

CO-OP Digest

November/December 2010

North Country Food Cooperative

For the community. By the community.

How to support the local economy, eat healthier, and save time in this holiday season

by Adrian Carr



In one sentence? Let the Co-Op be your one stop shopping. For example, Thanksgiving is just around the corner so let's talk about that turkey. If you're preparing thanksgiving you're probably going to devote a whole day if not more to cooking. And then, you're probably going to eat leftovers from that wonderful dinner for a week, right? And it's delicious and it only happens once a year. So with all that work and enjoyment involved, wouldn't you want to get the best turkey you could find? This year the Co-Op is offering delicious, organic and naturally raised fresh turkeys from Stonewood Farm <http://www.stonewoodfarm.com/> as well as Misty Knoll Farms. <http://www.mistyknollfarms.com/> Both farms are in Vermont and offer free-range, natural, grain fed, turkeys. These turkeys will make for the most delicious and nutritious thanksgiving dinner! And if it's a few dollars more, isn't it worth it? I can't imagine buying a frozen, corporate farm turkey that's full of chemicals like anti-biotics (and who knows what that turkey was fed). So feel

good about the dinner you're cooking and let me know how it comes out. If anyone has a preference between Misty Knoll and Stonewood Farms, or a good recipe or unusual way of preparation, let us know and we'll include that in a future newsletter. One of my most memorable Thanksgiving Turkeys was in 1997 when my uncle barbecued his Turkey on a Weber cooker for a truly delicious smoked flavor. I've never seen that since.

Just remember to order your Turkeys by November 9 to guarantee delivery.

Here's a few more of my favorite picks as well. For those vegetarians, the Co-Op is offering a Tofurkey Roast as well as a Field Roast for your Thanksgiving spread. And these are delicious alternatives even if you're not vegetarian. The Co-Op also has Farmers Market organic pumpkin for your pies and bread as well as Pacific Organics Cream of Mushroom soup for recipes. New to the Co-Op are the Mediterranean Organics which come in two different flavors: wild blueberry and mixed fruit. These are low sugar preserves packed with fruit flavor and the best fruit preserves I've ever tasted.

Finally I would like to mention another item that is truly making the Co-Op one stop shopping: Darn Tough Socks. <http://www.darntough.com> These colorful socks are made in Vermont and offer superior materials and workmanship that make these sock an unbeatable value. In addition the socks have one unusual advantage: All Darn Tough socks come with a lifetime guarantee. So if you ever wear out a pair of their socks, you can send them back for replacement. (Sorry the guarantee does not cover lost socks) Darn Tough socks come in a variety of colors and styles from the heavier, cushioned designs (for hiking, running, etc) to ultralight designs for bike or casual use. These are a great holiday gift idea as well, kind of a no-brainer, sure-to-

please gift. I've already bought three pairs.

So I look forward to seeing you at the Co-Op this holiday season, supporting the local economy, eating healthier, and using your time to enjoy with loved ones rather than running around in the car shopping!

Holidays 2010: The Co-op is where it is at.

All Natural, Free Range, Thanksgiving Turkey Order Deadline November 9th.

Order a Tofurky now to ensure you are prepared for the vegetarians and vegans in your family.

Look for our NEW bulk apple crisp topping, both vegan and non-vegan. Specially created by co-op's produce manager, Susan Brecht-Cadieux.

Also NEW, Co-Op's own bulk stuffing mix, featuring Conroy's Bread, and co-op seasonings.

Get your veggies here!! New England Grown cranberries, local carrots, greens, squash, and potatoes.

Organic canned pumpkin. Come get it!

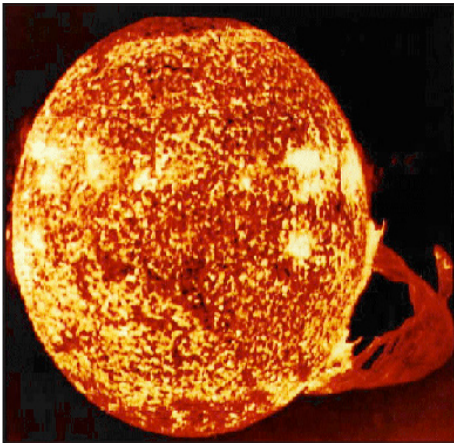
Local Free Range eggs and regionally produced Milk.

