



Cambridge Food Co-op Voice

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

Summer 2009



Letter from the Editor

Dear Coop Members,

In trying to put this newsletter together I found one major difficulty, what to say. The value of the newsletter is to keep members informed and updated on what is new and what is going on, but it is also a place to share our thoughts. What I need from you is to participate by submitting recipes; ideas for improvements, and other things that you feel will make the newsletter more valuable to you as coop members.

I feel so fortunate to live in an area that has such wonderful food producers. We don't have to join a "new" movement of shopping locally or buying direct from farmers because the Co-op has been doing just that for more than 25 years. Knowing that the produce we sell comes from neighbors, the milk we get is the freshest it can be, the eggs are not only free-range, but less expensive than the mass marketed "organic" supermarket variety, and spices are as good as any sold in the spice markets of Qatar (I know, I've been to those markets!), is the amazing thing about living right here.

We are in a growth period and will soon be moving into a new space with new opportunities for expansion. What would you like to see happen? The Board can only do so much without the input of members. We really want to know how you would like to see your co-op set-up....and now is your chance to really have some input.

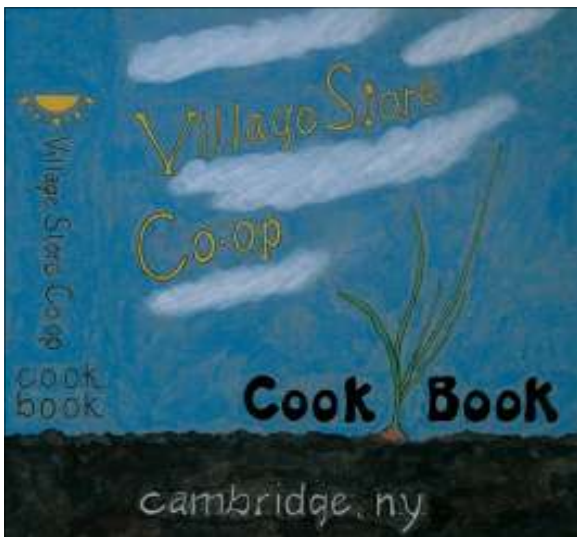
I've also noticed quite a few requests coming from Nancy to help fill time slots. She and Barbara can only do so much, please remember to sign-up and show up for your monthly shift.

It's been a hectic summer and much has been going on. In this newsletter you will find the Minutes from the Co-op Board Meeting of June 29th, a wonderful recipe that makes use of a new cheese, now available at the Co-op, and announcements from the Co-op and various members.

I hope you enjoy this issue,

A handwritten signature in black ink, appearing to read "Debra Pearlman".

Debra Pearlman,
Editor



Village Store Co-op Cook Book On Sale at Cambridge Farmers' Market!

Beginning August 23, 2009 Village Store Co-op Cook Books will be on sale at the Cambridge Farmers' Market! We will need volunteers to prepare the selected recipes as well as to set up and sell at the market from 10am - 2pm on Sundays.

Scheduled so far: August 23 - Zucchini Appetizers by Sharon Kruger
September 20 - Meal in a Moment by Penelope Poor
October 18 - Butternut Squash Chili by Elizabeth Call

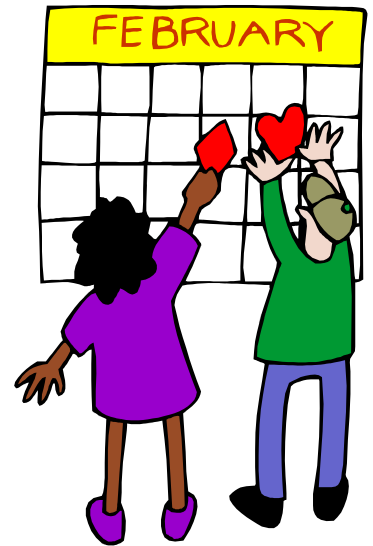
We need help from everyone to make this great opportunity successful! Please call Nancy at the Co-op at 518-677-5731 to let her know when we can count on you!

Important New Policies for Co-op Members!

As you all know, we have been very busy this spring and summer - which is fantastic! As such, it is more important than ever that everyone is responsible for your work time/shifts.

Unfortunately, we have had many (too many) last minute shift cancellations and even a few "no shows", prompting the Board to initiate two new policies.

- 1) If you fail to show up when scheduled for a shift and you did not call in advance, a "no show", unless it is a verifiable emergency, you will be required to make up the shift you missed, plus an extra shift.
- 2) If you cancel your shift/work time less than 72 hours prior to the shift, again unless it is a verifiable emergency, you will no longer receive the 20% member discount until that canceled shift has been made up.



