



Mohawk Harvester

The Newsletter of the Mohawk Harvest Food Cooperative

The Newsletter of the Mohawk Harvest Cooperative Market

Vol. 1, Issue 21 April 2011

Co-operating for Sustainability

by Chris Curro



The Living Planet Index by the World Wild Life Foundation reported in 2010 that “humanity used the equivalent of 1.5 planets to support its activities” and that “If everyone lived like a

resident of the United States, we would need the resources of 4.5” planets (“Living Planet Reports, www.business-biodiversity.eu). In other words, we are using even renewable resources at a rate that is not sustainable.

We can attempt personally to slow down the withdrawal of our resource bank. Olivier de Schutter of the United Nations proposes that consumers look for businesses practicing agro-ecology. This means “Agriculture should be fundamentally redirected towards modes of production that are more environmentally sustainable.” Agro-ecology includes organic but focuses on decentralizing production so the small farmer can produce in an affordable, productive manner. This means utilizing human labor—more agricultural jobs rather than more expensive machinery—and intellectual problem solving—seeking efficiencies (Mark Bittman, “Sustainable Farming Can Save the World?”, www.nytimes.com).

Some, like Michael Pollan, ask us to eat less food but spend more on the food we eat—put money into the pockets of farmers who produce sustainably with a higher quality result. Some ask us to eat less meat—it takes 12 pounds of grain, 2,500 gallons of water, 96% more land than vegetables and 25% of our total fuel production. Corn production is also energy-intensive, so sustainability does not mean ethanol. Synthetic fertilizer is also energy intensive with 25% of our food cost found in the production of ammonium nitrates (“Discovery – Can Chemistry Save the World: Fixing the Nitrogen Fix,” <http://www.bbc.co.uk>).

What are we doing at the co-op? Our biggest contribution comes in the form of purchasing locally. When we buy locally, we reduce “food miles”—how far food has trav-

See “Sustainability,” page 3

A Call for Local Action: The Productive Farm and the Urban Center: Co-essentials for Quality of Life

by Vince DeSantis

On Wednesday evening, March 23, Broadalbin-Perth School hosted an eye-opening presentation on the impact to our area of the Global Foundries project now being established in the town of Malta. Not only will Global Foundries itself bring thousands of new jobs to our area, but it is likely, due to the nature of this high tech sector, that it will draw scores of other companies to our area to supply it with specialty components and materials. The message to all of us was crystal clear. We need to be ready for enormous pressure to grow our infrastructure to accommodate this influx of people and businesses over the next several years. Several participants indicated that we live in a beautiful area only 25-30 miles west of this epicenter now known as Tech Valley, housing and real estate are affordable, and the quality of life is high.

The combination of factors described above form a perfect hotbed for the uncontrolled sprawl development that has devastated so many once-beautiful regions in our country. Country roads become strip malls. Productive farms become housing developments and shopping centers. Miles of new infrastructure demand ongoing maintenance, overburdening public budgets. Meanwhile, traditional villages and cities crumble from lack of investment. The irony of this is that the

very qualities that draw people to an area, its natural environment and its traditional communities, are systematically obliterated by the ensuing development.

We need to welcome the private investment that is coming to Fulton and Montgomery Counties. But we must insist that it take a form that enhances the character and quality of our cities and villages and also preserves the rural character of our countryside. We at Mohawk Harvest understand the value of the local family farms that produce so much of what you see on the shelves of our store. They represent our community’s food security and contribute much to our quality of life. It is part of our mission to enhance their viability. As our store grows, we hope to become an even greater boon to them. As we move into a new and larger space in downtown Gloversville, we also understand the value of the traditional urban center and how it enhances the historic quality and traditional character of the whole region.

Now is the time for the commercial, governmental and civic leaders of our cities and towns to develop a strategic regional zoning plan that strongly encourages in-fill development in our cities and villages where utility infrastructure is already in place and discourages the devastation of our countryside which holds all of our agricultural and recreational assets.

The Mohawk Harvest Cooperative Market is located at 51 North Main Street. Open every day, Monday, Tuesday and Wednesday from 9:00 am to 5:00 pm. Thursday and Friday from 10:00am to 6:00 pm. Saturday 8:00 am to 4:00 pm. Closed Sunday



Participants of the joint Pot-Luck Dinner and *Dirt! the Movie* presentation at the Glove Performing Arts Center are shown enjoying the bounty.

