

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 #348

FEBRUARY 2009

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Co-op members approve "green" design for new store

HWFC members have overwhelmingly OK'd the proposed design for our new store. As the *Scoop* went to press, area news media reported that the plan was approved 185-17 at the January 25th membership meeting.

Plans for the new Albany store were developed in consultation with 3t Architects, and will meet the "green" building requirements of Leadership in Energy and Environmental Design (LEED). More than a market, the 30,000-sq.ft, 2-story building is designed to promote an environmentally friendly community.

Construction at the 100 Watervliet Avenue site is expected to start in late spring, with a "soft" opening projected for spring 2010.



Architect's model of the design for our new Co-op

NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Tuesday, January 6.

Shares

The Finance committee recommended that the cost of a share be increased to \$135. The question of affordability and the possibilities of sliding scale payments or sponsorship programs were discussed. The Membership committee will consider extended payment plans for higher share prices. The Co-op's articles of incorporation would need to be changed if we wish to increase the share price, and this change would need to be brought to a vote of the membership.

continued on page 3

WANTED: Recipes for Co-op Cookbook

Do you like to cook? Do you shop or work at the Co-op? Then we would like to have at least one of your favorite recipes to include in the planned **Co-op Cookbook**. The cookbook is intended as a way to promote the HWFC, and we hope to include recipes from as many members of the Co-op community (staff, members, member workers, shoppers) as possible. We are looking particularly for recipes that use unusual ingredients that can be found at the Co-op and recipes that cater to specific needs (e.g., gluten-free, dairy-free). The recipes do not have to be vegetarian,

nor do they have to be original.

We will accept submissions in whatever form is most convenient for you—e-mails to HWFC.cookbook@gmail.com, photocopies or hand-written copies left at the front desk, or citations to a cookbook (name of recipe, title of book, publisher, page, your modifications) that we can look up. Be sure to include your name and contact information. Please cite the source of the recipe, even if you have made significant changes. We will accept recipes until **June 1, 2009**, but the sooner the better! Thank you from the Cookbook Committee.

Behind the Co-op

Board of Directors

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

Committee Liaisons

Bylaws Panel Carolyn Maroney
Communication Greg Pedrick, Bruce Huttner
Facilities Jim Monsonis
monsonis@taconic.net 794-8601
Finance John Godfrey
herbalist.john@gmail.com 274-7996
Governance Review Council Bruce Huttner
bhuttner@dsvlaw.com 458-8922
Membership Lenore Gensburg
Personnel Ray Ratte
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: Amy Pagano
Grocery managers: Nancy Reich (x119)
Assistant grocery manager: David Aubé
Grocery floor managers: Michelle Cesare, David
Filkins, 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,
Drue Spallholz
Wellness manager: Kathleen Boehning (x122)
Wellness assistants: Neelima Baird, Rebecca
Hein, Kevin Johnston, Heather Klein, 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, Donna
Quinn
Night manager: Michael Ferrandino
Floor managers: Jessica Best, Christopher Kuhn,
Jenny Ruggiero, Cathryn Russell
Maintenance: Robb Cole, Jamie Greenwood,
Brian Peters
Shift managers: Elyse Bryan, Robb Cole,
M. Francisca Cruz, Sonya Dewitt, 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
Website – www.hwfc.com or www.honestweight.coop

Coop Events Calendar for February

- 2/2 • HWFC MEMBERSHIP ORIENTATION.** Mon., 6pm, Co-op Community Room. To sign up, call Nate, 482-2667.
- 2/3 • HWFC BOARD OF DIRECTORS.** Tues., 5:30pm, Co-op Community Room. All members welcome. Confirm date, time, location with the Co-op: 482-2667.
- 2/4 • HWFC MEMBERSHIP ORIENTATION.** Wed., 2–4pm, Co-op Community Room. To sign up, call Nate, 482-2667.
- 2/7 • HWFC MEMBERSHIP ORIENTATION.** Sat., 10am, Co-op Community Room. To sign up, call Nate, 482-2667.
- 2/9 • HWFC MEMBERSHIP COMMITTEE.** Mon., 6pm, Co-op Community Room.
- 2/10 • HWFC MEMBERSHIP ORIENTATION.** Tues., 7pm, Co-op Community Room. To sign up, call Nate, 482-2667.
- 2/13 • GRAND RE-OPENING CELEBRATION.** At the Co-op, through 2/28. 482-2667.
- 2/18 • HWFC MEMBERSHIP ORIENTATION.** Wed., 2–4pm, Co-op Community Room. To sign up, call Nate, 482-2667.
- 2/19 • A MAN NAMED PEARL.** Food for Thought: Socially Relevant Cinema, presented by Honest Weight and WAMC's Performing Arts Studio. Thurs., 7pm at The Linda, 339 Central Ave., Albany. \$6. 465-5233 or thelinda.org.
- 2/21 • HWFC MEMBERSHIP ORIENTATION.** Sat., 11 am, Co-op Community Room. To sign up, call Nate, 482-2667.
- 2/28 • HWFC MEMBERSHIP ORIENTATION.** Sat., 2–4pm, Co-op Community Room. To sign up, call Nate, 482-2667.
- 3/3 • HWFC BOARD OF DIRECTORS.** Tues., 5:30pm, Co-op Community Room. All members welcome. Confirm date, time, location with the Co-op: 482-2667.

Watch for a ...

Grand Reopening Celebration

...to fête the remodel at Honest Weight. It will take place from **February 13th** until the **28th**.

Demos, giveaways, raffles for charity
and activities for the kids!

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.

Non-Profit Organization

The Co-op has been considering creating a non-profit organization (a 501(c)(3) organization). The next steps in setting up this non-profit organization were discussed. There would need to be separate incorporators and a separate board. The lines of supervision for this organization and its relationship with the Co-op will need to be clarified.

