



974 WEST BROADWAY  
JACKSON, WY 83001  
307-733-0450

[www.jacksonwholegrocer.com](http://www.jacksonwholegrocer.com)

open everyday  
7am - 11pm

## JWG News & Views - June 2009

Summer is here and town is abuzz. In this month's newsletter, we'll be covering a wide array of topics. To honor Cancer Survivors month, we have an article from a local survivor. Another topic is the link between grilling and cancer with tips to make this fun summer activity safer. Starting summer also brings to mind new things to put on our shopping lists including sunscreen, bug spray and all our organic gardening needs. We'll review some of these excellent natural products we carry.



### Cheers To Life - A Cancer Survivors Perspective By Cara Liberatore

Given food choices as a child, I was full of surprises. At school, I traded my packed lunch Hostess snacks for apples or raisins. I dreaded our family's weekly "special night out" to a fast food joint; instead, I looked forward to snipping basil, pulling carrots and plucking tomatoes from our family garden. Countless summer days, as friends at our neighborhood pool searched for lost coins to buy candy at the snack bar, I filled my belly with watermelon to the point of stomach aches. No doubt that I had a sweet tooth that yearned to be sated, I just chose fresh, wholesome, naturally sweet snack options.

Presently, I still subscribe to these food preferences. Now however, insight, experiential learning, and integrative education rooted in nutrition direct my diet choices. Additionally, I have learned how the fuel I feed my body affects its performance and health.

As a professional alpine guide and cancer survivor, I value nutrition from various perspectives. I believe the lentil spinach quinoa stew I eat at Exum's high camp propels me to the summit of the Grand Teton every time. Diagnosed with breast cancer at age 32, I believe a lifetime of healthful diet choices enabled me to overcome this life threatening disease and its associated 6-month chemotherapy treatment regime without complications. Some challenge my beliefs in nutrition with the question: "If you eat so well, why did you get cancer?", but I can't answer this question beyond a heartfelt response that life threatening diseases are indiscriminate. Good nutrition cannot single-handedly eliminate such diseases, but can help prevent disease, and serves to help our bodies live through and beyond illness.

I'm passionate about investing my time and energies into nutrition education to benefit our community. I believe our bodies are inherently strong sanctuaries and nutrition plays a fundamental role in maintaining a healthy, physical and mental body. Additionally, I believe purposeful and conscious lifestyle choices, such as daily exercise and proactively minimizing stress levels, are complementary steps towards a healthy balanced life.

### June Events Calendar

**June 4** - Happy Cheese Day! Cheese Tasting from 4 to 6 in the liquor store.

**June 6** - Come pick up some Compost Tea and learn more about organic gardening! 10am-1pm

**June 8** - Cooking demo from 12 to 2pm - grilled fruits and veggies. Also - natural sunscreen demo from the Natural Care Department.

**June 11** - Kaycee's Naturals demo in Natural Care from 12 to 2 pm. Locally made lotions &

**June 12** - Nordic Naturals demo with Kathleen from 12 to 3pm - Prenatal DHA & Kids DHA..

**June 13** - Happy Father's Day!

**June 15** - Cooking demo from 12 to 2pm with Cara Liberatore.

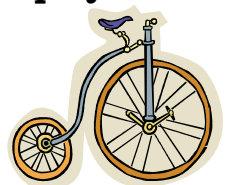
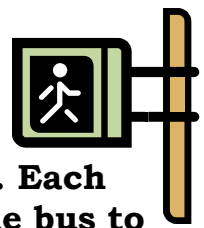
**June 22** - Cooking demo from 12 to 2 pm - Country Natural Beef.

**June 26** - Kaycee's Naturals Demo from 12 to 2 pm.

**June 29** - Cooking demo from 12 to 2pm with Stacey featuring new products from the store and deli.

**Leave Your Car At Home  
And Save \$\$\$ !**

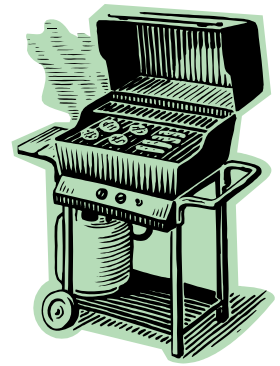
**Make sure to pick up your "Alternative Commuter Card". Each time you bike, walk or take the bus to JWG and spend \$5.00 you get one stamp. When you get 10 stamps you receive \$5.00 off your next purchase!**





# Happy Grilling - Safe Grilling

by Mary Ryan MS, RD from Beyond Broccoli



In addition to handling food safely to avoid food-borne illnesses there are ways to reduce your exposure to cancer-causing compounds that form when certain foods are grilled at high temperatures. According to current research there are four factors that affect the formation of these potentially harmful compounds: type of food, cooking method, temperature, and time.

