

CONSPIRACY NEWS^{FREE!}

SUMMER 2018 | COMMUNITY-OWNED SINCE 1971 | HISTORIC FOURTH AVENUE, TUCSON, AZ | EVERYONE WELCOME!

SONORAN SUMMER

FOOD CONSPIRACY
CO-OP

   @foodconspiracy
www.foodconspiracy.coop
EVERYONE CAN SHOP, ANYONE CAN JOIN.

412 N. 4th Avenue
Open 7am - 10pm daily

Conspiracy News

editor:
Kelly Watters

CONTRIBUTORS:

John Glennon, Michael DeSantis, Kelly Watters,
Richard Bergsma, Joe Curry, Harmony Hazard,
Susannah Conner, Zoe Rose Lambert, Michael
Peel, Mandy Makinen

Next Submission Deadline: September 1

Co-op Management Team

General Manager: John Glennon
Finance: Tina Millette
Outreach: Kelly Watters
Interim Front End: Erika Seekatz
POS: Cynthia Taylor
Kitchen: Jesse Powell
Interim Grocery: Sarah Schwob
Produce: Todd Stadlander

Board of Directors

Michael DeSantis, President
Kevin Hendricks, Vice President
David Miller, Treasurer
Laura Klass
Guru Das Bock
Fiore Iannacone
Susan Silverman

The Food Conspiracy Board
of Directors meets the fourth
Wednesday of the month,
6:30-8:30 p.m., at the Hoff
Building, 425 E. Seventh Street.
A light fare is served at 6 p.m.
Co-op owners are welcome.

Questions? Comments?
You can reach the Board at
board@foodconspiracy.coop

Store Hours

Open Daily 7 a.m.-10 p.m.

Food Conspiracy Cooperative

412 N. 4th Ave., Tucson, AZ 85705
tel: 520-624-4821
fax: 520-792-2703
email: outreach@foodconspiracy.coop
website: www.foodconspiracy.coop

From the Back of the Editor's Mind:

Kelly Watters, Conspiracy News Editor

As we go to press this summer, depending on where you live in Tucson, it has felt almost like a repeat of the monsoon season of last year. A few good rains in the beginning and now not so much as a drop while other parts of the country are flooding. This lack of rain brings more awareness to the challenges and realities of desert farming and living in the summer. At the same time, the desert continues to provide and we are grateful to find tender prickly pear pads and fruit, saguaro fruit, mesquite pods, verdolagas, barrel fruit and more right outside our door. Traditional Tohono O'odham farmers waited to plant until the monsoons came and planted directly in what we call flood plains. In this issue, Now Sowing piece features Basil the pungent delicious heat-loving herb complete with recipes.

Love Local this year will be September 5-11 when we celebrate local Sonoran-Desert-grown-produce, local grocery items and Conspiracy Kitchen made prepared foods. Previously held in early July, we are now synching this promotion better with the abundance of local harvests. See insert for more details about this promotion and other promotions. Note! The postcard insert omitted the date of our local promotion September 5-11.

This issue we look into wine terminology after holding a wine tasting and learning from our wine representatives about the different ways that wine is produced and labeled. "Get Fresh" in our Kitchen and Produce departments to bring you new exciting and delicious salads and Conspiracy Juice! You'll want to pay special attention to the Board Report and Generally Speaking for the latest news around your Co-op!

Since bringing in Barrio Bread last July, we have sold nearly **\$50,000** of their delicious local bread! We asked shoppers with Barrio Bread in their bags why they buy Barrio Bread and the answers may not be too surprising...

< 1% because of the sourdough process making the bread easy to digest & good ingredients

25% because Barrio Bread is made locally

25% other: "we love Juan G." "familiar with the bread," "not wrapped in plastic," "it has a home-made feeling" "convenience"

48% overwhelmingly people told us because Barrio Bread is delicious!!

If you want to learn more about Barrio Bread's process behind their bread, learn more about the bakery and how your purchase of it supports the local grain economy, come to Barrio Bread's tasting and class FROM SEED TO EAT on Wednesday, September 19th. See facing page for class information.

CONTINUED from page 7

Do these terms indicate quality? They may, as they generally stand for a more pure and more responsibly-produced wine. The diminished environmental impact of organic wine growing may be one of the greatest benefits. Don't be afraid to investigate, as you do in learning about the Co-op's other products. "Know where your food comes from" is always a good rule to follow. Look the wine up online when you are shopping or ask questions at a tasting. Take a picture of the label and shoot the winemaker an e-mail if there is something specific you want to know. We haven't met a quality winemaker yet that isn't totally jazzed to share what he/she does!

See you at the next tasting!

On the Cover

Joe Curry is a Native Tucsonan, artist, and chef who respects the organic, fair trade practices of the co-op. As a painter, Joe gets his ideas from Navajo rug patterns, Art Deco design and the Sonoran desert. The cover painting is about the Monsoon rains and colors at night. If you wish to contact Joe for paintings or gallery openings email him at drippinsun@yahoo.com

Conspiracy Classes & Events

Registration for classes must be purchased 24 hours prior to the start of the class. Registration purchases can be made in the store or online at www.foodconspiracy.coop/events

*Indicates the class or event will be held in the Hoff Building, 425 E. 7th St.

NEW OWNER ORIENTATION

Wednesday, August 22 6:30-7:30pm

Welcome new owners! We'd like to invite you to learn how you can get the most out of your investment in the Co-op. We'll talk about how the Co-op works, how owners participate, and how you can save money and eat healthy while shopping at the Co-op. FREE. RSVP by emailing outreach@foodconspiracy.coop

*GOOD MORNING YOGA FLOW INFUSED WITH CBD I

with Zoe Lambert of Sonoran Apothecary

Saturday, September 1 • 10-11am

A feel-good flow for all levels. Students will ingest small amounts of hemp-derived CBD tincture to allow for a deeply relaxing yoga practice. It is recommended to have tried using CBD internally prior to taking this lesson. **Cost: \$15**

*HEALING MIND & BODY Gen Kelsang Lingpur of the Kadampa Meditation Center

Saturday, September 8 • 10am-12:30pm

Good health is central to our happiness. Buddhist nun Gen Kelsang Lingpur will explain how we can take control of our own healing by relying on the special practices taught by Buddha. **Cost: \$10**

*THE HEMP DERIVED CBD EDIBLES

with Zoe Lambert of Sonoran Apothecary

Saturday, September 15 • 10 - 11am

Learn the basics of ingesting hemp derived CBD. Students will learn how to make CBD infused cooking oil to make their own edibles at home. Please bring a 4 oz glass jar with a lid. **Cost: \$10**

*BARRIO BREAD: FROM SEED TO EAT

with Don Guerra, Owner of Barrio Bread

Wednesday, September 19 • 6-7pm

Come learn about the process behind Barrio Bread, about growing the local grain economy, and how your purchase of the bread or making it at home supports these efforts. This presentation by Don Guerra includes a bread tasting and a grain milling demo with Barrio Grains. **Cost: \$7**

