbara's Snack Mix	\$3.49
Bruschetta, Salsa 7oz [Suggested Retail \$4.19]	
Blue Diamond Almond Butter	\$3.79
Creamy, w/ Honey 12oz [Suggested Retail \$4.79]	
Crofter's Organic Superfruit Spread	\$3.49
European, N. American, S. American, Asian 11oz [Suggested Retail \$4.59]	
DeBoles Organic Artichoke Pasta	\$1.99
Angel Hair, Spaghetti, Linguini 8oz [Suggested Retail \$2.49]	
DeBoles Organic Spinach Pasta	\$1.99
Spaghetti, Fettuccini 8oz [Suggested Retail \$2.49]	
DeBoles Gluten Free Rice Pasta	\$1.99
Angel Hair, Spaghetti 8oz [Suggested Retail \$2.49]	

Earth's Best Organic Snacks	\$1.99-2.49
Oatmeal Cinnamon Cookies, Original Crunchin' Crackers, Wheat Teething Biscuits 4.6-5.3oz [Suggested Retail \$2.49-2.99]	
Earth's Best Organic Instant Oatmeal	\$3.99
Apples & Cinnamon, Maple Brown Sugar 15-15.1oz [Suggested Retail \$4.39-4.49]	
Earth's Best Organic Cereal	\$2.79
Multi-Grain, Whole Grain, Whole Grain Rice 8oz [Suggested Retail \$3.29-3.49]	
Essentia Water	\$1.79-2.29
1-1.5lt [Suggested Retail \$2.39-2.79]	
Hemp Dream	\$2.99
Original, Vanilla 32oz [Suggested Retail \$4.29]	
Kashi GoLean Cereal	\$3.79
Original, Crunch! Original, Crunch! Honey Almond Flax 14.1-15oz [Suggested Retail \$5.29]	
Kashi GoLean Snack Bars	\$1.33
Chocolate Almond Toffee, Oatmeal Raisin Cookie, Chocolate Peanut 50-78g [Suggested Retail \$1.99]	
Nasoya Nayoanise	\$3.29-3.99
Dijon, Fat Free, Original 14-24oz [Suggested Retail \$4.19-4.99]	
Nature's Choice Cereal Bar	\$2.79
Assorted Flavors 7.8oz [Suggested Retail \$3.89]	
O.N.E. Coconut Water	\$0.99
w/ Passionfruit, w/ Pineapple, w/ Pink Guava, w/ Mango 8.5oz [Suggested Retail \$1.39]	
R.W. Knudsen Juice Box	\$0.69
Apple, Grape, Pear, Razzleberry 8oz [Suggested Retail \$1.09]	
Thai Kitchen Organic Coconut Milk	\$1.79
14oz [Suggested Retail \$2.29]	
Thai Kitchen Rice Noodle Soup	\$0.66
Assorted Varieties 1.6oz [Suggested Retail \$0.89]	
Truetoniqs Brain Tonic	\$1.79
8.4oz [Suggested Retail \$2.59]	

NON-FOOD

- Naturally Clean Mildew** \$4.49
16oz [Suggested Retail \$5.99]
- Seventh Generation Bathroom Tissue**\$7.99
12pk [Suggested Retail \$11.19]

REFRIGERATED/FROZEN

- Andrew & Everett Shredded Cheese** \$2.79
Sharp Cheddar, Mexican Mix
7oz [Suggested Retail \$3.99]
- Galaxy Soy Vegan Slices** \$2.49
American, Cheddar
6oz [Suggested Retail \$3.19]
- Kashi GoLean Waffles**.....\$2.50
Blueberry, Original
9oz [Suggested Retail \$2.99-3.29]
- Nancy's Cottage Cheese** \$2.59
Cultured Low-fat
16oz [Suggested Retail \$3.49]
- Sunja's Spicy Cabbage Kimchi**.....\$3.79
16oz [Suggested Retail \$4.49]
- Uncle Matt's Organic Orange Juice** \$5.99
Pulp Free, w/ Pulp
59oz [Suggested Retail \$6.89]

WELLNESS

- Bluebonnet Formulas** \$11.99-14.99
Echinacea Goldenseal, Milk Thistle Extract
60vc [Suggested Retail \$15.29-17.99]
- Bluebonnet Vitamin C 1000mg** \$10.99
90vc [Suggested Retail \$14.39]
- Buried Treasure Liquid D3 w/ K3** \$9.99
16oz [Suggested Retail \$13.49]
- Country Life Nature's Garlic**\$7.99
90sg [Suggested Retail \$10.29]
- Derma e Pycnogenol Skin Care** \$10.99
Cleanser, Toner
6oz [Suggested Retail \$15.49]
- Derma e Pycnogenol Skin Care** \$22.99
Moisturizing Cream
2oz [Suggested Retail \$29.89]
- Eartrise Spirulina**.....\$13.99
180tb [Suggested Retail \$16.49]
- Eartrise Spirulina Powder**..... \$12.99
90g [Suggested Retail \$13.79]

