

North Country



Food Co-op

For the community.

By the community.

The Community Web

Voices and Choices

July/August 2014

www.northcountryfood.coop

HOT FUN IN THE SUMMERTIME

By Pat Ostrander
Co-op Staff

A hhhh....that's it! A warm evening, crickets chirping. Stars shining brightly in the heavens above, a cold refreshment of your choosing in your hand, mosquitos being pesky, still it's summertime... "and the living is easy".

Well...maybe it's a bit too hot, muggy, too buggy, maybe I was just dreaming, but this is a great time of the year to just chill and relax. Take a nice stroll, behold some beautiful wildflowers(go ahead, pick some), head on downtown to the Co-op for some things that can help make your summer experience joyful. The Co-op has so much to offer for all diets (vegan, gluten free, raw). Come on in. We'll feed ya.

Or go next door to Twenty Below for an ice cream cone or a deli sandwich, relax at the Yoga Place, or head around the corner or up to Margaret St. for some Mexican, Tibetan or Thai food, or to that cool new Bistro(welcome to the neighborhood), or to the Kat for iced java, whatever you do, bring it downtown this summer. Keep your money and good times here. Kick up your heels and enjoy. Just watch out for thunderboomers!

Here are some Co-op suggestions:

PRODUCE: a crisp apple, a banana, or an avocado

BEVERAGES: Cold water, teas, Kombucha, Zevia (soda sweetened with stevia for diabetics),

FROZEN TREATS: Nutty bars and dream pies from Rice Dream, pints of ice cream from Julies and alternatives such as Tofutti Cuties or coconut ice cream.

DELI STUFF: cheeses, cold cuts from Applewood or The Piggery, hummus, tabouli salad, dumplings, or some Earth Café vegan, raw cheesecake.

CHIPS of all kinds made from everything from potatoes to quinoa.

BULK: Make your own trail mix or granola. We have all the dried, fruits and nuts to make it so.



LOCAL FOOD

The BEEEG CIRCLE

BLUE COLLAR BISTRO

By Pat Ostrander

Co-op Staff

This is a new series to bring attention to other people, activities, and venues in our community. Time to make all the necessary connections so as to weave together our beautiful web. We'll start with a new place to eat just up and around the block: The Blue Collar Bistro, right next to Himalaya Restaurant (how's that for options). The first thing I ate in this cool looking new place was a sandwich called "The Cuban". I got take-out and ate beneath the Eagle monument (McDonough), up the hill from the rolling Saranac River. Yummmmm!!! Slices of pork, ham, swiss, pickles, with house made mustard on a tasty Panini. With fries sprinkled with tasty fry spice, a meal which transported me to a beach in Havana signing "Guantanamo".

Owner Cindy Snow, who has delighted the community with her spice packets, sold here at the Co-op, and food at the Farmer's Market, has a nugget here, with a menu that will lure you back. And reasonably priced. Muy Bien. Bravo. A perder de mi boca. I can recall when this town had numerous varieties of Italian food, which I love. But now we have a truly diverse and international array of food venues: Mexican, Thai, Tibetan, Greek, and of course Woos. A good thing, as the local truly becomes global. For me it's all cosmic. Peace out.



In the Store

WHAT'S NEW

PRODUCTS FROM THE PIGGERY IN ITHACA NY.

Bacon, cold cuts, hot dogs, and other goodies. The Piggery is a family of small, New York farms proudly raising heritage breed hogs on sustainably managed pastures. Their meats are handcrafted in their farm's family butcher shop. According to The Piggery folks, Piggery hogs are fed a balanced diet (for a pig) consisting of greens, waste dairy products, sunshine and small grains. All components working in synergy." For more go to www.thepiggery.net.





THE PERFECT BURGER

By Pat Ostrander

Co-op Staff

My sister in Burlington used to claim she was on a quest to find the best veggie burger. She traveled far and wide, even making it to the famed Moosewood Restaurant in Ithaca, where she was disappointed.

Actually she eventually found that the best veggie burger was her own creation, as she is a great cook. Here at the Co-op there are many burgers, both meated and not for the Co-op shopper to try and find your favorite.

Here is a list of the burgers offered:

Meat

GROUND BEEF- Conroys or Kilcoyne, both of local origins, each \$5.99/lb

GROUND TURKEY- Organic Prairie \$10.99/chub or Stonewood Farms \$7.49/chub



Meat Alternatives

AMY'S QUARTER POUNDERS (soy) \$7.99/ four burgers in freezer

WILDWOOD BURGERS (Soy) \$4. For two burgers in refrigerator

SUNSHINE BURGERS (my fave) Original or shitake mushroom \$5.49 for three burgers in freezer

NATURE'S BURGER MIX bulk mix sells for \$6.55/lb So you can make your own instructions are on label on bulk bin

My sister's fave veggie burger

All amounts are vague, perhaps as a veggie burger should be. My sister, after all did live on Haight Ashbury Street back in the day. Have fun and enjoy

Ingredients: Cooked short grained rice 1cup?

