



the  
Rutabaga  
Rap

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July-August 2016

**NEWS from PRODUCE**  
By Caitlin Holcombe, Produce Manager

As we enter the hottest months of the year, eating raw foods becomes very appealing. We have lots of delicious fruits and vegetables you can enjoy without having to cook, or at least help you cook less. Buttery and crisp local green and red leaf lettuces (from Bowman & Hill Farm in Kent, NY) make an excellent base for a hearty salad. For an extra kick, mix in some spicy mustard greens from Bolton Farms (Hilton, NY).

Cold soups are a great option on hot summer days, and can be incredibly flavorful. Gazpacho is easy to make in a food processor, with endless variations possible (add watermelon, use a mix of heirloom tomatoes, add chipotle, etc.).

With lots of full-flavored fruit available now, it's a great time to make smoothies as well. Try watermelon in a smoothie with strawberry and rhubarb, or with grapes and lime juice. There are lots of great recipe blogs online to get you started experimenting with new combinations.



Rainier and Dark Sweet Cherries will be winding down from Washington State in early July, and we should be able to expect some local IPM cherries by the end of the month. These freeze well, so you may want to stock up while we have them! We have other stone fruits now from California—peaches, red plums and nectarines; these should last into late summer. Our local fruit season is fairly short, so be sure to enjoy it while it lasts!

This will be my last newsletter article, as I will start providing online content on a more frequent basis to highlight peak produce. I hope you have a wonderful summer!

**DELI NEWS: Food Preservation**  
By Juli Barrette, Deli Manager

The season of harvest is now upon us. At times there can be more food than we know what to do with, whether it's from your backyard garden or a CSA. The last thing you should do is let it rot in the back of your refrigerator then be forced to throw it away. Instead, there are a number of ways you can preserve and enjoy later, like in the dead of winter and you're stuck with products shipped from afar.

The easiest way to preserve is the freezing method. In the deli we freeze excess produce that we later use in soup, stock or our baked goods. Before freezing check to see if you need to do any pre-processing. Certain fruits and vegetables need to be peeled, blanched or tossed with an acid such as apple cider vinegar to prevent oxidation. I'd also advise removing as much oxygen as possible to prevent freezer burn. Then throw it in the freezer and remember it months later.

Canning is another effective method of preservation. There are two types of canning, water bath canning and pressure canning. Water bath canning is better suited for high acidity foods such as fruits, tomatoes, chutneys and pickles. Pressure canning tends to be used with low-acidity foods such as peas, beans, carrots and apples. Low acidity foods need to be brought to 240 degrees F to help eliminate spoilage and food borne illness. The heating then cooling of the jars creates a vacuum seal, not allowing any product out or microorganisms in. Make sure in either method to properly sanitize all equipment and work surfaces prior to starting.

Pickle it! Pickling in vinegar or another acid will also work just fine. Caution: The level of acidity is critical, be mindful of the proportions you are using, botulinum bacteria is no joke. Also, you want the texture and taste of your pickled product to be pleasant. In the deli we pickle our own jalapenos that we use in sandwiches such as the Spicy BBQ Tofu and in our Spinach Artichoke dip. When pickling you need to make a brine. On the stove combine your vinegar, salt, herbs, spices, sugar or any other flavors used like, such as garlic cloves. I'd recommend using pure sea salt, additives in table salt can cause a cloudy brine, but use any type of vinegar that you like. Bring to a boil, let the salt and/or sugar dissolve, then carefully fill your container. Tightly close your lid then refrigerate.

There are a number of other methods of preserving your hard earned harvest. Curing, fermenting and drying all of which have been in use for thousands of years are effective. It takes some work and organization is important, but it serves a great purpose. A homemade jar of jam or pickles also duals as a great last minute gift or party favor.

There are numerous books and references online you can use. The National Center for Home Food Preservation is a good place to start. Good luck and enjoy your food all year around.

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, unhealthful and processed foods, natural food co-ops nationwide are providing access to safe, healthful and nutritious food to those looking . *Abundance is Rochester's only natural foods cooperative.*

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

We support a sustainable food system,



both locally and globally. Our **"Ends" Policies** support these shared values.

