



Doctor's Orders: Eat Your Veggies

By: Laura Cordts

John Dewar practiced medicine for more than 30 years, most of them in the North Country. When he decided it was time to change careers, he was advised to think about what he did for fun, and try to make that a profession. "I knew I couldn't become a professional soccer player," he laughs. "My family suggested an organic farm." He had been gardening at his home in the village of Potsdam for more than 25 years, but only for his own enjoyment "and to impress my wife." Then he read a book called "The New Organic Grower," by Elliot Coleman. "Read it at your own risk," he advises. "It will cause you to leave your career, borrow land, and grow veggies."

That's exactly what John Dewar has done. In the past five years he has fenced and cultivated a two-acre vegetable farm in West Potsdam, on land owned by a friend who wanted to see it "put to use." The site now has a high tunnel greenhouse, sometimes called a "Hoop House" which is 12 feet tall in the middle, 30 feet wide, and 72 feet long. Unlike a conventional greenhouse, the hoop house is not heated, and plants go directly in the ground, not in pots on racks or benches. It stretches the growing season more than a month at either end. "I can start harvesting about 6 weeks sooner than a typical back-yard gardener, and last year I had tomatoes all the way to November."

It's a year-round job. Seeds get started under grow lights at his village home in mid-winter, and moved to a space-heater-equipped seedling greenhouse in March, then out to the Hoop House at the farm as spring arrives. Of course, there's plowing, weeding, and watering. He dug an irrigation pond at the farm last year, and can now pump water using a solar-powered electric pump. You may see his pick-up truck around the Village. He collects leaves and grass clippings from yards he's certain

are "chemical-free" and about 250 gallons of food waste per week from SUNY Potsdam – all of which gets turned into compost. He doesn't use chemicals of any kind, but like many small farmers, he is not "certified organic" because it's quite costly to certify.

When harvest begins, he spends another 2-4 hours per day washing and prepping his produce for sale. He sells to North Country Grown Cooperative – a group of farmers who pool resources to market their produce to institutions like the local colleges. That can be a bit problematic, he tells me, because the crops are most abundant in summer, when there are the least people on the college campuses. To offset that, North Country Grown is looking to supply more restaurants, and the area hospitals.

He also sells to the Co-op, where he delivers produce five mornings a week. It's a long work-day, but still less than the 100-plus hours per week he put in as a family practitioner. He laughs when I say "I guess this career move was not about the money."

"It certainly is different from medicine," he tells me. "Being a farmer is liberating, and more creative. You have more control over your work-life as a farmer, even though you can't control things like the weather. And if things go wrong, or if you mess up, there's less at stake than when you are practicing medicine. Another difference - farming is much more solitary. Physicians are communicators, and at first it was a big adjustment for me to go an entire day without talking to other people. But I get to be outside, and I get to exercise. Being a doctor was not always conducive to being healthy!"

John Dewar has a vision for his farm: that it becomes productive and profitable enough to provide jobs for area people, impact the local economy, and ultimately, improve the region's nutrition. The Co-op is really a cornerstone



of that vision. "Helping ensure consistent availability of a wide variety of locally produced goods, every day, at a convenient location, is my goal. The Co-op is key to building a robust local food economy."

John Dewar is proof that a physician may become a farmer,

but the farmer will always be a physician as well. "The biggest problems I saw as a physician were because people were sedentary, and didn't eat well. Now I'm really doing something about that. All the evidence indicates that eating plants is good for you. That's my prescription: eat

real food, not chemicals. And if anyone wants to work out by harvesting potatoes with me – they're welcome!"

Co-op customers can expect to see John Dewar's produce in the store by late March.

Become a Member

Potsdam Food Co-op
& Carriage House Bakery
Membership Card

Join the Co-op!

2% discount for all members. Working one hour per adult in your household will earn your household a 10% discount for a month. Core workers work three hours per week to earn a 20% discount. If you are interested in becoming a working-member, please give us a call at 315-265-4630.

The Magic of Medicinal Herbs!

By: Paula Youmell

If someone asked me, "Hey Paula, do you think herbs are magical healers?," I would have to say yes and no. Herbs are amazing food, amazing healing plants, **but** they work best in the context of a healing lifestyle. If one is looking for a "magic bullet" to fix everything without making healing lifestyle changes, then no, herbs will not whip up magic in your life.

Now, use herbs as the amazing healing tools they are: whole food, and they weave magic in the human body. Whole foods nourish each and every cell in your body.

Whole food eating means feeding our bodies the way nature intended. This means eating foods in their natural state, as close to the perfectly "whole" state in which nature provides them. This also means following the natural growing seasons and eating more foods that are locally grown and produced, in season. Whole food nutrition is eating in balance, which in turn keeps the body in balance. Foods grown naturally develop with the right proportion of carbohydrates, proteins, and fats intended for that particular food. They contain balanced vitamins, minerals, phyto-nutrients, and enzymes. This natural balance for each food ensures that the body can properly utilize the nutrients.

