



**HARD MAPLE, HARD TIMES**

By Jack Bradigan Spula

When it comes to tree species, I try not to play favorites. From the lofty sequoia to the humble hop hornbeam, they're all vital to forest ecosystems and far beyond. Still, I have local favorites. And among the broad-leaved species, I'm inordinately sweet on the sugar maple.

So I was shocked when reading a brand-new study from the SUNY College of Environmental Science and Forestry (go to [www.esf.edu](http://www.esf.edu)) that presents an unsolved mystery. It appears that Adirondack sugar maples -- which were supposed to be flourishing as acid rain has diminished significantly because of pollution controls, and regional temperatures and precipitation have increased because of climate change -- have actually been in decline for the last four decades.

In eco-lingo, "decline" here means something different from disease or destruction, though both of latter often are involved. Scientists says the decline of the sugar maple, along with other maple species, is a syndrome that results from all sorts of stressors: insect invaders, fungi, weather/ climate, soil conditions, agricultural practices, and more. And this syndrome can reveal itself in unexpected ways over a span measured from seasons to decades. Hence the difficulty of pinning down the causes and addressing them.

A SUNY ESF researcher summed up the predicament in a news release: "Given their relatively young age and favorable competitive status in these forests, these sugar maples should be experiencing the best growth rates of their lives. It was a complete surprise to see their growth slow down like this. But our data tells a clear story. We can detect the start of a region-wide downturn after 1970, with a large proportion of the trees continuing this trend over recent years."

This isn't bad news only for the species or genus. The sugar maple is a critical part of our region's forest ecosystems, and its individual fate has a disproportionate effect on the whole. The species "fosters more fertile soils, provides nutritious browse for wildlife, and supports a higher biodiversity of plants and soil organisms," says SUNY ESF. Calling the sugar

maple "arguably one of the most culturally important species in eastern North America," ESF researchers note the trees are also the foundation of a multi-billion dollar sugar industry. And this "hard maple" is highly valued for its dense wood, which finds its way into fine, richly-grained furniture as well as many a fireplace or stove.



The sugar maple has been taking hits for at least a century.



Sometimes "dieback" results from defoliation (e.g. from the gypsy moth). Though maples can regenerate a second set of leaves and survive pest attacks and certain blights, refoilation can take a lot out of a tree, reducing its longevity as well as its vigor. Sometimes semi-cultivated specimens in a sugar bush are carelessly or promiscuously tapped for sugar and syrup, weakening the tree's circulatory system and providing an entranceway for destructive pests. Street and roadside trees are vulnerable to winter road salting and construction, and trees on farmland can suffer when livestock are allowed to graze in woodlots, stomping

and compacting the forest soil.

The mystery of maple decline could be more than an Adirondack phenomenon, of course. The sugar maple is a dominant forest species in many states and Canadian provinces. "Further study will be needed to establish whether growth declines of sugar maple are occurring more widely across its range," says SUNY ESF.

That's putting it mildly. At a time when other tree species are being hammered by environmental threats large and small, we should pull out all the stops to defend *A. saccharum* and other maples. We're in the midst of a relentless attack by the emerald ash borer, which has decimated the white ash and others of the genus *Fraxinus*. The invasive woolly adelgid is going after the eastern hemlock (*Tsuga canadensis*), sometimes taking down centuries-old specimens. And older waves of pestilence and plague -- like existential threats to the American elm and American chestnut -- are still with us.

Our dominant society has stood by as one species after another takes a beating. It's time to put tree and forest preservation -- indeed, expansion -- at the top of the environmental agenda.

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# About Us

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

In a world of increasingly artificial, engineered, unhealthy and processed foods, natural food co-ops nationwide are providing access to safe, 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](http://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:

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Richard Rowley David Daunce

Shealyn Rapp Gwes Ebangwese

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

Jenn Rekos, Wellness Assistant

Emily Sniezyk, Gwes Ebangwese

Daniel Brightman

**Produce** Caitlin Holcombe, Produce Manager, X112; Assistants:

Emily Kruger Saqrah Houck

### Deli Departments:

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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](http://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 (Jan.-Feb.) is DECEMBER 20th, 2015.** Email **Jim DeLuca, interim editor** Questions? [jim@abundance.coop](mailto:jim@abundance.coop).

