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Fast-Forward to Fall Produce

By Hayley Gorenberg

With the Coop produce aisle on the seasonal cusp, our buyers and shoppers bid adieu to local specialties and look ahead to fall features. Here are some highlights.

Honeynut Squash

Honeynut squash burst onto the scene just a few years ago. The petite squash “wouldn’t exist without a confrontation,” according to *Bon Appetit*, which relates that ten years ago Stone Barns Center’s farm director, David Barber, invited a group of plant breeders from Cornell University to Blue Hill at Stone Barns in Pocantico Hills, New York. “After the meal, Barber took breeder Michael Mazourek for a kitchen tour, grabbed a butternut squash and said: ‘If you’re such a good breeder, why don’t you make this thing taste good?’”

Mazourek brought mini-squashes he’d been trying to perfect to Barber, and the pair focused on the top flavor contenders. “The way Barber cooked the honeynuts was eye-opening to Mazourek—before, he and other breeders microwaved or steamed big batches of squash at low heat in a casserole pan with water, adding moisture and diluting flavor,” according to *Bon Appetit*. “Barber dry-roasted them at high heat, caramelizing the interior so it didn’t need brown sugar, maple syrup, or anything other than the squash’s natural sweetness.”

Six-inch honeynuts resem-

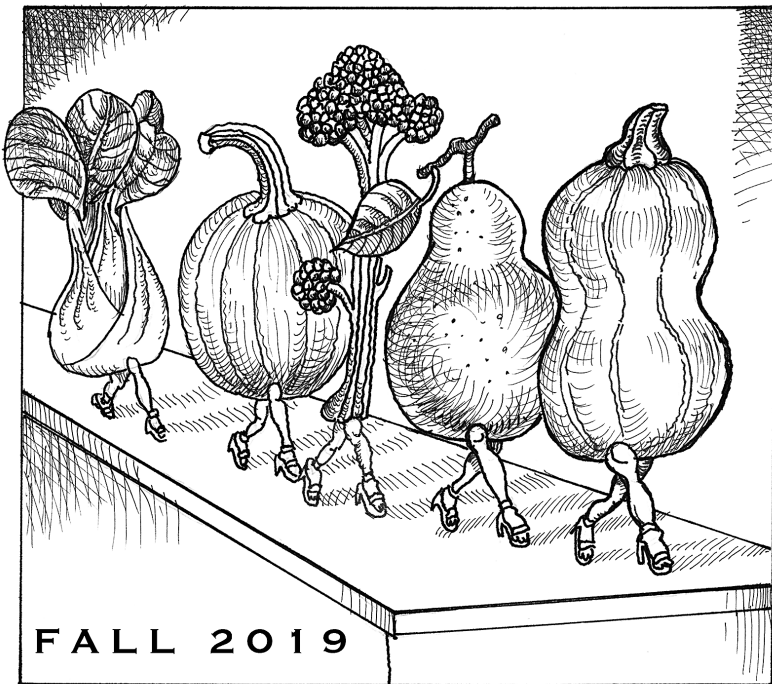


ILLUSTRATION BY TOMMY KANE

ble a miniaturized butternut. They are touted for “an intense natural sweetness that becomes rich, caramel-y, and almost malt-like when roasted at high heat,” and one need not peel their thin skins.

Planted in May and harvested in early fall, honeynuts are green until they ripen to a deep honey color.

Pawpaws

Coop Produce Buyer Cecilia Rembert plumps for the pawpaw, “the largest native North American fruit!” The National Park Service is a fan: “One of the tastiest late-season rewards for hikers and wildlife alike is the pawpaw fruit, which begins to ripen in late summer and peaks in September and October. The flavor of pawpaw fruit is often compared to bananas, but with hints of mango, vanilla, and citrus.”

The rhapsodic description

of flavor, rivaling wine-tasters for vocabulary, counterbalances the Park Service’s description of the fruit as having “the ungainly appearance of a small green potato.”

“The flavor of pawpaw fruit is often compared to bananas, but with hints of mango, vanilla, and citrus.”

Clustering on a relatively small tree (or perhaps tall shrub), the pawpaw fruits result only when pollination from a distinctly different pawpaw occurs. Pawpaw “patches” are often genetically identical plants springing from the same underground root system. Since pawpaws are “self-incompatible” and can’t self-pollinate, flies, beetles and other pollinators may have to travel from patch to patch for fruit

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Meet Early Bird David St. Germain: Park Slope Food Coop Traffic Cop and Unsung Hero



PHOTO BY ROD MORRISON

“It’s like juggling trucks,” says David St. Germain, who is responsible for expediting dozens of deliveries that come into the Coop each day.

By Taigi Smith

There are countless unsung heroes at the PSFC, and David St. Germain is one of them. An early bird at heart, David gets up at the crack of dawn to handle the massive deliveries that arrive like clockwork at the Coop every morning. When he first started working, Coop old-timers told him, “You’ll find your place here.” Looking back, he had no idea his

place would be working the 4 a.m.–1 p.m. shift, five days per week.

If you are sleepwalking or coming home from a late night out and walk past the PSFC at 4 a.m., you’ll see David taking in the dozens of deliveries that arrive each day. “It’s like juggling trucks. Today we’ve had five tractor trailers, six to eight box trucks, we have FedEx, vans,

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Next General Meeting on October 29

The General Meeting of the Park Slope Food Coop is held on the last Tuesday of each month. The October General Meeting will be on Tuesday, October 29, at 7:00 p.m. at **John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.**

For more information about the GM and about Coop governance, please see the center of this issue.

Coop Event Highlights

Thu, Oct 3 • Food Class: Classic Pie 7:30 p.m.

Fri, Oct 4 • Film Night: *Knock Down the House* 7:00 p.m.

Tue, Oct 8 • Plow-to-Plate Movie Series:
A Prayer for Compassion 7:00 p.m.

Fri, Oct 11 • Wordsprouts:
All the Restaurants in New York 7:00 p.m.

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

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Fall Produce

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to result. And humans are not the only pawpaw enthusiasts. “Opossums, foxes, squirrels, raccoons, and birds are all known to enjoy pawpaw fruit.”

Starkrimson Pears

Mutant pears appear on “sport” tree branches but rarely taste good. But according to Oregonlive.com, “in the early 1950s, a branch of bright red pears growing on a green pear tree in Missouri beat the odds.” Stark Brothers Nursery

soon patented Starkrimson, a tart pear whose ripeness may be judged by its color, rather than feel (in contrast to pears like d’Anjou).

Oregonlive.com cautions that “a Starkrimson pear with a hint of softness at the surface is most likely total mush inside. It ripens from the inside out, so you need to eat this pear while still firm.”

Braising Greens

Chock-a-block with nutrients, braising greens include bok choy, chard, collards, kale, mustard, radicchio, and turnip

greens. TheKitchn.com touts versatile, thick-leaved greens cooked so that “each bite bursts with flavor and texture,” potentially steamed, sautéed, stewed or braised, “served on their own, as a side dish, or incorporated in tacos, burritos, pizza, soups, stews.”

Braising means cooking in both fat and liquid. Bacon/pork fats are traditional in many cultures, but cooks may choose duck fat, butter, or vegetable oils. Liquids range from chicken or beef broths to white wine or simply water. Commonly one heats the fat before adding the greens and liquid and cooking till the latter evaporates. Amounts of liquid and any added salt vary depending on volume and types of greens.

Cheddar Cauliflower

For some people cauliflower in the fall requires a cheddar-cheese swaddle. A typical recipe directs to drizzle florets with oil and salt and roast till lightly browned, sprinkle with shredded cheddar, and return to the oven till the cheese melts.

