



TRANSITIONING TO ORGANIC FARMING By Elizabeth Henderson

A couple of farm names that are new to the Abundance produce section have been appearing lately. Old Ridge Farms and Lagoner Farms are multi-generational farms in Wayne County that are transitioning some or all of their vegetable ground to organic practices. This is a very exciting development for several reasons. Most of the organic food sold in NYS comes from elsewhere and it is time for import substitution.

To qualify as "certified organic" a farm must use organic practices for 36 months or more. That means the farm has been free of synthetic fertilizers and toxic pesticides/herbicides for at least 3 years. In a few states organic certifiers have created "transitional" organic labels. Although the National Organic Standards Board (NOSB), the citizen group that advises USDA on the National Organic Program (NOP), recommended establishing a transitional label as far back as 2002, the government has yet to act on this. The NOSB recommendation defined transitional as products from a farm that has been in compliance with organic standards for at least 12 months prior to harvest, has used no prohibited materials, and has been inspected by an organic certification agency.

A little bit of the fruit you will find at Abundance comes from Old Ridge Farm, located in Williamson, NY where farmer Doug Mason manages over 600 acres of fruit and vegetables. Doug is a seventh generation farmer and his son Lewis will join him when he finishes college in two more years. The Mason family has been on the same land since 1810 and the NY State Agricultural Society recognized them as a Bicentennial Farm in 2010. When he was 17, his dad said to him, "I will drive the trac-

tor and you will run the farm," and that is what they did! Seven years ago, Doug purchased a neighboring piece of land that had been fallow for years and began growing organic vegetables to sell to Wegman's and had it certified organic by the NOFA-NY Organic Certification program. Currently, the farm has 300 acres already certified and 60 acres in transition. All the fruit is still IPM, which means, Integrated Pest Management, reducing the use of toxic materials. Last year, Doug invested in high tech washing/sorting equipment, much of it imported from Holland that is state of

the art and can sort fruit into seven different lines for packing. A specially designed washer bubbles the water so gently it does not damage lettuces.

Lagoner Farms also in Williamson is a fifth generation farm in business since 1909 that grows both fruit and vegetables. To provide exciting jobs for all members of the family, the Lagoners keep adding to their bio and marketing diversity. They have a big farm market in Williamson, sell to wholesale outlets as well as area farmers markets, started a CSA, transitioned 6 acres of farmland to organic practices and started a cider company called Embark Craft Ciderworks.

The supply of organically grown crops in the entire US

is not big enough to meet market demand; as a result, processors of organic products are buying from organic farms in other countries where it costs less to grow them, and this also puts downward pressure on prices in the US. The ideal, of course, would be for Abundance to be able to buy organic farm products that are both local and fairly priced for farmer and customers. We want the whole LOAF - local, organic and fairly traded!



Doug Mason, of Old Ridge Farm, and Elizabeth Henderson

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



the Rutabaga Rap

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, healthy 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 2,000 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 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 2011

Staff Directory

General Manager:

Jim DeLuca Ext. 111

Administrative:

Debbie Loo Anderson Financial Manager, Ext. 110

Brendan Larsen, POS Mgr 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 Shannon Holcombe

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

Jenn Rekos, Wellness Assistant

Emily Sniezyk, Kevin Quail, Daniel Brightman, Grocery Assistants

Produce, Deli Departments:

Caitlin Holcombe, Produce Manager, X112; Julianna Barrette Deli Mgr, X104

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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 OCTOBER 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, Dave, Hill, Ken Rich, Jay Stratton, Jack Spula, Caitlin Holcombe, Jon Greenbaum, Juli Barrette 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.





Life has been very much like a roller coaster for some time now (probably it always is, but I just don't notice it as much as the recent past). After the 14 months of negotiations to get to a final deal for the new location, the next part of getting designs ready for Planning and Zoning has also been a bit tedious. I hoped we would be under construction by now, but alas, all that has been done is interior demolition and design and redesign based upon expected requirements from the city and from the neighbors. So the long slow climb up the first hill is where I am now, again. Once the peak arrives it will be a speedy, exciting trip to opening day at 571 South Avenue.

