



Volume 16, Issue 3

May-June 2016

Rutabaga Rap

NEWS from PRODUCE
By Caitlin Holcombe, Produce Manager

Spring is here and we have lots of items to get you growing flowers and vegetables for your home garden. Organic potting soil from Living Earth



to get seedlings started indoors, and horse manure and vermicompost to enrich the soil in your garden beds. We have an assortment

of organic herbs and vegetable plants from Light-house Gardens. You will find classics like sweet basil and other traditional culinary herbs as well as chocolate mint and Thai basil!

Bowman & Hill have been delivering local organic spinach, kale and lettuces for a few weeks now. We do expect a gap on local kale soon, as the crop from winter runs down and new plants need time to size up. We are crossing our fingers that their early planting of broccoli does well and makes it our shelves by end of June. We also have local asparagus to look forward in early June from Peder- sen Farms in Seneca Castle, NY.



You may have noticed when you walk in the store, to your immediate left, that we are now selling Community Composting buckets. For \$10 you get a bucket and a code to redeem online for one month's service. There is a

map on the informational kiosk detailing what areas are eligible for service. Community Composting was co-founded in 2013 by Brent Arnold and Steven Kraft. They started out with residential service and have expanded to serve restaurants and businesses as well. Abundance signed up recently and we are very happy to be participating (we previously relied on volunteers to take away food scraps and coffee grounds).

DELI & CHEESE DEPARTMENT
NEWS By Julianna Barrette, Manager

New Cheese Item: We recently brought in a new cheese that deserves to be acknowledged. In Fonda, NY, in the Mohawk Valley Region, stands a family farm named after the creek that runs through their field called Danascara. Originally, it was a multi-generational dairy cow farm operated by a husband and wife, Ken and Marsha. After their daughter, Monica, graduated with degrees in animal science, animal nutrition, and earned a Ph.D. in immunology, they collaborated on the idea of creating a farmstead cheese. Luckily for us, the outcome of their combined experience and knowledge is a fantastic line of raw sheep's milk cheeses. Danascara's cheese is only one of a few Sheep's milk cheeses produced in the U.S. made from fresh milk every 24-48 hours," (<http://www.danascaracheese.net/ourcheese.html>). Currently, we carry their Danascara Dulcinea, a semi-hard cheese that has been aged for more than 60 days. It had a natural rind that has been rubbed with cocoa and olive oil. It has a similar taste profile as the Spanish Manchego, mild yet distinct with a light cheddar note. Danascara's Dulcinea pairs well with good bread, olives or, as I like, just on its own!



New Deli Bread:
The deli department has a new wholesale bread supplier. We recently began using a par-baked bread

from a bakery called Tribeca Oven, located in Carlstadt, New Jersey. The owner, Peter Lobel, moved to New York City from Zimbabwe in 1981. Using his family's recipe, he started a small retail bakery on Park Avenue. After years of dedication, awareness and appreciation by his customers, Lobel is now able to supply to customers and businesses across New York. We currently use their Rustic Ciabatta and French Baguette. We receive their bread frozen, which we can then thaw and bake fresh at our convenience. Tribeca Oven's high quality, old world style bread has been a great addition to our menu. We hope you enjoy!

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 Food Co-op** 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 for it. *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 2,200 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 (NCG) with 150+ 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 2016



Staff Directory

General Manager:

Jim DeLuca Ext. 111

Administrative:

Debbie Loo Anderson Financial Manager, Ext. 110

Charles Blake, POS Coordinator Ext 113

Richard Rowley, Financial Assistant

Richard Sauvain, IT Coordinator

Front End Co-Management Team:

Front Office Ext. 101

Jenn Rekos Madeline Brown

CS and Front End Supervisors:

Payton Marovich, Nada Eldehni

Customer Service/Cashiers:

Customer Service Desk Ext. 102

Richard Rowley David Daunce

Shealyn Rapp Jett Mossbacher

Becca Soriano

Marketing: Chris Whitebell

Center Store Department

Kathy Peters, Merchandising Mgr, 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

Christopher Reynolds

Jenn Rekos, Wellness Assistant

Emily Sniezyk, Daniel Brightman

Produce Caitlin Holcombe, Produce Manager, X112; Assistant:

Saqrah Houck, Christopher Reynolds

Deli Departments:

