

MARCH-JUNE 2021

# CO-OP TIONS

TIPS TO OWN YOUR HEALTH



## SPRING CLEANSING

Celebrate the season

Photo by Polina Tankilevitch from Pexels



# BEING ESSENTIAL

By Ahzjah Netjer Simons, Cooperative Director/GM  
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The Being Essential series is about the co-op model as an essential tool of this time. We are putting forth an effort to educate on the co-op business and keep everyone up to date on decisions made with respect to COVID-19 practices, protocols, and plans to keep us alive and thriving! During a pandemic, health and wellness are more essential than ever before, and we're evermore committed to playing our part in fulfilling our mission.

The Essential Living educational video series that we launched last year was an effort to educate on holistic health practices and preventative care before, during, and after the COVID-19 world crisis. It was important to us to let people know that despite the fear, death, devastation surrounding the virus that is real for many, there is also much we can do to "own our health", improve our immunity and create layers of protection from any biological invasions that may be lurking among us.

Our Essential Living team worked hard in 2020 to create content to encourage the power of wellness education and its applications. We hosted ChatNChew Atlanta with iJourneyTV to feature a variety of holistic health leaders, chefs, and more. We also wanted to make the pursuit of the healthy living and immunity building affordable, so we complimented our efforts with additional promos, discounts and ways to save while investing in your health. There have been scary days and times, and there may be more, so we want to empower vs. live in fear. This series will continue with a detox focus for spring along with other great topics.

Like many, we could be distracted by all the pandemic noise and propaganda in corporate media and social media news feeds, the science/conspiracy theories debates, to mask or not to mask, and a host of other distractions and dividing lines, but we've got a store to run and a co-op to cultivate, nurture and help thrive! I imagine that our time is better spent in a vortex that has a direct impact on our value. I've discovered that being essential isn't just about supporting a business in sustaining itself during a pandemic. It is about becoming more than you imagined you could possibly be. It's about perseverance,

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resilience, facing fears, and the ability to embrace making necessary mistakes and decisions, listening, consistently course correcting, and allowing yourself to evolve without judgement, resistance, or negativity. For me personally, this has been the journey and for our co-op, this is the approach we have taken and continue to take. It has served us well thus far, still we remain flexible as we learn and face new challenges, sometime resulting in triumphs each day sometimes resulting in more challenges. Either way we remain committed to our co-op and its role currently and in the future as an authentic community resource. We continue to be open-minded and continue to utilize listening as a valuable tool to guide our steps.

As of this article release, COVID-19 has affected staff members directly and many indirectly since the emergence of COVID-19. Despite the challenges, miscommunications, and confusion, those who wished to return, have all been brought back safely. We continue to apply CDC guidelines and tweak our policies as we go. We have also had our policies assessed and have been noted as sound. COVID-19 has made its appearances closer to us as numbers peak. Store closings and quarantines began to force us to engage skeleton crews, limited hours and limited staffing. We continue to do all that we can to keep our environment safe for staff and extended Sevananda family and to serve you. What we could not

anticipate is the myriad of expectations from each individual and community member regarding how Sevananda should and should not respond as a business and as a co-op in this COVID-19 time. Each person has their own standard, their own bar, their own measurement of how we should respond to mask wearing, to take a side on the conspiracy theory train, to distance or not to distance, when to announce or not to announce positive results if a threat has passed, and the list goes on. Many of you have genuinely appreciated the work we have done within our purview, with our staff, with our store and with our community and we have received a plethora of positive feedback and we thank you for that. It's meant the world to have that support as we navigate through the pandemic waters.

Some of you have been disappointed and feel we have not done enough or not responded as you had hoped we would. While there have been advisories and some guidance and we have followed them, there has not been a Sevananda COVID-19 playbook with respect to running a co-op in a pandemic, but we're getting better at it. It's been a journey of figuring things out the best we can, let's do our best to keep staff, member-owners and shoppers safe utilizing all we have at our fingertips - our intuition, wisdom. We'll keep tweaking as things evolve. When things settle down a bit more on the store side of things, we can return to the co-op side of things and begin to outreach, educate, and invite and engage more with a stronger foundation. Our number one priority is keeping the foundation of the store in place through COVID-19. Next is reinventing how we will engage and what we will engage about for the next evolution of Sevananda.

A staff member reminded me that as storms begin, they also end. They have their own intensity, timing, and destruction wake. Sevananda is no stranger to storms although I had hoped they would be a thing of the past. Can't escape the cycles of life. But as we do with Sevananda grace and style, we will once again pick-up the pieces one by one and rebuild. We know that whatever has been lost, we release in love and wish it well knowing that we did all that we could to show love, celebrate the season, and learn from the opportunity of the lesson.