With the ever-increasing business at the Co-op, it is very important that everyone stays on top of their busy schedules and works the shifts you've committed to so that we can provide our growing customer base with the quality, timely service they expect and that we cooperatively provide!



SPECIAL ANNOUNCEMENT

Diana Muehsam wants to know: would you prefer not to receive a reminder call a day ahead of your work shift.

Call: 677-2164
EMAIL: dihm13@gmail.com

She will put you on her 'no call' list.

Monday evening June 29 was a real turning point for the Co-op when the members met to decide the future. For the past year the Board had discussed and studied our growing need for more space. The Board had voted unanimously to move forward with a study of our situation which included meetings with the Hubbard Hall leadership as we sought more space in the Hall. Unfortunately Hubbard Hall found it impossible to provide more useable space. The Board then investigated other buildings and after much study decided that the old Wright Insurance Building was the most useable.

Before that location could be voted on we needed a business plan. This was a huge undertaking which can be appreciated by reading the plan which is on file in the Co-op. It was only then that the Board had a firm idea about the real possibility of a move.

The Board met and unanimously voted to call a membership meeting for Monday, June 29 at 7PM to discuss the move and answer questions. At the meeting it was suggested that we all walk across the street to visit the proposed location. Upon our return the vote was held. The result was 36 in favor of the move and 1 opposed.

We are moving!

A name change was also approved as we are no longer going to be across the aisle from the Village Store. *We will be known as The Cambridge Food Co-op.*

Committees are being formed to organize the many details of the move. Anyone interested in being part of these committees please let the Board know. A consultant had been hired to advise us on the setup in the space. He is experienced in setting up Co-ops and comes well recommended. A committee is also meeting with a group which helps not for profits find low cost financing, as the move will entail some needed funds.


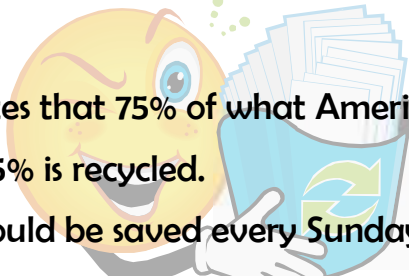
It is with great sadness that we move from Hubbard Hall which we all love so much. It was only after much soul searching that we came to the conclusion that we had to have more space. Thank you Hubbard Hall for providing us a home for all these years. It has been a great run and you were so much a part of our success.

~ Clem Crowe
Vice Chairperson



5 Great Reasons to Recycle!



- Throwing away a single aluminum can, as opposed to recycling it, is like pouring out six ounces of gasoline. 
- Recycling a single aluminum can saves enough energy to power your television or computer for 3 hours!
- The EPA estimates that 75% of what Americans throw in the trash could actually be recycled. Currently only 25% is recycled. 
- 500,000 trees could be saved every Sunday if everyone recycled their newspapers.
- Every ton of mixed paper recycled can save the energy equivalent of 185 gallons of gas!





Something Fishy is Going On at the Cambridge Co-op!

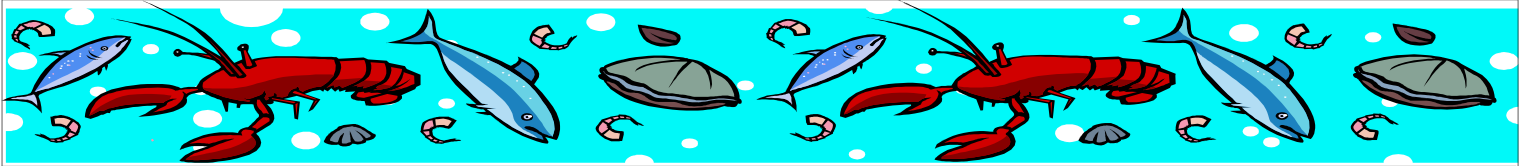
Friday is Fish Day!!

Fresh seafood, clams, shrimp, sockeye salmon, prince Edward Island mussels, tilapia to name a few. All seafood purchased is researched with sustainability and mercury count in mind.



- E-mails will be sent out on Tuesday with the list and prices of available eco-friendly seafood.
- Pick-Up Friday after 4:30
- Members save money at a *pre-order price* (no % taken at the counter)

This is a Co-op Member benefit only which is not open to the general public at this time.



