



The COOS HEAD SCOOP

May 2021

Fresh Produce, Locally Sourced, & Community Owned Co-Op!

COOS HEAD FOOD CO-OP
celebrating

50 Years
Of Growing Community.

MEMBER PRICING

Coos Head Food Co-op appreciates it's members and to show our gratitude; effective April 1, 2021 we launched a 5% discount for members only on all regularly priced Field Day Organic items.

JUNE IS MEMBER APPRECIATION MONTH

Contact Us:

✉ OFFICE@COOSHEADFOODCOOP.ORG

📷 [COOSHEADFOODCOOP1971](https://www.instagram.com/coosheadfoodcoop)

📘 [COOS HEAD FOOD CO-OP](https://www.facebook.com/coosheadfoodcoop)

[VISIT US ONLINE AT : COOSHEADFOOD.COOP](https://www.coosheadfood.coop)

MORE BANG FOR YOUR BUCK!!

It's a win/win for you and the Co-Op!!! Have you ever wanted to get more for your buck? Paying with either cash or check means zero transaction fees for the Co-Op. The Co-Op is charged, on average, a 2% processing fee for these transactions. Please consider the next time you shop to choose cash or check, if possible. That 2% can go a long way....

COOS HEAD FOOD CO-OP
10th Free Program
BUY 9 AND GET THE 10TH FREE!

May Item:
Grab & Go Juices

Each time you purchase a Deli juice you earn points!



Orange Elixir, Carrot, Beetastic & Lean Green

BUILD POINTS EACH TIME YOU SHOP FOR YOUR 10TH FREE!

EXCLUSIVELY FOR CO-OP MEMBERS!



The Cash Market building as it appeared in the 1940s. Courtesy Coos Historical and Maritime Museum.



"50 YEARS OF GROWING COMMUNITY"

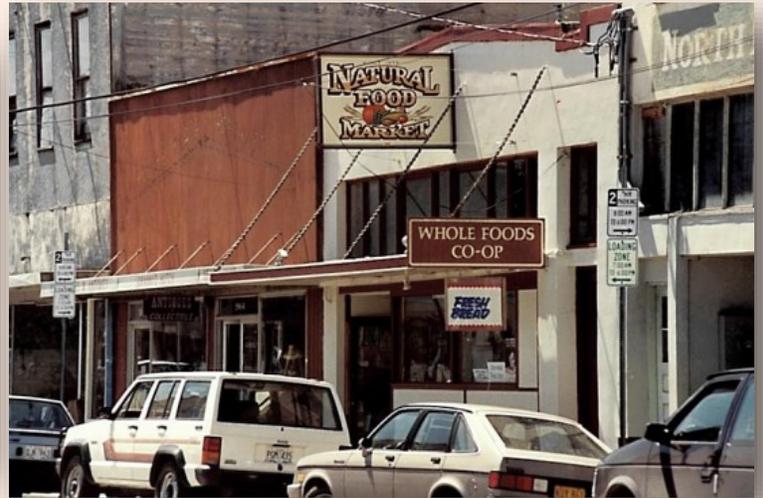


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**COOS HEAD
FOOD CO-OP
-EST.1971-**



CELEBRATE WORLD FAIR TRADE DAY MAY 8TH, 2021

World Fair Trade Day, is a global celebration on the second Saturday of May. The purpose: to showcase the small-scale producers at the heart of the fair trade movement and the contributions they make to healthy and sustainable communities around the world.

When you choose authentic fair trade goods, your purchase casts a vote for small-scale farmers, producers, and artisans around the world.

Fair for Farmers – and the Soil

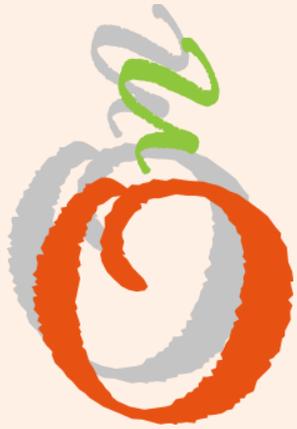
Fair trade is a movement that empowers farmers to organize and earn a livelihood within the highly competitive global marketplace. Through organizing, they tend to what matters most—their family, communities, and the environment. Through organic and regenerative farming practices, small-scale farmers are able to feed 80% of the [world's people](#) on just a fraction of the land.

