

## Praise & Thanks

BY PAULA YOUMELL

Summer's bounty reminds me to be grateful for where I live and the dedicated farmers working their magic across the St. Lawrence River Valley. Growing food takes time, patience, energy and a love for the process. Eating the fruits of their labors is, well, simple and easy!

My first garden was co-conspired with my sister. We decided to create our own style of gardening. We purchased several handfuls of seed packages that looked like what we wanted to be eating, opened all the packages and dumped them into a mixing bowl. We blended together and voilà... we had our "menagerie" of seeds. Planting was easy. We broadcast the seeds about our lil' carefully turned garden plot like we were feeding chickens. We stomped about barefoot to cover the seeds and retreated to the gardens edge to laugh and observe our work. We had created a fun space with veggies growing haphazardly. We even had 'rogue' potatoes and winter squash from the compost.

Gardening since then has become more organized and orderly. I never take for granted the work that goes into growing all the beautiful, local food available at the Co-op. Produce requires the soil to be worked and cared for to maintain fertility, planting seeds and transplanting already cared for plants, watering and thinning seedlings, and the endless hours of weeding. Some desirable foods need to be replanted all season: salad greens and cilantro come to mind. Gardening truly is a labor of love and we humans love to eat!

Farmers raising animals for meat, dairy and eggs have a whole different set of responsibilities. Animal care takes a commitment way beyond what most of us might be used to with family pets. I keep in mind how different my life would be if I had to care for and milk the animals that bless my family with their gift. I am truly grateful for all the free range, natural fed meat, dairy and eggs we have to eat in St. Lawrence County.

Keeping all of this in mind, I am thankful for every farmer in the area who make our lives easier with the work they do. Farmers, including the backyard gardeners who contribute local food to the Co-op shelves, are truly the backbone of our world. Without them, where would we be at mealtime?

As I shop at the Co-op and any of the local farm stands, markets and CSAs, I bow my head in gratitude to all the farmers behind this food. As I cook meals, when I realize that most days 75-90% of the food placed on the table is local, I am awed! Multiply this by many meals a week, month, year.... and the gratitude is immense!

Thank you farmers and gardeners across St. Lawrence County. If I was in control of the forces governing wages, dedicated farmers raising food sustainably, would be at the top of the pay scale. For without all of you, where would we eaters be?



As this newsletter graces your hands, we will be transitioning from the summer's bounty to fall foods: root veggies, cabbages and such. Try these hearty fall recipes, 3 of my favorite, as written or improvise with your own favorite fall veggies. I recommend using the Organic Valley Pasture Raised Butter and Half/Half where needed in the recipes. While these are not St. Lawrence County local products, they are from just a couple of states away. Lower fat desired in the recipes? Use our local milk from Windy Ridge instead of the half/half. You may need to add a bit more cheese to thicken the Alfredo sauce.

### Cabbage Noodles

Cook a package of egg noodles, slightly undercooked. Drain & keep warm.

Finely chop and saute in butter a large head of green cabbage along with a finely chopped, large white onion. Stop cooking when cabbage is translucent.

Combine cabbage mix and noodles in pot, add extra butter (the more the merrier) and crush several cloves of fresh garlic into mix. Lots of garlic is the key. Stir gently and thoroughly, salt to taste with unrefined sea salt, then enjoy!

### Local Grass Fed Beef Stew

- 2 pounds beef stew meat
- 2 cups water
- 2 cups dry red wine
- 1 tsp unrefined sea salt
- 1/2 tsp dried thyme leaves
- 1/2 tsp dried marjoram leaves
- 1/2 tsp pepper
- 2-3 cups tiny pearl onions or chopped onion
- 4 medium carrots cut into 1 inch pieces
- 2 large potatoes cut into 1 inch pieces
- 1/2 cup cold water in jar with 1/3 cup whole spelt flour
- 1/4 cup snipped, fresh parsley

Brown beef stew meat in dutch oven with butter. Add 2 cups water, wine and spices. Heat to boil, cover and simmer on low until meat tender. Stir in onions, carrots, potatoes and return to gentle boil. Reduce heat and simmer until veggies tender. Shake flour/water mixture in jar to rid of lumps, add to stew and return to boil stirring constantly to thicken stew, for about 1 minute. Serve in bowls sprinkled with fresh parsley.

