



Rutabaga Rap

The Fruit that Pinches Your Cheeks from the Inside By Joan Menefee, www.StrongerTogether.Coop

Last summer I learned that the "barb" in "rhubarb" is the same as the "barb" in Barbarian, which is a term the Greeks came up with for anyone who was not Greek. Depending on which dictionary you consult, "rhu" refers to the name of the river on whose banks it was originally found or to its purgative properties. So, to summarize, the name of this plant captures its medical origins as well as its outsider status. For almost five thousand years, rhubarb has been slowly marching toward my back yard, hand to hand, root ball by root ball, from root shavings to chutney to pie filling to carbonated soda. Despite a somewhat complex reputation, it keeps a place in our culinary and botanical network.



Societies have an interesting relationship with outsiders: as the etymology of "rhubarb" shows, we make sure to let them know they are different from us; but when we think nobody's looking we sneak to the back fence and hold hands, or in the case of rhubarb, swap seeds. Scholars have documented this plant as far back as 2700 B.C.E., though for much of that time people used only the roots to cure tummy aches and discarded the stalks and leaves. In *An Edible History of Humanity* by Tom Standage reports that rhubarb was one of several "spices" traded along the Silk Road as of the second century B.C.E..

My overheated imagination summons a pair of traders standing in the shade of their pack animals, a ceramic pot full of rhubarb preserves heavy in the hands of one and the other wincing as the tartness of the compote seizes his mouth. Or maybe rhubarb got sold as poison. Eleven pounds of the leaves will deliver a dose of oxalates strong enough to kill.

Which is why deer don't eat it and, therefore, why it is visible on working and abandoned farmsteads throughout the Upper Midwest.

Rhubarb, then, is a tough outsider that has managed to colonize the American landscape in a way that the Greeks never quite managed to colonize Central Asia. The plant has remained of interest to humans because of its flexibility: once medicinal, it now provides a tart-sweet finish to a meal, and once local to Siberia, it now dots northern North American



landscapes (sometimes quite anonymously), because the north provides enough cold to break dormancy and enough summer cool to allow gradual growth.

Each spring, pretty much as soon as the snow recedes, I begin checking the rhubarb patch. I check all of the perennials, in fact, because I never tire of watching plant bodies force their way out of the soil. Part horror movie, part miracle of nature, the stretching of plant fiber as the soil warms seems so improbable, especially in Northern Wisconsin,

where frost locks up the soil for months on end. In early spring, as the first few leaves breach the surface, I realize that the rhubarb knows a world inhospitable to me, a world as strange as the ocean or space, a nearby world whose alterations and dramas are barely apparent to me as I sleepwalk through my preferred element of air.

In the past five years, my husband and I have picked somewhere around fifty stalks a year. In cool springs, I bake a lot when the rhubarb is fresh and we barely have any left to freeze. But during the springs when I don't feel like turning on the oven, I microwave or stew it and it seems to retain its flavor well in the freezer.

If you do an internet search with the phrase "food as medicine," you will see ample evidence that, as a culture, we are presently in the process of answering some basic questions about why we put stuff in our mouths and chew it. The flippant answer, of course, is to stay alive. This is also a paradoxical answer, since so much of what we eat is unhealthy.

Judging from the amount of sugar called for in many rhubarb dessert recipes, people who prepare rhubarb (or at least recipe writers) dislike its flavor. I met a woman in a cemetery on Memorial Day in the early 00s, who not even liking the looks of it recommended that I add red food coloring to the recipe she dictated to me as we waited for the ceremonies to begin.

I, however, am fond of rhubarb's flavor, perhaps because sweet sits lowest on my flavor totem pole. I am also fond of foods that defy boundaries, ones which grab an eater's cheeks and pinch them from the inside. That rhubarb began its relationship with humanity as a medicine, one that forced us to disgorge the contents of our stomachs no less, makes me chuckle. Just as it fights its way out of the ground at the end of winter, rhubarb demands the respect of our palates. It tells my stomach what's happening in the ground near my house, without my conscious mind getting a word in edgewise.

That, too, makes me smile.

- See more at: <http://strongertogether.coop/fresh-from-the-source/the-fruit-that-pinches-your-cheeks-from-the-inside/>

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



# About Us

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

In a world of increasingly artificial, engineered, unhealthy and processed foods, natural food co-ops nationwide are providing access to safe, healthful and nutritious food to those looking. *Abundance is Rochester's only natural foods cooperative.*

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

We support a sustainable food system, both locally and globally. Our "Ends"

Policies support these shared values.

Currently our Co-op has over 1,800 shareholders, and is still growing strong! But you don't have to be a member to shop here. Anyone may shop at Abundance and benefit from our everyday low prices on

**"Basics"** as well as our bi-weekly Co+Op sale specials (Please pick up a current sales flyer and quarterly coupon books for extra savings in the store).

