PRODUCT UPDATE

By Andy Peet

It’s almost turkey time! The Co-op will again be offering our favorite Stonewood Farm turkeys for 2017. Be on the lookout for the Thanksgiving Turkey pre-order sheet which will be going up soon. These Vermont raised Stonewood Turkeys have no hormones, antibiotics, or animal by-products added to their feed, and receive humane care in their crowded and open-sided barns providing lots of fresh air & natural sunlight. This premium quality turkey has superior flavor and juiciness. Here’s to a successful Thanksgiving!

I’d like to take the opportunity to highlight a few new items coming to our store. These are all products we sampled at the 2017 Foxwoods Tabletop show. I’ll start with Suzie’s Nut Butter Filled Cookies, Jessie and I both named this our personal favorite in the entire show. So are all products we sampled at the 2017 Foxwoods Tabletop show. I’ll start with Suzie’s Nut Butter Filled Cookies, Jessie and I both named this our personal favorite in the entire show. So are all products we sampled at the 2017 Foxwoods Tabletop show. I’ll start with Suzie’s Nut Butter Filled Cookies, Jessie and I both named this our personal favorite in the entire show. So are all products we sampled at the 2017 Foxwoods Tabletop show.

- Almond Butter, Peanut Butter, and Cookie Butter. When Jessie and I tried them we were blown away. You’ll have to try for yourselves.
- Vegan FieldBurger chili sauce made soft and creamy, these could be the best packaged!
- Creamy Original Chao Slices, and Chili微妙的 flavor and juiciness. Here’s to a successful

Sowing Solutions to Hunger

By Gloria McAdam, Executive Director, GardenShare

After working in the anti-hunger movement for more than 30 years in Connecticut, I was thrilled to return to my home and roots in the North Country. This was both the chance to come home and the opportunity to work at Gardenshare that brought me back. After those years of running a bigger and bigger food bank and seeing more and more people in line, I loved how GardenShare was working to connect the issues of hunger, farming, and food systems. As you can imagine, though, a lot was different and 2 1/2 years later, I still find myself reflecting on what things are the same and what are different in the anti-hunger and local food movements between the two locations.

In some ways, the hunger situation here in St. Lawrence County is as bad as it gets – about 20% of our neighbors live in poverty and more than half of our children qualify for a free lunch in school. While I had faced working in a community with similar poverty rates in the City of Hartford, the larger region and state were quite wealthy. This often drove a divide of soup kitchens and the dollar menu for poor people in the city and the fancy farmers markets for the rich people in the suburbs. Here in the North Country, I’ve not seen that kind of divide – many people of different means value and make use of our farmers markets, especially with GardenShare’s “Bonus Bucks” program.

Access to grocery stores is a challenge in both communities, but a different challenge. In Connecticut, the poorest urban neighborhoods didn’t have supermarkets, forcing people to either shop in the higher priced convenience stores, take a bus to the store, or use some of their grocery money for taxis. In St. Lawrence County, the access issue is the opposite - the larger villages have supermarkets, but people in outlying areas may have a challenge. The NYSARC bus system has improved the situation, but getting to the store for people without a car can still be difficult.

Research for both St. Lawrence County and the City of Hartford tells that low-income families use more strategies to get food than the rest of us. Most of us use two or three strategies - the grocery store, a restaurant, the farmers market. Low-income families will use strategies like dropping in on a friend hoping to get fed or visiting a soup kitchen or food pantry. I’ve seen some of these strategies employed here in St. Lawrence County as well, though there are also strategies families use here that are unique to the urban setting. While St. Lawrence County families frequently name hunting, gardening, and foraging as ways to get food, there is little of these going on in the city!