My recent annual physical produced the best results in many years: great blood pressure, great sugar and cholesterol numbers. This was surprising since my roller coaster ride has been happening for a while. So contemplating what is working I conclude that my taking up Tai Chi with Lisa B O'Shea, practicing regular "yoga" breathing (nice in breath, hold breath for 4 count, slow 15 second exhale; repeat 5 times) and regular meditation have all stimulated my parasympathetic nervous system to support my immune system and to magnify my self healing. YIPPEE!

We are having some staff turnover which always brings some sadness. Kendra Greene, one of our Customer Service supervisors is moving to Buffalo where she will be working at the Lexington Food Coop. Nada was promoted to Kendra's job and we hired Shealyn Rapp to replace Nada as cashier. The promotion of Juli Barrette to Deli

Manager created an opening which was recently filled by Saqrah Houck, a recent graduate of the UofR. The interview process was really wonderful with many good applicants. I sit in on all interviews and usually ask my favorite odd question: "If you could have any superpower, what would it be and why?" The most common answer is flying; although people have different reasons for choosing that power. *What would you choose?*



I recently returned from the first National Coop Grocers Eastern Corridor meeting with the general managers from about 40 coop stores. The primary focus of the meeting was to look at ways to improve our produce departments in the face of the increasing competition from conventional and new natural chains. I sat at the table with all the smallest stores and we get to share our difficulties and hopes with our peers who have the most difficult task because of our small scale. I did come back

with two initiatives that will be rolling out very soon: a new and bigger dry produce table between the wet and dry racks that will feature better deals as well as a full review of our produce pricing with the intention to lower the prices on many items. I hope you enjoy.

In closing, my wife talked me into going out in our backyard and lying on the ground last weekend. As I laid on my back and gazed at the sky, I had a delightful regression/memory to being a boy doing the same thing; watching the beauty of the white clouds moving against the blue sky. Wonderful.

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



REVIEW OF SMALL WORLD'S PRODUCTS By Dave Hill

Let's start with the growing family of wonderful foods from Small World. I think the first of their offerings I tried was Sourdough Rye bread. I've been baking bread for over 50 years (yes, I could "solo" with my mom's consent at age 12) and I was blown away by the balance of flavors. First offered in the freezer (now available with other breads on the open shelves) I found it hard to let this bread thaw properly because I wanted to nosh straight-away. I should let you know I have something of a reticence to pop food in the microwave. Tried it unadorned, then with butter, then jam, then nut butters and haven't stopped eating it since. Try it with cheese and a forkful of their sauerkraut (regarding which I will tempt you in a later paragraph). I'm not going to start a rating system for the foods I write or talk about, but if I did the Sourdough Rye bread would get top marks.

What about the Small World sauerkrauts? Of course I brought some home and of course I'll have to compare it with the superb Bubbies™ and the differences are subtle, But Small World



won me over with their purple cabbage sauerkraut. I gravitate toward strong, vibrant colors (ever tried a purple carrot) that messes my mind and reminds me we need to play with our food. Yes, I am one of those nuts who can eat kraut right out of the jar. I enjoy it more ways than I can enumerate, but try a couple of heaping tablespoons in a mild soup for texture. I have risked over-salting soups when I try to add miso or tamari or table salt. I get enough but not too much salt when I reach for a jar of Small World sauerkraut.

I've only tried one of the two Small World kim chis. Friends were taken aback when I had kim chi from last night's take-out container for breakfast. My position is that good food is good food and why be a slave to a clock. I probably should run this by the folks at Small World, but I'm thinking of shredding some firm veggies and poking them into the two inches or so at the bottom of my most recent jar to see if I can use the store-bought as a "starter" for the home-made. Store-bought can be pricey, but we pay for Quality. Small World products are Fresh, Local and Organic and I benefit from Abundance's FLOWER project making kim chi Within Everyone's Reach. My reach. "Thanks!" Small World and "Thanks!" Abundance.

I have yet to try the Small World red wine vinegar, but I use their apple cider vinegar in making home-made salad dressings. Salads which are more frequent guests in my tummy thanks to Abundance's FLOWER project. I have yet to try Small World's fermented garlic (I guess I should ask them why I might need that) but I sure enjoy their Honey BBQ Sauce. Since I don't eat traditional BBQ (vegetarian since 1968) I might have left this on the shelf except they cleverly hooked me by leading with the word Honey. The honey, apples and molasses smooth out the onions, garlic and spices



I probably shouldn't lead you astray with my ramblings regarding miso. I use it every which way and purists might shudder. I will say that I have a jar of both Small World red miso and black miso, but when I reached for a jar of white miso the slot in the cooler was empty. Supply or demand? I can go on about my affection and respect for miso if you ask me nicely; after all, I have a whole cookbook (from the '70s) and I even use that sometimes.