Currently our Co-op has over 2,200 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 180+ 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 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 Manager:

Front Office Ext. 101

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 Jill Alcorn

**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

Emily Sniezyk, Alex Fairchild

### Produce

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Saqrah Houck, Christopher Reynolds

### Deli Departments:

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Leah Feldman Saqrah Houck

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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 2016.

**DEADLINE for next issue (Sept.-Oct.) is 8/20/2016.** Email **Margie Campaigne**, editor [Margie@Abundance.coop](mailto:Margie@Abundance.coop) Questions? [jim@abundance.coop](mailto:jim@abundance.coop).

Publisher: Abundance Food Co-op. **Contributors** to this issue are: Jim DeLuca, Carl Hoffmann, Ken Rich, Jay Stratton, Jack Spula, Caitlin Holcombe, Juli Barrette, Ken Bristol, Cheryl Dobbertin Joel Helfrich 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.**





I opened the store at 6:30am today for the inventory crew to perform the end of fiscal year inventory for Abundance. An accurate count is critical in determining the financial results for the year. This morning I am sad because the inventory crew that has been driving from Syracuse four times a year for more than ten years to count for us has been laid off. We have enjoyed working with them and will miss them.

Our appearance before the Planning Commission is set for July 11 at 6:30pm at City Hall. We are collecting signatures of support in the store from folks who live in the South Wedge, South Clinton and Highland Park neighborhoods. The variance we are seeking is for an ancillary parking lot which will provide 18 spaces on the north side of the building. These spaces are critical so we need all the support we can get. We expect to get the formal results from the meeting by July 18 at which time we will apply for the needed building permits to start the work.



**Our Owner Loan Drive has exceeded the original goal but that is good news because of the added costs from the delays as well as newer estimated build out costs. So, we are still seeking 15 more owners who could loan at least \$2000 to support the move. Please contact me if you are interested either by email at gm@abundance.coop or by calling the store or by having me paged while you are in the store.**

Recently I sat down with Susan Spencer of RocSpot, a community solar energy group, to discuss having the new site being solar powered. We use about 200,000 kilowatt hours a year and she is going to let us know how much of that we can afford. It would be great to be able to get 100% but we hope to have at least a portion of what is needed to start.

One of the keys to our succeeding at the new location is being able to broaden our appeal beyond our natural food shopper core group to the “mid level” shopper

who is transitioning to healthier, organic food. The new store appearance will be more modern (i.e.: less hippie); which in my many years of experience has a tendency to annoy some dedicated core regular owners. I have also experienced the gradual acceptance of a “new look” along with a broader customer mix. Change is not

always easy. However, with all the stresses of the competitive landscape for natural food, we really can't sit on the sideline and hope for the best. All of the staff and board are open to input and we really want to make the transition a pleasant one. Since the project is pretty big, we are certain to have some bumps, so we appreciate your patience and compassion as we make it happen.

## 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)



# THE ROCHESTER RIVER SCHOOL: Educating Generations of Solutionaries

By Cheryl Dobbertin and Joel Helfrich

Round Up at the Register July 1st—31st

Our sustainable future needs generations of Solutionaries—young people who have been taught to solve problems in strategic, comprehensive ways that do the most good and least harm to people, other species, and the environment. The Rochester River School, a proposed K-12 urban school, aims to create Solutionaries through a Humane Education curriculum. Our students will learn knowledge, skills, understandings, and dispositions to create changes, both large and small, and to replace injustice throughout the world with far-reaching justice.

One specific system the Rochester River School community will support is the waterways of Western New York. The Genesee River, Lake Ontario, Erie Canal, and the Finger Lakes, and the thousands of species that make these waterways their homes, are invaluable natural resources.

Even young children can understand the injustice of possible extinction and the importance of conservation.

One early project the Rochester River School students will tackle is to learn about and support the ongoing re-establishment of the New York State insect, the nine-spotted ladybug. Teaching students through relevant, real-world projects based on the intersection of science, mathematics, early literacy, art, and social sciences ensures joyous yet rigorous learning.