The effects of moving away from our whole food diet and eating a refined, processed, and convenience food diet are very prevalent in our society. (Ask me for my educational handout titled Whole Food Eating for an easy introduction to healing body

cells with whole food nutrition, pyoumell@gmail.com)

"One of the biggest tragedies of human civilization is the precedents of chemical therapy over nutrition. It is substitution of artificial therapy over natural, of poison over food, in which we are feeding people poisons trying to correct the reactions of starvation." - Dr. Royal Lee

As a culture, we have created the same scenario with our healing medicines. We have moved away from whole, natural medicines to the processed, refined, factory made pharmaceuticals that upset balance in the human body (just as refined, factory made food products upset the body's natural balance).

Herbs, whether ingested as a medicinal infusion, taken as a tincture or in any other form of herbal medicine, are whole foods (as long as the whole herb is used in making the herbal medicine). The nutrients in the herbs: vitamins, minerals, phyto-nutrients, and the nutrients yet to be discovered, are utilized by the body cells to cleanse, nourish, and heal each and every body cell.

So often we get the message from main stream media and medicine: Do NOT use herbs as they are potentially dangerous. This is as crazy as saying that eating beets, apples, or any other natural, whole food is potentially dangerous.

When we eat a beet, an apple, some broccoli, or any whole food, our body digests and absorbs the nutrients in the whole food to nourish our cellular health. The same process of digestion and assimilation of nutrients happens with herbs. Herbs are whole food; herbs are healing medicine.

Herbs are plants (leaf, root, stems, bark, berries, seeds), like a beet or an apple, that have nutritional and healing properties with affinities for certain tissues:

- Hawthorne berry for the heart
- Saw palmetto for the prostate
- Red Raspberry leaf for the uterus
- Rhubarb root for the colon
- Milk thistle for the liver
- Nettle as a general nutritive herb
- Dandelion and burdock root for liver nourishment

The list of herbs and the cells / organs they nourish goes on and on. These are just a very few examples of herbs and the cells / organ they have affinities to nourish and promote healing. This healing action happens because the herb adds good, whole food nutrition to your body cells. This is the same thing a beet does; feeds your body cells.

With that said, I recommend you read up on the herb you want to ingest for its nourishing, medicinal abilities. Learn about the herb and its healing affinities before you make the decision to take it. Contact your local herbalist for help in choosing the right herb or blend of herbs to add to your whole food dietary plan to promote personal health and healing.

Words from a happy wife and client that demonstrate my point about herbs and whole body healing: "body cells are nourished by ingesting herbs. Thanks Paula! The lung herbs have really helped my husband. He told me that he feels great being off the steroid inhaler! It is pretty exciting that after a life-time of chronic asth-



Stinging nettle (top) is one of my favorite herbs. OK, I confess, it IS my favorite herb! Nettles are a power house of nutrition and healing energy for the whole body! I add nettles to every combination herbal formula I create. Dandelion (bottom right) and burdock (bottom left) are two herbs that are nourishing food for the liver.

ma, he is completely drug free!" Kelly B.

Herbs are whole foods. Use them wisely for whole body healing.

If you would like more personalized attention following these steps and achieving your health goals, please contact Paula Youmell to set up a Nutrition

and Health Consultation. I can be reached at the above contact information. Enjoy radiant health today and every day!

Potsdam Food Co-op accepts:

- Cash
- Checks
- MasterCard/VISA
- EBT/SNAP
- Co-op Gift Cards
- Potsdam Chamber of Commerce Gift Certificates

Our Mission Statement

The Potsdam Consumer Cooperative, Inc. is owned and operated by its members and is dedicated to meeting the community's need for specialty and whole foods at the lowest possible cost. As a member of the local community interested in its well being, we will attempt to use local sources whenever feasible.

We strive to provide a pleasant shopping experience and working environment, with an emphasis on education, shared information, and developing our relationship with the community. We encourage environmental respect through the goods we sell and in the manner in which we conduct our daily operations. We are committed to providing a model of responsible business practices based on the cooperative principles of open membership, democratic control, limited return on share capital or investments, return of surplus to members, continuous education, cooperation among cooperatives and concern for our local community.

Potsdam Food Cooperative
24 Elm Street, Potsdam, NY 13676
315-265-4630
E-MAIL: mail@potsdamcoop.com
WEBSITE: www.potsdamcoop.com



Store Hours:

Every day 8:00 am - 7:00 pm
except major holidays.

Co-op Community News is the official newsletter of the Potsdam Consumer Cooperative, Inc. in Potsdam, NY. It is published seasonally and serves as an open forum for the exchange of information and ideas between Co-op members. Articles appearing in this newsletter may be reprinted in other cooperative newsletters provided credit is given to *Potsdam Co-op Community News* and to the author of the article. We welcome submissions and comments from members and non-members. Submissions can be submitted via e-mail to PotsdamCoopNews@gmail.com.



