PRODUCT UPDATE

Getting Your RDA of CBD?

By Paula Youmell, RN

Winter is here, and so is the New Year! With that in mind, you may notice we also have a lot of new products in the store. Many of these new items came from the UNFI North Atlantic Showcase we attended last October, which Andy wrote about in our last newsletter. It’s a huge event, packed with some of the best natural and organic products in the country. We’re so thankful that we had the opportunity to attend and to now be able to bring it all home to you. I’d like to share some of my personal favorites from the show:

From the creators of JUST Mayo comes the newest product: JUST Egg. We’ve carried this one for a while now, but it’s definitely earned its place in the spotlight. It’s made from mung beans, but it scrambles just like real eggs! I know what you’re thinking, but seeing is believing. While you can’t expect it to taste just like the real thing, the texture is quite similar and the process of cooking it is almost identical. In less than a minute, you’ll have yourself a plate of delicious plant-based scrambled goodness! I highly recommend it for those following a vegan diet or anyone with an egg allergy.

Another great new breakfast item you’ll find in our freezer section: Udi’s English Muffins. While these do contain dairy and egg, they are free of soy and wheat, making them a great alternative for our customers with soy and gluten allergies. We also now have a larger size available of the classic Udi’s sliced bread loaves. All of the texture and taste without the gluten! It’s not just food either! We found an array of naturally clean non-food items in the Health and Beauty aisles of the showcase. On day two, I was exhausted and likely dehydrated. I had a terrible headache, but I was determined to sample everything I could get my hands on before heading home. I stopped by the Forces of Nature booth, and saw this product labeled for the treatment of headaches. When I told the woman working at the booth about my headache, she handed me the package and asked me to try it. I immediately opened it and rubbed the roller on my forehead. I was definitely skeptical but within 20 or so minutes, I honestly felt relief. I’ve lived with headaches and chronic migraines my whole life, so this was a big deal to me! Forces of Nature makes a variety of natural medicines for various ailments. They’re made from essential oils, certified organic, registered with the FDA, and even come with a one-year money back guarantee if you aren’t completely satisfied. I highly recommend them as an alternative to over-the-counter drugs.

CBD oil’s fame, legality, and planetary health. The rise of CBD oil’s fame, legality, and its medicinal use has benefits far and wide. Should I use CBD oil?

Paula, what is the dose? Does it really cure cancer? Will it help my auto-immune condition? Are some of these uses of CBD are:

Some popular therapeutic uses of CBD are:

Several studies have found that CBD can significantly reduce seizures and prevent the formation of tumors when used to treat cancer. CBD can also reduce stress and anxiety, improve sleep, and help individuals with bipolar disorder. Several studies have found that CBD can significantly reduce seizures and prevent the formation of tumors when used to treat cancer. CBD can also reduce stress and anxiety, improve sleep, and help individuals with bipolar disorder. Several studies have found that CBD can significantly reduce seizures and prevent the formation of tumors when used to treat cancer. CBD can also reduce stress and anxiety, improve sleep, and help individuals with bipolar disorder.
Greetings cooperators! It is not yet 2019 as I write but very little of 2018 remains, most of it lost to holliday and travel plans. After a 48 hour delay on our return flight from Thanksgiving, I’m grateful Nicole and I will be staying put this time around. Hopefully we’ll finally take possession of the little house on Walnut Street that we’ve been working on for the last few months. Let’s be honest, it’s hard to be too optimistic though; buying a house takes a lot longer than I thought it would! Mid-winter dometics aside, here are some updates on the co-op, from the perspective of your new general manager still not quite six months into the job.

Sales numbers are not the most thrilling subject. But they matter, both in terms of current operations and to our long term goals and financial sustainability. Over the last few months we’ve seen a slight recovery, bouncing back from slow sales earlier in 2018. Unfortunately, there’s still plenty of room to improve. Thanks to our loyal members and regular shoppers we’re maintaining solid overall sales but have seen a decline in our average customers per day. We’re still working to understand this decrease but expect to see continued improvements as we try out new ideas and initiatives. We are a cooperative so your help is always appreciated, whether you’re a regular shopper or one of those we’ve lost touch with. We’d love to know more about what keeps you coming back or what’s preventing you from participating. Send your messages to leepotsdamcoop.com or you can reach me in the office at (315) 265-4630 Monday through Friday.