See “Pot Luck and *Dirt! the Movie*” event on page 5

**Mohawk Harvest
Cooperative Market**
51 North Main Street
Gloversville, NY 12078
(518) 706-0681

www.mohawkharvest.org

Store Manager: Chris Curro

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Volunteer Coordinators:

Barbara Skoda

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Webmaster

Ruth Levinton

As a community-owned organization, Mohawk Harvest Cooperative Market is committed to complete transparency, especially in managerial and financial matters. If you have any questions or concerns, please contact any officer or board member or email at:

[<info@mohawkharvest.org>](mailto:info@mohawkharvest.org)

For more
Mohawk Harvest Co-op News
Visit us on the website:
www.mohawkharvest.org/

Our Amish Producers



by Crystal Stewart

Our Amish producers, being quite modest, prefer not to be individually recognized for their contributions to the co-op. Many Amish farmers produce for the co-op, providing products ranging from green beans to strawberries. Even our delicious cashew crunch comes from an Amish farm. The Amish also sell through other outlets such as the produce auction located in Fort Plain, but they appreciate having the co-op as a consistent outlet for produce from week to week.

There are many misperceptions about the Amish. Many people think that they do everything in the most old-fashioned ways, including farming. It is true that the Amish have avoided certain modern conveniences such as motorized vehicles, tractors, and electricity. However, they also do use some very modern technology when farming. Like all farmers, they must be very knowledgeable about their trade and they must grow the best product possible. They must also follow best practices for food safety and handling, like all farmers.

The Amish farmers that the co-op works with take very good care of the soil, and are mindful of the fact that they will need to pass this land on to their children. By using horses, they are able to more gently work the land while avoiding the use of fossil fuels. Not all Amish growers are organic, but the ones that we work with try to use as little synthetic chemical as possible on their crops. They are willing to tell us what they use on their crops and why, which is very helpful to our consumers!

Amish farms are helping to keep farmland active in the Mohawk Valley, and they are helping to provide our co-op with wholesome foods. Watch for buggies on the road, and watch for fresh Amish-grown produce at our co-op!

MOHAWK HARVEST HOLISTICS

Homeopathic Remedies

by Suzanne Schermerhorn

Homeopathic remedies can be single or combination remedies. A single remedy has only one substance, prepared by homeopathic dilution, which is then delivered as part of an inert "carrier" substance because the amount of diluted material is very small. A combination remedy has more than one diluted substance.



Homeopathic remedies, like any other medicinal, vary according to the conditions of preparation. Medicines used to be compounded right at the pharmacy. Now most of them are manufactured elsewhere and shipped to the point of sale. That is why it is important to find products of the highest quality. Liddell Laboratories is an FDA-Registered Drug Manufacturer and an FDA-Registered Vitamin (Food) Manufacturer. Their remedies, delivered in a sublingual spray, come from their development of Neohomeopathy®, a concept that creates combination remedies to help the body in four ways: symptom relief, metabolic support, immune system support and detoxification. Liddell uses the trademark Spray Pharmacy to describe their products.

We stock several Liddell remedies, each of which has multiple single remedies within it. For example, Ar (Arthritis) is a symptom-relief combination remedy that may provide quick relief from arthritis symptoms while at the same time helping the body to heal at a deeper level. The remedy has 15 active ingredients, each of which could be obtained as a single remedy, but not in the sublingual spray form and not necessarily at the same dilution. Together, they address a wide range of arthritic symptoms. The Liddell website explains that Ar "alleviates immediate symptoms of arthritis and works at a deeper level to help prevent further pain and discomfort." In addition to Ar, we have BS (Back Pain & Sciatica), Ins (Insomnia), SD (Stomach Distress) and Seth (Sinus Congestion & Headache). A full line of Liddell Spray Pharmacy remedies is coming soon!

Disclaimer: Homeopathic remedies are without negative side effects or interactions and can be used in addition to other medications, but you should always let your physician know if you are using any holistic remedies or herbs, and you should not discontinue or alter your prescribed medications without consulting your physician.

