Nourishing the Liver for Health, Healing, and Longevity

By: Paula M. Youmell

Liver Nourishment is important. We hear much about doing liver cleanses but is the liver really dirty? I am certain I would prefer to think of my liver in a more positive and health giving way. This amazing, large organ does much to filter my blood, digest my food, breaks down hormones, and contributes to way too many bodily processes to write about it all here.

Liver cleansing / nourishing has benefits for your health and longevity. Think of the process as nourishing your liver; fortifying it with the nutrients it needs to do its blood filtering, digestive, and many other jobs well. Benefits you will feel and see in your body's health:

• Clearer skin
• Better sleep
• Better moods
• Better energy levels
• Reduction in PMS & menopausal symptoms
• Clears the path for a weight loss plan, body weight rebalancing
• Improved immune system function
• Improved digestion
• Improved nervous system function
• Promotes the better moods (see above!)
• Eliminate your body aches

This list could go on and on, generally speaking, taking care of your liver is a good way to take of your overall health. Liver care also creates a heightened awareness about healthy lifestyle and the ripple effect of healthy lifestyle choices starts knocking on your door. The added fun thing is you are more apt to listen to this knocking and make other positive changes in your life.

I will share with you a very simple way to nourish the liver as it goes about its non-stop job of filtering your blood. Spending a few days focusing on nourishing this important organ is a good way to prevent disease and heal your body. Love your liver with whole foods, liver specific herbs, and relaxation. While you are relaxing, visualize your liver as a fun, "extra" food while nourishing the liver.

Enjoy raw avocado as a healthy fat, nutrient dense, and satiating food. Raw eggs and raw milk can be used as good sources of fats and proteins. Know where your eggs and milk are coming from, how the animals are fed and raised, and the number of egg laying and lactating animals on the farm. If the animals are well raised and cared for, the likelihood of bacterial contamination is extremely low. Look up the benefits of raw milk and eggs on Mother Earth News website or Dr. Mercola's Website. To the list below, I would add local, pasture raised eggs.

Blood Sugar Caution: If you are pre-diabetic, diabetic, or have any metabolic syndrome – blood sugar issue; keep your intake of fruit at a conservative level and eat more vegetables, nuts, and seeds.

If you have diabetic tendencies do not do a “juice or herbal tea only” liver cleanse. Raw root veggie and cabbage slaws are great in fall and winter for the raw, seasonal veggies.


AM or PM Nourishing liver flush: Drink this tasty little beverage before eating any food in the AM; just mix together and drink it up! Or you can drink it just before going to bed. Juice of 1 lemon (I know, lemons are not local... work with me here!); 1-2 tsp olive oil; pinch of turmeric

Detox Liver Nourishing Infusion: Purchase an ounce of each of these herbs: cut burdock root, cut dandelion root, cut nettle leaf, dandelion leaf, red clover blossom. The burdock and dandelion root ounces will be a much smaller volume than the leaf and blossom herb parts.

Every evening heat 1 quart of water. When the water is simmering, turn to very low heat and simmer 1 Tbsp. each of the burdock and dandelion roots for 10 minutes. Use a gentle simmer, not a rolling boil to preserve the nutrients. Always simmer and steep medicinal infusions with the cover on the pot.

Have 1 Tbsp. each of the dandelion, nettle, and red clover ready to use. After the ten minutes, shut off the heat to the pot and add the leaf / blossoms herbs to the pot. Stir the mix to get the herbs wet and then cover the pot. Let it sit over night to steep. Long-term steeping creates the medicinal infusion.

In the AM, strain the herbal infusion into a quart canning jar. Press the hot marsh very slowly to squeeze all of the liquid out of the herbs.

Drink 3-4 cups of your liver nourishing infusion over the course of the day. Sip slowly while relaxing and meditating on your liver and its vibrant cellular health. (As opposed to standing at the kitchen counter and gazing down 8 ounces of this medicinal tea infusion.)

You want a well-functioning colon while doing liver support work.

What does this mean and why? This means you want to have at least 1 healthy emptying of the colon daily. This then is normal for you, great? Why? When the liver is given 1 on 1 attention, the liver sends toxins that have built up within its tissue out with the bile. Toxins also make their way out of your body through your kidneys and skin but the colon is our focus right now.

You want your colon to be in top notch function, getting rid of everything the liver detoxes out of itself. If not, body toxins backing up in your colon (because you are constipated) could make you feel ill, flu like symptoms perhaps. A day or two before you begin the raw liver nourishment, start taking a colon cleanse product. Find a product specific for stimulating colon action or a high fiber blend. This will keep your body happy as you go about the 3 day liver nourishment.

Relaxing habits to practice when doing a liver nourishing cleanse:

• Drink plenty of fluids throughout your day
• Get much good, restful sleep
• Always eat in a calm environment (without screens)
• Chew very slowly and thoroughly
• Yoga
• Massage
• Acupuncture
• Relaxing in the fire or under a blanket, as my son Eli said when he was only 8 years old: “Just lift the corner of the cloth and the sun is always shining.” You do get natural light, for better mood and sleep, even on cloudy days!

