

## Hours:

MONDAY – FRIDAY  
7:00 – 8:00

SATURDAY 7:00 – 8:00

SUNDAY 10:00 – 6:00



# HONEST WEIGHT FOOD COOP

484 CENTRAL AVENUE • ALBANY N.Y.

(518) 482-2667 (482-COOP)

ISSUE #321

SEPTEMBER 2006

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## NEWS at a glance



by Nancy Ellegate

The HWFC Board of Directors met on Tuesday, June 27 and Tuesday, July 25.

### June Meeting

#### Community Foundation

A representative of the Community Foundation of the Capital District was introduced. The Coop invested \$8,600 with this group in February. The representative explained that the Community Foundation helps philanthropically minded individuals and groups grow their funds and make grants responsibly to not-for-profits. The foundation can help donors with research to aid in the grant-making process. The minimum fund is \$5,000 and a fund must be with the Community Foundation for a year before any grants are made.

Questions from Board members included whether the foundation has a "value filter" on its investments. The answer was "no"; but once an endowment reaches \$100,000, the fund's owner can direct investments. The foundation charges 1% of the fund for administration and recommends that no more than 4% be spent on grants. Fund owners can opt to grant more, but this shortens the life of the fund. This led to a general discussion of the pros and cons of working with a Community Foundation.

#### Strategic Planning

It was noted that a strategic planning retreat was to be held at the end of June.

#### Referendum Rules

The Governance committee circulated a second draft of rules for running a referendum. The Board planned to review the draft and meet again in early July to discuss these rules in depth, and then get back to the Governance committee.

*continued on page 2*

Honest Weight Food Coop presents...

*Details on page 16*

## the real dirt on farmer John

...an award-winning new documentary

Thursday, September 7<sup>th</sup> • Madison Theater

(1036 Madison Avenue, nr. South Main Ave., Albany)

Reception at 6:30 PM • Screening at 7:15 PM • Discussion follows

Admission \$6 • Tickets now on sale at the Coop and the Madison Theater

## What I Choose to Buy...

by Louise Frazier

Uppermost in my selection of foods is the wholeness of the product, for in that choice I expect the wholesome nutrition contained in the natural state of that food. As Dr. Weston Price stated after his worldwide study of various traditional cultures, "In wholeness is the preservation of life" and thereby the best in human nutrition can be found.

In shopping at the Coop, beyond the bulk and produce sections where most of the foods are still in their natural state — and many are organically grown assuring their natural qualities — one encounters a wide variety of processed foods. In order to determine how much wholeness is still a factor in each product, it is important to read the label, understanding that the ingredients are listed in the order of the most to the least amount of each in the content. If an ingredient is organic, then I can be assured that it does not contain genetically modified organisms (GMOs), which are not required to be listed on the label. I also like to read the processor's statement about their product and where it is made, which sometimes gives a better sense for the method and care they use. Better still is the visits I have made to various processors when I have been in their area.

For these reasons when buying soy products, I choose miso, tempeh and tofu, all made from the whole soy bean in ages-old

...and Why

Asian traditional methods. Originating in China over 5,000 years ago where it was valued for its high protein, the soybean spread over time south to Indonesia and east to Japan. Each area developed its own carefully prepared soy products — tofu in China, tempeh in Indonesia and miso in Japan, which also adopted tofu into its cuisine. While Benjamin Franklin first introduced tofu into the United States, from France, it is only in the 20th century that it has become popular, with soy being recog-

*continued on page 7*

## What's the Scoop?

- Investing in your Coop's future (see page 5)
- Where's our meat coming from? (see page 6)
- How to help your digestion (see page 11)
- Snakeroot meets black cohosh (see page 16)

# Behind the Coop

## Board of Directors

President: Lynne Lekakis	427-7386
Vice-President: Susan Weinrich	794-0897
Treasurer: John Godfrey	274-7996
Secretary: Howard Brent	456-2560

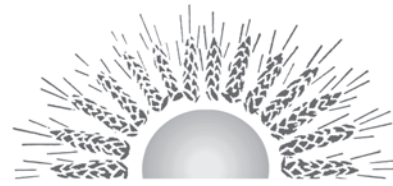
## Committee Liaisons

Finance	John Godfrey	274-7996
	herbalist.john@gmail.com	
Governance	Howard Brent	456-2560
	Hbrent1@nycap.rr.com	
Membership	Susan Weinrich	794-0897
	weinrich@localnet.com	
Nutrition	Louise Maher-Johnson	234 1942
	maherjohnson@gmail.com	
Personnel	Ray Ratte	371-3648
	rratte1@nycap.rr.com	
Strategic Planning	Lynne Lekakis	427-7386
	kandl@capital.net	
At Large	George Broeckx	458-8144
	Dennis Phayre	433-9454

Collective Management Team representative  
Cindee Lolik cindee@hwfc.com 663-9962

## 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	
Point-of-Sale administrator:	Lexa Juhre	(x101)
Front end manager:	David Jimenez	(x109)
Assistant front end manager:	Katie Centanni	
Grocery manager:	Nancy Reich	(x119)
Grocery floor managers:	David Aubé, Joshua Frank, Joe Marra, Damian Masterson, Christian Schider, Nick Weber, Lee Wilson, Russell Ziemba	
Produce manager:	Gayle Anderson	(x102)
Assistant produce manager:	Jamie Felitte	
Produce assistants:	Lorilee Bird, Justin Birk, Andrew Bon, Steve Kroeger, Steve Lamica, Jesse Strock, Matthew Via, David Ziedman	
Bulk manager:	Bob Linn	(x106)
Assistant bulk manager:	Leigh Nowicki	
Bulk assistant:	Thomas Gillespie	
Cheese manager:	Gustav Ericson	(x118)
Cheese assistants:	Ken Runquist, Jesse Strock, Elizabeth Woodbury	
HaBA manager:	Kathleen Boehning	(x122)
Senior assistant HaBA manager:	Mitchell Liberman	
Second assistant HaBA manager:	Lynne Sims	
HaBA assistants:	Neelima Baird, Wendi Gray, Kevin Johnston, Jessica Oppenheimer, Susan Wheeler	
Food service manager:	Nicole Bailey	(x108)
Assistant food service manager:	Laura Pederson	
Cooks:	Lori Doyle, Sue Ellen Lewanick, Carolyn Matthei, David Nasner, Michael Natcharian, Jess Oppenheimer, Jacob Savage	
Night manager:	Michael Ferrandino	
Floor managers:	Robb Cole, Emily Collins, Debora Munson	
Maintenance:	Arielle Ellis, Trudy Ellis, Dick Kavanaugh, Steve Kroeger	
Shift managers:	Elyse Bryan, Sonya Dewitt, Jesse Jette, Desiree Krueger, Jacob Savage	



## Honest Weight Food Co-op

MEMBER OWNED & OPERATED • OPEN TO THE PUBLIC

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

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

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

### Contacting Honest Weight Food Co-op...

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

### NEWS AT A GLANCE, from page 1

A Board member noted that the membership may be voting on a real estate issue in the near future. He recommended that this vote not be a referendum, but a membership meeting. Various possibilities were noted and discussed: email voting; absentee ballots; a series of discussion meetings followed by a referendum; a “meet-arenum” — three meetings at which members could vote (an individual member could only vote at one meeting). It was noted that the Coop had considered absentee ballot voting in the past, but had not found a way to do this legally.

### Membership

The Membership committee asked the Board to decide whether we should encourage even those shareholders who are ineligible to vote to attend membership meetings. The Board felt that these members should indeed be encouraged to attend.