As part of our efforts to re-engage our members and bring back the co-op to its roots, I’m trying not to be too optimistic though; buying a house takes a lot longer than I thought it would! Mid-winter dometics aside, here are some updates on the co-op. (As of mid-December my weekly emails are on hiatus while I work out some pesky details but by the time you read this we should be up and running again.) You can get on the list by signing up at our website, potsdamcoop.com or you can reach me in the office at (315) 265-4630 Monday through Friday.

By Erica LaFountain

Board Approves “Ends Policies”

First off, I want to clarify that approving Ends doesn’t mean the Co-op is ending! Ends Policies are statements of the results for which an organization exists, and the recipients of these results. In policy governance, the board determines the ends, while the manager determines the means used to achieve the ends. Below is a little primer on Ends Policies and how we arrived at ours. But I don’t want to leave you in suspense, so here are the Ends Policies that the board recently approved by unanimous consent: The Potsdam Food Co-op exists, and our community has reliable access to local, organic, and healthy food; North Country farmers and producers have a stable, honest, and robust marketplace; Customers have a welcoming place to shop, interact, and participate at many levels. Co-op members have a model of environmental sustainability, participatory decision-making, and cooperative ownership.

How did we arrive at these Ends? About a year ago, co-op members Aviva Gold made a presentation to the board about the importance of having Ends Policies. She described her involvement in the process of adopting Ends in a co-op in Illinois and convinced the board to begin the process here as well. At our board retreat in March, the board discussed the importance of having Ends and considered the ways the Co-op will impact the lives of its member-owners and the larger community.

Some members of the board (myself and Tim Messner) felt it was important to involve the membership in determining these priorities, so along...Continues on page 5

FINANCE COMMITTEE REPORT

By Marshall Issen, Treasurer

As I am new in the role as Treasurer, I have spent the last several months becoming familiar with the various financial metrics and processes to better understand the information reports that the committee and I review on a monthly and quarterly basis. One of the most important things I have learned so far is that grocery stores in general and the co-op in particular are challenging businesses to run. They’re operating on the smallest of profit margins.

Busines volume is a major key to the success of business like ours. Some of the things the community is working on are helping the General Manager develop better process and streamlined procedures as we become more familiar in the use of QuickBooks. The Committee is exploring the options of purchasing a bridge that will allow the point of sale system to communicate with QuickBooks. This would provide more timely financial data that we now only get quarterly, which in turn would help the General Manager make more informed decisions. Other committee activities include investigating the capital Budgeting and costs/budgets for upcoming potential projects.

One of the challenges we see going forward is that the continued rise of the price of goods and operating expenses, underperforming sales, and increased competition from other stores. We will be working with the General Manager and other committees as we look towards ideas and solutions for these challenges.

Looking to help? Our committee is interested in a few new members. Experiences is not necessary, but being proactive and asking if you enjoy finance/accounting related stuff, please feel free to contact me at mgissen@gmail.com to let me know you are interested. Committee members get a 10% discount.

By Erica LaFountain

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 ownership, democratic control, limited return on capital or investments, return of surplus to members, continuous education, cooperation among cooperatives and concern for the community.

Potsdam Food Co-op

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Potsdam Food Cooperative
8:00am - 7:00pm
Daily
The Co-op Accepts
• Potsdam Chamber
• MasterCard/VISA
• Checks
• Co-op Gift Cards

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Sowing Seeds for Success

By Liz Bolt

Are Science Fairs about science? Science and Engineering Fairs are actually about personal growth of the student. Colleges and job interviewers rate fair participation highly on their list of things to talk about the student! The student has to think of an idea, follow through with a project, create a written document and poster, and present it to the judges. It is progress towards adulthood. The actual topic of a science fair poster has only a little to do with what the student learns from the fair itself. Fair projects can be about ANYTHING. In my own household, the subject of science fair projects have varied widely: baseball, World War I, fishing, car racing, catapults, and airplanes.

Name a subject in Art, Music, History, Phys., Ed., and foreign language, and you could be used in a Science Fair project.

The key here is self-knowledge. Students can do their projects on anything, so they speak about their personal interests and questions. “Pursue your Passion Through Science” is what I encourage young people to do.