A loaf of whole grain Co-op Bread compliments this stew!

### Pasta, Veggies & Alfredo Sauce

(made with pasture raised dairy)

- 1 pound whole grain pasta, slightly undercooked
- Large fry pan of sauteed local veggies of choice: broccoli, carrots, parsnips, summer squash, onion, cauliflower, kale, collards.....
- 1 quart half/half
- 4 cloves of fresh garlic
- dash of nutmeg
- freshly ground black pepper
- 1 tbsp cream cheese
- 1/2 cup sweet cream salted butter
- 3 1/2 cups freshly grated cheese, use your favorite harder cheeses

Using a double boiler; heat the double boiler. When water is boiling in the bottom of the double boiler, reduce heat to medium-low. Add butter and half/half. Mince 4 cloves of fresh garlic and add to the half/half. Add all grated cheese. Add nutmeg (a small dash is just right.. too much and the sauce is ruined). Add 1 tablespoon cream cheese, stir very frequently and gently with a wooden spoon, large fork or a wire whisk until blended (usually takes about 15-20 minutes). Add pepper, to taste.

Pour Alfredo sauce over pasta, add veggies and mix together. Top with chopped fresh parsley or cilantro, your choice! Enjoy!

# Keeping the Change: Early Results of Gift Card Savings

BY BOB JOSEPHSON



*A hearty THANK-YOU to all the folks that have begun using a Co-op "Good Food Card" for their purchases. We are currently averaging about 20 transactions per day with the cards. If I calculate our savings in bank card fees based on the absolute minimum charge of 15 cents per transaction, we will realize a savings of nearly \$1100.00 per year.*

If I consider the dollar volume of purchases and assume some of the transactions replace debit card swipes ( 20 cents), I think a realistic estimate is closer to a \$2000.00 savings. Great Job!

So, if you haven't gotten your "Good Food Card" yet, please consider doing so. These savings are real and will make your Co-op a more successful enterprise and help control food costs.

One of the concerns expressed to me by some members is a fear of losing the card, and consequently, losing the cash value remaining on the card. Fear not! Once we are notified of a lost card, we can invalidate that card and transfer the remaining balance to a new one. All we need is your card number. Make a photocopy (we can do that for you, if you wish) or jot down the number and keep it in a safe place. Another option is to give me a call and give me your number. We'll enter it in our system and have it if you need it. If you lose track of your card, just let us know as soon as possible and we'll take care of the rest.

Autumn is approaching, and one of my favorite days of the year is just around the corner. The Co-op's annual Open House is Saturday, September 17th. We'll be set up "under the big top" on the lawn next door, thanks to the generosity of our friends and neighbors of the Christian Science Church. There will be lots of live music, plenty of food to sample, and special activities for the kids. Our

special guest chef this year will be from Scoopuccino's. I'm not sure what they're cooking up, but I bet it will be good! Don't eat before you come!

I'm hoping for a perfect mid-September day, but even if it isn't, come on out and join us. The tent will keep us dry. This is a great day to catch up with old friends or make new ones. If you know someone new in the area, please be sure to make a point of inviting them to this gathering. You'll be doing them a favor! And once again this year, we will offer a 10% discount for all purchases on Open House day.

See you at the Open House!

**Bob**

## Did you know?

**The Co-op paid more than \$20,000 last year in credit and debit card processing fees.**

**You can change that.**

You can help keep your dollars closer to home by paying cash, filling up The Good Food Card for general purchases and even writing a check.

Find out more. Ask a cashier about different ways you can help keep the members money in the Co-op.



www.potsdamcoop.org

### Potsdam Food Co-op accepts...

- Cash
- Checks
- MasterCard/VISA
- EBT/SNAP
- Co-op Gift Cards
- Potsdam Chamber of Commerce Gift Certificates



### Our Mission Statement

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

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

Potsdam Food Cooperative  
24 Elm Street, Potsdam, NY 13676  
315-265-4630  
E-MAIL: mail@potsdamcoop.com  
WEBSITE: www.potsdamcoop.org



### Store Hours:

Every day 8:00 am - 7:00 pm  
except holidays.

