

HOURS:

MONDAY - FRIDAY
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SATURDAY 7:00 - 8:00

SUNDAY 10:00 - 6:00

HONEST WEIGHT FOOD CO-OP

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(518) 482-2667 (482-COOP)



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NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Tuesday, December 18.

Budget

The bulk of the meeting was devoted to reviewing and discussing the proposed budget for 2008.

One concern was the new health insurance plan for staff, which has a prescription drug maximum of \$2,000 per person per year. Options to assist the few staff members who might exceed this were discussed. These included creating a fund to receive contributions, cutting discounts, and requesting suggestions during a membership meeting.

It was noted that the Finance committee recommends that both staff bonuses and year-end coupons for work-

continued on page 3

Co-op purchases property at 100 Watervliet Avenue

Home of Our Own

by Cindee Lolik & Lynne Lekakis

After five years of searching the Albany landscape for a new home, the Co-op has found it's new home a mere three-quarters of a mile from our current storefront on Central Avenue. The Site committee (Lynne Lekakis, Jim Monsonis, Lexa Juhre, Duke Bouchard, David Jimenez, Howard Brent, Roman Kuchera and Cindee Lolik), a sub-committee of the larger Strategic Planning committee, worked with Peter McKee of ReMax Premier Realty in Delmar, visiting sites in the city of Albany, in Glenmont, Colonie, Latham and speaking with building owners, developers and city officials in their efforts. All told, the committee considered over 32 buildings and sites, in addition to one open-land site, before finding 100 Watervliet Avenue in the heart of our market.

When the Strategic Planning committee embarked on the journey toward a new location in 2003, one of the first steps was to engage Pete Davis, a long-time cooperative consultant specializing in market studies

and site analysis, to do a study of Honest Weight and its market. His findings reinforced what many of us already knew, that the Co-op draws customers from a wide area around the Capital Region, one that encompasses 14 different zip codes. Additionally, his findings were that while our site — the old building in rather less-than-prime condition, the lack of parking, the difficult-at-best receiving conditions, the cramped space — was certainly deficient, our location — easy access to downtown, I-90, Central Avenue and I-787 — was ideal.

This led the Site committee to investigate the possible purchase of our present site and the building next door, while still pursuing other options as our real estate agent identified them. But unfortunately, the price of the land, potential environmental difficulties and the inability to use the location to its total potential, due to right of way issues and the size of the properties, made this purchase impossible for the Co-op.

continued on page 2



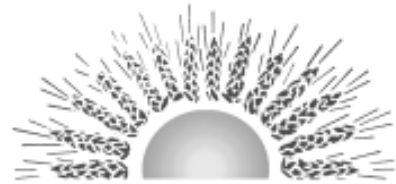
HWFC Board president Lynne Lekakis (c.) signs the papers on December 18, finalizing the Co-op's purchase of property at 100 Watervliet Avenue in Albany.

Behind the Coop

Board of Directors
 President: Lynne Lekakis 427-7386
 Vice-President: Susan Weinrich 794-0897
 Treasurer: John Godfrey 274-7996
 Secretary: Jim Monsonis

Committee Liaisons
 Finance John Godfrey
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 Governance Carolyn Maroney, Jim Monsonis
 Marketing & Communications John Godfrey
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kandl@capital.net 427-7386
 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 (x120)
 Education coordinator: Karisa Centanni (x113)
 Finance manager: Alfred Bouchard (x107)
 Assistant finance manager: Jennifer Felitte
 Merchandising Coordinator: Lorilee Bird
 Personnel administrator: Hoby Ebert
 IT coordinator: Lexa Juhre (x101)
 Front end manager: David Jimenez (x109)
 Assistant front end manager: Katie Centanni
 Grocery managers: Nancy Reich (x119)
 Grocery floor managers: David Aubé, Garrett
 French, Joe Marra, Hakim Steward, Nick Weber,
 Lee Wilson, Russell Ziemba
 Produce manager: Nick Bauer (x102)
 Assistant produce managers: Gayle Anderson,
 Steve Lamica
 Produce assistants: Ariel Callaschai, Jamie Felitte,
 Stacie Halloran, Amy Languish, Elizabeth
 Schaefer, Karen Starr, Hakim Steward, Jesse
 Strock
 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,
 Jesse Strock
 HaBA manager: Kathleen Boehning (x122)
 Assistant HaBA managers: Mitchell Liberman,
 Lynne Sims
 HaBA assistants: Neelima Baird, Rebecca Hein,
 Kevin Johnston, Carolyn Matthei
 Meat manager: Chris Kemnah
 Food service manager: Nicole Bailey (x108)
 Assistant food service manager: Laura Pederson
 Cooks: Lori Doyle, Nick Foster, Sue Ellen
 Lewanick, Karin Maag-Tanchak, Carolyn
 Matthei, Michael Natcharian
 Night manager: Michael Ferrandino
 Floor managers: Amy Pagano, Erica Peters,
 Cathryn Russell
 Maintenance: Arielle Ellis, Jamie Greenwood,
 Steve Kroeger
 Shift managers: Jessica Best, Elyse Bryan, Sonya
 Dewitt, Jenny Ruggiero, Desiree Krueger,
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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*
 Website – *www.hwfc.com* or *www.honestweight.coop*

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.

HOME OF OUR OWN, from page 1

Not long after failed negotiations to purchase our present location, we were approached by the city about a non-developed site west of the Co-op on Central Avenue, near Everett Road. But this location proved to be one that the Co-op would have spent considerable time and monies to develop, right down to having utilities brought back to the site. Major drainage work, and the traffic egress and ingress, proved to be the most formidable roadblocks.

Then we became aware of the sale of the site at 100 Watervliet Avenue. The site is 2.8 acres and is located close to Central Avenue, close to I-90 and in the West End neighborhood. After a series of negotiations with the owner, the Co-op reached an agreement with them for an amount substantially less than their original asking price. On December 18 Lynne Lekakis, our Board president, signed the closing papers and we became the owners of the property. There are presently two tenants. One is the Criminal Justice Services Department of the State of New York, which rents the majority of the building and whose lease will expire on August 31, 2008. The other is Dance Dimension, a dance studio that will be extending their lease to coincide with the state's. The planning process has begun to make sure that we have a design, and are ready to commence construction of the new store, whatever its scope, as close as possible to September 1 of this year.