In my experience, students gain self-confidence. They learn personal responsibility as they take an idea and make it into a project, a presentation, and a conclusion. They own the project and the right to talk about it. That “ownership” of their own project makes all the difference to young people. While they get to compete on their own level, along with other students who are getting to know about learning, they also interact with professionals who share their enthusiasm.

The winners of local science fairs, the non-profit Terra Science Education and the permanent sponsor of their region’s international-affiliated TNSRF taking place at SUNY “museum” on March 30th of 2019. It is open now and costs $10. Go to TerraFairs.org/potsdam to find out more, or contact Liz Bolt, TNSRF Scientific Review Committee. Help is always available, from choosing a project that fits the student’s interests to completing it and preparing for judging.

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Mushrooms in Madrid

By Betsy Kepes

I’m driving to Madrid to see Mike Corse’s indoor mushroom farm. It’s a cold morning in December and the fields hide under a thin coat of snow. The North Country’s crops, soybeans and corn, could be growing - but the potatoes have been harvested. So before even I get to the Deep Root Mushroom Farm, I get treated to a glimpse of a crop that continues to grow in the winter.

Mike’s rented space is a couple of blocks from downtown Diner in an old commercial building. The interior is basic with recently insulated walls and three acres of sawdust with sheets of plastic. It doesn’t look much like a farm to me, but I don’t know what I expected to see. I realize I know almost nothing about mushroom farming.

Nine years ago, Mike didn’t know anything about growing mushrooms either. He took a beginning’s class and experimented with growing mushrooms on logs at his home in the North Country. He and his wife, Maria, had a vegetable CSA and mushrooms were an exotic add-on to the boxes of vegetables.

But it’s now 2018 and Mike is working full-time growing mushrooms. He smiles when he tells me this, as if he can’t believe his own good fortune. Mike studied

hard to get to this point in his business, by reading books, taking classes and traveling to Oregon to study at a large mushroom farm. But he started by hiring a flap of plastic and ducking into the smallest of the plastic-wrapped areas. This is how he created a HEPA filter to create clean air so he can sprinkle mushroom spores on squares of agar in petri dishes and not worry about contamination. He tells me that each of his mushroom lines—oyster, shitake, reishi, shaggy mane and others—grows in a program of repeated generations and then production drops because of senescence, or old age. That’s when the new petri dishes come into play. And he can experiment, growing spores from wild-harvested mushroom species. Next we go into the incubating room, a place draped with black plastic to keep the light low. Stacks of wooden boxes with small jarra de apero jars filled with what looks like a fermented grain. It’s moist, whole oats and vermiculite, a mix that is rich in the food the mushrooms need. The simple-celled strands that grow into an interwoven mass called mycelium. (The same mushroom culture that encourages the growth of the mycelium can attract molds. Mike has just cleaned up an after a brief out of green mold when he lost several of these jars to the pests.) After a week or ten days the inoculated grain is transferred to special plastic mushroom-growing bags that Mike fills with rehydrated sawdust from hardwood fuel. All of this is fascinating to me, this work to get a healthy and vigorous network started so the fruiting body, the mushroom, can acquire the right conditions to grow. Depending on the mushroom variety, this incubating stage can last from two weeks to a year. I look at the rectangular bags with their crumbly of hardwood and white coating of mycelium threading through the interior. It’s like seeing a fairy tale.

Finally, Mike pushes open the plastic to his FC, Fruiting Chamber. When I go inside I actually gasp as it looks something out of a fairy tale. Clean wood-long shelves are lined with strips of white LED lights that illuminate Grey Dove oyster mushrooms growing out of slits in the plastic of the rectangular blocks of sawdust. The mushrooms are beautiful—delicate, cream, and brown and white ripples of flesh. Mike tells me that the Grey Dove oyster mushrooms grow well in cool weather and in the spring he’ll switch to yellow and pink varieties. Each bag will produce about a pound of mushroom rooms on logs outside his house. He has plenty of customers—the Co-op of course and several local restaurants, prices are more competitive, or lower, than other regional grown mushrooms. When I ask, why mushrooms?

Mike shrugs. He’s done many jobs over to spending a good half my week crafting Facebook posts, Instagram photos and just in general setting up the Potsdam Food Co-op Community Newsletter I’ve called BIRCH and I did all the design, of BIRCH and I did all the design.

Continues on page 7...

