

Hours:

MONDAY – FRIDAY
7:00 – 8:00

SATURDAY 7:00 – 6:00

SUNDAY 10:00 – 6:00

HONEST WEIGHT FOOD COOP

484 CENTRAL AVENUE • ALBANY N.Y.

(518) 482-2667 (482-COOP)



ISSUE #299

SEPTEMBER 2004

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by Nate Horwitz

Need some incentive to pay your shares?

Since Honest Weight joined the Cooperative Grocers Association of the North East (CGANE—now a part of the NCGA, or National Cooperative Grocers Association) we've gained certain things. The first thing we gained were some great sale prices—and the number of these have expanded over time. When we first joined CGANE, the colorful flyer they put out was four pages long. It has doubled in size since then, to eight pages. The second thing that we gained were the Mambo Sprout coupon books. These have been very popular, and our customers have already saved over \$10,000 by using these coupons.

These two programs I've mentioned have been a great savings for members and non-members alike. There's a new program just starting and this one is aimed squarely at members. It's another coupon program—but these aren't coupons for a few cents off the price of some products. These are coupons for free products, and they're only available to members who finish paying for their shares. The program is so new that I don't at press time have all the details yet, but there will be at least 10 coupons.

I don't have the coupons yet, but anyone who finishes paying off their share in the month of September will get one of these coupon packets. This includes people who haven't joined yet, so if you've been thinking about joining Honest Weight for a while but haven't yet gotten around to it, now's the time! And if you know someone who you think might be interested, please show them this article!

Membership Meeting

October 3, 2004

Agenda:

A report from the Site committee on the search for a new site

Sage Albany Campus – Campus Center, Rm. 224

5 pm – Social hour and light repast from the HWFC deli

6–8 pm – Meeting

(see article on page 6)

What's the Scoop?

- Is a move in the Coop's future? (see page 6)
- When is cereal and milk not all right? (see page 4)
- Unadorned facts about cotton (see page 18)

NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Tuesday, June 29; Tuesday, July 20; and Wednesday, July 21.

July 21st Meeting

Employee Manual

Most of the meeting was spent discussing revisions to the draft employee manual. The Board fine tuned a number of items and will continue this project at their next meeting.

Governance

Work is proceeding on the development of a policy manual. A Board member has gone through the minutes for the last two years and extracted policy decisions. The next step will be to come up with a format for the manual.

Membership

The Membership committee had met

continued on page 3

Behind the Coop

Board of Directors

President: Lynne Lekakis	427-7386
Vice-President: Howard Brent	456-2560
Secretary: Jim Monsonis	794-8601
Treasurer: Virginia McEwen	463-8904

Committee Liaisons

Alternative Supply & Products	Ray Ratte 371-3648 – rratte1@nycap.rr.com
Communications	Lynne Lekakis 427-7386 – kandl@capital.net
Finance	Virginia McEwen 463-8904 – mgjiny1@nycap.rr.com
Governance	Howard Brent 456-2560 – Hbrent1@nycap.rr.com
Membership	Jim Monsonis jam1964@earthkink.net
Nutrition & Education	George Broeckx 458-8144 – george@totallygeorge.com
Personnel	Lenore Gensburg Lgensburg@yahoo.com
Special Events	Desiree Krueger desiree@hwfc.com
Strategic Planning	Lynne Lekakis 427-7386 – kandl@capital.net
At Large	David Seaman 392-7797
Collective Management Team representative	Cindee Lolik 663-9962
Staff representative	Duke Bouchard 466-0654

Collective Management Team (482-3312+ext.)

Operations and administrative coordinator: Cindee Lolik (x116)
 Member coordinator: Nate Horwitz (x104)
 Outreach coordinator: Jessica Allen (x120)
 Accountant: Ghada Jaouni (x107)
 Accounting assistant: Alfred Bouchard (x103)
 Personnel administrator: Robert John Allen
 Point-of-Sale administrator: Lexa Juhre (x101)
 Front end manager: David Jimenez (x109)
 Assistant front end manager: Jennifer Felitte
 Grocery manager: Nancy Reich (x119)
 Grocery floor managers: Corenne Black, Karisa Centanni, David Fogarty, Jason Garry, Robert Lloyd, Joe Marra, Christian Schider, Lee Wilson, Russell Ziemba
 Produce manager: Gayle Anderson (x102)
 Assistant produce manager: Jamie Felitte
 Produce assistants: Lorilee Bird, Justin Birk, Karl Breyman, Mel Dragon, Michael Kelly, Steve Kroeger, Steve Lamica, Kelly Schroeder, Eliza Whiteman
 Bulk manager: Bob Linn (x106)
 Bulk assistants: John Haag, Leigh Nowiki
 Cheese manager: Gustav Ericson (x118)
 Cheese assistant: Ken Runquist
 HaBA manager: Kathleen Boehning (x111)
 Senior assistant HaBA manager: Mitchell Liberman
 Second assistant HaBA manager: Lynne Sims
 HaBA assistants: Dick Kavanaugh, Kinga Zalavary
 Food service manager: Nicole Bailey (x108)
 Assistant food service manager: Cathy Fitzgerald
 Cooks: Patricia Masiello, David Nasner, Laura Pederson
 Night manager: Michael Ferrandino
 Floor managers: Robb Cole, Fil Toplif
 Maintenance: Sonya DeWitt, Emily Collins, Shantel Ellis, Trudy Ellis, David Fogarty
 Shift managers: Desiree Krueger, David Ziedman



Member Labor Openings

BULK • **BAGGER** — Make your own hours. *Help!!* • **BIN CLEANER** — Inquire about hours. • Member needed to **WRITE PRICES** on new bulk bin labels. Speak to Bob Linn, bulk manager.

CASHIERS • Many positions open throughout the week.

COURTESY CLERKS • Needed for ALL SHIFTS.

FRONT END • Looking for Courtesy Desk workers — weekly.

GROCERY • **WAREHOUSE CLEANERS** — every evening, 5–8. Involves some heavy lifting. • **SUNDAY AFTERNOON SHIFTS** — many shifts available, very flexible time slots. See David.

HaBA • Looking for a **CLEANER** — 3 hours a week, detail-oriented per-

son. • **PRICE CHANGER** — once a month on price-changing night • **HERB STOCKER** — Friday p.m., 3-hour shift. Call Kathleen.

NUTRITION/EDUCATION • Coop members needed for special projects of the Nutrition committee, such as staffing info tables, writing articles, distributing flyers, circulating petitions on legislative issues. Contact George Broeckx at 458-8144.