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To
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The Mohawk Harvester

Published Monthly by the
**Mohawk Harvest
Cooperative Market**

Co-Editors:

Lena Andersson
Michelle Harring

Composition and Layout:
Frank Ambrose

Make Earth Day a Sew-Sew Day at the Gloversville Sewing Center

Earth Day is officially **April 22**, but we think every day should be. That's why the Gloversville Sewing Center will offer a fun and creative way to celebrate Earth Day on April 11, 2011. Visit the store from 10 am – 2 pm to create a "make-it and take-it" potato bag. The bag may be used in the microwave to steam corn, potatoes or your favorite veggies. This quick and easy pattern will be free when you purchase the fabric (about ¼ yard), and the GSC staff will provide the machines and assistance. In addition to having a great bag, you'll also receive a coupon for a 10% discount for purchases over \$10 at the Mohawk Harvest Cooperative Market.

MOHAWK HARVEST COOPERATIVE MARKET

ANNUAL POTLUCK DINNER, APRIL 28, 2011



The co-op has shifted our corporate financial and election cycles to match its fiscal year with the tax and

calendar year. Therefore, we will be holding our annual member shareholders meeting and potluck dinner on **April 28, 2011 at 6 PM at the Gloversville Senior Center**. The featured speaker will be Sarah Johnston, the Organic Agriculture Specialist at the New York State Department of Agriculture and Markets. We also will be voting on any changes that the Board of Directors has made to the bylaws.

The meeting will be a pot-luck dinner, so please plan to bring an entrée. The Co-op will provide desserts and drinks. It would be helpful if you bring the recipe for your dish so members can see the ingredients. In the interest of being as environmentally friendly as possible, we also ask that you bring your own place setting (plate and utensils). RSVP to Michelle Haring (mich.haring@gmail.com) or info@mohawkharvest.org.

Remember, democracy works when people participate. Please plan to attend the annual meeting. Your voice is important to our success!

Menest or Escarole and Beans

by Barb Madonna

Winner, Non-vegetarian Soup



In a large soup pot, cut up about 4 links of hot Italian sausage. Saute. Add 2-3" of diced pepperoni. Saute. Add 3-4 cloves of diced garlic. Saute. Don't burn like I often do. Add chopped greens, escarole, spinach, arugula, mixed greens, anything. Wilt. Add two cans of beans. Great northern, kidney, garbanzo, anything. Add 8-10 cups of broth. I use chicken. Add 2 tsps. fresh ground pepper. Add teaspoon crushed red pepper. Bring to a boil and simmer until all items are hot and flavor mixed throughout.

Ingredients can be altered for what is on hand or to taste.

It can be eaten immediately, or I like to put it in the frig and let it "age" until the next day. Can be frozen. Can be cooked up in a crockpot, once the sausage has been sauted.

"Sustainability," from page 1

eled to get to your plate—one component of sustainability. We buy from small producers, decentralizing the system and creating jobs. We seek out local farmers who tend to be less intensive with their chemical sprays. We encourage organic farming. We are designing efficiencies in transportation, reducing single-farm, dedicated deliveries and pushing for multiple-farm, coordinated deliveries. We encourage more seasonal eating. Yes, eating must be interesting but the co-op purchasing is more seasonal and more American-produced than the normal grocery store, so we are also offering consumers an option to "eat less oil." We are also planning for the future, scheming to offer a Winter CSA by which the co-op purchases local crops in season, stores these foods in high quality environments, and offers interesting food to subscribers as well as in the store. In other words, we are trying to figure out ways to eat locally all year round.

If you think "sustainable" when you come into co-op, we can do our part together.

White Bean and Vegetable Soup

by Crystal Stewart,

Winner, Vegetarian Soup

Ingredients:

5-6 cup water
4-5 tsp. Better than Bullion vegetable base
1 cup white beans (great northern, cannellini, etc.) soaked overnight and rinsed
1 medium carrot, diced
1 large clove of garlic (1 tbsp.)
1 tbsp. olive oil for sauté
½ cup soup squares or other small pasta
1 medium bunch of kale, de-ribbed and sliced into one inch pieces
1 small sprig of rosemary (or other herbs, to taste)

Combine water, bullion, and beans. Bring to a boil and then reduce to a simmer. Cook covered until beans are almost tender (45 minutes, depending on beans). Meanwhile, sauté garlic and carrots in olive oil until almost tender. Add to the bean mixture. 5 minutes later add pasta and rosemary. Cook until tender. Remove rosemary and add kale. Cook until kale is tender but still bright green (just a few minutes). Serve immediately.

