



Rutabaga Rap

**Time to Label GMOs in New York State!**

By Elizabeth Henderson

2015 will be the year to label **GMO foods** in NYS! Area organic farmers, NOFA and our allies in the NY Label GMOs coalition are determined to pass legislation in the coming session, and you can help.

This is why we care so strongly: First of all, food made from GMO ingredients is not labeled: you do not have a choice about whether you want to participate in this massive experiment in novel kinds of food proteins some of which seem to cause allergies. 70 - 80% of the conventionally grown processed foods sold in grocery stores today have at least some GMO ingredient. GMO varieties are not tested independently for safety. The Food and Drug Administration (FDA) policy not to require testing before approval for commercial sale was set against the advice of its own scientists. There are memos dating to 1991 in which FDA scientists warn of potential health risks. The FDA official who made the decision not to test each new genetically engineered variety was a former employee of Monsanto. The safety testing is done by the companies that sell the seeds.

Then there is the issue of contamination. The vast majority of GMO varieties are "Round-Up Ready," that means, treated with the herbicide glyphosate plus supposedly inert additives that are added to make it more effective. In 2010, there were 365 million acres in 29 countries planted with GMOs, with Round-Up Ready corn and soybeans making up the largest area. During the first few years of these crops back in the 90's, farmers were able to grow them with less herbicide than used previously. Then the predictable came to pass - the weeds became more and more resistant so farmers poured on more herbicide until by now, there is Round-up in the waters of most states, in the air, in the soil and in the bloodstreams of new born infants. While independent studies of the safety of GMO foods are scarce, there have been many studies of Round-Up that show it attacks the beneficial organisms in the human digestive system, causing serious health problems – increased birth defects, neurological developmental problems in children, kidney failures, respiratory problems and allergies. Studies also show that Round-Up is a powerful soil biocide, resulting in the increase of microbial plant pathogens, some of which form mycotoxins that can be very poisonous to humans and livestock.

One of the selling points of Round-Up is that it breaks down



quickly and that is why you can purchase it off the shelf in garden and hardware stores. That is accurate. But what Monsanto does not mention is that Round-Up breaks down into AMPA, which lasts for a couple of decades and is more toxic than glyphosate. To make things worse, to kill off the weeds that have become resistant to Round-Up, manufacturers are pushing new varieties that farmers can douse with both Round-Up and other herbicides like 2, 4 D, and USDA is allowing this.

If you want to avoid eating GMOs, eating organically grown foods is the surest way. The National Organic Program that sets the standards for organic production in the US excludes the deliberate use of any GMO seed or materials. Of course, this does not prevent contamination of organic crops, especially as the huge acreage in GMO crops continues to expand. The responsibility and cost falls on certified organic farmers to show that they have taken measures to avoid contamination. You are also safe eating vegetables and fruits from NY farms. Local vegetable and fruit farmers do not have to worry about GMO contamination from drift **yet**. So far, the only GMO vegetables on the market are summer squash and a couple varieties of super-sweet corn. But be forewarned, **any non-organic processed foods that contain corn or soybeans or any of their many derivatives are likely to be GMO.**

Corporate money drowned out attempts at GMO labeling in California, Colorado and most recently in Oregon where the labeling law lost by only 800 votes. In Vermont, the Grocery Manufacturers' Association is already suing the state to prevent the implementation of the labeling law that passed last year and is not to go into effect until 2016.

On the national scene there are two competing measures. Rep. Mike Pompeo (R-Kansas) is making a name for himself with H.R. 4432, the Safe and Accurate Food Labeling Act of 2014 dubbed the "DARK Act – Deny Americans the Right to Know" by the Organic Consumers Association. If adopted, it would preempt states from passing GMO labeling laws, nullify the GMO labeling laws already passed by Maine, Vermont and Connecticut, and make FDA's current voluntary labeling system the law of the land. By contrast, the Boxer-deFazio bill, the Genetically Engineered Food Right to Know Act, would require the **mandatory** labeling of genetically engineered foods.

While a mandatory federal labeling law is the goal, pushing for state laws is the way to build up enough public pressure to pass it. Public opinion polls regularly show that more than 90% of Americans support GMO labeling. The corporations that bring us GMO foods have had two decades to label them voluntarily. Had they done so with pride early on, the public might be less suspicious. It does not help when the head biotech lobbyist in NYS exclaims on WXXI that GMO labeling amounts to putting a skull and crossbones on the package.

*Continued on Page 3 ...*

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# About Us

The Genesee Co-op Natural Foodstore, Inc. (GCNF) doing business as **Abundance Cooperative Market** is Rochester's first and only cooperatively-owned retail grocer. Our store evolved from the old Genesee Co-op Food store on Monroe Avenue. Since 2001, the new Co-op store offers a variety of **choices** for all consumers—

both herbivores (vegetarians and vegans) and carnivores alike!

In a world of increasingly artificial, engineered, unhealthy and processed foods, natural food co-ops nationwide are providing access to safe, healthful and nutritious food to those looking . *Abundance is Rochester's only natural foods cooperative.*

When choosing products to sell, priority is given to organic foods and products local, organic, independent, minimally processed & packaged, non-genetically modified, socially responsible, fair trade, non-animal tested, and other selection criteria.

We support a sustainable food system, both locally and globally. Our **"Ends" Policies** support these shared values.