*GOOD MORNING YOGA FLOW INFUSED WITH CBD II

with Zoe Lambert of Sonoran Apothecary

Saturday September 29 • 10-11:15am

A feel-good flow for all levels. Students will ingest small amounts of hemp-derived CBD tincture to allow for a deeply relaxing yoga practice. It is recommended to have tried using CBD internally prior to taking this lesson **Cost: \$15**

Navigating Hemp-Derived CBD Laws

by Zoe Rose Lambert, Owner of Sonoran Apothecary

Hemp-derived CBD has recently gained a lot of attention, but there's still a lingering cloud of uncertainty about the legal status of CBD products (tincture, topicals, etc). Hemp-derived CBD products can be shipped across state lines, to all 50 states and many countries. Businesses are having a hard time finding credit card processors that will work with them, because they are deemed high-risk. This has not stopped dozens of CBD companies popping up all over the country. A quick online search will offer many conflicting opinions on whether hemp extracts are legal to purchase in Arizona, in retail stores or online. This article is meant to be a brief overview on the legal status of CBD, and current legislation surrounding it.

An AZ state appeals court recently ruled that cannabis concentrates are not protected under the Arizona Medical Marijuana Act. This means that medical dispensaries throughout the state are no longer allowed to sell concentrated cannabis products, which makes up roughly 40% of medical cannabis market. The ruling makes no mention of hemp or CBD directly, but focuses entirely on cannabis extracts in concentrated forms (shatters, vapes, hashish, and edibles). While this ruling is already being challenged, it has filled the community with confusion about what this means for the future of medical cannabis and for CBD.

A Future for Hemp

In regards to hemp, Governor Doug Ducey very recently signed a law allowing a hemp pilot program to launch in Arizona in 2019. Soon hemp will be legal to grow and process into CBD extracts. In addition to CBD, hemp can be made into textiles, building materials, food products, plastic replacements, and much more! The FDA also very recently approved a CBD-based pharmaceutical drug called Epidiolex, which helps treat rare forms of epilepsy. The hemp-CBD industry is unsure of what this will mean in the long run, but CBD may now be recognized as having medical value.

On the federal level, hemp is receiving overwhelming bipartisan support. Hemp legalization is a part of the 2018 farm bill, which is currently undergoing reconciliation between the house and senate. Hopefully, within the next few months we will see sweeping progress and the start of a hemp boom in the United States. This will open the doors for more than just the CBD industry, many can benefit from the many uses of hemp!

This is by no means legal advice, and it's always a good idea to do your own research before you buy CBD products. If you want to stay up to-date with the latest hemp legislation, visit <https://hempsupporter.com/>.

Zoe Rose Lambert is a Tucson native who has been working in the health and wellness industry for almost a decade. In 2017 she started Sonoran Apothecary, a website dedicated to teaching others about the hemp-derived CBD industry. She currently makes CBD infused topicals which are available at the Co-op, and teaches workshops about the benefits of CBD. Zoe will be teaching CBD Infused All Levels Yoga classes as well as a CBD Edibles classes in September.

Board Report

Summer 2018

by Michael DeSantis, President of the Board of Directors
Welcome John Glennon, Our New General Manager!

The Food Conspiracy Board of Directors is happy to announce that we voted unanimously to hire John Glennon as our permanent General Manager at our May Board Meeting. We finalized the hiring process by signing our agreement at our July Board Meeting. John is the most qualified candidate we have considered since we started our search nearly two years ago, and he has served our Co-op well as Interim General Manager for the last six months.

John brings strong technical skills, a great perspective on Co-ops, and the ability to collaborate well with people throughout our organization. Perhaps nothing speaks more strongly of his ability to support and empower our Staff than the petition presented to the Board, signed by Staff and the Management Team, requesting that we offer this position to John. As President of the Board, it has been a distinct pleasure working with John, and the entire Board looks forward to a long, productive relationship as he guides our store into the future.

Round Up FAN MAIL

As Co-op owners, you may not often experience the direct affect of our collective actions. For those shoppers who Round Up their purchases to give locally, you may not be thanked personally, but know that your contributions are recognized and do not go unnoticed. Here in their own words are some notes the Co-op received from boards of local non profits benefitting from recent Round Ups.

Wow! Thanks so much to the Co-op! We really appreciate your support and your attention to local projects and our local environment. Personally, I love shopping at the Co-op. Many Thanks!

--Diana Hadley, Board President of Northern Jaguar Project

\$1,389.01 for Northern Jaguar Project

*Dear Friends at the Food Conspiracy:
As a board member of Emerge! Center Against Domestic Abuse, I am writing to let you know how much we appreciate your recent gift. Because of your generosity, we are able to offer hope and safety through services we provide. Thank you for your compassion and leadership.*

*With Gradditude,
Debbie Wong, Board of Directors of Emerge! Center Against Domestic Abuse*

\$1,381.30 for Emerge! Center Against Domestic Abuse

Round Up in September for Native Seeds/SEARCH

Thank You for Rounding Up at the Register!

Co-op Ends Statement

- The Co-op's purpose is to provide:
- Healthy, high quality food and products as locally and sustainably produced as possible.
 - A thriving, ethical, environmentally conscious and cooperatively owned business.
 - Education that encourages informed choices about health, food, the environment and cooperatives.
 - An expanding presence within the community.

Co-op Principles

1. Voluntary and open member-ownership.
 2. Democratic member-owner control.
 3. Member-owner economic participation.
 4. Autonomy and independence.
 5. Education, training, and information.
 6. Cooperation among cooperatives.
 7. Concern for community.
- Co-op principles were first stated by the Rochdale pioneers in 1844. The cooperative principles are guidelines by which we put our values into practice.

Food Conspiracy Values

1. We adhere to the internationally recognized Rochdale Principles for cooperatives.
2. We promote whole, natural, organic, and chemical-free products with minimal packaging.
3. We value openness, honesty, and integrity with each other and the community.
4. We seek, through cooperative effort, to provide a humane, fulfilling environment in which to work and shop.
5. We promote social justice by encouraging and respecting diversity.
6. We strive for a sustainable, healthy ecology through use of clean, renewable resources.

Statement of Cooperative Identity

A cooperative is an autonomous association of people united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Keepin' it Fresh

at your Co-op



Conspiracy Kitchen has been working hard in the kitchen this summer to revitalize our menu with fresh new offerings in the grab-and-go case and beyond. This includes our continuing our commitment to offering **local and seasonal ingredients**.

Since early this summer you may have had the pleasure of trying one of our new summer salads: Hunan Broccoli with Rice Salad, Edamame Mint Salad and Chicken Tarragon and Apple Salad. These salads and more will rotate in the grab-and-go case. There is a delicious and distinct flavor profile associated with each of these salads that are sure to please lunch time visitors or serve as a fine accompaniment as side dish for dinner. We also anticipate new hot bar entrees and new baked goods coming soon.

