

Potsdam Food Co-op News

November & December 2002

Committed to providing a model of responsible business practice based on Cooperative Principles

***Hungry No More* workshop to be held in Potsdam**

BY PHIL HARNDEN

A workshop entitled “Hungry No More: Building Community Food Security in the North Country” will be held on Saturday, November 9, from 8:45 A.M. until noon at the First Presbyterian Church, 42 Elm Street, Potsdam. The event is sponsored by GardenShare, a nonprofit network of North Country gardeners working to end hunger. The workshop is free and open to the public. Advance registration is requested. To register, call (315) 347-3778 or write GardenShare, 860 Maple Ridge Road, Richville NY 13681.

Workshop participants will hear from special guest Janet Poppendieck, author of the widely acclaimed book *Sweet Charity?: Emergency Food and the End of Entitlement*, which won the 1999 World Hunger Year Award for Fighting Hunger at the Grassroots. Dr. Poppendieck is a passionate crusader against hunger. She will introduce participants to the concept of Community Food Security (CFS), a new movement that links the concerns of low-income people, farmers, consumers, and policy makers into an alliance to end hunger. The CFS movement seeks to build up a community’s food resources in order to meet the needs of local people through a just and ecologically sustainable food system.

“This is a workshop for anyone who wants to help end hunger in our community,” says GardenShare president Philip Harnden of Richville. “That includes gardeners, farmers, people with first-hand experience in facing food shortages, food retailers, food pantry staff and volunteers, public health advocates, clergy, laity, and anyone else concerned about hunger. All are welcome.”

Besides being introduced to the concepts of Community Food Security, participants learn the strengths and weaknesses of the local food system and hear presentations on CFS projects that have worked in other communities. The workshop will also include small-group interactions and brainstorming about how to use CFS concepts locally. A light lunch will be provided following the workshop.

GardenShare hopes that from this workshop there will emerge an ongoing “working group” of individuals willing to develop and pursue CFS strategies in the North Country.

People planning to participate are encouraged to prepare by attending the public talk being given by Janet Poppendieck the day before the workshop. She will present “Hunger—From Charity to Justice” on Friday, November 8, at 3:00 p.m. on the 8th floor of Raymond Hall at Potsdam College. This event is also free and open to the public. A reception will follow.

GardenShare Inc. is a 501(c)(3) nonprofit corporation governed by a nine-member board of directors that includes North Country gardeners, educators, parents, and others concerned about hunger in our communities.

Additional information about GardenShare is available online at www.northnet.org/garden.

Additional information on combatting hunger is available online from the World Hunger Education Service at www.worldhunger.org



Author Janet Poppendieck to speak in Potsdam - photo credit: Jerry Bauer

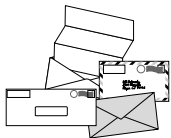
Cultivating the Ideal Board of Directors

BY ED CLARK, CO-OP BOARD PRESIDENT

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly owned and democratically controlled enterprise (ICA 1992)

Thus, by definition, a Co-op is a democratic organization. Our own, the Potsdam Consumer Cooperative, is a primary cooperative where each membership has one vote. The members are served by an elected Board of Directors who have specific decision making responsibilities for the organization.

see BOARD page 2



From the Editors

One thing that amazes me about our Co-op membership is the wealth of its members' talents and abilities upon which we can draw. The area I am most familiar with is, of course, this newsletter. Anne and I, as editors, do the assembling and layout (and sometimes some writing). However, the vast majority of the content is furnished by other Co-op members. And the variety of writers and their subjects always makes for an interesting and informative read.

Here is a list of contributors so far this year (as complete as I can make it – my apologies to anyone I have omitted!). Columns: Ed Clark, Tom Hardiman, Scott Miller, Amy Savitskie. Regular Features: Laura Goshko and Anne Malone (*Co-op Board Minutes*), Lorraine Harper (*International Foods*), Gretchen Koehler (*Koehler's Corner*), Victoria Exposito-Shea (*With The Grain*). Articles: Mary-Ann Cateforis, Ed Clark, Jan de Waters, Milner Grimsled, Phil Harnden, Matt Guardino, Janet Learned, Anne Malone, Jackie Miller, Paula Schechter, Leslie Schwartz, Jody Tosti.

That is 17 people, in addition to the editors, who have contributed content to this newsletter. And, after the print run is complete, Chris Dunn and his crew of volunteers handle the labeling and mailing of each issue.

This illustrates that the *Potsdam Food Co-op News* is, indeed, a cooperative endeavor. Thank you to all who have contributed and to all who have encouraged us to make this publication a success.

Happy Holidays.

Milner

Board, cont'd from page 1

Among these are hiring and supervising management, overseeing financial matters, and short and long range planning. As advisors we bring many areas of experience and expertise to help in our deliberations and decision making. Ultimately, our responsibility is the health and longterm survival of our Co-op.

As our membership is a diverse group with common goals, so is the board of directors. We perpetuate our board by electing the trustees to three year cycles. Each cycle typically accepts 4 members so that there is substancial overlap between newer and older members. There are also term limits so that the Co-op continually engages new energy and input in their representation. Each year at this time we seek new candidates for our Board of Directors. I would like to think that YOU just might be the ideal board member.

Requirements are not overwhelming. A strong desire to see our Co-op thrive and survive is a good place to start. The commitment is to attend a monthly meeting, do some committee work and interact with the membership and staff during a three year term.

