

# Results Are In

## Winning Recipes for Winter Baking

BY LYNN CLARK

The Co-op held its 13<sup>th</sup> Annual Baking Contest and Silent Auction to benefit the Potsdam Neighborhood Center on Sunday, December 5<sup>th</sup> from 12 - 4pm. We had 27 delectable entries that provided a feast for the eyes and palate for the many visitors who attended. The Carriage House Bakery was dressed in holiday attire and the aroma of hot cider and coffee filled the air.

This year the Vegan category was changed to Special Diet - a more expansive category to include Gluten-free and Diabetic-friendly, as well as Vegan. The winner in each category receives a \$25 *Good Food Gift Card* from the Co-op!

Many thanks to the bakers who donated their wonderful creations! Because of their generosity we are able to continue this festive holiday tradition and community event. Thanks also to those who bid on the delicious treats and contributed to the collection jar. This collective effort makes the Baking Contest and Silent Auction such a successful event and enables the Co-op to generate needed funds for the Potsdam Neighborhood Center. This year we raised \$873!

Also, thank you to the many volunteers who assisted in decorating, serving, and Sunday clean-up!

We hope to see everyone again next year...at this Sweetest Event of the Year which is a great way to begin the holiday season and support a worthwhile organization!



## 2010 Winners

**Cookies:** *Lime & Coconut Sugar Cookies*  
by Robin Crowell of Canton

**Desserts:** *Graham Cracker Cake*  
by Rachel Wallace of Potsdam

**Special Diet:** *Flourless Chocolate Torte*  
by Susan Powers and daughters Ellie & Tera Siegfried

Recipes on page 9



# Going into 2011 Together

BY BOB JOSEPHSON



**HAPPY** NEW YEAR! I hope you have had a perfectly enjoyable holiday season. Now it's time to enjoy the winter weather, or hunker down, depending on your perspective. One of the highlights of your winter could be the Co-op's Annual Meeting, taking place on Tuesday, February 15<sup>th</sup>. Well, maybe the meeting itself isn't really a highlight, but it gives us a chance to report to you, our member owners, regarding the state of the business, and it gives you an opportunity to make your voice heard regarding Co-op policies and activities. The Co-op is going into 2011 in a

much more comfortable financial position than we went into 2010. As of the end of the year we have repaid nearly \$50,000 of the money borrowed from members to accomplish the reset. We are on track to finish paying the 2007 loans early in 2012. It appears we will show a small profit at the end of the year for the first time in three years.

The real highlight on the 15th of February will be the Potluck dinner preceding the meeting. The food and the company are always terrific. It's a great opportunity to catch up with old friends, or meet new folks in our community. And, of course, the food is the real star of the show. This is your chance to sample some of the finest cooking anywhere. Co-op members are great cooks! And while it's too early to name names, we will have some live acoustic music to enhance your dining experience. I hope to see you all there. Your participation is important to the future of the Co-op!

If you can't make the Potluck and the meeting, please be sure to vote, by mail or in the store, for Board of Directors candidates. You will find your ballot elsewhere in this newsletter and a ballot box at the Co-op. Perhaps you should go ahead and cast your ballot now, even if you do plan to attend. That will help assure we have the necessary quorum of votes to hold a valid election. I realize we have only four candidates for four positions, but our by-laws still require us to vote these folks into office. **PLEASE BE SURE TO VOTE!**

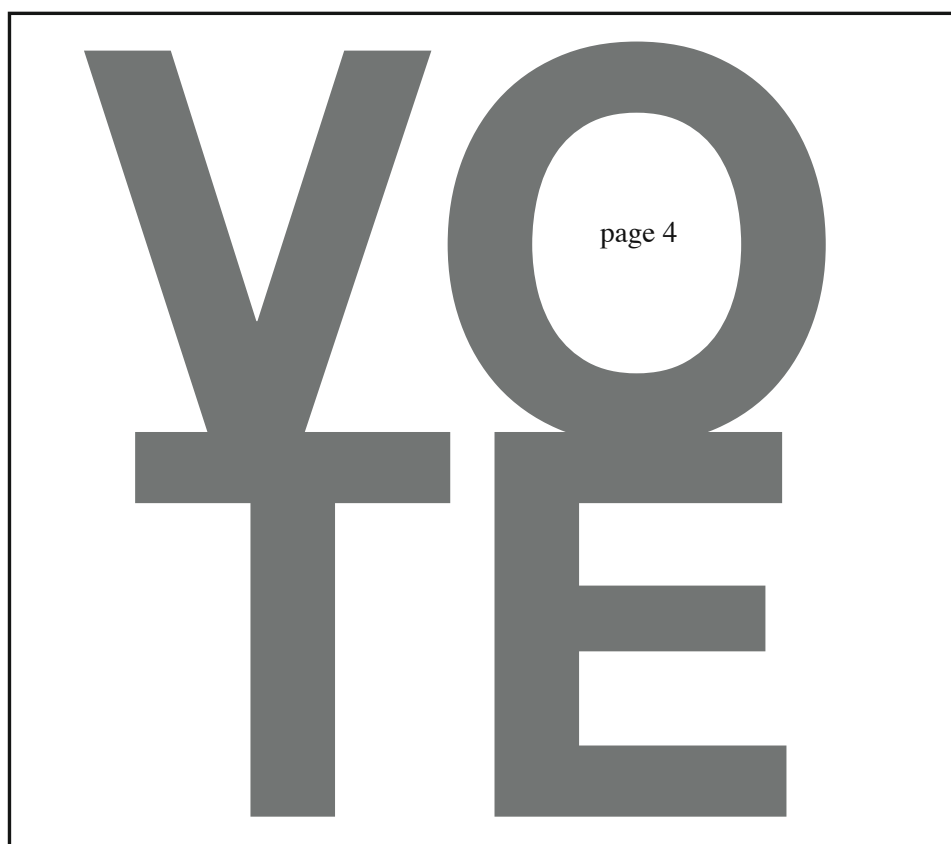
We have been using our new member cards for several months now. Happily, the transition has been fairly smooth. Our apologies to those of you who had to deal with discrepancies in our system. We continue to work to streamline our procedures and improve on our use of the system. I am happy to report that

discount expiration dates for working members now appear at the bottom of your cash register receipt.

Many of you have lamented the disappearance of the comment book. It no longer served its intended purpose and seemed to have outlived its usefulness. We do, however, understand the need to communicate in writing. We will be placing a suggestion box in its place. If you require a response, please be sure to include contact information. I sincerely hope that you will find this an acceptable substitute.

*See you at the annual meeting!*

**Bob**



## 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](mailto:mail@potsdamcoop.com)  
WEBSITE: [www.potsdamcoop.org](http://www.potsdamcoop.org)



### Store Hours:

Everyday, 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](mailto:PotsdamCoopNews@gmail.com).

### Co-op Board Members

Arthur Freeheart, President	261-4477
Vanessa Bittner, Vice President	261-2208
Will Siegfried, Treasurer	265-1748
Steve Farina, Secretary	244-2558
Peter Brouwer	265-6943
Bill Galvin	262-2104
Janet Learned	265-3837
Bali MacKentley	244-7728
Frank McLaughlin	386-4944
Nick Pignone	705-5028
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
Ashley Duvall	Cashier
Jayne Galusha	Cashier
Margaux Godin	Bakery
Nate Jones	Cashier
Jessie LaRose	Cashier
Alissa Matthews	Bakery Assistant
Eric Ochranek	Cashier Supervisor
Andy Peet	Cashier
Jeremy Rauscher	Bakery Assistant
Leslie Schwartz	Deli Foods Chef
Wendy Turnbull	Packaging
Donna Wright	Packaging



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

# NEW AT THE CO-OP

- (Vegan) Primal Strips Hot & Spicy (meatless jerky)
- Back to Nature Honey Graham Sticks
- We're bringing back Reeds Ginger Ice Cream!
- King Arthur Gluten-free Cookie & Brownie Mix
- Effie's Pecan Nut Cakes
- Flott Solid Tuna in pure olive oil
- GTS Kombucha "new Recipe"
- Dark Chocolate-Covered Pretzels
- Dark Chocolate-Covered Goji Berry Mix
- Dark Chocolate-Covered Orange Peel Mix
- Dark Chocolate-Covered Lime Peel Mix
- Tofu Pasta! – (vegan, dairy-free, gluten-free, sugar-free, cholesterol-free, low calorie, and low carbs)

## Great for Holiday and Super Bowl parties:

- Marinated deli offerings:
  - o Mushrooms
  - o Artichoke Hearts
  - o Garden Salad
  - o Sweety Peps stuffed with garlic & herb cheese
- Olives stuffed with:
  - o Roasted Garlic
  - o Blue Cheese
  - o Feta

Order your Veggie and Hummus platters for your Holiday and Super Bowl parties by calling Leslie in the Deli at 265-2244. Please order at least two days before your event.