There will be many opportunities for the Co-op community to have input into the design process. At the meeting

where the membership voted to purchase the property, the Facilities committee (which began the process as the Site committee) began soliciting comments from those in attendance. We will continue to solicit input from the Management Team, the larger Strategic Planning committee, from focus groups of Co-op members and shareholders, and are always open to engaging in conversations with our members.

Our staff, Board and members and shareholders have many exciting ideas for the new store. There will be more community space, a teaching kitchen, classroom space and meeting space. In addition, we will be able to offer our local vendors, farmers and purveyors more opportunities for their products in a larger retail environment. Our staff and member workers will enjoy a much better working environment, with a receiving area designed to receive groceries and not interfere with traffic and parking.

One of our next steps is to bring the larger Strategic Planning committee back together to review the final documentation of the pre-design phase of our project. 3tarchitected led us through this phase and we are in the process of negotiating a contract with them to take us through the design phase and construction. We are also in the process of hiring an owner's representative/construction manager to represent us exclusively through the project. If you have any input that you would like the Facilities committee to review, please send it to Cindee Lolik at *cindee@hwfc.com*, or mail it to the Co-op, care of the Facilities committee.

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NEWS AT A GLANCE, from page 1

ing members be eliminated in 2008 because of expenditure needs for the new store.

Staffing levels and new marketing initiatives were discussed.

It was noted that the budget is a flexible document and will continue to be revised through the end of 2007.

New Store

The papers had been formally signed to purchase the Watervliet Avenue site for the new store.

Raising Funds

A proposal for raising funds for the new store was circulated. It will be discussed at a future Board meeting.

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*) for obtaining a password. (See the Meetings section and go to Board Meetings.)

Upcoming Meetings

Meetings are scheduled for the following Tuesdays: February 5, March 4 and April 1. Meetings begin at 5:30 pm in the Community Room at the Co-op. Date, time and location can change, however, so it is recommended that anyone planning to attend confirm these.

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 10th 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 10th 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 *and* 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

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Coffee's crossroads...

Imagine being responsible for the orderly movement, in and out your door, of over a thousand pounds of coffee beans. Oh, and while you're at it, how about serving 500 cups of coffee every week? That's the scale of coffee activity here at HWFC: roughly 1,200 pounds enter and leave each month. Beans stream in from numerous roasters rather than a single distributor, turning the store into a coffee crossroads.

Some roasters are regional, like Vermont Coffee Co., and Keuka Lake Coffee Roasters from the Finger Lakes region. Others are local: High Peaks in Mechanicville, and Liquid Assets in Averill Park. But their product is multi-sourced and multinational, as "the vast majority of coffee is still grown on small farms of a few acres" by "28 million growers in fifty distant countries" (Cycon, xi, ix).

From Colombia, to Kenya, to Papua New Guinea, coffee is itself a nexus: Consuming it connects us to people and events far beyond our experience or imagination. The latitude-specific nature of the crop gives coffee a unique status and an often stained history — think empire, colonization. As a trade "second only to that of oil in its value" (Cycon, ix), coffee is freighted with social significance.

In his book, *Javatrekker: Dispatches from the world of fair trade coffee*, Dean's Beans roaster Dean Cycon sees that:

All of the major issues of the twenty-first century — globalization, immigration, women's rights, pollution, indigenous rights, and self-determination — are being played out through this cup of coffee in villages and remote areas throughout the world. [ix] ...Almost every coffee country I have worked in is currently or has recently been engaged in an autonomy or independence struggle from a colonizing society or suffering

On Java & Just Economies

Eating Economically at the Co-op

by Ruth Ann Smalley

Fair trade organizations deal directly with the producer, removing layers of opportunistic middlemen. *Javatrekker*, for example, grippingly chronicles Cycon's efforts to "probe into the depths" as he seeks to run an activist business. Equal Exchange also takes community and responsibility seriously, as it works with 39 small, democratically run farmer cooperatives in 19 countries. Their mission: "to build long-term trade partnerships that are 'economically just and ecologically



under the yoke of a corrupt or dictatorial regime. [xii]

For cooperatives such as Honest Weight, the opportunity to play a positive role in addressing these issues arises through crucial connections among farmer cooperatives, fair trade organizations and food cooperatives. Such connections strongly counter the values that economist E.F. Schumacher criticized as undergirding modern economic practice, when he wrote:

The buyer is essentially a bargain hunter; he is not concerned with the origin of the goods or the conditions under which they have been produced.... There is no probing into the depths of things, into the natural or social facts that lie behind them. In a sense, the market is the institutionalisation of individualism and non-responsibility. [29]

sound." Equal Exchange is, itself, a "worker cooperative, owned and democratically controlled by its employees" (Equal Exchange website).

HWFC education coordinator Karisa Centanni cites the cooperative principle, "Cooperation among cooperatives," as a clear directive: "We do give preference to doing business with other co-ops — they're like-minded, have a set of standards that we agree on." In the case of fair trade cooperatives like Equal Exchange, these include fair prices, advance credit and financial premiums for farmers, and environmentally sound practices.

"As far as business models go," says Karisa, cooperatives are "on the fringe." Preserving them, and the community values they support, necessitates working together. With this in mind, Karisa is looking forward to participating in a week-

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long Equal Exchange tour to Chiapas in March, which will include a 2-day homestay, living and working with people at Cesmach, a Mexican coffee cooperative. "It's a really great opportunity to see where one of our most popular products comes from," she explains. "I'm dedicated to seeing how the cooperative model translates through different countries, cultures and businesses."

Her role is the antidote to the bargain hunter: "I'm thrilled to be a liaison between groups and to bring back information and experiences for our community." She'll be carrying photos and stories from our store's coffee aisle, and bringing back some more from Cesmach.

And just think—you, too, can strike a blow against "economics as usual," just by bagging a bit of those fair trade, organic beans as

they flow through the store.