Purchasing a co-op share (cost \$100) is optional, and affords extra benefits and discounts. See our *Shareholder Application* for more details.

Abundance is a member of the National Cooperative Grocer's Association (NCGA) with 130+ other food co-ops nationwide. *Co+op = Stronger Together!*

Thank you for choosing Abundance—your locally-grown community-owned Co-op!

For more information about us, please visit our website at [www.abundance.coop](http://www.abundance.coop).

Revised March 2011



## Staff Directory

General Manager: Jim DeLuca Ext. 111		Center Store Dept
Administrative:	Kathy Peters, Merchandising Manager, Ext. 107	
Stuart Bartram, Financial Manager, Ext.110	Nazareno Runfola, Senior Buyer, Grocery Ext. 106	
Monique Marollo, POS & Website Coordinator, Ext 113	Diane Banks, Buyer, Bulk, Refrigerated & Frozen Foods, Ext. 108	
Richard Rowley, Financial Assistant	Nicole Rapone, Buyer, Supplements, Health, Beauty & General Merchandise, Ext. 105	
Richard Sauvain, IT Coordinator	Trevor Francis, Kevin Quail, & Alex Fairchild, Center Store Assistants	
Front End Co-Management Team:	Fresh Departments:	
Front Office Ext. 101	Eileen Perkins, Manager, Senior Buyer X112	
Jenn Rekos	Produce:	
Daniel Tomaz	Caitlin Holcombe, Produce Buyer	
Madeline Brown	Sharon Hamer, Assistant	
CS Supervisor: Payton Marovich	Deli & Cheese:	
Customer Service/Cashiers:	Zirrus VanDevere, Assistant	
Customer Service Desk Ext. 102	Rochelle Cain, Challis Mathes	
Richard Rowley	Deli & Produce Assistants	
Mary Gleason		
David Daunce		
Leah Goldstein		
Nada Eldehni		
Marketing: Chris Whitebell		

## 2012-13 Board of Directors

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Contact information provided for co-op related communications only.

*Co+Op = Stronger Together*

*The Rutabaga Rap*, our bi-monthly newsletter, is published for the benefit of all our customers. Printed on sustainably managed Eucalyptus paper, 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 2013.

Deadline for the next issue (Sep/Oct) is August 20th, 2013. Email Margie Campaigne, Editor Margie@Abundance.coop. Questions? jim@abundance.coop. Publisher: Abundance Cooperative Market. Contributors to this issue are: Jim DeLuca, Elizabeth Henderson, Eileen Perkins, Ken Rich, and Margie Campaigne. Duplication by: Pittsford Printing.



GM Musings July/August 2013

Super moon and heat wave and playful squirrels are on my mind. Walking to work this morning listening to Open Tunings, I heard Joan Osborne's *What if God Was One of Us* and had tears well up and fall down my cheeks. I was surprised by that. So I spent the last part of the walk trying to understand. What I connected with in myself is the wonder of being alive and how easy it is to forget that by becoming lost in my monkey mind of endless thinking.



Odhner at dodhner@gmail.com or attend any board meeting (Second Wednesdays at 7pm at the co-op).

The BALLE conference was inspirational and informative. More than 500 people from all around the country attended. My purpose in attending was to learn about other local BALLE chapters and how they started and fund themselves since Abundance is the founding organization for Local First Rochester. The conference opened with 5 amazing presenters (*Janine Benyus, Judy Wicks, Nipun Mehta, Mike Pearson, Mark Brand*) on the topic of Vision which each presenter brought around to love. Many tears of joy from many people since most of those in attendance are people who care about our future. From there I took sessions in how to increase diversity within local BALLE groups; how to create effective networks and how to know myself and my leadership style to be more effective. The event was held at Buffalo State University and I stayed in the dorm; my first time back at college in many, many years.

More of what is on my mind includes Abundance's search for a bigger, better location; our 9 door freezer in its death throes; lots of staff turnover; the big new Wegmans; the fall Annual Meeting; the kicking off of the Local First Rochester Business Alliance for Local Living Economies chapter and digesting the amazing BALLE national conference that was recently held in Buffalo.

The search continues. We are considering a particular spot and also pursuing a long shot. It is way too soon to tell what will happen, but the Board of Directors is working on creating an Expansion Committee to keep the momentum flowing.



The added competition of Trader Joes and the new Wegmans has affected our sales. When TJ's opened our sales dropped about 8%. We did pick up business when Wegmans closed on East and we have been pleasantly surprised that since they reopened on May 19 our sales have not been affected. At this point, I think that our fiscal year sales will be about the same as last year. This is due to our wonderful loyal shoppers; we are really grateful.