All of this points to the many challenges of trying to find solutions to the problem of hunger. Because it is a complex problem with different causes and issues in each community, hunger will require a variety of strategies to find a solution. Building bigger food pantries or opening more free meal dinners won’t; by themselves, solve the problem. As a society, we need to find a variety of ways to attack this problem. While we need to provide food when someone is hungry, we also need to consider how to move those families and individuals toward self-sufficiency. Solving hunger and increasing self-sufficiency might certainly include things like building the local economy and creating more jobs, ensuring access to affordable child care, and transportation systems that both get people to work and to the grocery store.

Fruit Salad
By Will Tribhart

Fruit: 2 quarts of your favorite seasonal fruit cut into bite sized pieces. Some ideas are:

- Cantaloupe
- Watermelon
- Strawberry
- Blueberries
- Cucumber (seeded)
- Grapes (cut in half)
- Kiwi
- Honeydew
- Sultanas of citrus

Dressing:
- 2 cups fruit juice (fresh squeezed if possible)
- 1 T. Minced ginger
- 1/4 c. Honey or sugar
- 1/4 c. Minced mint

Cut all your fruit and place in a large bowl. Mix the dressing making sure to dissolve honey/sugar. Pour over the fruit up to an hour before serving. Mix well and garnish with a sprig of fresh mint. Enjoy!

Become a Member-Owner

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.
By Eric Jesner

As I’m writing this update our produce department is beginning to fill up with local vegetables. We have been able to source a lot more produce from New York this year so you have an increased selection of regional items. I am looking forward to the rest of this year’s growing season and all of the local goodies we are privileged to get.

SALES

We had very strong sales the second quarter of this year, sales were up 5.7% over last year. For the first half of 2018 we are now up 5% over last year. Some of this is due to the increases in pricing you may have noticed, mostly in our deli. Through much research we have determined that some of our items were not meeting our margin targets, which is the reason for the increase and a few items disappeared. These changes have had a positive effect on our cash flow. We were able to achieve a positive operational profit of $3,000, which is high for us. We continue to be rewarded for the hard work the staff puts into improving your Co-op.

TREE REMOVAL

We had to remove the large butternut tree from our gardens behind the carriage house. It was dying and had begun to lean over at an angle that made it dangerous to sit beneath. We tried to have it all go good use. There were two burls that went to woodworkers and most of the rest went to people who would burn it for heat. It was sad too see it come down, but now the garden is very sunny. Go back and take a look if you haven’t been back there in a while.

MARKETING

The Potsdam Food Co-op Marketing Committee is looking to add to our dedicated Ambassadors list. Co-op Ambassadors are those first called upon to represent the Co-op and provide information about the Co-op during public events. This is a great opportunity for those looking for community involvement as a Co-op working-owner. We also continue to brainstorm and generate new ways to promote the Co-op through in-store displays, public outlets, local advertising and social media. If you are interested in learning more about the Co-op Ambassadors Program, or in joining the Marketing Committee, please contact the committee chairperson, Samantha DaGrossa at sdagrossa1@gmail.com.

IT AND WEB

The IT and Web Committee has been working on a few initiatives this quarter. We are in the process of connecting Raspberry Pi (tiny computers, not actual pies) to the freezers in order to monitor temperatures. If the temperature gets too low or too high, it will send out an email alert to warn the GM and committee members so that appropriate actions may be taken. This should help avoid losses due to freezer hiccups. We are also in the process of updating the calendar on the Co-op website which is currently used to inform Co-op members, customers, and community members of meetings and events like the annual Open House. The soon-to-be-implemented Google Calendar will be more easily and rapidly updated to avoid scheduling issues. This calendar can be updated instantaneously, which will be a significant upgrade compared with the current calendar. In other website-related news, we’ve added a Price Look Up (PLU) to our bulk page. If you have any mystery bags of spices at home with only the PLU sticker attached, you can now find out what it is at potsdamcoop.com/bulk-items.

SALES

From the General Manager

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 our 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 investment, return of surplus to members, continuous education, cooperation among cooperatives and concern for our local community.

Potsdam Food Co-op

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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 sent via e-mail to eric@potsdamcoop.com.