Potsdam Food Co-op.....mail@potsdamcoop.com
Eric Jesner, General Manager.....eric@potsdamcoop.com
Jim Bartlett, Assistant Manager.....jim@potsdamcoop.com
Lynn Clark, Bookkeeper/Marketing.....lynn@potsdamcoop.com
Chris Affre, Carriage House Manager.....carriagehouse@potsdamcoop.com
Newsletter Editor.....potsdamcoopnews@gmail.com

Co-op Board Members

Vanessa Bittner, President	vanessa.bittner@gmail.com
Will Siegfried	willsiegfried@mac.com
Pamela Maurer, Staff Liaison	pamela36@gmail.com
Laura Cordts	lcordts@cphospital.org
Mary Egan, Secretary	x_megan_x@hotmail.com
Arthur Freeheart	arthurfreeheart1@gmail.com
Janet Learned	learnedj@phcs.neric.org
Abigail Lee, Vice President	leead@potsdam.edu
Robin McClellan, Treasurer	robin.mcclellan@gmail.com
Rajiv Narula	rajiv_clarkson@yahoo.com
Tamijean Cole	harbke2000@yahoo.com
Laura Goshko	lauragoshko@yahoo.com

Potsdam Food Co-op Staff

Eric Jesner	General Manager
Jim Bartlett	Assistant Manager/Buyer
Lynn Clark	Bookkeeping/Marketing
Bakari Adams	Produce Buyer
Chris Affre	Carriage House Manager
Stacy Cole	Cashier Supervisor
Jayne Galusha	IT Specialist
Rebecca Hart	Deli Coordinator
Penny Jandreau	Bakery
Nate Jones	Cashier
Ally Korony	Cashier
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Erik Laubscher	Cashier
Joe Newman	Packaging / Cashier
Andy Peet	Cashier
Jessica Peters	Bakery Assistant
Stephanie Reasoner	Cashier
Arnie Rauscher	Packaging Coordinator
Jeremy Rauscher	Bakery Assistant
Chris Strebendt	Deli and Bakery Assistant
Wendy Turnbull	Packaging Coordinator
Eric Ziemba	Cashier

From the General Manager



Happy spring, at least I hope it is by the time you are reading this newsletter. It was great to see so many of you at our annual meeting in February. The room was packed and there was so much great food including some from a few of our local vendors who joined us.

2013 was a great year at the Co-op and I want to share the highlights of what we accomplished last year.

Sales

2013 in-store sales were up 3.7%, which amounted to just under \$54,000. Just two departments in the store achieved this increase in sales. The deli was up 64% or just under \$34,000, and the buying club was a new department and totaled just under \$21,000. Without these two departments our sales would have been negative, so we will be putting a lot of focus on other departments to try and improve our sales for 2014.

At the annual meeting I learned that many of you aren't aware that we also have wholesale sales from the Carriage House. We currently sell our products to Clarkson, SLU, Nature's Storehouse, IGA, and First Crush to name a few. These sales

were up 8.72% or over \$5,300. This is an area where we are currently experiencing growth and hope to find other avenues to continue to expand the reach of the Carriage House.

Purchases

With one of our main goals being to support local producers, we track where we spend our purchasing dollars. For 2013 the Co-op spent \$921,000 on products that are sold. Of this, 18.3% or \$168,500 was spent on regional purchases. Regional suppliers are located in Upstate NY and Northern VT. \$181,500 or 19.7%, was spent on local purchases. Local suppliers are mostly located in St. Lawrence County, but can be as far away as Watertown. This means that \$350,000 of our purchasing dollars was used to support our regional economy.

To give you a little extra perspective, over half of our purchasing dollars goes to UNFI & Albert's Organics. They are the same company and most natural food stores' largest distributor. The majority of our purchase dollars not going to UNFI & Albert's is kept in our local economy.

Owner Loans

This past year the Co-op paid off another \$27,000 of the loans acquired to reset the store back in 2009. We are left with just \$30,000 to be repaid. At our current rate of repayment the remainder of the loans will be paid off by April of 2015, which is right on schedule. This will put the Co-op in a great position to begin to discuss our next big change, as we have no other debt.

Financial Reporting

We put a lot of focus on our financial reporting in 2013. All of our purchases and sales now get associated with a department allowing us to track each department's margin. This more detailed reporting gives us the opportunity to better understand how money travels through the store and where we can adjust the business to better achieve

our goals.

The next big step in this process is adjusting how we take and account for inventory. Our process had been to write down the quantity and retail cost for every item in the store and use a conversion to find the cost of our inventory. Over the past few inventories we have begun to scan the barcodes and quantities and use our point-of-sale database to attach the actual cost. By the end of this year we expect to have the actual cost at the end of each inventory count which will improve our financial accuracy.

As the speed and detail of our financial reporting increases, our plan is to post this information on our website so you can be more aware of how the Co-op is doing financially.

Communication

We've been working on increasing our communication through a variety of outlets. The most obvious to those shopping in the store is the blackboard behind register one. This space is being used for news and upcoming events. Another avenue of communication we maintain is our quarterly newsletter. Each department and committee are now submitting updates of what has been happening to keep you in the loop.

We also use electronic communications. Each week, Monday through Friday we email out our daily lunch menu letting you know what soups, sandwiches, salads, snacks, and desserts we have that day. Also, the newsletter is available through email as well as new product updates, announcing exciting new items as soon as we get them on the shelves. All of these messages are available to you by subscribing on our website's home page.

Electronic receipts are a great feature that you can receive by signing up in the store. The receipt will be sent shortly after each transaction is completed. Unfortunately these are not in a spreadsheet format, but they will still allow you to track your

purchases more closely.

