



IS 'REWILDING' GENETIC MODIFICATION?

By Jay T. Stratton

(Thanks to the New York Times article 5/29/15 by Gina Kolata)

The Danish National Research Foundation is investigating the process of "rewilding." This refers to using the techniques of modern science to insert, say, a disease-resistant gene from ancient wheat into modern wheat without permitting the plants to grow and cross naturally. Is this ethical? Is the resultant plant a genetically modified organism (GMO) or not? The so-called "precision breeding" uses all the techniques of modern genetic engineering but inserts only the desired ancient gene into the new plant which is of the same species. A similar plant could be produced by old-fashioned plant breeding methods but a lot of undesired genes might come along for the ride. The scientists wanted only the disease-resistant gene.

Laws are different in Europe. Over there the very processes of genetic engineering are largely outlawed. Is the Danish debate on "rewilding" the beginning of the legalization of GMOs? Oh slippery slope!

In the U.S. and Canada the situation is different. There is no legal definition for a GMO, only a definition of "certified organic." The Danish researchers are considering whether a "rewilded wheat" could be organic. Under European rules, of course, it could not, but under American rules it might be, so long as only genes from the same species are involved. Let's muddy the waters! Now you could get almost the same thing by using the old-fashioned techniques, so why not use those modern GMO techniques. . . .

It's not a pretty world out there in agriculture, whether conventional, organic or transgenic. Eaten any herbicidal resistance genes lately? You probably have! Even the jostaberries that Abundance sold last year from my farm have a troubled

past. The first josta was born in a German laboratory in the 1950s in a stew of toxic chemicals when a gooseberry turned to a black currant for companionship. The poor plants probably thought they were goners when they crossed; they wouldn't have done it otherwise. OK, maybe jostaberries can be "organic" but "cruelty-free"? This is certainly plant breeding by "brute force and imprecise methods," as Gina Kolata puts it. Would it be better or worse if the jostaberry

had been created by genetic engineering instead of by immersion in toxic chemicals?

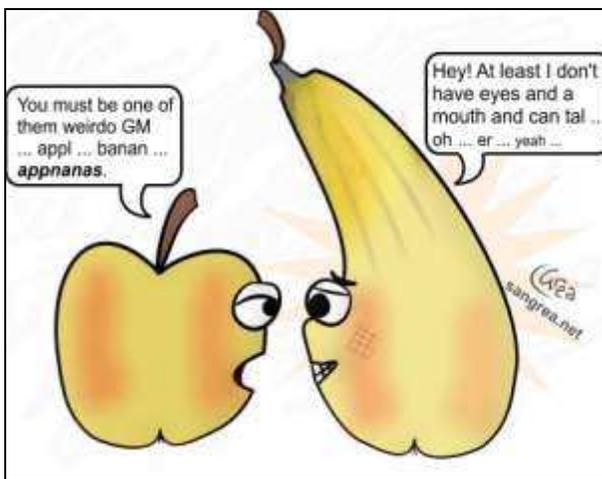
Vegetarians can now eat hamburgers again, thanks to the miracles of modern science! These burgers are grown by tissue culture in the lab at a cost of \$40,000 each. No cow needed to die. Surely the transporter technology of

ethical, cruelty-free Star Trek meat cannot be far behind! Actually I'm hoping that Scotty beams me up before then. Oh Brave New Food!

STRATTON FARMS BERRIES

This summer I'm going back to college in Sweden and will not be on the farm picking my berry crop as usual. Customers will have to buy them from my niece directly at the Westfield Farmers Market on Saturdays in season. The berries should be back at Abundance late next year. Thanks to all my loyal customers!

In Swedish "ekologisk mat" means "organic food." The ecological part means organic, of course. "Mat" is cognate to "meat" in English (What? Ecological meat?) but in Swedish this also includes seafood and vegetables and means "food" in general. When I get back I hope to know a lot about the language and the food and a little bit about the organic movement in Scandinavia. Vill du tala svenska med mig?



the Rutabaga Rap

Before recycling this printed newsletter, why not re-use it by passing it on to a friend or co-worker? Thanks.