The committee noted the need for more available information about HWFC in the store. A number of new members attending orientations request information that facilitators don't have, but that could be available as brochures on various topics. It was suggested that a resource rack might be located in the Community Room. After discussion, it was felt that a better place would be at the front of the store. Staff will be asked to look at how this space might be reorganized.

### Thanks to Committees

The Board was pleased to note that the Personnel committee has become a more active committee and thanked the committee liaison.

Appreciation was also expressed for the

work being done by the Nutrition and Education/Safe Food committee.

### Second Site

The Collective Management Team, through the Coop's realtor, met with the developer who has proposed a possible second site for the Coop. The CMT forwarded proposals for a store at two possible sites in Latham, and for one that has now been proposed in Glenmont.

### Annual Report

It was recommended that word limits and firm deadlines be given to committees submitting sections for the Annual Report. Editing is necessary for length at times; ideally, any edits would be reviewed by the report's writer, but this requires timely submission.

### Executive Session

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

### July Meeting

#### Meeting on Store Future

Plans for a membership meeting regarding a new, expanded or redesigned store were discussed. The Board wants to find ways to involve the maximum number of members. There will be one meeting, and the consensus was to do considerable publicity well ahead of time and urge all members to come. The Board would prefer to have the meeting in October, and will start investigating what meeting spaces will be available.

#### Conference on Local Networks

A staff member reported on the recent BALLE (Business Alliance for Local Living

Economies) conference in Burlington (Vt.). She discussed the possibility of spearheading a local network of small businesses; resources to aid in this were available at the conference. The Collective Management Team will discuss this, since such efforts would require staff time. In related discussion, the Board noted the importance of sticking to local product and network goals already set before branching off into new areas. It was noted that there are groups seeking ways to preserve, sell and distribute local products during the winter. One Board member emphasized the importance of attending regional meetings like the BALLE Conference, since contacts and matters of local interest develop out of these, more so than out of national meetings.

### Donations

A more user-friendly draft of the prospective donation policy has been prepared. It will be reviewed by the staff and then brought to the Board for consideration.

Other issues on donations were also discussed. One was the Coop's commitment to the Community Loan Fund, a group that makes low-interest loans to local non-profits and small businesses. The donation budget has been allotted approximately one-third to this group, one-third to small donations to various groups connected with Coop members, and one-third as major donations. However, this has been an informal arrangement, and it is conceivable that small donations could use up more funds than they do currently and compromise donations to the Community Loan Fund. Perhaps the Coop should formally budget a certain amount for this group.

Discussion moved on to issues connected with the Community Foundation of the Capital District, which were delineated at the June meeting (see above). Some Board members remained concerned over the investment criteria and lack of control over investment. One of the Board members will get more information from the foundation so that this can be discussed in-depth at the next meeting.

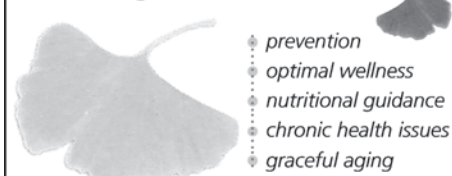
### Staff Committee Work

The issue of staff compensation for committee work was discussed, since several staff members are doing work for the Personnel committee. Given the nature of the work, actual staff input is regarded by the committee as quite valuable. Although this work can be part of a staff person's overall duties, committee work can lead to extra hours and the need for overtime or crediting hours. On the other hand, perhaps a collective staff meeting on some of these issues could cut committee hours. The Collective Management Team will discuss this issue and get back to the Board.

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

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### Nutrition and Education/Safe Food

The Nutrition and Education/Safe Food committee requested that the Board approve the establishment of a teaching kitchen at the present time. The Board was supportive of the concept, but declined to approve this change until the plans for the future of the store are set.

The Board is very supportive of current educational and lobbying efforts by the committee, but cautioned that the committee must be careful not to commit the Coop to actions or policies that must be first approved by the Board.

### Referendum Rules

It was noted that the rules for running a referendum proposed by the Governance committee circulated at the last meeting were fine.

### Strategic Planning

The Strategic Planning committee needs to “revision” itself. There will be a special meeting in September for the committee to consider its goals and current status in light of the work that has been done.

### Joint Committee to Meet

The committee to discuss issues between the Board and Governance committee has been formed, and planned to meet in August.

### Executive Session

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

### Upcoming Meetings

Board meetings are planned for the following Tuesdays: September 26, October 24 and November 28. Meetings begin at 5:30 pm and are held in the Coop's Community Room. Plans can change, though, so anyone planning to attend should confirm date, time and location.

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## Guidelines

for Coop Scoop  
article submissions

1. You must include your NAME and PHONE NUMBER on all submissions. Articles without a name and phone number will NOT be accepted. Submissions by e-mail are preferred.
  2. If you are submitting a typed document, the deadline is the 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 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 trupinjet@gmail.com.
- All articles are printed at the discretion of the Editor and Editorial Board. It is a policy of the Coop Scoop only to print articles that have been signed.
- Work credit for articles is only available if pre-approved by the Scoop Editor.

## Behind the Scoop

Editor: Judy Trupin 489-6392  
Production design: David Ford 489-6392  
Calendar editor: Barbara Wilkinson 393-5653  
Advertising rep: Christy Carton 674-5773  
Distributors: Nancy Fisher, Doug O'Conner  
Printer: The Printing Company

## Members and shareholders choose logo

In April, the Board of Directors conducted a poll by mail ballot of all members, shareholders and staff to obtain the opinions of a larger proportion of our stakeholders regarding the selection of a logo. Participation in the logo contest previously held was less than 100 people, with no requirement that voters be members or shareholders, a situation considered unsatisfactory by the Board.

The poll had 517 valid ballots returned, and the "Sun" logo (see p.2) was the clear winner with 271 votes, a majority of the ballots cast. Based on this poll, the Board of Directors passed a resolution making it the official logo of the Honest Weight Food Coop. Since we have used this logo in the past, it will not be a major change for us; but we will now have some consistency in print and on promotional products, which will help identify HWFC to others. Please watch for and plan to purchase t-shirts, mugs and other products with our logo when they become available, and use them proudly to proclaim your support for HWFC.

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If you are interested in joining the Coop team, please contact Jessica Allen at 482-2667 x120 ([jessica@hwfc.com](mailto:jessica@hwfc.com)) or Jennifer Felitte at 482-2667 x103 ([jenn@hwfc.com](mailto:jenn@hwfc.com)).

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## Got Money?

A Way to Invest in Your Coop's Future

by John Godfrey, Board treasurer

The Honest Weight Food Coop will be embarking on an expansion project sometime in the future. It might be a second store or it might be a bigger store in our Albany location. Who knows what the future will be offering us. Either way we are working to meet HWFC current and future demands of parking, space, product offerings and more importantly providing the community with affordable, high quality natural foods and produce for the healthy living. Since HWFC is not a giant corporation with access to monetary resources (this is a good thing), we need to be creative in how we access funds for the future. Most major projects requiring funding have a mix of bank loans, community foundation loan, HWFC own equity and, the best of all — Member/Shareholder Loans. This is where you come in!

A member loan program is a community-based process allowing members and shareholders to invest in the future of HWFC. The loans are usually a five-year loan with interest payments made annually. The interest rate ranges from 0% to 6% depending on the choice of the member/shareholder. Yes, you choose your interest rate. The loan is repaid at the end of the five-year term. This also entails signing of legal documents. A document is currently being prepared to divulge more of the specifics. Again, these member loans are a critical piece of HWFC future endeavors.

