

North Country



Food Co-op

For the community.

By the community.

The Community Web

Voices and Choices

Nov./Dec. 2013

www.northcountryfood.coop

NORTH COUNTRY FOOD CO-OP: YOUR PLACE FOR ALTERNATIVES

By Patwa

Co-op Store Staff

Many years ago the Co-op had a staff member who was a celiac. Fortunately, the Co-op had a distributor which carried products from EnerG(www.ener-g.com), who had a full line of food products for people with dietary restrictions. Then the gluten free revolution hit and so many folks have had to adjust their diet. Because we have maintained a strong gluten free(GF) section through the years, located across the aisle from the freezer and in the freezer, customers have been able to find food to eat.

We've been told that a GF section like ours is hard to beat and find. Yay us, however gluten free is not the only alternative available at the Co-op. The NCFC also carries vegan foods, meat alternatives, raw foods, and sweeteners for diabetics. Below is a list of some of the alternatives, their top sellers, and their location in the Co-op. So come on in and let the Co-op be your store for alternatives. Mangia!

Gluten Free (GF)

PIZZA, BAGELS, BAGUETTES:

Against the Grain (in freezer)

BREAD: Udis (in freezer), EnerG (GF aisle)

PASTAS: Tinkyada(rice), Ancient Harvest(Quinoa) (GF aisle)



COOKIES: Pamelas, Dr.Lucy's, Alternative Baking Co., Jennies
FLOURS, BAKING MIXES AND SUPPLIES: Bob's Red Mill, Namste, EnerG (GF Aisle)
TORTILLAS Food for Life (freezer)
BURRITOS AND WRAPS, Glutenfreeda(freezer)

Vegan

CHEESE ALTERNATIVES: Follow your Heart, Lisanatti, Daiya, Soya Kaas (refrigerated case)

BUTTER/MAYO: Veganaise (tastes almost like reg. mayo), Follow you Heart, Earth Balance (refr. case)

SWEET TREATS: Simple Foods carob treats (Below bulk coffee)

Raw food

SLAW/KRAUT/KIM CHI: Bad Ass Organics, Crooked Carrot, Real Pickles (refr.case)

MACAROONS: Emilies (end of

gluten free aisle)

Sweeteners

AGAVE NECTAR liquid and packets, Stevia (Northwest corner of bulk room)

BEVERAGES/SODA:

Zevia(beverage case)

Frozen Deserts

Coconut Luna and Lary's, So Delicious, (frozen desert freezer-east of the front registers). Soy Tofutti and Tofutti Cuties (muy yummi!)

Meat Alternatives

SAUSAGES, DOGS, BURGERS

AND SLICES: Tofurkey(grain meat), Field Roast(grain meat), Soy Boy, Wildwood(refr. case)

Milk Alternatives

ALMOND MILK, COCONUT MILK, SOY MILK: Blue Diamond, So Delicious, Organic Valley(refr. case) and in bulk room. NOTE:



Some milk alternatives and brands put wheat in products, so read carefully if you are gluten-free.

Sugar Free

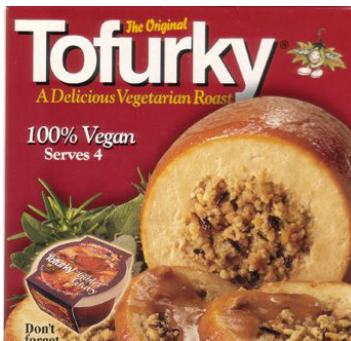
APPLE BUTTERS: Cross Creek Farm(in bulk room with jams and jellies)

Hard to Find

CANNED SOUP, especially Cream of Mushroom that's gluten-free
MANY FLOURS AND BAKING ITEMS from all-purpose mix to garbanzo bean, quinoa, almond, egg replacer, xanthan gum... you name it (Bob's and EnerG).

ORGANIC CRANBERRY SAUCE GRAVY MIXES (dehydrated packets) that are vegan and/or gluten-free

WORCESTERSHIRE SAUCE that's vegan (Annie's)... great for vegan "Chex" Party Mix!!!!



HOLIDAY ALTERNATIVES

TOFU-PUMPKIN PIE FILLING

By Marsha Lawrence

A dairy- and egg-free alternative to a classic dessert.

Adapted by Marsha Lawrence from 1991 Vegetarian Times recipe by Amanda Cushman.

1. Preheat oven to 350 degrees.
2. In food processor or blender (Marsha used processor) combine all ingredients below:

- 1 package Silken tofu (14 ounces)
- 1 can pumpkin (15 ounces)
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- ¼ tsp. ground nutmeg
- ½ tsp. salt
- 1 tsp. vanilla extract
- 4 TBSP. maple syrup
- ¾ cup light brown sugar



- 1/3 cup So Delicious Original Coconut Milk Creamer
- 3. Process all until smooth, about 3 minutes.
- 4. Pour filling into crust of your choice OR bake in spray coated pie plate as “crustless” for a thick “pudding”. Can also bake entire amount in individual spray coated custard cups (bake 30 min for small cups).