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Bringing Back the Tribe

By Kayla French

Food used to be central to human life in this country. Whether you were a tribal or a city dweller, the conversation over a meal, the time spent in the kitchen, and leaving each clan more stable. And the preparation, the eating, and therefore take-out is always a dinner group. Every Monday night would be take-out only or we could determine in advance if the meal for all the families involved. Our tables have all gotten a little bigger to accommodate the people with whom they’ll make small talk at the coffee pot at work, or at the grocery store on Saturday morning. Many Americans have their clan- their partner and perhaps children, maybe parents as well. These are the people with whom they have intimate relationships, but divorce rates in our culture would suggest that these relationships too lack intimacy, or, on the other hand, each member of the partnership is expecting the other to be their everything, their whole tribe in one body, a role impossible for anyone to fulfill. It was not all that long ago that people lived in tribes- extended networks of people who lived and worked and socialized and connected with each other. Members of the tribe served different roles and needs of other members of the tribe, leaving each individual more fulfilled, and leaving each clan more stable. We’ve lost our tribes, and it has led us to be brutally unhappy. Potsdam has a community that lends itself easily to soulful consumption of food and developing a tribe. For me, the Co-op is at the center of both of those things. Two years ago, I was at a bar-b-q at an acquaintance’s house. Another female acquaintance was there and suggested we start a dinner group. This idea was born when she talked to a friend who had been participating in a dinner group for over a decade. I didn’t have friends who were part of that same dinner group and chatted in that it sounded like a wonderful idea. In this already-existing dinner group, one family prepares a meal for all the families involved. Then, a member of each family goes to the cook’s house with take-home containers and returns home to feed their clan. This creates wonderful convenience for busy families. Each family has a meal prepared for them that they can eat that night, allowing for more flexibility with other things, or they can put it in the fridge or freezer to save for a particularly busy night. Each family is responsible for cooking only once every 5 or so weeks. This was the catalyst for our dinner group, but we decided to take it a slightly different route. Initially we decided it would be take-out or dine-in. That the cook could determine in advance if the meal would be take-out only or a dine-in night. We also decided if that family didn’t want to dine-in, they always had the option to take-out. Quickly, however, this methodology morphed. Our dinner group, which consists now of 5 families, is a social dinner group. Every Monday evening, we gather at the host family’s house and eat together. There are of course circumstances that would prevent a family, or a member of a family from joining, and therefore take-out is always an option, but that is uncommon, and we all strive to be there, together, on Mondays at 6:30. Initially we decided it would be a rotating dinner group had begun as our has as well. They too were a social dinner group when their children were young. Any parent of young people knows how important it is to make time to socialize with other adults who are also neck-deep in raising spawn. And so, when the founding dinner group began, theirs looked much like ours. Children playing. Older kids keeping track of younger kids. Pregnant women and nursing women and fathers holding tiny ones like footballs gathered around a table heaped with beautiful, deliberately prepared food.

In our two years together, we’ve doubled our children from 4 to 8. For the first time since we began, no one is pregnant. Our children look forward to our dinners more than the adults. Each child gets a little bigger and more included in the big-kid group. We hold each other’s babies so new moms and dads can eat without a human in their arm. We watch each other through job changes and we encourage each other’s dreams. We’re comforted through sorrow and rejoiced through growth and change. We solve all the problems of the planet and generally delight each other. Our tables have all gotten a little bigger to accommodate the number of humans who will sit around, mindfully and soulfully eating. And we often laugh to notice that, once a meal is eaten and cleaned up, the men folk and women folk tend to self-segregate.

It wasn’t too long ago I wanted to leave our dinner group. I’m brutally introverted and a teacher—one of the most extraverted jobs around. In the dark days of winter, overwhelmed with how much energy I was expending on work and family, and how little I was receiving from quiet alone time, it was ready to break and ready to pull out of the tribe and retreat into isolation. My husband helped me see the importance of the tribe. If I didn’t have a weekly obligation to spend time with other adults, I simply never would. I’d spiral into the despair of isolation or loneliness that only living in. And he was right. I agreed to stick with it, and I’m endlessly glad I have.