If you can envision giving some time and energy for the good of this organization then we want you to step forward and ask for all of the details. You may talk with me, the Co-op management, or any of the Board members listed below, especially Todd Alessi, who has the responsibility of recruiting candidates. Or you may attend one of our meetings which happen on the 3rd Tuesday of each month at 6:00 PM.

The Potsdam Food Co-op Mission

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

Co-op Board Members

Ed Clark	265-1078
Todd Alessi	347-3660
Jan DeWaters	265-2234
Theresa FitzGerald	265-8387
Tom Hardiman	268-0821
Anne Malone	265-0541
Richard Paolillo	265-8649
June Peoples	386-1840
Megan Smith	265-3101
Andy Soutar	769-5061
OPEN	
OPEN	

Co-op Staff

Scott Miller	Store Manager
Leslie Schwartz	Floor Manager
Amy Savitskie	Purchaser

Newsletter

Anne Malone	Editor
Milner Grimsled	Editor
Chris Dunn	Circulation

Co-op e-mail address: coopmail@slc.com

An Open Invitation

for Interested Co-op Members to attend
the Next Meeting of the Co-op Board
Tuesday, November 19, 2002
6:00 PM – Carriage House (2nd floor)

Potsdam Food Co-op News is the official newsletter of the Potsdam Consumer Cooperative, Inc. in Potsdam, NY. It is published bi-monthly in odd numbered months with a special holiday supplement in December and serves as an open forum for the exchange of information and ideas between Co-op members. Articles appearing in this newsletter may be printed in other cooperative newsletters provided credit is given to *Potsdam Food Co-op News* and to the author of the article. We welcome submissions and comments from members and non-members. Submissions are due the third Friday of even numbered months for publication in the next issue. Bring or mail submissions to Co-op or send them via e-mail to coopmail@slc.com



Printed on 30-50% recycled paper

Ever wonder when the breads are out of the oven and on the shelves at Co-op? Here are the estimated times for each day.

Carriage House Bakery — Bread Production Schedule

	Tuesday	Wednesday	Thursday	Friday	Saturday
Loaves:					
Batard	9:00 AM	9:00 AM	10:00 AM	10:00 AM	10:00 AM
Spelt	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM
Raisin	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM
Rye		1:00 PM			1:00 PM
Rye Current					1:00 PM
Multigrain		1:00 PM		1:00 PM	
Whole Wheat	1:00 PM		1:00 PM		
Flats:					
Classic				9:00 AM	
Jalapeno			9:00 AM		
Rosemary					9:00 AM

From the Purchaser

Do you know about the Shoppers' Suggestion Book?

Let's talk, or actually, let's write. Do you ever just need to share something and there's no one around to listen? Scott's in the office, Leslie's hauling around crates of apples, the cashiers are all busy, and I'm so deep in an order I won't even make eye contact with you? Here's what you do. Meander over to the suggestion book, grab a pen and let yourself go (within reason, of course). You might tell us about a product you'd like to see, ask what happened to one that has disappeared, share your enthusiasm for cinnamon raisin bread, or rave about the spectacular garden.

Perhaps you will address a food related topic that will invite discussion, or comment on customer service. You may leave your entry unsigned, but if you'd like a personal response, leave your name and phone number/email address with your question.



Potsdam Food Co-op

24 Elm Street, Potsdam, NY 13676

Your Community Grocery Store — Open to the Public

Store Hours: Mon-Fri: 9am-7pm
Saturday: 9am-6pm
Sunday: Noon-4pm

Contact us: phone: (315) 265-463 — coopmail@slc.com

What's New on the Shelves?

Brown Cow Vanilla Yogurt

low fat and fruit juice sweetened
or whole milk cream top

Equal Exchange

Love Buzz

What else could you call coffee that is "sweet, sultry, and smooth with an unexpected bite and a lasting finish"?

Organic Hot Cocoa Mix

made with fair trade cocoa.

Oregon Chai

Instant Chai Mix — in 4 flavors.

Lindt Excellence Chocolate Bars

85% Bittersweet

Extra Creamy Milk Chocolate

Jim's Organic Coffee

Nora Blend (full city roast)

Blend X aka Witches Brew

(dark and mysterious)

Yes, coffee names are getting a bit fanciful.

Amy

From the Manager

Considering Alternative Currencies

BY SCOTT MILLER, CO-OP MANAGER

I'm occasionally asked why the Co-op started accepting credit cards. The sentiment being that we are now involving a multinational (potentially evil?) corporate bank in our small, locally nurtured business. Presumably the two organizations contradict each other so dramatically it can only be a one-sided business relationship. Honestly, I can't argue with that.

What I have to offer is that many, many customers were asking us to accept their cards. Long before we started accepting plastic in lieu of paper, it was the currency of the times. If we were to continue operating our business as usual, cards were inevitable. In that way, good or bad, this store reflects the needs/wants of its customers.

Since January 2001, when the Co-op began accepting credit cards, our customers have enjoyed using them. In September 2002, nearly 25% of our sales were to credit card customers.