As a member/shareholders lender you get valuable benefits more than anything mon-

# A Director's Chair



etarily. You personally take part in helping HWFC and its community expand and enhance. The expansion and enhancing process will provide the capital to get better parking, wider variety of high quality natural foods, enhanced store space and much, much more. Your commitment will enhance your grocery dollars staying in the local economy, supporting local farmers, producers, service providers and the community itself. Your commitment will reaffirm why the HWFC has been listed in *Metroland* as the Best Natural Food Store in 2003 and 2005, Best Coop 2006 and as Best Cheese Staff 2006.

You know HWFC is the best natural food market around and you didn't need *Metroland* to tell you that. Now, the time is coming to show the Coop community why we also have the best member/shareholder of any co-op. How can we do this? We can start by exceeding what other Coops have raised through their member/shareholder loan program. The River Valley Co-op in Northampton (Mass.) raised \$950,000 from 240 members. This co-op doesn't even have a store yet. The Common Market Co-op in Frederick, Maryland raised \$224,000 from just 53 members. That is approximately \$4,200 raised per member. Another co-op in Buffalo, the Lexington Co-op, raised \$560,000 with an average loan of \$3,000 per member. What does that mean for HWFC potential to raise money for the

future? Well, just recently we had 696 members and 4,315 shareholders. With our larger number of member and substantial shareholder base, why couldn't we raise more the \$1.5 million? This does seem like a lot. However, that is only an average loan of \$300 per member/shareholder. If that average were just \$500 then the potential exists to raise \$2.5 million. No official goal has been set. However, the potential is just amazing, with other co-ops averaging more than \$3,000 per member/shareholder.

Now, not everyone can afford to show their commitment through a loan. We have very dedicated members that show their commitment every day by cashiering, stocking, cleaning, recycling and various other helpful duties at HWFC. Those who would love to commit more time than they can may be the lenders that can give more than the average member/shareholder. The River Valley Co-op had a member loan \$50,000 to their future. I don't see why not one of our more fortunate members/shareholder couldn't exceed that. Keep in mind, greatness doesn't come from one but from the community of many acting as one.

As the future unfolds, you will be called upon for your commitment to HWFC and its mission and values. Our member loan program is currently being developed and will be available in the near future. If you are interested in participating, please feel free to contact me, John Godfrey, Board treasurer by email at [herbalist.john@gmail.com](mailto:herbalist.john@gmail.com), or contact Nate Horwitz, membership coordinator at 482-2667 x104 or [nate@hwfc.com](mailto:nate@hwfc.com).

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One free ad is provided with ads pre-paid for a year. Advertising copy must be submitted by the 15<sup>th</sup> of the month preceding publication.

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

# MEET THE NEW MEAT PRODUCERS

Honest Weight Food Coop has for many years sold naturally raised meat by individual order from Sappush Hollow Farm, a cooperative of small farmers in the Cobleskill area. Now the Coop has expanded its offerings to include four family farms dedicated to raising free-range, pastured and/or totally grass-fed animals in the most environmentally friendly way they can. These farmers use humane treatment of animals and responsible conservation of farm land. By buying from them, shoppers bypass the morally questionable corporate mass marketing infrastructure of much of our food supply.

## Dharma Lea Farm

Phyllis and Paul Van Amburg are the owners of **Dharma Lea Farm** in Root, north of Cobleskill. They have operated their 170-acre farm for two and half years, and lease another 200 acres for their beef cattle, pigs and laying chickens. Their beef cattle are entirely grass and hay-fed and rotationally grazed. Their pigs dine on certified organic grain from Cold Springs Farms, a supplier of organic feeds and grains near Cobleskill. They also enjoy the untreated grass ("and dirt," says Phyllis) and occasional organic vegetable scraps, raw milk and eggs. The chickens are also rotated onto pasture, a practice that controls for parasites and flies for the other animals, and are also fed organic grains.

The Van Amburgs typically harvest their beef cattle two at a time and their pigs two to six at a time. Although they use the services of Eric Shelley and his mobile meat processing unit for beef they kill at home, for Honest Weight they are required by law to use an USDA-approved facility for killing beef and pork. For this they use Nichols' Meat in Altamont. Their eggs and pork are available at Honest Weight, with beef to begin later this year.

## Elysian Field Farm

Debbie and Laurent Danthine of **Elysian Field Farm** in Canaan provide beef, pork and eggs for Honest Weight. They raise grass-fed cattle, giving them grain only when absolutely necessary. The cattle receive no vaccinations and are dewormed with an organic soap. The pigs receive certified organic grain in addition to grazing; but when they are put out to pasture, their grain needs go down by a third. This year the Danthines have been letting the sows farrow (give birth to piglets) on pasture. About 180 free range laying hens call Elysian Field home. They are fed organic feed at night when they return to the protection of their coop, after enjoying pasture all day.

The Danthines are now processing about five pigs a month, and also sell about 50 piglets a year. They process about two of the beef cattle a month as well, and keep about 24 cows. Elysian Field Farm also uses Jeff Nichols in Altamont for their processing. In addition to Honest Weight, they sell to several gourmet restaurants and independent customers. Beef, pork (including bacon) and eggs are all available now at Honest Weight.

## Red Barn Farm

Grace Bishop of **Red Barn Farm** in Canaan provides pasture-raised lamb and chicken for Honest Weight on her farm in Columbia County. The ewes that give birth to the animals she processes for meat are fed some non-organic, entirely vegetable grain feed with crushed shells for calcium in addition to pasture, but the lambs eat only grass. The feed she purchases is provided by two other nearby farms who buy local, non-genetically modified (non-GMO) grain for grinding into feed. She keeps all the ewe lambs to grow her herd, and uses the rams for meat. Her sheep are pastured 12 months of

the year using a two-week rotation and intensive grazing on 20 acres during the summer with movable, solar-powered fencing.

The mixture of grasses has changed without planting and the soil has actually gained a half an inch from her management. During winter months, large round bales of hay near the door of the barn provide both a wind break and food for the sheep. The sheep are taken to Hilltown Butcher for processing, a facility that is willing to accept one or two sheep at a time.

Because Grace raises her own mix of meat and wool breeds, she is able to use the wool from her sheep. Every year after shearing she ships about 400 lbs. of wool to a processor on Prince Edward Island who uses 100-year-old equipment to make her wool into blankets. She gets 30 to 40 wool blankets to sell from her sheep every year.

Grace parts from tradition in that she does not cull her ewes after they no longer produce young, but lets them live out their full life spans on the farm. This has created a need for her to find a way to dispose of the ewes when they die of old age. After experimenting with several methods, she is now using composting as a means of environmentally responsible disposal. This is an above-the-ground method using manure and old bedding that many organic farmers have turned to in recent years.

Although Grace has supplied Honest Weight with eggs from her farm, she is temporarily not supplying us eggs due to coyote and fox activity. Mary Ellen Holtzman works cooperatively with Grace to raise 1,000 meat chickens apiece per year. The chickens at Red Barn Farm arrive as chicks from Amish providers, and go out on grass their very first day on the farm in covered, bottomless pens with a broody hen to keep them warm. The pens are moved every day to provide a fresh source of grass and bugs, keep their pen clean, and to fertilize the pasture. They also receive a mix of vegetarian, locally grown grains. They live this way for ten to twelve weeks, then are processed on the farm in her own processing unit, so that the chickens never need to endure being hauled away for butchering. Because she processes in this manner, her chickens can only be sold by pre-order at Honest Weight. These Cornish Crosses come out as 4- or 5-lb. roasting chickens.