Dedicated fair trade brands, such as those taking part in our World Fair Trade Day campaign, partner with these producers on organic development, training, and restoration projects to build a supply chain that is more fair and helps to sustain the planet.

Small-scale farmers using regenerative agriculture practices have been shown to help reverse the trends of climate change. That's why supporting farmer organizations & the companies who partner with them is more important than ever!

Vendor Highlight.....

ORGANICS UNLIMITED



Our Mission

Organics Unlimited is committed to providing premium quality organic bananas, through a culture of sustainability, caring for our communities, and providing excellent customer service.

Our Values

Respect – We treat all people and our environment with dignity, honoring our commitments.

Commitment – We are dedicated to achieving the greatest good for our company, team, and environment.

Continuous Improvement – We challenge ourselves to constantly improve to exceed client expectations.

Sustainability – We work in a responsible manner that contributes to our environment, community, and company.

Passion – We are enthusiastic about the work we do, giving it our all and inspiring others.

At Organics Unlimited, we are dedicated to serving those in need and providing the means for a better life for the workers on our banana farms and the surrounding communities. Social responsibility is the backbone of our company.

When we founded Organics Unlimited in 2000, part of our mission was to not forget our responsibility to care for the workers and communities who help grow our high-quality organic fruit. That is why, in 2005, we founded GROW, a program that provides funding for various social responsibility programs. The mission of GROW is to create a better quality of life for not only the workers on our farms, but entire growing communities. The agricultural areas of Mexico and Ecuador are typically filled with families living in poverty, and we feel a responsibility to help provide a better lifestyle for them – regardless of their employment.



Our social responsibility program GROW helps provide educational, dental and vision support, clean drinking water, milk for growing children and other necessities to those who

need it the most. We do this by partnering with nonprofit organizations such as Project Amigo in Mexico and Children International in Ecuador to provide these needed services.

As organic banana growers, we also consider environmental stewardship as part of our social responsibility. We are dedicated to farming using organic, sustainable methods, not only for the health of our environment, but for the health of our workers and the consumer. We also provide funding for organizations and initiatives that share our desire to preserve natural resources and create healthy environments for our future generations.

Vendor Highlight.....

ORGANICS UNLIMITED

Organics Unlimited works continually to enhance and add programs that will reach our goal of creating an ecosystem that can continue to fill the needs of our future generations.

Our environmental sustainability program initiatives include:

- Efficient use and management of water
- Complete recycling program at every farm
- Propagation of new plants to help eliminate infections from outside sources
- Organic fertilizers and methods
- Composting of the stalks and leaves from harvested bananas, vegetable, animal and mineral residues that are permitted in organic agriculture
- Consideration for air quality and carbon footprint when expanding farms and shipping organic produce

We also work toward creating sustainable communities, providing a hand up for those living in rural areas near our farms, not a hand out. GROW funds help provide educational, dental and vision support, clean drinking water, milk for growing children and other necessities to those who need it the most, regardless of their employment, by partnering with nonprofit organizations already established within these communities.

Our community sustainability initiatives include:

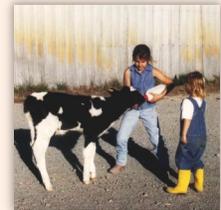
- Early Childhood Education
- Dental care
- Fortified milk discount program
- Vision care
- Access to higher education
- Access to clean drinking water
- University student housing
- Micro-business loans



“Sustainability - Organics Unlimited : Organics Unlimited.” Organics Unlimited, <https://www.organicsunlimited.com/sustainability/>. Accessed 4 May 2021.

Vendor Highlight.....

ALEXANDRE FAMILY FARM



A NEW STANDARD IN ORGANIC DAIRY FARMING

Here on the Alexandre Family Farm, our farm practice is setting a new standard in organic, pasture-raised dairy farming. We're looking beyond organic and biodynamic certification and we're raising crossbred A2/A2 cattle to craft the healthiest, best-tasting milk possible. We are more than farmers, we are caretakers with a commitment to stewardship that reaches beyond our farm gate.

We take pride in caring for every aspect of our farm, from the complexities of managing an expansive 4,300 acre farmland to assuring that each individual egg is nest-laid and hand-gathered. We are devoted to farming our way because we believe that the Earth's most delicious, healthiest foods are created when farmers work in harmony with nature.