During our First Friday Summer Sale, you may have had a warm soft baked chocolate chip cookie placed in your hand as soon as it came out of the oven. Delicious! We will be offering soft baked cookies and have more fresh baked good selections made in-house daily.

Last but certainly not least, we are creating California rolls both veggie and spicy tuna. We're excited the tray packaging is made from carbon in plants! This cutting edge bioplastic is called Ingeo by NatureWorks. Ingeo takes abundant carbon stored in plants and transforms it into lactic acid. Ingeo is certified for industrial composting. All the fresh rolls are made with our organic veggies with no food coloring or additives in the pickled ginger or wasabi. Just simple, natural and delicious made especially for you by us in the Conspiracy Kitchen.

**Love Local is coming up September 5-11.
Everyone receives 10% off local produce,
grocery & Conspiracy Kitchen items**

In our other fresh department, Produce, our newest edition is Conspiracy Juice. Conspiracy Juice is made in-house by our produce staff using **only organic ingredients**.

Two of our produce staff have previous experience making juice at other food co-ops or juice bars making the start of this new program fairly seamless. Way to go Alysha and Kelly! I wanted to learn how these recipes got developed and how something makes the cut onto the sales floor--for you--so I asked the staff to back up and fill in the details of the process.

"We started with a basic green juice recipe with kale, apple, celery, lime, etc and did a test kitchen method of different recipes making different batches for staff to try" says Alysha. She then took notes and made changes to the recipe according to staff comments and suggestions. "We knew we wanted a carrot juice and that carrots pair well with ginger. We added apple for an extra sweetness on top of the natural sweetness of the carrot" continues Alysha. Apples used in the recipes are whatever apple varieties we have on hand seasonally so the flavors will have subtle changes based on and seasonal variation of the apples.

Lastly, the watermelon juice has been a favorite and a simple juice that people love. It is also really refreshing like an agua fresca on a hot and humid summer day. It is watermelon, fresh mint and lime. This watermelon mint juice will be available as long as the organic watermelons are available. The team then plans to add a seasonal offering following seasonal availability of produce.

**celebrate the bounty of local, fresh, grown-in-the-
Sonoran-Desert produce, locally made goods &
Conspiracy Kitchen made foods**

Generally Speaking

John Glennon, General Manager

**SMART
START**

**SEPT
26 -
OCT 2**

**10% off
select cereals**

**LOVE
LOCAL**

**10% off
local produce, local beer & wine,
Conspiracy Kitchen & grocery items**

**SEPT
5 - 11**

10% off

**local produce, local beer & wine,
Conspiracy Kitchen & grocery items**

**SCHOOL
IS COOL**

10% off

**nut butters, jam &
lunch packaging**

**AUG
22-28**

**AUG FROZOFUN
8-14 FOODS**

10% off

**select frozen entrees
and snacks**

BIG ANNOUNCENMENT...

It's official! I am happy to announce to our wonderful Co-op community that I have accepted an offer from our Board of Directors to become the next General Manager of the Food Conspiracy Co-op. This is a seminal moment for our Co-op and I am so honored to have the opportunity to excel in this critical role for our long term future together. I want to take this time to extend a big THANK YOU to the Co-op Staff and Management Team for their amazing support (they signed a petition for me to be GM!) and hard work throughout the interim period. A big THANK YOU is also in order to our Board of Directors for their leadership, vision, and commitment throughout the interim period as well as the support they extended to me as we closed in on the final decision. Finally, THANK YOU to our Owners and Shoppers for your endless dedication to our Co-op day in and day out. This opportunity would not be possible without you! My commitments to our Co-op as General Manager are to effectively collaborate with the Board on the bigger picture and develop a long term Mission driven plan for our future, to further facilitate a culture of excellence amongst our Co-op Management Team and Staff, and to increase our quality and scope of service to our Owners and Shoppers. As part of these commitments, I set out three overarching long-term objectives in my cover letter to the Board that I am determined to accomplish as General Manager of Food Conspiracy:

- The Food Conspiracy will be the best place to work in Tucson because of our positive culture, excellent pay and benefits, systems of collaboration, and impact in our community.
- The Food Conspiracy will demonstrate exemplary key financial indicators in our local context as well as in comparison to our fellow co-ops throughout the nation. The achievement of exemplary key financial indicators will be accomplished through the lens of the long term sustainability and vitality of our organization.
- The Food Conspiracy will have robust, resilient, and adaptive systems in place throughout the entire organization to achieve future goals, changes, and challenges efficiently.

In alignment with the objectives above, the Board and I are focused on driving the overall level of unity and cooperation across our entire organization. As evidenced by our excellent Annual Meeting, collective celebration and recognition of all our Co-op stands for, has accomplished, and will accomplish is a necessary step toward facilitating unity in our organization. You can rest assured there are more celebrations to come! As we progress towards a further realization of unity, we need your voices as our Owners and Shoppers to steer the direction of our Co-op. Whether it's through participation at a Board Meeting, email,

a phone call, or a conversation in the store, we want to hear your thoughts, experiences, and ideas. I personally will be looking forward to meeting and hearing from each of you over the course of the years to come!

Food Conspiracy is in a strong position for future success. Our Co-op's finances are stable and we have a strong foundation of assets to strategically plan to enhance our scope of services and offerings. We are here to stay on 4th Avenue, which ensures our growth will coincide with the growth of our community. Most importantly of all, we have highly skilled, talented, and dedicated cooperators throughout our entire organization that are determined to innovate and drive our Co-op into a very bright future. I am so extremely confident in our Co-op to take the next step in our rich history and realize our potential. Let's get to work!

Cooperatively Yours,

John Glennon
General Manager

But What Does that Mean?

An exploration into modern wine terminology

by Richard Bergsma, Co-op Owner

If you missed the Co-op's last wine tasting on National Wine Day, you missed an awesome good time. We tasted a 2017 Dos Cabezas Pink from Cochise County and the 2016 Anne Amie Pinot Gris from Willamette Valley, Oregon. The chilled Anne Amie was particularly delightful on that 100 degree day and an interesting conversation arose about a phrase the distributor used to describe the wine. He said Anne Amie was "practicing organic and biodynamic." What does that mean?

Europeans do not focus on wine terms like we Americans do, but the food and drink industry here seems to thrive on inventing new product terminology. One time, while in Tuscany, I asked a winemaker if his wine was organic. He smirked, pointed out to the vineyards, and said, "All the wine here is organic, that's how we make wine and we've been making it that way for hundreds of years. We simply don't find it necessary to label it organic."