Sources

Cycon, Dean. *Javatrekker: Dispatches from the world of fair trade coffee* (Chelsea Green, 2007).
Equal Exchange website, www.equalexchange.com.
E.F. Schumacher. *Small Is Beautiful: Economics as if people mattered* (Hartley & Marks, 1999).

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Artist MediaEye

Honest Weight is going through an exciting and momentous time. We have recently purchased a building site and are developing numerous plans to make the most of our current location, as well as to develop and design a green building that will provide a good shopping and community experience. Leadership transitions can be challenging, but at a time like this than can be daunting. This year, due to term limits, we will be saying goodbye to our Board President of six years, Lynne Lekakis. Lynne has worked incredibly hard to build an effective leadership team and infrastructure that reflect our shared values and practices. Because of her strong commitment and vision she has contributed more of her time than any working member should be asked to give, and her departure is sure to leave a gap, no matter how capable our next president is. John Godfrey, our Treasurer, who has ensured that the Board understands our financial position and the implications of our decisions, will be running for re-election. I have been serving as Vice President and, due to my work obligations, will not be seeking a second term.

Leadership transitions can also create opportunities for new members to get involved and bring new

A Director's Chair

by Susan Weinrich



An Exciting Time to Join the Board of Directors

ideas and perspectives. Honest Weight members will be electing at least three of our nine Board members in April. I wanted to take this opportunity to share the Board's perspective on the skills and expertise that would best serve Honest Weight at this point in time. Certainly we are looking for members who are committed to the Co-op, our principles, and to our collective vision. Board members need to be willing to participate in group process and be open to listening and exploring issues thoroughly and creatively, as well as be able to work independently. Some specific skills that would be useful include strategic planning, organizational development, financial savvy, resource development and construction or project management.

Board members typically work 16-20 hours and attend at least three meetings per month (a Board meeting the first Tuesday of the month, a committee meeting and a Collective Management Team-Board meeting). They are expected to write newsletter articles periodically and to serve as Board liaison to a Co-op committee. Because of our upcoming capital campaign and efforts to obtain member loans for the new building, Board members will be asked to champion and participate in resource development efforts.

Although our bylaws allow members to run or be nominated from the floor at the April meeting, experience has shown that those members are less likely to complete their terms of office. We encourage members to take a more thoughtful

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approach and learn as much as possible before running, so that they are more informed and prepared for the position they will be taking on.

If you are considering running for the Board, please feel free to call me, Susan Weinrich at 794-

0897 or Weinrich@taconic.net, or Lynne Lekakis at 427-7386 or kandl@capital.net, to learn more about the role of Board members. Please consider attending a few Board meetings (February 5, March 4, April 1 — all at 5:30 pm). Minutes of former Board meetings

are online and filed in the community room. Applications for Board leadership are available at the service desk and on Honest Weight's website: www.honestweight.coop.

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What I Choose to Buy at the Co-op *...and Why*

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

In February, as the days get longer while cold and snow often linger, thoughts turn to sweetness and warmth — and what could better satisfy both than beets! Good old Northeast beets hailing from New York, New England or just across the border from Canada, which the Co-op often carries. Some are really big, deep red and intensely packed with the sweetness they drew down from the past summer's sun. So while some people bask on southern beaches in the sun, we have the gift of the sun preserved right here in our produce section to relish in many delightful dishes.

Think of fresh winter salads made with grated fresh beets, or lactic acid

(LA) fermented beets — both so flavorful when mixed with hearty New York apples! How about a beet spread — like a winter pesto — to put on some whole grain bread or crackers? Old World beet borscht; cooked beets, quartered or heart-shaped, sliced for Valentine's Day with a fruit juice glaze — sour cherry for Presidents Day — baked beets; and red flannel buckwheat-beet hash, are all variations on a beet theme for February too.

And last, but not least, add cooked beets to homemade brownies or chocolate cake — especially Devil's Food! That's what we did with leftover cooked beets for the visiting stu-

by Louise Frazier

dents program at Hawthorne Valley Farm — and the kids laughed and loved it when we told them later! We used carob instead of chocolate, however, to avoid the sugar/caffeine shock of sweetened chocolate. Beets can substitute in carrot cake or cookie recipes, too!

Here are some recipes from my kitchen:

NOTE: Lactic acid-fermented beets and fresh sauerkraut can be found in the refrigerated section toward the back of the store, just in to the right of the café entrance.

Red Beet Salads

Scrub and finely grate beets. Mix with coarsely grated apple (1:1 ratio), finely grated ginger to taste, drizzle with lemon juice and oil. Sometimes I mix in chopped fresh sauerkraut, too, for a super supper salad.

Beautiful Beet Spread

Toast until aromatic ½ cup sunflower seeds (or walnuts or almonds). Purée in a blender or food processor together with 6 medium cooked beets cut up (peeled or unpeeled), 1 tsp ground allspice + 1 tsp anise seeds + 1 TBS dried tarragon leaves.

Juice of 1 lemon

½ cup olive oil — more or less to obtain spreadable consistency

Add salt or miso or tamari or umeboshi, to taste.

Beet Borscht or Polish Broth

Cook 4 large scrubbed beets cut in quarters or chunks with 1 large chopped New York Bold or red local onion, ½ cup minced celeriac + 2 cups chopped red cabbage together in 8 cups fresh water, along with 3 bay leaves, 4 allspice balls or ½ tsp ground allspice, 1 tsp caraway seeds + 1 TBS dried leaf tarragon.

Bring to boil and simmer until beets are fork-tender (about 1+ hour).

When serving, add 1–2 TBS fresh sauerkraut or LA-

cultured beets* in each bowl and pour hot borscht over it, then top with a dollop of yogurt — Old Chatham sheep yogurt is delicious! Pass chunks of crusty whole grain bread for dunking.

Otherwise, borscht can also be served over boiled potatoes along with the LA beets or sauerkraut.

* Borscht was never made with vinegar — but fresh sauerkraut or LA beets were added traditionally!

for Polish Broth

Add 2 cups vegetable stock or 2 chopped carrots and ¼ cup lemon juice before cooking borscht, as above. Remove from heat and stir in 1 cup of fresh sauerkraut or LA beets.