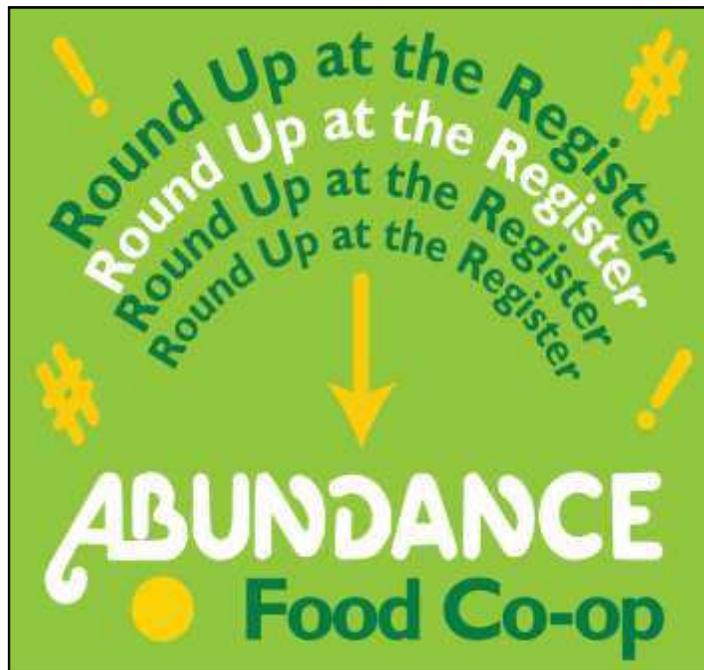
Another unique way the Rochester River School will develop Solutionaries is through a vegan school-nutrition program. We believe access to a plant-based diet, even just during school hours, will help children develop healthier bodies, stronger minds, and may even help them overcome the allergies and attentional issues that plague so many students. In addition, introducing children and their families to new foods early on may impact their food choices, and therefore their reliance on animals as food, for their lifetimes. The Rochester River School will be the first *public* school in the United States to provide completely vegan snacks and lunches.

The Rochester River Foundation, a 501(c)(3) nonprofit organization, is learning lessons about Solutionary education

from New York City's Harbor School, The Institute for Humane Education, Common Ground Charter School in Connecticut, and MUSE School CA, among others. Like the Common Ground Charter School, we plan to establish a working urban farm, kitchen, and CSA. We welcome questions, comments, and of course, support from the Greater Rochester Community as we embark on our journey to receive a charter and open our school to the diverse students of the City of Rochester. We hope to open the school in 2018.

During the month of July, please donate toward our school through the Round Up at the Register program at Abundance Cooperative Market. In July, we will also be launching a crowd funding campaign on CrowdRise. Please stay tuned and donate.

In the meantime, please:



- 1.) LIKE and SHARE us with your friends on Facebook
- 2.) Complete our online COMMUNITY SURVEY (and encourage others to do the same)
- 3.) Reach out to other people to spread our message
- 4.) DONATE to the Rochester River Foundation
- 5.) ENDORSE, SUPPORT, or PARTNER with the Rochester River School

For more information, visit:

[www.rochesterriverschool.org](http://www.rochesterriverschool.org) and [www.facebook.com/rochesterriverschool](http://www.facebook.com/rochesterriverschool)

Contact us: [info@rochesterriverschool.org](mailto:info@rochesterriverschool.org)

Cheryl Dobbertin is a Rochester River Foundation board director, an education consultant, teacher, and Director of Learning and School Improvement at Monroe #1 BOCES. Joel Helfrich is the cofounder of the Rochester River School and Rochester River Foundation, the foundation's vice-chair, and an Abundance Cooperative Market shareholder since 2005.



**ROC CITY BOTTOMS DIAPER BANK:  
Round Up at the Register August 1st—31st**

ROC City Bottoms is a small, community based non-profit organization, located in Rochester, New York. Our mission is to provide diapers and diapering supplies to little bottoms in need via partnerships with other organizations. Founded by Christina and Travis Foster, a couple who have always dreamed of helping the city they love so dearly. After having their first daughter, they quickly realized how financially straining diapers and wipes could be on a young family. Once their second daughter was born (both of which were in diapers at the same time) the cost began to grow as did their curiosity for how they could help others in dire situations. And so ROC City Bottoms was formed! It took another year before the current adventure actually began, but during this time Christina and Travis vowed to wipe out diaper need in Rochester.