I'll throw out my opinions in the future about foods from Geulah's, Karma Sauce Co., Red Jacket, Vive and more including a long piece about how SoyBoy products enrich



my life. You can throw out my opinions, too. You can also write or blog about Abundance products with your own opinions. I'll do

some interviews with Abundance staff about how they select new products. What a good job they do! Although I have some prickly thoughts about "do we need another cheese from California?" ... but don't take away my Brie imported from France!



NEWS from PRODUCE, DELI, and CHEESE

By Caitlin Holcombe, Produce Manager

With the move to our new, larger location on South Avenue approaching, you may be wondering how this will affect the Produce Department. As might be expected, we will be expanding our offerings, while maintaining responsible guidelines for sourcing the best vegetables and fruit available.



When purchasing, I favor *local and organic* above all else. It is usually the freshest and most sustainably grown, while creating a smaller carbon footprint and benefiting the local economy. To clarify, when I say “organic” I am including farms that grow organically but are not necessarily certified as such (some may have chosen instead to sign the NOFA Farmer’s Pledge, or are actively transitioning to organic, etc.).

Abundance aims to carry more affordable options in the larger store. One way we will do this is by offering a selection of conventional produce. However, I will be discerning when choosing which conventional items to introduce to our mix.

Many of our shareholders and shoppers may already be aware of the Environmental Working Group (EWG) and their consumer advocacy regarding pesticides in fresh foods. Every year since 2004, the EWG has issued the “Dirty Dozen” and “Clean 15” lists, which rate conventionally-grown fruits and vegetables according to their levels of pesticide residues. I will utilize “The Clean 15” list as a purchasing guide to create lower-cost conventional choices for shoppers.



We will continue to have organic, and fair trade, options whenever possible. We recognize and appreciate that some shoppers may



choose to purchase according to their social justice values, to support companies like Equal Exchange and farmer cooperatives which ensure fair working conditions and wages. And as a store, we want to support other cooperatives to contribute to positive changes in our food supply systems.

I am very excited to have more variety for customers—I am thinking of heirloom apples like Pippins and Russets, Asian greens like mizuna and tat soi and more specialty/ niche items. Please let me know if there is a particular produce item you would like to see represented!

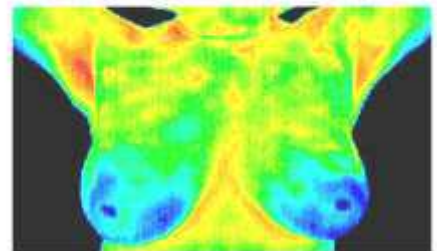
Welcome

NEW Shareholders!!

Aaron	Jessica	Martha
Adrienne	Jimmie	Mary
Andrea	Joan	Michael
Carol	John	Paula
Charles	John	Ronald
Christine	Joseph	Sara
Constance	Julianna	Sarah
David	Kathy	Stephanie
Deborah	Kay	Stephanie
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Board Talk: Abundance members discuss new store By Jon Greenbaum

In July several dozen Abundance members gathered at the Swiftwater Brewing Company on Mt Hope. Over some fine brews and coop pizza we discussed our vision for the coop and the move to the South Wedge. For the last decade, the coop board of directors has been providing store management with some basic operating parameters in the form of a document called the Ends. Various coop members have sat on the board over the years and have helped shape the the Ends. The document has undergone a few revisions. The board wanted to engage the membership in a conversation rooted in the Ends. Abundance Board Member Carl Hoffman provided some background on cooperatives and manager Jim Deluca gave an update on the move and the layout of the new store. Members met in small groups and shared many wonderful ideas and suggestions.