It has been illuminating to witness the variations of responses and expectations of Sevananda during this incredibly challenging time. It has pushed people to new ways of being. Being essential has stretched us beyond our growth edges and forced us to learn lessons and transform our way into the future. It is my wish that we will continue to persevere our way forward and regardless of what comes at us, that we can continue to bring you the best Sevananda we can create with our community alongside us. As co-op challenges will always come. I trust that in the future, we'll respond unified instead of divided. In the meantime, we have a store to run. If you would like to join us along the way, please don't hesitate to give us a call. You can engage with me (ext.117), member services (ext 111, 112) or our Board of Directors to share your ideas or ways you'd like to support.

Check [sevananda.coop](http://sevananda.coop) for listings or enjoy the introduction of Essential Living! Be sure to watch how we are living essentially to maintain optimal body temples, while working as essential workers and owners of our co-op! As always, thanks for supporting your local community co-op! Onward.



*I'm so grateful to serve as editor for the Sevananda newsletter. Sevananda is such a special space in Atlanta, and it has been vital to my own journey. Within this issue, we really strived to shed light on techniques for health and wellness in such strange and difficult times.*

*Sevananda has a wealth of resources and knowledge, and I am honored to use my gifts to bring this information to our*

*customers. - Ananda Lo*

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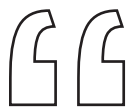


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# SPRING CLEANSING

By Kim Purefoy

**D**uring this time of the year, we usually ‘spring clean’ out unnecessary clutter from our space. This happens externally as well as internally. We know we need to release the waste



**CLEANSING THESE SYSTEMS IS CRITICAL IN HEIGHTENING OUR FOCUS AND BUILDING A STRONG IMMUNE SYSTEM”**

and the toxins that accumulate and clog things up and create problems. Cleansing these systems is critical in heightening our focus and building a strong immune system.

Drinking lots of water from a good source is vital. Dehydration is a core factor in most of our health issues, including headaches and constipation. Fiber is key to keeping the waste out and improving our colon health. Fruits and vegetables such as apples, raspberries and dark-colored vegetables are all high in fiber. Beans, whole grains, nuts and seeds are good sources of fiber as well.

The Ayurvedic herbal medicine **Triphala** is a combination of three dried fruits (Amla, Haritaki and Bibhitaki). The blend is gentle enough to use daily against constipation. Triphala also cleanses the blood. It is an antioxidant, that is anti-inflammatory and high in vitamins and minerals helpful against infections. **Ginger** is another daily digestive support, while **probiotics** (including **fermented foods**) are an important part of a daily colon health regimen.

Laxative herbs such as **psyllium, aloe vera, marshmallow root** and **cascara sagrada** may help with constipation. Senna is another popular laxative herb but is best blended with ginger, clove, and other easy digestive herbs.

Remember to cleanse the blood and liver. These are key components to a strong immune system, which can prevent several conditions, even corona. The amino acid **Glutathione** is an effective antioxidant and liver cleanse support. The supplement **NAC** assists the body to produce Glutathione and has been an effective tool in hospitals for anti-viral respiratory support against mucus. **Omega 3's**, essential fatty acids (found in high quality flaxseed oil, hemp oil and fish oil) are key for preventing colon issues and helping the liver and immune system.

Other key nutrients essential to strengthening your immune system are **Vitamin C, Zinc, Quercetin, Selenium, and Vitamin D.**

The motivation to detox and cleanse our internal systems is a priority in these current times. Our health, wellbeing, personal sovereignty, and very lives itself are at stake. We must be even more vigilant with a plan to 'own our health'. Cleanse, feed and fortify your TEMPLE. Honor your SPIRIT and Be Well

Are you ready to

# DETOX CLEANSE & RESET?

Select from over 400 medicinal herbs & spices from our Bulk Herb and Grocery Departments!

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Healthy Food Access For All



# A **NEW YEAR** IS UPON US WITH NEW OPPORTUNITIES TO WELCOME NEW CHANGES.

The Elections Committee would like to thank the member-owners for remaining flexible as we made some changes to the elections in response to COVID-19. The entire election process was transferred to digital, including the candidate submission process and voting. In the end, we provided the Sevananda Board with a viable alternative to conducting the elections and

attracted a pool of well-qualified candidates to better serve you! We would like to present some new faces to join the Board of Directors. Meet Jessica Rocker, Jamele Rackley and Staton Winston! They have each provided a message of “Thanks” to you, the member-owners. Sevananda Elections Committee Chair, Tracy Dornelly

## JESSICA ROCKER



Thank you to the member-owners for putting your trust in me. One of my favorite quotes is by Mahatma Gandhi, “The best way to find yourself is to lose yourself in the service of others.” I look forward to contributing to the continued growth of Sevananda.