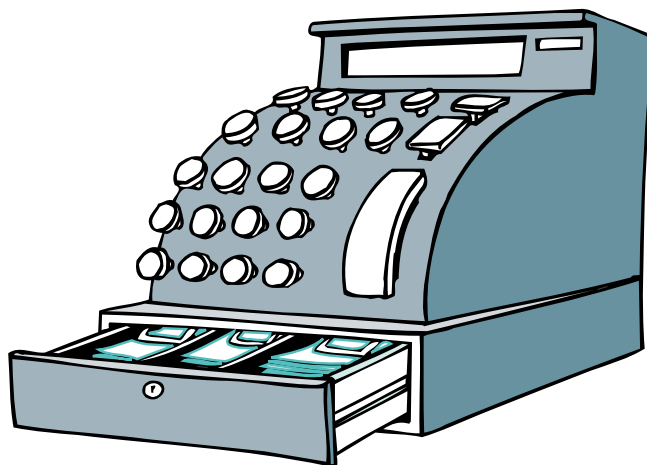
Another telling statistic from our September numbers is the "average basket" totals. Credit card customers' average purchase was more than \$24.00 with each visit to the Co-op. Cash and personal check customers spent less than \$14.00 at each cash out.

Of course, each credit card transaction has a cost associated with it. The Co-op pays 10¢ for each swipe, and 1.61% of the sale. (If a card's magnetic strip is faulty and the clerk has to enter the 16 digit card number manually, we pay 2.21% of the sale.)

The Co-op has never accepted debit cards. The costs of accepting them are even higher than credit cards, sometimes (depending on the customer's bank) as high as 75¢ per transaction. Since most debit cards double as credit cards, we can process them as such.

Last July I canceled our contract with both Discover and American Express. Not only were their merchant costs higher than Visa/MasterCard charges, but few customers used them. It involved more accounting time for those few sales than it was worth.

Personal checks also cost the merchant to process. Most banks charge the merchant 15¢ for every customer check deposited. On most days the Co-op has more check sales than cash sales.



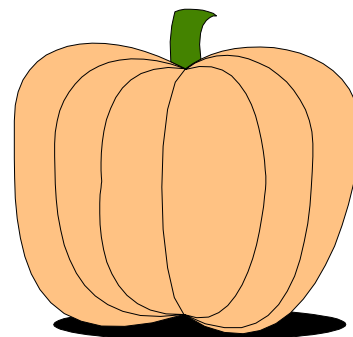
Before we draw a conclusion that I'd prefer Co-op customers to spend only cash here, let me point out that cash is not without its cost to the merchant. It takes a lot of paid staff time to handle cash, both at the register during a sale and when cashing out at the end of a day. There is much more involved in a cash transaction than meets the eye, consequently more opportunities for errors.

So, why am I telling you this? Primarily, to respond to the credit card questions, but second, to give you a bit of insight into the considerations required to operate our business. On this point, I wouldn't ask that our customers use a particular currency. Use whatever your home finance system is designed for. Processing all of them has its costs. I adjust our systems to accommodate the changes as they occur in the larger economy, and our smaller one.

Enjoy the last of our beautiful Autumn. As I write this, the forecast is for our first snow this weekend.

A handwritten signature in black ink that reads "Scott".

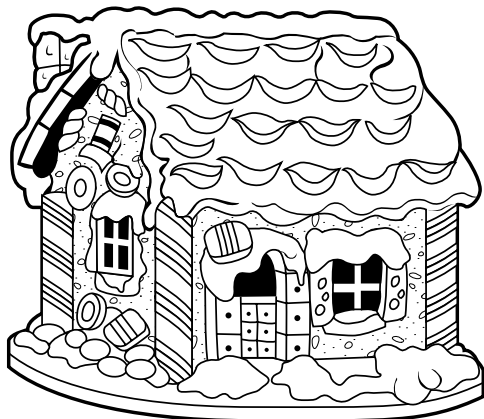
What do you get when you divide the circumference of a jack-o-lantern by its diameter ?



Pumpkin pi, of course.

Calling all gingerbreaders!

New this holiday season at the TAUNY Gallery: Gingerbread Contest and Display.



Pat-a-cake, pat-a-cake baker's man
Bake me a gingerbread fast as you can
Children's nursery rhyme

The staff at Traditional Arts in Upstate New York love gingerbread houses – they're so festive and smell so good – so they've decided to invite gingerbreaders from around the region to show off their best efforts at the TAUNY Gallery in Canton. For the month of December, they will display any gingerbread houses brought to them.

Even better, there will be a contest. Judges will be experienced bakers from the region. *Prizes will be awarded for Best in Category and Visitors' Favorite*. There is one open category for bakers under 14.

Adult bakers (anyone over 14) have the choice of three different categories: generic houses, other structures (barns, churches, etc.), and local landmarks. There is a \$5 fee for each entry in the adult division. Entry fees will be applied toward prizes.

Flyers with more information, including dates, contest rules, and prizes are available at Co-op. For additional information contact Jill Breit at TAUNY, (315) 386-4289 or jill@tauny.org.



Holiday Gingerbread Folks

These are great to hang as Holiday decorations, to give to friends, or to munch on while you read your favorite book.

- ½ cup molasses
- ¼ cup sugar
- ½ cup butter or margarine
- 1 tablespoon milk
- 2 cups flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- ½ teaspoon powdered cloves
- ½ teaspoon ginger



Cream butter until light and fluffy. Add sugar and molasses. Beat thoroughly. In a separate bowl, sift together flour, baking soda, salt, nutmeg, cinnamon, cloves, and ginger. Stir dry ingredients into the butter-sugar mixture. Stir until blended.

To make drop cookies: Arrange cookie dough by spoonfuls on a prepared cookie sheet, 2 inch apart. Bake about 8 minutes at 350°F.