Publisher: Abundance Cooperative Market. **Contributors** to this issue are: Jim DeLuca, Elizabeth Henderson, Ken Rich, Jay Stratton, Jack Spula, Caitlin Holcombe, 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.**





Time is both a speedy rush and a pokey sludge depending on what I want to happen. The designs for the new location that need to get approved by the city are taking the slow path and that would be extra frustrating except for the fact that I no longer have the emotional stuff to ride the roller coaster; so I am settling down to accepting what is. That last long sentence has a bunch of mixed metaphors so maybe I have gone off the deep end. Now I think that the papers will be ready any minute. Then I show them to the landlord and then they get submitted to the city for the review process leading up to construction permits. Since my time scale is off, I am a bit leery of projecting the move date, but it is likely to be in April or May 2016.

The owner loan drive to raise the remaining funds needed for the move will be starting in November. Board members will be calling owners who have belonged for more than a year and have been regular shoppers. These constraints are part of the requirements for the fundraising to comply with NY regulations. If you are not contacted by the end of November and would like an opportunity to participate, please contact me.

Last week I was offsite representing Abundance at three different events. The first was at the School without Walls where I presented my PowerPoint on Genetically Modified Organisms to four different classes. I was not quite sure why I was invited to present on that topic until I discovered that the entire school was reading *Frankenstein*; ah, ' Frankenfoods' fit. It has been quite a while since I have been to high school but was reasonably comfy with the kids and not at all surprised that only a small percentage of them were interested in my presentation; maybe because they did not have a choice or maybe because the

entire school started their day with an hour presentation by the county coroner!

Next Chris Whitebell and I tabled at the Cities of the Future event at Monroe Community College. It was organized by Greentopia and brought in many well known presenters. It was a really good event and we made solid contacts with several organizations that might be of assistance in making our new store more sustainable: St. John Fisher college Sustainability department, Vegetaali.d. (green roof) and ROCSpot. Plus we spoke with lots of potential new shopper/shareholders. One keynote speaker, Jason Roberts (teambetterblock.com), spoke about all the progress he has made in Dallas in making neighborhoods more delightful in a short amount of time by pressing ahead without permission from the city. He decided his neighborhood should have a new trolley system and in just a few years made it come true by accessing a \$23 million federal Tiger grant.



Finally, I attended the United Nations Day event at the Strong Museum. Abundance was a co sponsor of the event which

was attended by several hundred high school students. The theme of the event was peace/ oneness. At the end of one of the presentations, a speaker held up one of the lunch bags that we provided and showed the side of the bag and said, "this says it all; Stronger Together." I was proud to be representing Abundance.

## 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](http://www.abundance.coop)



## Simple Actions Everyone Can Take, Starting Today, to Restore (Sequester) carbon in the Soil and Mitigate against Climate Change

By Elizabeth Henderson

1. Eat organically grown food
2. Buy from local farmers who are organic and trade fairly
3. Use organic methods in your own garden or window box
4. Turn your yard into a carbon sink by doing some of the following:
5. Do not use synthetic nitrogen fertilizers
6. Make your own compost by mixing food and yard waste or sign up for a compost collection service
7. Increase biodiversity
8. If you must use pesticides, use organic pesticides that are not toxic to soil microorganisms - focus on prevention of pests
9. Reduce the area of lawn that you mow
10. Add white clover, trefoil, or native grasses for drought tolerance
11. Set your mower to 3 - 4 inches and leave grass clippings on the lawn
12. Preserve or add native plants
13. Observe the natural landscape and apply nature's lessons
14. Grow more vegetables and flowers and less grass
15. Plant nitrogen-fixing cover crops in the walkways, such as white clover
16. Water infrequently and never more than 1" per week including rainfall
17. Turn off automatic sprinklers
18. Divert roof run-off to low-lying areas or rain barrels

Thank you! We can all start sequestering carbon today and every bit helps!