Ok, so that covers Tuscany. But if we're standing in front of our wine selection at the Co-op and want to choose a quality product, what do we make of all the certifications and terms we see on the labels? What do the folks at Anne Amie mean by "practicing organic and biodynamic"? Let's explore what is meant by certified organic versus "practicing" organic.

Organic: grapes not treated with pesticides or other chemicals; however the wine may have additives. It might include things like yeast, egg whites, and animal enzymes (like rennet in cheese) that are allowed in organic wines. Being organic doesn't necessarily mean that a wine is vegan. You will also hear talk of sulfites used in wine production to aid preservation and shelf life. In the U.S., an organic wine must not contain sulfites while a European wine may. Therefore the U.S. and Europe have different requirements for the organic label--Europe allowing for the use of sulfur dioxide as an additive and the U.S. not.

Made with Organic Grapes: This label is similar to U.S. organic label but it includes additional quality requirements. For example, no chemical pesticides or herbicides, wine production must be grown according to National Organic Program (U.S. Organic standard by USDA), GMO yeasts are not allowed, and wine must contain less than 100 ppm sulfites. This label you will see "Made with Organic Grapes" printed in small text on the front or back of the label.

Biodynamic: sometimes described as "super organic," biodynamic utilizes agricultural principles rooted in the work of Austrian philosopher Dr. Rudolf Steiner whose scientific approach integrated the spiritual world with the physical. This is a level beyond organic and quite fascinating if you read up on it! It is the belief that the smallest amount of human intervention possible must be employed to obtain the purest expression of the fruit and the land on which it grew. Sometimes the grape vines are allowed to grow unpruned for a natural, wild-grown harvest. There are no additives and the fermentation process is not manipulated in any way. Dedicated biodynamic producers follow even more esoteric practices, such as harvesting during specific moon phases. One producer I met (again, in Tuscany) plays classical music in the fermentation room, believing the energy created by the soundwaves has a positive effect on the outcome (and I can't deny his wines are glorious!). There is biodynamic certification for farms and products worldwide.



Rich cheerfully displays Wine Day tasting selections

Sustainable: ecologically sound, but also economically viable and socially responsible. Sustainable farmers may farm organically or biodynamically but have flexibility to choose what works best for their individual property; they may also focus on energy and water conservation and use of renewable resources.

Now, let's get back to the Anne Amie point. "Practicing" organic or "practicing" biodynamic distinction means that the grape growers and the wine makers follow the established guidelines, but don't pursue industry certification. Certification may be a financial hurdle, a philosophical one, or may depend on the number of years the vineyard or winemaker has been in business. It doesn't mean that the wine is not organic, just not certified. In fact, most go well above and beyond what's required by certification guidelines because they have a passion for making quality products and for acting responsibly when it comes to the environment.

CONTINUED on page 2

Anne Amie 2016 Pinot Gris

Oregon, Willamette Valley 100% Pino Gris

Practicing organic/biodynamic

FLAVOR: Meyer lemon, green apple, Asian pear, magnolia, jasmine, gardenia, white tea

PAIRING: tofu stir fry, fresh cheeses, fish and shellfish, grilled chicken

Dos Cabezas 2017 Pink

Arizona, Cochise County, Grenache, Syrah, Mourvedre,

Graciano, Picpoul Blanc

FLAVOR: strawberries, watermelon, rose, nectarine, tangerine, white peach, fresh ginger

PAIRING: pasta salads, cut fruit, grilled squash, grilled fish, chicken, pork

Tucson Gems: LeadLocal & Local First Arizona

Good things are happening in the little adobe on Simpson Street in Barrio Viejo. We caught up with Mike Peel, Southern Arizona Director at Local First Arizona to learn more about the growing partnership between Local First Arizona and LeadLocal and all that it brings to the Old Pueblo.

FC: Local First Arizona and LeadLocal have a new budding partnership, tell us more.

Mike: A new partnership between Local First Arizona (LFA) and LeadLocal is focused on the creation of community development efforts for businesses and nonprofits in Southern Arizona. Joint opportunities include local leadership development and ongoing networking and professional trainings to develop social entrepreneurship projects and hone local innovation. LFA's headquarters for Southern Arizona is now located downtown at LeadLocal in the historic Barrio Viejo neighborhood, where locally-owned businesses and budding entrepreneurs will be able to connect more easily to the events and trainings being offered by this dynamic partnership. The new downtown location for LFA in Southern Arizona lends itself to increased collaboration with community partners, from new businesses to nonprofits and other partners alike.

FC: What kinds of things can we expect from this new partnership?

Mike: Local First Arizona and LeadLocal are launching the Southern Arizona Localism and Sustainability Alliance (SALSA), a new initiative comprised of a signature event and training series for growing prosperity in the Tucson community, bringing together visionary leaders from around Arizona. LeadLocal, a think, learn, and DO tank, provides workshops and professional learning opportunities to expand possibilities for collaboration and community building in Tucson. SALSA's inaugural signature event, Discover Local Day, connects community members of all ages to learn how to engage in localism through unique and exciting micro-workshops focused on topics related to sustainability, local food and more, and will be the kick-off event of this year's TENWEST Festival.

FC: What is Discover Local Day? That sounds like something our readers would be interested in. Tell us more...

Mike: Discover Local Day will offer Tucsonans the opportunity to connect with local organizations through innovative hands-on activities that are educational as well as fun. Through these micro-workshop experiences, Discover Local attendees will be able to experience the power of Tucson's local organizations. From water harvesting and earth works to compassionate leadership, desert gardening and urban arts culture, Discover Local Day will highlight ways to get involved with diverse organizations that strengthen the Tucson economy. The main goal is to connect the community to actions on localism and sustainability and understanding how the choices you make and the interactions you have each day affect the entire Tucson ecosystem. The event is Sunday, October 14th with details forthcoming about the workshop schedule, along with many other surprising features.

FC: What else is Local First up to with other partnerships?

Mike: New community programs launched in Southern Arizona by Local First Arizona this year include the Fuerza Local program and SCALE UP program. Fuerza Local, a Local First Arizona Foundation (the sister nonprofit organization to our business membership) program with the YWCA is now serving entrepreneurs in South Tucson, is a six-month training program offered at no cost to underserved Hispanic business owners and provides a structured business curriculum

taught by experienced, bilingual professionals. During the program, entrepreneurs learn fundamentals to launch or develop their business, creating a firm foundation for their goals. Lessons on accounting, social media, marketing, and many others are taught completely in Spanish by industry professionals and experts. Food Conspiracy Co-op owners voted to fund three local nonprofits - including this program - through the Cooperative Community Fund. With the expansion of Fuerza Local in Tucson, the program is adding significant value to our local community.

FC: You mentioned SCALE UP, what is this new initiative about and what does SCALE UP stand for?