Currently our Co-op has over 2,000 shareholders, and is still growing strong! But you don't have to be a member to shop here. Anyone may shop at Abundance and benefit from our everyday low prices on **"Basics"** as well as our bi-weekly **Co+Op sale specials** (Please pick up a current sales flyer and quarterly coupon books for extra savings in the store).

Purchasing a co-op share (cost \$100) is optional, and affords extra benefits and discounts. *See our Shareholder Application for more details.*

Abundance is a member of the National Cooperative Grocer's Association (NCGA) with 130+ other food co-ops nationwide. *Co+op = Stronger Together!*

Thank you for choosing Abundance—your locally-grown community-owned Co-op! For more information about us, please visit our website at [www.abundance.coop](http://www.abundance.coop). Revised March 2011



## Staff Directory

## 2014-15 Board of Directors

**General Manager:**  
Jim DeLuca Ext. 111

**Administrative:**

Stuart Bartram, Financial Manager, Ext.110  
Leah Goldstein, POS Ext 113  
Richard Rowley, Financial Assistant  
Richard Sauvain, IT Coordinator

**Front End Co-Management Team:**

Front Office Ext. 101  
Jenn Rekos  
Daniel Santiago Madeline Brown

**CS Supervisor:** Payton Marovich

**Customer Service/Cashiers:**

Customer Service Desk Ext. 102  
Richard Rowley David Daunce  
Hen DeMarsh Nada Eldehni  
Kendra Greene

**Marketing:** Chris Whitebell  
Center Store Department

Kathy Peters, Merchandising Manager, Ext. 107  
Nazareno Runfola, Senior Buyer, Grocery Ext. 106  
Diane Banks, Buyer, Bulk, Refrigerated & Frozen Foods, Ext. 108  
Nicole Rapone, Buyer, Supplements, Health, Beauty & General Merchandise, Ext. 105  
Jenn Rekos, Wellness Assistant  
Emily Sniezyk, Kevin Quail, Daniel Brightman, Grocery Assistants

**Produce, Deli Departments:**

Caitlin Holcombe, Produce Manager, X112;  
Brendan Larsen, Deli Mgr, X104  
Assistants:  
Sharon Hamer Mickey Behan  
Julianna Barrette Leah Feldman

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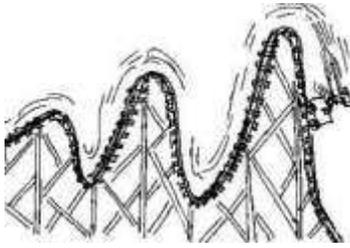
*Contact information provided for co-op related communications only.  
Thank you.*

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**DEADLINE for the next issue (Mar/Apr is FEBRUARY 20th, 2015.** Email [Margie Campaigne](mailto:Margie@Abundance.coop), Editor [Margie@Abundance.coop](mailto:Margie@Abundance.coop).

Questions? [jim@abundance.coop](mailto:jim@abundance.coop). Publisher: Abundance Cooperative Market. **Contributors** to this issue are: Jim DeLuca, Elizabeth Henderson, Ken Rich, Jack Hurley, Jay Stratton, Jack. B. Spula, Caitlin Holcombe, John Kastner, Margie Campaigne Duplication by: Presstek.





The main focus of my year was to complete a deal to move Abundance to a bigger, more visible location. That process and been quite the roller coaster ride for me. Our contract with Flaum Management to find a new location expired in February without a spot. Then in March, I got a call from a landlord with a great building in a great location. As negotiations progressed, press coverage exposed this potential landlord as being sued by one of his restaurant tenants which cast a shadow on the potential for the new location. Lots of research and emotional energy was invested to determine whether we should pursue the location in spite of the lawsuit issue. After months of effort which included responding to the group of owners who wanted the board not to support a move to that building at a special meeting in September, the board did finally vote to go ahead with finalizing a lease. We did complete a lease agreement with a financial contingency clause. So it looked like it was a done deal because throughout the process, Canandaigua National Bank, our back of 14 years, was indicating that they would be interested in financing the move. However, in late November, they said no. So I began seeking financing from three other lenders. Currently, the most likely primary lender looks to be the Coop Fund of New England who will be deciding in mid January.

Plus, we have kicked off the owner loan campaign to find owners who are willing and able to loan Abundance at least \$1,000 for 5 years. Luckily, an anonymous owner is prepared to match the first \$100,000 in owner loans which would get us \$200,000. While that is good, we really would like to raise \$300,000 from owners. Look for the fundraising thermometer in the store to keep up with the amounts raised. Other funding will come from city and county grants and subsidies.

Sales at our current location are down about 6% this fiscal year. Most likely this is due to Harts opening and Wegmans jumping into marketing organic in a big way. Even though our deli sales are up more than 20%, we do not have the space in the store to be able to make and display more grab n go items which is the booming part of retail grocery. The new store with a kitchen designed for more output and added space for a hot bar and salad bar and extended refrigerated take away will allow us to meet the needs of more than 50% of people who do not cook at home any more.

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The Annual Meeting was held on December 7 at the Cornell Cooperative Extension auditorium. Attendance at the pot luck/meeting was our normal 50 or so folks. Food was good. My presentation was summing up the financials of the last fiscal year. That Annual Report is available from our home page and at the formal coop bulletin board in the deli seating area. The main data is that sales were up just under 3% and net profit was about .7% which was down from a net profit of 1.79% last year. Because profit was down, we were not able to issue a Patronage Rebate. However, the 10% off day to owners continued to go up to more than \$40,000. In a typical Patronage Rebate model, that money would stay in the coop until the end of the year when the board would decide on how much of that to return.