Change is what is constant. Since Emily moved on, Phil has also moved on. Caitlin has taken over as Produce Buyer from Phil, Madeline has taken on Caitlin's Front End Co-Manager role at the Customer Service desk, Payton has taken on Madeline's Customer Service Supervisor role and we have hired Challis Mathes to work with the Fresh group and Jacqui Dummer as cashier. Please join us in making everyone feel welcome in their new roles.

The Annual Meeting of the Membership of Abundance is scheduled for Sunday, October 6, 2013. We will post information pertaining to location and agenda as we get closer. We are seeking candidates for the board. If you wish more info, contact Daryl



Oh, on my way back from the Willie Nelson concert I did get to see the super moon for a brief moment. Juvenile squirrels in the front yard have been cavorting like gymnasts and well, it has been hot and humid; it was cooler in Atlanta, my old stomping grounds. Enjoy your summer!!

## The Benefits of Abundance Co-op Ownership:

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

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



As you wander down a city street you may notice the aroma of a freshly mulched garden (ahh, the smell of moist wood chips!), or you may notice that a series of raised beds has replaced a former lawn or parcel of unused or disused land.

Imagine being invited to pick a handful of mulberries, or to harvest fresh peppermint to take home for tea from one of these plots in the near future. Or upon exiting church, you notice a new garden bed with informational signs that suggest that the root of a certain plant can help heal broken bones, or that a plant with small pink flowers can help reduce fever when brewed into tea. The sign says you are welcome to harvest some of the plant for your personal use.\*

Lots of Food (LOF), a non-profit community wide project intends to make similar edible landscaping freely accessible and available to all local residents, while regenerating Rochester, NY as The (Edible) Flower City. Bring on those daylilies (*Hemerocallis fulva*) and Roses of Sharon (*Hibiscus syriacus*)! (Both are edible, nutritious perennial food sources.)

LOF was started this year by Program Director, Patty Love of West Brighton, as a program of Rochester Permaculture Center with Seeking Common Ground, Inc. Patty has earned two Permaculture Design Certifications (PDCs) and her enthusiasm for promoting and creating sustainable self-maintaining gardens has inspired others to join her in commitment to transform food growing and distribution in Rochester.

LOF gardens will provide healthy alternatives to fast food restaurants and small overpriced convenience stores selling little fresh food. All food will be free, whether or not you have had your hands or feet in the soil. LOF plans to gradually replace the city food desert with new ways of thinking about and acquiring food.

In that vein, LOF is currently collaborating with 11 local land owners to plan and create public edible food forest gardens throughout the city. Edible forest gardening is not necessarily gardening in the forest; it is gardening like the forest—creating a healthy ecosystem of mutually beneficial perennial plants chosen intentionally to maximize use of the space. Edible forests take about 3 years to come to fruition and are an investment in our future.

Each of the current LOF garden sites is unique, and garden designs will **accommodate each site's particularities, with goals of creating healthy, self-maintaining, high-yield gardens.** Several local families and organizations are already excited about converting their front lawns into productive food forest gardens to share with neighbors. Rather than maintaining lawn, they are choosing to put energy into co-creating with LOF low maintenance park like areas which can feed people.

The Montgomery Neighborhood Center on Cady Street plans to have benches in an herbal tea garden where one can pause, relax and enjoy nature. Already, neighbors there are spending more time outside on the **grounds, contemplating excitedly the garden's potential as raised beds** are built to accommodate Asian pears, herbs and hazelnut trees.

Masanobu Fukuoka, Japanese farmer and philosopher known for natural farming, author of *The One-Straw Revolution* said, "The ultimate goal

of farming is not the growing of crops, but the cultivation and perfection of human beings."

**"Public edible forest gardens can transform community relations, one's relationship with the Earth, as well as one's worldview. The ultimate goal of forest gardening is not only the growing of crops, but the cultivation and perfection of new ways of seeing, of thinking, and of acting in the world. Forest gardening is a tool for cultural, social and personal evolution. It involves a shift from the paradigm of command, control and domination over the natural world, to help us take our rightful place as part of nature doing nature's work. It is the art and science of putting plants (and people) together in patterns that forge mutually beneficial relationships, creating a garden ecosystem that is more than the sum of its parts."** (from *Edible Forest Gardens* by Dave Jacke with Eric Toensmeier).

The LOF project has the potential to grow something much larger than a food system, as volunteers join in co-creative participation with each other and Mother Earth to feed ourselves both physically and spiritually. Not only will LOF grow and share healthy, local, ecologically grown food. Volunteers will share and develop personal knowledge and skills while creating a resilient local economy as we regenerate and revitalize the land we steward.