Order any ingredients a head of time or in bulk to ensure you have what you need for your Family Dinner.

Need Dinner ideas? Ask the staff!! The Co-op staff is very skilled in cooking and is able to assist you with your traditional, vegetarian, and vegan cuisine. Just ask!

Autumn Sun-Day

by Seth DeFayette



There's a big ancient star shining right at me, as the leaves are tanning and bronzing in the autumn glow. Some call it "Ra". Others call it "Sun". I call it the "Great Vitamin D Orb", or "D-orb" for short. Luckily the window above my desk faces south, so I am able to absorb some vitamin D without even having to leave the warmth of my house. But of course "D-orb" is very low now that the equinox has passed, and each ray of sunlight has to pass through many, many more atmospheric particles to reach my skin. Sometimes Plattsburgh is covered in clouds for a week straight! My body grows tired during those times, and concentration is more difficult as the skin starves for delicious, decadent Vitamin D.

This "Vitamin D" is one of the few vitamins that can not be easily absorbed by your vast tracts of intestines. It may "only" be made by your skin. Good luck with that for the next 4 months. Even if you do motivate yourself to stay in shape by skiing, snowboarding, etc., the small amount of exposed skin on your face is barely

enough. And if it's a cloudy day, forget about it. The consequences of a Vitamin-D deficiency include: a weakened immune system, depression, and osteomalacia/bone-softening (In regards to adults over 50, vitamin D intake is especially important). Mothers who breast-feed should also take supplements, because their breast-milk does not naturally contain much Vitamin D. There are a few places known to "Man" that D-orb is known to put on some shades, rest its rays, and maybe even drink a Mojito. These might be Florida, or the Caribbean, or The Cancun. Unfortunately, recent post-college graduates, the recently unemployed, and wage-slaves would love to leave the snows of the North Country for the beaches of San So-and-So. But they are broke.

Don't fret! There are reasonably priced, modern-day solutions. There are full-spectrum light bulbs, which I believe are sold by the Co-Op. On a cloudy day, or at night, curl up under one of these bulbs with the Heart of Darkness and turn that frown upside-down! Set up your sofa/desk/throne near that south-facing window of yours. Otherwise, take Vitamin D supplements, which you may be able to absorb something from. Some food naturally contains vitamin D, especially certain fatty fish (salmon, sardines, cat fish, etc.) A tablespoon of fish oil will provide your whole daily serving of vitamin D (in the 1920's, cod liver oil was discovered as the cure to rickets, a disease caused by vitamin D deficiency). Whole eggs are also good. For Vegans: The only options besides supplements and good old-fashioned sunlight exposure are mushrooms.

Heck, everyone should maybe even run around outside shirtless in the snow for a couple minutes. On a sunny winter afternoon, this may very well be your only chance for the real deal.

Upcoming Films

Co-sponsored by Illegitimate Son of Mystery
Science Theater 3000

Saturday, Nov. 20th - "Zero Hour" (1957)

- The inspiration for "Airplane!" with lines lifted verbatim by the 1980 hit all-star spoof, turning this original serious version of the same plot into a truly surreal experience when seen today. Proudly presented on actual (16mm) film, not DVD! Showtime 7 p.m., upstairs. Free to all, donations accepted.

Saturday, Dec. 18th - "Outrageous Shorts, Vol. I"

- Don't miss this eclectic parade of utterly bizarre, jaw-dropping shorts spanning the decades from Shirley Temple's "Polly Tix in Washington" (1933) to "KKK Youth Camp" (1980). Proudly presented on actual (16mm) film, not DVD! Showtime 7 p.m., upstairs. Free to all, donations accepted.

Gluten-Free Confusion?

by Shari Olmstead



If you've wandered the co-op aisles and drifted over near the produce cooler you might have noticed a steadily growing bunch of shelves that hold gluten-free foods. A collection of cereals, pastas, cookies, baking [cont...]