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. Revised March 2011

Staff Directory

General Manager:

Jim DeLuca Ext. 111

Administrative:

Debbie Loo Anderson 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 Madeline Brown

CS Supervisors:

Payton Marovich
Kendra Greene

Customer Service/Cashiers:

Customer Service Desk Ext. 102
Richard Rowley David Daunce
Nada Eldehni Dominic Roselli
Shannon Holcombe

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:

Emily Kruger Daniel Brightman
Julianna Barrette Leah Feldman

Newsletter editor:

Margie Campaigne

2014-15 Board of Directors

Daryl Odhner

dodhner@gmail.cpm
406-5241

Beth Garver Beha

bgarver@rochester.rr.com
672-5096

Jack Hurley

jrhurley33@aol.com
544-0178

Scott Wagner

Scott.wagner.ny@gmail.com
880-7643

Katie Malarkey

Katie.malarkey@gmail.com
671-6378

Maria Coles

MarialColes@yahoo.net
355-1442 cell

Carl Hoffman

HoffmanCarl@hotmail.com
473-2949

Max Gianniny

mgianiny@gmail.com
615-1238

Jon Greenbaum

gtree61@riseup.net
303-2110 cell

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

The Rutabaga Rap, our bi-monthly newsletter, is published for the benefit of all our customers. Our current circulation is approx. 800 copies per issue. It is also viewable on our website at www.abundance.coop. Advertising and articles are welcome, space permitting. Items will be edited for length, content and style. Acceptance of an item does not imply endorsement. Our complete editorial policy, current ad rates, publication schedule, and deadlines are available on our website. We are still accepting advertising orders for 2015. **SEE RATES AND FORM ON WEBSITE**

DEADLINE for the next issue (Sept-Oct. is AUGUST 20th, 2015. Email Margie Campaigne, Editor Margie@Abundance.coop.

Questions? jim@abundance.coop. Publisher: Abundance Cooperative Market. Contributors to this issue are: Jim DeLuca, Elizabeth Henderson, Ken Rich, Jay Stratton, Jack Spula, Caitlin Holcombe, Carl Hoffman, Juli Barrette Duplication by: Presstek.





My time on vacation in Florida was great: beautiful sunrises, warm aquamarine water, great bird watching, lots of lazy reading. I did manage to not think about Abundance much, but I returned to 1200 emails and lots of things to do. I did, however, come back refreshed and ready to work with everyone to get our new store which we hope to open next winter.



Chris and I met with some board members of the Business Association of the South Wedge Area (BASWA) recently to discuss our preliminary plans for the new location. They are excited we are coming but also expressed concerns about the appearance of the South Avenue side of the building. Our building along with the building directly across the street separates the cohesion and walkability of the full Avenue because they do not have an inviting look. This is also an issue with the city planning department. The code calls for 70% glass but that would mean giving up 80 feet of wall space for shelving for product sales. We are working with our architects, SWBR, to request a variance to only include 40% glass. We shared that info with the BASWA board members and they seemed receptive but want to see the drawings before they feel they can be fully supportive.

We had a Phase One environmental evaluation done and learned that the site used to have a gas station from back in the 1950's as well as some potential chemicals in the drain line. The next phase evaluation is underway which includes an indoor air quality test to make sure that there is no vapor leakage through the concrete floor slab. As of this writing the results are not in. However, if remediation is needed, the city will work with us to get the funding to pay for that and it should not slow down the process.

The **Beer** license application is underway. The process is really complicated but I was referred to someone who will acquire the process and I hope to be selling beer in September. We will feature organic brews, local brews and some gluten free brews, so let me know what your favorites are.



I hope that the new location will allow us to be even more of a community center because of a classroom space so if you have ideas about what classes would be interesting, let us know that. Another effort we are doing to reach the community is to be founding sponsors of the new community radio station, WAYO, which is expected to start local casting in August. Chris, our marketing guy, will be having a show!

Hope you all think about our great organic veggies and local grass fed beef when you head out to the yard to BBQ. Happy Summer!

The Benefits of Abundance Co-op Ownership:

- 10% discounts on all non-sale purchases on monthly **Shareholder Days**. Choose a day each month, at your convenience.
- **Enjoy our new "Shareholder Deals", sale items exclusively for shareholders.**
- **15% discounts on special orders** anytime.
- Eligible to **participate** in Owner-Volunteer program with store **discounts**.
- 20% **discount** on newsletter advertising for your local business & free classified ads.
- Your **vote** at annual elections and input at shareholder meetings.
- **Eligibility** to serve on the Board of Directors and participate on committees. Potential to receive **patronage dividends or rebates**.

Become an owner today and start enjoying these benefits! Anyone may purchase a share for \$100. Application forms are available at Customer Service Desk, and on our website at www.abundance.coop



WEATHER GOT YOU DOWN? JUST WAIT ... By Jack Bradigan Spula

Here on the “North Coast,” the old joke goes like this: If you don’t like the weather, wait a minute. Funny thing, though: As climate change hits home, the joke’s timeframe is looking less exaggerated. At this writing, the Rochester-Finger Lakes area has just been walloped by the latest of several violent weather fronts within only a few days. People are clearing up toppled trees and branches, looking in awe at crushed roofs and telling harrowing personal tales. And waiting for the next Big One.

