

NORTH COUNTRY
FOOD CO-OP
25 BRIDGE ST.
PLATTSBURGH
NY
12901

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The Co-Op Digest

ARRIL 2008

Upcoming Events

Puppets in the Streets! Earth Day Celebration

Puppet makers, artists, dancers, and musicians are invited to come help with preparations and rehearsals for a parade-play honoring Earth Day to be held Sat, April 26th at 1p.m. The celebration will include a play requiring rehearsal, and people willing to carry props and wear costumes which will require practice.

The parade itself will be open to anyone who wishes to join the walk. We are having weekly meetings at Fox Hill Studio, 11 Elizabeth Street, Plattsburgh NY up until the day of the event. All are Welcome and Encouraged to join in this Vibrant Celebration of the Earth.



For more Information call:
Jeff Cochran at 563-2038

or

Kimberly LeClaire at 562-3243
kle Claire@hotmail.com.

Kiva Benefit Coffee House

Saturday April 19th

Kiva is a non profit based out of San Francisco which provides micro loans to individuals around the world. People who wish to receive these loans go through a local field partner who then turns to Kiva.

Kiva provides those who are able to donate some money with a profile of each recipient. The upcoming event at the Co-op is an open mic and art sale. We are asking for 2 dollars at the door and the whole event kicks off at 7 o'clock. Anyone who is interested in selling artwork or any projects can feel free to bring them along. The Anthropology club is just asking for a dollar from any art sales. The rest of the cash goes to the artists.

For more information, check out www.kiva.org

Annual Member Meeting and Potluck Sunday April 27th at 4PM



It's True!!

The North Country Co-op is having its 32nd Annual Meeting on Sunday April 27th at 4:00 pm. The gathering will start with a potluck and be followed by Board elections and live entertainment. Live entertainment compliments of Pat Ostrander, Jeff Cochran, Snowy, and Kimberly LeClaire, all of your Co-op favorites.

***“a celebration
of the
successful
renovations and
the final
mortgage
payment for
our beautiful
downtown
building”***

Attending this event is a great time to make your Co-op more than a place you go to buy your food, but also a place to build community and stay connected. It's a perfect time to get to know the upstairs.

This year's Annual Meeting is also a celebration of the successful renovations and the final mortgage payment for our beautiful downtown building. Things look vibrant at the Co-op, and it wouldn't have been possible without all of the volunteers helping to make it happen. We hope to see all of you there.

This year there are two positions open for election on the board. As a board member, your duties are to meet once a month to discuss and engage in the North Country Co-op's growth and prosperity.

All are welcome and encouraged to check it out. Feel free to ask the staff any questions you have about this event. It's important everyone feels comfortable and welcome.

Wellness Practitioners Group Meeting

Wednesday April 9th, 6 PM

Upstairs at the North Country Food Co-op

Healers, Therapists and Friends,

Join us in a new chapter of healing and growth in the North Country with the creation of a Wellness Practitioner Community Group. Come together so that we can learn about each others therapy options and promote our services to the rest of the community.



Is the Co-op too Expensive? The Case of Our Produce Section

By Jeremiah

As a relatively new Co-op employee and shopper, I can still remember my past excuse for not shopping here regularly quite well—an excuse I believe may loom on the margins of many a Plattsburgh shopper's mind: "I love what the Co-op is all about, it's just too bad things are so expensive". Where this unsubstantiated thought came from, I'm not exactly sure. Perhaps I was unfairly generalizing based on the price of organic meats, which are undoubtedly more costly than the slabs of growth hormone you can find uptown in the big box stores. Perhaps I overheard someone else say something similar and retained it to keep myself from feeling guilty about not making the extra effort to get downtown. Whatever the reasons, the more I have worked and shopped here, the more apparent it is that my old excuse is a big myth, provided I'm not comparing the partially hydrogenated junk I shouldn't even be eating in the first place to the organic foods available at the Co-op, which would be like comparing genetically modified apples to organic, fair trade oranges. The fact of the matter is, when it comes to comparing similar quality foods, the Co-op is just as cheap—and oftentimes—far cheaper than any other grocery store.

