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July 4, 2019

Organic Food Starts with Organic Seeds

By Leila Darabi

Last month in an op-ed for *The New York Times*, Chef Dan Barber—founder of the farm-to-table restaurants Blue Hill and Blue Hill at Stone Barns—laid out some stark statistics on a small group of behemoth companies' control of global food production. Bayer, the German pharmaceutical giant, bought the mega food operation Monsanto last year, making it the largest of just four companies that control more than 60 percent of all seeds on the planet. The other three are Corteva, ChemChina and BASF.

Barber cites the Center for Food Safety in Washington, DC, which estimates that the number of small and family-owned seed producing companies has plummeted from more than 1,000 just 50 years ago to around 100 today. Barber titled his piece "Save our food. Free the seed." And he's not the only one concerned with the consolidation of seeds.

It All Starts with a Seed

Organic seeds are like a single-malt whiskey or single-vintage bottle of wine—they embody purity and the unique flavor of a specific place. Immigrants moving from one country to another often pack seeds to ensure that they can carry the taste of home with them wherever they go. Similarly, some Italians insist that wood-fired dough with tomato



ILLUSTRATION BY VALERIE TRUCCHIA

saucers and cheese can only be called pizza if those tomatoes were grown in a specific region of Italy.

Just four companies...control more than 60 percent all seeds on the planet.

As agriculture giants merge, the diversity of plants—and therefore flavors—disappears.

"[Corporate consolidation of seeds] is a great concern for most of New York and the organic community," said Andrianna Natsoulas, executive director of the Northeast Organic Farming Association of New York. She continued, "Our organic farmers now find

that they are competing to some degree with much larger operations in the West and in other countries."

For farmers seeking to grow organic produce, Natsoulas explains that hybrid seeds from mega corporations aren't just less expensive, in some cases they are the only option available. Generations ago, farmers allowed portions of each annual crop to grow to seed and saved those seeds for the next year's planting. That model has been hard to scale. And as big agribusiness seeds overwhelm the market, a new debate has sprung up asking the question: *Shouldn't the definition of organic start with the seed?*

CONTINUED ON PAGE 4

Cynthia Pennycooke Nov 28, 1962 – Jun 23, 2019



With heavy hearts, the Coop staff announce the death of our beloved friend and dear colleague Cynthia Pennycooke. Cynthia passed away at home on Sunday, June 23.

Cynthia worked for the Coop for 13 years as a Membership Coordinator. If you are an early riser, you probably have been graced by Cynthia's beaming smile. She's the one who got the Coop shopping floor and membership office ready for the day.

Cynthia approached her work at the Coop with complete dedication, focus and integrity. She was a talented artist and seamstress (who handmade most of her own clothing) and was known for drawing pictures during staff meetings that would make the person seated nearest to her laugh to the point of disruption. Her contributions to the Coop are lasting and she was an inspiration to all who were lucky enough to cross her path. Her light will always shine brightly in all of us and we are certain that "poor, poor unattractive Alexis" (Cynthia's pet name for him) was waiting for her with open arms.

The Coop mourns her passing. We are heartbroken and miss her deeply. She was a kind, generous soul.

The Coop will be organizing a memorial celebration for Cynthia. Details will follow in the next several weeks. ■

Next General Meeting on July 30

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The June General Meeting will be on Tuesday, July 30, at 7:00 p.m. at **John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.**

The agenda is in this *Gazette*, on www.foodcoop.com and available as a flier in the entryway of the Coop. For more information about the GM and about Coop governance, please see the center of this issue.

Coop Event Highlights

Tue, Jul 9 • Plow-to-Plate Film:

One Man, One Cow, One Planet 7:00 p.m.

Fri, Jul 12 • Wordsprouts:

Betsy Andrews 7:00 p.m.

Sat, Jul 20 • Learn About Cheese at the Coop

12:00 p.m.

Fri, Aug 2 • Film Night

7:00 p.m.

Look for additional information about these and other events in this issue.

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What's Beyond the Burger? Plant-based Seafood!

By Rene Brinkley

This year seems to be shaping up as the year of plant-based meat. There are several notable milestones that this meat alternative is having a moment this year in particular.

The plant-based food company, Beyond Meat, went public in May and the company recently announced it will be rolling out plant-based ground meat at select grocers around the country.

Fast food chains are rushing to add plant-based meat options to their menu. Burger King announced it's adding a meatless whopper to its menu; White Castle is featuring sliders made from the meat substitute, Impossible Burger; Del Taco is adding a meatless taco; and Qdoba will feature a plant-based burger in all 730 locations around the country.

Competition continues to heat up in the category as more companies announce plans to enter the alternative meat market. Last month Tyson Foods released their first alternative meat product: plant-based nuggets. Tyson's CEO stated in an investor's call that the company intends to "fully compete in the alternative protein space."

All of this activity is fueled by customers who are putting more focus on health and wellness and expressing more concern about climate change and animal welfare. Consumers are growing (no pun intended) hungry for plant-based alternatives. The Plant Based Foods Association commissioned a study that found plant-based meats grew 24 percent from 2017 to 2018.

As plant-based meat products move from a niche product to mass adoption, some industry experts are looking beyond land animals and focusing on sea animals as the next big opportunity. A report released earlier this year by the non-profit organization, Good Food Institute, states: "Striking trends in consumer demand and product innovation for plant-based alternatives to animal products like meat, poultry, and dairy are likely to reflect a similar forthcoming transformation within the seafood industry." It continued, "In fact, there is reason to believe that the transition of seafood toward plant-based and cell-based products solutions will occur with even more urgency."

The Dangers of Seafood

But wait! What's wrong with seafood? It's an excellent source of protein. It is filled with vitamins, minerals, and essential fatty acids. The dietary guidelines for Americans suggest eating two servings of seafood a week to help lower cholesterol and reduce the risk of heart disease. However, there are environmental, ethical, and health concerns related to the seafood industry.

Jen Lamy of The Good Food Institute stated, "The way fish are caught and killed these days causes a great deal of damage to aquatic ecosystems." She continued, "Farmed fish are generally fed wild-caught fish, thus exacerbating that ecological damage. Farming fish also has other issues as well, including concentrated waste and antibiotic use." According to the United Nations a third of fisheries are overfished, and a million species around the world are threatened with extinction. Water pollution has resulted in fish with toxic concentrations of heavy metals and plastic. Fish fraud and mislabeling continues to be a serious issue despite efforts at reform. The seafood industry is rife with human rights abuses, including the use of slave labor to catch fish.

Despite the risks, people around the world continue to eat fish. Approximately three billion people depend on fish as a primary source of protein. As the population increases and people have more disposable income, the demand for seafood will continue to grow. The UN projects a global

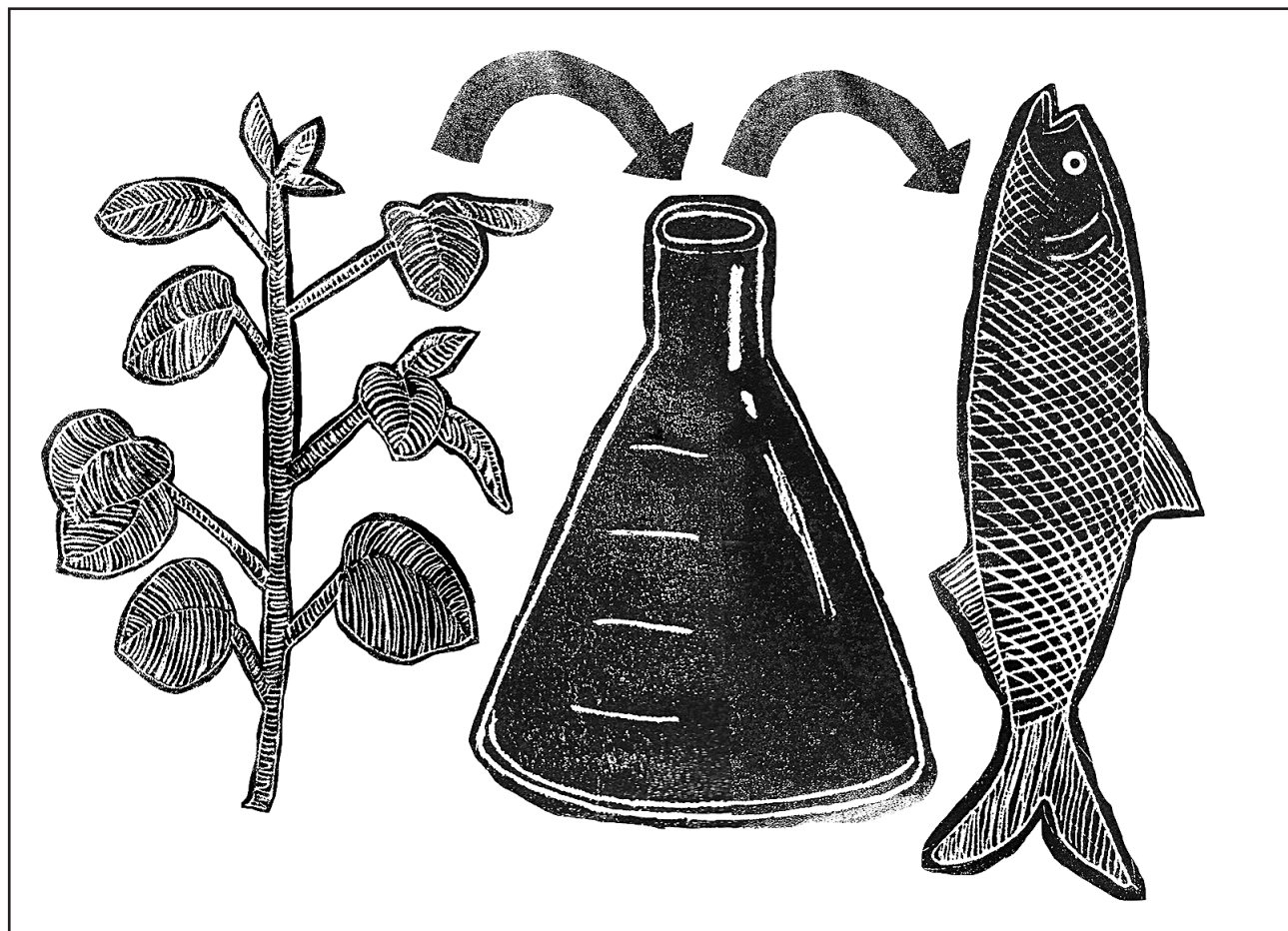


ILLUSTRATION BY CATY BARTHOLOMEW

increase in demand of 45 million tons between 2010 and 2020. Governments and various organizations have stepped in to help consumers navigate the murky waters of eating fish and some entrepreneurs are trying to eliminate all seafood-related risk with plant-based alternatives.