OFFICE • Typing, filing and other office work.

PERSONNEL • Working members needed to serve on Personnel committee. Contact Lynne Lekakis at 427-7386.

PRODUCE • Check the book at the Service Desk — variable hours.

At the Service Desk you can...

- Make a share payment
- Sign-up for a prospective member orientation
- Sign-up for member work
- Fill out or pick up a special order
- Get a refund or make an exchange
- Check the lost and found
- Drop off your *Coop Scoop* article
- Recycle milk bottles & egg cartons

About the Coop

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

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

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

Contacting Honest Weight Food Coop...

Postal mail – HWFC, 484 Central Ave., Albany NY 12206. Phone – 518-482-2667 (482-COOP). E-mail – email@hwfc.com. Website – www.hwfc.com.

two days before the Board meeting. There was a large turnout and the committee is being reorganized.

Strategic Planning

The Strategic Planning committee plans to send out a postcard mailing to members explaining the current status of strategic planning and noting what the next steps will be.

July 20th Meeting

This was a special meeting at which the Board discussed the respective responsibilities of the Board and the Collective Management Team, and the boundaries between them. A meeting between the Board and the Team was planned for later in the week.

The Board looked at two draft documents, one prepared by a Board member at the time the Coop moved back to a collective management style, and one prepared by the Collective Management Team detailing the different responsibilities of these two groups.

While directors looked at specific items, the gist of their discussion was a more general consideration. It was noted that the Board sets policy, and the Collective Management Team runs the store and implements policy. The Board's responsibility is to focus on long-range planning, fiscal responsibility, and particular policy issues and to do so in consultation with Collective Management Team, who will carry out and work in the environment created by these policies and plans.

It was acknowledged that, of course, this arrangement can easily lead to conflict. It was also noted that the consensus approach to conflict will not always work, but that we want to avoid "win/lose" situations between Board and staff at all costs.

In discussion, the draft product manual was cited as one current source of conflict over which issues of policy and implementation may be problematic.

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

June 29th Meeting Strategic Planning

The Site committee has hired a realtor. Right now, there are not many available sites in the desired location, the Central Avenue corridor. The committee is discussing whether to go back to the membership to broaden the site area.

The Board agreed that there should be a half-day, facilitated retreat for the Collective Management Team and the product group.

The recently-formed Visioning Committee will now be known as the Documentation Committee. Members are drafting goals for future plans.

Donation Policy

After reading the donation policy in place since 1995, the Board noted that it was unclear as to the type of organizations that should be receiving donations. The Membership committee and the appropriate staffperson will redraft the policy.

GMO Concerns

The outreach coordinator organized a meeting with representatives from several other New York State coops and buying clubs on mobilizing around anti-GMO (genetically modified organisms) legislation. They have formed an organization, New York State Against Genetic Engineering (NYSAGE). The Board approved formally adding the Coop as a member. NYSAGE has met with Assemblyman Jack McEneny, who is the sponsor of a mandatory labeling law, and has started planning regional recruitment strategy.

Board Business

There will be a financial training session for the Board.

The Board and the Collective Management Team met to set goals for the year. Another meeting was planned for July for to discuss boundaries between the Board and the Team.

Executive Session

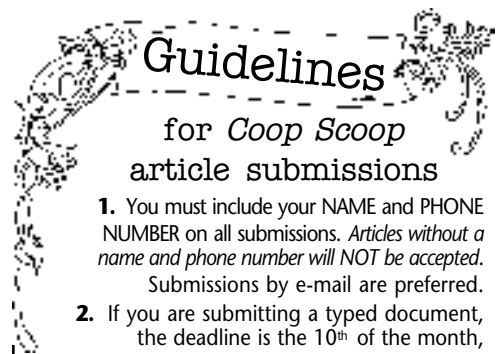
The Board met in executive session at the end of the meeting

Minutes

Minutes of all meetings are available at the Coop. Minutes of the most recent meeting are posted on the bulletin board.

Upcoming Meetings

Board meetings are scheduled for the following dates: Wednesday, September 22; Wednesday, October 27; and Wednesday, November 17. Meetings are held at the First Unitarian-Universalist Society of Albany, Channing Hall, 405 Washington Avenue. Meetings begin at 6:15 pm. Dates, times, and locations can change, so anyone planning to attend a meeting should confirm these a bit closer to the date.



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 12th of the month at store closing time. We can accept any size DOS disks, or Mac disks if they are high-density (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 coopscopers@yahoo.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

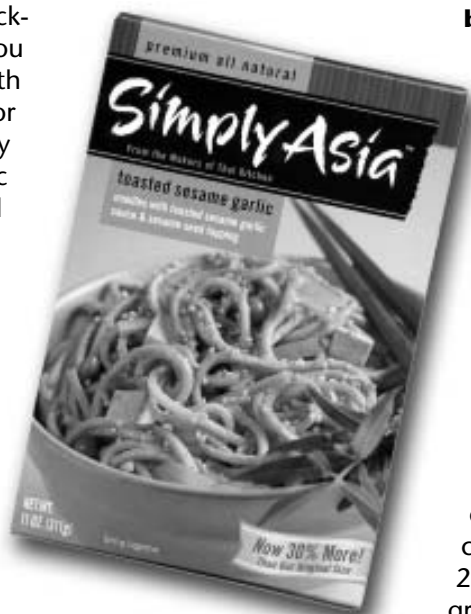
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New on the Shelf

by Suzanne Fisher

New Whole Meal Ideas

This month the makers of *Thai Kitchen* products, **Simply Asia**, has two new all-natural noodle packages to help you get started with a quick dinner or lunch. They come in garlic black bean and sesame teriyaki flavors and include noodles, a sauce, and a topping. Each package also suggests "appropriate" vegetables, proteins, and garnishes to go with the noodles for vegetarian and non-vegetarian cooks.



cheddar cheese made without rennet (totally vegetarian). The whole wheat variety contains whole wheat flour as its first ingredient and no sweetener whatsoever; the evaporated cane juice used in the other two types comprises less than 2% of the total ingredients!

For a sweeter taste, we now carry

Barbara's Puffins Cereal and Milk Bars. Each bar is said to contain the same nutrition of a bowl of cereal and a glass of milk. They are fortified with 21 vitamins and minerals and are wheat free. They come in the flavors of *Peanut Butter Chocolate Chip*, *Strawberry Yogurt*, and *French Toast* and there are six in a box.