Beer License

The Co-op is considering obtaining a license to sell beer. The Nutrition and Education committee will be asked to look into how the Food and Product Manual would need to be changed to include beer sales. This committee will have the initial task and the Governance Review committee would ultimately be involved as well. Any application to New York State for a license will be on hold until after a new Board takes office in April.

Plastic Bags

One of the Board members brought in a degradable plastic bag used by another store. Whether the Co-op might want to purchase these and make them available was discussed. Several Board members were concerned with how degradable these bags are and preferred to continue reusing bags as we do now. The operations and administrative coordinator will look into prices for degradable bags and this will be discussed further. It was noted that should the Co-op decide to make these bags available, there would be a charge for them.

Upcoming Events

The Board reviewed plans for the January 25th Membership Meeting. The Nutrition and Education committee presented an overview of the School Food Conference scheduled for January 31. A Board retreat/brainstorming session was being planned for late January or early February.

Board and Collective Management Team

The Board is required to do an evaluation of the Collective Management Team (CMT). This is an evaluation of the group, not of individuals. Several possible methods of evaluation were suggested and this will be discussed further during the Board's upcoming retreat.

The Board and the CMT had scheduled a regular meeting in late January where they were to discuss the impact of the current economic downturn on the store and the dynamics between the Co-op and the prospective non-profit organization.

The CMT's earlier request to have more flexibility in stocking organic meat will be addressed at the April Membership Meeting.

Cookbook

Work on a Co-op cookbook is proceeding.

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) on obtaining a password. (Go to "About," then to "Board of Directors" and then 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 February 3, March 3, and April 7. All dates are posted on the Co-op's website. Meetings are held in the Co-op's Community Room. Anyone planning to attend a meeting should confirm date, time, and location.

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

**Kripalu Yoga
for Beginners**

TUESDAYS

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.

THURSDAYS

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.

SATURDAYS

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.

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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
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Double-Use Produce

Eating Economically at the Co-op

by **Miriam Axel-Lute**

Two for the price of one! What savvy shopper could pass up an offer like that?

Here's a secret: Such deals are there, but unmarked, all over the produce section, if you know what to look for. We've all heard about how those who practice subsistence hunting don't waste a single part of an animal, carving hooks and arrowheads from bone and using hides for clothing. In that spirit, we can take a step toward both eating well and stretching our dollars by stretching the ways we use our veggies and fruits. Here are some suggestions:

Turnip/beet greens

Those greens on top of your favorite roots aren't just indicators of freshness. They're tasty and nutritious eating all in their own right! Cut them off the roots as soon as you bring them home, and store in an open plastic bag in the crisper, as you would with other greens. Use wherever you would use spinach, chard, or kale.

Humble stems

Broccoli stems make a crunchy, healthy addition to stir-frys, soups, and basically anywhere you're using broccoli. Cut off the tough bottom inch or two, peel with a vegetable peeler or paring knife, and slice or julienne. Chard stems are colorful and fun to eat—slice and add in when you are sautéing onions.

Winter squash seeds

If you've ever enjoyed roasting pumpkin seeds around Halloween, remember that you can roast the seeds of any winter squash (such as acorn or butter-nut), any time you use one. They're a tasty snack high in good fats. Just separate the seeds out from the stringy stuff (but don't wash them!), toss with 1 tablespoon oil per 1 cup of seeds and some salt, and bake on a baking tray for 90 minutes at 250°. Then, if you want, add seasonings and toast for 5 to 10 minutes at 350°. If you want to wait until you're using the oven already, or until you open up another squash, the uncooked seeds will keep in the refrigerator for a few days.

Inside-outside citrus

Zest every citrus fruit you buy, whether it's an orange for eating or a lemon for juicing. Keep the zest in a ziploc bag in your freezer, and pull it out for a quick addition to everything from stirfries to cake icing, without having to buy a separate fruit whose juice you didn't need.

Celery leaves

Though they are a little bitter to eat directly, fresh celery leaves can be used as a parsley-like herb in salads, salsa, or soups. Some cooks use them as a substitute for cilantro to appease those (like

me, alas) with the cilantro-tastes-like-soap gene.

Vegetable stock

Homemade stock is easier than you might think. Toss (clean) vegetable peels and trimmings into a plastic bag in your freezer after you do your chopping. Good things to include: onion peels, garlic ends, stems of leafy greens, carrot tops and greens, apple and pear cores, beet and turnip peelings, stems of fresh herbs. Avoid: bitter, waxy, or inedible plant parts, such as cucumber peels, stone fruit pits, or citrus peels, as well as anything moldy. Also skip uncooked potatoes, which don't freeze well.

When the bag is full, empty it into a pot, fill with water to cover, add a bay leaf or two and a couple cloves (optional), simmer for a hour or so, and strain.

Use your stock as a soup base, for cooking grains or dry beans, or anywhere a recipe calls for vegetable stock. Remember that your stock is unsalted, which most commercial preparations are not.

Even simpler is to save the steaming/boiling water from cooking individual vegetables. If you end up with have too much stock to save or use, as I do when I'm blanching bunches of greens for freezing, use it for fertilizer on your garden or houseplants.

Homemade stock keeps for a week or so in the fridge and freezes wonderfully. In fact, if you have a partially empty freezer, filling the rest of it with containers of frozen stock will help it operate more efficiently. On the other hand, if you're short on space, leave the lid off and simmer for longer, reducing the volume to a concentrate.

How do you stretch your produce? Send suggestions to writer@mjoy.org.

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Tell us how our Co-op rocks your world!