Plants to the Rescue

Eugene Wang is an entrepreneur on a mission: "...to make plant-based seafood accessible and delicious to everyone," as stated on the website for his company, Sophie's Kitchen. His journey started 11 years ago when his daughter, Sophie, suffered an allergic reaction to seafood. "That got me thinking. A lot of my family members are allergic to seafood," Wang stated. He continued, "I have friends who are allergic and even more friends who follow a vegan diet. There was nothing like what you call 'plant-based seafood' available on the market back then, so I decided to start a business." It also helped that his family ran a vegetarian food factory, and he could use the technology to develop new products.

2019 seems to be shaping up as the year of plant-based meat.

Working closely with his father, a trained food scientist, Wang developed his first product in less than a year. But getting this brand-new food item in front of consumers proved even more challenging, as retailers and buyers didn't understand it. "A common reaction was like—what? Plant-based seafood or vegan seafood, what are you talking about?" Wang recalled. Despite the challenges, Wang's first product hit store shelves in 2011 and it can now be found in 2,000 retail stores across the country, including Whole Foods, Wegman's, and Safeway.

Looks Like Shrimp

Sophie's Kitchen describes its products as "gourmet plant-based seafood." The top selling product is shrimp. "People love it," Wang said. He continued "They can use it for shrimp salad, shrimp pasta, or even pizza." The next most popular item is the smoked salmon. "It looks and tastes like the real thing, and none of our competitors have that," Wang remarked. Sophie's Kitchen also

carries toona, crab cakes, scallops, and fish fillets. The key ingredients across the products are pea protein and a Japanese yam called konjac. Wang explained that the Japanese use konjac to make tofu-like patties and noodles. His father figured out a way to use the yam to replicate the texture of shellfish. To capture the flavor of the ocean, the products are seasoned with sea salt and seaweed.

While Wang feels his company has done a great job recreating the texture of seafood, he admits there are still challenges to overcome. One challenge is price. His plant-based seafood items are priced two to three times higher than traditional seafood products. Wang says plant protein is still very expensive. Another challenge is nutritional quality. "Nutritionally we are not comparable to real seafood. We are a texture replacement not a nutrient replacement," he remarked. Wang said the company is actively working on increasing the nutritional profile of all its products.

Journey to the Coop Shelf

The Park Slope Food Coop has been carrying a variety of plant-based food items for many years. Popular brands include Boca, Gardein, and Amy's Organics. Some of the most popular products include veggie burgers and "chicken" pieces. In the past year, the Coop began offering Beyond Burger and Beyond Sausage. Coop General Coordinator Joseph Szladek explained how the items landed on the shelf: "Brokers told us we should try it. Meanwhile, members started asking for it and our buyers had it on their radar. Those are the three ways to get in the store, and with Beyond Burger it was the intersection of all three paths."

Currently the Coop does not carry any plant-based seafood items, but Szladek says it's an item he could imagine being in the store. He remarked, "I could see it on the shelf one day. As long as it meets our standard of quality, we would consider bringing it in, especially since it's in this sort of developing food category." Szladek continued, "We are always interested in trying new things and our members are always interested in trying new things coming out in the food world. I wouldn't be surprised if we started hearing more about plant-based seafood and if our members started asking us to bring it in." ■

A Drop in the Bucket: The Politics of Rain Barrels and CSOs

By Jess Powers

Local elected officials and the NYC Department of Environmental Protection (DEP) are hosting rain barrel distributions in Brooklyn neighborhoods again this summer, promoting their efficacy to both reduce water use and to help with combined sewer overflows (CSOs). But environmental advocates criticize claims that individual choices can make a real impact on healthy waterways—like the nearby Superfund sites in the Gowanus Canal and Newtown Creek—and call for politicians to instead enact better policies for responsible development.



Chris Saporita with a rain barrel.

How Are Rain Barrels Used?

The 60-gallon rain barrels are used to harvest precipitation by connecting to a home's downspout (the pipe carrying rain from the gutter), and collecting its runoff for later use, for instance, in vegetable gardens or lawns and to clean cars or bikes. Such water is not potable—and not collected for consumption as drinking water. According to the NYC DEP website, outdoor chores such as these can make up as much as 40 percent of a household's water use during the summer months.

Rain barrels can save consumers money and reduce the strain on municipal water use. They can also help protect homes and their foundations from damage, due to improper drainage. And they benefit the environment by reducing rainwater runoff, which pollutes waterways by sending out fertilizers, pesticides, and other contaminants from lawns directly into clean waterways. Some home gardeners prefer using rainwater for their vegetables, since it

doesn't contain the chlorine and fluoride that are added to city water.

Petra E. Lewis, a Coop member and one of the editors for the *Linewaiters' Gazette*, recalls seeing rain barrels at her grandparents' home in the Trinidadian countryside and being intrigued by the tadpoles that grew after frogs lay their eggs in the water. She reminisces: "I imagine many Trinis at that time [also] had a couple [of] rain barrels in their yard."

Humans have collected rainwater for thousands of years. People use the vessels available to them. In the case of her family, Lewis recalls, "repurposed metal oil drums." But it appears that rain barrels are making a comeback in many places. "What's old is new again," she says.

The local giveaway started as part of the city's Green Infrastructure Plan. Rain barrels are part of a "multi-pronged, modular, and adaptive approach to a complicated problem [of CSOs and water quality]" intended to provide benefits at a low price point.

What Are Combined Sewer Overflows (CSOs)?

In the five boroughs, about 60 percent of our sewer system is combined, according to the Department of Environmental Protection (DEP) website. This means that a single pipe carries both stormwater runoff and sewage from buildings. It is normally treated, but during heavy rainstorms, a toxic mix of rainwater and untreated raw sewage flows directly into the City's waterways, called combined sewer overflows (CSOs). The NYC DEP reports that rain barrels can help reduce the amount of CSOs by diverting water from drains during heavy storms.

Upgrading "grey"—that is, traditional—infrastructure comes with a hefty price tag for replacing those single pipes with a separate system, known as a municipal separate storm sewer system (MS4). This has its own environmental hazards, as stormwater is untreated and carries pollutants from impervious surfaces, including trash, oils, chemicals, pathogens, and sediments, directly into waterways.

Readers may have noticed recent efforts to manage runoff by replacing concrete or blacktop with small green spaces

in Gowanus, such as swales or green roofs. Many of these spaces appeared without signage or communications to local residents, and they were soon filled with trash.

Marlene Donnelly is a founding member of Friends and Residents of Greater Gowanus (FROGG), which ran the SuperfundMe campaign that brought the Environmental Protection Agency in for the Superfund cleanup of the canal in the first place, a process that holds historic industrial polluters responsible for cleanup. National Grid and the City of New York have shown some commitment to the cleanup, but advocates worry that it will be stalled under the Trump Administration. Donnelly believes that the real solution to the ongoing sewage problem lies with policy makers, not homeowners.

Local elected officials and the NYC...DEP...are hosting rain barrel distributions in Brooklyn neighborhoods again this summer.

"The DEP and our local politicians have been using the idea [of] green infrastructure—which includes these barrels—for years now to do what most of us consider to be 'running public relations interference for development,'" she responded by email. Local residents are concerned about massive rezoning of Gowanus, she says, which would significantly increase the amount of raw sewage entering the canal during rain events.

"For more than 15 years," Donnelly continues, "the community has asked these politicians, the City DEP, and the mayor to have the canal re-classified under Federal Clean Water Standards." With already high levels of CSOs and 20,000 new apartments proposed in the neighborhood, FROGG and other community activists argue that these standards are the regulatory controls needed to limit the acceptable levels of pathogens in the canal water. It would require swift action about raw sewage contaminating the canal. FROGG also has a proposal before the State to put the canal on the National Historic Registry.

Council Member Brad Lander remarks that rain bar-



A solar-powered bike vehicle.

rels "are a great tool" and "will contribute to reducing sewage combined overflows and improving the health of our waterways." He acknowledges that there is still more work needed to advance Gowanus Canal cleanup, but he says that his office is "working with the city to develop a sewage infrastructure plan that will address overflows at scale for years to come."

Edward Timbers, a communications staffer at the DEP, explains that the DEP is "building green infrastructure in the Gowanus watershed (at playgrounds, NYCHA facilities, and along roadways), as well as the approximately \$1 billion [in] overflow retention facilities to improve the health of the Canal." His office has given away tens of thousands of barrels since 2012. He sees rain barrels as "a way of getting New Yorkers involved and connected to the issue of stormwater management."