Mike: SCALE UP stands for Sustainable Communities Accessing Lending and Expertise Upon Performance, a Local First Arizona Foundation program that saves businesses money by lowering utility costs through sustainable business practices. Participating businesses develop and implement sustainability plans and, in addition to saving money, are able to access exclusive benefits. Participating businesses are issued a workbook that guides them in creating a plan to achieve at least a 10% reduction in one of four categories: energy use, water use, waste reduction, or transportation emissions. To help meet their sustainability goals, participating businesses may qualify for a short-term loan to invest in energy- and water-saving or other sustainability improvements from program partner and nonprofit lender Community Investment Corporation (CIC). Through CIC's Social Impact Lending initiative, participating businesses will have access to loans between \$500 and \$10,000 at below-market interest rates from 3 to 5% as part of a larger revolving loan fund. CIC has also committed \$10,000 in grant funding to incentivize SCALE UP business participants to invest in their sustainability plans. CIC will pair grants of up to 10% of the project costs with its low-interest loans exclusively for participants of the SCALE UP program.

Local First Arizona Southern Arizona and LeadLocal can be reached at their joint headquarters, the "local adobe," at 196 W. Simpson Street. For more information about Local First Arizona, visit www.localfirstaz.com. For more information about LeadLocal, visit <https://leadlocal.global/>

Contact Michael Peel, Southern Arizona Director, Local First Arizona, at mike@localfirstaz.com for more information and to get involved.



Tucson Fuerza Local's first generation students graduate from the inaugural program in Tucson this summer

Local First Arizona Helps Local Businesses SCALE UP Sustainability

By Michael Peel, Local First Arizona

A new program launched by Local First Arizona called SCALE UP is guiding businesses to success with sustainability planning and project implementation.

The goal of SCALE UP (Sustainable Communities Accessing Lending and Expertise Upon Performance) is to reduce energy costs for locally owned, independent businesses with large energy-use intensity, and to increase their budgetary savings through decreasing their energy, water and transportation emissions. This goal is being accomplished using the 2030 District model for existing buildings and infrastructure operations, which calls for a minimum 50 percent reductions in energy use, water consumption and transportation emissions by 2030. This program has already proven to be highly leveraged with municipality plans, resources and tools.

SCALE UP provides an exclusive opportunity for local businesses and organizations to lower their utility costs. Through their participation, businesses develop and implement sustainability plans with a focus on conservation and have the opportunity to access exclusive benefits. This program is supported by the Arizona Department of Administration's State Office of Grants and Federal Resources. All program participants are issued a workbook that guides the business in creating a sustainability plan with the goal of at least a 10 percent reduction in at least one major category of energy use. Those categories include: Energy use, water use, waste reduction and transportation emissions. Achieving the 10 percent reduction goal across all participants can generate at least a combined \$50,000 in cost savings.

To help their businesses meet their sustainability goals, participants may qualify for a short-term loan from program partner and non-profit lender Community Investment Corporation to invest in conservation practices. Through CIC's Social Impact Lending Initiative, businesses will have access to loans between \$500 and \$10,000 at below-market interest rates (from 3 to 5 percent) as part of a larger revolving loan fund. CIC has also committed \$10,000 in grant funding to incentivize SCALE UP business participants to invest in their sustainability plans. CIC will pair grants of up to 10 percent of the project costs with its low-interest loans.

Local First Arizona Legacy Member Bostonia Business Solutions has provided a major contribution to the program by developing an exclusive financial analysis tool for all of the participating businesses to calculate their return on investment for potential sustainability upgrade projects for their facilities.

Inaugural participants in the SCALE UP program include LeadLocal, Delectables Venue and Catering, Merit Foods, Sonoran Glass School, Tucson Thrift Shop, Borderlands Brewing Co., Gloo Factory, PopCycle, Surly Wench Pub, Wholesum Harvest and the Community Food Bank of Southern Arizona.

Benefits for SCALE UP participants include:

- Significant savings through efficiency upgrades that lower operating costs and may increase property value.
- Grants and loans with financial analysis to support energy, water, transportation, and waste-reduction projects that can significantly reduce the cost of sustainability projects for their facilities.
- Access to project incentives that can drastically reduce the cost of new energy upgrades.

- Development of sustainability goals and plans to reduce carbon emissions for better quality of life.
- The creation of a healthier environment for your employees and patrons.
- Recognition as a sustainability leader in the community.
-

As SCALE UP moves past the inaugural pilot phase, there will be opportunities for other Tucson businesses to participate in the program. The program will continue to grow and expand each year as we continuously adapt to meet the educational and sustainability needs of Southern Arizona's business community. If you are interested in being part of future cohorts of the SCALE UP Program, please contact program manager CJ Agbannawag via email at cj@localfirstaz.com. SCALE UP Program partners include Tucson 2030 District, Physicians For Social Responsibility, Community Investment Corporation, UA Office of Sustainability, Mrs. Green's World, TuGo Bike Share, Bostonia Business Solutions, Ecoblue and Technicians For Sustainability, along with businesses involved with both Tucson 2030 District and Local First Arizona.

First Cohort Participants by The Numbers

Square Footage: Over 1,000,500

Employees: 290

Weekly occupancy: 9,360

Annual energy: \$417,400

Annual water: \$54,000

Annual gas: \$29,270

This is a regular series of columns from Local First Arizona on local sustainable economy issues from *Inside Tucson Business*. Become involved as a member or volunteer by signing up at localfirstaz.com.

Now Sowing

by Susannah Connor, Pima County Adult Services Librarian



Why save seeds?

The reasons for saving seeds is as diverse as the seeds themselves. Seed saving is food security; helping to preserve the genetic biodiversity of our food crops by encouraging the planting of varieties (often heirlooms) that are not favored by commercial growers. Seed saving is culture; helping us preserve and share the foodways & stories of the communities who have passed down the seeds. Seed saving is community; encouraging us to share its bounty. Seed saving is resiliency; helping us create seed stock that is better adapted to our unique climate.

Basil comes in so many delicious varieties; don't limit yourself to just one!

Why not grow Mrs. Burn's Lemon Basil?

When you brush up against it, a delicious citrus aroma wafts in the breeze, attracting bees and other pollinators.

Have you seen Thai Basil?

It's worth growing for the purple flowers alone, not to mention how the leaves will enhance your Asian dishes.

Do you love local?

You can always plant Yoeme Alvaaka Basil, which was first collected from the New Pascua Village of the Pascua Yaqui Tribe here in Southern Arizona.

With so many varieties, basil is an extremely versatile herb used in sauces, soups, vinegars, cheeses and teas. For me, the hardest part about growing basil is limiting myself to growing just one type! Basil is in the Labiatae (mint) family. The scientific name is *Ocimum basilicum*. Basil has its roots in India, Asia and Africa. It's thought that Alexander the Great brought basil to Greece. Basil arrived in England from India in the 1500's and has been grown in the United States

since the 1600's. Basil has a complicated cultural history, sometimes beloved and other times hated. Roman gardeners once believed that the seeds wouldn't germinate unless they cursed the crop as they sowed.