Honest Weight is participating in the *My Co-op Rocks Video Contest*, a nationwide competition where you can share the ways our Co-op rocks. Create a video using one of the suggested "Top 10" themes — or make up your own original theme. Get ready to premiere your video to the world on **March 1**. In the meantime, visit www.MyCoopRocks.coop for details on prizes, contest rules and updates! The contest is sponsored by the National Cooperative Grocers Association.



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Building Our Future

Building blocks have super powers; they can be wondrous tools to reach a goal. I discovered the powers of building blocks when I babysat an 18-month-old little boy who did nothing but cry the first time I watched him. He stopped crying when I stacked up the blocks and then he toppled them to the floor. We had great fun and this became the ritual for his transition from being with mom and dad to being with me.

My goal with that little boy was to distract him until his parents returned, but building blocks can be more than toys, they can be tools. The Honest Weight Food Co-op is using the amazing powers of building blocks to create an opportunity for all of us, each and every shareholder, to have a stake in the success of our new building. With shareholder loans and building blocks, every last one of us will be able to look at the new store and say, "I made this possible."

Along with Building Blocks, there are Shareholder Loans, grants and loans from local organizations, all of which are needed to make up the difference between the bank mortgage and the actual costs involved. The Shareholder Loan Program for our new Co-op is structured so that each shareholder may loan a minimum of \$1,000 to the Co-op (the average loan, to date, is \$4,000). Each shareholder may choose when their loan matures, from 5 to 10 years after the new store opens. The annual interest rate, also chosen by the shareholder, ranges from 1% to 4% for loans less than \$10,000 and 1% to

A Director's Chair

by Lorrie Graham



6% for loans of \$10,000 and above. Because every shareholder should be given the opportunity to invest in the new store, and not everyone has the requisite \$1,000, the idea for Building Blocks emerged.

The final form the Building Blocks will take hasn't been fully worked out. They may be like a savings bond, where you purchase it for one amount and then, at maturity, you cash it in for the face value, which is the capital plus accrued interest. Another possibility is that Building Blocks will be Honest Weight Food Co-op coupons purchased at a discount, which can be used in the store for face value after a specified date. Whatever form the lawyers and accountants approve, Building Blocks are an important part of the fund-raising for the new store; they make it possible for shareholder who cannot make a loan \$1,000 or more to contribute to building the Co-op's new home.

Whether you can loan the Co-op \$50,000 at 1% interest for 10 years, or your budget allows for a Building Block, it is important that all of us do whatever we can to support our new store. If you haven't joined the Co-op, now is a great time to join, so you too can invest in the Co-op's future.

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Some readers may be worried that the expenses of moving may be too much for the Honest Weight Food Co-op. Well, over the years some good decisions have been made and our Co-op is thriving and growing. Here is a quick overview of the construction budget and budget projections for the new store.

The final total for constructing, equipping, and stocking our new store hasn't been finalized. When it is, there will be a membership meeting to vote on the budget. At this time, the breakdown is tentatively \$6.5 million for the building, \$2.75 million for equipment, \$350,000 for additional inventory, \$900,000 for fees (such as architects and construction manager), plus money to promote the opening of the new store. All of this comes to between \$11 million and \$12 million.

Projected sales, after the move, are conservatively based on industry standards for increased sales space in similar stores. It is estimated that Honest Weight Food Co-op will realize a 50% increase in sales in the first year of the new store, which is lower than the industry average for this size expansion. Projected growth for the subsequent years (15% the second year, 10% the third year, 7% the fourth year, and 5% the fifth year) is lower than the annual sales growth currently experienced by the Co-op. A market study is being completed for the Co-op, which is due by the end of February. This study will tell us what we can expect in terms of sales based on the Capital District market area.

I hope that you are excited about the new store. I know the staff, board of directors, and member workers are very excited. Watch in the store for the architect's model of the new building, and I hope that you will join me in finding a way to help fund the new store.

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Cooperation among cooperatives...

Sambazon Açai and the Rainforest Drama

The Scene:

Deep in the rainforest, along the banks of the Amazon river. The Brazilian state of Amapá. A heavily extractive economy—mining, timber and cattle ranching—threatens the landscape. Huge portions of diverse jungle have already vanished. Deforestation continues apace.

The Players:

First, the *ribeirinhos*, or river dwellers, who have long eked out a subsistence at this wild edge where river and forest meet.

Second, the growing crowd of affluent health- and beauty-conscious shoppers, eager for the latest “superfood”: the nutritious açai berry, a staple in the river dweller diet.

Third, the array of market suppliers working both to create and fulfill this new consumer need.

The Question:

How can we ensure that the *ribeirinhos* can harvest açai as a “non-timber forest product” for their own consumption and ours, in a way that helps rather than harms the rainforest?

The Answer:

We need to make sure there's enough toucan barf.

The açai palm is a wild tree. Harvesters must shimmy roughly 30 feet skyward to bring down ripe berry clusters. More açai plantations are springing up, but nature's method for distributing the palms is by flying toucans spitting out the seeds (Purvis).

Researchers find that even many traditional growers are steadily clearing the land around their açai trees, reducing biodiversity and altering the canopy level. Intensive harvesting affects the population of fruit-eating birds such as toucans and parrots (Weinstien and Moegenburg).

If suppliers such as NuFruit have their way, toucans may be out of the picture altogether. Eyeing growing competition, NuFruit managing director Jon Wisniewski is eager to “take açai from a wildfruit to a plantation fruit,” and sees “fantastic

FAIR TRADE REPORT

by Ruth Ann Smalley



potential for breeding to produce a genetically superior fruit” (Starling).

This is where the efforts of a small band of 30-something California surfers and entrepreneurs may mean the difference between a monoculture nightmare and a healthy ecosystem, complete with regurgitating toucans.

