

North Country



Food Co-op

*For the community.*

*By the community.*

# The Community Web

*Voices and Choices*

November/December 2014

[www.northcountryfood.coop](http://www.northcountryfood.coop)

## PLANNING FOR THE FUTURE



*If you've been shopping at the Food Co-op over the past four weeks, you've probably noticed new registers in the store. That is the front end of our new point of sales system, which we officially launched on Sept.25! The system also includes a back end, which is a database that keeps a record of every product in stock in the store, every product sold in the store, and even generates lists of suggested products to re-order to keep our shelves filled with all of the varieties of food we all love.*

Why has the Food Co-op gone high tech? Simply put, we've crossed a threshold. We now sell 1.25 million dollars' worth of food in a year, and to do so, our staff of nine must regularly place orders through 70 suppliers to keep our shelves filled with 4,000 different kinds of products. This is as much product variety as a typical Trader Joes carries, but because we carry far more locally sourced foods that we have to order directly from our area's small farms and businesses, we actually place orders through more accounts than our big box competition!

If North Country Food Co-op is to continue to grow and thrive, our staff needs technological assistance to keep track of which products are selling quickly, which are selling slowly, and which products to re-order to keep the store fully stocked. Without it, much of this

work must be done from memory, and with 4,000 different types of products to keep track of, the risk of mis-ordering or over-working is great.

In early 2015, we plan on implementing our 40th Anniversary Renovation Project, which will furnish the store with new shelving and a new and bigger produce cooler, freezer and walk-in cooler, among other things. To get the most out of our collective investment, we want to be careful to fill these coolers, freezers and shelves with a mix of products that we know are in high demand by our members and shoppers. The best way to ensure this, and to ensure smart growth in general, is with the increased knowledge and ordering assistance provided by a point of sales system. This is why we're calling the launch of our point of sales system the cornerstone of our 40th An-

niversary Renovation Project.

We understand that, with the launch of our new point of sales system registers, there have been delays in the checkout process. We greatly appreciate your patience as we fine tune this system and make sure that everything is scanning and flowing smoothly. In the coming weeks and months, as we work out these kinks and switch over to new scanner scales that integrate with our new registers, the checkout process will actually become faster and more efficient than it was under our old set up. All in all, we believe the benefits to be had from switching to this system will far outweigh the growing pains we had to go through to launch it.

*Sincerely,*

*North Country Food Co-op's Board of Directors*

# A CONVERSATION WITH PJ MILLER

**By Adrian Carr**

*Co-op Newsletter Editor*

**P**aul “PJ” Miller is one of the Co-op’s newest employees. Let’s welcome him to Plattsburgh!

**AC: WHAT BROUGHT YOU TO PLATTSBURGH?**

**PJ:** I’m originally from Dekalb Junction, NY. I finished college and wasn’t sure where to go. But I had a few friends living in Plattsburgh, and I heard there was positions opening up at the Co-op. I was really excited about what working at the Co-op might mean to me. I could work here and feel good about myself as opposed to working at a big box store.

**AC: WHAT AT THE CO-OP INTERESTS YOU?**

**PJ:** Everything interests me in the Co-op. Cause I’m sort of new to the world of organic food and healthier food. For one thing, there’s a difference between conventional packaged products and what we offer at the coop; which is fresh, not packaged, seasonal, food. It’s odd that we think organic food is special or the minority of products on the shelves of your typical grocery store and GMO or food with preservatives and additives is in the majority and considered normal. It should be the opposite way around. The coop really gets that right!



**AC: WHERE DID YOU GO TO SCHOOL?**

**PJ:** I was a history major at St. Lawrence University. And that’s where I was first introduced to eating organically. The University has a great dining hall with a lot of organic and seasonal options.

**AC: WHAT ARE YOUR INTERESTS OUTSIDE WORKING AT THE CO-OP?**

**PJ:** I’m still passionate about history and I’m an historical re-enactor, an 1812 re-enactor. This year I was involved with the

200th anniversary of the battle of Plattsburgh and I was really excited about that. Also, I like hiking and fishing and this area is great for that.

**AC: ANY CLOSING THOUGHTS FOR OUR READERS?**

**PJ:** I really appreciate the opportunity to work at the Co-op. Although I lived in Plattsburgh for about a year, in working at the Co-op I feel like I’ve become a bigger part of the community.

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**HAPPY  
HOLIDAYS**

# Going LOCAL at the co-op

**By Pat Ostrander**

*Co-op Staff*

## What's Local?

In the show Portlandia a couple eats at a café featuring locally sourced food. They ask the waitress how local their chicken is, and she returns with a picture of the chicken, it's name and directions to the farm where it was raised. Here at the NCFC we do not know the names of the locally sourced meat, poultry, egg layers, whether they be chicken or duck (geese on occasion) but you can take a ten minute drive "up ta" Conroy's and see the "hairy hippie cows" as someone once called them. And you could definitely meet up with one of the local produce growers, either here or out and about. In this new section of the newsletter, we will feature information on the local food and products we sell, the folks who produce them, as well as current sales on such products.

First let's begin with a discussion on what "local" means. Back in the day when the NCFC and many other co-ops began (early seventies), "think globally, act locally" was the hip thing to say. Still is, perhaps even more true now that we have become keenly aware of the economic and ecological cost of transporting food over distance, i.e., our "carbon footprint".

