

Hours:

MONDAY-FRIDAY
7:00-8:00

SATURDAY 7:00-8:00

SUNDAY 9:00-7:00



ISSUE #351

MAY 2009

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Co-op'ers reject expanded meat offerings; elect Huttner, Lawrence, Roth to board

by Deborah Trupin

On Sunday evening, April 5 about 120 Honest Weight Food Co-op members gathered in Albany for the Annual Meeting. Before the formal meeting, members mingled and enjoyed tea and desserts brought by HWFC staff and members. Board president Jim Monsonis called the meeting to order when the required quorum of 10% of members was reached.

Board Elections

The first order of business was the election of new Board members. Jim announced that there were three openings, with two candidates standing for election. He called for nominations from the floor, and soon after, a third candidate agreed to stand for election. The three candidates then introduced themselves.

Bruce Huttner has served on the HWFC Board for a year, having been elected to complete the term of a Board member who had resigned. He has been an HWFC member for a few years and a shopper for many years. The managing partner in a local law firm, Huttner said that he has experience working with consensus from his time as a member of the Albany Friends Meeting, that he is on the Board of his synagogue and has served as its president. During his year on the HWFC Board, Huttner has served as the liaison to the Governance Review Council and has been organizing the 501(c)3 for HWFC—the non-profit organization that will take over some HWFC education and outreach programs.

Kyle Lawrence was appointed to the

Board in January to fill a vacancy. In accordance with the Bylaws, an appointed Board member only serves until the next membership meeting and Kyle had decided to run for a full term. He said that he had been a member of co-ops in Boston and Roanoke (Va.). He worked on a CSA farm in Roanoke and was involved in community organizations as part of that work. He joined HWFC in 2004 and has worked on the Finance committee. Since he was appointed to the Board he has been working with the Communications committee and on fund raising for the new store.

Karen Roth said she has participated in the planning meetings for the new store. She

is a member worker in the Cheese department. She is excited about the Co-op as an organization and recognizes that the balance between a for-profit business and a cooperative business is a huge challenge. Now a teacher, she was formerly a bio-medical researcher.

HWFC members then questioned the candidates. The questions reviewed the candidates' experience with Co-op and explored their outlooks for the store, including their views on the meat issue (see below), their ideas about farmers markets and other co-ops developing in the area, and the challenges that HWFC faces. Their responses focused on HWFC as a community and as an organization helping to build community and support local farmers. All recognized the challenges and opportunities of the new store.

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NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Tuesday, April 7.

New Board and Officers

This was the first meeting of the Board of Directors after elections for open seats. The Board's officers have been elected. They are:

- President: John Godfrey
- Vice President: Greg Pedrick
- Secretary: Lorrie Graham
- Treasurer: Kyle Lawrence.

The Board will hold the customary start-of-term retreat in early May.

continued on page 3

Report from the Annual Meeting

Behind the Co-op

Board of Directors

President: John Godfrey
 Vice-President: Greg Pedrick
 Treasurer: Kyle Lawrence
 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@dsvalaw.com 458-8922
Membership	Lenore Gensburg
Personnel	Ray Ratte rratte1@nycap.rr.com 371-3648
Collective Management Team representative	Cindee Lolik cindee@hwfc.com

Governance Review Council

Stu Horn, chair stuhorn@gmail.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)
IT coordinator: Lexa Juhre	(x101)
Front end manager: Katie Centanni	(x109)
Grocery managers: Nancy Reich	(x119)
Produce manager: Nick Bauer	(x102)
Bulk manager: Bob Linn	(x106)
Cheese manager: Gustav Ericson	(x118)
Wellness manager: Kathleen Boehning	(x122)
Food service manager: Nicole Bailey	(x108)



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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) • Email – email@honestweight.coop
 Website – www.honestweight.coop

Coop Events Calendar for May

- 5/3 • BUY LOCAL BASH.** Visit Capital District Local First vendors at Schenectady Green Market. Sun., 10am–1pm, at Proctor's Theater, Schenectady. HWFC participation.
- 5/3 • HWFC GENERAL MEMBERSHIP MEETING.** *Agenda:* Budget vote for new store. FUUSA Emerson Community Hall, 405 Washington Ave., Albany. Call 482-2667 for details.
- 5/5 • HWFC BOARD OF DIRECTORS.** Tues., 5:45pm, Co-op Community Room. All members welcome. Confirm date, time, location with the Co-op: 482-2667.
- 5/9 • FAIR TRADE COFFEE BREAK** to mark World Fair Trade Day 2009. Sat., 10am–5pm, outside the Co-op.

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.

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Collective Management Team Evaluation

The annual evaluation of the Collective Management Team is being conducted. The difficulties of evaluating a group were discussed. One Board member volunteered to take the leading role in this process.

Donations

The operations and administrative coordinator noted that the staff plans to create a permanent drop-off basket for food pantry donations.

Conference

The annual meeting of the Consumer Co-operative Management Association will be held in Pittsburgh in June. The Co-op has reserved several rooms for interested staff and board members. Directors were asked to let the staff contact know if they wish to attend.

Membership Meeting Procedures

Several issues regarding membership meetings were clarified. It was agreed that the Board's administrative assistant will coordinate the notification of members and attend to related duties. The Membership committee will discuss whether Roberts' Rules of Order should be used for conducting meetings.

It was noted that a term in the current bylaws on meetings is being used incorrectly. The bylaws panel will be notified and asked to change this.