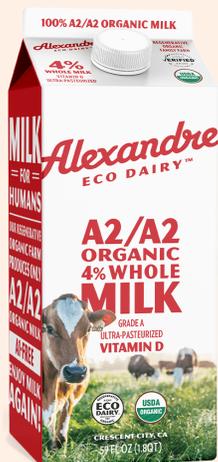
WHY DRINK A2/A2 ORGANIC MILK?

Milk is a very efficient superfood. It is a great source of protein, energy (from lactose), calcium, magnesium, phosphate, B vitamins iodine, and healthy fats, as well as all amino acids. The protein in milk is made up of Whey (1-2%) and Casein (6-8%).



Traditionally, the beta casein in cow's milk was the same as the primary protein in human milk: A2 /A2 beta casein. A2/A2 beta casein protein is most natural to the human body and easily absorbed. However, over time, there was a genetic mutation in cows and an A1 beta casein variation resulted in cows with two types of proteins – A1 and A2. Unfortunately, the A1 beta casein can be difficult for humans to digest and is linked to many health issues. 14 years ago, Stephanie and Blake Alexandre determined to breed the A1 beta casein gene out of their herd of cows. The result today is that we have 100% A2/A2 cows producing 100% A2/A2 organic milk (A1-free).

We have hundreds of customers who are now enjoying dairy again because of our A2/A2 organic milk. They have joined thousands of our customers who enjoy our milk for its deliciousness, for our consciousness in bringing it to you, and for our farming practices that actually help regenerate the Earth and clear the air.



"Home Page - Alexandre Family Farm." Alexandre Family Farm, <https://www.facebook.com/alexandrefamilyfarm/>, <https://alexandrefamilyfarm.com/>. Accessed 4 May 2021.

COOS BAY FARMERS MARKET



Coos Bay Farmers Market

Wednesdays May 5 - October 27 | 9:00 AM to 2:00 PM
Central Ave. Downtown Coos Bay

The Coos Bay Downtown Association will host the Wednesday Farmers Market in Downtown Coos Bay. The Market will be held every Wednesday through October 27th, from 9am until 2pm.

The Market features vendors that provide the community with fresh locally grown produce, eggs, honey, meat, baked goods, roasted coffee, ready-to-eat food, and more. This weekly popular event strives to bring high-quality, Oregon-produced items to the historic downtown atmosphere neighboring Highway 101.

Covid-19 Restrictions may still be active at the start of the market. For more information on how to be a vendor, visit our website: <https://coosbaydowntown.org/farmers-market/>



BOOKER T. WHATLEY

Booker T. Whatley was a student of George Washington Carver at the Tuskegee Institute and later a professor. He worked to support small farmers and sustain local agriculture, creating a guide called "How to Make \$100,000 From a 25-acre Farm." Whatley encouraged farmers to set up profitable small farms by diversifying crops so they could harvest and generate income throughout the year. Whatley then encouraged farmers to start a membership program where customers could pay a fee to receive a portion of the harvest, a program he called the Clientele Membership Club model. This was the foundation for our modern CSA system.

"Honoring Black History Month • Slow Food USA." Slow Food USA, <https://facebook.com/slowfoodusa>, 2 Feb. 2021, <https://slowfoodusa.org/honoring-black-history-month/>.



Shop Early at the Co-Op

Before and during COVID-19 the health of member-owners, employees and community has always been a top priority and has always contributed to the safe shopping experiences while visiting Coos Head Food Co-Op.

Coos Head Food Co-Op will be opening at 8:00 am on Tuesdays and Thursdays for shoppers who have compromised immune systems. We do require mask to be worn when inside of the Co-Op.

If you are unable to wear a mask please feel free you utilize our Curbside Pickup program. Email your shopping list to office@coosheadfoodcoop.org orders placed Monday–Friday excluding Wednesday before 11am will be available for same day pickup between 2–4pm. Orders placed after 11am will roll over to the next pickup date.

Coos Head Food Co-Op is located at 353 South 2nd Street, Coos Bay, OR 97420 between Curtis and Elrod in Coos Bay.

COOS HEAD FOOD CO-OP

10th Free Program

BUY 9 AND GET THE 10TH FREE!

April Item: All
Grab&Go Deli Sandwiches &
Wraps!



Each time you purchase a Deli
sandwich you earn points!

BUILD POINTS EACH
TIME YOU SHOP FOR
YOUR 10TH FREE!

**EXCLUSIVELY FOR
CO-OP MEMBERS!**



COOS HEAD FOOD CO-OP

10th Free Program

BUY 9 AND GET THE 10TH FREE!

