



The Newsletter of the Mohawk Harvest Cooperative Market

Vol. 2 Issue 7

January 2012

Producers Edition

My Food Comes from Here!

In 2011 Mohawk Harvest Cooperative Market purchased over \$75,000 in local and regional products from farmers and value-added processors, an increase of 25 percent from 2010. Below is a brief description of our more significant relationships

The Co-op purchases fruits and vegetables



through a ring of farms from the Town of Glen, some of them Amish including Amos Yoder's farm which produces a variety of vegetables ranging from corn to zucchini to onions to winter squash. Yoder is also the source of the corn stalks purchased to decorate Gloversville's downtown. Jonas Miller Farm, also an Amish producer, supplied most of the Co-op's strawberries, half of our raspberries and a variety of vegetables as well. Miller's high tunnels allowed the Co-op to receive early and late berries relatively pest-free. Nearly half of our eggs were laid on Amish farms in Glen on the Yoder and Joe Keim Farms. Garlic also emanates from the Town of Glen



through Diane Reilly's Emerald Acres Farm. John Cashen's Farm supplies many of our raspberries while also serving as a U-Pick. The co-op was well served in the Summer of 2011 by Dave Smalley who drove a pick-up loop through Glen and delivered to the co-op on Mondays and Thursdays. Also, these and other producers' products were purchased through the Mohawk Valley Produce Auction in Fordsbush on Tuesdays and Fridays. Until a recent product change, Tim Lane's Glen Country Store produced our bread. And as the holiday season approached, Elias Keim's old fashioned Amish toys were also picked up from this Glen loop.

The Canajoharie/Fort Plain area offers us a number of producers. Tom Takacs supplied the co-op with leafy greens and storage vegetables from deep, dark January to the present from his Palatine Ridge high tunnel. The Co-op's lamb and sheep milk yogurt, Simply Greek, come from Scott Burrington's Ovinshire Farm. Jim Hoffman's Sand Flat Orchard produced all of our delicious apples, a portion of our spring baskets and all of our amazing fall mums. The Conbeers' Family Farm grows a wide variety of vegetables and fruits which arrive to the Co-op mostly as canned goods. Conbeer's also create dried soup mixes, peanut butter and a portion of the Co-op's raw honey. The Co-op purchased the vast majority of its liquid milk products from Vic and Amy Sammons' Duncraven Dairy of Stone Arabia, including glass bottles of skim, 1%, 2%, half-and-half and the best chocolate milk in the world! Duncraven also supplies an outstanding butter in two-pound tubs. The co-op's organic eggs came from Laurel Shaver's Thorn Apple Acres. A large portion of our garlic was grown on David Fox's Fox Hollow Farm. The Dunn Family Farm produced Little Darling's Soap and Tom Jack's BalmChaps. Many of the Mohawk Valley Produce Auction's products came from both Amish (Continued on page 3)

Pride of Place

It has been well over six decades since the end of the second world war. In that time American communities have undergone gradual but enormous change. Our elders, who have lived through the full transition, are probably the only ones who can appreciate the magnitude of this transformation. "Giantism" is the one word that comes closest to summarizing this metamorphosis. Instead of a central business district filled with locally owned businesses that give the community a unique character and identity we now have enormous shopping malls featuring national syndicated corporate retailers. Instead of small and mid sized manufacturers of commodities such as shoes, gloves or hardware we have huge corporations that straddle the globe and fabricate on a grand scale in places where labor is cheapest. Where we once had the neighborhood "mom & pop" grocery store we now have the chain convenience store. Instead of public servants responding to the needs of constituents we now have powerful special interests exerting overwhelming influence on government, often crippling its ability to act constructively. As the decades have progressed the realm of the unique and locally centered community has been whittled (continued page 2)



Special Event
10 Days of Teacher Appreciation
Details Page 7

(Cont. page 1 - Pride of Place)

down by super-efficient corporate enterprises to the point where most American cities look and feel largely the same.

This trend toward giantism in all things has brought significant benefits. Because large organizations can maximize their efficiency due to economies of scale, most commodities are less expensive. Consumers are able to enjoy a much greater variety of products from all over the world at much more affordable prices than ever before. The hook in this is the hidden cost of this material abundance. We are just beginning to come to grips with the fall out. The price to be paid in terms of environmental damage, the destruction of indigenous communities world wide and the loss of strength and integrity in our own communities is enormous.