Planting:

In Tucson, you can plant Basil from March - August. Plant the seeds and cover with 1/4 inch of soil. I usually start my seeds indoors near a sunny window. The seeds germinates in 5-14 days. After a few weeks indoors, I transplant them to larger pots and put them outside. If you are planting in a garden, plant your seedlings 6-10" apart.

I've had good luck growing basil in containers, but keep in mind container-grown plants will dry out faster, especially in Arizona's heat. I've noticed the basil planted in my garden plot will grow much bigger than plants in a container. If you are limited for space, you can still get a very healthy plant in a medium-sized container. Because basil likes 6-8 hours of sunlight and well-drained soil, make sure to plant in a sunny spot.

After 6 weeks of growth, pinch the tip from the center shoot to force side growth and to prevent early flowering. You can snip flowers to encourage growth and postpone the plants going to seed. Basil likes a deep watering every 4-7 days to ensure the roots are receiving adequate moisture. If you wanted to over-winter your basil, you'll need to protect the plants from frost.

Harvesting:

Begin harvesting after plants are 6-8" tall by snipping fresh young leaves as needed. When harvesting whole stems, cut just above a pair of leaves. New growth is encouraged at the cut point.

Preserving:

Hang the basil upside down in small bunches and air dry for a week or so. Once dried, strip the leaves from the stems and store whole or ground in an air-tight container away from heat and light.

Seed Saving:

If you are planning to save seeds from your basil, you might want to consider growing just one variety. Basil easily cross-pollinates and needs at least 150 feet between varieties to maintain seed purity. I personally cannot limit myself to just one variety. In order to keep the plants from cross-pollinating, I only let certain plants flower at a time. You could also employ alternate caging, covering different varieties on alternate days. To save the seeds, let the flower stalks dry on the stem. Clip and lay them on a paper plate or towel and let them dry for a couple of days. Crush the stalks between your fingers to drop seeds. You can also use a fine sieve or check out a seed cleaning screen from the Pima County Public Library's Seed Library.

Sources:

heirloom-organics.com/guide/va/guidetogrowingbasil.html
southwestgardener.com/growing-basil
davesgarden.com/guides/articles/view/1553/#ixzz3A8MVKIWp
http://www.herbsociety.org/file_download/inline/c2cd2efa-f150-4aac-9c7b-f10a0ccaf889
Vegetable Literacy by Deborah Madison, 2013
Vegan Finger Foods by Celine Steen and Tamasin Noyes, 2014
The Complete Guide to Saving Seeds by Robert Gough and Cheryl Moore-Gough, 2011
Seed to Seed by Suzanne Ashworth, 2002

BASIL RECIPES

Lemon Basil-Mint Lemonade

Source: *Vegetable Literacy* by Deborah Madison, 2013

Ingredients:

1/2 cup or a small handful of basil leaves, preferably lemon basil
 10 mint leaves
 3 tablespoons sugar (you can substitute powdered stevia for sugar)
 Grated zest and juice of 2 to 3 lemons (1/2 cup juice)
 4 cups water
 Ice cubes

Instructions: Muddle or mash the basil and mint leaves with the sugar until the leaves are crushed and moist. Transfer to a pitcher, add the lemon zest, lemon juice, and water and stir well. Chill the lemonade well and then pour it over ice.

With fizz: Substitute 2 cups of club soda or sparkling water.
 With Lemon Verbena: Include a small handful of lemon verbena leaves with the basil and mint.

Pesto

CELINE STEEN & TAMASIN NOYES

Source: *Vegan Finger Foods* (2014)

Ingredients:

3/4 cup fresh basil leaves
 1 or 2 cloves garlic, pressed
 2 tbsp toasted pine nuts or toasted walnut pieces
 salt and pepper, to taste
 1 tbsp fresh lemon juice
 2 tbsp to 1/4 cup extra-virgin olive oil, as needed

Instructions: Place the 3/4 cup basil, garlic, and nuts in a food processor. Pulse a few times to chop the basil, garlic and nuts. Add salt and pepper to taste, then add the lemon juice. Slowly add the oil through the hole in the lid while the machine is running until a paste forms. Leftover pesto can be stored covered in the refrigerator for up to 4 days.



Ox's Chimichurri

ADAPTED FOR USE BY CONSPIRACY KITCHEN

Source: *Epicurious.com*

Ingredients:

1/2 cup minced yellow onion
 1/2 cup chopped fresh flat-leaf parsley leaves or fresh basil
 1 tablespoon chopped fresh oregano
 1 teaspoon finely grated or minced garlic
 1 1/2 teaspoons kosher salt
 1 teaspoon freshly ground black pepper
 1/2 teaspoon red pepper flakes
 1 cup extra-virgin olive oil
 1/2 cup red wine vinegar

Instructions: In a medium bowl or jar, combine the onion, parsley or basil, oregano, garlic, salt, black pepper, and red pepper. Add the oil and vinegar and mix well. Store covered for a couple of days and use before the herbs start to turn brown.

Cooks' Note

To get some of the prep work out of the way, make chimichurri up to 4 days in advance but do not add the vinegar; bring it to room temperature and add the vinegar a few hours before serving.

An Antigone Books Review: Tucson is Ablaze with Local Flavor

Harmony Harzard, Antigone Books



For those of us who stay in the Tucson desert over the summer, either out of necessity or out of choice, June is a time for waiting. Waiting, of course, for the rain.

In her book, *When Things Fall Apart*, Pema Chodron writes, "It's a transformative experience to simply pause instead of immediately fill up the space. By waiting, we begin to connect with fundamental restlessness as well as fundamental spaciousness." So waiting is also a way to practice being present.

I will confess, though I know I'm not supposed to, that I struggle once the temperatures pass 100 degrees. And so I am curious about this idea of not waiting for it to pass but instead being present with it. Present for the kind of zealous heat that ripples the air full of mirages, the kind that a friend described as flames thrashing against his eyelids, the kind that makes you dream only of water: water drinks, water parks, water parties, water meetings, water bodies.

In his foreword to *Eat Mesquite and More*, Gary Paul Nabhan describes the book as "an invitation to live in the Sonoran Desert fully engaged...through our hearts and souls, minds and bodies, senses and sensibilities." Two years ago, during my first summer back in Tucson after many years, I began to forage desert plants. I popped black seeds out of palo verde pods, crunched sweet hackberries one-by-one off the bush; sank my eyes into the ebullient, dramatic color of prickly pear juice.

