

## Hours:

MONDAY-FRIDAY  
7:00-8:00

SATURDAY 7:00-8:00

SUNDAY 9:00-7:00

## HONEST WEIGHT FOOD CO-OP

484 CENTRAL AVENUE • ALBANY N.Y.

(518) 482-2667 (482-COOP)



ISSUE #346

DECEMBER 2008

PRINTED with SOY INK on RECYCLED PAPER

## What's the Scoop?

- Escaping holiday pressures... at the Co-op! 7
- When gift shopping, think local 8
- Growing ferment among the veggies 12
- Our Sorcerer of the Deli 14
- Thoughtfully herbal for the season 20

## NEWS at a glance

by Nancy Ellegate

The HWFC Board of Directors met on Tuesday, November 4.

### Possible Satellite Store

The Co-op has been invited to open a satellite store in an Arbor Hill development district. A task force is being formed to consider this opportunity.

### Meat

The Collective Management Team (CMT) had sent a written proposal to Board members several weeks before the meeting requesting that meat offerings be expanded. This would be a change in policy and will need to go before the member-

continued on page 3

# BUYING A BETTER BUTTER

by Ruth Ann Smalley

In an economy that has us thinking about what we can either pay less for, or do without, it's good to know that some of our purchases carry a value far beyond our own personal benefit. That's the case with **Alaffia**



Members of the Agbanga Karite co-op prepare Alaffia body care products.



products, a fairly traded, high quality body care line that has the added perk of being on sale this month.

At the heart of the Alaffia story is the work of Olowo-n'djo Tchala, his wife Rose Hyde, and the women shea butter artisans of the Agbanga Karite cooperative. A native of Togo, Africa, Tchala met his wife when she was working as a Peace Corps

volunteer. He returned with her to the United States, where he set his sights on gaining an education that could help him improve conditions back home. Recognizing the cultural, ecological, and economic centrality of Togo's shea butter production, Tchala and Hyde began building new paths for its trade. Out of this effort, Alaffia Fair Trade shea butter, the Agbanga Karite group, and GACE, have grown and begun to prosper.

"For the past 400 years, Africa has not received a fair price for its raw materials or human power. This has prevented Africa and Africans from breaking the cycle of poverty," explains the website

for GACE, the Global Alliance for Community Empowerment. This is a nonprofit organization created "to implement and oversee" a wide range of community projects, including providing maternal health care, improving educational opportunities, especially for girls, and reducing Togo's severe deforestation.

continued on page 4

# Behind the Co-op

## Board of Directors

President: Jim Monsonis  
 Vice-President: Greg Pedrick  
 Treasurer: John Godfrey 274-7996  
 Secretary: Lorrie Graham

## Committee Liaisons

Accountability Greg Pedrick  
 Bylaws Carolyn Maroney  
 Communications Greg Pedrick, Bruce Huttner  
 Facilities: Ted Mousseau  
 Finance John Godfrey  
 herbalist.john@gmail.com 274-7996  
 Governance Review Bruce Huttner  
 Membership Lenore Gensburg  
 Nutrition & Education Ted Mousseau  
 Personnel Ray Ratte, Lorrie Graham  
 rratte1@nycap.rr.com 371-3648  
 Collective Management Team representative  
 Cindee Lolik cindee@hwfc.com

## Collective Management Team (482-3312+ext.)

Operations and administrative  
 coordinator: Cindee Lolik (x116)  
 Member coordinator: Nate Horwitz (x104)  
 Outreach coordinator: Jessica Allen Hayek (x120)  
 Education coordinator: Karisa Centanni (x113)  
 Finance manager: Alfred Bouchard (x107)  
 Assistant finance manager: Jennifer Felitte  
 Personnel administrator: Hoby Ebert  
 IT coordinator: Lexa Juhre (x101)  
 Front end manager: Katie Centanni (x109)  
 Assistant front end manager: Ejay Peters  
 Grocery managers: Nancy Reich (x119)  
 Grocery floor managers: David Aubé, David  
 Filkins, Garrett French, Tom Gillespie, Joe  
 Marra, Hakim Steward, Nick Weber, Lee  
 Wilson, Russell Ziemba  
 Produce manager: Nick Bauer (x102)  
 Assistant produce managers: Gayle Anderson,  
 Steve Lamica  
 Produce assistants: Lorilee Bird, Brandon Bissell-  
 Evans, Ariel Callaschai, Stacie Halloran, Amy  
 Languish, Elizabeth Schaefer, Karen Starr,  
 Hakim Steward  
 Bulk manager: Bob Linn (x106)  
 Assistant bulk manager: Leigh Nowicki  
 Bulk assistants: Walter Fick, Thomas Gillespie  
 Cheese manager: Gustav Ericson (x118)  
 Cheese assistants: Cheng-Hua Lee, Ken Runquist  
 Wellness manager: Kathleen Boehning (x122)  
 Wellness assistants: Neelima Baird, Rebecca Hein,  
 Kevin Johnston, Carolyn Matthei, Kate Skelly  
 Meat manager: Chris Kemnah  
 Food service manager: Nicole Bailey (x108)  
 Assistant food service manager: Laura Pederson  
 Cooks: Lori Doyle, Nick Foster, Megan Gillespie,  
 Sue Ellen Lewanick, Karin Maag-Tanchak,  
 Carolyn Matthei, Michael Natcharian  
 Night manager: Michael Ferrandino  
 Floor managers: Christopher Kuhn, Amy Pagano,  
 Cathryn Russell  
 Maintenance: Jamie Greenwood, Steve Kroeger  
 Shift managers: Elyse Bryan, Robb Cole,  
 Sonya Dewitt, Jenny Ruggiero, Craig Willis,  
 Phalcore X



# Honest Weight Food Co-op

MEMBER OWNED & OPERATED • OPEN TO THE PUBLIC

The **Honest Weight Food Co-op** (HWFC) is an organization owned and operated by its members. Its main purposes are to supply high quality natural foods at low cost to both members and non-members, and to bring people together through cooperative action.

Active HWFC members work three hours per month and receive a discount off ticketed prices. Please see the Customer Service Desk for more information about becoming a member.

Honest Weight is currently located at 484 Central Avenue in Albany, New York, a half-block west of Partridge Street.

**How to contact the Co-op...** Postal mail – Honest Weight Food Co-op, 484 Central Ave., Albany NY 12206 • Phone – 518-482-2667 (482-COOP) • E-mail – [email@hwfc.com](mailto:email@hwfc.com)  
 Website – [www.hwfc.com](http://www.hwfc.com) or [www.honestweight.coop](http://www.honestweight.coop)

## Biologic Dentistry For Your Family

Metal-Free Crowns and Fillings  
 Preventive Dental Health Care  
 Non-Surgical Periodontal Treatment  
 Laser-Assisted Root Canal Therapy  
 Orthodontics For Adults and Children



Accepting  
New Patients  
  
(518) 371-5113

**DAVID B. PRESSER, D.D.S., LLC**

56 CLIFTON COUNTRY ROAD, SUITE 102 • CLIFTON PARK, NY  
 Mercury Free • Health-Centered Family Dental Care

## The Center for Nia and Yoga



The Perfect Blend of MOVEMENT and YOGA.

# Nia

*Nia is an eclectic,  
 expressive fitness  
 fusion program that  
 will energize your  
 body and soul!*

4 Central Ave (at Lark St.) • Parking in rear

[www.nia-yoga.com](http://www.nia-yoga.com) • 518-463-5145



## Jean's Greens

1545 Columbia Turnpike, Schodack, NY  
 (Corner of Miller Rd. and Routes 9 & 20)

Mon. – Fri. 10-6 Sat. 10-3

(518) 479-0471

[www.jeansgreens.com](http://www.jeansgreens.com)

Orders by phone, mail or through our website.  
 Call for a free catalog or visit our store.

### Gifts from the Earth for You and Yours

We offer quality organic and wild crafted herbs, teas, tinctures,  
 essential oils, books, gifts and bath and beauty products.  
 We carry a variety of supplies for making your own products.

Articles in the *Coop Scoop* are for informational purposes only and are not intended to diagnose, advise and/or treat medical conditions. Contact your health practitioner.

## NEWS AT A GLANCE, from page 1

ship. Upcoming membership meeting agendas are already full, so it was decided that this will be considered at the April membership meeting.

### Board/CMT Discussions

The next meeting between Board and CMT members will include a discussion of issues relating to the current economic crisis and devising procedures to insure that meeting times and store hours are adjusted so that working members and staff can attend Co-op meetings and events.

### Plastics

A study group of interested members will be established to look at the use of plastic in the store and how to reduce it.

### Finances

Sales have been increasing during 2008. There has also been an increase in expenses, much of it in utility costs related to the current store's expansion or reset.

Committee budgets for the coming year were due in November.

### Disaster Response

The CMT will be asked to come up with a disaster response plan including a designated decision maker for such situations when the store is open.

