

JUNE-SEPTEMBER 2021

# CO-OP TIONS

TIPS TO OWN YOUR HEALTH

Download the Sevananda app and discover more ways to save at Sev.

## MAKE IT A SEVANANDA SUMMER

International Day of **Cooperatives**

Cool Down with Crazy Cool **Co-op Deals** all Summer long!



SEVANANDA  
Natural Foods Market



# CONTENTS

04 FREE YOURSELF

10 DOCTHA B SIRIUS  
Elevation Foundation

14 2021 BARBARA PETIT  
POLLINATOR



## BEING SEVESSENTIAL

By Ahzjah Netjer Simons, Cooperative Director/GM  
cdgm@sevananda.coop Ext 117

Cooperatives are on the rise and expanding locally, regionally, and globally. With each passing year, right here in Atlanta, I have received more and more invitations for Sevananda to become a part of other communities, to mentor other startup cooperatives, to expand in other neighborhoods, towns and cities, to present and share all the amazing things OUR community cooperative has been about the business of, for the last 40 plus years!

It is such an honor to serve at one of the largest cooperatives in the southeast and to still be standing after the pandemic with many months of challenges that could have brought any organization to their knees.

I've had the pleasure of serving on the Georgia Organics Board of Directors, the Little Five Points Board, the Georgia Development Co-op Board, and the National Cooperative Grocers Board. I have presented

and featured our co-op journey and shared some of our future goals. This year, it was especially fun to attend Mondragon Coop Platform Cooperative class and mentor a co-op from the Virgin Islands along their startup journey. It's been amazing, and most importantly tells me that no matter what life goes on. Even in the midst of turmoil, challenges, and a pandemic, life goes on. Our human resilience always astounds me. To see untapped gifts emerge in a crisis is always a sweet surprise. Through the challenges, it was the broader and more expanded version of myself and this co-op that kept me inspired, kept my sights high, kept my spirits lifted, and kept my eye on the prize.

We generally use the word "thriving" to describe Sevananda. We have survived Covid-19 thus far and continue to thrive. With variants still lurking and a vaccine controversy brewing, we are cautiously taking baby steps to ensure our safety and yours. As things evolve once again and shifts take place with

vaccines, we have begun surveying our staff to find out their stance on all things Covid. This is the best way to monitor our own environment. We have scheduled a full staff survey is scheduled for August. We'll be surveying our member-owners in June/July for their feedback on everything Covid as well as their shopping experience, product requests, service and what they envision for the future of their co-op. Then we'll turn our sights to our general shopper community and our local vendors to see where we all land collectively as a cooperative family.

Maintaining balance has been challenging. We realize that we can not keep everyone happy. But regardless of all the reasons to see challenges, We are keeping our sights on the only way we can move—forward. Our greatest hope is that we can all heal, work toward full and optimum holistic health, innovate and find more expanded versions of ourselves.

During this time, we're turning our focus to the present and to the beautiful summer season we have right before us. I, personally, plan to enjoy this time to the fullest until the cold months return. We, here at Sevananda, invite you to join us in the celebration of life and liberation! We're returning our outdoor cafe, and we'll be celebrating summer ISLAND STYLE with crazy cool co-op deals for your summer pleasures. Food, fun, hydration and vitality are all in the plan.

Liberation means different things to different people. Whether mental slavery or emotional trauma, do what you need to do to free yourself from it all. Once the shock, trauma, dust settles, we know that the choice between victimhood or victory is

simply a conscious decision. We continue to choose victory. An integral part of the fabric that holds a co-op together is a mindset of growth. Being open to the ebbs and flows, expecting them, and allowing yourself permission to expand and contract as needed with each change phase. Organic or forced change will arrive. Shed and liberate yourself from what doesn't work. Embrace evolution to the next level. I have found of some value on this co-op journey, and I welcome any additional guidance you can share.

We're introducing lots of new products and increasing online options with HerbnFood Hub Club and BathNBeauty Bliss Club. You'll also be able to take advantage of our new app that will introduce lots

of specials, conveniences, and fun things to participate in throughout your Sevananda summer. Be sure to check your inbox and Sevananda social media channels for details and updates. You don't want to miss it!