May Item:
Grab&Go Juices

Each time you purchase a Deli
juice you earn points!



Orange Elixir, Carrot,
Beetastic & Lean Green

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**EXCLUSIVELY
FOR CO-OP
MEMBERS!**



The Co-op Bread Schedule

Your local Coos Head Food Co-op receives fresh bread throughout the week and we also have a special ordering system set in place to ensure the customers needs are fully met.

MONDAY: NO BREAD DELIVERY

TUESDAY: FARMHOUSE BAKERY, FARMSTEAD BREAD

FARMHOUSE BAKERY Sliced sandwich loaves are made with freshly ground flour. Farmhouse Bakery, out of Cottage Grove, offers Dakota, Wheat, White, Spelt, Sourdough, and a hearty round Rye, great for a Reuben. The Cinnamon Raisin is unsliced and perfect for breakfast toast.

FARMSTEAD BREAD is a local bakery focused on flavor, freshness and crafting community with each handmade loaf.

WEDNESDAY: EMPIRE BAKERY

EMPIRE BAKERY Focaccia, Plain, Cranberry Walnut, Roasted Garlic, and 9-Grain Sourdough breads.

WEDNESDAY: LADYBREAD BAKERY

LADYBREAD BAKERY We make Artisan, Hand-crafted bread, fresh and local

THURSDAY: BREADSTOP BAKERY

BREADSTOP BAKERY A selection of sliced sandwich breads. This bakery is in Eugene.

FRIDAY: FARMSTEAD BREAD, EMPIRE BAKERY

FARMSTEAD BREAD is a local bakery focused on flavor, freshness and crafting community with each handmade loaf.

EMPIRE BAKERY Focaccia, Plain, Cranberry Walnut, Roasted Garlic, and 9-Grain Sourdough breads.

SATURDAY: LADYBREAD BAKERY

LADYBREAD BAKERY We make Artisan, Hand-crafted bread, fresh and local.

SUNDAY: NO BREAD DELIVERY





COOS HEAD FOOD CO-OP
celebrates
ASIAN PACIFIC AMERICAN
Heritage Month



May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

At the heart of your local Coos Head Food Co-op there is a core belief that the equity, diversity, and inclusion is a priority in upholding our 7 principles of Cooperatives.

Due to the rise of attacks against the Asian American and Pacific Islander community, Coos Head Food Co-op stands in solidarity with local and global communities in efforts to raise awareness.





Coos Bay Public Library and Coos Head Food Co-Op would like to invite the community to join in on the virtual cooking segments "Community Cooking with the Co-Op." We introduce community members to cooking with ingredients that they aren't familiar with and encourage stepping outside of their comfort zones. Together, we are able to engage each other and our community via zoom, while unable to meet in person.

Virtually we are able to all cook, laugh, learn and eat together.

Next Event: Thursday, May 27th - Jamar aims to provide safe, easy, and healthy recipes to create at home. Join us virtually for this fun community event! For his May recipe, Jamar will be featuring Coos Head Ramen.

This event is FREE and open to everyone. For ingredients and access, please register by going to <https://is.gd/va3Wd9>

Join us virtually for this fun community event - we will be hosting a cooking class every 4th Thursday of each month. For more information please visit: <https://www.coosbaylibrary.org/events/upcoming> or contact Paul Addis paddis@coosbaylibrary.org.



**American
Red Cross**



Thanks for always showing up!

Community Blood Drive Coos Head Food Coop & 7 Devils Brewing Co.

American Red Cross Bus
353 S. Second Street
Coos Bay, OR 97420

**Wednesday, May 19, 2021
1:00 p.m. to 6:00 p.m.**

To make a donation appointment, please visit www.RedCrossBlood.org and use sponsor code: 7Devils. All presenting donors will receive a free pint for a pint! (Non-alcoholic beverages are available for donors under 21 years.)



Scan to be directed to
RapidPass!

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



Scan to schedule
an appointment

Schedule a blood donation appointment today:

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767



**American
Red Cross**

Communities Coming Together

**Community Blood Drive
Coos Head Food Coop &
7 Devils Brewing Co.**

**American Red Cross Bus
353 S. Second Street
Coos Bay, OR 97420**

**Wednesday, July 14, 2021
1:00 p.m. to 6:00 p.m.**

To make a donation appointment, please visit www.RedCrossBlood.org and use sponsor code: 7Devils. All presenting donors will receive a free pint for a pint! (Non-alcoholic beverages are available for donors under 21 years.)