Farmers Erin Bullock and Liz Henderson are available to give talks for area groups on organic farming, CSA, and building soil carbon.

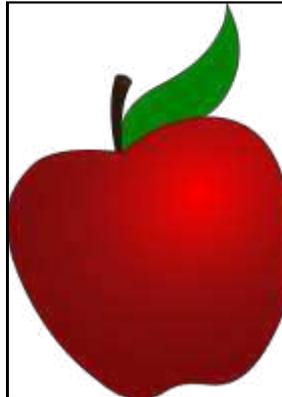
Contact [elizabethhenderson13@gmail.com](mailto:elizabethhenderson13@gmail.com)

For more information on **Soil Carbon Restoration**: go to [www.nofamass.org/carbon](http://www.nofamass.org/carbon)

## DELI & CHEESE DEPARTMENT NEWS

By Julianna Barrette, Manager

Fall is a great season with so many colors and flavors. We have been implementing local fall flavors into our recent menu. Since apples are at their peak we have re-introduced our Vegan Apple Crisp using apples from Adams Acres and Donovan Orchards. We are also taking advantage of the current squash supply to bring back our Garlicky Butternut Squash Sandwich and Butternut Squash & Roasted Red Pepper soup.



Our newest, limited time only, offering is designed to make your Thanksgiving easy as well as delicious. We are offering a homemade classic style pumpkin and apple pie available for pre-order on our Thanksgiving menu. For anyone interested, we will be making these classics using local

and organic ingredients. Also, we have linked up with Pudgy Girl Bakery to offer vegan Thanksgiving pies. There is something for everyone. See our Thanksgiving menu on our website or call for more information. Thank you for checking in and we'll see you soon!

New in our cheese department is an extra sharp cheddar cheese produced by Adam Reserve, a product of the Great Lakes. In 2015, Adams Reserve won the US Championship



Cheese Contest as 'Best in Class', and in the past has won a Silver from the American Cheese Society and a Gold in the New York State Fair. In our cheese case we

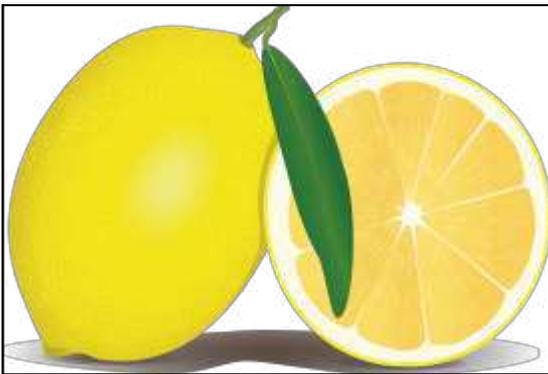
offer a 10 oz package of this extra sharp cheddar on a ready to go tray. It is perfect for on the go snacking or a last minute party favor. This old fashion cheese is sharp but not so much that is off putting. It is tangy, creamy and holds together well. I highly recommend giving it a try. Have a great holiday season!



## NEWS from PRODUCE

By Caitlin Holcombe, Produce Manager

In preparing to write this column, I often start by looking at what I wrote this same time last year. It is a good thing I do; otherwise I might find myself repeating the same highlights of each season! So, I will briefly say, fresh organic ginger and turmeric from Kolo Kai will be available shortly. And citrus quality (especially lemons) and variety will be improving as the year comes to a close. Along with the return of these familiar favorites, we have some new items to highlight for you as well.



Frisee, a part of the endive family, is a beautiful salad green with a slight bitter flavor. The inner leaves are yellow because they are not exposed to light at the end of their growth—resulting in a more tender texture. Best served with an acidic vinaigrette.

Echalions, or banana shallots, are said to be easier to peel than a traditional shallot, while retaining the mild flavor of a shallot. The organic echalions we have are locally grown by Ed Fraser in Churchville, NY. Fingerling potatoes, also available from Fraser's Garlic Farm, are thin-skinned and don't require peeling. They work great as a roasted side dish or potato salad, to show off their diminutive size.