Why Were Rain Barrels Illegal in Some States?

Surprisingly, in some western states, it was illegal until recently to collect rainwater, due to outdated laws about water rights and ownership. Water rights out west follow the prior appropriation system, which was "first come, first served." During the Gold Rush, prospectors who used water to speed up the mining process would dig channels, siphoning water from far-away sources. Borrowing from this mining convention, the law became: whoever dug a channel first was entitled to the water that came that way. In the following decades, western states separated property rights from water rights. As a result, all rainwater belonged

to existing water rights owners.

These days, big agriculture uses 80 percent of California's water resources, and in 2012 the state made it legal for residents to collect rainwater. Restrictions for homeowners also loosened in recent years in Colorado and Oregon, but limit the amount of barrels permitted and surfaces from which water can be gleaned, respectively. The issue got considerable media play after a man in Oregon was jailed for 30 days for illegally collecting rainwater—he had done so at such a scale that he filled 20 Olympic sized pools and installed docks, boats, and trout in manmade lakes.



Sarah Erwin and Michael Godengerg.

The hope in NYC is not that rain barrels will solve the problem of CSOs, but, rather, that they connect locals to water conservation and stewardship. If you're interested in getting one, there will be rain barrel giveaways in all five boroughs on a weekly basis throughout the summer. Elected officials organize the events, so check with your local city council member for details. ■

Organic Food

CONTINUED FROM PAGE 1



Andrianna Natsoulas, executive director of the Northeast Organic Farming Association of New York.



Anandi Premllal, urban agriculture consultant and educator with Sustainable Queens.

"The overall integrity of organics is in question," said Natsoulas. "Organic standards have been watered down, and the National Organic Standards Board has been increasingly recognized by large corporate industry. We're concerned about protecting organics."

Labels Can be Misleading

Seeds aren't the only barrier to independent farms growing organic.

"The organic label is tricky because it marginalizes farmers who can't afford all the equipment and sizes and certifications that it takes [to be formally recognized]," said Anandi Premllal, an urban agriculture consultant and educator with Sustainable Queens. "Most of the small farmers can't even afford to

be certified organic."

Learning about these obstacles led Premllal to question her assumptions around "good" and "bad" food.

"Even when I was shopping at green markets in NYC, I was excited, assuming everything was automatically organic. And then I was talking to farmers and they were saying 'oh no this lettuce is traditionally grown,'" she explained.

To overcome the financial and red-tape barriers to becoming certified organic, several new certifications have popped up.

"In the U.S. there are so many small farmers. And some of them started a new label called naturally grown," said Premllal. "You can use that to give yourself credibility."

Smaller, independent initiatives around seeds have also sprung up, including a new wave of seed libraries.

Checking Out Seeds

"It's been a movement that's been going around, for about the last five years," said Premllal.

"Libraries will have a little seed area, so you can actually check out seeds and bring them back." Seed libraries serve multiple purposes, one of which includes extending the shelf life of organic seeds. The longer a seed sits in storage, the less viable it becomes. Encouraging community members to take those seeds, plant them and return at the end of the season with new seeds from new plants helps to preserve rare and diverse varieties.

And as corporations increasingly consolidate plant varieties, breeding for what works best on large-scale fields, seed libraries have become a way to preserve unique and regionally specific

flavors across the country.

In Rhinecliff, NY, volunteer Susan Sie has started one such initiative. She got the idea after meeting Hudson Valley Seed Company founder Ken Green at an environmental workshop. All of the seeds Hudson Valley Seed Company sells are organic.

"Seeds are kind of in a way sacred little living things," Sie reflected. "[Protecting] the diversity of seeds will increase our resilience into the future."

Sie partnered with the Rhinecliff (book-ending) library to launch the area's first seed library. With Green's guidance, she picked five varieties of vegetable seeds to "lend" to patrons.

"The idea is to lend seeds out and hopefully have them go to seed and bring back new seeds at the end of the season," she said, adding that in the first year they focused on giving seeds away. Now in the second year, the hope is to collect new seeds from those planted. To ensure success, the library planted a 10 x 20-foot community garden plot with the main goal of harvesting seeds.

"We decided to pick five varieties of seeds that we want to grow out and expand: a local seed from an Italian family that brought Romano pole bean seeds here from Italy, French breakfast radishes, long red bean, arugula, Russian kale mix, and what we call the library lettuce mix."

Part of the fun, said Sie, has been seeing plants grow out beyond a typical harvest point—yielding tall flowering kale and massive bright red radishes. "They look like these undulant amazing creatures."

Seeds of Hope

According to plant researcher Heron Breen, seeds are a metaphor for a larger global trend.



PHOTOS BY WILLIAM FARRINGTON

Botanical Interests seeds, an independently owned Colorado-based seeds provider, began with the hopes of informing and inspiring gardeners.

"That same story of the brutality of consolidation is rampant in every part of our society," he said. Breen's day job is selling seeds with the independent company Fedco where he sees the challenges farmers face in sourcing organic seeds. About 40 percent of the seeds Fedco carries are organic. The Park Slope Food Coop is a partial owner, as a member of Fedco's cooperative.

Despite the many challenges, Breen remains optimistic.

"We often talk about the big four or five companies that people talk about. At this point these companies are eating each other," he mused. "The seed companies on those charts are not all the seed companies."

Breen suggests that it is misleading to look just at the top four companies controlling 60 percent of the world's seeds.

"One of the errors of Dan [Barber]'s article is that there's a conflation of our large grain fields and vegetable crops," Breen said. "These are at the heart of our Western culture—wheat and corn and soy beans—and much of this is related to finding varieties that are resistant to herbicides."

While corporations have focused on cash crops and particularly food that feeds animals, Breen sees more openings to take back control of food that feeds people. "Vegetable seeds are a little less sexy," he laughed.

"If a farmer is looking to use organic seed, the first thing they have to ask themselves is: 'Is there seed that I can produce for myself?'" He suggested: "To become part of that skill set, even in a small way, is huge—if every farmer did that it would have a big impact." ■

COORDINATORS' CORNER

Staff Picks for Products

By Jessa Fisher, Receiving Coordinator and Supplement Buyer

Camille (Membership): Zucchini Blossoms! I see them, I buy them (.95¢ each). Here's what you do: take a teaspoon and gently stuff each flower with seasoned ricotta. Dip each stuffed flower in egg, then coat in flour. Fry the prepped flowers in some olive oil until they brown. Delicious! [produce aisle]

Jessa (Receiving): Laiki Black Rice Crackers—melt in your mouth! [aisle 6B]

Petra (Receiving): Honey Mama's refrigerated chocolate

bars [prepared foods case] and Tofeta (vegan feta made out of tofu and coconut oil) [small cheese case]

Silvia (Membership): Stone fruit (even though my organic peaches went bad) especially the white nectarines [produce aisle]

Carline (Receiving): Hail Merry Gluten Free tarts [prepared foods case]

Martha (Receiving): Effie's Oat Cakes (especially the free samples!) [aisle 7] and White Mustache mulberry yogurt (seasonal!) [yogurt case]

Kim (Receiving): Tony's

Chocolonely—lovely to share, fun for after dinner [aisle 7]

Joe Holtz (General Coordinator): Sycamore honeydews. We discovered them 42 years ago. They should arrive soon! [Produce aisle]

Yuri (Receiving): Surf Sweet Gummy Bears—because they have so much fiber! [aisle 7] and Abeille Diligente lavender honey [specialty end cap]

Elinoar (General Coordinator, Receiving): Al Arz Tahini on the new-product front-end cap (best tahini according to Ottolenghi)

Marvin (Receiving): Chicory sugar loaf organic [produce aisle]

Lisa (Receiving): Lancaster bunch organic arugula (has bite and is a little chewy) [produce aisle]

Alex (Receiving): Bearitos Corn Chips with Sea Salt—a medium size bag corn chips [aisle 7]

Ross (Receiving): Mediterranean Green Pitted Olives—vacuum sealed and great for camping! [hang in aisle 3]

Ronald (Receiving): Runner and Stone pretzels [aisle 3]

Theresa (Receiving): L'imperie—the new fresh bread we carry (deliver on Monday and Friday) [aisle 3]

Ron (Receiving): Summer fruit. Hepworth strawberries.

[produce aisle] Also Poha—organic flattened rice. Can make it in less than 5 minutes—great for summer [On the new-product front endcap]

Jennifer (Receiving): Fine and Raw Chocolate [chocolate end cap, end of aisle 7]

Margie (Receiving): Cacao Sampaka Gaudi Dark Ibiza sea salt chocolate—[chocolate end cap, end of aisle 7.] Vista Hermosa Tortilla Chips. If they are out of stock, then: Donkey Tortilla Chips [produce aisle]

Ev (Receiving): Turmeric, ginger, Japanese turnips—roots to nourish us and keep us connected with the earth [produce aisle] ■

SAFE FOOD COMMITTEE REPORT

Plow-to-Plate Movie Series Presents: *One Man, One Cow, One Planet*

By Adam Rabiner,
Safe Food Committee

One Man, One Cow, One Planet sounds like a David vs. Goliath story, a lonely warrior crying out against the powers that be: Peter Proctor, a New Zealand farmer also known as “the father of modern biodynamics,” plays the part of David. Goliath is modern agricultural chemical-based practices. The battlefield is the Indian subcontinent. But this is too simplistic a narrative. Proctor, who died last year at the age of 89, first visited India in 1993 and made over twenty-five subsequent trips before moving there for good with his partner Rachel Pomey in 2007, when this film was made. Proctor may have started his fight as one man with one cow, but over the years, working with individual farmers, local collectives and councils, and universities, he helped create and mobilize a sizable alternative agricultural movement.