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

### Co-op Board Members

Arthur Freeheart, President	261-4477
Janet Learned, Vice President	265-3837
Will Siegfried, Treasurer	265-1748
Steve Farina, Secretary	244-2558
Vanessa Bittner	261-2208
Peter Brouwer	265-6943
Mary Egan	265-0135
Bill Galvin	262-2104
Stefan Grimberg	265-2234
Bali MacKentley	244-7728
Pamela Maurer	265-4340
Mark Seymour	265-0059

### Potsdam Food Co-op Staff

<b>Bob Josephson</b>	<b>General Manager</b>
Jim Bartlett	Assistant Manager
Lynn Clark	Bookkeeping/Marketing
Bakari Adams	Produce
Chris Affre	Bakery Manager
Juanita Babcock	Packaging
Stacy Cole	Cashier Supervisor
Miguel Del Castillo	Cashier
Steve Dilger	Bakery Assistant
Jayne Galusha	Cashier
Margaux Godin	Bakery
Nate Jones	Closing Cashier
Jessie LaRose	Cashier
Eric Ochranek	IT Specialist/Cashier Supervisor
Andy Peet	Cashier
Jeremy Rauscher	Bakery Assistant
Leslie Schwartz	Deli Foods Chef
Jennifer Shimaitis	Cashier
Alice Tanzer	Bakery Assistant
Wendy Turnbull	Packaging
Donna Wright	Packaging



Potsdam Food Co-op.....mail@potsdamcoop.com  
 Bob Josephson, General Manager .....bob@potsdamcoop.com  
 Jim Bartlett, Assistant Manager .....jim@potsdamcoop.com  
 Lynn Clark, Bookkeeper/Marketing.....lynn@potsdamcoop.com  
 Chris Affre, Bakery Manager .....bakery@potsdamcoop.com  
 Newsletter Editor .....PotsdamCoopNews@gmail.com

## New at the Co-op Local Goat Cheeses.

### Open House 9/17

Annual Co-op Open House: September 17, 2011

The Co-op's Annual Open House will be held with live music by local musicians, activities for kids, special creations by a guest chef, and samplings from Co-op vendors, our Natural Foods Deli, and our Carriage House Bakery.

Receive 10% off store purchases for the day!

More on page 6.



### NEW! Sourdough Whole Wheat Batard!

Look for the Carriage House Bakery's famous Apple Strudel this fall! Place a special order for a whole strudel by calling 265-2244.

Don't forget that every Friday is a Challah day at the Co-op!



### We have soup!

Home made soups 7 days a week.

### 3rd Thursdays

Look for Third-Thursday In-Store Samplings beginning at 3pm at the Co-op - featuring delicious items from our Carriage House Bakery, Natural Foods Deli, and other tasty foods from the store.



### Specials & News

twitter: Potsdam\_Coop



and yes, we  
are now on  
facebook.

### Co-op Business Partners

*One of the many benefits of Co-op membership is the ability to participate in the Business Partner Program. These locally owned businesses have generously agreed to grant the following offers to Co-op members. Please present your current Membership Card when asking for the discount offered. One time offers will be checked off when they are used.*

**Alchemistress**  
10% off body piercing or tattoo  
17 Maple St., Potsdam 268-9453  
www.alchemistress.com  
AlchemistressBodyArts on Facebook

**The Alexander Technique - Posture, Balance and Poise**  
10% off on first private lesson.  
73 Leroy St., Potsdam  
265-7386 cello1@twcny.rr.com

**Blackbird Café**  
Free cup of in-house coffee with purchase of a sandwich  
107 Main St., Canton 386-8104  
www.theblackbirdcafe.com

**BodyWorks Chiropractic**  
10% off first visit  
17 Leroy St., Potsdam 265-2030  
www.PotsdamBodyWorks.com

**Chiropractic Office of Dr. Jamie Towle & Dr. Lisa Francey Towle**  
10% off chiropractic services at both Canton and Malone locations.  
16 Park St., Canton 386-2273  
3276 St Rte 11, Malone 518-483-6300  
www.NorthCountryChiropractic.com

**Colton Massage Therapy**  
Catherine A. Klein, BA, LMT  
...and everyone knew her as Nancy  
\$10 off first massage or gift voucher  
4808 St Hwy 56, Colton 315-262-2636