Everyone in our group is a fantastic cook. In the last year, we added the owners of Potsdam’s new catering company and cooking school Big Spoon Kitchen. We didn’t add them because of their business endeavor but it didn’t hurt either. In our group, we have three Co-op board members and one former board member. The task of cleaning the Co-op’s produce cooler shuts the back door switch hands from one family to another within our tribe. We are all very different individuals and clans, but we all share a common love for good, soulful food, and the Co-op is an important hub to all of us and the starting point for all our dinners.

When we began, we were not all the best of friends. We were people who were socially connected, but in some cases, superficially. I met one of the women in our group at that bar-b-q on the very day we decided to become a tribe. I hadn’t met her husband until our first dinner at my house. So as you read this and toy with the thought of starting your own dinner group, don’t fret if you don’t have 5 best friends who immediately come to mind. Look at the social circles that you are in. Look at who shares similar values, who has the same love for slow food, who is in a similar life-stage. Look at your best friends and tightest confidants. Reconnect with them. Try to pull them in to your circle. Consider bringing a friend or two who you are interested in meeting. Because in your attempts to reconnect with both soulful presence and social connectedness,

Luscious Nourishing Greens

By Paula Youmell

With the arrival of autumn, eating some hardy/hearty greens in season is not only healthy, it’s a fantastic way to nourish your body with plant based goodness. I do recommend adding some good fat to the mix so your body can absorb the fat-soluble nutrients in the greens. One idea to eat greens is to add them into soups, stews, and stir fries. In our group, the originating dinner group has served different roles and needs of other members of the tribe, leaving each individual more fulfilled, and leaving each clan more stable. Throughout the seasons, we have had different vegetables, but mostly I recommend kale. It is a hardy/hearty green that is low in calories and high in nutrients. Kale is low in calories and high in nutrients. Often, foods labeled as “super-foods” is hyped up marketing. I suggest to clients to stick with as much locally grown, whole foods as possible. If a food is a whole food, grown close to home, it is loaded with nutrients, even if the world of food marketing has not labeled it as “super.” I recommend eating your hearty fall & winter greens; try them all. Rotating the greens you add into your daily meals means you’ll get more than one variety. I am going to focus on the below 4 greens and will give a list of others to try as well. Feel free to use these greens interchangeably in recipes.

HARDY GREEN BENEFITS

• Relieves constipation: think fiber and chromium
• High in vitamins: A (this is plant-based carotene that your body can absorb), B, C, K, E…many others in trace amounts as well as phyto-nutrients and things we have yet to discover about

Carlton's

Hardy greens

Bok Choi

Swiss Chard

• Minerals: calcium, iron, sodium (don’t panic, you need this), magnesium, and, again, so many nutrients in trace amounts.
• Revered for their anti-cancer properties.

Bok Choy

I need vitamin C. Better eat some citrus. When really the focus needs to be on promoting a 100% whole food diet, you’ll see that variety, and you will cover your nutritional needs.

Swiss chard is in the best family. I love how the added bonus is that rainbow chard growing in the garden is beautiful! Although it’s not always the most tender affect in the mouth much like spinach. But, when it is gently cooked, it becomes much less aromatic. It’s a versatile green and can stir fry quickly, and then I add butter from grass fed animals and unrefined sea salt of the Celtic or pink Himalayan varieties. It is a yummy dish alone or added to soups, stews, and stir fries. In the summer, the tender young greens are available in season and we season fall on, I recommend stir fry quickly before adding to salads.