This alternative, biodynamics, is a strange concoction of rational and spiritual elements that have their roots in an arcane 19th century philosophy, anthroposophy, created and espoused by Austrian social reformer Rudolph Steiner. Many of the practices of biodynamics are scientifically sound. For example, the view of a farm as an organic, self-sustaining system. However, other elements appear more “out there,” such as the belief in the power of a vortex, mysterious energies, and other “non-physical beings and elemental forces.”

Proctor does not differentiate between biodynamism’s empirically proven and more hypothetical sides. He’s a true apostle. Soil is everything in biodynamics. The recipe for the perfect humus, a key ingredient in compost, is an alchemy of magic and muck: cow pat from lactating mothers stuffed in bull horns, buried in the winter and unearthed in the spring, is miraculously transformed by time, climate, the energies in the soil and water, “vapors of digestion,” the movement of the moon, and the alignment of the stars. This change is a manifes-

tation of order arising from chaos. Other important practices include how farmers churn a mixture of dung and water to make liquid fertilizer, or how they swing their arms in a spiral when spraying this homemade concoction on their crops. All involve homeopathic connections, heavenly bodies, astrodynamics, and the rediscovery of ancient rhythms and life forces.

If some facets of biodynamism remain a bit odd to the uninitiated, many of the practices are conventional by today’s standards and widely accepted by alternative agricultural movements, such as organic farming. Similar to the locavore movement, biodynamism follows a smaller-scale, more sustainable, and local economic model. The goal is not to produce for a distant and perhaps global market, but to create enough surpluses to feed one’s immediate family, with enough left over to sell to neighbors at a roadside store. This human-scaled model is familiar to Indian farmers because it is how things were done for eons before the Green Revolution introduced chemical fertilizers and pesticides, which Proctor credits with killing India’s once fertile soil.

Over the course of Proctor’s many years of proselytizing, he gradually went from being the “crazy” outsider to a well-regarded educator of best practices. Proctor trained trainers, teaching farmers to solve

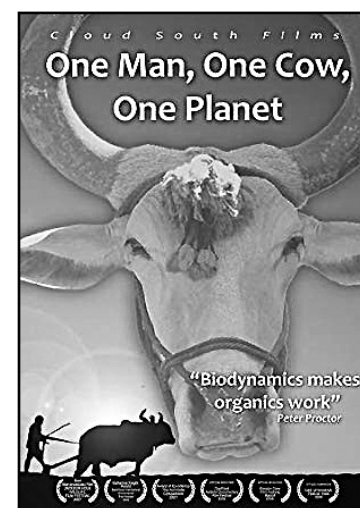
their own problems and share their newfound knowledge with others through word of mouth. With lots of effort—Proctor typically visited ten farms in a day—his ideas began to catch on and spread fast. In the state of Maharashtra, there were estimated to be ten thousand biodynamic compost heaps, one thousand programs, and four million hectares of organic farms. In India, collectively, there were an estimated two million plus biodynamic heaps.

By the end of *One Man, One Cow, and One Planet*, you earnestly root for these farmers and hope all of them eventually relinquish their Monsanto seeds in favor of biodynamism. After all, this belief system focuses on food sovereignty, cooperation, harmony, and ethics. It takes into account the well-being of growers, consumers, and the village—something you cannot say about the global, impersonal, and destructive forces of advanced capitalism and industrial agriculture based on toxic chemicals. While we can have our doubts about the efficacy of vortices, members of the Park Slope Food Coop should certainly be able to relate to biodynamism’s faith in our ability to live in an ethical, environmentally responsible, compassionate and harmonious society, free of poverty and hunger, and grounded in cooperation. [Additional note: The Park Slope Food Coop purchases products from Hawthorne

Valley Farm, which produces biodynamic products.] ■

See upcoming events, past reviews, and a comprehensive list of films shown at www.plowtoplatefilms.com which can now also be reached via a link on the Park Slope Food Coop’s home page at www.foodcoop.com.

One Man, One Cow, One Planet will be presented on Tuesday, July 9, 7 p.m. at the Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments will be served.



EXPERIENCED REPORTERS Please Apply



Workslot Description

We have four distinct *Linewaiters' Gazette* teams—each producing an issue every eight weeks. You will develop and produce an article about the Coop in cooperation with your team’s editor every eight weeks.

For More Information

If you would like to speak to an editor or another reporter to learn more about the job, please contact Annette Laskaris in the Membership Office or e-mail her at annetteATpsfcDOTcoop.

To Apply

Please send a letter of application and two writing samples at least 800 words long (one sample must be a reported interview, not a Q&A) to annetteATpsfcDOTcoop. Your letter should state your qualifications, your Coop history, relevant experience and why you would like to report for the Coop. Your application will be acknowledged and forwarded to the coordinating editor, Alison Rose Levy.

Seeking Diversity on the *Gazette* Staff

The *Gazette* is looking for qualified reporters. We are interested in using this opportunity to diversify our staff. We believe that we can enrich the quality of the *Gazette* and serve the membership better with a reporting and editing staff that more closely resembles the mix of Coop members.

ENVIRONMENTAL COMMITTEE REPORT

Williams Tunnel Update: Action Is Still Needed!

By Barbara Hertel,
Environmental Committee

As was reported in the May *Gazette*, the Williams Energy Company is in contract with National Grid and is proposing to build a 23-mile pipeline. This pipeline will direct fracked natural gas from Pennsylvania through New Jersey to New York and across Raritan Bay to meet an existing tunnel off Rockaway Beach. There are Eastern Phoebe, warblers and various waterfowl that nest on the Staten Island beaches where the tunnel would enter Raritan Bay. In the bay

fish and mammals have been seen for the first time in many years. Clean Ocean and local Raritan Bay fisherman fear for their businesses if the Williams Tunnel is built.

The good news is that New York State Department of Environmental Conservation (DEC) denied the Williams Tunnel without prejudice. The bad news is that Williams Company reapplied. If they are denied a second time, it is speculated that they will likely sue New York to build the tunnel. We must continue pressing our local officials not to let them lead

us down the path to further fossil fuel use; instead we need green energy.

The deadline to comment is extended to July 13, 2019.

There are many groups working on this through whom you can investigate this matter further. Some of them are:

Food and Water Watch: www.foodandwaterwatch.org
NY/NJ Baykeeper: www.nynjbaykeeper.org
Natural Resources Defense Council: www.nrdc.org
Surfrider Foundation NYC: www.nyc.surfrider.org
Stop the Williams Pipeline:

StopTheWilliamsPipeline.org

With the comment period still open, you can call Governor Phil Murphy’s office in New Jersey (866-566-4069) to thank them and encourage them to stand against the Williams Tunnel. Contact our New York Governor, Andrew Cuomo, too: 877-235-6537. There are also more petitions. This is one: <https://williams-pipeline.squarespace.com/>.

It is important to keep the pressure on our government officials to stop the tunnel.

Thank you for your commitment to marine life and a diverse ecosystem. ■

LETTERS TO THE EDITOR



PUBLICATION POLICIES FOR GAZETTE REPORTERS

DEAR MEMBERS,

With regard to *Gazette* editors' rejecting letters, I can't say that I've had experience with that. However, I have had a bad experience as a former *Gazette* reporter. Back on Feb. 11, 2010, I wrote an article about an exhibit at the Museum of the City of New York because, as Coop members, we are entitled to free admission there. After making notes for my article about the exhibit, I decided to take a walk around the park and came upon a statue of Dr. J. Marion Sims. I looked him up when I got home and found out that he had been a gynecologist who performed painful surgeries on black women without anesthesia in the mid 1800s. Pretty disgusting, yes? So I wrote about this ugly episode in our city's history as part of my article.

Low and behold, the article appeared, with edits that were never approved by me (as was the procedure). The mention of this terrible man had been deleted. Not deleted, however, was a photo of him, which appeared on the front page of the *Gazette*. I was horrified. I assume the photographer had

read my article and for some weird reason, decided to take a photo of the statue. Thankfully, several sharp members knew about this evil doctor and wrote to the *Gazette*, questioning why he'd been featured. These letters WERE published.

However, my question is: Why can't reporters see their articles before being published? I understand the time constraints, but I believe it's in the Coop's best interest and an acknowledgement of the writer's work to allow such previews.

In solidarity,

Anita Aboulafia

P.S. In 2018, due to Dr. Sims' experiments, his statue was removed from Central Park.

GAZETTE EDITORS
— REPLY TO
ABOULAFIA LETTER

In response to Anita Aboulafia's letter: The *Gazette's* editorial policy is that, when editing for brevity, clarity, factuality, and flow, editors may cut irrelevant, poorly sourced, or extraneous content from articles submitted by *Gazette* reporters. When time permits, reporters are informed. Thankfully, significant cuts are rare.

The 2010 article in question was about then-current exhibits at the Museum of the City of New York; the reporter chose to include an anecdote

about an exterior statue commemorating a contemptible historical figure, which was off topic. That's why that particular section was cut.

Ms. Aboulafia questions in her letter: "Why can't reporters see their articles before being published?" It is not part of standard *Gazette* protocol—or, for that matter, that of most newspapers—to have reporters review editorial changes to their articles, in their entirety, prior to publication.

Too much time has passed to substantiate—or dispel—Ms. Aboulafia's claim that removing the particular section in question was "never approved by" her, and that she hadn't been informed that it was being cut. And we're sorry to hear that, nine years later, how she felt her article was handled remains a source of grievance.