Instances where members wish to vote and leave without staying for discussion were discussed. It was agreed that votes cannot be counted until a quorum has been called. After that, members can vote and leave, although this is not a desirable situation. The Board will see how many people wish to do this at meetings to determine how much of an issue this is.

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

Where's the community calendar???

We are outgrowing not only our store space, but our print space as well! Our list of Co-op based events is now about three times longer than it was a few years ago—and we need to make room on the printed page for our growing list of events. Based on readership polls and discussions between store and Coop Scoop staff, we will no longer run the printed version of our community calendar. We are not discontinuing the calendar—we're just changing to an online-only format. You'll find it on the Co-op's website: www.honestweight.coop. Please continue to send listings to our calendar editor, Susan Palmer (scoopcalendar@earthlink.net). We'll continue to publish Co-op events and meetings in the printed newsletter. – **Judy Trupin, Scoop editor**

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Wording in Documents

The use of the terms "shareholder" and "member" needs to be consistent in Co-op information. The Board agreed that instead of "shareholder" and "member" in some places, we need to designate "member" and "working member." If "shareholder" is being used in conformance with legal language, that can be covered in explanatory footnotes in the appropriate documents.

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.honestweight.coop) on obtaining a password. (Go to "About," then to "Board of Directors" and then to "Board Meetings.")

Upcoming Board Meetings

The next meetings are scheduled for Tuesday, May 5 and Tuesday, June 2 for 5:45pm in the Co-op's Community Room. Since the Board has been newly elected, meetings beyond this date have not been scheduled. The newly constituted Board will set its schedule and meeting times for the upcoming year shortly.

All dates and the regular time will be posted on the Co-op's website. Anyone planning to attend a meeting should confirm date, time, and location.

Kripalu Yoga for Beginners

TUESDAYS

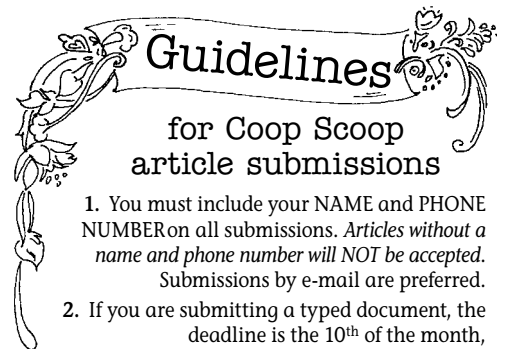
KRIPALU YOGA FOR BEGINNERS. 7:30-9pm at the Center for Integrative Health & Healing, 388 Kenwood Ave., Delmar. \$15. Contact Jim Whiting: 542-3068, or freewebs.com/james0360.

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.



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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How Does Your Garden Grow?

The most local of all local food is that which you grow yourself. There's little that can compare with the flavor of just-picked veggies and herbs, or the feeling of empowerment that comes from being able to preside over a meal you grew primarily from scratch.

But is it an economical way to get your food, compared to the efficiencies of a professional farmer? That depends—if you enjoy it and use it as a chance to get some exercise, time outdoors, and a mental health break, then a resounding yes. Especially if you compare the price of the produce you generate to equivalent fresh, organic produce, rather than the nutritionally deficient industrial products in the grocery store. Kitchen Gardeners International estimates that a 400 sq.ft. garden could produce \$600 worth of produce per year.

Now, if you were hoping to count the hours you put into gardening and earn a rate on them comparable to your day job, you'll be disappointed. Gardening takes a lot of time. Of course, as Roger Dorion of KGI notes, "If I am to include my labor costs, I feel I should also include the gym membership fees, country club dues, or doctors' bills I didn't have." Dorion's

family takes the money they save and uses it to be able to afford sustainably grown meat and other speciality items.

If you enjoy gardening and want to do a little, there are ways to make it have a greater or smaller effect on your food budget. Here are some tips:

Grow What You Eat, and How Much You Eat

If you don't eat cabbage, don't plant it, even if the seedlings are being given away free by your neighbor. If you are not planning to make a huge batch of pickles, don't plant more cucumbers than you can keep up with in salads—if they get large, they get inedible and the plant stops setting fruit. Stagger plantings of root crops so you can use them up as they mature, unless you're planning to pack a larger harvest away in a root cellar.

Choose High Value, Low Work Crops

Some things are fun to grow, but don't deliver a huge benefit (in terms of money saved and taste) compared to effort. Broccoli, for example, tends to be expensive because it requires a high level of fertilizer and soil quality and care for a small yield. On the other end of the price scale, dry beans in bulk are one of the cheapest forms of protein at the Co-op. In the garden they take a long time to harvest, and it's very hard on a home scale to grow more than a few meals worth in the space most home gardeners have.

To get the best bang for your garden row, target instead things that are tricky

to store and things that are often sold in quantities you can't use up.

Herbs, for example, are often expensive when purchased fresh and sold in quantities too large for a single dish. I hate having to compost the second half of a bundle of slimy parsley or basil. Growing them yourself (and especially growing them very near to where you cook to allow for improv) is a much more economical way to include fresh herbs in your cooking.

Chard is another good pick. It's tough to store, like fresh herbs, wilting soon after being picked, but like most cooking greens, it is easy to grow, weathering tough conditions and continuing to produce for months and months.

Get Affordable Seeds

Mark your calendar for next year: If you get a seed order for Fedco in with the Co-op by February 2, you can take advantage of the bulk discount usually only offered to those placing orders over \$1,000. And that's before your member worker discount!