Learn more about ROC City Bottoms Diaper Bank at

<http://www.roccitybottoms.org/>



**Welcome**

Adam	Jay	Megan
Catherine	Jeffrey	Melissa
Charlotte	Jen	Michelle
Cherie	Jessica	Mike
Cheryl	Jill	Nancy
Christina	Jillian	Natercia
Christine	Joan	Rachel
Colleen	Joanne	Rachel
Debbie	John	Rebecca
Eileen	Kathryn	Robert
Elaine	Khalid	Rohan
Eliot	Kristin	Sean
Elizabeth	Lawrence	Sheila
Ellie	Lloyd	Sheila
Emily	Lourdes	Stephanie
Heather	Mark	Susan
Jacqueline	Mary	William



**4<sup>TH</sup> OF JULY**

July 1      **Canada Day**

July 4      **Independence Day**

July 14     **Coop Board Meeting**

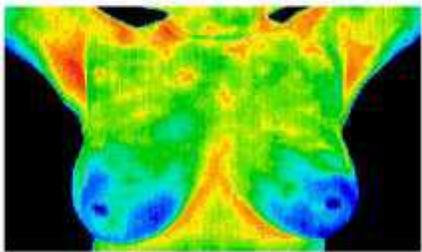
July 18     **Pride Parade**

**August 4      Workers Rights Forum**

**August 11     Coop Board Meeting**



**DYNAMIC THERMAL IMAGING**



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# Board Talk: The Coop & Worker's Rights By Carl Hoffmann

The Driscoll berry boycott has made the board aware of a surprising gap in our coop's vision. When we first talked about it a few months ago, we were surprised to discover that our policy manual has little to say about labor. We strive to pay a living wage, and we support Fair Trade, but that's about it. Thus the coop as an organization pays little attention to workers' rights, and we have given our manager very little guidance about how to think about such issues.

Fair labor practices can be legitimately seen as an inherent part of a sustainable food system. Our Ends Policy actually refers to "humanely produced" food, but this is pretty vague and it is worthwhile, to say the least, to devote some specific attention to labor issues.

To this end we are organizing a "Members' Forum on Workers' Rights" on *Thursday evening, August 4, 6:30-8:00 (location TBD)*. The purpose will be to share ideas about labor issues and to help us think about how we might incorporate a concern for good labor practices throughout the food system into our policies.

The question could be framed as "How can Abundance support workers' rights as a coop trying to serve a diverse clientele?" Is it possible? Is there even a contradiction?

## Historical context.

Food justice and the politics of food are of interest to many shareholders, and agricultural working conditions are an important part of that. Going back thirty or forty years, support for United Farmworker boycotts was a given at the Genesee Coop. In fact, the local Politics of Food movement was started out of the coop building, by Allison Clarke of PJEC. Nowadays, the coop tends to focus on nutritional and environmental matters. Fair trade is also a concern, but fair trade primarily about small-holding international producers. We seldom give labor issues per se a thought.

This shows how far labor has fallen on the list of interests both for society in general and among the progressives who make up such a large part of our shareholder and shopper base. Seventy or eighty years ago, wages and working conditions were paramount.

## Coop buying policies

A food coop is primarily an economic enterprise, not a non-profit advocacy organization. As we try to reach a more diverse community of shoppers, the balancing act to maintain the so-called "triple bottom line"—people, planet, profits—will become more complicated.

In making its buying decisions, our staff is to be guided by the ends policies and specific policies, bearing in mind that some of our ends may conflict with each other. In this instance, our goal of encouraging a healthy, humane and sustainable food system might (or might not) be at odds with trying to offer foods which a variety of shoppers want and can

afford to buy. It is undoubtedly true that some shoppers are not interested in agricultural workers, and will buy Driscoll's at Tops or elsewhere if they can't buy them at Abundance.

## What is the Driscoll boycott?

At the same time, it is our duty as an organization to keep ourselves (shareholders, staff, and shoppers) informed of relevant issues in the food system and to formulate appropriate responses.