Community room for meetings

Offer cooking classes

Social events

Partner with community groups like vets, youth, social justice and other like-minded orgs

Make best use of proximity to Highland Hospital, and elementary school

Become a nucleus of alternative community

Recipe swaps cookbook swap

Ends #4 Create a vibrant community that embraces culturally and economically diverse populations

Diversity through one stop shopping – batteries and razors and 10% conventional products

Diversify staff and board – by race and ethnicity

Revive pure spirit of early days but being more inclusive

More accessible will break down the idea of an elitist store

Door on South Avenue

Sweat equity to buy a share

Possibly offer different level of shares that cost less, Class A stock at a lower cost than \$100

Offer lower discount

More abundance stores available in other neighborhoods

BALI business alliance

Become certified as a fair trade store

Shopping mobs

Education for customers fair trade etc

Coop member picks favorite item featured

Reusable plates

Community service hours used to work at coop

Daycare coop networking- coops cooperating

Planter boxes out front for food

Education about sustainable farming

Use SW farmers market

Graphics about food production and membership benefits to mediate higher prices

Volunteers as shopping assistants

Offer nutritional/dietary counseling, perhaps in partnership with Highland

We will be offering beer and possibly hard cider

Participate in South Wedge events

Make benefits of being a shareholder more clear to encourage ownership

Home delivery

Revive Communiversity

Emphasize alternative economy concept of the coop. Like Rocshare.co bartering

More clearly articulate the benefits and advantages of being an owner

Hire youth who have been trained - teen empowerment, Seed Folk

NYS RIT program certified to produce less or zero waste

Make it an excellent cost effective shopping experience

Destination market - fish tank

Events - who's going to pay - self supporting - profit center-clean up

Make sure it is visible

Don't preach - educate don't be holier than thou

Free advertising - Yard signs and bumper stickers

Outreach to Corn Hill, PLEX and 19th Ward

Coop Ends Meeting #2

Discussion & Input re: New Store

Monday, September 21st, 7 pm

At Tap and Mallet

Do we have your *correct* email address? If you changed it recently, please let Chris@abundance.coop know

Shareholder Annual Meeting 10/11

Location TBD

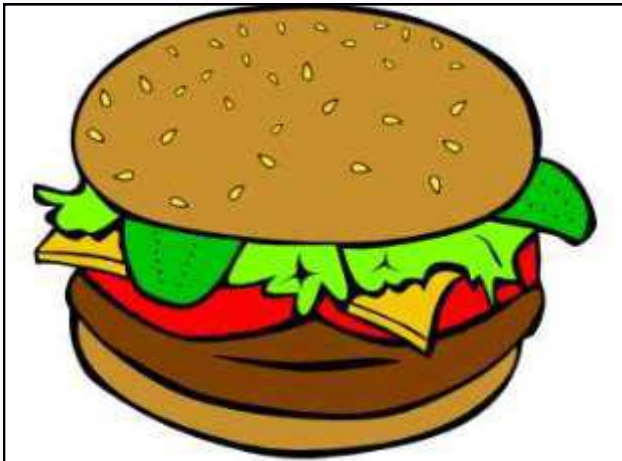


Ken's Kookery - Shazzamburgers

By Ken Rich

The humble vegie burger is almost undefinable. There is no one thing that has to be in it. It's defined by the absence of something, by its shape, and by its condiments. Is there any other food quite like that? Oh, okay, non-dairy creamer? Yeaah, disgusting! Vegie burgers, on the other hand, are, or should be, scrumptious. So, here is vegie burger variant 49-gajillion-and-three:

14 oz. can of Eden Adzuki beans
1 clove garlic, minced
1/3 cup chopped onion
1/3 cup chopped green beans or bell pepper
1 teaspoon fennel seed
1 teaspoon soy sauce
1/2 teaspoon applewood-smoked salt
1/4 teaspoon ground black pepper
1/4-1/3 cup bread crumbs or fine cornmeal



Drain the beans but do not wash Adzukis. If using other, larger beans, rinsing is okay. Chop the vegetables small.

Lightly brown the garlic in a little oil. Turn down the heat, add onions, and saute for a couple minutes. Add the pepper or green beans and cook for a minute or two and turn off the heat. Divide pile of azukis in half, mash one half with a fork until they're like refried beans. Partially crush the fennel seed in a mortar with pestle. Mix mashed and whole beans, vegies, and seasonings until well combined. Add bread crumbs or cornmeal last and gradually, until you get a burger that holds together on a grill: not fall-apart moist, not crumbly-dry. Makes four to five small burgers.