### Bylaws

Proposed bylaws revisions from the Governance Review committee were discussed and will be presented to the membership.

### Member Dinner

The 50/50 raffle at the November Membership Dinner earned \$240, which was used to help offset the costs of this event.

### Upcoming Membership Meeting

Plans for the upcoming December membership meeting were discussed.

### Minutes

Minutes of all meetings are available at the Co-op. Minutes of the most recent meeting are posted on the bulletin board. They are also available on the Co-op's website, as password protected files. See instructions on the website ([www.hwfc.com](http://www.hwfc.com)) on obtaining a password. (See the Meetings section and go to Board Meetings.)

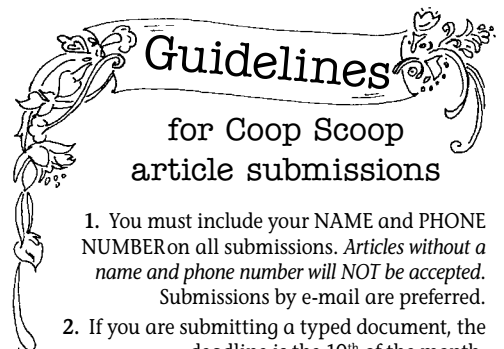
### Upcoming Board Meetings

The Board meets on the first Tuesday of each month at 5:45 pm (with some exceptions depending on holidays, etc.). Meetings are scheduled for December 2, January 6, and February 3. All dates are posted on the Co-op's website. Meetings are held

**Please Support  
Our Advertisers  
With Your  
Patronage!**

in the Co-op's Community Room. Anyone planning to attend a meeting should confirm date, time, and location.

Note: News at a Glance is a summary of the meetings of the HWFC Board of Directors.



## Guidelines for Coop Scoop article submissions

1. You must include your NAME and PHONE NUMBER on all submissions. *Articles without a name and phone number will NOT be accepted.* Submissions by e-mail are preferred.
2. If you are submitting a typed document, the deadline is the 10<sup>th</sup> of the month, at store closing time.
3. Handwritten copy is *NOT* accepted without prior approval.
- 4. If you are submitting on computer disk, the deadline is the 10<sup>th</sup> of the month at store closing time. We can accept Windows/DOS diskettes, or Mac disks if they are HD 1.4MB format. (Note that older Macs cannot produce this format.) **HARD COPY MUST BE SUBMITTED** with your disk! Please call the Editor for further details about how to type and save your text.
5. Please e-mail your article to *both* [fordtrupin@verizon.net](mailto:fordtrupin@verizon.net) *and* [trupinjet@gmail.com](mailto:trupinjet@gmail.com).

All articles are printed at the discretion of the Editor and Editorial Board. It is a policy of the *Coop Scoop* only to print articles that have been signed.

Work credit for articles is only available if pre-approved by the *Scoop* Editor.

## Behind the Scoop

Editor: Judy Trupin 489-6392  
Production design: David Ford 489-6392  
Calendar editor: Susan Palmer 438-4344  
Advertising rep: Christy Carton 674-5773  
Distributors: Nancy Fisher, Doug O'Conner  
Printer: The Printing Company



**The Center for Integrative Health and Healing**

*where holistic medical doctors  
and complementary practitioners  
work side by side giving you the  
BEST OF INTEGRATIVE MEDICINE*

Ronald L. Stram, MD, Founder  
**TAKE CHARGE OF YOUR HEALTH**  
Call for a consultation today  
518.689.2244 • [www.cihh.net](http://www.cihh.net)  
388 Kenwood Ave, Delmar

**the NEW MEDICINE is here**

**FAIRLY TRADED SKIN CARE PRODUCTS, from p.1**

In this way, the success of Alaffia can help redress a range of interlocking ills, most of which are a legacy of colonialism.

**Shea butter** comes from the nuts of the wild shea trees, which, in Togo's strapped economy, are under pressure as a source of fuel. Shea tree wood is dense and well-suited for charcoal. Thus, as in the case of Zambia's wild-crafted Fair Trade honey (see my column, "Keepers of the Forest," June 2008), Togo's shea butter provides a forest product that actually helps African forest conservation, offering a source of income from living trees.

Highly regarded as a local resource, shea butter is used medicinally, cosmetically and ritually. Traditional production methods are labor intensive, requiring 20 to 30 hours of physical work, usually by women who have learned the process as young girls.

International trade in shea butter resembles that of coffee and cocoa, in that layers of middlemen and large corporations profit at the expense of the indigenous farmers and producers. In addition, modern chemical refinement methods are highly polluting, both to the environment and to the product itself, and therefore to the user.

Purchasing Alaffia lotions and shampoos removes the middlemen and supports unrefined, traditionally produced shea butter, while ensuring that Agbanga Karite

members are remunerated fairly — you can read some of their profiles at their site, [www.agbangakarite.com](http://www.agbangakarite.com). You'll also be supporting Alaffia's efforts to create body care products using safe, natural ingredients: Alaffia contains no paraben preservatives, and incorporates other local ingredients such as rooibos, neem, kpanngan butter, wild honey and wild-harvested baobab.



At this time of year, we often feel bombarded with messages about buying and gift giving. By choosing fairly traded products, either for your own use, or for gifts, however, you can carry forward the age-old instruction that "the gift must move," distributing the benefits across continents.

The Co-op carries four varieties of shampoo and conditioner, as well as a neem-and-shea skin recovery cream, and a rooibos-and-shea antioxidant face cream, toner and cleanser, as well as an unrefined neem oil and a liquid African black soap.

**Uninsured or Underinsured?**

You could be eligible for

**FREE**

Cancer Screenings!



**To learn more or to schedule an appointment call**

**(518) 454-4000**

Troy Waterfront Farmers Market



Back indoors at the atrium starting October 18th from 10 a.m. - 2 p.m.

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

# Do You Want To Bring Healthier Food to A School Near You?

## School Food Conference

January 31, 2009 9:30 AM - 4:30 PM Registration 9:00 AM

- \* Explore Successful School Food Programs
- \* Network with Parents, School Administrators, Teachers, Food Service Staff, and Interested Community Members

**\$20.00 Registration (\$30.00 After January 21)**

**Registration: [schoolfoodconference@verizon.net](mailto:schoolfoodconference@verizon.net)**

**Location: Albany Law School**  
80 New Scotland Avenue  
Albany, NY 12208

(Use Holland Avenue Entrance and Parking Lot)  
**Conference Parking is Free**

*Sponsored by*



# CENTER FOR NATURAL WELLNESS

## SCHOOL OF MASSAGE THERAPY



*Looking for a career that can help*  
**Supplement your Income?**

The future is in your hands...  
**Massage Therapy**

**Apply NOW for our Spring Classes!**

Full-Time Spring Classes & Part-Time Morning Classes Start February 2009



**Expand your knowledge!**  
**Massage & Wellness Workshops**

If you would like to join the Red Pines EXPRESS Email list and receive news about upcoming classes, registration deadline reminders, sneak peeks at upcoming classes, and member only discounts, please send your email address to: [RedPines@cnwsmt.com](mailto:RedPines@cnwsmt.com).

For a complete list of Red Pines classes, please visit: [www.cnwsmt.com/redpines.php](http://www.cnwsmt.com/redpines.php)

518.489.4026

[www.CNWSMT.com](http://www.CNWSMT.com)

## Little Things Matter Most

This holiday season, why not escape the hectic holiday pressure cooker for a while and get the majority of your shopping done at our Co-op? I love shopping at the Co-op, which is odd because I usually hate traditional "holiday" shopping — especially this time of year with the crowds and endless parade of crap that I can live well enough without. "What could drive someone to buy a giant blow-up Santa on a motorcycle," I ask myself as a child screams like a loose steering belt, wailing in the petroleum based, glitter sloughing Christmas decoration isle. One year I saw a Statue of Liberty ornament made in China.

Beyond the plastic wreaths and polystyrene berries is a place that is warm and welcoming and full of excellent gifts for everyone. Grab a snack while you shop or sit down and make your list in our café with a relaxing cup of hot cider. There's no reason to go hungry while concentrating on matching the right gifts to the people you're shopping for, you need your strength. The staff at our Co-op can give you some excellent ideas and take care of any special orders you might have in mind. One of the best gifts I ever gave my sister-in-law was a case of her favorite juice that she cannot find in her town. She enjoyed it long after the blow-up Santas and snow people where tucked away in her neighbor's garage. I really hate driving past a half-deflated Rudolph, don't you?

# A Director's Chair

by Carolyn Maroney



Our Co-op has been expanded to accommodate the thousands of people that come through her doors on a daily basis. The holiday cards have arrived as well as gift bags, which are a wonderful (and reusable) alternative to landfill-bound wrapping paper. Personally I love to give people books and our Co-op has a wide selection with new titles arriving on a consistent basis. I have become very conscientious about where I spend my money. Who do I want to support, big chains or local businesses? Local is my first choice, whenever possible, and our Co-op supports fair trade and organic products. Money hard-earned should be well-spent on gifts that give on many levels.