The purpose of your relaxed habits is for you to nurture the whole you and to make your liver feel at peace and loved. Stress and negative emotions have a powerfully negative impact on the liver.

Get outside and move your body. This increases circulation to your liver (and every body cell) for better delivery of nutrition and oxygen to the liver and better removal of waste products from the liver. You also get a good dose of fresh air and natural light while outside! And remember, as my son Eli said when he was only 8 years old: “Just lift the corner of the cloth and the sun is always shining.” You do get natural light, for better mood and sleep, even on cloudy days!

To nourish the liver:

Ideally, nourish your liver 4 times a year: at the spring and fall equinoxes and at the summer and winter solstices. I recommend doing the winter liver nourishment after the December holidays; for obvious party food, drink, and indulgence reasons!

Milk thistle seed is a good herb to take for liver nourishing and rebuilding. Milk thistle actually helps the liver to regenerate healthy liver cells. It can be added to the above liver nourishment herb infusion.

Using milk thistle in capsules, tinctures, and infusion form are also good options. You can use milk thistle as a single herb or as a combination herbal formula with other herbs and perhaps ginger…

Taking milk thistle for a couple of weeks after a three day nourishing cleanse can help to nourish and rebuild the liver. You can make milk thistle into a medicinal infusion mixing with stringing nettles. Again, simmer the milk thistle seeds, very gently for 10 minutes, shut off the heat and add the nettle leaves. Let the infusion "tea” sit over-night, covered in the pot, to brew and steep.

Love your liver; nourish your liver.

Paula Youmell is an RN, author, and Holistic Healer - Health Educator in Potsdam, NY. www.PaulaYoumellRN.com. Information presented in this article is not necessarily the opinion of the Potsdam Food Co-op or any of the Co-op’s employees.
NEW BEAFORD PORTUGUESE KALE SOUP
from Cynde Morin

2-3 Tbsp oil
1 large yellow onion
2 Chorizo or Italian Field greens sausages
4-6 cloves garlic, diced or pressed
8 cups stock or water
1 package or 2 lbs Kale: Washed and cut in bite-sized pieces
3 Potatoes: peeled and cubed
1 Bay leaf
1 Can Cannelloni beans (optional) Diced carrots or other seasonal vegetables


By: Wendy Turnbull

Laura Popielaski took such an active role in Fright Night at the Co-op, she almost scared some participants away. Thankfully the gloved hands gave her away! The annual Halloween-themed community event organized by the Chamber of Commerce has become a huge success for local families. Along with Co-op member, Jocelyn Stegge, Laura welcomed visitors to our spooky packaging room to make a gooey "foccacia eyeballs." Kids used freshly baked bread from the Carriage House Bakery and then added whatever fun they wished. Slices of tomato and pepperoni transformed into pupils, and we won’t go into the graphic details imagined by the use of marinara sauce, pesto, onion flakes, other spices and poppy seeds… but witnesses report ghouliness gone wild. Some participants dove into the goo while still in the store, leaving a trail of gooey giggles. Others had the cautionary restraint to wrap their creation and take it home. Either way, parents were very pleased to have a healthy option in the midst of the sugar-laden evening. Thanks to all who participated and volunteered! (Photo and wardrobe by Mary Egan)

UPPAMA
from Madur Jaffrey’s Taste of the East

1 1/4 cup boiling water
6 tbsp oil
1/2 med onion, chopped
1 cup cream of wheat (or Co-op cream of buckwheat: gluten-free)
1 small potato, diced
Generous pinch of asatidina
1/2 tsp whole mustard seeds
1 tsp chana dal
2 tsp urad dal
1 cup finely shredded cabbage
1/2 cup fresh or frozen peas or mixed vegetables
1 fresh hot green chili, minced
1/2 tsp finely grated ginger
3/4 tsp salt
1 tsp parsley or cilantro

In an 8-10 inch skillet heat oil over medium flame. Add astidida, mustard seeds, dried hot red pepper, chana dal and urad dal. When dal turns a reddish color, add onion, cabbage, potato, peas/veggies, green chili, and ginger. Stir-fry for 2-3 minutes then cover, turn to low heat and cook 5-6 minutes.

Add salt, cream of wheat, stir and fry for 5 minutes. Slowly add boiling water, 2-3 tsp at a time while stirring. Continue cooking for 10 minutes, stirring occasionally. Add more water if you desire. Garnish with 1 Tbs Parsley or Cilantro

Our Mission Statement

The Potsdam Consumer Cooperative, Inc. is owned and operated by its members and is dedicated to meeting the community’s need for specialty and whole foods at the lowest possible cost. As a member of the local community interested in its well being, we will attempt to use local sources whenever feasible.

We strive to provide a pleasant shopping experience and working environment, with an emphasis on education, shared information, and developing a relationship with the community. We encourage environmental respect through the goods we sell and in the manner in which we conduct our daily operations. We are committed to providing a model of responsible business practices based on the cooperative principles of open membership, democratic control, limited return on share capital or investments, return of surplus to members, continuous education, cooperation among cooperatives and concern for our local community.