Strain — reserving vegetables to make red flannel buckwheat/kasha hash or beet spread — and serve as clear broth.

Buckwheat Red Flannel Hash

In skillet, lightly sauté in oil chopped fresh onions with cooked beets. Season with ground allspice and tarragon or marjoram.

Top with leftover cooked buckwheat/kasha, pressing mixture together.

Brown and serve topped with a dollop of yogurt — or spread with your favorite mustard.

Option: After onions are sautéed until translucent, assemble and bake at 350° for 30 minutes. Serve as above. This hash is also delicious served with poached eggs on top!

I keep these recipes low-salt or no-added-salt to compensate for the light salt and sour flavorings of the lactic acid-fermented vegetable additions.

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February Calendar

2/1,7,15,19 **HWFC HEALTH & WELLNESS SERIES:** "Reflexology," with Laura Lee Ross. 2/1,15: 9:15am-12pm; 2/7,19: 5:15-8pm. 15-min. sessions, Co-op Community Room. For more info, call 482-2667.

2/1,15,22,29 **HWFC HEALTH & WELLNESS SERIES:** "Knit and Stitch," with Margaret Black and Beverly Petiet. 12-2pm, Co-op Community Room. For more info, call 482-2667.

2/3,17 **HWFC HEALTH & WELLNESS SERIES:** "Reiki with Raven." 12-5pm, Co-op Community Room. For more info, call 482-2667.

2/4 **HWFC HEALTH & WELLNESS SERIES:** "Reiki," with Jeanne Marie. 12-4pm, Co-op Community Room. For more info, call 482-2667.

2/5 **HWFC HEALTH & WELLNESS SERIES:** "Get Your Knives Sharpened While You Shop!" with Vince Manti. 5-knife limit (no serrated blades). 5-7pm outside Co-op Community Room. For more info, call 482-2667.

2/5 **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.

2/6,20 **HWFC HEALTH & WELLNESS SERIES:** "Healing Touch," with Richard Sahr. 3:30-6:30pm. 1-hr. sessions, Co-op Community Room. For more info, call 482-2667.

2/9 **RORY BLOCK Blues.** Sat., 7:30pm at Proctors 440 Upstairs, Schenectady. \$21. Tix & info: www.eighthstep.org, www.proctors.org. ES

2/10 **HWFC HEALTH & WELLNESS SERIES:** "Reiki," with Karen Reach. 3-6pm, Co-op Community Room. For more info, call 482-2667.

☺ 2/10 **FAMILY DANCE.** 4pm, Delmar Reformed Church, 386 Delaware Ave., Delmar. 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: \$1 to \$5. More info: Dance Hotline, 292-0133; Paul, 482-9255; www.danceflurry.org.

2/13 **HWFC HEALTH & WELLNESS SERIES:** "Eat (Good) Fats in Order to Be Healthy & Lose Weight!" with Rich Neuman. 7-8pm, Co-op Community Room. For more info, call 482-2667.

☺ 2/14 **HWFC HEALTH & WELLNESS SERIES:** "Book Discussion Group," with Liza Feldman Vinci. This month — *Small Is Beautiful: A study of economics as if people mattered*, by E.F. Schumacher. Children's storytime follows discussion. 9:30-11am, Co-op Community Room. For more info, call 482-2667.

☺ 2/15-17 **DANCE FLURRY.** Three days of dancing, performances, workshops, crafts, and more, at sites in downtown Saratoga Springs. For more info: 292-0133, or www.danceflurry.org.

2/20 **HWFC HEALTH & WELLNESS SERIES:** "Practical Spirituality: Finding Balance in these Fast Paced Times," with Nicholas Chalmers, Patricia Terrell and Warren Crews. 6:30-8:30pm, outside Co-op Community Room. For more info, call 482-2667.

2/27 **HWFC HEALTH & WELLNESS SERIES:** "Practical Spirituality: Can Spirituality Be Our Guiding Compass?" with Nicholas Chalmers, Patricia Terrell and Warren Crews. 7-8pm, outside Co-op Community Room. For more info, call 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.

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.

KRIPALU YOGA FOR BEGINNERS. 7:15-8:45pm at the Yoga Loft, 540 Delaware Ave., Albany. \$15. Contact Jim Whiting: 542-3068, or freewebs.com/james0360.

VIPASSANA BUDDHIST Practice Group (Insight Meditation). 7:30pm in Colonie. For experienced and beginning meditators. Free. Info: 438-9102 or email 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.

☺ **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.

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.

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; e-mail: scoopcalendar@earthlink.net.**

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

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

HWFC HEALTH & WELLNESS SERIES: "Chair Massage," with Glenn LaPorte. 11am-2pm. 15-min. sessions, 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.

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.

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

WEDNESDAYS

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

GOING WITHIN. 7:30-8:30pm. Establish and maintain the habit of going within, regardless of background or experience. Free. 57 Surrey Hill Dr., Latham. Info: Ted Mousseau, 785-1383.

GUIDED MEDITATION. 7:30-8:30pm at the Center for Integrative Health & Healing, 388 Kenwood Ave., Delmar. Free. Contact Jim Whiting: 542-3068, or freewebs.com/james0360.

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

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

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 10th of the month to: Susan Palmer, e-mail: scoopcalendar@earthlink.net.

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

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.

MOM AND BABY YOGA. 10-11am, Albany Jewish Community Center, 340 Whitehall Rd. \$15 per class. Info: Beth Monaco, 689-0039.

PFLAG (Parents, Families & Friends of Lesbians & Gays, Bisexuals & Transgendered). Chapter meetings: 3rd Wednesday, 7pm at The Women's Building, 79 Central Ave., Albany. All are welcome. For more info: myspace.com/pflagcapitalregionchapter.

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 Bluemondressing@aol.com.

THURSDAYS

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

HWFC HEALTH & WELLNESS SERIES: "Inner Journey Meditation Group," with Ted Mousseau. 12-1pm, Co-op Community Room. 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.

LUNG CANCER ALLIANCE. Advocacy group meeting on 2nd 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 & 3rd Sts., Troy. Free and all are welcome. Info: 273-2106.

MOTHER TO MOTHER. 2nd & 4th 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.