Julianna Barrette Deli Mgr, X104

Leah Feldman Saqrah Houck

Newsletter editor: Margie Campaigne

2015-16 Board of Directors

Daryl Odhner (Secretary)

dodhner@gmail.com

406-5241

Beth Garver Beha

bgarver@rochester.rr.com

672-5096

Scott Wagner

Scott.wagner.ny@gmail.com

880-7643

Katie Malarkey (Co-chair)

Katie.malarkey@gmail.com

671-6378

Maria Coles (Vice-President)

MarialColes@yahoo.net

355-1442 cell

Carl Hoffman

HoffmanCarl@hotmail.com

473-2949

Max Gianniny (Treasurer)

mgianiny@gmail.com

615-1238

Jon Greenbaum (Co-chair)

gtree61@riseup.net

303-2110 cell

Paula Hansen

paulah1@rochester.rr.com

329-0682

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 2016.

DEADLINE for the next issue (July-August) is June 20th, 2016. Email Margie Campaigne, editor mcampaigne@hotmail.com Questions? jim@abundance.coop. Publisher: Abundance Food Co-op. **Contributors** to this issue are: Jim DeLuca, Elizabeth Henderson, Ken Rich, Jay Stratton, Jack Spula, Caitlin Holcombe, Juli Barrette, Jon Greenbaum Duplication by: Presstek.

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.





Resilience:

the power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity.

Ability to recover readily from illness, depression, adversity or the like; buoyancy.

Writing on a beautiful sunny but oddly cold day, I am thinking about the resilience that plants have. In order to spring into another year, they somehow have to balance the number of hours of sunlight with fluctuating temperatures. Every year is different. Makes me wonder about the mystery of intelligent life; do plants have a DNA memory of many springs to help determine when the risk of freezing is over? If plants have good memories, how about birds? Butterflies?

They travel thousands of miles to return to places where only their parents have been.

How does this relate to running Abundance? I guess I am connecting to the awareness and behavior that defines resilience. When the co-op opened its little store and moved to the store on Monroe Avenue, and even into the current store, there was no competition for the products being sold. Now, much of what we sell can be bought in conventional stores, including convenience stores and drug stores. In fact the biggest growth in the natural foods marketplace is occurring in conventional grocery stores like Tops and Wegmans. Our sales are in fact lower in the last couple of years from our peak year in 2013. Facing that fact, we decided that moving to a bigger store with better visibility was the way to be resilient. Rather than sit tight, we went for a vision that we hoped would help Abundance thrive for many more years by offering a wider selection, lower prices and more prepared foods. Plus to renew our community focus, we would actually have a meeting room.

The process for making this move started back in 2012 when we tried to open a bigger space on Alexander at Park. After 8 months of work, it fell through with Buckingham Properties keeping the building for their



own offices. We fell back for a while and then bounced back with a one year process using a well recommended commercial realtor which resulted in no right spot. At the end of that process we did get a call about the location on South Avenue. We checked it out and liked it. We had a market study done which indicated that there should be enough sales to support the expense of the move. We then spent a long time negotiating a lease for that building; the process was difficult with plenty of times where it looked like the deal would not complete.

Finally we did get the deal. Finding the funding for the move also was a roller coaster with many banks turning us down until we did finally get an offer. Now the roller coaster has been with Planning and Zoning. Three meetings over 6 months with them left us with an optimistic sense that they liked our project and even though they would prefer several changes in our plans, each time they indicated that it was going to be approved. In the last couple of weeks, we learned that they might be changing their positions and might require changes that would be expensive.

During that same period we began to get bids on some of the work and learned that some of our previous budgetary estimates were greatly underestimated.

So, as I write this, two issues that were not foreseen are weighing heavily requiring the reconnection to resilience: recovering quickly from adversity.

With all the ups and downs of the process, it is no wonder that we have not been able to share an opening date for the South Avenue store. We have a new micro site available off our main website where we are posting the status as we learn more.

We are frustrated and excited and look forward to making our plan become a reality.

If the butterflies can do it, so can we.

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



Seeds are a commons, belonging equally to us all. One of the most cherished traditional rights of farmers has been the right to select, save and plant our own seeds. In the days when most people grew their own food, having seed to plant was a matter of life and death and in many parts of the world that is still the way it is. For the past century or so, in the Rochester area, local farmers have not needed to exercise this right because there were local seed companies that did a good job at producing varieties that were well adapted to western NY growing conditions. Then these companies started to disappear, victims of the consolidation in the seed industry that has resulted in the current sad state of affairs when only four companies control most of the world's seed sales. The larger seed companies sell to farms with widely differing climates, growing seasons, moisture levels and soils, so they select for wide adaptation. They also produce seed using chemical fertilizers, pesticides and herbicides; only by chance do some of these varieties produce well under Rochester area conditions and organic growing methods.