Potsdam Food Co-op Community News is the official newsletter of the Potsdam Consumer Cooperative, Inc. in Potsdam, NY. It is published seasonally and serves as an open forum for the exchange of information and ideas between Co-op members. Articles appearing in this newsletter may be reprinted in other cooperative newsletters provided credit is given to Potsdam Co-op Community News and to the author of the article. We welcome submissions and comments from members and non-members. Submissions can be submitted via e-mail to potsdamcoopnews@gmail.com.
Co-op Business Partners

The Potsdam Food Co-op has a new business partner in 3 Bears Gluten-free Bakery, owned by Chris Durand and Faye Ori. We’d like to extend a big welcome to them and congratulate them on their beautiful new store at 51 Market Street in Potsdam. Chris and Faye both have a tremendous background in food service and management. Baking a variety of gluten-free breads, cakes, pies, cookies, brownies, and more, they are going to be busy. Plans are in the works for a cafe and salad bar, with such options as pizza and chicken wings.

You may have seen Chris and Faye in the community as Cubby (the clown) and Cuddles, or Mr. and Mrs. Claus. Chris has been living with Celiac disease for five years, and they taliked about the opening of the gluten-free bakery. She is a little girl whose name they still don’t know. They were playing their Cubby & Cuddles role at a 2-day event in Massena with such success that they decided to participate in a cookie-decorating activity. He asked her why she was not making cookies with the other kids, and she told him, “Those cookies make me sick.” She had a good chat with Cubby the Clown instead, and discovered she was something in common—gluten-intolerance. The next day, the child’s mother sent Cubby some home-baked, gluten-free cookies. Faye and Chris decided then to turn the love of baking into a real business and start a gluten-free bakery. I first met Faye shortly after that, when she was on the porch of the Co-op doing a survey to find out what people wished for in a gluten-free bakery. She is open to feedback. As Faye says, “This store is no franchise, so we welcome our customers’ ideas.”

We hope to eventually carry some items baked at 3 Bears Gluten-free bakery—but how lucky we are to have a gluten-free bakery just a short walk from the Co-op. Stop by 3 Bears Gluten-free bakery soon. Co-op members who present their current Co-op Membership Card when making a minimum purchase at $10 will receive an entry to fill out and place in a special jar for a chance to win the “Dessert of the Month.”

Budget

I estimated a 5% sales growth in 2015, driven by the same departments: packaged grocery, refrigerated grocery, and the deli. While package grocery and refrigerated grocery have each had increases of $24,000 for the year, the department primarily responsible for the large boost in sales has been the deli, with an increase of over $41,000 for the year which is just about a 50% increase in sales over last year. I would attribute most of our growth to everyone’s hard work in removing slow selling products from the store and bringing in exciting new items. The staff has been continually making small adjustments to sections in the store to eliminate slow-moving items. Sales of all season’s new sales flyer has also been contributing to our sales growth as we are offering better deals and have more merchandise available through the UNFI program we have begun participating in.

Next Year

Looking to 2015 we will continue to refine our sales program and product mix to make sure we’re offering you the best products possible at great prices. We will continue to polish our financial reporting to best manage the Co-op with concise information in a timely fashion that we can use in a variety of ways. Additional efforts will concentrate on the continued development of the prepared foods program as well as the creation of a small catering menu for events across the community.

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Outside the Box

By: Wendy Turnbull and Mary-An Cateforis

The packaging room of the Co-op is frequently abuzz with discussion of the various types of packaging everything from pine nuts to organic pineapple. Local suppliers and producers drop by with their sustainability concerns, and shoppers stop with great questions. All of this goes on with lively background music, from Bob Dylan to Queen. Most of our dynamic, reliable packaging workers are mature adults. If you are a Co-op owner, an interested party, or just like to eat, be prepared to like most every hour/month for a single adult household.

In addition to earning a discount, you’ll be part of the hub for recycling, reusing, reducing, and great resources. Where else do you see two mature adults packaging organic figs, discriminating that one has placed two pounds of the decades and the other has dreamed for decades of taking piano lessons? Friendships develop at the Co-op. While much of “packaging” involves taking quality food out of boxes, we do a myriad of other things. We are learning and growing and connecting, in addition to cleaning and stocking and packaging. And consider the fact that the Carrie House Bakery staff are constantly walking by with tasty new items. Happily they value our opinion when they package baked goods in unscented or unflavored tea), with a few things best baked with Billy Joel.

On the topic of reuse: It happens everywhere you look at the Co-op. Local egg suppliers bring eggs from happy chickens to the dock, while customers come in with empty egg cartons. You have yet not discovered the not-so-secret cupboard, ask any staff to point it out. Customers often return empty egg cartons and clean, dry jars with lids in that cupboard, in addition to plastic and paper bags. All are for the recycling bin. We have to bags reappear, neatly placed by registers for use by anyone who doesn’t have a reusable shopping bag. Eggs are also reboxed by suppliers. Cardboard awaits recycling pickup. We have two members who earn their discount for carrying away the eggs and, and they wouldn’t mind if you took some home to mulch your garden. It is a lovely, lazy, long-term way to turn a non-paper egg carton into something to share. Ask any staff to show you where to get cardboard.