Co-Op Coffee Houses and Poetry Readings

NOVEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13 Poetry Reading
14	15	16	17	18	19 Coffee House & Open Mic	20
21	22	23	24	25	26	27
28	29					

North Country Co-Op
25 Bridge Street
Plattsburgh, NY

**All Events
8:00 – 11:00**

Bring your music
and words to share.

Featured Guests
to be
Announced

Donations to
benefit Community
Room renovations!!

mixes and more line those shelves.

What makes gluten a no-no for many people and what is it? Gluten is the term used to refer to a large protein fragment found in certain grains—specifically wheat, rye or barley. Most gluten-free foods also exclude oats because the majority of companies process, manufacture or store their oats near the offending grains causing a “cross-contamination”. Even that small amount of gluten can cause problems although it seems extreme.

People always ask, “Just a little bit won’t hurt will it?” But it’s not an issue of a personal dislike, or a food “disagreeing” with you, but of an autoimmune reaction to the actual gluten protein molecules in the grains. A chain reaction of responses are triggered in every celiac whether their outward symptoms are severe or not. Responses that have serious long-term consequences.

Although people with arthritis, migraines and many other health problems can feel better eating a GF (gluten-free) diet, people with celiac disease NEED to follow this diet strictly for life. If they don’t, there are literally hundreds of symptoms and many other diseases that can be triggered by continued exposure to gluten. Some people experience no signs or symptoms after eating gluten, but this doesn’t mean it’s not hurting them. Even trace amounts of gluten in your diet can be damaging. Fortunately the majority of health problems and symptoms resolve once a GF diet is followed strictly and the small intestine heals. There is no cure, medicine or surgery to treat Celiac Disease — only the GF diet.

For the past 8 years now I’ve been one of those people that need to follow a gluten-free diet, and will for the rest of my life. It wasn’t always easy for me to do. I remember wanting to sit down and cry in the middle of a grocery store when I went there during a 15 minute break during which I had to find something that I could eat at lunch...something that had no offending ingredients on the label. The problem was, every label had at least a dozen - but usually twice that many-ingredients listed. The label of a simple microwave side dish was overwhelming

and sounded like a science project, not food. I finally grabbed an apple to be safe –no labels involved and one simple ingredient: APPLE. I had followed the diet but my stomach wasn’t thrilled.

I’ll argue with anyone that says a gluten-free diet is terrible. Yes-it can be confusing in the beginning and Frustrating with a capital “F” until you understand the dos and don’ts, the foods that are allowed and not allowed. It’s like learning to drive a car. At first you feel like it will never be easy, but soon it’s second nature although you never stop being careful. Every label needs to be read every time since ingredients may change.

Why the fuss? What does gluten do to people with celiac disease? In their case, the body treats gluten like an intruder instead of food. The body begins a full scale attack on the gluten as it’s being absorbed, and the innocent bystander – the small intestine whose job it is to absorb all the nutrients in what we eat – gets collateral damage. Its specialized lining of millions of little fingers (villi) that have the total absorptive surface area of a tennis court - becomes inflamed and damaged. As the offending foods with gluten are eaten, the damage affects the villis’ ability to absorb nutrients such as vitamins (especially A,D,E and K), minerals, protein, carbs and fats. Continued damage destroys and flattens these fingers shrinking the absorptive surface area to the size of a coffee table.

As damage increases over time, the villi flatten and absorb less and less, resulting eventually in the body starving for adequate nutrition, regardless of how much food is consumed. This continued malabsorption can cause osteoporosis, fatigue, anemia, infertility, poor night vision, bone pain, nose bleeds, easy bruising, itchy rash, hair loss, brittle nails, fatigue, muscle cramping, heart palpitations, bloating, diarrhea, abdominal pain and the list goes on.

