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## HONEST WEIGHT FOOD CO-OP

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ISSUE #334

NOVEMBER 2007

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## What's the Scoop?

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## NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Tuesday, September 25.

### Finance

The Finance committee noted their continuing concern with rising personnel costs. They recommended that in 2008 we reduce these costs from the current 29% to 27.5%. There was considerable discussion. Some Board members felt that a limit on personnel expenses is unfair to staff; changes in member discounts could also be considered. It was pointed out that restrictions on personnel expenses could forestall expansion by particular departments. It was also noted that budget cutting should not be the sole responsibility of the Collective Management Team, which is responsible only for member labor and personnel costs, but of the entire membership.

*continued on page 3*

## Honest Weight honors two who Cooperate for Community

by Miriam Axel-Lute

The Capital Region has many people doing exciting work supporting local food and sustainable agriculture. But many of them are "unsung heroes," says Karisa Centanni, HWFC's education coordinator.

And so, Honest Weight was excited to join in the *Cooperate for Commu-*

*nity* contest launched this year to celebrate National Co-op Month in October. The contest was sponsored by the National Cooperative Grocers Association and Frontier Natural Products Co-op, a wholesaler serving co-ops. At the local level, individual consumer co-

*continued on page 12*

## Members vote to buy building for future Co-op site

*Late breaking news!*

Honest Weight members have voted overwhelmingly to purchase the property at 100 Watervliet Avenue, in Albany, as the Co-op's probable future home.

In balloting held Saturday, October 21 at the First Unitarian Universalist Society of Albany, 189 members voted to approve a Board proposal to buy the building for \$1.35 million, while 13 opposed the plan. A majority of those eligible to vote was required to carry the decision. In all, 204 HWFC members and a dozen nonmember shareholders attended the meeting.

"We have about a year to figure out what we're doing with the property," said Nate Horwitz, HWFC's member coordinator. "During that year we'll be landlords for the two occupants of the building, a state agency and a dance studio." The new site is a concrete block building on the lot at the corner of Watervliet Avenue and Watervliet Ave. Extension, about a half-mile from the current HWFC store.

What's next? The closing, which was scheduled for Wednesday, October 31.

# Behind the Coop

## Board of Directors

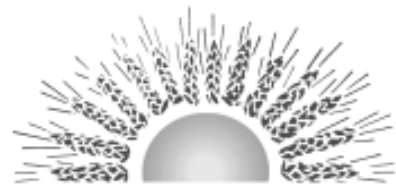
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 Vice-President: Susan Weinrich 794-0897  
 Treasurer: John Godfrey 274-7996  
 Secretary: Jim Monsonis

## Committee Liaisons

Finance John Godfrey 274-7996  
*herbalist.john@gmail.com*  
 Governance Carolyn Maroney, Jim Monsonis  
 Marketing & Communications John Godfrey 274-7996  
*herbalist.john@gmail.com*  
 Membership Lenore Gensburg  
 Nominations Susan Weinrich 794-0897  
*weinrich@localnet.com*  
 Nutrition & Education Louise Maher-Johnson, Anna Dawson 234-1942  
*maherjohnson@gmail.com*  
 Personnel Ray Ratte 371-3648  
*rratte1@nycap.rr.com*  
 Strategic Planning Lynne Lekakis 427-7386  
*kandl@capital.net*  
 Collective Management Team representative Cindee Lolik *cindee@hwfc.com*

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

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



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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) • E-mail – [email@hwfc.com](mailto:email@hwfc.com)  
 Website – [www.hwfc.com](http://www.hwfc.com) or [www.honestweight.coop](http://www.honestweight.coop)

## More shopper's helpers needed!

A core group of working members has been assisting shoppers with questions about our products — where to find items, which products are gluten-free or sugar-free, and a variety of other information. There is a need to expand this service, especially during weekend shopping hours.

If you are familiar with many of the products the Co-op carries, like to keep yourself informed and read labels, and would like to do your member hours in such customer service, please contact Nate Horwitz at the store. Weekly workers are especially needed. This is a project of the Nutrition and Education committee, co-ordinated by Louise Frazier.



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## NEWS AT A GLANCE, from page 1

In response, it was remarked that the Finance committee was not proposing a formal cap on expenses; rather, the reduction should be a goal of budget planning. The Board agreed to establish the goal of 27.5% of total expenses for personnel expenses, but noted that any resulting restrictions will be shared by the entire membership, not just the paid staff.

## Staff Training

Almost all staff members attended a day-long training on natural foods.

## Membership

The Membership committee asked for suggestions as they attempt to develop an orientation for those who wish to purchase a share, but not become working members. (As shareholders, these people receive a 2% discount.) It was noted that a general introduction to the store, such as a program on a DVD was a good idea and would be helpful to many beyond this group. The committee will work on such a guide.

## Nutrition

A member of the Nutrition committee met with the deli manager. The committee had a number of ideas about offerings at the deli such as use of organic foods, gluten-free options, and encouraging customers to bring in their own cloth napkins and utensils. While Board members didn't generally have

any issues with individual suggestions, it was noted that the committee will want to look at setting broader policy, not making particular recommendations on day-to-day operations.

## Membership Meeting Minutes

The Governance Review Council presented their suggestions for review and approval of the minutes of membership meetings. The Board simplified the recommended procedure a bit so that the draft of these minutes will be reviewed by both the membership coordinator and the Membership committee and then posted on the Co-op's website.

## September Membership Meeting Follow-up

The Board discussed the confusion that occurred during voting on the price of shares at the September membership meeting. (Voting on other matters went smoothly.) In order to avoid such situations at the October meeting concerning a potential new site, the Board agreed that voting should be by paper ballot. The facilitation of meetings was also discussed.

## Executive Session

The Board met in executive session at the end of the meeting.

## Minutes

Minutes of all meetings are available at the Co-op. Minutes of the most re-

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

## Upcoming Meetings

Board meetings are scheduled for the following Tuesdays: November 27 and December 18. Meetings begin at 5:30 pm at the Community Room at the Co-op. Date, time and location can change, however, so it is recommended that anyone planning to attend confirm these.

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

## Guidelines

for *Coop Scoop* article submissions

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

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## School Lunch Project

The Nutrition and Education committee of the Co-op is forming a group interested in school lunches. We have materials to share and would like to develop a program that would assist concerned parents, schools and others in improving the quality of school lunches in the Capital District.

We are also interested in forming a teen advisory group to assist this project. Member hours will be credited for this initiative.

For more information, please contact Louise Frazier, chair of the Nutrition and Education committee, at 489-5558 or by email at [louisevfrazier@localnet.com](mailto:louisevfrazier@localnet.com).

## Behind the Scoop

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# Coop members OK new shares, approve bylaws changes at September meeting

by Deborah Trupin

On September 23, about 118 Honest Weight Food Co-op members, a dozen nonmember shareholders and some "co-op kids" gathered in Channing Hall, at the First Unitarian Universalist Society of Albany, for a Co-op membership meeting. The agenda included a number of items to be voted on, as well as a presentation on a potential new site for HWFC. To fortify themselves for the discussions, those assembled enjoyed food from the Co-op's deli.

## Issuing New Shares

Shortly after 6 pm, with well over the 82 members needed for a quorum, HWFC Board president Lynne Lekakis called the meeting to order and introduced member coordinator Nate Horwitz, who facilitated the first part of the meeting on the issuing of new shares.