The Co-op Gets Social

By Ryan Meashaw

A few months ago we had some changes, or been going around, which of course led to some shifting of duties among the rest of the employees. It was at this point I stepped into the social media and marketing efforts. Previously this was attended to by our IT Specialist who of course usually has much more pressing matters on her agenda. But it’s been a bit over 3 months at this time of writing. I have been shifting over to spending a good half my week crafting Facebook posts, Instagram photos and just in general setting up the Potsdam Food Co-op Community Newsletter I’ve called BIRCH and I did all the design, of BIRCH and I did all the design.

Some of you might be familiar with a personal project of mine that was out a few years ago - a local arts and culture based website called BIRCH. I was the founder of BIRCH and I did all the design and layout.

In my first article for the Co-op’s Community Newsletter I wanted to give a bit of an update on what’s been working on as the new social media coordinator for the co-op. I will also touch on what you can expect moving forward.

On Instagram we’ve started taking advantage of some new features, mainly of what’s known as Stories. These are only visible for 24 hours, posts to the Story are a quick way to keep others up on what’s happening in the moment. At the co-op we use Instagram Stories to post the soup selection which often change on a daily basis. Another way we’ve been utilizing Instagram is to highlight in-store events as they happen such as the Cheese of the Month or Third Thursday samplings. Even if you miss something in the co-op’s Story you’ll often find them archived in the Stories Highlights list.

Your Instagram feed is a great way to keep on top of what’s happening in the co-op. If you haven’t checked it out you should! Instagram is a great way for people to follow what’s happening in the co-op. If you haven’t checked it out you should! Instagram is a great way for people to follow what’s happening in the co-op.

Meet Your Board: Joe Andriano

I am Italian-American (if you couldn’t guess from my last name), and the food culture I come from is everything you would expect from an Italian-American household. Spaghetti and meatballs, sausage and peppers, mozzarella and prosciutto. I gained my love of food and cooking from my mother and my grandmother, and actually learned I could cook on that fateful day when I was 13 and my mom left for the day saying “Watch the pasta sauce!” and I, being 13, was able to make a mean sauce. I branched out into other cuisines—in college, my friends and I all rented a house together and we made Italian food every night (vegetarian Italian food is really perfect for broke college students). For fancy stuff I would usually make French food, but my comfort food has always been Italian.

Many years have passed since then. I joined my first consumer food co-op on my first day at Oberlin College, a small food co-op in the basement of Harkness House. Co-ops were central to the sense of community at Oberlin— in fact, the student body has its own co-op, the Oberlin Student Cooperative Association, or OSCA, which runs several cooperatively owned residence halls and dining halls that are open for any student to join. For reasons that pass under the understanding to my 38 year old self, my 18 year old self never joined OSCA, although I know now that the understanding in college Continues on page 7...

4 Potsdam Food Co-op Community News | Winter 2019
...ENDS POLICIES

With Aviva we formed an ad hoc Ends Policy committee, created a survey that allowed members to choose their top priorities for the co-op (beyond the bottom line), and administered the survey on the porch of the co-op. We polled 100 member-owners during the summer, and the results became the basis for an Ends Policy draft. We made revisions based on feedback from the Governance Committee, then brought the draft to the full board of directors, who approved it in November.

Why did we feel this was important? A primary responsibility of a board is to define the reason for the organization's existence. The process of developing Ends requires asking “What are we here for? What should be different because we exist? And for whom?” Honoring these outcomes clarifies the organization’s purpose, and makes it easier to convey. Success for the organization means achieving these outcomes.

What will the Ends Policies be used for? Our Ends policies will communicate organizational expectations from the board to management. They will not only describe the results that must be accomplished, but also serve to monitor management’s accomplishment of those results on a regular basis so that the board can remain accountable to members.

All co-ops are guided by the 7 Cooperative Principles. Our Ends Policies will serve to focus those principles for our specific co-op. While Ends Policies are generally thought of as inward-focused, I like that the Ends can be used to identify common sense partnerships with other community organizations that share one or more Ends. Member-owners may also find the ends policy helpful when they think about the Co-op and what it means to shop there or why they might want to become more involved either as a volunteer in the store, on a committee, or even serve on the board.
In general, the Board is responsible for the financial viability of the Co-op. The Board evaluates and approves the Co-op Budget, evaluates the General Manager’s performance, sets goals and objectives for the Co-op and makes sure the Co-op continues to operate in accordance with and in the spirit of its mission and by-laws. The Co-op Board expects Board members to attend and participate in monthly 2-hour Board meetings (held the third Tuesday of each month). Certain annual events hosted by the Board also require Board attendance, such as the Co-op Annual Meeting, the staff holiday party, and the Co-op Open House. The Board also performs a great deal of work in committees and the Board expects members to participate in committees of their choosing. Currently the Board has the following standing committees: Executive Committee, Finance Committee, Governance Committee, Outreach Committee, and IT Committee.