Potsdam Food Co-op  
Natural Foods Deli



Soups & Specials  
twitter: Potsdam\_Coop

Potsdam Food Co-op  
& Carriage House Bakery  
Sweets!

## 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.

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

**Argent's Jewelry** 10% off regular prices and repairs 32 Market St., Potsdam 265-6389

**Asian World Imports is now The World Artisan, A Fair Trade Shop and Gallery** 10% off all merchandise (excl. sale items) 1/2 Main St., Potsdam 261-4844 www.worldartisan.com

**The Bagelry** 10% off all platters & catering 9 Market St., Potsdam 265-9378 www.potsdambagelry.com

**Big M Supermarket** 5% off on Thursdays (some items excl.) 27 Elm St., Potsdam 265-6282

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

**BodyWorks Chiropractic** 50% off first visit 17 Leroy St., Potsdam 265-2030 www.PotsdamBodyWorks.com

**the computer guys** 10% off computer peripherals in stock 4 Clarkson Ave., Potsdam 265-3866 www.techntext.com

**Colton Massage Therapy** Catherine A. Klein, BA, LMT ...and everyone knew her as Nancy \$10 off first massage or gift certificate purchase. Colton 315-262-2636 catherine.nan@gmail.com

**The Copy Shop & Business Center** FREE - up to 10 self service copies daily (B&W, 8 1/2 x 11) 11 Maple St., Potsdam 265-1700 www.potsdamcopyshop.com

**Digital Artisan** 10% discount on graphic design services, brochures, flyers, business cards, logos & more 212-0128 DigitalArtisan@hotmail.com

**Dr. Terence M. Reed, D.D.S. Potsdam Center for Innovative Dental Technologies** 10% discount 83 Market St., Potsdam 265-3377 www.docreed.com

**Evans & White Hardware** FREE - 1 key duplication 1 Maple St., Potsdam 265-4350

**First Crush Wine Bistro** 10% off between 7am - 10am (Monday - Friday only) 32 Market St., Potsdam 265-WINE www.firstcrushwinebar.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

**Hidden Meadow Inn** FREE - tours of trails for groups or individuals (by appt.) 50% off 1 night stay or 2nd night free, Breakfast included (1st timers only, some exclusions apply) 1950 Sober St., Norfolk 384-3234 / 212-0203 www.hiddenmeadowinn.com

**Jane Khondker, Certified Jazzercise Instructor** FREE - 1 Introductory Class (not valid w/other discounts) Market Square Mall, Potsdam 265-0849

**Josie's Pizza** \$2 off full-sheet pizzas \$1 off large & half-sheet pizzas, 50 cents off smaller pizzas & pizza rolls 13 Market St., Potsdam 265-9484

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

**Little Italy Restaurant & Pizzeria** \$1 off any pizza 30 Market St., Potsdam 265-5500 www.potsdamlittleitaly.com

**Michael Greer Residential Carpentry** 5% discount 265-3837 / 528-7507

**North Country Center for Yoga and Health (Yoga Loft)** \$5 off the drop-in fee for any class (1 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 www.northcountrysites.com

**Northern Ice and Dance** 10% off first purchase 47 Market St., Potsdam 265-0009 www.northerniceanddance.com

**Northern Music and Video** 10% discount on CDs, DVDs & musical instrument accessories 29 Market St., Potsdam 265-8100 www.northernmusicandvideo.com

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

**Purple Rice** \$2 off 1 lunch special (1 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% off discount on purchase of \$25 or more (excl. gift baskets) 4 Main St., Potsdam 274-9029 www.stlawrencechocolates.com

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

**Sergi's Italian Restaurant & Banquet Hall** \$1 off all pick-up pizzas (not valid w/ any other offer) 10 Market St., Potsdam 265-3420

**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 of \$50 or more (excl. pellet and coal fuel) 7018 State Hwy. 56 Potsdam-Norwood Road, Potsdam 315-265-1100 877-624-2390 Toll Free www.summer-haven.com

**TAUNY** 10% off Folkstore items (except top shelf) 53 Main St., Canton 386-4289 www.tauny.org

**Tim's Comic & Game** FREE - 1 back-issue comic 6 1/2 Main St., Potsdam 268-1598 www.discoverpotsdam.com

**Village Wine and Liquors** 5% off any wines on Wednesdays 2A Main St., Potsdam 261-4630 www.villagewinesandliquors.net

**Wear On Earth** 1/2 off on one ski or bike tune-up per yr. (some exclusions apply) 19 Market St., Potsdam 265-3178 www.wearonearth.com

Featured Business Partner  
**Evans & White Hardware**  
FREE - 1 key duplication  
1 Maple St.,  
Potsdam 265-4350

# MEMBERSHIP VOTE

## Board of Directors – Candidates' Statements

The Board has asked candidates to address several questions in their statements. How long have you been a Co-op member? What do you appreciate most about the Co-op? What opportunities have you had to be involved in the Co-op? Why have you chosen to run for a seat on the Board of Directors? What interests, skills and talents will you bring to the Board of Directors?



### Mary Egan

I joined about 2 years ago, when I moved to Potsdam.  
I like the freshness of the food and that I am able to obtain products I cannot get in any other store.  
I had an instant interest in how the Co-op functions and to offer my services.  
I worked in the retail business in a variety of department stores. I have experience in an office setting as Executive Secretary for the Sr. Vice President for Finance at Claxton-Hepburn Medical Center. I worked as an executive secretary for 17 years and then as a grant writer until retiring.



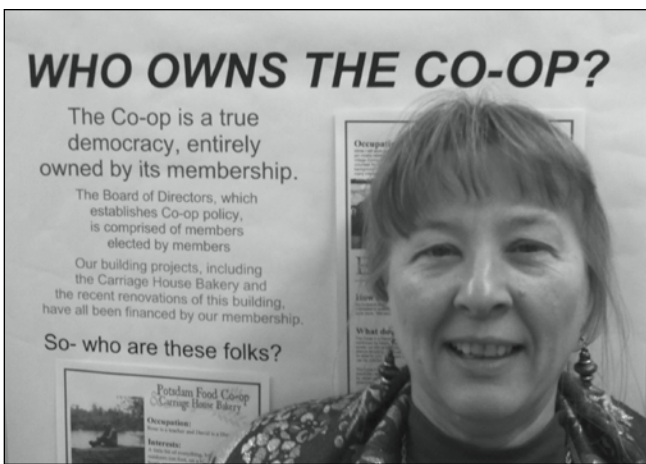
### Arthur Freeheart

I was originally a member of the Co-op in 1973 or 1974. That was during my high school days. I spent over two decades in Minneapolis then moved back to the North Country in October 2006. My partner, Susan, and I joined the 21<sup>st</sup> Century Potsdam Co-op within a week of our arrival.  
I most appreciate that the main business goal is not profit. The Co-operative Principles are a healthy, balanced framework in which to conduct member-centered, community-welcoming business.  
I did bakery cleaning, as a core worker, for almost a year. I helped with the re-set. I love doing inventory (believe it or not). I've been serving on the Governance Committee for several years.  
I was appointed to finish a Board Director's term in March 2010. The Board elected me Board President. I've enjoyed my time on the Board and ask your support in continuing it.  
I've chosen to run for a seat on the Board of Directors because I feel my Board participation is a good way to actively support the Co-op.  
I have an extensive and varied background in both Board membership and Co-operative involvement. I belonged to and/or worked at half a dozen Co-ops in Minneapolis. I bring the perspective of a native of this area who grew up in a farming community. My skills include consensus building, active listening and open communication. My talents include meeting facilitation, note taking and understanding of basic accounting. I worked in organic produce departments for many years. One of my great passions is environmentally conscious, sustainable living.