Abundance Cooperative Market sponsored a raffle (remember the packets of yarrow seeds with LOF info incorporated onto the packaging?) at their April bEARTHday celebration, which raised \$114 for LOF. We used those funds toward the pear trees we purchased for the Montgomery Neighborhood Center site. If you are moved to join us, opportunities abound. LOF will be planning and planting edible food gardens throughout the city, so please stop by over the summer, grab a shovel, have some lemonade with us (better yet, bring some to share!).



*Look for LOF gardens springing up in these following locations:*

Episcopal Diocese on East Ave  
The Flying Squirrel Community Space on Clarissa St  
Small World Bakery on Canal St  
Rochester Greenovation on E Main St  
Little Flower Collective on Melville St  
South Wedge Mission on Caroline St  
Montgomery Neighborhood Center on Cady St  
First Universalist Church on South Clinton  
Residences at 951, 953, 959, and 963 South Plymouth Avenue  
Lynch-Bradford Residence on Seneca Parkway  
Peters-Duskin Residence on Post Ave

**We're looking for help building raised gardens, spreading mulch and planting, as well as creating signage and a logo.**

**If you would like to join Lots of Food's volunteer corps, please contact** klee.deborah@gmail.com or patty@lotsoffood.org.

LOF is also looking for donations of the following: tree spades, pitchforks, garden trowels, broad forks, mulch, soil testing kit, materials for permanent garden signs, organic edibles (fruit and nut trees, edible shrubs and plants, perennials).

For more info and updates on LOF projects, check our website at lotsoffood.org. \* *The medicinal plants mentioned above are comfrey and yarrow. (Patty adds: When using plant medicine, please empower yourself with the wisdom to do so safely.)*



**FRESH DEPARTMENT NEWS:** by Eileen Perkins

Cheese Happenings

**“First Light Farm and Creamery”** (East Bethany, NY) You have been enjoying their *Feta, Eastern Standard Garlic & Herb flavored Jack Cheese, and Cheddar. Now try the fellas’ line of Chevre!*

- o *Chevre, Original*
- o *Chevre, Garlic Dill*
- o *Chevre, Smoked Paprika*

**It’s LOCAL!**

**“Rumiano Family”** Organic Cheeses have been selected for our offering. They are not only delicious, and economical, but also Certified Non-GMO, Organic, Grass Fed Year Round and Certified Humane.

Check out the assortment we have picked for you!

- o *Mozzarella, sliced*
- o *Pepper Jack, sliced*
- o *Colby, sliced*
- o *Cheddar, sliced*



**“Jake’s”** Smoked Gouda Farmhouse Cheese (Deansboro, New York)

**It’s LOCAL!**

**“Organic Valley”** Grassmilk (100% Grass-Fed ) Organic Raw Sharp Cheddar Cheese Wedge

Produce Department News

Here, at Abundance, we are gathering plenty of greens and other veggies to support your commitment to **“locally grown”** well-being, and delight!

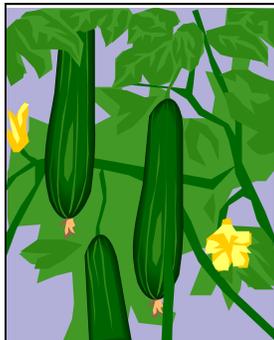


At the start of summer, look for gorgeous product from Bowman and Hill Farms, Stick and Stone Farm, Remembrance Farm, Rose Valley Farm, Windy Ridge Farm, Schoonmaker Acres, and Hill Top Farm.

Here is a glimpse of Lyman Hill’s offering moving into July:

Red and Green Lettuces, Beet Greens, Dandelion Greens, an assortment of Kale and Cucumbers, yes! Check these out for yourself.

Many, many farms are soon to make their appearance, as our local offering expands. Stay tuned!



# Welcome

## NEW Shareholders!!

Adam	Gerard	Morgan
Amy	Jay	Nathan
Andrew	Jocelyn	Patrick
Andrew G.	Jonelle	Paul
Bonita	Kathleen	Scott
Darren	Laura	Shawna
Diana	Maryann	Todd



**SALE!!! CITY DINING CARDS AVAILABLE AT COOP**

In each deck of City Dining Cards: Rochester Edition, you’ll find 50 \$10 discount cards to our favorite locally owned restaurants like Rocco, The Frog Pond, Lento, The Distillery, Pomodoro, Nikko and Hicks and McCarthy. More than 20 new additions to the deck this year, no blackout dates and every card is valid through December 31, 2013.



**ON SPECIAL:**  
**\$15 @ or**  
**2 for \$28**



## Board Talk By Daryl Odhner, Board President

I had the opportunity of attending the Cooperative Board Leadership Conference in St. Paul, Minnesota with General Manager Jim DeLuca in April. The Conference was sponsored by the National Cooperative Grocers Association (NCGA).