In the past, Rochester was home to a surprising number of seed companies: Harris, Crosman, Rowe's Monroe Garden and Nursery, Hiram Sibley, Vick's, Briggs Brothers, Reid Seeds, Mandeville and King, L.P Gunson. Today, only Harris and Crosman remain. Crosman caters to home gardeners, selling 99 cent packets of a short list of standard varieties. Harris offers a wider range of varieties, including 30 that are certified organic. Fortunately, our area has a new seed company founded in 2012– Fruition Seeds that is certified organic. As they put it on their website: "Our regional focus means we provide our customers with a carefully selected catalog of non-GMO, organic and heirloom seeds and transplants that can withstand the range of seasons we experience here in New York." The founders, Petra Page-Mann and Matthew Goldfarb, select and grow many varieties themselves and also partner with regional farmers who grow seed in collaboration with Fruition. They are wonderfully dedicated and passionate about their seed work, and have signed onto the Safe Seed Pledge, not to grow GMOs. All of the seed they sell is open-pollinated and they participate in the Open Source Seed Initiative (OSSI), an effort to keep as many varieties as possible in the public domain, unencumbered by proprietary licenses, or utility and trait pat-



Peacework member Eileen Brophy with garlic she helped harvest

ents. On their website they even have videos that teach how to grow and save your own seed. Their farm's seed store (7921 Hickory Bottom Rd. Naples,) is open for visits Saturdays from April 9 – June 4, 9am – 3 pm. – and well worth the trip. You'll find organic, regionally adapted seeds as well as transplants, tastings and answers to your organic gardening questions.

In thinking about seeds, it is important to understand a few terms. People tend to confuse heirloom with open pollinated, and hybrid with GMOs. Not all open-pollinated seeds are heirlooms. An heirloom is a variety that is at least 50 years old and has remained a favorite due to excellent flavor or other traits. Though open pollinated seeds have some variation, when you plant them you will get a crop that resembles the parent plants. The variation is what allows growers to select for the qualities they like best.

F1 hybrids are genetic crosses between two different varieties. If you use hybrids, you have to buy new seeds every season because the offspring will not grow true to the parent but revert to the characteristics of the two different varieties that crossed to form the hybrid.

While they may cost more, growers often prefer hybrids because that crossing results in good qualities like evenly shaped heads of broccoli or high Vitamin A carrots or disease resistance. GMOs are different from hybrids and are created through breeding methods that can only occur in a laboratory, where certain species' genes are inserted into other species' genes that would not otherwise cross in nature.

Producing high quality seed requires special know-how, as well as time. A farm like Peacework that grows over 200 varieties would need a full-time person devoted entirely to seed if they were to try to grow all the seeds they plant.

When I was there full time, I managed to save a few varieties of tomatoes and peppers, dill, cilantro, and leeks. Peacework's major seed effort is reserved for garlic where you plant the bulbs and the bigger in, the bigger out. Garlic has co-evolved so intimately with humans that the plant does not normally produce seed and depends on people to keep it going.

The value of regional adaptation to food security cannot be overstated. When farmers observe crops and carefully select the best plants for seed, they can develop cultivars that have exceptional flavor, abundance, disease or insect resistance, and that thrive despite the wild shifts in weather that we are experiencing due to climate



LOCALLY ADAPTED SEEDS

By Elizabeth Henderson (continued)

change. Keeping control of our seed supply is essential to keeping alive our network of local organic farms that grow food for our community.

In his introduction to the 2016 FEDCO catalog, another regional seed company, *cr lawn* (that's how he writes his name, honest!), life-long seed saver and founder of FEDCO seeds in Maine, projects this vision: "Imagine what a seed utopia might look like. A paradigm based not on envy, greed and control, but instead on an appreciation of the co-evolutionary relationship between plants and people, built upon thousands of years of cooperation between farmers and their crops for their mutual benefit, resulting in an ever-expanding knowledge base shared as a human commons."



Beijing area CSA farmer Shi Yan with gift of seeds from Fruition Seeds from Erin Bullock and Elizabeth Henderson. (photo by Elizabeth Henderson)

Welcome

NEW Shareholders!!