There is a rapidly growing awareness, both in this country and abroad, of the need to turn inward and focus on nurturing our own communities, strengthening their underpinnings and re-building the integrity and cohesiveness we have lost. People are hungry for a sense of belonging – a knowledge that they are part of a stable affirming and stimulating human community. They want to be proud of that community – its quality, its physical beauty and its productivity. It is this desire – this growing pride of place – that accounts for the dramatic success that Mohawk Harvest has experienced over the past six month period since its move to 30 North Main Street.

The exuberance that this community owned co-op has generated is not confined to Mohawk Harvest. Once kindled, such pride and energy builds upon itself and has the potential to eventually transform the entire community. Just a few weeks ago a group of about 25 public spirited investors formed the Schine Memorial Hall, LLC, and took title to Memorial Hall, also known as the Schine Building, which is the historic three story 28,000 square foot building in which our co-op is located. Already, the building has taken on a “new Schine”. Floors in sidewalk level spaces have been beautifully restored. The entire facade has been repaired and re-painted. A new roof has been installed over the entire building. The elevator lobby has been restored and re-decorated. These accomplishments amount to a substantial completion of phase I of the restoration. Plans are already being formulated for Phases II and III which comprise the restoration of the second and third floors.

The re-birth of this architectural gem, the keystone of Gloversville’s downtown, is no

small accomplishment. But this is only the tip of the iceberg. The real significance of this project is the re-kindling of that pride of place that is the lifeblood of any community. These investors, with their own money and muscle, are demonstrating that, by working cooperatively, we have the power in our own hands to take back our city and make it a place we can be proud of. Their spirit is contagious. Just as the positive spirit of Mohawk Harvest has spilled over to inspire the formation of Schine Memorial Hall, LLC, the spirit of the LLC has the potential to generate the revitalization of all of downtown Gloversville. In fact that is the goal that motivated its formation. The list of investors is growing all the time as more people want to be a part of this rebirth. More than half of the 100 available shares of the LLC are already issued. Once that pride of place spreads into the community there is nothing that can stop it.

Vincent DeSantis



The Salvation Army Kettle collected \$176.75 on December 2 in front of the Mohawk Harvest Cooperative Market. Thank you volunteers!

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

www.mohawkharvest.org

Store Manager: Chris Curro

Staff:

Alan Harris
Mike Giammarino
Nita Preddice

The Board

President: Vince DeSantis
Vice President: Michelle Haring
Treasurer: Bryan Taylor
Secretary: Barbara Madonna

Frank Ambrose
Lena Andersson
Greg Dunn
Bruce Frasier
Laurie Freeman
Crystal Stewart

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Crystal Stewart

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Co-Chairs: Barbara Madonna
Crystal Stewart

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Chair: Lena Andersson

Farmers Outreach

Chair: Greg Dunn

Marketing

Chair: Crystal Stewart

Membership Coordinator

Barbara Madonna

Volunteer Coordinator:

Mary Jo Brady

Bookkeeper

Cookie Fleischut

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/

(Cont. from page 1 My Food Comes From Here) and mainstream farms in the Fort Plain and Richfield Springs area including: Daniel Stoltzfus' sweet, big cantaloupes; Mervin Byler's big and meaty tomatoes; Dan Zook's pumpkins, winter squash, tasty broccoli. Our beautiful hanging baskets and annual flowers and vegetable flats were mostly the product Chris and Rachel Stoltzfus's Hillside Greenhouse. Sue Keith's Creek's Edge and Stacy Handy's Sand Creek produced our elk and much of our pork. The most popular cheese of the Co-op was cultured by the Palatine Valley Dairy. Also in Montgomery County, the co-op received maple syrup from off-the-grid Highland Hills in Charleston; grassfed Scottish Highland beef come from Larry Steiger's farm; Crowning



Touch's Bakery, Dipper Dean's herb-infused olive oils, Jane Pott's goat meat all came from Amsterdam. In Sprakers, Yonderhill Farms makes popular goat soaps for the Co-op; and North East Livestock Processors Service connects the Co-op to area meat producers.

From a variety of Fulton County producers, the Co-op purchased blueberries from Sandy Geier's Narrowgate Farm in Mayfield and Mary Cleland's Timberlane Farm in Caroga; the Co-op received most of its maple products and another big supply of blueberries from Bruce Frasier's Sugar Shack in Lasselsville; Bonnie Edwards' baked goods from Broadalbin; garlic from Lynn and Tom Rubscha; and roasted fair trade, organic coffee from Happy Jacks of Gloversville.