Get Dirty for Earth Day

If it's April, it's time to ready the Fremont Street Neighborhood Garden. Meet Vince DeSantis on Saturday, April 23, at 9 AM. If you have small garden tools, spades, and wheelbarrows, please bring them, as well as small hand woodworking tools to help repair the fence. Vince also plans to expand the garden, so if anyone has a roto-tiler to lend *before the 23rd* it would be greatly appreciated. Contact Vince at v.desantis@frontier.com. All skill levels are welcome!



In appreciation to all those who help out at the Fremont Garden, the Co-op will give coupons good at our store and at Jamie Scott's Downtowner.

Ellis Felker once said, "For happiness, keep your hands in the earth and your eyes on the sky." So be happy and get dirty with our local Earth Day Volunteer event.

Help Spread the Newsletter...

If you have a place of business or an office or know of a location where the newsletter could be distributed, would you be willing to pick up copies of the newsletter and take them to the location..

Email to: Education@mohawkharvest.org

Chatting With Suzanne



This month, Suzanne chatted with Christine Pesses.

Chris, thanks for taking the time to help me out.

No problem. I'm a little surprised that you asked to chat with me. I am not as active a member as some of those you have chatted with.

All of our members are important people, and everyone together is what makes the co-op. So how long have you been a co-op member?

My husband David and I have been members since its inception. We were part of the Gloversville 2020 group that spun off the co-op idea in the first place, so why not support such a great idea by becoming members? I thought it was important. I still do.

What was the appeal of the co-op for you?

First of all, I liked the idea of community leaders doing something so positive for the community. Also, the co-op would (and does) provide a greater spectrum of organic foods not available in the local supermarkets. Certainly the idea of fresh, high-quality spices available in smaller quantities was a big attraction for me. I used to buy my spices at the Mennonite store in Seneca Falls while visiting my parents. I did some informal price comparisons, and the co-op beats that store and the supermarkets. I love being able to try a new recipe without spending a lot for a big jar of a new spice, only to find that the recipe is not so good after all, and then I am stuck with several dollars' worth of a spice that I may never use again. Another appeal is that the co-op is downtown and just a short walk from my house. I think it's important for a community to have food markets located near or in residential areas.

I know that you have quite a busy schedule, in addition to your substitute and Hebrew School teaching and your work with the Library Board.

Yes, I do. You know how you and I are always playing phone tag! So we shop the co-op about once a month and enjoy buying buy nuts and fresh produce. And we love the chorizo--I use it when I prepare a super recipe that my friend Valerie Levine found in a magazine. I do love to cook, even though we are often on the road.

Yes, you and David are frequent flyers. Tell me a little bit about that.

Well, to visit two of our three daughters, we have to go to Chicago and Brazil. We also visit occasionally with three of the AFS exchange students that were part of our family when the girls were growing up, and that

Chris Pesses' Chickpea Stew with Spinach and Chorizo

(from *Food and Wine Annual, 2006*)

2 cups of dried chickpeas (if you want to cook your own, you can, but I used canned)
1/4 cup plus 2 tbsp. extra virgin olive oil
4 garlic cloves minced
1 large onion finely diced
1 1/2 tsp. dried rosemary, crumbled
1 bay leaf
1-28 oz. can Italian tomatoes drained and chopped, reserving 1 cup of the juices
1/2 lb. soft cooked chorizo, sliced 1/4" thick (I used chicken chorizo with mango and adobe...that's what I found!)
1 lb. spinach, thick stems discarded
salt and pepper to taste

If you are cooking chickpeas from dry:

Soak chickpeas overnight, covered with water, then drain. Then in a medium saucepan, cover the chickpeas with 2" of water and bring to a boil. Reduce the heat to low and simmer until tender, about 2 hours; add more water as necessary to maintain the 2"

of water. Drain; reserve 1 cup of the cooking water.

If you are using canned chickpeas:

Drain the chickpeas and reserve 1 cup of the water in the can; try to make sure you have some of the stuff stuck on the bottom of the can!

In a medium Dutch oven-type pot, heat the olive oil. Add the garlic, onion, rosemary and bay leaf and cook over moderate heat until the onion is softened, about 7 minutes. Add chopped tomatoes and cook over moderately high heat until sizzling, about 4 minutes. Add the sliced chorizo, the cooked chickpeas, the reserved cup of cooking water (can water), and the reserve cup of tomato juice. Bring to a simmer. Stir in half of the spinach and cook until it is wilted, then stir in the remaining half of the spinach. Simmer the chickpea stew over moderately low heat for 10 minutes, stirring occasionally. Season with salt and pepper to taste. Serve in a bowl like dish, and with a crusty bread.