At first glance, Sambazon doesn't look like the usual Fair Trade product purveyor. Co-founder Ed Nichols told me they've built their approach around a “positive subversion”—the idea of “consumption driving preservation.” They promote their açai products through images of “cool beach culture and a California lifestyle.” Judging by their profits, it seems to be working.

When asked why Sambazon featured fewer pictures of the farmers than the typical fair trade website, Nichols told me they wanted to “build a brand on the perceived coolness of it.” Then, maybe later, purchasers would read the label and learn about Sambazon's efforts toward rainforest conservation. And they've certainly made plenty of efforts.

Along with membership in the Fair Trade Federation, Sambazon maintains organic certification, and has just finalized their first audit with Eco-Cert to be fully Fair Trade certified. Sambazon also partners with both local and larger nongovernmental organizations such as the Nature Conservancy and the World Wildlife Federation. They want to be a

positive force for forest stewardship, and monitor their growers closely.

Sambazon has not only removed the middlemen, they've built their own factory on site, employing up to a hundred local workers. Some are illiterate, hired on the condition that they avail themselves of the provided literacy program.

Contracting to be one of the suppliers for the 11,000 tons of açai Sambazon intended to process in 2008 raised a grower's standard of living. The farmers, usually 2–3-generation families belonging to the local cooperative, drive their boats right up to the dock to deliver the freshly harvested berries. For this, Sambazon pays them 2–3 times the average market price.

Sambazon co-founder Ryan Black acknowledged recently that açai's popularity may itself endanger the forests, and his company is working to counteract that: “We want to look back [in] 20 years and see that açai has been a positive force in the Amazon,” says Black, “not just a fruit that became domesticated and found success at the price of the local people and their environment” (McDonnell).

In a region that Nichols describes as “a lawless place—like the wild west,” Sambazon's relationships with farmers, the premium prices they pay, and the requirement that this pay is for wild-crafted fruit, are the Fair Trade practices that may constitute the best hope for the river dwellers, the toucans and the rainforest.

Honest Weight Food Co-op carries Sambazon's açai sorbet and frozen smoothie packets, as well as organic açai supplements.



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Good Dried Things in Bulk

by Lisa Vines

In the cold, dark days of February, it's particularly easy to yearn for fresh fruits (How many people have thought about their gardens already?) Michael Pollan, in his *In Defense of Food*, writes "Eat Food. Not Too Much. Mostly Plants." What can a person do in the dreary midwinter? An old fashioned solution is to try dried fruits. They are high in complex carbohydrates, vitamins, minerals, and phytochemicals. They also taste good and are easy to eat—nothing to wash, peel or cut. They last longer than fresh fruit; also: six months to a year in an airtight container, no refrigeration necessary. Because dried fruits are denser than fresh fruits, they tend to be richer in vitamins (except for vitamin C, which is heat sensitive) and minerals: A cup of fresh Thompson grapes, for example, has 0.54 mg of iron, whereas a cup of raisins has 2.73 mg. A cup of grapes supplies 1.4 grams of fiber; a cup of raisins supplies 5.4 grams of fiber. Unfortunately for people with New Year's resolutions to lose weight, the dried fruit also contains more calories: One cup of grapes is 104 calories; one cup of raisins is 434 calories. One source estimates that a pound of dried berries is the equivalent of four to five pounds of fresh berries. These treats should be used sparingly—as treats, nutritious ones.

The Bulk area contains a wide range of dried fruits, including a number of dried berries: organic bing cherries,



organic cherries, organic tart cherries, organic goji berries, organic strawberries, organic cranberries, organic blueberries, and unsulphured cranberries, as well as the newest addition, dried gooseberries. Gooseberries—aka gold-berries, Cape gooseberries, or Incan berries—contain bioflavonoids, pectin, phosphorous, vitamins A, C, B1, B2, B6, B12, and protein. The fresh version looks "some-what like a Chinese lantern" (www.fruitsandveggiesmatter.gov), but the dried version is flat and about the size of a dime. Like the fresh version, the dried is tart and sweet, with a flavor similar to pineapple and strawberries. Similar to other berries, the fresh gooseberry is low in calories and rich in nutrients: a half-cup of fresh gooseberries is 35 calories and supplies 35% of the daily requirement for vitamin C and 11% of the fiber.

Dried berries are delicious additions to hot cereal—just a few perk up a bowl of oatmeal—and oatmeal raisin cookies are a staple sweet; consider substituting other dried berries for the raisins.

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Granola Bars

(Most of these ingredients are available in the Bulk area.)

2 cups rolled oats
½ cup wheat germ
½ cup coconut
½ cup roasted hulled sunflower seeds
1 cup nonfat dry milk
1 tsp cinnamon
2 TBS canola oil
5 egg whites, lightly beaten
⅓ cup agave syrup or honey
½ cup chocolate chips
⅔ cup dried berries

Heat oven to 325°. Grease a 9"x13" pan. Combine all ingredients in a large bowl. Stir well, checking that all ingredients are evenly moist. Press mixture firmly into the prepared pan. Bake 25 minutes or until browned. Place on rack to cool. While pan is slightly warm, cut into small bars. Store in a sealed container for up to a week or freeze in plastic freezer bags.