Whether its employee-owned, worker-owner, producer-owner, or consumer-owner cooperatives are all growing in numbers in all sectors!! If you'd like to become a part of Sevananda, volunteer or intern with us, learn more about the cooperative model, or start your own cooperative, we'd love to share information and resources to support your journey. Become a part of a large vibrant network of cooperators who are changing the world for the better.

[Visit Sevananda.coop](http://Sevananda.coop) to learn more.

See some of the latest stats below:

## Cooperatives are not a marginal phenomenon

- More than **12% of humanity** is part of any of the 3 million cooperatives in the world!
- The largest 300 cooperatives and mutuals report a **total turnover of 2,146 billion USD**, according to the World Cooperative Monitor (2020).
- Cooperatives contribute to the sustainable economic growth and stable, quality employment, providing jobs or work opportunities to 280 million people across the globe. **10% of the world's employed population.**

As member-owned, member-run and member-serving businesses, cooperatives empower people to collectively realize their economic aspirations, while developing their communities, and strengthening their social and human capital and developing their communities.

Cooperatives are enterprises based on ethics, values, and principles.

Through self-help, empowerment, concern for well-being of people, and reinvesting in their communities, cooperatives nurture a long-term vision for sustainable economic growth, social development and environmental responsibility.

The International Cooperative Alliance is one of the largest non-governmental organizations in the world today by the number of people it represents: more than 1 billion cooperative members from any of the 3 million cooperatives worldwide.

Thanks for supporting you local community co-op.

Sevananda Natural Foods Market  
467 Moreland Avenue NE  
Atlanta, GA 30307  
404.681.2831  
email: [info@sevananda.coop](mailto:info@sevananda.coop)

Store Hours  
Monday – Sunday  
10am-8pm  
[www.sevananda.coop](http://www.sevananda.coop)

**Co-Options Staff**  
Editor - Ananda Lo  
GM/Editor – Ahzjah  
Publication Layout - Karhan



# FREE YOURSELF

By Ananda Lo

Late June brings the return of the sun and the celebration of the solstice. The Northern Hemisphere is basking in the beauty of summer, and the celebrations of the season commence. Like Spring, summer provides intense heat and light, which lends beautifully to fasting and cleansing. The body is sweating and really in search of quality water along with juicy fruits and vegetables. This is a perfect time to detox the body and move toward optimal health.

“IT SEEMS SURREAL THAT ONE YEAR AGO, THERE WAS A COLLECTIVE OUTCRY FOR THE LIFE OF GEORGE FLOYD”

With Juneteenth and 4th of July happening, the publications team chose the theme of Liberation for this issue of Co-options. It seems surreal that one year ago there was a collective outcry for the life of George Floyd, a black man murdered in the streets by Derek Chauvin. While Chauvin received a murder conviction, there was public outcry over the sentencing, which was apparently shorter than some black men received for drug crime convictions.

There was a similar response to the declaration of Juneteenth as a Federal holiday and the American government's performative pandering to black people. A holiday without matching legislation,



redistribution of wealth, and a reconsideration of social structures seems both useless and insulting.

But of course, most Americans are focused on enjoying the beauty of the season, spreading their social wings, and trying to forget last year's lockdowns. Now, a debate ensues amongst the people over a government pushed free vaccine. Many are suspicious of the pharmaceutical companies and their rushed product, while others are relieved of worry of the looming and deadly corona virus.

With a powerful super full moon following the solstice, now is a great time to rid ourselves of entities that no longer serve us. Doctah B Sirius provides insight into the seriousness of parasites, superbugs, and entities that live in our bodies. He provides techniques to eradicate these beings on all levels through herbal remedies and

subconscious realignment. Doctah B has a chance to tell his story and gives a bit of information of the metaphysical significance of the 4th of July.

While the problems at a local, national and international level may seem overwhelming, it is important to focus on the organizing and work that is happening. This is what makes places like Sevananda, and other cooperative businesses, so special. We have an opportunity to do hands on and collective work to make our immediate world a better place. Enjoy the insight from our managers, this season's specials and news about the cooperative world.

It is my deepest desire that we can all re-imagine a life where liberation is a common theme. It is essential to the health and well being of humanity and our ability to continue to thrive and grow on this planet.