Amanda	Heather	Marcie
Angelica	James	Mark
Carlene	Joshua	Nathaniel
Carol	Julie	Rachel
Christine	June	Renita
Coreena	Karol	Robert
Daniel	Katia	Scott
Deresa	Katie	Sharon
Dustin	Ken	William
Grace	Lorretta	



Ramya Eunice Kane

Clifton Springs NY: Age 85, passed peacefully April 5, 2016. Born in Watertown WI, the eldest daughter of Ewald and Edith Hubb.

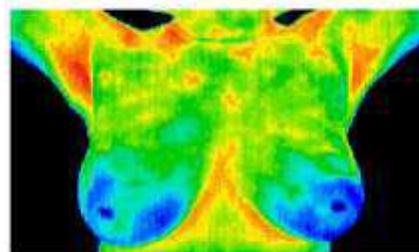
She is survived by her sisters Marion, Dorothy, and Kathy and her children Emily, Ellen, Amy and Jake. Plus 7 grandchildren, and 3

great grandchildren, nieces, nephews and countless friends. Ramya had a great sense of adventure and loved to travel. She will be remembered for her generosity, kindness, and love of spirituality. *[She also was a manager at the old Foodstore location on Monroe Avenue, and recent volunteer at Abundance.]*



A Celebration of her Life will be held June 18th, 12:30 at White Haven Memorial Park, 210 Marsh Road, Pittsford.

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Board Talk: By Paula Hansen

ABUNDANCE SPONSORS MOVIE NIGHT

On April 19, along with a bag of free popcorn, movie viewers were treated to three movies about the history of Co-ops. This was all part of the Abundance's plan to increase the number of shareholders in advance of our move to the South Ave store. The movies were an interesting and instructive look at a bygone era.

Two were documentaries and one a drama about young man's journey to a better understanding of the need for all of us to cooperate.

The movies documented the robust and vital cooperative movement found mainly in the mid-west. Born out of the desperation and financial insecurity of the depression, Co-operatives became a way for consumers to band together and realize better purchasing power. As well, they became owners in a democratically run business that promoted values of cooperation, the importance of community and the need to help each other out.

In addition to food stores, there were cooperative gas stations, oil refineries, chicken suppliers, clothing stores, etc. They were viewed as an antidote to not only capitalism (which had failed the average America so badly) but as well, communism and fascism.

Sadly, with the advent of the McCarthyism, Co-Ops became suspects in the witch hunt against communists. Market forces as well contributed to their demise.

A robust and informative discussion followed the films.



Emily Sniezyk with baby goat at Earth Day Birthday event

SPRING 20-FOR-25 OWNER DRIVE BEGINS MAY 9

All kinds of things grow in the spring: flowers, crops, leaves, and even baby goats. So why not see our co-op grow, too?

The Spring 20-for-25 Owner Drive begins on May 9 and we hope it's as big a success as our previous two drives. Twenty-eight new owners joined Abundance during our last drive in November, which was more than four times our usual monthly rate.

For this drive, we are focusing on our new neighbors in the South Wedge. We want them to know that Abundance is not a typical grocery store, but a place they can be more than just shoppers.

How the 20-for-25 Owner Drive works

For every \$20 we raise, we will give a new shareholder who signs up from May 9 until June 4 a \$25 gift card! This is a big pay-it-forward moment since it reduces the total investment they make purchasing a share by 25%! (A share costs \$100.)

Help make it a success!

There three ways you can help us make sure that the Spring drive is a success.

- 1) If you're not a shareholder, think about becoming one! The 20-for-25 Owner Drive is the best time of the year to do so because you'll get 25% off of your total investment.
- 2) If you're a shareholder, donate to the drive fund as soon as you can! Remember, every \$20 raised funds a \$25 gift card for a new owner upon sign up. So even if it's before May 9 and you're reading this, the more money we have at the start of the drive the more people we can give gift cards to right away.
- 3) Know someone who keeps thinking about joining? Tell them that now is the time!
- 4) If you'd like be more involved in getting the word out, find out how you can help with different outreach activities, like flyering in the South Wedge neighborhood. Call or email Chris Whitebell, Marketing Manager, at (585) 454-2667 or chris@abundance.coop.