"Mesquite pods, prickly pear pads and fruit, chia seeds, amaranth greens, and other superfoods have all been part of the local cuisine in the Southwestern United States for thousands of years," writes

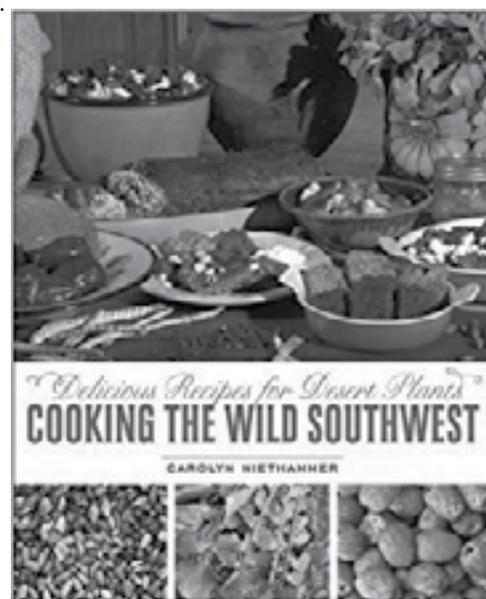
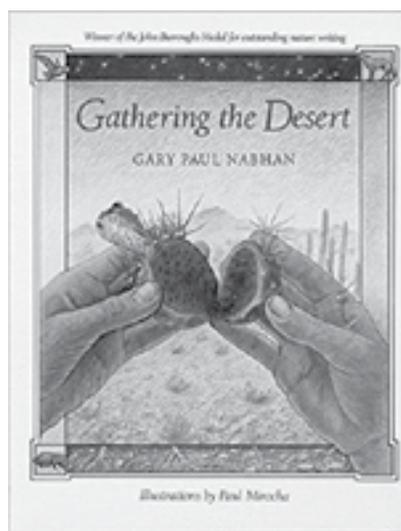
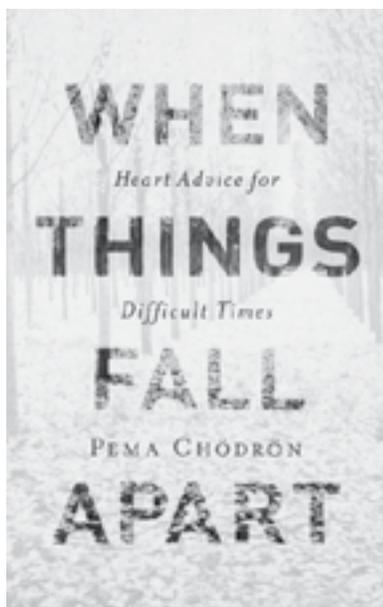
John Slattery in his book *Southwest Foraging*, which offers a comprehensive, creative guide to the edible uses of plants throughout the southwest.

We are lucky that so many books exist as guides to local plant knowledge and appreciation. Aside from *Southwest Foraging* and *Eat Mesquite and More*, we also have Carolyn Niethammer's book *Cooking the Wild Southwest*, which offers recipes, harvesting and preparation techniques, and ethnographic significance on 23 wild foods; and Charles W. Kane's succinct book *Sonoran Desert Food Plants*, which offers practical identification and uses for 68 plants.

Recently, a friend of mine has been having a hard time. Everything crashing, mud slapping against the windows. A monsoon, I told her. Yes, she said. But she lives across the country and so she doesn't know how beautiful the monsoons are. How the plants unfurl, lush and wild. How the Santa Cruz fills with water and we become different kinds of desert people: those who laugh with wet hair in the rain, who smell creosote through open doors, who sleep to the beat of a drizzle and then wake to the crack-clap of thunder.

In his book *Gathering the Desert*, which Whole Earth Review describes as, a "blend of history, scholarship and country yarns," Gary Paul Nabhan writes, "Even if you don't gather the desert, let it gather a feeling in you. Even if you don't swallow it as medicine, meditate upon it: the desert can cure."

I am thinking back to Pema Chodron's idea of fundamental spaciousness. Is there anything else as spacious as the desert sky in the summer when a dark swirl of clouds swarms over the city? Is there anything else that will make you more present than the heat? Here it comes. Here we are.



Antigone Books author events generally take place in-store on Friday nights. All events are free.
See the event schedule at www.antigonebooks.com/events

“Your Thyroid Got You Down?”

Take Advantage of our NEW LOCATION SPECIALS?

Thyroid and Adrenal Test with Consultation \$49(\$179)

Offer good for the 1st 7 people

Over 20 million people are suffering from a Subclinical Thyroid Condition that is “invisible” on your labs and bloodwork. Our VSI Biofeedback Testing will show you EXACTLY what is going on and why!

Call: (520) 314-6894 TODAY to schedule your Appointment!

Visit www.TucsonBiofeedback.com
to download the FREE Report!

GET WHAT YOU LOVE

GET WHAT YOU WANT
GET IT IN VOLUME
GET WHAT WE DON'T CARRY
Special Orders are **EASY!**

- 1. Call or visit the store to place your special order (min. 48 hours advance)**
- 2. Owners receive 20% off; non-owners receive 10% off the regular price***
- 3. Grocery items by the case, wellness items minimum three each**

*excludes sale items



MRS. GREEN'S WORLDSM

DISRUPTORS FOR GOOD

Doing Good Things for the Planet



WEEKLY PODCASTS | COMMUNITY EVENTS | PUBLIC SPEAKING | BLOGS

LISTEN at MrsGreensWorld.com AND CONNECT @[@mrsgreensworld](https://twitter.com/mrsgreensworld)

Tucson Woman Finds Relief From Her Crippling Fibromyalgia Pain And Fatigue!

"Before my treatment I was constantly feeling pain and having to use pain meds. It was impossible to predict any 'good' days that I could go shopping or just out for fun. And, after having a 'good' day and having some fun, I'd be in bed for 3 days recuperating. There was constant 'fibro fog.' I was embarrassed around others because I just couldn't have a complete conversation. I just felt like my muscles were fluish and fatigued! I suffered from anxiety, which at times prevented me from going out into the public. I was treated with all sorts of drugs, the last one being Zoloft. Insomnia is an issue I have suffered with for years and I went from one drug to the next and often upped the doses. I feared not being able to sleep.

"Now I am living much more of a normal life. I can plan on trips, dinner with friends, and being able to play with my grandkids. Those days of being bedridden haven't come but once. My muscles feel normal, there is energy flowing through them instead of pain! I am able to go into public without fear and panic. I am able to get a good nights rest at last! I feel as though I am settling back into a normal, healthy, and relaxed body, one I have not known in about 9 years. Oh, and I have glaucoma so I have eye tests every 6 months. The last test showed my vision improved by 2 lines!" Debbie M - Tucson, AZ

This Could Be Your Success Story!

Call (520) 314-6894 TODAY to learn how you can save over \$1,640 on our **Fibromyalgia Treatment Program**. Plus, the first 7 (but only 7—we can't afford to give this discount to more than 7 patients!) patients to sign up for our Fibromyalgia Treatment Program in October will receive an additional discount of up to \$240!

GET YOUR FREE REPORT: www.FibroReliefCenter.org

Call (520) 314-6894
TODAY! Don't Miss Out!