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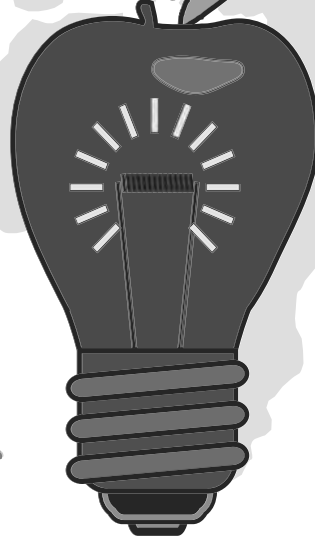
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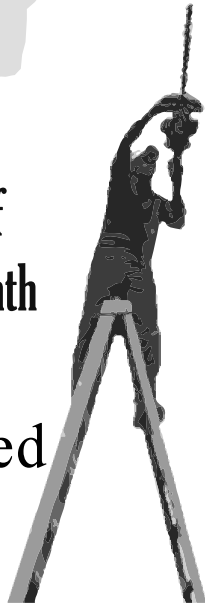
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Offsetting Your Footprint

by Paul Tick

Two families I know are concerned about the amount of energy they use in their daily routines and the resulting greenhouse gas emitted by their actions. The impact each of us have on the environment is referred to as our "carbon footprint." These families decided to spend a little extra money each month to attempt to neutralize their footprint. They purchased something called "carbon offsets." Offsets are when we, the consumer, pay a third party to remove a quantity of carbon from the air to balance the carbon pollution we put into it. Different offsets are offered by different offset companies. Some use our money to plant trees, some use it to burn methane from animal manure and landfills, and some build solar and wind power. It would cost the average driver only \$1.50 per month to offset their car use.

Some giant corporations such as Travelocity and Expedia offer offsets for customers' travel arranged through them. By purchasing offsets, the 2005 film "Syriana" was the first carbon-neutral movie and in 2006, "An Inconvenient Truth" became the first carbon-neutral documentary. Whole Foods Market offsets all of its almost 200 stores through the purchase of wind power. Goggle, the Super Bowl, the Academy Awards and other are offsetting all, or at least some, of their footprint.

While offsets are an important effort and should ideally be done by most of us, there is no current way to ensure that your offset company is actually doing what it promises. Your money may go to purchase methane gas, but this is actually a more potent greenhouse gas than CO₂. Your company may plant trees, but there is no guarantee that the company will use it for that purpose, that the company will plant anymore trees because of the few dollars that you gave it, or that the tree will be planted in an area where they are most needed. Some environmentalists worry that when people buy offsets they may think they no longer have to change their polluting habits.

To fix these problems, some organizations such as Clean Air-Cool Planet are creating monitoring and rating systems. Organizations like this are attempting to bring some standard measuring for the effectiveness of companies

offering offsets. They look at where our money goes and for what purpose, the history of the offset company and how open the company is about its use of our money.

While acknowledging some problems with some offsetting companies, the Sierra Club thinks that good quality offsets are a useful educational tool. They see offsets as helping people think about their personal responsibility for greenhouse gasses and giving them a way to take a concrete step for the environment. Many of their group trips offer offsets.

At the very least, we see that more and more people are becoming aware that each of us has a carbon footprint and that global warming is a serious, if not the most serious issue facing humankind. Even if some of these efforts are not all they might seem to be, more and more people are making an effort to do something about their impact on the earth and more standards are being adopted for offsets.

So what is a concerned Co-op'er to do? Let's make it simple. First, reduce your carbon footprint by buying local, driving a small car and driving as little as possible, using compact fluorescent light bulbs, shutting off lights and computers behind you, shoveling snow instead of snowblowing, using push or electric lawn mowers rather than a gasoline-powered ones, allowing your lawns to grow as much as possible, and line-drying your clothes. Go to the website below to calculate your carbon footprint and sign up for a respected offset. Always vote for candidates who support the environment and shop at stores that do their share.

Calculate your footprint and get offsets at: <http://coopcoffees.com/resources/get-involved/go-green/the-very-best-of-best-practices>.

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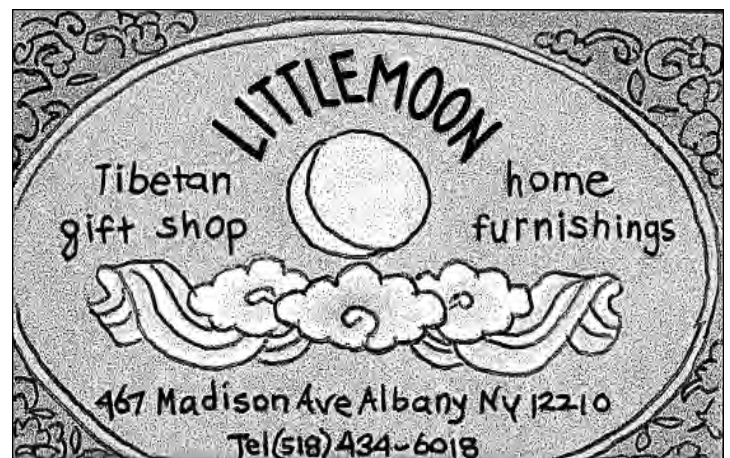
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To make an appointment for a Shopping Assistant write to Toni Smith at tsmith818@nycap.rr.com, or call her at 518-629-0034.

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What I Choose to Buy at the Co-op

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...and Why

PASTA — Its Challenge in Childhood Nutrition

by Louise Frazier

When studying nutrition in Europe, I was startled by the statement “pasta and pudding” (British English for American “dessert”) “make school children weak.” Challenging as it may sound in the light of today’s favorite foods, the concern was that the food children eat should strengthen them through the digestive process. Eating refined foods, which have already undergone a breaking down process in the machinery of the miller and refinery, compromises the role of the metabolism, which needs to come to grips with whole foods.

Comfort instead of vitality is the result, often contributing to the “couch potato” mood prevalent today. Many youngsters appearing listless and lazy simply may not have the energy from their daily food to become more active. In addition, their appetites increase as they seek satisfaction in the vicious cycle of misdirected metabolic secretions that only serve to raise hunger in the process of dealing with refined food. Adding to this, the lack of necessary physical exercise, fresh air and sunshine lead to a perfect recipe for obesity!