On a more marketing note, we are trying to really understand why you are an owner of Abundance. How important is the 10% off day? Would a much larger Shareholder Specials discount flyer be of interest in lieu of the discount day? What elements of your relationship with Abundance that are not financial are attractive to you? These are questions we need answers to so we can go and find more people to be part of our cooperative adventure.

The year went by quickly. I used to love riding roller coasters; the ride was intense but over pretty fast. I often wanted to ride again immediately. At this point in my life, once is enough. I really hope that the financing for the new location comes through so I can get off the roller coaster and get into the new ride: construction craziness!



Happy New Year. Much grace and joy to all.

*...Elizabeth Henderson continued from page 1*

Assemblywoman Rosenthal and Senator Lavelle will be resubmitting the same labeling bill as in 2014 that will require that all genetically engineered food offered for retail sale in New York be labeled as such. The bills will get new numbers when the legislative session begins in January. We all have **the right to know what is in our food and the right to make informed choices about what we choose to eat. So let's make this happen! Please urge your state assembly reps and senators to sign on as sponsors! Plan to join the Label GMO Lobby Day, January 26, 2015 in Albany. For the latest information on the campaign, go to [www.GMOFreeNY.net](http://www.GMOFreeNY.net)!**



## EATING WITH THE SEASONS By Jay T. Stratton

Eating with the season does not mean stuffing yourself with ham, cake, cookies and egg nog, etc. just because it's December. Eating with the seasons does mean eating the food that is more easily available (and probably cheaper) at its proper time of year. There is an abundance of food in late fall because the harvest is just over, things are still fresh, and the flocks have been culled. It's not practical to keep and feed so many animals indoors during the winter. Yule traditions want everyone, even the wild animals, to be well fed at this time. That gives us the best chance of surviving until spring!

Eating seasonally is also an opportunity to minimize "food miles." This refers to the costs of transporting food by truck or plane from some distant sunny locale. These costs are both monetary and ecological. You can minimize your expenses and your "carbon footprint."

Winter is the time for root cellar vegetables - parsnips, potatoes, rutabagas, sunchokes, carrots, turnips, celery roots, beets and winter squash. You can still rummage around under the snow to find parsley, kale, collars and Brussels sprouts. Cabbage stays fresh longer than lettuce and fermented vegetables (like sauerkraut) stay fresh almost indefinitely. The ample pastures of fair weather have given us a winter supply of cheeses and butter. These too stay fresh much longer than the milk that made them.

Different fresh foods return again in spring. What is your "spring tonic?" My father waited for "cowslips" (the leaves of marsh marigolds). These are only edible before the flowers appear, and then still with a change of cooking water. I never dared to try them because of the smell of the discarded water. Mother waited a bit longer for asparagus and rhubarb. Abundance Cooperative Market does sell "ramps" (wild leeks) and "fiddleheads" (baby ferns) at this time. My spring tonic is dandelion greens, not the robust store specimens (These are actually a different species.) but the scraggly little ones dug out of the lawn. I'm a bit squeamish at the thought of fertilization by dog, so I only dig dandelions from the back yard.

Eggs become more readily available at this time. This is certainly the origin of our Easter egg customs. (Not the chocolate ones!)

Early spring is also the time to do your part in the battle against invasive species. If you harvest garlic mustard greens before there is any sign of the flower stalk, they are actually good. They're even better mixed with a little spinach.

By May we were having fresh green peas and green onions again. Nothing else tasted so good! Strawberries ripened in June and then suddenly most all of the vegetables were back and it was summer.

I consider myself lucky to have experienced the traditional food distribution system for the 1950s even though of course it brainwashed me into a beef on white bread lifestyle. At this time the milkman still delivered pasteurized and bottled milk from local cows every other day. We guzzled raw milk whenever we visited our farming cousins and great uncle. Supermarkets were a new thing at this time and my town had two

of them, but who would want to eat those nasty canned peas? Everybody knew that good food came from your home, not the stores.

Summer was the time to "put up" food for winter. Making pickles or corn relish became a social occasion. Both adults and children contributed to the work and the fun. Aunts and cousins came to visit. If you didn't grow it yourself, you would just buy it in bulk cheaply from local farmers or get it for free from relatives.

My parents were not farmers. Mother was a frustrated fashion model and Dad was a mechanic. Nevertheless they grew and "put by" food for us all through the 1950s and 1960s. A significant percentage of our food was home-produced. Canned or pickled or preserved, we had our own zucchini in sauce, grape juice, peaches, pears, applesauce, prunes, jams and jellies of strawberry, raspberry, elderberry, blackberry, quince.... We ate out of the garden in season and out of the root cellar in the winter. I remember dusty farm stands where we stopped to buy local potatoes and apples by the bushel. Most everyone lived this way at this time. We used funny words like "ice box," "larder" and "cucumber pickles." Is there some other kind?

What about "gleaning?" In the 1970s after Dad lost his job he gleaned tomatoes in the picked fields and Mother made sauce. We lived on spaghetti that winter and seldom noticed that we were poor, at least food-wise.