Grace is unique in this group of farmers because she does not now own her farm, but leases it. She was forced to sell Red Barn Farm while going through a divorce, but was able to lease back the land and continue raising sheep with some assistance from her children, 12-year-old Jacob and 10-year old Zoe.

## Sweet Tree Farm

Sweet Tree Farm in Carlisle provides grass-fed beef and pork for Honest Weight. Owners Judy and Frank Johnson intensively graze livestock on 150 of their 200 acres. Judy pointed out that ruminant animals who feed entirely on grasses have increased Omega 3 fatty acids and reduced Omega 6 fatty acids. These figures are exactly the opposite for grain-fed animals. There are nutritionists who believe that grass-fed ruminants are also more digestible for people. She also pointed out that not only do we benefit from not having pesticides and chemical fertilizers dumped into our environment, we also are spared the expense and pollution from the fossil fuels used to farm corn for cattle feed. The pigs are fed certified organic grains in addition to the grasses, bugs and worms they find in the pastures. This year Sweet Tree Farm purchased piglets to raise, but next year they plan to raise only piglets born of their own sows on the farm. The animals are not vaccinated; but if they become ill, antibiotics may be administered.

## WHAT I CHOOSE TO BUY—AND WHY, from page 1

nized as a good protein choice by a growing vegetarian interest. The soybean has since been used in many ways here, but without the wisdom of Asia. With chemical processes, soy's wholeness and careful preparation have deteriorated into questionable by-products, such as soy lecithin. Compared to the egg, which in its whole state has the best nutrition protein utilization by human beings, soybeans are low in only one of the essential amino acids, and when combined with whole grains or sesame seeds provides us with complete protein. Also, like the whole egg, which is perfectly balanced in its natural state, the soybean contains lecithin, which helps with complete digestion.

Preferring the wholesomeness of the ancient Asian methods, miso, tempeh and then tofu are the soy foods I buy — of course, only those labeled "organic" to avoid the GMOs contained in 85% of all commercially grown soybeans from the U.S. Choosing South River Miso, fermented with rice, barley or millet by a small careful family business I have visited in rural Massachusetts, provides the nourishing qualities of protein along with the benefits of lactic acid fermentation. It is my practice to add miso to all kinds of soups, to salad dressings, to tahini for a spread, and even to my break-

fast cereal mornings. For tempeh, Lightlife three grain is my favorite, combining whole grains with whole soybeans for complete protein in this very nutritious and strengthening cultured product. I braise ¾" slices of it with onions, sage, leaf marjoram and greens for a hearty dish served with rice or baked mochi. For sandwiches or breakfast, in place of bacon, I sauté or bake thinner slices of tempeh and sprinkle with organic tamari for flavor.

When buying tofu, also known as "bean curd," I usually choose Nasoya in the refrigerated section at the Coop. Their sealed plastic package with the tofu immersed in water, as well as the "use by" date, allows me a few weeks time to use it, knowing it will be as fresh as when it was made. The ingredients list shows water as its highest content, then organic whole soybeans, calcium sulfate and magnesium chloride — naturally occurring minerals used to solidify the tofu. (In a call to Vitasoy, the parent company of Nasoya tofu, I learned that their water is filtered before use.) I have visited the Nasoya plant in Ayer (Mass.), and found their operation to be clean and careful. They use whole soybeans, so the full value of the bean is present with its good protein value.

Nasoya comes in a silken, soft, firm or ex-

tra-firm block, as listed on the package front. The "silken" is very soft and light, having a higher water content, and this I buy to make tofu Hollandaise or other creamy type sauce. The "soft" I cut into cubes to toss onto simmering, herb-seasoned vegetables; and the "firm" types I slice and marinate or dredge in turmeric, coriander or allspice powder before grilling or sautéing. Tofu has little flavor of its own and needs to be cooked with herbs, spices or fresh ginger and splashed with organic tamari before serving.

Some tofu is made with the traditional mineral salt "nijari" — from evaporated sea water. The bulk tofu in the dairy section of the Coop, from The Bridge in Middlebury (Conn.), contains traditional nijari. I buy this when I want a firm tofu and will use it more quickly, as it has to be rinsed daily and re-immersed in clean water. Marinated, it makes a nice grilling tofu. There are other brands of organic tofu, tempeh and miso at the Coop. Try some and see which you prefer!

The Nutrition and Education committee encourages new and longtime members to do creative tasks (at home, in the community, at the Coop, as house party or screenings hosts, etc.), for member discount hours. Contact Louise Johnson at (518) 234-1942.

#1 in a series of monthly articles from members of the HWFC Nutrition committee

Now available --  
A Community Development Mystery



**The Long Stair** is a fast-paced story based in Albany's Sheridan Hollow neighborhood that is both entertaining and provocative because of the backdrop of significant community development issues. Proceeds will support the affordable housing efforts of the Albany Community Land Trust. Available now for \$15 (plus tax) at the Book House or from the Capital District Community Loan Fund at 436-8586 or Louise@cddl.org.

All of the pork and beef that Judy and Frank sell to Honest Weight must be processed at a certified facility, so they send their pigs and beef cattle an hour away to Steiner's Packing in Otsego. They send two or three of the cattle at a time and four or five of the pigs. The Johnsons use Eric Shelley's mobile meat processing unit for customers who buy from their farm, so that those animals do not leave the farm while they are still alive.

Judy and Frank acquired their farm when they purchased half of one of the conventional dairy farms his family had owned. They consider themselves to be grass farmers — that is, their focus has been to rejuvenate the old hayfields and crop fields so that they would support the mixtures of grasses that perform the best in their location for their animals, creating a custom-fit sort of pasture. They installed a water system, did hand seeding of the fields and put in

This is way-too-little space to even begin to tell you why **Dusty Miller's Premium Organic Catnip** is the best catnip in the world. It is, though, which is why we charge ten dollars for a bag that doesn't even weigh an ounce. Our business is making cats happy. Call or mail us for a brochure. Or, if you're into trust, send us \$11.50 for a bag and the latest issue of our magazine, **Catnip Blossoms!**



Dusty Miller Farm  
359 Gifford Road  
Johnsonville, NY 12094  
Phone: 518-753-4079

fencing, which was not completed until six years later.

For two years now, Frank has been working on the farm full time. Their boys Greydon and Arleigh help out with the farm work, too. Judy still works full time off the farm as a planner for an engineering company. She's also the author of "Chicken Coops: 45 Building Plans for Housing Your Flock" (available online at [www.sweettreefarm.com](http://www.sweettreefarm.com)).

Judy and Frank seemed to speak for all of these farmers when they called themselves "grass farmers." They all raise the animals on grass by using rotation, paying attention to the health of the land, the natural grasses it produces, and the cycles of season and weather. Their animals are living the way ruminants are meant to live, grazing outside with space to move, instead of being penned up and forced to eat only grain. I hope their ways are a beginning, and example for others to follow.

# September Calendar

9/1,8,29 **HWFC HEALTH & WELLNESS SERIES:** "Free Chair Massage," with Paul Jensen. 2-5 pm. 10-min. sessions in the Coop Community Room. For more info, call 482-2667.

9/5 **HWFC HEALTH & WELLNESS SERIES:** "Get Your Knives Sharpened!" Let Vince Manti hone your knives while you shop. 5-knife limit (no serrated blades). 5-7 pm. For more info, call 482-2667.

9/6-10 **MEDITATION-THON.** 12 pm (9/6) through 3 pm (9/10) in Albany. Days, in Washington Park, nights at Little Moon Tibetan gift shop, 467 Madison Ave. Free Buddhism and meditation literature and meditation instruction. Donations benefit Karma Triyana Dharmachakra and Albany Karma Thegsum Choling. Info: Laura Roth at 374-1792, or [www.timesunion.com/communities/albanyktc](http://www.timesunion.com/communities/albanyktc).