Free seeds from the Capital District Community Gardens (for gardeners with CDCG plots) and 50% off year-old seeds at the Co-op are also options. Just remember that their germination rate will be lower. New seeds, well cared for (keep away from moisture and heat at all times—such as in a sealed container in your refrigerator) will go a lot farther and mean a lot less work, as you can plant fewer and spend less time thinning.

Happy growing!

To advertise in the Coop Scoop...

Prices for camera-ready ads are: \$25 for our smallest 1-column size; \$50 for 1/4-page; \$90 for 1/2-page; \$130 for a full page — with several other sizes and prices in between.

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

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



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ANNUAL MEETING, from p.1

After about 40 minutes, members voted by paper ballot. Later in the meeting, it was announced that all three candidates were elected to the Board for three-year terms.

The Meat Issue

The next order of business was discussion and voting on a proposal to change HWFC's policy on meat buying. The existing policy on meat, approved by the members in a 2005 referendum, said that meat is to be "...separately stocked when available from local (regional) certified organic suppliers, if possible, as close as possible if not, free-range, healthily fed without hormones or antibiotics, packaged without additives or preservatives including nitrites..."

Jim introduced the issue and facilitated the discussion. He said

that the proposal was initiated by the Collective Management Team, in response to perceived demand from shoppers and members. The proposed change asked members:

"While continuing our focus on and preference for its local/regional and organic first, should the co-op expand its offerings to include certified organic meat products?"

Jim noted that the proposal would amend and expand the current policy, not to revoke it; it would let HWFC purchase products that local suppliers do not make, such as cold cuts, broth, and prepared foods that contain some meat or meat broth.

Jim then led a long question-and-answer session about the proposal. Members asked questions to clarify the reasons behind the proposal, the goals for it, and its impact, if passed, on HWFC's support for local farmers. Other members made statements in support of and against the proposal. These statements focused again on local agriculture, as well as on health and environmental issues.

After the serious and polite discussion, members voted by paper ballot. The proposed change was defeated, 67 No to 54 Yes.

New Store Update

The end of the meeting included an update on fund raising and planning for the new store, presented by Facilities committee chair Lynne Lekakis.

Jim Monsonis then opened the floor to open discussion, as required by the Bylaws. Members did not raise any new issues, but continued a short discussion on the new store.

The next membership meeting, to be held on May 3, will include a vote on the budget for constructing and opening the new store. Work your hours so you can vote, and plan to attend this meeting. As all of the speakers at this meeting emphasized, the success of HWFC depends on member participation.

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A New HWFC Tax Exempt Corporation for Community Outreach

The Honest Weight Food Co-op is a great place to buy healthy and wholesome food products. That is, of course, one of our primary functions. But the Co-op is also a strong community presence, and a force for change. Embedded in our By Laws is the mandate for the Co-op to "provide a forum for health and nutrition education." At the HWFC we take that charge seriously; and community outreach and education around nutrition issues has always been an important part of the work we do.

The Collective Management Team (CMT) and staff have devoted a lot of time and effort on this aspect of our cooperate mission. At least two of our employees are devoting a substantial part of their time working on education and outreach activities. They love the work, and would actually like to do more. The Board of Directors decided that we wanted to support those efforts and expand our education and community outreach activities. Broadening this work can only serve to further the Co-op's mission and its commercial goals of bringing healthy and safe food and personal care products to as many in our region as we can. In short, growing our educational and community outreach activities furthers our cooperate mission while strengthening the Co-op's core business.

The new store we are building will increase opportunities to provide an even wider range of educational and outreach activities. With the added space for community programming, and a shiny new teaching kitchen, the new store can stand as a model for a commercial enterprise that cares for and supports the community it serves. But building these services has presented real challenges. It takes time and money to bring quality educational and outreach programs to fruition. We can do it, and we can do it better than we have in the past; but as these activities have expanded, the Board has concluded that we needed a method of funding this work in a way that is also compatible with our commercial enterprise.

Our solution was to create a tax exempt, not-for-profit corporation that will assume much of the education and outreach work being done by Co-op staff. The new not-for-profit will be called the "Honest Weight Food Co-op Community Education and Outreach Council" and will have its offices in the new building. At least one Board member of the Co-op will sit on the board of the not-for-profit; which will have its own staff and agenda.

A Director's Chair

by Bruce S. Huttner



The not-for-profit will be funded through tax deductible contributions from the community, and hopefully, will quickly become self-sustaining. Of course the Co-op will be a major donor, and will be able to claim those contributions as tax deductions.

The Board and the CMT are both very excited about this new project. As the new not-for-profit gears up, we'll be needing lots of help, so stay tuned for a request for

assistance from our outreach and education coordinators. For the not-for-profit to be most effective, we will need funding sources. If you have any ideas or insights with regard to potential funding sources that the new not-for-profit can tap, it would be great if you could share those with us. Contact Cindee Lolik or any Board member with your thoughts and ideas.

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COOPERATION AMONG COOPERATIVES...