Come to give July 1-31 and you'll automatically be entered for a chance to win a trip for four to Cedar Point or Knott's Berry Farm! Includes travel, hotel, park admission and more! Terms and conditions apply, visit rcblood.org/CedarFair for details.

Download the Blood Donor App | redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

© 2017 The American Red Cross | 147872



Wendell is now 4 months old and our reduced bake schedule is coming to an end. In May, we will be baking twice a week and starting the Coos Bay Farmers Market.

Come on down and say hello!

Take care and stay in touch,
Rebekah, Phil, Hazel & Wendell



This month in wood-fired goodness:

Each bake we will offer

Whole Wheat (100% freshly milled wheat)

Country (50% freshly milled wheat)

Rustic White (10% freshly milled wheat)

Kamut (100% freshly milled Kamut)

Vollkornbrot (100% freshly milled rye)

May 2021						
Sun	Mon	Tues	Wed	Thurs	Friday	Sat
2	3	4	5	6	7	8
		Seeded Whole Wheat (WW) Jalapeño Cheddar			Cinnamon Raisin (WW) Plumpkin Seed Polenta	
9	10	11	12	13	14	15
		Olive Oil Herb (WW) Kalamata Olive			Seeded Whole Wheat (WW) Jalapeño Cheddar	
16	17	18	19	20	21	22
		Cinnamon Raisin (WW) Plumpkin Seed Polenta			Olive Oil Herb (WW) Kalamata Olive	
23	24	25	26	27	28	29
		Seeded Whole Wheat (WW) Jalapeño Cheddar			Cinnamon Raisin (WW) Plumpkin Seed Polenta	

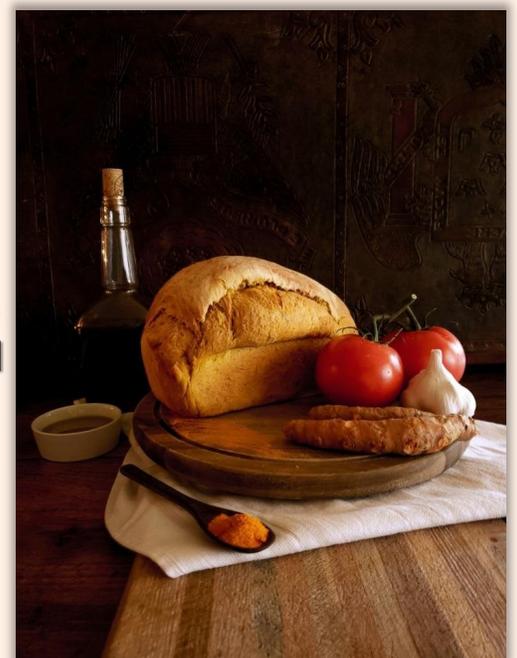




MEET THE BAKESTER

Hi, my name is Jen Harvey. I'm an Irish-Italian Bakester. If you don't know Bakester is a 1950's era feminine pronoun for baker. My families' story began a long time ago in the 1880s, in Ireland they emigrated to New York through Ellis Island hoping for a better life. They settled in the Chelsea District of Brooklyn, New York where they opened a Deli/Bakery. People soon came from miles around to buy my great grandmothers Irish Soda Bread. My Family lore even holds it that the famous Opera Singer Enrico Caruso was a regular patron. After a long and hard but successful life they passed on their many artistic talents, but the baking gene apparently disappeared with their successive generations until several generations later.

By the age of two, I was "baking" eggs mostly landing on the floor in the kitchen and driving my mother nuts. The oldest of four kids, by the time I was nine I was mostly independent in the kitchen and baking up a storm. My mother, who is Irish-Italian and Greek raised us on her families' recipes for home-cooked Irish-Italian and Greek food. With this background, I developed a deep love for my heritage, and inevitably this deeply influenced my future career in baking. After several generations of living in New York, my family relocated to the West Coast and after living most of my life there and starting LADYBREAD BAKERY there in 2008, we relocated again and are currently located in Coos Bay, Oregon.



CO-OP PLASTIC ROUND UP

with *Master Recycler Anders*

SECOND FRIDAY OF EACH MONTH FROM 5-7 PM

-Collecting Only-

CLEAN PLASTICS (#2, #4, & #5)

-NO ADHESIVE LABELS-



We will **NOT** be able to take items that have not been properly cleaned and still have labels.

