



# THE CAMBRIDGE FOOD CO-OP

Wholesome, affordable foods in a spirit of respect for each other and our world

## APRIL 2014 NEWSLETTER

### Message from the Board

#### What's new?

In late March, amongst grumbles about the weather and massive shift cancellations due to colds and flu, Kim McMillan returned from leave, bringing her special brand of sunshine with her. **We are so glad to have you back in the Co-op fold, Kim!**

**Nametags!** A donation of time and materials was made by Kathleen Ward to grant a much longed for wish. The new nametags sported by staff and working members will help us all remember names. Thank you, Kathleen. May the introductions begin!

**Planning and development** continues on the projects outlined at the Annual General Membership Meeting on March 1st. Most importantly, we are preparing to present finance workshops for the membership sometime this summer or fall, and we are continuing to analyze options for our Co-op building. We are also planning to celebrate Hubbard Hall during the Hubbard Hall Reunion Weekend July 4 -6th. Finally the Co-op is helping to organize a community-wide observance of the First Annual Rural Hunger Awareness Day on Saturday, August 2, 2014.

#### Thursday's Dance

Have you ever found yourself relaxing by the front window, sipping a rich cup of Lucy Jo's and gazing out at the Cambridge village green? It's noonish on Thursday at the Co-op, and something pulls your attention back inside. . . to the exquisite dance performance unfolding in the back of the store. 'Tis a wondrous sight! The arrival of the order from UNFI (United Natural Foods, Inc., our largest supplier) is the occasion, and it's all hands on deck. Member workers and staff spring into action inspecting the delivery for quality and accuracy, marking prices, and moving stock out to the shelves.

Seafood packed in shaved ice is removed from its containers, cut to size, and wrapped for customer pick-up. In an area too small to accommodate more than one person, workers pirouette and glide past each other, never breaking concentration, but smiling, nodding, or sometimes even whistling. Intrepid shoppers weave their way through the stacks and workers. Columns of cases are transformed into piles of flattened cardboard; a mound of what appears to be new snow grows on the ground behind the cooler.



In most businesses such a production would take place behind closed doors marked "Employees Only." But in our Co-op, this amazing choreography plays out for all to see. As I watch, I am struck by how special, and cooperative, a performance it is.

*Susan Sullivan, Board Chair*

(Send your questions/comments to [asusansullivan@gmail.com](mailto:asusansullivan@gmail.com))



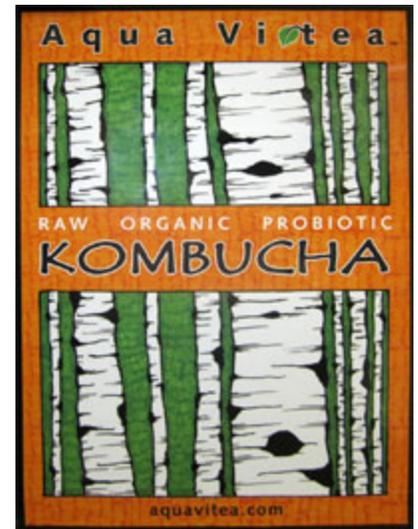
## Manager's News

### Personnel

Kim is back to work and glad to be part of our team again. It is nice to have her expertise regarding our operations. I think it will help to rejuvenate our sales. Also, our two other shift supervisors, Nikki Reynolds and Rebeca Torres-Rose, have passed their introductory period with flying colors. Both have received their room-for-continuous-improvement evaluations, and are diligently working to achieve greatness in their positions, as well as our operations and image.

### New Items

We have moved forward with transferring our spices into the glass containers, which most everyone seems to think is good. We will find a way to use the remaining space underneath the older unit. Also, our Kombucha machine continues to draw people in, being a great feature for the store. Co-op member Sue Quillio has introduced her 100 mile pies with much success. Our customers have been buying them as fast as we can get them. We have also ordered new aprons with our new logo. They are being formatted currently, and will be in the store soon.



### Membership

Our membership continues to grow at a steady pace. Many people have commented that there is limited space on our calendar to sign up. We have a meeting set up with a bunch of key players to address how we can streamline our membership database. I know many good things will come of this.

