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Co-Op Digest

North Country
Food Co-op
For the community. By the community.



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Renovate in '08 Follow Up By Travis

I don't mean to get everyone's hopes up because I know we still have a good chunk of winter left, but Spring is closer than we think. "Blasphemer," I hear you call me, but you cannot deny it's true. We continue our daily lives while in the back of our heads we remember that the Winter solstice has come and passed us. Every day we wake to is slightly longer than the last. The dull grays and whites and blacks that dominate our spectrum will give way to new colors that we know so well but feel as though we've forgotten. Has that tree always been so beautiful? I never realized the grass was so green in our front yard! Wow, the Co-op is so bright and colorful now...wait, what? No, it's not just your eyes playing tricks on you, those are actually new colors. We've gotten a head-start on the caterpillars and gone ahead and shed the skin of youth. We can now emerge from our paint-scented cocoon with the most vibrant wings we've ever had.

Thanks to donations collected in the past years, membership renewals and the lack of a mortgage payment we've been able to pay for much-needed renovations. The dull brown ceiling has transformed into the boldest deep red you'll ever see. The pasty white walls have become just a touch creamier to complement the red. The old mismatched decrepit floor tiles



(half of which were replaced after the freezer crash of '06) have been replaced with a layer of sturdy plywood and two colors of brand new tiles! Last issue we talked about the renovations we planned on doing. The plan changed a bit from day to day, but once that Friday arrived we were pumped and ready to go. Volunteers and friends were arriving throughout the evening, tossing their coats aside and asking, "where can I help?" Downstairs people were boxing up products and moving them upwards, dismantling and carrying shelves, cleaning, wiping, getting sweaty and dirty. Upstairs was the reassembly and it ended up looking great. People brought in snacks, soup, chili and all sorts of goods to grab, gulp and go.

The past couple of weeks have been interesting. We had to get used to working out of the cramped bulk room, and customers became accustomed to shopping upstairs often with us eating lunch near our kitchen! Finding products was a little more difficult than usual, but it was kind of like a big game of "Where's Waldo?" Every day we'd peek into the main room Three Stooges style with our heads on top of one another in the doorway looking at the progress being done. It was great watching the room transform right in front of our eyes.

On Saturday, January 19th we started operation "return to normal." A small team of people pitched in to help bring the empty shelves back down the

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stairs. We decided this was the best time to test a few new floor plan ideas. With boxes of products piled in the front of the store, we picked up and moved shelves left, right, forward, and backward until we could get our grocery store feng shui just right. Placement was a difficult decision to make. We wanted the space to be comfortable for everyone; employees and shoppers alike. We wanted to make positive changes but keep confusion to a minimum. Our biggest concerns besides comfort were produce placement and the position of our registers. After much deliberation and input from friends, shoppers and board members, we decided on the new floor plan. The registers have kept their old position, with a small

hop away from the door. This new space gives us room for our new shopping carts! They're bright red and hold two hand baskets. Come in and try them and tell us if you love them as much as we do. Our produce section has plenty of room to breathe now that it's moved to the back of the store. The cramped vegetable corner you once knew has given way to a comfortable space that will allow ease of shopping and also allow us to stock much more produce than before. We've also removed two giant shelves and moved the freezers along the far wall next to the juice cooler. There are many more changes, some more subtle than others, that you'll see when you pop in.



Upstairs at the North Country Co-Op during "Renovate in 2008"

Renovate in '08 Follow Up Before and After



Before the Renovation— grimy floors, crowded floor space, faux wood wallpaper, and a brown ceiling in need of repairs.



After the Renovation— glossy floors with red accents, greater floor space, and a crisp dividing line between a rich red ceiling and creamy off-white walls.

Thank You from the Board

2008 is starting off with lots of promise for the North Country Food Co-Op. Thanks to a dedicated board and staff, as well as wonderful members, we were able to succeed in renovating the main room of the store. We now have a freshly painted ceiling and walls, and a newly tiled floor. Come check it out.