Do part or all of that ahead of time to make dinner into a shazzam occasion. If cooking burgers in a pan, no worries! If grilling, we rightly fear the crumbling of the burger and the disappearing into ravening flames. It's just physics, and happens even with meat burgers. But vegie burgers can disappear in their entirety, a tragedy little covered in the media. So, practice runs! Making them on the small side helps. Call them shooters so your guests and family will feel cool. Oiling the grill helps, using a basting brush or a cheap paint brush you haven't painted with. Firming up loose edges helps: press the edges in with your thumbs as you flatten them.

Or add a little liquid smoke to your recipe and get one of those branding irons for faking the grill marks on your stove-top burgers. Seriously, people will think you're hilarious.



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.

DELI AND CHEESE DEPARTMENT NEWS By Juli Barrette

This has been a very exciting and busy summer for the Deli Department. There have also been a few changes. Brendan Larsen, the previous Deli Manger has taken a lateral position as Point of Sales Coordinator. We will miss him back here in the kitchen! In turn, I have taken the position as Deli and Cheese Manager. I have been working at the Co-op for almost 2 years, but I have been in the food service industry for 10 years. As we prepare for the big move we will be experimenting with new recipes, as always, focusing on in season produce, regional ingredients and safe food alternatives. I look forward to moving forward with the Co-op during such an inspirational time.

News from the cheese case: There is a new product that I would like to feature in this letter. It is a fresh mozzarella cheese made in Bennington, VT. This cow's milk mozzarella is buttery with a slightly sweet flavor. It is hand stretched and formed with an imported Italian machine. As with most cheeses, it is best served at room temperature to allow the flavors to fully develop. I recommend indulging in freshly ripe heirloom tomatoes, a slice of this buttery mozzarella and a dash black pepper. I hope you enjoy!



I'm just back from Uppsala, Sweden, the Viking capital. I spent more time with verbs and prepositions than with organic farms but I did learn that I love Swedish food! It is perhaps a bit like American food - meat, potatoes and vegetables. They say that the reverse is true, that American food is like Swedish food because of the large number of Swedish maids employed in the 1800s. This helped to define our cuisine and made it less boring than the English. My own grandmother cooked for the rich until 1925!

Meat is very expensive in Sweden. Vegetarianism is much more of an option today than in the past, thanks to the availability of Italian, Greek, Arab and Thai cuisines. The dominant Swedish meat is pork, but Swedes also eat lots of fish, shrimp other seafood, lamb and chicken. I also tried moose, venison, wild boar and reindeer during my trip, just as a matter of course. I avoided the fermented herring. One whiff of it in a hallway was enough.

Beef is not as widely consumed in Scandinavia as in the U.S. Swedes would rather keep the cow than eat it, thereby enjoying a continuous supply of butter, cheeses and far more kinds of cultured milk products than we enjoy in the States.

The dairy cooler was stocked with more brands of organic milk than conventional, plus yogurt, kvarn (quark), kefir, crème fraiche, whipped cream, food-grade cream and filmjök. (This is a cultured beverage somewhere between yogurt and buttermilk.) There was an immense variety of fancy sauces with eggs, creams, butters, etc. Ready-made béarnaise sauce for asparagus or vanilla sauce for desserts. Most of these were also available in lactose free, gluten free and vegan forms as well.

I'll make special mention of Oatly. This relatively new Swedish company makes oat milks by a patented process, the addition of natural enzymes to make the oats even more delicious. It comes in plain, vanilla, chocolate and other flavors, as well as cream and vanilla sauce. Besides personal health benefits, Oatly promotes planetary health benefits such as 69% less greenhouse gases produces than would a similar production of cow milk, as well as reduced use of land and greater energy efficiency.

I shopped at ICA, a main-line Swedish grocery franchise whose individual stores have individual owners. Organic brands are all over and none of the food has been genetically modified.

ICA is cooperating with Uppsalahem, an apartment complex, to create "Klimaträtt," (climate right) a project to reduce carbon emissions, increase energy efficiency and encourage environmental responsibility at the corporate and individual level. They have installed solar panels, encourage indoor plantings, created a car pool and give regular tips and coupons to apartment dwellers to encourage more eco-responsibility.

Says Anna Rehnberg, project leader at the Uppsalahem, "It's

becoming easy to see where you can make the most difference in the simplest of ways. Making a simple lifestyle choice doesn't change your life all that much, and that's one of the goals."