Nate explained the need to issue more shares: A limited number of shares remain available, and HWFC will run out of shares to sell by about the end of 2007. He urged members to vote Yes, noting that HWFC must have sales to sell in order to grow, and also to comply with the Cooperative Principles. Nate noted that HWFC members had voted three times before to issue new shares, and that the measure had always passed by a wide margin. He hoped that this vote would go the same

way. After a question-and-answer session, members voted to approve the issuing of new shares.

Having approved the new shares, HWFC members were then asked to consider the cost of these shares. The Board had proposed that the new shares cost \$135, which Nate explained was based on the rate of inflation: \$100 in 1994 is about equal to \$135 today. Nate again took questions from the members before the vote. Some members recognized the need for the higher cost, while others felt that it was not too high, or even a bargain. Others felt that the current \$100 share cost, even with payment plans, was a challenge for some potential members.

The voting reflected these divisions, with a significant number of people voting to Abstain. The HWFC bylaws require that such a change be approved by "two-thirds of the members in attendance," and the measure failed to pass by one vote. Some members were surprised to learn that, in essence, their Abstain had counted as No. This may be the first bylaws change written by the new Bylaws Panel (see below).

## The Membership Manual

Next, Steve Delgiacco of the Membership committee introduced the proposed revised Membership Manual. He said

that the project to revise the Membership Manual began in 2006, with the realization that the current manual had come into existence by accretion, that it was not as well organized as it could be, and that quite a few things in it were out of date. The Membership committee updated and re-organized the manual, taking out things that were time sensitive (such as a payment plan for shares). They re-wrote it in a more welcoming and friendly tone, so it could be a tool to encourage new members.

Steve noted that the current and revised manuals had been online for comparison. He reported that a graphics designer, a soon-to-be-new member, has offered to produce the manual as member work. When Steve asked for questions and comments from members, only two comments offered before the vote: "It looks lovely," and praise for those working on the project (followed by a round of applause). The Membership Manual was approved overwhelmingly.

## Revising the Bylaws

The last items to be voted on were the bylaws changes proposed by the so-called Kent Street committee. Board member Jim Monsonis recapped the events leading to the development of the committee and the bylaws changes they had proposed. (For details on this,

# Homespun Community Dancing



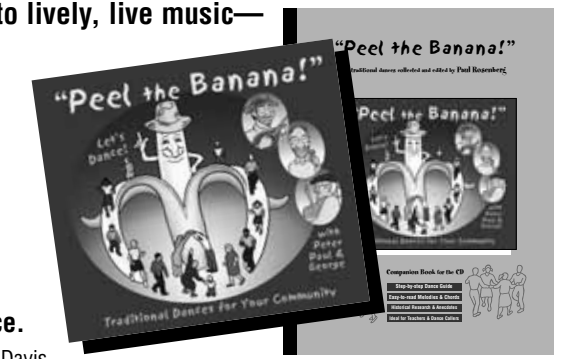
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please see the July/August 2007 *Coop Scoop*.) Essentially, the bylaws did not provide a clear mechanism for their revision and did not spell out the role of the Governance committee. The Kent Street committee and the existing Governance committee had drafted two bylaws changes to correct these flaws.

They first created a Bylaws Panel to take care of revisions to the bylaws. This appointed panel is charged with receiving, analyzing and discussing all proposed changes to the bylaws. If the panel finds that proposed changes are worthy, they draft language for the changes, which are then put to the membership for a vote. The second proposed bylaws revision was to change the name of the Governance committee to the Governance Review Council and to clarify the role of the council. The council would consist of five elected HWFC members. Its task would be to monitor what the Board does.

Jim explained that because the Kent Street committee had worked hard to craft the language for these changes, and found that earlier problems had resulted from drafting changes during meetings, they were first asking for approval to vote the bylaws changes "up or down." In other words, voting Yes meant that the next vote would be to approve or reject the bylaws changes as written; voting No meant that the next vote would permit amendments to the proposed changes from the floor. Without further discussion, and after another round of applause for the Kent Street committee (and former Board member Dennis Phayre, in particular), the members voted to approve the bylaws changes as written.



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Following approval of the new Governance Review Council, an election for a new council member was needed. Shawn Fitzgerald, a member of the former Governance committee, facilitated this section. There were two announced candidates, Stuart Horn and Jared King, for the open seat. Charles Alexander, another council member, read the applications from Horn and King. After some discussion, the members voted by paper ballot to elect Stuart Horn.

## Considering a New Site

Finally, Lynne Lekakis and Cindee Lolik, administration and operations coordinator, presented some images and information about a potential new site for the Co-op. The proposed Albany location is a concrete block

building on a lot at the corner of Watervliet Avenue and Watervliet Ave. Extension, about half a mile from the current HWFC store. Honest Weight had bid on the property with a number of contingencies. At the September meeting, Lynne explained that if all the initial contingencies were resolved, the Board would recommend that Co-op members authorize the purchase. The final contingency would be membership approval.

**UPDATE** — On October 21, prior to the publication of this article, HWFC members voted to approve the Board's plan to buy the Watervliet Avenue building. Therefore, most details of the proposal are not presented here. See Page 1 for a quick recap of the voting results.

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by Jim Monsonis

Any Co-op member who was present at the September membership meeting, or has heard about it, knows that Honest Weight needs to explore alternative ways to reach membership decisions. For example, at that meeting it seems that some people voted who were not entitled to, so simply a show of hands has problems. Furthermore, there was great confusion over the meaning of abstentions: Can one vote to abstain from voting? Is an abstention a decision not to vote, or in effect a negative vote? Subsequent analysis has shown us that not only are we unclear in our bylaws, but our bylaws themselves are not in conformity with New York state law on cooperatives. The result is that we shall probably have to re-vote on the issue of issuing new shares, or at least on their cost, at another meeting.

By the time of the next meeting, the Board and the Governance Review Council (GRC) will have worked out a clear set of rules on voting. This is being written before the October 21 membership meeting, but I trust that for that meeting and any later ones we will have gotten our act together, and that the voting was and will be unambiguous, legal and decisive.

This confusion raises further questions, however, regarding the whole process of voting at HWFC, and in this column I want to begin a discussion about how the Co-op makes collective decisions. Growing up in American society we have internalized a certain system of decision making — Yes/No, winner take all, Robert's Rules — and we think of these processes as natural. But they implicitly embody certain values: of antagonism, of conflict, of winning and losing, "positions," alliances, parties; and we scarcely notice them. They feel perfectly reasonable to us. Only in purely private circumstances — inside the family, perhaps, or when those who make the rules are quite indifferent to the outcome (e.g., Special Olympics where everyone "wins") — do we think that other systems of decision making ought to apply.

Except, perhaps, at a co-op. A co-

# A Director's Chair



operative should embody the principles of equality and fairness rather than winning and losing; collective process rather than wielding power; decisions that all can accept rather than the will of the majority. Many "cooperatives" are egalitarian in name only, at most sharing profits and not administration or decision making. But at Honest Weight we have tried to express cooperative principles in substantive ways, including consensus decision making whenever possible. The Board of Directors, the Collective Management Team and all committees seek to operate by consensus.