The staff was able to keep the Co-Op operating while the work was being

done. In addition to all the extra work they did, they were able to provide the same helpful service that is one of the cornerstones of what we provide for our shoppers. Cheers to them.

It was a learning experience for me to see what is really involved in the cooperative process. Lots of decisions had to be made in varying amounts of time and although there were instances of wishing for more,

I think that we succeeded in a job well done and that the place looks great. It is very encouraging to see how supportive all those involved were and how committed people are to see the Co-Op not only survive, but thrive. So keep reading the newsletter, come see how pretty the place is, ask for what you don't find, and keep shopping at the North Country Food Co-Op.

"It is very encouraging to see how supportive all those involved were and how committed people are to see the Co-Op not only survive, but thrive."

Thank You from the Co-Op

We here at the co-op want to extend our deepest gratitude to everyone who came and pitched in. Every jar lifted, every pile of dirt swept, every shelf cleaned, shelf carried, smile given, food cooked, Jay-Robb's protein lifted and cart-wheel done could not have been done without you. The help given has filled our hearts with the kind of warmth that only a spring-time sun can give and made our colors shine

bright. It gave us a reminder of what a community is, and showed us that while you are our customers you are also our friends. We would also like to take this opportunity to thank Jerry Hamel and his crew for an outstanding job done on the painting. Thank you to Lee Appliance and their team for giving us a sturdy floor and being patient with us we decided on a pattern for the red tiles. Thank you to Danny Boudreau's team who used

their super-human strength to hoist up our freezers and unhook our electronics. A week later he and his crew spent four days reinstalling the freezers, coolers, electronics and ate lunch with us.

So when you pop into the co-op this spring as the weather warms and the sun shines, take a look at the ceiling and the floor and know that our new look couldn't have been done without you.



A Goodbye from Brian

Don't Take Any of it Too Seriously
 A two month respite from Plattsburgh life?
 Maybe
 An end? Yes. A beginning? Yes.
 Friends... more so - family, community...bye for a while.
 My People Your People...People. Say it.
 My year at the co-op, the cooperative:
 People, by people for people.
 Growth, enjoyment, self-discovery.
 Simplicity & walking to work:
 Sun rise over the Saranac on a frosty January morning.
 Orion to the south on the way home.
 Listen to The river all the while - it can't lie.
 To the direction of the elder and dusk I go.
 But surely for life - joy. Peace be with you. Ciao.

Brian



Upcoming Events

Saturday February 2nd:

Ground Hog, Mardi Gras, Ethiopian New Year, Interplanetary Coffee House and Open Mic.

On Saturday, February 2nd, the North Country Co-Op will host a Coffee House and Open Mic featuring the talents of Eric Reeves and Bryan Keiser. If you haven't heard of these talents, you are in for a treat. Bryan Keiser is a passionate saxophone and percussion player committed to his community. He is known for his impromptu saxophone performances, musical church involvement, and for musical inspiration in Plattsburgh. Not to mention he is locally grown.

Eric Reeves is a young drummer, harp, tabla, and kilimba extraordinaire. One of Eric's inspirations is Harry Parch, a contemporary musician known for his invention of the 43 tone intonation system, and his 27 self built musical instrument orchestra. Eric's beats will rock your body and move your soul.

This Coffee House and Open Mic is run on a suggested donation of a couple dollars and the support of the community. Events will start at 6:00pm with a pot luck dinner and music starting at 8:00 pm.

All Are Welcome!

Saturday March 1st:

Coffeehouse/Workshop

Coffeehouse/workshop, featuring the usual wide open stage with the usual suspects, including, Donald Hassig from Cancer Action NY (www.canceractionny.org). Hassig will facilitate a discussion on how to build a community-based environmental health education campaign, as well as a poster party. 8-11pm Saturday. Refreshments, sliding scale admission.