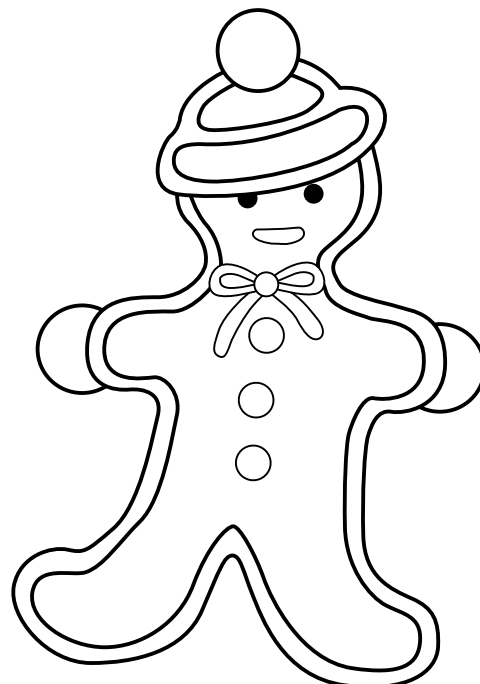
Makes 50-60 cookies.

To make Gingerbread folks:

Add about 1/4 cup additional flour to make dough stiff enough to roll out. Refrigerate dough for about one hour. Then take from refrigerator and roll out to 1/4 inch thick. Cut with cookie cutter or make pattern with cardboard and cut knife. Bake about 8 minutes at 350°F. When gingerbread folks have cooled, invite your friends to help frost and decorate the cookies with raisins, citron, etc.

Makes 25-30 "folks."

Decorate your
own
GingerPerson



Thoughts on Garbage . . .

BY PAULA SCHECTER

Garbage. What is garbage? The Oxford American Dictionary (1980) defines garbage as (1) food waste; (2) any rubbish or trash; (3) informal, anything that is useless or unnecessary. I personally have a hard time with the food waste definition. Isn't that what dogs, pigs, chickens and compost piles are for? Put your left-over foods, scraps NOT trash, to good use!

If rubbish and trash are useless or unnecessary.... then why do they exist in the first place?

In my mind, "garbage" speaks to the lack of Earth Sustainable Shopping (Jan/Feb 2002 newsletter). If an item does not have a useful purpose forever, then why do we buy it? Why does this thing exist? More importantly, what can we do to eliminate these "useless" items?

To me, garbage is a garbage word. It shouldn't even exist. Ideally it should be possible to make everything we bring into our homes reusable or recyclable. Do people think consciously about what they drop into various household "wastebaskets"? Where do we think this stuff goes? Garbage does not just magically disappear because it leaves our homes. It is forever part of our environment, the Earth as a whole. The air we breath ; the soil our food is grown in; the water we drink, cook & bathe in are seriously compromised and polluted by the mountains of household waste we discard.

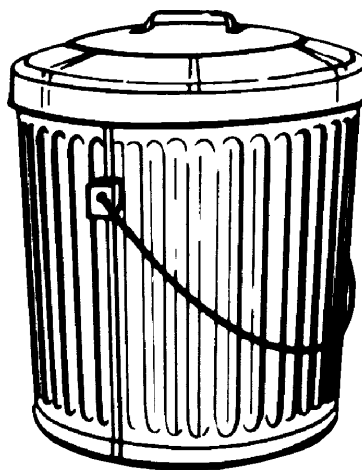
We need to think consciously about those bags unconsciously delivered to the curbside weekly. Personally I get creeped out about garbage, an area in my life where less is definitely more! Start now by consciously looking at every purchase intended to end up in your home. Here are a few ways to reduce, reuse & recycle.

1. Is there shrink wrap plastic on it that will become garbage? Can you buy something similar without the shrink wrap?
2. Can the Styrofoam or other packing materials be reused by you or a mailing business? This requires that you make the effort to store these packing materials and deliver them to the mailing business when it is convenient for you. (ONE-STOP MAIL SHOP, 103 Main St., Canton, 386-1805 and Mail Boxes, Etc., Gateway Shopping Plaza, Ogdensburg, 393-1188)
3. Are there paper or cardboard materials that can be reused or recycled?
4. Opt not to take a store-offered plastic or paper bags. Instead try carrying items in your own reusable cloth bags. (bags with our logo are available at the Co-op!) If only purchasing a few items, why not forgo the bag and carry the items in your hands? Same goes for produce bags... do you really need all your apples (or any produce) neatly placed into a plastic bag that you will then rebag into a larger bag to carry home?



5. For those bags you already have at home, keep some in your car. That way you can reuse them in the stores you frequent. Or take them back to a store which will reuse them, like the Co-op.

6. Use your yogurt, cottage cheese, and similar non-recyclable containers to store leftover food and carry lunches to work with you. They also make great reusable garden containers for planting seeds or cut the bottoms out of them and put plants into them to avoid the cut worm terrorists in your garden.



7. Avoid disposable baggies and plastic wrap like the plague. Use storage containers that can be reused forever and get that flimsy plastic off the curbside. Even the plastic bags that bulk items come packaged in at the Co-op can be reused many times for lunches and storage of other food stuff. So can plastic bread bags. With all these readily available containers, why purchase disposable baggies? Another item that

drives me crazy is the disposable elastic plastic covers now sold by plastic wrap companies. They may be convenient, so to speak, but that convenience comes back to slap the Earth, hard. How about using dishes with reusable covers that will never wear out?

As I sit here in mid September, the Holiday Season approaches and my mailbox and recycle box fill up with unwanted catalogs and sales fliers. (You can call companies responsible for unwanted mailings and request that your name be removed from their mailing list. This can be a time consuming task but well worth the effort with companies you do not plan to patronize.)