Pop up drive end event on June 4

The Spring 20-for-25 Owner Drive will end on Sat., June 4, when we will hold a community event outside at our new store on 571 South Avenue. Stay tuned for more details about the event by signing up for the Abundance email list at abundance.coop.



Earth Day Birthday event on April 23 at 62 Marshall St.



Ken's Kookery: Asparagus-Disparagus By Ken Rich

Asparagus was the one food item Fuzzy the guinea pig would not eat, and she lived to the advanced age of five. More for me then, of course, and though the vegetable parts we fed her were often dinner prep trimmings, she still devoured them with gusto, except for asparagusto. Surely the Guinea Pig Diet would keep me alive to an advanced age also, but I am weak.

Famed chef Emeril's asparagus soup recipe is all over the freaking net, whether he gets credit or not. Made it: a tasty cream of leek soup with an asparagus garnish: good food, but a disparagusting misuse of a finer vegetable. Emeril, go be ephemeral! He divides each spear into 3 parts: the woody stump end which is boiled in the soup stock, the pretty little pointy end for garnish, and the stalk connecting the two for soup thickener. Analyzing my grumpiness, I realized that the stalk is my favorite part. It is tastier than the point, plus has a fun chew-texture. Both of which are destroyed when blenderized into a creamy mass with garlic, leeks, and shallots. It's almost like he doesn't like asparagus. Must be a reincarnated guinea pig.

I want my asparagus solidish, whether plain or adorned. My fad of the month: goat cheese and turmeric root grated over asparagus. Remove the stumpy asparagus stalk ends to save for soup stock. Put the stalks whole into a casse-

role. Add salad dressing and toss to spread it, but keep the stalks parallel with each other. This moistening lets later sprinkly things stick their landings. Sprinkle a five-fingered pinch of Herbes de Provence (bulk spices). Grate Moonshot goat milk cheese (not a NASA product) over that, and then a pinky finger of fresh turmeric. If feeling nutty like I usually do, add lightly toasted and chopped walnuts. Bake in a 350 degree oven for half an hour, or a 450 degree oven for a quarter hour. Oh yeah!



My favorite dressing, and favorite for this purpose, is Tahini-Mustard Dressing:

- ¼ cup olive oil
- ¼ cup apple vinegar
- ¼ cup tahini
- 2 Tablespoons 'hotdog' mustard
- 1 Tablespoon dry basil
- 1 teaspoon soy sauce

Put it in a jar, put on the lid, and shake like you're trying to shake sense into a TV chef. I don't measure these ingredients, usually, but maybe it would be a good

idea. I am calm now. Inhale. Exhale. I do not despairagus, when filled with asparagus.



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.

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



INFERNAL COMBUSTION: ETHANOL'S FAILED PROMISE By Jack Bradigan Spula

Remember the days when folks hurled the insult “Infernal Combustion!” at passing motor vehicles? Me neither. It’s kind of ancient history. And unfortunately anachronistic: for good or ill, modern societies have made a grudging peace with vast changes wrought by the Tin Lizzie.

But maybe we should dust off “IC!” Because today we face a world of change – climate change – in which combustion products are driving global warming and threatening us all.

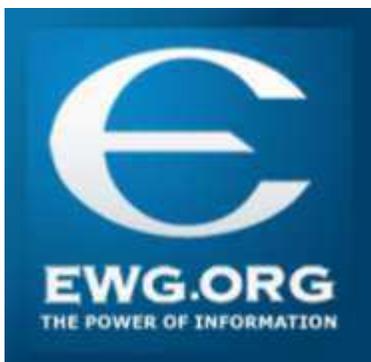
Most sources of these combustion products get a lot of press. As we mobilize political action to address global warming, we naturally focus on coal, petroleum (especially dirtier forms like tar sands) and fracked natural gas. But we also need to look at what’s growing in our bucolic backyard.

I’m talking about corn-based ethanol.

Once touted as a boon to agriculture, rural communities and the environment, corn-based ethanol (as opposed to “cellulosic” ethanol, a topic for another day) came up during the recent Iowa presidential caucuses. Almost all the candidates paid tribute to ethanol production and subsidies, which Iowa commodity farmers view as sacred cows always in need of more fattening.

But big ag states like Iowa aren’t the only players. New York State has grabbed some of the action, and our region is home to two large ethanol plants – one near Medina, Orleans County; the other in Oswego County. The Medina plant recently made headlines. The operator, Western New York Energy, was fined \$87,000 for allowing the illegal on-site dumping of wastewater containing petroleum hydrocarbons, ethanol, ammonia and burned corn shards.