- Enzymatic Therapy Acidophilus.. \$12.99-32.99**
Pearls Regular, Pearls Intensive Care
30-90cp [Suggested Retail \$16.49-39.89]

- Enzymatic Therapy Acidophilus**\$7.99
Pearls Xpress
6pk [Suggested Retail \$9.89]

- Hyland's Sniffles 'n Sneezes 4Kids** \$5.49
125tb [Suggested Retail \$7.49]

- Hyland's Cold 'n Cough 4Kids** \$5.49
Original, w/ Honey
4oz [Suggested Retail \$7.99]

- Natural Balance Liver Sense**..... \$17.99
60vc [Suggested Retail \$23.69]

- Solaray Echinacea** \$9.99-11.99
Augustifolia, w/ Goldenseal
100cp [Suggested Retail \$11.89-15.49]

- Solaray Vitamin C 1000mg** \$8.99
100cp [Suggested Retail \$10.99]

- Solaray Vitamin C 1000mg** \$8.99
w/ Rose Hips
100vc [Suggested Retail \$10.99]

- Solaray Vitamin C 500mg**..... \$6.99
w/ Bio-Plex
100cp [Suggested Retail \$8.79]

- Solaray Vitamin C 500mg**..... \$9.99
Chewable Cherry
100tbs [Suggested Retail \$11.99]

- Tea Tree Therapy Chest Rub** \$6.99
Eucalyptus
2oz [Suggested Retail \$8.49]

- Tea Tree Therapy Mouthwash**..... \$4.79
12oz [Suggested Retail \$6.39]

WINE

- Lamura Wine**..... \$8.99
Bianco Di Sicilia, Rosso Di Sicilia
750ml [Suggested Retail \$9.99]

- McManis Wine**..... \$10.99
Assorted Varietals
750ml [Suggested Retail \$11.99-12.99]

COOK'S CORNER

Compiled by Jean Crozier



Greek Spinach Rice

Serves 6

1 1/2 cups brown rice
2 cups water
1 (28 oz) can diced tomatoes
1 T chopped fresh dill
1 onion, chopped
2 cloves garlic, minced
1 lb spinach, chopped
1/4 cup lemon juice
2 T olive oil
Salt and pepper to taste
Lemon wedges for garnish

Sauté onion and garlic in olive oil until tender, add rice and allow to “toast” a few minutes, stirring constantly. Add remaining ingredients except for lemon wedges and simmer, covered, until rice is cooked, about an hour.

From <http://hubpages.com/hub/cheap-healthy-recipes>

Carrot, Tomato & Spinach Quinoa Pilaf

Serves 5

2 tsp olive oil
1/2 onion, chopped
1 cup quinoa
2 cups water
2 T vegetarian chicken-flavored bouillon granules
1 tsp ground black pepper
1 tsp thyme
1 carrot, chopped
1 tomato, chopped
1 cup baby spinach

Heat the olive oil in a sauce pan over medium heat; cook the onion in the hot oil until translucent, about 5 minutes. Lower the heat, stir in quinoa and toast, stirring constantly, for 2 minutes. Stir in the water, bouillon granules, black pepper and thyme; raise heat to high and bring to a boil. Cover, reduce

heat to low, and simmer for 5 minutes.

Stir in the carrots. Cover and simmer until all water is absorbed, about 10 more minutes. Turn off the heat, add the tomatoes and spinach, and stir until the spinach is wilted and the tomatoes have given off their moisture, about 2 minutes. From www.allrecipes.com

Slow Cooked Indian Spiced Lentils w/ Chicken

Serves 4

2 cups brown lentils
3 cups chicken broth or vegetable broth
3 cups water
1 small yellow onion, diced
1 cup diced celery
1 tsp cumin
1/2 tsp coriander
1 tsp sea salt

1/2 tsp dried mustard
1/2 tsp turmeric
4 cloves garlic, chopped
1 (4 oz) can diced chilies (hot or mild), undrained
1 T dried parsley (or 1/4 cup finely chopped fresh)
2 large chicken breast halves (fresh or frozen)

Use a 4 or 5-quart slow cooker. Rinse the lentils under cold water until it runs clear. Place lentils into a slow cooker. Add broth, water, diced onion, celery, all the spices, garlic and chilies. Stir to combine.

Lay 2 medium-large chicken breast halves on top of the assembled food.

Cover and cook on low for about 7 hours, or on high for about 4 hours. Before serving, remove chicken from the slow cooker, cut into small pieces, and stir back into the lentils. Serve with basmati rice, corn tortillas, or naan.

From <http://crockpot365.blogspot.com>, *Make It Fast, Cook It Slow* by Stephanie O'Dea

Vegetarian Enchiladas

Serves 6

12 tortillas, corn or whole wheat
8 oz portabella mushrooms, chopped coarsely
3 garlic cloves, chopped
1 onion, chopped
3 zucchini, julienned
3 carrots, julienned
1 (or more) chili pepper, chopped
1-2 bell peppers, julienned (a mix is nice here)
1/2 bunch fresh cilantro
1 cup plus 1/2 cup grated cheese

of choice, divided
Salt and pepper to taste
Olive oil for sautéing

Sauté vegetables in olive oil, starting with the longest-cooking vegetable. Continue until all vegetables are cooked but still firm. Add chopped cilantro and mix well. Set aside.