5. Bake pie for at least 60 minutes, perhaps a bit longer until firm and not bubbling.
6. Cool completely prior to serving.
7. Top with something yummy like soy “whipped cream” in a can, regular whipped cream, or So Delicious vanilla ice cream.

OPTIONS: If leftover from amount for pie, bake remainder in custard cups.

- Original recipe gave 5 TBSP chopped, candied ginger as option by using 3 TBSP during last 30 seconds of processing. Then last 2 TBSP added to top of pie as it cools. (Do not use the ground ginger if you use this option.)
- Original recipe used firm tofu, which does make firmer custard but has a less smooth texture.
- Toasted pecans sound like they’d be good on this dessert as well.

STUFFED BUTTERNUT SQUASH FOR HOLIDAY DINNER

By Marsha Lawrence

Adapted by Marsha Lawrence from original squash with apple and cheese from Jane Brody’s Good Food Book. SERVES 4

For those of you wanting an alternative but don’t like or want tofu or Tofurkey. This is gluten-free, soy-free and vegan. Marsha added in components to taste like traditional turkey “stuffing” since this is her favorite flavor from a holiday meal.

Bake squash hours ahead to give time to cool, or bake day ahead. See step 1 below.

- 2 small butternut squashes
- 2 TBSP canola oil
- 3 cups peeled, coarsely chopped tart apples
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 10 sage leaves (dried or fresh)
- ½ tsp. salt
- black pepper to taste
- ½ cup toasted and chopped pecans
- ¼ cup lemon juice
- 2 TBSP dried currants
- 10 Italian Breadsticks (Schar brand are vegan and gluten-free), coarsely broken by hand
- OPTIONAL: ½ cup Daiya mozzarella cheese or ½ cup Swiss cheese if dairy OK.



1. Cut squash in half lengthwise. Scoop out and discard seeds and strings. Place cut side down in about half an inch of water and bake at 350 degrees until tender... at least 30 min, perhaps more.
2. In large non-stick skillet, heat canola oil. Sauté onions, apples, celery, sage leaves, salt and pepper for about 5 minutes.
3. While these sauté, scoop out some of the cooked squash and save it. Leave a generous amount of squash in the skin. You just scoop out enough squash to make a vague boat shape for the filling.
4. Turn skillet to lowest setting. Stir in

toasted pecans, lemon juice, currants, and saved squash. After these are thoroughly mixed, stir in the broken bits of breadsticks. Mix well. Turn off burner.

5. Fill cavities of the scooped-out squashes. Put filled squashes into shallow baking pan. Leftover filling can be baked separately in a spray-coated shallow baking pan. There is leftover filling for sure.
6. Sprinkle tops with cheese, if used.
7. Cover baking dish or dishes with foil. Heat at 350 for 20 to 30 minutes until heated through.

HOLIDAY ALTERNATIVES

VEGAN CHOCOLATE CAKE

By Adrienne Munger

Adrienne grew up as a North Country Co-op shopper and is currently a vegan baker extraordinaire and student at College of the Atlantic. See the realm of possibilities in vegan cake baking at her blog site: www.compassionatecake.blogspot.com/

Thoughts about the chocolate vegan cake: This is one of the first successful vegan cakes that I made. The original recipe is from my great-grandmother as choc. Depression cake. It is very rich and chocolatey. You can tell if you use a higher quality baking cocoa, so a more expensive brand is worth it. I like the Lake Champlain baking cocoa best.

There are so many possibilities for this cake. It tastes amazing with just powdered sugar sprinkled over it. Or you can choose a fruit jam (raspberry or strawberry go well) and spread the cake with it and slice fresh fruit to garnish. Or you can make a chocolate ganache and add another layer of chocolate intensity to the cake.

Chocolate Depression Cake

In a large bowl mix:

- 3/4 Cup oil (canola or veg.)
- 2 TBS vinegar (white or apple cider)
- 1 tsp vanilla
- 2 Cup cold water

In a medium size bowl mix:

- 3 Cups flour
- 2 Cups sugar
- 10 TBS cocoa powder
- 2 tsp baking soda



1/2 tsp salt

1. Add the dry ingredients to the wet ingredients. Stir gently and try to get any big lumps out as best as you can.
2. Grease and flour the baking pans you are going to use. You can either use two round 9 in cake pans or a big 9X13 pan.
3. Bake at 350 until done. 20-30 minutes (2 round pans). It will take longer if you do one big rectangular pan.
4. Cool before removing from round pans. Do not frost or garnish until completely cool.

Simple Chocolate Ganache

(recipe from Vegan with Vengeance by Isa Chandra Moskowitz)

In saucepan with room to stir:
3/4 Cups soy milk (or another nondairy milk--soy creamer works very well here)

6 TBSP vegan margarine (I like "Earth Balance" brand)

See step 1 below.

10 ounces chocolate chips (be sure to read your labels and find a chocolate that is dairy-free)

1. Heat nondairy milk on medium heat until it comes to a low boil and then add the margarine until it melts.
2. Turn off the heat and stir in the chocolate chips, stirring until they melt.

3. Remove from the stove and let

it sit somewhere to cool off for about an hour.