Edamame Hummus

Popular in the pod or out, edamame have additional range. A food processor facilitates edamame hummus: Blend the beans, tahini, water, lemon juice, lemon zest, garlic, salt, pepper and a little olive oil until smooth. Garnishes include sesame seeds or flavored oils.

Rembert’s autumnal cornucopia spills over with organic local broccoli rabe; California Thompson seedless grapes; integrated pest management apples from Hepworth Farm, Champlain Orchards and Lancaster Farm Fresh Cooperative; organic Washington Gala



PHOTOS BY ZACHARY SCHULMAN

Much of the Coop’s Fall produce will come from Hepworth Farms and Lancaster Fresh Farm Cooperative. Above, Receiving Coordinator and Produce Buyer Ken Macdonald reviews a recent delivery.

apples; and organic and local IPM Asian pears.

Taking her cue, Coop members can look forward to local Brussels sprouts, organic heirloom apples, local Concord grapes, local horseradish, pumpkins (both cooking and display), parsnips, rutabaga, black radishes, local daikon radishes and local leeks.

Rutabaga

Call it a “swede,” “neep” or “snagger”—or find it labeled in the Coop as a “rutabaga.”

The vegetal name captivated author Carl Sandburg, who originally wrote *Rootabaga Stories* for his own children, later publishing these whimsical American fairytales in the 1920s. Sandburg included his daughters’ nicknames: “Spink,” “Skabootch,” and “Swipes” in the stories of the fictionalized

Midwest “Rootabaga country,” many told by the Potato Face Blind Man of the Village of Liver-and-Onions.

This versatile brassica (or cruciferous) vegetable sprang forth from crossing the cabbage and the turnip. The roots may be eaten after boiling, steaming, roasting, baking or frying. Some treat the leaves as a leafy vegetable. Round, brownish rutabagas are touted for being extremely nutritious and high in antioxidants.

Horseradish

“What 3,000-year-old plant has been used as an aphrodisiac, a treatment for rheumatism, a bitter herb for Passover seders, and a flavorful accompaniment for beef, chicken, and seafood?” Horseradish.org provides the eponymous

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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.

The Animal Welfare Committee Seeks New Members!

Join our small research- and education-based committee to help provide animal-related reference materials, articles, workshops, and product suggestions as they relate to Coop products (meat, eggs, dairy, and products tested on animals).



CAN YOU:

Interview farmers and vendors about how they treat their animals? (this requires some availability during business hours)

Use your research, writing, editing, design, presentation, publicity, or marketing skills to serve our mission of providing our entire membership with transparent information on animal-welfare issues?

Attend monthly committee meetings (Monday C week, 7-8:30 p.m.) at the Coop, logging agreed-upon Committee tasks so that you work an average of 2.75 hours/month? (Applicants must have good attendance records and be Coop members for a least a year.)

Please apply at psfcanimals.blogspot.com, telling us as much as possible about yourself, your passion for the cause, and why you'd like to join us. Deadline for all applicants is Friday, October 4. Paper copies of the application are available in the Committee's wall folder by the second floor office, to the right of the stairs.

We seek to reflect the racial, ethnic, sexual orientation, and gender diversity of the Coop (including dietary diversity—we're not all vegans!). We strongly encourage people of color to apply.



A nutrient-rich assortment of the Coop's Fall braising greens.

Early Bird

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we even have bicycles that deliver to us. My job is to get them in and out as quickly as possible. I have to be watching constantly," says David. It's a position that requires razor-sharp focus.

"It's like juggling trucks.

Today we've had five tractor trailers, six to eight box trucks, we have FedEx, vans, we even have bicycles that deliver to us.

My job is to get them in and out as quickly as possible. I have to be watching constantly."

—David St. Germain

To say David's workday is busy is an understatement. On any given day, he is charged with taking in 50–60 deliveries, regardless of how hot or cold it is. "I work pretty much exclusively outside. I'm sometimes the first person at the Coop."

David rattles off his duties like someone who genuinely loves the responsibility that comes with them. "By the time I get here, four to five pallets of vegetables are waiting for me. Members come in at 5 a.m. and start breaking down the pallets. This is followed by bread deliveries. And then there's a truck that takes back compost from the



PHOTOS BY ROD MORRISON

"David holds the whole front of the store together. It is a tough job and I'm super glad that he works here," says Yuri Weber (pictured left), the Coop's king of cheese.

PSFC. By 5 a.m., the front of the store is full of produce, and everything starts being put into the store. Another truck comes in at 5:30. We'll get a pallet of frozen, dairy, and six to eight pallets of dry goods. Another truck brings dairy, meat, and eggs." And then there are the six to eight bread deliveries that arrive

between 8:30 and 9:30 a.m. David says another tractor trailer comes in from the Hudson Valley. And the list of deliveries goes on and on. It's no wonder he doesn't have time for chit-chat.

Before working at the PSFC, David worked the early morning shift at Starbucks for almost a decade and spent 15 years working as a bike messenger. Both jobs, says David, prepared him for the early hours and fast pace of his current role. "It's surprising how many people who came to my Starbucks store are also members of the PSFC."

It takes a special person to wake up every morning at 3 a.m. and arrive on time, every day, before the sun comes up. David stumbled upon the shift after taking over from Receiving Coordinator Jorge Jimenez, who had retired. At first, the role was evenings and weekends only, but after three months, he was hired for a full-time shift.

Asked about the vital role David plays at the PSFC, Receiving Coordinator Yuri Weber didn't mince words. "David holds the whole front of the store together. He touches every single delivery that comes into the store. He makes sure there's no traffic jams on Union Street. He's indispensable." Yuri pointed out that it requires a unique set of skills to deal with so many personalities. "He does

a great job of making everyone feel noticed. I'm super glad that he works here. It is a tough job. He deals with people who are in a hurry," Yuri said. By the time the trucks reach David at the PSFC, many of the drivers have driven long distances and battled countless traffic jams. Often, their nerves are frayed and the drivers are stressed.

Receiving Coordinator Yuri Weber didn't mince words.

"David holds the whole front of the store together."

"I have a good rapport with pretty much every driver that comes through," David said. "I just know everybody by face. That's a big part of doing this job. You need to be able to communicate with people succinctly and effectively during stressful times."

"He's really created a niche

for himself," said Yuri. "It takes a strong person to do David's job," he said, likening him to a traffic cop that keeps the traffic moving.

It's a job that even David says can be complicated at times, adding that one of his duties includes keeping the street clear and sidewalk tidy as trucks are unloading. "We take up so much of the sidewalk at the Coop."

After four years of taking in deliveries, David says he's still astounded by the number of people who double-park in the Coop loading zone. "Do not ever park in the loading zone. I've gotten vehicles ticketed and towed. I'm in constant dialogue with utility companies to not park in the loading zone. I'd also like to stress, do not park to load in front of the fire station. Parking in front of the fire station can cause a delay

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On any given day, David St. Germain is charged with handling 50–60 shipments.

PLASTIC PACKAGING RECYCLING

Saturday, September 28, 1:45–4 p.m.

Wednesday, October 9, 3:45–6 p.m.

For Coop members only

Please be prepared to show your Coop membership card.

Plastic bags/wrap/package 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



Will Draw for Food (and Workslot Credit)

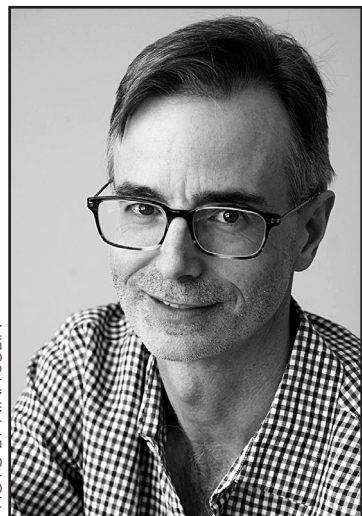


PHOTO BY NINA SUBIN

John Donohue, author and illustrator of "All the Restaurants in New York."