There are health and beauty products, herbs and spices, food-stuffs that can be easily brought to holiday parties (cheeses, tasty cakes and pies... gosh, I'm getting hungry). Let's not forget about the ever popular gift certificate. I got some of these for someone as a wedding gift, and she loved them!

The cards at Co-op are amazing and they make perfect holders for gift certificates. Everyone who receives one of these is delighted with it and its message. People are more impressed when they flip the card

and see it's made of recycled or repurposed materials. Usually cards are a toss-away item but when a card comes from our Co-op people often hang on to them. Something so small can brighten the days of someone you care about long after the occasion has passed. After all, isn't it the little things that sometimes mean the most?

So when you think of getting someone a gift, think of what you know they like, and you'll probably find it at our Co-op. You will feel good about the gift you choose and the person receiving it will know that you care enough to indeed give the very best.

Oh — by the way — if you're reading this, Honey, I also really like to receive gifts from the Co-op. There are some really yummy peanut chocolate clusters in the bulk isle, lots of lotions and potions in Wellness/HaBA, and fixings for the ultimate man-at-homemade meals you could image.

Get ready for  
**SKI and SNOWBOARD**

specialize in core condition  
**PERSONAL TRAINER**  
518-281-3772  
www.FunctionFitness.com

**Stephen Vardin & Colleagues, Inc.**  
*Helping Businesses Grow*

**Bookkeeping:** Full Service/Various Systems  
**Taxes:** Tax Prep & Advisory Services  
**Training:** Client Site/Our Office/Customized

Rensselaer Technology Park  
120 Defreest Drive, Troy, NY 12180  
(518) 283-1786  
www.bookkeepingwizards.com

**Joe Yoga**  
yoga for regular folks  
w/Peter Heffeman

Thu 6-7:30p  
*Inter-Adv \$15*  
Sat 9-10:30a  
*Inter-Adv \$15*  
Sat 11a-12:15p  
*Basics*

At the Warehouse  
20 Learned St, Albany

<< *this class only \$5*

The Magic Is in the Middle:  
4-PT WORKSHOP SERIES  
STARTS 12/13/08

pheffeman@earthlink.net  
917-613-7708

# Local Gifts for the Season

by Suzanne Fisher

As fall deepens into early winter, thoughts turn to families, friends and traditions that gather us together. Gifts are one way we celebrate this season, but procuring them can often be a source of indecision and anxiety. Consider a less stressed way of shopping — buy choosing local gifts at Honest Weight. By availing ourselves of this locally produced bounty, we promote a more ecologically beneficial way of life and stimulate the regional economy as well.

## Toys

For young children, Keim's Wood Handcrafts of Sulphurville provides Honest Weight with a natural pine make-your-own boat kit for bath tub fun, and also wooden boats propelled with rubber bands and balloons. These are made in the Amish community and are a welcome change from plastic toys made in China.

## Candles

Bennington Candles in Bennington (Vt.) offers hand-poured paraffin and soy aromatherapy candles in a variety of fragrance mixes at a reasonable price (see February 2008 *Scoop*). Also available are Sunbeam Candles from Van Etten (just outside of Ithaca), whose solar-powered shop makes candles made from beeswax, soy oil, natural essential oils and dyes, and cotton wicks. Honest Weight sells their small and large pillars and large pine cones, appropriate for the current season.

## Soap and Other Bodycare Products

Alabu Soaps in Mechanicville produces a collection of goat's milk soaps, some of which are carried by our Wellness department (formerly known as HaBA), that are the best cleanser for winter-time dry skin



that I have ever found. Made from fresh, farm-raised goat's milk instead of water, as well as all-vegetable ingredients, food quality saponified oils and pure essential oils for scented varieties.

Another local soap maker, Syracuse Soaps, blends shea butter and other oils to create large, all-natural bars of a wide spectrum of fragrances. Located in Syracuse, their company consists of friends who wanted to make their living in a way they could be proud of. Their website details all of the other products they carry.


Just Soap in Ashfield (Mass.) is a company that sells handmade, all

natural soaps that are mixed by bicycle power. They blend saponified olive, coconut, and palm oils, essential oils, and herbs and spices with a bicycle blender, pour them into molds, and cut them into bars several days later. They are then cured for two months to make them long lasting.

Wise Ways Herbals, founded by Mariam Masaro and located at Singing Brook Farms in Worthington (Mass.), offers a line of natural salves, oils, teas, extracts, soaps and many other products. Mariam has directed Wise Ways for 21 years this January, and is well respected in the herbal remedy community for her work.

## Edible Gifts

Tierra Farms' organic dried raw and roasted nuts and nut mixes to Honest Weight, has its processing facility just outside of Kinderhook (see July 2006 *Scoop*). Selling only to co-ops and food stores, they avoid the middleman, thus reducing their carbon footprint. In addition to such nuts as curry cashews, maple



DO YOU KNOW  
AN AMAZING GIRL?

At Emma Willard School,  
we know 310 of them.

Are you ready to discover more?  
Start by exploring Emma today.

EMMA WILLARD SCHOOL  
calling forth the *Amazing* in you  
285 Pawling Avenue, Troy, NY • (518) 833-1320 • emmawillard.org

glazed mixed nuts, ginger agave cashews and tamari almonds, Honest Weight carries their dried fruit, including blueberries, cranberries, apples, strawberries and prunes.

Divinitea teas is an organic tea blending company located in Schenectady. Some of the varieties of these loose teas offered by Honest Weight include Citrus Soother, Earl Green, Hibiscus, Mango Green, Ma-yan Chai and Mint Rooibos. One pound of tea makes from 200 to 225 cups of tea, so you may want to try smaller amounts of several varieties and create your own sampler.

Apples cider jelly from Woods Cider Mills in Springfield (Vt.) is made from pure apple cider pressed from their apples then cooked in a stainless steel, wood-fired evaporator. It takes 30 to 50 apples to make one pound of apple cider jelly, and when you taste it, it seems as if an apple barn has suddenly materialized inside your mouth. This jelly, naturally preserved by the sugars of the fruit, can be kept at room temperature.

A few other sweet gifts include bulk and jarred maple syrup from Adirondack Maple Farms in Fonda and — recommended by our gourmet department — Big Woods Wildflower Honey, produced by David Lord from his small family farm in Greenville. Honest Weight carries several varieties of their honey in jars that are the perfect size for slipping into a basket of goodies. Also recommended by the gourmet department is the Blackberry Merlot Jam and the Raspberry Chardonnay Jam cooked up in Cobleskill by Healthy Community Harvest, which is affiliated with Hunger Action Network of New York State. They also make the Tomato Bruschetta and the Roasted Pepper Bruschetta for a savory treat. Simple Foods in Tonawanda supplies the Co-op with tasty carob squares and rice cakes that can be found in the bulk section. And while there, you will see Baker's Daughter's (from Albany, profiled in the February 2007 *Scoop*) chocolate and nuts in chunks at a bulk price as well.

# SUPER NATURAL BEEF

**Better Flavor, More Tender, Safer For You  
Chemical, Antibiotic and Steroid Free**

**Our Ground Beef tastes better and is safer for you because:**

- **We Grind In Small Quantities**
- **We Don't Use Factory Tube Beef**
- **All Our Meat Is Cut Fresh To Order**
- **It Is Fine Ground In A Small Machine Like Years Ago.**

### *We Feature Natural:*

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| • <b>Prime Cut Rib Roast</b>      | • <b>Murray's Chicken</b>       |
| • <b>Skirt Steaks</b>             | • <b>Gourmet Sausage</b>        |
| • <b>Veal Scallopini</b>          | • <b>Pheasant &amp; Rabbits</b> |
| • <b>Crown Pork Roast</b>         | • <b>Fresh Fish</b>             |
| • <b>NY Strip Steaks</b>          | • <b>Rhode Island Clams</b>     |
| • <b>Oscar's Bacon &amp; Hams</b> | • <b>Whalen's Horseradish</b>   |
| • <b>Organic Groceries</b>        | • <b>Fresh Produce</b>          |



**Roma Prime Cuts & Produce**

9 COBBEE ROAD, LATHAM 785-7746 • 785-PRIME  
Mon-Thurs & Sat 9-6, Fri 9-7, Sun 9-3

You can personalize your gift by creating a basket or other decorative container of several items. And consider avoiding paper wrapping paper by selecting a reusable wrap — such as an Honest Weight Co-op shopping bag made of recycled soda bottles, manufactured in New Hampshire.

As you see, there are many possibilities for some wonderful local holiday gifts at Honest Weight. This list really just scratches the surface, and the selection is expanding all the time. Come on in, shop and enjoy, do it in a eco-friendly and healthy way, and enjoy the holidays to come!