Weighing the Fair Trade Scales

FAIR TRADE REPORT

by Ruth Ann Smalley



“What is the meaning of democracy, freedom, human dignity, standard of living, self-realisation, fulfillment? Is it a matter of goods, or of people? Of course it is a matter of people. But people can be themselves only in small comprehensible groups. Therefore we must learn to think in terms of an articulated structure that can cope with a multiplicity of small-scale units.” —E.F. Schumacher, *Small is Beautiful: Economics as if People Mattered*

Schumacher’s quote raises questions even as it offers answers. How small? What role does a group’s organization play in whether people can “be themselves” in it? Cooperatives—whether businesses, worker associations, arts guilds, or co-housing groups—grapple with such questions for their very existence. For many, the work of being a group while still being themselves is tremendously challenging. Almost 40 years after Schumacher wrote this, we still lack a global, articulated structure for coordinating multiple small scale units. On the contrary, trends have been toward fewer and larger units, with massive corporations controlling ever larger domains.

The Fair Trade movement is working toward Schumacher’s vision. Phyllis Robinson, of Equal Exchange, describes Fair Trade as “a holistic approach to economic development and political empowerment

and self-determination.” Her colleague Nicholas Reid explains that it is “a system which was founded by and for small farmer cooperatives,” in order to “support organized small-scale producers and connect them to export markets. It was a response to the failure of plantation economies, and development policies designed around centralized ownership and production, to affect transformative change or economic growth that empowers and benefits people.”

So, can Fair Trade certification be extended to larger scale units? Can Fair Trade empowerment work at the plantation level? The Fair Trade labeling organization, TransFair USA, believes in making the effort: “The Fair Trade System includes certification of hired-labor situations because of the significant benefits to be had for workers. We believe that not including workers on tea, banana and flower plantations excludes a landless population that is disadvantaged and needs our help to improve the conditions in which they work” (quoted in Patriana). Certification requires high standards for pay, conditions, housing, the right to unionize, and application of the Fair Trade premium for worker benefit.

Many social change movements have historically been in tension between those who favor measures to ameliorate poor conditions, and those seeking to overturn the structures responsible for those conditions and to build alternative structures. Thus, some see Transfair’s position as ameliorative, Equal Exchange’s as transformative. Both may be necessary, as far-reaching change takes time. As Equal Exchange’s Rodney North points out, “Fair Trade is a tool of limited size. After 20+ years, Fair trade still represents just 3% of the U.S. coffee market” (Patriana).

North argues, however, that by certifying plantations, “the Fair Trade stamp is actually helping to solidify the market dominance of plantations,” perpetuating an uneven playing field for small farmers.

This is particularly an issue when it comes to tea, as a recent TimesOnline article explains: “In the tea market, Fairtrade is taking on an industry that for decades has been accused of exploiting its workers. The task is complicated because most workers are hired by large tea estates that have hardly changed in



Our partners in Sri Lanka are the Small Organic Farmers Association (SOFA) and BioFoods. The SOFA project began in 1993 with the vision to establish a prosperous community living in harmony with the environment, and today there are over 750 participants. The SOFA members are low income small land holders who grow a variety of foods including pepper, cloves and ginger, but tea is their most important crop. BioFoods acts as the processor and packer for all SOFA tea. PHOTOS: EQUAL EXCHANGE

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a century. Estates are run as small kingdoms ..." (Bahra).

Big plantations also have greater access to giant companies wishing to exploit the appeal of Fair Trade labeling (Gogoi). This inequality, as Sarah Scarborough of Fair Trade Teas notes, makes it "difficult for small holders to compete internationally."

Fair Trade Rooibos is a case in point. Scarborough describes what happened to the small farmers of Wupperthal when "industrialized operations like Bergendal [plantation] recently sold an excess of Rooibos on to the U.S. market at a price so low that communities like Wupperthal were unable to compete." While new pricing standards were implemented to account for these differences in scale, the marketplace is still biased in favor of large producers.

This bias may work against us all, in the long run. As journalist George Monbiot points out, considerable evidence now supports the 1962 assertion of Amartya Sen, Nobel economist, that "there is an inverse relationship between the size of farms and the amount of crops they produce per hectare. The smaller they are, the greater the yield." Sometimes as much as 20 times greater, although this

has been largely ignored by many governments and agricultural organizations.

For Monbiot, Fair Trade is about small farmers; he reaches a thought-provoking conclusion. "The structure of the global food market is changing so rapidly," he says, "that fair trade is now becoming one of the few means by which small farmers in poor nations might survive. A shift from small to large farms will cause a major decline in global production, just as food supplies become tight. Fair trade might now be necessary not only as a means of redistributing income, but also to feed the world." High stakes, indeed.

For Fair Trade tea from small farmers, opt for any of the Equal Exchange selections. Eco Teas' Yerba Mate comes from a family farm in Argentina, and their Rooibos comes from "an indigenous cooperative of San farmers." These are available in bags or in bulk.

Also in bulk from Frontier, we carry Jasmine from the Da Zhan Shan tea cooperative, Rooibos from Wupperthal, and Ceylon tea from the Small Organic Farmers Association in Sri Lanka. Otherwise, it may take some sleuthing to find out whether or not your favorite Fair Trade tea is from a large plantation.

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Organic Joe's

From A. DeFazio Imports and DeFazio's Pizzeria in Troy comes an innovative, delicious, and wholesome way to enjoy pizza night in your home. The Organic Joe's Pizza Kit is now available at Honest Weight, in a freezer in the Gourmet Foods department. The pizza kit comes in its own pizza box, which contains two balls of organic whole-wheat pizza dough, two pints of organic homemade tomato sauce, and a pint of shredded pecorino cheese, enough to make two pizzas.

