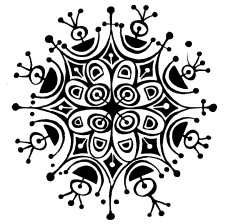


Potsdam Food Co-op News



Special Holiday Issue 2002

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

Calling All Bakers !

Holiday Baking Contest will support Potsdam's Neighborhood Center

Do you have a favorite holiday cookie or cake or pie or bread or... recipe?

Do you want a tasty way support the Potsdam Neighborhood Center this Holiday Season?

As we pile on winter blankets and prepare for long nights with forecasts of snowstorms on the wind, this is also the time when kitchens are filling with special ingredients and unique baking pans are being taken from their year long storage cupboards. Baking comes

naturally with the winter holiday season, radiating a very real example of the warmth of the holidays—which ever they may be.

The Potsdam Food Cooperative, itself a center for baking needs, is sponsoring its annual Holiday Baking Contest on Sunday, December 8th from 12:00 noon to 4:00 p.m. The Baking Contest will be combined with a Silent Auction of baked goods to benefit the Potsdam Neighborhood Center.

This year the Baking Contest will be held in Co-op's Carriage House Bakery, where you will be able to enjoy the fire of the wood burning bread oven while tasting the many elaborate desserts the participants have baked.

Everyone— members/non-members; young/old — is eligible to enter the baking contest and auction. All you need to do is bring duplicate dishes of your favorite Holiday baked dessert to Co-op between 9:00 a.m. and 6:00 p.m. on Saturday, December 7th, or to the Carriage House Bakery on Sunday, December 8th, no later than 11:30 a.m. Please be sure to include a copy of your recipe, on a

see BAKE-OFF, page 4



Co-op Volunteers look over the entries for Last Year's Bakeoff

FROM THE MANGER

Our main supplier Northeast Cooperatives sells out to United Natural Foods

Our primary natural foods supplier, Northeast Cooperatives (NEC) has just announced that they are selling their business to a very large, privately held natural foods distributor. The new owner will be United Natural Foods, Inc. (UNFI), a well established distributor that has been buying smaller distributors over the years and now services retailers from coast to coast.

This event is indicative of what is happening with natural food distribution in the U.S.; the same thing that happened to conventional foods over the years. The explanation provided by NEC (see information provided at this link [-http://www.northeastcoop.com/merger.html](http://www.northeastcoop.com/merger.html)) tells their story pretty well (leaving out, of course, the particular failings of the present management.)

My primary concern as Co-op manager is how this will affect the Potsdam Co-op. We now spend approximately 50% of our inventory dollars with NEC. When UNFI absorbed Stow Mills a few years ago, it was a disaster for Stow customers. They saw out of stock rates of 50% or more. Most of them fled Stow to purchase from other suppliers in their area. (One of those suppliers was NEC, which benefited tremendously from Stow's misfortune.)

Those retailers were fortunate that they had other wholesaler options—we do not. No other natural food supplier serves this area. If this transition to UNFI falters we could face serious problems. We are seeing significant out of stock rates now with NEC experi-

see NORTHEAST, page 4

Moments in the History of Cooperatives:

Anniversary of the Opening of Rochdale Cooperative

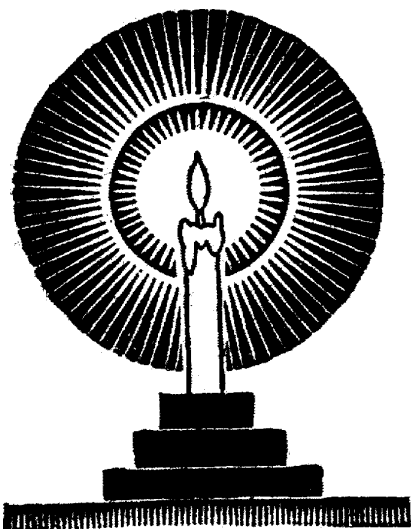
This December cooperatives worldwide will celebrate the 158th anniversary of the opening of the Rochdale Cooperative and the founding of the modern cooperative movement.