This can be made ahead and refrigerated for up to 3 days. Reheat gently before serving.

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means trips to Ecuador and Turkey, although this summer, we are going to Austria because Tarik's father has been posted to the Turkish embassy there. We like to travel in the US, too, and we do some of that riding our tandem recumbent bicycle. It's great fun!

Well, thanks again, Chris, for chatting. Send me a postcard from Austria!

New Benefit for Members!

Free Classified Ads in *The Mohawk Harvester*

Up-coming issues of the co-op newsletter, will include classified ads for our members. Ads must be no longer than 25 words. Each ad will run one time unless you renew it. Deadlines for ads will be the 15th day of the month. (Deadline for the May issue is May 16.) For information or to place an ad, contact Laurie Freeman at

<radicalaccordion@gmail.com>

DID YOU KNOW?

by Ginni Mazur



Spices and herbs have been around since 50,000 B.C. when primitive man discovered that certain parts of plants make food taste better. Since then,

they have been used as gifts, enhancing funeral rites, bartering, and as natural remedies for many ailments.

Spices are some of the fastest moving items in the co-op. There are good reasons why. The spices you find in the co-op are fresh, sold in small amounts, and the varieties are endless. If you haven't taken a walk down the spice aisle, you are missing something BIG!

Maybe you have a few ideas about spices that are used in daily cooking. Do you know the best way to store spices? Do you buy the already made spice blends sold in the stores for FIVE times the price of the ingredients used? Have you thought of using spices and herbs to relieve arthritis?

We all try to look for ways to keep our brains from deteriorating, but do you know the spices that can help? Do you know long you should keep your herbs and spices before they begin to lose their health benefits? What are the best spices to have on hand in every kitchen? Do you know the "poor man's" spice?

Stay tuned for more exciting news about the spices and herbs that are available to you at the co-op. Until then, see you at the co-op spice aisle!

Senior Discount Day

Are you 62 or older?
If so, be sure to shop at the Co-op on Tuesdays, where all seniors, members and nonmembers alike, receive 5% off their entire purchase

Pot Luck and Dirt! The Movie

Our screening of *Dirt! The Movie* was attended by 45 people who came away from the film with a new appreciation for the layer of earth beneath our feet.

Vince DeSantis announced the need for volunteers at the Fremont Community Garden on April 23rd at 9 am. He is also exploring the idea of reforesting the slope of lawn behind the Gloversville High School. If interested contact Vince at v.desantis@frontier.com. (Photo on page 1)



GLOVERSVILLE PUBLIC LIBRARY

Green Reading

Check Out These Books (and DVDs) at the Gloversville Public Library

Small-Scale Livestock Farming: A Grass-Based Approach for Health, Sustainability, and Profit by Carol Ekarius

The Homeowner's Guide to Renewable Energy: Achieving Energy Independence through Solar, Wind, Biomass and Hydropower by Daniel D. Chiras

The Passive Solar House by James Kachadorian

Solar Houses for a Cold Climate: A Detailed Study of 26 Solar Heated Houses by Dean Carriere

Gardener's Solar Greenhouse: How to Build and Use a Solar Greenhouse for Year-Round Gardening by Ray Wolf

Fresh Food from Small Spaces: The Square-Inch Gardener's Guide to Year-Round Growing, Fermenting, and Sprouting by R.J. Ruppenthal

Green from the Ground Up: Sustainable, Healthy, and Energy-Efficient Home Construction by David Johnston

Building Green: A Complete How-To Guide to Alternative Building Methods: Earth Plaster, Straw Bale, Cordwood, Cob, Living Roofs by Clarke Snell

Building with Awareness [DVD]

Building Green [DVD]

Mission Statement:

As consumer, producer and farmer members of a cooperative, we are committed to the creation of a healthy, sustainable community by providing wholesome foods, empowering artisans and fostering lifelong learning.

Outreach Speakers Program



Your co-op's Education and Outreach Committee has several members willing to promote the co-op for any organization. If your group would like a presentation about the co-op, we would be happy to tailor it to your needs. We will provide handouts and materials. Help us spread the news about our wonderful store and community. Please contact E&O chair Michelle Harring at mich.harring@gmail.com or talk to Chris at the store.