I spoke with Rocco DeFazio, the third generation of his family to work in their Italian food businesses in Troy, and he told me that to use the kit, it should be opened several hours prior to thaw. When the dough is soft, Rocco recommends heating a pizza stone at 500° in the oven for 20 minutes while spreading the dough on a pizza peel with fingers. (For the uninitiated, a pizza peel looks like a very large wooden spatula with a short handle. A pizza stone is a large, round ceramic disc on which one can bake a variety of breads and pastries.) He says that using a little extra flour on the peel to keep the dough from sticking, and moving the whole dough around on it as you work, will help it to slide easily from the peel later. When the dough is spread, pour on the sauce, sprinkle on some cheese, and tilt the peel to slide the pizza onto the heated stone, turning the heat down to 475°. Because the stone is hot, the pizza cooks from underneath as well as on top and it should be ready in seven or eight minutes.

Rocco says that for Italians, pizza is always about the sauce. The sauce in the kit is made with certified organic tomatoes Rocco has shipped from Italy. He seasons it with organic herbs and spices purchased from Honest Weight and suggests trying one of the pizzas without any cheese at all! When cheese is used, the more traditional cheese for this pizza in Calabria, Italy, where his family comes from, is pecorino, made from sheep's milk. He explained that this area in Italy was not wealthy and the people lived off of what they could grow on their own farms, which were organic by necessity before the word was used to describe farming methods. Sheep and goats, being smaller in size, were easier to feed and manage than cows. Giuseppe DeFazio, Rocco's grandfather for

whom Organic Joe's is named, produced his own cheeses, wine, and olive oil, and his grandmother even grew her own silk for fabric!

Now the fourth generation of DeFazio's, Rocco DeFazio's sons Michael and Matthew, are the ones who came up with the idea of a pizza kit and who will be managing the Organic Joe's business. They have arranged for 10% of their profits to go to the Franciscan Center for Service and Advocacy at Sienna College, where they both have studied. Printed on

each box is the saying: "To get what you want, you must share what you have." The DeFazio brothers are putting this adage into concrete action with their financial support for the center. The directions enclosed with the pizza kit also encourage sharing, of a different kind: work together to make some pizza, make a salad, pour some wine and take time to talk about your day together as you share the experience of a dinner prepared at home with those you love.


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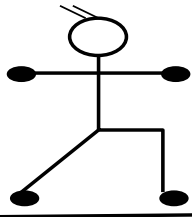


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Does “fermented soybean paste” sound appetizing?

Co-op shoppers familiar with miso know that not only is fermented soybean paste tasty, it is also nutritious, versatile, and offers some potential side health effects. And, even better: This condiment is available in many varieties in the refrigerated section of the Bulk area of the Co-op. The varieties available in early April included the following types of miso: chick pea; brown rice; hacho (traditional soybean); traditional red; mellow barley; and country barley.

Dragonwagon uses the analogy of beef and chicken to describe the differences in taste. The longer-aged misos are darker and have a more assertive, beef-like flavor. The lighter misos are more mellow and could be used to substitute for chicken flavoring. The chickpea miso is actually a little sweet.

What is miso?

Traditionally made from soybeans, salt, a grain (rice or barley), and a fermenting agent (“koji”), miso is a staple in Japanese cuisine. It was introduced into Japan from ancient China around the 7th century. Miso has, therefore, stood the test of time. This article should encourage *Coop Scoop* readers to make miso a staple in their cuisine for the following reasons: nutrition and versatility.

- **Nutrition:** This condiment has nutritional value. Miso provides trace minerals zinc, manganese, and copper as well as two grams of protein for just 25 calories in one tablespoon. Ketchup can't come close—except perhaps for sodium. Miso is salty—according to one source, one ounce provides 52% of the daily recommended amount of

MISO

by Lisa Vines

sodium – but one ounce is more than what an individual would consume in one day. It's a condiment; use it as one.

- **Versatility:** Miso has many uses. It is found in soups, sauces, dressings, spreads, glazes, marinades, and seasoning in stews.

Miso-Tahini Stir-fry Sauce

From *Crescent Dragonwagon, Passionate Vegetarian*

- 1½ TBS toasted tahini
- 1 TBS red miso
- 1½ TBS honey or rapidura
- 1½ tsp peeled, chopped ginger
- ½ cup water

Any of the following: zest and juice of one orange; garlic; a few drops of toasted sesame oil

Combine ingredients in a small saucepan. Bring to boil, whisking away the lumps. Simmer a minute or two, until it thickens. Serve hot over grains, vegetables, or pasta.

- **Soup:** (by far the easiest) Miso soup is quick and easy to prepare. Heat miso paste and water over low-medium heat. You can eat as is or add shiitake mushrooms, tofu, scallions, thinly sliced carrots, and/or daikon radish. Don't forget the soba noodles (buckwheat noodles), available also in Bulk.

- **Spread/Dressing:** Miso and tahini (available in bulk near the entrance to the Café) are a happy pair. One could make a sandwich by spreading miso on a slide of bread and then top it with tahini. One could also make a quick salad dressing by blending one tablespoon of red miso in 4 tablespoons of water, and then adding 4 tablespoons of tahini and 1 tablespoon of fresh lemon juice. Add minced scallion if desired. Thin to the desired consistency for a salad dressing.

Or: Combine a little miso with olive oil, flax seed oil, ginger and garlic to make an Asian-inspired dressing that can be used on salads or cold grain dishes.

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Editor's Note: For more about miso, see the March 2003 *Coop Scoop* article on South River Miso (www.hwfc.com/CoopScoop/Mar03/memberstand.html), and Loretta's Miso Soup recipe, published in the January 2007 *Scoop* (www.honestweight.coop/CoopScoop/Jan07/main2article.html).