Swiss chard is considered cooling food. If you are a person who runs on warm, Swiss chard... Continued on page 4...
Flavorful Jams for your Pantry

Preserving the Berry Patch
Tomato and Garlic Jam

Crispy Pickles: The Joys of Water Bath Canning
Crunchy Pickles

All About Tomatoes: Sauces & More
Sauce Basics

Savor the Flavor: Freezing Hot Sauces & Homemade Condiments

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Contact the Extension Office at 315-777-3054, or mple6@cornell.edu for more information.

What’s expected of Board members?
Board members are elected to serve a 3-year term, and may serve 2 consecutive terms at most.
Board members are expected to attend and participate in monthly 1-2 hour Board meetings (held the third Tuesday of each month), along with certain annual events hosted by the Board, including the Co-op Annual Meeting, periodic member/owner potlucks, the staff appreciation party, and the Co-op Open House.
The Board accomplishes a great deal of work in committees and expects each member to participate in at least one of the committees of their choosing. Current leadership includes the following standing committees: Executive, Finance, Nominating/Governance, Education/Outreach, Membership/Marketing, Newsletter, and Web/IT. There is also a Buildings and Grounds Committee under the General Manager’s Leadership.

Sound interesting?
We are always on the lookout for potential Board members, as each year we typically have at least one vacancy to fill. If you’re interested, contact Laura Cordts, Gov. Commit-tee Chair, at lcordts@cphospital.org, or Board President Joe Andriano at andrianoj@gmail.com
Business Partners

These locally owned businesses have generously agreed to grant the following offers to Co-op members. Present your current Membership Card when asking for the discount. One time offers will be checked off when used.

Food

- 30 Market St., Potsdam
  $1.00 off any large pizza
- St. Lawrence University Publishers
  Jerrebi Coffeehouse
  11 A Maple St., Potsdam
  10% off brewed coffee
- 3 Bears Gluten Free Bakery & More (Potsdam)
  10% off from Monday to Friday
- Purple Rice
  20 Elm St #105, Potsdam
  $2 off one lunch special (one time offer)

Retail

- MAPLE RUN EMPORIUM
  49 Market St, Potsdam
  10% off at Maple Run Emporium brand merchandise
- Seaway Cash Register & Typewriter
  14 Bray Reed, Norwood
  5% off on machines, services, and supplies
- The UPS Store
  200 Market Street - Potsdam, NY 13676
  (315) 743-5864 - store5298@theupsstore.com
  10 free B&W self service copies, daily
- Farmhouse Forge
  James Gonzalez, blacksmith
  315-565-1130
  10% off
  www.FarmhouseForge.com

Home Services

- Alpine Foam Insulation
  315-262-6544
  5% off residential foam insulation job
- Renew Architecture & Design
  Rebecca Weid AIA and LEED AP
  rebecca@renewarchitecture.com
  5% discount on residential architectural services

Health/Beauty

- The Yoga Loft
  North Country Center for Yoga and Health
  17 Main Street, Canton
  One time $5 discount for any drop-in class
- ALCHESSTRESS
  17 Maple Street, Potsdam, NY
  10% off body art (excluding tattoos)
- Alexander Technique Lessons and Workshops (Beth Robinson)
  (315) 212-6582
  73 Leroy Street, Potsdam
  10% off first lesson
- Chiropractic Office of Dr. Jamie Towe & Dr. Lisa Francay Towe
  16 Park Street, Canton / 3276 State Route 11, Malone
  10% off chiropractic services at both locations
- Two locations: 143 Market Street & 23 Market Street, Potsdam
- Colton Massage Therapy
  Catherine A. Klein, BA, LMT
  4606 State Highway 56, Colton
  $10 off first massage or gift voucher
- Knead of Life
  Helen M. Koney, NY’s LMT
  Hannawa Falls
  $5 discount on first session

Entertainment

- CPS Community Performance Series
  15% off regularly priced tickets at the box office (some restrictions may apply)
- St. Lawrence County Arts Council
  1 time SLC Arts member rate discount on a community arts class
- Orchestra of New York
  315-267-3251
  10% off regularly priced tickets