After several months of developing the structure of the cooperative, the members of Rochdale Cooperative first opened the store for business on December 21, 1844. Although the beginning was slow and the initial supply of goods was meager, at the end of its first year, Rochdale Cooperative had become stronger. There were now 74 member households, the members of Rochdale cooperative raised 181 dollars, registered 1,100 dollars in sales, and netted 22 dollars in savings/profit.

Today the original shop in Rochdale England is a museum dedicated to preserving the history of the cooperative movement. The front room of the first floor depicts the simplicity of the original store with its meagre supply of sugar, butter,

flour, oatmeal, and tallow candles. Each year the museum hosts thousands of visitors from many countries.

When you are shopping at Co-op this month, imagine what it would have been like to have had such meager supplies. Imagine, too, what it would have been like to shop by candlelight. According to Rochdale records, because the electric company had flatly refused to supply electricity until the store proved profitable, the store was lit by candlelight.



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

NOTICE FROM THE EDITORS:

The January-February 2003 issue will not arrive in your mailbox until mid- January. We do this to avoid competition with holiday mail and to give the Board and us time to prepare information for the Annual Meeting and Board Elections.

AS THE WINTER DAYS SHORTEN,
LIGHT A CANDLE AS A REMINDER
THAT OUR HEARTS & HANDS MAY WARM
THE LONG NIGHTS WITH LOVE.
HAPPY HOLIDAYS.

HAPPY HANUKKAH



SERENE SOLSTICE



MERRY CHRISTMAS



BOUNTIFUL KWANZAA

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



Koehler's Corner

BY GRETCHEN KOEHLER

Cookies in a Jar

Are you looking for a homemade gift that will satisfy family, friends, neighbors, and teachers? Try making *Cookies in a Jar*. Choose your favorite recipe for cookies, muffins, breads, hot chocolate, or anything with lots of dry ingredients. Layer the dry ingredients in a glass canning jar and write up the baking directions on a gift tag (index card), including the wet ingredients your recipient will need to add.

Layering tips:

1. Think about your color layout. Layers of white flour, white sugar, topped by brown sugar would be more dramatic if you put the brown sugar between the two "whites."
2. Put ingredients that are hard to pack, like chocolate chips, at the top of your jar. This way other ingredients won't filter down and make it look messy.
3. Save a "filler" ingredient for the top of your jar. For instance, when making the brownies below, I don't bother measuring the nuts—I just fill the jar all the way to the rim.
4. Be creative. Decorate the jar lids with circles of fabric or homemade paper. Punch a hole in the gift tag instructions card and tie it on with raffia, yarn, or ribbon. You could try layering the jar while it is tilted on its side for diagonal layers or creatively sprinkle the ingredients into the jar for an impressive "sand art" or landscape effect.
5. AN IMPORTANT NOTE: Layer ingredients in the order given into a wide-mouth, 1 quart canning jar. Gently pack and smooth each layer in place before adding the next ingredient. The "COOKIE JARS" will keep for up to six months. If you use nuts, the mix should be baked within three months. Label the jars with the ingredients and with the packing date and use-by date.

I actually make these as gifts year-round. Just the mention of this project brings my four year old running, funnel in hand. Here are two recipes using Co-op ingredients to get you started.

Now, go play with your food!

Gretchen



SPICY OATMEAL COOKIE MIX

- ½ cup sugar
- 1 tsp. cinnamon
- ½ tsp. cloves
- ½ tsp. nutmeg
- ½ cup brown sugar
- 1 tsp. baking soda
- ½ tsp. salt
- 1 cup white flour
- 1 cup wheat flour
- 1 cup oats
- ½ cup your choice of raisins, craisins, dried cherries or blueberries (use enough to fill the rest of the jar.)

GIFT TAG INSTRUCTIONS

Cream ½ cup softened butter, 2 eggs and 1 tsp. vanilla in a large bowl. Add jar contents until well blended. Drop by rounded tablespoonfuls onto greased cookie sheet. Bake for 10-12 minutes at 375°F.