**Community Performance Series**  
15% off any regular priced ticket  
Snell Theater, SUNY Potsdam  
267-2277 www.cpspotdam.org

**the computer guys**  
10% off computer peripherals in stock at both Potsdam and Canton locations  
4 Clarkson Ave., Potsdam 265-3866  
2564 St Hwy 68, Canton 714-3866  
www.techtext.com

**Disasters Masters**  
10% off all services  
Morristown 375-3019  
DisasterMasters@mail.com

**Evans & White Ace Hardware & Rental**  
\$5 off 1 day carpet cleaning rental fee (one time only)  
1 Maple St., Potsdam 265-4350  
www.evanswhite.com

**The Frame Mill**  
10% off custom framing  
13 Maple St., Potsdam 265-2424  
www.theframemill.com

**Great Northern Screen Printing & Embroidery**  
10% off custom screen and embroidery  
6 Main St., Potsdam 265-6211  
www.gonorth@greatnorthernprinting.net

**Jazzercise**  
1 free trial class to new customers (may not be combined with other discounts)  
22 Depot St., Potsdam 265-0849  
www.jazzercise.com

**Julian's Restaurant**  
10% off the purchase of an entree (not valid with early dining specials)  
38 Market St., Potsdam 274-9300  
www.julianspotdam.com

**The Knead of Life**  
Helen Kenny, NYS LMT  
\$5 discount on first massage  
Hannawa Falls 265-3369

**LaCasbah Restaurant**  
10% off purchases  
6 Elm St., Potsdam 274-9696  
www.lacasbahny.com

**Michael Greer Residential Carpentry**  
5% discount  
528-7507  
Potsdam

**North Country Center for Yoga and Health (Yoga Loft)**  
\$5 off the drop-in fee for any class (one-time offer) 107 1/2 Main St., Canton (above Blackbird Café) 347-3040  
www.yoga-loft.org

**NorthCountrySites.com**  
10% off website design, maintenance & editing services  
Potsdam  
www.northcountrysites.com

**Northern Music and Video**  
10% off all musical accessories  
\$1 off all CDs & DVDs  
29 Market St., Potsdam 265-8100  
www.northernmusicandvideo.com

**Packbasket Adventures**  
10% off B&B including 1 meal, ski tours, canoe trips, and fishing trips  
12 South Shore Rd. Ext., Wanakena 848-3488  
www.packbasketadventures.com

**Potsdam Center for Innovative Dental Technologies**  
Terry Reed, DDS & Aaron Acres, DMD  
10% discount  
83 Market St., Potsdam 265-3377  
www.docreed.com

**Purple Rice**  
\$2 off 1 lunch special (one-time offer)  
20 Elm St. #105, Potsdam 268-0923

**Renew Architecture & Design PLLC**  
Rebecca Weld, AIA and LEED AP  
5% discount on architectural services  
11 Washington St., Potsdam 262-0082  
www.renewarchitecture.com

**St. Lawrence Chocolates**  
10% discount  
4 Main St., Potsdam 274-9029  
www.stlawrencechocolates.com

**St. Lawrence Nurseries**  
10% off regularly priced stock  
325 Rte 345, Potsdam 265-0778  
www.sln.potsdam.ny.us

**Scoopuccino's**  
10% off on Wednesdays  
167 Market St., Potsdam 268-8780  
www.scoopuccinos.com

**Shabbie But Ch'ic Thrift Store**  
10% off all merchandise  
5 Collins Road, CR 35, Norwood 353-6167

**Strawberry Fields Music**  
\$1 off all purchases of \$10 or more (excl. bonus cards)  
8 Market St., Suite 2, Potsdam 265-7700

**SummerHaven Pool & Hearth**  
10% off all purchases over \$50 (excl. pellet and coal fuel)  
7018 State Hwy. 56, Potsdam 265-1100 / 877-624-2390 Toll Free  
www.summer-haven.com

**TAUNY Traditional Arts in Upstate NY**  
10% off most North Country Folkstore items  
53 Main St., Canton 386-4289  
www.tauny.org

**The UPS Store**  
10 Free Self-service copies daily (B&W 8 1/2 X11)  
200 Market Street, Potsdam 265-4565

**Village Diner**  
FREE coffee, tea, or soft drink with any sandwich meal  
Market Square Mall, 22 Depot St. Potsdam 26-LUNCH (265-8624)  
www.villagediner.com