# FRESH DEALS

From our deli now thru August 2021

**SEVANANDA**  
Natural Foods Market

**COOP**  
stronger together

*Herbiv' Food*  
*Hub Club*  
Healthy Food Access For All



# Sevananda Board of Directors

## Summer Co-Options | June 2021

**P**ease & Love Sevananda Member-Owners  
We are halfway through 2021, and it's been a sunny season so far! As a community we have experienced the impact of Covid-19, both individually and collectively over the past year and 3 months, and now communities and organizations beg into open up again. We have learned so much about what it means to deal with a global pandemic, personally, communally, and as a business in service to the community around us. We've discovered what it means to focus both on short term immediate needs, while doing our best to be mindful of long-term resolutions and outcomes on the other side of this experience. And there have been blessings of many lessons during this journey. As the months have passed, some have even experienced what has been called "covid fatigue". It's normal to feel unrest or to break down at some point during extraordinary events. These transformational 15 months inevitably impacted our mental & emotional wellbeing.

As an organization, Sevananda has dealt with its share of challenges, and the board has had to evaluate our role and At an organizational level, our General Manager (GM) has dealt the manifestations of these challenges each step of the way, which has sometimes called her to adapt daily and hourly, while keeping the Board and our member-owners informed, balancing between the recommendations of medical experts, the desires & agency of our member-owners, and fiduciary and legal responsibilities.

The board also had to transform how we do business. For the past 15 months, we have met virtually or by phone, and any training has occurred virtually as well. Throughout the pandemic, we've leaned deeper on our system of Board governance, or Policy Governance, which we utilize to do our work. Two of our board members completed an eight-month long online training, the Policy Governance Proficiency Program, allowing us to have more expert understanding and guidance in the governance of Sevananda.

The Policy Governance Model, developed by John and Miriam Carver, distinguishes between the development of the collective will, or vision, of the member-owners (called Ends), which the Board is responsible for and the execution of those Ends through operational processes (called Means), of which the General Manager is responsible. The Board uses our policies and the GM monitoring process to both direct and monitor our GM in her operational work, without getting into the minutiae of "how" (Means) she should execute those policies.

Under this model of governance, at the operational level, the Board entrusts its General manager to adhere to policies while managing the operations of our cooperative. With member-owners, the Board engages in listening to the member owner body in various ways, both in the store and in our meetings.

During the creation of the organizational by-laws, the Board put a process in place for member-owners to bring their concerns before the Board. In this way, the Board is empowered to focus on moving forward the vision through feedback from the member owners. Without getting involved in the day-to-day operations of the organization, we are able to be responsive to member concerns as they arise through a specific process.

Through our training, we are always improving the way we do business and have certainly had some great opportunities over the past 15 months to gain a deeper respect for and understanding of our governance model.

We are always grateful when member owners engage with the board, and welcome your feedback, as we continue to represent the collective will of the member owner body we were elected to represent. We wish you a happy summer, and a prosperous and healthy second half of the year!

Highest Regards on behalf of Sevanada's Board of Directors, Wanique Shabazz, Board President & Jessica McMorris, Board Treasurer



# SMOKEY KALE SALAD

Perfect for a bar-b-ques and gatherings!

3 Bags of Kale Washed and Chopped Small (Make sure all water is drained off kale before you add seasoning)

4 ½ cup nutritional yeast

4 ½ tsp cayenne

4 ½ tsp minced garlic

1 ½ cup olive oil

4 ½ tsp sea salt

4 ½ tsp cumin

Massage wet and dry ingredients into the kale and let sit for 5min before serving.



## CHECK OUT THE SEVANANDA DELI AND HOT BAR!

### HOURS

Sunday - 9a-6p

Monday - 9a-6p

Tuesday - 9a-12p

Wednesday - 10a-12p

Thursday - Closed

Friday - 9a-6p

Saturday - 9a-6p

HIGH QUALITY DELICIOUS FOOD!