The final and most important way in which we have begun to communicate is emailing member-owners reminders of important meetings and other pertinent information. Hopefully, you received an email notification about the annual meeting in your inbox on February 5th. If you did not, please make sure it did not go to your spam folder. It is crucial that you are well informed about important meetings and decisions so that we can have all member-owners involved in the decision making process as we move forward. If you have not received any notifications please make sure we have your correct email address and contact me so we can troubleshoot the issue.

Become a contributor!

Email us at potsdamcoopnews@gmail.com with your submissions before the content deadline.

The deadline for our next edition of the newsletter is:

5/1/14

Co-op Business Partners

These locally owned businesses have generously agreed to grant the following offers to Co-op members. Present your current Membership Card when asking for the discount. One time offers will be checked off when used.

Alchemistress

10% off body art (excluding specials)
17 Maple St., Potsdam 267-6925
www.alchemistress.com Alchemistress-BodyArts on Facebook

The Alexander Technique - Lessons and Workshops

10% off on first lesson
73 Leroy St., Potsdam 265-7386
www.amsatonline.org/teacher/bethrob-inson

The Blackbird Café

Free cup of coffee with purchase of a sandwich
107 Main St., Canton 386-8104
www.theblackbirdcafe.com

Body Shop Fitness & Salon, Inc.

10% off Fitness Center Membership
47 St Hwy 345, Potsdam 262-0482
www.bodyshopfitnessandsalon.com

BodyWorks Chiropractic

15% off initial visit
17 Leroy St., Potsdam 265-2030
www.PotsdamBodyWorks.com

Chiropractic Office of Dr. Jamie Towle & Dr. Lisa Francey Towle

10% off chiropractic services at both Canton and Malone locations.
16 Park St., Canton 386-2273
3276 St Rte 11, Malone 518-483-6300
www.NorthCountryChiropractic.com

Colton Massage Therapy

Catherine A. Klein, BA, LMT
...and everyone knew her as Nancy
\$10 off first massage or gift voucher
4808 St Hwy 56, Colton 315-262-2636

Community Performance Series

15% off any regular priced ticket (some restrictions may apply). Tickets must be purchased through the CPS Box Office.
Snell Theater, SUNY Potsdam
267-2277 www.cpspotsdam.org

The Computer Guys

10% off all in stock items at both Potsdam and Canton locations
4 Clarkson Ave., Potsdam 265-3866
2564 St Hwy 68, Canton 714-3866
www.techntext.com

First Crush Wine Bar

10% off 7 am - 2pm Mon. thru Fri.
32 Market St., Potsdam 265-WINE
www.firstcrushwinebar.com

Hands On Health Holistic Healing

20% off the first two consultation appointments
Hannawa Falls 265-0961
www.handsonhealthhh.com

Jazzercise

1 complimentary class to new customers (may not be combined with other offers)
22 Depot St., Potsdam 265-0849
www.jazzercise.com

Jernabi Coffeehouse

10% off brewed coffee
11A Maple St., Potsdam 274-9400
www.stlawrencevalleyroasters.com

The Knead of Life

Helen Kenny, NYS LMT
\$5 discount on first session
Hannawa Falls 265-3369

Little Italy

\$1.00 off any large pizza
30 Market St., Potsdam 265-5500
www.PotsdamLittleItaly.com

Maple Run Emporium

10% off any regular priced kitchenware items
49 Market St., Potsdam 274-0102
www.maplerunemporium.com

North Country Center for Yoga and Health (Yoga Loft)

One time \$5 discount for any drop-in class
205 State Street Rd., Maplewood Campus, Canton
315-605-8637
www.yoga-loft.org

Northern Music and Video

10% off all musical accessories, CDs & DVDs
29 Market St., Potsdam 265-8100
www.northernmusicandvideo.com

Potsdam Center for Innovative Dental Technologies

Aaron Acres, DMD
10% discount
83 Market St., Potsdam 265-3377
www.docreed.com

Purple Rice

\$2 off 1 lunch special (one-time offer)
20 Elm St., #105, Potsdam 268-0923

Renew Architecture & Design

Rebecca Weld, AIA and LEED AP
5% discount on residential architectural services
11 Washington St., Potsdam 262-0082
www.renewarchitecture.com

St. Lawrence Nurseries

10% off regularly priced plant stock
325 Rte 345, Potsdam 265-6739
www.sln.potsdam.ny.us

Seaway Cash Register & Typewriter

5% off on machines, service and supplies
14 Bray Rd., Norwood 353-3533

The UPS Store

10 Free Self-service copies daily (B&W 8 1/2 x 11 20lb standard paper)
200 Market Street, Potsdam 265-4565
www.theupsstorelocal.com/5986

Featured Business Partner
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Co-op Reflections From A New Member

By: Charlene Dumas

I attended SUNY Potsdam's Crane School of Music from September 1972 until December of 1975 and recollect that during those years, the Potsdam Food Co-op had its beginnings. I didn't visit the Co-op then, probably because I lived at home in Massena and rode to and from Potsdam with others. I heard about the Co-op but didn't give it much thought--that kind of place was for rebellious college students and hippies.

Fast forward 30 plus years...