Farmers and gardeners, kept off ground that’s too wet, are sharing fears about this year’s harvest. And they’re right to be nervous. Alternating mini-droughts and deluges are bad enough – but things really get insane when gale-force winds and damaging hail strike, or when you see not just your crops but also your soil and sub-soil washed away.

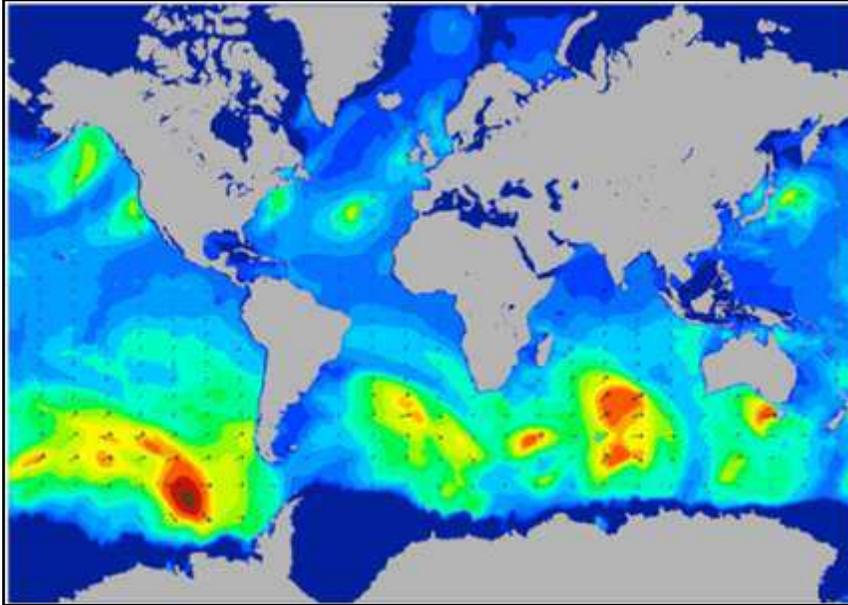
Last year was the hottest year on record globally, and 2015 is shaping up to be the next champ. Our region has bucked the trend somewhat, with a cold winter and lots of snowfall. But don’t get complacent, because we’re chugging along with the rest of a warming world.

It’s an appropriate time to revisit a report issued by the New York State Energy Research and Development Authority (NYSERDA) four years ago. Based on the work of researchers from Cornell, CUNY and Columbia, the “ClimAID Report” carefully took our state’s temperature, so to speak. And the projections should give us pause. For example: according to the report, average annual temperatures in our region will be 4-9 degrees Fahrenheit higher by 2080, and annual precipitation will be up by 5-15 percent.

The Great Lakes overall will experience effects that at first glance seem mutually exclusive. On one hand, there will be more downpours. A 2014 federal EPA report said that, in recent years, “a higher percentage of precipitation has come in the form of intense single-day events” and that

“nine of the top 10 years for extreme one-day precipitation events have occurred since 1990.” Nevertheless, there also will be lower surface levels on the lakes, the result of complex factors, including heightened evaporation and post-glacial geologic “rebound.”

Sea-level rise will affect neighboring regions within New York, too. By 2020, says ClimAID, the tidal portion of the Hudson River will rise by up to five inches; by 2080, the rise could be close to two feet.



Change will come to our farmlands, forests and water bodies, as well. Salt water will flow farther north in the Hudson (which is really an estuary, with notable tides and a two-way flow). The famed spruce-fir forests of the Adirondacks and Catskills will be endangered, if not rendered extinct. Our hugely productive dairy

operations and orchards will feel the pain: milk production will go down, and certain varieties of apples may no longer be viable.

It goes without saying that higher temperatures will help invasive species do their thing. For our region, this will mean more destruction by pests like the woolly adelgid, which attacks hemlock trees and has already destroyed significant stands Downstate and even in the Southern Tier.

Nor will fish be spared. The EPA very recently issued a climate report that echoed ClimAID, noting that elevated temperatures could extirpate certain species statewide. This would of course throw New York’s ecological balance off, with lethal consequences for some regions – like the North Country. The Adirondack Council rightly calls it “shocking” to hear that “all Adirondack trout and salmon populations will be dead within 85 years.”