Co-Op Meeting Minutes of 8/03/09

Meeting began at 7PM in the Beacon Feed Building with Chair Marianne Pender and the following: Nancy Bariluk-Smith, and Barbara Dooley Managers, Board Members Bethany Macauley, Jim Dilley, Ed Dauenheimer, Bill Figlozzi, and Clem Crowe plus interested Co-Op member Jayme Wood. Excused-Jack Guzi & Louisa Matthews

****Members of the Board were reminded to please notify the Chair ASAP when they will be absent from Boards meeting. This is policy and is extremely important to assure a quorum of present to vote on our many up coming decisions. Minutes of the meetings of July 16 were approved as amended (to include Co-Op Board Meeting Rules) and the minutes of July 20 meeting . Moved by Jim Dilley and seconded by Ed Dauenheimer. Passed by all members present.

A discussion of members who missed showing up for their shifts was long and detailed. It was moved by Ed Dauenheimer and seconded by Bill Figlozzi that if a person gives less than 72 hours notice of an inability to fulfill a shift they will be expected to find their own replacement or will be told to be at the Co-Op as scheduled. If the shift is missed, the no show will have to make up two shifts. The member will lose their discount until the shifts are made up. Emergencies will be considered. Motion made by Bethany Macauley and seconded by Bill Figlozzi. Passed by all members present. This will be added to our policy folder and will be put on the register and on the calendar.

An accurate list of finance committee members will be developed. It is thought that Jack Guzi, Hannah Stevens, Robbie McIntosh, Sarah Ashton Ed Dauenheimer, Sean Mcentee and Nancy Bariluk-Smith plus bookkeeper Winnona Hathaway are members. Sean will look into this when he has time.

Mary Dee, Clem Crowe and Nancy will review the Personnel Committee work in September. Clem will also consult Nancy about possible new Board members. Deb Pearlman will discuss with Nancy about doing the Newsletter by herself.

The Move

The Capital District Loan Fund will charge 7% which was considered too high. Marianne has a draft of a promissory note we could issue on our own in \$500 denominations payable in either five or ten years paying 5%. See attached Analysis. The Bookkeeper would keep track of the notes. The notes would be offered to members first. The notes were approved pending seeing them via email if there is no objection. 1/2 of the notes would be for five years and 1/2 for 10years.

Jim Dilley, Clem Crowe, and Bill Figlozzi will meet with lawyer Rolf Sternberg in Hoosick Falls on 8/4 to go over a lease for the new location. If it is correct they will organize a meeting with the owners of the new location.

The layout of the store was discussed with new ideas as a result of a meeting with Dan Walsh. These were presented by Marianne Pender. Marianne will meet with the code enforcement officer.

The new name of the Co-Op was voted by members on June 29, 2009. The vote was unanimous. Our new name will be The Cambridge Food Co-Op. We have received our name change approval and paper work from The State of New York. A copy of our minutes will be brought to Glens Falls National Bank to fulfill our name change requirements with them. Jim Dilley will extract the name change section of our minutes and place it in proper form to be available for our name change process with other entities.

The meeting was adjourned by a vote on a motion by Jim Dilley and seconded by Ed Dauenheimer.

Respectfully submitted,
Clem Crowe
Acting Secretary

Co-op Board and Membership Meeting Votes

The Coop Board and members met at the Beacon Feed Building at 7:00 pm on June 29, 2009. Managers Nancy Bariluk-Smith, Barbara Dooley, Jane Wright and Board Members Jim Dillard, Jack Guzi, Louisa Matthew, Kathy Idleman, Marianne Pender, Bill Figlozzi, Bethany Macauley, Sean McEntee and Kathie Breault were present as well as many Coop members.

A resolution approving the relocation of the Village Store Co-op was passed out for members to read. Following this, there were some comments from Board members explaining why the Board felt we need to move to the Coldwell Banker Building. Clem explained some steps that the Board took in trying to expand within the present space and why this did not work. There were several financial questions which were answered by Board members. Business plan committee members Louisa and Jim were able to answer these concerns. Some questions need to wait until the meeting with SCORE and the consultant. There are possibilities of a grant that is uncertain at this point but the Board assured the members that we will have a cap on borrowing and can scratch the plan if it doesn't meet the numbers outlined in the business plan. Other questions addressed the space including the square footage, parking, delivery trucks, and handicapped areas. The members and several Board members and managers then walked across the street to view the proposed new space. When they returned a vote was taken. Members pulled their cards from the membership box and then voted by placing their card in a yes or no pile. A board member counted the votes and the vote was passed by 36 to 1. Following this, there was a short discussion about changing the name. The Board met for a few minutes and selected two of the three name choices submitted by the membership. These were the Cambridge Food Co-op and the Cambridge Valley Food Co-op. This vote was done with a show of hands. The name, The Cambridge Food Co-op was voted in, 23 to 12. (All votes were carried with the use of 98 signed proxies to form a quorum)

Following this some members volunteered to join a Moving Logistics Committee which will meet once or twice a week until the move is completed (starting after the 4th of July.) Jim Dille will head up this committee. Those who volunteered to join him are Jack Guzi, Kathie Breault, Sharon Fitzgerald, Sean McEntee, Nancy Bariluk-Smith, Jane Wright, Lori Richardson and Pam Briggs.