That the accompanying photo focused on the Sims statue, rather than the Museum (regardless of story content), was and remains deeply unfortunate. (Note that the statue of Sims has since been removed.)

Regarding the issue of the photo, in particular, going forward, effective communication between the editorial and art teams (overseen by the Coordinating Editors) will ensure alignment between the contents of each article and the accompanying image(s). The issue that prompted Ms. Aboulafia's letter is a reminder of why cooperation among teams is—and must remain—a guiding principle of *Gazette* operations. Thank you.

The Editors

UNION ORGANIZING
AT THE COOP

MEMBERS,

I was a union delegate in the 1970s and 80s at a free-standing, not-for-profit mental health agency in Brooklyn. I represented my co-workers in contract negotiations and grievance procedures and at city-wide union meetings and actions. The process pro-union staff members at the Coop are experiencing is familiar to me. I, too, worked in a place where the social mission of the agency was sometimes contradicted by negative relationships between managers and workers over whom they had authority. Interventions were sometimes needed to question unfair management decisions.

I join Carl Snodgrass, who, in his 6/20/19 *Gazette* letter, notes

the fact "[t]hat...a 40-year institution...with a mission of cooperation, diversity and inclusion has a hard-line [sic] at-will employment policy seemed unthinkable." That fact makes it clearer to me that the original decision-making structure of the Coop is now inappropriate for the institution it has become.

As an activist in the campaign for a Coop boycott of Israeli products, I have been increasingly aware of the structural danger of the General Coordinators' consolidated power. These six people, our employees, are able to make arbitrary decisions with impunity, like closing the Coop Meeting Room to discussion of Palestine/Israel issues.

An "at-will" employment policy means that a worker can be fired by the General Coordinators without recourse, for any reason that is not illegal, or for no reason at all. The worker has no counterbalancing leverage, except to complain to the National Labor Relations Board or to sue the Coop. Labor unions, for all their shortcomings, give workers a say about scheduling, vacations, promotions, grievances, and many other issues. For "at-will" workers, contradicting their supervisors may mean risking their jobs.

Many of the Coop's employees may not feel they need union representation or a union contract. It is the most vulnerable employees who may value union protection. And as relationships change, satisfied workers without a union may find they are becoming dissatisfied or are in danger of arbitrary punishment or firing without any internal mechanism for safety.

So, I applaud the workers who are campaigning for unionization, and I encourage the Coop management to sign a neutrality agreement as the campaign continues.

Naomi Brussel

UNIONIZING THE
COOP

MEMBERS,

Any member that wants to understand something of what our paid staff's working environment is like should work any early morning weekday on a Receiving FTOP shift (preferably during the holidays). The sheer volume of produce, meat, dairy and dry goods handled make working at ordinary super-

markets, as I have, seem like a Caribbean vacation. They are at once supervisors, laborers, and industrial psychologists who must intuit, on the fly, the capacities of, and direct, ever-changing squads of workers. They are the heart and soul of the Coop and are deserving of our utmost respect and the best compensation package possible.

The Coop is not, however, an ordinary supermarket or even anything like our sister cooperative markets, where most labor is performed by paid staff. We are a wonderful monstrosity where jobs and titles are frequently blurred in a cooperative spirit, with an eye towards problem solving and "getting the job done." It is a place where the shoppers are the shareholders are the workers, with a paid staff that somehow, miraculously, manages 17,000 plus individuals in a sort of chaotic yet cohesive symphony.

The problem with bringing in the RWDSU to represent the paid employees is not union representation, per se, or any compensation package, rather it is the work rules that are included in every retail grocery contract. The rules, and they can be easily found online, invariably restrict employees to specific jobs that may not be performed by any person not titled to perform those duties and who are not also represented by the union. These rules are entirely inflexible and no union can or would negotiate a contract that relaxes those rules, lest they set a precedent that would compromise future negotiations with the major supermarket chains. Keep in mind that we may have our 17,000 plus members, but these standard union contracts serve supermarket chains that are orders of magnitude larger.

Paid staff can, and should, be represented by an independent, democratically elected representative body created within amended Coop by-laws. Should that body, so formed, decide in the future to be represented by a formal union, then that union should be an "in-house" union formed solely for the benefit of our employees and entirely at the Coop's expense. That union would then negotiate a contract consistent with the peculiarly flexible work environment of the Coop. Further, should that union, so formed, subsequently choose to affiliate with a larger labor body, then any "peculiar" legacy union contract previously negotiated could serve as a pattern, or at least remain in effect

Dance Teachers
Wanted/WORKSLOT

Available for PSFC
FUN Committee's
International Dance Night

Friday, November 22, 7 - 9pm

Lead a 30-minute dance lesson for group or partner dancing from various cultures and countries.

Contact FUN Committee member Dalienn Majors for further information: daliennmajors@gmail.com



L E T T E R S T O T H E E D I T O R

during contract negotiations.

The morale of our paid staff is vital to the smooth functioning of the Coop. One would be hard pressed to find any among us who does not want our staff to be well compensated, in most pleasant work environment possible.

Kevin Cunneen

DEMOCRATIC, PARTICIPATORY DECISION MAKING, OR THE ALTERNATIVE MEMBERS,

I advocate for a contested election for independent Board members with candidates advocating clear positions on policy and planning and the participation of more than 51% of members to be binding. The candidate with the most votes wins.

Those hired for the management collective, aka General Coordinators, are employed to run the enterprise day to day. Managing is complicated enough. Also being expected to make proposals and advocate for decisions about long-term planning and purchasing policy overloads them. The Board can be an active partner.

Local turnover is about 20% yearly, both in the neighborhood and the Coop. New members and new staff, without ongoing worktime and space for discussions about cooperative, as distinguished from profit-making, business may result in serious misunderstandings. Management, staff and members have the same loyalties, but different perspectives. Each is valuable and each sector needs people selected by them to articulate their ideas. The elected Board represents members. A healthy system of governance requires constant attention by all who are affected by decisions, including adaptations to changing circumstances.

We are affected by a series of personal actions and policy decisions made by the current occupant of the White House. The U.S. Constitution stipulates that if members of the House of Representatives have concerns that a president's behavior may have violated the law, they begin an impeachment process with an inquiry to gather all relevant information.

Representatives Rashida Tlaib of Detroit and Al Green of Houston have called for an impeachment's first step,

an Inquiry, into the behavior of Donald Trump, who may have "prevented, obstructed, and impeded the administration of justice during a federal investigation," among other charges. Seventy representatives co-sponsored the inquiry.

A majority vote in the House, controlled by the Democrats, must vote to begin the impeachment process. The Judicial Committee of the House, in charge of that process, will have subpoena power to call witnesses and have access to all documents. Representative Jerrold Nadler of congressional district 10, covering part of Manhattan and part of Brooklyn, is the chairman. Representative Hakeem Jeffries of Brooklyn's congressional district 8 is a member of that committee and also leader of the Democratic Caucus in the House. They wait to hear from constituents. Representative Nancy Pelosi, Speaker of the House, will decide when to put the resolution to start the impeachment with the Inquiry onto the House agenda. Once evidence is collected, it can become public. That will be during the presidential campaign.

You may contact your local representative to say whether you want them to cosponsor HR 13 to Impeach President Donald John Trump for high crimes and misdemeanors. Maps are online. The Capital Switchboard, 202-224-3121, will connect you with the DC office of any Member of Congress. To express your opinion, an email count. More effective is a letter. Most effective is a visit.

Participatory governance is a duty, responsibility, obligation, burden, honor, and privilege of each member in a community.

Susan Metz

IN RESPONSE TO THE JUNE 6 PLASTIC ARTICLE

DEAR LINEWAITERS,

Bravo to Gayle Forman for her passionate article about the Coop's reliance on single-use plastics. I'd like to imagine that the one thing that creates the Coop (built by members to serve our members) is what will allow us to actually tackle this problem. Solving the plastic problem requires an effort on every shopper's part. Let's not kowtow to false conveniences; let's put the health of our planet first!

I've been re-using the single-use plastic produce bags

for the past four months. It's very easy to do. In fact, it feels good using an object more than once. I wish there was a way to buy dried fruits, nuts, spices, and cheeses without buying single-use plastics. Those are items that could be sold as bulk (with no waste created per purchase), but the Coop opts not to.

I'm calling for a new committee to be assembled to study the problem, investigate solutions, and deliver a report on how to implement these changes.

Thank you!

Michael Patten

**This is a letter to the editor. But more importantly, I'd love to be able to reach out to Gayle herself. I don't know what the procedure would be to start a committee. But maybe Gayle, myself, and another member friend of mine can work together to create this committee. Thank you!

RESPONSE TO MICHAEL PATTEN LETTER

DEAR MICHAEL,

Thank you for being a responsible user of the plastic produce bags. They can be re-used for months or years because they are durable and washable. The Coop provides a wide variety of reusable alternative bags in the produce aisle too. You can find them on the shelving in the center section, close to the dairy case and also above the pineapples at the front of the produce aisle. Responsible re-use of the plastic roll bags, choosing an alternative bag, or forgoing a bag altogether contributes to lowering the Coop's plastic consumption.

You might not be aware that the Coop already has a member-run committee working on environmental issues, including plastic use in the Coop. The Environmental Committee has been working for decades to support Coop's efforts to be a good environmental steward. Recently, the Committee was instrumental in forming the TerraCycle committee. You can contact the Committee at <http://ecokvetch.blogspot.com/> or follow the link on the Coop's website, foodcoop.com.

I suggest that you reach out to the Environmental Committee and see how you can join efforts with them.