Bad news, but small potatoes as ethanol-related problems go. What really should raise eyebrows is how corn-based ethanol, once seen as helpful in addressing climate change, has turned into the opposite.



In May 2015, the Washington-based Environmental Working Group (EWG) painted a justly unflattering portrait of the once-heralded biofuel. In 2014, said the group, “corn ethanol producers churned out 14 billion gallons, about 13.4 billion gallons of which were blended into the 135 billion gallons of gasoline the nation’s

drivers used... [The] production and use of 14 billion gallons of corn ethanol resulted in 27 million tons more carbon emissions than if Americans had used straight gasoline in their vehicles.”

Corn-based anything requires cornfields, of course. So from the beginning, environmentalists and food-justice advocates have

feared ethanol production from corn would harm croplands and prairies – and also bring powerful “perverse incentives” into food systems.

With a new market opening up for them, plus federal incentives and mandates pushing supposedly “sustainable” biofuels, many corn growers have been planting up a storm. The EWG cites a 2015 study from the Nelson Institute Center for Sustainability and the Global Environment, University of Wisconsin-Madison. The study, says EWG, “found that more than 7 million acres – mostly grasslands – had been converted to grow more crops [mostly corn] to satisfy the ethanol mandate.”

The federal government specifically prohibited the expansion of ethanol-related cultivation onto previously uncultivated land like natural grasslands or wetlands. But the EWG has found that, in many cases, these lands have been “converted,” that is, destroyed as vibrant habitats.



EWG researcher Emily Cassidy sums up: New evidence shows that “corn ethanol has been an environmental disaster. Plowing up prairie land releases the carbon stored in plants and soil into the atmosphere, increasing climate-warming

carbon emissions. So corn ethanol, instead of reducing carbon emissions as claimed by the industry, is actually much worse for the climate than gasoline.”

Corn ethanol production has severe indirect effects on the poor, too. That’s to be expected when pressure mounts to use cropland for industrial “feedstocks” instead of food.

In 2012, ActionAid International USA looked at the effects on Mexico, where corn is truly the staff of life. Said the group: “The increase in corn ethanol production in the US has contributed to rising corn prices... As global corn prices rise, so too do the prices for Mexico’s imports and for its own corn production... [R]ising corn ethanol production in the United States... has increased Mexico’s food import bill. In turn, this has pushed up prices for staple foods like tortillas, and increased hunger.”

To some extent, currently low global oil prices have altered the picture. But just you wait: when things get back to “normal,” the ethanol pushers will be high-profile again. And small-scale, diversified agriculture, the environment and the global poor will be the worse for it.



ALL YOU EVER WANTED TO KNOW ABOUT RUTABAGAS By J.T. Stratton

As winter wore on I waited for the rutabagas. Where were they? Why didn't our store have them as usual? Don't tell me rutabagas are now an endangered species with quinces! I told Caitlin, our produce manager, that we would have to change our newsletter name to "The Turnip Rap" unless some rutabagas appeared. For some reason our distributor did not have any. She watched and then when suddenly they appeared on the Regional Access list, she got them back in the store.

These are medium-sized yellow and purple skinned organic rutabagas, not the huge ones from Canada. I'm convinced those are grown in steroids then thrown, screaming, into boiling wax. Our smaller organic ones are so much more flavorful! And non-waxed.

Rutabaga (*Brassica napobrassica*) is a naturally occurring hybrid between turnip and cabbage. It appeared in the Middle Ages in Sweden. At first it was unknown in America, so they were called "swedes" like the people who ate them. Rutabaga is a cold weather crop. The leaves are perfectly good for cooked greens but are never seen in commerce, unless they pass as turnip greens. The roots are perfectly good raw. You can grate them as for coleslaw and add any sort of salad dressing, but more usually they are considered a cooked vegetable.

My favorite is *rotmos* which means "Roots Mooshed." Boil the peeled roots for 15-20 minutes until soft, then moosh them with melted butter and a splash of milk or cream. Add a pinch of salt, allspice and white pepper. Voila! The standard Swedish *rotmos* is about 60% rutabaga, 30% potato and 10% carrot. It's fun to experiment and substitute parsnip, turnip or celery root here or there. *Rotmos* may look like mashed potatoes but it's as much vegetable as carb and has a subtle, unique flavor.