### Stefan Grimberg

I have been a member of the Co-op ever since our family moved from North Carolina to Potsdam 15 years ago.  
I appreciate the diversity of food, particularly the large offering of produce, international foods and fresh breads. I also appreciate the offering of locally produced fresh and fully ripened produce. In selling local produce the Co-op plays a vital role in our community, offering local producers a possible outlet for their products while keeping quality high at a reasonable price.  
While my wife has been very actively involved in the operation of the Co-op (former Board member, sustainer) I have to admit that aside from a few odd jobs I have not been too heavily involved in the Co-op. This year I helped during the bakery painting, the recent renovation and lighting the fire of the bakery oven on occasional weekends.  
I have benefited greatly from the hard work of volunteers for some time now. So I feel it is now my time to give back to the Co-op community. I think I can bring to the Board a balanced view to continue on the Co-op's path of fiscal solvency while promoting the Co-op vision.  
As part of my career at Clarkson I have been involved with the management of large research projects working together with lots of different people. I enjoy working in this diverse environment and I believe my experiences will help the Board to develop goals ensuring the Co-op's continued growth.



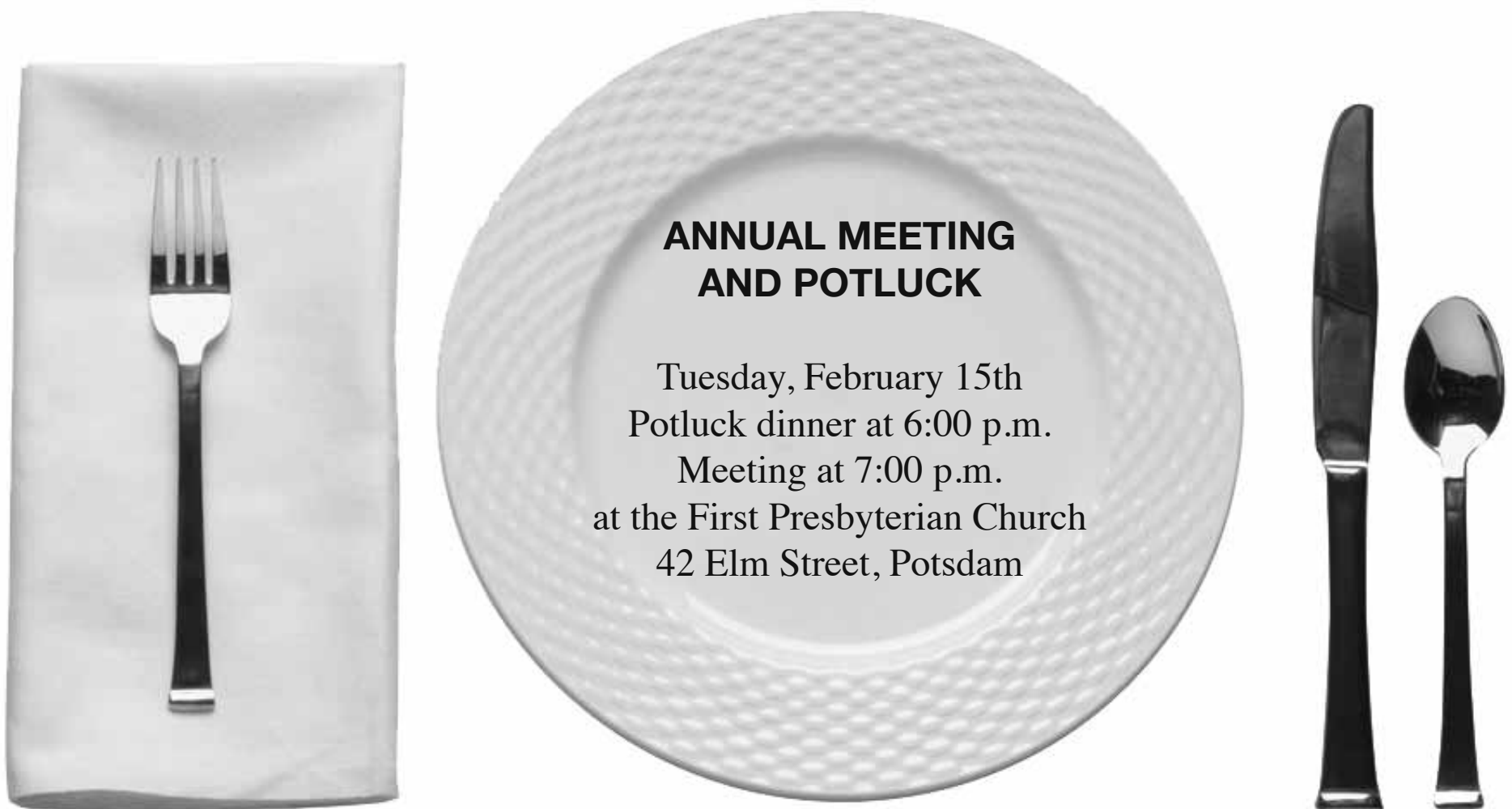
### Pamela Maurer

I have been a Co-op member since May 1985 when we moved to 36 Main St.  
I appreciate whole foods for whole people and working with local food producers.  
I chaired the Co-op Board from 1988 to 1992 when we moved the store.  
I have become more involved with the local food movement and want to be involved with its further growth through the Co-op's place in the community.  
I have been chairing the Potsdam Farmers Market board this year and have helped start the Be local, Buy local, Eat local campaign sponsored by the Chamber of Commerce, which I have served on the Board of for 5 years, including being the president. I will go off the executive committee in January. I organized the 1st Spring Fling and local hero's parade for the Summer Fest in 2009, sponsored by the Chamber of Commerce. I look forward to serving and helping to secure our local food future!

# Calling All Members. The Annual Meeting Needs You.

ATTENTION MEMBERS!

You are invited to attend the Potsdam Food Co-op's



## AGENDA

officer and manager annual reports; elections to the Board of Directors; potluck dinner with coffee, tea and cider provided; member comments and more!

Families with children welcome. The meeting venue is accessible. **Bring your own place settings and utensils.** If you would like to volunteer to help with setup, cleanup or organizing children's activities, please contact Vanessa, Vice President, at [CoopBoard@potsdamcoop.com](mailto:CoopBoard@potsdamcoop.com) or (315) 261-2208.

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## Potsdam Consumer Cooperative, Inc. Election Proxy Ballot - February 2011

***We need your vote!*** 100 memberships or 10 percent of the total current memberships. Without a quorum vote of Co-op households (10% of membership) we cannot seat these new board members.