Co-Op Annual Meeting And Celebration



April 27th
7:00 pm



Food and Healthy Living

"DeFayette Days" with Adam D. On Peeling

Greetings faithful readers and welcome to another edition of the newsletter. With this monthly column, "DeFayette Days," we ambitiously attempt to answer some of the most troubling lifestyle questions of our times. This week we take a look at the highly controversial question of fruit and vegetable peeling: what do we lose (or gain) by peeling our fruits and veggies? I must admit, I approached this question as a diehard reactionary. My essential argument was vague and emotional: "skins are nutritious," I'd proudly announce, "the Powers that Be want us to be uncomfortable with eating skins so that we'll buy more food, or better yet get sick and have to pay medical bills." That is, after all, the essential and cynical belief of those raised within the cultural logic of late

capitalism—is it not? That said, I, always anxious to prove myself a fool on the hill, broached this contested territory with an appetite for self-sabotage.

So I retreated from the emotional world and began to think of fundamental contradictions to my pro-skin argument. The first thing that popped into my head was an orange peel – hey, good for composting, *not* too good for eating. But wait... I do a little web browsing and come across this fun fact: "the outer peel or 'zest' of citrus fruits has the highest concentration of the fruit's natural oils and thus more intense flavor." Oh yeah, I do have some friends that have dabbled with orange peel. So therein lays the rub: when it comes to peeling, there is no one-size-fits-all truism – each fruit and vegetable skin deserves its own analysis.

The best part is, once you size up any fruit or vegetable skin, you can go back to being totally reactionary with regard to

that particular fruit or vegetable; just remember that each fruit and vegetable skin deserves its own defense. Example, the skin of the potato contains the majority of the potato's fiber. Fiber is an unquestionably good thing, therefore you're a wasteful low-life if you continue skinning your potatoes once you learn this simple fact (however, there may be some solid counter-arguments here). The way I see it, the moral of the story is that there are many considerations to make when evaluating the merit of a peel: taste, nutrition, and possibilities for alternative applications. Never forget this. Pick a fruit or vegetable every week, and make it your cause. What we should be striving for here is minimal waste and maximum taste. *Next month:* Cooking with metal, are your pots and pans poisoning you?

p.s. Don't forget, send future investigatory opportunities to adamdef@hotmail.com

Nourish ADHD Kids with Whole, Natural Foods

By Lindamarie

The role of nutrition in ADHD kids has long been a hotly debated topic. As a former special education teacher, I have researched and championed the cause of natural foods for ADHD kids and adults. As the incidence and statistics grow more staggering, my position continues to gather strength.

Raymond Lombard is an author, nutritionist and herbalist who has a holistic practice in Redding, California. He recommends decreasing or removing sugar from the diet. Lombard also proposes a food elimination program to help target the possible offenders.

The first step is to go natural. Get rid of the junk foods, sugars, food colorings and additives. Also eliminate the primary foods that have been found to cause allergies. Dairy products, whole grains, especially wheat, barley and corn, chocolate and citrus fruit are prime offenders.

Yes, this is a very restricted, whole foods diet, with specific fruits and vege-

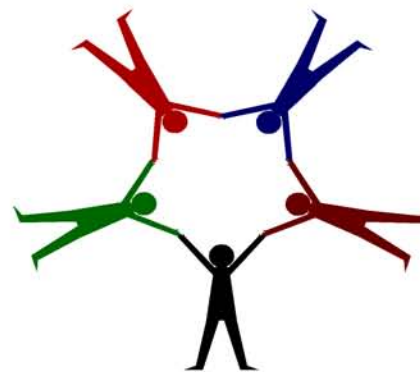
tables only to begin. It is recommended that this be followed for a minimum of 8 to 12 weeks. It is important to record behavior during this time.

Lombard explains that during stage two "a particular type of food—such as whole grains, citrus fruits, poultry or fish—may be introduced". This must be done one at a time, to determine any changes caused by certain foods.

The final stage is the setting of guidelines of foods that are well tolerated. There are many remarkable examples of rapid and significant changes occurring from a food elimination program. The results are certainly worth the effort.

Leo Galland, M.D. recommends a long list of nutrients to be taken as supplements. His recommendations are from a presentation at a conference, "ADHD: Causes and Solutions". In addition to essential fatty acids, (omega 3's and 6's) Galland also recommends zinc, magnesium, iron and serotonin. The list includes B complex, vitamin C, E, calcium and others.