"Consensus" does not mean that everyone loves the final outcome, but that it is one that all are willing to live with. Consensus is to be arrived at only after substantial discussion, exploring a range of points of view, in an unhurried manner. Process is important and a quick decision that pre-empts discussion is a violation of the principle, even if no one objects. This is quite a different set of values than are implicit in Robert's Rules (a recent book by Alice Cochran, *Roberta's Rules of Order*, has many

good things to say about this difference), and are the rules by which we have tried to live.

Unfortunately, the consensus process is very difficult to use as the size of the group grows, unless one is very experienced with it. (Some European parliamentary bodies operate by consensus, but this is rare.) Although Honest Weight has used voting at membership meetings as long as I remember, in the earlier days when the Co-op was smaller and attendance at meetings was therefore smaller, a rough form of consensus process was often achieved, with lengthy discussion and a general abandonment of the formality of Robert's Rules. The vote was only a final formality. Now that we are much larger, though, and the room is full of relative "strangers" to each other, many of them without a long history of Co-op membership, it is hard to see this happening "naturally." So we have a dilemma: How do we embody cooperative principles of decision making now that we are 600 working members and not 60?

I don't need to remind the reader that making decisions will become



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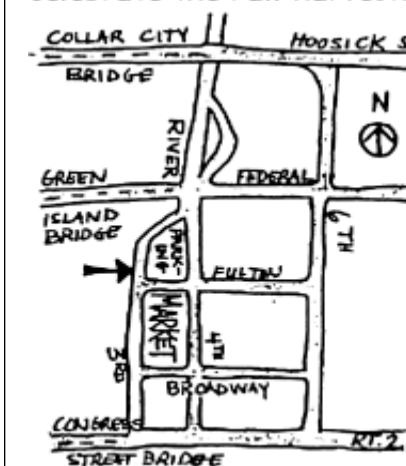
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especially problematic if or when we begin the process of designing and implementing a new store.

I wish I had a simple, clear, immediately applicable solution to this dilemma that goes beyond the rhetoric of saying "We should all be attentive to each other." I don't. I expect that the Board (perhaps through one of its committees or an ad hoc committee) will be thinking hard about the problem in the coming months. I know that the Strategic Planning committee, the group specifically charged with working on the new store, will have to do so. There are, in fact, several models that we might explore — the most common of which, in my experience, uses differ-

ently colored cards for voting, rather than "hands." Red, yellow and green each mean different things and a moderator can immediately sense the tenor of the group by the dominant color. (For an application of this process to something similar to building a store — building a co-housing community — look at [www.cohousing.ca/consensus.htm](http://www.cohousing.ca/consensus.htm).)

We need to try to find a model for decision making at Honest Weight that gets away from Yes or No, winning and losing, and helps us to achieve a decision we can all like — or at least live with. I'd love to hear from people who have any thoughts on this matter.

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

A series of monthly articles from members of the HWFC Nutrition committee

by Louise Maher-Johnson

I will always choose to buy the Co-op's out-front mission to provide safe, healthy food and to promote an informed, sharing community. I celebrate our leadership. As supermarket chains show many signs of following our lead regarding organic and local, I am confident we will remain leaders and will continue our efforts toward fulfilling our mission. However, time is of concern. And since we are democratically run, so is communication.

From my perspective as an avid reader on global warming and its impact on bio-diversity and farming, let me add to Co-op communication by responding to the following remarks by three leaders at our Co-op:

## Leadership and More Local

- "Local food is just a fad."
- "I'm tired of hearing local; it's organic I care about."
- "Our customers won't always pay extra for local."

Just how important is "local" to our mission, health and success — and to our globe? Consider that our community may be better informed on matters of health and nutrition, than on the science of dramatic and dangerous climate change and its impact on food — because of the complexity and seeming controversy around the issue. And consider that global warming has, is and will continue to progress due to the hundred-year life of CO<sub>2</sub> in the atmosphere.\* And also consider the impact of dwindling, expensive, polluting fossil fuel.

A four word response, too important to be a cliché, bears repeating: *Think globally, act locally.*

Sustainable local is a healthy and delicious way to avoid the massive amounts of CO<sub>2</sub> emitted during food production and consumption — the fossil fuel-based fertilizing, fumigating, over-processing, freezing, over-packaging, transporting and marketing of the food eaten every day. (Note about transport of food: I'm not talking bananas or coffee — rather oranges from Africa, apples from Asia, pears from South America and cookies from Europe.)

So, local food is more than just a fad. Local must be our immediate and long-

term future. Returning to locally produced food, energy, manufactured foods, etc., is a large and sensible solution to a huge problem of a changing planet.

We should care about organic, of course, but with some considerations. The organic pear I bought recently at the Co-op with the Argentina label didn't taste good, and long-distance agribusiness organic, with its decreasing standards and oversight, is no longer an easy choice. And because I wanted to eat the 100 Mile Diet all summer, I shopped for produce outside the Co-op.

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Everything I have received weekly from my local CSA has delighted me for the last four months. Although this local farm (Fox Creek Farm) has taken the NOFA pledge, it is a new farm that can't afford the thousand-dollar fee for organic paperwork, but goes further than those standards. It uses no chemical inputs and also supplies its own solar electric and irrigation system, as well as running its vehicle on used vegetable oil!

A second local farm, where I have recently purchased no-spray raspberries and strawberries and also plum tomatoes by the bushel for canning, limits fertilizers and pesticides through integrated pest management. I ask each time I go to the farm store, Carrot Barn, whether any toxins are used on a particular crop. The farmer tells me, for instance, that the tomatoes were only treated with copper, which is allowable by organic standards. (Note: Studies have shown that there is an alarming decrease of nutrients in foods grown on conventional farms, so we need to open dialogues with conventional local farmers.)

Local wears many hats, all of which are lower carbon. The problem for me was that all this just-picked local was

not available at the Co-op. And that summer Co-op space was taken up by produce from afar.

### Will Co-op customers pay more for local?

Well, we routinely pay more for produce when we shop at a farmers' market. And we pay a premium for long-distance organic. Were the local no-spray strawberries and blueberries the Co-op sold more expensive than long-distance fruit? I don't recall, but I know they were costly, yet still hot items.

At this point consumer support is needed for a local, sustainable food system, since our government has been subsidizing long-distance, monoculture agribusiness with our taxes for decades. The \$90 billion Farm Bill essentially ignores small farms.

"Leading with local" at the Co-op means our managers' personal, grassroots outreach to individual farmers, working with them financially by offering them contracts, by subsidizing prices for a time, and by helping them find grants for infrastructure as greenhouses and root cellars. Leading with local means our marketing and deli managers' expanding their local sales,

and also catering to organizations, day care centers and other businesses, and so creating more markets for farmers and ourselves. And local needs to be increasingly four season (through lacto-fermentation, root cellar storage, freezing, etc.).

*Caveat:* There is a need to lead quickly in this time of planetary emergency, and it should be said that some supermarket chains (e.g., Whole Foods and Hannaford), and even global food corporations, are already aggressively approaching our local farmers with offers of aid and contracts.

Here's to our Co-op as leader and our Co-op as the one stop shop for all our seasonal local produce and, eventually, for most of our four-season local foods.

### References

\*Also: [www.monbiot.com](http://www.monbiot.com) for the climate change update, "A Sudden Change of State" (7/3/07), which links to the latest research by NASA's Jim Hansen; and [www.organicconsumers.org/environment.cfm](http://www.organicconsumers.org/environment.cfm).