By Gayle Forman

About five years ago, when Coop member John Donohue, author of the illustrated book *All the Restaurants in New York*, was helping get his children out the door in the morning, he began drawing... radiators.

Donohue, a former editor at *The New Yorker*, was no professional artist, but he'd taken up drawing years before for what he calls "mental health reasons." "When I draw," he said, "it completely calms me down. It turns me into a better person."

Any parent familiar with the particular stress of the morning routine—that mad juggle of making breakfasts while packing lunches, cor-

A form of meditation," Donohue says, explaining why the practice altered his morning chemistry. "I spend too much time in my head, but drawing is entirely nonverbal. It opens up space."

From radiators and backpacks in the morning, Donohue graduated to dish racks and toy ducks, which he still draws daily (and posts on his Tumblr at <https://a-dish-rack-a-day.tumblr.com/>). On his subway commute to work, he began drawing people, quick sketches, always in ink, no revisions. "Great practice for an artist but it takes a lot of nerve!" jokes Rod Morrison, who oversees Donohue at the *Linewaiters' Gazette*, where Donohue illustrates for his workslot credit. (His drawings accompany this article.) Like the dishracks and backpacks, drawing strangers on the train was transformative. The jarring clash of reality versus sketch served as a daily reminder not to trust first impressions. "You can see immediately how you're misperceiving things," Donohue notes.

Art + Food = Inspiration

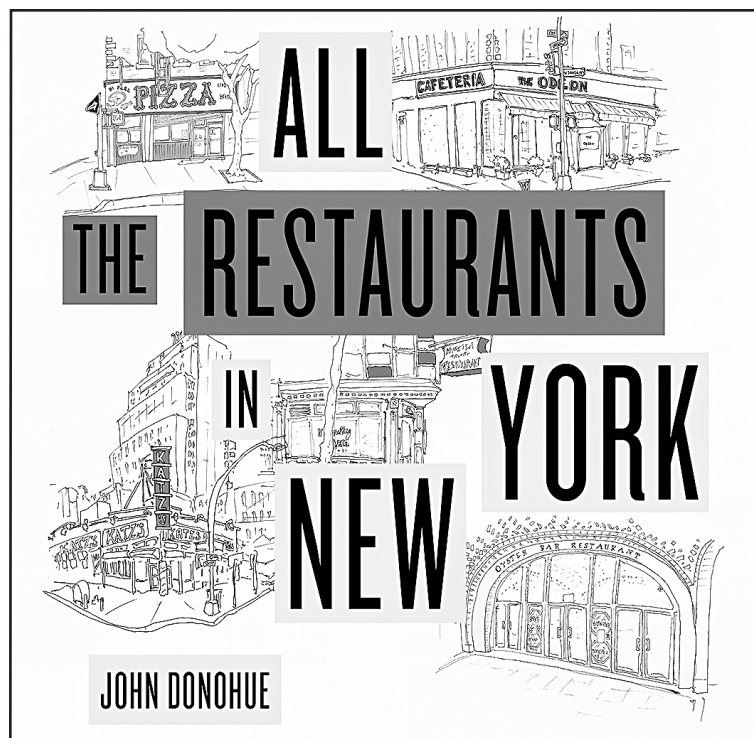
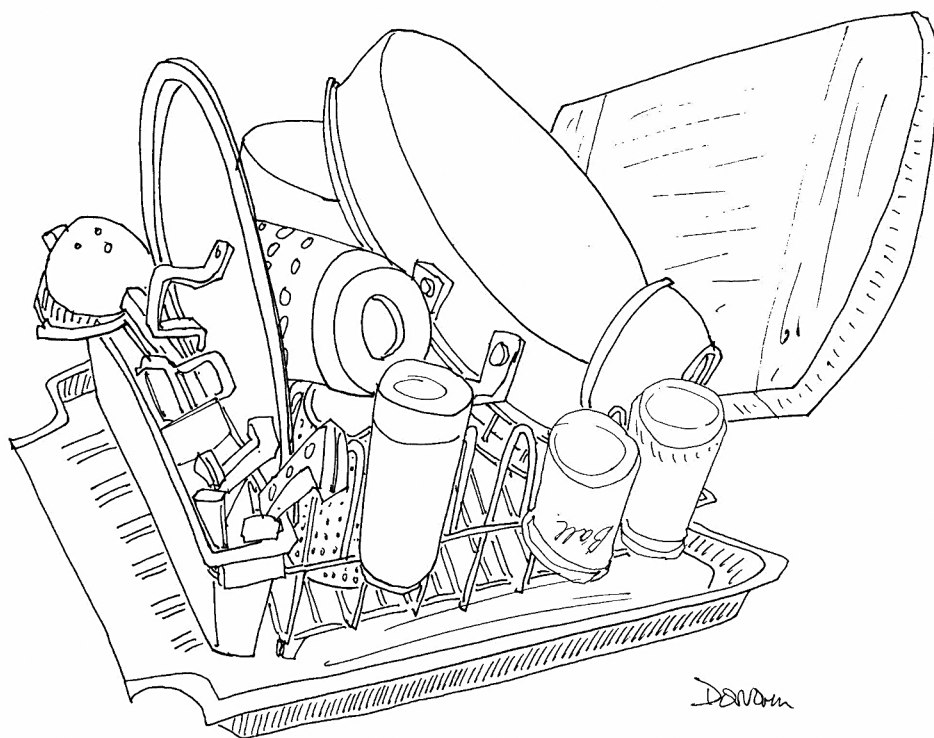
In 2011, Donohue edited *Man With a Pan: Culinary Adventures of Fathers Who Cook With Their Families*, an anthology of essays and recipes with contributions from luminar-

Food, however, was a different story. New Yorkers love food. They particularly love eating food—and talking about eating food—in restaurants, having elevated restaurant worship to a sort of secular religion. (Not because we are bougie, but, Donohue says, because so many of our significant events—from first dates to breakups to job interviews—happen in restaurants.)

The jarring clash of reality versus sketch served as a daily reminder not to trust first impressions.

On January 1, 2017, Donohue posted an ink drawing of the iconic Tribeca eatery The Odeon, which he describes as "Ur-New York," on his social media feeds. He began posting more restaurants, in quick, sometimes charmingly messy ink drawings—one drawing takes about twenty minutes, he notes on his website—with a pop of color. Not long after, Coop member and owner of Powerhouse Arena Books, Susanne König, spotted Donohue sketching on Seventh Avenue. "What are you doing?" asked König, who knows Donohue from both the local school community and the Coop. "I'm drawing Fonda," he replied, referring to the popular South Slope Mexican joint (with an even more popular Happy Hour).

"I was always looking for artists to do exhibitions in the little bookstore," König says. But the art needed to be thematic, and New York-centric. Restaurants of New York was a perfect fit. The show



went up in Powerhouse's Park Slope outpost in March, two months after Donohue posted the Odeon drawing, and as Donohue suspected, drew a lot of attention, including a mention from *The New York Times's* Florence Fabricant. "All of a sudden I was getting requests to do restaurants," Donohue began taking requests—he still does—and selling prints in limited batches of 365, which he calls "a beautiful reminder of how our days are numbered. (Prints and request are available at www.alltherestaurants.com.)

New York, Paris, London...

So there's food, and then there's buzz, and this being New York, not long after, the publishers came knocking. *All the Restaurants in New York* was published in May by Abrams Books and will be the first of a series that will expand to include Paris and London, (thus requiring Donohue to take breaks from his day job as a grant writer for a nonprofit to scope new restaurants—the takeaway being, we should all be drawing radiators).

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ralling late homework, and locating wayward MetroCards—understands that this is perhaps a challenging time to attempt to calm down and be a better person. But for Donohue, the simple act of drawing a radiator in ink, no corrections, no erasers, grounded him in the moment and made the stressful mornings, well, less stressful.