The Council concluded that after this body-blow, the Adirondacks “would never be the same again.” That goes for all of New York. Even more than our day-to-day weather woes, our planetary environmental crisis will be a great equalizer.

NEWS from PRODUCE, DELI, and CHEESE

By Caitlin Holcombe, Produce Manager

Since the last newsletter, we have hired two new Produce Assistants, Daniel Brightman, who works in Center Store as well, and Emily Kruger. We are happy to have such a great team to serve you, our loyal customers,



so please do let us know if you need anything! And don't worry, you will still see Sharon and Noreen: both are volunteering in the department. We are very grateful for all that they do!

Summer has arrived, and with its return we are happily sourcing more of our fruit and vegetables from local farmers. We have already seen some seasonal favorites come and go— foraged fiddleheads and ramps (wild leeks), and asparagus. Strawberries will have a shorter season due to a freeze and heavy rains, so don't wait to eat some of the wonderfully sweet organic berries from Pedersen Farms in Seneca Castle, NY. Garlic scapes

are also now available for a short time—and I recommend trying them grilled, quick-pickled or as a pesto. Speaking of pesto, we have an excellent new source for

basil—hydroponically grown by Bolton Farms in Hilton, NY—very fragrant and flavorful. We will try to source all your “farmer's market” favorites throughout the season; if there is anything you'd like to see, please let me know!



You can expect a steady supply of local & organic kales, chard, lettuces, cucumber and zucchini through late summer at least! We will have to wait until later in the season for local peppers, tomatoes, eggplant and melons.



And if you are gardening this season, we will continue to offer Fruition and High Mowing seeds for the next few months for succession plantings of late summer and fall crops.

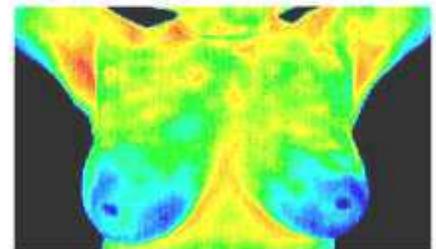
Welcome

NEW Shareholders!!

Ahndraya	Irene	Maureen
AJ	Jacquelyn	Melissa
Alex	Jenifer	Monika
Alicia	Jill	Niema
Ashley	John	Randy
Burton	JohnPaul	Rose
Carol	Julia	Samantha
Casie	Karen	Sara
Cinnamon	Kathleen	Scott
Donald	Maria	Sophia
Douglas	Mark	Susan
Garrett	Marlene	Tim
Gary	Marlene	Whitney
Harriette	Mary	Xiaoping



DYNAMIC THERMAL IMAGING



100% Safe, FDA- Approved
No Compression, No Radiation
Painless, Non-Invasive

Breast and/or Full Body Screening
Female Certified Thermographers

550 Latona Rd. Rochester, NY 14626
585-734-6083

Servicing Upstate NY & Northern PA

www.NYDTI.com



Board Talk: Help Create the New Co-Op

By

Carl Hoffman

New Directions for the New Store

After over fourteen years on Marshall Street, Abundance is preparing to move to the South Wedge. We've had our ups and downs in the years since 2001, but mostly it's been pretty good.

Work on the new store will begin by the end of the summer, and we plan to move early in the new year. As we prepare for this change in the "physical plant" it's important to prepare in other ways as well.

On South Avenue everything will be different—a new neighborhood, a much larger store, a more visible location. We'll play a new role in a new community.

What do we want to do in the South Wedge? What is this coop about?

Celebrate! Join the Discussion! To talk about these questions, the board is getting together a series of three coop gatherings over the summer.

The first will focus on the coop's basic purpose. This will take place at Swiftwater Brew Pub at 378 Mount Hope Avenue on July 7, beginning at 7:00 pm.

The second discussion, about the by-laws, will be on Thursday, July 30.

The final gathering—possibly the most important—will be later in the summer and will deal more specifically with visions and desires for the future. Time and location for that one are not yet set.

We're hoping that as many shareholders as possible will come out to help determine our future direction.

I. The Basics. July 7 will be the first time we get together as a coop since the move was nailed down. This will give us a chance to check in and reflect on what it means to be a coop and what we we're trying to do.

Broadly speaking, we could say that our goals are 1) to provide healthy and reasonably priced food, 2) to foster a sustainable food system, 3) to educate about cooperatives and food issues, and 4) to contribute to a vibrant community.

This time of new beginning is an especially auspicious moment for all of us to talk about these goals and ponder how they might be applied in our new community. What impacts will our larger store have, and how will being part of a new community will change who we are?