The NCGA is a business services cooperative for retail food co-ops located throughout the United States. NCGA represents 134 food co-ops operating more than 170 stores in 36 states with combined annual sales of over \$1.5 billion and over 1.3 million consumer-owners. NCGA seeks to unify natural food co-ops in order to optimize resources, and strengthen purchasing power, while maintaining individual autonomy.

The stated purposes of this conference were to:

- Explore the unique opportunity for food co-ops to grow and expand their impact in local communities all across the nation.
- Build a shared understanding among co-op board members and top management of the context, need, and opportunity for growing our co-ops.
- Help the top leadership of each participating co-op better understand how their co-op could have a greater impact in its community and contribute to the growth of the greater food co-op movement.
- Inspire co-op leaders to sustain a co-op development culture in their communities and to create a pathway to a decade of strong cooperative development.
- Create a better understanding of NCGA among boards, board leaders and top management and how NCGA's leadership supports the success of local co-ops, and build confidence for pursuing growth strategies with NCGA's support and resources.

Board Representatives and General Managers attended talks by representatives of Coops from around the country, relating their experiences with expansion and relocation. General Managers held additional workshops. Over 300 people attended the conference, representing over 100 cooperative groceries from around the country.

A central reality brought out in the conference was that while food coops have enjoyed positive growth in recent years, and

have been positive influences in their communities, coops face increasing competition from for-profit food enterprises poised to capitalize on the public's growing interest in natural foods.

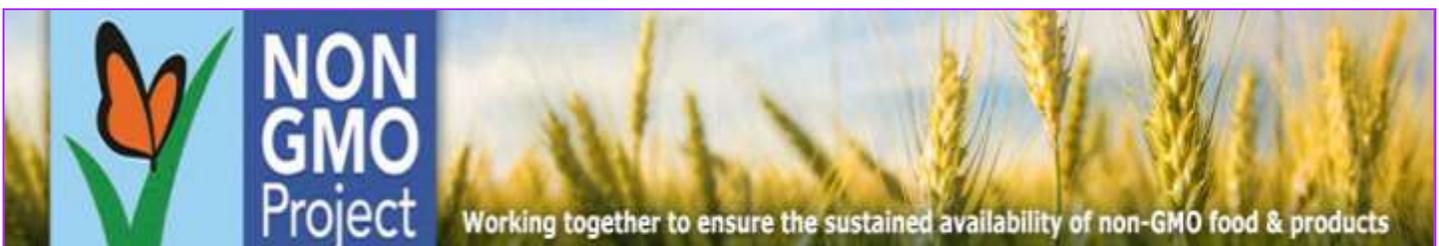
I invite you all to embrace the challenge to engage more members of our community as coop owners/shoppers, and expand our influence in this community.

On a separate note, I recently read *Locavesting*, by Amy Cortese. Ms. Cortese explains how local businesses/enterprises are the engines of a real healthy economy, yet we are starving our local businesses, and unwittingly financing large multinational corporations who are pretty much dedicated to moving jobs overseas, siphoning profits to far-off places, and out-competing our local enterprises. The Securities and Exchange Commission (SEC), founded to protect us, has become a barrier to local investing (in order to "protect" small investors).

This book describes some steps we can take to reverse this, and some longer-term initiatives to enhance local investing, such as the re-establishment of local stock exchanges (there were such things once), crowd-funding, and direct public offerings. I recommend this book.

**Monthly Board Meetings.** The Board generally meets on the 2nd Wednesday of every month from 7 pm until 9 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 send an email to Daryl Odhner, 406-5241, [dodhner@gmail.com](mailto:dodhner@gmail.com), one week prior to the meeting to be placed on the agenda.

Save the Date!  
Abundance Annual Meeting of  
Shareholders. October 6.  
Tay House Lodge  
Watch your email for further info.



## Pause-ta Refresh

Everyone likes something cold and refreshing to restore the fortitude to survive a brain-melting summer day. Sometimes you want a beer, or a watermelon, or ice cream, or a frosty glass of carbonated trade-secret blended sweet mystery tinctures. But if not in the mood for alcohol, caffeine, or eroding teeth, go for the pasta that refreshes, cold udon (the skinny kind, called sōmen) or soba, served with a light, soy-sauce-based broth. This Japanese summer refreshment startles Westerners, but makes sense when you think about what you really need on a hot afternoon on the farm.

In the evening, when you're thinking it's gonna be a hot one tomorrow, boil a bundle or two of Organic Planet's udon or soba or both for 5 minutes, then let it stand covered in the pot for 2 minutes. Tip the pot near a bowl, and urge the noodles out of the water with chopsticks. They'll schloop out in one mass, no colander needed! Empty the pot, put the noodles back, rinse with cold water, and schloop them into the bowl again. Refrigerate, and proceed to saucing.