<p>To vote, one must have an up-to-date Co-op membership — <b>one (1) ballot per member household.</b></p> <p>Submit your ballot in one of these ways:</p> <ol style="list-style-type: none"><li>1. <b>Drop</b> completed ballot into the ballot box at Co-op;</li><li>2. <b>Mail</b> it to be <b>received</b> at Co-op no later than February 11, 2011;</li><li>3. <b>Bring</b> it to the Annual Meeting on February 15th</li></ol>	<p>Select four (4) directors from the slate of candidates listed (or you may write in another Co-op member's name as one of your four votes):</p> <p><input type="checkbox"/> Mary Egan      <input type="checkbox"/> Stefan Grimberg      <input type="checkbox"/> (write-in, with their permission)</p> <p><input type="checkbox"/> Arthur Freeheart      <input type="checkbox"/> Pamela Maurer      _____</p> <p>Date: _____</p> <p>Member Number (if known): _____</p> <p>Print Head of Household Member Name: _____ (please print neatly)</p> <p>Signature: _____</p> <p><b>BY PROXY:</b> You may entrust your voting decision to a proxy who will attend the Annual Meeting. If you wish to use this option, select one of the following Board of Directors members as your proxy: Peter Brouwer   Steve Farina   Bill Galvin   Janet Learned   Bali MacKentley   Frank McLaughlin   Nick Pignone Mark Seymour   Will Siegfried   These are current Board members who are not running or counting votes.</p>
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# Meet the Beet

BY VANESSA BITTNER

When I lived in Russia my daily vegetable servings often came in salads. Potato-based salads were always eaten at birthdays, weddings and holidays, and the New Year's table was a particularly rich display. There was Olivier, a diced potato salad with carrots, peas, and chopped meat in a mayonnaise dressing. There were a variety of shredded carrot salads, some involving raisins, and some lots of cheese and garlic. Cabbage was also a staple, shredded, slathered in mayonnaise and studded with ground black pepper... not to mention fermented. There was Vinaigrette, a diced beet salad with potatoes, pickles, dill and oil—usually sunflower. But over the years my personal favorite became Beet Salad or, at least, the version of the recipe I learned to adapt to my own taste. An earthy salad, it is also symbolic of my journey to becoming a locavore.

It is precisely the beet's earthiness that is part of the paradox. To confess, I don't remember ever having eaten a beet in my life until I went to Russia. How could that be possible if, according to a popular encyclopedia, beets grow on all continents except

Antarctica? We just didn't eat beets at home. They must have been available in the produce department of the supermarket, but I only ever noticed the ones in jars and cans. Somehow they did not look appetizing.

So I traveled 4,500 miles to meet the beet, which is why for me beet eating always goes with Russia and the Russian language. Not only was the external appearance of the purple, dirt-coated root difficult to penetrate, at school I learned the textbook declension of the Russian word for "beet," with stress on the first syllable. Yet immersion in the culture revealed that some native speakers stress the last syllable. This contradiction between the academy and the spoken language made me nervous. Someone was always correcting my stress.

I still think twice before saying the word, but beets gradually rooted themselves in my vocabulary. In the Soviet supermarket they came in large clumps, pre-packaged in clear plastic bags, with the dirt adding to the price. I only encountered the red vegetable on friends' tables and in square bowls at the cafeteria or

café. Presentation was more important at the city farmers market, and some vendors displayed their beets to better effect. It was there I learned that beets came with greens which could go into the *borscht*. It was there that I bought my first beets.

Just as Western-style supermarkets and sleekly packaged, imported processed foods were coming into vogue in Russia, I began to rebel against packaging and worry about where my food came from. Just because the market beets weren't wrapped in plastic didn't mean they hadn't traveled far. How many miles had my vegetables clocked? It was the city dweller's dilemma.

It wasn't until I came to the North Country that I saw how beets were grown, and it wasn't until this year that I planted my own. After my bouts of weeding and thinning by hand, the selected plants began to grow. Sixty days later they were ready to harvest. After the greens were gone, after the *borscht*—cold and hot—had been consumed, only the storage beets were left.

The miracle I saw in these beets was that after years of traveling, after decades of helpless reliance on an unsustainable food chain linking the world's sterile supermarkets, I had finally cut my food miles to a minimum. After loosening the soil with a garden fork and gently lifting my homegrown organic beets from the ground, I brushed them off, rinsed them and carried them to the kitchen. The major part went to the cellar for winter storage, but in celebration I couldn't help from making my favorite salad, the three main ingredients of which—beets, apples and garlic—had traveled just 30 yards from garden to plate.

Even if you don't grow the ingredients yourself but purchase them at the local market, the health benefits are clear. Beets cleanse the intestinal tract and liver, apple provides soluble fiber and vitamin C, garlic has antibacterial, antiviral and antifungal properties. I can't quote any scientific studies, just my own experience, but putting garlic in beet salad is a great way to eat it raw without burning the mouth, and to reduce the tendency to "garlic breath."

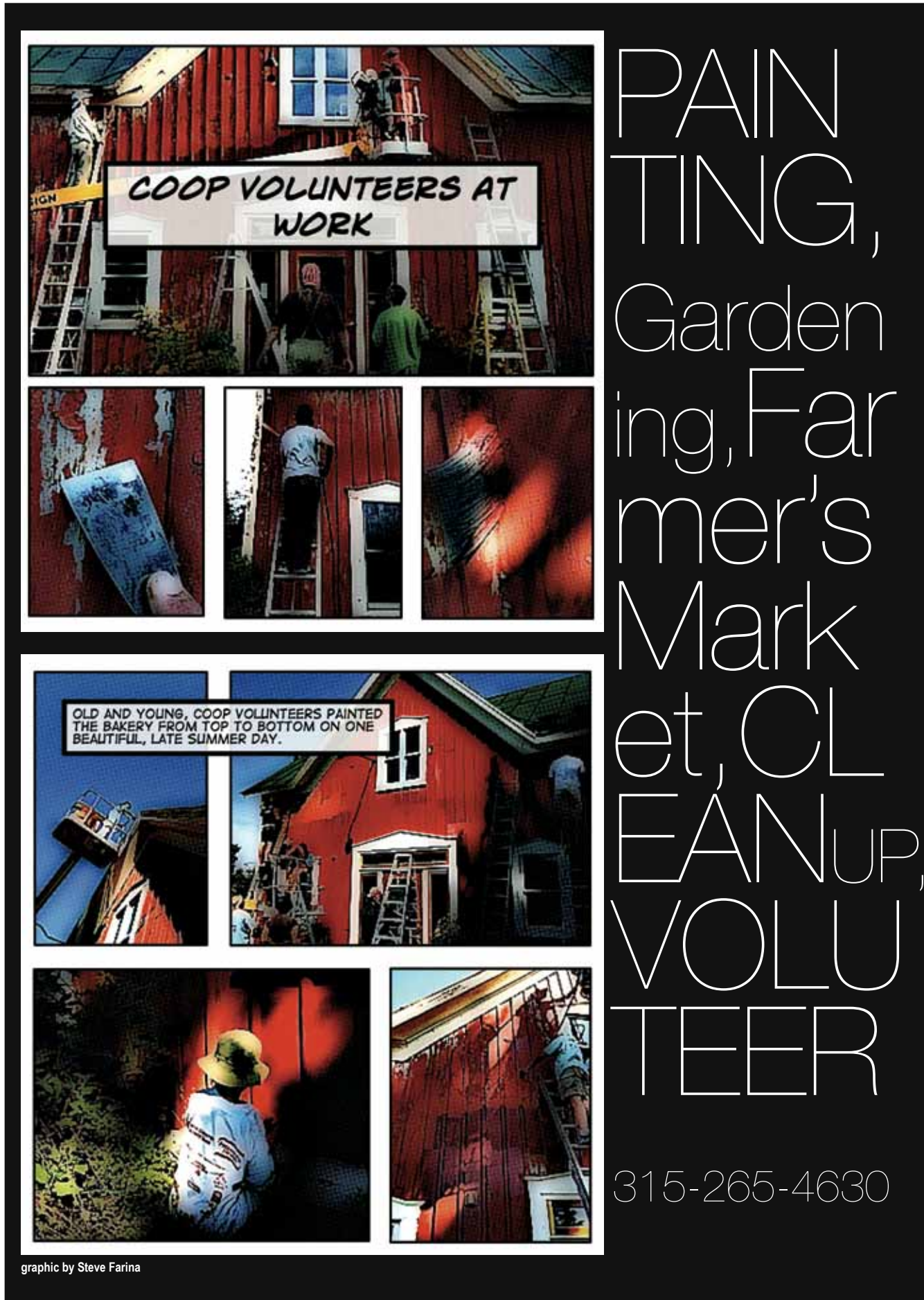
Obviously prunes are known for their cleansing effect, so vary the amount used according to personal tolerance. Walnuts are a source of protein and essential fatty acids as well as add a welcome crunch to this salad. Finally, the dressing can be minimal, such as olive, canola or another vegetable oil, making a lighter, vegan variety of this salad, or mix in mayonnaise to taste. And while beets may stain the hands and cutting board, their deep red or purple color is certainly a welcome sight on a white plate in the dead of winter.