We also now have a new

Cascadian Farm chewy granola bar that has earned the right to have the USDA organic stamp on its box. These are six to a box and come in flavors of *Fruit and Nut*, *Multi Grain*, and *Harvest Berry*.

From the **Camel** company comes Halvah bars, all-natural sesame bars which use barley syrup for sweetening instead of sugar. These come in

two flavors, vanilla and marble.

We also have recently added several flavors of snack bars to two lines we have already available. We now have **Clif Bars** in the flavors of *Cookies and Cream* and *Peanut Butter*, each with 20 grams of protein. **Luna Glow** snack bars now come in *Chocolate Peanut*

September Snacks

Just in time for school lunches (or for those older children among us) are two new all-natural savory crackers by **Our Family Farm**. *Captain's Catch Baked Cheese Crackers* are sea creatures made with organic unbleached wheat flour and real cheddar cheese, and *Field Friends Baked Wheat Crackers* are made with organic unbleached and whole wheat flour in shapes representing farm animals.

Annie's also is now making new flavors of their totally natural bunny crackers in *BBQ Cheddar*, *Whole Wheat*, and *Ranch*. These all contain organic unbleached flour and real



Crunch, *Fudge Almond Brownie*, and *Strawberry Caramel Sundae*, with three, two, and three grams of carbs, respectively.

If you are looking for more of a cookie for your snacking needs, we now carry **Almondina Brand Biscuits**, which is a wonderful thin wafer-type cookie with almonds and raisins, containing no cholesterol. **Country Choice**, a maker of certified organic sandwich cookies, now has two delectable new flavors, ginger lemon and mint crème (with chocolate wafers). These cookies have no hydrogenated oils or refined sugars.

If you are looking for more of a homemade taste without the fuss, we

compiled by Maya Lane

- Q. More easy bake stuff, something sugar free for diabetics, etc.
- A. As a natural food store, most of our products contain natural sugars that may not fit your diet. Honest Weight does not carry products containing artificial sweeteners.
- Q. Can we get the Sushi Sonic Tekka?
- A. It is no longer available to us. We will try to find another brand.
- Q. Put moth traps in the bulk aisle. Hide them!
- A. There are about a dozen well-hidden traps.

Suggestion Box



- Q. Nicole: Do you think you could formulate baked goods with no wheat or the usual types of sweeteners? No yeast also. There is malted corn barley syrup used in some packaged products that tastes better than rice syrup. I'd even eat the wheat if I didn't have to eat the sugar.
- A. We are experimenting with

wheat-free recipes. If you know of a source for malted corn barley syrup, let us know. Keep your eyes on the case for further developments.

- Q. Have "Greeter" at door so people feel cool and relaxed!
- A. Finding workers to fill existing jobs is a daunting task. We are reluctant to create a new job at this time.
- Q. Can you see if you can get Stonyfield Farms O'Soy Yogurt?
- A. We have no cooler space available at this time. We would happily special order some for you.
- Q. Give the Wal-Mart bags back to Wal-Mart. I don't want to look like I support Wal-Mart when I shop at Coop. I am sick of having to refuse Wal-Mart bags.
- A. Recycling is one of our priorities here at the Coop.
- Q. I think it is essential that when someone loses something in the store and identification can be found inside (purse, wallet, etc.), owner should be notified immediately! I have seen two instances where the manager put the item aside and would not contact the individual despite the distress this situation could cause!
- A. We attempt to make a timely effort to notify owners of lost articles when we know who owns it.
- Q. HaBA, thank you for finally getting Pollinosan!
- A. You're welcome. Let's hope it sells. If it doesn't sell this year, please pre-order it next year to ensure that you have it for allergy season.
- Q. Carts for handicapped persons?
- A. Specifically, what type of cart are you looking for? Please let Cindee know.

now carry wheat free, gluten free *Brownie Mix* by **Bob's Red Mill**. Add butter, egg, vanilla, and water for a gluten free treat described as a deep and intense dark chocolate flavor with a wonderfully moist cake texture.

Condiments to Spice Up Your Life

The **Saratoga Salsa Company** brings us *Saratoga Salsa* in temperatures of hot, hotter than hot, and half as hot. This local company gives a percentage of their profits to the Retired and Disabled Jockeys and Backstretch Family Fund. For connoisseurs of heat, it should be noted that the hotter than hot salsa is made of tomatillos and Serrano peppers instead of the usual tomatoes and jalapeno peppers found in most salsas.

Those who prefer a cooler experience will be pleased to see that we now carry **Enrico's** all-natural chunky no-salt salsa in mild. It is billed as a stick-to-your-chip salsa for those who find chips and salsa difficult to handle.

From the relatively local (Rutland, Vt.) company of **Food To Live By**,

we now have available three new mixes to dress pasta, sandwiches, salads, pizzas, etc. *Bruchetta* is a fresh tomato and olive tapanade, *Muffaletta* is a New Orleans-style olive and garlic concoction, and *Hot Giardiniera* is an spicy olive and peppers combination sure to warm up whatever you put it on.

Cooling Down

To go along with all those spicy foods, you may want to try the two new flavors of *Boylan All Natural Seltzer* in lemon and orange. These clear, sparkling beverages in glass bottles contain only carbonated water and natural flavors without sweeteners, so they can be enjoyed by those trying to avoid sugar who desire something beyond plain water.

Cleaning Up

Last but not least, Honest Weight is now offering a new cleaning product put out by **Jason Natural** cosmetics, *Heather's Oxygen Bleach Cleanser*. It's chlorine free, fragrance free, and concentrated. Use it like you would any chlorine-based powdered cleanser and feel virtuous!



To Move . . .

by Lynne Lekakis

or Not to Move?

Your Strategic Planning committee has been hard at work identifying and sometimes executing the Coop's next steps with respect to growth, relocation, infrastructure strengthening and product mix, to help us move into the future as a strong, viable business and organization. The committee has been researching and bringing folks together to build consensus on many issues. We wanted to let you know what's been happening and invite you to attend a membership meeting to talk about our next steps.

The membership meeting will take place on **Sunday, October 3** from 6 to 8 pm at the Sage Albany Campus, Campus Center 224. It will be preceded by a social hour and light repast from the HWFC deli.

The Documentation committee is working on a draft of the actual "road map" to the strategic plan, including issues, decisions, actions and who will

be responsible for them. A time line is also part of that plan.

The Product Selection committee has presented its first draft of a product manual for the Collective Mangement Team (CMT) to review, and they will next be working on building consensus between the two groups on some issues before circulating the draft further.