If you prefer not to receive preapproved offers of credit, you can opt out of such offers by calling 1-888-5-OPT OUT. If you want to remove your name from many national direct mail lists, send your name & address to: DMA Mail Preference Service, PO Box 643, Carmel, NY 10512.

see **Garbage**, page 7

Koehler's Corner

Squash Again for Breakfast

BY GRETCHEN KOEHLER

The first summer in our new home, three beach ball sized pumpkins voluntarily grew from our compost pile. We marveled as we watched them grow bigger and BIGGER and took lots of credit as we proudly showed them off to friends. I had visions of tilling the empty field next door into a glorious pumpkin patch and setting up a roadside stand. My husband and son started plotting how next season they could feed the pumpkin vines milk, sugar water or their own secret blend of bionic tonic and grow the biggest pumpkin ever!!

Alas, we haven't really had great luck with pumpkins since, but it is comforting to know that pumpkins and squash have long been abundant in the Americas. We'll keep at it. In fact, the beautiful varieties of squash we eat today have been around for thousands of years, originating with the pre-Incan Indians.

In Massachusetts, (the language and name of a tribe of Algonquin Indians who lived around Massachusetts Bay) "askoot-asquash" means "the fruit that is yellow", which may be where English speakers plucked the word "squash." Pumpkin literally means, "cooked by the sun." In other words, you need to wait until the sun has ripened/cooked it before you can eat it.

For the Pilgrims of Plymouth Colony, pumpkins were a dietary staple, as depicted in this song:

We have pumpkin at morning
And pumpkin at noon
If it were not for pumpkin
We would be undone.

Diaries tell us of the despair that many pioneer women felt, being inundated with squash. One pioneer wife's entry reads, "O dear! How can I tell it. Squash again for breakfast."

Nowadays, mainstream Americans have only a brief contact with these members of the gourd family. Most families buy, rather than grow, pumpkins to carve into jack-o-lanterns. (My sister-in-law paid \$20.00 for a "medium-sized" pumpkin outside of New York City.) And eat only a scoop or two of mashed-up squash at Thanksgiving, saving room for a slice of pumpkin pie (the "homemade" variety often prepared with canned pumpkin).

Hmm, I wonder what it feels like to be inundated with squash and pumpkins...Squash again for breakfast...I can only keep crossing my fingers.

Sources:

Vegetariana by Nava Atlas

Webster's New World Dictionary.



Garbage, cont'd from page 6

Top that with the excess of wrapping, packing, shipping, shrink wrap etc. that goes on with holiday gift giving and chills go up and down my spine strong enough to throw me into seizures! To me, the perfect gift of all would be *NO gift. This means no garbage—the inevitable part of commercial gift giving—and no need to find space in my home for more stuff. (OK, a perfectly divine, home cooked holiday feast—like Mom makes—is a true gift to appreciate. And the clean up? Easy! Leftovers are tasty and food scraps are beneficial to the dogs and the compost pile!)

I am also reminded of garbage with the recent birth of our second son. No, Elijah is not garbage! But the very few disposable diapers that we use on rare occasions send those same seizure-inducing chills down my spine! The thought of huge trash bags filled each week with plastic, non-decomposing diapers would be an enormous weight on my environmental conscience. I must end this now and go hang Eli's cotton diapers on the line.

How can we reduce, reuse or recycle everything that comes into our homes? Wouldn't it be grand to have only one or two bags (or less!) of trash per year for the curbside? Can we achieve this personally or as a society? I wish I had the answers and am always looking for new ideas from others. Tell me how you reduce and/or eliminate your household waste production! Choices can be made with the environment in mind. The question remains — What can we do to make this Earth a better place for all living things?

Resources for reduce, reuse & recycle ideas:

Earth 911 <<http://www.earth911.com>> ; (800)-cleanup
Community Learning Network www.cln.org>www.cln.org

Chestnuts Roasting on an Open Fire

BY LORRAINE HARPER

The cold months of winter are fast approaching and besides all the great outdoor activities that we can do, there is of course the indoor activity of eating! One thing I look forward to is eating chestnuts. The chestnut might be the most important nut crop of the temperate zone, worldwide. Chestnuts are native to at least four continents and have been cultivated all over Asia, Europe and the Americas.

Chestnuts have been cultivated in the Mediterranean for at least 3,000 years. The ancient Greeks might have been the first to cultivate the chestnut. They introduced the European chestnut from Asia, by way of Turkey, to Southern Europe and North Africa. Later the Romans extended the cultivation into northwest and central Europe and it was the Romans who named chestnuts "Castanea," possibly after the name of the town where chestnuts were once very common. In Asia, the Japanese chestnut has been cultivated since the 11th century, and the Chinese chestnut possibly for 2,000 to 6,000 years. In the United States, the American chestnut was once a major part of the native forests until it was wiped out by a fungus disease called chestnut blight.

Chestnuts are produced and traded annually worldwide. However, production has declined, due mainly to disease, other land use, and population growth. Today, the world's top ten chestnut producers are China, Turkey, Korea, Italy, Japan, Spain, Portugal, France, Greece and Albania. Even in most of these countries, demand exceeds supply. International chestnut prices have increased over the last 20 years, causing a renewed interest in chestnuts. Some South American countries, New Zealand, and Australia are beginning to produce chestnuts in small quantities and the United States is attempting a comeback.

Chestnuts are about 50 percent water when fresh, which makes them very perishable. They are high in starch, potassium, and vitamins B and C. They are low in protein, fat, and sodium. They are free of gluten, oil, and cholesterol. The protein, even though low in quantity, is of very high quality – comparable with eggs – and is easily absorbed by the human body.