To bring wholesomeness, less refinement and more liveliness into daily fare, begin by replacing common white flour pastas with those made from whole-grains found in boxes on the Co-op’s grocery section shelves or the more economical loose bins of the bulk aisles. Choose whole wheat, spelt, brown rice or buckwheat pastas and macaroni products to make your popular pasta dishes. Better yet, add a measure of whole grains in the cooking, along with fresh organic vegetables and dried or fresh herbs to maximize flavor while adding valuable nutrients.

Consider a dish of equal amounts of whole spelt elbow macaroni cooked with whole buckwheat groats or kasha. Once when I served this to family guests at dinner, the father said to me how much he enjoyed the “chewiness” of eating it. *Rice-Aroni* made from white rice and pasta in sauce used to be

known as a “San Francisco treat.” Why not brown rice-aroni or whole spelt-aroni? Simply adding some cooked whole grains to whole grain macaroni elbows in preparing a favorite dish like macaroni and cheese can markedly improve vitality. Sometimes I cook extra buckwheat one evening to serve with braised beets, greens, or red cabbage, then reserve some of the grains to add to a simmering pot of pasta, onions and broccoli, topping with Old Chatham *Shepherders Yogurt* or cubes of tofu with tamari for a quick meal later in the week.

Lasagna can be made by simply layering uncooked whole grain noodles with the fillings in an oiled baking dish/pan and baked with extra broth or fluid to cover half way up the layers. Quark, ricotta cheese or mashed tofu with herbs (basil, thyme) can be spread on the uncooked lasagna noodles before layering with chopped fresh spinach or other leafy greens sprinkled with thyme or marjoram. If using onions, cauliflower, broccoli or carrots, lightly sauté or blanch before layering. One also could layer wheat germ or whole grain flakes—like oats—between the layers or on top for crunch.

Other spaghetti dishes can be made with whole grains too, increasing their nutrient value.

Some cooks make spaghetti sauce without tomatoes, combining carrots, beets and onions cooked with sage and basil to produce a superb red-orange sauce. My Italian sisters-in-law always cooked vegetables in their “gravy”—as they called the spaghetti sauce they made every Sunday. If meat was on the menu, it too was cooked with the hearty vegetables, onions and herbs, while the more delicate ones, like broccoli or cauliflower, were added later. A coleslaw, carrot-raisin, red beet-apple, Waldorf or tossed salad complemented the meal.

Since we are creatures of habit, it may take a little extra effort on the part of the cook, not only to make the recipe most flavorful, but also in meeting resistance from partakers with humor and encouragement. With younger

children a little fantasy goes a long way too, and giving a dish a fanciful name can perk them up to eat with gusto.

In the dining hall of the Visiting Students Program (VSP) at Hawthorne Valley Farm, we used fantasy as we put the menu on the board for the many third-graders who spent a week with us each year. We listed them as millet-carrot soup Cinderella, Rapunzel’s gold-grated carrot-apple slaw, Star apples (cut in half crosswise and baked in berry juice) or Can’t Be Beet carob cupcakes, made with left-over cooked red beets. Once when telling the young diners after lunch how the natural sugar in beets was good for the brain and could help them be smarter, one boy said “Louise, why didn’t you tell me before, so I could have eaten a lot of them?”

Puddings

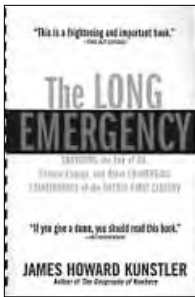
Desserts too can be made with whole grains, cooking them with sweet tasting fruits and fruit juice—try millet, corn meal or buckwheat for a quick, delicious pudding. An oat flake fruit crisp sweetened with maple syrup is wholesome too. Even cookies and cakes can be made with whole grain flours and juice or maple syrup. Well-known chefs are discovering that whole spelt flour makes fine baked goods. In the VSP dining hall recipes, we used only whole spelt flour, sometimes combined with whole oat flour or flakes, so even children with wheat allergies could eat them—and we never used white sugar at all!

Let us go forward endowing our children with long, healthy lives, instead of limiting their years with listlessness and obesity!

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An Inconvenient Probability

by Suzanne Fisher



Honest Weight Food Co-op supports local growers and producers of foods and other goods for many purposes, including strengthening the regional economy, lessening the environmental impact of transportation with fossil fuels, procuring the freshest organic and naturally grown produce available, and transferring some of our financial endorsement from big business to smaller, more responsible companies to encourage them in their efforts.

While these motivations have always been good for us, in the very near future they may become essential for our survival.

Published in 2006, *The Long Emergency* is a fascinating read about where the world is headed. Author **James Howard Kunstler** discusses the concept of “peak oil” production and what will happen afterwards. Peak oil production is the point in time at which world resources of petroleum are being extracted at the greatest capacity. It is a time when easy-to-access petroleum is still available, and there is plenty of it to be had for the countries with oil fields.

The United States experienced its own peak in the '70s, after which it stopped producing most of its own oil and began to import it from the Middle East and other countries. Offshore drilling, currently cited by some as a solution, would supply our nation with enough oil for only a few months, according to Kunstler. The same is true of Alaska. Other countries are now running out of oil as well, and are beginning to extract it in ways that are much more difficult and expensive because the oil itself is much deeper, or imbedded in rock. Given our recent history, it seems a safe bet to say that we are past peak oil production worldwide, and headed downward.