In cooperation,
Ann Herpel,
General Coordinator

PLASTIC PACKAGING RECYCLING

Wednesday, July 10, 3:45-6 p.m.

Saturday, July 27, 1:45-4 p.m.

For Coop members only

Please be prepared to show your Coop membership card.

Plastic bags/wrap/packaging from most products sold at the Coop—food and non-food.

Thin plastic film wrap—from notecards, tea boxes, pre-packaged cheese, household items, pet food, juice packs, etc.

Plastic roll bags distributed by the Coop—please use roll bags only as necessary, reduce usage whenever possible, and re-use any bags you do take before recycling.

Plastic food storage zip lock bags (any size), plastic cling wrap, and small bulk bags.

NO food residue, rinse as needed.
Only soft plastic from Coop purchases.

For all community members:

Pre-sort and separate according to the categories below.



Toothbrushes and toothpaste tubes

Energy bar wrappers and granola bar wrappers

Brita water filters and related items (other brands also accepted)

Cereal and cracker bags/box liners



Donations in any amount are welcomed to help offset the cost to the Coop of this collection.

Interested in joining the squads that run the Wednesday/Saturday collection?
Contact Jacquelyn Scaduto in the Membership Office.

For more information about Terracycle, visit terracycle.com

Questions about items we accept should be e-mailed to ecokvetch@yahoo.com



LET'S NOT RIDE OUR BIKES ON THE SIDEWALK. IT IS DANGEROUS AND INCONSIDERATE.

The Food Coop is obliged, as a community, to act safely in regard to our neighbors and passers-by, especially in regard to bicycles and cars.



Thank you for your cooperation.

LINEWAITERS' GAZETTE

The *Linewaiters' Gazette* is published biweekly by the Park Slope Food Coop, Inc., 782 Union Street, Brooklyn, New York 11215, 718-622-0560. Opinions expressed here may be solely the views of the writer. The *Gazette* will not knowingly publish articles that are racist, sexist or otherwise discriminatory.

The *Gazette* welcomes Coop-related articles and letters from members.

SUBMISSION GUIDELINES

The *Gazette* will not knowingly publish letters, articles or reports that are hateful, racist, sexist, otherwise discriminatory, inflammatory or needlessly provocative.

The *Gazette* welcomes Coop-related articles, letters and committee reports from members that follow the published guidelines and policies. The following is a summary—please see the detailed guidelines for each type of submission on the Coop website: www.foodcoop.com.

All submissions must include author's name, phone number and e-mail address, conform to the following guidelines and to the Fairness, Anonymity and Respect policies. Editors will reject letters, articles and reports that do not follow the guidelines or policies. Submission deadlines appear each edition in the Coop Calendar section.

For topics that generate a large number of submissions (letters or Member Articles) serially and continuously over an extended period of time, the *Gazette* will not necessarily publish all submissions, but the editors will use their editorial discretion to select a small number of submissions (whether letters or Member Articles) from each side as representative of that viewpoint of the issue. The selected submissions will also adhere to the current guidelines of civil discourse and should serve to advance the discussion in new ways.

You may submit via e-mail to GazetteSubmissions@psfc.coop.

Letters: Maximum 500 words.

Voluntary Articles: Maximum 750 words. A Voluntary Article is held to a higher standard than a letter and must meet at least the following criteria: A Voluntary Article must analyze the topic it is discussing; it must present accurate, verifiable corroboration for factual assertions; it can criticize but not attack Coop practices and personnel; if critical it must present positive solutions; it cannot be solely or mainly opinion. It must strive to make a positive contribution to the understanding of the reader on a topic. If a submitted Voluntary Article is substantially opinion, it must be re-submitted, under 500 words, as a Letter to the Editor, possibly to a future issue. Editors will reject articles that are essentially just advertisements for member businesses, those of family and friends of members, solely expressions of opinion or that do not follow the guidelines and policies.

Committee Reports: Maximum 1,000 words. Reports must follow the published guidelines and policies.

LETTERS, ARTICLES AND REPORTS SUBMISSION POLICIES

Letters must be the opinion of the letter-writer and can contain no more than 25% non-original writing.

All submissions must be written by the writer. Letters or articles that are form letters, chain letters, template letters or letters prepared by someone other than the submitting member will be rejected.

Letters, articles and reports must adhere to the Fairness, Anonymity and Respect policies. They cannot be hateful, needlessly inflammatory, discriminatory libelous, personal attacks or make unsubstantiated claims or accusations or be contrary to the values of the Coop as expressed in our mission statement.

All submissions must be legible, intelligible, civil, well and concisely written with accurate, attributed, easily verifiable statements of facts separated from opinions.

Letter and article writers are limited to one letter or article per issue.

Letter and article writers cannot write gratuitous serial submissions. Editors may reject submissions to consecutive editions of the *Gazette* on the same topic by the same writer.

Editor-Writer Guidelines: All submissions will be reviewed and, if necessary, edited or rejected by the editor. Writers are responsible for the factual content of their stories. Editors must make a reasonable effort to contact and communicate with writers regarding any questions or proposed editorial changes. Writers must be available to editors to confer about their submissions. If a writer does not respond to requests for editorial changes, the editor may make the changes without conferring with the writer, or reject the submission. If agreement between the writer and the editor about changes does not occur after a first revision, the editor may reject the submission, and the writer may revise and resubmit for a future issue.

FAIRNESS, ANONYMITY AND RESPECT POLICIES

In order to provide fair, comprehensive, factual coverage:

Fairness

1. The *Gazette* will not publish hearsay—that is, allegations not based on the author's first-hand observation.

2. Nor will we publish accusations that are unnecessary, not specific or are not substantiated by factual assertions. The *Gazette* will not publish gratuitous personalization. That is, no unnecessary naming of Coop members in polemical letters and articles. Writers must address ideas not persons.

3. Submissions that make substantive accusations against specific individuals, necessary to make the point of the submission and within the Fairness, Anonymity and Respect policies will be given to those persons to enable them to write a response, and both submissions and response will be published simultaneously. This means that the original submission may not appear until the issue after the one for which it was submitted.

Anonymity

Unattributed letters will not be published unless the *Gazette* knows the identity of the writer, and therefore must be signed when submitted (giving phone number). Such letters will be published only where a reason is given to the editor as to why public identification of the writer would impose an unfair burden of embarrassment or difficulty. Such letters must relate to Coop issues and avoid any non-constructive, non-cooperative language.

Respect

Submissions to the *Gazette* must not be hateful, racist, sexist, otherwise discriminatory, inflammatory or needlessly provocative. They may not be personally derogatory or insulting, even when strongly criticizing an individual member's actions.

The *Gazette* is a collaboration among Coop members. When submitting, please consider the impact of your words on the writers, editors and production staff who use our limited workslot time to try to produce an informative and cooperative publication that reflects the values of our Coop community.

Printed by: Tri-Star Offset, Maspeth, NY.

SUMMERTIME

DON'T FORGET YOUR COOP SHIFT!



If you plan on being away during one of your workslots, please make arrangements to have your shift covered.

One way to do it is to use the Shift Swap at www.foodcoop.com!

If you plan on being away for eight weeks or more, contact the Membership Office to take a leave of absence.

YOUR CO-WORKERS WILL LOVE YOU FOR IT!

RETURN POLICY



The Coop strives to keep prices low for our membership. Minimizing the amount of returned merchandise is one way we do this. If you need to make a return, please go to the 2nd Floor Service Desk.

REQUIRED FOR ANY RETURN

1. The Paid-In-Full receipt **MUST** be presented.
2. Returns must be handled within 30 days of purchase.

CAN I EXCHANGE MY ITEM?

No, we do not "exchange" items. You must return the merchandise and re-purchase what you need.

CAN I RETURN MY ITEM?

Produce* Bulk* (incl. Coop-bagged bulk)
Cheese* Seasonal Holiday Items
Books Special Orders
Calendars Refrigerated Supplements
Juicers & Oils
Sushi *A buyer is available during the week-days to discuss your concerns.

NEVER RETURNABLE

Refrigerated Goods (not listed above)
Frozen Goods
Meat & Fish
Bread

RETURNABLE ONLY IF SPOILED BEFORE EXPIRATION DATE
Packaging/label must be presented for refund.

Items not listed above that are unopened and unused in re-sellable condition

RETURNABLE

The Coop reserves the right to refuse returns on a case-by-case basis. If you have questions, please contact a staff member in the Membership Office.

This Issue Prepared By:

Editor (development): Petra Lewis

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Erin Sparling

Editor (production): Lynn Goodman

Final Proofreader: Lisa Schorr

Index: Len Neufeld

Advertisement: Mary Robb

WELCOME!

A warm welcome to these new Coop members who have joined us in the last two weeks. We're glad you've decided to be a part of our community.