Grated cooked zucchini, carrots.....?

Diced cooked onion (you got it...?)

Garlic

Thyme

S&P

Tahini 1-2Tbspns

Flour ½ cup(Alt GF flour)

Mix together (try to love one another right now), fry till done (the burger, I mean). Serve it any way you like. She says the tahini is what "ties it all together" as the Dude would say.

From Garden to Table: Plant a Row for the Hungry

Welcome back to the second year of Plattsburgh Plant a Row for the Hungry (PAR)! Not everyone has access to a rich harvest produced by backyard gardeners, community gardeners, and local farmers. The broad mission of Plattsburgh PAR is to provide fresh produce to underserved populations in the local community. We provide the infrastructure and volunteer labor to ensure that your harvest finds its way to those who need it most.

We've already identified a number of agency partners who enthusiastically said "yes" to receive produce from of our Plattsburgh PAR campaign. These agencies include: Interfaith Food Shelf,

JCEO, Senior Citizen's Council of Clinton County, Salvation Army Soup Kitchen, St. Peter's Church Soup Kitchen, and St. Alexander and St. Joseph's Church Soup Kitchen. The need is great:

- Over 50 million Americans live in households that experience hunger or the risk of hunger daily.

- Almost 17 million people facing hunger each day are children.

- 14.9 percent (17.9 million) of U.S. households were food insecure at some time in the past year.

- In Plattsburgh, 500 households per month

receive emergency food from the Interfaith Food Shelf.

- In Plattsburgh, 50-100 individuals (including families and children) request a meal from a local soup kitchen each week.

Volunteers needed! Would you like to help pick up and transport produce on specific days and times? Would you like to help with cleaning and bagging produce that arrives at our distribution points? We can add you to our list of volunteers for the 2014 growing season as part of our regular volunteer staff, or for "on call" help. To participate in Plattsburgh PAR, contact Beth Dixon: 562-2242 or dixba@verizon.net. Check our website at harvest time for pick-up and drop-off sites, days, and times: www.plattsburghpar.org.

BOARD UPDATE

An update on our renovation!

We have several exciting updates concerning our 40th we'd like to share with you:

First, we've raised a total of \$266,000 to date, \$78,000 of which was in member loans! We also just applied for an Empire State Development Grant for another \$48,000 recently and we should know whether we are awarded these funds by October.

Second, the Co-op's Board of Directors has formed a Renovations Committee that has been meeting with the Co-op's architect and store designer to create a final renovation

plan and budget. Since the planning process will involve weighing different options for rearranging the entire store space and will even look at how to expand into the Co-op's second floor, it will take much of the summer to complete-but good planning always pays off! When we get closer to finalizing a plan, the Board will host a forum for members to provide their input into the design, so stay tuned for details.

Third, while renovation planning is underway, the Co-op is moving forward with purchasing and installing a point of sales system which will streamline the store's orders and your experience at checkout. We expect to launch this important component of the project this summer.

Last but not least, we have collected nearly 170 member responses to our first renovation survey! Thanks to all who took the time to fill a survey out—the information you provided is essential to making this project successful. Be sure to check out the results here:

MEMBERS' RANKINGS OF FROZEN FOOD TYPES BY ORDER OF IMPORTANCE:

1. Local and organic meats
2. Frozen fruits and vegetables
3. Prepared meals
4. Ice cream and desserts
5. Gluten free

MEMBERS' RANKINGS OF FUTURE AREAS OF EXPANSION BY ORDERS OF IMPORTANCE:

1. Deli and café
2. Grab and go food
3. Bakery
4. Juice bar
5. Online special ordering system
6. Cooking classes
7. Local, organic and gluten Free Beer
8. Member rental of upstairs kitchen

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

Rachelle Armstrong
Cathryn Clark
Adam DeFayette
Maureen Faucher
Luka Kavlok
Charles Loscalzo
Deb Yokum
John Walker
Jeremiah Ward

Co-op Staff

General Manager: Carol Czaja
Elizabeth Barber
Susan Brecht-Cadieux
Sarah Deeb
Ryan Demers
Matthew Hall
Kim LeClaire
Paul (PJ) Miller
Christina Nori
Pat Ostrander