How to eat a Chestnut:

The two most popular ways to prepare chestnuts are — roasting or boiling. To roast chestnuts, put a small slash in the nutshell and roast on a baking sheet at 400° F for 15 minutes. Cool them, then peel. For boiling, slit shells as above and drop into boiling water for a minute or two. While they are still warm, but not hot, peel with a sharp paring knife. If they are especially difficult to peel, you may reboil them for a few seconds.

You can eat a chestnut raw after peeling, but they are usually cooked in some way. Peeled chestnuts can be boiled, grilled, braised, or cooked in butter or milk and served as a vegetable. Pureed chestnuts can be used in stuffings and desserts. The nuts can also be dried and ground into excellent quality flour for bread and biscuits.

Braised Chestnuts (serves 4)

- 1 pound chestnuts, shelled
- 1 cup beef broth
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 2 tablespoons butter (or olive oil)
- 4 tablespoons heavy cream (optional)

In a pan, simmer the chestnuts with broth, salt, and pepper for about 15-20 minutes. Drain. Add the butter (or drizzle a little olive oil on top), turn up the heat, and shake the pan so the chestnuts are well anointed with the butter. Serve hot. Add 4 tablespoons heavy cream with the butter if you wish.

References:

Larousse Gastronomique, Edited by Jenifer Harvey Lang 1988.
www.nzcc.org.nz, www.italianfood.about.com

Views from the Open House — September 14, 2002 — Photos by Milner Grimsled



Mixing Emotions & Foods at the Holiday Dinner Table

VICTORIA ESPOSITO-SHEA

To state the obvious, food and emotion are closely bound together in our culture. Think about the ice cream straight out of the carton on a lonely Saturday night; comfort foods like meatloaf, chicken soup, and mashed potatoes; and the belief that chocolate can actually lift depressed people's moods.

However, these examples pale next to the emotional significance of holiday food. Between Thanksgiving and New Year's Day, edibles become an absolute minefield. If you refuse that third (or fourth or fifth) slice of pie, you may insult the family baker. And rejecting Grandma's sausage and cornbread stuffing is too often seen as a rejection of Grandma – even if she knows perfectly well that you haven't eaten meat in twenty years.

At a time of year which is symbolized by a roasting turkey, vegetarians have a tougher time than most. A typical Thanksgiving dinner may contain any number of foods that vegetarians don't eat. The most obvious examples (aside from the turkey itself) are gravy (made with drippings and/or giblets), stuffing (if it contains sausage or animal broth or was cooked inside the turkey), Jell-O salad (gelatin is made from animal bones), sweet potatoes baked with marshmallows (which contain gelatin), and mincemeat pie. Vegans will also want to skip over the mashed potatoes (which may contain milk and butter), pumpkin pie (which probably contains milk and eggs), and whipped cream.

By now, the Thanksgiving table is probably starting to look pretty bare, especially if you're a vegan. But there are ways in which you can have an enjoyable gathering, eat a decent meal, and avoid bloodshed on the good linens.

First, as most vegetarians have learned the hard way, the family dinner is not a place for proselytizing – in either direction. When your cousin asks how you and your kids get enough protein without meat, it's not a good time to start a discussion on protein combinations, amino acids, or cholesterol. It is a great time to smile, ask her politely to pass the squash, and move on to another topic of conversation.

Second, if you're the one hosting the meal, you should feel no obligation to serve foods you don't eat yourself. In our household, which is part omnivorous and part ovo-lacto vegetarian, we do usually serve turkey and traditional gravy, but we also make sure that there are plenty of vegetarian dishes and a vegetarian gravy. (Actually, the year we ran short of time and only made the vegetarian gravy – based on browned flour, vegetable broth, and nuts – it went over big with everyone. Some people preferred it to traditional gravy on health grounds. (You can find any number of vegetarian gravies in Nikki and David Goldbeck's excellent cookbook,



Thanksgiving Celebration Photo by Victoria Esposito-Shea

American Wholefoods Cuisine.) Just as most vegetarians expect to adapt to what their host is serving, meat-eaters should be flexible and not complain if the centerpiece of the meal is a tofu creation or an extra-large dish of mashed potatoes.

It is, of course, always nice to provide alternative foods, whether that means you bring a vegetarian dish to pass or make some stuffing without sausage; however, it's certainly not mandatory.

And finally, consider alternatives to the traditional menu. It is not illegal to skip the turkey, to cook a smaller bird and more side dishes, or to add some actual green vegetables to the menu. Any of these things will make a vegetarian's dinner a little easier; they will also result in a healthier (and less sleep-inducing) meal for all concerned. They may also make the cook's job easier.

Whatever your food preferences, it can get very easy to lose all sense of proportion when you've spent days cooking for a family dinner and someone passes on part of the food. We are so conditioned to think that Thanksgiving means overfull plates, overfull relatives, and a turkey stupor in front of the TV that anything less seems like a betrayal, a personal affront, a deviation from the Hollywood version of the holiday. But that's not really the point of the holiday. I can guarantee that you and your family and friends will remember the conversation and fellowship longer than you remember who ate how many helpings of what. I can also guarantee that the conversation and fellowship will be much more pleasant if no one is pushing anyone to eat or to give up meat (eggs, dairy, whatever), and if no one is staring daggers at the person who has just refused the turkey, gravy, or shredded kale with tofu.