## Vanessa's Beet Salad

3-4 medium beets (about 2 lbs)  
1 tart apple (about 1 lb)  
2-3 cloves garlic  
5-6 chopped pitted prunes  
3/4 c chopped walnuts  
Salt to taste  
Olive oil or other favorite dressing oil (about 1/4 cup)  
Mayonnaise (optional)

Wash beets. Leave a couple of inches of stem and tap root and place them in a large saucepot. Cover with boiling water and cook until tender. Drain. Remove peel; trim ends. Grate beets into a large mixing bowl. Wash, core and peel apple. Grate apple over beets. Add garlic, either by grating or using a garlic press. Add salt (if desired), prunes and 1/2 cup chopped walnuts. Stir all ingredients and add oil until desired consistency. While probably healthier with just oil, the salad can be more filling with mayonnaise. Arrange finished salad in serving bowl and decorate with remaining chopped (or whole) walnuts.

## Thinking Ahead to Spring and Summer



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315-265-4630

OLD AND YOUNG, COOP VOLUNTEERS PAINTED THE BAKERY FROM TOP TO BOTTOM ON ONE BEAUTIFUL, LATE SUMMER DAY.

graphic by Steve Farina

# More on Bodacious Beets

BY PAULA YOUMELL

As I was standing at the kitchen sink, scrubbing yet another beet, I had this realization. I love beets, everything about beets: their vivid color, the feeling in my hand as I gently scrub them, the sound as they crunch in my mouth, and the incredible earthy smell and taste that compares to none other. I love the way they turn the vinaigrette dressing to an intense fuchsia pink, a festive color that decorates any meal.

Beets are an inspiration to keep life simple; our eating habits, sustainable nutrition, and natural health and healing. Beets offer all this and more.

The beet is the most intense of vegetables. The radish, admittedly, is more feverish, but the fire of a radish is cold fire, the fire of discontent, not of passion. Tomatoes are lusty enough, yet there runs through tomatoes an undercurrent of frivolity. Beets are deadly serious.

*-Tom Robbins, Jitterbug Perfume*

From a nutritional standpoint (you didn't think I would skip this, did you??), beets are a hero in our diets. Europeans use raw beets as cancer therapy. This speaks loudly of their incredible nutritional qualities, phytonutrients and antioxidant capacities.

Beets purify the blood and liver and are high in betacyanin and betaxanthin, potent anticarcinogens. Beets support the circulation of chi (life force) energy in our bodies. They are high in iron, making them useful in anemia treatment. Beets are full of fiber and cleanse the large intestine, promoting regularity of bowel function. They are high in vitamins A, B & C, and the minerals iron, calcium, magnesium, phosphorus, potassium and boron. Their greens boast equal or higher levels of these nutrients as well as vitamin K.

Beets originated in Western Europe and Northern Africa. Originally they had a much smaller root but have been cultivated for centuries to develop the larger root. Historically they were known as "blood turnips". The modern name, beets, has been used for approximately 130 years and came from their Latin name, *Beta vulgaris*. Beets were probably considered a more socially acceptable name than blood turnips!

There are four types of beets: garden or table beets, leaf beets known as Swiss chard, sugar beets and the mangold beet. Sugar beets supply about 1/3 of the US's refined white sugar. Mangold beets are a European staple for livestock, grown mostly as cattle feed.

Beets, for human consumption, can be cooked and served many ways. (Remember raw is best when looking for the nutrition and natural healing properties.) Beets can be boiled, baked, steamed, mashed, stir fried, pickled, roasted with other root veggies (everything will turn pink unless you roast the beets alone), added to soups and stews, cut into 'beet sticks' or grated raw and lavished with vinaigrette dressing (recipe ideas to follow....). When cooking beets, it is best to keep them whole with the skin intact. This preserves nutrients and the colorful pigments that eliminate cancer cells. The skin, as is true with all root veggies, has a high concentration of minerals. Eating the skin is preferable to peeling and composting. (When eating beet sticks plain, as in no vinaigrette dressing, peeling is preferable. The raw, undressed skins can be very astringent and leave a strange taste in your mouth.)

## Paula's Raw Beet Salads

Gently scrub a large or 2-3 smaller beets, leaving the skin intact. Grate with a cheese grater or food processor into large gratings. Place in bowl and liberally add favorite vinaigrette dressing.

### Suggested additions:

grated carrots, cabbage, and/or rutabagas (go easy on the quantity of rutabaga as their strong flavor can overtake the salad.)  
Chunks of sweet apples, raisins and/or pineapple chunks

## Vinaigrette dressing

(I use a large mouth quart canning jar for making and storing)

1 ½ cups organic, extra virgin olive oil  
2-2 ¼ cups organic, raw apple cider vinegar  
1 tbsp yellow mustard  
2-4 tbsp maple syrup, more or less to taste  
1-2 cloves pressed raw garlic  
salt & pepper to taste  
1-2 full tsp dried oregano, parsley, and basil, crush before adding to release essential oils and flavors  
1 tsp thyme and rosemary powders

Place all ingredients in jar and shake well.



**Alternative spices:** replace above spices with 2-3 tsp. cinnamon, 1 tsp. ginger, ½ tsp. nutmeg, ½ tsp. cardamom, ¼ tsp. allspice and ¼ tsp. cloves. This combination is particularly good with apples and/or pineapples added to the beet salad.

**Hint:** If using canned, unsweetened pineapple, use the pineapple juice in place of the vinegar in the dressing. You will be making a smaller quantity of dressing, so decrease the olive oil and spices in the dressing.

## Borscht Recipe

### Ingredients

8 cups meat or veggie broth  
1 large onion, peeled & quartered  
4 large beets, chopped (set aside in covered bowl)  
4 carrots, chopped  
1 large russet potato, cut into 1/2-inch cubes  
2 cups thinly sliced cabbage  
3/4 cup chopped fresh dill  
3 Tbsp red wine vinegar  
1 cup sour cream or plain unsweetened yogurt  
Salt and pepper to taste

### Cooking:

-Bring 4 cups of the broth and onion to boil in large pot, cook 5 minutes to soften onion.  
-Add remaining 4 cups broth, carrots, and potato; bring to boil. Reduce heat, cover, and simmer until vegetables are tender, about 10-15 minutes.  
-Stir in cabbage and 1/2 cup dill; cook until cabbage is tender, about 5 minutes.  
-Turn off heat, stir in beets, cover and let sit for ½ hour in warm spot. (raw beets are better for your health!)  
-Season to taste with salt and pepper. Stir in vinegar.  
-Ladle soup into bowls. Top with sour cream and remaining 1/4 cup dill.

## Whole Food Reference Books:

*Heirloom Vegetables*, Sue Stickland  
*The New Whole Foods Encyclopedia*, Rebecca Wood  
*Whole Food Facts*, Evelyn Roehl  
*From Asparagus to Zucchini*, Madison Area CSA Coalition  
(many great beet recipes!)

# Serving Ourselves Farm

*Doing the Hard Work Necessary to Make a Farming Fairy Tale a Success*

BY MONIQUE TIRION

It sounds like a fairy tale. Imagine driving to work every day over a bay linking one of the oldest cities in the US to a small island in the middle of a coastal harbor. Imagine work to be tending a 2.5 acres farm raising organically certified produce. Imagine this produce feeding the city's homeless population. Imagine the city's homeless people integrally involved in the growth, harvest, distribution and preparation of the vegetables and fruits. Adding to the fairy tale character of the story, imagine a Potsdam native and third generation Co-op member being in charge of this remarkable enterprise! Throw in fifty hens, each contributing up to 300 eggs annually as well as viable compost, on a farm without the convenience of electricity, and you will begin to have a picture of Serving Ourselves Farm on Long Island in Boston harbor, and of the farmer, Erica LaFountain whose dedication, energy, experience and ingenuity make this enterprise not a fairy tale, but a resounding success.