Here is a little basic information about the Driscoll boycott, which is the proximate cause of this discussion.

The boycott has been called by Familias Unidas por la Justicia (FUJ), which is trying to organize a berry producer in Washington named Sakuma Brothers, one of many farms growing berries marketed by Driscoll. FUJ has struck and has successfully taken the farm to court several times, but despite several losses in court, Sakuma refuses to negotiate. Supporters of the boycott are also concerned about Driscoll policies at a Mexican producer. The boycott is intended to persuade Driscoll (which has a fair-labor policy) to exert its influence on its suppliers; they say they're doing what they can. There are a number of questions about the organizing effort, including the fact that Washington law has no provision for farm-worker unions; also, one can ask how fair it is to hold Driscoll responsible for the actions of one supplier.

The boycott and related protests have gotten coverage in labor media and on *Democracy Now*, but it is not well known in the country as a whole. For further information, we encourage readers to consult sources such as:

<https://boycottsakumaberries.com/>

[http://www.democracynow.org/2016/5/9/driscolls\\_workers\\_call\\_for\\_cross\\_border](http://www.democracynow.org/2016/5/9/driscolls_workers_call_for_cross_border)

<http://www.seattleglobalist.com/2016/05/30/sakuma-brothers-berry-boycott-driscolls-strawberries-washington/51858> (Written by a former employee).

<http://www.latimes.com/local/california/la-me-baja-farmworkers-20150411-story.html>

In conclusion let us say that we (the board) appreciate the shareholders who are raising the issue in the community, and we hope that they will continue to deal with staff in a respectful manner. We also appreciate our employees who are doing their best to provide us with healthy and sustainably produced food.

**Members' Forum on Workers' Rights: Thursday evening, August 4, 6:30-8:00. Check in the store or the web site as the time approaches for the location.**



A friend from a foreign cuisine zone told me she loved American food, but could not understand the appeal of two things: buttermilk and rhubarb. Next summer when the test lab's corrosion-proof, explosion-proof, remote-controlled kitchen is ready, I will work on that combination. In the mean time let's relish making relish.

Relish: Something to make other food taste more Delish. Like ketchup on fries, salsa on chips, barbecue sauce on barbecue. Most of the recipes I scanned called for an equal amount of rhubarb and sugar. Which might please some people. I'm more of a snips-and-snails guy, so I cut that way back. They also called for a 2 hour simmer, which exceeds the limits of good sense.

- 3 cups chopped rhubarb
- half an onion
- 6 Tablespoons maple syrup
- 1/4 cup cider vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground rosemary
- 1/4 teaspoon ground celery seed
- 1 pinch ground cloves
- 1 pinch ground allspice

I chopped 4 hefty stalks and it filled a little over 3 cups. You can

chop the rhubarb pretty big, but mince the onion fine. Put all ingredients in a Teflon-coated, glass, or enamel pot, and simmer. After a half an hour, when the house smells christmasy, stir with a wooden spatula or spoon, breaking up the rhubarb chunks. This eliminates cooking for 2 hours so that they fall apart by themselves. Simmer a few more minutes to combine the smashed rhubarb with the other ingredients. Many of the recipes start with 12 cups of rhubarb and that is sensible; they're wisely putting it by for the year. Let it cool, then store in plastic or glass.



The tartness is a tasty complement to anything greasy, fried, or oily. I made sesame-faux-chicken from Field Roast smoked apple sage "grain meat" chunks and used rhubarb relish instead of classic sesame chicken sauce: ooo, yeah. It's good on buttered toast. It looks to become a must with cashew loaf, or on breakfast sausage. It may well render ketchup obsolete. Whoa, did I say that out loud?

Pair with a fine rhubarb wine.



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

**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)**



## IROQUOIS WHITE CORN PROJECT By J.T. Stratton

Have you noticed Abundance's Iroquois White Corn products? We have hulled kernel corn in the packaged rice/grains area of the store and two kinds of flour, regular and roasted white corn flour (for a nuttier flavor) in the "baking" area of the store.