Take our produce section as an example. In the first chart below, I compared the price of Hannaford's organic produce to the price of our organic produce and found that, except for bananas, which are about the same price in both stores, our organic produce is far cheaper—up to three times cheaper! And I must add, our bananas are Fair Trade Certified as well as organic, meaning that the farmers harvesting them get paid a stable, higher wage than most banana producers whose wages fluctuate dramatically within a typically tumultuous cash crop market.

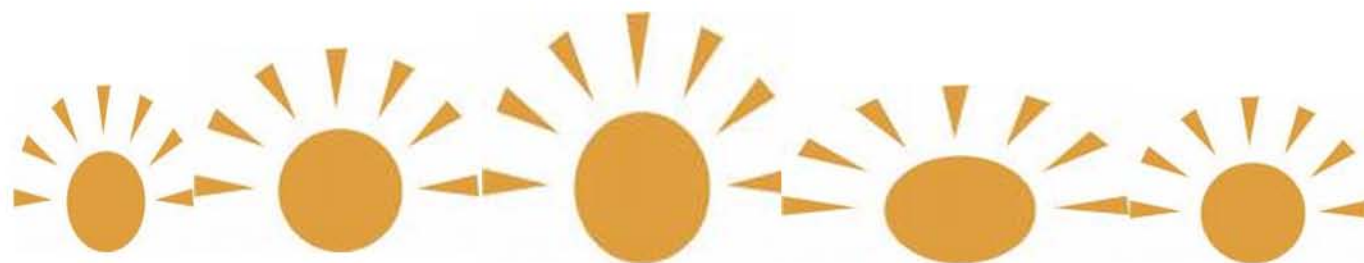
Price Comparison Between Hannaford's Organic Produce and Our Organic Produce as of 3/26/2008

Item	Hannaford Price	Our Price	% Difference
Organic Green Leaf Lettuce	2.99 ea	1.63 ea	83%
Organic Cilantro	2.99 ea	1.44 ea	107%
Organic Bananas	.79 ea	.80 ea	1%
Organic Cauliflower	4.49 ea	2.60 ea	73%
Organic Summer Squash	7.98 per lb	1.95 per lb	301%
Organic Grape Tomato	3.99 ea	2.75	45%

The second chart compares the price of our organic produce to Hannaford's regular, non-organic produce. Even here, many of our prices are similar or even cheaper! And just think: These price differences don't even reflect what you'd save if you have a Co-op membership! For all of us who thought organic produce was too expensive, no more excuses.

**Price Comparison Between Hannaford's Non-Organic Produce
and
Our Organic Produce as of 3/26/2008**

Item	Hannaford Price	Our Price	% Difference
Celery	1.79 ea	1.75 ea	2%
Baby Spinach	7.97 per lb	7.99 per lb	Less than 1
Mesculin Mix	9.56 per lb	6.48 per lb	48%
1 lb. Carrots	1.29 ea	1.08 ea	19%
Lemons	.67 ea	.67 ea	None
Vermont Hydroponic Tomatos	3.99 per lb	2.99 per lb	33%
Red Potatos	.99 per lb	.74 per lb	33%
Avocados	1.50 ea	1.48 ea	1%



Cheesy Information

By Travis

Howdy folks! I'd like to take a moment of your time and introduce myself if I haven't already. My name is Travis and I've recently become what some might call the "Big Cheese." No, I don't really have much authority, I actually organize and stock the cheese cooler. We used to have a rather small area devoted to cheeses. It was just a few shelves in the normal cooler. After the Grand Onion left us, we purchased a large two-door cooler from them. After a bit of deliberation, we decided to expand the cheese section into said cooler.