2 cups water

7 tablespoons soy sauce

1 tablespoon agave nectar

1 teaspoon Sea Seasonings kelp with cayenne

1/2 teaspoon powdered ginger

1/4 cube (optional) vegetable bouillon

1/3 cup (optional) Crown Prince clam juice

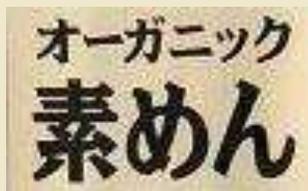
1 cup ice



Put 2 cups of water in the pan, or 3 cups if not using ice, crumble bouillon into water, add other ingredients (except the ice), and bring just to a boil. Pour the sauce into the teapot who has looked so forlorn since the snow melted. Add ice and refrigerate.

Then when it's time to pause-ta refresh body, soul, and stomach, put noodles in bowls, pour on 1/2 to 1 cup of sauce, sprinkle some minced scallions or chives and a pinch of Eden wasabi powder. Eat with chopsticks to maximize slurping, which maximizes the cooling effect.

I heard of a restaurant in the mountains: a small stream flowed down a rocky bed through the kitchen and dining area. The chef would boil noodles, throw them in the creek, which would rinse, cool, and deliver them to the table side. The servers would pluck the noodles from the stream and schloop them into the diner's bowls. Simplicity. Not even a menu! Gaah, I want to go...



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 Abundance.

We have 1690 likes on our Facebook page and would love for you to like us too. Plus, you could recommend us to your friends!  
[www.facebook.com/abundancecoopmarket](http://www.facebook.com/abundancecoopmarket)



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Permaculture is a system of ecological design that shows us how we can meet human needs while regenerating the natural environment around us.  
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**What is the “Monsanto Protection Act” and why are environmentalists so upset about it?**

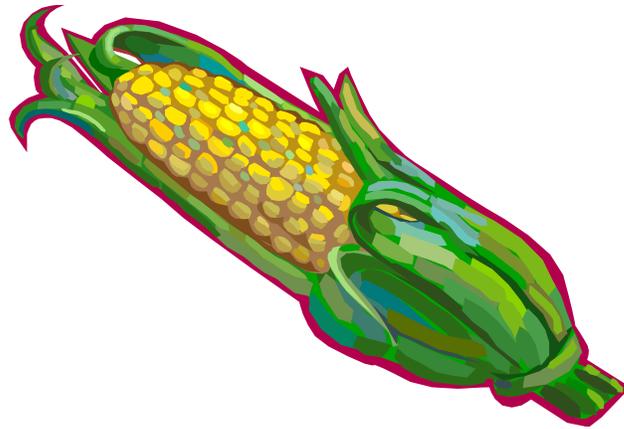
*From EarthTalk® E - The Environmental Magazine*

Dear EarthTalk: What is the “Monsanto Protection Act” and why are environmentalists so upset about it? -- Rita Redstone, Milwaukee, WI

The so-called Monsanto Protection Act is actually a provision (officially known as Section 735) within a recently passed Congressional spending bill, H.R. 933, which exempts biotech companies from litigation in regard to the making, selling and distribution of genetically engineered (GE) seeds and plants.

President Obama signed the bill and its controversial rider into law in March 2013 much to the dismay of environmentalists. It means that Monsanto and other companies that supply the majority of the nation’s crop seeds can continue to produce GE products regardless of any potential court orders stating otherwise. Opponents of GE foods believe that giving such companies a free reign over the production of such potentially dangerous organisms regardless of judicial challenge is a bad idea—especially given how little we still know about the biological and ecological implications of widespread use of GE crops.

Today more than 90 percent of the corn, soybeans, cotton, sugar beets and canola planted in the U.S. is derived from seeds genetically engineered by Monsanto and other companies to resist pests and thus increase yields. Aviva Shen of the ThinkProgress blog reports that, instead of reducing farmers’ use of toxic pesticides and herbicides, GE seeds are having the opposite effect in what has become a race to keep faster and faster developing “superweeds” and “superbugs” at bay. With Congress and the White House refusing to regulate GE crops, the court system has remained a last line of defense for those fighting the widespread adoption of genetic engineering—until now, that is, thanks to H.R. 933.



Monsanto isn’t the only seed company heavy into genetic engineering, but it is the biggest and most well-known and spends millions of dollars each year on lobbyists to keep it that way. Critics point out that the company has spent decades stacking government agencies with its executives and directors. “Monsanto’s board members have worked for the EPA, advised the U.S. Department of Agriculture and served on President Obama’s Advisory Committee for Trade Policy and Negotiations,” reports the group Food & Water Watch. “The prevalence of Monsanto’s directors in these highly influential positions begs a closer look at how they’re able to push the pro-GE agenda within the government and influence public opinion.”