Please note that jars returned to the Co-op are very dry and with no rust, and have a good-fitting lid. Don’t worry about labels — our sanitizing pros take care of that. Many Co-op members earn their discount sanitizing jars and Mary-An Cateforis is a long-time champion of the Co-op’s recycling program for jars. When she says she is available for consultation, she means it. She will write a beautiful article about the mainstay of resources for any Co-op member who wants to earn a discount doing work at home. Follow Mary-An’s advice and you will be successful. You will find more info on the Co-op website.

Alternatively, shoppers can always bring their own jars — just weigh them empty first, so you only pay for the contents. Occasionally there is talk at the Co-op about buying jars of fruit and charging a deposit when they are returned. We need to know their uniformity and supply. Personally, one of my favorite sights in the store is a shopper with a row of their own jars from home, lined up in their grocery cart. Fill your jars with as much or as little dried spices and herbs as you like. This way, you can purchase what you want to be given undying love and for good measure.

One fine fall day when local producers were covering tomatoes against threat of frost, squash too big to hide from Mother Nature were coming in the door fast and furious, threatening to block the produce aisles. Bakari had cartons of peanuts tied up with ribbons, and Mary-Ann Cateforis, in need of household items to be used by international grad students. Mary-An mentioned Misty Hollow, where they accept materials for crafts for community assistance (265-1660). Shari Howard, Neighborhood Center, (265-3920) located in the lower level of the Civic Center. The Neighborhood Center would love boxes of any fresh produce, like zucchini.

That leaves the old clothing you think is too ragged to give away. Missing buttons, zippers broken, shoe without a mate? It doesn’t matter. Someone wants them all. Apparently New Yorkers throw away about 1.4 billion pounds of reusable clothing each year. Across the USA only 15% of recyclable textiles are actually reused or recycled. A statewide initiative called “Clothes the Loop” helps people get rid of unwanted clothing and more — clothing, shoes, sneakers, belts, purses, towels, sheets, blankets and draperies. Check out www.hdr.org or @Potsdam_Co-op | facebook.com/PotsdamCoop | statigr.am/potsdamco_op.

Shelter wish list at www.potsdamcoop.com | @Potsdam_Co-op | facebook.com/PotsdamCoop | statigr.am/potsdamco_op.

Kombucha

By: David Trithart

Described as a “sour tonic beverage” in the book The Art of Fermentation, by Sandor Elixx Katz, kombucha was not an object of my interest when I attended a workshop on fermentation he held in Vermont last summer. In fact, I had never even heard of it. Sauerkraut, hard cider, sourdough, and few other foods were on my fermentation radar. The 2-day workshop led by Sandor Elixx Katz was packed with many other interesting ferments and I now have a counter full of shrubs, but it is a collection of probiotics. It ferments the sugar and also produce a white layer on the top of your fermentation vessel, which is the SCOBY. This process takes place in a container with a large surface area, that is securely covered with a cloth to allow air in but exclu- ides flies, etc. It is kept at room temperature, for several days or longer. You will notice when it has cooled, some kombucha (or vinegar) to acidify the medium, and the SCOBY. What is this SCOBY? It is a symbiotic community of bacteria and yeast.” That’s vague, and there is undoubtedly variation among SCOBYS, but it is a collection of probiotics. They fer- ment the sugar and also produce a white layer on the top of your fermentation vessel, which is the SCOBY.

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Annual Holiday Baking Contest Raises $884 for Neighborhood Center

By Kathleen Fitzgerald

The Potsdam Food Co-op was pleased to raise $884 for the Potsdam Neighborhood Center through its 17th Annual Holiday Baking Fest and Silent Auction held on Sunday, December 7th.

Over 100 people strolled through the Carriage House behind the Co-op and enjoyed sampling over a dozen mouthwatering entries and silently voting for their favorites. Daisy Cox, Director of the Potsdam Neighborhood Center, Co-op Board Members, and Co-op member-owners served the delectable treats to the eager visitors.

Vanessa Bittner won in the Savory category with her creation of Vegetable Kulebyaka; Linda Meyers took first place in the new Fruit category with a Spiced Apple Cake; the favorite in the new Chocolate category was John Dewar’s Nathan’s Ultimate Chocolate Brownies; and Wendy Turnbull took the prize in Special Diet with her gluten-free Marzipan Bars. These winning bakers all receive a $25 Gift Card and a frameable Award Certificate from the Co-op.

The fundraising aspect of the Baking Fest comes into play when visitors place bids on the duplicate, uncut version of their favorite entry displayed in the Auction Showcase, hoping to take it home to enjoy.

Many thanks to the bakers who donated their wonderful creations! Because of their generosity we are able to continue this festive holiday tradition and community event. Thanks also to those who bid on the delicious treats and contributed to the collection jar. This collective effort makes the Baking Fest and Silent Auction a successful event that generates needed funds for the Potsdam Neighborhood Center. We appreciate everyone’s time and energy that makes this all possible.

Please join us next year as we begin the holiday season while supporting this worthwhile organization!