Many people speak vaguely of alternate technologies, such as wind power, solar and geothermal. Others say that we will become reliant on nuclear energy, with all its problems of waste management. Some propose that we will have to drive electric cars powered by the traditional fuels of natural gas and coal. The optimistic hail nuclear hydrogen fusion as the power of the near future.

James Kunstler points out that these answers betray a misunderstanding of the complexity of energy production and use. Our society has been structured around the availability of cheap and easy energy, and it isn't going to be there for much longer. Coal has become more and more difficult to mine because its easiest-to-extract sources are exhausted. (Jeff Goodell's book *Big Coal* explains this in a very readable and engaging manner.) Natural gas fields are becoming depleted, and even wind and solar resources depend on the oil, coal and natural gas industries to power the factories that create the components for their building and repair. Byproducts of oil are in almost everything we use in our everyday existence. Even the nuclear energy industry depends on fossil fuels to erect their immense facilities, using heavy equipment powered by gasoline and fossil fuel in the construction phase. Nuclear plants are not permanent—that is, they are routinely closed after producing for a given number of years, for safety and other practical reasons. We also do not have many of them. Nuclear fusion does not look any closer to being a source of energy in spite

of years of research. It still requires more energy to create a hydrogen fuel cell than one gets out of it. The question is, then:

What are we going to do when we run out of oil?

After reading Kunstler's book more than a year ago, I tried to put it aside. The problem was that things kept happening to remind me of it. Gas prices went crazy and financial markets have fluctuated wildly, which he predicted. Our new president, Barak Obama, when asked which of our problems he would address first, initially chose energy concerns over healthcare, education, the economy, the environment and ending the war in Iraq. He seemed to understand that without energy, none of these other things would be the biggest hardship for our country. Whether he follows through with this remains to be seen, with the economy looking worse every day. While it is a relief to know that he is cognizant of the problem of dwindling energy resources, it is also alarming to realize that this challenge is really there, as much as we ignore it in our daily lives.

Michael Pollan, who writes extensively about food and food production, wrote an open letter to the future president before the election, published in the *New York Times*, with advice for helping the country feed itself in the ensuing energy famine. He stated that the biggest concern for the citizens of our nation in the close future may very well be where they will get food enough for the next day. It is comforting to read his positive suggestions, but what he is talking about is a drastic change in our society that is not going to go away.

One way to begin to understand the implications of a world without petroleum is to try to live one day without it. You will find that almost everything you touch has had something to do with petroleum, from the plastic in your alarm clock to the fuel used to grow and transport your breakfast, the energy to make the fabric for your clothes, the production of your toothbrush, your toothpaste, and your hair brush. Thinking beyond the morning routine, would you be able to get to work if you didn't drive on asphalt, a by-product of petroleum, in your car, which drinks gasoline, or on your bike, whose tires contain petroleum? For a clearer picture of this, “Google” the list of items made with petroleum byproducts. There are 6,000, and this is not an exhaustive list. Would your job even be there in a world where there were no fossil fuels?

I highly recommend reading *The Long Emergency*, Michael Pollan's letter about a “Farmer in Chief” in the *New York Times*, and Jeff Goodell's book *Big Coal*. When you do, consider your own needs and opportunities to feed yourself out of your back yard, and from very nearby local farms and businesses. Think about heat and water for your home and transportation that does not include fossil fuels. Our learning curve may have to be a little shorter than we expect, and the sooner we get started, the better.

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Member Worker Profile

by Andrew Elder

Cashier, Board Member, Co-op Enthusiast

One of the most familiar faces on the front lines at Honest Weight is now working behind the scenes as well. **Lorrie Graham**, a regular member worker as a cashier, is one of the newest Board members. It's a unique position that allows her to see all sides of how the Co-op works and get involved, which is right up Lorrie's alley.

Lorrie became a member about five years ago, although she'd lived in the Albany area since 1999. Like Lisa Vines, she heard about the Co-op but had trouble finding her way. Once she did, she immediately purchased her share and soon after jumped into a position as a cashier to earn her member hours. "I love meeting people, chatting with them, and learning more about the Co-op," said Lorrie. "There's no way any one person can come close to knowing everything about this place!"

When asked what she loves about Honest Weight, Lorrie quickly mentioned the great produce and healthy goods (with a wheat allergy, the Sammy's Bakery *Millet and Flaxseed Bread* is her favorite). In fact, she confessed to being a bit of a veggie snob. Growing up in the Syracuse area, Lorrie was used to a sprawling regional produce hub. "The regional market in Syracuse was always full of farm-fresh stuff no matter the season," says Lorrie. "Kale, root veggies, cherry and apple picking... veggies from the freezer aisle? You've got to be kidding me!"

But it isn't all healthy stuff for Lorrie. "One thing I never acquired a taste for is tofu. If there's soy in something I don't mind, but on its own? Nah..." says Lorrie. "Sometimes I'll hear: 'Do you know what to use this for?' I just look at them and say: 'Tofu? Sure, but not in my kitchen!' Personally, I'd be a sugarivore, but it'd probably kill me!"

Last year, Lorrie had decided she wanted to be more involved in the community. "Nate Horwitz came by and was asking people to run for the Board," she said. "I overheard him, and asked what was involved. I was thinking Board members are high-powered movers and shakers and I'm just a cashier, but I ran and got elected!"

Once on the Board, she got a front row seat for the expansion and new building projects. "I love being part of the Board — it's a good experience for me in how a collective runs and how the planning process works." For Lorrie, it's a satisfying

LORRIE GRAHAM



way to get involved and make a difference.

Lorrie has a master's degree in school psychology and has attended numerous institutions of higher learning, from SUNY Cobleskill and Albany, to Onondaga and Excelsior. She shares a house with one roommate and two Welch corgies: Llywgar (pronounced "Lugar," but call him Lou) and Gus. She also has four children and six grandchildren.