**Willow Tree Florist & Landscaping, Inc.**  
10% off fresh flowers (cash & carry)  
7580 US Hwy 11, Potsdam 265-2842 www.willowtreefnl.com

**The World Artisan Fair Trade Shop & Gallery**  
10% off all merchandise (excluding sale items)  
1/2 Main St., Potsdam 261-4844  
www.theworldartisan.com



# Healthy eating is hard but not impossible for low-income Americans

By TOM LASKAWY ORIGINALLY PUBLISHED ON GRIST.COM AUGUST 9, 2011

A good meal doesn't have to cost an arm and a leg. There's a new study out purporting to show that, as this AP story puts it, "healthy eating is a privilege of the rich." In many ways, this headline is meant to be a spear slicing deeply into the Achilles heel of the food movement. In one stroke, it seems to confirm the stereotype of the elitist, Alice Waters-loving, farmers-market-shopping locavore who demands we all drop the Doritos and start learning to love kale chips instead. It is, however, a bit of an overstatement.

The study, published in the journal *Health Affairs*, is actually doing something a bit different from what the news coverage would lead you to believe. The researchers have excellent pedigrees: epidemiologists from the University of Washington's School of Public Health, including Adam Drewnowski, who has a large body of work looking at the various challenges of healthy eating for low-income people, and ways to overcome those challenges.

The authors looked at four basic nutrients that the USDA recommends Americans get more of: potassium, calcium, vitamin D, and fiber. Then they looked at the buying habits of a group of residents from King County, Wash. (an area that includes Seattle) and calculated the increase in cost for them to do just that. The eye-opening finding that got most of the press coverage was that increasing consumption of potassium to meet USDA recommendations "would add \$380 per year to the average consumer's food costs."

But even the study authors admit that there's a wrinkle here worth noting: They didn't search out the cheapest source of potassium (bananas, for the record) to come up with that figure. They performed statistical analysis to model a diet higher in those nutrients based on what the study participants were already buying. That's very different from trying to shop on a budget!

Indeed, their point was not to demonstrate that healthy eating is the province of the rich. Their conclusion was simply that "adopting a nutrient-dense diet in line with both dietary recommendations and current U.S. eating habits may raise food costs for consumers." In other words, it's not enough for the government to set dietary guidelines. It needs to radically change its policies, including but not limited to possibly subsidizing healthy foods, if we are to achieve the goal of healthy eating.

Last year, writers Jane Black and Brent Cunningham demonstrated the possibility of healthy, even locavore-style, eating on a tight budget during time spent researching a book in Huntington, W.Va., site of Jamie Oliver's *Food Revolution* television show. They spend \$2.38 per person per meal (cooked at home) while eating "plenty of organic produce ... local eggs, buffalo meat and un-homogenized milk in glass bottles." That's not to say it's easy, of course. But it's not impossible.

The new study's main thrust is that Americans

will have to change their eating patterns if they are to eat a healthy diet affordably. But didn't we know that already? Forget potassium -- it's well known that Americans don't come even close to the recommended number of servings of fruits and vegetables, and if they tried, there wouldn't be enough fruit and veggies to go around! The real question, which the study does not address, is how to get from where we are to where we want to be.

To me, the most interesting finding of the paper was not the "cost" of potassium (which may be a convenient nutrient for this kind of analysis but is certainly not the one most consumers focus on when shopping). Rather, it was the researchers' results that showed "each time consumers obtained 1 percent more of their daily calories from saturated fat and added sugar, their food costs significantly declined." Over the course of a year, a consumer could reduce food costs by \$125 for each 1 percent increase in calories from sugar and fat. In other words, all the financial incentives point strongly to upping calories from fat and sugar and slashing the nutritional quality of the American diet.

The sad fact is that we are not born knowing how to shop for healthy food. While the concept of "healthy eating" has a long pedigree, for most of history the vast majority of people ate what was available or, if possible, the foods their parents ate. To vastly oversimplify, this fact held true for most people in the developed world until the middle of the last century when the great "labor saving" wave swept over American households (much to the relief of millions of women). It was at that moment that traditional "foodways" finally gave way to a corporate version that emphasizes convenience, ease, and palatability (achieved through manipulating sweet, fat, and salt). Government should be the obvious counterweight to the corporate marketing machine, but for reasons of internal conflicts and regulatory capture, it's not.