Our Secretary Barb Reports. . . .

We have 263 member households. Welcome to our new households! William Redhawk and Victoria LaBarr; Dr. Rick and Sandra Wise and Christy Bonneau French; Michael and Nancy Frank, Jeff Frank and Kristin Frank Hart; Ardeth Daey; Courtney Raynor, Lori Raynor, Linda Wood, and Jennifer Walrath; Frank and Nicole Manning; Sue Ringanese, Kristopher Kowalski, Julie Lacek and Kate Kowalski; Beth Stillman, Mike Blahn and Domino Blahn; Deborah Cornell; Michael, Shelly and Noah Mollica; Gaurie Garramone-Rohr; John and Deborah Haberacker; Christopher Ormiston; and James Sullivan, Jr.

2nd Annual Co-op Soup Cook-Off

by Barb Madonna

The competition was so hot the soups had to get out of their kitchens, spilling into the Co-op on Saturday, February 26, where 7 soups faced off at the MHCM for the 2nd annual Soup Cook Off!

In the green corner, Potato Leek, Nice Soup (ginger, mushrooms and lentils), Vegetarian Spicy Peanut, and White Bean and Vegetable.

In the red corner, Lentil Soup with Sausage, Menaste, and Vegetarian Clam.

The battle was fierce with sweat breaking out on the pots of the competitors and faces of the judges. By noon nearly 20 folks had sampled and voted.

In the end, The Nice Soup was disqualified for not being so nice, leaving White Bean and Vegetable standing victorious in the Green Corner and Menaste in the Red. Congratulations to their cooks, Crystal Stewart and Barbara Madonna.

A big thank you to Michelle Harring for organizing the contest. And thank yous to Liz Huisjen, Chris Curro, Michelle Harring, Barb Madonna, Jennifer Sweeney, Bill Doran, and Crystal Stewart for their entries.

Co-op Community Action Team to Form

The Education and Outreach Committee is organizing a Co-op CAT team as part of our outreach effort. The team will represent the co-op in various volunteer efforts in our community. Our first engagement is tentatively scheduled for the Habitat for Humanity project on Wilson Street in Gloversville. If you are interested, please e-mail Jim at jstrickland@nycap.rr.com or info@mohawkharvest.org. No special skills are needed, just enthusiasm. Join the fun and maybe even get a T-shirt!

Community Calendar

Ongoing: *Jewelry Classes*, Black Bear Beads, Gloversville, www.blackbearbeads.com

Apr. 3: *Women in War reading and discussion series*, Johnstown Public Library; <http://friendsofjohnsonhall.com>

Apr. 4: *Don Golden, Featuring the Music of John Denver*, Gloversville Public Library, <http://gloversvillelibrary.org>

Apr. 8: *Concert by Flame*, acclaimed band from Johnstown's Lexington Center, to benefit United Way of Fulton County, <http://www.uwfultoncounty.org>

Apr. 9: *Mayfield Historical Society Antique Show & Sale*, Mayfield Elementary School, (518) 661-5800

Apr. 9: *Tequila Mockingbirds*, SkyHeart Studio, www.skyheartstuido.com or 253-6244.

Apr. 9: *Mohawk Valley Markets*, Alpin Haus, Route 5S, Amsterdam, <http://www.nymontgomeryfarms.com/>

Apr. 10: *The Nancy Walker Trio*, SVAN Coffee House, <http://www.svanarts.org>

Apr. 11: *Soroptimist's 19th Annual Celebrity Chefs Dinner*, Johnstown Holiday Inn, kolsrudpacbell@yahoo.com, (518) 848-3552

Apr. 11: *Earth Day Sewing Event*; Gloversville Sewing Center, Gloversville, www.gloversvillesewingcenter.com

Apr. 13-15: *The Nathan Littauer Foundation's Fantastic Baskets Raffle*, Nathan Littauer Hospital Lobby, <http://nlh.org>

Apr. 13: *ECSHA Book Club*, Johnstown's First Presbyterian Church, <http://www.elizabethcadystantonhometown.org>

Apr. 14: *Songwriting Workshop with Nancy Walker*, Northville, <http://www.svanarts.org>