"This is a product that should be of great interest to Abundance Co-ops!" says Meg Joseph, director of the Friends of Ganondagan. "As well as supporting a message of peace and social justice, our corn is produced sustainably and is not genetically modified."

Ganondagan is the State Historical Site in Victor, a small state park on Boughton Hill where the Seneca Nation had its capital city until it was destroyed by the French armies in 1687. This is the same corn as that grown in those same fields as the Senecas did back then. It is processed by volunteers in much the same manner.

"Oh, we have some tricks," says site director Peter Jemison, "to prevent our corn from being polluted by GMOs." First of all, it is planted at different times than modern corns so it tassels out at a different point and avoids crosspollination. The Project has its fields in secluded areas of the historical site and at farms on the Tuscarora Nation to protect it from crossing with modern corns. It is harvested by hand, then the husks are pulled back and braided into huge bunches of 2-3 dozen ears apiece, which are then hung to dry in corn cribs or in the rafters of a longhouse.

Nearby Fort Hill was a fortified underground corn "silo" (also called a "cache") lined with stones and elm bark to keep the critters out and a wooden palisade to keep out human raiders. It didn't keep the French out, unfortunately. Most of the people of Ganondagan escaped but the French destroyed 500,000 bushels of corn in 1687.

The kernels are next shucked from the cobs by hand and partially cooked in water with food-grade lye (traditionally wood ashes) to remove the indigestible hulls. It is then rinsed and re-dried and packed for sale. Cook it as you would cook dried beans; just be sure to soak it overnight in water first. The corn meal/flour is packaged ready for use in recipes and will not need this prolonged cooking.

John Mohawk and his wife Yvonne Dion began the White Corn Project at the Cattaraugus Seneca Nation in the 1990s, originally as part of Pinewoods Community Farming. They were professors at SUNY-Buffalo and he was a former editor of the famous Mohawk newspaper, *Akwesasne Notes*. The project went dormant for a while after the deaths of the founders but Peter Jemison revived it in 2010 and brought the corn back to Ganondagan.

European foods have not treated the Indians well. Fast foods, white flour and white sugar have caused sky-rocketing diabetes and obesity problems among Native Americans. Iroquois white corn is high protein and high fiber with low sugar and a low glycemic index. It avoids the spikes in blood sugar levels that induce diabetes. The White Corn Project seeks to restore this original food to the people in a convenient, already half-prepared form. The Corn Project works in tandem with the "Food As Medicine" program to establish farmers' markets on the reservation and return Native Americans to good health. Another benefit of these projects will be the revitalization of Six Nations agriculture. Ganondagan is a small site with a big responsibility!

Another part of the White Corn Projects' vision is to expand the knowledge of this crop in the non-Indian community. Their products

are now available at supermarkets, health food stores and co-ops across western New York. Chefs at restaurants in the Rochester, Bristol and Ithaca areas are now cooking with Iroquois white corn. The website at [www.Iroquoiswhitcorn.org](http://www.Iroquoiswhitcorn.org) is filled with recipes both new and traditional for soups, stews, salads and desserts.

So much corn in the U.S. is eaten as a sweet vegetable and not as a grain. Most any corn can be eaten as "sweet corn" which is really just a phase in the life of the plant, also known as "green corn." It's not actually

green, it's just not ripe. As time goes on the corn ripens and dries, sugars are replaced by starches. The corn becomes a more substantial and healthy food. The hulls are now more indigestible than before but are easily removed by the treatment with lime or wood ash. This process, also called nixtamalization, makes the niacin absorbable by our digestive tract.

Ganondagan was declared a national landmark in 1964 and is on the National Register of Historical Places. The site is home to the Seneca Arts and Cultural Center, a reconstructed longhouse, hiking and ethnobotanical trails and a Native American garden. It sponsors a Winter Festival in February and the Native American Dance and Music Festival in late July, as well as the Corn Project. The Friends of Ganondagan organization offers many volunteer opportunities as well. Call 742-1361 for more information.

The Iroquois White Corn Project is located in the farmhouse at 7191 County Rd. 41 (Boughton Hill Road) at the corner of Schoolhouse Road in Victor, NY.