The American Institute of Cancer Research (AICR) is an excellent source of information about current research related to food and cancer. Here is their seasonal warning about grilling that highlights a few key points:

**What you grill may be the most important issue.** Red meat (beef, pork and lamb) and processed meat (such as hot dogs) top the list of foods to minimize or keep off the grill in light of recent research linking these foods to cancer – regardless of how they are prepared. Since grilling meat, poultry and fish produces cancer-causing compounds, grilling meat is essentially a double whammy.

The AICR recommends limiting red meat to 18 ounces (cooked) per week. Since the stats for processed meats are even more troubling the AICR now recommends avoiding hot dogs and other processed meats altogether.

**Grilling vegetables and fruit produces no cancer-causing compounds** and many components of these foods are linked to a lower risk of many cancers. Summer is a great time to experiment with grilling alternatives.

**Since grilling fish and poultry does produce the potentially harmful compounds here are the AICR's recommendations for reducing grilling risks:**

- ◆ Select smaller cuts of meat, such as kabobs, and limit your portion size.
- ◆ Select leaner cuts, to prevent dripping fat from causing flare-ups, which deposit carcinogens on the meat.
- ◆ You can also reduce flare-ups by spreading aluminum foil on the grill. Make small holes in the foil to allow fat to drain.
- ◆ Try a marinade. Some laboratory research suggests that even briefly marinating meat significantly reduces the formation of HCAs (heterocyclic amines).
- ◆ Partially pre-cook meat briefly in the microwave before grilling, to speed up grilling time.
- ◆ Flip meat frequently, which reduces the amount of carcinogens that arise.

## Beyond Broccoli's Orange Maple Vinaigrette

Makes roughly 2 cups

In a bowl whisk:

¼ cup pure maple syrup (for a less sweet dressing

½ cup balsamic vinegar

¼ cup rice wine vinegar

2 cloves crushed or minced garlic

1 pinch dry mustard (optional)\*

Juice from one fresh orange

Slowly add: ½ cup extra virgin olive oil.

\*Chopped fresh basil or cilantro are great substitutions for the mustard.





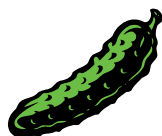
We have an array of natural sunscreens and insect repellants on sale. Assorted *Alba* sunscreens as well as *Quantum Buzz Off* will be on sale for the whole month. With both insect repellants and sunscreen it is important to remember that there are many harmful chemicals used in both these products, such as DEET in the repellants and triethanolamine in sunscreen. Some of these chemicals can be as harmful to your health as sunburns and bug bites.

Considering the damp spring we've had we are going to have lot of mosquitoes this summer, and it is important to know how to protect yourself, not only from the pesky bugs but from some of the harmful chemicals found in many repellants. It is important to consider *where* you will be encountering the mosquitoes as well. The Center for Disease Control and Prevention has an easy to use map that illustrates the most common areas for mosquito born illnesses, such as malaria in Africa. If you will not be taking quite such an exotic trip, then it may be time to consider going the natural route. A very effective favorite is *Wind River Herbs All Natural Insect Repellent* made locally in Star Valley, WY.

As for sunscreen, many different ingredients are used in the manufacturing process, some of which are harmful. Some ingredients to avoid are: all phthalates, parabens, alcohols, mineral oil, formaldehyde, nylon, and dimethicone. Some of our natural favorites include *Soleo Organics Sunscreen*, *The Super Salve Co. Herbal Sunscreen Stick*, and *Alba Coconut dry tanning oil*. **Have a happy and safe summer!**

## Books for the month of June:

When degenerative diseases such as cancer strike, it is important to remember diet as a fundamental aspect of treatment. Luckily, there is a lot of information regarding eating well during illness available. Three books providing knowledge in this area will be in the Natural Care Department for the month of June. They are Jethro Kloss' *Back To Eden* and *Back To Eden: Cookbook* and Paul Pitchford's *Healing With Whole Foods*.