Apr. 14: *Changing Times in Gloversville, photographic presentation and discussion with Cynthia Morey*, Fulton County Museum, <http://www.fultoncountymuseum.com>

Apr. 16: *The Homegrown String Band, Canajoharie Concert Series*, Arkell Museum, Canajoharie, <http://www.arkellmuseum.org>

Apr. 18: *Lecture by Alice Smith Duncan, Guest Curator of the exhibition Drawn to the Same Place: The Drawings of Rufus Grider and Fritz Vogt*, Arkell Museum, Canajoharie, <http://www.arkellmuseum.org>

Apr. 28: *Mohawk Harvest Cooperative Market Annual Potluck Dinner*; Gloversville Senior Center, Gloversville, www.mohawkharvest.org, info@mohawkharvest.org

May 1: *Fulton Montgomery Walk to End Alzheimer's*, <http://www.fultonmontgomeryalwalk.kintera.org>

May 1: *Mayfield Community CROP Walk* to benefit the Mayfield Presbyterian Church's Food pantry, cmcownie@msn.com, (518) 883-8099

May 1-8: *Fulton County Art Show*, First Congregational United Church of Christ, Gloversville, ewood002@nycap.rr.com, (518) 332-8706

SAM

(Social Action of the Month)

By Carol Cownie

National Sustainable Agriculture Coalition (NSAC) is an alliance of grassroots organizations that advocates for federal policy reform to advance the sustainability of agriculture, food systems, natural resources and rural communities. Their goals are to

- ensure opportunity and fairness to small and medium size family farms.
- promote agricultural practices that conserve soil, water and wildlife habitat and energy resources.
- increase ability of beginning farmers to enter farming.
- encourage new and existing farmers to transition to sustainable organic production practices.
- expand cutting edge on-farm research and extension for sustainable agriculture.
- enable producers access to local and regional food systems.
- increase consumer accessibility to sustainably produced food.

NSAC uses both direct and grassroots advocacy and public education strategies to accomplish its goals.



Their website offers many publications and position papers to educate consumers and farmers on the critical need for sound federal legislation. Check them out at

www.sustainableagriculture.net.

May 2: *Wandergeist: Rufus Grider, Fritz Vogt, and the Mohawk Valley's German Histories Lecture*, Canajoharie Library, <http://www.clag.org>

May 7: *Gloversville Farmers Market*, Bleecker Square, downtown Gloversville, <http://www.fultonmontgomeryfarmersmarket.org>

May 7: *Fulton County Spring Clean-Up Day*, <http://www.fultoncountyny.org>

Oct. 1: *Second Annual Community Harvest Dinner*; First Congregational United Church of Christ, Gloversville

Mohawk Medicinals

by Laurie Freeman

The International Herb Symposium

This year is an exciting one as the International Herb Symposium is being held at Wheaton College in Norton, MA from June 24-26. This event happens on a biannual basis and features workshops with herbalists from around the world. This year there will be presenters from Mexico, Ecuador, Canada, England, Italy, Germany, France, New Zealand and Honduras as well as from the United States. If you are interested in herbs and their uses, this symposium is for you!

What can you expect at an herb symposium? LOTS! This year's keynote speaker is Paul Stamets of Fungi Perfecti. Paul has been working on using fungi (mushrooms) for everything from food and medicine to restoration ecology. There are pre-conference intensive sessions on spiritual bathing, cupping for herbalists, developing the plant/person relationship in healing, wild plant and botan-eyezing walk, and a veterinary session on vaccinoses - the disease and its herbal treatment. There are playshop intensives on the secrets of soapmaking and herbal preparations 101 (where you can learn to make oils, salves, teas, tinctures, liniments, pills and capsules).

Other intensive sessions include: Talking Leaves - an Indigenous Language of Plants; The Practices and Principles of Southern & Appalachian Folk Medicine; Hawaiian Spirituality and Hula as Way of Life; A Grower's Invitation for the Cultivation, Harvesting and Drying of Medicinal Herbs; and Pulse & Tongue Diagnosis, Cancer Care and Support the Herbal Way, and Natural Cosmetics and Herbal Skin Care.