The Site committee has decided to stop considering our current building in plans for expansion. Its lack of a loading dock, inadequate parking, and unusual shape make it a difficult space to imagine doing a grocery business in for another period of time. Its low rent has certainly been an attribute, but there is no way to plan for growth in the current configuration. We'll continue looking for sites in the Central Avenue corridor area and nearby.

The Alternative Supply and Products (ASP) committee has begun meeting

and planning their next steps.

If you have any questions or would like to get involved with this committee, you can contact Lynne at kandl@capital.net, or Ginny at mginny1@ny-cap.rr.com.

We need a quorum of members eligible to vote to begin our meeting, and are counting on your support—attendance counts two hours toward your work requirements!

Childcare may be available, but you must let Nate know by September 28 that you'd like to bring your child(ren). Sign-up sheets for childcare will be posted in the cafe.

If you need a ride to the meeting or would like to volunteer to pick someone up, please let Nate know and we'll try to make a match for you. (Nate@hwfc.com or 482-2667).

See you there!



Kate Fritz, H.H.C.

Board Certified Holistic Health Practitioner by American Association of Dispensary Practitioners

Holistic Health Counselor Essential Oils Consultant

Have you been wanting to...

- Stop your cravings and urges
- Alleviate digestive disorders, chronic conditions, allergies, asthma, PMS
- Feel better in your body and achieve your ideal weight
- Experience lasting increases in your energy and vitality
- Feel confident in choosing and preparing natural food for yourself
- Experience increased overall satisfaction with your life
- Creating lasting success

As a **Holistic Health Counselor**, I am your personal advocate in being a passionate Holistic Health Practitioner. My belief is that a true holistic and individualized approach toward food also includes other complimentary things—namely, love, joy, and energy, work, movement, touch, and time with friends and loved ones. I work with you to help find balance in all of these areas.

Contact me for a free initial consultation to discuss your top concerns and goals

(518) 295-8802. Email: kate@holistichealth.com. Website: www.holistichealth.com and www.katefritz.com

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A Director's Chair



by Desiree Krueger

I love my job. I have a view: in front of me, there's the skylight, painted light blue with its fluffy white clouds and sun pouring down; and behind me, large windows with real sky, and lately, a front row seat to some spectacular weather activity. I'm greeted with the wonderful aroma of onions, peppers, and garlic coming from the deli, and fresh-brewed coffee mingling with the warm breeze coming in the front door.

I meet interesting people from around the world: from Africa, Poland, France, Trinidad, Brazil, India, Mongolia, Austria, Germany, to name a few, and I get to talk to them about food, about culture, about politics. Then there are the families and children in our community stopping by regularly, the children looking forward to coming here, mesmerized by the skylight and ceiling fans—the babies' particular favorite. Some are members, some just regular shoppers, some are attending our local colleges and universities, some are just passing through, and some have come back.

I returned to Albany in 2001 and came directly to the Coop. I say directly, which is, I came directly to the old Quail St. location, only to find the store had expanded and moved to our present location. I found housing on our community bulletin board, a job as a cashier, and the care and support of both old and new friends while dealing with the care of an ill parent. We share so much information and have so many interesting discussions while checking out groceries, one can see in a moment that this is no ordinary grocery store.

Recently, I was elected to Honest Weight's Board of Directors, and as such, will be the liaison to the Special Events/Community Relations committee. I'm excited about working with both members, and hopefully, new members, on planning events for the rest of the remaining year, and coordinating those events for the coming new year. These could include craft fairs, food—cooking workshops, holiday festivals, etc. Soon, you may find yourself saying hello in Russian, or Mongolian, or Portuguese.

I love my job.



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By 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 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September Calendar

9/2 BREAST CANCER AND THE ENVIRONMENT. Presentation by Cheryl Osimo of the Silent Spring Institute. 6:30–8 pm at Crossings of Colonie, 580 Albany Shaker Rd., Colonie. Free and all are welcome. Sponsored by Capital District Action Against Breast Cancer (CRAAB!), www.craab.org. To register: 435-1055.

9/5 FARM TOUR. "Understanding Farm Ecology Hands-On," with hosts Rachel Schneider, Conrad Vispo and Claudia Knab-Vispo. Learn how to explore the relationship between one farm and the natural environment using living indicators. Bring your boots and binoculars! 2–4 pm at Hawthorne Valley Farm, 327 Route 21C, Harlemville (Columbia Co.). Please contact the RFFP at 271-0744 or farmfood@capital.net (Subject: Farm Tours) for more details or to reserve your place on the tour. Sponsored by Regional Farm & Food Project.

9/7 HWFC HEALTH & WELLNESS SERIES: "Get Your Knives Sharpened!" Let Vince Manti hone your knives while you shop at the Coop. (No serrated blades, please!) 5–7 pm. For more info, call 482-2667.

9/7 INTRODUCTION TO THERAPEUTIC MOVEMENT & DANCE for Breast Cancer Patients and Survivors and People with Lymphedema. 6:30–7:30 pm at Center for Natural Wellness, 3 Cerone Commercial Dr. (off Wolf Rd.), Colonie. Free and all are welcome. Sponsored by Capital District Action Against Breast Cancer (CRAAB!), www.craab.org. To register: 435-1055.

9/9 SARATOGA VEGETARIAN SOCIETY. "Whale Conservation in the Antarctic," discussion with Matt Kelly, cofounder of the Berkshire Vegetarian Network. 7:30–8:30 pm. Vegetarian potluck at 6:30. Saratoga Public Library, Community Room, 49 Henry St., Saratoga Springs. More info: Susan, 583-9612.

9/10 SHAMBHALA TRAINING LEVEL I. Shambhala training is designed to help us develop fearlessness, confidence, openness and gentleness toward ourselves and our world. 7:30 pm at the Campus Arts Center, Holy Names Academy, New Scotland Rd., Albany. More info: 274-3158 or shambhala_albany@yahoo.com. Offered by Shambhala Meditation Group of Albany.

9/11 HWFC HEALTH & WELLNESS SERIES: "Free Chair Massage" with Linda Addario. 9 am–12 pm in the HWFC Community Room. Sign up at the Coop for 15-minute massages. For more info, call 482-2667.

9/14 PEACE & JUSTICE FORUM. 12:15 pm at First Lutheran Church, 646 State St., Albany. Info: 462-5450.

9/14 KARMA & NIDANAS. "Introduction to Buddhist Psychology of Mind." 6:30–9 pm at the Campus Arts Center, Holy Names Academy, New Scotland Rd., Albany. More info: 274-3158 or shambhala_albany@yahoo.com. Offered by Shambhala Meditation Group of Albany.