It can make a difference overall for our planet. I'll note with irony that "ett mål" in Swedish means both a meal and a goal!

Sweden as a country takes both personal health and environmental health very seriously. They eat different produce than we do, lots of celery root, rutabaga, parsnip, sunchoke, parsley root, black salsify (scorzoner), turnips - far more than just potatoes! Tomatoes were always available in heirloom sizes, shapes and colors. Swedes enjoy all the tropical fruits we do, and then some American fruits that we don't: Physalis, the "cape of good hope gooseberry," a sweet husked Japanese lantern/tomato

relative that will prove to your taste buds once and for all that the tomato is a fruit! Wish we sold them here.

Baskets of red currants are the norm here, not the exception. Sweden is hard-pressed to grow apples and pears, so they compensate with their own berries. Lingonberries, blueberries and cloud-

berries are picked from the wild. Preserves come in red currant, black currant, gooseberry, rowanberry, rose hip, rhubarb and more exotic combos like blackberry-chili marmalade or apricots in amaretto.

Who says pasta isn't Swedish? It is now! I saw fiber pasta, oat pasta, gluten-free pasta, soy pasta and all the regular ones. Quinoa comes in three colors. Honey is sold as much crystalized as flowing, and it's identified by region of origin more so than by floral source. I loved the dried black currants, sweetened with a bit of apple juice and then re-dried.

Don't look for dried red currants. You can find "korinter," the dried little Corinthian raisins from the Mediterranean. Our word "currant" is really a corruption of "Corinthian raisin" and English has lost its word for these small round red or white berries. Dried red currants develop rock-hard little seeds (I know, I've tried.), although the seeds are scarcely noticeable when the fruits are eaten fresh. It's hard to believe this fruit got its English name from being an adulterant to Corinthian raisins! Swedes call them "vinbär" or "wineberries."

Everything is recycled as a matter of course, no 5 cent refunds. Plastics bags cost one crown (about 15 cents). Packaging is minimized. Many items are distributed in "tooth paste tubes," far more than is customary here. Mustard, mayo, horseradish, salad dressings, sauces, cheese products, shrimp paste, caviar and roe. My breakfast of choice was strong Swedish coffee with a rye-pumpkinseed knäckebröd (crackerbread, like Rye-Vita) spread with lines of cheese and reindeer.



Rivers of Gold: the phrase evokes the gritty history of the Yukon or the greedy, bloody quest for El Dorado. But when a river *really* looks golden, it's a horse of a different color – and maybe an environmental disaster.

Take the recent headlines about Colorado's Animas River. An EPA project at an abandoned gold mine accidentally caused a spill, filling the Animas with yellow, opaque, heavy-metal-laden liquid. This tragedy, still being analyzed, is an extreme case. But it has a silver lining. It has drawn much-needed attention to the state of our country's rivers.

Looking close to home, we might ask what's happening with our own Genesee. The river whose name comes from the Iroquoian for "Beautiful Valley" can sometimes look uninvitingly muddy. (This is the result largely of sediment washed away from the geology downstream of Letchworth Park; upstream of the park, the river tends to be much less turbid.) Of course, any river can be perfectly "natural" and clean yet still have muddy water. But over many decades the Genesee has been prey to industrial effluent, runoff from farms and suburban development; there's even been a sizable, deoxygenated "dead zone." But what about the Genesee's actual environmental-health profile in 2015?



But what should we be most worried about? NYSDEC's laundry list, assembled from past studies, could provide the scenario for an enviro-horror flick. Metals are of great concern: arsenic, lead, mercury, and others. There also are "polynuclear aromatic hydrocarbons" associated with petroleum products, plus good old PCBs (polychlorinated biphenyls). And other household pollutant-names are on the list: dioxins and furans, chlordane, and more.

The food-system connection is significant in at least two ways. Most obviously, the water, air and soil pollution all contaminate what we eat and drink. Second, and more immediately, there is ongoing concern about the fact that many people, especially low-income urbanites, still fish in the river for home consumption. And you don't need to catch a thing; just getting personal with the water might be an issue. "Fish consumption, incidental consumption of river water, and incidental dermal contact with river sediment and water are potential exposure pathways for humans" in regard to contaminants, says NYSDEC. Carp, channel catfish and "white perch west of Point Breeze" are all marked "Don't Eat." Less drastic limits exist for other species.