Did you know that our treasured concept of "the lawn" is a social invention whose origins are in the rich folk showing off as if to say, "Look at us; we're so rich that we don't even need to grow food. We have grass and flowering bushes around our house instead." Our "lawn" was on one-third of an acre and it was about half garden, berry patches and fruit tree.

Recently I gifted a nonagenarian friend with some pawpaws. He got excited because he hadn't had any since the 1930s. His mother didn't have a lot of money and fed her family off the land as much as possible. He remembered that she'd found pawpaws somewhere, and not in a store. There were no "programs" back then, not even Social Security. He didn't remember garlic mustard greens because that plant had not yet invaded so thoroughly, but he does remember dining on dandelions, burdock greens, lamb's quarters and other weeds with great relish.

So there is your look at a traditional American food system of 50 years ago. In many ways it reproduces the self-sufficient homestead model of my Swedish great-grandparents. Supermarkets have lured us into the completely different sort of food production and distribution system that exists today. Seasonal availability is no longer "a problem," (Was it really ever?) and we can eat oblivious to the seasons, but at what price?

At our recent Annual Meeting, Jim mentioned that the future trend appears to be providing individual servings of prepared organic foods for people on-the-go. That's good for our Deli Department but a disturbing trend for our customs of growing, harvesting, preserving and preparing traditional foods. In the future will nobody cook any more, will they be too busy working 2 or 3 jobs to pay off their college loans?



## NEWS from PRODUCE, DELI, and CHEESE

By Caitlin Holcombe, Produce Manager, Brendan Larsen, Deli Manager

### Produce News by Caitlin Holcombe



While we may just be at the start of winter here, you can look forward to warmer days by planning your spring garden and stocking up on locally sourced seeds from Fruition Seeds. This seed company was started by Petra Page-Mann and Matthew Goldfarb in 2012, and we carried their seeds last year—their first year of distributing to retail outlets.

They are committed to adapting organic, open-pollinated (non-patented) seeds to provide a local option for farmers and gardeners in our region. The benefits of growing with their seeds span from the personal, better taste and easier to grow, to the political, supporting biodiversity and seed heritage. If you would like to learn more about the farms they source their seeds from in the Northeast, or to read more about their seed varieties, read on at: [www.fruitionseeds.com](http://www.fruitionseeds.com). We will be stocking our full seed offerings (more to come from High Mowing Seeds) by mid-January.

If you are hoping to eat healthier in the New Year, be sure to shop our fresh produce and fruit. We have lots of great vegetables and fruit for making your own juice and smoothies—a great way to get more vegetables in your daily diet.

If you are interested in stocking up in large quantities, perhaps 25 pounds of organic carrots, please ask for a special order price quote. We are also able to special order wheat grass upon request.

HAPPY NEW YEAR!



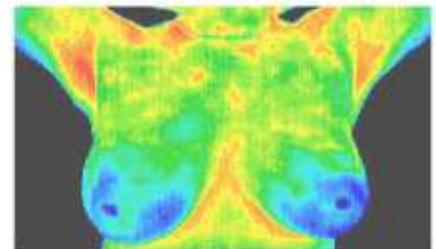
# Welcome

## NEW Shareholders!!

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Eric S.	Juanita B.	Morgan K.
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## Board Talk by Jack Hurley

About 50 shareholders attended the Abundance Cooperative Market annual meeting on December 7. They had the opportunity to create a “wish list” of items and ideas for our future new store after a delicious pot luck dinner provided by members. Then, General Manager Jim DeLuca reviewed the operations of the most recent fiscal year (July 1, 2013 to June 30, 2014) and Board of Directors President Daryl Odhner reported the Board’s activities. Both comprise the Abundance Cooperative Market 2014 Annual Report that was available at the annual meeting and can be obtained at the store’s customer service desk.

The focus of the meeting was moving the Co-op to a location on South Avenue. Both Daryl and Jim addressed the move in their reports, and outgoing Board member Peter House spoke directly and movingly about the relocation. He outlined the reasons for the move and related some of the challenges the Board faced in making this decision.

Peter also pointed out that more Rochesterians are realizing the value of the food and products sold by Abundance. More people want to buy local, organic, Fair Trade, cruelty-free. Other grocers have picked up on this trend. So, now we have competition from the new Hart’s store, Trader Joe’s, even Wegmans. Our new, larger facility will help ensure the Co-op remains competitive.

At our current location, limited square footage prohibits accommodating this community’s changing tastes and buying habits and fully promote our cooperative principles. The store lacks the size required to grow and become a more important community resource. In addition, our current building, on a side street, does not have the visibility that can promote the store.

One area in which the Co-op must expand to stay competitive is in providing a greater number of prepared foods for our members and customers. By the way, we learned from our market study that a large percentage of people now purchase and bring home their main meals already prepared. So, this is an area in which we must expand. Another benefit of having more square feet in the new location is having space for a community education room in which to hold meetings and classes.

The decision to pursue a new space was not an easy one for the Board to make. Some members were opposed to moving at all and some were against

moving to the South Avenue location, specifically. As Peter explained, the Board made the decision that would achieve the greatest good for the greatest number of members.

In the South Avenue building we found everything we need -- a visible and accessible location in the midst of the community that is home to many of our members and shoppers; a suitable size; and ample parking. The Board has authorized General Manager Jim DeLuca to sign a lease for the South Avenue property subject to Abundance getting suitable financing, which Jim is now pursuing.