Boston's Long Island has a checkered history dating to the 15th century. In the 1880s the city of Boston purchased the island to establish various institutional care facilities: an almshouse, a residence for unwed mothers, a chronic disease hospital, a nursing school and a home for the indigent. These early facilities morphed into various modern incarnations run by Boston's Public Health Commission, such as the Long Island Shelter and the Long Island Health Campus. And in 1996 Mayor Thomas Menino established the Serving Ourselves Farm.

***Seeking to provide homeless people, hard up and broke, with a healthy meal, a pleasant change of scenery and opportunities to learn skills to more successfully navigate the moneyed world, the city government transports daily hundreds of individuals to Long Island Shelter, where residents-in-training prepare up to 850 meals using the produce from the farm.***

The guests receive not only shelter and food for the night, but also counseling and health services, in addition to opportunities to enroll in various vocational programs, such as culinary arts, food service, building maintenance, horticulture, landscaping, floristry and a multitude of farming and farming-related skills like irrigation, seed saving and seedling production, and organic pest control. Over 70% of the clients helped in this way succeed in finding permanent housing and work. Indeed, Boston is part of a growing trend of US cities acknowledging that the costs associated with assisting homeless people to find work and housing is significantly lower than the costs to the government for continued overnight visits to shelters, jails, and emergency care and detox centers.(1)

Often arriving at the shelter with histories of substance abuse, familial strife, mental disorders and run-ins with the law, client workers on the farm take part in a transformative experience. Starting



From left to right: Erica, Pascal, Nick, Hanneke & Roger. Erica and Pascal and Nick are the siblings, Hanneke & Roger their parents.

the season preparing the ground, hoeing, weeding and turning takes physical stamina and mental focus. Workers plant the tiny seeds in donated greenhouses where they oversee the care of the tender seedlings. After the last frost, the seedlings are transferred to the ground, where their care continues as they blossom into productive plants. This hard work yields about 26,000 pounds of certified organic vegetables, flowers and herbs each season. About 60% of this bounty is used at the shelter, and the rest is sold at farmer's markets in working-class neighborhoods and purchased by upscale Boston restaurants. The client workers, witnessing how under their care the inert soil at winter's end transforms into the vibrant and generous garden that nourishes so many, are themselves transformed. "This is an oasis" said Phillip Heartley, who after serving 16 years in prison learned skills and confidence at the farm that helped him earn a job at a golf course. "It saved my life."(2)

Overseeing the work is Erica LaFountain, daughter of Roger and Hanneke LaFountain of Potsdam. Erica grew up on the farm established by her grandfather. Located just outside the village of Potsdam, the former dairy farm provides a tranquil and beautiful vista over the surrounding countryside. Nestled at the top of a rise, the family homestead is surrounded by a fertile and productive vegetable garden, ably maintained by the farm's current residents, Roger and Hanneke. All know Erica's parents as the long-time cheese cutters at the Co-op who also share their kale and rhubarb in the produce section. Hanneke has also served on the Co-op's board.

Erica's paternal grandmother, Edna LaFountain, an early Co-op member and core volunteer, introduced Roger and Hanneke to the Co-op and to its commitment to healthful food and lifestyle choices, thrift, sustainable living and eco-awareness. So when Roger and Hanneke's three children were old enough, they also joined as volunteers! Once a month, during Children's Packaging Night, Co-op kids and toddlers enthusiastically joined to pack, sort, sweep and clean. Patiently encouraging their work was Scott "Scooter" Miller. Erica recalls her days working in the Co-op fondly, and marvels how some things never seem to change: "Scooter and Leslie [Schwartz] are ageless!"

Later in college Erica became intrigued with the challenge of designing roof-top gardens as a way to bring agricultural productivity to inner cities. Structural constraints, irrigation challenges, legal obstacles and transport and weight considerations were some of the many issues she delved into for her senior project. While she did not succeed at that time

to assemble a working model (her old alma mater recently did unveil a rooftop garden), she retained the hope to bring the pleasures and productivity of gardening to inner cities.

After college Erica apprenticed on an organic farm in Western Massachusetts, learning the skills required to run an organic farm. She then settled in Boston where she took on the responsibilities of a nanny, which provided her with enough free time to get involved in the local co-operative movement and to coordinate a community garden in her neighborhood. In 2007 an opportunity arose to join Serving Ourselves Farm as seasonal assistance manager. After two growing seasons, she enrolled in World-Wide Opportunities on Organic Farms (wwof.com) a program where individuals volunteer to work on farms, nationally and internationally, in exchange for room and board. Settled on a small island off the coast of France, she enjoyed the outdoors and great food while improving her agricultural skills for one winter. Ultimately, she returned to Boston to take over the manager's position back at Serving Ourselves Farm, where she has remained ever since.

Asked during a phone interview what she values most about her work, she replies that it is drawing the connections between growing food and supporting a healthy lifestyle, to remind people of the simple pleasures like having fun and enjoying fresh air. "This place has unique potential to heal people holistically," Erica muses, "I've seen how the combination of healthy hard work and quality food has ended a 30-year addiction."

Serving Ourselves Farm continues to grow and expand under Erica's capable guidance. At the behest of Mayor Menino, the farm recently added 50 winter-hardy Rhode Island Red hens. Stretching the use of limited resources, the free-range hens eat food scraps and produce that is past-ripe and live in a custom-made henhouse built on wheels, so that it can be moved around to optimize fertilizer use. A solar-panelled automatic door allows the hens to graze freely and protects them at night. With such ingenuity and resourcefulness, no doubt Serving Ourselves Farm will soon bask in the glow of non-traditionally powered Christmas lights, as well as heat lamps!

1. Paul Davis, "Living on the Streets Has Higher Cost to Society" Rhode Island News, June 2, 2010.

2. Andrew Ryan, "On His Farm He Had Some Chicken"; Boston Globe, August 28, 2010.

# Happy Baking

## Three Hundred and Twenty Ballots Determine Winners of 2010 Baking Contest

### Graham Cracker Cake

(from *Great Cakes* by Carole Walter)  
Created by Rachel Wallace

#### The Cake:

25 double graham crackers, broken  
1/2 cup shredded desiccated coconut (unsweetened)  
2 1/2 t baking powder  
1/2 C unsalted butter  
1 C superfine or strained sugar  
4 large egg yolks  
1 t vanilla extract  
1 C milk  
4 large egg whites  
1/8 t cream of tartar

#### The Mocha Whipped Cream Filling:

2 1/2 C heavy cream, well chilled  
1 t coffee zest (3 parts instant coffee to 1 part water)  
1/3 C strained confectioner's sugar  
3 T strained, unsweetened cocoa  
2 T Kahlua  
1/2 t unsweetened cocoa, for garnish

1. Position a rack in the lower third of the oven and preheat to 350. Butter two 9-inch layer pans, line with parchment circles, and re-butter parchment.
2. Place graham crackers in coconut into the container of a food processor fitted with the steel blade. Process until the graham crackers and coconut are ground very fine. Add the baking powder and pulse to blend.