Don't panic, though – get the full scoop instead. If the Genesee is to be restored to full health, the public will have to guard the guardians. Go to www.dec.ny.gov/permits/97804.html for background on the NYSDEC investigation.



Just this month the New York State Department of Environmental Conservation is launching a new investigation covering the lower river – that is, the stretch from the Lower Falls (at Maplewood Park) to Lake Ontario. The objectives include doing chemical analyses of bottom and suspended sediments, looking at population levels and

health of fish and "benthic macroinvertebrates" (e.g. mussels), analyzing groundwater at Kings Landing (the Eastman Kodak/Business Park plant that has been the source of enormous toxic discharges), and also looking at possible trouble spots upstream that impact the lower river.

Kings Landing is an obvious candidate for special attention. But as NYSDEC points out, there are countless other pathways for pollutants to enter the river. Storm-drainage systems, for example, carry not just water in vast quantities but also whatever homeowners or others might choose to dispose of at the curb. A handy storm drain is too tempting a "toxic waste facility" for some to pass up. Lawn chemicals, petroleum products of various kinds from motor vehicles, and slowly disintegrating construction materials also are part of an impossibly complex waste stream.



Have you seen the ads on TV from our very own H2O Hero?

Their website, www.H2OHero.org, has a real wealth of information on what you, your kids, and your school can do to help reduce water pollution. Check it out!

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



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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.

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Fair Trade Oriental Rug Event
October 8–12

Event hours:
Thu, Fri & Sat 10–9; Sun 12–5;
Mon 10–6

Intro to Oriental Rug Seminar
Thursday, October 8 @ 6 pm

www.owgoods.org
rugs.tenthousandvillages.com

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

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Join us for our once a month meeting about all kinds of topics—metaphysical, spiritual and alternative health. We have our schedule posted—September 16, 2015, Wednesday at 7pm—Spiritual Journaling, and October 21, Abundance Theory and You. This is an open environment where information is shared and respectful discussion is encouraged.

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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

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: OCT. 20 for Nov.-Dec.**

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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

Doris Vasey, Auto Sales Consultant

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GREEN HALLOWEEN? By Margie Campaigne

Yes, your Halloween treats, parties, and costumes can be greener! At your parties, have *reusable dishware*. The plastic dishes and utensils you may already have on hand can be washed, by hand and even in the dishwasher, and reused. Just instruct your guests not to throw them in the trash – make a sign and have a special collection place. (I just have them use the sink.) *Costumes* made of old clothes, etc. that you already have on hand are the greenest. Also consider renting sturdy costumes instead of buying flimsy ones that rip and get tossed. *Treats* can be healthier and greener too! Think



small packs of raisins, nuts, cool animal crackers, Fair Trade chocolates, gum, etc.

CALENDAR

SEPTEMBER 2015

- 9/7 Labor Day
- 9/10 **Coop Board meeting**
- 9/14 Rosh Hashana
- 9/19 **Pop Up Market at 571 South Avenue**
- 9/21 **Coop Ends meeting #2**
- 9/23 Yom Kippur

OCTOBER 2015

- 10/8 **Coop Board meeting**
- 10/11 **Owner Annual Business meeting**
- 10/12 Native American Day
- 10/24 United Nations Day
- 10/31 Halloween

POISON IVY—WHAT YOU NEED TO KNOW

By Elizabeth Henderson

If you are highly allergic to poison ivy, a few precautions will change your life. First of all, learn what PI looks like – in all of its forms (www.poison-ivy.org has good pictures)! Next, if you know you are going to be near PI, prepare by using Multiguard, a concoction you can purchase in drugstores over the counter. Should you come near or touch PI without this coating, you can use Tecnu, available at Abundance and drug stores. You smear this ill-smelling substance on your skin, wait 2 – 3 minutes, and then wash it off removing the PI poison. Or you can scrub with really good soap like Dr. Bronner's. If you get PI anyway, you can take "Rhus toxicodendron," a homeopathic remedy on sale at Abundance. Rhus tox will not cure or heal the PI, but it will keep it from going systemic and spreading all over your body.



Located on Lake Ontario in NY using US grown ingredients and mixing, baking and shipping right from our facility! Always organic, non-gmo, kosher, and vegan.



* **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



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Monday - Friday 8am - 8pm
Saturday 9am - 7pm
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