I would like to introduce our newest Produce Assistant, Saqrah, who also works in our Deli Department. Saqrah has volunteered on organic farms while traveling, through the WWOOF program (World Wide Opportunities on Organic Farms).

Please let us know if there are any items you would like to see added to our current selection. We look forward to helping you shop for delicious and healthy home-cooked meals during this holiday season!



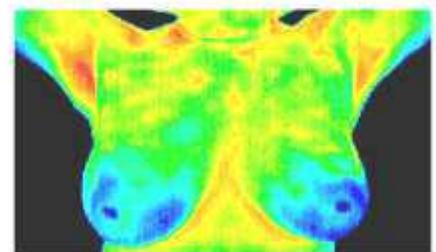
# Welcome

## NEW Shareholders!!

Kimberly	Addison	Jonathon
Kevin	Susan	Priscilla
Jack	Cathy	Alexander
Jennifer	Lancelot	Dina
Bekah	Denise	Steve
Mamie	Jim	Dawn
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# Board Talk: ANNUAL REPORT

By Jon Greenbaum, Board Chair

The Abundance Board started the year with a clear direction provided by shareholders at the 2014 annual meeting. We knew that we needed to improve communication with membership and wrestle with the implications of major growth. We needed to make our enterprise more porous, inclusive and transparent.

The Linkage Committee met the challenge this year thanks to Katie Malarkey's leadership and Carl Hoffman's persistence and vision. We followed up the establishment of the Coop Ambassador program with a coop contingent in the St. Patty's Day Parade and the Pride and Labor Day Parades. Chris Whitebell, our Marketing staff member coordinated these projects brilliantly. This was followed by a series of shareholder meetings on bylaws changes and our ability to grow in a new neighborhood with our Abundance values and vision in mind. We've heard positive feedback about this series of conversations and we're encouraged that we're on the right path.

The next chapter in our history is critical. Board member Beth Beha and our manager Jim DeLuca came back from respective conferences with sobering perspectives about the natural foods retail landscape. While some coops have been able to step up and compete with corporate incursions into the natural foods market, the reality is that the cooperatives now comprise a much smaller slice of the natural food industry. Abundance is certainly not alone in seeing declining sales as new natural food stores pop up and supermarkets unveil larger and larger natural food sections. Our manager, Jim DeLuca, has been able to steer the store through all the new claims on our market share and seems energized by the challenge. The move to the new store is sorely needed.

Abundance's future is tied to our ability to harness our cooperative strength. We know that we need to expand and move in order to compete. Luckily, our cooperative structure allows us to tap into the wisdom and vision provided by shopper/owners. Shareholders are also able to provide capital loans for the expansion. And, critically, we aren't alone, standing against the other large supermarkets, wondering what strategic choices will help us best survive. Other coops readily provide information to our management team about the critical decisions they face on a daily basis. This is truly our cooperative advantage.

The next Annual Report you read will be from a Rutabaga Rap picked up at our new larger store on South Avenue. The new store will embody much of the original spirit of our beginnings – but it will be unrecognizable to the Rochesterians who first decided that they would open a natural foods storefront on Monroe Avenue. One of the first major changes at that store was the controversial decision to allow packaged goods in the store. It is undeniable that packaging is less sustainable than bulk and is further alien-

ates us from the origins of the food – but from the beginning we've had to balance our commitment to keeping the cooperative business model alive while maintaining a viable business enterprise aspiring to pay workers a living wage. We've adapted and survived.

And we'll continue to adapt and survive because we believe in the cooperative model. We believe that there is a lot more than profit at our bottom line and that collective ownership affirms our humanity to each other. We believe that a bag of crisp apples in your basket shouldn't symbolize a chain of exploitative and extractive relationships. We believe that each purchase should be a vote for a better world.

**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](mailto:gtree61@riseup.net) one week prior to the meeting to be on the agenda.