The Co-op is still in existence, and I was happily reaching the end of my teaching career. A seasonal and then part-time year-round position at the Nature Center in Massena opened my eyes to the wonders of nature and the many and varied environmental issues in today's world. I began reading more about health and how my food was being grown. I have been researching and learning about GMO's, factory farms, pesticide and herbicide use

on food crops, and the effects of current big-agriculture methods of food production on human health. I am not happy with what I have learned.

In an effort to protect myself from the dangers of food that has been grown and produced with questionable methods, I have become committed to eating organic foods as much as possible. Additionally, I have become a firm believer in "eating local". Eating foods that have been grown and produced locally is good for our bodies, the economy and our farmers! I know, I know...eating organic is EXPENSIVE! But I ask...is it really? You can spend a little more to eat healthy food now or you can spend a lot later to treat diseases related to an unhealthy diet.

So...how is all this related to the Potsdam Food Co-op? I was drawn to the Co-op with the hope of finding some good healthy food, finally learned that there is no mystery there, and it's definitely not where the hippies hang out! It's a great little place that

supports local farmers, bakers, and artisans. I am able to find organic produce...lots of it local... and all kinds of items in the bulk bins. There is a variety of meats, dairy products, frozen foods, and packaged foods. The bakery and local home processors provide fresh baked goods, and the deli always has an assortment of yummy soups, salads, and snacks. The employees are friendly and very helpful.

My friend Mary Danboise had previously been a Co-op member and recently renewed her membership about the same time that I decided to become a member as well. After all, I thought, if I'm going to be shopping at the Co-op, I might as well take advantage of the membership perks that I learned about at a Co-op sponsored potluck held at the Massena Nature Center last summer. Mary and I thought it would be fun to spend some time together and become working members.

We were right! After three work sessions doing packaging, I can honestly say that I have a

much better understanding of the Co-op and its mission. I've made some new friends who have shared stories about their involvement with the Co-op, and I've introduced my family members to the Co-op as well. Today, I discovered that working members can also serve in the bakery and might even be asked to contribute to the newsletter. And...I've also learned that packaging almond butter is really messy, raisins are incredibly sticky, and it isn't so easy to put labels on lumpy bags of packaged foods!

I have recently embraced a meat-free lifestyle, and I am truly enjoying spending time in my kitchen experimenting with foods that previously did not grace my table. I love stopping at the Co-op to see what fresh organic produce is available, purchasing a good variety of items and then searching for new ways to prepare delicious meals with my bounty. Of course, whenever I shop, I allow myself extra time to just browse, and I always find some new (to me, anyway!) and

interesting items.

As a newbie Co-op member, I have not yet availed myself of the other opportunities at the Co-op such as the tasting events and baking contests, but there will be time for that!

For now, I need to get back to my kitchen to find recipes for stuffed cabbage rolls, fresh tomato sauce, and white bean and kale soup. Oh...and by the way, the skinny figgy bars made with Co-op figs were delicious!!

If you're reading this and are not a Co-op member, please do stop in and have a look around. If you're a member that hasn't worked, I invite you to consider doing so. You'll be surprised at what you learn and delighted with the opportunity to be part of something very special!

We Got a New Cooler

By: Stacy Cole

In an effort to meet customer demands the Co-op acquired a new cooler to increase the amount of healthy beverages we carry. We have a greater selection of Sambazon, Evolution Fresh, It Tastes RAAW made from 100% pure fruit and vegetable juices, and GT'S Kombucha, all with our customer's health in mind. But what makes these products so healthy?

Kombucha is made from a sweetened tea that has been fermented using a symbiotic

culture of bacteria and yeast. This natural fermentation allows for the growth of probiotics that aid digestion and overall gut health. Kombucha, ripe with enzymes and bacterial acids, such as glucuronic acid, serves as a ready to drink detoxifier. Kombucha also contains glucosamine, which aids in joint function. This beverage is rich in antioxidants that boost energy levels and the immune system. Three of our new flavors also have chia seeds in them, which means added Omega-3, fiber, minerals, and even more antioxidants.

Sambazon is a company dedicated to promoting superfoods. Superfoods are a category of foods that are low in calories and high in nutrients (e.g. açai, coconut milk, and quinoa). Açai is rich in antioxidants and monounsaturated fats. Coconut milk contains MCFAs, or medium chain saturated fatty acids. MCFAs rapidly metabolize in the liver and provide a great source of energy. Quinoa is an ancient grain packed with protein along with amino acids, vitamins, minerals and fiber.

Evolution Fresh specializes in cold-pressed juice. This means

there is no pasteurization, slicing, or dicing, just pressing. The fruits and vegetables are pressed until virtually all the juice is extracted resulting in a richer flavor. It Tastes RAAW flash pasteurizes their juice followed by a cold fill. Flash pasteurization is a high temperature, fast pasteurization process that results in less nutrient loss than standard pasteurization. Cold fill means the container and the contents are chilled between 30 and 60 degrees Celsius during bottling (as opposed to hot fill which is between 85 and 95 degrees Celcius). This way the

consumer doesn't have to worry about chemicals in the container leeching into the juice.

So, next time you're in the store and looking for a refreshing pick-me-up, check out the new cooler! If there is something you would like to see added to our selection please mention it to a staff member or email your recommendation to our purchaser (jim@potsdamcoop.com). We are here to meet your needs and provide healthy edible options for all walks of life.