A study published in the "Journal of Child Psychology and Psychiatry", reports finding zinc levels in ADHD children to be less than half that of the control group. Whole food sources of zinc



are organ meats, shellfish, wheat germ and legumes.

Magnesium is another mineral that has been found to be significantly lacking in ADHD children. One study showed a deficiency in 95 percent of 116 ADHD children studied. This mineral can be found in nuts, whole grains and legumes.

Our children deserve the natural, healthful gifts of the earth. They deserve a chance to kick the ADHD syndrome. This method has been proven to be successful.

Give the gift of healthy living.

Spice

By Aaron Falzerano



I searched through the splattered sauce and broken glass for the cardamom pods. The kitchen floor tiles were a mess, but these little pods seemed important to the recipe. As frustrated as I was, if I was going to throw together a replacement batch I would need them because those were the last ones. I don't know how strong they are, they're the size of peas, and there were only four of them.

Most of the ingredients that had been in the now shattered bowl were foreign. They came from a basket in my cabinet - each in its own plastic baggie, labeled with masking tape - but their true homes were spread across the Earth. All of the exotic seasonings that I needed to make the Balti Butter Chicken were bought in bulk at the Co-op. The chili powder, crushed bay leaves, cinnamon, garam masala, cloves, and cardamom pods had probably totaled 50 cents. This spice section is unlike any other and it opens up the world through flavor.

The Spice Trade was a main cause of the Age of Exploration in the 1400's. Sailors spread out from Europe in all directions searching for new routes to the Far East and access to the spices there. Those that went West encountered America. Chasing the new luxuries people fought and died, civilizations fell, and stomachs helped lead the way; a cornerstone of European imperialism is gastronomic.

Maybe it's something that we strive for, those moments with flavor, special moments. We try something delicious and we want to hold on to the happiness of the instant. Bearing witness to the universe's splendor, we make excuses that this bliss can be recreated if only we had the ability at our fingertips. And we set off for the Far East, collecting more moments along the way, more of God's moments to recreate. As if true experience can be captured in the sediments of our journeys. With empty bowls we change the rules to capture joy in as many places as we can, for joy may slip away when we stop chasing it, laughter may cease if we don't have access to every place it's heard. In the shadows of infinity we live and die to make the light.

It is a silly habit to try and stop time when we sense the magic of the universe. These huge endeavors that have cost us so much, the drive of insecurity fueled by moments of pleasure which are easy to identify. Did we truly want the flavors, or did we just use them as a reason to test our capabilities and limits? Sailing past the edge of the known world, did we voyage for future satisfaction or were we running away from ourselves?

The spice trade must have begun with an immense reverence for taste. Along the way this reverence was lost, scattered, replaced. 600 years later, the true potential has been realized at a small shop on Bridge Street. There, mounds of red, orange, and white line the shelves next to jars of seeds, bulbs and leaves. The spice section at the Co-op is a place where special moments of flavor can be explored humbly, a sacred testament to taste.

Righteous Recipes 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 North Country Food Co-Op.**

Carrot Tofu Cake

The cake and the frosting are vegetarian. Vegans can use a cream cheese and butter substitute to make the frosting.

My mom made this cake for my birthday in 2006. She also made a "traditional" birthday cake for those members of my family who are afraid of the word "tofu". However, everyone ended up eating the Carrot Tofu Cake- muy delicioso!

Ingredients:

- 4 1/2 cups of finely shredded carrots*
- 1 cup of soft or SILKEN tofu*
- 3/4 cup of applesauce*
- 2 cups of wheat flour*
- 2 cups of brown sugar*
- 2 teaspoons of baking soda*
- 1 teaspoon of salt*
- 1 teaspoon of vanilla*
- 1 teaspoon of cinnamon*
- 1/2 cup of raisins*

Directions:

- 1- Preheat oven to 350 degrees. Finely chop or shred carrots in a food processor. Set them aside.
- 2- Mix the rest of the ingredients together in a large bowl. Leave out the raisins for now.
- 3- When these ingredients are blended well, add the carrots and raisins. Here you can also add chopped walnuts*. Make sure that none of your guests have a nut (or gluten) allergy.
- 4- Pour this batter in a greased 9x13 cake pan.
- 5- Bake for 40 minutes at 350 degrees.
- 6- When cooled, frosting the cake and enjoy!!!