"It's a nonverbal process.

ies like Mark Bittman and Stephen King. The book was both a bestseller and proof, Donohue says, of "how insatiable the food media world could be." Within a few years he had amassed hundreds of dish racks, and though he found the endless repetition of plates and cups drying on a rack fascinating, he recognized maybe this was not universally so.

Read the *Gazette* while you're standing on line OR online at www.foodcoop.com

John Donohue will discuss *All the Restaurants in New York* at Wordsprouts, the Coop's monthly reading series, on October 11 at 7 p.m. He'll present drawings from the book and share stories about the restaurant and the project and perhaps even take a request or two. The event takes place on the second floor of the Park Slope Food Coop and is free and open to members and non-members alike.

LABOR COMMITTEE REPORT

Union Organizing at the Coop

By Michelle Kuchinsky,
Labor Committee

At the May General Meeting, a group of Coop staff members announced they are trying to form a union to collectively bargain for fair working conditions.

The staff working to unionize with the Retail, Wholesale, and Department Store Union (RWDSU) hope to address issues including: “inability to resolve grievances, racism and other forms of inequity, intimidation, disrespect, inconsistent scheduling, violations of confidentiality, workplace safety, and difficulty establishing and maintaining a collective voice.” They note that “these problems are societal and systemic, not unique to the Coop” and are working towards “more participation in decision-making, better training and support, transparency, accountability, and representation. A union can be a sustaining structure for these aspirations in a workplace, and a strong labor movement can contribute to transformations needed on a societal level” (www.psfcunion.org).

While many may see a consumer coop as already containing the proper mechanisms for employee conflict resolution, Coop staff don’t have the same ability to voice their concerns as the rest of

membership because they are at-will employees: that is, employees who can technically be fired without cause.

Workers at coops across the country have formed unions also seeking a voice on the job. For example, employees at Central Co-op in Seattle are unionized with the United Food and Commercial Workers, the parent union of RWDSU. The workers at Willy Street Food Coop in Madison just unionized this month.

While many may see a consumer coop as already containing the proper mechanisms for employee conflict resolution, Coop staff are technically at-will employees who can be fired without cause.

Some gains workers can achieve by unionizing include having their interests represented in federal, state, and local government policy-making, effective solidarity with other workers in more dire conditions, democratic participation in the direction of the workplace, and maintenance of current benefits so that good compensation does not erode over time.

U.S. labor law requires the

Coop to recognize a collective bargaining representative chosen by the workers if a majority of the bargaining unit elects to form a union. The Coop General Coordinators have publicly stated in the *Linewaiters' Gazette* and in the General Meeting that they would respect the decision of the majority of the workers, should that be the outcome. However, there are several methods of dissuasion an employer can participate in while still seeming to comply with the legal obligation not to interfere with the workers’ decision-making autonomy.

When workers try to organize a union on their job, employers can choose to recognize the workers’ chosen union once a majority of workers sign cards authorizing the union to represent their unit. However, employers who take more aggressive stances against unions often refuse to recognize the union at this stage and compel the workers to file for a formal election with the National Labor Relations Board, which could be scheduled for up to weeks or months later. Some anti-worker employers then use that time to try to intimidate workers, get union supporters to change their minds, or schedule “captive audience meetings,” mandatory “information sessions,”

and individual conversations about how good their current relationship with management is, how expensive union dues are, or why a third-party entering into the employer-employee relationship could hamper their ability to resolve issues. Sometimes management encourages and supports workers to take anti-union stances and dissuade their co-workers from joining.

Earlier this year, seeing some of these patterns play out in this campaign, members of the Coop’s union organizing committee requested that management sign a “neutrality agreement.” Signing the agreement would mean that the Coop commits to voluntarily recognize the union if a majority of the group signs authorization cards. Such an agreement would prevent the possibility or even the appearance of anti-union practices. It would mean that management would not compel a formal election with the Labor Board, and instead would simply begin contract negotiations with the union once majority support is reached. Instead of taking this option, the Coop General Coordinators have refused to sign a neutrality agreement.

Since then, organizing staff members filed Unfair Labor Practice (ULP) charges with the National Labor Relations Board, citing retaliation against

employees for publicly supporting the union. They submitted evidence of managers abusing scheduling practices and disciplinary procedures to intimidate union organizers. The Coop agreed to settle several of the accusations that staff submitted evidence for, and to post notice that they will follow labor law. For management to demonstrate integrity in this process moving forward, coming to a neutrality agreement would go a long way towards making their claims to neutrality real.

Now, membership has the opportunity to express its support for staff’s right to a fair decision-making process and an atmosphere free from discrimination and retaliation. The Park Slope Food Coop Labor Committee fights for fair working conditions for workers throughout our supply chain. Signing a neutrality agreement to ensure workers can democratically decide for themselves if they want to bargain collectively is the appropriate step for any employer that truly respects its workers, their decisions, and their voice on the job. To sign the petition to demand neutrality from Coop management, visit www.coworker.org/p/PSFCMemberPetition. Members can stay tuned for future solidarity opportunities by signing up for the Labor Committee mailing list at www.psfcclaborcommittee.wordpress.com/contact/. ■

Have you lost something valuable?

Perhaps you lost it at the Park Slope Food Coop!

Come up to the Membership Office to reclaim your valuables.



Hearing Administration Committee is seeking new members

The HAC performs administrative functions necessary to arrange and facilitate disciplinary hearings, coordinating with the Coop’s Disciplinary Committee and the Hearing Officers Committee.

Applicants should be detail-oriented, comfortable working by e-mail and telephone; they should be Coop members for at least one year and have excellent attendance records.

Members of the HAC work on an as-needed basis, only when hearings are required, and earn FTOP credit. Therefore these members must maintain regular Coop shifts or be FTOP members in good standing.

The nature of this work requires that all members maintain strict confidentiality with respect to all matters on which they work.

We are seeking an applicant pool that reflects the diversity of the Coop membership at large.

Those interested should e-mail the HAC at psfchac@gmail.com.

MEMBER SUBMISSION

A Great New Product at the Coop: Cascara

By Anne Kostick

I love coffee and I love tea. And I've discovered a beverage that's a little bit of both.

I'm a big fan of No. Six Depot coffee, roasted in West Stockbridge, Massachusetts, and sold at the Coop (my current favorite is Bali Moon, but the Ethiopian is pretty great, too). Now, thanks to coffee buyer and Receiving Coordinator Petra Claiborne, the Coop is stocking Six Depot's latest product, called Geisha Cascara. Spoiler: It's not coffee.



PHOTO BY ANNE KOSTICK

A glass of cold-brew Cascara.

What Is It?

Cascara is really a tea, or a tisane, made from dried coffee cherries and coffee bean husks, byproducts of the coffee growing process. This excellent blog post by the company founder, Flavio Lichtenthal, has all the information: <https://sixdepot.com/blogs/news/cascara>. Quoting Flavio:

"Cascara (or, rather brewing the coffee fruit/skin as a tea) is not new at all. In fact, it's very old and goes by many names. The name Cascara originated in El Salvador where a coffee grower discovered the beverage and named it after the Spanish word for husk or skin. In Ethiopia, it is known as Geshar or Hashara; in Bolivia,

Sultana; in Yemen, Oishr. "It was centuries ago in Yemen and Ethiopia, the birthplace of all coffee, that they started brewing the skin as a tea. In fact, it is the first way that coffee was served as a beverage, before they discovered the magic that could come from roasting and grinding and brewing the bean."

How Does It Taste?

"Not like coffee, that's the first thing to know," Flavio says: "It has a natural date-like sweetness and a dry, tannic finish. It is fruity-flavored but not much like a fruit you know. If pressed, we'd go with rose hip,

hibiscus, cherry, mango, apricot or even tobacco."