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Our Annual Meeting!



Spring is in Sight

By: Jim Bartlett

I write this missive as snow is flying, not much, but still coming down. We have Brazilian Black Bean Stew and Portuguese Kale Soup hot and ready, the coffee is steaming, and the seeds are out for early “sowers.” What a contrast! Two weeks ago people were calling about the seeds and bemoaning our Monday, February 17 offering date because the weather was beckoning them to the soil. Again, what a contrast! So, we wait, I’ve been reminded that this is the North Country and we could have snow until Mother’s Day. Since this is a reality, it’s also not such a contrast in my mind. So, that being said, here at your Co-op we are playing the season game too. While trying not to offer too much contrast and risk being frenetic, but not be too static and risk boredom in what we are offering you. I must admit, despite the constant search for new items, it is great fun to maintain the balance of comfort in consistency and freshness in cool new items. We have been featuring some of the new items during our Sampling Thursdays, and if you haven’t been able to give them a taste here are some

items that you should give a try:

Cindy’s Dressings: The varieties we carry are Balsamic Vinaigrette, Raspberry Nectar Vinaigrette, Blue Cheese, Greek Feta and Black Olive and Roasted Garlic Caesar. The ingredients are clean and the flavors are rich. This is a comfort purchase that is well worth the price.

Victoria’s Vegan Alfredo Sauce: Whether it is Artichoke, Original, Roasted Pepper, or Arugula flavor this product is sure to please. The customer feedback indicates a decadent indulgence without the “guilt.”

Field Day Organic Gluten-free Pasta: A family member recently switched to a gluten free diet and this has become a big hit. It cooks up nicely without the familiar rice pasta “mush.”

Dancing Deer Savory Short-breads: We stock two new varieties: Rosemary and Pink Sea Salt and Kalamata Olive and Fig; flavors sure to compliment what ever you choose to put it on top of. Not only are the flavors interesting, but the packaging is made with 100% recycled board and vegetable inks.

And from the Carriage House, where new products are coming out weekly, we are sampling the

following: Carriage House and Deli Spinach Artichoke Dip, Buffalo Chicken Wing Dip, Peanut Sesame Noodles, and Curried Chickpea Salad.

The Carriage House items need no explanation. They exhibit the tried and true flavors of the originals with the exception of being locally produced daily with awesome products on site at your Co-op. Check the Deli and the frozen food case for Carriage House items that are easy and convenient as meals for a lunch or a family dinner. When the schedule is full and time is of the essence, you can be assured that everyone will eat well. Everybody wins!

Spring is in sight...hope springs eternal, but flavor and variety are always available at your Co-op. Come in and try some of the new things we’ve chosen for you. Let us know what you like and what needs improvement. If you’d like something that you don’t see, let us know and perhaps on your next visit you’ll see that familiar taste and it will put a little spring in your step. Have a great and tasty season!



Save the Date: June 8

The Summer Baking Fest & Silent Auction to benefit Garden Share will be Sunday, June 8, 2014, from 12pm - 3pm.

More details to come!

The View from the Back of the Room

By: Wendy Turnbull

I always like the view from the back of the room when I attend a meeting. As with a piece of art, I feel the need for just a bit of distance to properly appreciate the whole. The Co-op crowd is not demure, and it was no different at the recent Annual Co-op Meeting and Potluck. From my perspective in the back, it was a whole lot of liveliness, framed by tables loaded with great food. Caramelo Trio, front and center with lively music, set the tone. Cold-weather gear and every style of traction for the outdoor ice dropped off in the sure-footed warmth and comfort of the meeting room, as owners united.

Parked along the border, I was conveniently close to the roast turkey generously brought by Cherie Whitten on behalf of the Whitten Family. Next to Cherie; Mike and Jennifer Sandefer treat-

ed us to an aromatic stew made with their Piedmontese sandwich steak and loads of delicious peppers. Daniel Martin's mountain of fresh vegetables came with positive messages (Really!) to keep me going until asparagus blasts magically from our garden next month.

Following the frame of heavily loaded tables, were bottomless pots of great coffee from the Co-op and dishes prepared and shared by owners. If you have ever been to one of these meetings, you will know I am talking about a bounty of vegan and vegetarian dishes, with a few other gems included. Another thing I love about Co-op potlucks are ingredient cards that accompany everything. And then, there were the desserts...

Long-time packagers, Mary Ziegler and Dawn Merna, and I were so engaged in conversation and good food, we'd failed to fill out an entry for the door prize.

Board Member, Pamela, came to us with entry tickets to complete, and Dawn was delegated to go and scrutinize the prize. She brought back a glowing review — “It’s a beautiful basket full of foody gifts,” she reported.

The Co-op Board ran a great meeting, with Eric and Robin informing us as to the state of our small business, assisted by Stefan and Abby. It was serious business, and we have challenges ahead, but heartwarming glimpses of the past from brave pioneers, Ann Johnson and Mary-Ann Cateforis, make it a worthy challenge.