CHOCOLATE BROWNIE MIX

- 1 cup flour
- ½ tsp. baking powder
- ¼ tsp. salt
- ¼ cup unsweetened cocoa powder (wipe the jar clean after this layer)
- 1 ½ cup sugar
- 1 cup (Choose any of the following to total 1 cup) chocolate chips, butterscotch chips, Topical Source peanut butter chips, espresso roast chips, Sunspire carob chips, Callebaut white chocolate (broken into chunks), candy bar, etc.
- ½ cup your choice of coconut, nuts, dried fruit, etc. (use enough to fill jar to the top)

GIFT TAG INSTRUCTIONS

Combine ½ cup melted butter and two lightly beaten eggs in a large bowl. Gently stir in jar contents. Spread in greased, floured 8-8-2 pan. Bake for 35 minutes at 350°F. Cool and cut into bars.



Jane Garland placed the willing bid for this cake — 2001 !

Bake-off, cont'd from page 1

standard page size, with your entry. This way tasters will know what ingredients are in each entry.

One of the dishes you bring will be cut into sample sized portions for visitors to sample and then to vote on. Each taster will have one opportunity to vote. The winner of the Bake-off will receive a cookbook of his/her choice from the Co-op's extensive cookbook selection.

The second dish will be entered in the silent auction and will be sold to the highest bidder. All proceeds from the auction will be donated to the Potsdam Neighborhood Center.

The Potsdam Neighborhood Center is the outreach site of the St. Lawrence County Community Development Program. Its mission is to help the poor and at-risk population of our area. They provide resources and referrals and they encourage education, training and employment. The Neighborhood Center houses the Emergency Food Pantry and sponsors programs in housing, nutrition and family development. For more information, visit the Center at 2 Park Street in Potsdam or call them at 265-3920.

For more information on the Baking Contest, contact the Potsdam Food Co-op at 265-4630.

Want a sweet way to earn work credit?

WHAT A TREAT !

The job is easy, fun, and it is tasty.

Volunteers are needed to help with the Baking Contest on Sunday, December 8th. We'd love your help. We need several volunteers for two shifts: 11:00 a.m. to 2:00 p.m.

2:00 p.m. to 5:00 p.m.

This is a great volunteer opportunity, especially for new members. You will get to meet lots of other Co-op shoppers. AND you will earn one hour of work credit for each hour worked. If you are interested in volunteering, contact Scott at Co-op (265-4630)

Holiday Bake-Off Contest Rules

1. Bring duplicate dishes of your favorite Holiday Baked Dessert to the Co-op between 9:00 a.m. and 6:00 p.m. on Saturday, the 7th, or to the Carriage House Bakery on Sunday, December 8th, no later than 11:30 a.m.
2. Bring in TWO quantities of your entry. (e.g., 2 pies, 2 cakes, 2 batches of cookies or brownies, etc.). One will be set out for tasting; the other will be sold at the Bake-off Silent Auction with proceeds from the Auction to benefit the Neighborhood Center.
3. Identify your entry with a Recipe Name. Please be sure to include a copy of your recipe, on a 1/4 standard page size, to distribute to the public.
4. Please label any dishes that you would like to have returned.

Northeast, cont'd from page 1

encing their cash flow problems. I don't want to see it worsen, but it's a situation that is pretty much out of our control.

What can we do?

I have been in contact with another wholesaler, Tree of Life, that has been making noises about starting service to Northern New York. Even if the transition to UNFI is smooth, I feel it would serve our purpose now to use two suppliers. I've seen that in other times during NEC's rapid growth, that would have helped us in dealing with their temporary out of stock problems.

We are not alone here. There is a co-op in Plattsburg, and there are natural food stores in Canton, Massena, Saranac Lake, and Watertown that face the same situation. While we are not alone, we are certainly spread all over the map. (This is one of the reasons we chose to live here, right?) Consider that it costs about \$2/mile to run a truck into the outback of NNY. However, that there are five of us may give us some regional buying power. Northeast thought it worth their while. (Hopefully, we are not the reason they failed.)

That's the news to date. I'll keep you posted on developments as I learn of them.

On a related note, the following link will take you to the latest article in Cooperative Grocer that offers a larger perspective of the corporate natural foods machine as it operates today. It's worth a read also.