*Cory McMillan, Co-op Manager*



## From The Rind: Cheese at Your Co-op

Gouda is originally a Dutch cheese, named after the town of Gouda in southern Holland (pronounced "Howda" by the Dutch). The name is not protected in Europe or in the U.S. (See below on this issue.) One statistic claims that Gouda accounts for 50-60% of total world cheese consumption. As a result, there is a wide variety of "Gouda" available, with a corresponding range of quality.

Gouda in Holland is usually a cow's milk cheese made from either pasteurized or unpasteurized milk. (The latter is a good reason to pay a visit to the land of tulips, windmills, and dairy farms.) It is produced in wheels weighing from 10-to-25 pounds, and has a smooth, dense texture and a fairly bright yellow color when young.

The Dutch recognize seven different types, from very fresh to aged, and they also smoke it. The typical waxed rind is red, orange or yellow for younger cheeses and black for aged versions. Gouda develops a more intense flavor, though not sharp, as it ages, as well as a more crumbly texture and a darker, brownish-yellow color.

Younger Goudas are typically paired with beer, while the medium-aged range goes well with a Reisling or Chenin Blanc wine. As is typical of so many aged cheeses, a well-aged Gouda is delicious with a sturdy red wine, but also with a stout. Aged Gouda is often stirred into soups and sauces as an enrichment.

Commercially produced Gouda is ubiquitous in the American supermarket. These cheeses are typically less flavorful and smoother in texture than their European counterparts. There are, however, more carefully made American Goudas, both young and aged. The Co-op carries a range of Goudas, though not necessarily all at the same time, including imported and American, young and aged, and even Gouda made from goat's milk.

Gouda is a very versatile cheese, good for grating, melting, slicing, cubing, or as part of a fancy cheese plate. Try a slice of smoked gouda on your next cheeseburger, preferably charcoal-grilled!

### Vermont Farmstead Goudas at the Co-op

We are very pleased to announce that the Co-op will be carrying a range of Vermont Farmstead Goudas from Taylor Farm Cheese in Londonderry, Vermont. Cory has ordered two of the four to begin with, both delicious: a Garlic Gouda and a Maple Smoked Garlic Gouda. He plans to order the farm's Traditional Gouda and Maple Smoked Gouda in the future, so keep your eye on the cheese cooler!

### Hot Off the Press: The Issue of Cheese Names

Just last month the issue of cheese names, including Gouda, was heating up internationally (and inspiring some dreadful puns in the news media). The European Union is attempting to restrict American farmers' use of certain cheese names, including Gouda, Parmesan (see the March Co-op newsletter), Feta, and Cheddar. The E.U. claims that these names are "geographical indicators" and belong to particular regions in Europe.



Our New York Senator Charles Schumer and Pennsylvania Senator Pat Toomey wrote an open letter, which was signed by over 50 Senators, stating the following: "In country after country, the E.U. has been using its free trade agreements to persuade its trading partners to impose barriers to U.S. exports under the guise of protection for its geographical indications."

American cheese makers have countered that the names have less to do with geographical origin and more to do with style of making, not to mention the fact that they have been in use here for hundreds of years in some cases. Canadian cheese makers have already had to capitulate. They are prohibited from using five names, Feta, Asiago, Fontina, Gorgonzola, and Munster for new products, though they can use descriptors such as "feta-style". Canada was originally asked to restrict FIFTY cheese names, but settled on only five. Time to start thinking up some new names???

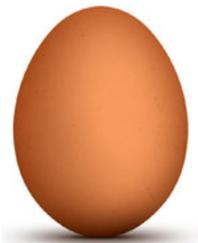
*Submitted by Louisa Matthew*

(Sources: foxbusiness.com; theglobeandmail.com)



## Product Spotlight: Fresh Eggs at the Co-op

Signs of Spring have been slow to appear this year, but there's no question that the arc of the sun has been rising higher in the sky and our ration of daylight has been increasing daily for weeks now. Since laying hens generally require 12-14 hours of light to produce one egg, longer days traditionally meant more plentiful egg production. That's one of the reasons that decorated eggs are so closely tied with Easter and Spring celebrations.