## IT'S TURKEY TIME AGAIN!

The deadline for turkey orders is November 18th, and they will be delivered the week of Thanksgiving.

They are from Misty Knoll Farms, and are \$3.89 per pound. A \$20 deposit is required.

They come in ranges of 12-14, 15-17, 18-20, 21-23, 24-26, or 27-30 pounds.

One way of reducing this cost is by supporting local food producers, craft people, community gardens, local restaurants which feature locally sourced food, all of which help communities become more self-sufficient. The simplest way of defining what local is is to give the distance from the source to the NCFC.

## Veggies

Lets' begin close to home. This past summer and fall featured veggies from Fledging Crow, Quarry Garden, Juniper Hill Farm, Darby Farm, all well within a fifty mile radius. As of this writing, there are still squashes, potatoes, and garlic for sale. Thanks to all these folks for

their contributions. Blessings to them all, and we'll see you again next year.

## Meats

Local beef (ground beef) comes courtesy of the aforementioned Conroy's as well as Killcoyne Farms in Brasher Falls (70 plus miles away). Pork (chops, ground, and sausages) comes from Asgaard Farms, located in Ausable Forks (approx. 30 miles), which also supplies some amazing goat milk caramels. Note: We have limited freezer space, but can special order from our suppliers.

## Dairy

Refrigerated Cheese and yogurt from the North Country Creamery, down in Keeseville

## Sweet Stuff

Dick Crawford (Adirondack Bee Supply) has kept the sweetness flowing here since the beginning of time itself (or so it seems), and maple syrup from Samples and Parkers is a staple.

In conclusion, the price may be a bit higher, but consider the benefits. Healthier for the consumer, ecologically healthier for the planet. Cheaper if you are a member/owner, and ultimately better for all as we grow our sustainable community for generations to come.

## In the Store

**By Pat Ostrander**

*Co-op Staff*



## WHAT'S NEW

**CARR'S CRACKERS** Three Flavs: Rosemary, Table Water, and Whole Wheat \$4.33each (Not local, but put some local North Country Creamery cheese on them and mangia!

**GOAT CARMELS FROM BIG PICTURE FARM**, in Townshend Vermont \$9-\$10 A tasty treat for you, yum.



## SPICY FOOD FOR COLD WEATHER AHEAD

### CURRY STEW

By Marsha Lawrence  
Co-op Newsletter Team

Prep & cook time approximately 45 minutes.  
Serves 6 Can feed vegetarians and meat-eaters  
with one meal. See option in instructions.

#### INGREDIENTS

\*\* indicates a special co-op item, but all ingredients are from our co-op or local farms

\*\*12 - 16 oz organically and naturally  
raised meat, either ground or in small strips  
(ground turkey used in this recipe)

- 1 + 3 TBSP vegetable oil
- 1 + 1 tsp curry powder
- 1/2 tsp each salt and black pepper
- 1 tsp coriander seed
- 1 tsp cumin seed
- 1 green pepper, chopped
- 2 onions, chopped
- 4 carrots - peeled and cut into pennies
- 4 medium potatoes - washed and cut into  
to chunks
- 2 inch fresh ginger root - peeled and finely  
grated

- 2 cloves garlic - peeled and crushed
- 1/4 tsp cayenne
- 1.5 cups cooked greens or defrosted small  
package of spinach
- 15 oz can chic peas, drained
- \*\*1 jar Jalfrezi Curry Simmer Sauce (me-  
dium)
- \*\*1 -2 containers Blue Hill Beet Yogurt (to  
complement the spicy stew, like an Indian  
raita)
- Cooked basmati rice to eat with stew

#### INSTRUCTIONS

1. In large skillet, sauté meat, 1 TBSP oil, 1 tsp  
curry powder, salt and pepper. Stir often using  
medium heat. Sauté until meat is completely  
cooked.
2. While meat is cooking, use small cast iron  
pan to toast the cumin and coriander seeds.  
Then crush in mortar and pestle and set aside.  
*OPTION TO SEPARATE MEAT.* Setting aside  
the meat allows the meal to be vegetarian for  
some and include meat at the end for others.  
Either set aside cooked meat and use another  
large skillet below, or keep meat in large skillet  
and continue as instructed below.
3. In large skillet, sauté 3 TBSP oil, onions,



green pepper, potatoes, and carrots on medi-  
um heat. Stir often for 10 minutes. Then add  
in crushed coriander and cumin seeds, garlic,  
ginger, 1 tsp curry powder, cayenne, chic peas,  
cooked greens, and simmer sauce.

4. Stir completely and lower heat some.  
Cover and cook about 15 minutes more, until  
potatoes are just tender. During this time, stir  
occasionally and also scrape up any potatoes  
stuck to the bottom. If sticking to the point of  
burning, add just a tiny amount of water and  
stir again.

5. Serve stew on basmati rice, with the meat  
(if separated from the stew) and with a side of  
beet yogurt.

Great leftover!

## 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](http://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](mailto: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  
Susan Brecht-Cadieux  
Sarah Deeb  
Ryan Demers  
Matthew Hall  
Kim LeClaire  
Paul (PJ) Miller  
Pat Ostrander