Celiac disease is a multi-system, multi organ disease, not just a gastrointestinal disease as was thought in the past. Because the body mistakenly attacks itself, it is considered an autoimmune disease. It’s hereditary, so the gene for celiac

disease is passed along in families. A first degree relative (parent, child, sibling) of someone with celiac disease has a 1 in 10 chance of having it, and a second degree relative has a 1:22 chance. Having the gene doesn’t mean you have active celiac disease. The gene must be “switched on” usually by illness, a viral infection, stress, surgery, or pregnancy, although the exact process is not understood yet. It can be switched on in childhood or as late as 90! Although once thought as rare (1 in 40,000 people) we now know that 1 in 100 people (3 million Americans) have Celiac Disease. Although awareness is growing, only 3% of celiacs have been diagnosed currently. The first step to diagnosis is a simple blood test for specific antibodies which can be ordered by any physician. A person NEEDS TO BE consuming foods that have gluten every day until the tests are all done. If blood results come back positive, a painless biopsy of the small intestine can be done under light sedation as a simple out-patient procedure. False negatives are possible with both blood work and biopsies, so if a person continues to have health problems that they think are related to gluten - they should be re-tested.

Once diagnosed, a celiac can still enjoy a wide variety of fresh foods like fruits, vegetables, most dairy products, cheeses, fresh fish, meats and poultry, potatoes and safe grains like corn, rice, amaranth, quinoa, and buckwheat. Some safe flours come from tapioca, rice, chickpeas, corn, nuts, and buckwheat. Many soups, gravies, sauces, baked goods and processed foods frequently have gluten.

Untreated celiac disease means increased risk of developing other autoimmune diseases, osteoporosis, infertility, anemia, intestinal lymphoma and bowel cancer, and even death.

Gluten-Free Baking for the Holidays with Xanthum Gum:

For What?	How Much?	Remember...
Cookies	1/4 tsp per cup of GF flour	Sift dry ingreds together
Cakes	1/2 tsp per cup of GF flour	Sift dry ingreds together
Muffins	3/4 tsp per cup of GF flour	Sift dry ingreds together
Bread	1 to 1 1/2 tsp per cup of GF flour	Sift dry ingreds together
Pizza	2 1/2 tsp per cup of GF flour	Mix w/dry ingreds first then add liquid

Xanthum gum lends stability and prevents crumbling in gluten free baking. Though it might seem expensive a jar or bag of xanthum gum (like Bob’s Red Mill) lasts a long time!

*Remember to avoid cross-contamination when baking by avoiding contact between your gluten-free ingredients and counters, utensils, or cutting boards that were used for gluten-containing foods.

Eating for the Sound

by Jeff Cochran



The cream of cauliflower soup with paprika and tarragon gave my tongue a probiscusy sense of well bee-ing. Eating warm orange-y soup named flower on the full moon of October is a lovely being to be. But something was missing from the soup. Some ingredient. I looked around the kitchen. That's it, a rice cake for a spoon.

The soup was missing "crunch." I couldn't hear the soup. It needed a sound. I was eating for the sound.

We eat for the "Hummm," and the "Yummm." Eating is an audio experience and each food has its own sound.

Topped and bottomed with bread is what makes the sandwich sound. Whatever the ingredients, their noisiness is held inside the two white walls of the breaded sound room. Two all beef patties, special sauce, grasshoppers, sardines, snap peas -- whatever you put in the bun -- the bun is the muffler. Bun-muffled is the sound of every sandwich.

Americans love chips. We love the fireworks and mashing machines of our city-land-lives. We like the roads we blasted through this Corn Island. So it is we love to hear in our ears the sound of corn chips being crushed by our teeth. Good chips have a good sound. Chips can actually get too loud. Chip-loud for too long will cause people to use dip to quiet the chips down. With a dipped-chip tongue, cheek and spit have dip to help absorb crunch.

Coffee used to silently steep, then it dripped, then it began to percolate, and recently, coffee espressos. Coffee sips sometimes. I've never heard a coffee "gulp." Usually it's so hot humans send their lips to the rim with a weary stealth attentiveness. Though coffee drinking is quiet, we drink it for the sound. We witness coffee as a black and silent liquid, but when the coffee bean chemicals enter the human metabolism, out comes talking. If the human mouth stays shut, talking will still be happening and it will have to be listened to by the coffee drinker. We drink coffee for the sound.

Intelligence is involved in ice chewing. Breaking ice is a serious teeth-jaw-muscle tongue-maneuvering oral event usually done while day dreaming. The sound of cracking ice is perhaps the same sound an idea makes when it's busted apart. Hmmm? Polar ice caps -- industrial civilization? Ice may be the loudest and stupidest natural food. We are a species

who harnesses the power of fire to freeze water so we can chew it.