The following farms offer Co-op shoppers three options for fresh eggs:

### Cornell Farm Eggs

#### **Hoosick Falls, New York**

The Co-op carries Grade A brown eggs from Cornell Farm in Hoosick Falls, with deliveries scheduled for Thursdays around 3 p.m. The chickens are range raised, non-caged, and fed on a mostly home grown mix formulated to meet nutrition needs. Farmer Dave says, "I grow my own corn, oats, and alfalfa for my girls. I supplement with soybean meal, with NO antibiotics. My girls are happy, healthy, and love producing fresh eggs." The chickens are fed by hand three times a day, and have constant access to free choice feed, water, and limestone grit. "The only cages occasionally used on the farm are the hospital cages where hens that need special care are isolated, a chicken ICU of sorts." Cornell Farm has been in operation since 1940-more than 70 years and three generations of farming. Visitors to their website can take a slide show tour of the farm to learn more about how they operate and what they produce.



## **Pete and Gerry's Organic Eggs**

### **Monroe, New Hampshire**

The Co-op carries Grade AA, USDA organic eggs from Pete and Gerry's Organic Eggs. They use 100% vegetarian feed (with organic flaxseed for an extra boost of omega-3 fatty acids), and their methods of raising and handling chickens are certified as "humane." Their own family has been farming for four generations, and they are now partnering with 63 small family farms throughout New England and Pennsylvania, who care for their hens and supply their eggs. About half these farms raise the certified organic and humane eggs carried by our Co-op. The other half raise certified humane, cage-free eggs for their "Nellie's Cage-Free" brand. Their website is packed with information and videos of happy chickens and their obviously happy caretakers. You can also learn about their interesting business model, which allows for growth, while at the same time supporting other family farms and avoiding becoming a factory farm.



## **Little River Farm Duck Eggs**

### **Jackson, New York**

Co-op members Louisa Matthew and Wolf McCarthy supply the Co-op with duck eggs from their mixed flock of Runners, Khaki Campbells, Swedish Blacks and Blues, Buffs, and Cayugas. These lucky ducks eat organic feed, as well as organic garden and pasture greens and insects during the growing season. (They supplement with greens during midwinter that are "not always organic.") No fish or meat by-products are ever used. Each breed produces slightly different sized eggs, and different colors. Each egg is washed gently in water warmer than the temperature of the egg, and finished with a vinegar-water mixture. NOTE: Louisa advises that, because duck egg shells are thicker than chicken egg shells, duck eggs do not work well for blowing out eggs before decorating the shells for Easter eggs.

## **A Few Egg Facts From Pete and Gerry's [Website FAQ](#)**

### **Why do some eggs float in water?**

An egg that floats in water is actually a very old egg and should not be eaten, because it is not fresh! The reason that old eggs float is that the air cell that occurs naturally when the egg was laid has expanded, because the egg has aged.



### **What if an egg has a double yolk?**

Consider it a lucky bonus from Mother Nature! Double-yolk eggs are fairly rare--about 1 in 1,000 for commercial eggs. There are also multiple-yolk eggs--triples or even quadruples--although those are even more rare. Double-yolk eggs are usually laid by young hens. As they mature, the hens' system settles down and double yolks become less frequent. Double-yolk eggs are typically larger than a single-yolk egg and are perfectly safe to eat. In fact, the extra yolk gives the egg a richer taste.

### **What is the difference between Free Range, Cage-Free and Certified Humane Cage Free eggs?**

While there are no USDA standards for "free-range" egg production, the term usually means that hens have some outdoor access. The amount of access, or even the size of the doorways, isn't regulated--so hens' ability to get outside may be limited.

"**Cage-free**" means that hens live in open barns without any cages, but it doesn't regulate the quality of the hens' living space. Therefore some "cage-free" barns can be pretty crowded—and barren.

"**Certified Humane(R) Cage-free**" is a more stringent guideline for egg production. It requires that hens live in very spacious barns like those on our small family farms, with ample outdoor porch access and private nesting areas.

## Cooking With Duck Eggs

### 1. **Substitutions**

You can freely substitute duck eggs for chicken eggs in all baking—one large duck egg=an equivalent size large chicken egg. Since duck eggs tend to be larger overall than chicken eggs, see the New Agrarian web site ([newagrarian.com](http://newagrarian.com)) for more specific equivalents, by weight.

### 2. **Nutrition**

Duck eggs have more protein than chicken eggs (nine vs. six grams), as well as more vitamins and nutrients, for example, six times the Vitamin D and twice the Vitamin A. They also have more cholesterol than chicken eggs.

### 3. **Baking**

Because duck eggs contain less water and have a higher protein content, they give more loft to baked goods.