Nathaniel Adams	William Cox	Dave Gershgor	Rita Marmor	David Perezcassar	Michael Sexton	Francesco Vitelli
Diane Akerman	Ann Czar	Jonathan Green	Heather Mayes	Silvie Polianro	Emily Shalev	Kevin Duncan Wall
Rebekah Alden	Francesca D'Uva	Warren Heller	Fran Meneses	Sarah Rinaldi	Jacob Sharp	Alex Washigton
Todd Alden	Patrick Dalbey	Becca Kahn Bloch	Kevin Miller	Rebecca Rosensheff	Jordana Starkman	Richard Wenner
Melissa Barnes	Violet Dennison	Elyse Kakacek	Chantal Mitvalsky	Alessandra Roubini	Jennifer Stassi	Cyán Williams
Andrew Baumgartner	Nicole DeVincentis	Alison Kanski	Pamela Moore	Anne Rousselot	Anne Stevens	Colin Wood
Julia Bedell	David Diaz	Andrea Karwal	Tiago Moura	Jeriana Sanjuan	Yukari Suzuki	Makenzie Wood
Linda Benveniste	Autumn Dornfeld	Joanne Kim O'Connor	Ethan Nadel	Clarice Sanvincente	Meryl Swagner	Maria Wood
Emilia Brown	Regis Dupont	Rachel Kisty	Andrew O'Connor	Sarah Sax	Neal Swagner	Faisal Yousaf
Audrey Brunes	Josh Dzieza	Jalyn Knobloch	Cole Page	Eliana Schechter	Nora Thompson	Xian Zhang
Fiona Buchanan	Kelsey Falter	Cordia Leung	Francis Pagliaro	Zoe Schlanger	Ashton Tibbitt	
Andrew Catalano	Kieran Feeney	Thomas Lewin	Cate Parker	Hugh Schlesinger	Alice Tolan-Mee	
Danielle Colding	Michelle Flacks	Christine Malvasi	Eduardo Pavez	Pailine Schollbach	Frederic Troadec	

COOP CALENDAR

New Member Orientations

Attending an Orientation is the first step toward Coop membership. Pre-registration is required for all of the three weekly New Member Orientations. To pre-register, visit foodcoop.com. Have questions about Orientation? Please visit www.foodcoop.com and look at the "Join the Coop" page for answers to frequently asked questions.

The Coop on the Internet
www.foodcoop.com

The Coop on Cable TV

Inside the Park Slope Food Coop
The fourth FRIDAY of the month at 11 a.m. and 5 p.m. Channels: 56 (Time-Warner), 69 (CableVision), 84 (RCN), 44 (Verizon), and live streaming on the Web: www.bricartsmedia.org/community-media/bcat-tv-network.

General Meeting Info

TUE, JULY 30
GENERAL MEETING: 7:00 p.m.

TUE, AUG 6
AGENDA SUBMISSIONS: 7:30 p.m.
Submissions will be considered for the August 27 General Meeting.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:
Jul 18 issue: 12:00 p.m., Mon, Jul 8
Aug 1 issue: 12:00 p.m., Mon, Jul 22

CLASSIFIED ADS DEADLINE:
Jul 18 issue: 7:00 p.m., Wed, Jul 10
Aug 1 issue: 7:00 p.m., Wed, Jul 24

ALL ABOUT THE
GENERAL MEETING

Our Governing Structure

From our inception in 1973 to the present, the open monthly General Meetings have been at the center of the Coop's decision-making process. Since the Coop incorporated in 1977, we have been legally required to have a Board of Directors. The Coop continued the tradition of General Meetings by requiring the Board to have open meetings and to receive the advice of the members at General Meetings. The Board of Directors, which is required to act legally and responsibly, has approved almost every General Meeting decision at the end of every General Meeting. Board members are elected at the Annual Meeting in June. Copies of the Coop's bylaws are available on foodcoop.com and at every General Meeting.

Next Meeting: Tuesday,
July 30, 7:00 p.m.

The General Meeting is held on the last Tuesday of each month.

Location

John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.

How to Place an Item
on the Agenda

If you have something you'd like discussed at a General Meeting, please complete a submission form for the Agenda Committee. Forms are available in the rack near the Coop Community Corner bulletin board, on foodcoop.com, and at General Meetings. Instructions and helpful information on how to submit an item appear on the submission form. The Agenda Committee meets on the first Tuesday of each month to plan the agenda for the GM held on the last Tuesday of the month. If you have a question, please call Ann Herpel at the Coop.

Meeting Format

- Warm Up (7:00 p.m.)** • Submit Open Forum items • Explore meeting literature
Open Forum (7:15 p.m.) Open Forum is a time for members to bring brief items to the General Meeting. If an item is more than brief, it can be submitted to the Agenda Committee as an item for a future GM.
Reports (7:30 p.m.) • Financial Report • Coordinators' Report • Committee Reports
Agenda (8:00 p.m.) The agenda is posted on foodcoop.com and may also appear elsewhere in this issue.
Wrap Up (9:30-9:45) • Meeting evaluation • Board of Directors vote • Announcements, etc.

Attend a GM
and Receive Work Credit

Since the Coop's inception in 1973, the General Meeting has been our decision-making body. At the General Meeting (GM) members gather to make decisions and set Coop policy. The General-Meeting-for-workslot-credit program was created to increase participation in the Coop's decision-making process.

Following is an outline of the program.

• **Advance Sign-up required:**

To be eligible for workslot credit, you must sign-up at foodcoop.com. A computer dedicated to sign-ups is located in the elevator lobby. You may sign up for the meeting all month long, until 5 p.m. of the day of the meeting.

Some restrictions to this program do apply. Please see below for details.

• **Two GM attendance credits per year:**

Each member may take advantage of the GM-for-workslot-credit program two times per calendar year.

• **Attend the entire GM:**

In order to earn workslot credit you must be present for the *entire* meeting.

• **Signing in at the Meeting:**

After the meeting, the Workslot Credit Attendance Sheets will be available to sign in.

Park Slope Food Coop
Mission Statement

The Park Slope Food Coop is a member-owned and operated food store—an alternative to commercial profit-oriented business. As members, we contribute our labor: working together builds trust through cooperation and teamwork and enables us to keep prices as low as possible within the context of our values and principles. Only members may shop, and we share responsibilities and benefits equally. We strive to be a responsible and ethical employer and neighbor. We are a buying agent for our members and not a selling agent for any industry. We are a part of and support the cooperative movement.

We offer a diversity of products with an emphasis on organic, minimally processed and healthful foods. We seek to avoid products that depend on the exploitation of others. We support non-toxic, sustainable agriculture.

We respect the environment. We strive to reduce the impact of our lifestyles on the world we share with other species and future generations. We prefer to buy from local, earth-friendly producers. We recycle. We try to lead by example, educating ourselves and others about health and nutrition, cooperation and the environment.

We are committed to diversity and equality. We oppose discrimination in any form. We strive to make the Coop welcoming and accessible to all and to respect the opinions, needs and concerns of every member. We seek to maximize participation at every level, from policy making to running the store.

We welcome all who respect these values.

park slope
FOOD COOP

calendar of events

ATTENTION MEMBERS

Work to upgrade the passenger elevator will begin mid-July. The elevator will not be available for use for approximately four weeks. Check foodcoop.com for updates.

jul 9
tue 7 pmSafe Food Committee Film Night:
One Man, One Cow, One Planet

One Man, One Cow, One Planet exposes globalization and the mantra of infinite growth in a finite world for what it really is: an environmental and human disaster. But across India, marginal farmers are fighting back. By reviving biodynamics, an arcane form of agriculture,

they are saving their poisoned lands and exposing the bio-colonialism of multinational corporations. *One Man, One Cow, One Planet* tells their story through the teachings of an elderly New Zealander many are calling the new Gandhi.

See upcoming events, past reviews and a comprehensive list of films shown at www.plowtoplatefilms.com which can now also be reached via a link on the Park Slope Food Coop's home page at www.foodcoop.com.

jul 12
fri 7 pmWordsprouts:
Betsy Andrews

Poet **Betsy Andrews** shares thoughts on poetry, environmental activism, and ecopoetry. She will read from her new book *Crowded*, which is focused on "our f*cked up relationship to the environment" and specifically on

AIR. Andrews is the author of two award-winning books

of poetry: *The Bottom*, winner of the 42 Miles Press Prize in Poetry, and *New Jersey*, recipient of the Brittingham Prize in Poetry. Her chapbooks include *In Trouble*, *She-Devil*, and with artist Peter Fox, *Supercollider*. Her poems and essays are widely published, including most recently, in "Love's Executive Order," "Mom Egg Review," "Snowy Egret," and the Nauset Press anthology "Fierce: Essays by and About Dauntless Women." She is the co-creator with photographer Carolyn Monastera of The Elder Project, documenting senior activists. Betsy makes her living as a journalist and has been nominated for James Beard and International Association of Culinary Professionals writing awards. WordSprouts' Sarah Schenck will moderate the event. Refreshments, healthy and delicious, will be served.

Free for all Coop members & non-members. Refreshments will be served. Bookings: Sarah Schenck, wordsproutspsfc@gmail.com.

jul 20
sat 12 pmLearn About Cheese
at the Coop

Cheese education at the Coop continues with another tasting session led by Coop member and American Cheese Society Certified Cheese Professional, **Elena Santogade**. This month's class will feature a selection of unique cheeses from around the world and fun pairings you can try at home!

jul 30
tue 7 pm

PSFC JUL General Meeting



Items will be taken up in the order given. Times in parentheses are suggestions. More information on each item may be available on the entrance table at the meeting. We ask members to please read the materials available

between 7 and 7:15 p.m.

Meeting location: John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.

I. Member Arrival and Meeting Warm-Up

II. Open Forum

III. Coordinator and Committee Reports

IV. Meeting Agenda

Item 1: Fair Food Program (45 minutes)

Proposal: The Coop will establish an education program for members about the Fair Food Program. The Coop also will include use of the FFP label on FFP products sold at the Coop; charge an additional 6 percent markup on FFP products; make a support payment to the FFP equal to the earned markup, paid semi-annually; and ask for a renewal of markup and support payment in 2020 after the growing season. —submitted by the Labor Committee

Item 2: Production of Lynn Nottage's play *Sweat* in collaboration with the Irondale Theater Ensemble Project (25 minutes)

Discussion: The Coop will allocate \$4500 to the International Trade Education Squad in collaboration with the Irondale Theater Ensemble Project of Fort Greene to present a production of Lynn Nottage's Pulitzer Prize-winning play *Sweat*. —submitted by Willie Naess and Helen Beichel

Item 3: Squad Leader Incentive (20 minutes)

Discussion: Earn one FTOP credit per year for squad leadership.