## STATON WINSTON



I would like to thank the member-owners of Sevananda for taking the time out of their busy schedules to participate in the election process and selecting me as one of the new board members. You have my word that I will execute my responsibilities as a board member to the best of my abilities and represent Sevananda’s core values in everything that I do.

## JAMELE RACKLEY



When I moved to Atlanta in 1999, Sevananda quickly became my lifeline for maintaining holistic health. 20 years later I have the honor of serving as one of your new board members. I am grateful for your trust in me, excited to begin, and looking forward to engaging with you. I promise to uphold and expand Sevananda’s mission to empower

the community in health, wealth, and well-being. I will monitor this community’s needs, while helping Sevananda to provide whole foods and high quality products from local growers and small businesses. Lets work together to maintain the organization’s commitment to economic, environmental, and social responsibility.



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

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

## 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, in other words, **10% of the world's employed population.**

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

The International Cooperative Alliance is one of the largest non-governmental organisations 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.

## A strong and healthy movement

The International Cooperative Alliance, with the scientific and technical support of the **European Research Institute on Cooperative and Social Enterprises (Euricse)** – publishes an annual report on the cooperative economy: the World Cooperative Monitor.

You can find, download the World Cooperative Monitor at [www.monitor.coop](http://www.monitor.coop)

# KALE **YEAH** SALAD

## **DRESSING:**

- 1/8 C Lemon Juice
- 1/8 Tbs Sea salt
- 1/8 tsp Minced Ginger
- 1/8 tsp Minced garlic
- 1/4 Avocados

## **SALAD:**

- 1/4 lbs Red and green kale shredded FINE
- 1/4 C Shredded Carrot
- 1/4 C Red bell pepper diced
- 1/4 C Shredded yellow squash
- 1/4 C Red onion diced, soaked in ice water
- 1/4 Tomatoes diced

Puree dressing ingredients in the blender and massage thoroughly into the salad.



## **CHECK OUT THE SEVANANDA DELI AND HOT BAR!**

### **HOURS**

**Sunday - 9a-6p**

**Monday - 9a-6p**

**Tuesday - 9a-12p**

Wednesday - Closed

Thursday - Closed

**Friday - 9a-6p**

**Saturday - 9a-6p**

**HIGH QUALITY DELICIOUS FOOD!**





# BECOME A SEVANANDA MEMBER-OWNER

## YOUR VEGAN, VEGETARIAN CO-OP



### MEMBER-OWNER MESSAGE

by: Sharlise Lowe

Sevananda = Seva (Service) Ananda = joy or bliss. Sevananda means “**THE JOY OF SERVICE**”, and we are your member-owned natural foods market. For those of you who are already a part of our family, we are so happy to have you. For those of you who not members of our co-op, we would love to have you. NOOOOOOO, you don’t have to be an Member/Owner to shop here. However, your ownership helps Atlanta’s oldest and best natural foods market grow and serve the community that uses it.

Last year was a trying time for many people. Covid-19 was/is the pandemic that has changed many lives. 2020 had an impact on our health, finances, and even our politics. However, we as a Co-op are still standing. Our membership has not skipped a beat with people still consistently joining. Our Co-op is ESSENTIAL! We need you, and you need us. So, thank you for your continued support.

As a member, you are a part of the greater co-op world, with our membership in the National Co-op Grocers Association. We are here for you by showing up early in the morning to stock your shelves, to make you great food, and to greet you with smiles in the check out lines. We are also working to foster relationships with our local farmers and small businesses to bring you the highest quality products.

To all those who shop at Sevananda please consider becoming a member. By joining the Sevananda family. As a Member-Owner, you own one share of this business, with a limit of one share per person. The member-owner also

receives a discount, that is reserved specifically for that individual. In addition, if we have a profitable year, any dividend checks that were generated by your shopping at Sevananda would be sent to you.

**To become a Member:** Invest \$120 (which is payable in installments of \$20 each, renewable each year).

Contact me at [sharlise@sevananda.coop](mailto:sharlise@sevananda.coop) with any questions about membership!

We here at Sevananda wish every one of you a healthy, happy and SPRING.