Appetizers will be provided.

II. The By-Laws. The board has drafted a number of changes in the by-laws. Interested shareholders are invited to go over them with us as we prepare to submit them to the annual meeting in the fall. This will be at the Lundberg Gazebo in Corn Hill on Thursday, July 30. Bring your own chair and refreshments. *Time and location not yet confirmed—check at the store or the web-site.*

III. The Specifics. Time and location TBD. At the third meeting we'll look for new initiatives, new things we as shareholders can do to help the coop grow.

What should we be doing that we aren't? What new members can we serve? What could we be doing better? What *should* we be doing better? And perhaps most important: How can we make sure members stay involved?

Mark Your Calendars.

Basics: Tuesday, July 7 at Swiftwater Brew Pub, 378 Mt. Hope Avenue (between Gregory and Hickory). 7:00-9:00 pm.

By-Laws: Thursday, July 30 at 6:00 pm. Lundberg Gazebo in Corn Hill. Time and location not yet confirmed—check at the store or the web-site.

By the way: Welcome to the neighborhood! When we were looking for a space for these meetings, we found that the organizations and businesses are enthusiastic about our move and looking forward to having us in the Wedge.

So let's all come out on July 7 to celebrate the move and enjoy an evening with our fellow shareholders in our new neighborhood.



NEW DAY AND TIME!

Monthly Board Meetings. The Board generally meets on the 2nd **Thursday** of every month from 6 pm until 8 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 email Jon Greenbaum 585 303-2110 (cell) gtree61@riseup.net one week prior to the meeting to be on the agenda.

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, or 671-6378

Ken's Kookery - Frozen BlueBars

By Ken Rich

That may sound meteorological, but actually it's feedy-oralogical, the past winter's weather notwithstanding.

For Christmas last year I received a "Wild Huckleberry Muffin Mix" gift from the western mountains, and it made the most fanatic-tastic Frozen BlueBars. I added ingredients to tone down the sugary-ness and give it some fiber, plus I didn't really know what was in the original, making it hard to repeat. I have not quite replicated it yet, but it's my favorite snack for a hot afternoon, so the effort has been refreshing and yummy.

This is a one bowl recipe. The exact blend of flours is not so critical, except that you need half to two-thirds to be lightish, and one-third to half heavyish flours. The chia and almond options are mostly for texture. Oil a 9"×13" baking pan. Turn on the oven to 350 degrees F.

1 cup whole wheat pastry flour
1 cup white pastry flour
¼ cup (optional) almond slivers
¼ cup (optional) chia seeds
4 teaspoons baking powder
¼ teaspoon salt
4 pinches nutmeg
1 pinch powdered cardamom



Fork the dry ingredients together. Then press it to the sides of the bowl to form a large well. Put the wet ingredients in the well, trying to minimally disturb the wet ingredients. **Blue Diamond Almond Breeze** almond/coconut milk works well. If you use water, it's helpful to add 2 tablespoons of tapioca starch. The reason for writing two-fourths cups of syrup is because the quickest way to measure three-fourths of a cup of milk is to measure one-

quarter cup of syrup into the 1 cup measure first, and fill it the rest of the way with milk. Measure the second quarter cup of syrup straight into the bowl. For nut butter, tahini or almond are best.

2 eggs
¾ cup milk or water
¾ cup agave syrup
¼ cup oil
¼ cup nut butter
1 tablespoon vanilla

Fork mix the wet ingredients gently together, still minimally disturbing the dry ingredients. When they are somewhat blended together, mix the wet and the dry together.

1 cup fresh or frozen blueberries

Woodstock Organic Wild Blueberries are best because they're small and aromatic. Do not thaw before use! Fold in half of the blueberries,. Pour the glop into the pan. Scatter the remaining blueberries on top. Bake for 30 minutes or so, insert a toothpick in the middle and see if it comes out clean. If it doesn't, bake it another few minutes. Cut into bars while warm, cool on a rack, and freeze in a tightly closed plastic bag or box. Eat one or two warm. It's interesting to compare the difference between hot and frozen. Fructose is sweeter when cold, oddly, and agave syrup sugar is half fructose. Look up the chemistry of it for some cool tongue-twistery words!



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.

John (Jack) R. Hurley, Esq.

Real estate. Wills. Probate.

Responsive. Experienced. Affordable.

tel. 585 . 544 . 0178 fax 585 . 467 . 0911

Jhurleylaw@aol.com

Are you trying to create a more sustainable life?