3. Cut the butter into 1-inch pieces and soften with an electric mixer on low speed. Increase speed to medium high, and cream butter until smooth and light in color, 2 minutes.
4. Add the sugar, 1 T at a time, taking 6 to 8 minutes to blend it in well.
5. Add the egg yolks, 2 at a time at one minute intervals, scraping the sides of the bowl as necessary. Beat one minute longer. Blend in the vanilla.
6. Reduce the mixer speed to low. Add the crumb mixture alternately with the milk, dividing the crumbs into 3 parts and the milk into two, starting and ending with the crumbs. Scrape the sides of the bowl and mix 10 seconds longer. Transfer to another bowl.
7. In a clean bowl with clean beaters, beat the egg whites on medium speed until frothy. Add the cream of tartar and increase the speed to medium high until the whites form firm, moist peaks. Fold in 1/4 of the whites to lighten the batter, taking about 20 turns. Fold in the remaining whites, taking about 20 additional turns.
8. Spoon the batter into prepared pans, smoothing the tops with the back of a tablespoon. Bake for 25-30 minutes, or until the cake begins to come away from the sides of the pan and is springy to the touch.
9. Remove the cake from oven. Set cakes on racks to cool slightly for 10 minutes, then invert onto racks sprayed with nonstick coating. Lift off the pans carefully and remove the parchment. Cool completely, then fill and frost.
10. To make the filling: pour the cream into a well-chilled mixing bowl. Beat, stirring in the confectioner's sugar

and cocoa, and continue to beat on medium speed until the cream begins to thicken. Add the Kahlua and coffee zest. Continue whipping until cream reaches soft peak stage. Finish beating by hand using a wire whisk, whipping until the cream is quite thick but not grainy.

#### To Assemble the Cake:

1. Split each layer into halves. Set the first layer on a serving plate, top side down. Using a wide-bore decorating tip, pipe whipped cream 1/2 inch from the edge of the cake. Fill in the center and spread to cover with a large offset spatula. Repeat with second and third layers, placing them cut side up. Arrange to top layer cut side down, aligning layers so the sides of the cake are even.
2. Pipe 1/2 inch whipped cream dots onto the top layer, beginning at the outer edge. Each dot should touch the preceding one, forming a ring. Continue working toward the center of the cake until the entire surface is covered.
3. Place 1/2 t cocoa in a very fine mesh strainer. Gently tap the strainer over the surface of the cake to give it a light dusting of cocoa. Place the cake in the refrigerator uncovered to chill, but remove from the refrigerator at least 1 hour before serving.

### Flourless Chocolate Torte

Created by Susan Powers and daughters Ellie & Tera Siegfried

2/3 C walnuts  
1/2 C sugar  
1/2 C butter (1 stick)  
10 oz chocolate chips  
8 eggs, separated, room temperature  
1 TBSP vanilla

Melt the butter and chocolate.  
Mix together egg yolks and sugar, add to cooled chocolate mixture, stir in chopped walnuts and vanilla.  
Beat the egg whites until they form soft peaks.  
Fold chocolate mixture into egg whites.  
Pour batter into 9" cake pan (use greased parchment paper on bottom) and bake 35 minutes at 325 F. Cool pan on wire rack. Invert cake onto wire rack.

#### Chocolate Icing

1/2 stick butter  
2 oz semi-sweet chocolate  
2 oz unsweetened chocolate  
3 T heavy cream  
2/3 C sifted confectioner's sugar  
1 t vanilla extract

Melt butter and chocolates in double boiler, whisking constantly. Remove from heat. Whisk in cream. Whisk in confectioner's sugar and vanilla. Pour warm icing over cake. Spread with a spatula, including sides. Let rest for two hours.

### Coconut-Lime Sugar Cookies

(Adapted from a Cook's Illustrated recipe)  
Created by Robin, Emma, & Naomi Crowell

2 1/4 cups flour  
1/2 teaspoon baking soda  
1 teaspoon baking powder  
2/3 cup shredded coconut – either sweetened or not, chopped fine  
1/2 teaspoon salt  
1 1/3 cups sugar, plus extra for rolling  
4 ounces cream cheese, cut into 8 pieces  
6 tablespoons butter, melted and still warm  
1/3 cup vegetable oil  
1 large egg  
1 tablespoon milk  
1 tablespoon lime zest  
2 tablespoons lime juice

Heat oven to 350F and make sure oven rack is centered. Whisk flour, baking soda, baking powder, salt and coconut together in a medium bowl. In a different larger bowl, put 1 1/3 cups sugar and cream cheese. Place 1/2 cup sugar on a plate, shallow baking dish or pie plate and set aside. Pour warm butter over sugar and cream cheese and whisk to combine (some small lumps of cream cheese will remain but will smooth out later). Whisk in oil until incorporated. Add egg, milk, lime zest and lime juice. Continue to whisk until smooth. Add flour mixture and mix until soft completely mixed dough forms. Using hands, roll 2 tablespoons of dough in a ball and continue until all the dough is used up (about 30 cookies or so). Roll balls one at a time in reserved sugar to coat and evenly space on lightly greased cookie sheet, about 12 balls per sheet. Using the bottom of a drinking glass, flatten dough balls until 2 inches in diameter. You can either then sprinkle tops with sugar or frost. Before frosting though, bake until edges are set about 12 minutes. Cool cookies on baking sheet five minutes and then transfer to a wire rack. We made a butter/confectioner's sugar/lime juice frosting and then sprinkled the tops with coconut.

# about apples & cider

BY BETSY KEPES

Last Thanksgiving Day, a gray day with a bitter wind, we set up our small cider press on the porch of my parents' house outside of Canton. Within moments we knew why most people make cider earlier in the season—our hands grew numb with cold as we transferred the apples from the bucket of wash water to the grinding trough at the top of the press. My twelve-year-old nephew, Tyler, helped grind the apples and wanted to be the first to squeeze down the apple bits by turning the long wooden handle connected to a wide metal screw and a heavy wooden lid. We expected the ground-up apples to gush juice, but the dry Russetts and wild apples we used were parsimonious and a whole box of apples yielded only a quart of rich red-brown cider. It felt as though we were making the apple equivalent of maple syrup—lots of effort for a precious, sweet concentrate.

The cider made an excellent addition to the Thanksgiving meal. In 1621 the Pilgrims didn't have any fresh-pressed cider to serve with their feast, but shortly after that French priests introduced the domesticated apple to the St. Lawrence River Valley. Native people saw the value of this prolific fruit and when General Sullivan marched west with his troops in 1779, intent on destroying Seneca and Cayuga villages, he found thousands of apple and peach trees planted in the Genesee Valley, their boughs "bending with fruit".<sup>1</sup> As an act of war, he ordered his soldiers to cut down and burn the fruit trees.

One hundred and fifty years later the orchards of the North Country were felled by ice rather than fire. The landscape was thick with orchards in 1933. Every farm had enough trees for the family's needs—fresh apples, hard cider, and apple cider vinegar—and many farms maintained commercial orchards. In 1910 St. Lawrence County contained 25,000 acres of apple orchards.<sup>2</sup> In 1920 New York State produced 75% of the nation's dried apples.<sup>3</sup>

But in late December of 1933 the temperature plunged to 50 degrees below zero and froze the bare ground so deeply that water mains burst in many villages. St. Lawrence University delayed the beginning of its next semester.<sup>4</sup> When spring arrived that year, farmers realized a majority of their fruit trees were dead, their cells split open by the extreme cold.

Many farmers decided not to replant. Why go to the effort when another bad winter might kill the next generation of trees? Perhaps the North Country wasn't suitable for commercial apple orchards; the season was just too short and the winters too cold. Instead, farmers were encouraged to put their time and energy into dairy farming by increasing their herds and building big cow barns and silos to store the feed.

Other farmers weren't willing to give up. Fred Ashworth of Heuvelton noticed which apple cultivars had survived that harsh winter and cut scion wood from them to graft to hardy rootstock and sell from his nursery. New cold-tolerant cultivars from Russia looked promising also. Ashworth kept in touch with other apple growers around the world and continued to experiment at his farm. He shared his ideas in columns in the "Farm and Garden" section of the *Watertown Daily Times*. In the 1950's the popular and hardy apple trees he sold included Yellow Transparent, Duchess of Oldenburg, Alexander and Wolf River. A hardy late apple called the Stone was developed from a seedling tree in a Potsdam field.