CONTEST WINNERS

The bakers with the most votes in each category of our friendly baking contest were:

**SAVORY**

Vegetable Kulebyaka by Vanessa Bittner

**FRUIT**

Spiced Apple Cake by Linda Meyers

**CHOCOLATE**

Nathan’s Ultimate Chocolate Brownies by John Dewar

**SPECIAL DIET**

Gluten-free Marzipan Bars by Wendy Turnbull

The winners in each of the categories receive a $25 Good Food Gift Card from the Co-op!

A Change in Flour

By: Stacy Cole

Over the last few months you might have noticed something is a little different about our bread from the Carriage House Bakery. With the increase in cost of flour over the last year we recognized a change needed to be made, either in the price that we offer our customers for our baked goods or a supplier of flour. At the Annual Summer Potluck owners discussed and decided that finding an alternative flour source would be preferable. Since not all the ingredients in our baked goods are organic it is not necessary to be using organic flour. What does play an important factor is that the flour used is unbromated and doesn’t contain genetically modified organisms. That’s where King Arthur’s flour comes in.

Founded in 1790 in Boston, Massachusetts, King Arthur’s Flour has always strived to produce top quality flour. In 1984 the company was relocated to Norwich, Vermont where they continue to grow and thrive. In 2007 the company became a founding B-Corporation. Certified B-Corporations have meticulous standards of social and environmental performance, accountability, and transparency. For more information on Certified B-Corporations visit www.bcorporation.net. To see just how awesome King Arthur’s Flour is as a Certified B-Corporation visit www.kingarthurflour.com/about/social-responsibility.html.

Whether it’s because they are a certified B-Corporation or because they’ve always held high standards, one of King Arthur’s focus is on a high quality product. All of their flour is made with wheat grown in the U.S. where GMO wheat is not approved for sale or commercial production. Even though all of their flour is non-GMO only their organic flour is labeled as such since it is a requirement for organic certification. All of their flour is also unleached and unbleached, but not all of their flour is the same. There are seven types of wheat:

- spring, soft red, soft white, and durum. Hard wheat has a higher gluten content and great for bread. Although durum is a hard wheat, it is most ideal for pasta.
- Soft wheat has a lesser gluten content and is more ideal for fluffy baked goods such as cake.

Since the Carriage House Bakery makes more that just bread, they are using the all-purpose flour made from a hard red wheat with a gluten content of approximately 11.7%. As part of King Arthur’s dedication to their product, their company only allows for a 0.2% gluten variance, whereas other companies may have a 2% or higher gluten variance. This high quality control makes it so that King Arthur’s all-purpose flour is great not only for bread, but also for softer baked goods such as muffins and cookies, and allows for consistency in the baked goods that are made from their flour.

Even though there have been a lot of changes at the Co-op over the last few years, one thing that won’t change anytime soon is the price of the Carriage House baked goods. The flour may be different, but King Arthur’s high standards will ensure a consistent, high quality product made by our bakers. We hope you enjoy the change and appreciate your feedback.
Corporation executives at giant multimedia empire include: Cedar Circle Farm & Education Center

Across the nation, farmers, corporate executives at giant multimedia food companies such as Unilever, and millions of Americans want to know how the health effects of genetically engineered food are watching and waiting to see what happens in the Vermont lawsuit. Oral arguments in the case tentatively are scheduled for early January.

The Grocery Manufacturers Association says Vermont’s GMO labeling law has been filed with the state’s attorney general from using the labeling law bars “unfair or deceptive trade practices.” The lawsuit states.

The lawsuit also states that Vermont similarly has shifted the cost of implementing GMO labeling to “private individuals and organizations.” The Act creates a special fund for that purpose,” the lawsuit states. “The fund may accept an unlimited number of donations, without restrictions on who may give.”

Not a minor matter

Sorrell dismissed as irrelevant Vermont’s largest domestic industries — dairy and tourism — from the requirements that apply to the largely out-of-state firms engaged in genetic engineering. “Barnes and Noble in Vermont was unhampered by Vermont similarly has shifted the cost of implementing GMO labeling to private individuals and organizations.”

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Dashing Through the Dough

By: Wendy Turnbull

The North Country Children’s Museum (NCCM) is on a mission to promote children’s hands-on learning in partnership with local universities and businesses. The Potsdam Food Co-op is pleased to be a part of this wonderful community activity. Each semester for the past three years, the Carriage House Bakery has been taken over by a happy group of youngsters learning about food preparation.

On this occasion Co-op member, Donna Wright, steered the program in food safety and fine pizza-making, with assistance from Mary and Kharissa Danboise. To the joy of moms, dads and other onlookers, participants from five to nine years of age created their own pizzas. Who knew dough-stretching could be a team activity? Locally-produced peppers and onions joined other artful toppings before the kids baked their personal pizzas in the Carriage House Bakery wood-burning oven. The adventure earned a whole lot of happy, gloved thumbs up from the kids. Sharon Williams of NCCM says, “The goal is to spread the word of plans to have a museum situated in Old Snell, hopefully in 2016. Meanwhile, programs take place most Saturdays at the Clarkson University Bookstore. Board members of the Co-op are helping to develop a Kids Co-op component of the future NCCM.” Nominal fees charged go towards the development of NCCM. Find out more: info@northcountry-childrensmuseum.org. View the website at www.nccm.us or contact CLEAR (Center for Lifelong Education and Recreation) at SUNY Potsdam.