Navigating the grocery aisles has never been more complicated -- and not just for low-income folks. I can attest to the fact that many of my well-educated, affluent peers don't manage things so well either, if the number of parents who serve their children sports drinks but limit soda is any indication. With time and money at an absolute premium and when most food education takes place in front of the television, do we really need a study like this to tell us which way the food winds are blowing?

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*A 17-year veteran of both traditional and online media, Tom is a Contributing Writer at Grist covering food and agricultural policy. Tom's long and winding road to food politics writing passed through New York, Boston, the San Francisco Bay Area, Florence, Italy and Philadelphia (which has a vibrant progressive food politics and sustainable agriculture scene, thank you very much). In addition to Grist, his writing has appeared online in the American Prospect, Slate, the New York Times and The New Republic. He is on record as believing that wrecking the planet is a bad idea. Follow him on Twitter.*

<http://www.grist.org/food/2011-08-09-healthy-eating-is-hard-but-not-impossible-low-income-americans>





## A Member's View

BY PAMELA MAURER

### *Belonging.*

### *Membership.*

### *Are these words interchangeable?*

Belong means to be the property of; to be the concern or proper business of; to be in relation to.

Member means an individual forming part of an association.

We belong as members to the Potsdam Consumer Cooperative, Inc. by choice.

### WHY?

When my family moved to Potsdam in May of 1985, the first act of community we performed was becoming members of the Co-op. The store was at the bypass corner and membership meant a participation commitment. Mostly, this meant packaging or bottle washing for me as I was often pregnant, nursing or both. I made new friends, people I can still pick up with where we left off.

Within a few years, I was asked to get involved with the board of directors and WOW, what a lesson in civics!

Fast forward to 2010 when I show up to package on a weekend and find out there is no packaging on the weekends. I had already tried jar washing and had half of my jars "rejected" because some government rule has changed so that my dishwasher washed jar doesn't qualify for re-use anymore by anyone but me. Then there is the major issue of food security that motivated me to run for an open board seat. I have found my place to match years for board involvement with the Chamber of Commerce and my need to exercise membership benefits in our food Co-op.

The first board of directors event after the February annual meeting, I realized that our membership organization had no membership committee anymore so I volunteered to chair the membership committee. We have been given the charge to explore a change in membership from discount to dividend and will be make a recommendation to the board with much membership input before any major change is made. Although members are all owners of our store, owners are not all working members. As good stewards we have to consider continued economic viability. Right now, it is just in the discussion stage.

### *Now, back to belonging.*

We all first belong to the human race and as such should expect that life includes clean food, clean water and clean air.

We have put measures in place to safeguard these life rights, yet many of these safeguards have now become the threats to our life-rights. The various powers that be think rules and regulations will keep us safe and throw common sense and common law to the wind. I am thankful that the growth of local food production finds a home at our store because it is so important to buy and use these local products.

I learned as a teenager that eating within my climatic zone was the healthiest way to live. When you think about it, this attitude could help solve the world's food problems since we wouldn't take food from the people who produce it thousands of miles away from us.

Yes, I know, I don't want to give up olive or coconut oil, coffee, lemons, or bananas but what do we have right here that gives us similar results and health benefits?

1. Olive oil=safflower oil
2. Coconut oil=Butter
3. Coffee=chicory root=nothing replaces coffee if you love coffee
4. Lemons=Braggs raw apple cider vinegar
5. Bananas=all our wonderful in season fruits frozen, dried or canned

In a perfect world, none of the major food issues we face today would exist. It would be a world where we love and care for each other unconditionally. So what can we do? Here's the list:

1. Turn off the tv or computer.
2. Get a clean source of water.
3. Grow some of your own food or get to know your local farmers.
4. Shop at our Co-op that supports local food production.

If you need more information about America's food challenges, explore the [naturalnews.com](http://naturalnews.com) website done by Mike Adams the Health Ranger. Locally, come volunteer at the Co-op and become a member. It's a place to belong!