"I really like having a 'green' alternative — no, that's the wrong word: Honest Weight is a leader in social consciousness. Where there are so many people who are aware of their impact on their community and world. I never gave it much thought until I got into the Co-op."

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With Michael Grossman. Saturdays from 5:30 to 7 pm in the Co-op Community Room

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

Capital Region Sling Babies

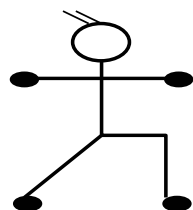
With Melissa Victoria & Crystal Knapp. Saturday, February 14 from 10 am to 12 pm in the Co-op Community Room

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 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.

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FEBRUARY AT THE CO-OP

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



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Chair Massage

With Glenn LaPorte. Tuesdays from 12:30 am 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.

Holistic Health History

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

During this 30-minute consultation, 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, Kate welcomes you to consider that this conversation may be a turning point in your life.

Financial Investment Consultations

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 and Derek Burns. Tuesdays, February 3 & 17 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!)

Statements, representations or recommendations made by or conduct of the presenter represent the views and opinions of the presenter only. They do not represent the viewpoint, endorsement or position of the Honest Weight Food Co-op, its Board of Directors or its employees. Honest Weight Food Co-op disclaims any responsibility or liability for the statements, representations or recommendations and/or conduct of any presenter.

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Handling Stress

With Rich Neuman. Wednesday, February 18 from 6:30 to 7:30 pm in the Co-op Community Room

What we eat directly affects our ability to deal with stress in our daily lives. The food choices we make every day profoundly impact our physical as well as emotional being. Come to this workshop to discover how the foods we eat directly influence our ability to manage stress in our life. Rich Neuman is a graduate of the Institute of Integrative Nutrition. He has been involved in health and nutrition for over 25 years.

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 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.

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.

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chia

Chia is familiar to most people not because of its nutritional value, but as a seasonal gift in which the seeds are sprouted on clay animals. It's a pity that many cannot see beyond the novelty to its benefits as a powerful medicinal remedy and highly efficient food. Once so valued that it was used as currency, this unique seed is a member of mint family and grows prolifically in Mexico. In pre-Columbia, the seeds were an important crop and dietary mainstay of Aztecs and Mayans. Known as a running food, it was used for high energy endurance. In fact, it was the basic survival food for Aztec soldiers. According to history, one tablespoon of seeds could sustain one person for an entire day.

Chia seeds are so rich in antioxidants that they can be stored for long periods of time without deterioration. The seeds contain more omega-3 fatty acid than flax seeds and don't have to be ground in order to make the nutrients accessible to the body. These seeds provide protein, calcium, magnesium, phosphorus, manganese, iron, molybdenum, niacin, zinc and fiber. They contain properties that build and regenerate tissue and

muscle, aid digestion and reduce cholesterol on arterial walls.

Chia can absorb more than 12 times its weight in water. This ability creates prolonged hydration in the body. Due to its soluble fiber, a spoonful of chia in a glass of water will turn into a gelatinous substance in about one-half hour. According to research, its gel forming property creates a physical barrier in the stomach between carbohydrates and digestive enzymes, thus slowing the conversion of carbohydrates to sugar. Not only is this of interest to diabetics, but it also offers the ability for endurance. This slow conversion stabilizes metabolism, greatly reducing energy highs and lows.

Besides its nutritional benefits, it has medicinal applications as well. Native Americans and missionaries made a poultice for gunshot wounds and other serious injuries. It was also used to stimulate the flow of saliva and relieve sore skin and joint pain. Modern applications benefit hormone production, skin conditions, vein and artery elasticity, brain health, electrolyte balance and cellular communication.

Chia is noted as a dieter's dream food. Its nutlike taste is known to enhance the flavor of a wide variety of food and can be used as a fat substitute in some cases. Once it is made into a gel, it can be stored in the refrigerator for about two weeks. It can be added to cereal, juice, sauces, yogurt, condiments jams and jellies and used as a topping for bread before it is baked. The seeds can be sprinkled on various foods or ground and mixed with flour for the preparation of baked goods. In Mexico, chia seeds are mixed in water with lemon or lime juice and sugar to make a beverage called chia fresca.

Since insects don't like chia, it is easier to find organic varieties. Researchers note other uses for this remarkable seed. Added to chicken feed, it makes eggs and meat rich in omega-3. The same applies to cattle meat and milk. It enriches commercial infant formulas and baby foods as well as nutrition bars.

To prepare chia gel, using a ration of 9 parts water to 1 part chia, slowly pour chia seeds into the water while briskly whisking to avoid clumping. Wait a few minutes and repeat the whisking. Let stand for about 10 minutes before storing in the refrigerator. Whisk again before using.

The Co-op carries whole seeds, ground seeds and seed extract as an oil in capsule form.

Reiki

With Karen Reach. Sunday, February 8 from 3 to 6 pm in the Co-op Community Room

Reiki is a process that allows life force energy to flow. Reiki brings about a state of relaxation that helps to maintain wellness or enhance the body's own ability to heal. Reiki may result in a state of peacefulness or even light sleep. A Reiki practitioner does not diagnose or cure disease- but may facilitate the flow of universal energy. Karen offers half-hour sessions—one per person, please.

Spanish 101

With Shane Lillian Braverman. Wednesdays (except 2/18 & 2/25) from 6 to 7 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.

Spanish 102

With Shane Lillian Braverman. Wednesdays (except 2/18) from 7 to 8 pm in the Co-op Community Room

This class is recommended for students with some experience with the Spanish language. Learn pronunciation, grammar, reading and writing basics.

FEBRUARY AT THE CO-OP

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