## BEER COMING SOON!

**Winding our way through the state Liquor Authority has finely paid off.**

**We have created a staff "Beer Team" consisting of our "experts" informed by the survey done by Chris, our Marketing Manager. The team includes Juli Barrette, Madeline Brown and Nicole Rapone.**



# Ken's Kookery: Coconut McMarathoons By Ken Rich

I like starch. Always have. Maybe you've noticed? It's my fuel of choice for long distance walking and running. For a really long walk or run, carry carb supplies so you don't "bonk". I joined a running program last summer. They pushed gels and sports (jelly) beans, hard. Of course their store sells them and I dutifully sampled. Gack, it's just candy! With important salts added, but still candy. As with candy, just minutes later I felt starving when I was really just fine, and they etched my teeth when the toothbrush was miles away. Further research turned up that protein and complex carbohydrates work better than simple sugars to fend off bonking anyway.

In *Eat and Run*, Scott Jurek praises the humble Japanese rice ball as a choice anti-bonk snack. Cook up a sticky rice, like short grain, "sweet", or "sushi" rice, white or brown. Wet your hands, sprinkle salt on them, compress a handful of rice into a ball, wrap with nori, and eat on the run! Optionally put a salty bit of umeboshi in the center. That's the rice paddy worker's equivalent of a PB&J and the ancestor of makizushi (sushi rolls).

I hybridized the rice ball with *iskiata* (iss-kee-ah-teh), a Mexican chia drink, and a key fuel for the distance-running Tarahumara indians. I made all sorts of baked rice-ball-lime-chia-biscuity-macaroony things. For running, I want it not as sweet, but the following might go

into the daily lunch bag for second breakfast or three o'clock tea:

- ½ cup *Crofter's* grape preserves
- 2 tablespoons lime juice (1 lime)
- 2 tablespoons chia seed
- 2 cups of cooked sticky rice
- ¼ cup grated coconut
- 1 quarter of the lime's peel minced fine
- ¾ teaspoon salt
- 2 tablespoons optional toasted/popped flaxseed
- ¼ cup *Bob's Red Mill* teff flour



Teff is another super-food, they say; whole wheat pastry flour works too. Get bulk grape preserves from a box in the cheese fridge near the dates. A variant uses orange juice concentrate and a tablespoon of sugar instead. Mix the preserves, lime juice, and chia and let sit over night. Stir occasionally. Mix

everything together. Turn the oven to 325°F. Oil or paper your baking sheet. With a 2-inch icecream scoop, lay out 9 cute little mac-a-runs, and bake until just browning around the edges, about 30 minutes. Then run like heck!



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](mailto:chris@abundance.coop)**



# ORGANIC FARMS: INCREASING IN NYS BUT NOT NATIONALLY

By Elizabeth Henderson

As we come to the end of the growing season with strong local harvests, I thought I would take a look at the Organic Survey released in October by the National Agricultural Statistics Service (NASS) of USDA. But before I get to the data, let it be noted that for the first decade of my farming in this area (1988 – 98), there was a killing frost pretty reliably on the 16<sup>th</sup> or 17<sup>th</sup> of September. If we did a good job of covering the peppers and tomatoes, we could go on harvesting for another couple of week before the frosts became too frequent and hard to resist. This fall, as of October 16, there have been no frosts yet, though a lite one is predicted for October 17, a whole month later than 20 years ago. Now to the numbers.

The NASS Organic Survey of 2014 was their second attempt to count organic farms, acres and sales - “a complete inventory of

all known organic producers in the United States that are certified, exempt from certification (those grossing less than \$5,000 annually from organic sales), and those producers transitioning to organic production.” The survey did not include farms that claim organic methods, but do not certify, or the over 750 direct

sales farms that are “Certified Naturally Grown.” Comparing the 2014 results with the first survey in 2008 yields some intriguing changes. The survey shows that sales of organic crops and livestock at the farm-gate reached \$5.5 billion in 2014, up 72 percent from 2008. The number of organic farms and their acreage, however, shrank: there were 14,093 organic farms in the United States last year,

accounting for 3.6 million acres, with another 122,175 acres in the process of becoming organic, while in 2008, there were 14,540 organic farms with over 4 million acres, and 128,476 acres going through transition. Organic farms and acres rose all over the Northeast and in California. A lot of the contraction seems to have been in Texas which lost 138 organic farms and over 87,000 acres.