Join the Co-op!

2% discount for all member-owners. Working one hour per adult in your household will earn your household a 10% discount for a month. Core workers work three hours per week to earn a 20% discount. If you are interested in becoming a working member-owner, please give us a call at 315-265-4630.

Summary of Board of Directors Meeting Minutes

By: Wendy Turnbull

The Co-op’s Board of Directors meets every third Tuesday of the month over the Carriage House Bakery. The following is a summary of the September, October and November, 2014, minutes. At the September 16, 2014, meeting the Board discussed the issue of reinstatement of forfeited equity. The Board decided to obtain a legal consultant/review on the issue. The General Manager reported on the status of store painting, the need for roof repair, and also updated the Board on personnel changes. Committee chairs were encouraged to submit committee happenings for the website calendar and monthly e-mails. Board members heard committee reports. In September, the Membership Committee was organizing the October Potluck, the welcome kit and tours for new members, as well as a new effort: volunteer workdays to help clean the store and tackle other discrete jobs. The Governance Committee’s new Board member search was ongoing. The Outreach Committee was planning the Holiday Baking Fest and discussing how to reach more students. The Finance Committee reported on improvements to the financial dashboard, addressed the issue of credit card charges, and updated Board members on electronic inventory successes. The Treasurer offered to draft a newsletter article on the credit card issue and another Board member volunteered to comment on the draft. The Marketing Task Force reported on efforts to create the Marketing Plan (an action item in the Board’s 2014 Goals). The Task Force was narrowing assumptions and choosing a demographic. It was decided to focus on the student demographic for the purposes of the Marketing Plan.

The October Board meeting was a member owner potluck. The Board met briefly before the potluck to discuss personnel issues, 2015 draft budget preparation and committee reports. The Membership Committee asked each committee for input on the role of dues and the 2% discount. The Governance Committee was recruiting Board member candidates. The Finance Committee reported that inventory was accurate, the budget and quarterly reports were being reviewed by the committee, and that the credit card article had been published in the Fall newsletter. The Marketing Task Force had attended the Membership Committee meeting, while the Website Committee advised to put projected costs of a website revamp into the budget. The President started the annual General Manager’s review. The member potluck following the Board meeting was well attended and all tables had notepads for member comments and feedback. The General Manager reported on store painting progress, announced the new staff nametags, reported a 7.5% increase in sales for September and 5.5% increase in annual sales. He said that while credit card fees are up, more members are using their member cards to pay at the cash register.

On November 18 the Board welcomed a new interim member, Marie Moore Richards. Marie brings finance experience to the Board and had already been attending the Finance Committee meetings. The General Manager’s report covered personnel changes and plans to expand the Buying Club with truckload sales. The GM then presented an updated Succession Plan and annual goals; both of these are documents required by the Board Policies Manual. Board members requested further prioritization of the GM’s goals, as well as benchmarks. The Membership Committee had organized a workday to clean up above the Carriage House Bakery; the volunteers’ work was in evidence. The Governance Committee advised that Board recruitment was ongoing, while the Outreach Committee sought volunteers for the December 7 Baking Fest. Among some of the Board’s most important business, the Finance Committee presented the 2015 Budget and the Board heard the General Manager’s comments on the budget. Member owners can read the details on the budget in the November 2014 minutes on the Co-op’s website. Board members requested more time to review the budget, especially the GM’s written assumptions. The Marketing Task Force and Website Committee reported on their progress.

This November meeting differed from the last because the Board decided to sign a written Acknowledgement of Understanding and Adherence to the Potsdam Co-op Conflict of Interest Policy. Individual members each signed an acknowledgement and submitted it to the Chair of the Governance Committee. In previous years conflict of interest statements were made verbally at the November meeting.

The next meeting of the Board of Directors was scheduled for Tuesday, December 16, 2014, at 6:30 p.m. Member owners are welcome.

To read complete minutes of the monthly Board meetings, please check the Co-op’s website: http://www.potsdamcoop.com/board-members.
GMO Fight... labeling law. He said he argued strongly against hinging the de- fense of the GMO labeling statute on the will of a single person, which would establish “a really bad precedent.” The Food Fight Fund has been linked to brain tumors of aspartame is controversial and aspartame and sucralose.” The use of loric artificial sweeteners such as NutraSweet®. Alternatively, rather than with sugar, some yogurt is sweetened artificially with such substances as aspartame (also marketed as Aspartame is a bioactive ingredient derived from aspartic acid, has been linked in published research to serious gastrointestinal inflammation and disease. Some of the yogurts specifically aimed at young children, in squeezeable tubes, are among the offerings containing carra- geenan. In addition, yogurt manufacturers add artificial colors, which have been linked to attention deficit hyperactivity disorder in children. Some manufacturer- ers have even started adding nanoparticles, currently unregu- lated, to interact with cells in unknown ways.