A life of true and lasting abundance?



Call me today to learn how
I can help you

Consulting/design - www.barefootpermaculture.com

Classes/workshops - www.rochesterpermaculturecenter.org

Inner Permaculture - www.empatheticpresence.com

Public food forest creation - www.lotsoffood.org

Patty Love, MALS, PDC 585.506.6505



Many of you who buy organic milk want the safest and most nourishing food you can afford. For what you pay for half a gallon of certified organic milk, you could buy a gallon of conventional milk. Is the organic milk worth the extra money? A fair exchange means both parties receive some benefit for themselves and no one is hurt or exploited. Let's take a look at what organic dairy farmers are offering those of you who pay a premium price for their milk.

Organic dairy farmers agree not to use any antibiotics or growth hormones on the cows they are milking. If a cow gets so sick that an antibiotic is the only solution, the farmer can save the cow's life, but no longer sell the milk as organic. US dairy farmers themselves set this standard.

20 years ago, it seemed scary since using antibiotics was standard practice for a variety of cow ailments. But a few veterinarians and experienced farmers found alternatives by looking upstream to prevention – improving the soil, reducing stress for the cows, increasing access to their natural food – pasture, and then using homeopathic remedies, vitamins and minerals when all else fails. Not surprisingly, a university study on antibiotic resistant bacteria, found that bacteria collected from dairy herds on conventional farms were more resistant to antibiotics than those on organic farms. Organic dairy farmers who converted will tell you that their cows are much healthier and their vet bills lower than under conventional management.

Although most organic dairies feed their cows some grain, the organic pasture rule requires that a major portion of the cow's nourishment comes from eating pasture. (Note, I write pasture, and not grass, since the plants in good pasture are very diverse, including legumes and many weeds with medicinal properties.) The grain they do feed cannot be GMO or treated with herbicides like the probable carcinogen and endocrine disruptor Round-Up. Like all organic farmers, dairy farmers do not use synthetic nitrogen fertilizer, the major agricultural contributor to CO₂ and nitrous oxide emissions. NOFA-NY's organic certification program has just added a pasture-fed label for farms that only feed pasture during the warm months and then hay in the winter. The cows give less milk, but the nutritional quality is higher. A well-maintained pasture is also a benefit to the planet: the amount of organic matter in the soil is high, 5 – 6%, holding a lot of carbon that might otherwise

be released to the atmosphere and a further benefit, pasture munching cows release 15 – 30% less methane.

Any number of independent studies confirm that milk from organic cows is nutritionally superior. Research out of Washington State University in 2013 showed that organic dairy has 25 percent less omega-6 fatty acids and 62 percent more omega-3 fatty acids than conventional milk, yielding a 2.5-fold higher omega-6: omega-3 ratio in conventional compared to organic milk. Low omega-6:omega-3 ratios are associated with preventing cardiovascular disease, cancer, and inflammatory and autoimmune diseases. Grass fed organic milk is even better.



As the market for organic milk has grown to over 5% of all milk sold in the US, big conventional companies have moved in to compete with smaller organic brands like Organic Valley. By the usual logic of supply and demand, when demand outstrips supply, the price to farmers should go up, but instead imports of organic beef, cheese and powdered milk are increasing. A long term study on the profitability of organic farms in Vermont shows a slow, but steady decline in return on assets with 1/3 of the farms unable to meet the \$37,000 estimate for family

living costs. Even with the higher price that organic farmers receive for their milk, they are not making ends meet because of the high price of organic feed. The rate of farm conversion to organic has slowed to a standstill. Surprisingly, organic dairy farmers actually get a smaller percentage of the final consumer milk dollar than conventional dairy farmers.

At Abundance, you have milk choices – Organic Valley (certified organic), Ithaca Milk ("natural, no bovine growth hormone (bgh), no pesticides), Byrne Dairy (conventional, but in glass jars). Although Organic Valley, a 1600 member farmer owned coop, is a national brand, the milk you buy in Rochester comes mainly from NY dairies like the Knapp family in Preble, NOFA-NY 2012 Farmers of the Year. For yogurt, there is a wider choice of smaller brands, including Seven Stars (organic and biodynamic) and Maple Hill Creamery (organic, grass-fed), and there is Amish butter.