9/14 RECONNECTIVE HEALING. Workshop with Dr. Eric Pearl, author of *The Reconnection: Heal Others, Heal Yourself*. 6:30–9:30 pm at the Holiday Inn Turf, 205 Wolf Rd., Colonie. \$30. More info: Mary Sise, 785-8576 or www.integrativepsy.com. Sponsored by Center for Integrative Psychotherapy.

9/15–10/9 STILL-LIFES AND THE GARDEN OF EDEN. Exhibit of recent paintings by Robert Cartmell. Exhibit opens 9/15. Reception for artist 9/17, 5–8 pm. Artist interview 9/21, 7 pm. Firlefan Gallery, 292 Lark St., Albany. More info: 465-5035.

9/16 FARM TOUR. "Organic Vegetable Production for a New York City Greenmarket," with host Keith Stewart. Learn Keith's marketing strategy — how he has made a 17-hour market-day schedule work, year after year. 4–6 pm at Keith's Farm, 2630 Co.Rt.1, Westtown (Orange Co.). Please contact the RFFP at 271-0744, or farmfood@capital.net (Subject: Farm Tours) for more details or to reserve your place on the tour. Cosponsored by Regional Farm & Food Project and Pennsylvania Assn. for Sustainable Agriculture.

9/16 HWFC HEALTH & WELLNESS SERIES: "Sweet Soil DVD: The Relationship between Local Producers and the Food Coop." With Cindee Lolik, HWFC operations and administrative coordinator. 6:30 pm in the Coop Community Room. For more info, call 482-2667.

9/18–19, 25–26 GREAT HUDSON RIVER RAMBLE. Annual event encompasses many scheduled hikes all over the Hudson Valley. Info: www.scenicudson.org/events.

9/18 2nd Annual ONE WORLD FAIR. Featured speakers include Amy Goodman and Carol Mosley Braun. Info: oneworldfair.com.

9/22 HWFC BOARD OF DIRECTORS. Wed., 6:30 pm at FUUSA, 405 Washington Ave. (at Robin St.), Albany. Confirm date, time, meeting site with the Coop: 482-2667.

9/23 HWFC HEALTH & WELLNESS SERIES: "Sugar Blues," with Kate Fritz, certified holistic health counselor. 7 pm in the HWFC Community Room. Sign up at the Coop. For more info, call 482-2667.

9/24 HWFC HEALTH & WELLNESS SERIES: "Free Chair Massage" with Kristin Romano. 4:30–7:30 pm in the HWFC Community Room. Start the weekend feeling great! Sign up at the Coop for 15-minute massages. For more information, call 482-2667.

9/25 HWFC HEALTH & WELLNESS SERIES: "Free Chair Massage" with Linda Addario. 9 am–12 pm in the HWFC Community Room. Sign up at the Coop for 15-minute massages. For more info, call 482-2667.

9/27 Capital District MULTIPLE CHEMICAL SENSITIVITY & ENVIRONMENTAL ILLNESS Support Group. For people with environmental, chemical and occupational illness. Families and friends welcome. 7 pm at Uncommon

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, Susan Palmer, 155 Winthrop Ave. #2, Albany NY 12203** (518-438-4344); [email: SPalmer@UAMail.Albany.edu](mailto:email:SPalmer@UAMail.Albany.edu).

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

Grounds coffee house, 1235 Western Ave., Albany. More info: Terry, 785-1117 or Donna, 372-8783.

9/29–30 CAPITALIZE ON COMMUNITY Conference. 9 am–3 pm. Sponsored by AIDS Council of Northeastern NY, Capital District African American Coalition on AIDS, CNA Inc., Stratton VA Medical Center, St. Johns Community Development Corp., University at Albany, Whitney M. Young, Jr. Health Center. For more info (incl. registration details), contact Dr. Hayward Derrick Horton, 442-4907.

9/30 2nd Annual SURVIVOR/CAREGIVER CELEBRATION: "Blazing Our Own Trails!" Banquet, entertainment, activities. 6–9 pm at Crossings of Colonie, 580 Albany Shaker Rd, Colonie. Free and all are welcome. Free for breast cancer survivors and their primary caregivers. Registration is required: 435-1055. Sponsored by Capital District Action Against Breast Cancer (CRAAB!), www.craab.org.

ONGOING EVENTS

MONDAYS

Capital District MULTIPLE CHEMICAL SENSITIVITY & ENVIRONMENTAL ILLNESS Support Group. 4th Monday, 7 pm. Coping with environmental, chemical and occupational illnesses. Unity Church, 21 King Ave., Albany. Info: Terry, 785-1117; or Donna, 372-8783.

GAY MEN'S A.A. 7:30 pm. CDGLCC

G/L/B ADULT MEN'S Support Group. 7 pm. CDGLCC

HWFC HEALTH & WELLNESS SERIES: "Free Chair Massage." With Jack Allison. 4–7 pm. 10-min. sessions. See Coop bulletin boards for times.

VIPASSANA BUDDHIST PRACTICE GROUP. (a.k.a. Insight Meditation). 7:30 pm in Colonie. For both experienced meditators and beginners. Free. For info: call 438-9102 or email BJPetiet@capital.net.

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

TUESDAYS

ACTIVE BIRTH: PREGNANCY Support Group. Open to all. 7:30–9:30 pm. \$8–10/evening. FL/SG.

KEY TO LISTINGS

- ES The Eighth Step
Various locations • Info: 434-1703
- FLC Family Life Center
20 Elm St., Albany • 465-0241/449-5759
- CDGLCC Capital District Gay & Lesbian
Community Council
322 Hudson Ave., Albany • 462-6138
- 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 13th of the month to: **Susan Palmer, 155 Winthrop Ave. #2, Albany NY 12203 (438-4344). E-mail: SPalmer@UAmail.Albany.edu**

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

ALBANY FOLK DANCERS. 7:45–9:44 pm. Instruction provided, beginners welcome, no partners needed. Albany Jewish Community Center, 340 Whitehall Rd. \$5. Info: 489-7996, or online at jnsavitt@yahoo.com.

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

CAPITAL TOASTMASTERS. Communication, public speaking, leadership training. 2nd and 4th Tuesdays. 6 pm. Center for the Disabled, Rm.511, 314 S. Manning Blvd., Albany. Info: Stephanie Jubic, 459-7716.

.....
HWFC HEALTH & WELLNESS SERIES: "Free Chair Massage." With Ed Thomas. 1–5 pm. See Coop bulletin boards for times.
.....