The Board asked those at the meeting for ideas -- a “wish list” -- for the new store. The responses were wide-ranging and in keeping with the Co-op’s values and ethics. The following were most often suggested: beer; a greater selection of prepared foods; a café with outside tables; a community education room, a community meeting place; service to a wider community; and energy efficiency,

All this is quite exciting! The Board is eager to work on these ideas. We are fortunate to have four new Board members who are enthusiastic and energetic to help move this project forward: Maria Coles, Max Gianniny, Jon Greenbaum, and Carl Hoffman.

While we are happy to greet our new Board members and look forward to working with them in 2015, we will miss the directors who left the Board during 2014. They are Wendy Gilmore, Peter House, Philippa Proudfoot, and Devin Wiesner.

Finally, the Board needs member participation in many of the Board activities. We welcome members to join Board committees. There are two committees that are appropriate for members. The Owner Linkage Committee (chaired by Katie Malarkey) is responsible for developing owner participation in our Co-op. The Governance Committee (chaired by Jack Hurley) ensures that our documents and procedures reflect the guiding cooperative principles. This committee will review and revise the Abundance by-laws during 2015. Contact the committee chairs if you are interested in serving. Your contribution to either or both of these committees will help the Board ensure that the Co-op reflects the vision and values of our members.

**If you are looking to get more involved with the co-op, consider joining the Abundance Board of Directors Owner Linkage committee. Contact Katie Malarkey, [Katie.Malarkey@gmail.com](mailto:Katie.Malarkey@gmail.com), or 671-6378**

**Monthly Board Meetings.** The Board generally meets on the 2nd Wednesday of every month from 7 pm until 9 pm. Meetings are open to all owners and staff to attend, however, anyone wishing to bring items before the Board or wishing to speak at a meeting should call or send an email to Daryl Odhner, 716.228.6583, [dodhner@gmail.com](mailto:dodhner@gmail.com), one week prior to the meeting to be placed on the agenda.



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## TOFURKEY BEER BRATS HOTDISH

Search the web for "Al Franken Hotdish" and you'll find the recipes from the Minnesota Congressional Delegation Hotdish Competitions. I wanted to riff on them so badly, but they are such fun to read just the way they are, so I leave them to you. And the ingredients, omigosh, Michele Bachmann's 2014 list would overflow this page, and I'd never hear the end of it from you all.

The basic hotdish formula: starch thing mixed with protein thing, some vegetables to keep you good looking, gooey thing to hold the coalition together, and optional cool or crunchy topping thing. I bet all of us grew up on them, but most of us had to wrap our wee tongues around that big word, "casserole". My mom usually just called it "dinner".

The classic hotdish ingredient, cream of mushroom soup, was not in-store when I shopped and wrote. No problem, whip together a packet or two of *Road's End Quick Gravy* with water, some flour, and minced or crumbled mushrooms. Note that if you use cream of whatever from a can, do not add water/milk to it! Use it straight from the can. Thickness! Likewise, add extra flour to the gravy above. The hotdish, then:

- 2 cups elbow macaroni
- 1 package *Tofurkey Beer Brats*
- 1 onion
- 1 clove garlic, minced
- 2 bell peppers, one red
- 10-16 oz. cream of whatever soup
- 8-12 oz. cheddar cheese, grated
- Parmesan cheese, grated
- salt, pepper, oil

I used *First Light Farm Creamery Cheddar Espresso Stout*. Flavorful and it did not keep me up all night. Boil up the pasta, leaving it slightly "al dente". Sauté minced garlic, diced onion, chopped pepper, and seasonings. Oil your baking dish, slice the Tofurkey sausage into it. Lay noodles and vegetables and part of the grated cheese on top. Mix in the cream of whatever soup. Decorate with the rest of the grated cheese. Top with

parmesan and optional items like slivered almonds, avocado slices, crumbled potato chips, to show that you, too, are above average. Bake for 30 to 40 minutes in a 350 degree oven. Breathe deeply of the kitchenly perfume and its powerful healing properties.

It is notable that Al uses the hotdish to dredge up a sense of political teamwork. The deep association between the hotdish and church potlucks gives the making and eating a prayerful and communitarian aura. A symbolic magic is at work here: bake the noodly and the muscly, the krafty and krazy together in a glass box with some cheese to unify them into a social construct.

Amen to that! Every forkful of Representative Rick Nolan's Hunting Camp Hotdish adds a day to your life, says Rick. Come on, Abundance, I know we can do him a day or 2 better than that, per bite!



Ken Rich is a long-time Abundance Co-op shareholder. With a passion for "kooking," he concocts special dishes to share with *Rutabaga Rap* readers using stuffs from Abundance.



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Public food forest creation - [www.lotsoffood.org](http://www.lotsoffood.org)

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When it comes to winter, Rochester is a house divided. We seem to fall into one of two occasionally hostile camps: snow-haters and snow-lovers. (Statistically, there should also be snow-neutrals, too. But I have yet to meet one.)

I think the haters are a substantial majority, and if studies were done, I'm sure that, long about March, the majority grows significantly. For this majority, however, snowfall brings compensatory kvetching opportunities. But it's the snow-lovers (and I am proudly one) who really have it good, provided the snow sticks and deepens, and the true gifts of the goddess (including snowshoes, skis, ice crampons, etc.) bring delights unparalleled.

But whichever side you're on, there are some serious things to consider about snow in this northerly temperate ecosystem of ours. In a sense, we can't live without copious snowfall. Or at least, many resident species have a tough time surviving without a dependable, durable supply of the white stuff.