*AWESOME, label free and clean- We will **ACCEPT.***



IF YOU HAVE RECYCLING QUESTIONS PLEASE

CONTACT US AT

OUTREACH@COOSHEADFOODCOOP.ORG

353 S. 2ND STREET, COOS BAY, OREGON 97420

Food For The Picking

Written By. Connie Earhart

Planting a protein crop can lead us a long way towards a sustainable plant food security. The easiest protein crop is dry beans, and here we just need to pick a shorter season variety, less than 100 days, to ensure ripening before the rains. Black beans are a good choice and come in bush or pole varieties, these can be planted from the pantry, although we won't know if they are pole or bush. Right now Territorial Seed has Bingo, an 85 day Italian pole bean that is brown streaked with red. Fava beans are a good crop for our area as it thrives in the cool season and doesn't seem to mind the winter rains!

1 cup of dry beans, or about ½ pound, can provide up to 40 grams of protein before cooking, which would be enough protein for the daily requirement for one person. On average, expect a yield of between 30 to 75 lbs per 100-ft row, which equates to 60-150 single meals. This may provide guidance to how much you need to plant, but with a cool season crop of Fava beans then you have a whole additional season for harvest.

Dry beans can tolerate poor soil and require at least hours of sun. The beans are ripe when the pods turn brown and papery. Harvest the beans or whole plants and allow them to dry out of the weather. Once they are crispy dry, place them in a tarp and beat them to shatter the beans out of their pods. Using a fan or the wind, you can winnow the beans to remove the dried plant parts. This leaves you with fairly clean beans that will need to be sorted for wrinkled, moldy or immature beans and any rocks that you may have collected. Store the thoroughly dried beans in glass jars, inspecting occasionally for any signs of moisture.

Try several varieties to see what works best and what you like. Other sources of easily grown protein are sunflowers and buckwheat. Learning how to grow protein in the garden is an important step in providing a sense of food security.

Wild Plants - Cattails

An abundant plant with many uses is coming up right now, the lovely cattail of wet areas. It is so prolific that picking it won't diminish the stands, just be aware of the water quality it grows in as it is a filter plant for many pollutants. It does stabilize banks, so just be sure not to interrupt that good work. It's easy to identify by the old heads.

The edible parts include the root, stem base and pollen.

The stem base would be easiest to gather and process, although the roots do pull up easily. The stem bases have a flavor similar to cucumber and lend themselves to pickling in a salt brine with typical pickle herbs like dill and garlic. After picking the stems, peel the outer layers of leaf off until you reach the white inner core. These stem bases are also good sauteed in butter. The leaves can be used for basket making or other fiber projects. The gelatinous substance that is between the layers of leaves can be used to treat wounds and is anti-septic as well as analgesic. The roots can be sliced and fried, roasted or grilled to provide a starchy vegetable. The root can also be dried and ground for flour. Pollen can be used to add to flour. The fluffy seed head is 'edible' or is best used as stuffing and insulation or a great fire starter! The young seed heads are also edible similar to corn on the cob, although I have not tried that!



Food For The Picking

Growing Tips - Potting up trick

When you are potting up container plants, it can get hard to get the soil into the space between a full plant and the edge of the pot. An easy way for me is to remove the original pot from the plant and place that into the new container. Then fill the new container with soil, firming it around the empty pot(s), then all you have to do is drop the plant into its new hole and water to settle everything in. This can be used to transplant any full and bushy plant into another container or the soil.

Growing Right Now - May is a busy month in the garden!

With the warmer temperatures it is time to start planting the warm season plants including tomatoes, peppers, beans, cucumbers, squash, melons and corn. Keep them warm at night by providing a grow tunnel or individual plant protectors. Anything you can do to keep the night time temperatures above 55 degrees will help a lot, as night time temperatures determine fruit set.

Aphids are starting to show up, so keep an eye for them. The cabbage moths are also flying and laying eggs, so the worms will be in the cole crops soon. There are many organic controls to help you, as well as the use of floating row covers that limit their access.

Keep adding organic matter to your soil, it is the best modifier of soil problems and helps us regain the soil microbes that have been lost. These powerful microbes help our plants as well as the entire planet - aiding our body biome and sequestering carbon from the air.



Connie Earhart

Garden On!