# CELL SALTS

By Ken Bristol

In the vitamin aisle at the Coop, Hyland's Cell Salts sit on the shelf beneath Boiron's homeopathic remedies. What are these cell salts, alternatively called biochemic tissue salts?

In short, they are 12 mineral salts, found naturally in the body, prepared in trace amounts according to homeopathic procedures, ingested to restore biochemical balance within the cells of the body and, thus, restore health. The theory behind the cell salts is that mineral deficiency leads to disease, and mineral sufficiency restores or maintains health. I am attracted to these cell salts for some reason. The notion that a lack of minerals (or vitamins) may be an important factor in many illnesses makes intuitive sense to me. And the idea of taking very small amounts for remedial effect appeals to my conservative approach to life – less is more, small is beautiful, proceed with caution.

These mineral salts are sometimes known as Schuessler's cell salts, named after the German doctor (1821-1898) who identified the cell salts. Schuessler examined the ashes of cremated human bodies (sounds a little creepy!) and found a consistent set of minerals left behind.

To ensure that his 12 mineral salts would penetrate the tissues and cells of the body when administered, Schuessler decided to prepare the cell salts homeopathically, i.e., in highly diluted form. Homeopathic solutions commonly dilute active ingredients by as much as a thousand, million, or trillion times (designated 3X, 6X, and 12X dilutions, respectively) or more. The letter X represents the Latin symbol for the number 10, or in this case, a ten-fold dilution. So, 3X denotes a substance that has been diluted 10 times (to one-tenth its original content), and then diluted again 10 times (to one-hundredth its original content), and then diluted again 10 times (to one-thousandth its original content).

$$3X = 10^{-3} = (1/10)(1/10)(1/10) = 1/1,000 = \text{one thousandth dilution}$$

$$6X = 10^{-6} = (1/10)(1/10)(1/10)(1/10)(1/10)(1/10) = 1/1,000,000 = \text{one millionth dilution}$$

$$12X = 10^{-12} = 1/1,000,000,000,000 = \text{one trillionth dilution}$$

Small amounts indeed. However, consider this. Many of the hormones in our body circulate at levels comparable to the cell salts. For example, cortisol is often measured in micrograms per deciliter (microgram = one millionth of a gram). Testosterone and adrenaline are often measured in nanograms per milliliter (nanogram = one billionth of a gram). Estrogen is measured in picograms per milliliter (picogram = one trillionth of a gram).

On the other hand, FDA Daily Values for some of the major minerals in our body include the following:

Calcium = 1,000 mg per day

Magnesium = 400 mg per day

Sodium = 2,400 mg per day

Potassium = 3,500 mg per day



Iron = 18 mg per day

You would have to take a lot of cell salt tablets to achieve the above mineral levels, and in the process you are also digesting a lot of milk sugar. Even if you are obtaining most of your minerals from food and are only a little deficient, the number of cell salt tablets would be high to overcome any deficiency. The role of the homeopathically prepared cell salts is to enter the cells readily and provide a stimulatory or trigger effect, prompting the cell to take in minerals or expel excess minerals as needed to restore balance. Some people expect to balance minerals directly from the cell salt tablets, and they typically take more of the tablets than suggested on the label.

The 12 cell salts are

- |     |              |                       |
|-----|--------------|-----------------------|
| #1  | Calc. Fluor. | (Calcium Fluoride)    |
| #2  | Calc. Phos.  | (Calcium Phosphate)   |
| #3  | Calc. Sulph. | (Calcium Sulphate)    |
| #4  | Ferrum Phos. | (Iron Phosphate)      |
| #5  | Kali Mur.    | (Potassium Chloride)  |
| #6  | Kali Phos.   | (Potassium Phosphate) |
| #7  | Kali Sulph.  | (Potassium Sulphate)  |
| #8  | Mag. Phos.   | (Magnesium Phosphate) |
| #9  | Nat. Mur.    | (Sodium Chloride)     |
| #10 | Nat. Phos.   | (Sodium Phosphate)    |
| #11 | Nat. Sulph.  | (Sodium Sulphate)     |
| #12 | Silicea      | (Silicic Oxide)       |

The individual cell salts offered by Hyland's are each at 6X potency. The cell salts may be taken singly for particular health benefits. I have taken #4 Ferrum Phos. for inflammation, #8 Mag. Phos. for muscle cramps and spasms, and #12 Silicea for bone and joint support.