Enchilada Sauce:

1/2 onion
2 cloves garlic
1 can Muir Glen™ fire roasted tomatoes
1 tsp cumin
1 T chili powder
1/2 tsp dried chopped chipotle
Salt and pepper to taste

Sauté onion and garlic until onion is transparent. Add rest of ingredients and simmer 20 minutes. Process in blender or food processor. If sauce is too watery, return to heat to reduce to desired consistency.

Heat tortillas, dip in sauce, and lay on a plate. Place about 2 tablespoons of filling on tortilla, sprinkle with some grated cheese, and roll up. Lay in 13" x 9" pan that has been spread with a little of the enchilada sauce, seam side down. Repeat.

Drizzle with sauce. Sprinkle with about 1/2 cup cheese. Sprinkle chopped cilantro over all. Bake at 350° F for 30 minutes or until warmed through and cheese is melted.
From <http://hubpages.com/hub/cheap-healthy-recipes>

Wild Salmon w/ Wasabi-Avocado Sauce

Serves 2

2 medium cloves garlic
1 large very ripe avocado, pitted and peeled
1 T mayonnaise
1 T lemon juice
2-3 T nonfat milk
1/4 -1/2 tsp wasabi powder
1 T sesame oil
4 (5 oz) wild salmon fillets, rinsed, patted dry
2 T black sesame seeds
1/4 cup low-sodium tamari
1 tsp toasted sesame oil
1/2 cup water

Mince garlic in a food processor. Add avocado, mayonnaise, lemon juice, 2 tablespoons milk and wasabi powder. Purée until creamy, adding remaining milk if needed. Season with salt and pepper. Transfer to a glass bowl, cover, and refrigerate. (Makes about 3/4 cup.)
(Cont. next page)



In a medium skillet, heat sesame oil until very hot. Place salmon in pan, skin-side up, and cook until lightly browned, about 1 1/2 minutes. Turn fillets over and sprinkle with sesame seeds. Add tamari, toasted sesame oil, and water to pan. Cover and cook over medium heat for 7-10 minutes, until just cooked through, adding more water if needed. Remove from pan, arrange on serving plates, and drizzle with sauce. Serve immediately.

From www.deliciouslivingmag.com

Spinach Pesto w/ Potatoes & Grilled Chicken

Serves 4

1 lb red potatoes with skin, cut into bite-size chunks
 2 cups packed baby spinach leaves
 1/4 cup packed fresh oregano
 1/4 cup packed fresh dill
 4 cloves garlic, crushed
 1/4 cup plus 2 T extra virgin olive oil, divided
 1/4 tsp freshly ground black pepper
 1/2 cup crumbled feta cheese
 1/4 cup freshly grated Parmesan cheese
 3 T raw pine nuts
 3/4 lb small boneless, skinless chicken breast halves
 Toasted pine nuts, for garnish

Bring a large pot of salted water to boil. Add potatoes; reduce heat, cover, and simmer 15–20

minutes, until just tender. Drain, leaving about 2 tablespoons water in pot. Replace cover and keep warm.

Meanwhile, coarsely chop spinach, oregano and dill. Whirl garlic in a food processor until chopped; add spinach, herbs, and 1/4 cup olive oil. Pulse a few times to chop finely. Add 1/4 teaspoon pepper, cheeses, and raw pine nuts. Process to a

uniform, but slightly chunky paste. Scrape into a small bowl, smooth top, and drizzle surface with a little olive oil. Makes 1 1/4 cups.

Preheat a stovetop grill or sauté pan until very hot. Season chicken on both sides with salt and pepper. Pour remaining 2 tablespoons oil on a plate. Dip seasoned chicken in oil to coat lightly on both sides; place on grill or in pan. Cook about 3 minutes per side, or until done

throughout. Slice crosswise into strips a little thinner than 1/2-inch wide. Toss with potatoes and pesto and serve at once, garnished with toasted pine nuts.

From www.deliciouslivingmag.com

Slow Cooked Flemish Beef Stew

Serves 8

4 tsp canola oil, divided
 2 lbs bottom round, trimmed of fat and cut into 1-inch cubes

3/4 lb cremini mushrooms, sliced

3 T all-purpose flour

2 cups brown ale, or dark beer (not a stout)