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

LESBIAN & BISEXUAL SUPPORT GROUP. 7 pm. CDGLCC

PRENATAL YOGA. 7:30–8:45 pm. Delmar Chiropractic, 204 Delaware Ave., Delmar. \$10–12. For info: Mary Sloan, 459-8216.

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

WEDNESDAYS

CENTERING FOR BIRTH & PARENTING through Expressive Arts. 2nd & 4th Wednesdays. Drawing on the book *Birth From Within*, class uses the process of making art to prepare a woman and her partner for the labor process, birth and parenting of their child. 7 to 9 pm. \$10/class. Info: 462-9963 or 465-0241. FLC

.....
HWFC HEALTH & WELLNESS SERIES: "Knitting Group," with Elaine Larsen. 7–8:30 pm. All skill levels and other handwork welcome. No sign-up necessary. For more information, call 482-2667.
.....

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

MEDITATION. 7–9 pm. Center for Natural Wellness in 20 Mall, 2080 Western Ave., Gunderland. Free, and all are welcome. To register: 869-2046.

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

THURSDAYS

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

G/L/B/T YOUNG ADULT Support Group. Ages 18–25. 7 pm. CDGLCC

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

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

MOTHER TO MOTHER. 2nd and 4th Thursdays. Info: Maureen, 465-5087. FLC

SITTING MEDITATION. Shambhala Meditation Group, 7–8 pm. Campus Arts Building, 3rd fl., Academy of the Holy Names, New Scotland Ave., Albany. Free. Info: 439-7618 or www.shambhala.org/center/albany.

FRIDAYS

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

8th STEP CONTRADANCES. 2nd & 5th Fridays. 8 pm, at First Lutheran Church of Albany, 181 Western Ave., Albany. Instruction at 7:45. \$6 admission. Info: 489-9066.

G/L/B/T YOUTH Support Group. 7 pm. CDGLCC

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: 9:30 am–12 noon. 475-1897. MCCD

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

VEGETARIAN POTLUCK Dinner. Every Friday, 7 pm. Bring a dish to share and help clean-up. At Turtle EyeLand Sanctuary, 44 Gilligan Rd., East Greenbush. Call 477-6100 for directions.

SATURDAYS

KIDS YOGA, ages 4–7. 10:30–11:15 am. Center for Nia and Yoga, 4 Central Ave., Albany. Jen Powers RYT, 463-5145 or jen@nia-yoga.com. [p3]

OLD SONGS COUNTRY DANCES. 1st Saturday (October–June), 8–11:30 pm. Masonic Temple, Rt.146 (Maple Ave.), Altamont. Instruction at 7:30. Covered dish supper at 6:30. \$7. 765-2815

PRENATAL YOGA. 9:15–10:30 am. Center for Nia and Yoga, 4 Central Ave., Albany. Info: Jen Powers RYT, 463-5145 or jen@nia-yoga.com. [p3]

HONEST WEIGHT FOOD COOP



SCANDINAVIAN DANCING. 2nd and 4th Saturdays, September–June. 7:30–10:30 pm. YWCA of Schenectady, 44 Washington Ave. \$5. Instruction provided, beginners welcome, no partners needed. Bring clean, low-heeled, leather-soled shoes. Info: 489-7996, or online at jnsavitt@yahoo.com.

☺ TROY WATERFRONT FARMERS' MARKET. 9 am–1 pm, rain or shine. Just north of the Green Island Bridge at 433 River St. Locally grown produce, flowers, meat, eggs, plus baked goods and crafts, and more. Info: 475-2909 or www.troymarket.org.

SUNDAYS

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

BISEXUAL BRUNCH. 1st & 3rd Sundays, 11 am. All welcome. 438-6315. CDGLCC.

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

GAY & LESBIAN AA. 7:30 pm. CDGLCC

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HWFC HEALTH & WELLNESS SERIES: "REIKI with Raven." Using traditional-form Chi Kung (Qi Gong). 1–6 pm, in the HWFC community room. Individual sessions available.
.....

SANT MAT MEDITATION. Every Sunday, 9:30 am. 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. 11 am. 1237 Central Ave., Colonie. Social time follows the celebration. 446-1020, or www.CenterForCreativeLife.org.

OTHER EVENTS

☺ CAPITAL DISTRICT ATTACHMENT PARENTS is a support and networking group for families practicing attachment/responsive parenting, playgroups, and monthly potlucks (usually 4th Thursday). Free. For email discussion info: raindan4@yahoo.com; for meeting info: Alyssa at 489-6067 or abcolton@juno.com.

COMPASSION BUDDHIST CENTER. Ongoing meditation classes and retreats. Everyone welcome. Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Info: 786-0670, or www.compassionbuddhistcenter.org.

HERBAL MEDICINE, SPIRIT HEALING, WILD FOOD and WISE WOMEN. Free moonlodges, exciting classes, work weekends, and empowering events! Visit www.susunweed.com or write: PO Box 64, Woodstock, NY 12498. [p3]

☺ MISS PEGGY'S MUSIC ROOM. Fall 2004 session registrations now being accepted. 8-week Parent/Child classes, ages 6 months–5 yrs. 10-week Group Piano classes, ages 4–6 yrs. More info: 458-2927 or misspeggymusic@aol.com

YO!! Youth Organics thanks Coop members and shoppers for support!

Chewy lime green elephants greet you at the gate to the Wilbur Street Garden space, located in the South End of Albany, the home base for YO! — a five-week gardening/arts workshop for kids ages six to twelve in gardening and the arts that took. The program was developed and implemented by a handful of volunteers working out of Grand Street Community Arts (GSCA).*

“Ewww... salt doesn’t go in cookies,” shouted some of the kids, as they crowded themselves around an old cable spool that served as a make shift table. For most of the kids participating in YO!, baking cookies from scratch was a new thing. Giggles and anticipation followed as the cookie batter was spooned onto a baking tray. Eating food was a big part of the workshop. From hand-picked salad creations, to juicy platters of ripe peaches from the Coop produce section and the delectable sweetness of organic juice from the Coop-sponsored food drive — wholesome, nutritious and organic satisfaction was always the special of the day.



The Wilbur Street garden is a brilliant collage of found objects — beds are made from old speakers, sinks and trunks. A large witch (cut from a plastic ad) soars on a broom stick over the compost pile and directs the eye to a bed where the three sisters — corn, beans and squash — root themselves alongside cucumbers making their way

up scrap fencing used as trellis. A bushy overgrown tomato patch encapsulates the enthusiasm and the improvisation that were the spirit of the workshop. This garden was one of the two spaces used by YO!, the other being a plot at the South Pearl and Schuler Community Garden, across the street from Giffen Memorial elementary school.