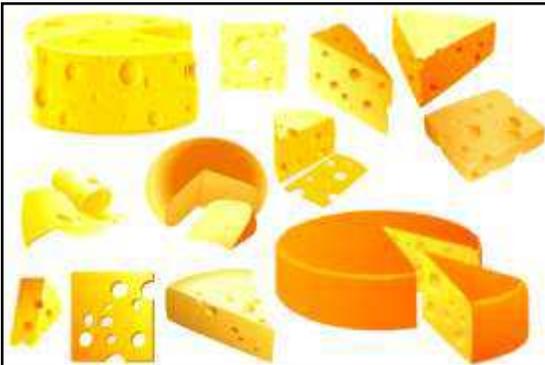
When you look at the important benefits to your own health and the health of our planet, paying more for organic milk is a fair deal!



What is rennet? Rennet is a type of coagulant enzyme that separates the casein protein in milk then separates the solid curds from the liquid whey (also called curdling). There are four common types of rennet: Animal, Vegetable, Microbial and Citric Acid/Vinegar.

Animal rennet is one of the most traditional types of coagulant used today. It is extracted from the stomach lining of mammals. Until the 1960s most rennet was derived from the fourth stomach of young calves, but predications were made that there would be an increase in meat consumption hence, a shortage of rennet. It was at that time alternative sources of coagulants were considered and developed.

Microbial rennet is an alternative for cheese-makers and is less expensive than traditional animal rennet. It is derived from the fermentation of fungi or bacteria that act similar to animal rennet. Microbial rennet is vegetarian friendly and is just one alternative for cheese-makers.



Vegetable rennet comes from numerous vegetables that contain coagulate properties. Thistle, Silver leaf Nightshade, Fig leaf and Safflower are common sources of vegetable rennet. The use of vegetable rennet is a long standing tradition in many regions of the world such as Spain and Portugal.

Citric Acid and Vinegar have only limited uses and can only be successfully used as a coagulant when making heat triggered curds. A little lemon juice or apple cider vinegar is a great way to make your own fresh ricotta or mozzarella cheese at home.

Companies are not legally required to disclose the source of rennet being used, for vegetarians this can be frustrating. Currently, we sell numerous cheeses that are vegetarian friendly (Ithaca Milk Co., Minerva, Yancy's Fancys, Lively Run and more). Aged, harder cheeses tend to be made with animal rennet (Parmesan Reggiano, Pecorino Romano, Asiago, Jarlsberg Swiss and more). We look forward to expanding our cheese selection this winter to offer a variety of coagulants that you will enjoy!

This year's Consumer Cooperative Management Association (CCMA) was held in Boise, Idaho, at the Riverside Hotel from June 11-13, with Boise's own Food Co-op serving as host. Several sponsors pitched in to make it a comprehensive and activity filled event.

CCMA is a 3 day conference held every year at alternating regional locations within the United States. Next year's event will be held in Western Massachusetts, where several booming Food Co-ops are located, including the River Valley Market in Northampton.

CCMA started in 1957 as a weekend retreat for consumer co-op managers and their spouses. Co-op representatives varied and included such sectors as grocery co-ops (formed in the 1930s and 1940s), and insurance and recreation equipment co-ops. In the 1980s, the older grocery co-ops were giving way to a newer succession of consumer food co-ops, who became the new attendees of CCMA. CCMA is planned through National Cooperative Business Association.

This year's theme addressed the future of food co-ops, focusing on the competition from other burgeoning natural and organic food markets including traditional grocery retailers. There were approximately 400 people representing 75 food co-ops across the USA and Canada.

Most of the workshops focused on moving forward and dealing with change and competition. The facilitators conducted the workshops in the style of a cooperative café, where each table of 2-6 people participates in a brainstorm after the discussion and lecture and shares their ideas on 3 sticky notes with the rest of the workshop participants.

My take away was the following:

1. To stay competitive, a co-op needs to grow.
2. Build awareness and partner in the community.
3. Appeal to the next generation.

Finally, in order to be successful in the competitive landscape a co-op has to change and expand.



facebook

Name:
Abundance
Cooperative
Market



Currently 4,144 Friends!

Connect with us on Facebook!

[www.facebook.com/
AbundanceCoopMarket](http://www.facebook.com/AbundanceCoopMarket)

**FAIR TRADE
EMPOWERS
PEOPLE**



NEW! Seed Pod Birds from Zimbabwe

Join our E-mail list for
News, Promos and Coupons.
Find us on FB & for your chance to Win!

ONE WORLD GOODS

HOURS: M-Th 10-6, F-Sat 10-9, Sun 12-5
Pittsford Plaza • 387-0070
www.owgoods.org

Like Share. Comment!

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.