4 large carrots, peeled and cut into 1-inch pieces

1 large onion, chopped

1 clove garlic, minced

1 1/2 T Dijon mustard

1 tsp caraway seeds

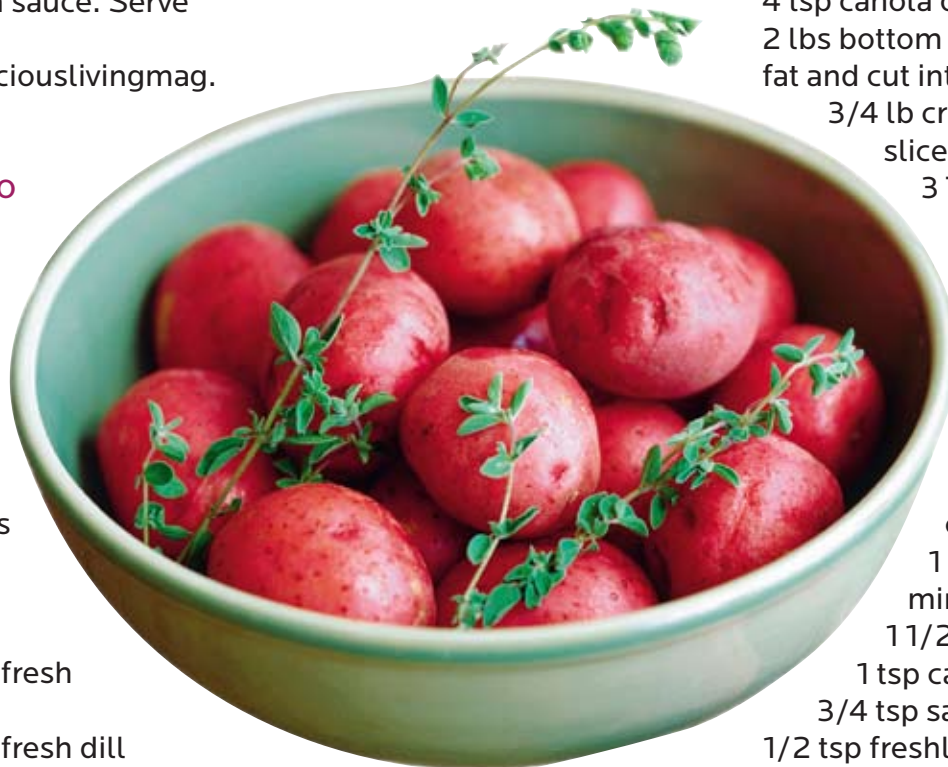
3/4 tsp salt

1/2 tsp freshly ground pepper

1 bay leaf

Heat 2 teaspoons oil in a large skillet over medium heat. Add half the beef and brown on all sides, turning frequently, about 5 minutes. Transfer to a 6-quart slow cooker. Drain any fat from the pan. Add the remaining 2 teaspoons oil and brown the remaining beef. Transfer to the slow cooker.

Return the skillet to medium heat, add mushrooms and cook, stirring often, until they give off



their liquid and it evaporates to a glaze, 5 to 7 minutes. Sprinkle flour over the mushrooms; cook undisturbed for 10 seconds, then stir and cook for 30 seconds more. Pour in ale (or beer); bring to a boil, whisking constantly to reduce foaming, until thickened and bubbling, about 3 minutes. Transfer the mushroom mixture to the slow cooker.

Add carrots, onion, garlic, mustard, caraway seeds, salt, pepper and bay leaf to the slow cooker. Stir to combine.

Put the lid on and cook on low until the beef is very tender, about 8 hours. Discard the bay leaf before serving.
From www.eatingwell.com

Amaretto Strawberries

Serves 4

1 pint fresh strawberries
1/4 cup Amaretto liqueur
Vanilla ice cream
Slivered almonds

Wash and hull strawberries; drain. In a large bowl, marinate strawberries in Amaretto liqueur overnight. Serve over ice cream and sprinkle with slivered almonds.

From: www.whatscookingamerica.net

Strawberries & Balsamic Vinegar

Serves 8-10

Fresh strawberries, washed and dried
1/2 cup aged balsamic vinegar
1 cup powdered (confectioners) sugar

Place strawberries, balsamic vinegar, and powdered sugar in separate bowls.

To serve, let each guest dip a strawberry into balsamic vinegar and then into the powdered sugar. Watch your surprised guests faces as they eat these strawberries.

From www.whatscookingamerica.net

Maple Sauce & Strawberries

Serves 8

1 cup sour cream
1/4 cup pure maple syrup
3 pints whole fresh strawberries, washed and hulled
2 1/2 T brown sugar

In a medium bowl, combine sour cream and maple syrup; cover and refrigerate at least 1 hour.

Arrange strawberries in eight dessert bowls. Sprinkle brown sugar evenly over them and refrigerate. To serve, pour sour cream mixture over strawberries.

NOTE: This may also be used as a dipping sauce for the strawberries. Add the brown sugar in with the sour cream and maple syrup.

From www.whatscookingamerica.net



Seminars

January/February/March

Wine Tasting

Every Friday · 5:30-7:30 pm · FREE!

Beer Tasting

Every Saturday · 4:30-6:30 pm · FREE!

Getting Results in Your Life and Organization

Monday, January 11 · 7:45-9:00 pm · FREE!