Now, as you all know, the Co-op is keen on being a retail outlet for regionally local producers. When I started cutting and wrapping cheeses, I didn't really know where they came from. I knew that we ordered them from a couple of different places, but other than that, I was in the dark. Since I've had more responsibility in this area, I've become more familiar with the cheese we sell, and even tried some different things once in a while. I've been educating myself in the different cheeses we sell, and even ones we don't sell. I realized that while we'd been trying to give you a larger selection to choose from, we hadn't really been integrating local cheese producers as much as we could have been. I'm proud to say that that is now changing. The co-op is now offering a larger selection of cheeses that include our previous suppliers, New York, New Hampshire and our friends across the lake, Vermont.

Currently we're providing you with local cheeses from [Clover Mead Farm](#), a local farm here in the Adirondacks. The name might sound familiar to you; they've sold their cheeses at the Plattsburgh Farmer's Market for many summers past. Clover Mead has been offering their line of organic cheeses here for the past couple of months. I

recommend the apple wood smoked gouda. We've also tried a medium alpine cheese from [Hawthorne Valley](#) farms in Ghent. We've also been selling their yogurt for a while. If you're a fan of the squeaky niblets of cheese curds, we carry some different flavors from Hillcrest Farm in Moravia.

We've also tried out some new cheeses from Vermont. We have a Brie and Gruyère from [Blythedale](#) farm in Cookeville, some delicious smoked gouda from [Taylor Farm](#) in Londonberry, and some tasty flavors of chèvre (goat cheese) from [Vermont Butter & Cheese](#) in Websterville. Of course we're carrying a few cheeses from [Cabot](#) creamery in Montpelier. Right now we only have a pepper jack and a reduced-fat cheddar, but we'll be getting more. Other Vermont cheeses we already have are a delicious aged cheddar from [Grafton Village](#) from Grafton. The one we currently have is aged a year, and has a fantastic tang on your tongue. If you're in it for some serious aged action, I just placed an order for their 4-star cheddar (aged four years!). If organic is your game, check out the [Neighborly Farms](#) cheeses from Randolph. They offer a full spectrum of cheeses including some raw-milk cheddar and a great garlic cheddar for your everyday vampire protection.

From New Hampshire we have a fantastic baby swiss from [Boggy Meadow](#) in Walpole. Now, I'm not a Swiss man myself, but this stuff knocked my socks off. It may very well have converted me. I have seen the light, and it is baby swiss.

Here at the co-op we believe that fresh is best. That's why we try to sell you as much local product as possible. That's why the majority of our produce is packaged or bagged right here in

our store, often moments before you buy it. That's why most of our cheeses come in gigantic wheels (sometimes as much as twenty pounds!) and are cut, wrapped, and priced in our store as well. I hope you'll take the time to peruse the cheese cooler and try something new! If you want a recommendation, I'll be glad to give you one, but remember: if you like the cheese and you like the wine, they'll probably go well together. I'll be sure to keep everyone posted when we get some new cheeses in! Also, be sure to keep an eye out for samples. They pop up in the deli cooler every now and then.

Next Week: What's the skinny on raw milk cheeses?

MOO!!

MOO!!

Moo!

Moo! Moo!

Moo!!

Moo!!



What Color is your Tea? Greens and Yellows

By Carol

With great flavor and healthful antioxidants, it's no surprise that green tea is gaining popularity. Whether you use modern teabags or traditional whole leaf teas, remember the centuries-old basics of green tea brewing:

1. Start with cold water and heat to 180 degrees (when steam starts to curl out of the kettle). Don't overheat – boiling hot water actually cooks lightly oxidized green tea, creating a bitter, unpleasant aftertaste.
2. For loose, whole leaf tea, use 1 teaspoon per cup. Always put the tea in first, and then pour the hot water over it.
3. Don't overbrew. Most green teas steep for 2-4 minutes. If you prefer stronger, add more tea next time.

A word about teabags. There are some nice brands out there and bags are convenient to use. Co-op shopper favorites include Foojoy and Royal King (decaf) – these come in a 100 count box. Yogi brand green teas are also popular and tasty, especially the kombucha and goji flavors. For the more adventurous, try some loose leaf teas, sold by the pound so you can sample them easily. Each has its own story – some famous. For example, in one part of China, it is said that monkeys know when a certain tea is ready for picking. Varied processing methods, such as steaming, pan-firing, roasting, or smoking produce very diverse flavors. Also, different regions, countries, soil, climate, etc. are all factors that make certain teas unique and complex both in appearance and taste.