From further north, the Co-op received various vegetables from Richard Rugen of Hope Valley Farm; salad dressings from Adirondack Gourmet in Speculator. Even farther north, the Co-op purchased grains from Champlain Milling in Westport. From

further south, the Co-op connected in 2011 with MuMuMuesli from Lisa Zaccagnini and Mike Shuster; Paul and Phyllis VanAmberg's Dharma Lea beef; and Ole McDonald's honey and beeswax candles, all from Sharon Springs. Our bison meat was raised on Tim Hines' Grumpy Buffalo Farm in Richmondville while our chicken came from two high quality farms, Carol Clement's Heather Ridge Farm in Middleburg—honored by the New York Times—and Murray's Farm in South Fallsburg. Sweet cream Jersey milk yogurt came from Cowbella in Jefferson. Our organically raised veal, beef and pork



sausage come from Siobhan Griffin's Raindance Farm in Schenevus. The Co-op purchased a significant variety and high quality of products from Ithaca's Regional Access including: Farmer Ground organic flours of Trumansburg; Evan's Family Dairy's organic milk; Hillcrest Dairy's butter tubs from Moravia; Lively Run Goat Farm's cheese from Interlaken; Wild Thymes vinaigrettes from Medusa; grains from Birkett Mills, a 200 year old mill in Pen Yan; Once Again nut butters from Nunda; Tim Joseph's Maple Hill organic yogurt in St. Johnsville; Cayuga Pure Organic's faro wheat from Brooktondale; New York Beans of Caledonia; South River Miso of Conway, MA; King Arthur Flour from Norwich, VT; Stonewood turkeys of Orwell, VT; Cabot Cheese from Cabot, VT.

The Co-op also purchases directly from regional producers including: Buddhapesto in Woodstock; Catamount's mustards, spice rubs, salsas, barbecue sauces and jellies from Stowe, VT; Dan's Chocolate Truffles from Burlington, VT; pasta sauces, bruschetta,

salsas and jellies from the truly mission-oriented Healthy Community Harvest in Schenectady; Gatherer's Granola from Delmar; Tierra Farm's organic nuts and nut butters from Valatie.

This partially inclusive list does not include the various craft producers, from Bonnie Didomizio's knitted dolls and purses made near Pecks Lake or Cookie Fleischutz's pottery from Gloversville or Kurt Meyer's fine wood earrings and pendants. Each producer possesses its own story within a story but each, along with many other small contributors, have helped make the Co-op bigger and better in 2011.

Chris Curro



Takacs' greenhouses under cover

MHCM Tobacco Free Zone

Christopher Curro, General Manager of the Mohawk Harvest Cooperative Market and Project Action, Tobacco-Free coalition works in the community to systematically reduce tobacco use and secondhand smoke exposure. The Mohawk Harvest Cooperative Market agreed to work with Project Action to create a tobacco free zone and the use of tobacco is not allowed on their property. Project Action supplied signage for the Mohawk Harvest Cooperative Market in Fulton County.





Localism and Your Kitchen Table

Carol Cownie

All humans are creative. And the creative juice that is needed to save the planet and ourselves will not come from a boardroom, but from around our kitchen tables. This is where we take what nature has provided us, change it and serve it to ourselves and those we love. Whether conversation or a simple meal we are sustained by activities created around the kitchen table.

Your co-op is a collective expression of meaningful creativity. In this issue we encourage members to share with us insights, ideas and recipes that percolated at your kitchen table. We envision it as a dialogue with the greater community. Please think of contributing to this column and see the side bar for details.

In his important book, *Deep Economy*, Bill McKibben explains that a strong local economy built by the community it serves is a durable one. Durable communities are able to withstand inevitable shifts and changes whether they are economic or environmental. Buying local foods at your co-op strengthens the economic viability of area farmers. That's a fact. But more importantly we become a cohesive community which builds relationships with farmers and producers. Your co-op then becomes the axis for this community building. Purchasing food then is not only about the price. We are not nor will ever be in business to compete with area supermarket chains. We are creating a community within a community.

The ripple effect of changing the way Americans feed themselves happens one forkful at a time. We may not see the ripple reach the edges of the pond but we know it is happening. Small steps lead to giant gains. The best way to describe local came from my friend Debbi Hannis. She was asked why she pays more (than at the supermarket) for the eggs she buys from a lady down the road. She simply replied, "Why wouldn't I? She's my neighbor."