Are you realizing your potential? How about the other people on your team? In this seminar you will learn simple and powerful ways to take your leadership to the next level. This introductory seminar with Kaye Kendrick & Associates will cover:

- The Formula For Success—what they never taught you in school
- A simple seven-step process to reach all of your business and personal goals
- How you can learn more effectively and teach others for maximum retention

Kaye Kendrick, CPA, is a coach and consultant. She enjoys helping organizations and individuals get the results they want, with focus on alignment of strategy, people and process. Kaye has 20+ years experience in auditing and consulting in both the public and private sector. For more information, kaye@kayekendrick.com or call 850-509-5927.

REAL Health Care Reform

Tuesday, January 12 · 7:45-9:00 pm · FREE!

Karen Knox, author of *Forget the Die-its; Learn to LIVE-It!* and health minister with Hallelujah Acres, will inspire and motivate you to:

- Have more energy and feel younger.
- Fuel the “prevention” process instead of disease.
- Enhance your immune system.
- Slow down the aging process.

Karen teaches from her own experience dealing with food addictions. Her adventure has brought, and is still bringing, healing in an area that millions suffer from: bondage to the taste buds!



“Most people choose the things they eat and drink because of taste, not because the choices promote wellness,” says Karen. “Our taste buds have been tainted, but the wonderful news is that they can change. Once we focus on eating for the purpose of fueling the body for health and energy, healthy foods will taste great!” For more information, go to www.learntoliveit.com or call Karen at 850-342-3322.

Quick Pain Relief

Wednesday, January 13 · 7:45-9:00 pm · FREE!

Monday, March 22 · 7:45-9:00 pm · FREE!

Join Rene Luna, licensed Physical Therapist of R & R Physical Therapy, Inc., as he demonstrates a natural and a quick way to relieve muscular and joint pain. He will introduce simple maneuvers and movement-specific exercises that anyone may use to help get rid of their pain. Rene

also believes in empowering his patients with proactive therapy that makes them part of their own healing process. For more information, call 850-656-3163 or email rrptcrsi@aol.com.

Food-Based Nutritional Supplementation

Thursday, January 14 · 7:45-9:00 pm · FREE!

This seminar will cover how important food-based nutrients are in relation to your health in today's society. Food-based nutrients are very important because they are more like what nature intended and are easier for your body to use. Join Jason Mitchell, NP, for an information session on the benefits of food-based nutritional supplements.

Jason Mitchell has been in the health food industry his entire life. He has worked 12 years for Country Life™ Vitamins and is trained as a naturopathic doctor. Jason specializes in the creation of supplements made from whole fruits and vegetables. He is currently serving as vice-president of new product development, education and research.

Functional Medicine and The Nutritional Physical Exam

Monday, January 18 · 7:45-8:45 pm · FREE!

Functional Medicine is an approach to chronic health problems that looks for root causes and underlying imbalances. It uses nutrition, exercise and supplements, along with some medications, to restore health. The physical exam can provide valuable clues to nutritional problems and teach you how to recognize these clues for yourself.

Presenter Elizabeth Markovich, MSN, NP, is a family nurse practitioner and co-owner of Integrative Healthcare™ along with husband Martin Markovich. Elizabeth recently completed the foundation course for the Institute for Functional Medicine™.

The Avocado Roll

Tuesday, January 19 · 7:45-8:45 pm

Tuesday, February 23 · 7:45-8:45 pm

Tuesday, March 30 · 7:45-8:45 pm

\$5 owners, \$7 non-owners
Registration and pre-payment
required. Limit 10 per class.

Self-taught sushi expert Barry Courtney will share his enthusiasm for the avocado roll. Students will learn how to make sushi rice and practice rolling sushi. Yes, students can, and will, sample their creations!

Principles of General Organizing

Wednesday, January 20

7:45-8:45 pm · FREE!

Thursday, March 25

7:45-8:45 pm · FREE!

Join Jenny Druda, owner of Straighten Up!™, and get started in straightening up your life. Learn tips and strategies to tame paper clutter. Jenny will provide the motivation and guidance you need to sort through and make decisions about your stuff. This way you will get what you really want. Feel free to bring your personal organizing



problems to class for discussion and advice. For more information, call Jenny at 850-925-4678.

Aging Well—A Hormonal Balancing Act

Thursday, January 21 · 7:45-8:45 pm · FREE!

This seminar will provide key tips on supporting a nutritional program as you age. Sally Byrd, NP, will share dietary tips on supplementation and explain ways to slow down the aging process by maintaining proper collagen levels. Sally will also tell you how to have a healthy brain and thyroid while watching what you eat.

Sally Byrd, a licensed naturopath, body worker and 29-year natural products industry professional, has amassed a wealth of knowledge in the field of nutrition and is respected as an expert and consumer advocate for healthy lifestyle choices. Sally is co-founder of Progressive Health Strategies™, a wellness center in Fayetteville, NC. She continues to stay active in the field of nutrition, supplementation and personal care products. She currently works with Dr. Titus Venessa in sales, education and product formulation for Dr. Venessa's Formulas, a clinical therapeutic condition-specific product line that enables one to age gracefully while leading a productive and fulfilling life.