### 4. **Hard cooking**

Gentle cooking is the key when frying or boiling duck eggs. When hard cooking, cover with water, and bring to a boil over high heat. Remove the pot from the heat when at full boil, and let stand for 12 minutes for large eggs. Drain and shake pan vigorously to crack the shells (helps cooling). Cover with cold water and let cool. Peel when cool. If not to be used right away, store in refrigerator, covered with water. (This method is great for chicken eggs as well, and helps avoid any sulfur smell.)

### 5. **Larger yolks**

You get considerably more yolk per egg in duck eggs, so the larger yolk makes them ideal for custards and sauces.

*Compiled by Margaret Waterson*

(Sources: [salmoncreekranch.com](http://salmoncreekranch.com); [newagrarian.com](http://newagrarian.com))



## Recipes from the Co-op

Growing up as a city girl, I never had a pickled egg. So as an adult, I was reluctant to try one when I first saw them in a general store in rural New Hampshire. But now, like my husband, a Brooklyn boy who discovered them on a kayaking trip in West Virginia, I'm a big fan—and I even make my own. They are easy to prepare, ready to eat a few days later, and make for a delicious, protein-rich snack or tasty addition to a salad or meal. And you can make them in different colored and flavored brines, adding beets, curry, jalapenos, or herbs.

### Pickled Eggs

#### Basic brine recipe:

- 1 cup cider vinegar
- 1 cup water
- A few fresh onion slices
- 1/3 cup sugar, more or less to taste
- 1 teaspoon kosher (pickling) salt, more or less to taste
- 1 teaspoon mustard seeds
- 4-6 hard-boiled and peeled eggs



Place the eggs in a clean jar that can be tightly sealed. Pour the vinegar and water into a medium saucepan, and stir in the sugar and salt until dissolved. Add the onion, bring the mixture to a boil, and simmer, uncovered, for about five minutes—until the onion slices are translucent.

Remove from the heat, and allow to cool until just warm. Pour over the eggs, seal the jar, and refrigerate. The eggs will be ready to eat after a few days and develop more flavor as they sit in the brine. Once you've eaten the eggs, don't throw out the brine. It can be reused for a second batch of eggs.

**For beet-pickled eggs**, you can use canned beets and substitute one cup of the beet juice for the water, adding a few sliced beets and whole cloves. Taste the beet juice before adding the sugar and salt. You may not need to add as much as called for in the basic brine recipe.

**For curried pickled eggs**, stir in one tablespoon yellow curry powder and three cardamom pods.

**For jalapeno pickled eggs**, add one or two jalapeno peppers, sliced and seeds removed, plus one or two cloves of garlic, one teaspoon cumin seeds, one bay leaf, and ½ teaspoon oregano.

**For herbed pickled eggs**, add a sprig or two of tarragon or rosemary and/or a teaspoon of herbs de Provence.

*Contributed by Marcia Reiss*

## A Favorite Dessert at Potluck Suppers: Yogurt Pound Cake

The tang of lemon and yogurt and the crunch of almonds make this an unusual and delicious pound cake. This is a great recipe for April, when egg production increases dramatically in response to the lengthening daylight.

- ½ cup slivered almonds
  - 1 cup butter, softened (two sticks)
  - 2 cups sugar
  - 5 eggs
  - Grated rind from two lemons
  - 1 teaspoon vanilla
  - 3 cups sifted flour
  - 1 teaspoon baking powder
  - 1 teaspoon baking soda
  - 1 cup yogurt (Whole milk yogurt works best. Do not use fat-free yogurt; use at least 2%.)
  - Confectioners' sugar
1. Preheat oven to 350 degrees F. and butter a 10-inch tube pan. Sprinkle the pan with the slivered almonds. (Be generous—this is what makes this pound cake extra good.)
  2. Cream the butter well. Gradually add the sugar and continue beating until mixture is light and fluffy.
  3. Beat in the eggs, one at a time. Add the lemon rind and vanilla.
  4. Sift together the flour, baking powder, and baking soda, and add to the creamed mixture alternately with the yogurt.
  5. Pour batter into prepared pan, and bake 70 minutes, or until cake is golden.
  6. Let cake cool slightly, then turn out onto plate. When thoroughly cool, dust with sifted confectioners' sugar.

*Contributed by Felicitas Anderson*

(Source: Gifts from the Kitchen, by Norma Myers and Joan Scobey,  
(The Bobbs-Merrill Company, Inc., 1973) Out of print.