Featured Business

- The UPS Store
  The UPS Store, locally owned by Jeffrey Proulx and managed by Fonda and Janice Adderley, specializes in copies, printing, promotional products and packing and shipping UPS, USPS, and DHL packages around the globe.
  The UPS Store is excited to announce their upcoming 10th Anniversary as they will continue to grow, and proudly serve the local community. Visit them weekdays 7:45am-6pm and Saturday 9am-4pm at 200 Market Street, next to Save-A-Lot, or online at www.thepsusstorelocal.com/5385. Potsdam Food Co-op members receive 10 free black and white copies daily.
Bylaw Change to Implement Patronage Dividends

Next month, member-owners will receive notice of a special meeting to implement something called “patronage dividends.” What are patronage dividends, and why is the Co-op Board recommending member-owners implement this change to the bylaws?

Before we get to that question, it’s important to note that patronage dividends do not replace your member discount. The current Board is committed to retaining the member discount. Patronage dividends will actually be an additional financial benefit to you as a member-owner, and to the Co-op.

So why is the Board recommending this change at this time? Quite simply, for the first time in years the Co-op has been profit and is looking at suitable profits to members, it is also considering how much of the excess income needs to be retained for capital for future projects or expansion.

How are Patronage Dividends determined?

After the fiscal year has ended and all the accounting for the year is done, the profit or loss for the year is determined. The Finance Committee and the General Manager will have put together a budget for the year and will determine how much of the excess income needs to be retained for reserve funds (to cover expenses that occur periodically like new equipment, etc.). The remainder will then be declared as the pool for patronage dividends. The amount each member household will receive depends on how much that household has spent, its patronage, at the Co-op.

Retained Dividends

One of the unusual aspects of patronage dividends is that they are seldom paid out in full. IRS regulations require that at least 20% of the dividend be paid to members, but up to 80% can be retained by the Co-op. This can be used to strengthen the Co-op’s cash position in general for capital for future projects or expansion.

How are Dividends Distributed?

The distributed portion of the dividends can be distributed by cash, check or member credit. What method the Co-op will use has not been determined, but bearing in mind that there are close to 1,000 members, writing checks sounds daunting. Writing checks for less than a dollar would be costly so the Board can implement a policy that sets a de minimus amount below which a dividend will not be paid. However, if there is a simple way to pay all the dividends by crediting the value to the member’s store account, writing individual checks might not be necessary.

Taxes

Technically speaking (and as explicitly stated in Section 3 of Article VIII), member-owners are responsible for paying income tax on these dividends. However, there is an exception to this for purchases of “personal, living or family items,” which includes all of the items the Co-op sells. In effect, the consent provision is of no significance to the members of the Co-op, except where the purchases are for business or income-producing purposes.

Timeframe

The bylaw change is being proposed now because it has to be in effect at the beginning of 2018 for the Co-op to use the Annual Meeting in February of 2018 would mean that patronage dividends couldn’t be paid in 2019 but would have to wait until 2020.

Patronage Dividends are Not Going to Replace Discounts

When the Board first looked at Patronage Dividends four years ago, the thought was that they would replace non-working member discounts. As the Board considered Patronage Dividends this time, it was determined that the discounts and dividends were completely separate and could coexist together. While both discounts and dividends must be managed in a fiscally responsible manner, there is no reason they can’t both be in effect simultaneously.

Summary

After years of consideration the Board feels strongly that putting the mechanism in place to pay Patronage Dividends is in the best interest of the Co-op. In addition to being a mechanism to distribute profits to members, it is also serves to minimize income tax liabilities in a legal and ethical way.

Your Board encourages you to attend the special October meeting (details will be sent to all member households), and to cast your vote on this important matter.

For More Information

The following resources are what the Board used in its deliberations:

• Patronage and Tax: https://www.cornucopia.org/analysis/20150627-patronage-tax

You are also welcome to email rebecca.mclellan@gmail.com with any questions.