9/9 **HWFC HEALTH & WELLNESS SERIES:** "Free Chair Massage/Acupressure Points," with Debbie Vigneri. 2-5 pm. 10-min. sessions in the Coop Community Room. For more info, call 482-2667.

9/10 **MISS PEGGY'S MUSIC ROOM** Open House. 2-4 pm. To register for Fall session: (518) 458-2927 or [misspeggysmusic@aol.com](mailto:misspeggysmusic@aol.com).

9/14,23 **HAZARDS OF GENETICALLY ENGINEERED FOOD.** Film and discussion series: *The Future of Food and Hidden Dangers in Kids Meals.* 9/14: 6:30-8 pm; 9/23: 10:30 am-12:30 pm in the Community Room. Sponsored by the HWFC Nutrition committee's Safe Food subcommittee. Info: Pam Malcolm, 237-3855.

9/19 **EXPLORE HYPONOSIS** for FREE. 6:30 pm at Washington Park Wellness Center, 706 Madison Ave., Albany. Info: George Guarino at [george@HypnosisWorksWell.com](mailto:george@HypnosisWorksWell.com).

9/19 **HWFC HEALTH & WELLNESS SERIES:** "Discovering Happiness and Whole Health: A Discussion of Healing, Self-Love and Oneness," with Beth Netter MD. Center for Integrative Health and Healing. 6-7:30 pm. More info: 482-2667.

9/21 **IMMUNE ENHANCEMENT.** Health lecture by Dr. Stram and staff. 7:30 pm. Center for Integrative Health and Healing, 388 Kenwood Ave., Delmar. Registration recommended. Info: 689-2244 or [cihh.net](http://cihh.net).

9/22 **HWFC HEALTH & WELLNESS SERIES:** "Eat Your Weedies," with Mira Nussbaum. 2-5 pm outside the Community Room. Sponsored by Pinerock Center. More info: [pinerockcenter.com](http://pinerockcenter.com).

9/23 **INTRODUCTION TO INDIAN COOKING & AYURVEDIC CONCEPTS.** Free cooking workshop at the Coop with Sandesh Docabengali MD. 2-4 pm. For more info, call 482-2667.

9/26 **HWFC BOARD OF DIRECTORS.** 5:30-7:30 pm in Coop Community Room. All members welcome. Confirm date, time, location with the Coop: 482-2667.

9/27 **HWFC HEALTH & WELLNESS SERIES:** "Revealing a Vision of Your Future," with life coach Antonio Aversano. 7-9 pm at the Coop. For more info, call 482-2667.

9/28 **Capital District — BREW YER OWN!** Free workshop on homebrewing methods, equipment, supplies and tips for natural and organic ingredients. 7-9 pm at the Coop. For more info, call 482-2667.

## ONGOING EVENTS

### MONDAYS

**CAPITAL DISTRICT MULTIPLE CHEMICAL SENSITIVITY & ENVIRONMENTAL ILLNESS** Support Group. 4<sup>th</sup> Monday, 7 pm. Coping with environmental, chemical and occupational illnesses. At Bountiful Bread, Stuyvesant Plaza, Guilderland. 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:** "Chair Massage," with Jack Allison. 3-6 pm (9/18 only: 3-5:30 pm). 10-min. sessions in the Coop Community Room. For more info, call 482-2667.

**HWFC HEALTH & WELLNESS SERIES:** "Free Health Histories," with Kate Fritz. 11 am-2 pm. 45-min. consultations in the Coop Community Room. For more info, call 482-2667.

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

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

### TUESDAYS

**ALBANY FOLK DANCERS.** 7:45-9:44 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](mailto: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. 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays. 6 pm. Center for the Disabled, 314 S. Manning Blvd., Rm.511, Albany. Info: Stephanie Jubic, 852-6733.

**HWFC HEALTH & WELLNESS SERIES:** "Chair Massage," with Glenn LaPorte. 11 am-2 pm. 15 min. sessions in the Coop Community Room. For more info, call 482-2667.

**HWFC HEALTH & WELLNESS SERIES:** "Free Chair Massage," with Ed Thomas. 2-5 pm in the Coop Community Room. For more info, call 482-2667.

**INFERTILITY SUPPORT GROUP.** 3<sup>rd</sup> 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

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

## 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, Barbara Wilkinson, 4213 Court Royale #8, Schenectady NY 12304 (518-393-5653); e-mail: [bwilkinson@uamail.albany.edu](mailto:bwilkinson@uamail.albany.edu).**

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

## WEDNESDAYS

**GENTLE YOGA.** 9-10:15 am at the Yoga Loft, 540 Delaware Ave., Albany. Contact Mary Sloan, 459-8216.

☺ **HWFC HEALTH & WELLNESS SERIES:** "Natural Family Support Group," with Sarah Kerlow-Myers. 10 am-12 pm in the Coop Community Room. Children's story time following group discussion. For more info, call 482-2667.

**HWFC HEALTH & WELLNESS SERIES:** "Reiki with Har," with Harry Carter. 3-7 pm. 15-min. sessions in the Coop Community Room. Info: 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.** 7-8 pm. Center for Natural Wellness in the 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. 7:30-8:30 pm, Center for Integrative Health and Healing, 388 Kenwood Ave, Delmar. Info, 689-2244.

**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.

☺ **SARATOGA FARMERS' MARKET.** 3-6 pm. 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 [Bluemooddressing@aol.com](mailto:Bluemooddressing@aol.com).

## THURSDAYS

**BUDDHIST TALK AND MEDITATION.** With Buddhist nun Kelsang Kalden. 7:30 pm at Compassion Buddhist Center, 1123 Rt. 9, Latham. Free and all are welcome. Info: 817-2184 or [compassionbuddhistcenter.org](http://compassionbuddhistcenter.org).

**FARM & FOOD RADIO SHOW.** 4<sup>th</sup> 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.

## 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  
Various locations • Info: 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 10<sup>th</sup> of the month to: Barbara Wilkinson, 4213 Court Royale #8, Schenectady NY 12304 (518-393-5653); e-mail: [bwilkinson@uamail.albany.edu](mailto:bwilkinson@uamail.albany.edu).

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

**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 & 3<sup>rd</sup> Sts., Troy. Free and all are welcome. Info: 273-2106.

**MOTHER TO MOTHER.** 2<sup>nd</sup> and 4<sup>th</sup> Thursdays. Info: Maureen, 465-5087. FLC

**SITTING MEDITATION.** Shambhala Meditation Group, 7-8 pm. Campus Arts Building, 3<sup>rd</sup> fl., Academy of the Holy Names, New Scotland Ave., Albany. Free. Info: 439-7618 or [www.shambhala.org/center/albany](http://www.shambhala.org/center/albany).

## FRIDAYS

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

**8<sup>th</sup> STEP CONTRADANCES.** 2<sup>nd</sup> & 5<sup>th</sup> 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. Ages 13-18. CDGLCC

☺ **HWFC HEALTH & WELLNESS SERIES:** "Math Tutoring for Children/Teens While You Shop," with PJ de Barros. 5-8 pm. 40-min. sessions in the Community Room. Sign up at the Coop. For more info, call 482-2667.

**HWFC HEALTH & WELLNESS SERIES:** "Shiatsu," with Jody Brozowski. 10 am-2 pm. 30-min. sessions in the Community Room. Sign up at the Coop. For more info, call 482-2667.