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.

FRIDAYS

BIRTHNET. 2nd Friday. 9:30am. 17 Wilbur St., Albany. Info: Carolyn, 482-2504; or Maureen, 465-5087.

8th STEP CONTRADANCES. Most 2nd & 5th Fridays, 8pm at Albany Hibernian Hall, 375 Ontario St. Instruction at 7:45pm. \$10 admission. Info: call 489-9066 or pstix1@nycap.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:** "Math Tutoring: Drop-in Sessions," with P.J. de Barros. For all ages and skill levels. No appointment needed. 5:15-8:00pm, 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 Sessions," with Anthony and Karen Segretto. Detox foot bath and foot spa. 2-4pm, Co-op Community Room. Free 20-min. sessions. For more info, call 482-2667.

OLD SONGS CONTRADANCE. 1st 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 Bluemondressing@aol.com.

☺ **TROY WATERFRONT FARMERS' MARKET.** 10am-2pm, Uncle Sam Atrium, Broadway (betw. 3rd & 4th Sts.). More info: 321-5749 or www.troymarket.org.



SUNDAYS

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

☺ **FIRST UNITARIAN-UNIVERSALIST SOCIETY.** Meditation, 9am. Sunday service, 10am. 405 Washington Ave., Albany. 463-7135.

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 CELEBRATIONS. Center for Creative Life, Church of Religious Science. 11am. 1237 Central Ave., Colonie. Social time follows the celebration. 446-1020, or www.CenterForCreativeLife.org.

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.

SUNDAY MORNING FLOWING YOGA. 10:30am-12pm. Yoga with devotion. Flowing workout, not too hard, not too easy, for all levels with experience. With Nancy Polachek at HeartSpace Holistic, 747 Madison Ave., Albany. 689-4714, www.heartspaceholistic.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.

CENTER FOR NIA AND YOGA. 4 Central Ave., Albany (at Lark St.). For class schedule, registration and special events: www.nia-yoga.com, 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 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 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.** Enroll now for Winter 2008! An enjoyable and supportive environment for: Lessons in piano or voice, individual or small group. Classes for parents and children and Orff Ensembles. Info: 458-2927, misspeggysmusic.com, or misspeggysmusic@aol.com.

Beans, Seeds & Nuts

by Lisa Vines

In recognition of Heart Month, this article will focus on a couple of Bulk aisle meat substitutes that are good for the heart (physically, not emotionally — no advice column, this).

And, in order to be good to the Co-op shopper's pocketbook at the same time, this article will provide some recipes for items that are also on sale this month. So stock up, shoppers: organic Great Northern beans, organic Navy beans, organic Red Split Lentils, organic raw Sunflower seeds

Various manifestations of almond butter are also on sale in February: crunchy, smooth, and raw and smooth, Co-op shoppers are invited to experiment with those on their own.

"Good for the Heart"

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Meat substitutes good for the heart

mean? Many people have a vague idea of "good cholesterol" (um... olive oil?) and "bad cholesterol" (um... animal fats? low-density lipoproteins, or LDL?) and those super-bad "trans fats" (um... palm and coconut oils?). It's true that not only should we avoid foods high in LDL cholestreol, but we should also try to eat foods that will lower levels of this cholesterol in the blood. The American Heart Association recommends consuming fiber-rich foods, which can lower blood cholesterol and thereby reduce the risk of heart disease and stroke. Their suggested goal for fiber intake is 25 grams of fiber a day.

The Mayo Clinic's guidelines are similar:

1. Limit unhealthy fats and cholesterol
 2. Choose low-fat protein sources
 3. Eat more vegetables and fruit
 4. Select whole grains
 5. Practice moderation and balance
- And, most importantly: Keep your weight down.

Beans, Seeds & Nuts.

All three of these foods are sources of fiber. The latter two are high in polyunsaturated fats, which may help lower blood cholesterol. Whole grains, legumes, vegetables, seeds and nuts all contain protein in the form of essential and nonessential amino acids. It should be noted that although only animal foods (meat, eggs, milk) and soybeans

provide complete protein (all nine essential amino acids), a planned combination of foods containing protein can also meet this requirement: Beans and rice, or beans and corn, are good pairings.

Beans

New to beans and leery of their reputation ("Beans, beans, the musical fruit...")? Sure, there's a cross-cultural recognition of the gastric effects of bean consumption. But lentils, split peas, azuki beans, mung beans, black-eyed peas and anasazi beans are all lower in the sugars that cause fermenting and create gas. Navy beans tend to be higher on the sugar-content list. (All are available in the Bulk aisle.)

But, here's the kicker: Beans are rich in protein. "The protein in beans is not only equal in quality to animal based protein, it is in many ways superior. Bean protein has no cholesterol, it is low in fat, and it comes with a host of other benefits not found in animal based protein," argues Crescent Dragonwagon in her cookbook *Passionate Vegetarian* (p.588).

Beans contain iron. The Mayo Clinic suggests beans as a good substitute for meat, primarily for their low amount of fat and absence of cholesterol. Beans are also high in fiber. It is somewhat problematic to estimate the fiber content of foods, but in the list posted on www.wehealny.org, cooked great northern beans contained the most: 19.4 grams of fiber per cup.

Basic guidelines for preparing dried beans (available in a multitude of varieties in the Bulk aisle) include soaking them before cook-

Beans with Aromatics

(from *Vegetarian Cooking for Everyone*)

- 1 cup beans, cleaned, rinsed and soaked overnight
 - 2 bay leaves
 - 1 small onion, quartered
 - Parsley sprigs
 - 1 large garlic clove
 - 1 tsp olive oil
- Drain beans, cover with 6 cups fresh water, and bring to a boil. Boil for 10 minutes, skimming off any foam. Lower heat and add remaining ingredients, cover, and simmer until beans are partially tender, anywhere from 30 to 60 minutes. Add salt once the beans are partially tender, then continue cooking until they're tender but not mushy. The beans can be drained and eaten as is. Or they can be enhanced by the following additional recipe:

Beans with Aromatics, with Extra Virgin Olive Oil

(from *Vegetarian Cooking for Everyone*)

- Beans, as prepared above.
 - 1 large shallot of 3 scallions, finely sliced
 - 1 small garlic clove, minced
 - 3 TBS extra virgin olive oil
 - 2 TBS chopped parsley
 - Salt, pepper
 - Lemon wedges
- Put beans into a bowl and add the shallots or chives, garlic, olive oil and parsley. Stir carefully to avoid breaking the beans. Season with salt and pepper, and serve with lemon wedges.

ing, preferably overnight. Soaking the beans reduces actual cooking time and removes some of the complex sugars that cause the above-noted troubles. They will absorb three to four times their volume in water, so cover with four times as much water as beans. Skim off any overly dry or immature beans that float to the surface when adding the water. After the soaking period, be sure to drain the soaking water and replace with fresh water for cooking.