When Certified Organic Is Not Available, Ask the Right Questions at the Market

DIY Certification Guide: Identifying Authentic Produce and Ethical Farmers at the Market

Originally published July 28, 2017 at cornucopia.org. Source: Corey Templeton

As market season kicks into high gear, farm stands beckon shoppers with signs: Local! Organic! Natural! No Spray! Sustainable! Organic is defined by strict federal standards. But what do these other claims really mean, and which are worthy of support? The Cornucopia Institute, a farm and food policy research group, has prepared a Do-It-Yourself (DIY) organic certification guide to help shoppers navigate their local markets and reward the diverse farmers, while bringing home the healthiest food for their families, when a certified organic farm vendor is not available.

“It’s important to know that just because it’s called a farmers market, this does not mean that all of the food for sale was grown locally or organically,” said Linley Dixon, PhD, Cornucopia’s senior scientist. “There are instances of greenwashing at farmers markets, ranging from reselling industrial produce that was bought wholesale to ‘no-spray’ and ‘natural’ signs that may, or may not, mean what you think they do,” Dixon added.

That’s why Cornucopia highly recommends buying from a certified organic vendor, or CSA, if there is one available. “These are farmers who jump through all the hoops, maintaining scrupulous records, and opening their operations to inspections every year,” said Dixon.

Cornucopia published this guide because many smaller, local farms have chosen not to go through the certification process and, without third-party inspections, consumers need to be a bit more engaged in judging the practices employed on these non-certified farms. Local farm stands, CSAs, and farmers markets give access to some of the freshest and healthiest seasonal food, while providing an opportunity to directly support the people who produce it. They also create community around food, advance the good food movement, and support neighborhood vitality.

“The food you find at farmers markets, or CSAs, might have been harvested 10 hours ago down the road, rather than 10...Continued on page 7...
Whole Grains
For Pregnancy and Beyond

By Mary Michalek, certified birth and postpartum doula at New Day Doula

WHEAT BERRIES
I love the chewy texture of cooked wheat berries! They can be added into soups and casseroles replacing rice or made into a tasty salad. Obviously those who are sensitive to gluten should steer clear of this grain but they are a nutrient powerhouse for everyone else. I’m partial to the following cold salad made with cooked wheat berries. You can easily substitute sorghum or oats greens if you can’t eat gluten.

Wheat Berry, Kale, and Cranberry Salad
From Cooking Light

1/2 cup uncooked wheat berries
2 cups shredded baby kale
1/2 cup diced celery
1/4 cup minced red onion
1/4 cup dried cranberries
1 TBS olive oil
1 1/2 tsp koshar salt
1/4 tsp freshly ground black pepper

Place wheat berries in a medium saucepan. Cover with water to 2 inches above wheat berries; bring to a boil. Cover, reduce heat to medium, and cook 50 minutes or until chewy-tender. Drain and rinse with cold water; drain. Place wheat berries and remaining ingredients in a large bowl; toss gently.

QUINOA
The first time I had quinoa, it looked so foreign! A little grain with a early tail? I had to ask the chef what it was. Now this amazing grain can be found all over the place! You can get white or red varieties from the Co-op. Before cooking quinoa, you want to make sure to rinse it first or it can have a bitter taste. This easy recipes incorporates black beans – another nutritious ingredient to include in a pregnancy diet. But make sure to check the sodium level in the beans! Canned beans can be very high in sodium and that can lead to extra swelling in pregnancy.

Black Bean and Quinoa Salad
1 cup cooked quinoa
1/3 cup canned low-sodium black beans, drained and rinsed
1 small tomato, chopped
1 scallion, sliced
1 tsp olive oil
1 tsp fresh lemon juice

Pinch of salt
Pinch of freshly ground black pepper

In a medium bowl, gently toss all ingredients to combine.