Reading suggestions for informed consumers: Kingsolver's *Animal, Vegetable, Miracle*, and Flannery's *The Weather Makers*.

# November Calendar

11/1,8,15,16,19,26,29 **HWFC HEALTH & WELLNESS SERIES:** "Reflexology," with Laura Lee Ross. 11/1,8,15,29: 5:15-8pm; 11/16: 9am-12pm; 11/19,26: 2-5pm. 15-min. sessions, Co-op Community Room. For more info, call 482-2667.

11/2,16,23,30 **HWFC HEALTH & WELLNESS SERIES:** "Knit & Stitch," with Margaret Black and Beverly Petiet. 12-2pm, Co-op Community Room. For more info, call 482-2667.

11/2 **HWFC HEALTH & WELLNESS SERIES:** "Making Sense of Our Health Care Crisis," with Marcia Smith. 12-2pm, Co-op Community Room. For more info, call Johanna Englund, 489-1350.

11/2 **QUICKSTEP.** John Kirk, Trish Miller, Sam Milonovich, Cedar Stanistreet, Ed Lowman. Folk. Fri., 7:30pm at Proctors 440 Upstairs, Schenectady. \$21. Tix & info: [www.eighthstep.org](http://www.eighthstep.org), [www.proctors.org](http://www.proctors.org). ES

11/3 **SONGS FROM A FISHBOWL.** Ramblin Jug Stompers and guests. Folk. Sat., 7:30pm at Proctors 440 Upstairs, Schenectady. \$10. Tix & info: [www.eighthstep.org](http://www.eighthstep.org), [www.proctors.org](http://www.proctors.org). ES

11/4,24 **HWFC HEALTH & WELLNESS SERIES:** "Energy Medicine," with Ruth Ann Smalley. 11/4: 10am-12pm; 11/24: 11am-2pm. 30-min. sessions, Co-op Community Room. For more info, call 482-2667.

11/4,18 **HWFC HEALTH & WELLNESS SERIES:** "Reiki with Raven." 1-5pm, Co-op Community Room. For more info, call 482-2667.

11/5 **HWFC HEALTH & WELLNESS SERIES:** "Reiki," with Jeane Marie. 12-4pm, Co-op Community Room. For more info, call 482-2667.

11/6 **HWFC HEALTH & WELLNESS SERIES:** "Get Your Knives Sharpened While You Shop!" with Vince Manti. 5-knife limit (no serrated blades). 5-7pm, outside Co-op Community Room. For more info, call 482-2667.

11/7,11,25,28 **HWFC HEALTH & WELLNESS SERIES:** "Feldenkrais," with Diana Wells. 11/7,28: 1:30-3:30pm; 11/11,25: 1-3pm. 45-min. sessions, Co-op Community Room. For more info, call 482-2667.

11/7 **HWFC HEALTH & WELLNESS SERIES:** "The No-Diet Diet," with Paul Jensen. 5:30-7pm, Co-op Community Room. For more info, call 482-2667.

☺ 11/8 **HWFC HEALTH & WELLNESS SERIES:** "Book Discussion Group," with Liza Feldman Vinci. This month: *Consuming Kids: The Hostile Takeover of Childhood* by Susan Linn. Children's storytime follows discussion. 10am-12pm, Co-op Community Room. For more info, call 482-2667.

11/11 **HWFC HEALTH & WELLNESS SERIES:** "Reiki," with Karen Reach. 3-6pm, Co-op Community Room. For more info, call 482-2667.

11/11 **HWFC HEALTH & WELLNESS SERIES:** "Food Is Our Best Medicine: Principles of Natural Health," with David Yarrow. 7-8:30pm, Co-op Community Room. For more info, call 482-2667.

11/14,28 **HWFC HEALTH & WELLNESS SERIES:** "Healing Touch," with Richard Sahr. 3:30-6:30pm. 1-hr. sessions, Co-op Community Room. For more info, call 482-2667.

11/14 **HWFC HEALTH & WELLNESS SERIES:** "Eat (Good) Fats? Be Healthy & Lose Weight!" with Rich Neuman. 6-7:30pm, Co-op Community Room. For more info, call 482-2667.

11/15 **NATURAL APPROACHES TO CARDIAC HEALTH & CHOLESTEROL REDUCTION.** Improve your health with less dependence on medication through diet, herbal therapies and exercise. 7:30pm, Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Free. Reservations: 689-2244.

11/18 **HOW TO SURVIVE THE HOLIDAYS.** What is it with the holidays? We're supposed to be happy, merry, thankful. Yet all too often we're depressed, anxious, stressed. Seven holistic practitioners offer demonstrations, information, tips. 2-5pm, Center for Natural Wellness, 3 Cerone Commercial Dr. (off Wolf Rd.), Colonie. Free. Reservations (by 11/15): 225-3434 or [holidayworkshop@nycap.rr.com](mailto:holidayworkshop@nycap.rr.com).

11/20 **HWFC HEALTH & WELLNESS SERIES:** "Confronting Our Climate Change Challenge: Sustainable Food & Renewable Energy," with David Yarrow. 7-8:30pm, Co-op Community Room. For more info, call 482-2667.

11/27 **HWFC BOARD OF DIRECTORS.** 5:30-7:30pm, Coop Community Room. All members welcome. Confirm date, time, location: 482-2667.

11/28 **HWFC HEALTH & WELLNESS SERIES:** "Trace Elements & Electrolytes: Get the Most From the Least," with David Yarrow. 7-8:30pm, Co-op Community Room. For more info, call 482-2667.

## ONGOING EVENTS

### MONDAYS

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

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

**HWFC HEALTH & WELLNESS SERIES:** "Free Health Histories," with Kate Fritz. 9:30am-12:30pm. 45-min. phone consultations. Pick up a Health History sheet at the Co-op. Contact Kate: 393-8832.

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

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

### POLICY FOR CALENDAR LISTINGS

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

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

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

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

### TUESDAYS

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

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

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

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

**HWFC HEALTH & WELLNESS SERIES:** "Chair Massage," with Glenn LaPorte. 11am-2pm. 15-min. sessions, Co-op Community Room. 482-2667.

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

**HWFC HEALTH & WELLNESS SERIES:** "Healing Arts Center," with Rene Netter and Nitya Jess Oppenheimer. 1-4pm. 10-min. consultations outside Co-op Community Room. For more info, call 482-2667.

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

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

### WEDNESDAYS

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

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

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

### KEY TO LISTINGS

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

☺ For children & families

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

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

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

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

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

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

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

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

### THURSDAYS

**BUDDHIST TALK & MEDITATION.** With Buddhist nun Kelsang Kalden. 7:30pm at Compassion Buddhist Center, 1123 Rt. 9, Latham. \$10 per class. More info: 817-2184 or [compassionbuddhistcenter.org](http://compassionbuddhistcenter.org).

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

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

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



### SUNDAYS

**BUDDHIST TALK & MEDITATION.** With Buddhist nun Kelsang Kalden. 11am at Compassion Buddhist Center, 1123 Rt.9, Latham. \$10 per class. More info: 817-2184 or [compassionbuddhistcenter.org](http://compassionbuddhistcenter.org).