The Art of Breathing

Monday, January 25 · 7:45-8:45 pm · FREE!

Monday, March 8 · 7:45-8:45 pm · FREE!

Join Bridget Kamke, LMT, in a demonstration of breathing consciously and properly for optimum health. You will learn the physical and mental benefits of deep breathing, and will experience several yogic breathing techniques to rejuvenate your body, refresh your mind and give you a deeper connection with yourself. Bridget has been practicing massage therapy and Kundalini Yoga for ten years.

Domancic Method of Bioenergy Therapy

Tuesday, January 26 · 7:45- 8:45 pm · FREE!

Tuesday, March 9 · 7:45- 8:45 pm · FREE!

Are you tired of insurance companies telling you what treatments and/or therapy you can or cannot

use? You now have a choice. Rick Garzaniti, LMT (MA9054) and Reverends Teresa and Dave Weiler are currently offering the Domancic Method of Bioenergy Therapy (for donations only). Bioenergy Therapy is a four-day therapy which helps to balance the energy body surrounding your physical body, allowing your immune system to heal a remarkable list of ailments including AIDS, autism, ALS, fibromyalgia, cerebral palsy, multiple sclerosis, leukemia, gangrene, all breathing disorders, pain, diabetes, Parkinson's disease and much, much more. In addition to the lecture, we will be offering at least one free Bioenergy Therapy session to people who want to experience a difference in their current condition. For more information, call Rick at 850-544-5994 or the Weilers at 850-674-2293.

Eat Healthy, Live Longer

Wednesday, January 27 · 7:45-8:45 pm · FREE!

Thursday, February 18 · 7:45-8:45 pm · FREE!

Thursday, March 11 · 7:45-8:45 pm · FREE!

Sadiqa Williams, whole foods chef, will delight your taste buds with her healthy, easy, and delicious recipes. Participants always taste the night's fare.

Soothing the Fires of Inflammation

Thursday, January 28 · 7:45-8:45 pm · FREE!

Brian Bogren has been working in the natural products industry for over 10 years. He has a degree in EPO Biology from the University of Colorado in Boulder. For seven years Brian owned and operated a health food store where he used his degree to assist an Ayurvedic practitioner and a registered pharmacist in creating balanced, effective nutritional programs. He is excited to continue to spread knowledge of the healing wisdom of nature. Brian will explain how to support bone health, joint health and cardiovascular health.

Tallahassee Fitness Festival

Location: Tallahassee Civic Center

Saturday, January 30 · 9 am-5 pm

\$5 everyone, Free for children under 12

Look for the New Leaf Booth at Tallahassee's only fitness festival.



Oriental Medicine Solutions for the Cold and Flu Season

Monday, February 1 · 7:45-8:45 pm · FREE!

Rachel Kelley, AP, will discuss Traditional Chinese Medicine's (TCM) approach to "Wind Invasion," which includes upper respiratory viral and bacterial infections. She will demonstrate acupuncture points and discuss home remedies and herbal support to stay healthy this winter. This branch of TCM is one of its greatest gifts to the modern world.

Rachel has been practicing TCM in Tallahassee since 2004. She received her Master of Science in Oriental Medicine from the Academy of Oriental Medicine in Austin. Rachel supports people in resolving a wide range of ailments from allergies, anxiety, and infertility, to digestive disturbances and neurological conditions. Rachel can be reached at 850-222-9901.

Healthy Weight Loss

Tuesday, February 2 · 7:45-8:45 pm · FREE!

Wendy Creel, Naturopathic Doctor and Master Herbalist, will help you see weight loss as not just another diet. Wendy will explain how your internal health plays a major role in how your body sheds

weight. She stresses that we must make sure we are digesting properly, having bowel movements each and every day, and that we nourish our bodies with sufficient minerals. We must also support the adrenals, our endocrine system and our emotional system from time to time. The proper diet and proper fats will also be discussed so that your body will automatically seek it's ideal weight.

Insulin Resistance and Inflammation

Thursday, February 4 · 7:45-8:45 pm · FREE!

What are insulin resistance and inflammation and why do you need to be concerned about them? Leah Gilbert-Henderson, PhD, LD/N and owner of Take Care Nutrition Consulting, LLC™, will discuss insulin resistance and inflammation, including who is at risk, how to know if you have these conditions, how they are harmful, and what you can do to prevent them. Preventing and reversing insulin resistance and inflammation is critical for preventing chronic diseases such as diabetes and heart disease. For more information, visit www.gilberthender@gmail.com. Dr. Gilbert-Henderson has a PhD in nutrition from the University of Tennessee.

Simple Stretches for Better Flexibility

Monday, February 8 · 7:45-8:45 pm · FREE!

Greg B. White, LMT (MA13815), has studied the science and physiology of stretching from world masters. He will demonstrate the correct way to totally stretch the neck, which can assist the alignment of the thoracic and lumbar areas of the spine. Greg's unique and effective neck stretches provide a no-cost way to reduce, or eliminate, everyday physical discomfort.