—submitted by Sari Bernstein

V. Board of Directors Meeting

VI. Wrap-Up. Includes member sign-in for workslot credit.

For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office.

aug 2
fri 7 pmFilm Night:
Escape at Dannemora

This limited series is based on the stranger-than-fiction account of a prison break in upstate New York in the summer of 2015 that spawned a massive manhunt for two convicted murderers. The prisoners were aided in their escape by a married female prison employee with whom they both became sexually entangled. It stars

Oscar® winners Benicio del Toro and Patricia Arquette, and Golden Globe® nominee Paul Dano. Emmy® winner Ben Stiller executive produces and directs all episodes. Geoffrey Richman, A.C.E., is the editor of *Murderball*, *Sicko*, and *The Cove*—the 2006, 2008, and 2010 Academy Award nominees for Best

ATTENTION MEMBERS

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For more information on these and other events, visit the Coop's website: foodcoop.com

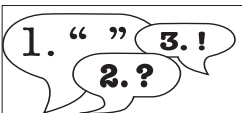
All events take place at the Park Slope Food Coop unless otherwise noted. Nonmembers are welcome to attend workshops. Views expressed by the presenter do not necessarily represent the Park Slope Food Coop.

jul 9–sep 13 2019

Feature Documentary, and *Time Freak*—the 2012 Academy Award nominee for Best Live-Action Short Film. *The Cove* went on to win the Oscar, and an ACE Eddie Award for editing. At the 2005 Sundance Film Festival, Richman was awarded the first-ever Special Jury Prize for Editing for his work on *Murderball*. Other documentary credits include *God Grew Tired of Us*, *21 Up America*, *The Order of Myths*, *Racing Extinction*, Louie Psihoyos's follow-up to *The Cove*, and the Fisher Stevens and Leonardo DiCaprio documentary *Before the Flood*. Narrative credits include Terrence Malick's *Knight of Cups*, Tony Kaye's *Detachment*, and Mike Birbiglia's *Sleepwalk With Me* and *Don't Think Twice*. **To book a Film Night, contact Gabriel Rhodes, gabrielrhodes@me.com.**

aug 6
tue 7:30 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for future General Meetings. Drop by and talk with committee members face-to-face between 7:30 and 7:45 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at foodcoop.com. **The August General Meeting will be held on Tuesday, August 27, 7 p.m., at John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.**

aug 10
sat 7 pm

Oldies Singalong with Beth

Join longtime Coop member **Beth Harpaz** for a good old-fashioned singalong, themed on songs of protest, struggle and freedom. Bring a song to share and we'll sing it with you or take the floor for a solo. Guitars, tambourines and other instruments welcome (cowbells?). A cappella works too. All genres and ages of music are welcomed!

aug 13
tue 7 pm

Learn About Cheese at the Coop

Cheese education at the Coop continues with another tasting session led by Coop member and American Cheese Society Certified Cheese Professional, **Elena Santogade**. This month's class will feature a selection of unique cheeses from around the world and fun pairings you can try at home!

aug 27
tue 7 pm

Sweet Relief Home & Office Counseling

Declutter. Clear. Transform. **MAKE ROOM FOR YOURSELF!** Be inspired, productive and at peace in your environment. Clear overwhelm and shame. Allow your home & workplace to support you to thrive and open your space and life to new possibility! **Shira Sameroff's** work has evolved over 25 years of experience with individuals, groups, and organizations as a counselor, workshop facilitator, program director, event planner, activist, board president, volunteer coordinator and more. She has been a member of her beloved PSFC for as long. Shira's many passions include trees, singing, biking, travel, and Honey Mama's chocolate.

aug 27
tue 7 pm

PSFC AUG General Meeting

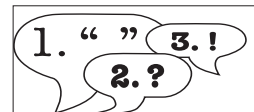


Meeting Agenda to be announced. For information on how to place an item on the Agenda, please see the center pages of the *Linewaiters' Gazette*. The Agenda Committee minutes and the status of pending agenda items are available in the Coop office.

Meeting location: John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.

sep 3
tue 7:30 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for future General Meetings. Drop by and talk with committee members face-to-face between 7:30 and 7:45 p.m. Before submitting an item, read "How to Develop an Agenda Item for the General Meeting" and fill out the General Meeting Agenda Item Submission Form, both available from the Membership Office or at foodcoop.com. **The September General Meeting will be held on Tuesday, September 24, 7 p.m., at a location to be determined.**

sep 5
thu 7:30 pm

Food Class



Food Class to be announced. **To inquire about leading a Food Class, go to bit.ly/CCCChf1.**

ATTENTION MEMBERS

Work to upgrade the passenger elevator will begin mid-July. The elevator will not be available for use for approximately four weeks. Check foodcoop.com for updates.



still to come

sep 6 Film Night

sep 7 Take Better & Fewer Photos

sep 10 Plow-to-Plate Film

sep 13 Wordsprouts

CLASSIFIEDS

HOUSING AVAILABLE

Rent your own furnished private room in N. Slope townhouse with use of common areas and yard. Near Barclay Ctr. \$1200/mo. includes utilities, Wi-Fi, and TV. One room avail. Aug. to mid Sept., two rooms avail. beg Sept. for 6 mo to one yr. Contact Tasha Paley 917-200-8451 or tashapal@gmail.com.

HOUSING SUBLETS

N Slope 2BR+ for 1 yr. sublet Sept. 1. No fee. Pristine, spacious south-facing 1200sf Victorian-era full-floor apt. w/7 semi-furnished rooms. Great for couple w/child. Three min. from PSFC. No smoking/pets. \$3,950/mo. + security. Credit check/refs req'd. Text 347-930-8520 for more info.

MERCHANDISE-NONCOMMERCIAL

Eureka Hepa vacuum cleaner for allergy sufferers \$40 or Dyson DC17 \$100. Farberware coffee/herb grinder \$10. Krups 10-cup coffee maker \$10. Maxim cappuccino maker new \$40. DeLonghi roaster oven \$14. Sunbeam toaster \$8. George Foreman grill \$15. Ask about my bikes. Marc 718-314-5462 or 718-836-6348.

SERVICES AVAILABLE

EXPRESS MOVES. One flat price for the entire move! No deceptive hourly estimates! Careful, experienced mover. Everything quilt padded. No extra charge for wardrobes and packing tape. Specialist

in walkups. Thousands of satisfied customers. Great Coop references. 718-670-7071.

HAIRCUTS HAIRCUTS HAIRCUTS. Color, low lights, highlights, hot oil treatments in the convenience of your home or mine. Kids \$20+up. Adults \$35+up. I also specialize in autistic and special needs children and adults. Call Leonora, 718-857-2215.

MADISON AVENUE HAIRCUTTER is right around the corner from the Food Coop, so if you would like a really good haircut at a decent price, please call Maggie at 718-783-2154. I charge \$60. I work from Wednesdays thru Sundays 9 a.m.-5 p.m.

To Submit Classified or Display Ads:

Ads may be placed on behalf of Coop members only. Classified ads are prepaid at \$15 per insertion, display ads at \$30. (Classified ads in the "Merchandise-Non-commercial" category are free.) All ads must be written on a submission form. Classified ads may be up to 315 characters and spaces. Display ads must be camera-ready and business card size (2" x 3.5" horizontal).

Submission forms are available in a wallpocket near the elevator in the entrance lobby.

Contact me to accomplish all your real estate goals. As your neighborhood real estate expert, I would be happy to help you.

triplemint.



MARINA SINEBOK
Licensed Real Estate Salesperson
marina@triplemint.com • 917.865.1785

3 GREAT reasons to register for member services!

1 Intelligent Shift Notifications: Receive TEXT or EMAIL alerts for upcoming shifts. ↗

2 Easily available FTOP info: View number of FTOP cycles covered or banked and upcoming shifts scheduled! ↗

3 Avoid surprises at the entrance desk: Check your status before coming to the Coop. ↗

Ready to enroll: Go to foodcoop.com and click on "Member Services" in the upper right-hand corner to get started.



Attorney Carol Lipton has been practicing law for decades with Barton L. Slavin, with offices in mid-town. We represent Accident Victims for Car Accidents, Slip and Falls and Construction Accidents; Sellers and Buyers of Co-ops and Condos; Estates and Wills, Guardianship, Business Litigation, Bankruptcy, and Civil and Family Court Appeals. We concentrate only in these areas of law.
718-436-5359 or 212-233-1010 www.nycattorneys.com

COOPERATIVE IDENTITY

DEFINITION

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.

VALUES

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

PRINCIPLES

The cooperative principles are guidelines by which cooperatives put their values into practice. The International Cooperative Alliance adopted the revised Statement on the Cooperative Identity in 1995.

They are as follows:

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

REFERENCE: ICA.COOP

COMMUNITY CALENDAR

Community calendar listings are free. Please submit your event listing in 50 words or less to GazetteSubmissions@psfc.coop. Submission deadlines are the same as for classified ads. Please refer to the Coop Calendar in the center of this issue.

WEEKLY

We're thinking of starting a weekly-meeting church. An activist church. Sing and pray together, then go out and face the pipelines, the banks, the Bayers, the gunmen, the 1%. Then back to our Earth Church. Reverend Billy Talen. For more info: <http://www.revilly.com>.



Please protect your feet and toes while working your shift at the Coop by not wearing sandals or other open-toed footwear.

Thanks for your cooperation,
The Park Slope Food Coop