For a stronger flavor, try Gunpowder or the nutty rich cup of Kukicha tea, made from tea stems. For a fresh, spring-like quality, there are young greens such as Ming Mei or Lucky Dragon Hyson. There is also bright green powdered Matcha, which may be used as a beverage or a food ingredient in cakes, ice cream, and salads. In Japan, it's even made into candy! This recipe for making Maccha salt is from the April issue of Taste for Life magazine, a free handout in the co-op: combine 1/8 cup of coarse sea salt and 1/2 teaspoon of Matcha tea. It is so nice in an Asian style salad, and one is listed in their article.

Lastly is yellow tea, a rare variety even in China. Yellow tea has a yellow, golden appearance both in its unused dried form and as a brewed tea. Tea drinkers who dislike the taste of green tea because of its vegetal, grassy aftertaste may find yellow teas more appealing, with a full bodied, yet mellow, smooth flavor.

It really is easy going green with so many choices, so experiment with different varieties, the amount of leaf, water temp (ex-you can bring water to a boil, then let it cool slightly), and steeping time. Also resteep any loose leaf tea up to 3 to 4 times. The first brew contains most of the caffeine, so this might be a good option for some folks.

Enjoy the simple ritual of tea making, sip, and feel refreshed!

To your health, Carol

It is not surprising that the significant issue of diabetes, in the North Country, was addressed at the hospital by visiting Senator Shummer. I have been hearing more and more people tell me they have diabetes, or "sugar" as some refer to it. There are many types of diabetes and I am not a medical authority. So, this discussion will be limited to some general recommendations that can assist with diabetes.

Considering the variety of complications that can occur with diabetes, it seems appropriate to improve the state of overall health. The diet is the first place to begin this improvement, especially since many cases of diabetes are related to the diet. Several of my natural medicine sources cite dietary modification as essential to successful treatment of diabetes, regardless of the type.

Improving the intake of dietary fiber is very important for diabetics. The average American diet of processed foods and refined sugars may be a cause of the increase in diabetes. This type of diet needs to be replaced with complex carbohydrates that are rich in fiber. Good sources are nuts, seeds, oat bran, psyllium seed husks, pears, apples and legumes like beans and lentils.

I heard one of the speakers at the Native American Festival at Whiteface mention that increasing the chromium in his diet had helped his diabetes. My sources also recommend chromium. The levels of chromium in the body are often depleted by the diet of refined sugars and lack of exercise. The Encyclopedia of Natural Medicine recommends at least 200 mcg of chromium a day.

Increasing vitamin C in the diet is also important for diabetics. Many diabetics are vitamin C deficient, "since the transport of vitamin C into cells is facilitated by insulin." Some good sources of vitamin C are citrus fruits, broccoli, green and red peppers. As a dietary supplement, diabetics should have 500-1000 mg, three times a day.

Many of the B vitamin group are important for diabetics. Niacin and niacinamide are beneficial B vitamins and the recommended version is inositol hexaniacinate. Vitamin B6 and vitamin B12 are helpful for those with diabetic nerve disease (neuropathy).

Vitamin E is also important for diabetics. There seems to be evidence that it can improve insulin function. Another benefit is that increasing vitamin E may prevent some of the long term problems associated with diabetes.

Other supplements that can assist diabetics are magnesium, potassium, manganese and zinc. The zinc found in whole grains, legumes, nuts and seeds improves the problem of poor wound healing.

Essential fatty acids are also important. Cold water fish, such as salmon, herring, mackerel and halibut are good sources of essential fatty acids. One tablespoon of flaxseed oil a day is recommended. Supplementation of evening primrose or borage oil is an additional benefit.

Fenugreek seed powder has been used with very good results. A 50 gram dose, twice a day proved to reduce "fasting blood sugar levels and improved glucose tolerance in test results."