Law of Attraction Series

Tuesday, February 9 · 7:45-9:00 pm · FREE!

The Law of Attraction is a universal law that shows individuals how to assume conscious and intentional control of their experience of life. This ongoing series of classes shares the basics and teaches the practical application of the law of attraction in your life. It can be used to create what you want in your life and to release

what you do not want. We have a whole new world to consciously create! Law of Attraction puts you in the driver's seat. Presenter: Pamela Chamberlynn, MSW. For more information, visit awakeningcpl@comcast.net.

A Message of Hope: Serious Diseases Can Be Healed Naturally

Thursday, February 11 · 7:30-8:45 pm · FREE!

Learn what really causes health issues and serious diseases, and how to heal them naturally. This important information can also be used to maintain health, prevent disease, and improve quality of life.

This seminar offers an alternate view along with personal experiences that are relatable, helpful, and enlightening. It will change how you view illness. Alice McCall has a successful career as a Transformational Energy Healer, Counselor and Inspirational Speaker. Her specialty is serious diseases. She transformed her own health and way of life, most recently experiencing a successful natural healing journey with breast cancer. Alice McCall has authored *Wellness Wisdom*, a reference book for natural health and healing, inspired by her own personal journey with breast cancer in 2007. Alice will be available for Q & A and book signing after the seminar.

Alice McCall's message has been labeled as "paradigm changing" and "the future of healing" by popular New York City radio show host Paul Lamb.

Alice holds a BS in Psychology and a MS in business administration. She is a Certified Hypnotherapist, Certified Reiki I & II Practitioner, and Certified Quantum Touch Practitioner. Learn more about Alice, her practice and her new book at www.healingpath.info.



Restorative Yoga

Location: Namaste Yoga Center
Abundance Wellness Center, Building T
325 John Knox Rd, Tallahassee, FL
Saturday, February 13 · 2:00-3:30 pm
\$5 for everyone (\$15 regular price), Limit 8, pre-payment required for registration

Feeling weak, fatigued or stressed from your daily routine? Experiencing or recovering from a major life event? Restorative Yoga offers a way for you—no matter what your physical ability—to experience postures that gently open the body and release long-held tensions. During class you are carefully guided into postures, fully supported with props, in a way to create the physiological conditions that promote deep relaxation. Instructor: Charlene Cappellini, certified Relax and Renew® trainer, Yoga Alliance certification, Kripalu Yoga Center 2004.

Vegetables from the Sea

Tuesday, February 16 · 7:30-8:45 pm · FREE!

Jill Welch, whole foods educator, will demystify sea vegetables. No matter what your health goals may be, sea vegetables can play a significant role in improving your well being. Sea vegetables add valuable trace minerals to your diet and can detoxify heavy metals from your body. Jill will explain the various types of sea vegetables and prepare some delectable samples.

Worms Can Recycle Your Garbage

Location: Ladybird Organic Farm
1211 Waukeenah Hwy.,
Monticello, FL
Saturday, February 20
2:00-4:00 pm
\$10 owners, \$12 non-owners

Join Cynthia Connolly, PhD., owner of Ladybird Organics™, as she explains and demonstrates everything you need to know to turn your kitchen scraps into valuable soil amendment, or worm compost. Worms, worm castings, plants, organic muscadine wine and grapes will

be for sale. In the event of inclement weather, the seminar will be held the following day, Sunday, February 21.

Ms. Connolly received her doctorate from Iowa State University in Agricultural Education and Agricultural Engineering. She is also a Certified Crop Advisor (CCA) and a Florida Certified Nursery Professional (FCNP). Let's start today to help our earth and ourselves.



Learning About Electric Bikes and Their Benefits

Thursday, February 25 · 7:45-9:00 pm · FREE!

Wouldn't you like to replace your automobile on short trips with a serious alternative that is quiet, clean, green, sustainable and practical? Join Andy, aka FalconEV, to learn all there is to know about E-bikes (electric bicycles). E-bikes are a mature technology and prices are stable. "Anytime is a good time to begin saving money by not driving," says Andy. "E-bikes are for anyone who can peddle a bicycle. E-bikes have speed, speed saves time, and time is valuable."

FalconEV started in 2003. Andy has factory contacts in Taiwan/China and imports his own supplies. Andy services what he sells. For more information, sales@falconev.com or call Andy at 888-545-3117.

Make Your Own Kimchee

Monday, March 1 · 7:45-9:00 pm · FREE!

Kimchee, a pro-biotic pickled vegetable condiment from Korea, can be easily made at home. Kimchee promotes healthy digestion and is delicious with rice and many other foods. Learn how to make your own with Whole Foods Educator Jill Welch. Each participant will take home a free jar of kimchee. This is a hands-on workshop, so bring your apron!

Cleansing Major Elimination Organs

Tuesday, March 2 · 7:45-9:00 pm · FREE!

Wendy Creel, NP and Master Herbalist, will discuss what herbs are used to clean our organs that are responsible for cleaning and removing toxic matter from our bodies. We will talk about herbs used for the kidneys, liver, colon and blood. A clean system is the key to vibrant health. For more information, call Wendy at 850-562-3004.