But the highlight from where I sat was the reaction to General Manager, Eric's clarification when someone in the crowd asked him what he meant by “in-store profits versus otherwise.” Eric had been covering the financially positive aspects of the Potsdam Food Co-op, highlighting the gains

brought by the Buying Club—but more importantly by the Carriage House. Many local people don't know about the Carriage House—that we have this magnificent bakery and deli with a wood-burning oven and a brilliant team of people who produce all kinds of breads, knots, sandwiches and salads. Someone in the crowd asked Eric the question, “What is there besides in-store?”

Eric casually listed wholesale destinations for items produced in the Carriage House. He mentioned SUNY and St. Lawrence University; Clarkson University and the IGA; and Nature's Storehouse in Canton. I had the pleasure of watching the response. It was as though it suddenly dawned on many in the crowd that this was much more than a great supper club; we collectively own a business. We own a business which supplies many other businesses in St. Lawrence Coun-

ty. We have something unique, harnessing the energy of so many enterprising local people. From my seat in the back, I got to see the collective swelling of pride; people sat up straighter.

The meeting wrapped up with the name of the person who had won that big basket of treats. “Dawn Merna!” Lucky Dawn has been a working member for quite a while. She has packaged and cleaned; mended aprons; invented and created things we need; and gallantly managed the trailer at Outer Market Mania. Dawn drives from Ogdensburg to be a part of the Potsdam Food Co-op; it is that important to her. Congrats Dawn! Dawn promises to write some tales of her first foray into the Potsdam Food Co-op, thirty years ago, in the next newsletter.



England Edition

By: Anne Burnham



Bubble & Squeak

Mash up leftover vegetables and add cooked potatoes, if none are in the leftovers. Brown slowly in butter until golden.



Heritage® Lentil Loaf

(from *Nature's Path®*, *The Eatwell Cookbook*)
Serves 8

- ½ cup Dried Mushrooms
- 2 ½ cups Red Lentils
- 5 cups Water
- 1 tsp Salt, plus more to taste
- 1 tsp Dried Thyme
- 1 cup *Nature's Path® Heritage® Flakes* or *Heritage® O's*
- 2 Tbsp Olive Oil
- 2 cups Onions, finely chopped
- 2 Cloves Garlic, minced
- 2 Tbsp Balsamic Vinegar
- ¼ cup Parsley, minced, plus a few whole leaves for garnish
- ¼ cup Sun-Dried Tomatoes (oil-packed), finely chopped
- Black Pepper, freshly ground, to taste.

- If mushroom pieces are large, snip or break into tiny bits. If mushrooms feel sandy, rinse them.
- Combine mushrooms, lentils, water, salt, and thyme in a large, heavy saucepan. Cover and bring to a boil. Simmer until almost tender, 10 to 15 minutes. Stir in *Heritage® O's*. Add a little water if mixture seems dry. Cover and continue cooking until lentils are soft and *Heritage® O's* have softened, about 5 minutes more.
- While lentils are cooking, heat oil in a large skillet. Add onions and cook over medium heat until lightly browned, stirring occasionally, about 5 minutes.
- Stir in garlic and cook another minute. Stir in vinegar and cook just until it evaporates, about 20 seconds. Stir onion mixture, parsley, and 3 Tbsp sun-dried tomatoes into lentils. Season to taste with salt and pepper. Let cool for 15 minutes.
- Line bottom and sides of standard loaf pan with one large piece of plastic wrap. Arrange a few whole parsley leaves and remaining tomatoes decoratively on bottom. Pour in lentil mixture and smooth off top. Cool to room temperature. Cover and chill until firm, about 1 hour, or up to 5 days. (Flavors improve over time.)
- To serve: Turn out onto a plate and gently peel off plastic wrap. Cut into 8-10 slices.

Coronation Chicken

Boil a whole chicken breast down just covered with water and seasoning and two chopped onions. Simmer for just over an hour - (longer for larger chicken). Tear up the cooked chicken with your hands into ½ bite-sized pieces.

- Sauce:
- 2 cups mayonnaise
 - 3 tbsp Greek or natural yogurt
 - 2-3 tsp Madras or vindaloo curry powder (hot)
 - 2 tsp Mango chutney
 - Green grapes
 - Toasted flaked almonds

Mix the mayonnaise, yogurt and curry powder together. Add the mango chutney (to taste). Refrigerate overnight to let all the flavors get together. Add the grapes. Arrange on a dish and scatter the toasted almonds over the top. This is a bit complex, but worth the trouble, as it is a favorite of grandchildren.

Black Bean Brownies

(Read more: <http://canadaam.ctvnews.ca/recipes/>) - Serves 12

- 1 (19-ounce/540 ml) can of black beans, rinsed
- 3 eggs
- ½ cup of unsweetened cocoa
- ½ cup of butter or coconut oil
- ¾ cup of sucanat
- ½ cup of dark 70% chocolate chips
- 1 tablespoon of vanilla extract
- 2/3 cup of walnuts

1. Preheat oven to 350°F
2. Add all ingredients, except walnuts, into a food processor and purée
3. Stir in walnuts
4. Add brownie batter to a pre-greased 8 x 8 inch baking pan
5. Bake for 30 minutes or until toothpick comes out clean
6. Serve with melted dark chocolate, fresh mango and coconut ice cream

Updates from the Carriage House Bakery

By: Catherine Brownell

There has always been an air of mystery behind the Carriage House Bakery for me. I've been visiting the co-op for years and have purchased numerous freshly baked baguettes and batards. Although I had enjoyed many of the bakery's products, I had never seen the inside. For me the entire process and production was hidden. I had always wondered what it was like inside, imagining a heavenly setting of ovens and smells. A few weeks ago I finally got the chance to explore the Bakery. The opportunity arose when I was assigned the task of completing 15 hours of job shadowing in order to graduate from Potsdam High School. We had the choice of shadowing anywhere we were welcome, as long as we completed the assignment. I seized the chance to get to work in the

bakery and talked to Chris Affre.