**Ethical service.  
Social purpose.**

**www.yourownhome.org**  
**518.434.1840**

*Equal Housing Opportunity  
NYS Licensed Real Estate Broker*

# December Calendar

12/2 HWFC BOARD OF DIRECTORS. 5:30–7:30pm, Co-op Community Room. All members welcome. Confirm date, time, location with the Co-op: 482-2667.

21/3,17 HWFC MEMBERSHIP ORIENTATION. 2–4pm, Co-op Community Room. To sign up, call Nate, 482-2667.

12/6,16 HWFC HEALTH & WELLNESS SERIES: "Get Your Knives Sharpened While You Shop!" with Vince Manti and Derek Burns. 5-knife limit. (no serrated blades). 5–7pm, outside Co-op Community Room. For more info, call 482-2667.

12/13 HWFC HEALTH & WELLNESS SERIES: "Capital Region Sling Babies," with Melissa Victoria and Crystal Knapp. 10am–12pm, Co-op Community Room. For more info, call 482-2667.

☺ 12/14 FAMILY DANCE. 4pm, Delmar Reformed Church, 386 Delaware Ave. Caller Paul Rosenberg with live string band music by Tame Rutabaga. Participatory contra, square and international folk dancing, singing, play-party games. All dances taught. No experience or partner needed. Donation: Children free, adults, \$5. Info: *Dance Hotline*, 292-0133; Paul, 482-9255, or [www.danceflurry.org](http://www.danceflurry.org).

12/16 HWFC HEALTH & WELLNESS SERIES: "How Money Works" with Denise Hildenbrandt. 6–7:30pm, Co-op Community Room. For more info, call 482-2667.

12/2 HWFC HEALTH & WELLNESS SERIES: "Energy Medicine," with Ruth Ann Smalley. 3–6 pm. 30-min. sessions, Co-op Community Room. For more info, call 482-2667.

1/6 HWFC BOARD OF DIRECTORS. 5:30–7:30pm, Co-op Community Room. All members welcome. Confirm date, time, location with the Co-op: 482-2667.

## ONGOING EVENTS

### MONDAYS

BEHAVIORAL MANAGEMENT for Indigo/Crystal Children, with Mary E. Qualters LCSW. Last Monday, 7–8pm. Chakra Garden, Center for Mind/Body Healing, Albany. Info: 456-0310, [thechakragarden.com/calendar](http://thechakragarden.com/calendar).

CAPITAL DISTRICT MULTIPLE CHEMICAL SENSITIVITY & ENVIRONMENTAL ILLNESS Support Group. 4th Monday, 7pm. Coping with environmental, chemical and occupational illnesses. At Bountiful Bread, Stuyvesant Plaza, Guilderland. Info: Terry, 785-1117; or Donna, 372-8783.

HWFC HEALTH & WELLNESS SERIES: "Blood Pressure & Body Fat Testing," with Jeff Grayson Miller. 11am–1pm, Co-op Service Desk. 482-2667.

☺ HWFC HEALTH & WELLNESS SERIES: "Spanish Language Conversation," with Shane Lillian Braverman and C. Aida Torres-Horwitt. For beginning to advanced students. 4–5:15pm, Co-op Community Room. (No session on 12/29). 482-2667.

☺ MOM AND BABY YOGA. 10–11am, Albany Jewish Community Center, 340 Whitehall Rd. \$15/class. Info: Beth Monaco at 689-0039 or [BethM@saajcc.org](mailto:BethM@saajcc.org).

VIPASSANA BUDDHIST Practice Group (Insight Meditation). 7:30pm in Colonie. For experienced and beginning meditators. Free. Info: 438-9102 or email [bjp1088@verizon.net](mailto:bjp1088@verizon.net).

WOMEN'S GROUP, with Mary E Qualters LCSW. 1st and 3rd Mondays, 6:30–7:45pm in the Chakra Garden, Center for Mind/Body Healing, Albany. Info, 456-1071, [thechakragarden.com/calendar](http://thechakragarden.com/calendar).

☺ YOGA FOR KIDS. 5pm at Lunar Mist Healing Arts, 307 Hamilton St., Albany. Ages 4–7. More info: Jen Winders, 456-1417.

### TUESDAYS

ALBANY FOLK DANCERS. 7:45–9:45pm. Instruction provided, beginners welcome. No partners needed. Albany Jewish Community Center, 340 Whitehall Rd. \$4. Info: 489-7996, or online at [jnsavitt@yahoo.com](mailto:jnsavitt@yahoo.com).

BUDDHIST LECTURE & MEDITATION. Every Tuesday, 6pm. 727 Madison Ave., Albany. Please call 392-7963 for more info.

CAPITAL TOASTMASTERS. Communication, public speaking, leadership training. 2nd & 4th Tuesdays. 6pm. Center for the Disabled, 314 S. Manning Blvd., Rm.511, Albany. Info: Stephanie Jubic, 852-6733.

CHILDBIRTH EDUCATION/SUPPORT GROUP. Open to all. \$10–12/evening. 6:30–8:30pm. FLC

HWFC HEALTH & WELLNESS SERIES: "Chair Massage," with Glenn LaPorte. 15-min. sessions, 12:30–2pm, Co-op Community Room. 482-2667.

HWFC HEALTH & WELLNESS SERIES: "Chair Massage," with Ed Thomas. 2–5pm. 15-min. sessions, Co-op Community Room. 482-2667.

HWFC HEALTH & WELLNESS SERIES: "Holistic Health History Consultations," with Kate Fritz. 10am–12:30pm. 30-min. sessions, Co-op Community Room. For more info, call 482-2667.

INFERTILITY Support Group. 3rd Tuesday. 7:15–8:45pm at Belleview Women's Hospital, Schenectady. For more info: 346-9410.

KRIPALU YOGA FOR BEGINNERS. 7:30–9pm at the Center for Integrative Health & Healing, 388 Kenwood Ave., Delmar. \$15. Contact Jim Whiting: 542-3068, or [freewebs.com/james0360](http://freewebs.com/james0360).

TRANSMISSION MEDITATION Group. 7:45pm. Info: 765-4079.

### WEDNESDAYS

BETHLEHEM TOASTMASTERS. We help you overcome the fear of public speaking and more! 2nd and 4th Wednesdays, 7:30–9pm. Info: Jim, 439-7625; <http://bethlehem.free-toasthost.com>.

### POLICY FOR CALENDAR LISTINGS

There is a charge for all calendar listings of classes and workshops for which the fee is more than \$5. HWFC members receive one 4-line listing free of charge. The charge for all other listings for fee-based classes and workshops is \$3.00 for the first four lines (approx. 25 words), and \$0.75 for each additional line.

ALL ADS MUST BE PRE-PAID (make checks payable to HWFC, not Coop Scoop). Send payment with your listing to: **Coop Scoop Calendar, c/o Susan Palmer; email: [scoopcalendar@earthlink.net](mailto:scoopcalendar@earthlink.net)**.

Calendar listings will be accepted for publication based on appropriateness and general interest to the Co-op community.

GENTLE YOGA. 10–11:30am at the Yoga Loft, 540 Delaware Ave., Albany. Contact Mary Sloan: 459-8216 or [synthesis@nycap.rr.com](mailto:synthesis@nycap.rr.com).

☺ HWFC HEALTH & WELLNESS SERIES: "Fiddle Basics," with Caryn Niedringhaus. All ages. No previous instruction needed. *Bring a fiddle and bow in good working condition.* 7:30–8:30pm, Co-op Community Room. 482-2667.

☺ HWFC HEALTH & WELLNESS SERIES: "Natural Family Support Group," with Elisa Grimm, Lauralee Holtz, Meg Breen, Liza Feldman Vinci. Children's storyline follows discussion. 10am–1pm, Co-op Community Room. 482-2667.

☺ HWFC HEALTH & WELLNESS SERIES: "Spanish 101," with Shane Lillian Braverman. For students with little or no experience. Learn basics in pronunciation, grammar, reading, writing. 4–5:15pm, Co-op Community Room. (No sessions on 12/24,31). 482-2667.

KARUNA TENDAI DHARMA Center. Every Wednesday. 6pm. Buddhist lectures and meditation, followed by potluck dinner. Call 392-7963 for more info.

MEDITATION. 6–7pm. Center for Natural Wellness, 20 Mall, 2080 Western Ave., Guilderland. All are welcome; donations appreciated. To register: 869-2046.

MEDITATION, with Healing Practitioner Beth Netter MD. Introduction for beginners, practice for experienced. 7:30–8:30pm, Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Info, 689-2244.

SANT MAT MEDITATION. Every Wednesday, 7pm. Learn about meditation on inner light and sound. Also come for a vegetarian dinner. Free. Call 758-1906 for directions.