Lentils

Lentils come in many different colors: red, green, brown, yellow, pink and black. The most common here are the German lentils, which are

Red Lentils

Red lentils are a lovely, almost salmon color when uncooked, but unfortunately turn rather brown when cooked and edible. (I mention this as a caveat to people who buy them, hoping to create a visually dramatic dish.) Visual aesthetics aside, these little lentils are delicate and tasty, and do quite nicely as a plain side dish on their own.

Boil up a cup of red lentils in 5 cups of water until the lentils are nice and soft; once the water reaches boiling, it should be another 25 minutes. Drain the water (saving it for a soup later on) and serve the lentils with a bit of salt and butter for a quick side dish.

Middle Eastern-Style Pilaf with Noodles & Red Lentils

(adapted from *Passionate Vegetarian*)

- 4 cups water
 - ½ cup red lentils
 - 2-4 TBS butter
 - 2-4 TBS olive oil
 - ¾ cup orzo pasta (available in the Pasta Corner)
 - 1½ cups rice, parboiled or converted
 - Salt and pepper
- Bring water to a boil and add lentils. Reduce the heat and simmer the lentils, uncovered, for about 5 minutes. Turn off the heat and let the lentils soak in their cooking water for another 45 minutes.
- In a large, deep, non-stick skillet, heat the butter and oil until the butter melts. Add the orzo and cook, stirring constantly, until the orzo is

shades of brown and green. The Bulk aisle also contains the French lentil, which is smaller and a darker green. Lentils cook much faster than beans. Red lentils are also rich in fiber, although not as rich as great northern beans: They provide 6.4 grams of fiber per cup.

Seeds

Seeds are also suggested as a meat substitute, with the advice to try the unsalted and dry-roasted versions. Sunflower seeds, peanuts, almonds and walnuts are all possibilities that are available in the Bulk aisle. They do tend to be high in fat and calories, so eat seeds in moderation. The polyunsaturated fats found in seeds and nuts could be

turning golden brown — about 3 minutes.

Now add the rice and sauté it. Stir constantly. After 1 minute or so, the rice will be shiny and translucent. Pour in the boiling lentils and then the cooking liquid, along with the salt. Stir well. Let the whole thing boil for 1 minute.

Turn the heat down to low, and cover. Simmer for 20 minutes. Then turn off the heat and let the dish rest, covered, for another 10 minutes. Season to taste and serve.

Oven-Roasted Sunflower Seeds (No Extra Fat)

Raw sunflower seeds
Salt (and seasonings)
Water

Dusting of olive oil
Soak raw sunflower seeds in a salt water solution for several hours — preferably overnight. A favorite seasoning can also be added to the water: soy sauce, ground pepper, hot pepper sauce, oregano....

The seeds will soak up the water and flavors and get plump. Drain the excess water, and spread the seeds on a baking pan that has been lightly sprayed with an oil. Bake seeds in a 300° oven until done, about an hour. Turn them several times, as the seeds on the edges bake faster than the ones in the middle.

Don't expect these guys to last very long — once people in the house discover these crunchy items, they're gone!

beneficial for lowering cholesterol levels — but again, all fat has the same calories (a lot).

Sources

Deborah Madison, *Vegetarian Cooking for Everyone* (New York: Broadway Books, 1997).
Crescent Dragonwagon, *Passionate Vegetarian* (New York: Workman, 2002).
Mayo Clinic: www.mayoclinic.com/health/heart-healthy-diet/NU00196.
American Heart Association: www.americanheart.org.
www.wehealny.org (a site run by two health care providers).
Medline Plus, on www.nlm.nih.org.

Light Up the Winter Night

February is the month for celebrating hearts and those in our hearts. If you are looking for a different way of making Valentine's Day special, consider a light-bearing gift that is sure to enhance any celebratory experience: **candles**. Candles are a symbol of a simpler existence, they are calming, and they shed a beautiful light on everything and everyone around them. Not all candles are created equal, however. **Steve Briere**, owner of local **Bennington Candles**, offers some very special candles for shoppers at Honest Weight. His candles are scented with natural essential oils of herbs and spices in different combinations to provide fragrances that heighten the spell cast by candlelight. They go by various names, such as Peace, Romance, Joy, Calming, Spiritual and Fire.

Steve makes both paraffin and soy wax candles in a selection of colors corresponding to the fragrance combinations of the oils. He produces a 20-oz. pillar, a half-pillar, a 6-oz. tin-container, and a 2-oz. votive candle. Honest Weight carries his paraffin half-pillar and his



Steve Briere works with Denise to straighten the wicks (at left), after she pours the candles.



is certainly not a desirable effect if you are then breathing in that same air or have food nearby, or if residual particles land on the surfaces in your home. Many imported candles contain these metal cores. Steve's candles do not.

Before Steve started making candles, he knew only that he wanted to leave his career of restaurant management and work a 40-hour week with holidays off. With that in mind, he researched opportunities, trying to find a product and a niche. He settled on making candles scented with aromatherapy essential oils, and began producing in 1996. In October 1997, at the Boston Gift Show, he was noticed by sales reps who agreed to take his candles to retail stores across the country — and his wholesale business really took off.

soy wax tin-container candles. When he pours the wax by hand into the molds, Steve allows it to cool slowly, which creates a lovely two-toned effect.