What Else Is Great About It?

Hoo, boy: "It's really good for you. It has 10% of the caffeine of coffee, and is off the chart on antioxidants. If you want to geek out on ORAC values, look no further. Cascara has 3x the antioxidants of acai berry and 7x that of blueberries. "It's really good for the environment. This "byproduct" used to get dumped in the rivers, depleting them of oxygen, and hence, life. It now gets used as either compost or exported as cascara. And the fish thank you for buying it.

Cascara has 10% of the caffeine of coffee, and is off the chart on antioxidants with 3x the antioxidants of acai berry and 7x that of blueberries.

"It's great for the farmers. It's now another revenue stream for the farmers, beyond the coffee bean."

For tea lovers, coffee lovers, antioxidant lovers, people against environmental damage, those against food waste, those for improving things for coffee growers, those for reviving and sharing food traditions around the world: cascara is the whole package. And, it tastes indescribably great!

Flavio's blog post [<https://sixdepot.com/blogs/news/cascara>] has instructions for hot and cold brews, plus delicious recipes.

Cascara is available on trial here at the Coop, so try it while you can. Look for it in the display end cap across from the eggs, or (later) in the tea section. Make it a hit! ■

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.

Hearing Officer Committee
SEEKS NEW MEMBERS

The Hearing Office Committee is seeking new members. The committee conducts and presides over disciplinary hearings, ensures that hearings proceed in an efficient and unbiased manner and, after a randomly selected Deciding Group has decided whether an accused member violated a Coop rule, determines what disciplinary action should be taken against the member. Applicants should be Coop members in good standing for at least two years and have good attendance records. Judicial, arbitration, or legal backgrounds a plus, but not required. Experience running meetings is desirable.

Members of the committee meet and earn workslot credit on an as-needed basis only, that is, when hearings are required. Therefore these members must maintain regular Coop workslots in good standing or be FTOP members in good standing.

The nature of the committee's work requires that all members maintain strict confidentiality with respect to all matters on which they work. The committee seeks an applicant pool that reflects the diversity of the Coop membership at large.

Those interested, please telephone
Marian Hertz of the Hearing Officer Committee
at 212-440-2743.

**PLEASE RETURN FOOD COOP
BOX CUTTERS AND PENS TO THE
FOOD COOP, IF YOU HAVE THEM
IN YOUR POCKETS OR AT HOME.**



THANKS FOR YOUR COOPERATION.

Interested in Engaging Coop Work?

Dispute Resolution Committee (DRC) seeks NEW members

SKILLS NEEDED

- Communication • Problem solving • Conflict resolution
- Dealing with complex situations
- Investigation • Writing • Research

OUR WORK INCLUDES

- Resolving conflicts between members
- Applying Coop rules and regulations
- Discussing policy issues related to the Committee's work
- Investigating allegations of uncooperative behavior by members and engaging in problem solving
- Frequent contact with committee members
- Participating in mediation, disciplinary hearings, and other conflict resolution methods

REQUIREMENTS

In order to be considered for this position, any candidate must:

- Be a member for **at least a year**
- Have an **excellent attendance record**
- Possess the ability to work on a team
- Have good writing skills
- Have computer proficiency (excel, word, email)—this is essential
- Attend evening meetings every six weeks

We often work **more than the 2.75 shifts in a 4 week period**. These hours are credited and can be banked for future use.

We recognize the importance of various points of view when considering cases brought to us. **We are seeking a candidate pool that reflects the diversity of the Coop's membership.**

CONTACT

foodcoopdrc@gmail.com with the subject line: **Joining the DRC**
Join us to make the Coop the best place it can be for everyone.

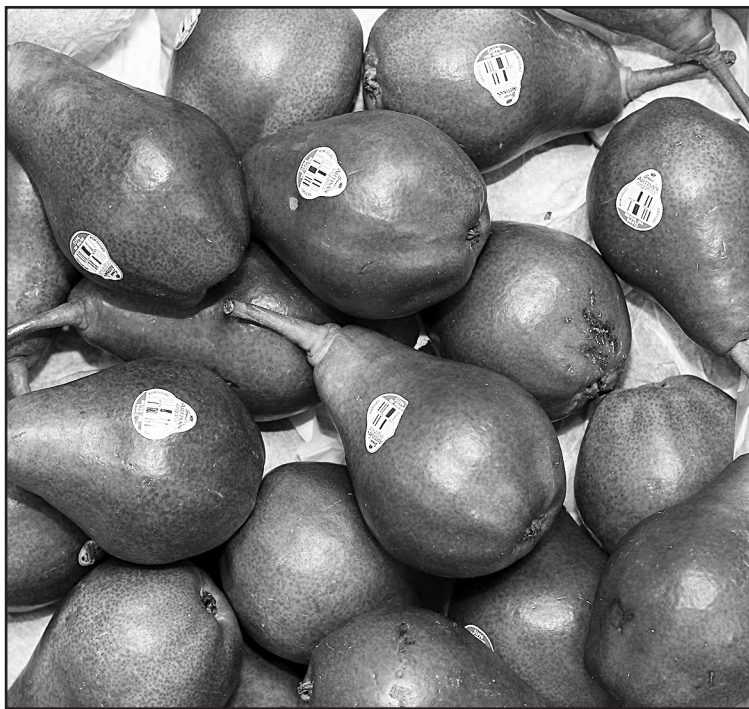
Fall Produce

CONTINUED FROM PAGE 2

answer. Horseradish history attributes the “horse” segment to the root’s large size and derives the “radish” from the Latin word for root: *radix*. The International Herb Association crowned horseradish the 2011 Herb of the Year, citing its rich historical roots and diversity. There’s apparently a horseradish council that promotes the root’s medicinal as well as gastronomic attributes.

Horseradish combines well with avocado, beef, fish, ham, or sausage, perhaps in combination with capers, dill, mustard, or yogurt.

Grating the root releases volatile oils that distinguish horseradish from other flavors. Processors mix the shredded horseradish with distilled vinegar to stabilize its acidic heat,

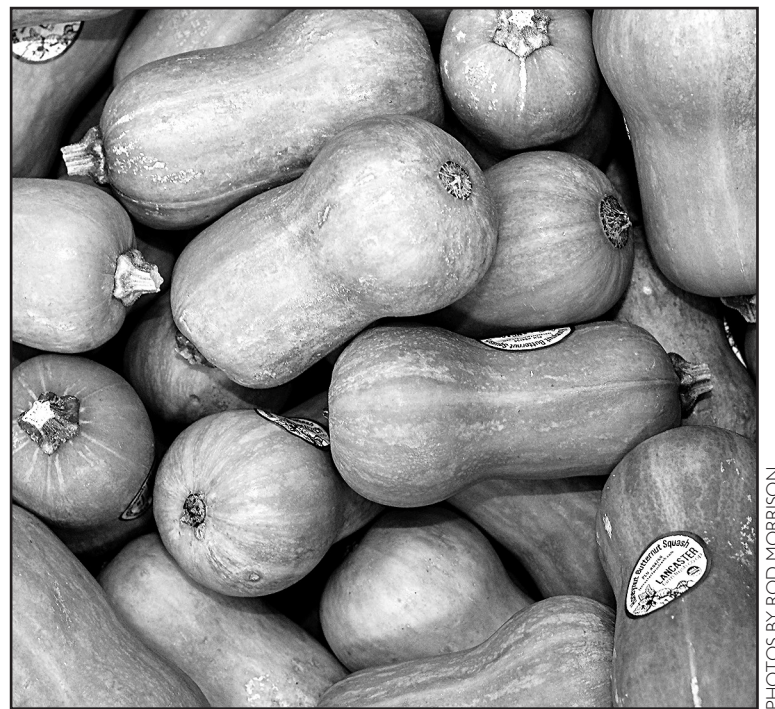


Beautiful crimson-colored and tart-tasting Starkrimson pears.

and may add spices, salt, sugar, cream or vegetable oil. Assertive enough to pair with rich or fatty foods, horseradish combines well with avocado, beef, fish, ham, or sausage, perhaps in combination with capers,

dill, mustard or yogurt.