* Grand Street Community Arts is a non-for-profit organization whose mission is to provide space and support for community arts initiatives. GSCA is located at the historic St. Anthony’s Church at the corner of Grand and Madison Avenue. The church is undergoing renovation and is seeking tenants to help sponsor the Arts Center. For more information or to get involved, check out www.MCArts.org.



Being in the gardens, going on nature hikes, munching on just-picked raw broccoli, jumping into a pond and selling harvested vegetables to local businesses were all adventures that took place during the course of YO! Engaging an average of ten to fifteen kids daily, the workshop offered an array of activities. From the creation of herbal salve concoctions, rock painting, theater games and paper making, to regular visits to Lincoln Park Pool, nearby parks and basketball courts, everyone found themselves very busy.

Additional outings to Thatcher State Park via the 10-cent CDTA charter, the New York State Museum, the Albany farmers' market and our "last day" trip to the 9 Mile Road Farm Cooperative made our workshop very memorable.

An important part of the workshop was providing space for self-expression, togetherness and creativity with room for tantrums, trials and conflict mediation. The workshop was successful in creating a greater sense of community through the bonds that developed through daily interactions, and the sense of pride generated from neighborhood beautification and care of the garden spaces. An impression has been made as to what

we can do together, what options we have, and why it is important to have green space and an organic choice.


YO! was met with outstanding support from the surrounding community, and local businesses pitched in on the effort just like the Coop, Hilton Garden Inn, Miller's Paint and Arlene's Artist Supply. A big thank you to all of those who contributed to the YO! food drive! We wanted to share with you the success of the workshop so you can take pride in what you have supported.

SPECIAL EVENTS/ COMMUNITY RELATIONS NEEDS YOU!

The Special Events/Community Relations committee is planning a celebration of our diverse cultures, foods, crafts, and communities—and we would like your help! We will be setting a date for the first meeting in September, so please e-mail Desiree Krueger (desireekrueger2004@yahoo.com) or sign up at our Customer Service desk. Give us your phone number and times you are available. You will receive member hours for all time contributed, and a chance to get to know and work with other members!

And, if special events is not your cup of tea, please feel free to sign up for some of our other committees by e-mailing the committee's Board liaison (see addresses on page 2, or sign up at the front desk).

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For at least 7,000 years, cotton has protected humankind from sun and rain, heat and cold. Today, cotton is the single most popular textile crop, providing half of the world's fiber material. Contrast this with the fact that cotton is also one of the most heavily chemically sprayed crops in the world, and we've got a problem—but at the same time, an opportunity to support the organic cotton industry.

Impacts of Conventional Cotton Farming

Despite only being grown on 3% of the world's land, cotton uses approximately 25% of the world's insecticides and more than 10% of overall pesticides, which include insecticides, herbicides and defoliants. It is estimated that it takes roughly one-third of a pound of pesticides and fertilizers to grow enough cotton for just one T-shirt and three-quarters of a pound for a pair of jeans. Far from benign, the Environmental Protection Agency considered seven of the top 15 pesticides used on cotton in 2000 in the United States as "possible," "likely," "probable," or "known" human carcinogens. Such chemicals certainly don't lend themselves to a safe working environment for farmers, workers and neighbors, not to mention air, soil and groundwater contamination and the multitude of animals and insects undoubtedly affected. What's more, along with corn and soybeans, cotton is one of the top three most prevalent genetically modified (GM) crops grown today in the U.S., a highly controversial subject of its own.

Benefits of Organic Cotton Farming

While only making up a fraction of 1% of all cotton grown in the world, organic cotton production is on the rise and is currently grown in at least 12 countries, with Turkey and the U.S. leading the way. Unlike conventional cotton, organic cotton is grown to maintain and build soil fertility using methods and materials that have low environmental and

Why Buy Organic Cotton?

by Kristi Wiedemann

health impacts. Organic production systems reduce the use of toxic and persistent pesticides and fertilizers, build biologically diverse ecosystems and are not grown with genetically modified seeds. Furthermore, the rates of water use and soil erosion for organic cotton are less than half those for conventional cotton. Whether for fiber or food, third-party certification organizations verify that organic producers use only methods and materials allowed in organic production per the National Organic Standards.

Not All Cotton Is Processed the Same

Once cotton is grown organically, however, it must also go through several processing steps at the mill before it's turned into a final fabric. Currently, mills are not required to process organic fibers any differently than conventional fibers. Instead, it's up to the individual apparel company to require organic processing only if they choose

to. While there are voluntary organic processing standards developed by the Texas Department of Agriculture as well as European standards, the Organic Trade Association has just published the first nationwide standards, called the "American Organic Standards," to address processing and accurate labeling. Until these national standards are fully underway, however, if you'd like to know whether an organic cotton product has been processed organically, a phone call to the company will have to suffice. In the meantime, a label that states "made with organic cotton" will only refer to how the fiber was grown. Overall, whether conventional or organic, cotton processing is a very resource consuming and wasteful industry—though, due to the use of more benign chemicals, organic processing is less so. This is important because chemicals can remain in the final product, which may lead to health problems.

Driving the Demand

While mainstream apparel companies like Patagonia and Nike are two of the largest users of organic cotton, many other smaller companies are also helping to increase organic cotton acreage around the world. Along with producing 100% organic cotton lines, several companies in the market are blending small percentages of organic cotton with their conventional cotton products. For instance, while all of the cotton sold by Patagonia is 100% organic, Nike has introduced a small 100% line for women, but for the most part uses its organic cotton for blending into its conventional cotton line.

Aside from clothing, organic cotton fiber is also being used in personal care items like cotton balls and swabs and sanitary products, as well as in children's products including diapers and toys. Home furnishings products, the fastest growing sector of the organic cotton market, includes towels, bathrobes, sheets, blankets and bedding.

Organic Cotton = Organic Food

Organic cotton farming also supports an organic food system. Since the majority of a harvested cotton crop is actually comprised of seeds that are in turn used for food, producing more organic cotton leads to more organic food. Post-harvest, cotton seeds are crushed and turned into oil, meal and hulls. While cottonseed oil is primarily used as cooking oil and in shortening and salad dressing, it is also used extensively in the preparation of such snack foods as crackers, cookies and chips. The remaining meal and hulls are used as livestock, poultry and fish feed and as fertilizer, all eventually making their way into the food system as well.