Bilberry is a European blueberry. Bilberry tea has been used for diabetes, and bilberry extracts have been prescribed in France for diabetic retinopathy for the past sixty years. The standard dose of bilberry, in the United States, is 80 to 160 mg, three times a day. In addition, blueberry tea is beneficial for diabetics.

Ginkgo biloba is a beneficial botanical for diabetic retinopathy. The extract improves blood flow to the extremities. People in studies reported pain free walking and improved distance walking. Ginseng is another beneficial botanical according to several studies.

Physical fitness is vital for treatment of diabetes. Regular exercise of 30 minutes at least 3 times a week is recommended.

Eat a Rainbow, RAW!

By Toni and Ashley

The importance of having a variety of color in every meal is two-fold. One, is all about looking vibrant and delectable. It is the aesthetically appealing nature of combining a splash of color to fully saturate the eyes and satiate the belly. When something is beautifully presented you actually eat less because you feel more satisfied.

The second reason to eat a rainbow in every bite is obvious: variety! Color in plants infuse health. A heterogeneous mixture of color naturally equals nutritional diversity, offering a greater array of nutrients, vitamins, and minerals on your fork, in between your chop sticks, or slurped from your silver spoon.

Interestingly, if one observes the history of human epidemic incidents in cultures that have monogamous consumption habits, i.e. eating exclusively rice, yams, or another staple crop (CORN in the US!!) you see a greater susceptibility to deficiencies and malnourishment. Eating a variety of food from the beaming colors of the sun encourages greater bio-diversity, biological themes of interdependence, and will ultimately not contribute to global devastation and species collapse.

Here are some of the nutrients in different fruits and vegetables for you to combine in a raw wondrous flurry of joyful

ROY G BIV!

Fruits, Vegetables:

Red: High in folate, manganese, and potassium

Orange: High in Vit. C and dietary fiber

Yellow: High in Vit. C, manganese, and B1

Green: High in Vit. K, A and C...mineral dense!

Blue: High in Vit. C, dietary fiber, and manganese...also rich in antioxidants

Indigo: Similar to above.

Violet: High in Vit B2, potassium, Vit. C and dietary fiber...woo hoo

*May vary depending on specific fruit or vegetable.

Make your plate a painter's rainbow palate. Here are some good recipes (RAW!!!!!!): Complements of Rainbow Green Live-Food Cuisine by the wonderful Dr. Gabriel Cousens and David Wolfe

For more information and delightful recipes please visit our online newsletter at
<http://www.northcountryfood.coop/raw.html>

"Beauty and vitality are gifts from Nature, for those who live by her laws."

~Leonardo da Vinci

“Beedazzling Beerific”

A Short Overview of Colony Collapse Disorder

By Jeff

Spring Sun rising north. Sun rising up in us is the solar power to grow. Sun lifts the sap. Sun opens the buds. Sun wakens the bees. Those worm holes in your spring lawn aren't worm holes. Wild bee's came out of them. Native wild pollinators aren't in a crisis but their numbers are steadily declining. Planting flowers to bloom in three seasons helps them. Going organic helps them. The Colonized bees are experiencing what our species names Colony Collapse Disorder. 3/4 of a million American bee colonies have died. 60 -70 % of bee colonies along the east and west coasts of America have died. And Colony Collapse Disorder is World Wide. The worker bees just fly off. They leave the queen the brood, the hive and fly off and die. Scientists and bee-keepers need to find the cause before they can look for a cure. The terrorist list is long: beetles, mites, mice, pathogens, pesticides, parasites, pollutants, disease, viruses, fungus, genetically modified pollen, the lack of genetic diversity, the saturation of the electromagnetic field of the earth by human electro-telecommunication devices, the continual relocation of hives by the commercial bee industry, changing weather patterns due to global climate crisis ...and most recently on the list... Neonicotinoids in the insecticides used to kill lawn grubs may be "dimming bees memories and jamming their navigational system." (Org Gardener Nov 07). Biological and industrial threats surround their lives their bodies their hives. Their trucked bioregion to bioregion south north south all year long following the blooming crops. That's gotta be hard on the nerves. Colonized bees are going on strike. Who can blame them. They are overworked underpaid and unappreciated. We could be talking about people here. Well, we are. Apparently Albert Einstein said that if Bees die, "man will have four years of life left." So Ol' E=MC2 himself is saying, regardless of who has the bomb, bees have the bomb. The whole of industrial civilization, our necessities and niceties, our attainments and entertainments, the WTO and the WWW, the whole human show floats upon golden pollen in the breeze and the delicate life of bees. Bees have the buzz to make the bloom become people food. 35% of America's food is pollinated by commercial bees. 90% of Americas almonds. This February the almond industry flew in planeloads of bee colonies from Australia. Ah, the Homo sapiens age of information! Oh joy! we get to know so many things to be afraid of. It is important to know that only 5 of 4,000 North American bee species and 5% of the 20,000 bee species globally are being effected by Colony Collapse Disorder. That's good news. Most bees live alone. C.C.D is a disease of the Colonized.