“At the tail end of our local season, we are working with a lot of amazing farms,” said Rembert. Upstate New York farms that furnish produce to stock the Coop include Hep-



Petite honeynut squashes are just 6 inches long.

worth, Rose Valley, Grindstone, Kent, Blue Heron, Fresh Meadows, Remembrance, and Stick and Stone—the last located on “72 acres of land in the Town of Ulysses, between Jacksonville and Ithaca on route 96 [where]

we raise 35 acres of certified organic vegetables, fruits and sometimes free range chickens for eggs.” The Coop also sources local produce from Pennsylvania, Maine, Vermont and Massachusetts. ■

Early Bird

CONTINUED FROM PAGE 3

in terms of an emergency. When those sirens come on, when they gotta get out of there, they have to get out of there.” After a long sigh, David adds, “Most people don’t follow the rules.”

Despite its challenges, David brings a sense of pride to his role. He genuinely enjoys lightening the workload of his fellow coordinators. “I actually have a hand in most other people’s work here—from produce, to dairy, to dry goods.” David says the most rewarding aspect of his job

is helping other coordinators stay on task. “My co-workers tell me I have a positive effect on their day. I get a lot of positive feedback from my co-workers. They don’t have to take time away from their days to check in their own deliveries.”

After so many mornings spent taking in deliveries, David has one small request for members of the Coop. “If you want to exist in a city, you have to have stuff. Be patient when you see trucks on the road. Let them park. They have a job. Give them the time that they need and the space they need to park.” ■



St. Germain has a good rapport with nearly every truck driver. Many are stressed out from dealing with horrendous New York traffic.

HOROSCOPE

September 19 – October 9, 2019

Aries: Your ruler Mars doesn’t follow any rules, so listen to your body if it tells you to try sheep’s milk or goat’s milk cheese in the weeks to come.

Taurus: As your sixth house of health and daily routines lights up, take a chance and experiment with seasonal black grapes. You need a change.

Gemini: You’re a chick pea magnet during this last long stretch of lucky Jupiter in your house of love.

Cancer: More squash? It’s time for comfort foods, Cancer. Get cozy with a butternut.

Leo: Variety is the spice of your life as your curious third house is activated. Add some coarse salt to your plate, but keep your patter elegant with your date.

Virgo: Padron peppers may be mild but they pack a lot of flavor, just like you Virgo. Don’t let anyone underestimate you.

Libra: Mix up your favorite cocktail or mocktail Libra; your season begins on September 23!

Scorpio: Make a one-pot meal and focus on letting it simmer slower, Scorpio. Your season is just around the corner.

Sagittarius: As your ruler Jupiter passes through your sign, try a little bit of everything. Be a mad concocter of the dinner plate.

Capricorn: Braise away with some California Bay Laurel in your gravy, Capricorn. Subtle flavors don’t suit you this season.

Aquarius: Cherry tomatoes are still in season and so are you, Aquarius, as the Sun shifts into fellow air sign Libra.

Pisces: Your intimate relationships take center stage, so find a cozy corner to canoodle over baked pasta and good vino or black grape juice, Pisces.

STATEMENT ON THE 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

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.

Friday, October 18, 8:00 p.m.

The Brooklyn Society for Ethical Culture
and the Park Slope Food Coop present:



PROSPECT CONCERTS



Alex Kramer is calling a barn dance at the Society for Ethical Culture. Come with friends and family and learn to dance the “do-si-do,” “rip and snort,” and more. Dance to the rhythms of award-winning bluegrass and old-time musicians **Alex Kramer**, caller/fiddle; **Meitar Forkosh**, fiddle; **Hannah Sassoon**, fiddle; **Elana Brody**, piano and vocals; **Jonah Bruno**, banjo; **Eli Hetko**, guitar and mandolin; **Stephanie Jenkins**, banjo; **Sarah Alden**, fiddle; **Elise Leavy**, accordion; **Jim Whitney**, bass; **Taylor Ashton**, banjo and guitar; **A'yen Tran**, guitar and vocals; **Joel Turoff**, guitar. Every dance will be taught and be beginner-friendly.

www.facebook.com/ProspectConcerts

53 Prospect Park West [at 2nd Street] • \$10 • 8pm [doors open at 7:45]
Performers are Park Slope Food Coop members and receive Coop workslot credit.
Booking: Bev Grant, 718-788-3741

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.

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Taigi Smith

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Maxwell Taylor

Heloisa Zero

Editor (production): Esther Breger

Advertising: Tuesday Smillie

Final Proofreader: Lisa Schorr

Index: Len Neufeld

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.

Jaclyn Alexander
Emily Anderson
Jacob Ashworth
Cornelia Barber
Brendan Barca
Daniella Bardalez-
Gaagliuffi
Deborah Bennett
Lizzie Benzik
Simon Betsalel
Julian Boilen
Matthew Braswell
Brian Burns
Margaret Cardenas
Helene Carvallo

David Cian
Natalie Escobar
Irene Feng
Carolina Gonzalez Mama
Paul Goodrich
Jennifer Gray
Amber Gross
Angela Katrichis
Lauren Krauze
Laura Landau
Danno Lemu
Rachel Lindy
Chris Liu
Sal Lombardo
David Lowe

Anna Marcum
Marcia Mathias
Anaïs Maviel
Ruby Mawira
Zac McConnell
Nathan McDermott
Diana Mellow
Tiago Nabuco De Moura
Robert Nelson
Conall O'Callaghan
Rebecca Pani
Lise Paulycarpe
Juana Peralta
Alyssa Peterson
Paolo Pontecorvi

Gideon Potter
Zachary Purtzer
Helen Read
Maria Rohani
Sadie Saltzman
Gabriel Salzman
Mikaela Xochitl Sanchez
Susannah Schoolman
Peri Sharpe
Pena Sherpa
Sheldon Smith
Alec Spiegelman
Megan Svoboda
Jacque Vaughn
Laura Vaughn

Kester Wade
Lucile Walgen
Laura Werle
Mathew Wiesn
Candice Yu
Tonya Zamora



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, OCTOBER 1

AGENDA SUBMISSIONS: 7:30 p.m.

Submissions will be considered for the October 29 General Meeting.

TUE, OCTOBER 29

GENERAL MEETING: 7:00 p.m.

Gazette Deadlines

LETTERS & VOLUNTARY ARTICLES:

Oct 10 issue: 12:00 p.m., Mon, Sep 30
Oct 24 issue: 12:00 p.m., Mon, Oct 14

CLASSIFIED ADS DEADLINE:

Oct 10 issue: 7:00 p.m., Wed, Oct 2
Oct 24 issue: 7:00 p.m., Wed, Oct 16

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,
October 29, 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 is under way. The elevator will not be available for use until further notice. Check foodcoop.com for updates.

sep 26
thu 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!