☺ SARATOGA FARMERS' MARKET. 3–6pm. High Rock Park, High Rock Ave., Saratoga Springs. Locally grown produce, pasture-raised meat, free-range/pasture-raised eggs, local raw honey, baked goods, homemade soaps, on-site masseuse, live music and more! Info: 893-2669 or [Bluemoodressing@aol.com](mailto:Bluemoodressing@aol.com).

## KEY TO LISTINGS

- CDGC Capital District Community Gardens  
40 River St., Troy • 247-8685
- CDGLCC Capital District Gay & Lesbian  
Community Council  
322 Hudson Ave., Albany • 462-6138
- ES The Eighth Step at Proctors  
423 State St., Schenectady • 434-1703
- FLC Family Life Center  
20 Elm St., Albany • 465-0241/449-5759
- MCCD Mothers Center of the Capital District  
715 Morris St., Albany • 475-1897
- RFFP Regional Food & Farm Project  
295 Eighth St., Troy • 271-0744
- WB Women's Building  
79-81 Central Ave., Albany • 465-1597

☺ For children & families

We welcome submissions to the calendar. To have an event listed, call or send information by the 10<sup>th</sup> of the month to: Susan Palmer, e-mail: [scoopcalendar@earthlink.net](mailto:scoopcalendar@earthlink.net).

To list an event in the *Peace Community Calendar* published by the Social Justice Center of Albany, call Rezsina Adams at 462-0891.

## THURSDAYS

FARM & FOOD RADIO SHOW. 4<sup>th</sup> Thursday on WRPI-91.5FM, 8–9am. Info: Regional Farm & Food Project, 426-9331.

HWFC HEALTH & WELLNESS SERIES: "Pilates," with Brian Hull. 12–1pm, Co-op Community Room. For more info, call 482-2667.

IN THE SPIRIT Radio Show. Interviews and music. WRPI-91.5FM, 2–4pm. Info: 393-9979.

KRIPALU YOGA FOR BEGINNERS. 7–8:30pm at the Center for Integrative Health & Healing, 388 Kenwood Ave., Delmar. \$15. Contact Jim Whiting: 542-3068, or [freewebs.com/james0360](http://freewebs.com/james0360).

LUNG CANCER ALLIANCE. Advocacy group meeting on 2<sup>nd</sup> Thursday, 10am, at the American Cancer Society, 260 Osborne Road, Loudonville. For info, call 482-3142.

MEDITATION. Open to everyone in need of a quiet and sacred space in life. 5:45–6:45pm. St. Paul's Episcopal Church, State & 3<sup>rd</sup> Sts., Troy. Free and all are welcome. Info: 273-2106.

MOTHER TO MOTHER. 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 10am–12pm. FLC

SITTING MEDITATION. 7–8pm, Shambhala Meditation Center of Albany, 879 Madison Ave., Albany. Free. Info: 375-7041 or [www.shambhala.org/center/albany](http://www.shambhala.org/center/albany).

WOMEN'S CREATIVE PROCESS GROUP. Use art play and a supportive group to tap into your creative potential, relax, have fun! No previous artistic experience needed. Thursday evenings at The Artist Studio, Delmar. More info: Lorraine, 482-5428; [heart2art07@yahoo.com](mailto:heart2art07@yahoo.com).

## FRIDAYS

BIRTHNET. 2<sup>nd</sup> Friday. 9:30am. 17 Wilbur St., Albany. Info: Carolyn, 482-2504; or Maurleen, 465-5087.

8<sup>th</sup> STEP CONTRADANCES. Most 2<sup>nd</sup> & 5<sup>th</sup> Fridays, 8pm at Albany Hiberian Hall, 375 Ontario St. Instruction at 7:45pm. \$10 admission. Info: call 489-9066 or [ptx1@ny-cap.rr.com](mailto:ptx1@ny-cap.rr.com).

HWFC HEALTH & WELLNESS SERIES: "Chair Massage," with Paul Jensen. 2–5pm. 10-min. sessions, Co-op Community Room. Info: 482-2667.

HWFC HEALTH & WELLNESS SERIES: "Knit & Stitch," with Margaret Black, Beverly Petiet, Laurie Kirchman & Virginia Boyle-Traver. 12–2pm, Co-op Community Room. For more info, call 482-2667.

☺ HWFC HEALTH & WELLNESS SERIES: "Math Tutoring: Drop-in Sessions," with P.J. de Barros. For all ages and skill levels; no appointment needed. 5:15–8pm, Co-op Community Room. (No sessions on 12/19,26). For more info, call 482-2667.

HWFC HEALTH & WELLNESS SERIES: "Reflexology," with Laura Lee Ross. 9:15am–12pm. 15-min. sessions, Co-op Community Room. For more info, call 482-2667.

☺ MOTHER'S CENTER of the Capital District. Whole-family activities and outings, parent/tot classes and a network of parents for support and socializing. Open drop-in hours: 9:30am–12pm. 475-1897. MCCD

TRI-CITY FOLK DANCERS. 8:30–11pm, Schenectady YWCA, 44 Washington Ave.. Instruction. \$5. More info: 452-1154.

## SATURDAYS

HWFC HEALTH & WELLNESS SERIES: "Aqua Chi," with Anthony & Karen Segretto. Detox foot bath and foot spa. 2–4pm. Free 20-min. sessions, Co-op Community Room. For more info, call 482-2667.

KRIPALU YOGA FOR BEGINNERS. 9–10:30am at the Center for Integrative Health & Healing, 388 Kenwood Ave., Delmar. \$15. Contact Jim Whiting: 542-3068, or [freewebs.com/james0360](http://freewebs.com/james0360).

OLD SONGS CONTRADANCE. 1<sup>st</sup> Saturday (October–May), 8–11pm at Old Songs Community Arts Center, 37 S. Main St., Voorheesville. Instruction at 7:30. Covered dish supper at 6:30, \$10. Info: 765-2815.

☺ SARATOGA FARMERS' MARKET. 9am–1pm. High Rock Park, Saratoga Springs (see Wednesdays). Info: 893-2669 or [Bluemoon-dressing@aol.com](mailto:Bluemoon-dressing@aol.com).

☺ TROY WATERFRONT FARMERS' MARKET. 10am–2pm, Uncle Sam Atrium, Broadway (betw. 3<sup>rd</sup> & 4<sup>th</sup> Sts.). More info: 321-5749 or [www.troymarket.org](http://www.troymarket.org).

## SUNDAYS

☺ ALBANY FRIENDS MEETING (Quakers). Worship without liturgy, 11am. 727 Madison Ave., Albany. Refreshments and conversation at 12:15. 436-8812.

BUDDHIST MEDITATION INSTRUCTION. Sundays, 10–11am. Albany KTC Tibetan Buddhist Study and Meditation Center (at Doane Stuart School), 799 S. Pearl St., Albany. Free of charge. Info: 374-1792 or [www.albanyktc.org](http://www.albanyktc.org).

☺ ENGLISH COUNTRY DANCE. 1<sup>st</sup> Sunday (October–May), 2–5 pm. Channing Hall, First Unitarian Universalist Society of Albany, 405 Washington Ave. Instruction at 1:30. \$11, \$9 members. First time English country dancers free. Info: 477-5684, [cecd1@att.net](mailto:cecd1@att.net).

## HONEST WEIGHT FOOD CO-OP



☺ FIRST UNITARIAN UNIVERSALIST SOCIETY. Mindfulness Meditation, 9am. Sunday Service, 10am. Coffee Hour, 11am. 405 Washington Ave., Albany. 463-7135.

HWFC HEALTH & WELLNESS SERIES: "Financial Investment Workshop," with Jim Williams. 12–3pm, Co-op Community Room. 482-2667.

JIVAMUKTI YOGA. 10:30am–12pm. For all levels, yoga experience suggested. With Nancy Polachek at HeartSpace Holistic, 747 Madison Ave, Albany. Drop-ins always welcome. [www.heartspaceholistic.com](http://www.heartspaceholistic.com).

KINGFISHER SANGHA. 4:30–6pm. Buddhist practice in the tradition of Thich Nhat Hanh. Eastern Parkway Methodist Church, Schenectady. Info: 238-3608 or [www.kingfishersangha.com](http://www.kingfishersangha.com).

SANT MAT MEDITATION. Every Sunday, 9:30am. Learn about meditation on inner light and sound. Followed by vegetarian lunch. Free. Call 758-1906 for directions.

SUNDAY GATHERINGS. We come together to honor our relationship to self, neighbor and God. 10:30–11:30am. Coffee and tea follow. Still Point Interfaith Retreat Center, 20 Still Point Rd., Mechanicville. Info: 587-4967 or [stillpt423@aol.com](mailto:stillpt423@aol.com).

## OTHER EVENTS

☺ ALBANY PINE BUSH DISCOVERY CENTER is now open! Hands-on learning for all ages. Free and all are welcome. Closed Mondays. More info: 456-0655 or [www.albanypinebush.org](http://www.albanypinebush.org).