The meeting was then adjourned.

Respectfully submitted:
Kathy Idleman
Secretary



NEW CHEESE AT THE CO-OP!



Ricotta Salata
a salted and molded ricotta

Especially good on pasta dishes and
with tomato sauce of any kind

Only \$4.73 a pound!



Ever wonder what other food co-ops around the country are doing? Well, starting with this issue of the *Cambridge Food Co-op Newsletter*, we are going to feature a "sister" co-op and some of the ideas they have started in their communities.

Our first feature is on the
Community Food Co-op, Bozeman, Montana.



Image courtesy of Community Food-Co-op, Bozeman
<http://www.bozo.coop/home>

Here is a post on their Facebook page:

Tomorrow is 4 Percent Day. Shop here Friday and 4% of the day's total sales will go to The Gallatin Valley Food Bank, an invaluable community resource. Go Co-op!

I know Bozeman is a city, and much larger than Cambridge, but what a great way to support those in the community that are struggling in these economic times. My hat's off to the members of the Community Food Co-op, Bozeman.

Another thing they seem to do is have regular members' gatherings like this:

"Music and Grilling on the Lawn tonight from 5:30-7:30 with Jawbone Railroad. Heck ya!"

We could do that too! Maybe make use of the new open space in the Freight Yard and create a "happening."

Do you have a favorite food co-op from another region? Let me know and I'll feature them in upcoming issues of the *Cambridge Food Co-op Newsletter*.

Cambridge Food Co-op

25 East Main Street
Cambridge, NY 12816
(518)677-5731



Co-Op Board of Advisors:

Marriane Pender, chair; Clem Crowe, vice-chair; Sean McEntee, treasurer; Ed Dauenheimer, Kathy Idleman, Louisa Matthew, Penelope Poor, Jack Guzi, Kathleen Breault, Bethany McCauley, Bill Figlozzi, Jim Dilley

Staff:

Nancy Bariluk Smith, manager; Barb Dooley, assistant manager; Jane Wright, Saturday shift supervisor; Winona Hathaway, bookkeeper



Co-Op Business Hours: Mon - Wed , Fri & Sat: 10am - 6pm
Thursdays 10am - 8pm Sundays 11am - 2pm

Recipe of the Month

PASTA CON LE MELANZANE

Serves 6

2 medium eggplants
salt and freshly ground pepper
1 Π cups olive oil (see note)
1 Π pounds spaghetti or penne rigate (use ITALIAN pasta – DiCecco is best)
2 garlic cloves
1 cup ricotta salata, grated
3 cups very ripe tomatoes, peeled and chopped 1 cup
fresh basil leaves, chopped coarse
or 2 cups home-made tomato sauce

Enjoy! It is a wonderful summer dish when everything can come from your garden.

Submitted by Coop Member Louisa Matthew



1. Wash eggplants and cut them, unpeeled, into 1" slices or into finger-sized sticks.
2. Sprinkle with abundant salt and allow to drain for a couple of hours. Rinse well,
3. Pat dry, and fry in 1 cup olive oil until golden brown on all sides. Drain on
4. absorbent paper. [NOTE: if you want to use less oil...try the suggestion in the recent issue of Cook's Illustrated, where a method using the microwave is proposed...recipe referred to as "pasta alla Norma" – another name for the same dish; I have also broiled the cut-up eggplant, first tossed in olive oil, on a cookie sheet]
5. Sauté the garlic cloves and the chopped tomatoes, together with a very little salt and the pepper, in 1/3 c. oil for about 15 minutes or use your prepared tomato sauce.
6. Cook the pasta in abundant boiling water until al dente, then drain.
7. Toss in a serving bowl with half the ricotta, then the sauce and the basil. Put the fried eggplant on top, and sprinkle with the rest of the ricotta.

*This recipe is from Mary Taylor Simeci, *Pomp and Sustenance. Twenty-Five Centuries of Sicilian Food*, Knopf, 1989. A wonderful cookbook and history of the island's culinary traditions by the author of an equally good book about living on a farm in Sicily called *Persephone's Island*. They are likely both out of print, but I found them on a used cook book web site some years ago.

Shop Local!
Get the ingredients at your Co-op!