Bananas do a pillowy-splush sound in the mouth. Uniquely, bananas are prepared to have their neck snapped and their skin stripped off, and those are Banana Sounds.

A good steak is knife on plate. The sound of holding and cutting. Cow Flesh chewing has a sound. Crushing muscles with teeth puts one in a meticulous and purposeful chew mood. Actually, quite like a cow chewing cud.

If food has a watery crunch you are probably on a diet. Celery, carrots, broccoli and salad. Salad is an audio event comparable to driving a truck through a thicket. We know we eat salad for the sound. If salad sounds like cud it's not salad. Ya just don't chew salad 50 times.

The fall is here and we're surrounded by apple trees. We pick them out of boxes. My son sounded out the apple bite, "THX." Reads like it's the name of a rock star, Adam THX. "THX" is the sound of living cells of apple water breaking away to become living cells of people flesh. Apple people flesh. The sound "THX" tells us that both bodies seem to be quite happy about this. Water falling into water. "THX" speaks volumes. Hearing the apple bit, you know you just let the snow out. "THX" says, You picked it. It didn't get a chance to fall and rot. "THX" is a funny sound. The earth is ever FALLING around the sun. "THX" "THX" "THX"

Some apples get pied. Pies have no sound. But pies cause people to start sharing details about how the pie was made in a tone that is to assure us that baking pie is exactly as miraculous as the fact that the apple pie emerged from apples that emerge from beautiful pink flowers rooted to the globe dangling from a branch of sunlight.

The whole of the four seasons ride around the sun that grows the plant and animals we eat into us to become us happens in silence. Bloom, fruit, fall, seed bloom around the sun all without a sound. The great silence of food. All this growing on all around us, and in us, and we never hear any of it. Well, it is true all we do is the sound of our food. The sound of food.

The New Fabulous Four

by Jennifer Patching

"This life man..."

That has become my mantra this past year. Mantra? Perhaps just exasperation

while in desperation. Either way, this life man! You never know what you're gonna get. The potential for unpredictable gain and loss in this life can't be denied -- peaks and valleys if you will. Face it: no matter how predictable you make yourself and your world, you're inevitably going to get blindsided one of these days.

I've been tumbling along from peak to valley (with limited grace and style) for some time now. When I fall really hard, I notice what's actually there to catch me. I've found good friends, family, food and fun are essential for cushioning the fall. A new version of the Fabulous Four! -- O -- of course, music has been helpful too (not to distract from the alliteration that's been flowin'.) Ironically, the Co-op offers aspects of the "New Fab-Four" and ire tunes to boot! This life man! If only there was a Co-op around every corner.

So next time you're aimlessly strolling through the aisles of the Co-op, take some time to listen to the tunes and consider the "New Fabulous Four". Friends: From my experience, everyone at the Co-op is friendly. Next time you're there, just say, "hey, how's it?" and you may be surprised by the answer. Family: Our Co-op is the result of the vision and cooperation of six families who wanted a better way to eat and shop. By shopping at the Co-op you're helping sustain local small businesses, famers, cheese makers, etc. In a sense, you're helping sustain our greater family, this community. Food: Need I say more? I can't resist. Food is one of my favorite things. Next time you're at the Co-op, let your culinary imagination go wild. How could such a little store offer such diverse selection? If you're truly stumped, try stuffing a fig with crème fraiche or simply drizzling honey over Fage greek yogurt. So simple, so divine.... Fun: the Co-op is fun! Its employees and volunteers are all interesting people. Soon, I hear, the Coffee House events will start; providing us with, a gathering place and a refuge from the sleet and snow to come.

So it's true, a Co-op like this is not around every corner and sometimes I shake my head and look down in desperation, muttering "this life man...." Lucky for me, the Co-op keeps its cheese cooler fully stocked so I also find myself looking up, smiling and laughing while I exclaim, "this life man, this life!". You never know with this life... it goes both ways. Enjoy it while the strawberries and crème fraiche are especially good.