Karen Bage

CANDIDATES’ STATEMENTS

KAREN BAGE

I moved to the North Country in the summer of 1997 - my first winter was the ice storm of 1998! I’ve been a member of the co-op on and off (mostly on) since then. I like that the co-op is more than just a place to purchase healthful groceries - it feels like a sanctuary in this chaotic time. I really like going to the co-op - it feels like a sanctuary in this chaotic time. I really like going to the co-op - it feels like a sanctuary in this chaotic time.

Jim Fryer

I’m good at facilitating connections between people and available resources. I like taking a good idea and turning it into a successful on-the-ground project. Through my work, I’ve been able to accomplish many meaningful projects which help enhance the quality of our lives here in the North Country.

Sarah Harris

I strongly support the co-op’s commitment to local products, and I’m especially thankful for the co-op’s community atmosphere. The store is welcoming, staff members are always friendly and helpful, and it’s like that we all, as customers, are familiar with each other - even if we’ve never met before, supporting the mission of the co-op provides a sense of shared purpose and warm familiarity. To me, the co-op feels like home.

Stefan Grimberg

I’m running for a board position because, like you, I care very deeply about the sustained success of the co-op. However, it’s not just enough to care - in a member-owned, volunteer-focused organization, it is critical for people to get involved. So far, I’ve made my contributions through volunteer hours and purchases, and I welcome the opportunity to take on additional responsibility in the service of our co-op.

I have substantial experience with committee work and leadership roles. I have contributed as a member of several committees as a professor at SUNY Potsdam, including some with similar structures to the Co-op Board (ie., being a part of an executive committee, while chairing another group focused on a particular issue). I am also the secretary-archivist for an international academic research organization, with responsibilities that are relevant to the Co-op Board (e.g., recruitment and retention, member communication, etc.).

Tim Messner

I greatly appreciate the opportunity to pursue these goals. Thank you for your consideration.

Tim Weld

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As a member of the board, my primary goals would be to find ways to increase involvement of the current co-op membership and work to bring even more of the Potsdam community into the co-op, all while keeping true to the local, sustainable, and shared mission of our organization. I would greatly appreciate the opportunity to pursue these goals. Thank you for your consideration.

STEFAN GRIMBERG

We moved to the North Country December 1995 and I believe we joined the co-op soon after we arrived, so more than 20 years ago. I have been on the building and grounds committee. Over the past several years I have been cleaning bins weekly as part of my core work requirements. Before that, I served on the board for one term, going for itself. We need to make sure the co-op stays vibrant and relevant in serving the Potsdam community!

The co-op has a lot of things going for itself. We need to make sure the board; I believe my experience as a prior board member would be helpful to the current board. Several board members resigned in the past year due to changes in the individual’s lives. With that turnover, I think I can offer some perspective to the new members.

As a past board member and past board president I think I can apply my leadership skills. I am also particularly interested in working with the membership to formulate a concrete plan forward for the co-op.

I appreciate the community, access to local food, and knowing where the food is coming from. This is a unique community that makes Potsdam very special. We need to make sure the co-op stays vibrant and relevant in serving the Potsdam community!

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...CANDIDATES

SARAH HARRIS

[Sarah has been serving as an Interim Board Member for several months of the term of Samantha Langefors’s seat. She also chairs the new Outreach Committee (which includes Marketing, Events, Memberships, and Social Media). She is now running for a full term on the board.]

I've visited the co-op when I was a college summer intern at North Country Public Radio in 2010. I became a member the following year when I finally worked at the radio station, and again when I returned to the North Country full time in 2013. Since then, I have shopped at the co-op regularly, but usually for certain items - bulk foods that are harder to find, some beloved products, and things I want to grab on the go, and the best bread in the North Country. My husband Joseph Andriano is on the board, so we talk about the co-op a lot—and often end up there when we're out for a quick lunch!