It's no exaggeration to say that snow, in particular a healthy snowpack on the forest floor and meadows, creates a new world every winter. This is the world, a specialized ecosystem where various animals and plants go about their business mostly undetected by humans, known as the "subnivium" - "the seasonal microenvironment be-

neath the snow, a habitat where life from microbes to bears take full advantage of warmer temperatures, near constant humidity and the absence of wind," in the words of a report from scientists at the University of Wisconsin-Madison.

When we humans strap on the cross-country skis and glide across that wondrous two-to-three feet of snowpack, we can observe the tiniest bit of activity in the upper layers of the subnivium. We might see, for example, evidence of mice tunneling or breaking the surface. Or we might watch a hawk circling overhead or diving toward one of the less fortunate mice. But beneath the surface, and in the vital zone where the snow meets the ground, there are whole communities at work and play.

Not just mice, but also voles and shrews and others, course through tunnels and hunt for food in air pockets formed by snow-covered logs. Predators like weasels and foxes are adept at diving headlong into the subnivium after prey. And hawks and owls can actually hear rodents' movements under the snow and then zero in.

What's more, since the snow cover is translucent, photo-

synthesis continues. And for plants and animals alike, the snow acts as a "thermal blanket," according to UW-M biologist Jonathan Pauli.

This blanket acts in two ways: first, it insulates the ground from the ups-and-downs of air temperatures; second, it helps trap warmth rising from the subsoil. It's all relative: to human ways of thinking, the subnivium may be a frigid zone, but to its indigenous communities, it's a haven of warmth and stillness.

I'm struck by the experiences of amphibians in the subnivium. Or maybe it's better to say their almost absolute lack of experience - a boreal existence beyond the world of dreams.

Take one of my favorite species, the wood frog

(*Lithobates sylvaticus*). A true Northerner who ranges from the Central Appalachians well up into the Arctic, the wood frog, which incidentally is the official Amphibian of New York State, hibernates in leaf litter and surface soil, where it takes full advantage of the snowy "thermal blanket." Like some other frogs, this species gets through the winter by being almost frozen solid. A combination of urea and glucose in the frog's system act as "anti-freeze," and the frog does just fine

when even two-thirds of its internal water turns to ice.

The wood frog can go through episodic freezing and thawing. But one thing that can prove fatal for the species is being exposed when snow cover is lacking, and the soil surface gets hammered with double-digit sub-zero ambient temperatures. Trouble is, the subnivium is threatened by - you guessed it - climate change. More and more, and in higher and higher latitudes, we see less and less persistent snow cover. So entreat the goddess to turn the trend around. (And do the necessary political work, too!)

When you see the snow flying briskly and the woods and fields being draped in that marvelous white blanket, remember the wood frog - and the mouse, vole, weasel and fox, not to mention the small evergreen plants, mosses, and more. And consider the obvious equation, too: a good snowpack equals generous spring melt-off equals an ample water supply in summer. And if you think about all this long and hard enough, you might emerge as a snow-lover.



People can be very passionate about their diets. There are probably as many ways to eat as there are people, ranging from meat, potatoes and processed carbs, to vegan, with a vast array of permutations in between. People eat for optimum nutrition, fun, comfort, or to accommodate medical conditions and allergies. There are also religious, ethical, philosophical, political and environmental aspects to our food choices. So far we have been lucky to have an abundant supply of foods from which to choose. This has not often been the case over the course of human history, and about half of the world still does not get enough to eat. Non-human species are also experiencing hunger as human populations overtake more and more habitats that formerly furnished their dinner. Extinction of species is accelerating at a horrifying rate. We blithely assume that the earth is human property and that we can get along fine without the animals that don't directly feed us. There is no science to support this assumption and no one knows how many species can go extinct before the food chain collapses.

Then there is, of course, climate change. There has been a startling increase in dynamic weather events, most notably drought and floods, that have had devastating impact on world food production. The American southwest (including California which supplies 75% of our fruits, vegetables and nuts) lies in the grip of a four-year drought. Its farmers are still filling produce department displays only because they are drawing down ground water reserves. No one knows exactly how long that can continue. To complicate matters further, high volume hydro-fracking for natural gas and oil is national energy policy, and our state department is urging the rest of the world to get on board with fracking ASAP. Fracking can require five to ten million gallons of water per frack, per well. There are currently about one million wells in over thirty states including parched California.

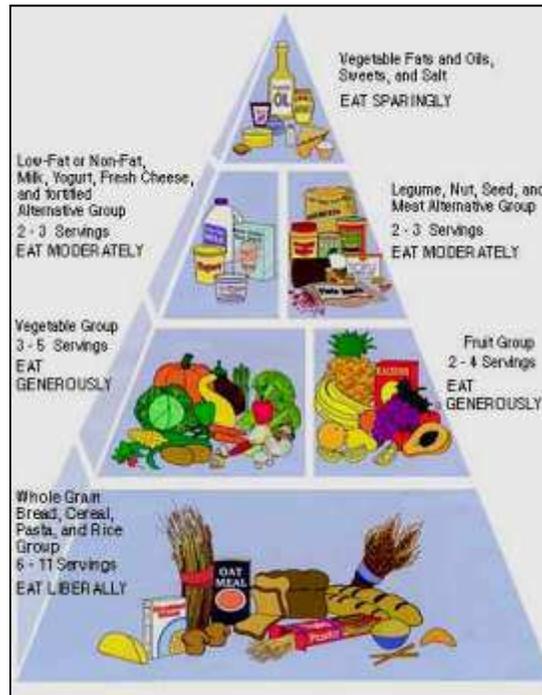
Our rapidly heating planet is also melting the mountain glaciers that provide water for many large cities and deforestation is ruining the watersheds of many others. Things will soon be coming to an ugly head and we will have hard choices to make. Some of the choices we make in the grocery store can relieve at least some of this pressure.