The 12 cell salts can also be taken together. Hyland's Bioplasma combines all 12 cell salts in each tablet at 3X or 6X potencies. The Bioplasma can be taken daily throughout the year. I take a bottle of Bioplasma two or three times a year to help maintain mineral balance and cellular function.

Each bottle contains 500 dissolvable tablets. You typically take four tablets at a time, three times a day. Let them dissolve in the mouth, preferably under the tongue. Hence, a bottle lasts over 40 days if you take the tablets according to the directions on the label. The cell salts are on a sugar pill made of lactose (milk sugar). You may decide to abstain from taking these cell salts if you are lactose intolerant. For best results, avoid mints, coffee, tobacco, menthol or camphor, and other strongly scented or flavored substances while using cell salts. Try the cell salts some time as an alternative way to good health.



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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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## WHAT COLOR IS YOUR PICNIC BASKET?

By Margie Campaigne

Picnics are one of our most favorite summer activities! Food, friends, family, fun! What foods are your favorites? Watermelon, macaroni salad, baked beans, hots & burgers?

If you are greening your lifestyle, you probably thought about what to bring (and not bring) along on your picnic:

- A good old-fashioned picnic basket or picnic backpack for tableware, condiments
- Scratch the Styrofoam plates and cups in favor of reusable or compostable
- A supply of cloth napkins, and a sponge or two for cleanup
- Skip the foil or plastic wrap for covering bowls and use reusable covers
- Bring water, lemonade, etc. in beverage coolers. Provide receptacles to collect deposit and/or recyclable cans and bottles
- Pack doggie-do bags for Fido
- Bring a pail labeled "To Compost" for the inevitable leftovers on people's plates

Have you thought about the sustainable aspects of the food itself? We read a lot lately about buying locally. Farmer's markets, CSA's (Community Supported Agriculture), and stores that purchase food from local growers are all good choices. Another consideration is buying organic. Conventionally-grown foods depend on farmers using pesticides, hormones, chemical fertilizers, etc., while organic farmers use no chemicals, and farming methods that enhance the soil, rather than depleting it.



Recently lots of news has circulated about plant-based, or vegan, diets being the healthiest for you. The movie "Forks Over Knives" has to do with our diets. Did you also know that eating a plant-based diet is healthier for the earth? Early estimates of the carbon footprint of raising livestock for human consumption were around 18% of total carbon emissions. The respected World Watch Institute has recalculated the factors behind that number and now says it's more like 51%. No matter which number you use, it is a significant piece of the pie. Also, more people can be fed per acre of farmland when used for growing food for us rather than for livestock - a concern with our burgeoning population.

**But wait! I can't just give up what I've been used to eating my whole life and switch to eating carrots and celery sticks!** I love grilling and barbequing, too. If you feel that way, I hear you. I have found ways to still enjoy most of my old favorites! *Meatless hotdogs* and *chick'n nuggets and patties* have fooled meat-eaters. More kinds of *veggie burgers*

exist than I could possibly list (some better than others – ask for friend's recommendations), plus *veggie sausages*, *deli slices*, *ground meat analogs*, *roasts*, etc.. Try one on a Meatless Monday. See <http://www.VegMondays.org>. Give it a shot. You can find these products at Abundance!

What about eggs and dairy products? You'd be surprised how much like egg salad a *tofu egg-less salad* can be! You will also find choices of *egg-less mayo*, *cheese-less cheese*, *soy*, *almond*, *rice*, *coconut*, and other *dairy-free milks*, and *vegan margarine*. Substitute freely in your favorite recipes. Need new recipes? So many cookbooks, so little time... plus there are online vegan recipe sites, magazines, and our local Rochester Area Vegan Society. Their newsletters have a wealth of tasty, tried and true recipes in each issue.

So, what are you waiting for? Go shopping, get cooking, or grilling, or barbequing... Let's eat!

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