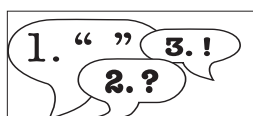
sep 28
sat 10 am

New Paradigm Multi-Dimensional Transformation

We will discuss the energy of Shamballa, build vortexes, do clearing meditation, and receive activations calling on the Ascended Masters and Archangels for their healing Love and Light. Join me for two hours to introduce New Paradigm MultiDimensional Transformation. **Esme Carino** is a New Paradigm MDT facilitator, a published author and an ancient Coop member.

oct 1
tue 7:30 pm

Agenda Committee Meeting



The Committee reviews pending agenda items and creates the agenda for future General Meetings. Members may submit in person their agenda item 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 October General Meeting will be held on Tuesday, October 29, 7 p.m., at John Jay Educational Campus, 227 Seventh Ave., between Fourth and Fifth Sts.

oct 3
thu 7:30 pm

Food Class: Classic Pie



In this class we will learn how to make pate brisee, the classic pie crust that can be adapted for all kinds of pie, quiche and galettes. We'll take you through the process and the pitfalls to ensure you can make a flaky crust from scratch! A variety of techniques and types of pastries, fillings and toppings will be discussed as well as making fresh whipped cream. **Rachel**

Porter is a public school teacher with decades of experience as a home cook, hosting parties, dinner parties and cooking for her family and friends. She lives with her two sons, one dog and two cats. She has a horticulture certificate from the Brooklyn Botanical Garden, and dreams of growing more on her mom's farm. She is also the unofficial holiday cookie-maker for the Coop's staff. *Menu includes: Pate Brisee; Apple Pie; Pecan Pie; Whipped Cream.* **ASL interpreter available upon request, please contact the Membership Office.** **Materials fee: \$5. First come, first seated. To inquire about leading a Food Class, go to bit.ly/CCCChf1.**

oct 4
fri 7 pm

Film Night:

Knock Down the House



When tragedy struck her family in the midst of the financial crisis, Bronx-born Alexandria Ocasio-Cortez had to work double shifts in a restaurant to save her home from foreclosure. After losing a loved one to a preventable medical condition, Amy Vilela didn't know what to do with the anger she felt about America's broken health

care system. Cori Bush was drawn into the streets when the police shooting of an unarmed black man brought protests and tanks into her neighborhood. Paula Jean Swearengen was fed up with watching her friends and family suffer and die from the environmental effects of the coal industry. At a moment of historic volatility in American politics, these four women decide to fight back, setting themselves on a journey that will change their lives and their country forever. Without political experience or corporate money, they build a movement of insurgent candidates challenging powerful incumbents in Congress. Their efforts result in a legendary upset. **Doug Anderson** is a Brooklyn-based director, producer, and sound engineer. Under the banner of his production company, Paper Moth Media, he has made videos for clients including Alexandria Ocasio-Cortez and Justice Democrats. Recent sound credits include the Netflix documentary *Knock Down The House* (2019) and the upcoming FX documentary series *Pride* (2020). Doug is currently developing a documentary set in Guatemala.

To book a Film Night, contact Gabriel Rhodes, gabrielrhodes@me.com.

oct 5-6
sat-sun 9 am-7 pm

Food Drive to Benefit CHiPS Soup Kitchen

CHiPS Soup Kitchen, located at Fourth Avenue and Sackett Street, is the recipient of much of our edible but unsaleable perishable food. They also need donations of nonperishable foods. This food will go to CHiPS to help them feed people in the neighborhood who are in need of a nutritious meal. Consider contributing nonperishable foods and commercially packaged foods; canned fish; canned fruits and vegetables; pasta sauce; pasta; pre-packaged rice; pre-packaged beans; canned beans; canned soups; Parmalat milk; dry milk; peanut butter; cooking oil; or boxed raisins. Give donations to the collection table outside the Coop.

oct 6
sun 12 pm

How to Have Great Sleep: Herbal Remedies

The National Sleep Foundation states that 58% of American adults experience symptoms of insomnia a few nights a week or more. In NYC, the percentage is likely higher! Your biggest ally in immune and mental health, sleep is the most important part of the day. Come learn what herbs can help you fall asleep and stay asleep, as well as herbs that balance your nervous and endocrine systems. Because you deserve the sleep of your dreams! Complimentary herbal tea will be provided. **Maria Christodoulou** is a Clinical Herbalist and graduate of ArborVitae School of Traditional Herbalism. She combines Western Herbalism, Traditional Chinese Medicine, and Ayurveda in her practice, and is currently researching herbal medicine in ancient Greece. She is also founder of Bliss Without Bother, a wellness retreat planning service.

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.

sep 26–nov 5 2019

oct 8
tue 7 pm

Safe Food Committee Film Night: A Prayer for Compassion



A Prayer for Compassion follows Thomas Jackson on a quest across America to ask, “Can people who identify as religious or spiritual come to embrace the call to include all human and nonhuman beings in our circle of respect and caring and love?” Drawing on Christianity—

evangelical, Roman Catholic, Eastern Orthodox, Friends (Quakers), Seventh Day Adventism, Unity; Judaism; Islam; Hinduism; Buddhism; Jainism; Native American tradition; Unitarian Universalism; Zoroastrianism; and the “spiritual but not religious” point of view—the film calls on spiritual people of faith of every stripe to come together to bring about a different world.

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.

oct 11
fri 7 pm

Wordsprouts: All the Restaurants in New York



A joyful hardcover ode to New York City's favorite eateries, published by Abrams this Spring. *All the Restaurants in New York* collects John Donohue's charming drawings for the first time. From Minetta Tavern to Frankies 457 Spuntino and River Café, the

book features an eclectic mix of 101 iconic restaurants and includes many drawings that have never been published before. Sprinkled throughout the pages are interviews with owners, chefs, and loyal patrons of these much-loved restaurants. This is the first book in a three-book series from Abrams, with Paris and London coming soon. The book is based on Donohue's website *All the Restaurants* (www.alltherestaurants.com), where he sells signed, limited-edition prints to people all over the country and the world. “If you know someone who's wild for a special New York restaurant, this is the perfect present,” the critic Ruth Reichl said. Donohue, a former editor at *The New Yorker* and erstwhile cartoonist for the magazine, is a self-taught artist. In 2011, he edited *Man with a Pan: Culinary Adventures of Fathers Who Cook for Their Families*, a best-selling anthology featuring recipes and essays from Mark Bittman, Stephen King, Mark Kurlansky, Jim Harrison, and many others. He launched www.alltherestaurants.com in 2017, and he draws at least twice per day. And he takes requests. WordSprouts' Sarah Schenck will moderate a free-wheeling conversation with Donohue. Delectable tidbits will be served!

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

oct 12
sat 12 pm

Achieve Your Ultimate Goal First

Do your big life goals cause you suffering, either because you've stopped working on them and don't like thinking about it, or you've pushed yourself to the limits and still feel like you'll never get there? Try a different approach. Clarify and achieve your “ultimate goals” first. Then let your life goals come to you. Come to this workshop to connect with your big life goals in a safe and productive way, refocusing your energy and using it to jumpstart the pursuit of your life's purpose. Specifically, you will: learn about the

role of goals in life satisfaction, and misconceptions around goals; clarify the essence of your big goals and tap the power of your “ultimate goals”; generate easy solutions to achieve your ultimate goals right away. Together, we'll generate psychological energy that grows by itself and pulls us forward, whether it takes us to our original goals or past them, to even bigger ones. Led by **Dave Wolovsky**, a Positive Psychology-based coach and teacher of yoga and Qi Gong. He holds an MS degree in Neuroscience and Education and a Certificate in Applied Positive Psychology.

oct 16
wed 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!

oct 18
fri 8 pm

Barn Dance



Alex Kramer is calling a barn dance at the Society for Ethical Culture. Come with friends and family and learn to dance the “do-si-do,” “rip and snort,” and

more. Dance to the rhythms of award-winning bluegrass and old-time musicians **Alex Kramer**, caller/fiddle;