# open house sept. 17th

see page 6

# Events Calendar



Follow us.  
twitter: Potsdam\_Coop

**Saturday, September 17, 2011**

## Co-op Annual Open House

11 am to 3 pm

### Featuring:

**10% Discount for the day on store purchases.**

Get a taste of the Co-op's Carriage House Bakery and Natural Foods Deli samples.

Try coffee from our local Saint Lawrence Valley Roasters.

Fun for kids: Face painting, balloon creations, and a Butter Dance

Special creations by a local guest chef

Live music by local musicians

Other sampling from Co-op vendors including new local Goat Cheeses and much more!

Beth Robinson has also lined up the following local bands:

**Animal Crackers,  
Crescent Street Jam,  
Minor Swing,  
and Northbound**

**September 24-25, 2011**

## Local Living Festival

**A Celebration of Resourceful Living Skills**

September 24 & 25, 2011

9 am to 5 pm

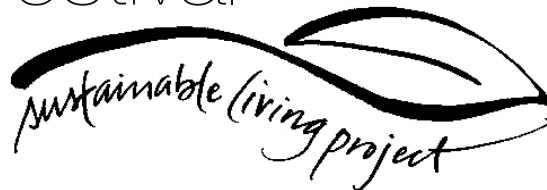
(plus Green Home & Garden/Farm Tours)

Cornell Cooperative Extension Learning Farm

2043 Route 68, Canton, NY

SustLivingProject@gmail.com, or 315.347.4223.

[www.sustainablelivingproject.net](http://www.sustainablelivingproject.net)



**Sunday, December 4, 2011**

## Annual Baking Contest

Annual Baking Contest with a new fourth category...Savory! and the Sweet Silent Auction to benefit the Potsdam Neighborhood Center will take place Sunday December 4th.



2010 Winner

## Roasting Winter Veggies

BY PAULA YOUMELL • REPRINTED FROM JANUARY/FEBRUARY ISSUE 2009

Local availability of veggies has exploded over the last decade. Included in this abundance is a myriad of wonderful, winter vegetables. They are loaded with vitamins, minerals, enzymes, fiber and antioxidants. The reason: because they are all whole foods, eaten as they come from nature, no parts removed. Wash skins of root veggies well, but do not remove them. Minerals are absorbed directly from the soil through this skin. The skin, and flesh directly underneath the skin, has a very high nutrient content. Your body will thank you for these extra minerals.

Cold weather cooking turns to soups, stews, and stir fries featuring several winter vegetables in each dish, no two dishes ever quite the same. One of my favorite ways to eat root vegetables is roasted in the oven. All root vegetables and winter squash can be mixed and matched for a variety of roasted taste surprises. Try mixing earthy veggies: potatoes, beets, salsify, burdock roots and/or parsnips with sweet squashes. (Hint: if you do not want your roast veggies all turning pink, roast the beets separately and add to your plate last.) All squashes are yummy, cut up and roasted with root veggies, but buttercup, butternut and delicata are my favorites. They add color and sweetness to any dish. Halve brussels sprouts and add them to the roast, half way through the cooking, for another taste sensation.

### How to Roast Winter Veggies

-Choose a few of your favorite root veggies and a small squash, cut into bite size chunks so you end up with enough to feed all at your table.

(leftovers for omelets, scrambled eggs and toast & hummus is nice too!)

-Place in shallow bake pan to cover bottom of pan.

-Drizzle with olive oil (or half & half mixture of olive oil & melted butter).

-Sprinkle with rosemary, thyme, basil, oregano, parsley, crushed garlic.... any of the herbs you like. Cinnamon, nutmeg and ginger is a fun change of taste!

-Mix well, should be lightly coated with oil & herbs.

-Roast at 350 F for approximately 45 minutes until veggies tender & roasted on the outside.

### Winter Veggies Available Locally:

**Potatoes-** B and C vitamins, minerals.

**Sweet Potatoes-** carotene (vitamin A) vitamin C & thiamine, minerals, complex carbs.

**Carrots-** one of the best sources of carotene, B vitamins, fiber, minerals and coumarin-a natural blood thinner & anticancer nutrient.