Do You Know Jacks?

Crystal Stewart

The Co-op is buzzing, and it's not just the great energy of our members, staff, and volunteers. Sure, the healthy, local and organic foods have something to do with it, but behind all of that, there is....coffee. Lots of coffee.

Opening a coffee shop wasn't the original goal of Happy Jacks Bean Roasting Company. Those who shopped the "old store" know that Happy Jacks started out selling just beans, roasted in small batches and sold in glass jars that popped with freshness. However, when opportunity knocks, over-caffeinated people answer!

The new space looked absolutely perfect for a coffee shop, so owners Chris and Crystal and their chief doggerating officers, Lou and Nappy, got down to business. To pull this off, Happy Jacks would have to roast and drink more coffee. A roaster was purchased from an artisan roasting company in Florida, the Espresso maker from the Open Window was purchased, and a master plan was hatched!

Creating a business inside a business was daunting at times, but Chris and Crystal both believe that having a coffee shop where they live is a key quality of life indicator. The dogs were not sold, and would have actually preferred a dog boutique instead, but in this case they were vetoed.

Since opening in May, Happy Jacks Café has been serving up delicious lattes, cappuccino, gourmet teas, smoothies, and, of course, fresh-brewed organic and fair trade coffee. To round out the offerings we sell baked goods by Bonnie Edwards of Galway and, more recently, by Chick and Hen Baking Company in Bleeker. It's great to see people relaxing on the comfy couches or meeting with friends at the café, and we're very excited to keep growing and building in 2012!



Mohawk Medicinals

White Pine Tea – Vitamin C Powerhouse!

by Laurie Freeman



"Ever eat a pine tree? Some parts are edible you know." That famous quote of Euell Gibbons inspired me as a child. I thought there was no way a pine tree could be edible. Then I found some pine candy in Avery's General Store in Thornton, NH and tried it. It was powerful stuff and pretty nasty tasting but in a way that grew on you. When I made my way through the first bag, I wanted another. I think I only ever had 2 bags of that candy but the experience of it has stuck with me.

Fast forward to this past week as Jim and I were suffering with the chest cold/cough that has plagued a good population of the college this month. After trying all my usual potions, it occurred to me I might try White Pine (*Pinus strobus*). I did a little research and discovered that the needles contain five times as much vitamin C as lemons and significant amounts of vitamin A. In addition, the tea is especially good for upper respiratory illness, chest congestion and associated bronchitis.

So this morning I trudged outdoors with snippers in hand to harvest a pine twig. You can recognize this tree by its long needles (2-5 inches) that occur in bundles (or fascicles) of 5. It is a common tree both in old fields and in mature forests where it often towers over the other deciduous trees.

I made my tea by cutting the blue-green needles into small pieces (about ½ inch long). I poured boiling water over about 1 tablespoon of the needle pieces (in a tea ball) into a mug and let it steep for 15 minutes. Then I removed the needles and added a tablespoon of honey. To make a stronger decoction, simmer the needles for 15 minutes before straining. Unlike that pine candy, this tea has a delicious flavor. Even without the honey it is sweet with a hint of citrus aroma.

After one cup of this tea, Jim said he was feeling better already!

If you have questions or ideas for future articles, feel free to email me at mohawkmedicinals@gmail.com.

Flamingos Roost at Micropolis Scarves Fly South

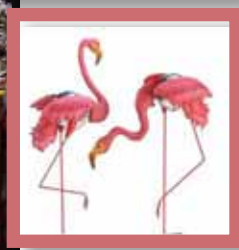
Linda Hinkle

The holiday shopping season began with a smile on December 2 when a flock of one-of-a-kind flamingos landed at Micropolis Cooperative Gallery. Approximately 40 birds were designed by gallery members, students and individuals in the community who were interested in supporting this event in a very creative manner.

Planned to coincide with other holiday events taking place in downtown Gloversville, Micropolis hosted a full day of activities. The gallery invited Stan Plotner to be its first guest artist. He presented a collection of his exquisite silver jewelry and spoke with shoppers about his work. A "Meet the Artists" reception concluded the day with fun, food and flamingos! Plans for future special events are being made.