## Tonic Bar

### New Summer Specialties



The Tonic Bar is changing the menu for the summer season. Look for some of our new fresh juices like Watermelon with Mint and fresh Limeade. We will also have more choices in our fresh vegetable juices and will now offer organic kale, spinach, chard, and others greens. With that in mind, our featured drink for the month of June is a therapeutic and cleansing green drink we're calling "**The Clean Machine**". All ingredients are organic and rich in vitamins and minerals with exceptional detoxification qualities as well. **The ingredients are: kale, carrot, spinach, cucumber, a fresh slice of lemon and a shot of parsley or wheatgrass.**



## Gluten Free Guide Available!

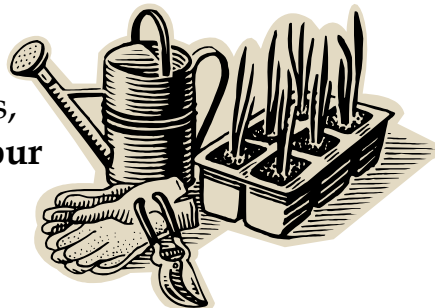


**The Jackson Whole Grocer now has a gluten free product guide. This guide lists all the gluten free products we carry along with the aisle numbers where they can be found. Copies of the guide are located hanging in the aisles and are available in the Natural Care Dept.**

## Gardening 101



Here at the Jackson Whole Grocer, we are committed to bringing you the freshest, healthiest food we can find, sourced locally if possible. But what if you want to go even further? What if you want to try your hand at growing a little of your own food, right in your backyard, or even a windowsill? It can be much easier than you think and incredibly gratifying as well. To help you out, we are now carrying the finest in organic high altitude seeds, compost, potting soil and a variety of other items to help you on your way to earning a green thumb. We chose only the best products, and are very proud of the selection we have to offer. **Look for our gardening products at the end of aisle 5 and if you have any questions, please don't hesitate to come in and chat with us!**



Maureen

### Meet Our New Nutrition Staff!

As many of you know, Mary Howley Ryan from Beyond Broccoli has relocated to Seattle with her husband, Dave. We already miss her and her wealth of knowledge on health and nutrition. She will continue to contribute to our newsletter and be able to assist you through phone and email. Luckily, we've found two women to fill her shoes, Maureen Molinari and Cara Liberatore.

Maureen originally hails from New Jersey where she completed B.S. in Nutritional Sciences from Rutgers University. Upon completion of her degree, she completed a year long Dietetic Internship at Fresno State, CA, and became Registered

Dietician (R.D.). In 1999, she moved to Jackson to work for St. John's Medical Center. During her time at St. John's, she specialized in diabetes education and in 2007 successfully passed the exam to become a Certified Diabetes Educator. (C.D.E.). Branching out to help people on a more personal level, she started Maureen Molinari Nutrition Consultant, Inc in January 2009. **Her philosophy is to meet people where they are, and help them to create an individualized nutritional plan that works in their lives.** She encourages people to enjoy the gift of food. She lives in an affordable house in Melody Ranch (that she helped build!) with her dog, Bear and cat, Gizmo. She enjoys hiking, climbing, skiing, biking and all that Jackson has to offer. **Come see Maureen on Mondays and Wednesdays in the store from 3 to 5pm and at cooking demos every other Monday.**

Cara was born in Pittsburgh Pennsylvania and grew up in an Italian household which inherently appreciated the preparation, presentation and consumption of food. She received a B.A. in Environmental Studies with a specialty in sustainable development/agriculture at Boston University. Beginning in her college years, she worked intermittently as a personal chef and has been an avid outdoor enthusiast and athlete. Post college graduation, Cara ventured out west and began working seasonally in Jackson as a guide and environmental educator. She has worked for Exum Mountain Guides as a professional mountain guide for the past 8 years. In August 2003, Cara diagnosed with breast cancer at the age of 32.

**Her diagnosis introduced her to "The Cancer Project", a nonprofit organization focused on nutrition education and cancer survivorship. In 2004, she began teaching**

**"Food for Life" cooking and nutrition classes via "The Cancer Project."** She has continued her informal education in nutrition by taken classes, attending conferences and seminars, reading volumes, and engaging in countless conversations with the community at large. She believes, collectively, her lifestyle, interests, and experiences helped seed her passion in nutrition at a young age and continues to feed her passion in nutrition to present day. **Come see Cara on Thursdays in the store from 3 to 5pm and at cooking demos every other Monday.**



Cara