Quick Cream Cheese Frosting:

Mix about 3 cups of 10x powdered sugar*, 1/4 to 1 block of cream cheese*, and around 3 tablespoons of melted butter*. If the frosting is too thick, a small amount of milk* can be added to smooth it out. If it is too runny, add more sugar. Play around with the sugar to cream cheese proportion- you can tailor the frosting to your particular taste. Drizzle the frosting on the cake.

BALTI BUTTER CHICKEN:

Ingredients:

- 2/3 cup plain yogurt
- 1/2 cup ground almonds
- 1 1/2 tsp chili powder
- 1/4 tsp crushed bay leaves
- 1/4 tsp ground cloves
- 1/4 tsp ground cinnamon
- 1 tsp garam masala
- 4 green cardamom pods
- 1 tsp grated fresh ginger
- 1 tsp crushed garlic
- 2 cups canned tomatoes
- 1 1/4 tsp salt
- 2 1/4 lb chicken cubed
- 6 Tbs butter
- 1 Tbs corn oil
- 2 medium onions, sliced
- 2 Tbs chopped fresh cilantro
- 4 Tbs light cream

Directions:

- 1- Combine the first ten ingredients in a bowl.
- 2- Cut the tomatoes and add to the bowl with the salt. Mix thoroughly.
- 3- Pour mixture over chicken.
- 4- Melt the butter and oil in a wok or pan, cook the onions for three minutes.
- 5- Add chicken mixture and stir-fry for 7-10 minutes.
- 6- Add cream and cilantro and stir well. Heat and serve.



Small Business Vs. Big Business: 4 Economic Reasons to Shop Local

By Jeremiah Ward

With few exceptions, the only truth most of our government officials and developers hold to be self-evident is this: These are economic hard times, and even though small businesses generally provide greater economic stability and more employment nationally than big businesses, the well being and even the survival of our cities and towns depends on attracting "big box" corporate investment. They employ the most people and pay the big bucks in taxes, it's as simple as that.

Allow me to defy common sense and to question the seemingly unquestionable for a moment to remind myself and perhaps a few others that we who make the extra effort to shop local do so for more compelling reasons than because it's quaint and to avoid scripted conversations. We do so because it makes economic sense as well. Here are four basic economic reasons for shopping at the Co-op and at other local businesses that call the self-evident need for big business investment into question.

We bank local Unlike big box businesses that use national and international banks and typically invest some of their profits in the stock market, the Co-op and many other local businesses bank locally. Banking locally keeps more of the North Country's hard earned here in the area so that it is more available for local investment. Banking nationally and internationally, on the other hand, tends to siphon money from poorer areas like ours to boom towns halfway around the world because, although corporate bankers will not hesitate to take our money (and give us excessive late fees), they are much more selective when it comes to issuing big loans with competitive interest rates. These go to the big shot developers in Miami Beach, Las Vegas, and abroad to the booming economies in India and China, adding even more momentum to their already astounding economic growth. As for the stock market... the only stock we own at the co-op is vegetable and chicken stock. Not to mention—to overplay the food/market puns a little—the only hedge funds we have are the ones that supply us with organically grown produce!

Local is more stable Don't get me wrong, business is tough for everyone right now and local businesses don't always stay afloat. But consider this: Local business owners live in the North Country and see how they affect their neighbors every day. When times are tough, they will stretch the meaning of

the phrase "bottom line" and do whatever it takes to stay open, be it working extra hours or getting help from the surrounding community. On the other hand, big businesses such as the Belgium-based Delhaize Group (which owns Hannaford Brothers and many other grocery chains) are owned by shareholders who don't even know where Plattsburgh is. If they don't see the right numbers, they won't hesitate to move somewhere else. And Delhaize has done just that. They closed or relocated 28 of their U.S. stores in 2006 alone.