“The judicial review process is an essential element of U.S law and serves as a vital check on any Federal Agency decision that may negatively impact human health, the environment or livelihoods,” reports Food Democracy Now! “Yet this provision seeks an end-run around such judicial review by preemptively deciding that industry can set its own conditions to continue to sell biotech seeds, even if a court may find them to have been wrongfully approved.”

Another concern of safe food advocates now is getting the government to require food makers to list GE ingredients clearly on product labels so consumers can make informed choices accordingly. “Not only is [GE] labeling a reasonable and common sense solution to the continued controversy that corporations like Monsanto, DuPont and Dow Chemical have created by subverting our basic democratic rights,” adds Food Democracy Now!, “but it is a basic right that citizens in 62 other countries around the world already enjoy, including Europe, Russia, China, India, South Africa and Saudi Arabia.”

CONTACTS: ThinkProgress, [www.thinkprogress.org](http://www.thinkprogress.org); Food & Water Watch, [www.foodandwaterwatch.org](http://www.foodandwaterwatch.org); Food Democracy Now!, [www.fooddemocracynow.org](http://www.fooddemocracynow.org). EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine ([www.emagazine.com](http://www.emagazine.com)). Send questions to: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com). Subscribe: [www.emagazine.com/subscribe](http://www.emagazine.com/subscribe). Free Trial Issue: [www.emagazine.com/trial](http://www.emagazine.com/trial).

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## JUST LABEL IT!

By Elizabeth Henderson

At the moment, people in this country have no way of knowing whether the foods we buy are Genetically Engineered (GE) or contain GE ingredients because the Food and Drug Administration (FDA) does not require labeling of GE foods, even though it has full powers to do so. FDA requires food producers to put labels on products with nutrition facts, ingredients, vitamins, and the presence of known allergens (e.g., milk, soy, and nuts), but does not believe we need to know whether our food contains genetically modified ingredients. Neither does the government of NYS.

A groundswell of energy to push to label GE foods is underway. Since the defeat of Proposition 37 in California, drowned by a flood of corporate money, labeling initiatives are underway in over 30 states and at the federal level. There were close to 400 people at the Rochester March Against Monsanto! and demonstrators in 400 other cities around the world!

Senator Boxer and Representative DeFazio are sponsoring federal GE labeling. In NYS, a coalition that includes GMOfree NY, NOFA, Food and Water Watch, Hunger Action and the Sierra Club is campaigning for a newly rewritten state labeling law – A 3525 - S 3835. This bill will require that all genetically engineered food offered for retail sale in New York be labeled as such.

If you want the right to know what is in your food and the right to make informed choices about what you choose to eat, please email FDA and tell them to start serving us instead of Monsanto. Then tell your representatives on both the state and federal levels. AB 3525/SB 3835 did not move out of committee this spring. Let's get momentum building through the next few months so that NY can join Connecticut, Maine and Vermont in passing GE labeling. Then GE labeling for the whole country will be next!

For more information  
and the latest action alerts  
see [www.gmofreeNY.net](http://www.gmofreeNY.net)



## ONCE AGAIN NUT BUTTER: Supporting Cooperative Economic Development - from Stronger Together

Since 1995, Once Again Nut Butter (OANB) has been helping Jubilee House Community, a charity developing an expanding economic base for cooperative farming in Nicaragua. Beginning with sesame seeds planted in a four-acre plot provided by OANB, the cooperative effort between the worker-owners in Nunda, NY (home of OANB) and the worker-owners in Nicaragua has established 11 separate Nicaraguan co-ops supporting 2,000 families. Since the Nicaraguan climate allows three growing seasons, a cotton crop grows between the sesame seed rotations. The sesame seeds are used to make tahini, and OANB provided equipment for Jubilee House to develop a sewing cooperative that uses the organic cotton. When Hurricane Mitch devastated Nicaragua's economy and farmland, OANB provided micro-loans to restore farmer's fields and re-establish their crop rotation. The success of these projects and the cooperative model attracts more farmers into the program every year.

OANB invests directly in building fair trade infrastructure and economic development. They are among the few companies that directly invest in this way, since it requires a much larger commitment. The time and financial resources needed to raise the standard of living among entire farming communities take decades to see to fruition. This effort has meant working with local community members and organizations to ensure they have access to medical care, education, clean drinking water and adequate housing.