Cornucopia’s report also looked at the industry’s labeling camp- aigns. Living yogurt, a company in Lincoln, Nebraska’s Food Processing Institute’s comprehensive report on the yogurt industry, also released a related scoredcard rating 114 brands and separating the tru- ly healthy options from those that would capitalize on yogurt’s recent health reputation while simultaneously adulterating the product, some- times illegally, to gain com- petitive advantage and popular appeal. In another gut-wrenching twist on the topic of salesmanship in the yogurt industry, The Cornucopia Institute, a non-profit group, found that the flavored va- riety strawberry, for example) of certain brands contain no actual fruit, and include total sugars that rival the levels of sucrose in candy bars. Finally, Cornucopia looked at the comparative costs of yogurt on the market. The report found that many organic yogurts can often be purchased for less, on a price-per-ounce basis, than conventional yogurts. This price comparison includes many of the yogurts reviewed in Cornucopia’s study include yogurt, which interact with cells in the intestinal tract. Cornucopia tested yogurt purchased directly from the dairy cases, in grocery stores, rather than the industry’s practice of testing at the factory prior to shipment. The report’s finding revealed that many of the top-rated organic brands in Cornucopia’s buyer’s guide — that are not part of the industry’s marketing campaign — actually contain higher levels of beneficial bacteria than some of the most popular brands dis- playing the seal. The University of Nebraska’s Food Processing Center conducted the testing. Our laboratory analysis also showed that there are nutritional benefits to eating whole milk, yogurt, and organic yogurt. According to Dr. Dixon. “The good news is that there are some wonderfully nutritious products on the market. 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Board of Directors Candidates’ Statements

About Board Service: In general, the Board is responsible for the financial viability of the Co-op. The Board evaluates and approves the Co-op Budget, evaluates the General Manager’s performance, sets goals and objectives for the Co-op and makes sure the Co-op continues to operate in accordance with and in the spirit of its mission and by-laws. The Co-op Board expects Board members to attend and participate in monthly 2-hour Board meetings (held the Monday of each month). Certain annual events, such as the Co-op Annual Meeting, the staff holiday party, and the Co-op Open House. The Board accomplishes a great deal of work in committees and the Board expects members to participate in committees of their choosing. Currently the Board has seven standing committees: Executive Committee, Finance Committee, Governance Committee, Education Committee, Membership Committee, Outreach Committee and Long Range Planning Committee. There is also a Building and Grounds Committee.

MEMBERSHIP VOTE

Joe Andriano
How long have you been a Co-op member? I have been a member of the Co-op since August of 2013. Joining the Co-op was one of the first things that we did upon moving to the area.

What do you appreciate most about the Co-op? What I appreciate most about our co-op is that it is a vital part of our community. I love that a trip to the Co-op is more than just a shopping experience. During a trip to the Co-op I almost always see someone I know and end up having a good conversation. Additionally, I appreciate the Co-op creates a sense of community rather than just a shopping experience. During a trip to the Co-op I almost always see someone I know and end up having a good conversation. Additionally, I appreciate the Co-op creates a sense of community rather than just a shopping experience.

What opportunities have you had to be involved in the Co-op? I was a core worker in the Carriage House Bakery from September 2013 until July of 2014, when I had to leave my position due to work obligations. I loved being a core worker—it was incredible to be part of the Co-op in that way, and I suggest everyone try it if they are able!

Why have you chosen to run for a seat on the Board of Directors? I have chosen to run for a seat on the Board of Directors for two reasons. First, I had to leave my core worker position, and I wanted to find a way to remain involved in a manner that would better fit my work schedule. Second, I have an extensive background in organic farming, and I feel my experience that I would like to bring to the table. I have served as a member of the Board of Directors of Windsor County Partners (a youth mentoring non-profit), was a founding board member of Royalton Community Radio (a community radio station), and currently serve on the board of TAUNY. I also have managed Kingdom County Productions, a film and arts non-profit in Vermont. I believe that my extensive experience in this field will be an asset to helping to grow and sustain this institution that I love.

Can you fulfill the requirements of the Board as outlined above? Yes. I have chosen to run for a seat on the Board of Directors. As mentioned above, I bring extensive non-profit experience to the Board of Directors. Additionally, I am a former attorney, and I bring an appreciation and understanding of the legal system to the board. Finally, I have a passion for food systems, I believe that food is one of the things which connect us as a community, and plan on bringing that outlook to my service.

What's working, what's not working and what's missing at the Co-op? The Co-op’s greatest asset is its staff, and we are very lucky to have an amazing group of people who make the Co-op what it is. The Co-op staff is friendly, well-informed, and, well, awesome. As a co-op, we should do everything we can to retain the staff and bring more excellent people on board. We are also extraordinarily lucky to have our own bakery and deli on-site that produces some incredible food. I believe more people in the surrounding community should be aware of us to sell such great pre-made food.

I believe a challenge that the Co-op faces is one of perception. Price is an important consideration when people buy food. The Co-op does a nice job providing a good value, but it is hard to compete with giants like Price Chopper and IGA. In order to be a true community resource, we need to find a way for more people to be able to afford the products that the Co-op offers. Even where the Co-op is competitive on price, it is hard to defeat the perception that the Co-op is an expensive place to shop. We will never be able to compete directly with the big grocers in our area, but we need to find a way to make it so more people feel that the Co-op has something to offer them.