☺ **FIRST UNITARIAN UNIVERSALIST SOCIETY.** Sunday services, 9 and 10:30am. 405 Washington Ave., Albany. Social hour between services at 10am. 463-7135.

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

**SUNDAY CELEBRATIONS.** Center for Creative Life, Church of Religious Science. 11am. 1237 Central Ave., Colonie. Social time follows the celebration. 446-1020, or [www.CenterForCreativeLife.org](http://www.CenterForCreativeLife.org).

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

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

**MID-DAY GUIDED MEDITATION.** 12:30-1:30pm, with Buddhist nun Kelsang Kalden. Compassion Buddhist Center, 1123 Rt.9, Latham. Free and all are welcome. Info: 786-0670, or [www.compassionbuddhistcenter.org](http://www.compassionbuddhistcenter.org).

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

**TRI-CITY FOLK DANCERS.** Schenectady YWCA, 44 Washington Ave. 8:30-11pm. Instruction. 482-5006.

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

**FREE BOOK TALKS** by Buddhist nun, Kelsang Kalden, at bookstores throughout the Capital Region. For details: 817-2184.

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

**HERBAL MEDICINE, SPIRIT HEALING, WILD FOOD & WISE WOMEN.** Free moonlodges, exciting classes, work weekends and empowering events. Visit [www.susunweed.com](http://www.susunweed.com) or write PO Box 64, Woodstock NY 12498. pd4

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

☺ **MISS PEGGY'S MUSIC ROOM.** Enroll now for Fall 2007! An enjoyable and supportive environment for lessons in piano or voice, individual or small groups. Classes for parents and children, and Orff Ensembles. Info: 458-2927, [misspeggysmusic.com](mailto:misspeggysmusic.com), [misspeggysmusic@aol.com](mailto:misspeggysmusic@aol.com).

ops took nominations over the summer and chose winners in September, who were then sent on to a national competition.

**Mark Warford**, assistant principal at Goff Middle School in East Greenbush, is the Capital Region *Co-operate for Community* winner. Warford has set up a trio of sustainability initiatives at his school, which he describes as covering the “food that you eat, energy that you use and garbage that you make.” Through the school’s recycling program, students collect tons of paper, glass and metal, weigh it, and keep track of how much pollution is prevented and forests and landfill space saved. A 2 kilowatt solar panel system provides energy to the school; students track energy use and generation on an attached computer system. But the program most directly connected to sustainable food systems, and possibly most dear to Warford, is the organic garden (pictured above).

Goff’s half-acre garden is farmed by students, with the help of a couple staff members and community members. They work a couple days a week after school in the spring and fall, and 9 to noon throughout the summer, growing vegetables, flowers and herbs, and running a farmer’s market. What isn’t sold is donated to local food banks — over a ton of produce a year. Solar panels on the garden’s barn power a few tools, a scale for the farmers market and a radio. This year 50 students were involved in the garden.

Warford knows that few busy school administrators are looking for extra time-consuming projects like these, but he’s passionate about hands-on environmental education. Given the state of the environment, he says, this isn’t a “back-burner type

**HWFC HONORS TWO WHO COOPERATE FOR COMMUNITY, from page 1**



thing. This is serious education kids need to receive if they’re going to be able to make choices that will maintain their standard of living, their health.” Besides, he adds, he’s always “had a lot of energy.”

Warford’s next project is expanding the school’s composting of cafeteria wastes to include food waste from the kids as well as from the kitchen.

“Mark is a take-charge kind of person who is so busy with multiple projects at all times that you want him on your team, if only to keep the fire going under your butt,” says Centanni. She notes that Warford also emceed the Step-It-Up Climate Change rally in Washington Park last spring. “His real willingness to lead where he sees leadership is needed is much appreciated.”

Rather than a specific project, local runner up **Anne Conway** was nominated for incorporating principles of sustainability into her everyday life and inspiring those around her to follow suit. A teacher and avid gardener, she regularly introduces students in her classroom, as well as kids she has

hosted through the Fresh Air Fund, to fresh local food. This takes some adjusting for kids who have always been removed from the source of their food. (One girl she hosted wouldn’t eat carrots from Conway’s garden because they had been dirty when harvested.)

Conway has also introduced many friends to the Heifer Project, an international sustainable agriculture charity in western Massachusetts and volunteers for the Capital District Community Gardens. “She makes more subtle contributions every day just because of who she is,” wrote the Martin family, who nominated her.

The national winner of the contest is Joseph Kiefer of Food Works in Montpelier (Vt.), for working with growers and human service agencies to teach consumers how to prepare local produce. The finalists are Barbara Eiswerth of Iskash\*taa Refugee Harvesting Network in Tucson (Ariz.), and Juanita Nelson of Free Harvest Supper of Locally Grown Food Organizing Committee in Greenfield (Mass.).

Warford and Conway were honored at the 100-mile Diet celebration dinner at the Albany Pump Station on October 8. Centanni says the Co-op hopes to run the contest again next year.

## Stocking the Winter Pantry

*Eating Economically at the Co-op*

by Ruth Ann Smalley

Some people boast that they never wear a coat in winter because they go from garage, to car, to parking ramp, to workplace and back, every day. An extreme example perhaps, but many of us experience some degree of detachment from seasonal realities, thanks to modern technology. The worldwide food transportation system allows us to keep eating as though it is perpetually spring and summer, even while our bodies — like all other living things — are responding to the rhythms of fall and winter, such as changes in light and temperature. As we put away the shorts, winterize the car, and have the furnace cleaned, are we making similar adjustments in our food purchasing and preparation? Being out of sync with the season contributes to many of the emotional and physical challenges we face during winter.

Restocking your pantry at this time of year can help bring you into seasonal alignment, as it helps you meet your body’s changing nutritional needs. This is key, because eating economically often boils down to having the right ingredients on hand to satisfy your hunger — healthfully and at home. A selection of seasonal staples can provide the basis for a variety of affordable meals. Even better bang for your buck if many of your choices are “superfoods” that rate high for nutrient-density and immune system support.

My top picks come mostly from the bulk aisle, and include: (1) dried split peas and beans for soups, and lentils and spices for dhal; (2) oats, nuts and sunflower seeds for granola and oatmeal; (3) canned wild Alaskan salmon and sardines; and, for immune support and cold care, (4) dried shitake mushrooms, dried wild blueberries, raw local honey, garlic, echinacea and sage.

Obviously your choices will depend on your personal tastes and your approach to food — whether you are vegan, omnivore, macrobiotic, etc. I tormented some nutrition educators by asking them to share only a few of their top choices for a

winter pantry. Eric Sazer, an integrative nutritionist, said he would want “a large soup pot” and a lot of fresh vegetables and herbs that could be frozen. He also suggested coconut oil, nuts and “bags of whole grains — quinoa, brown rice, millet, amaranth and oats.”

Beth Netter, an M.D. who practices holistic medicine at the Center for Integrative Health and Healing in Delmar, also suggested an appliance — in her case, a juicer. Carrots, kale and wheat grass make nutritious juices. Beth emphasizes eating “living foods” that are “as close as possible to the ground.” Therefore, it’s good to “always have sweet potatoes, garlic, onions, lentils and potatoes around,” along with warming seasonings such as turmeric and curry. Naturally fermented vegetables, such as kim-chee and cabbage, are also good. For oils, she recommends olive and coconut.