Container Gardening for Health: The 12 Most Important Fruits & Vegetables for Your Organic Garden

Thursday, March 4 · 7:45-9:00 pm · FREE!

Container Gardening for Health is a guide to organically growing produce without pesticide residues. You don't have to grow all your own food to benefit from an organic garden. Just selecting a few of the foods you eat most frequently can reduce the pesticides in your diet by 80 to 90 percent.

Barbara Barker, author of *Container Gardening for Health*, will discuss "The Dirty Dozen" and talk about how to grow these organically in Florida. Variety selection, fertilizer options, composting, container choice, and pest/disease prevention are all critical components of a successful garden in Florida. Learn to make newspaper potters and take home free cuttings. Please bring a pair of pruning shears if you have them.

Barbara Barker is a Florida Master Gardener and a graduate of the University of Florida. Barker purchased a small garden company, The Gourmet Gardener, in 1999. Initially, Barker sold gourmet

varieties of seeds and plants to home gardeners as well as fresh cut herbs to local restaurants. Since 2007, Barker has devoted her time to presenting workshops and authoring a book on targeted organic gardening. Barker demonstrates simple measures to reduce pesticides in the home gardeners' diet by 80 to 90 percent. Barker is currently presenting a series of organic gardening workshops at the Stephen Foster State Folk Cultural Arts Center in White Springs, Florida.

Filling a Kid's Book Basket

Monday, March 15
7:45-9:00 pm · FREE!

Learn about some of the most-admired names and titles in picture books about gardens and nature. Paw through Jan's garden basket of great picture books. She also shares info about a new children's green-oriented publisher who has Tallahassee "roots." (Note: This is not a story hour for the young ones.)

Jan Godown Annino is a children's literature specialist and author of National Geographic children's books.

Numerology

Tuesday, March 16
7:45-9:00 pm · FREE!

Michele Stemmer has served as a spiritual adviser and intuitive reader for over 10 years. Michele says she has helped many people get information to improve their lives through numerology.

In this seminar, Michele will discuss ways to make charts that can reveal a person's personality, destiny, perfect mate, lucky lottery number, life path and attitudes.

By paying attention to numbers in your daily life such as addresses, birthdates, telephone numbers, etc., you will be amazed at the powerful messages that they can bring to your life.

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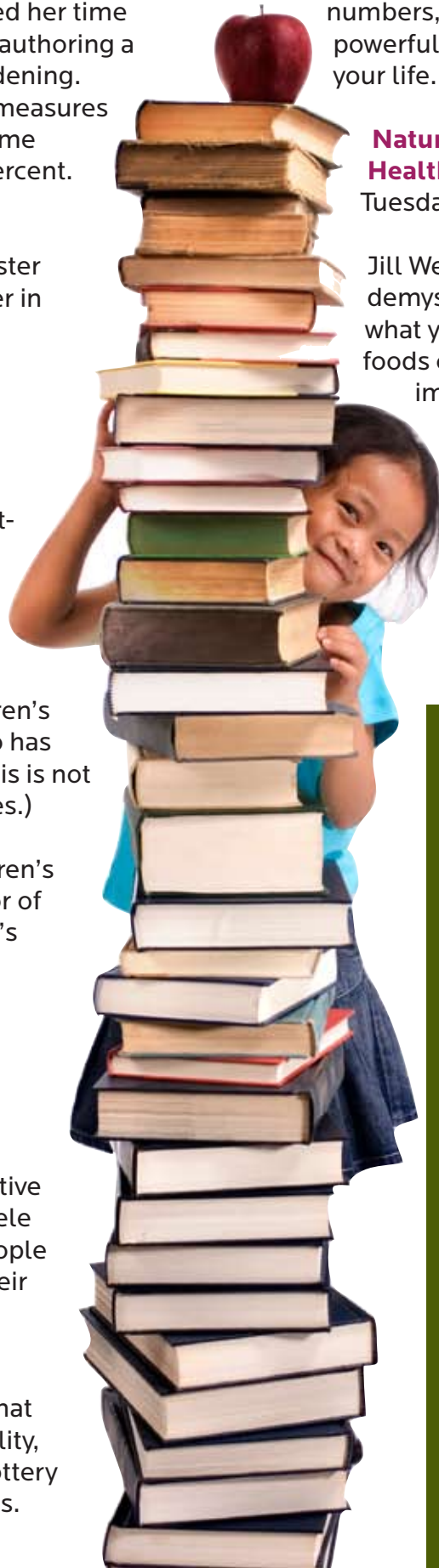
Tuesday, March 23 · 7:30-8:45 pm FREE!

Jill Welch, whole foods educator, will demystify fermented foods. No matter what your health goals may be, fermented foods can play a significant role in improving your well being. If you have taken Jill's Kimchee seminar, you will love this class. Jill will explain how to ferment many other foods.

Springtime Tallahassee Parade

Saturday, March 27

Look for the New Leaf Float.



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