My Vision for the Co-op is: for it to continue to be a vital community resource for healthy food, and to be a place where people can come together and share their passion for local and sustainable food practices.

Erica LaFountain
How long have you been a Co-op member? My parents have been working members since the early 1980s so I was raised as a member and can remember packaging and cleaning at the old Market St. location. I moved back to Potsdam with my new family last year, and we just recently became members in our own right.

What do you appreciate most about the Co-op? The intimacy. By that I mean not only the small space, but also the kinship of the people. Even if you don’t recognize a fellow shopper, you know you have something in common because you’ve chosen the Co-op.

What opportunities have you had to be involved in the Co-op? Until I moved away at 17, I often helped with packaging, including cheese cutting, and attended most Co-op functions. Since moving back my involvement is mostly as a consumer.

Why have you chosen to run for a seat on the Board of Directors? I want to be more involved. I am proactive, and I care about the Co-op. As a mother of two young children I’ve decided not to hold a traditional job for the time being, so this is a welcome opportunity to apply myself in a different capacity.

Can you fulfill the requirements of the Board as outlined above? Yes. I have chosen to run for a seat on the Board of Directors. I have experience with the co-op model, having participated in another food co-op as well as housing and childcare co-ops. I also have a background in organic farming, and I feel strongly about locally and directly sourcing everything we can. Perhaps I’m about the right age to connect with the younger Potsdam crowd, while being old enough to have nostalgia about the Co-op’s earlier iterations. I hope we can keep the Co-op relevant and valuable without sacrificing its character and mission.

Marie Moore Richards
How long have you been a Co-op member? I moved back to Potsdam in 2011 – shortly after relocating to the area.

What do you appreciate most about the Co-op? The opportunity to purchase local and organic foods. The staff is friendly and is friendly to the old age of their customers.

What opportunities have you had to be involved in the Co-op? I have recently joined the Finance Committee and am learning my way around the operations.

Why have you chosen to run for a seat on the Board of Directors? From the moment I was approached to various meetings/interviews with individuals prior to joining the committee I was taken in by their excitement, commitment and dedication to the Co-op. Throughout my life I have been involved in various community groups and served on various boards. I would relish the opportunity to work with such a dedicated group that’s goal is to keep the Co-op viable and affordable in the community.

Can you fulfill the requirements of the Board as outlined above? Yes. I have chosen to run for a seat on the Board of Directors. I enjoy working with food and trying new recipes geared for a healthy lifestyle. My background is 30 plus years in finance and I am employed as Assistant Controller at CPH. Over the years I have been involved in audits, budgets, employee benefits and expense reviews. I am a dedicated and committed person who will see a job through to the end.

What’s working, what’s not working and what’s missing at the Co-op? I believe at this time that I am too new to make a fair comment on this.

My Vision for the Co-op is: To see it continue to grow, attract new members and prices a bit more competitive.
Moving to Potsdam in 2009.

Eric Ochranek

How long have you been a Co-op member? I’ve been a part of the Co-op since moving to Potsdam in 2009.

What interests, skill and talents will you bring to the Board of Directors? I have strong technical skills and was a critical part of the implementation of the membership card system, inventory tracking, and maintaining the Co-op’s online presence. I enjoyed doing all of that as part of the amazing team at the Co-op. I believe I offer a unique perspective as I’ve worked on the front-lines and as part of the back office. Since leaving the Co-op my technical skills have grown and I’ve earned a Master’s in Educational Technology. I support buying local, eating local, and the fair treatment of animals and humans along the way.

Martha Pickard Palmer

How long have you been a Co-op member? I moved back to the area 2 years ago and joined at that time.

What’s working, what’s not working and what’s missing at the Co-op? Many of the people I know or meet in Potsdam are somehow connected with the Co-op. I often speak with people who note that the Co-op is the place to go for fresh produce, local goods and delicious ready-to-eat foods. As a vegan, I know it’s hard finding certain ingredients for recipes. That would be even more difficult without the Co-op. However, maintaining the Co-op isn’t cheap and sometimes prices reflect that. Initiatives like the Buying Club offer members the opportunity to cut those costs. I would look forward to helping the Co-op achieve its goals of making goods more affordable as well as expanding that selection. I’d also like work towards attracting new membership and reaching out to educate members and non-members alike of the benefits of a Co-op membership.

My Vision for the Co-op is: As a former employee, I really appreciated being able to contribute to the Co-op. I would love to see the Co-op’s wonderful community of employees, volunteers, board members and working members continue to be actively involved in the Co-op’s growth and development.

What do you appreciate most about the Co-op? The obvious! I appreciate the friends, food, and the community that forms around supporting a local market. I also appreciate the variety of vegan foods available at the Co-op that can’t be found anywhere else in Potsdam. These are things that make the Co-op unique.

What opportunities have you had to be involved in the Co-op? I was employed at the Co-op for nearly three years as a cashier, cashier supervisor, and then IT specialist. Since then I’ve remained a non-working member.

Why have you chosen to run for a seat on the Board of Directors? I have a desire to work for the Co-op and give back to the community. This think would be a great opportunity for me to accomplish that.

Can you fulfill the requirements of the Board as outlined above? I look forward to it!

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