CENTER FOR NIA AND YOGA. 4 Central Ave., Albany (at Lark St.). For class schedule, registration and special events: [www.nia-yoga.com](http://www.nia-yoga.com), [casey@nia-yoga.com](mailto:casey@nia-yoga.com), 463-5145.

HELP WANTED. Yoga Instructors for a rapidly growing studio in Guilderland Center. Currently seeking Vinyasa/flow, Pi/Yo and pilates instructors. Must be able to start in January. Paid per class, must have insurance. Contact [Andrea@orendayoga.org](mailto:Andrea@orendayoga.org) or call 861-5714.

HERBAL MEDICINE, SPIRIT HEALING, WILD FOOD & WISE WOMEN. Free moonlodges, exciting classes, work weekends and empowering events. Visit [www.susunweed.com](http://www.susunweed.com) or write PO Box 64, Woodstock NY 12498. PD4

LUNAR MIST HEALING ARTS. Space rented hourly for healing arts practitioners and poets. 307 Hamilton St., Albany. Free parking. More info: Constance Morgan, 426-1402.

☺ MISS PEGGY'S MUSIC ROOM. Call for directions: 458-2927. Enroll for Fall 2008 and learn about our affordable and enjoyable Group or Individual lessons in piano or voice, and classes for Parents with Children and more! Mention this ad and receive tuition discount! More info: [misspeggysmusic.com](http://misspeggysmusic.com), or [misspeggysmusic@aol.com](mailto:misspeggysmusic@aol.com).

# What I Choose to Buy at the Co-op

A series of monthly articles by members of our Nutrition & Education committee

...and Why

## Fermenting Your Favorite Veggies

by Julie Harrell

I've sung the praises of fermentation already in an earlier article for the *Coop Scoop* (February 2008) entitled "Raising Kombucha." In this article, I will share my experience fermenting veggies from our garden here in Cherry Plain.

Of course, being enthralled with fermentation won't help a total beginner like me, so to ensure success (correctness and repeatability), I've asked Louise Frazier to assist me with this article, as she's an expert in fermentation (er).

I have been purchasing literally all of the wonderful fermented products that Honest Weight carries for many years — carrots, beets, (ginger?) and Kimchee, along with many Hawthorne Valley varieties. I include fermented veggies of some sort at least once per day in a mostly macrobiotic diet, and feel they are integral to maintaining health and fitness.

This summer, we had an abundance of organic cabbage, giant

beets, luscious garlic and purple, yellow and green heirloom carrots. Even with my fear of royally ruining all that great produce, I just had to ferment *something*. My friend Vince came over to help me and we set about cleaning, chopping and layering the veggies with sea salt and ginger from the Co-op into a large glass pot (very hard to find, we use it for Chinese herbs), then covering them with just enough water to cover.

One thing about fermenting is that it's crucial to scrub the veggies and use a very clean container and chopping area. Since I have an aversion to working in the kitchen due to many greasy teenage years in the restaurant business, Vince and I used our picnic table outside and shared two large chopping blocks.

Once everything was in the glass pot, I put a plate on top to hold down the veggies, added a lid, and placed the whole thing in the basement, covered with

a towel. I checked on my smelly mess daily to ensure it was happy and hoped for the best, incredulous that I was finally fermenting food.

Meanwhile, we had more veggies, so inspired to ferment further, I dug up more carrots and beets, chopped them up, added sea salt and covered them with way too much water. This time, I used glass mason jars. Now I had a really huge smelly mess in the basement, which my husband occasionally complained about, but in general he was kind about my science experiment.

My good friend Vince suggested that I open the jars frequently to ensure that I didn't have a glass bomb going off in the basement, so I popped the tops and gleefully watched the bubbles on top of the purple veggies. Over time, my beautiful jarred veggies turned brown and I eventually relocated them to the picnic table where they sit today. How-

ULTRAVIOLET CAFE

now open  
at the Spectrum

fair trade coffee~teas~espresso  
panini sandwich~dessert~internet

**SPECTRUM 8  
THEATRES**

Presenting the best in foreign, independent and Hollywood films

290 DELAWARE AVE, ALBANY, NY  
449-8995

WWW.SPECTRUM8.COM

## To advertise in the Coop Scoop...

Prices for camera-ready ads are: \$25 for our smallest 1-column size; \$50 for ¼-page; \$90 for ½-page; \$130 for a full page — with several other sizes and prices in between.

One free ad is provided with ads prepaid for a year. Ready-to-print artwork must be submitted by the 15<sup>th</sup> of the month preceding publication.

For more information about *Coop Scoop* advertising, contact Christy Carton at [ccarton@verizon.net](mailto:ccarton@verizon.net), or (518) 674-5773.

ever, the glass pot idea worked out beautifully and I recently “harvested” my second batch of fermented beets and carrots which sit all crisp and purple in my refrigerator after a month of fermenting in the basement.

Now with all that said, the best part of this story is still yet to come. Louise will describe the proper way to ferment veggies. In the spirit of teacher/student communication, I am glad to have Louise here to improve your science project, should you too decide to ferment in your basement.

I just bought two gorgeous purple cabbages at the Co-op.... I'm going to ferment them the proper way for the first time. Wish me luck!

## The Fermentation Process

by Louise Frazier

To begin with, it is important to understand that the lactic acid fermentation process is anaerobic, requiring certain temperatures and time, as well as darkness to assure maximum development of the culture. Actually it is very simple thereby to preserve the harvest bounty each year, especially with the jars and crocks available now. The old methods and vessels were indeed messy, stinky and required a lot of work, which today's homemaker would not want to face. Hence the old healthy culture of vegetables was stopped in favor of simpler preservation using vinegar and pasteurization that assured products with a long shelf life, but short on valuable probiotics — lactic acid microbes.

Heavy wire clamp-type jars with glass tops are recommended instead of regular mason jars with metal screw-on tops, which are not secure enough for the buildup of carbon dioxide during the warm period of fermentation. This could cause contents to explode out the thin metal top. Clamp-type jars allow release through slow fluid leakage, while still maintaining an oxygen-free seal. Filling the jar to 80% helps to alleviate fluid leakage too. I wrap the filled jar in newspaper, put it in a cardboard box with some folded newspaper and a little plastic in the bottom, close the box to keep out light and store it for the warm period. Unless it is on a washable smooth surface, I also place a plate or some plastic under the box to contain any leaking fluid, which could stink after a while and who wants to clean that up?

Wrapping and boxing help to maintain the temperature if there are fluctuations, as temperature stability is important, particularly in the first three days of fermentation, when lactic acid microbes develop enough to overcome the activity of yeast. 65°–70° is best, the highest for beets and carrots. After that it can go lower, but keep as close to recommended as possible

If temps go lower, simply ferment a little longer than the 14 days suggested for 2- or 3-liter jars.

After the vegetables are fully fermented, they need to be refrigerated or kept cold — between 30° and 40° for four to eight weeks. After these warm and cold periods, the contents may be transferred to smaller sizes mason jars for long storage but always kept below the average refrigerator temp of 40° to avoid re-fermentation.

I order my 2- or 3-liter clamp-type jars from the HaBA/Wellness department of the Co-op, where one can also purchase a small booklet I wrote on home lactic-acid fermentation of vegetables.

### Sybil A. Stock, M.D. Psychiatry and Psychotherapy A Holistic, Integrative Approach to Healing

- complementary/alternative treatment for depression and anxiety • PMS, perimenopause and menopause-related problems • mindfulness-based and psychodynamic counseling

Board Certified / CDPHP provider  
Slingerlands, NY 518-439-6003

Gourmet Margaritas  
Takeout available  
Kids Menu

Vegetarian & Vegan Friendly  
Special gluten-free menu



**El LOCO**  
MEXICAN  
Cafe

Serving  
Tues - Sun

465 Madison Ave. Albany  
(between Lark and the Park) 436-1855

If you missed the Deli highlight and interview with manager Nicole Bailey in last month's *Coop Scoop*, go and read it now... All done? For those of you who still haven't read it (you have your homework) here are the basics — sun-up to past sundown (6 am to 8 pm); 12 different salads, over 12 gallons of soup, 9 baked goods, 7 types of baked beans and the epic daily hot lunch entrée; 6 cooks in a space probably the size of your kitchen at home (or smaller); and no dishwasher.

For Deli cook **Mike Natcharian**, those are proud stats and, although he's looking forward to the new store and the Deli expansion therein, right now he wouldn't change a thing.

Mike was born and raised in Latham and has been living in Albany for 10 years. He had several friends who shopped at the Co-op and eventually he checked it out himself. Although he now embraces them fully, it wasn't the standard ideals of Honest Weight that made Mike first a committed Co-op shopper, then member worker and eventually staff member. It wasn't for social issues or because he had a passion to support local farms or even because he was dedicated to organic produce. "I just love all the fresh, delicious food!" said Mike. "It was a purely gastronomic decision."