America's Colonized Bees are Biblical Bees. America is believed to be the Biblical promised land of "milk and honey". Bible believers made sure to bring cows and bees and Eden's apple trees to the New World. Colonizers and Civilizers have a tradition of referring to Bee Colonies as exemplars of social order and selfless labor. Scientists support this with awe evoking observations. A bee hive contains 20,000 -70,000 bees: one queen 200 or so drones, and the rest female worker bees who live for 6-8 weeks. The queen can lay around 2000 eggs a day and around 2000 bees will die each day. Flapping its wings 11,400 times per second, buzzing at the note of C-sharp, bees fly 15-20 miles per hour. Foraging bees will make 10-15 gathering trips every day, visiting 100 flowers per trip. Returning to the hive the foragers exude nectar from their honey bellies and French kiss it into the mouths of their sister bees who swallow it and walk it to the wax combs for storage. Through the action of drinking nectar, passing it proboscis to proboscis and fanning it with their wings bees transform the nectar of flowers into honey. To make one pound of honey, foraging bees must fly over 55,000 miles collecting nectar from 2,000,000 flowers. In its whole life a single bee will make 1/12th to 1/8th teaspoon of honey. Exemplars. Bees, Umpa loompas, Elves. I don't know about you but science has filled me with so many facts everything I see is spiritual. It is never to late to help because it is never to late to realize you are witnessing a miracle. Bee all you can Bee.

The industrial revolution colonized people and the bees. Homo sapiens industrial cities tarmac tree of streets has destroyed much of the natural habitat causing a decline of all wild native pollinators: bees, flies, moths, beetles, hummingbirds. As People Cities have grown, keepers of the www of life have dwindled in numbers. Pollinators, Indigenous peoples, farmers, and beekeepers all have dwindled in numbers. In 1947 5.9 million captive colonies thrived, in 2005 2.4 million captive colonies thrived. The CO-OP's local honey provider, bee keeper Dick Crawford said, if you want to help during the Bee Crisis "Buy Honey", This will support the interconnected web of life and life forces. Bees are struggling to be bees. Our nation's beekeepers are struggling to be bee keepers. I have a sweet tooth for honey, but bees are the exemplars. Bees have exoskeletons. Bees are flying sweet-teeth.

I've often wondered why American music is so infatuated with the love between a man and a woman. Learning to love is so much more than monogamy. The struggle to learn to love involves all of culture and all the beings of the earth and sky. Let it Bee. I read some Native Americans consider romantic love, because of its singular, limited focus, to be a mental illness one needs to be cured of. Bees lead me to a Big Buzz Love I'd never imagined. One day during bee research for the new Land Trust's Bee Fest. my daughter Genevieve, 15 , who listens to rap, put this title in my ear and out came this song for the bees. "Bees are our Homies ya,"

*Bees are our homies
bees are our homies
bees are our homies ya*

*get your head out of your pants
give some lovin to the plants
plants make our flesh
bloom bloom bloom
plants make our flesh*

*bees are our homies
bees are our homies
beess are our homies ya*

*get your song out of your pants
give some loving to the plants
plants make our breath
bloom bloom bloom
plants make our breath.*

*all the red flesh
all the blue breath
is born of the lips of leaves
born of pollen in the breeze
born of the life of bees*

*bees are who plants are
when plants are making love
bees are who plants are when plants are making love
and the plants are making love
ya the plants are making love
ya all the bees do
is make love for me and you
ya all the bees do
is make love*

*we've a golden pollination
we've a golden pollination
weave a golden pollination
of love*

DeFayette Days with Adam D.