A paper core is used in the interior of the wicks of the softer (tin and votive) candles, instead of the industry-standard lead or zinc

wire. Metal cores are used in candles sold in containers, such as decorative jars or votives, because of the way these candles burn. (Without a core, the wicks collapse under the melted wax and will not burn.) Burning wicks with lead or zinc cores releases these elements into the air, which

Steve's business has been good enough for him to achieve his goal of the 40-hour work week. He has one other full-time employee and regular part-time seasonal workers who help out with the holiday rush. Bennington Candles recently purchased a 2,500 sq.ft. work space for pouring candles. Steve says that he has actually resisted letting the business grow larger because he prefers to keep things manageable. Most of his customers now are small

retail businesses such as gift shops, natural food stores, yoga centers and metaphysical stores.

If you try some of Steve's hand-crafted candles, you will be supporting our local economy and reducing the carbon footprint of your life. Enjoy the fragrance, the connection with our not-so-distant past, the knowledge that you are not releasing toxins into your home — and the gentle, romantic light.

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Raising Kombucha

by Julie Harrell

My Kombucha Mother and her Baby are resting quietly in their glass home in the kitchen. The Mother has worked hard to produce a half gallon of quality organic fermented tea for my consumption, and she needs to rest before creating more. Her Baby, the love child, is a result of her hard labors, and he will go forth to produce a Baby himself, becoming a Mother.

The fresh tea is now in large mason jars in the fridge, ready for me to pour into individual (recycled) GT Kombucha bottles, which I take to work with me every day.

We all seem to have an appetite for Kombucha these days. Perhaps our bellies are craving the goodness that fermented just-about-anything provides to the human body. The fact that I drink a bottle of my own home-made tea everyday, with a full meal, and only feel briefly full, attests to Kombucha's ability to assist in digestion.

How did this all begin? Probably in California as that's where I spent my most formative cooperative years. I don't even remember the first time I met someone with a Kombucha culture, but I do recall that the culture looked really funky. Nasty in fact, it looked like a giant blob of something one might eject from one's nose in the wintertime. Not knowing much about fermentation, I intuitively knew that the product must have been something healthy for my body, so I took a taste. *Mmmm....* The tea was weird and fabulous.

As one of the many Co-op shoppers who is positively

addicted to GT's Raw Kombucha fizzy teas, as soon as they were available at Honest Weight I became a convert. Favorite flavors include Ginger, Multi-Green and Original. My very picky teenage daughter loves Mango, Strawberry and anything with fruit.

When the GT Kombucha went on sale, lots of us bought 10 bottles at a time. There was always a gaggle of shoppers round the Kombucha fridge, vying for our favorite flavors, handing each other bottles upon request. An underlying quiet desperation fueled our purchases, as we couldn't wait to pop the top and down another bottle of the fabulous new fermented drink. One friend tells me she waits all day for her Kombucha fix, thinking about it, dreaming about it and choosing a specific time to imbibe. Finally, she pops the top and slowly sips her fermented goodness. She says it fills up her chest. I know others who've been known to consume two bottles per day every day for a week.

To know more about Kombucha in general, you can visit the *Coop Scoop* online and check out a wonderful article in the March 2007 issue.¹ To make your own at home, you will need to find someone with a Kombucha "Mother," or order your culture online.² I was fortunate to run into a local neighbor serendipitously who had some Kombucha and gave me the Mother and a recipe to make her grow. The following is one person's account how we raise Kombucha.


Let us know how your Kombucha brewing goes. Not being an M.D., I can't recommend who should or shouldn't drink Kombucha teas, so each individual

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Kombucha Recipe

Remember, cleanliness will keep your tea healthy, so wash and rinse all pots, glass jars and utensils carefully before touching the culture. A key to brewing drinkable Kombucha, like anything else you might ingest, is to avoid pathogens and mold. Before brewing your own, check out this excellent article by the good folks at Fungi Perfecti who would prefer to see no one brew their own Kombucha.³

- First, procure a chunk of fresh, healthy Komucha Mother along with at least a cup or two of the culture tea she lives in already. It's always nice to have her given to you by a friend.
- Clean a half gallon glass pot by boiling water in it, then fill it with water, boil again, and add enough organic black tea bags to make strong tea. Let cool to room temperature. *If you do not allow the tea to cool it will kill the Kombucha Mother.*
- Add ¾ cup of organic cane sugar to the tea, mix it thoroughly.
- Add Kombucha Mother with her juices to the tea, cover with a lid, then cover the lid with a clean cloth dishtowel. Secure the dishtowel with rubber bands. The Kombucha will breathe while it ferments, and the towel will deflect fruit flies.
- Don't disturb your Kombucha for at least two weeks. Taste test until it reaches a fermentation stage that pleases your palate. I like mine strong, but some enjoy a weaker Kombucha.
- Experiment with locations for your Kombucha while it's brewing. Some filtered light is beneficial if you have a dark glass cooking pot. I like putting a crystal with my Kombucha to keep it company while it brews.
- After a month, which is the general amount of time for Kombucha brewing, boil several large mason jars to clean them, then fill the cooled jars with your Kombucha tea, retaining the old Mother and her new Baby in several cups of their juices. Use the Baby for your next batch of Kombucha tea.

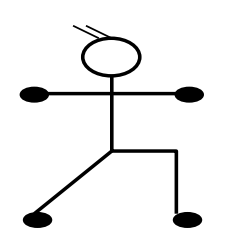
should rely upon his/her personal judgment about what to ingest. As for the rest of my fellow Kombucha fans, I'll meet you at the GT Kombucha fridge in the back of the Co-op by the Café and we'll have a sip of our favorite brews, together again at last. —Om Shanti

References

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2. <http://kombuchaamerica.com/?gclid=CMj0rc3k7pACFQMZHgoddCG-rg>.
3. www.fungi.com/info/articles/blob.html.

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Aqua Chi

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. Please sign up only one time per month.

Book Discussion

With Liza Feldman Vinci. Thursday, February 14 from 9:30 to 11 am in the Co-op Community Room

The group explores one title each month. This month: *Small Is Beautiful: A Study of Economics as if People Mattered* by E.F. Schumacher. Kids welcome — a children's storytime will follow discussion.