Thanks to the support of Mohawk Harvest, its members and the community, we are excited about

what the future might hold for the arts in our area. In the meantime, a Micropolis artist is being represented far outside our region!! Art scarves designed by member Pavlos Mayakis warmed a team of scientists/artists in style while in Antarctica during an art/science collaboration. Visit the gallery and see for yourself what is being worn on the continent— of the South Pole!!



Co-op Announces Shortest Bag-Tie Contest Jim Strikland

The co-op announced it will be conducting a contest for members to bring in their entries for shortest bag-tie. Those small, usually green, twist-ties are an essential accessory on the repackaged bulk items that you can find throughout the store, closures on bags of everything from 15 bean soup to unsalted nuts. "The co-op has already received recognition for the shortness of its twist-ties," said Vince DeSantis, Co-op Board President. "We thought it would be fun to build awareness of this among members and customers. In my view the contest is an educational tool."

Chris Curro, co-op manager, was confident when asked about the problem of counterfeit ties being submitted. "Each of our ties is micro-printed with the co-op name, the same way the U.S. government protects the national currency, so only genuine Mohawk Harvest ties will be honored. Besides, where else will anyone find a tie short enough to win?"

I asked Alan Harris, the assistant manager, about the deadline for entries. "We had hoped to announce a winner on the shortest day of the year, but we ran short of time. Now it looks like February will be the cut-off. At least it's the shortest month." Contestants are asked to bring their bag-ties to the co-op check-out for entry. All ties judged to be too long for consideration will be returned to the back room packing crew for shortening. Technically, no purchase is necessary, but where will you get a twist-tie if you don't buy something?

Our Vision for the Co-Op

- Provide access to local foods and products at fair value
- Build a network of local providers
- Promote community well-being and environmental stewardship
- Offer nutrition information through on-going educational outreach
- Support economic sustainability of our local economy
- Provide a sense of community and belonging to our members
- Operate for the benefit of our member-owners and the community
- Become a valuable resource for the community and part of a vibrant downtown area

Interviews With Two New Board Members

Suzanne Schermerhorn



Bruce Frasier

Bruce, you serve on our board as a Producer member. What do you produce?

I make maple syrup and maple confections in Lassellsville, near Ephratah. I've been doing it for a long time. My grandparents made maple syrup and as a farm boy, I helped them out and liked it. When I was 16, I started doing it by myself as a hobby. Here I am, decades later, with a serious maple syrup business.

And how did you become associated with the co-op?

Well, I have known Crystal Steward for a long time in her capacity as a Cornell Cooperative Extension Agent, so when she and others spearheaded the group that began the coop, I attended some start-up meetings. When we opened the store at our original location, across the street from where the store is now, I helped out when I could. I remember installing shelving there.

And now you are on the board. What committee do you work on?

I guess you could say the Walk-in Cooler Committee. We are working on getting one installed in the back of the store.

Is this the first board you have served on?

No. I used to serve on the Youth Commission Board in Ephratah.

Would you like to comment on your board experience so far?

Well, it's been interesting. I listen and learn, and a lot of good stuff happens at those meetings. It's all about talking things out and working together toward your goals.

What do you see in the future for the co-op?
I think the co-op will keep growing as long as Gloversville can sustain it. We've done great so far- Chris (Chris Curro, Store Manager) is excellent in the store, and we just keep on growing. We're going to do fine in the future, I'm sure.



Ellen Adamson

Ellen, we are fortunate to have you on the board for many reasons, but especially because of your knowledge of retail.

Yes, I am a retail manager and used to have a long commute to work, but now I am happily living and working in the same community. Community is what drew me to the co-op in the first place.

How long have you been a member?

I joined just before the store opened at the original location. I thought, and still think, that having a co-op like ours is really wonderful because members and other customers can buy local and also get high-quality food. When I joined the co-op, I had many discussions with Vince (De Santis, Board President) and Chris (Curro, store manager) about ideas for the co-op and the co-op's progress and also participated in the Operations Committee, so I am excited to be part of the board so that I can help make things happen. As a board member, I will continue to work on this committee, and now that my commuting time is so much less, I look forward to volunteering even more.

And what would you like to see in the co-op's future?

We need to continue to expand our network to include more local producers. More refrigeration units would help us to stock more produce and other fresh items. Our challenge is to maintain our connection to the local economy while keeping our membership active and growing and increasing local foot traffic into the store. I see the co-op as more than just food, and envision other coops sort of wafting out of it, like the artists' co-op, Micropolis has done. Because of this, the co-op will continue to be the major force in downtown Gloversville. I am thrilled to be on the board and part of the process.