# The **International Day** of Cooperatives

**R**ebuild Better Together: 2021 International Day of Cooperatives announced 3 July, the International Day of Cooperatives (#CoopsDay), celebrated as “Rebuild better together”. Cooperatives around the world showcased how they are meeting the COVID-19 pandemic crisis with solidarity and resilience and offering communities a people centered and environmentally just recovery. “In the last year, we have witnessed how the cooperative model has been working towards the wellbeing of people and respect for the planet, underscoring what the cooperative movement stands for. We will indeed rebuild better together, and I’m confident that we will see many stories of how the cooperative movement can help communities become stronger in the post-pandemic world”, declared Bruno Roelants, Director General of the International Cooperative Alliance (ICA). In the fields of health, agriculture, production, retail, finance, housing, employment, education, social services and many other spheres where cooperatives are found, the more than one billion cooperative members worldwide continue to prove that no one needs to face a crisis like the pandemic on their own. #CoopsDay will be the occasion to spread the word about how a human-centred business model, sustained by the cooperative values of self-help and solidarity and the ethical values of social responsibility

and concern for community, can reduce inequality, create shared prosperity and respond to the immediate impacts of COVID-19. The ICA called on cooperators and partners around the world to celebrate #CoopsDay on 3 July and to show the world how we can Rebuild better together. The 2021 #Coopsday actions’ pack including the logo, key messages and other digital resources is available as well. Marked by cooperatives worldwide since 1923 and officially proclaimed by the United Nations General Assembly on the centenary of the ICA in 1995, the International Day of Cooperatives is celebrated annually on the first Saturday of July. The aim of #CoopsDay is to increase awareness of cooperatives and promote the movement’s ideas of international solidarity,

economic efficiency, equality, and world peace. Since 1995, the Cooperative House, ICA and the United Nations through Committee for the Promotion and Advancement of Cooperatives (COPAC) have jointly set the theme for the celebration of #CoopsDay. This year’s celebration was the 27th International Day of Cooperatives recognized by the United Nations and the 99th International Cooperative Day. Through #CoopsDay, local, national and global policymakers, civil-society organizations and the public in general can learn about the contribution of cooperatives to a just future for all.

ica@ica.coop - www.ica.coop -  
Twitter: @icacoop  
Source: ICA.coop

## WHAT IS COOPEDIA?

COOPEDIA aims to give young entrepreneurs worldwide the support and tools they need to **set up cooperative businesses**, and to provide **learning** and introduction to students and actors interested in the cooperative business model. It allows them to find various types of materials, in a variety of languages, based on their topics of interest.

Coopedia Knowledge Base is the first software of its kind specifically built **by cooperators, for cooperators**, worldwide.

It is a unique opportunity for the cooperative movement worldwide to capitalize on its **5th Principle: providing education, training and information** to the public.

The design also fosters **cooperation** between cooperatives and **key actors** like universities, training centers, local authorities, and civil society organizations interested in cooperatives.

For more information, visit <https://edu4all.coop/coopedia/>

Source: ICA.coop



# WHAT'S APP?

By Sharlise Lowe,  
Marketing/Member Services Manager

As we continue to thrive in 2021 from the many obstacles of 2020. Sevananda Marketing and Member Services Department is continuing to bring forth connections with our Member-Owners and Customers. As we all know, the current times have brought us more on-line communication via platforms such as Zoom, Skype, Google Meet, etc. We, too, are making things convenient by connecting with our Member-Owners and customers through more on-line educational forums and videos. As many of you may know, we started our Essential Living Videos in 2020 and we received a lot of appreciation for putting together informative videos which you can still view on YouTube.

Sevananda's Marketing Department is excited to bring to you our NEW APP. Coupons, Online offers and more will be available there. Keep your notifications active to get weekly and daily specials. Download our app NOW with the barcode below:

**DOWNLOAD**  
OUR APP TODAY FOR  
EASY ONLINE ORDERING

**GET YOUR FIRST REWARD**  
WHEN YOU DOWNLOAD

Download on the **App Store** | GET IT ON **Google Play**

SEARCH FOR **SEVANANDA MARKET ATLANTA**

**TAP THE APP FOR**  
EASY ONLINE ORDERING  
EXCLUSIVE SPECIALS AND SAVINGS  
UPDATES AND NOTIFICATIONS  
LOYALTY CARDS AND MORE!

## What is our goal for the Essential Living videos and more online content?

1. Education on the benefits of becoming a member-owner/ members
2. Ongoing promotion and awareness
3. Consumer awareness of food and health issues through educational classes via our “Journey of Wellness” and “Herb n Food Club” programs
4. Networking with other organizations that have the same beliefs as Sevananda
5. Partnership with community activists through our “Be the Change” program.