Can I keep a Goldfish in a bowl or is that cruel?



I once read somewhere that the smarter a person is, the harder it will be for them to give up a substance which they have become addicted to – this applies to everything from coffee w/sugar to heroin. This is because smart people can rationalize anything, from war (think Condoleezza Rice) to their own certain self-destruction. Essentially, most smart people tend to be stubborn – if they're not right, they'll try to frame the situation in such a way that makes them appear right. Good lawyers are masterful at this, they can argue either side of a case in an equally convincing manner. So, what do the drug addict and the lawyer and the just generally stubborn have in common? They can all convince themselves (and sometimes the public) that they aren't doing anything harmful in a patently harmful situation. And so that brings us to the goldfish in a bowl.

About two months ago, my girlfriend and I moved to a new apartment and began hashing out a plan to adopt a low-maintenance pet into the family. I do not generally like dogs (sorry, not gonna go into this here, see Robert DeNiro's thoughts on the subject in the film *Meet the Parents* for my defense of this position), and so we compromised and started talking cats. The first apartment we looked at was clearly the apartment for us, but the landlord had a rule – no pets. Funny the way landlords can rule over a house in such a way; creating prohibitions, embodied in a lease, that have the force of law behind them (note: Our landlord is actually a wonderful human being). So, we compromised ourselves further – and assumed that the no pets prohibition did not apply to goldfish. We went down to Bridge Street Aquarium first, and inquired into the cost of a bowl and two little goldfish. "Bowl?," the proprietor uttered with disdain, "Bowl's the fastest way to kill a fish!" He began talking with another customer, and actively avoided entering into a real dialogue with us. Confused, we left and headed out to Cornelia strip-mall land. Our first pet shop destination looked like the kind of place that gets set up in the middle of the night, and quickly shut down by the authorities. The place was packed with men dressed in camo-gear, but not a fishbowl in sight. We beat a hasty retreat, and ended up down at the big boxes. Finally! they sold fishbowls there!

Upon closer inspection, the bowls were judged to be inadequate – each one of them was made from plastic, and we were looking for glass. Then something came over us, the wall of fish adjacent to the bowls and aquariums was mesmerizing. All sorts of swimming friends called out to us in an "Under the Sea" type synchronized swimming spectacle. We began to up the stakes: why just a bowl? why not an aquarium with filtration, gravel, plants, snails – a whole ecosystem to populate? We grabbed a cart and impulsively began filling it up. Suddenly, we heard mutterings; another big box pet store was closing up shop and the prices on aquariums had been slashed. We abandoned our cart, and rushed off to shop number four. During the drive, cooler heads began to prevail. We got to shop number four, reaffirmed our commitment to a low cost maintenance-free pet, and renewed our search for a big glass fishbowl. Store number four had exactly what we were looking for. We bought a glass bowl for \$3, and returned to store number two to pick out some roommate.

Continued at the North Country CO-OP Website <http://www.northcountryfood.coop/defayette.html>

Tofu Rebellion

By Patwa

Laughter is the best medicine, so let's begin this month's writing by taking some deep breaths and laughing. A chuckle, a guffaw, a hearty ha ha ha, then continue. I'm sure you will find that the regular practice of this (hopefully to become an artform) will make us all much better. Now, on with the show.