Happy Thanksgiving, and happy eating!

Reference: Goldbeck, Nikki, and David Goldbeck. *Nikki & David Goldbeck's American Wholefoods Cuisine*. New York: Penguin, 1984.

Potsdam Consumer Cooperative – Summary of Board Minutes

At the March 2000 Board Meeting we agreed to include summaries of the Board Minutes in the Newsletter. Complete sets of the minutes are available from Anne Malone, Board Secretary. The purpose for including these summaries is to keep Co-op members informed of our discussions at the monthly meetings.

Potsdam Consumer Co-op Minutes
September 17, 2002
Potsdam Public Library Meeting Room

Attendance: Ed Clark, Theresa Fitzgerald, Laura Goshko, Tom Hardiman, Anne Malone, Scott Miller, Rich Paolillo, June Peoples, Megan Smith and Andy Soutar. Our auditor from Pinto, Mucenski, and Watson — John Parcell — was in attendance for the first hour of the meeting to give an overview of the audit.

Prior to the start of the meeting, Tom gave an overview of financial statements to the few Board members who were there early. At this time, Anne reminded the Board that we need to revise the General Manager's evaluation format before November 1st.

The Board meeting began at 6:00. John Parcell presented the Audit Report and went over the *Financial Statements and the Auditors' Communication and Management Letter*. There was quite a bit of discussion regarding the debt due in 2009. One option was to put a designated amount of \$ into a Vanguard account every year. It was suggested that Board members see a 'cash-restricted' line.

Whether the Co-op should do a yearly audit versus a review was also discussed. A review is just an inquiry of management whereas an audit requires the auditors to think the #s are appropriate. Ed will add a discussion of what should be done with regard to the by-laws and the question of audit vs. review on the next agenda.

Ed thanked Scott Miller and Will Siegfried for their work in helping to get the audit completed.

There was a brief go around.

The August 2002 minutes were approved with the following amendment: Jan DeWaters is in Switzerland (not Australia as Anne reported — sorry Jan).

Scott Miller gave the Manager's Report. He noted the Open House went well but the #s were low. There was a discussion about why and the following suggestions were made: have samples available on porch; contact the Rotary Club or the University's International Groups to increase attendance; and consider offering Student memberships.

In other news, Scott noted the turnover and replacement of staff. The staffing needs are being addressed and a Baker's assistant is currently being advertised. An exit interview for outgoing staff was suggested.

Replacement of Board members was also discussed. Laura and Paula will need to be replaced since they both resigned due to personal reasons.

Theresa will put together recommendations for the Personnel Policy and give the Board a rough draft. Megan, as Staff Liaison, is working with Theresa on this.

Regarding the Co-op Handbook and brochure, Laura will call Anne to schedule a meeting with Scott. A glossy brochure and a booklet to be given to all new members upon joining was the Board consensus regarding publications.

Megan said she contacted Northeast Cooperatives and is continuing to pursue the questions raised. She reported that in 2003 we should get an annual report and pursue it from there.

Regarding Board insurance, June reported it is in the hands of the E-Board. We have requested a bid on this insurance.

A suggested agenda addition was to revote on the approval of monies for furnishing the Carriage House Education Room.

The meeting adjourned at 8:00 PM.

An Open Invitation to Co-op Members

Monthly meetings of the Board are open to all members.
Are you wondering what happens at a board meeting?
Do you want to talk with the board about a related issue?

The next meeting of the Board will be

**Tuesday, November 19, 2001
at 7:00 p.m.**

Second Floor Meeting Room
Carriage House Bakery.

*Questions? Contact one of the members of the Board.
Our phone numbers & e-mail addresses are on page 2*

An Open Invitation to Co-op Members

Would you like to know more about how Co-op works?
 Would you like to play a part in long-range planning for Co-op?
 Do you want a great way to earn work credit that gets you involved in the overall operations of Co-op?

If so, we invite you to consider running for the Board of Directors. Elections are held each February at our Annual Meeting and those elected serve three year (once renewable) terms. Each year we elect four new members to the board and in November we begin recruiting candidates.

If you are interested in being a Board member and want the opportunity to “try it out,” we invite you to attend our next Board meeting. Board meetings are held on the third Tuesday of each month at 7pm in the Carriage House (second floor).

Serving on the Board is a great way to earn your 10% shopping discount and to be involved in developing policy for our Co-op.

As Past Board President Rose Rivezzi stated, “Being on the board does not take an extraordinary amount of time but it does take commitment and a willingness to serve. After serving on the Board, one really has a sense of being part of the cooperative community which makes the Co-op such a great place.”

We ask Co-op members to consider this opportunity. If you are interested, we invite you to contact one of the Board members for more information (our phone numbers are on page 2 of this issue)

Potsdam Food Co-op Board of Directors

Ed Todd Tom Anne
Rich Megan June
Andy Jan Teresa

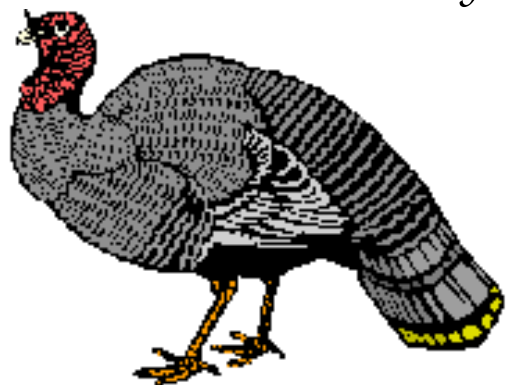
Participating Merchants in Co-op Business Partners Program