**Beets-** Vitamins A and C, B vitamins and minerals.

**Parsnips-** Vitamins A and C, high fiber, minerals, ounce for ounce contain 31% as much calcium as milk.

**Turnips-** Vitamin C and B vitamins, minerals, more naturally occurring Na than most veggies.

**Rutabaga-** Vitamins A and C, minerals.

**Burdock Root (gobo)-** very earthy tasting, minerals and protein.

**Celeriac-** Vitamins A, B vitamins and minerals.

**Onions-** Vitamins A and C, B vitamins, minerals, and sulfur.

**Garlic-** allicin, an amino acid shown to reduce cholesterol levels.

**Salsify-** Vitamin C, B vitamins and minerals.

**Winter Squash-** Vitamins A and C, minerals, complex carbs, protein.

**Leek-** sulfur, lutein and zeaxanthin (antioxidants)

**Brussels Sprouts-** Vitamin A, minerals.

### Winter Veggie Tourlou (an oven roasted, juicy stew)

-Cut up those same favorite root veggies (try some new ones, too) and squash.

-1 large onion or leek cut into chunks.

-3-4 cloves crushed garlic.

-Place in shallow pan and add 1 quart chopped, canned tomatoes.

-Add a couple of bay leaves, 1/4 to 1/2 cup olive oil, 1/2 to 1 cup water, 1/2 tsp nutmeg & 1 tsp thyme (more or less to taste of these 2 spices)

-Place in 350 F oven for 1 hour, stirring every 20 minutes. Add more water, if needed, to prevent drying out. Tourlou is meant to be creamy but not soupy wet.

-Add cooked chickpeas when finished or serve with your favorite roasted or grilled meat.

# Notice

## The Co-op needs new members for our Board of Directors.

Individual Co-op Members are now being recruited to run for a seat on the Board of Directors. Elections will take place at the Annual meeting held in February 2012.

Please consider nominating yourself or someone you know (who has agreed to consider running) for this important position.

Potential Board Members would agree to:

- Attend a monthly meeting on the third Tuesday of each month.
- Be actively involved in Board meetings, committees, retreats, and other Board events.
- Work in the best interest of the Co-op.

If you would like to nominate yourself or another member, please contact any one of the Governance Committee Members. You can also sign up on the sign-up sheet at the Co-op. Look for it on the bulletin board in side the store or ask one of the friendly staff where you can find the Co-op Board of Directors recruitment sign-up sheet.

Governance Committee Members

Annie McLaughlin, amclaughlinLMT@gmail.com or 386-4944

Janet Learned, learnedj@gmail.com

Susan Godreau, sgodreau@gmail.com or 268-9249

Vanessa Bittner, Vanessa.bittner@googlemail.com

### From the Editor

Submissions for the winter issue of the newsletter are due to [PotsdamCoopNews@gmail.com](mailto:PotsdamCoopNews@gmail.com) by December 1, 2011.

Thank you

**CO-OP BOARD MEETINGS**  
ARE OPEN TO ALL MEMBERS OF THE  
POTSDAM FOOD COOPERATIVE.

EVERY AGENDA PROVIDES TIME FOR  
MEMBER COMMENT.

MEETINGS ARE HELD AT 6:00 PM ON THE  
3RD TUESDAY OF EACH MONTH, IN THE ROOM  
ABOVE THE CARRIAGE HOUSE BAKERY.

IF YOU HAVE QUESTIONS OR COMMENTS FOR  
BOARD MEMBERS, WE REALLY WOULD LIKE  
TO HEAR FROM YOU.

### Become a Member



### Join the Co-op!

2% discount for all members. Volunteer opportunities come up all the time.

Volunteering one hour per adult in your household will earn your household a 10% discount for a month.

Core worker volunteers work three hours per week to earn a 23% discount. If you are interested in volunteering, please give us a call at 315-265-4630

### Volunteer Opportunities

There are always volunteer opportunities that earn members discounts at the Co-op. If you're interested, please call the Co-op at 265-4630 and talk to Bob or Lynn, or email [bob@potsdamcoop.com](mailto:bob@potsdamcoop.com).

[www.potsdamcoop.org](http://www.potsdamcoop.org)

Potsdam Food Cooperative  
24 Elm Street  
Potsdam, NY 13676



Join the  
Co-op

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Apple Season in the North Country



Potsdam Food Cooperative  
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