FTUSA Breaks with FLO

by Jim Strickland

I have written on Fair Trade issues for the newsletter in the past and thought this latest news would be of interest to our readers. Fair Trade USA recently announced that it will no longer be a member/participant in FLO, the Fair Trade International Organization that, until now, has coordinated global fair trade activities. The "divorce" becomes final on December 31, 2011.

It will come as no surprise to those familiar with the beginnings of the fair trade movement that the rift is about coffee. Coffee is the world's number-two traded commodity, out-done only by petroleum products, and under the circumstances the financial stakes are high. Until now only coffee-growing cooperatives that met strict standards could participate in the Fair Trade marketing network. FTUSA wishes to extend that privilege to so-called "estate" growers and eventually to contract growers as well, a move the FLO members and the cooperatives oppose. FTUSA argues that this can extend consumer exposure to Fair Trade coffee and offer the protections of Fair Trade standards to workers in these situations. Advocates for Flo say it will mean the end of the cooperative grower movement that has flourished under Fair Trade. FTUSA has not yet given details on new standards or how they will affect the retail level. More information and the opportunity to be heard are at www.fairtradeusa.org and at www.fairtrade.net.

Gloversville Sewing Center



www.gloversvillesewingcenter.com
 385 S. Main St., Gloversville, NY 12078
 518/ 785-4919

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Teachers! Assistant Teachers! Student Teachers! Classroom Aids! 10 Days of Educator Appreciation and Cooperative Learning (January 13-22, 2012)

Aa Bb Cc Dd Ee Ff



No, we don't mean the kind of cooperative learning that you're including in your Common Core lesson plans. We're inviting you to come and learn all that the Mohawk Harvest Cooperative Market has to offer (like fresh produce, local cheese and meats, incredible dairy, luscious baked goods, plus a myriad of other items, including great gifts). **Just drop by anytime during our Educator Appreciation Week, show us your school ID, and you'll get a free cup of our fresh roasted coffee, as well as 10% off of any purchase.** Feel free to stop by more than once during your special week! It's our privilege to treat the educators who make a difference in our community to the respect they deserve.

Chatting
With
Suzanne



This month, Suzanne caught up with Toni Sinatra Simon at her studio for a chat.

Toni, you were shopping at the co-op long before the move to the new store.

Why did you decide to become a member?

Because I wanted to belong to the co-op community. I think it is important to support the co-op since it does so much for the community at large and also for local agriculture.

Have you ever been a member of a co-op elsewhere?

Yes, when I lived in Florida. As a Wellness & Fitness Coach, my diet is not so typical. There are special foods that I eat that are hard to find, and I got spoiled because I could always get what I needed at that co-op. When I returned to live in Gloversville, grocery shopping became a real challenge until Mohawk Harvest opened its doors.

Do you volunteer at the co-op?

Not yet, although I plan to at some point. I love the idea of pitching in as a volunteer—it makes the connection with the co-op community personal and it sounds like a lot of fun. In Florida, the co-op was very large and employee-based, so I had no opportunity to volunteer there.

Do you have any favorite co-op products?

The fresh produce, first and foremost, and the whole grains. It is great that Chris [Chris Curro, Co-op Manager] has been so helpful in getting products that I requested—dulse, wheat grass and stevia-sweetened products, for example.

What do you think of the new store?

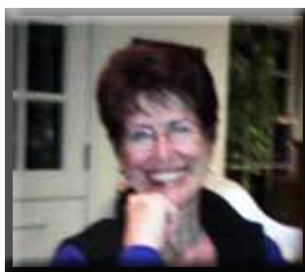
When I shopped the old store, I found it sometimes confusing, there were so many items in such a small space. The new store is wonderful, and I especially love the community ambience in the café.

Tell me a bit about you. Any hobbies? Interesting travels?

My hobby is fitness, I guess. I eat and breathe fitness. I am committed to practicing what I preach, so to speak, in my work. Otherwise, I spend time enjoying my three adorable little dogs, and I travel north frequently to help out with my grandchildren, who bring me such joy.

Is there anything else you'd like to add?

Just that Mohawk Harvest is just one more reason why I'm glad that I chose to move back to my hometown. And also that being in the type of business that I'm in, it is important to have this type of store in the



area. When I counsel clients about nutrition, I always recommend that they shop at the co-op.