Beth suggests several healthy items that are quick to prepare and thus might help us avoid the temptations of fast food: (1) quinoa, which is high in protein and combines easily with beans, steamed veggies and salad dressing for a nutritious meal; (2) organic falafel mix; (3) Imagine brand vegetable broth, which can be eaten plain or as a base for soup with added beans or pasta; and (4) organic almond butter. Beth views almonds as better than peanuts, high in calcium and great as a snack with bananas.

Besides the fresh vegetable juices, Beth would have Holy Basil tea in her pantry, as it has no caffeine, is a natural anti-inflammatory and is “a gentle and soothing stress reducer.” She also notes that people often leave foods on their shelves too long: We need to keep restocking the pantry to keep things closest to their vital state. As Beth puts it, “Food carries consciousness — you want to have the highest vibration of happiness” in your ingredients.

As we plan a pantry that can help keep us warm, nourished and happy during the coming season of shorter, colder days, Beth also offers this reminder to go beyond the ingredients: “Enjoy the cooking process and the warmth of your kitchen. Add candlelight, fires. Make it a living experience.”

Ruth Ann is planning a second column on this topic, and invites you to email her at [ruthsmalley@earthlink.net](mailto:ruthsmalley@earthlink.net) with your favorite winter foods, along with tasty, economical ways of preparing them.

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[synthesis@nycap.rr.com](mailto:synthesis@nycap.rr.com)

by Suzanne Fisher

Miller's Crossing Farm, owned and operated by the wife-and-husband team Katie Smith and Chris Cashen, has supplied produce to Honest Weight Food Co-op since the farm's first year. In 1995, Katie rented three acres to grow organic vegetables. At the Menand's Market, she met Honest Weight produce manager Gayle Anderson, who encouraged Katie to supply the Co-op with fresh vegetables as much as possible. In 1999, Chris joined her farming efforts and they married. In 2000, the couple purchased Chris' childhood home and farm on 200 acres in Claverack, and began developing it.

When Chris describes what they do, who they work with, and for whom they do it, one becomes aware that their farm is more than a "place." Katie's first years of farming are a concrete example of this: She started on three acres of rented land. Nor is their farm defined by the labor of workers who produce for a generic population. For eight months of the year, Miller's Crossing has five very special full-time workers from different parts of the globe, who have their own needs met by their farm work while helping to produce for very targeted customers. Last, but not least, their products are not typical, but are custom-fit for their growing environment and their consumers, who give feedback that helps the farm decide what is most appropriate for each venue in which they sell. Miller's Crossing is all about relationships — between farmers, workers, customers, children, animals, plants and, of course, the planet.

Claverack is about a 10-minute drive from Hawthorne Valley Farm. The farm straddles the Agawamuck Creek, which feeds into the Claverack Creek, which in turn flows into an

# Miller's Crossing

estuary of the Hudson River. The land of this Hudson River Valley farm is rolling, both high and low, and has two basic soil types, sandy and clay. The soils which are not good for vegetables are used for hay and pasture. Beef cattle enjoy the grasses, and also the cover crops before they are plowed under. During the growing season, a total of 30 acres are used to grow vegetables. Some plots may be cultivated to grow two successive plantings, while others just have one crop grown in them, depending on the life cycle of the plant. All areas get a cover crop before being planted with the next year's vegetables as a part of their fertilization process. Composts and manures are also used as fertilizers.

From its inception, Miller's Crossing has been "certified organic." Chris explains that certification is a necessary designation for them because they sell in retail establishments, where they may know the produce department managers but not the customers. In order for those customers to know that they are getting organic produce, the farm maintains the right to label everything they grow "organically grown." The farm's offerings include mesclun, baby arugula, tomatoes, potatoes, squash, zucchini, cucumbers, head lettuce, chard, beets, turnips, Asian greens, dandelion greens, basil and strawberries. Katie calls Gayle at the beginning of every week and tells her what is available that week. Gayle puts in an order, and Chris delivers to the store himself. This produce is local, organic, very fresh — and gives shoppers at Honest Weight the opportunity to enjoy premium quality produce while reducing their proverbial "carbon footprint."

The people who have shaped Miller's Crossing include Gayle and the shoppers of Honest Weight, who have been their largest and most consistent customers through the years. This has helped the farm by maintaining a steady income throughout the growing season year after year. Without customers there would be no farm, and Chris is grateful

to have a strong relationship with the people who buy from them in all the places where their products are sold. Miller's Crossing operates a CSA with 80-100 families every year. In addition, they sell at farmers' markets in Hudson, Kinderhook and Lennox (Mass.), and to Hawthorne Valley Farm.

Among those who have an ongoing impact on the farm are three Guatemalan men who come to the farm as guest workers each year. They have become trusted friends of the family (Katie and Chris have three children ages 5 and under), and are knowledgeable, dependable workers during the months they are on the farm. The farm pays their airfare and arranges their legal papers in order to facilitate their annual commute, and these workers benefit by having a reliable place to work with a wage that goes much further in their home country.

The other two full-time positions are filled by international interns from a program that places college students on American farms. These workers experience American culture while learning different methods of agriculture. Chris and Katie act as managers, taking care of the business and filling in wherever they're needed.

November is the last harvest month of the growing-and-selling cycle for Miller's Crossing. Winter months are spent cleaning up, repairing and preparing for the next year. As the calendar year comes to a close and we celebrate the year's bounty, look for their vegetables in the produce department — and appreciate the flavors and the community you're helping to support.

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# COUSCOUS

by Lisa Vines

The **couscous** family in the bulk aisle has a new member: Israeli couscous. It looks a bit like couscous on steroids, or perhaps, "Super-size me" couscous — but, despite those negative descriptions, it's just larger granules than the traditional couscous. Its larger size moves it closer to pasta in consistency. Kids love it, but it's popular with adults, also.

Couscous, for those not familiar with this delightful pasta — yes, couscous is a pasta, not a grain — is made of semolina flour and water, partially cooked, dried and formed into tiny pebbles. It comes in fine, medium and large pearls. With the introduction of Israeli couscous, the Co-op now has medium and large granules available in the bulk aisle, sometimes organic versions, sometimes whole wheat.

Couscous can be very easy to prepare, so it's good for quick dinners and camping trips — it requires little extra water and not much cooking time. Boil the water (usually one to one), add the couscous, cover and turn off the heat. In a few minutes the couscous will have absorbed all the water. Add a bit of butter or oil, salt, stir and serve. Israeli couscous requires a slightly different procedure: Boil a bit more water (1¼ cups water to 1 cup Israeli couscous), add couscous, then simmer, uncovered, 8 to 10 minutes.

Steaming couscous is considerably more labor and time intensive, but produces a wonderfully fluffy dish. It's also more of a hands-on adventure. You will need a *couscoustière*, if you have one — or a large pot, a colander or steaming unit and cheesecloth. To steam couscous, place 2 cups couscous (whole wheat or regular) into a shallow bowl, cover with water and stir; pour off the water and let the couscous stand for 15 minutes. Break up any clumps with your fingers. Place 3 inches of water into a large pot. Set the steaming unit or the colander over the wa-

ter and use the damp cheesecloth to seal the edges where the separate units meet. When the water is boiling and steam rises through the holes of the colander, slowly add the couscous to the colander. Steam, uncovered, for 20 minutes. Then empty the couscous into a shallow dish and spread it out with a fork. Slowly add 1 cup of lightly salted water. Lightly oil your hands and rake the couscous with your fingers, breaking apart any clumps. Let stand for 10 minutes. Bring the water in the large pot back to a boil, place the colander and cheesecloth back into position and steam the couscous for another 20 minutes.