Health Benefits Non-Dairy Milks



Non-dairy milks (NDMs) can provide healthy alternatives to cow's dairy. Today's market is bursting with new plant-based dairy alternatives. Sales have grown 61% from 2012-2017 with an annual growth rate starting in 2018 at 11.3% [1].

The variety available to consumers includes milks derived from grains (oat, amaranth, rice), nuts (almond, cashew, hazelnut), seeds (hemp, sunflower, pumpkin), and legumes (soybeans, peas). The nutrition profile of each of these products varies and choosing among them is dependent on how they are likely to be used.

For example, if you are looking for a protein source, soy milk has a similar protein content to dairy milk. For a flavorful addition for your smoothies or baked goods, choose almond or coconut. If you like cream in your coffee, try oat milk since it is naturally thicker and sweeter. If you are on a special elimination diet, rice milk is the least likely to aggravate allergies.

TYPES OF NON-DAIRY MILKS

Legume or Bean Milks

- Soy milk has been on the market the longest. It contains 7 gm protein per 1 cup, comparable to cow's milk 8 gm. Also contains magnesium, iron and phytoestrogens. Soy milk is associated with lowering blood pressure and LDL cholesterol and decreased risk for heart disease [2] and cancer[3].
- Pea milk boasts the same 8 gm protein and 50% more calcium than cow's. This milk may taste like peas, great for making creamy soups.

Nut Milks

- Generally lower in Calories, not suitable for those with nut allergies.
- Almond milk is low in protein and carbohydrates but high in flavor. Almonds contain more calcium than other nuts.

Grain Milks

- Rice milk, the most commonly used, is allergen-friendly but has no protein or fiber. It is often found sweetened.
- Oat milk is high in fiber and antioxidants with a slightly sweet taste. It is the easiest milk to make at home.

Seed Milks

- Hemp milk is a good source of protein and contains omega 3 fats, antioxidants and fiber. It is easily digestible but may be expensive compared to other varieties.
- Coconut milk contains magnesium, iron and antioxidants but can be high in fat. Seek out low-fat versions. It has a mild coconut flavor and works well in baking.

BUYING NON-DAIRY MILKS

Most milk alternatives are found in 2 different sections of the grocery store. Those stored in shelf-stable waxed boxes can be found in the grocery aisle, often by dry cereals. You may also find jugs or pourable boxes in the refrigerated section.

Many of the milks, especially flavored milks like vanilla or chocolate, have added sweeteners. To meet the US Dietary Guidelines recommendations to reduce added sugars, seek out unsweetened varieties of non-dairy milks.

Many non-dairy milks can be made at home with just the main ingredient (nuts, seeds, grains, legumes) and water. Although you do require a high-speed blender, there are advantages to making your own non-dairy milk at home:

- Money-saving, you pay only for the main ingredient.
- You control added ingredients like sweeteners and flavorings.
- Homemade versions will not contain added thickeners, gums or other chemicals.
- Most milks require straining out the fibrous leftovers from the nuts or grains. Retain this fiber which can be added to porridge, smoothies or baked goods.



**Oregon State
University**

stephanie.polizzi@oregonstate.edu
631 Alder Street, Myrtle Point, OR 97458
541-572-5263 ext 25291
<http://extension.oregonstate.edu/coos>

HEALTH BENEFITS OF NON-DAIRY MILKS

Milk (1 cup)	Cal	Fat	Pro	Fiber
Cow (whole)	150	8	8	0
Soy*	80	4	7	2
Pea*	105	5	8	1
Oat*	120	2	3	2
Rice*	120	2.5	1	0
Quinoa*	70	1	2	0
Cashew*	26	2	0	0
Almond*	40	3	2	1
Hazelnut*	90	9	2	0
Coconut*	50	5	0	0
Hemp*	70	6	2	0

*unsweetened

PLANT-BASED SOURCES OF CALCIUM

Cow's milk and dairy products are the most common sources of calcium. Read labels of non-dairy milks carefully to ensure the product is enriched with calcium and vitamin D. You can also derive calcium from other plant foods including:

- Broccoli and leafy green vegetables
- Figs, berries, oranges, fortified orange juice
- Almonds, Brazil nuts
- Tofu and dried beans, especially white beans
- Pumpkin, poppy, sesame and chia seeds
- Blackstrap molasses (1 Tbsp has 100 mg)
- Ancient grains like amaranth, teff, sorghum and millet

VITAMIN D

The best source for vitamin D is direct sunlight on your skin for 10-20 min/day. RDA is 600-800 IUs/day. If you reside above the 37th parallel of the US, or rarely get direct sunlight, supplementing with 1,000-5,000 IUs/ day may be advisable. Have your vitamin D levels checked by your primary care doctor before supplementing above the RDA.