In 1971, an energetic biologist fresh out of

college at SUNY Binghamton met Mr. Ashworth. Bill MacKentley soon realized he had found his passion—horticultural edibles, including fruit and nut trees and berries. He apprenticed with Fred Ashworth and eventually decided to continue Ashworth's St. Lawrence Nurseries, a business that now sells 30 to 40 thousand trees and shrubs a year to customers all over the colder zones in North America.

MacKentley keeps alive the tradition of cold-tolerant fruit trees, but he is worried. In the last ten years in North America, 600 tree nurseries have gone out of business. The number of cultivars available to home orchardists has plummeted. Until the 1970's the NYS Experimental Station in Geneva had a living "catalogue" of hundreds of apple cultivars grown in orchards around the station. But the state bulldozed the trees when they decided it was too expensive to manage the acres of apples. Now the genetic material of the cultivars is kept in freezers. MacKentley believes these heirloom trees have to be grown by consumers, in many different small orchards, to make sure the cultivars stay healthy. If consumers don't have access to saplings of these trees, they are forced to plant the limited varieties available at big nurseries.

Other orchard owners disagree with MacKentley. They think the new hardy "engineered" cultivars are better than the traditional varieties. These new superstar trees are resistant to disease and some produce apples every year instead of bi-annually. If they are grown on semi-dwarf rootstock the young trees produce apples years before a full-size tree would reproduce. (MacKentley says dwarf and semi-dwarf trees can't compete with sod, which is what surrounds trees in most orchards in the North Country).

What to do? Listen to this call to action from a "local-avore" as he speaks to the farmers of St. Lawrence County: "We are paying large sums annually for fruit to our western neighbors; and it is suggested for your consideration if, in the matter of apples, our farmers might not profitably supply their own domestic markets."<sup>5</sup> Henry Foote made his speech in 1863 but his voice sounds fresh today. And farmers then may have heeded his cry. In 1865, farmers in St. Lawrence County harvested 92,000 bushels of apples. Ten years later, they harvested 161,000 bushels. Consumers in our county most certainly didn't eat apples from Washington State or New Zealand.

The Potsdam Co-op carried local apples this fall. I enjoyed the taste of the Grimes Golden and Empire apples but as I write this in December the boxes of apples in the Co-op are all from elsewhere. Fifty years ago, farmers in the county still sold "winter apples" to stores, apples that were picked from the trees in October when they were hard and sour. In cold storage they gradually ripened. Fred Ashworth listed cultivars that were still salable in April and May.

We've become accustomed to picture-perfect apples—big, symmetrical, shiny apples that don't have any blemishes at all. Perhaps this is where we need to start on the quest to support a re-invigorated apple economy in St. Lawrence County. We'll need to learn how to love smaller, misshapen apples, even if they have a bit of scab or rust on their skin.<sup>6</sup>

Commercially grown apples require vast amounts of chemical pest control to produce their

<sup>5</sup> *Ibid.*

<sup>6</sup> Michael Phillips in his book *The Apple Grower* (Chelsea Green Pub, 2005), *A Guide for the Organic Orchardist*, is not too hopeful on this issue. He writes that only 5 to 10% of people will pay a premium price for organic food. Another 40% will sometimes purchase organic, and only if it is not too expensive and is cosmetically perfect.

beauty queen look. The new small orchards in St. Lawrence County will not want to invest in that kind of agribusiness and we'll have to assure them that we are happy with less than perfect. Imagine walking into the Co-op or the Big M or the Price Chopper and seeing bins of apples grown in St. Lawrence County, the old varieties like the juicy St. Lawrence or the late season Tolman Sweet, as well as the new cultivars like Liberty and Priscilla that thrive in our particular environment. The tasteless Red Delicious will be gone, replaced by local favorites, including the apple my older neighbors reminisce about: the Snow Apple.

Over twenty years ago, while we were building our house on the site of an old hill farm in Pierrepont, our new neighbors would stop by to chat. "Oh, there used to be a lovely old apple tree here," they'd say. "We came every year to pick the Snow Apples."

We guessed the whole hillside was once covered with an orchard, but most of the old trees had died and the gnarly ones that were left were shaded out by brush and a plantation of Red Pine. We discovered the old trees didn't produce many apples and certainly not any of the white-fleshed Snow Apples, descendants of a cultivar that originated 300 years ago in Quebec, a superior apple that the French priests called the "Fameuse".

I wondered about that elusive Snow Apple. I didn't know then that in the eighteenth century French soldiers had planted an orchard of Fameuse trees at Chimney Point, across from their fort on Lake Champlain. Settlers in Vermont later took scion wood from the old trees and called it the Chimney apple. And I didn't know that my father-in-law, Peter Van de Water, had purchased a Fameuse sapling from St. Lawrence Nurseries and planted it in his orchard on a farm south of Canton.

I got to taste the Snow Apple last fall, on a warm October day, when a group of families gathered to harvest apples from that Van de Water orchard. Little girls climbed up into the Fameuse tree and handed down the big, red apples. I bit into one, an apple slightly marred by a black scar. The sweet juice ran down my chin and I held up the apple, checking out its snowy flesh. "It's good," we all agreed after we'd test-tasted from the tree. We threw the cores into the long grass at the edge of the orchard and continued picking, carrying on the apple tradition, working together with friends to bring in the harvest.

## Apple Cake

1 ½ cups flour  
1 Tablespoon baking powder  
½ teaspoon salt  
2 Tablespoons shortening  
½ cup milk  
4 or 5 apples  
½ cup sugar  
1 teaspoon cinnamon

Sift together flour, baking powder and salt; rub in shortening very lightly; add milk and mix. Place dough on floured board and pat out ½ inch thick. Put into shallow greased pan. Wash, pare, core and cut apples into sections; press them into the dough; sprinkle with sugar and dust with cinnamon. Bake in moderate oven 30 minutes or until apples are tender and brown. Serve warm with milk or cream.

The St. Lawrence County Historical Association has a folder marked "Mrs. GWF Smith's Cookbook Collection." The recipes date from about 1915 to 1925.

<sup>1</sup> *The Apples of New York* by S.A. Beach, et al. (Albany, 1905).

<sup>2</sup> *Rural New York* by Elmer Fippin (pub. 1921)

<sup>3</sup> *Ibid.*

<sup>4</sup> "Backyard Orchards: Past and Future" by John W. Van de Water (*The Quarterly*, October 1980).

## From the President

*Happy New Year to All,*

*Co-ops are developed from a community base. Co-op organization rises from community needs. Community involvement and participation is very much appreciated. A big thank you to all Co-op shoppers, Co-op members, Co-op volunteers and Co-op staff.*

*I look forward to another successful year of the Co-op offering both members and the public healthful and tasty food choices. I look forward to seeing the Co-op members who attend the Annual Meeting on February 15th at the Presbyterian Church. I look forward to another great Open House event and Baking Contest.*

*The Co-op is continually evolving. In many ways, it is a work in progress. Change is a constant. The Co-operative Principles and people dedicated to their implementation in a sound business framework provide organizational continuity. We welcome and honor your participation in the process and your shopping.*

*Stay Warm and  
Enjoy the North Country Winter!*

*Arthur Freeheart  
President,  
Board of Directors*

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

EVERY AGENDA PROVIDES TIME FOR  
MEMBER COMMENT.

MEETING 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.

## From the Editor

Send you submissions for the newsletter to  
[PotsdamCoopNews@gmail.com](mailto:PotsdamCoopNews@gmail.com).



**Spring Issue Deadline: February 15, 2010**



**Summer Issue Deadline: May 15, 2010**



**Fall Issue Deadline: August 15, 2010**

**Potsdam Food Co-op**  
**Natural Foods Deli**

## What are you having for lunch today?

There is always something good for  
lunch from the Deli. Talk to Leslie  
about what is new and interesting at  
the Co-op Deli Counter.



## 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 membership 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 Bob Josephson a call at 315-265-4630**



Potsdam Food Cooperative  
24 Elm Street  
Potsdam, NY 13676



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