According to the survey, 63 percent of U.S. organic farms reported selling products to wholesale markets and these sales accounted for 78 percent of U.S. organic farm sales.

When we focus on New York State, the picture is more like what you would hope. In 2014 there were 90 more farms, 49,273 more acres, and \$59 million more in sales. In 2008, there were 827 farms on 168,428 acres selling \$105,133,000 worth of products, and in 2014, there were 917 farms on 212,701 acres, selling \$164,203,000 worth of products. NY organic farmers sold 23% of their products direct to consumer and only 77%

wholesale. 57% of all sales were within 100 miles, and there were no exports to speak of.

Another striking statistic comes from the Organic Trade Association (OTA) which reports that overall organic sales in 2014 were \$39.1 billion, up more than 11 percent from the previous year. Farm sales make up only about 1/8 of the organic market.

The other 7/8 is all the processed foods as well as supplements, fibers and beauty products.

The encouraging growth in farm numbers and acres in NY may well result from the farmers’ strategy to sell as much as possible direct and local. So all you Abundance folks – keep up your purchases from our local organic farms!



Home production of food is a central tenet of the back-to-the-land movement. This could be making pickles with your own cucumbers or with ones bought at Abundance.

My earliest memories of fruit production as a child is the old quince tree at the side of our yard. Here I had a hiding place underneath its branches. I imprinted on the smell of this aromatic yellow fuzzy fruit at an early age. In the fall they lay on the ground all around me. I helped my mother to gather them. My job was to rub off the fuzz while Mother chopped them up into small pieces, covered them with water and set them to boil for an hour or so. I'd watch the yellowish juice drip through the cheesecloth. This she mixed with sugar and boiled slowly until it turned unexpectedly red at which point she'd let it cool and become quince jelly.

Quince is an old-fashioned fruit with a long and glorious past. It is a part of Greek mythology, the prize in the beauty contest that set off the Trojan War, as well as an ancient Roman health food. It is higher in pectin than any other fruit. Quince was indispensable for jelly making. The word "marmalade" in English comes from a Portuguese word for "quince" because in the 1500s the recipes called for quinces, pears and orange peel.

My quince trees yield insect-damaged fruit but I don't let this deter me. The fruit may be "unsaleable" but I figure you have to chop it up anyways to make something out of it and so what if you throw away 2 pieces out of every 3? I still get more than enough.

Despite its delicious smell, quince is hard as a rock. You can eat it raw if you cut it into small enough wedges to chew. Realize that it oxidizes to brown, just like an apple. (Splash with lemon juice to avoid this color change.) Usually quince is consumed cooked. They cook up apple-pie brown but can also be poached pink when canned or slowly cooked until red. Besides desserts, quince are also served amidst meat and vegetables, as well as made into cider and vinegar. Quince tastes like apple with a hint of lemon. It is slightly astringent and can use a bit of sweetening.

This first genetically-modified apple has been developed and is pending approval for marketing. Its special

ability is that it does not turn brown when cut. What advantage does this impart, except to businesses that might not want us to know how unfresh the fruit salad is? Do you think scientists will develop a similar non-browning quince?

My favorite dessert is poached quince chilled and served topped with cream and butternuts. This was standard fare at fancy hotels in the 1800s but is totally unavailable today. Why have these scrumptious delicacies fallen into oblivion? Just as agriculture has changed toward monoculture, so too our food culture has shifted to the boring and predictable. Fast food rules; home production of food has withered, both in the growing and in preparation.

Here at Abundance I have watched this quince decline over the past decade. Mr. Ferris used to bring us his organic quince from Bergen, but these were discontinued a few years back due to poor sales. Likewise the quince juice (from Turkey) and the frozen quince slices (for pies) did not sell well. Last year we had Red Jacket Quince Jam for sale but a search of the shelves this week revealed only Red Jacket Apple Butter. Is this a case of seasonal availability or was this last quince product also discontinued for poor sales? I asked staff to check into this for me.