Source: www.coopmonth.coop/primer/principles.html

LOOKING FOR PESTICIDE-FREE HOUSING

I have allergies and am looking for pesticide-free housing that is temporary or longer term. Looking for either shared housing or an individual apartment or house. If you have any information, please call 585 414-7422.



Light Works! Festive Friday Mystical Fair

July 10, 2015 Friday Carmen Clark Lodge—Brighton Town Park
777 Westfall Rd 5:30-9:30pm FREE ADMISSION

It's going to be beautiful day, mark your calendar. Choose from a variety of workshops (donations accepted) - QIGONG, HOOPING (bring or borrow), BELLY DANCING, SHAMAN DRUMMING (bring frame drum/percussion item), SOUND HEALING CLASS, and LENORMAND TAROT Class. Inside the cabin we have intuitives and tarot card readers, energy workers & vendors. Everyone is welcome to our Festive Friday!

For more info go to www.meetup.com/light-works.

Yoga, Sound Healing & Aromatherapy Healthy Alternatives now offering Yoga. Experience the healing benefits of Yoga & Sound. Improve strength, flexibility, mental alertness, & sleep. Studies show crystal singing bowls, reduce stress, anxiety, migraines, depression, sinuses, lower blood pressure & increase oxygen intake. Saturday July 25th, 2015 3:00p.m – 5:00p.m Healthy Alternatives 458 Stone Rd. Rochester, NY 14616 \$25 in advance \$30 at the Door . Facilitators: Teresa Principe RYT and Carol Scheg-Morrisette LMT, RMT
www.healthyalternativesrochester.com
<http://carolscheg.younglivingworld.com>

Interested in making a difference for women? AAUW advances equity for women and girls, through advocacy, education, philanthropy, and research. Visit the Rochester branch at <http://rochester-ny.aauw.net> or e-mail us at grabaauw@gmail.com for membership inf. For info on or to rent the Perkins Mansion, call 244-8890 or contact elewis@perkinsmansion.org.

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, 585.506.6505, www.barefootpermaculture.com

NOTICE TO UN-CLASSIFIED ADVERTISERS:

If you wish your ad to continue from issue to issue, you need to let us know, or submit new or revised copy by the deadline of the 20th of the month before publication. Otherwise, your ad may be deleted. Email Margie@abundance.coop.

Un-classifieds

Un-classifieds

Un-classifieds

lyengar-based yoga
In a friendly neighborhood studio.

PINNACLE YOGA



Check the web site for schedule and information.

Carl Hoffman, instructor
99 Crosman Terrace in
the Upper Monroe neighborhood
(585) 473-2949 carl@pinnacle-yoga.com

www.pinnacle-yoga.com
(don't forget the hyphen)

Find us on Facebook



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.

Peacework Organic CS
Community is at our roots.
www.peaceworkcsa.org
peaceworkcsa@gmail.com
585-442-1364



Sign up now for your summer share

Doris Vasey, Auto Sales Consultant
585.773.5235 DorisVasey@gmail.com

Offering Mini info sessions: Drive
Away with a Great Deal

Call Doris for schedule.



Shareholders get your **FREE un-classified ad here, UP TO 50 WORDS**, space permitting, 10 point type. Send request with text to Margie@abundance.coop. Please provide your full contact information for verification. **Next deadline: AUG. 20 for Sept.-Oct.**



The Abundance Coop Ambassador project continues! Consider helping spread the word about the cooperative alternative and Abundance Coop Market. There's already a lot of interest in bringing back the Abundance Shopping Cart Drill Team and Tofu Bucket Brigade for local parades; tabling at events, highlighting the coop in social media, bringing our friends and co-workers to the store. What's on your mind? Email Chris Whitebell: chris@abundance.coop

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.



Emily Sniezyk Painting
Interior and Exterior
Insured
Free Estimates

585-738-0525
esniezyk@yahoo.com

CALENDAR

JULY 2015

- July 1 Canada Day
- July 4 Independence Day
- July 7 Co-op meeting, Swiftwater Brew Pub, 378 Mt. Hope 7-9 pm
- July 9 Abundance Board, 6-8 pm
- July 30 Co-op meeting, time & location to be confirmed; check website or store

AUGUST 2015

- August 3 Canadian Civic Holiday
 - August 13 Abundance Board, 6-8 pm
- Watch for notice of third co-op meeting regarding new store in the South Wedge!



- * **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!

62 Marshall Street
Rochester, NY 14607

(585) 454-2667 (-COOP)
www.Abundance.coop



Store Hours:
Monday - Friday 8am - 8pm
Saturday 9am - 7pm
Sunday 10am - 7pm