From the first moment I opened the door I knew it was the perfect place for me to be. The smell of freshly baked breads and sugar feels like a blanket on the senses. The entire room is warm and welcoming, even on the coldest North Country days. Every little task I was given I learned something new. Production baking is quite a bit different from the baking I had been doing at home the past few years. Watching Mr. Affre work in the kitchen was always interesting. It's obvious that he knows the art of bread making better than anyone and there's a method to everything he does. He rolls and twists pesto knots with a flick of the wrist and was able to do 5 in the time I could complete one. Although I don't quite have the skills that he does yet, I know that the time I was allowed to spend working alongside him taught

me a lot. I was truly fortunate to have the opportunity to explore a different career and learn the art behind the baked goods that come out of The Carriage House Bakery.

Seeking Working Owners

The Carriage House Bakery and Deli is always looking for working owners! Uncertain whether or not you possess the right skill set? We will train you in all you need to know. Positions are available at various times Sunday through Saturday. If you are interested, and we hope you are, contact Chris Affre, or Becky, our deli supervisor.



SEE MORE PHOTOS AT OUR INSTAGRAM PAGE!



[HTTP://INSTAGRAM.COM/POTSDAMCO_OP](http://instagram.com/potsdamco_op)

Board of Directors Report

By: Vanessa Bittner

The Potsdam Food Co-op Board is delighted to welcome newly elected Board members Laura Cordts and Tamijean Cole. Re-elected at the February 2014 annual membership meeting were Mary Egan and Pamela Maurer. Thanks to member-owner votes in the store and at the meeting, quorum was reached and these members have started new three-year terms. Another new Board member, Laura Goshko, was invited to replace resigning Board member Marc Compeau, until the February 25 elections. As readers will understand from these new and re-elected Board members' bios at <http://www.potsdamcoop.com/board-members>, these Co-op member-owners are contributing an exciting mix of experience and skills to helping the Co-op govern wisely and effectively, in line with the Co-op's mission. As for resigning and outgoing Board members,

we thank Marc for helping gather member input in the Long-Range Planning Committee's effort to draft the Strategic Plan in 2013. Marc decided to devote his time to reviving a local small business. Also instrumental in Board governance and creating the Strategic Plan was Stefan Grimberg, who in February completed a three-year Board term and one-year stint as president of the Board.

Before celebrating the successful elections at the February 25 annual membership meeting, sitting Board members met this past quarter in committees and monthly Board meetings to handle regular business. In November and December the Board performed the annual General Manager performance review based on achievement of the GM's 2013 goals, staff and Board surveys, and membership input from the October potluck. In December the Board reviewed the Co-op's 2014 budget and requested further discussion and input

by the Finance Committee. The budget was ultimately improved, but is not set in stone. Also at the December Board meeting, Robin McClellan was voted in as interim Treasurer, to replace Will Siegfried, who is on sabbatical. But it wasn't all paperwork for our Board in December: many Board members donned caps and aprons to help set up, serve and clean up at the Co-op's annual holiday baking fest on December 8. Such public events literally "feed" the ongoing in-person discussion of our food cooperative's role in the community.

Voting on the officer slate was a major agenda item at the January 2014 Board meeting, at which the Board voted to approve the officers nominated by the Governance Committee. The 2014 officers are: President - Vanessa Bittner; Vice President - Abby Lee; Treasurer - Robin McClellan; Secretary - Mary Egan. The Board also discussed and approved a well-considered motion from the

Membership Committee to add a new 15% discount intended to reflect Board member time commitment to working on committees and preparing for and attending Board meetings. It is hoped that the new discount level—in addition to the pure satisfaction of serving the membership—will incentivize future volunteers to consider running for the Board.

The first agenda item at all Board meetings, though, is member comments. The January 21, 2014 meeting was animated by discussion of a member comment questioning sales of imported items when there are local producers for the same items. In response to member concern, the Board suggested that a justification of offering such items in the store is a first step. The Board generally discusses product selection not to involve itself in management decisions, but to represent membership and shape overall policy. Increasing local product offerings, whether

food or merchandise, is a focus of the Board. As "increased partnerships and support of local vendors, businesses and producers (farmers)" ranked high as a goal in member surveys forming the Strategic Plan published on the Co-op's website in December 2013 and discussed at the February 25, 2014, annual membership meeting, the Board will continue to pursue local partnerships and product availability this coming year. To that end, in January and February the Executive Committee planned the March 2014 Board Retreat to set the next year's goals.

Watch this space in the summer newsletter for more on the Board's 2014 goals and Strategic Plan implementation. Your feedback and member comments are always appreciated at coop-board@potsdamcoop.com.

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