Quince jelly is good but not that interesting when compared to other quince products. The jam contains more fiber and digestive tract benefits. Who tried my quince-apple-black currant pie at the annual Co-op Meeting potluck dinner? I make quince leather by cooking it down to sauce and spreading it to dry on cookie sheets in the oven. If I go heavy on the sugar and add coarsely ground almonds and cardamom, it turns into a heavenly Syrian candy called *Louzina Saparzel*. Quince sauce is like apple sauce but more interesting, a good accompaniment for pork chops or tempeh cutlets.

My quince missionary zeal is such that I roam around at this time of year with sacks of quince in my car to give away. This way other folks will experiment with the ancient fruit and perhaps come to share my enthusiasm. Let's not let this noble old fruit fall into oblivion. If you see quince products, buy them and try them! Even if you never get to them, the fresh fruit makes an attractive table centerpiece, room deodorizer and conversation piece. Squirrels still love them too!



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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.

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

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

### FOOD DRIVE AND CARING DAY

Collecting non-perishable food for Bethany House. Donate a bag of food and receive \$5 off any service. They need warm coats. We will have **Reiki, Readings, Artesian Jewelry, Gems, Minerals, Sound Healing, Bio Matt, Organic chemical free products.** \$1 a minute for most services. Relax after your stressful shopping day. Saturday Nov 28, 3PM - 6PM  
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For more info go to [www.meetup.com/light-works](http://www.meetup.com/light-works).

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### ROCHESTER AREA VEGAN SOCIETY

**RAVS membership, potluck dinners, and lectures are open to all. You don't have to be vegetarian or vegan to participate. Potlucks usually on third Sunday of the month. See calendar on website. Visit our website to learn more: [www.RochesterVeg.org](http://www.RochesterVeg.org)**



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For more info go to [www.meetup.com/light-works](http://www.meetup.com/light-works).

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## GREEN GIFT GIVING

By Margie Campaigne

The idea of Green Gifts doesn't have to inspire thoughts of Scrooge or the Grinch. Consider Green Gifts as those that keep on giving, because they promote sustaining a livable planet! Most any gift idea can be transformed into a green gift. Sending flowers? Those can be ORGANIC flowers! Here are a few ideas, and questions to ask yourself:

1. If the gift is a tangible object, is it filling a need or desire on the part of the recipient? Is it of good quality, and made to last? Is it recyclable or biodegradable? Does it come as is, or with unnecessary packaging?

2. If the gift is on the expensive side, can other gift-givers go in on the purchase and omit smaller, perhaps more extraneous gifts?

3. Could the idea for the gift be turned into one for consumable goods (i.e. food), a charitable donation on their behalf, or a gift certificate for a service (massage, babysitting, yard work, computer help, etc.)?

4. Could you sew, knit, craft, bake or otherwise make the gift yourself?

5. Rather than buying gifts that come with their own passports, think of locally made gifts, especially of items unique to your area - maple syrup from a local farm, an artistic gift from a local art festival, a useful item from a local souvenir shop, wine from a local vineyard, and so on.

6. Make it something truly personal - find a nice photo you've taken of the person or their family, or a favorite locale, and have it enlarged and framed (or do it yourself).

7. Give a membership to Abundance, in a CSA (Community Supported Agriculture), or an organization you know the person would enjoy (museum, symphony, hiking club, season tickets to the theatre, etc.).

8. Give a vegetarian or vegan cookbook. Invite friends and family over for a vegetarian or vegan gourmet dinner (or potluck). See <http://www.goveg.com/environment.asp> for the wonderful benefits to the environment. It's a healthy way of eating too!

9. Wrap the gift in something useful (a nice hand towel), a reusable gift bag, the Sunday comics, an attractive storage container, etc. If you use standard gift-wrap, make sure it's printed on recycled paper.

## CALENDAR

### NOVEMBER

Nov. 1	DST ends
Nov. 3	Election Day
Nov. 11	Veterans Day
Nov. 12	Coop Board Meeting
Nov. 26	Thanksgiving

### DECEMBER

Dec. 6	Hanukkah begins
Dec. 7	Pearl Harbor Day
Dec. 10	Coop Board meeting
Dec. 25	Christmas day
Dec. 31	New Years Eve



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