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Garden of Life's Oceans 3 is a magnificent formula containing the most potent and powerful Omega 3s. Oceans 3 contains EPA and DHA which are known to improve cardiovascular health, brain function, and nervous system health. It contains Astaxanthin—an extremely powerful antioxidant carotenoid from sea algae—to combat the body's response to inflammation and improve the health of the eyes, skin, bones, and joints. This power-packed supplement contains fucoxanthin, a carotenoid derived from brown seaweed, which fights damage from free-radicals at the cellular level.

Kudos for Kids

Honest Weight is now carrying **Veglife Vegan Kids Multiple**. This multivitamin is tooth-friendly, as it contains the natural sweeteners sorbitol and xylitol. No sucrose, fructose, artificial sweeteners or artificial flavors are added. Each bottle contains 60 chewable tablets—give one tablet per day to children under 4, and two tablets per day to children 4 and up.

Phytoberry for Kids has been specifically designed to help support the nutritional needs of children. It features a blend of 32 whole fruit

New on the Shelf

by Kristen Bettis

concentrates, healthy fats, probiotics, and DHA. Benefits include: higher energy levels, strength, and endurance; promotes healthy brain and neurological development; supports healthy immune and cardiovascular function.

Fantastic Fruits (in bulk!)

The Bulk department is incorporating antioxidant-packed fruits in a variety of ways. This month they are introducing **Grandy Oats Goji Agave Granola**. Not only is it packed with one of the most nutritious superfruits—the Goji berry—it is delightfully bright and summery looking! Cape has added dried gooseberries and mulberries to Bulk's array of dried fruits. **Dancing Star** is now providing **Honest Weight with Cacao Goji Chunks of Energy**. These delicious snacks are 100% raw, vegan, organic, and salt-free. **Trail Power Mix** is another bright addition to the bulk department. It includes Goji berries, cacao nibs, cashews, mulberries, and Incan golden berries. This nutrient-packed combination is both raw and organic. Finally, **Sunridge Farms Organic Sunny Fruit Slices** are a great snack for a sweet-craving or for kids on the run!

A Gamut of Groceries

In an effort to support local economic growth, energy efficiency, and minimize distribution pollution, Honest Weight has added another vital new section: **Frozen Local Food**. This is located at the front of the last isle before you reach the Deli. Within this new section, there are newly featured items as well.

Akara Lean Cakes is a unique product. Akara (black-eyed pea fritter) is native to Asia, the Middle East, and Africa. **Winter Sun Farms**, a local-first establishment, makes a "harvest special" **Butternut Squash Soup** that is

absolutely amazing. Winter Sun Farms is located in New Paltz and takes pride in providing a more regional, fair, and sustainable food system. They partner with local farms to provide various regions of New York with the freshest, seasonal vegetables.

Gourmet Frozen Foods

Fior D'Italia's fresh, gourmet pastas are a treat like no other. They come in seasonal flavors such as Lobster, Fennel with Leek, and Artichoke with Goat Cheese. Victor Tirrito, the chef and owner of Fior D'Italia, comes from a family of Italian immigrants who passed down recipes dating back over 100 years. He plans to come to Honest Weight Food Co-op in an effort to demonstrate his knowledge and techniques in the near future! Victor Tirrito is also the supplier of our fresh and smoked mozzarella cheeses.

Last, but certainly not least, we have **Pika's Quiches** from Big Indian (NY). Her quiches and tarts are handmade from scratch, using only fresh and local ingredients (if season permits). In order to avoid the use of preservatives, she flash freezes them. All you have to do is pop the frozen quiche/tart in the oven and relax, while the aromas fill your house!

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We all gotta go sometime, and when I go, I don't want my body's last moments on earth to be any more damaging than necessary. I like to think of myself as pretty green and in my death I want to go green too. Each year, about 50 million of us human types die. The environmental impact of this is huge; clearing land for graveyards, digging graves, cutting trees for coffins, lining coffins with unnatural fabrics, preserving the dead with poisonous embalming fluids, and concrete crypts.

Thanks to the environmental movement there are now a number of resources available to help you plan for your green goodbyes and to help you plan a dignified and environmentally responsible goodbye for your loved ones. There are even a few green cemeteries that have popped up in and some funeral homes that are willing to help you plan green funerals.

Embalming bodies, coffins made of scarce hardwood, and concrete crypts are meant to keep our bodies from natural decomposition. You may have thought of this and instead planned to have your body put right into the earth under your favorite tree. You should, however, keep in mind that most states have highly restrictive laws against this and mandate coffins, crypts, special burial plots, etc. for our dead bodies. Cremation therefore becomes an important option and is becoming more and more favored. While burning causes pollution and burning bodies, especially those with filled embalming fluid is even worse, today's cremations are much less polluting than those of the past, leaving this as an excellent option. Or, for those who just don't feel like going up in smoke, why not just skip the embalming and have a simple, closed casket and a quick burial?

Coffins are usually made from our most precious hardwood trees. Fortunately, you can find alternatives made of cardboard for quickest decomposition or from bamboo, jute or even those made from locally harvested soft woods. A shroud or biodegradable urns will bring you or your loved one into natural composition even faster.