EVERYONE SALES

EVERYONE CAN SHOP. ANYONE CAN JOIN.

FOOD CONSPIRACY
CO-OP

**AUG
8 -14**

**10% off select frozen entrees
& bites**

**FROZOFUN
FOODS**

**AUG
22 - 28**

**10% off nut butters, jam & lunch
packaging**

**SCHOOL
IS COOL**

**SEPT
5 - 11**

**10% off local produce, grocery &
Co-op Kitchen made foods**

**LOVE
LOCAL**

**SEPT 26
- OCT 2**

10% off select cereals

**SMART
START**

**follow us on social media & see store for short
pop-up sales & deals**

**FLASH
SALES**

Healthy Kids Lunches

Simple ideas to banish lunchbox boredom.

by Mandy Makinen, National Co+op Grocers

Okay, parents. We all know that back to school is, although bittersweet for our children, pretty good for us. Our children are again occupied in noble pursuits, they get regular exercise, they have plenty of time with their friends and the echo of “I’m bored” vanishes from the halls of our homes. Things are always good for a few weeks – at least until a new boredom sets in. School lunch burnout.

For those who regularly pack lunches for an elementary school-aged child, you may have run into a few common points of friction. Namely, boredom with content, arguments over what did not get eaten that day, and issues revolving around trading for junk food. Let’s look over the issues, one at a time.

Battling boredom

I had always planned on being the mom who would break out the cookie cutters to make lunchtime sandwiches special, or who would creatively market sacks of carrot coins or a stand-up broccoli forest to my child. But the reality is, that takes time. Our family tries to put emphasis on dinner and eating (mostly) home-cooked meals together at night, so with already limited time in the evenings, packing elaborate bag lunches has fallen by the wayside.

Working under time constraints might take some of the creativity out of presentation, but it doesn’t have to mean a boring or unbalanced lunch. We adopted a baseline of this equation: $[1 + 1 + 1 = 1]$. One fruit or vegetable (e.g., carrots, banana, cucumber, apple), one protein (turkey, peanut butter, ham, cheese), and one carbohydrate (bagel, crackers, English muffin, tortillas) = one lunch. Dividing lunch-building into predictable units makes it easy for my son to participate by choosing different, changing components. One of the best side effects of this lunch style is that it teaches my son about nutrition – which types of food have what nutritional value. Now my son knows that peanut butter is a protein, not a vegetable. He knows that a banana is not a significant source of complex carbohydrates but that a whole wheat bagel is.

Emphasize efficiency

There was a time, I am sure, when all kids would sit down to lunch at school with enthusiasm and dig in, focused on the task of chewing their food and getting refueled for an afternoon of learning. I believe that time was somewhere around the year 19-oh...never?

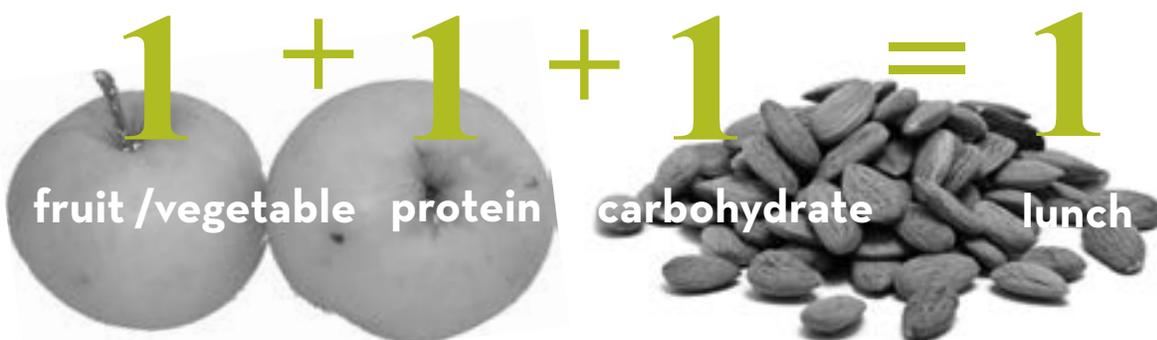
The truth is that lunch is, and has always been, an important social time for kids. This is when jokes get told, bragging gets done and where today’s hilarious sight gags are tomorrow’s doctor’s visits (raisins in the nose, anyone?). This is also when your child is supposed to focus and eat their whole lunch. Remembering to keep portions small and the eating process efficient (think bite-size finger foods) helps ensure that more food gets eaten. This is the way toddlers eat, but I find it works great at any age (I love a “snack lunch” at the office myself). It doesn’t have to look extremely coordinated to be a good lunch – a handful of nuts, a bag of snap peas, some cheese cubes, grapes, whole wheat bagel half. All these things are easy to eat, and more important, can be safely eaten while paying attention to at least three other things at once.

Less lunch trading

My son reports that a lot of unsanctioned lunch trading happens. Packaged, processed foods designed for lunchboxes – fruit snacks, cookies, chips and cheese puffs – are a hot commodity. For a kid who brings a healthy lunch every day, those things help him build an argument that his mother is the meanest, most boring person alive. It’s disappointing to think that the healthy meal we spent time and money planning and purchasing could be traded for less healthy food on a whim. Though I suspect my son’s whole wheat bagel or almonds rank low in lunch table trading values.

But to alleviate the feeling that my child is going to be scarred by his health-fanatic mom who never allowed him to have fun foods, we’ve added “mystery” items to the lunchbox – something that doesn’t fall into the main food groups: fruit leather, organic chocolate milk, natural energy bars, a single serving of chips. We shop for these mystery items, along with the rest of his lunch, at our local food co-op, where it’s easier to minimize the stuff I don’t want him to eat: high-fructose corn syrup, hydrogenated fats, artificial chemical sweeteners and dyes. My hope is that he’ll covet these treats enough that they don’t end up in trading action and it keeps him eating our home lunches, which are healthier than the alternative overall, for years to come.

Dividing lunch-building into predictable units makes it easy for kids to participate by choosing different, changing components.



412 N. 4th Avenue
Tucson, AZ 85705
www.foodconspiracy.coop

CONSPIRACY NEWS



celebrate the bounty of
local, fresh, grown-in-
the-Sonoran-Desert
produce, locally made
goods & Co-op Kitchen
made foods

Eat · Drink · Cook · Live · Grow · Play

everyone receives 10% off
of local produce, grocery &
Conspiracy Kitchen items
Sept 5-11

IN THIS ISSUE

- 02 From the Back of the Editor's Mind
- 03 Co-op Classes & Events
- 04 Board Report
- 06 Generally Speaking
- 08 Tucson Gems: Local First AZ & LeadLocal's "Local Adobe"
- 10 Now Sowing: Basil
- 12 An Antigone Books Review: Tucson is Ablaze with Local Flavor
- 15 Healthy Kids Lunches