It takes over 4,000 gallons of water a **day** to provide the meat the average American consumes\*. [*\*The standard diet of a person in the United States requires 4,200 gallons of water per day (for animals' drinking water, irrigation of crops, processing, washing, cooking, etc.). A person on a vegan diet requires only 300 gallons a day. —Richard H. Schwartz in Judaism and Vegetarianism*] It takes 1,400 gallons to feed a vegetarian and 400 gallons to feed a vegan. CAFOs (Concentrated Animal Feeding Operations) and dairy farms are a major source of water pollution. They also produce huge amounts of methane (a more potent greenhouse gas than CO<sub>2</sub>) which further heats up the planet, melting the glaciers and polar ice ever faster.

The co-op has already been through a contentious debate about

whether or not we should sell meat. It's probably not a good idea to go there again. Celiacs and those with allergies to soy and dairy also have a much harder time cleaving to a vegetable-only diet. Within the meat category there are dramatic differences between options and their environmental impacts. Beef requires nearly ten times the amount of water per calorie of meat produced than pork or dairy. Chicken needs only 8% of beef's requirement. Organic meat is also more water efficient than conventional CAFO meat.

We can also practice water conservation in the veggie realm. It takes a gallon of water to grow a single almond, Ninety percent of America's almonds come from California, a state that can ill afford to be so lavish with water. Coffee, chocolate and rice are also extremely thirsty crops.



I am not a big advocate of extreme positions. I have come through some uncomfortable obsessions about diet and I don't recommend that route. Still, I have made important changes in the way I eat and I expect that changing environmental conditions will require even more adaptations.

Many things that co-op shoppers are doing already help to make a difference: buying local, buying organic, and buying from producers committed to ethical farming practices are all good choices. With a little more effort we can reduce our water footprint even more. We can eliminate, or at least cut back on, the water-intensive food we buy. We can grow some of our own food using drip irrigation or rainwater collected in barrels. We can also examine our water use in other aspects of our lives. We can become educated, aware and politically active around water issues. Personal responsibility will not be enough in the long run to adequately deal with our water woes. We will need the energetic involve-

ment of governments at every level to avoid catastrophes of terrible scale. That takes organizing, dedication and persistence. Maybe we can't all be activists but everyone can talk to their family, friends and neighbors. It doesn't take so much to write a letter once in a while. Internet users can blog and post on social media.

The best environmental information can be had from organizations like the Atlantic Chapter of the Sierra Club's newsletter, Ecowatch.org, Food and Water Watch.org, Union of Concerned Scientists, 350.Org, Mother Jones magazine, National Geographic and others. Once you start reading about the environment online, other organizations will come to you.

The recent ban on fracking in New York is certainly good news. It does not guarantee our food security, but it gives us important momentum to build on. We need food and water security in every state. We have demonstrated that politicians need to be motivated by an informed, energized, and active public. Very soon food and water will be everyone's responsibility. Better to get started now and not wait for it to become an emergency.



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# Seven Cooperative Principles

Cooperatives around the world generally operate according to the same core principles and values, adopted by the International Cooperative Alliance, a global membership association of co-ops and co-op support organizations. In 1995 the ICA established the following seven Principles that define co-ops as part of the Statement on the Cooperative Identity:

## 1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

## 2. Democratic Member Control

Cooperatives are democratic organizations controlled by their members—those who buy the goods or use the services of the cooperative—who actively participate in setting their policies and making decisions.

## 3. Member Economic Participation

Members contribute equally to, and democratically control, the capital of their cooperative. This benefits members in proportion to the business they conduct with the cooperative rather than on the capital invested.

## 4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter to agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

## 5. Education, Training and Information

Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their co-operatives. They inform the public - particularly young people and opinion leaders - about the nature and benefits of co-operation.

## 6. Cooperation among Cooperatives (A.K.A. P6 : Coop products)

Cooperatives serve their members most effectively and strengthen the co-operative movement by working together through local, national, regional and international structures.

## 7. Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies approved by their members.

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Source: [www.coopmonth.coop/primer/principles.html](http://www.coopmonth.coop/primer/principles.html)

# CALENDAR

JANUARY 2015

FEBRUARY 2015

**New Year's Day** Jan. 1

**Full Moon** Jan. 4

**Ambassadors meet** Jan. 8

**CoOp Board** Jan. 14

**Martin Luther King** Jan. 19



**Groundhog Day** Feb. 2

**Full Moon** Feb. 3

**CoOp Board** Feb. 11

**Valentine's Day** Feb. 14

**Presidents' Day** Feb. 16

**Ash Wednesday** Feb. 18

**Lunar New Year** Feb. 19



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Want to grow your own food? Need some help getting started? Learn easy growing methods. Find hidden growing spaces. Maximize production. Call today for mentoring, classes, free meetups, & private consultations about Permaculture, Edible forest gardening, Homesteading, Ecological gardening, Edible landscaping, and more. Patty Love, MALS, PDC. [patty@barefootpermaculture.com](mailto:patty@barefootpermaculture.com), 585.506.6505, [www.barefootpermaculture.com](http://www.barefootpermaculture.com)