Alchemiress 10% discount off body piercings excluding specials 6 Elm St., Potsdam 268-9453	Greener Pastures Forge 10% discount on custom ironwork 256 Morrill Rd, Canton 379-9723 gpfarm@northnet.org	Northern Music and Video 10% discount - CDs and Musical Instrument accessories 29 Market St., Potsdam 265-8100 www.northernmusicandvideo.com
Angelo's Fresh Seafood Restaurant 10 % discount off lunch and dinner 39 1/2 Maple St. Potsdam 265-9227	Michael Greer, Residential Carpentry 5% Discount 265-3837	St. Lawrence Nurseries 10% discount off regularly priced stock 325 Rt. 345, Potsdam 265-6739
Argent's Jewelry 10 % discount off regular prices 32 Market St., Potsdam 265-6389	Image 10 Free—Up to ten self service 81/2 X 11" black on white copies daily 11 Maple St., Potsdam 265-1700 www.image10inc.com	slc.com internet server 10% discount annual “Home Platinum Internet Pkg.” www.slic.com 265-3400
The Art Attic 10% discount off custom framing 67 Cousintown Rd., DeKalb Jct. 347-3443	Iroquois Organic Farm & Country Garden Restaurant 10% off garden produce and restaurant meals 5% off regular store prices 10951 State Hwy 37, Lisbon 393-6252	Strawberry Fields Music \$1.00 off all CD purchases (excluding bonus cards) 2A Market St., Potsdam 265-7700
The Bicycle Post 10% off Bicycle Tune-up 70 Main St. Canton 386-3756	Josie's Pizza 5% off Small Med. Large & Pizza Rolls 10% discount on half and full sheet pizzas 13 Market St., Potsdam 265-9484	Taste of India 2 15% off Dinners (after 5 p.m.) 38 Market St., Potsdam 265-4972
Boutique Florist 10% discount off regular prices 3 Pleasant St., Potsdam 265-6010	Helen Kenny, Massage Therapist \$5 off 1 hour or 1/2 hour session 101 Postwood Rd., Hannawa Falls 265-3369	The Tile Company 10% discount 6-8 Raymond St., Potsdam 265-8453
Cathy's Patch Figure Skating and Dancewear \$10 off purchase of any new skates 24 Hodskin St., Canton 386-8232	Jane Khondker, certified Jazzercise Instructor 2 Free Introductory Classes (not good with other discounts) Market Square Mall, Potsdam 265-3608	Top 40 Video 1 Free video per membership (excludes 30 day titles) 75 Market St., Potsdam 265-1986
Community Performance Series \$1 off select events. Please call Box Office Snell Theatre, SUNY Potsdam 267-2CPS www.potsdam.edu/cps cps@potsdam.edu	Luchie's Shoe and Leather Repair Free shoe shine for Co-op members; 10% off any shoe repair 11 Maple St., Potsdam 265-3414	The Treadmill Free front-end auto or light truck safety check \$10 value 2 Clarkson Ave., Potsdam 265-5850
the computer guys 10% discount off computer peripherals 11 Market St., Potsdam 265-3866 www.textbks.com	Memory Lane 10% discount on ready made florals 34 Market St., Potsdam 265-6032	Videorama 1 Free video rental (excludes new titles) 12 Main St., Potsdam 265-7000
Evans & White 1 Free key duplication 1 Maple St., Potsdam 265-4350	Modelworks 10% discount on regularly priced items 4 Main St., Potsdam 268-1598	Wear On Earth 10% discount off regularly priced items (excluding boats) 19 Market St., Potsdam 265-3178
The Gallery 5% discount on purchase up to \$100. 67 Main St., Canton 379-9526	Northern Lights Bookshop 10% off all new and used books 95 Irish Settlement Rd., Canton 379-9564 www.northernlightsbookshop.com	The Wild Rose 10% discount off regularly priced merchandise 47 Market St., Potsdam 265-0160
Goody Goody's Free gift – age 12 and under – on your birthday 16 Market St., Potsdam 265-1006		Woodland Gardens 15% discount on all goods and services 45 Market St., Potsdam 265-0023 ➔ To find out more about our participating merchants program contact Ed Clark.

In this issue

- "Hunger No More" Workshop - Nov 9th 1
- Cultivating an Ideal Board of Directors 1
- From the Editors 2
- Bakery Bread Production Schedule 3
- What's New at Co-op 3
- From the Manager: Alternative Currency 4
- Calling All Gingerbreaders 5
- Recipe: Gingerbread Folk 5
- Thoughts on Garbage 6
- Squash Again for Breakfast 7
- Chestnuts Roasting on an Open Fire 8
- Photos from the Open House 8
- Mixing Holiday Emotions & Food 9
- Board Minutes 10
- Open Invitation to Co-op Members 11
- Co-op Business Partners 11

Now is the time to order Stonewood Farm turkeys!!!



Free range, fresh turkeys
 The cost is \$1.99/lb,
sorry no discounts apply.
 A \$10 deposit is required.

To receive your turkey for Thanksgiving, order by November 6.

Please pick up on the afternoon of delivery, Tuesday, November 26.



Grass-Roots Action

As U.S. citizens we can get involved in grass roots action by exercise our right to vote in an effort to bring about a more just society.

Vote on November 5th

POTSDAM FOOD COOPERATIVE

24 Elm Street
 Potsdam, NY 13676

Bulk Rate
 US Postage
PAID
 Permit No. 25
 Potsdam, NY