Another option for preparing couscous, presented by Crescent Dragonwagon, is to begin cooking

the coucous in a skillet and then finish in the oven. Preheat the oven to 375°F, and then heat 1 teaspoon olive oil in an ovenproof skillet. Add 1½ cups couscous and stir for 2 minutes. Add 2 cups of water and cook, gently tossing with two forks, until the liquid has been absorbed. Cover and transfer to the hot oven; bake for 5 minutes.

The couscous is now ready to be used in stuffings or as a starch base for various stews. It's also nice as a salad ingredient: Imagine it with cut-up sun-dried tomatoes and basil, for example, flavored with a vinaigrette dressing.

## References

Deborah Madison, *Vegetarian Cooking for Everyone* (New York: Broadway Books, 1997).

Crescent Dragonwagon, *Passionate Vegetarian* (New York: Workman, 2002).



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## Aqua Chi

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

Free 20-minute sessions. The Aqua Chi is a detoxifying foot bath that soothes your aching feet and legs, while detoxifying your body through the large pores of the feet. A safe electrical unit stimulates ionization through the water, which connects with your body's electrical field to stimulate detoxification of the liver, joints, gall bladder, kidneys, bladder, urinary tract and lymphatic system — removing cellular debris, heavy metals, tobacco, blood clot material and yeast.

## Book Discussion Group

With Liza Feldman Vinci. Thursday, November 8 from 10 am to 12 pm in the Co-op Community Room

This group explores one title each month. This month: *Consuming Kids: The Hostile Takeover of Childhood* by Susan Linn. Parents are told it's their responsibility — not the government's or private industry's — to shield children from the harmful effects of marketing. At the same time, advertisers use methods specifically designed to undermine parents' efforts. Children are welcome and a storytime will follow the discussion.

## Chair Massage

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

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

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

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

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

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

## Confronting Our Climate Change Challenge Sustainable Food & Renewable Energy

With David Yarrow. Wednesday, November 20 from 7 to 8:30 pm in the Co-op Community Room

Start a revolution in evolution! Put fertility in soil to grow food to feed our families as the cost of crude oil approaches \$100 a barrel. Work with photosynthesis, carbon and soil to create renewable, sustainable, green economy. Since everyone must eat, each of us is responsible for participating in this transformation.

## Eat (Good) Fats? Be Healthy & Lose Weight!

With Rich Neuman. Wednesday November 14 from 7 to 8 pm in the Co-op Community Room

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

continued on page 18



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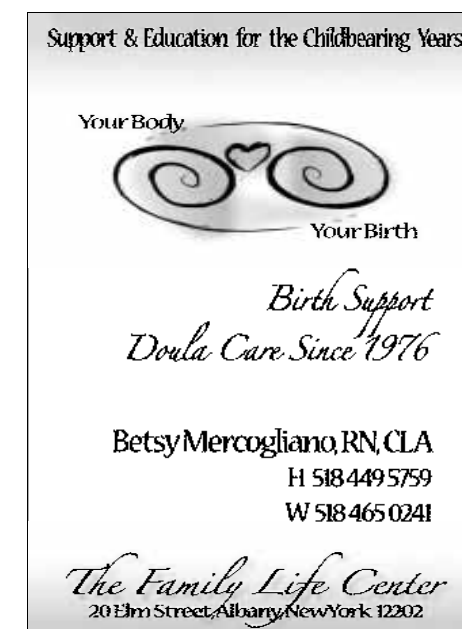
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## Energy Medicine

With Ruth Ann Smalley. Sunday, November 4 from 10 am to 12 pm;  
Saturday, November 24 from 11 am to 2 pm in the Co-op Community Room

Half-hour individual consultations. Energy Medicine offers a range of simple, effective practices for self-help and wellness. Find a personalized set of energy tools to help balance your energetic system. Ruth Ann is a certified Donna Eden Energy Medicine practitioner.

## Feldenkrais

With Diana Wells. Sundays, November 11 & 25 from 1 to 3 pm; Wednesdays, November 7 & 28 from 1:30 to 3:30 pm in the Co-op Community Room

One-on-one 45-minute sessions. Feldenkrais is a method of somatic education that uses gentle movement and directed attention to improve movement and enhance human functioning. Improve your flexibility and coordination, increase your range of motion and rediscover your innate capacity for graceful, efficient movement. A graduate of a 4 year professional training program, Diana Wells is a guild-certified Feldenkrais practitioner.

## Food Is Our Best Medicine: Principles of Natural Health

With David Yarrow. Wednesday, November 11 from 7 to 8:30 pm in the Co-op Community Room

American public health statistics suggest that 6 of the 10 leading causes of death are related to diet. Yet food can heal. A balanced diet is fundamental to all healing, health and wellness. But amid today's confused convenience culture, how do we know what to eat — and how to cook and combine foods in healthy, balanced, tasty meals? Learn the basics.

## Get Your Knives Sharpened While You Shop!

With Vince Manti. Tuesday, November 6 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 5 knives at a time. (No serrated blades!)

## Healing Touch

With Richard Sahr. Wednesdays, November 14 & 28 from 3:30 to 6:30 pm in the Co-op Community Room

One-hour sessions. Healing Touch is a relaxing, nurturing energy therapy that has the potential to benefit many ailments. It is thought to reduce stress, calm anxiety and depression, decrease pain, enhance recovery from surgery, and complement care for neck and back problems. Richard Sahr works with patients at Albany Medical Center through the Department of Healing Touch. One session per person, please.

## NOVEMBER AT THE CO-OP

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

*continued from page 17*

## Knit & Stitch

With Margaret Black & Beverly Petiet. Fridays (except 2<sup>nd</sup> Friday)  
from 12 to 2 pm in the Co-op Community Room

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

## Making Sense of Our Health Care Crisis

With Dr. Marcia Smith. Thursday, November 1 from 12 to 2 pm in the Co-op Community Room

Dr. Smith has been a health consultant in the San Francisco Bay Area for over 20 years. Examine the current state of health in America; the sickness industry, including the high cost of being ill; and ways to age gracefully and support weight management through balanced nutrition. For more info, call Johanna Englund at 489-1350

## Math Tutoring: Drop-in Sessions

With PJ de Barros. Fridays (except 11/23) 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, strategies to use at home. Bring any current math assignments or tests, or just your practical day-to-day questions. No appointment necessary.

## Natural Family Support Group

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

Join other families for information and support on topics such as attachment parenting, natural pregnancy and birth, breastfeeding and natural family living. A children's storytime will follow the discussion

## The No-Diet Diet

With Paul Jensen. Wednesday, November 7 from 5:30 to 7 pm in the Co-op Community Room

Sounds too good to be true, right? Find out how to lose fat and maximize your energy and health — by following a diet that is right for your metabolic type. Paul Jensen, Jr. is a certified nutrition-and-lifestyle coach and a metabolic typing advisor.