Rolled Oats
You shouldn’t stop enjoying whole grains once the baby is born! Not only are the grains helpful in healing your postpartum body, oats are commonly thought to help increase milk production. Whether they make a difference or not, try out these tasty cookies! Feel free to add in some nuts if you enjoy those.

Lactation Cookies
1 cup all-natural peanut butter
1/3 cup honey
1 cup dark chocolate chips
2 1/2 cups whole grain rolled oats
1/4 cup Brewer’s Yeast
1/4 cup Chia seeds

Melt the peanut butter and coconut oil on the stove top. Stir in the chocolate until melted. Add in the honey. Stir in the remaining ingredients. Scoop onto a prepared cookie sheet or into a lined mini muffin tin. Cover and refrigerate until firm.

Big Spoon Kitchen

Rose (Rosie) Rivezzi came to Potsdam as a student in 1976. By the early 80’s she had put down roots in the community. One of these was a membership at the Potsdam Co-op. Rose and her husband David raised their children on Co-op food, leftovers lived in “Co-op” containers, and a variety of foods were stocked for their kids see how food makes it to the table. A teacher for 30+ years, Rose retired in 2015 but she wasn’t going to just take it easy. The kitchen had always been a place she felt at home. As a child one of her strongest sensory memories was the smell of garlic sautéing in olive oil. The eldest child of Italian immigrants Rose learned the basics of the Italian kitchen from her mother, and the beauty of having a garden from her father. Her culinary world expanded beyond meatballs and tomato sauce with the help of Molly Katzen’s first Moosewood cookbook. Food for her is pleasure, comfort and a way to create community.

Will (Willie) Trithart, Rosie’s son, always had a passion for eating healthy. That passion for food and cooking became a passion for creation. Will loves to cook food for others and the bustling and busy kitchen that he created for their kids became a speaking. In high school he got an entry level job at SUNY Potsdam doing catering and then became the “pizza guy” at Mama Lucia’s. After graduating from PCS Will took a 10 year hiatus from living in the North Country. He went to culinary school, got a degree in Environmental Studies, met the love of his life, biked across the country twice, and spent 2 years managing an educational forestry project in Costa Rica. The North Country always felt like home, and in 2015 it pulled him back. Rose and Will were both at a crossroads. One recently retired, and the other ready to start a career. A partnership seemed like a good plan. Ideas sparked, grew, and evolved. What could this mother-son team do in their communities that would support local farms, get people interested in food, and ultimately make food and eating more meaningful? Big Spoon Kitchen came to be.

Buying from local farms and creating meals was their first idea. However they knew that wasn’t enough. They needed to empower others to take a step back to the kitchen. There would be no secret recipes, techniques, or ingredients at Big Spoon. Anything they made, they would be ready and willing to teach. A little more confidence in the kitchen might be the spark that convinces someone to buy a whole chicken, half pig, or quarter cow from the farm down the road. Some new knife skills may be all that is needed for a family to decide to do a CSA or decide that the frozen pizza would stay in their freezer at least one more night.

There are three aspects of Big Spoon Kitchen. They provide quality food from local sources to events in the area, from a small family gathering to a larger event. They also will have a weekly seasonal menu of meals that families and individuals can stock their fridge and freezer with for busy nights. These will be purchased through a pre-order online system with pick-up once a week. In addition, Big Spoon Kitchen will provide learning opportunities at the kitchen to give people the skills and confidence they need to succeed in their own kitchens. A collaboration with the Co-op is in the works. More info about this exciting new joint-venture will be in the next newsletter! Stay up to date with Big Spoon happening on Facebook at Facebook.com/BigSpoonKitchen or by heading to their website BigSpoonPon-dam.com
Co-op Open House & Member-Owner Renewal Day!

Saturday, September 16
11-3 pm

Renew, refer a friend, or join for the first time and get 10% off purchases for everyone at the event!

Saturday, September 16
Celebrate 47 years with us!

Chocolate!