

COOP NEWS



We hope you are settling into 2012 well

Dear Supporter,

2012 was designated **International Year of the Cooperatives** by the United Nations. We are thrilled that co-ops of all kinds will be in the forefront of creating sustainable local economies this year.

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We are Proud to Announce

We are proud to announce that Flatbush Food Co-op is an official sponsor of the 2012 Brooklyn Food Conference.

FREE TO THE PUBLIC
Over 100 workshops,
food demos, music,
family activities...

[\(read more\)](#)

What's New At The FFC

We believe that natural food is the best food and to better showcase the nuances of foods created seasonally and with care are the best tasting food. We have expanded our specialty offerings including a new artisan cheese section. We are happy to report that we have created more local jobs in 2011 than any year before. We have also taken in new local vendors. We are proud to offer **Barry's Tempeh**, local unprocessed tempeh and sustainably caught seafood sent directly from fishermen with the help of Sea To Table just to name a few.

Health and Wellness Tips:

Jerry Moravian, Sadiki Atiba

As cold and flu season is now upon us, it is important to realize that taking proper precautions to help boost your immune system is one of the best ways to prevent getting sick this year. One way to boost your immunity is with supportive supplements. While evidence on the effectiveness for preventing infections is mixed, immune-boosting supplements may help strengthen your body's defense system.



Some items are:

Vitamin C: Studies have shown that a higher than normal dose of vitamin C may make your cold shorter.

Echinacea: At the onset of a cold or flu, Echinacea in a liquid or capsule form can be taken every few hours for the first few days of the illness. Studies have shown that it can shorten the duration of a cold in adults.

Zinc lozenges: lozenges providing 13 to 25 mg of zinc have also been shown to help slow the cold and shorten the illness.

If you are someone who takes a yearly flu vaccine, then new research that shows that probiotic supplements may boost the effectiveness of the flu vaccine, may be of some interest to you. Probiotics are healthy bacteria in our digestive tract, and experts agree that they play a role in immune function as well. Certain probiotic supplements can enhance the body's immune response to flu vaccinations. Better vaccine response means you are more likely protected against influenza when it comes around. If you are immune compromised or have any serious health conditions, ask your doctor if probiotics are right for you. Otherwise, all these products can be found in the Wellness department of the coop.

The views expressed in these articles represent those of the individual authors and do not necessarily represent the views of the Flatbush Food Cooperative.

Featured Product



[\(click for more info\)](#)

Grayson Meadow is a complex, hand crafted, washed rind cheese made from unpasteurized cow's milk in the Shenandoah Valley of Virginia.

Its flavor varies slightly with the season as the cows graze freely year round on pastures.

It is delicately pungent with a hint of sweet fruit. It pairs well with red Bourgogne or Oregon Pinot Noir.

Ask our friends at T.B. Ackerson wines for a good match.