About me: I have a BA in English and American Literature from Middlebury College and an MBA from Clarkson University. I started my career as a reporter with North Country Public Radio and now run my own content development business. I try to keep some writing on the side. I'm interested in helping the co-op modernize its marketing efforts in order to drive sales, engage in advocacy and engagement, and educate the community about local foods and all that the co-op has to offer.

TIM MESSNER

I've been a co-op member since 2012.

What I like best about the co-op is the baked deli – best lunch options in town.

I moved to the North Country in 2012. The co-op played a huge role in helping me find the local community and the good people helping to make foods sustainable. For the last three years, I have enjoyed being a co-op member. During that time, I had the opportunity to take a work-share role in the Carriage House Bakery. I am now excited by the possibility of embarking on a leadership role and to contribute to the collective in a greater capacity.

I have been an assisting professor of anthropology at SUNY Potsdam. As an academic, my work broadly examines people/environmental interactions in the past and present. These interests permeate through all aspects of my life. My family and I currently own a small hobby farm in Hamilton County with raised chickens and vegetables. We also have chickens that our four-year-old son named after members of the Beatles and Ringling Brothers. Chia-Jagger produces wonderful eggs!

As a co-op board member, I would bring an ability to engage in creative partnerships so that I can, so I hope to expand the co-op’s role in education and outreach. I believe strongly in the importance of more involvement with the campus communities. There’s growing awareness among college students of the importance of local, sustainable and just food systems. The co-op plays an important part of this in the Potsdam area. I would work in partnership with the growing community to continually revitalize the membership base.

...SOCIAL MEDIA

Up to date with friends and family, but as I’ve pointed out, your favorite social media is Google and what they offer to pages. Keep an eye out for things like giveaways, tidbits of information shared as Notes, video uploads as well as job listings. Going Live is another feature that we are using to our advantage. Not an easy task to be sure! We will hopefully be rolling out a marketing across platforms and in-store. Not an easy things to do, but Chris has been a big help in getting us started.

Facebook

I’m sure most people are familiar with Facebook. Hate it or love it, it’s one of those necessary evils in life, at least for a successful local small business. It goes beyond just offering a quick way to look up the co-op’s hours, contact information, or monthly sales. It also allows us to share valuable information, links to related websites or products, even recipes to add to your shopping list. Facebook is also where you will find all the information relevant to the 3 main events the co-op hosts each month: Dinner in the Bag with Big Spoon Kitchen on the first Thursday, Cheese of the Month sampling on the second Thursday and the Monday custom sampling of a new or exciting product in the store. You can RSVP to these events and stay updated as the date draws near, even receive a reminder ahead of time so you don’t miss them!

Going forward we’ll be taking more advantage of Facebook and what they offer to pages. Keep an eye out for things like giveaways, tidbits of information shared as Notes, video uploads as well as job listings. Going Live is another feature that we are using to our advantage. Not an easy task to be sure! We will hopefully be rolling out a marketing across platforms and in-store. Not an easy task to be sure! We will hopefully be rolling out a marketing across platforms and in-store. Not an easy task to be sure! We will hopefully be rolling out a marketing across platforms and in-store. Not an easy task to be sure! We will hopefully be rolling out a marketing across platforms and in-store. Not an easy thing to do, but Chris has been a big help in getting us started.

Twitter

Twitter isn’t as much of a focus now-a-days as it once was in the start up phase of the co-op. But we don’t want to g...
ANNUAL MEETING

FREE

Pottery Roundup: Winter 2019
Community News
Potsdam Food Cooperative

THE POTSDAM FOOD CO-OP EXISTS SO THAT:

Everyone in our community has a model of environmentally respectful practices.

Community members have a model of healthy food.

North Country farmers and producers have a stable, honest, and robust marketplace.

Customers have a welcoming place to shop, interact, and participate.

Become a contributor!

Review the Newsletter Submission Guidelines on our website and in the store.

Email submissions to newsletter@potsdamcoop.com by April 1.

Fall Island, Potsdam
Trinity Episcopal Church
Thursday, February 7th
Potluck at 6 p.m., meeting at 7 p.m.

Potsdam Food Cooperative
24 Elm Street
Potsdam, NY 13676

PRESORTED STANDARD US POSTAGE PAID Potsdam, NY PERM.T NO. 25