# LIFE IS A FARM

For Ras Kofi, gardening is a passion. The world needs sustainable food, and he has been blessed to make a living providing that service. Besides growing food for his family, Kofi has worked as a farm trainer, consultant, teacher, and even farm manager of Truly Living Well, one of Atlanta's largest community gardens. His goal with his own company, On Da Farm, is to promote, educate, and popularize growing food.

"Life is a Farm"—a mantra used by the master farmer. When asked his biggest advice for detoxing and cleansing the body, Kofi replies, "Eat and live with the seasons. Farming teaches you that there is a season for everything. [This] is one of the fundamental principles of agriculture." For the transition from late winter into the heat of spring, Kofi suggests an array of food including cabbages, broccoli, and root vegetables (such as carrots and beets). He also mentions dark leafy greens to oxygenate the blood and to supply chlorophyll, "a generator

of life". But more important than eating, Kofi continuously stresses the importance of learning and honoring the earth's seasons and cycles, this includes when to plant and even when to harvest. Ras Kofi honors many teachers on his path. But he pays special homage to the work of George Washington Carver, who promoted the idea of "rotating crops" to grow and eat in in biodiversity.

This was not a popular idea in an era of big monocrops, such as cotton, and Kofi notes that Carver was committed to the science and energy of the earth more than money.

So, seasonal eating has become a principle for Ras Kofi. In the springtime he mentions lots of garlic and onions. Kofi suggests foods filled with water including cucumber, squashes, peppers, tomatoes. He also mentions berries for spring and summer seasons: mulberries, raspberries,



Yaa Kofi, Ras Kofi and Tigist Kofi

black berries, and blue berries (respectively).

Kofi's first gardening lessons came at the age of 3 in Guyana. He worked on his parents' land, assisting his mother, who "inherited a green thumb from her mother". Ras Kofi's maternal grandmother herself worked a garden until she was 92. The rural farm life and the responsibility of gardening for food was a vital part of Ras Kofi's upbringing.

But like so many Pan-Africanists, Kofi moved to America as an adolescent, on political exile. He fell into the rhythm of the urban life, and left gardening behind for many years. But after the birth of his children, Ras Kofi resurfaced the gardening traditions of his childhood. He drew inspiration from people like his uncle, who built an urban garden in Los Angeles, decades before it was trending.

Like George Washington Carver, Ras Kofi suggests many "out the box" tips for living a healthy life. He himself is exploring the cultivation of wild foods, which provide higher levels of nutrition. This includes dandelion, which grows wild in Atlanta and is great for the liver and blood. He also mentions a wildflower violet (great for clearing mucus) that emerges the same time of year as the coronaviruses.

But again, for Kofi it is about more than food, it's about energy. "We have to master the appetite", he says, "lack of mastery of the appetite plagues humanity". Kofi also suggests urinating in your garden to connect with the soil and



## “ AGRICULTURE IS THE FIRST CULTURE, BECAUSE IT UNITES ALL OF HUMANITY.”

extract more nutrients. "Agriculture is the first culture, because it unites all of humanity. It applies to all of us."

Ras Kofi and On Da Farm is one half of Shamba Cultivating Grounds, a community farm, wellness center, and educational institution situated on 1.5 acres in Atlanta. In conjunction with Queen Yenn of Oyun Ministries, Shamba emerged March 2020, coinciding with the international pandemic and

lockdown. They have been able to provide the community with farm fresh food along with space, tools, and classes for cultural, spiritual, and cultural development. Their most recent offering is the Level Up Academy, which teaches practical skills for living a sustainable lifestyle. Their goal is to motivate "people to return to the land", while providing a cooperative space for the community to bring this vision into fruition.

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# WHAT'S NEW AT SEVANANDA



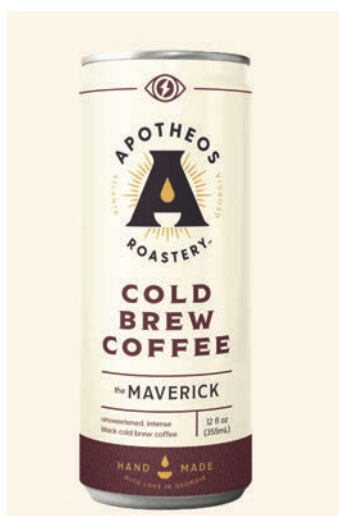
**\$3.09**  
Califia, Nitro Latte



**\$3.69**  
Laird Superfood creamers



**\$3.69**  
Veggie Craft Farms, Cauliflower Rice cheddar



**\$2.39s**  
Apotheos cold brew coffee



- Apple Cinnamon granola bars **2/\$7** (until 12/29)
- Soft baked mini cookies **\$2.79** (until 12/29)
- Vanilla crispy squares **2/\$5** (until 12/29)
- Mixed Berry granola minis **\$3.29**