1/17, 2-7 PM Food drive benefits Alternatives for Battered Women. Donate a bag of canned food for ABW receive \$5 coupon good for any service. Donors can also experience a 10 min session on the Biomat free. Offering free (IET) mini sessions for survivors of domestic violence if they attend benefit. IET releases emotional trauma. Healthy Alternative Wellness Center, 458 Stone Rd, Rochester, NY 14616 (585) 787-6954

Rent a Community! For \$460 per month, Ant Hill Co-op has opportunities for residential membership available. With a room, common kitchen, community, gardens, and the promise of a better future, Ant Hill might just be the place for you. Contact [housing@ant-hill.org](mailto:housing@ant-hill.org).



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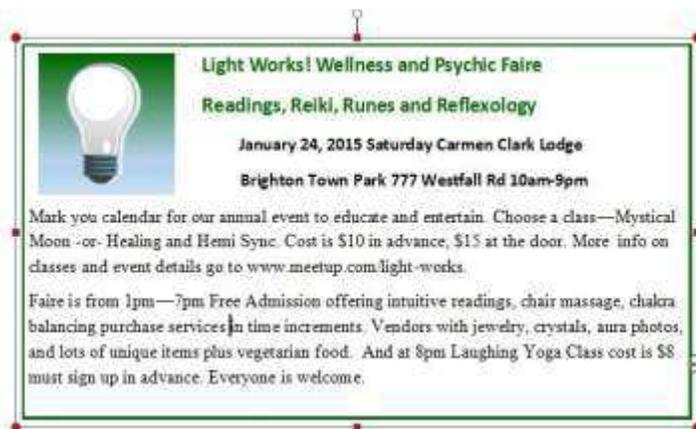
**Coop Ambassador Gathering**  
**Thursday, January 8**  
**6:30-7:30pm**  
**School Without Walls**  
**480 Broadway, Rochester, NY 14607**

**Join us as we launch our Abundance Coop Ambassador project! We'll be spreading the word about the cooperative alternative and Abundance Coop Market. At the gathering we'll develop our ability to communicate our cooperative message and brainstorm and plan activities, events and projects to get the word out about Abundance. There's already a lot of interest in bringing back the Abundance Shopping Cart Drill Team and Tofu Bucket Brigade for local parades. We're talking about tabling at events, highlighting the coop in social media, bringing our friends and co-workers to the store. Let's see what else we can think of!**

### **TIME FOR RAP FEEDBACK, INPUT, PLANNING**

Abundance would like to engage you and get feedback on our newsletter, the Rutabaga Rap. We are planning to have a Focus Group to address its purpose, design, content, and more! With our anticipated upcoming move to our new store, it's a perfect time to update the look, and so on, of the Rap. If you are so inclined, keep posted via email and in-store announcements for the actual time and date(s). Meanwhile, we would love to hear from you in person (Jim, Chris, Margie), or via email as to what you enjoy, what you look forward to, what you might like to see added or changed, etc.! Our co-op emails are on page 2, e.g. [Chris@Abundance.coop](mailto:Chris@Abundance.coop), [Jim@Abundance.coop](mailto:Jim@Abundance.coop), [Margie@Abundance.coop](mailto:Margie@Abundance.coop).

Ken's Kookery is an oft-mentioned **favorite**, as are timely articles on farming by Liz Henderson, aspects of food and the coop by Jay Stratton, the environment by Jack Spula, & other green-themed articles by myself and others. What's your **favorite**?



**Light Works! Wellness and Psychic Faire**  
**Readings, Reiki, Runes and Reflexology**  
**January 24, 2015 Saturday Carmen Clark Lodge**  
**Brighton Town Park 777 Westfall Rd 10am-9pm**

Mark your calendar for our annual event to educate and entertain. Choose a class—Mystical Moon -or- Healing and Hemi Sync. Cost is \$10 in advance, \$15 at the door. More info on classes and event details go to [www.meetup.com/light-works](http://www.meetup.com/light-works).

Faire is from 1pm—7pm Free Admission offering intuitive readings, chair massage, chakra balancing purchase services in time increments. Vendors with jewelry, crystals, aura photos, and lots of unique items plus vegetarian food. And at 8pm Laughing Yoga Class cost is \$8 must sign up in advance. Everyone is welcome.



**EDITOR'S NOTE: All opinions offered in the Rutabaga Rap are those of the authors, not necessarily those of Abundance Coop. Any health information or advice should be checked with your physician or other medical professional.**

Catch me in the grocery aisles, in the cafe, etc.! - Margie



- \* **Co+Op Deals** (formerly Co-op Advantage) are for everyone. New flyer and sale items every 2 weeks! NEW this year: Store specials under our *Abundance Sails* flyer!
- \* **Our Shopping Bag Policies:** Avoid 5¢ & 10¢ bag surcharges by bringing your own bag. Get 5¢ back, and you save *twice!* Also, please do **NOT place merchandise in your personal bag(s) until paid for at the cash register.** This will help avoid any confusion and speed up the check out. Thanks!

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Saturday 9am - 7pm  
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