We want to provide our audience and customers with MORE content as well provide space to promote your business, whether you are a vendor with us or not. We offer businesses an opportunity to place advertisements in this Co-Options publications. We also offer in-store advertising, which includes overhead announcements where Sevananda shoppers will hear about your business and also our Advertising Digital Board in our Café' area. These are all great ways to advertise new products, events, and store announcements to member-owner/customers.

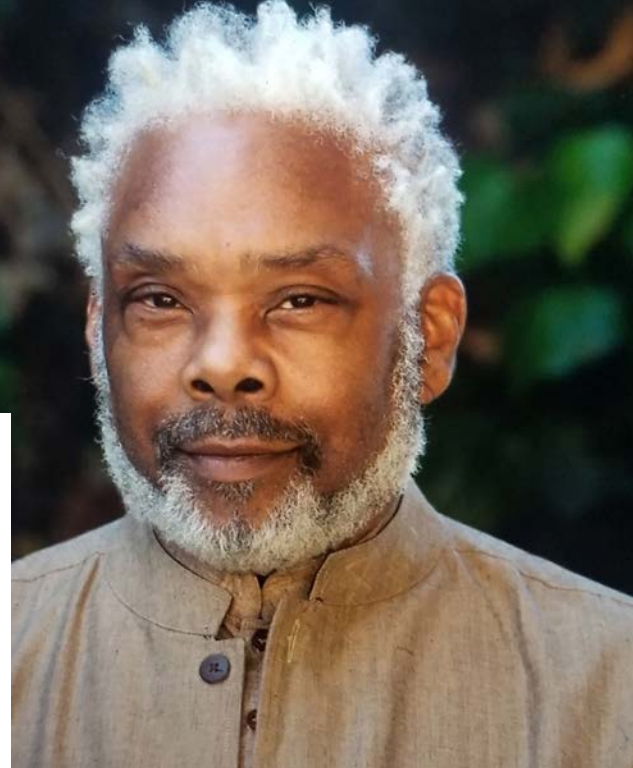
Feel free to contact [cooptions@sevananda.coop](mailto:cooptions@sevananda.coop) if you would like to place an ad in Co-options and contact Sharlise at [sharlise@sevananda.coop](mailto:sharlise@sevananda.coop) if you are interested in being a part of our in-store or web advertising.

Please continue to check our website and social media: Facebook, Twitter, and Instagram to stay informed. Oh yea, and don't forget to download our App as well.

One Love,  
Sharlise

# IT'S ELEVATION TIME

an Interview with Doctah B Sirius



**D**octah B Sirius helps people help themselves. When asked what that looks like, Doctah B answers, “I help people find the doorway to their higher selves, by elevating their mind, body and spirit. I’m teaching folks to fish, so they can achieve their own goals.” In a modern age plagued with disease and death, Doctah B has refined a holistic approach to healing; “when you achieve a goal, even if it’s a small goal, that gives you more freeness, more liberation, more energy to move forward.”

**Doctah B started his company, Elevation Foundation** in 2004 with his partner, Vashti. “We developed a concept to offer people a place, a safe haven to come and experience ‘an oasis in the desert’”. Beginning in Los Angeles, Elevation Foundation became the #1 natural health boutique in Southern California. They offered stones, crystals, natural fiber clothing, original herbal products and formulations; “in the early days I would lecture and meet with clients in our backyard garden. In fact, that was my office. We wanted to give our customers a place that felt like ‘heaven on earth’”.

After the 2008 economic crash, Elevation Foundation physically moved to Atlanta and virtually to Elevationtime.com. They continue to offer workshops, classes, products, cleanses and packages with a mission to help people detoxify their lives: mentally, emotionally, physically, spiritually.

“I started off in life as a seeker”, Doctah B shares; “I was seeking knowledge, even as a child.” Early in life, Doctah B began his lifelong journey as a drummer; “my thing was rhythm. When I found out that the conga drum was used in the motherland for communication and language, I fell in love because I like to communicate through music.” Doctah B became a master drummer and eventually entered the music industry—producing, writing, arranging, mixing, engineering.