<http://www.cooperativegrocer.com/cg2002/coopdevolution.shtml>

*Happy co-operating in
a world of capitalism...*

A handwritten signature in black ink, appearing to read "Scott".

Holiday Gift Baskets

If you are wondering about holiday gifts, have you thought of “Co-op items in a basket”? (Remember old drive-in menu items like “chicken in a basket”?). Many local craftspeople, including TAUNY (and possibly even you!) make and sell beautiful baskets in all shapes and sizes. Bring one or two or three of them to Co-op and fill them with wholesome and delicious food gifts for your friends and family. We made up three “theme baskets”, with the contents listed below. You can easily pick an appropriate theme for your intended recipients’ enjoyment! And see the Purchaser’s recommendations below for additional ideas.

Chocolate Collection

Organic YÜ Chocolate Soy Milk
Bahlsen Afrika Dark Chocolate Wafers
Anna’s Swedish Chocolate Mint Cookies
Lindt Chocolate Bars
Chocolate Covered Raisins



Sweet ‘N Clean

Maple Syrup
Apthierapy Honey
Squeek Creek Honey
SunFeather Soap Sampler



Hot ‘N Spicy Sauces

Green Mountain Gringo Salsa
Kadoya Hot Sesame Oil
Desert Pepper Habanero Sauce
Eden Plum Vinegar
Black Bean Garlic Sauce

Adirondack Add-Ons (books & such)

Adirondack Life Calendar
North Country Stories
Vegan Gourmet Cookbook

Gift Ideas- from the purchaser

Books – *Vegetable Heaven*, *Pretend Soup*, and *Three Bowls* are on my shopping list. Make up a gift set with *Easy Sushi*, a bamboo rolling mat, mirin, pickled ginger, wasabi powder, nori, and sushi rice.

Calendars – Adirondack Life, Peace Calendar, and Women Artists Date Book.

Organic Socks – These are great socks- share‘em!

French Press Coffee Maker and a bag of organic coffee.

Maple Syrup – In fancy glass jars while supplies last.

Fresh Bread – with a nice jar of jam or honey.

Give them the whole store! Purchase a Potsdam Food Co-op **Gift Certificate** and let the recipient choose.

Amy



With the Grain...



BY VICTORIA ESPOSITO-SHEA



Ten year old Madeleine & five year old Johanna help their mom prepare the ingredients for the traditional holiday dinner.

I'm going to have to start the holiday recipe edition of "With the Grain" with a confession.

My intention was to give you the recipes for my family's traditional holiday meals, which have evolved to include foods from my husband's and my respective ethnic heritages as well as foods suitable for vegetarians and meat eaters.

To that end, I called my mother-in-law in Massachusetts recently to get permission to pass on her family recipe for golomkes. These are Polish cabbage rolls, traditionally stuffed with a mixture of beef, pork, rice, and spices (or, alternatively, with a mixture of cooked lentils, bulgur wheat, and spices); they're also our traditional Christmas Day dinner. Since they cook overnight at a very low temperature, golomkes are highly convenient—you do all the work the night before, and you don't have to fuss with them at all the day you eat them. They also smell terrific when you come wandering down on Christmas morning.

Now that I have permission to pass it on, though, the golomke recipe appears to have vanished from the house. Doubtless it will turn up in a day (or a week, or two weeks), but that really doesn't help me out right now. Therefore, it looks like this column is going to be devoted largely to Christmas Eve recipes.

I grew up celebrating many Christmas Eves with my father's Italian family. In Italy, as in most traditionally Catholic countries, Christmas Eve is a day of abstinence from meat—and that means eating fish. Lots and lots of fish. A typical Christmas Eve would see fifty or sixty relatives gathered at one home. The cooking would start around four, with an assembly line of aunts and cousins flouring and then frying calamari (squid) and scampi (shrimp), which would be kept warm in the oven until we sat down around eight. There would also be baccala, which is codfish soaked in brine for a week and then tossed with vegetables and an oil and lemon dressing, and spaghetti with butter or red clam sauce. Dessert was always, always homemade cannoli.