Notes/Hints: It will then have a pourable consistency. If you want it to be more of a spreadable consistency you can stick in the fridge for another hour.

Try berry jam between 2 cake layers, ganache on top layer with fresh berries to garnish. DELICIOUS and lovely.

This is a simple cake and ganache to "play with", so be creative with what you try between layers and use as garnish!

GLUTEN FREE, DAIRY FREE & SOY FREE PIE CRUST

By Anola Archibald

Anola is locally famous for her homemade apple pies at Plattsburgh United Methodist Church. She had to adapt her recipe to meet family food sensitivities. ALL ingredients listed are available at North Country Food Co-op.

Makes 1 two-crust pie. For best results, make and bake the pie a day ahead of time because the crust will be moister as it softens overnight.

Also, because the oil and milk will break down if the uncooked crust is left sitting, make sure you have your filling ready prior to making the crust.

The basic dry ingredients mix comes

from a cookbook. If you make the "mix" ahead of time, store in an airtight container and be sure to shake it up before measuring it out for the recipe.

Basic mix (enough for 4 recipes of crust) – stir together:

- 3 Cup potato or tapioca starch
- 2 Cup chickpea flour
- 2 Cup brown or white rice flour
- 1 Cup arrowroot starch

To make the pie crust:

Mix together 2 cups of the above basic mix above and 1 heaping tablespoon of Xanthan Gum (spelled as xanthum gum sometimes)

In a separate bowl – DO NOT STIR

2/3 Cup canola oil

2/3 Cup almond milk

Pour liquid into flour mixture, stir until smooth – do not over stir.

Roll out half of the dough between waxed paper. Remove top sheet of wax paper, leave the dough on the bottom sheet of wax paper, flop it over the pie pan and then remove wax paper. Do not handle the dough much. Repeat.

Fill and bake in an aluminum pie pan at 450 until golden brown. Has not been tested in a glass baking pan (probably lower temp to 425).

CROW MASSIVE

Sounds of Nature

By Patwa

Been working on this all summer, down by the river
Accompanied by a heartbeat drum
beat of your pace and choosing

Cicada sing, deep in the heart of everything
Awaken, arise, take to the skies, fly...sing

Mighty tree sing, deep in the heart of everything
Reach into the ground, up into the blue,
across the heavens...sing

Cricket sing, deep in the heart of everything
Ring..eternity of the soul, in the river roll...sing
River sing, deep in the heart of everything



Roll on, flow letting go, going...home
Rainbow sing.....(you finish)

One more alternative: TEMPEH

Tempeh (pronounced temp aay) What is it? A fermented soy product which is fermented. In the process extra amino acids are added which gives tempeh all the amino acids. This is why tempeh gives one the feeling of being full. Fry it crispy in high temp cooking oil and serve it with dip or in a sandwich. (I once had a tempeh reuben at a place called the Cliffhanger in Keene that I still savor) Or just cut it up into cubes and stir fry it. Any way you cook it, just get it in ya. (Location in Co-op: in refrigerated case.) NOTE: some multigrain tempeh is not wheat-free, so read labels if you need to be gluten-free. Also, not an item to eat raw like the other soy product, tofu.

Board Notes FALL NEWS FROM CO-OP BOARD

- Good responses to promotions for non-GMO month and giveaways for weekend of 10/12.
- Work continues on the new flooring on second floor.
- Loan was approved for a new roof.
- CPA hired and new financial system coming to establish more accurate accounting and budgeting capabilities.
- Co-op is joining the Downtown Association and has a representative for these meetings.

ABOUT US

Our mission: Healthy food at affordable prices

Things to know about the North Country Food Co-op

We are a member-owned store, providing groceries, dairy, frozen foods, local and regionally baked breads, supplements, household supplies, bulk foods, teas, coffee, cards, and more. The store is open to all — you don't need a membership to shop here. We accept major credit cards, EBT cards, Cardinal Cash, and strive to maintain a warm, friendly atmosphere.

The second floor of the Co-op contains a community room which can be used by anyone, for a modest fee. Inquire within.

COME CHECK US OUT: We are located at 25 Bridge St. in downtown Plattsburgh.

HOURS: 9 a.m. to 7 p.m. Monday through Friday; 9 a.m. to 5 p.m. Saturday; noon to 5 p.m. Sunday

CONTACT US: Phone: 518-561-5904. Online at www.northcountryfood.coop

"LIKE" US ON FACEBOOK!: <http://www.facebook.com/northcountrycoop>

MEMBERSHIP OPTIONS

To join, fill out a membership form at the Co-op and pay the annual membership fee.

- **Working member:** Must work 2 hours each quarter throughout the year to receive a 10% discount.
- **Core worker:** 2hrs/week, 20% discount(arranged with Co-op)
- **Non-working Member:** No work required, 5% discount
- **Senior Member:** 62 or wiser (old-young it's all how you feel), no work, 10% discount

Note: Members must show their up-to-date cards, including working responsibilities, at the register to receive discount. Working members must complete their first quarterly work requirement before receiving 10% discount.

Co-op Board

board@northcountryfood.coop

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Maureen Faucher
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Charles Loscalzo
Russell Puschak
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