Many people want to be able to visit a site to remember their loved ones. Rather than headstones that are made from destructive land practices or marble mausoleums that scar the earth for ages, you can plant some plant trees or bushes for these purposes or you can create living memorials such as those noted on a website of the National Forest Service (*see below*). Sending flowers that are usually grown in pesticide-laden sweatshops in developing nations is out of the question for environmentally concerned individuals, but asking mourners to send gifts to a favored environmental or social action organization is an excellent alternative.

Your Last Green Action

by Paul Tick

If a grave is to be dug, having mourners plant native wildflowers there will be a lasting way to help the environment.

The not-for-profit Green Burial Council and other organizations are helping people to make all of these arrangements easier and helping consumers understand sustainable burial and cremation practices, locations and companies and more. In New York,

Greensprings Natural Cemetery, in our Finger Lakes area, combines burial sites with land preservation efforts.

It may seem early to think about your own ending or the ending of those you love, but it is always easier to think and plan ahead. You should be sure to put in your will your desire to have a green funeral and be as specific as you want. Also, Contact the Memorial Society of the Hudson Mohawk Region (405 Washington Ave., Albany, NY 12206, 518-465-9664). For a token membership fee, you will get lots of great materials on how to prepare in advance and how to ensure that you are not taken advantage of by greedy merchants when you face your most difficult time. Even when we come to our end, we can still do our best to protect the planet for our future generations.

Other excellent resources are:

GreenSprings Natural Cemetery: http://naturalburial.org/index.php?option=com_frontpage&Itemid=1.

Natural Burial Council, www.greenburialcouncil.org.

The National Forest Service: www.livingmemorialsproject.net/landmark.htm.

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MAY AT THE CO-OP

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Aqua Chi

With Anthony & Karen Segretto. Saturdays (except May 16 & 30) from 1:30 to 5pm in the Co-op Community Room

Free 20-minute sessions. The Aqua Chi is a detoxifying foot-bath that soothes your aching feet & legs, while detoxifying your body through the large pores of the feet. One session per person per month, please.

Are Your Healthy Ideas Making You Sick?

With Paul Jensen. Tuesday, May 26 from 6:30 to 8pm in the Co-op Community Room

Please come to learn what you can do to help improve your health and the health of others. Paul Jensen, MS, LMT is a certified holistic lifestyle coach, Metabolic Typing™ advisor and owner of Albany Therapeutic Massage & Sports Performance Center.

The Art of Bonsai

With Kirk Moore. Sunday, May 3 from 4 to 6pm in the Co-op Community Room

This class is an introduction to the care and maintenance of bonsai. We will discuss bonsai styles, where to purchase bonsai, tools and equipment, pruning techniques, root pruning, and more. Kirk has been steadily maintaining hundreds of plants over the past 4 years.

Artisan Bread Baking

With Judy Donovan. Saturday, May 23 from 10am to 12pm in the Co-op Community Room

Learn the 12 classic steps of bread making, and how to start and maintain a wild yeast bread starter (bring a small container and take a sourdough starter home). Sample some of the best bread you've ever had!

Blood Pressure & Body Fat Testing

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

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

Chair Massage

With Glenn

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

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

With Ed Thomas.

Tuesdays from 2 to 5pm 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 5pm 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.

Energy Medicine

With Ruth Ann Smalley. Sunday, May 10 & Saturday, May 16 from 2 to 5pm in the Co-op Community Room

In half-hour individual consultations, Ruth Ann will work with you to find a personalized set of energy tools to help you balance your energetic system. Ruth Ann is a certified Donna Eden Energy Medicine practitioner.

continued on page 18

Mind-Body-Spirit approach to emotional healing

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Financial Investment

MAY AT THE CO-OP

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continued from page 17

With Jim Williams. Sundays from 11am to 2pm in the Co-op Community Room

Are your investments performing in a way that's comfortable and sustainable? Learn to find only what is important and useful to you. James Williams is a longtime teacher, researcher and personal investor.

Get Your Knives Sharpened While You Shop!

With Vince Manti & Derek Burns. Tuesdays, May 5 & 19 from 5 to 7pm outside the Co-op Community Room

Due to the overwhelming popularity of this service, please bring in no more than 5 knives at a time. (No serrated blades, please!)

Handwriting Analysis

With Jo Coppola-Griffiths. Sunday, May 31 from 2:30 to 4:30pm in the Co-op Community Room

The act of handwriting involves the brain, the body, and the mind. A person's writing is a picture of self, representing a unique and distinctive energy system that creates a self-portrait of personality and soul. Jo Coppola-Griffiths is a graduate handwriting analyst and licensed mental health counselor.

Healing Touch

With Richard Sahr. Mondays, May 11 & 25 from 11am to 2pm in the Co-op Community Room

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

Holistic Health Consultations

With Caitlin Overocker. Wednesdays from 5 to 8pm. Consultations by appointment: meet Caitlin at the Service Desk

A health history consultation consists of discussion and learning about each other. Caitlin is currently enrolled in the Institute for Integrative Nutrition.

Holistic Health History Consultations

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

During this 30-minute complimentary session you are invited to discuss your top health concerns and goals, history, and what you have always imagined for your life.

Knit & Stitch

With Margaret Black, Beverly Petit, Laurie Kirchman & Virginia Boyle-Traver. Fridays from 12 to 2pm 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 for a relaxed time of shared work, or just stop by to see what we're all about!

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Math

Tutoring:

Drop-in Sessions

With PJ de Barros. Fridays from 5:15 to 8pm 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. No appointment necessary.