*Barbara Butterfly
Laughter flutterby
Up into the blue
out of my blues
into my green heartland
where my muscles stretch and release
I breath, I laugh
remember to smile at the sun
And say,
"Namaste"*

This column used to be called "Tofu Times" but now I feel we need a more militant spin, so here it goes. People. Let's get together and figure this out. It's not that hard. I refer us to the "prime directive" from Star Trek. There's enough for everyone. Food, resources, etc. Haven't we learned when we try to put a price tag on everything, everything's for sale. Our souls, our respect, our sense of what's right.

OK so Spitzer's out. But, hey! We got our first African American governor. The first blind governor ever. Is this an example of "the blind leading the blind". He He He (chuckle everyone). What's not so funny is that our president, vice president, et al, can prostitute themselves to corporations and their lobbyists, and it is legal! Throw in a few crimes against humanity, weed out the parts of the constitution they don't like (habeous corpus, e.g.) and, darn it, I'm probably on their surveillance list. Won't be the first time. Won't be the last.

Caught Jim Hightower on North Country Public Radio yesterday talking about alternatives to the imperial corporate state control that is running us into the ground then running away with the money. Alternatives like cooperatives (Hey! We got one of them), collectives, and small, local businesses where the wealth is distributed evenly. He mentioned Organic Valley (where we get some of our dairy and meat products, and a unionized cab company in Wisconsin as good examples of changes already happening. That is why what we have here at the NCoop is such a shining example of the way things can be. It's gonna take a while to get people out of that "I want to be a millionaire" mindset, but the only future that is sustainable is one where we all agree that the "prime directive" has got to be one of equally distributed wealth and resources, and the wise use and reuse thereof. As I said, there is enough to go around, if we realize how much less we really need and how much we really need to share.

Peace, Love, and revolution!

Patwa

Righteous Recipes: Amazingly Delicious Vegan Pesto Lasagna

Submitted by Snowy

For the Vegans, Vegetarians, Omnivores, and Opportunivores of the Co-Op Community

Each month this section will feature various recipes for all types of lifestyles. If you have a favorite recipe or have tried cooking one of these recipes, let me know! You can email me at amlajoie@gmail.com or drop your feedback off at the North Country Food Co-Op.

All ingredients marked with an asterisk (*) can be found at the North Country Food Co-Op. Ask a staff member for help finding them. All ingredients marked with two asterisks (**) are seasonal items that are occasionally available at the Co-Op.

Amazingly Delicious Vegan Pesto Lasagna!!!

This recipe was a big hit for my vegan and omnivore friends. Enjoy!

Ingredients:

- Lasagna noodles* (about 12-15)
- 2 pounds of soft tofu*
- 2 cups of pesto* (you can make your own or buy a mix)
- 4 cups of tomato/spaghetti sauce*
- 1 batch of vegan ricotta cheese (see directions below on how to make it)

Steps:

- 1) Preheat oven to 350 degrees
- 2) Boil the noodles in water until they are tender- look on the box for exact cooking times
- 3) While the noodles are boiling, crumble the tofu with your hands into a large mixing bowl. Mix the prepared pesto into the tofu.
- 4) When the noodles are finished cooking, spoon about a third of the tomato sauce into a casserole pan. Cover the tomato sauce with about a third of the noodles. Cover the noodles with half of the tofu/pesto mix. Then place half of the remaining noodles on top of the tofu/pesto mix. On top of the noodles, spoon out half of the remaining tomato sauce. Then, spread the rest of the tofu/pesto mix on top of the tomato sauce. Finally, place on the remaining noodles and end with the rest of the tomato sauce. Cover the top of the lasagna with the vegan cheese and cover.
- 5) Bake for 30 minutes
- 6) Serve with some garlic bread and a nice fresh salad. Guaranteed to please everyone!

Vegan Ricotta Cheese for Pesto Lasagna (and other dishes too!)

Ingredients:

- 1 block of soft tofu*
- ½ cup of nutritional yeast*
- TOFUTTI sour cream* (or other vegan sour cream)
- Salt, pepper, basil, oregano, parsley* (to taste)

Steps:

Mash all of the above ingredients together. Start with the tofu and nutritional yeast. Then slowly add the vegan sour cream until it reaches a ricotta-cheese consistency. Add the spices to jazz it up.

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