# M I K E N A T C H A R I A N



Since then, he has become a strong supporter of local farms and has learned and shared a great deal of information about healthy eating with his Deli co-workers and customers. The team gets along well, which Mike noted was very important in such tight quarters. They play music, swap recipes and brainstorm the day's offerings together. "Everyone shares turns coming up with the hot entrées," said Mike. "It keeps things interesting. We rotate veggies with tofu and incorporate everything from seitan to quinoa."

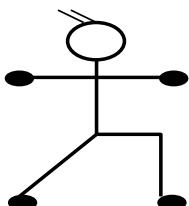
**Sue Coughtry, LMT**  
Specializing in:  
**CranioSacral Therapy**  
**Shiatsu    Positional Release Therapy**  
**Medical Massage**

**Center for Integrative Health And Healing**  
388 Kenwood Avenue  
Delmar, NY 12053

Hours By Appt.  
**518-689-2244    www.cihh.net**

  
**Tai Chi Classes and Workshops**  
Gift Certificates Available

28 Essex Street • Albany, NY  
518-489-1458 • [www.AsianArtsGrp.com](http://www.AsianArtsGrp.com)

  
Offering classes in: Iyengar Yoga  
All Levels + Gentle, Senior  
Vinyasa Flow, Kripalu Yoga, Kirtan and Dance

540 Delaware Ave.  
Albany, NY 12209

**THE YOGA LOFT**

For Information:  
[www.THEYOGALOFT.NET](http://www.THEYOGALOFT.NET)  
Call: Gerry 438-2557  
Marge 482-8124

## Health Counselor and Life Coach For the Body and Mind

Rich Neuman, HHC, AADP

### Tired of the Sugar Blues?

Contact me for a complimentary consultation

[www.richnutritionman.com](http://www.richnutritionman.com)  
[takeadeepbreath@verizon.net](mailto:takeadeepbreath@verizon.net)

518-432-1001

But it wasn't where he thought he would be when he started out. His early career path was in computer technical support, but he had begun developing an interesting in cooking, especially ethnic recipes from his Armenian heritage. But it was over sushi that Mike seized an opportunity to take a significant turn in his life. "I was having dinner at Saso's one night," said Mike. "when I saw that they were hiring cooks. I applied for the job on the spot and got it."

He started out in sushi, which was right to the top in Mike's estimation, and stayed at Saso's for five years before moving on to cook at the old Madison Café for a few more. In 2005, a full-time position opened up in the Co-op Deli, where Mike worked twice a week for his member hours. Just like with Saso's, opportunity seen is opportunity seized for Mike, and he has been a full-time Deli worker ever since.

Outside of the Co-op, Mike still keeps his hand in tech-wise, doing volunteer computer work for Community Gardens, a non-profit organization based in Troy that helps communities create urban gardens. He enjoys kayaking and other outdoor activities and cat-sits part time. He's still experimenting with ethnic foods as well, incorporating new flavors into the Deli's menu. Baklava and stuffed grape leaves (and other items Mike was uncertain how to spell for me) have made the cut. Perhaps sushi isn't far behind?



FAIRLY TRADED | ORGANIC | SUSTAINABLE | RECYCLED | BIODEGRADABLE

27 2ND ST. TROY, NY 12180  
THESPINNINGSEED.COM | 518.268.1499

## Wellness... "A process of moving toward optimum health."



Is your  
financial health  
getting the  
care it needs?

Carolina Minetto Lazzari,  
CFP®, EA, AIF®  
Financial Adviser

650 Franklin Street, Suite 204 • Schenectady, NY 12305  
Tel (518) 346-2726 • (888) 301-3644 • Fax (518) 346-2748  
[plan@carolinalazzari.com](mailto:plan@carolinalazzari.com) • [www.carolinalazzari.com](http://www.carolinalazzari.com)



COMMONWEALTH *financial network*®

Securities and Advisory Services offered through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser

### HOME ENERGY ADVISORS LLC



Tired of High Energy Bills?  
NYS and Federal Programs  
May Be Able to Help.  
Call for a Home Energy Audit Today!  
(518) 899-2400



HOME PERFORMANCE WITH  
**ENERGY STAR**

"Reducing America's Energy Dependence, One Home at a Time." ©  
[www.HomeEnergyAdvisors.com](http://www.HomeEnergyAdvisors.com)

## Invest locally and build community assets!

Find out how - contact Linda at 436-8586



Capital District  
Community Loan Fund

255 Orange St, Albany, NY 12210 [www.cdclf.org](http://www.cdclf.org)

# Integrative Medicine & Holistic Primary Care

*a sensible approach to your health*

Ronald L. Stram, MD  
Jennifer Adams, ANP-BC



The Center for Integrative Health & Healing  
388 Kenwood Avenue, Delmar, NY • 689-2244 • www.cihh.net

Support & Education for the Childbearing Years

Your Body



Your Birth

*Birth Support  
Doula Care Since 1976*

Betsy Mercogliano, RN, CLA  
H 518 449 5759  
W 518 465 0241

*The Family Life Center*  
20 Elm Street, Albany, New York 12202

**LITTLEMOON**  
Tibetan gift shop home furnishings  
467 Madison Ave Albany NY 12210  
Tel (518) 434-6018

in collaboration with Extrapolating TheaterWorks

**Bring us your project... Any size, any budget**

- theatrical & dance
- digital video production
- weddings/special events
- on-location video/audio
- training & education
- video/rehearsal studio
- artist promotion
- graphic design

fordtrupin@verizon.net 518-489-6392

# Artist MediaEye

## Partners in Healing

nurturing the healer within



- prevention
- optimal wellness
- nutritional guidance
- chronic health issues
- graceful aging

Ann Carey Tobin, M.D.

Integrative medicine consultant

Fellowship trained in integrative medicine & women's health

204 Delaware Avenue, Delmar, New York 12054

ph: 518.506.6303 / email: atobin@pol.net

http://partnersinhealing.byregion.net



## Jennifer Houston CNM

Certified Nurse Midwife, NYS license



serving informed clients who desire

*Safe Supportive Experienced  
Home Birth Care*

Excellent medical backup

covering Ulster, Dutchess,  
Columbia, Greene  
& Albany Counties



518-678-3154 • womanway@gmail.com • www.MidwifeJennaHouston.com

## Aqua Chi Sessions

*With Anthony & Karen Segretto. Saturdays from 2 to 4 pm in the Co-op Community Room*

Free 20-minute sessions. The Aqua Chi is a detoxifying footbath that soothes your aching feet and legs, while detoxifying your body through the large pores of the feet. The electrical unit (which is, of course, safe while in contact with the water) stimulates ionization through the water, which connects with your body's electrical field to stimulate detoxification of the liver, joints, gall bladder, kidneys, bladder, urinary tract and lymphatic system, removing cellular debris, heavy metals, tobacco, blood clot material and yeast. One session per person per month, please.

## Beginner to Advanced Spanish Language Conversation

*With Shane Lillian Braverman & C. Aída Torres-Horwitt. Mondays (except December 29) from 4 to 5:30 pm in the Co-op Community Room*

Our team of Spanish speakers will assist students of all levels, from basic to advanced instruction, on Spanish language and grammar. Bring any questions and materials that you are using to study Spanish to this class and enjoy working with others toward the same language goals.

## Blood Pressure/Body Fat Testing

*With Jeff Grayson Miller. Mondays from 11 am to 1 pm by the Service Desk.*

Fitness consultations in addition to blood pressure and body fat testing available.

## Capital Region Sling Babies

*With Melissa Victoria & Crystal Knapp. Saturday, December 13, from 10 am to 12 pm in the Co-op Community Room*

Babywearing is the act of holding your baby close to you in a baby carrier. Babies that are worn cry less, are happier as are their parents who have an extra pair of hands to tend to other children and tasks. Babywearing International of the Capital Region promotes the practice of babywearing by holding monthly educational meetings throughout the area where new parents can learn to comfortably use a baby carrier and seasoned experienced babywearers can learn new techniques, try out new types of carriers or just spend time with like-minded parents. We also have a lending library of baby carriers, an active web forum at [www.slingbabies.org](http://www.slingbabies.org) and host fun outings. Led by Melissa Victoria and Crystal Knapp, two local BWI approved Volunteer Babywearing Educators who have each comfortably worn their children for a number of years.

*continued on page 18*

## DECEMBER AT THE CO-OP

All services, workshops, and classes offered at HWFC are free and open to the public.

