



The Village Store
Co-Op

Village Co-Op Voice

A Cooperative serving the community with wholesome, affordable foods in a spirit of respect for each other and our world.

Autumn 2007



Financial Report for First Eight Months of 2007

Through August 28, 2007, sales were \$188,704, up 9.7% compared with the same period in 2006. Non-member over-the-counter sales were up 9.8%, over-the-counter member sales increased by 12.1% and pre-order sales decreased by 17.6%.

Operating expenses for this period were \$44,028, a 13.1% increase compared to the same period last year. For this period, the gross profit was \$45,475, a 4.7% increase, and the profit margin was 24.1%. The Village Store Co-op ended this period with net ordinary income of \$1,447.

As of August 28, 2007, the Village Store Co-op's assets totaled \$44,461 including \$8,603 in savings, \$8,594 in the checking account, \$3,000 invested in the Capital District Community Loan Fund, \$20,594 in product inventory and \$2,113 equity in other food co-ops. The remaining assets are mostly cash and equipment after depreciation

Judy Klingebiel, CPA, completed her review of our year ending financial statements and prepared our tax reports for fiscal year 2006. In her report, she concluded "I am not aware of any material modifications that should be made to the accompanying financial statements in order for them to be in conformity with generally accepted accounting principles."

Our managers, Nancy and Barbara, continue doing an outstanding job and together with our bookkeeper, Mary Ann, have evolved a system to provide timely financial information. Product inventory is now conducted three times a year rather than quarterly.

The Board will closely monitor expenses for the rest of the year and, since the last four months of the year are typically the Village Store Co-op's strongest in terms of sales, we anticipate a modest profit for the year. In December, the Finance Committee will develop a proposed budget for fiscal year 2008 to share with the members for approval at the January membership meeting.

~submitted by Ed Dauenheimer, treasurer

Cambridge Freight Yard Revitalization Project and the Co-op: What Will the Future Bring?

The Annual Meeting on October 23 at 7:00pm will feature a discussion of the impact of the Cambridge Freight Yard Revitalization Project on the Co-op. Guided in part by a brief presentation offered by Sarah Ashton, of the Community Partnership, participants will envision what the new freight yard area will be like in five years—what kinds of businesses and amenities may be present, what the landscape will be, etc. Then a discussion will be facilitated imagining the Co-op in the new environment. Participants will be asked to brainstorm how it will impact the Co-op? What are the opportunities and challenges it might present? What can the Co-op do to anticipate and help guide the future character of the area. Please join in this important discussion of the future of the Co-op and the Village!

What's In An Apple?

By Chris Callahan



Photo copyright: New York Apple Association

If you are like most shoppers you probably consider the freshness, variety, appearance and cost of an apple as the major factors in your purchasing decision. Even fewer of us consider whether the apple was grown “conventionally”, or “organically.” Some of us probably don’t think much about that apple at all as it is put in our basket or bag.

Nutritionally, an average apple includes 72 calories in 19 grams of carbohydrate, zero grams of fat, 3 grams of dietary fiber and 170 milligrams of Potassium. An apple has no fat, no saturated fat, very little sodium, no cholesterol and no artificial colors or flavors. Apples have also recently been noted to be “powerhouses of antioxidant activity.”

But let’s stop to consider what else that apple actually represents. If you allow your imagination to follow the apple back along its path you might be surprised at just what an impact that apple has had on the world even before it came to you. It required at least some of the following: year-round orchard management, nutrient input (i.e. fertilizer), water, picking, sorting, washing, refrigeration, and transportation. Depending on the manner in which the apple was grown it may also have involved the use of pesticides and herbicides (by either natural or artificial mechanisms). When you take a bite out of an apple, you become connected to that network of activities and inputs.

Apples grow in orchards, stands of trees maintained for the production of fruit. Some trees in orchards can be 50 years old or more, and some orchards in New York have been in production for hundreds of years under the care of generations of the same family. The main apple producing states in the United States are Washington, Iowa, New York, Michigan and Pennsylvania. Washington State is, by far, the largest producer in the country with an orchard area 78 times that of #2 Iowa. Internationally, China is the clear leader in apple production by quantity (18 million metric tons vs. 4 million by the #2 U.S.A. [1997]).

A comparison study of apple production, processing and distribution in Iowa and Washington identified significant differences in practices. Iowa growers tend to sell most apples directly in-state on the orchard or at farm stands, while Washington growers rely on wholesale distribution, with the majority of production being exported. As a result the amount of energy and resources expended on cold-storage is less for Iowa growers than in Washington growers. Purchasing a local apple also means it may be one or two days old, compared with weeks or months old if transported from afar. Given its rank, New York is more similar to Iowa than Washington in terms of serving primarily local markets.

Energy is required to produce, process, and deliver food. One estimate suggests that between 7 and 10 calories of energy input are required to produce 1 calorie of food (US average). The majority of this (45%) is attributed to refrigeration and transportation from the producer to the consumer, some is attributed to home refrigeration and cooking (32%) and the balance is associated with actual production, processing and packing of the food (23%).

In our area, we are very fortunate to have a number of excellent orchards producing apples conventionally and organically. So our purchasing decisions are easier. But the apple is provided as an example only. If you begin to consider other food products and the path they follow to your door, you can start to realize how to reduce your overall impact on the world with daily purchasing decisions. Ask your seller where products are coming from and how they have been produced. Better yet, go visit the producers.