Homemade Non-Dairy Milks

Almond (Ohsheglows.com)

Ingredients:

- 1 c raw almonds
- 3/5 c water
- 2-4 pitted Medjool dates (optional)
- 1/2 tsp vanilla extract (optional)
- 1/4 tsp cinnamon (optional)

Directions:

1. Cover almonds with water and soak overnight. Rinse and drain.
2. Put all ingredients in a blender at high speed for 1 minute.
3. Place nut milk bag or cheesecloth over blender and drain milk into pitcher. Squeeze milk from bag or cheesecloth. Save the fiber for muffins or smoothies.
4. Store in glass jar in refrigerator. Shake before using.

Oat (minimalistbaker.com)

Ingredients:

- 1 c rolled oats (Original)
- 4 c water
- Salt, cocoa powder or coffee can be optional ingredients

Directions:

1. Soaking oats in water 15-20 minutes is not required but may provide a smoother product. Drain and rinse, starting with fresh water.
2. Blend in high-speed blender 30-60 seconds.
3. Strain through cheesecloth if desired but save pulp for use in muffins or smoothies.
4. You can choose not to strain. Retaining pulp is optimal since it contains fiber and nutrients. Re-blend each time before using.

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Switching to Non-Dairy Milks

By Stephanie Polizzi, MPH, RDN, DipACLM

Today's market is bursting with new plant-based dairy alternatives.

Non-dairy

milks (NDMs) can provide healthy alternatives

to cow's dairy and has a few health advantages. They contain no

saturated fat with the exception of coconut milk. The fat they do

contain is unsaturated, which is associated with improved health.

Some contain omega 3 anti-inflammatory fats. Non-dairy milks also contain phytonutrients that contribute to our health, like antioxidants and fiber.



The variety available to consumers includes milks derived from grains, nuts, seeds, and legumes. The nutrition profile of each of these products varies and choosing among them is dependent on how they are likely to be used.

For example, if you are looking for a protein source, soy milk has a similar protein content to dairy milk. Soy milk has been on the market the longest and contains 7 gm protein, comparable to cow's milk 8 gm. Besides magnesium, iron and other nutrients, soy is rich in phytoestrogens which are associated with lower blood pressure and LDL cholesterol and decreased risk of heart disease and cancer.

For a flavorful addition for your smoothies or baked goods, choose almond or coconut. Almond milk is lower in protein and carbohydrates but high in flavor. Almonds also contain more calcium than other nuts. Coconuts (seeds) milks can be high in fat so seek out low-fat versions. They have a mild coconut flavor and work well in baking. Other seeds used for making milk include hemp and chia seeds.

Non-dairy milks can also be made from grains. Rice milk is the most commonly used. It lacks protein and fiber and is often found sweetened. Rice milk is a good choice if you have food allergies or sensitivities. If you like cream in your coffee, try oat milk since it is naturally thick and creamy. Oat milk is naturally sweet so it rarely contains added sugars. It is also the easiest to make at home with just original-cooking rolled oats and water.

You can find non-dairy milks in shelf-stable wax cartons on the grocery aisles, usually near the dry cereals, or in the refrigerated section. To meet the US Dietary Guidelines recommendations, reduce added sugars by selecting unsweetened milks. Typically, flavored milks, like vanilla or chocolate, will have added sugars. Read the ingredients labels carefully.

Many non-dairy milks can be made at home with just the main ingredient (nuts, seeds, grains, legumes), water and a high-speed blender. This saves money and allows you to control the added ingredients like sweeteners and flavorings without the added chemicals like thickeners, gums or chemicals. Most milks require straining out the fibrous leftovers to have a smooth, creamy milk. Retain this fiber and add it to porridge, smoothies or baked goods.

Most non-dairy milks have been enriched with calcium and vitamin D. If you are making your own milks, try adding in plant-based sources of calcium. These include broccoli and green leafy vegetables, figs and oranges, almonds and Brazil nuts, tofu and white beans, sesame and chia seeds, blackstrap molasses and grains like teff, sorghum and millet.

“The only
thing that
will redeem
mankind is
cooperation”

-Bertrand Russell