Chair Massage

With Glenn LaPorte. Tuesdays from 11:00 am to 2 pm in the Co-op Community Room

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

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

15-minute personalized sessions. 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. 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.

Eat (Good) Fats to be Healthy and Lose Weight!

With Rich Neuman. Wednesday, February 13 from 7 to 8 pm in the Co-op Community Room

Most of us have a negative reaction to the idea of eating fats in our daily diet. Discover which fats are good for us and why they are crucial to our health and well-being. Rich Neuman is a certified holistic health counselor from the Institute of Integrative Nutrition.

FEBRUARY AT THE CO-OP

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

Get Your Knives Sharpened While You Shop!

With Vince Manti. Tuesday, February 5 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!

Healing Touch

With Richard Sahr. Wednesdays, February 6 & 20 from 3:30 to 6:30 pm in the Co-op Community Room

One-hour sessions. Healing Touch is a relaxing, nurturing energy therapy that has the potential to benefit many ailments. Richard Sahr works with patients at Albany Medical Center through the Department of Healing Touch. One session per person, please.

Inner Journey

With Ted Mousseau. Thursdays from 12 to 1 pm in the Co-op Community Room

Develop the habit of going within. Meditation groups are ecumenical and all are welcome, regardless of background or experience. Ted Mousseau received his meditation instructor certification in 2002 from the abbot of Wat Dammamankol, in Thailand.

Knit & Stitch

With Margaret Black & Beverly Petiet. Fridays (except 2nd 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. Bring a needlework question or problem, bring your current project, or just stop by to see what we're all about! Margaret and Bev are highly qualified to teach a variety of fabric and needlework skills.

Math Tutoring: Drop-in Sessions

With P.J. de Barros. Fridays (except February 1) from 5:15 to 8 pm in the Co-op Community Room

Free math tutoring while you shop for all ages and skill levels. Bring any current math assignments or tests, or your practical day-to-day questions. No appointment necessary

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

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 storytime will follow group discussion.

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heart health

February is a time to focus on affairs of the heart — not only because of Valentine's Day, but also because February is **Heart Month**. Remarkably, the human heart beats about 100,000 times per day. Yet this hard working organ is often taken for granted unless it is under attack. Proper nourishment, protection and support are needed to keep the heart healthy so that the beat can go on!

Here are some remedies that can help to keep the heart working efficiently.

- **Hawthorne Berry:** Strengthens the heart muscle, reduces cholesterol, prevents arterial deposits which can impede blood flow
- **Cayenne:** Improves circulation
- **Garlic:** Lowers cholesterol and blood pressure, and prevents plaque formation
- **Rosehips:** Rich in vitamin C, a powerful antioxidant
- **Bilberry:** Keeps blood vessels flexible and increases blood flow
- **Arjuna:** Helps maintain heart health; regulates blood pressure and cholesterol
- **Celery Seed:** Helps remedy high blood pressure
- **Cinnamon:** Supports blood lipid levels
- **Grape Seed:** Powerful antioxidant

- **Motherwort:** Excellent tonic for heart disease; strengthens the heart; controls palpitations
- **Valerian:** Slows the heart rate; decreases palpitations
- **Turmeric:** Supports heart health

The Co-op offers most of the above remedies in bulk, plus the following:

Healthy Cholesterol – a tonic from Herb Pharm consisting of artichoke, hawthorne, turmeric and fennel

Blood Pressure Take Care – capsules from New Chapter containing probiotics, grape seed, hawthorne, motherwort and grape juice

Blood Pressure Factors by Michael's Naturopathic – tablets containing minerals, vitamins, cayenne, garlic, hawthorne, hops, valerian and celery seed

Sytrinol from Nature's Way – a blend of bioflavonoids derived from citrus and palm fruits, a derivative of vitamin E in capsule form

Liquid Hawthorne by Flora – with hibiscus and passion flowers

Gugulipid from Nature's Plus – in tablet form, to lower cholesterol

It is always wise to consult a doctor before embarking on a new protocol.

Practical Spirituality: Balancing Spirituality & Everyday Life

With Nicholas Chalmers, Patricia Terrell & Warren Crews.

Wednesdays, February 20 from 6:30 to 8:30 pm, and February 27 from 7 to 8 pm outside the Co-op Community Room

February 20: "Finding Balance in These Fast Paced Times." February 27: "Can Spirituality Be Our Guiding Compass?" Join us for a mini-talk on spirituality in everyday life, followed by refreshments and sharing. Presenters Nicholas Chalmers, Patricia Terrell and Warren Crews are sponsored by Know Thyself as Soul Foundation, Northeast, which promotes a lifestyle based on spiritual principles and caring for humanity.

Reflexology

With Laura Lee Ross. Fridays, February 1 & 15 from 9:15 am to 12 pm; Thursday, February 7 and Tuesday, February 19 from 5:15 to 8 pm in the Co-op Community Room

Free 15-minute sessions. Spot reflexology can revitalize and relax weary soles. Laura Lee Ross is a certified reflexology practitioner through the Laura Norman School of Reflexology. One session per person, please.

Reiki

With Raven. Sundays, February 3 & 17 from 12 to 5 pm in the Co-op Community Room

Raven offers personalized Chi Therapy Reiki sessions, an ancient energy healing practice that promotes well-being and health. Check schedule on Community Room door and Co-op bulletin board.

With Jeanne Marie. Monday, February 4 from 10 am to 2 pm in the Co-op Community Room

15–20-minute sessions. Reiki means "universal life energy." The Usui System is not massage, but a hands-on approach where the practitioner's hands are gently rested on the body to facilitate healing and an overall sense of peace. Jeanne-Marie Rimlinger is a level 2 Reiki practitioner. Please sign up, or come to the Community Room on the first Monday of the month.

With Karen Reach. Sunday, February 10 from 3 to 6 pm in the Co-op Community Room

Half-hour sessions. Reiki is a process that allows life force energy to flow, fostering a state of relaxation that helps maintain wellness or enhance the body's own ability to heal. A Reiki practitioner does not diagnose or cure disease, but may facilitate the flow of "universal energy." One session per person, please.

FEBRUARY AT THE CO-OP

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

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