Doctah B experienced great success and recalls the transition to rap & hip hop on the music scene. “[Rap] was what was paying, so I ended up becoming one of the first producers in SoCal to work with

hip hop”. While pioneering success in this budding genre, Doctah B noticed gangsta rap move to the forefront. “It wasn’t just that the rappers were gangstas because most of them were not. It was the people above, the hidden hand who helped to create the whole thing with drugs and guns popping up on the street at night.” He couldn’t help but notice the violence, crime, and disrespect being pushed to the people’s minds through music. While many of the artists that he worked with truly wished to evolve, the corporations they worked for had an agenda with the music. “The music game had been taken over by pirates, whose job it was to control people and their emotions.” Doctah B realized that as a successful rap producer, he was helping to take the sheep to slaughter in a different type of slavery.

Distraught from his revelations, Doctah B’s lifestyle began to catch up with him. “I was living the life, eating that food. And I started to get sick. My mind began to feel unhappy. And mind is the first medicine and disease.” Doctah B received a diagnosis of an auto-immune disease and a short time to live. “My body was eating away at



itself. Every night I would go to sleep, I didn't think I was gonna wake up the next morning. So, I had to ended up walking away from the music industry. It was gonna kill me. And I went to go and heal myself."

Doctah B studied everything about natural health through books, libraries, lectures, videos and teachers. He eventually put together his "own concept on health based on music, on the language of the drum, on rhythm. I realized that each plant, each mineral had its own rhythm, its own story, its own song." Doctah B talks about the orchestra of the universe, or "the arkestra", as Doctah B calls it, referencing the futurist musician Sun Ra. "It's about tuning, it's about frequency, it's about harmony. So I began to look at the body and [realized] I'm out of harmony. I'm not tuned up. I'm not in tune with my life. I'm not in tune with who I truly am. Doctah B began a personal journey of tuning himself by finding certain plants and minerals that had a certain frequency emitting from them. "And I realized that I can hear the plants. I would go into woods and realize I'm back in music again."

Doctah B took his knowledge and began creating formulations for himself and his mother. "My mother had M.S., so I wanted to help her because her nervous system was deteriorating. I made was a product called Heaven on Earth, which is a nervous system balancer. It balances the sympathetic nervous system and the parasympathetic nervous system because if those two are not speaking the correct language to each other, we got a problem."

After a year of changing his "live-it to eating live food", all his incurable diseases were gone. Some of Doctah B's friends encouraged him to share

his information and suggest he do an interview on Stevie Wonder's radio station, KGLA, and he finally conceded telling his story on a radio show hosted by Carl Neilson and Brother Jamal. This was Doctah B's seminal moment in the health industry, and the demand for his products and services expanded exponentially. He became a lecturer, teacher formulator and consultant in the wellness world, even teaching health in the music business course at UCLA extension. "My thing was to bring peace, love and harmony to health and make it more fun, make it more inclusive of everybody."

Doctah B credits the creativity, intelligence, and beauty of the women around him who assisted him in creating Elevation Foundation. "Women have more attention to detail. A lot of times us me we just see the goal. We're not thinking about the journey and how to make it look and feel. Women were always making sure that everything felt right, looked right, that the colors were right, the wording was right...I, as a man, had to relinquish the ego of wanting to be in charge. It got to a point where they would handle the business and then just call me when it was time to get on stage and lecture. It was beautiful to have that love around."

After an experience in the Bermuda triangle, Doctah B received a download about the power of parasites in today's world. "Most people think about parasites in the colon, but what about parasites in your heart, in your liver, in your kidney and spleen". After much research and experimentation, Doctah B became a parasite expert and created a program to assist in the eradication of parasites from the body. "Parasite is a life that lives beside you and uses you as a host. It doesn't bring anything to the

party. It just leaves trash and toxins. It goes through a whole 28-day cycle, where it eats, mates, and defecates." Doctah B labels these "superbugs" and cites one in particular—toxoplasma, a parasite that lives in the brain. "It domesticates the human, and the average human has become domesticated". Doctah B classifies these as physical parasites, for which he developed a 28-day process to eradicate the beings from the system.

"You also have mental parasites, which are ideas, thoughts and feelings from the past that are joining you in the present". Doctah B is a subconscious specialist, who uses muscle testing, music, and a variety of remedies to eradicate parasites and parasitic thoughts from the mind. Doctah B gives one simple remedy: "focus on your why. The why is really your fuel. Don't worry about how yet. The universe will set up your door towards how. If you can close your eyes and feel 'it' like it's happening now, it is happening. Your mind doesn't know the difference."