THE OFFICIAL NEW YORK STATE APPLE MUFFIN

Kids know that sometimes treats just have to include "the good stuff". The official muffin of New York State, the Apple Muffin, was created by elementary school children in North Syracuse, NY.

INGREDIENTS

TOPPING

1/2 cup walnuts
1/2 cup brown sugar
1/4 cup flour
1 teaspoon cinnamon
1 teaspoon lemon peel, grated
2 tablespoons melted butter

Combine ingredients and set aside.

MUFFINS

2 cups New York State Empire apples, coarsely chopped
2 cups flour
3/4 cup brown sugar
1/2 cup sugar
2 teaspoons baking soda
1/2 teaspoon salt
1 1/2 teaspoon cinnamon
1/2 teaspoon cloves
1/8 teaspoon nutmeg
1/2 cup raisins
1/2 cup walnuts
3 eggs, slightly beaten
1/2 cup butter, melted
4 ounces cream cheese, cut into small pieces
1/2 teaspoon vanilla

DIRECTIONS

Combine flour, sugar, salt, spices, and baking soda, and set aside.

Combine apples, raisins, walnuts, eggs, butter, cream cheese, and vanilla. Add dry ingredients, a little at a time, to the apple mixture. Stir until just combined. Do not over-mix. Portion batter into muffin papers; sprinkle with topping. Bake at 375°F for 20 to 25 minutes.

Makes two dozen muffins.

Each serving contains 204 calories, 10.2g fat (4.5g saturated fat), 44.6mg cholesterol, 1.05g fiber, and 188mg sodium.



Photo by Jonathan Barber, co-op member

A Family Story

Submitted by Nancy White, co-op member

I first met the coop when I was 14 and she was brand new. Her needs were simple then. She'd hang out in the living room, in the form of folks dividing bags and boxes of bulk items to take home. She'd put her feet up afterward, shoot the breeze, and munch a dried apricot. But she got restless—you know how fast kids grow—and soon found herself rooming with The Village Store, an older gal, quite companionably.

They grew together; The Village Store sold fewer work boots and flannel shirts, more chopsticks, journals, and baskets. The Coop? Well, many of you remember this part too. She flaunted grains you'd never heard of, a staggering range of pastas, and things that, really, you didn't *want* ten pounds of: trail mix, toasted sesame oil, dates, or lapsang souchong.

The world around her changed too. More women members had full-time jobs instead of staying home with the kids and gardens. The hard times that inspired her founders to share their friendly route to cheaper food eased off. She found herself offering actual chocolate! Organic goat cheese! Shi-take mushrooms! Frozen salmon!

Some members worried that she was livin' large, but always she kept the bins of oats, flour, rice. Never did she give up on whole wheat pasta, bulk lentils (three kinds now!), sunflower seeds and raisins.

And her reputation grew. She's pleased when someone drives all the way from Saratoga or Rutland to stock up on her spices, the freshest and cheapest around. Newcomers admire her wooden counters and coolers, glad for a taste of nonplastic, unbeeping service.

It's true that you see a few gray hairs, but in thirty-odd years, she's not lost a dot of gumption. More sophisticated now, with her credit card gadget and *matching* dispensers, more complicated to manage with her local produce and *how* many kinds of yoghurt? But still abundantly healthy, curious, feisty. She breathes and evolves because the members are what make her tick. She can change with the times but not lose her soul in the process. She's family, after all, so we expect no less.

New to the family—the Co-op enter the internet!
Even if you've checked out the website in the past,
please revisit www.villagestorecoop.com

New picture, new layout to share with family and friends!
Thanks to Katie Kenny for you creative artistic web design!

Village Store Co-op

25 East Main Street
Cambridge, NY 12816
(518)677-2765

Co-Op Board of Advisors:

Janet Foley, chair; Clem Crowe, vice-chair; Ed Dauenheimer, treasurer; Louisa Matthews, Penelope Poor, Chris Callahan, Jack Guzi, Kathleen Breault.

Staff:

Nancy Bariluk Smith, manager; Barb Dooley, assistant manager; Suzanne Seay, Saturday shift supervisor; MaryAnn Short, bookkeeper

Co-Op Business Hours: Mon—Sat 10:00am—5:00pm Open Thursdays until 8:00pm
Open Sundays 11:00am—2:00pm from Nov 18—Dec 23

Semi-Annual Membership Meeting Tuesday, October 23 at 7:00pm

7-7:30pm Dessert & Coffee Social

7:30 –8:00pm Speaker: Sarah Ashton:
The Cambridge Freight Yard
Revitalization Project & the Co-op

8:00pm Business Meeting & General
Discussion



Proposed Slate of New Board Members

The following slate will be presented for vote by the membership at the Semi-Annual Membership Meeting to be held on

Tuesday, October 23 at 7:00pm.

Kathy Idleman, a retired teacher from Salem School and longtime Co-op member and active

Mary Ann Pender, is returning to the Board and is a resident of Jackson. She is often seen in the Village walking in the early evening.

Bethany Macauley, is a Cambridge native and works at Ed Levin Jewelry. She now lives nears Shushan.

Jane Wright, Cambridge native who is retired from various successful retail positions.

Bill Figlozzi, recently retired from Cambridge Pediatrics after many years as one of Cambridge's favorite physicians, is often seen on his new bike on the Center Cambridge Road!