**MID-DAY GUIDED MEDITATION.** 12:30-1:30 pm, 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: 9:30 am-12 noon. 475-1897. MCCD

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

## SATURDAYS

☺ **SARATOGA FARMERS' MARKET.** 9 am-1 pm. High Rock Park, Saratoga Springs (see Wednesdays). Info: 893-2669 or [Bluemooddressing@aol.com](mailto:Bluemooddressing@aol.com).

**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](mailto:jnsavitt@yahoo.com).

☺ **TROY WATERFRONT FARMERS' MARKET.** 9 am-1 pm. Hedley Plz., 433 River St., Troy. Locally grown organic produce, meats, cheeses and baked goods, plus crafts and music. Info: 475-2909 or [www.troymarket.org](http://www.troymarket.org).



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[marilyngarrett@verizon.net](mailto:marilyngarrett@verizon.net)

Ta Ke Ti Na also Monday nights at  
Studios of Rhythm in Averill Park!



## SUNDAYS

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

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

☺ **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

**HWFC HEALTH & WELLNESS SERIES:** "Reiki with Raven." 1-6 pm in the Coop Community Room. Traditional-form chi Kung (Qi Gong). For more info, call 482-2667.

**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](http://www.CenterForCreativeLife.org).

**SUNDAY GATHERINGS.** We come together to honor our relationship to self, neighbor and God. 10:30-11:30 pm. 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).

## OTHER EVENTS

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

**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 and 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.** Fall session begins week of September 18. Private piano or voice lessons, age 6-adult; group piano lessons, ages 4-6; parent/child classes, ages 6 mos.-3. Info: 458-2927.



**Peanut Butter & Jelly  
...Back to School!**

Conserves, actually — Morello (sour) Cherry Conserve and Blood Orange Conserve, both organic, come from Crofter's (Canada). Santa Cruz Organic brings us Light Roasted Peanut Butter and Dark Roasted Peanut Butter, both made without hydrogenated oils and available in creamy or crunchy varieties. A new version of sunflower seed butter is on the shelves:

# New on the Shelf

by C. Morse



Natural Sunbutter (SunGold Foods), which contains dehydrated cane juice.

In bread products, Sami's Millet and Flax Lavash is a gluten free, pita-like bread. Kim & Scott's Traditional Bavarian Soft Pretzels come frozen. Also in our frozen foods section is Black Bean Mango Pilaf by Kashi.

Ice cream lovers might be intrigued by this new flavor: Black Mission Fig Goat Milk Ice Cream (La Loo's). Humboldt Creamery offers organic ice cream in a variety of flavors.

Also new in Grocery is Arctic Wildcatch Salmon in Pepper Smoked King Salmon or Keta Salmon. Sweet White Garlic from Mas Portell is a marinated product of Spain.

Grocery also reports two additional flavors of the popular G.T.'s Kombucha, Citrus and Divine Grape. Katalyst Kombucha brings us a Fair Trade product: Schizandraberly beverage, made with Kombucha culture — and it's made nearby in western Massachusetts.

Liquid Assets adds "Fred Head" Coffee to their collection, named after their roaster, Fred Cashmere.

**The Return Of...**

"Real hippie food!" is how one Coop employee describes Tofu-Kan (a seasoned tofu product that first hit the shelves in the

'60s). Returning after a long absence, it's made by the Ithaca Soy Company. Almond meal is also back, as is barley malt powder — both in the Bulk aisle.

Bulk also welcomes two other new products: freeze-dried organic strawberries and Hunza Goji Granola (Tierra Farms), made with Hunza raisins from the Himalayas and the nutrition-packed goji berry.



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# IMPROVING YOUR DIGESTION

by Alyssa Colton

Do you suffer from gas, heartburn, constipation or other digestive complaints? You might want to take some simple steps to keep your system in working order.

In order to improve or maintain digestive health, most experts recommend avoiding the common triggers such as caffeine, chocolate, carbonated beverages, chewing gum and hard candy, all of which can aggravate symptoms of excessive flatulence, heartburn and irritable bowel syndrome. Many foods can cause problems, such as beans, cruciferous vegetables, and dairy as well as fatty meats and spices. You may want to try keeping a food diary in which you record the foods you eat and the symptoms you experience in order to eliminate trigger foods.

Both soluble and insoluble fiber are essential elements to good digestion. Insoluble fiber helps move stool through the bowel and is found mainly in whole grains, wheat bran, beans, peas, seeds and nuts. Soluble fiber, which absorbs water and slows down the movement of food from the stomach, is found in oats, chick peas, lentils and sesame seeds. Eating a diverse array of fruits and vegetables will ensure a diet of both types of fiber. If you increase your fiber intake by supplementing with psyllium or flax seeds, add them very slowly to the diet, in small amounts, to avoid taxing your system. It is possible to ingest too much fiber, which can cause bowel obstructions.

Another popular health food, soy, should also be used with caution. Some experts believe that soy should only be eaten in fermented form, as tempeh and miso, since otherwise the phytic acid and other enzyme inhibitors present in soy can actually disrupt normal digestive processes. According to Sally Fallon, a nutritionist and author of *Nourishing Traditions*, the preparation of

foods in traditional ways such as soaking oats and other grains before cooking, as well as incorporating other traditional methods of preserving and fermenting foods, is vital to a healthy diet.

Eating in a rush can also contribute to digestive problems. Chewing your food slowly and taking time to let your meal settle after you eat can make a big difference not only in how your food is digested — but can also help you to pay attention to signals of fullness so that you don't overeat. Some experts advise not drinking with your meals, or only taking small sips. It is thought that the liquid can weaken the digestive system and cause the food to move through the system too quickly. Keep in mind, though, that drinking approximately eight cups of water (or an appropriate substitute) is recommended, and getting plenty of water is essential for those increasing their fiber intake. Finally, you might try experimenting with the order in which you eat your food. Having your salad at the end of your meal, instead of at the beginning, can make a difference. Similarly, fruit, especially melon, may go down better before or between meals because it digests quickly and may cause problems when eaten with other foods.

Instead of finishing off your meal with coffee, try peppermint tea instead. Peppermint tea has recently been shown in studies to do to what many have known for a long time — that it is effective at aiding the digestive process. Its carminative properties make it especially good for relieving gas; but is not recommended for heartburn. Ginger, fennel and papaya are all also reputed to help with digestion. They are car-

ried by the Coop as either teas or supplements. Another supplement that can be very helpful in strengthening a weak digestive system is probiotics, found naturally in yogurt and kefir.

Walking after meals can be of great benefit in helping the gut do its work. For those familiar with yoga, the following yoga moves, done repetitively, aid digestion: knee to chest in a supine position standing cat and dog, cobra, and sitting yoga mudra. Yoga and meditation can also help with alleviating stress. Studies show that there is definitely a link between stress and digestive disorders. Finding effective ways to cope with stress and practicing relaxation techniques, as well as exercising regularly, are important for digestive health as well as overall well-being.