We waste less of the community's tax dollars One of the big reasons we are supposed to go out on a limb to attract big business is for their tax dollars. Yet a number of studies have recently shown that big box stores consume far more tax dollars per square foot than small businesses in infrastructural maintenance and expansion costs, policing costs, plowing costs, and so on.

We buy local The Institute for Economic Self Reliance recently conducted a study in Midcoast Maine and found that 44 out of every 100 dollars spent at eight of the area's local businesses stays local, whereas only 14 dollars out of every 100 spent at the typical big box chain stays local. We could expect similar results in our area. As in Midcoast Maine, the big box retailers in the North Country invest locally mostly in the form of wages paid to employees and taxes. The rest of their revenue is generally redirected elsewhere. On the other hand, locally owned businesses like the Co-op spend a greater portion of their revenue in addition to that paid on wages and taxes on inventory, services, and supplies from other locally owned businesses.

The implications of this are huge. Based on current retail growth rates, retail sales in Clinton County will increase by almost 22 million dollars in the next four years. Assuming for a moment that all of that extra spending was captured by local businesses, and assuming that something like the 44 out of every 100 dollars figure holds for our local businesses as well, almost 10 million dollars would be retained by the local economy. That's 650 minimum wage jobs! Our government officials and developers would go to great lengths to attract an employer of this size. In light of this, maybe more money should be invested in our local businesses and in buy-local campaigns instead of spending more to attract big box chains.

Food for Thought

2012

By Jeff

Now folks, I know we been through this before, but here it comes again. The End of the World. The date set for the end of this world and the beginning of the next by the Mayans, the Hindus, the Hebrews, and numerous indigenous peoples of Asia and the Americas, is 2012. Predictions span from total earth destruction to universal cosmic enlightenment. Here's the science of it.

You are here now, riding the earth as it rotates around the sun, as the sun rotates around the center of our galaxy, which is one million times larger than the sun of 2.5 billion times heavier. It is the secret sun behind the sun. This heart of the universe is the gravitational stillpoint around which billions of stars and solar systems rotate. This mother of the sun continuously emits into the whole of the universe gravitational waves and electromagnetic radiation, a bit of which travels through our sun and so radiating life, giving energy and information to our ever receiving earthen bodies. This mother of the sun is the mother of every body in existence: stars, planets, nature, humans, and human consciousness emerged from this center.

This center is the black hole of emergence and convergence. The inbreath and outbreath of the galaxy. The portal to multidimensional reality. The source of infinite potentiality. The transcendent source of all wisdom. She be the Big Mama!

So, this center of our galaxy is 26,000 light years away, and it takes we earthlings 26,000 years to go around this center one time. Just as the earth travels around the sun experiencing a new year every December 21st, our whole solar system travels around a Great Year whose new year will begin December 21st, 2012. The birth of the New Age, a new Sun, a new 26,000 year cycle. At that moment, our earth and the sun and the center of the galaxy will align. We will witness the sun eclipse the center of the galaxy.

Let's celebrate! Sing, "Mother and child reunion" and catch a few galactic rays. Quit payin' tuition. Start living intuition. Release your mind to the seemingly impossible wild love being received by your intuition, and bring into being no less than universal harmony. Yah Who!

Tofu Times

By Patwa

The following was created during the "Meditation on Tofu" workshop at the NE Tofu Conference in Randolph, Vt. last fall:

TOFU

TO

 fu
Toofuuuuu white
 pure
 ESSENCE of Bean
 Curd/cured

Toe Fue

 Neon red & blue sign blinks

 "TOFU
 TO
 FU
 TO
 FU—TOFU"

Observation: add a "t" to the end of UFO, then spell it backwards
UFOT=TOFU THINK ABOUT THAT!

Tofu times tunes I recall from 2007

1. "To the Left, to the Left" (I know Dianna, it's called "Irreplaceable") by Beyonce
2. Live Stephen Marley and Lee Scratch Perry wit my boy Pedro and friends
3. "We All Live In A Yellow Tub of Tofu" by the Soy Boys

Over and out there till layta