The founders of OANB, Jeremy Thaler and Constance Potter (*long time Abundance members*), first met while establishing the Mifflin Street Co-op, a food co-op in Madison, WI. They shared a common belief in worker-owned collectives, organic and sustainable farming and the power of community. Upon leaving Madison and moving to Rochester, NY, they established both a whole-grain bakery that used a barrel roaster for granola production and a worker's cooperative distribution company called Clear Eye Distribution. A chance question from a friend – “You have a barrel roaster, why don't you use it to make peanut butter?” – led Jeremy to found OANB in 1976. When Jeremy and Connie left Rochester for a more rural area, they moved OANB into their 800-square foot basement where they manufactured peanut butter until the purchase of the current facility in Nunda, NY in 1981. The name, “Once Again Nut Butter,” comes from Jeremy and Connie, who “Once Again” created an employee-owned company.

One of accomplishments of which OANB is most proud is the instrumental role they played in developing organic peanut-growing standards for the US. They subsidized the organic peanut crop for its first five years and are the first company in the nation to introduce Organic Valencia Peanut Butter. In addition, they hold the patent on the “No Stir” organic peanut butter process. OANB has continued to grow over the years by expanding their product line and acquiring Dawes Hill Honey in 1992. Since that acquisition, they have engaged in honey farmer sustainability projects in Central, South and North America. OANB is thrilled to be able to support cooperatively-based economic development, fair trade and sustainable farming as an integral part of the way they do business.

**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.**



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## The Farm Bill and Our Local Farms/By Elizabeth Henderson

Eighty degrees. Thirty two degrees. No rain. Four inches in three days. Yet in the competition for most erratic behavior, our Congress is outpacing Old Mother Nature! This does not make farming near Rochester any easier. When I started farming in Wayne County in the late 1980's, there was a pattern to the weather that helped you know how to plan farm work. That pattern is gone. Gone too is the pattern in public food policy that was set in a Farm Bill every 5 years.

This week, I traveled to DC along with four other representatives of the Northeast Organic Farming Association (NOFA) to join with the National Organic Coalition (NOC) to lobby for passage of a Farm Bill. NOC is a multi-stakeholder group that includes four organic farming associations, consumer organizations Food and Water Watch and Consumers Union, the National Cooperative Grocers Association (Abundance is a member), the Organic Seed Alliance, Equal Exchange, the Union of Concerned Scientists, and Center for Food Safety, and has a focus on keeping the integrity of the National Organic Program. Together, we hire our own lobbyist, though we can afford only half of his time. Once or twice a year, the members converge on DC to visit Congress.

Our NY delegation had appointments with all four NY Congressmen on the House Ag. Committee and with our two Senators. Top NOC priorities are funding for the Organic Certification Cost-Share, organic research and conservation, and data collection that will help organic farmers collect crop insurance. The Cost-Share amounts to 75% of organic certification fees up to \$750, a modest amount of money that makes a big difference in the budget of a small farm. Organic farmers also hope that Congress will once again fund the new farmer program and the Farmers Market Promotion Program (FMPP). An FMPP grant funded NOFA's Neighborhood Farm Share project.

By the time you read this article, we will know if Congress has passed a Farm Bill. At this moment, I cannot predict with any certainty whether this will happen. The House Republicans want to cut \$20 billion from SNAP, the food stamp program for low-income people, at a time when more people need it than ever before. They compete in thumping the Bible claiming to find justification for starving the poor. The things they say would be funny if the potential effects were not so devastating. Meanwhile, these same representatives want to keep and even raise the crop insurance payments that enrich insurance companies and the biggest corporate farms. With a Congress like this one and the upcoming free trade agreements with the Pacific Rim countries and Europe, the Abundance commitment to buying from local farms is more important than ever!

## CALENDAR OF STUFF

JULY

AUGUST

Canada Day July 1st  
 Independence Day July 4th  
*Coop Closed*  
 Coop Board Meeting July 10th  
 Full Moon July 22nd



Coop Board Meeting August 14  
 Full Moon August 21



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## GREENING YOUR TEDDY BEAR PICNIC - 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
- \* 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**. A new movie called "Forks Over Knives" has to do with our diets and health. You can also find out a lot from the plethora of doctors touting plant-based eating such as Michael Greger, Neal Barnard, John McDougall, Joel Fuhrman, Dean Ornish, Mark Hyman, etc.

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 barbecuing, too. If you feel that way, I hear you. I have found ways to still **enjoy most of my old favorites!** Meatless hotdogs, sausages, 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 **friends' recommendations**), plus **veggie 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 in Abundance, regular supermarkets, health food stores, and co-ops.

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 Vegetarian 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 barbecuing... **Let's eat!**

Extra tip from "Recycleboxbin.com": Traveling this holiday weekend? Eating in the car or picnicking? Keep a container for recycling in your car. Most rest stops don't offer recycling (Why is that?). By producing less waste and taking care of our own recycling, less governmental money is used for trash removal and less trash to the landfill.

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