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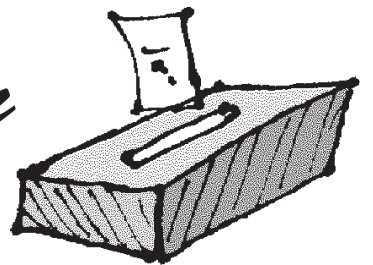
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## Suggestion Box



- Q** Bring back the whole-wheat pizza dough. Fresh, still in a big ball please.
- A** We have not found a source for whole-wheat dough and our deli doesn't have the time or space to prepare dough for sale. We do offer shells to those who wish to make their own.
- Q** The NY Times had an article about an aromatic brown rice called Kalijiri — it sounds good. Could we stock it?
- A** Kalijiri will soon make an appearance in our specialty foods section along with Bhutanese red rice and the Forbidden Black varieties.
- Q** Our family has stopped using processed soy products. I am disappointed that the Coop carries numerous flavors of soy-based ice creams and has only Vanilla Rice Dream. Can the Coop revive Rice Dream?
- A** We have added Cocoa Marble Fudge to our selection.
- Q** Recipes for bulk items in store like spelt, kamut, etc.
- A** We are working on a system to provide customers with info about our bulk products. This will include recipes as well as nutritional, allergen and preparation info.
- Q** Please stock traditional medicinal ginger tea. I use a lot of it.
- A** We do have Ginger Aid in stock. Are you looking for their organic ginger tea? At this point we do not have sufficient shelf space to add another variety. Please speak with a HaBA worker to preorder it.
- Q** I realize there are people who can afford \$4.99/lb. for organic grapes and \$7.99/lb. for cherries. Unfortunately, I cannot. It bothers me so that organic seems sometimes to be only for a certain income bracket. What can we do to lower the prices a bit so that "common folk" can eat healthy food also?
- A** In light of the high cost of fuel, shipping costs have increased — so we recommend that you buy local produce in season and become a weekly worker to earn a 26% discount.
- Q** Carry Odwalla, especially large size.
- A** At this point, we have been encouraged to not carry Odwalla because of its Coca Cola owners.
- Q** Can you look into carrying Greek yogurt?
- A** We have a full line of Fage yogurts from Greece in the Cheese & Specialty Foods department.
- Q** Have music playing during store hours. New age, classical, etc.
- A** When we have had music in the past, any genre generated its share of complaints. Workers in the various departments can now listen to what they like without competition.
- Q** Why do we keep the Coop so cold in the summer? This use of air condition-

ing to keep it so cold is not environmentally sustainable!

**A** We set our thermostat at 72 degrees to help our refrigerators and freezers to work more efficiently.

**Q** Great spot in Schenectady... old Grand Union on Hamburg St. Please check it out.

**A** We will check it out.

**Q** Do you have member orientation dates/times published on your website? If not would you? Also, do you have a form or email where suggestions can be placed online?

**A** We do list the orientation info on our website. For online suggestions you can use the bulletin board or email coop@hwfc.com.

**Q** I am personally offended by the bike rack sign. I have no problem not parking my car there, but you don't have to put up a sign that is sarcastic and rude! It is not my fault that my car takes oil and I'm sorry that I can't ride my bike here because I live in another town. I think this self-righteousness is going too far.

**A** We are sorry that the sign offended you. It was put up not to be sarcastic and rude, but to help provide access to those who choose to bike here. It is our hope that the sign provides a pat on the back for those who use the rack, and to perhaps also encourage cycling here and in the neighborhoods of those who live longer distances from our store. Once again, we apologize that our consciousness-raising effort offended you.

**Q** In light of the recent Coop Scoop regarding water filters: (1) How often does the Coop change its many filters? (2) Exactly what do these filters consist of?

**A** The Coop does not have filtration for the whole store. Our coffee machine employs a sediment filter. The tap for drinking water in the café uses a carbon or charcoal filter. Our reverse osmosis water dispenser uses a series of filters: Water first passes through a 10-in. 5-micron spun polypropylene sediment filter; the next step is two 20-in. carbon briquette filters to remove chlorine; the water then passes through the reverse osmosis membrane; the water is further filtered through a 10-in. carbon impregnated filter cartridge. All filters are changed on an as-needed basis. The city of Albany has hard water and the amount of consumption affects a filter's life. The sediment filters in the machine

are changed every two weeks and we are working toward establishing a time table for subsequent filters. The newer drinking water system is a vast improvement over the previous contraption. The former machine contained less pre-filters and a membrane roughly half the size of our current system.

**Q** Iced coffee, please.

**A** When we have leftover coffee at night, we have been saving it in the deli. Please ask a deli worker if you are looking to drink some iced coffee.

**Q** I tried to cash a \$48 insurance check issued by Medicare and was refused. As a sound member, I find this outrageous! Please change your policy.

**A** We regret to inform you that it is our policy to cash no third-party checks.

**Q** Video games, big-screen TV and some more games. Video games in the playground.

**A** We will take your suggestions into consideration for our upcoming remodeling project.

**Q** We Troy folk would love an outlet over there.

**A** Are you aware that there is a group of people organizing a co-op in Troy? Talk to Nate for contact information.

**Q** Most days I can't eat the hot lunch because it has gluten in it. Today it was pasta and bread.

**A** We'll try to offer more gluten-free hot entrées.

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## Capital District — Brew Yer Own!

Thursday, September 28 from 7 to 9 pm

If you enjoy beer but have never tried making it yourself, why not learn now — in time to brew a batch for Oktoberfest?! Homebrewing offers you a chance to create healthy, inexpensive and fun beverages right in your home. This class will share the basics of beginning and intermediate homebrewing including methods, equipment and supplies. Tips for natural and organic ingredients, and those sold at the Coop, will be discussed.

## Chair Massage

With Jack Allison. Mondays, 3 to 6 pm in the Coop Community Room (9/18 only: 3–5:30 pm)

Free 10-minute sessions. Jack Allison is a licensed massage therapist who has completed the Center for Natural Wellness program.

With Glenn LaPorte. Tuesdays, 11 am to 2 pm in the Coop Community Room

Glenn LaPorte is a New York state-licensed massage therapist.

With Paul Jensen. Fridays, September 1, 8 & 29 from 2 to 5 pm in the Coop Community Room

Free 10-minute sessions. Paul Jensen is a state-licensed massage therapist and the owner/founder of Excellence Through Exercise.

## Chair Massage/Acupressure Points

With Debbie Vigneri. Saturday, September 9 from 2 to 5 pm in the Coop Community Room

Free 10-minute sessions. Relax, restore, and rejuvenate with Coop member Debbie Vigneri of Inner Wizdom Therapeutic Body Work.

## Discovering Happiness and Whole Health

A Discussion of Healing, Self-Love and Oneness

With Beth Netter MD. Tuesday, September 19 from 6 to 7:30 pm in the Coop Community Room

Learn how shifting your awareness through thoughts, words and actions can help you create greater happiness, vibrant health and peace in your life. Dr. Netter will share breathing and meditation techniques that create inner peace and balance. Beth Netter is a Reiki healer and holistic health life coach at the Center for Integrative Health and Healing, in Delmar.

## Eat Your Weedies

With Mira Nussbaum. Friday, September 22 from 2 to 5 pm outside the Coop

Learn about the plants you see every day and how they can help you and heal you. Mira Nussbaum will have a small display on what wild plants we can eat, drink, use as medicine and build with. Sponsored by the Pinerock Center. More info: [pinerockcenter.com](http://pinerockcenter.com).

## SEPTEMBER AT THE COOP

All workshops are free unless noted



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## SEPTEMBER AT THE COOP

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## Free Health Histories

With Kate Fritz. Mondays, 11 am to 2 pm in the Coop Community Room

45-minute consultations to discuss your health history, concerns and goals. Please pick up a Health History sheet found under the sign up sheet at the coop. Kate Fritz is a certified holistic health practitioner. For more info, call 482-2667.

## Get your knives sharpened while you shop!

With Vince Manti. Tuesday, September 5 from 5 to 7 pm outside the Coop Community Room

Due to the overwhelming popularity of this service, please bring in no more than 5 knives at a time. (No serrated blades, please!) For more info, call 482-2667.