*Mind-Body-Spirit approach to emotional healing*

Mary Daigneault

Licensed clinical social worker

Many insurances accepted

518-424-6097



## Synthesis

*Yoga & Massage Therapy*

**Mary Sloan**, LCSW, LMT, RYT  
*Yoga Instructor & Licensed Massage Therapist*

**(518) 459-8216**  
**[synthesis@nycap.rr.com](mailto:synthesis@nycap.rr.com)**

## ABSOLUTE HAIR

305 Hamilton Street – Albany 12210

**432 4925**

Wednesday-Saturday Appointments Suggested

## FULL SERVICE SALON

(Scissor, Clipper, Razor Styles)

Solely owned and operated

[ABSOLUTEHAIRALBANY.COM](http://ABSOLUTEHAIRALBANY.COM)

**FREE PARKING ROBINSON SQUARE LOT**

## DECEMBER AT THE CO-OP

All services, workshops, and classes offered at HWFC are free and open to the public.

*continued from page 17*

### Chair Massage

*With Glenn LaPorte. Tuesdays from 12:30 to 2 pm in the Co-op Community Room*

Glenn LaPorte is a New York state-licensed massage therapist. He offers 15-minute personalized massage sessions. Please sign up for only one session.

*With Ed Thomas. Tuesdays from 2 to 5 pm in the Co-op Community Room*

Ed Thomas is a New York state-licensed massage therapist, a graduate of the Bancroft School of Massage and a former member of the state Licensing Massage Board. He offers 15-minute personalized sessions. Please sign up for only one session.

*With Paul Jensen. Fridays from 2 to 5 pm in the Co-op Community Room*

Individualized 10-minute sessions. Paul Jensen is a New York state-licensed massage therapist and the founder/owner of Excellence through Exercise. Please sign up for only one session.

### Complimentary Holistic Health History Consultations

*With Kate Fritz. Tuesdays from 10 am to 12:30 pm in the Co-op Community Room*

During this 30-minute session, you are invited to discuss your top health concerns and goals, history and what you have always imagined for your life. If you are interested in improving your eating habits, feeling better in your body and achieving your ideal weight, or experiencing a lasting increase in your energy and vitality, I welcome you to consider that this conversation may be a turning point in your life.

## Be kind to your car...and the environment too!

A well maintained vehicle pollutes less and saves on gasoline costs.

#### *Come experience:*

- Quality repair from people who care-*
- Friendly polite service-*
- Dependability and integrity-*

#### **Whalen Automotive**

76 Crabapple Lane, Watervliet

**272-8601**

#### *Specializing in:*

- NYS inspection-*
- 30K, 60K, 90K Services-*
- Brake system repair-*
- Exhaust systems-*
- Steering and suspension-*
- Cooling systems-*
- Air conditioning systems-*

### *Get Acquainted Special*

- Change engine oil and filter, top-off all fluids, set tire pressures-*
- Check steering, tires, suspension and brakes-*
- check belts, hoses and coolant condition and strength-*

**A \$55.00 value for Just: \$18.95**

*(not valid with any other offer, excludes Mercedes, Jaguar, BMW, SUVs & trucks)*

## Energy Medicine

*With Ruth Ann Smalley. Sunday, December 21, from 3 to 6 pm in the Co-op Community Room*

Energy Medicine offers a range of simple, effective practices for self-help and wellness. In half hour individual consultations, Ruth Ann will work with you to find a personalized set of energy tools — such as stretches, meridian tracing or tapping, or acupressure holding points — to help you balance your energetic system. Ruth Ann is a certified Donna Eden Energy Medicine practitioner.

## Financial Investment

*With Jim Williams. Sundays from 12 to 3 pm in the Co-op Community Room*

Are your investments performing in a way that's comfortable and sustainable? Are you a more visual learner? Less mathematical? Use the nine-segment style box to add a new clarity to the relationship between you and your money. Are you befuddled by the jargon of finance? Learn to find only what is important and useful to you. James Williams is a longtime teacher, researcher and personal investor.

## Get Your Knives Sharpened While You Shop!

*With Vince Manti & Derek Burns. Tuesdays, December 2 & 16, from 5 to 7 pm outside the Co-op Community Room*

Due to the overwhelming popularity of this service, please bring in no more than five knives at a time. (No serrated blades, please!)

## How Money Works

*With Denise Hildenbrandt. Tuesday, December 16, from 6 to 7:30 pm in the Co-op Community Room*

Debt elimination allows families to free up money and invest in retirement. Learn how *everyone* can work toward setting more money aside, despite what your initial reaction to your personal ability to invest right now may be. Also, we are happy to provide training to help people develop leadership positions that eventually enable them to own their own business.

## Knit & Stitch

*With Margaret Black, Beverly Petit, Laurie Kirchman & Virginia Boyle-Traver. Every Friday from 12 to 2 pm in the Co-op Community Room*

For knitters, crocheters, quilters and sewers of any skill level, and people who would like to learn. Margaret and Bev are a team that is highly qualified to teach a variety of fabric and needlework skills. Bring a needlework question or problem, bring your current project for a relaxed time of shared work, or just stop by to see what we're all about!

## Math Tutoring: Drop-in Sessions

*With PJ de Barros. Fridays, December 5 & 12, from 5:15 to 8 pm in the Co-op Community Room*

Free math tutoring while you shop for all ages and skill levels. Homework help, identification and remediation of specific difficulties, suggestions of strategies for use at home. Bring any current math assignments or tests to the session, or bring in your practical day-to-day questions. No appointment necessary.

*continued on page 20*

# holiday herbal gifts

One of the best gifts is from the heart, which is why homemade gifts are so treasured. What better time of year than now to buy key ingredients from the Co-op to create one-of-a-kind gifts that can't be found in any store! Here are some suggestions to please special friends and family members. These herbal treats can fill decorative tins, tea/coffee mugs, glass bottles and jars, hand sewn cloth packets or any whimsical container that can be reused after the herbal gift has been used up.

## **Bath & Beverage Tea**

Mix 2 parts dried chamomile and lemon balm with 1 part of lavender, peppermint, rose petals and catnip.

*To use:* For a beverage, steep 1 heaping teaspoon of the mixture in a cup of hot water for 3–5 minutes. For bath, toss a handful of the preparation into the bath water and relax.

## **Bath Oil**

1. Shake together 1 cup each safflower and sunflower oil and ½ oz. lavender oil.
2. Shake together 1 cup each of sesame and safflower oil and ¼ oz. each rosemary and rose oil.

*To use:* Pour a few tablespoons into running bath water.

## **Foot Bath**

Mix together 1 oz. each of pennyroyal, sage, rosemary, angelica and juniper berries.

*To use:* Place in a shallow tub of very warm water and place the feet over the herbs. Cover with a thick towel to hold in the steam and relax until the water is cold.

## **Sage Aftershave**

Steep ½ oz. of sage and rosemary in 1 cup of apple cider vinegar for one week. Strain and add an equal amount of witch hazel.

## **Moisturizing Cream**

Melt 4 oz. of olive oil with 3 tablespoons of beeswax in the top of a double boiler. Remove from heat and slowly add 2 oz. orange water, mixing thoroughly. Pierce enough vitamin E capsules to equal 5,000 IU and squeeze into the cream. Add 5 drops of orange oil and stir until cool.

## **Moth Repellant**

Combine 2 oz. each of rosemary and mint, 1 oz. each of thyme and ginseng, and 8 oz. whole cloves. Fill small sachets for use in drawers and closets.

## **Spice Bags**

Mix together 8 broken sticks of cinnamon, 2 whole crushed nutmegs, ½ cup each dried orange peel and whole cloves and ¼ cup whole allspice. Place 1 tablespoon in each sachet. To flavor wine, apple cider or tea, simmer one bag in a quart of liquid for 20 minutes.

## **Spice Tea**

Mix together 3 star anise, 1 tablespoon fennel seeds, 1 stick cinnamon and 1 teaspoon cloves. Increase depending on the amount you wish to give.

*To use:* Add the mixture with the juice of one orange to 1 quart of boiling water and steep for about 20 minutes.

## **Natural Family Support**

*Led by Elisa Grimm, Lauralee Holtz, Meg Breen & Liza Feldman Vinci. Wednesdays from 10 am to 1 pm in the Co-op Community Room*

Come join other families for information and support on topics such as attachment parenting, natural pregnancy and birth, breastfeeding and natural family living. A children's story time will follow group discussion of the day's topic.

## **Reflexology**

*With Laura Lee Ross. Fridays from 9:15 am to 12 pm in the Co-op Community Room*

20-minute spot reflexology sessions can revitalize and relax weary soles. Laura Lee Ross, certified reflexology practitioner through the Laura Norman School of Reflexology, has practiced this form of treatment for over 10 years. She offers free 15-minute sessions. One session per person, please.

## **Spanish 101**

*With Shane Lillian Braverman. Wednesdays, December 3, 10 & 17, from 4 to 5:15 pm in the Co-op Community Room*

This class is recommended for students with little to no experience with the Spanish language. Learn pronunciation, grammar, reading and writing basics.

## **DECEMBER AT THE CO-OP**

All services, workshops, and classes offered at HWFC are free and open to the public.

*continued from page 19*