All of that is in addition to over 90 other workshops for all levels of interest in and experience with herbs. You can learn about herbs for women, herbs for men, the lymph system, traditional medicinal plants in Tucson, apitherapy, herbal parenting, herbs for the digestive tract, herbs for chronic illness, herbs to support those undergoing radiation and chemotherapy, traveler's first aid, psychoactive plants, medicinal and spiritual uses of sage, the shaman's pharmacy, herbs and cholesterol, Chinese herbalism, absinthe, a holistic approach to influenza, herbs for Lyme disease, Thai herbalism, Ayurvedic herbs, alternatives for ADD/ADHD, and much, much more!

There will also be an herbal marketplace featuring vendors from near and far. And of course, there will be evening entertainment and dancing.

If you love herbs you will absolutely love this symposium. Come for a day or for the whole weekend. For more information and to register visit <http://internationalherbsymposium.com>. I look forward to seeing you there!

Meet the Board

with Suzanne Schermerhom

An Interview with
Treasurer Bryan Taylor



Bryan, how did you become involved with the co-op?

Oh, boy! It's a story! I had no idea that Gloversville had a co-op, but one day, Vince DeSantis was looking for four people to move a refrigerator out of the basement of the Chamber of Commerce and I somehow ended up being one of the four. When we got that thing through the door of the market, I was very surprised at what I saw. In fact,

it was breathtaking and I loved it-- healthy food, a lot of it produced locally, support for the local economy, and a wonderful community of people making it happen. Within a couple of weeks, I was a co-op member. Within a month or two, I had been asked to serve as treasurer. I've been serving ever since, although fortunately, I have not been asked to move any more refrigerators.

What background do you bring to your position as treasurer?

I am a graduate of Union College, where I majored in managerial economics. This is why I was immediately drawn to the co-op, even though at the time I was fresh out of college. Here was a venture that was going to benefit the community and expand the local economy, and I wanted to be a part of it.

Your report to the membership in the fall of 2010 was very positive. How are we moving along at this time?

We are still progressing very well, growing substantively, and expanding our business. In fact, we need to expand our space to accommodate our ever-growing inventory.

In addition to a larger space for our store, what else do you envision for the co-op?

I would like to see the co-op reach out to the younger people of our community who are not yet members. Also, I think it is important to reach out to students in our schools, to help them learn more about our local economy and how it operates and also about the healthy food choices that are available locally.

United States Department of Agriculture
Agricultural Marketing Service

National Organic Program



Organic Labeling and Marketing Information

The Organic Foods Production Act (OFPA) and the National Organic Program (NOP) assure consumers that the organic agricultural products they purchase are produced, processed, and certified to consistent national organic standards. The labeling requirements of the NOP apply to raw, fresh products and processed products that contain organic agricultural ingredients. Agricultural products that are sold, labeled, or represented as organic must be produced and processed in accordance with the NOP standards.

Except for operations whose gross income from organic sales totals \$5,000 or less, farm and processing operations that grow and process organic agricultural products must be certified by USDA-accredited certifying agents.

Labeling requirements are based on the percentage of organic ingredients in a product. Agricultural products labeled "100 percent organic" and "organic"

Products labeled as "100 percent organic" must contain (excluding water and salt) only organically produced ingredients and processing aids.

Products labeled "organic" must consist of at least 95 percent organically produced ingredients (excluding water and salt). Any remaining product ingredients must consist of non agricultural substances approved on the National List including specific non-organically produced agricultural products that are not commercially available in organic form.

Products meeting the requirements for "100 percent organic" and "organic" may display these terms and the percentage of organic

content on their principal display panel. The USDA seal and the seal or mark of involved certifying agents may appear on product packages and in advertisements.

Agricultural products labeled "100 percent organic" and "organic" cannot be produced using excluded methods, sewage sludge, or ionizing radiation.

Processed products that contain less than 70 percent organic ingredients cannot use the term organic anywhere on the principal display panel. However, they may identify the specific ingredients that are organically produced on the ingredients statement on the information panel.

Other labeling provisions

Any product labeled as organic must identify each organically produced ingredient in the ingredient statement on the information panel. The name of the certifying agent of the final product must be displayed on the information panel. The address of the certifying agent of the final product may be displayed on the information panel.

There are no restrictions on use of other truthful labeling claims such as "no drugs or growth hormones used," "free range," or "sustainably harvested."

Penalties for misuse of labels

A civil penalty of up to \$11,000 can be levied on any person who knowingly sells or labels as organic a product that is not produced and handled in accordance with the National Organic Program's regulations.

October 2002

Updated April 2008

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