Buying Organic Cotton at the Coop

Aside from the mainstream retailers, most organic cotton clothing and

products are actually sold on the web. Lucky for us, the Coop currently sells Maggie's Organics popular socks and tank tops. You can also find personal care products by Natracare and Organic Essentials in the Coop's HaBA department. Website resources to check out include Co-op America's *Green Pages* at www.thegreenpages.com and All Organic Links at www.allorganiclinks.org.

As a final note, while buying organic cotton is certainly a positive step toward reducing the environmental impact of cotton farming, it's also important to consider labor practices. Ask the manufacturer for this information or look for items with "Sweatshop-Free" or "No Sweat" labels. In the near future, cotton products sourced under Fair Trade Certified conditions will be joining food with the more familiar Fair Trade label as well.

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- Wayne C. Smith, ed. 1999. *Cotton: Origin, History, Technology, and Production*. John Wiley & Sons.
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- Allen Woodburn Associates/Managing Resources Ltd. 1999. *Cotton: The Crop and Its Agrochemicals Market*.

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Co-op Connections

space available for businesses and services
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Great opportunity for businesses, practitioners, schools, stores, restaurants, etc. to be listed in Co-op Connections, our Member Benefits Guide, coming out in early fall.

Offer Coop members a discount and we will list your business or service for free!

Coop members – Talk to your favorite stores, restaurants, etc. about listing in the Guide! Just give us from the info below and we'll explain the details.

Contact Katherine Turner at:
518 472 1932 or nomadiegrace@yahoo.com

Can you recommend a speaker?

The Nutrition committee is looking for qualified speakers to lead community discussions on the following topics:

- Nutrition & Whole Foods
- Children's Health & Diet Concerns
- Genetically Modified Foods

Other nutrition topic ideas welcome! Please call Kristi at 518.330.5464 with suggestions. Thank you!



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September 11
Cavanaugh & Kavanaugh will rock the market.
Soil Testing provided by Cornell Cooperative Extension at the Community Tent, bring dry samples in a plastic bag.
Capital District Community Gardens demonstration on dividing perennials.

Fall Festival
September 18
The area's hottest old time music will be cookin' at the market with Kate Blain, The Hot and Bothered String Band and much more.
For the children, face painting and an Honest Weight Food Co-op project.
Cornell Cooperative Extension will give a cooking demonstration.
The Junior Museum will be at the Community Tent.

September 25
The Shaker Creek Trio gets will play.
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Sugar Blues

With Kate Fritz. Thursday, September 23 at 7 pm in the Coop Community Room

If you're constantly craving sweets and want to understand why. If you want to gain control without will power or deprivation. Here's a chance to get a handle on what you eat and drink—not through will power or discipline, but by understanding what causes those crazy uncontrollable cravings and how to reduce them naturally. Kate Fritz is a holistic health counselor, certified by the American Association of Drugless Practitioners, who studied at the Institute for Integrative Nutrition in New York City.

Chair Massage

With Linda Addario. Saturday, September 11 and Saturday, September 25 from 9 am to 12 noon in the Coop Community Room

15 minute Chair Massage, includes clothed massage seated in a special massage chair, work on the upper body areas of back, arms, hands and neck. For maximum benefit of massage, show up clean, relax and enjoy. Sign up on the Coop bulletin board. Linda is a New York state-licensed massage therapist.

With Kristin Romano. Friday, September 24 from 4:30 to 7:30 pm in the Coop Community Room

15 minutes of body work will be given on the back, neck, shoulders, arms and hands. Sign up on the front bulletin board in the Coop. Kristin Romano is a New York State-licensed massage therapist who has been receiving body work for more than 15 years, and is pleased to offer you this relaxing, therapeutic experience.

Knitting Group

With Elaine Larsen. Wednesdays, 7–8:30 pm in the Coop Community Room

All skill levels welcome! Bring a project and/or questions. Other handwork welcome: crochet, quilting, needlepoint, etc. No sign up necessary.

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

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

tarragon

Related to the marigold, dandelion and daisy, **tarragon** was chewed by the ancient Greeks to relieve toothaches. Also known as “estragon,” it is regarded as the king of herbs in French cuisine where it is the main ingredient for sauces. Although tarragon most probably originated in Siberia, German and French varieties (as opposed the Russian counterpart) are superior in flavor and potency of essential oil. From the Arabic word meaning “little dragon snake,” tarragon was so named perhaps because of the shape of its rhizome or because it was purported to ward off snakes and dragons and heal venomous bites.

Besides tarragon’s application as a pain reliever for toothaches, in the past it was also used as a sleep inducer and breath sweetener. Although we know today that tarragon has anesthetic properties, creating the numbing effect so useful in temporary tooth and gum pain relief, it was also taken as an appetite stimulant. Moreover, it was thought to relieve fatigue on long trips—thus, travelers tucked some sprigs in their shoes. In the 15th century, tarragon was introduced by the Tudor family to Europe. Colonists brought it with them to America for their kitchen gardens, but tarragon eventually fell into disfavor. Most likely the reason was because the volatility of its oil, which quickly dissipates when dried.



Tarragon has been recommended in the treatment of edema, heart disease, indigestion and infection. Because the oil can fight disease-causing bacteria, it has been suggested that crushed tarragon leaves placed on a wound prior to cleaning and dressing is good as an interim remedy. Since rutin is contained in tarragon, research is being performed to determine if the oil is useful in strengthening capillary walls. Studies with animals have shown that rutin can prevent plaque build-up in arteries, but there is still insufficient evidence to completely substantiate the claim.

In order to derive the most benefit from tarragon, it should be used fresh. Its efficacy quickly diminishes once

dried. It can also be frozen to preserve its potency, or used in the preparation of herb vinegar.

Although tarragon has no major side effects, it is wise to consult a doctor prior to its use. Pregnant women and children under two should avoid medicinal amounts of tarragon. Elderly people should start with a low dosage and gradually increase it over time.

Tarragon is available at the Coop in bulk and also in the form of essential oil.

Tarragon Tea

Steep 1 to 2 tsp of fresh or frozen tarragon leaves in 1 cup of boiling water for 10 to 15 minutes. Strain and drink up to 3 cups per day. This tea may help prevent heart disease, induce sleep and promote menses.

Tarragon/Anise Tea

Steep 1 tsp each of tarragon and anise in 1 cup of boiled water for 10 minutes. Strain and drink to aid digestion and eliminate insomnia.