## Reflexology

With Laura Lee Ross. Mondays, November 19 & 26 from 2 to 5 pm; Thursdays (except 11/22) from 5:15 to 8 pm; Friday, November 16 from 9 am to 12 pm in the Co-op Community Room

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

## Reiki

With Raven. Sundays, November 4 & 18 from 12 to 5 pm in the Co-op Community Room

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

With Jean-Marie Remlinger. Monday, November 5 from 12 to 4 pm in the Co-op Community Room

15-minute personalized treatments. Reiki involves the channeling of universal energy through the gentle resting of hands on the recipient, in order to promote healing and an overall sense of peace. Jeane Marie Remlinger is a certified Reiki master specializing in life transitions and grief counseling,

With Karen Reach. Sunday, November 11 from 3 to 6 pm in the Co-op Community Room

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

## Trace Elements & Electrolytes

### Get the Most From the Least

With David Yarrow. Wednesday, November 28 from 7 to 8:30 pm in the Co-op Community Room

Minerals deliver electric charges to power our body's biochemistry and enable us to sense, think and act. But farm chemicals, water treatment and food processing deplete minerals from soils, water and foods — especially trace elements. Find out how to get all the minerals your body needs for optimum health, energy and immunity.

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# st. john's wort

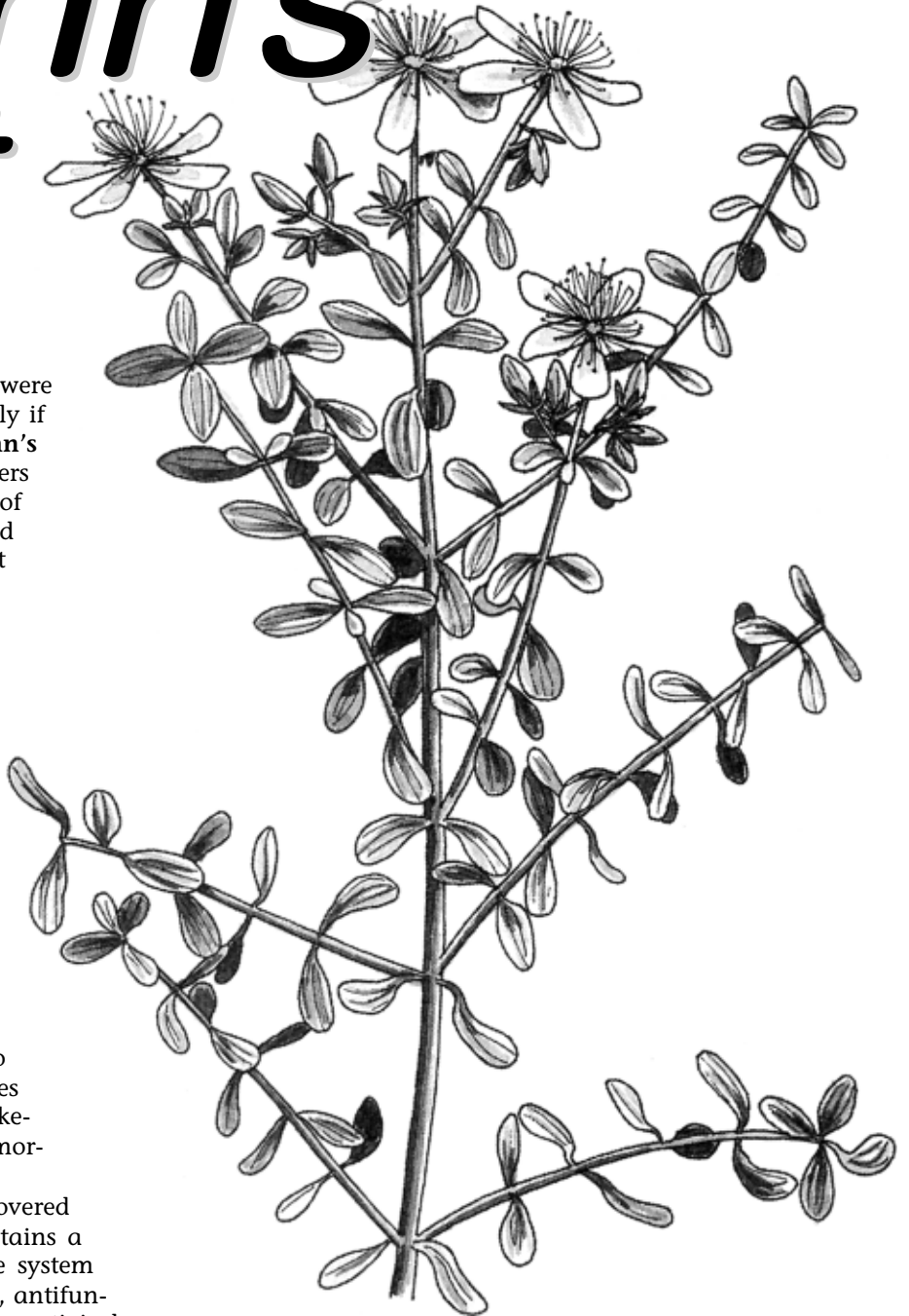
## The Holy Herb

In the Middle Ages, special flowers and plants were often consecrated to particular saints, especially if the plants had medicinal properties. **St. John's Wort** was so named because either the flowers bloomed on the anniversary of the beheading of St. John, or because early Christians believed that the plant released its blood-red oil on that date. Whatever the explanation, it has been used for over 2,000 years, primarily to heal wounds. Thought to have magical properties that kept ghosts away for one year, it was hung in houses as protection against evil spirits and thunder. Legend has it that if a woman picks the plant on the night of St. John's anniversary and hangs it in her bedroom, she will dream of her future husband.

The Greeks used St. John's Wort to heal wounds and dispel melancholy. A concoction of flowers infused in olive oil was prepared to ease pain, close wounds and reduce swelling and bruising. Flower-soaked brandy was drunk to ease depression and madness. Early colonists thought they introduced it into the New World, but discovered that the natives were already aware of it for use in treating snakebites, fever, diarrhea, wounds, asthma, hemorrhoids and skin problems.

The Russians and Germans have discovered through extensive research that the herb contains a high concentration of flavonoids, an immune system stimulant that is successful as an antibacterial, antifungal, anti-inflammatory, antidepressant and antiviral remedy. The most dramatic discovery may be its effectiveness against a family of viruses, including HIV. It can also be used for muscle knots, female problems (including mood-related menopausal symptoms), sciatica, tumors, boils and blood purification.

Although it has been prescribed for depression, St. John's



Wort shouldn't be considered an instant antidepressant. It may take several months for its full effects to be achieved; even then, it works best for only mild to moderate depression. It should be noted that there can be some side effects associated with this herb, namely stomach upset and photosensitivity. It shouldn't be taken in combination with some substances, including coffee, beer, wine, dairy, chocolate, smoked or pickled food, antidepressants, amino acids, decongestants and inhalants. Always check with a health care professional first, particularly if there is a history of high blood pressure or during pregnancy or lactation.

The Co-op carries various forms of St. John's Wort, such as capsules, compounds, tinctures and teas.

### Serenity Tea

Steep 1 to 2 tsp. dried St. John's Wort in 1 cup of boiling water for 10 to 15 minutes. Drink up to 3 cups per day for depression or to stimulate the immune system.