So, what does liberation mean to Doctah B? "Liberation means creating freeness in the moment."Li" has to do with electricity, like Lithium. It has to do with what you choose to emit. You must choose to liberate yourself." Doctah B uses Nelson Mandela as an example; "he spent 27 years in a box, and he came out with more life than he went in with. They wanted to break him, and they did. They broke him free from his old self. Liberation has to do with finding your own self, even just for today."

Doctah B gives a few remedies for finding personal liberation. "Something as easy as taking seven deep breaths without thinking about what you gotta do, that can help". Most of Doctah B's remedies are

simple but require daily commitment and attention to detail. “Having a purpose for the day creates freeness in the moment, so now you’re organized. If you don’t have organization, you don’t have enough energy, you’re not organic. Organization comes from being organic, being natural in the moment, focusing on a goal and keeping that goal in mind. Even if you’re on an obstacle course, you can’t lose sight of the goal.” Doctah B notes the power of language, reminding us to keep speech imaginative and full of gratitude “Your words are gonna be your liberation or your lockdown.”

According to Doctah B, summer is significant in the quest for liberation; “between July 3rd and July 9th Sirius, which is tied to our sun magnetically, aligns with the sun and the sun aligns perfectly with the earth. So the energy during that time is magnified and it resets us. Which is the true significance of the 4th of July. On that day, Sirius actually perfectly aligns with the

Washington Monument.”

Summer time has to do with you consuming light at the highest point. You are getting more vitamin D because when the sun hits the skin, it’s absorbed by the fat under the skin and that produces vitamin D3. So that is a great time to be eating certain foods, like watermelon with seeds. Watermelon is a life force. It helps to cleanse your kidneys, liver, and spleen. It helps to replace the cells in your blood vessels, which are usually burned out from stress.”

Doctah B also suggests consuming hibiscus and nettle tea, (both high in iron and other nutrients), along with a ritual he calls the winner circle; “every morning draw a circle on the ground and tell yourself that you’re going to be a winner, and you step inside the circle.” Doctah B makes elevation sound ridiculously simple; “once you know who you are, once you become the summer



sun and begin to emit that energy, you realize there is no separation between you and everything. People are trying to go to mars, but what about creating heaven on earth inside of you to recreate your cells, recreate your body, recreate your life. It’s elevation time, and it’s time to get with nature or nature will get with you. Summer is a perfect time to move towards new ideas, new love, new peace, towards liberation.”

Find more information from Doctah B and the Elevation Foundation at [ELEVATIONTIME.COM](http://ELEVATIONTIME.COM).

Interview & Article by Ananda Lo

Introducing

# CRAZY COOL!

## COOP DEALS

Select items  
20% off for  
member 10% off  
for non-members

Storewide FLASH SALES and special deals from our produce department.  
More ways to save when you opt in to the HerbNFood hub club on the Sevananda app. Download it now!

**SEVANANDA**  
Natural Foods Market

sevananda.coop (404)681-2831  
467 Moreland Avenue NE Atlanta, GA 30307

**coop**  
stronger together

**HerbNFood**  
Hub Club  
Healthy Food Access For All



# WHAT'S NEW AT SEVANANDA



**\$2.99**  
Guru Energy Drink



**\$5.19**  
Tulsi Peppermint, Tulsi Green,  
Tulsi Sleep, Tulsi Masala Chai



**\$3.69**  
Lundberg Whole Grain  
Rice & Wild Rice



**\$3.69**  
Lotus Foods Rice Noodles



**\$36.99**  
HempFusion stress



**\$34.99** Tinctures  
10mg



**\$49.99** Tinctures  
20mg



**\$55.99** Tinctures  
30mg



**\$79.99** Tinctures  
50mg



**\$7.49**  
Infused Vegan Gummies 3 count  
(Delta 8 THC 3 count available)

# FREEDOM THROUGH FARMING

2021 BARBARA PETIT POLLINATOR

**AWARD WINNERS:** BRENNAN & GWENDOLYN  
WASHINGTON OF PHOENIX GARDENS

*The **Barbara Petit Pollinator Award** is named in honor of Barbara Petit, a remarkable community food advocate who served as Georgia Organics' past president. This award acknowledges individuals with exceptional success advancing Georgia Organics' mission of "Good Food for All" by spreading—pollinating—the movement throughout community life.*