Well, thanks for chatting, Toni.

Local Spices, You Say? by Ginni Mazur

Well, yes, spices can be “local.” No, you haven't missed the news of a spice factory located in or nearby Fulton County. But when you consider where spices come from, you know some travel quite a distance to become available to you. Whether they sit on a train, truck, bus, or plane, it does take some time to reach their destination. Our goal is to put them in your hands as quickly as possible.

Right here in our very own **Mohawk Harvest Co-Op**, spices abound and are some of the hottest selling items in the co-op. Our spices mainly come from Iowa, with expiration dates, so they are bagged and put out as soon as the jars need refilling. This translates to fast turn over, which means you can use fresher and stronger spices! The spices are some of the “hottest” selling items in the co-op.

So be assured that spices sold in our co-op are by far, the freshest around. Please let us know if you have any problems with stale spices. So far, this hasn't been an issue, but we also never want it to be!



Happy New Year!



The Mohawk Harvester
Published Monthly by the
Mohawk Harvest
Cooperative Market
Co-Editors:
Crystal Stewart
Michelle Harring
Composition and Layout:
Michelle Harring

Chase Away Those Cold-weather Blues

Suzanne Schermerhorn

It's the winter season for all of us, and it's also a time when we spend a lot of time indoors in our snug homes, using more artificial lighting as the hours of nighttime darkness increase. Our eyes may feel gritty or dry as we are exposed to less outdoor air and lots of dryer, dustier indoor air. We stare longer at our computer and TV screens or we settle down for a nice winter's read with our e-book readers. Soon our baby blues have the blues and feel like it is summer allergy season all over again. Time to head for the co-op! Eyebright (*euphrasia officinalis*) from Nature's Way is an herb that supports overall eye health. For those who prefer homeopathy, Simalasan Healthy Relief® remedies may help. Allergy Eye Relief can be used year-round when symptoms of eye allergies make you uncomfortable. Computer Eye Relief is for those times when too much cybershopping or reading holiday e-cards has you blinking or tearing.

We have a full display of Liddell homeopathic spray remedies. These are combination remedies that you just spray under your tongue for direct and absorption. If holiday time or the cold, dark winter months are hard for you to get through without anxiety or stress, you may want to try ANX (Anxiety and Tension). For those why-did-I-eat-so-much-times, Sd (Stomach Distress) may ease your discomfort. And then there is the morning after that very festive holiday party when you may want to reach for PD (Party Detox). If winter is your nemesis and two months on the beach in the Caribbean is not on your horizon, come on in to the co-op and bask in the sunshine smiles of staff and shoppers alike—it's guaranteed to light up the winter dark! Disclaimer: Always check with your physician and always continue any medications that have been prescribed for you.

Shop Locally!

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.

Start Thinking About Your Garden Now!

Laurie Freeman

The Co-op's group seed order returns for 3rd year. Here's how it works: the gardeners and farmer's among us complete a seed order by January 27, 2012. Those seed orders are combined and sent to Fedco Seeds and Moose Tubers, a cooperative seed company in Maine (see <http://fedcoseeds.com> for more info). Delivery to the co-op is expected by mid-February (in plenty of time to start your earliest seeds). Our group order allows us to share in the volume discount offered by Fedco and allows Mohawk Harvest to absorb the shipping costs and pass those savings on to the group. Fedco Seeds offers the highest quality garden vegetable, herb and flower seeds specifically for our northeastern climate. The Moose Tuber division of Fedco offers onion and shallot sets, seed potatoes and Jerusalem artichokes. For more information about this group order and instructions in how to participate, visit <http://mohawkharvest.org> or email Laurie Freeman at mohawkmedicinals@gmail.com. There are copies of the Fedco catalog being shipped to the co-op. Look for them soon!



Mohawk Harvest Co-op Calendar

Board Meetings :

January 26, 6:30 at MHCM

February 16, 6:30 at MHCM

January 13 -22, Teacher Appreciation 10 Days, 10% discount and free cup of coffee

January 14th, New and Novel Potato Variety Tasting for from 11:30 to 1:30 at the co-op. We will have 10-12 new varieties available for sampling.

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

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The Mohawk Harvest Cooperative Market is located in Our New Store at 30 North Main Street. Open every day, Monday to Friday from 8:00 am to 6:00 pm. Saturday 8:00 am to 4:00 pm. Sunday 11 to 4:00 pm