We don't cook or eat on this scale anymore, and I have long since given up eating fish myself (and, sadly, I never did learn how to make cannoli). However, we like to keep the traditional Italian Christmas Eve, and we've learned how to do that so that everyone can get a full meal.

We always start with a vegetarian antipasto:

Our Family Recipe for Vegetarian Antipasto:

One head Romaine lettuce

One block (not deli) Provolone cheese, about a pound

Canned artichoke hearts (*I recommend not marinated; they're far cheaper and you're going to put your own dressing on top of them anyway*)

Roasted red peppers

1 T (approximately) balsamic vinegar

1 T (approximately) red wine vinegar

1/4 c. olive oil

Garlic

Black pepper

Black olives

Wash and coarsely chop Romaine lettuce. Arrange chopped lettuce on a large platter. Slice the cheese into wedges and arrange over the lettuce, around the edges of the platter.

Quarter artichoke hearts and set them over the lettuce, in center of the platter. Slice the red peppers into strips and do the same.

Combine the balsamic and wine vinegars, the olive oil, and the spices; pour them over the entire platter.

Place the black olives on top and serve.



Johanna Shea, photo by Mom (aka Victoria Esposito Shea)

The main course is baked fish (for the meat-eaters) and pasta with artichokes, sun-dried tomatoes, and white wine (for everyone), accompanied by Italian bread.

Our Family Recipe for Main Course Pasta

- 1 lb. pasta (*I use capellini, also known as angel hair, but it works equally well with any long pasta shape*)
- 1/4 lb. sun-dried tomatoes (preferably dried, not oil-packed)
- 1 T. butter
- 1 T. olive oil
- One small or medium onion, sliced
- Two cans artichoke hearts, quartered (again, not marinated)
- 1 c. white cooking wine
- Black pepper to taste
- Grated Romano or Parmesan cheese

Cook pasta according to package directions, being sure not to overcook. If the tomatoes are dried, soak them in enough boiling water to cover; let stand about ten minutes (don't let them get mushy!). Cut in narrow strips. Oil-packed tomatoes don't need soaking and should already be cut.

Meanwhile, heat the butter and olive oil in a large skillet and saute the onion until it is translucent, five minutes or so. Add the artichoke hearts and tomatoes, and saute briefly, two or three minutes. Add the wine and black pepper, and let simmer for a few moments, until heated through. Toss with the cooked pasta and serve immediately with grated cheese.

And Now for Dessert

Dessert on Christmas Eve is always panettone, a light and rather sweet egg bread with dried fruits baked into it. It's fantastic with butter, and great for Christmas morning breakfast also. I confess that I always buy my panettone—it comes in a really cool box with a ribbon handle. I do have a recipe for it, and I really will make it from scratch someday...but not this year.

Have a great holiday season and eat well!

Buon Natale!
Buon capo d'anno!
E buon appetito!

Participating Merchants in Co-op Business Partners Program

Alchemistress 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
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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.



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HELP WANTED

SNOW SHOVELIST

WANT an invigorating way to earn Co-op Work Credit ?

Must enjoy the great outdoors, be available when Nature calls, and be physically able to work hard. Should live near the Co-op to be able to clear our walkways by 8:30 in the morning before we open. The Co-op will provide equipment, sand, and coffee. Generous work credit given.

INTERESTED ?????
Talk to Scott at the Co-op.

POTSDAM FOOD COOPERATIVE

24 Elm Street
Potsdam, NY 13676

Holiday Bake-off Silent Auction

Sunday, December 8, 2002
Noon - 4:00 P. M.



Three ways you can help:

- 1) enter a tasty dessert in the bake-off contest
- 2) stop by Co-op to vote for your favorite
- 3) volunteer to help at the Bake-off table

Proceeds from the Silent Auction
will be donated to the Neighborhood Center.

**Co-op will close at 1 hr early
Tues, Dec 24 & Tues, Dec 31**

**Co-op will be CLOSED
Wed, Dec 25th & Wed, Jan 1st**

We wish you all deliciously peaceful holidays

Bulk Rate
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