We never ate rutabaga as kids because it was "ethnic" food. Our parents did not want to admit that they were "ethnic." In those days red-blooded patriotic Americans did *not* eat swedes! Then one day Mother decided it was time to tell us the truth: we were really half-breed Swedes. Oh, it wasn't our fault. It was something our great-grandparents had done, it was because of them that she had decided we were going to eat rutabagas.

She carefully sliced the roots in half and baked them long in the oven. She scored the flesh into diamonds and brushed them with melted butter until they were nicely caramelized on top with fluffy, golden flesh beneath. They looked heavenly! (to her).

We kids were not convinced. They were *not* "just like potatoes." They were strangely shaped, disgusting and weird with blackened tops, burnt skins and a pulpy yellow flesh that made us want to hurl.

We knew that we had to eat everything on our plates. We knew that children were starving in India, and that when our parents had been young, it was the starving Armenians who'd been mentioned

at the dinner table. And we knew that Father was a food-Nazi who would give us one whack on the behind for each bite of un-eaten food left on our plates when he had finished dinner.

I pretended to eat the rutabaga but spit most of it inside my wadded-up napkin unnoticed. I tore into the oven-blackened skin and draped it over the yellow blobs. Would my plate pass muster?

Brother had saved his rutabaga for last. He tried to eat all of it at once and failed. "You made yourself vomit on the floor! You're getting a

spanking!"

Brother was dragged off into the bathroom for his beating. We fled to the safety of our rooms and homework. Never again did Mother fix rutabaga.

It's a pity we never learned to enjoy our own ethnic vegetable as kids so I've taken it up later in life. Why were our parents such food Nazis? They merely wanted us to eat all kinds of foods for economic reasons, more than to develop gourmet tastes or ethnic identity.

There you have it, the reasons for which I've turned out a non-beefatarian. Some people view my dietary choices as picky and unprincipled, silly even. On the whole I think that I have come to have a broader definition of food than most, and my brother too. It is good to break your own dietary limitations, expand, and learn to appreciate spinach or rutabaga or whatever. Just don't be a food Nazi about it!



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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 co-operative 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.



Get more involved with the co-op!
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No plans for the weekend of June 3-5? It's not too late to register for the 58th Annual Allegany Nature Pilgrimage that takes place yearly at Allegany State Park near the cities of Jamestown and Salamanca, NY. For more information about this amazing family weekend, please go to www.alleganynaturepilgrimage.com.

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A NOTE FROM YOUR EDITOR: She's back!

Contrary to rumors I've heard, I really didn't just up and move to Florida! I simply spent the winter there (and then some, from early November thru mid-April). After

the two winters previous to this, I wanted even more than I had before to become a snow bird. I just had no idea how, as I live on a retiree's meager income. That's where serendipity and Facebook come in.

I had a large escrow refund from my mortgage company the end of August. My first thought was how could I parlay less than a thousand dollars into a winter in Florida? Of course I posted my wish on Facebook. Unbeknownst to me, an old college acquaintance (I admit, that was 50 years ago) had recently become widowed, had bought another home in a retirement community in FL, and was hoping to find someone to join him there for the winter. He contacted me.

After some emails and phone calls, we actually decided to give it a go! Some of you thought it was a pretty adventurous, or maybe crazy, idea but my motto became "A bad day in Florida is better than a good day in Siberia." Most were good.

I kept track of the weather up here, meanwhile enjoying days mostly in the 70's and 80's myself. Lots of afternoons by and in the pool, or visiting the numerous nature areas and parks in central FL. I also got my wish to visit the Gulf and Atlantic coasts, plus travel a few hours south to see old friends there. Bocce anyone? I really came to enjoy that game, plus I played pool with a few ladies, and heaven forbid, even learned shuffleboard. My souvenir is returning blonder and with a tan.

I am indebted to my old friend Bob for the opportunity to avoid an Upstate winter, and to our GM, Jim DeLuca, for putting the Rap together with the articles I emailed him while I was gone.

CALENDAR

- May 5** **Holocaust Remembrance Day**
- May 8** **MOTHERS DAY**
- May 12** **Abundance Board Meeting**
- May 30** **MEMORIAL DAY**
- June 7** **Ramadan begins**
- June 9** **Abundance Board Meeting**
- June 14** **Flag Day**
- June 19** **FATHERS DAY**
- June 20** **SUMMER SOLSTICE**



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