## Hazards of Genetically Engineered Food

The Future of Food & Hidden Dangers in Kids' Meals

Thursday, September 14 from 6:30 to 8 pm; and Saturday, September 23 from 10:30 am to 12:30 pm in the Coop Community Room

Film and discussion sponsored by the HWFC Nutrition committee's Safe Food subcommittee. For more: call Pam Malcolm, 237-3855.

## Introduction to Indian Cooking and Ayurvedic Concepts

With Sandesh Docbengali MD. Saturday, September 23 from 2 to 4 pm

Dr. Docbengali will share recipes, food knowledge and nutrition advice. We will prepare and sample Mango Lassis, a popular mango dairy drink, and Batatewada, an appetizer made of potatoes, spices and garlic served with tamarind sauce. Join a discussion on basic concepts of the order, combination and amount of food ingested for people with various constitutions, as recommended by traditional Ayurvedic principles.

## Math Tutoring for Children/Teens

With P.J. de Barros. Fridays, 5 to 8 pm in the Coop Community Room

Free one-on-one math tutoring while you shop. Homework help, identification and remediation of specific difficulties, suggestions of strategies for use at home. Bring any current math assignments or tests to the 40-minute session. Please sign up in advance at the Coop. P.J. de Barros, a doctoral student in school psychology, holds a master's degree in educational psychology and statistics.

## Natural Family Support Group

With Sarah Kerlow-Myers. Wednesdays, 10 am to 12 pm in the Coop Community Room

Come join other families for information and support on topics such as attachment parenting, natural pregnancy and birth, breastfeeding, and natural family living. A children's story time will follow group discussion of the day's topic.

## Reiki with Raven

Sundays, 1 to 6 pm in the Coop Community Room

## Revealing a Vision of Your Future

With Antonio Aversano. Wednesday, September 27 from 6:30 to 8:30 pm

Create a compelling vision for your future by crafting a Life Purpose Declaration that honors your heart and fires your spirit. Antonio Aversano is a professionally trained life coach and experienced workshop facilitator.

## Shiatsu

With Jody Brozowski. Fridays, September 8, 15, 22 & 29 from 10 am to 2 pm in the Coop Community Room

30-minute sessions. Shiatsu is an ancient Japanese healing art that utilizes channels of energy (meridians) and acupressure points to move energy that can become stuck in the body. Jody Brozowski, a licensed massage therapist, recently graduated from the Center for Natural Wellness School of Massage Therapy.

Coming in October

## Natural Eyesight Improvement

With Jana Vilner. Wednesday, October 4 at 7 pm in the HWFC Community Room

Learn the three fundamental natural vision principles. Jana Vilner is a certified natural vision improvement educator. She also holds a degree in molecular biology and diplomas in massage therapy and modern dance. For more info, call 482-2667.

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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# black cohosh

Focus on Herbs

by Lynne Latella

Insects avoid it. American Indians widely used it. Victorian women made it the most popular drink of the 19th century. The reputation of **black cohosh** got around in the early days, primarily because of its effectiveness in treating female issues such as menopausal symptoms and childbirth.

Related to the buttercup, larkspur and peony, black cohosh has also been called "squaw root" because American Indian women made tea from its roots. It was also called "snakeroot" because they also used it to cure snake bites. It comes from an Algonquin word meaning "rough" in reference to its roots. These folk also drank the tea for fatigue, arthritis and sore throat.

Much later, Lydia Pinkham developed her famous female tonic, which contained black

cohosh. Although her concoction may have been effective in alleviating menstrual pain as well as other female complaints, her liberal inclusion of alcohol was probably what made it the most popular remedy of its time. In those days, respectable Victorian women were not allowed to drink, but there was no restriction on medicating oneself. Alas, eventually the alcohol was reduced and the black cohosh was entirely eliminated from the preparation.

Black cohosh has been used in many cultures to treat spasms, bleeding gums, diarrhea, measles, colds and coughs, prostate cancer, high blood pressure, rheumatism, hives, constipation, sore throat, malaria and edema. But its major claim to fame is its ability to address a variety of female ailments, such as:

- Low back pain
- PMS
- Painful menstruation
- Hot flashes
- Cramps
- Lack of menstruation
- Menopausal symptoms
- Mood swings

This herb also has a balancing effect on hormones, helping vertigo, heart palpita-

tions, tinnitus, insomnia and depression. Some herbalists believe that black cohosh is as effective as estrogen supplements without the side effects.

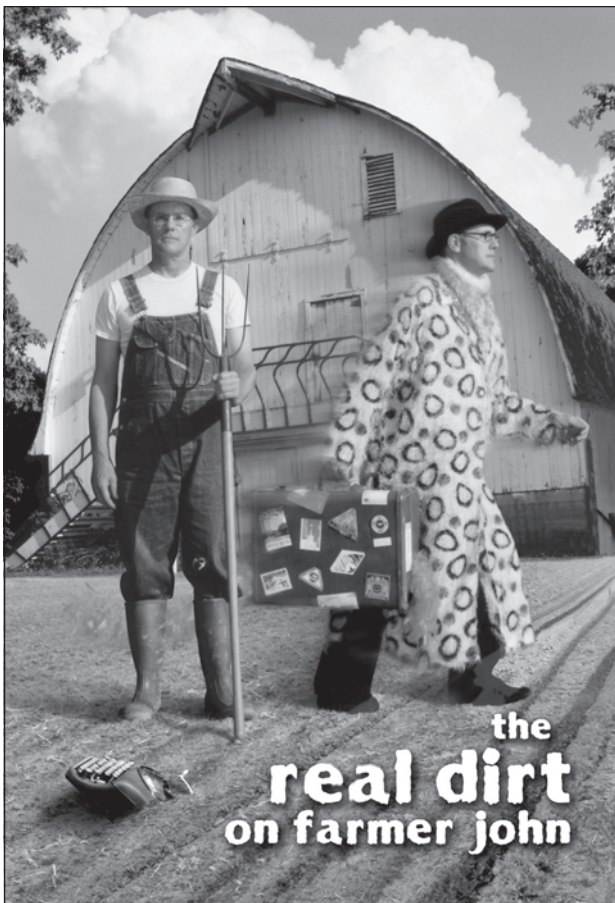
Although this herb is an essential ingredient in several German prescriptions, there is some controversy over its use. It may cause vomiting, diarrhea, dizziness, stomach cramps, light headedness, headache, joint pains and lower heart rate. Estrogenic herbs should be used with care for a variety of reasons. Birth control pills contain estrogen — therefore, it may not be wise to use them along with black cohosh. If the herb is indeed acting like estrogen, it may contribute to liver problems, blood clots, tumors and heart disease. Because estrogen alone can contribute to cancer, progesterone may also be needed to minimize the risk.

Because of these potential issues, it is highly recommended to check with a doctor before taking the herb. Children older than age 2 and adults over 65 should start with a low dosage, gradually increasing it in strength, if needed. Pregnant women should not use black cohosh.

The Coop carries black cohosh in bulk, singles, compound formulas, tea and tincture.

## Black Cohosh Tea

Boil ½ tsp dried root in one cup of water for a half hour. Cool and flavor with sweetener of choice or another type of tea to counteract the bitterness. Drink one cup per day in 2-TBS doses,



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The Coop will celebrate our local farmers and producers by hosting a pre-show local foods reception and a post-screening panel discussion featuring several local CSA leaders and Coop suppliers.

**Admission is \$6.** Tickets now on sale at the Coop and the Madison Theater, just a few blocks from Honest Weight at 1036 Madison Avenue (at South Main Ave.), Albany.