Gwendolyn Washington

*This year's Barbara Petit Pollinator Award winners are Brennan and Gwendolyn Washington of Phoenix Gardens in Lawrenceville!*

*[georgiaorganics.org/awards](http://georgiaorganics.org/awards)  
source: [thedirt.georgiaorganics.org](http://thedirt.georgiaorganics.org)*

**T**he Washingtons are successful farmers and icons of ag leadership in Georgia and the Southeast; they offer an urban agriculture education-focused property that has indeed risen from the ashes and thrives, impacting countless farmers across the Southeast. “We are ‘accidental’ farmers.”

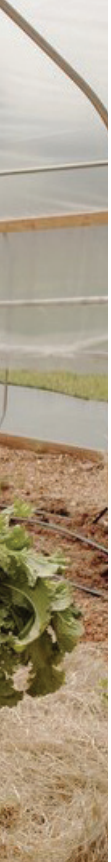
Theirs is a story of chance—fate, more likely—persistence, and resilience. And through it all, spreading and deepening the roots of sustainable farming in Georgia and beyond.

Brennan and Gwendolyn Washington are both natives of the northeast with successful technology and customer service careers, respectively. They began as avid gardeners, even before relocating to Georgia, growing food using natural methods to feed themselves.

Soon enough, the garden began producing more than they could eat, Gwendolyn discovered the Lawrenceville Farmers Market, and the rest, as they say, is history. Well, “that, and Gwendolyn insisted that my gardening activities would have to start paying for themselves,” Brennan adds.







Today, Phoenix Gardens is a thriving 2.5-acre diversified farm, growing a wide variety of vegetables, fruit, and herbs and keeping a flock of laying hens. They participate in the Norcross and Tucker Farmers Markets and offer their own online market ([phoenixgardens.net/](http://phoenixgardens.net/)).

But growing and selling beautiful food is just the tip of the iceberg for this farming couple. In their 15+ years of farming, they have had a strong influence in guiding the security and future of sustainable agriculture and have launched countless new farms along the way. As a “pollinator” of natural food-growing practices, Brennan’s role with Southern SARE ([southern.sare.org/](http://southern.sare.org/)) extends the impact of their expertise and resource sharing far beyond Georgia. At Southern SARE,

Brennan serves as the 1890 Land Grant Liaison and Limited-Resource/Minority Farmer Outreach Specialist. In Georgia, Phoenix Gardens is often a training ground for HABESHA cohorts and a whole host of other prospective and current farmers.

What factors have gotten them this far in their impressive farming career? “Resiliency, Passion and Love.”

As a farming couple, they cite individual characteristics that meld to form a successful partnership: “Brennan has an easy-going, patient manner. He also likes to try new things and tinker with new ways of doing things. Gwendolyn is a natural people person. We call her our social butterfly and those qualities have made her really good with our customers.” Brennan shares,



Brennan Washington

“Winning this award means that we have helped to advance local food system work not only in Atlanta but beyond as well, and we believe that this award will help us to continue to advance this work.”

**MAKE IT A SEVANANDA**  
**Summer**  
 We're celebrating summer island style!

**SEVANANDA**  
 Natural Foods Market

COOL DEALS are back!  
 Now thru August 2021

**coop** *Herbivore Food Hub Club*  
 stronger together Healthy Food Access For All

sevananda.coop (404)681-2831 467 Moreland Avenue NE Atlanta, GA 30307 In The Heart Of Little Five Points

NORDIC  NATURALS®

# Pure Power



Concentrated and carefully purified omega-3s for superior heart, brain, and immune support.\*

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## CONNECT WITH US

 [facebook.com/Sevananda](https://facebook.com/Sevananda)

 [Instagram.com/Sevananda\\_ATL](https://Instagram.com/Sevananda_ATL)

 [Twitter.com/Sevananda](https://Twitter.com/Sevananda)

404-681-2831  
fax: 404 577-3940  
[info@sevananda.coop](mailto:info@sevananda.coop)

467 Moreland Avenue NE  
Atlanta, GA 30307  
[www.sevananda.coop](http://www.sevananda.coop)