# FROM **HEART** AND **DESK** OF **ADAMA**

Founder, Mother Earth's Blessing Wholistic Life Center

The day in timelessness in which we are living, requires that we are not only concerned with Spring Cleansing at this threshold of the “true” New Year that begins with the Vernal Equinox, but that we are mindful of the escalation of the pandemic that was already in full effect as is evidenced in over 3 million Americans passing away annually, from Heart Disease, Cancer Chronic Lower Respiratory disease, unintentional injury, stroke, Alzheimer's Type 2 Diabetes, Influenza/Pneumonia, Obesity, Kidney Disease and Suicide, which constitutes some of the pre-existing conditions that have complicated the full recovery of many from the “plandemic” of the corona virus that is referred to as Covid19.

Our bodies are perfectly and divinely designed to cleanse with each and every breath. We are all breatharians first;



## **DAILY INTERNAL CLEANSING AND NOURISHING IS THE ONLY WAY TO FACILITATE TRUE HEALING THAT IS WHOLISTIC.**

as the breath is the animating, maintaining and sustaining force of our lives. We take in the life-force from the air and exhale the carbon dioxide which should be released to the atmosphere. It is time to be aggressive in facilitating the opening of all channels of elimination so that all that is inorganic in the body can be eliminated, daily.

Daily internal cleansing and nourishing is the only way to facilitate true healing that has to be wholistic. Drinking clay water

daily assists in loosening deeply embedded substances from the tissues. Skin brushing to move toxins through the lymphatic system should be daily. The skin and the interstitial tissues underneath are the largest eliminative organ, so sweating in hot detox baths with bentonite will be most beneficial. Dry and steam saunas and sweat lodging is beneficial. Conditions of dis-ease are reversable in oxygenating, hydrating, mineralizing with herbal teas which are cellular food and should be consumed daily as well

as warm high enemas with the internal cleansing clay to assist in removing a pound to three of accumulate waste from the system daily.

Break-fast should always be fresh juicy fruit after opening the elimination through the bowel, it should not be consumed after eating other foods as the body will stop the process of digesting that to work on the fruit creating acidosis, fermentation, gas, bloating, flatulence and discomfort. Fruit is the body's natural cleanser providing, hydration, minerals and fiber to move through the colon, which is why it should be that which breaks the fast as the first meal of every day. Most people are not eating enough fruit under the thought that it is too high in sugar, but are continuously choosing all manners of starches which convert to sugar and produces tons of mucus that congests the organs and constipates the intestines.

It is time for us to realize definitively, that the methodology of oppression has been to oppress our cellular functioning with all the elements that create disease. Our liberation,

spiritually, mentally, emotionally, physically and financially must begin at the cellular level in our reaching daily for that which is oxygenating, hydrating, mineralizing, alkalinizing, facilitates elimination and truly nourishes the cells in the creation of a blood stream that no longer bears the violation of violated. Beings, inebriants, intoxicants, artificial colors, flavors, antibiotics, hormones and such creating an artificial people.

Women are the perpetuators of lineages of people, it is our duty, obligation and responsibility to know how to facilitate health and therefore cleansing. There is absolute Law that governs All of Existence and the fulfillment of the Law is Love; love is the harmony of Truth. The Truth is that every and All Beings are Intelligences of Existence; we cannot support the violation, subjugation, capitalization of any of them and be free from violation. Our time is now to care, to cleanse, to heal and to stand on behalf of All Life, mother earth, mother nature and the liberation of our global humanity on behalf of the establishment of the order of the Eternal!

Are you ready to

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Shop Online or Special Order Today!

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# Herb'n Food Hub Club

Healthy Food Access For All



HerbNFood Hub Club gives you more ways to save at Sevananda right away with additional discounts, rewards, prizes, and even earning Sev bucks with a purchase of select items, simply by shopping the co-op!

HerbNFood Preferred, pilot program is also coming this spring/summer, and you can make special pre-orders online and pickup! Lastly If you sign up for HerbNFood Preferred Prime, this summer/fall, you also be able to have your special orders delivered and scheduled with a free initial virtual consultation to stay healthy and well!

It's more for our member-owners and Sevananda shopper promise and commitment to more convenience and more special ways to save for you.



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