Natural Family Support

Led by Elisa Grimm, Lauralee Holtz, Meg Breen & Sarah Kerlow Myers. Wednesdays from 10am to 1pm 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 story time will follow group discussion of the day's topic.

Organizational Seminar

With Neil Bindelglass. Sunday, May 3 from 2 to 3:30pm in the Co-op Community Room

In this 1½-hour seminar, Neil Bindelglass will discuss the basics of running an organized home. Neil is proprietor of Professional Home Staging by Let Me Organize You.

Reflexology

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

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

Reiki

With Dennis Ryan. Thursdays from 10am to 12pm in the Co-op Community Room

Reiki is a Japanese word representing "universal life energy." 20-minute sessions. Dennis Ryan is a Reiki master and teacher with more than 5 years experience as a Reiki practitioner.

With Jeane-Marie Rimlinger. Thursdays from 12 to 2pm in the Co-op Community Room.

Jeanne-Marie Rimlinger is a level II Reiki practitioner trained in the Usui system. The goal and frequent outcome from a Reiki session is an overall sense of peace and healing for the recipient.

Spanish 101

With Shane Lillian Braverman. Wednesdays (except May 27) from 6 to 7pm in the Co-op Community Room (beginning Friday, May 29, classes will be held outside at the picnic table)

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 May 27) from 7 to 8pm in the Co-op Community Room (beginning Friday, May 29, classes will be held outside at the picnic table)

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

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spring tonics

Focus on Herbs
by Lynne Latella

In the springtime, it is traditional for many people to turn their attention toward cleansing. For some, it's the spring cleaning that removes the dust and dirt accumulated in the house over the winter. For health-minded people, it's the perfect time for a spring cleansing which detoxifies and tones the body. Tonic herbs exert healing in opposing directions to create system balance. For example, some herbs can both raise and lower cholesterol, thus promoting balance.

Throughout the ages, various cultures have realized the importance of spring cleansing. According to Chinese medicinal practices, spring is related to liver and gall bladder meridians, the primary detoxification organs. Health practitioners prescribe astragalus tea to activate the immune system and as a balancing agent for heart conditions, hypertension, diabetes, asthma, arthritis, colds and other conditions.

Early American settlers used plants commonly available to concoct their spring tonics. Old timers said spring tonic would make your blood rise like the sap in a tree. Burdock was widely used as a tonic for the blood. Red raspberry leaves were used to tone the uterus, alleviating menstrual difficulties and providing help

during pregnancy. They used yarrow for respiratory conditions and sore throats and not only included dandelion leaves in salads, but also cooked them as a vegetable and made the into tea to drink as a tonic.

In Ayurvedic medicine, a variety of spices are useful to balance and tone the system, most notably ginger, pepper, cloves, cardamom and cinnamon.

Dandelion Tea

Pour 2 cups boiling water over 2 TBS dandelion flowers. Cover and steep 15 mins. Strain and sweeten, if desired. Drink daily.

Spring Tonic

Mix together 1 tsp each of alfalfa leaf, peppermint leaf, licorice root and nettle leaf and 2 tsp red clover. Place 1 heaping TBS of the mixture in 8 oz. of boiling water. Steep no less than 15 mins. This is good for the digestion and liver.

Spring is a great time to gather and prepare fresh, young greens, such as mustard, dandelion, watercress and violets. Ingesting these herbs provides nourishment, purification and building properties to cleanse the liver and bowel and strengthen digestion. Herbs that can be helpful as a spring tonic include:

- **Sassafras:** Blood and entire system cleaner and tonic
- **Dandelion:** High in vitamins A and C, an excellent liver cleanser and tonic
- **Violet:** Rich in vitamin C, a respiratory and bowel tonic
- **Alfalfa:** A super spring tonic
- **Nettles:** High in vitamins A and C, liver and kidney tonic
- **Peppermint:** Digestive system tonic
- **Chicory:** Liver and gall bladder tonic
- **Watercress:** Detoxification herb; liver and kidney tonic

All these herbs are useful to support healing for various other conditions, but for the purposes of this article, details are only about their usage as tonics.

The Co-op carries many cleansing formulas in compounds, teas and tinctures, and, of course, loose in the bulk herb section.

Thai Yoga

With Kate Goldswor. Sundays, May 17 & 24 from 2 to 5pm in the Co-op Community Room

Thai Yoga Bodywork is an ancient healing art dating back to 500 BCE, and is based on the transmission of metta, or loving-kindness. Sessions range between 60 and 120 minutes. No oils or creams are used.

Traditional Music Jam

Led by Fritz Stafford & Jennifer Stafford. Sundays, May 10, 17 & 31 from 5 to 7pm in the Co-op Community Room

This round-robin jam is open to acoustic musicians playing traditional instruments including fiddle, guitar, mandolin, banjo, concertina, flute, pennywhistle, accordion, bouzouki, light percussion instruments. All skill levels are welcome!

Whole Grains: From Atlantis to the Present

With Louise V. Frazier. Saturday, May 9 from 11am to 1pm in the Co-op Community Room

An interpolative presentation of Old World traditions into contemporary living. Ideas for the nomad—hiker, mountain climber—to picnic, party and cool food for summer! Tastings and recipes will be available.

“Yo Ba” Chi Gong

With Tim Stottard. Saturdays from 5 to 6pm in the Co-op Community Room

Join Unchatwa (aka Tim Stoddard) on a gentle journey for health and vitality. Class size is limited to 6–8 people on a first come-first served basis.

MAY AT THE CO-OP

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

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