Meitar Forkosh, fiddle; **Hannah Sassoon**, fiddle; **Elana Brody**, piano and vocals; **Jonah Bruno**, banjo; **Eli Hetko**, guitar and mandolin; **Stephanie Jenkins**, banjo; **Sarah Alden**, fiddle; **Elise Leavy**, accordion; **Jim Whitney**, bass; **Taylor Ashton**, banjo and guitar; **A'yen Tran**, guitar and vocals; **Joel Turoff**, guitar. Every dance will be taught and be beginner-friendly. **Concert takes place at the Brooklyn Society for Ethical Culture, 53 Prospect Park West (at 2nd St.), \$10, doors open at 7:45. Prospect Concerts is a monthly musical fundraising partnership of the Coop and the Brooklyn Society for Ethical Culture.**

Bookings: Bev Grant, bevgrant1@aol.com.



oct 19
sat 7 pm

From Blue Bayou to Bruce: Singalong with Beth

Come sing your heart out with longtime Coop member **Beth Harpaz**. We'll sing an eclectic mix of folk, rock, pop, and spirituals, including: “Will the Circle Be Unbroken,” “American Pie,” “Mary Don't You Weep,” “Tambourine Man” and more. Bring a song to share if you like. Instruments welcome. All ages invited.

oct 26
sat 2 pm

Pumpkin Decorating



Glue, glitter, and pumpkins! Bring your own pumpkin or purchase one on site. Participants younger than 16 need to have an adult accompany them. The event is free and open to all.

still to come

nov 1 **Film Night**

nov 2 **Medicare Made Clear**

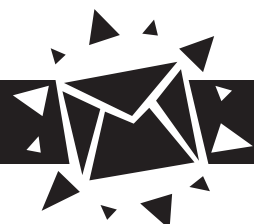
nov 2 **Sweet Relief Workshop**

nov 3 **Sick & Tired**

nov 5 **Plow-to-Plate Film**

nov 5 **Agenda Committee Meeting**

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



PROBLEMS WITH A NATURE'S PATH PRODUCT

MEMBERS,

I would like the *Gazette* to be informed about this issue so the members can be informed.

This issue is persistent; it has been happening for months and only on Q'ia; both, Q'ia Creamy Coconut Oatmeal & Q'ia Cinnamon Pumpkin Seed Oatmeal.

I am very concerned about one of your products that I have been used for years.

During the last few months, as you can see from the pic-

tures, the mixture of Q'ia is not completely dry and that makes me VERY nervous.

You must check this out because it sounds NOT healthy to me.

It seems the product is not completely dried during the packaging process.

That can attract bacteria and causes serious problem to your customers.

Please come back to me with an explanation and let me know if you have considered to recall the product from the market because of that anomaly.

Best,

Rino Varrasso



Please join the Coop staff in a celebration of the life of

Cynthia Pennycooke



**Saturday, October 19,
Old First Reformed Church
729 Carroll St., at Seventh Ave.**

**11 a.m. – 1 p.m. service
1 – 3 p.m. reception**

If you'd like to make a card in advance of the service, please drop in during one of the following card-making sessions in the Coop's second floor meeting

room: Tuesday, September 24, 7–9 p.m.

Monday, October 7, 8–10 a.m.

Saturday, October 12, 11 a.m.–2 p.m.

There is also a box outside the Membership Office where you can write a memory or thought about Cynthia that will be displayed at the memorial service.

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

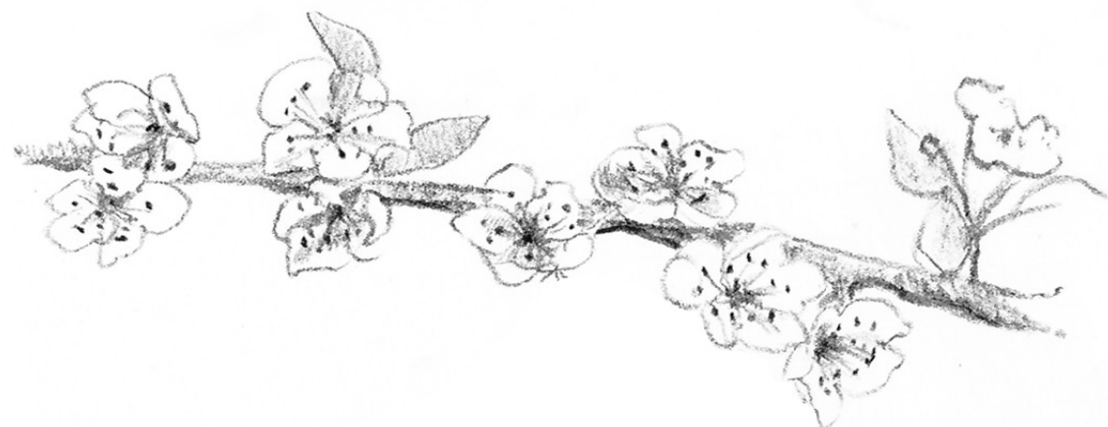
If you would like to speak to an editor or another reporter to learn more about the job, please contact Annette Laskaris in the Membership Office or e-mail her at annetteATpsfcDOTcoop.

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.



MEMBER SUBMISSION

Arsenic, the Climate Crisis, and My Favorite Rice

By Virginia Casper

Brown Rice. What could be bad? Rice in general for that matter ... a worldwide basic and a food that comforts, especially when we are sick. So although we know that the climate crisis affects just about every part of our lives, I for one wasn't prepared to discover that there can be more than traces of arsenic in rice.

What is the Story with Arsenic?

Arsenic is a naturally occurring element that is toxic and is found in trace amounts in many foods. However, due to worldwide pollution by pesticides, mining, and industrial waste (activities that also contribute to the global climate change), it has been working its way into the human food chain in higher quantities. Rice absorbs more arsenic from the ground than any other food.

There are two kinds of arsenic—"organic" (in chemistry parlance) and inorganic, which is the kind that we find in our rice. Actually, the qualities of rice that make it such a healthy grain—its ability to slurp up minerals from the soil and water—are the same ones that absorb arsenic. An 2016 FDA assess-

ment (updated in 2017), which addresses toxicity in rice, especially for infants, young children and pregnant women, can be found at <https://www.fda.gov/food/cfsaan-risk-safety-assessments/arsenic-rice-and-rice-products-risk-assessment>.

For adults, the risk variables include body weight, individual amount, and type of rice consumed. The FDA estimates that arsenic is responsible for an additional 4% of lung and bladder cancer per 100,000 adults in the United States.

Why Brown Rice?

Brown rice is the more natural form of rice because it is a whole grain, including the bran and germ—the parts with the most nutrition, which are removed to create the smoother and less chewy white rice. Thus, brown rice contains more protein, fiber, carbohydrates, and fat but also higher amounts of arsenic than white rice, because greater amounts of arsenic are contained in the bran and germ. Although this is an issue primarily for those who consume a lot of rice products, it is important for all consumers to become aware of because of the increased consumption of rice-based

products by people of all ages due to more widespread avoidance of cow's milk and other products for which rice may be substituted.

Tips for Cooking Rice

- Wash rice thoroughly, then soak it in water overnight, then rinse again before cooking. Soaking brown rice has the added advantage of softening the hull and thus making it easier to absorb for those with sensitive digestive systems.
- An alternative or additional approach is to cook rice with six to 10 parts water to one part rice, which can lower the inorganic arsenic levels from 40 to 60 percent. Simply drain the excess water. Note that this method may also remove some key nutrients that are desirable and are why you are cooking

the rice in the first place.

- If you currently consume a lot of rice products, try to diversify your diet. This is something even the FDA recommends in view of rice's ability to pick up metallic contamination of all kinds.
- Eat organic rice whenever possible, which has fewer toxins overall.
- Cook rice until fluffy, not letting it boil down until it is dry.
- Data from *Consumer Reports* suggest that basmati rice from California, India or Pakistan tends to have about a third less arsenic than other

rice. I recently tried cooking basmati rice with a little orzo and it was exceptional! All the other grains we know and love—for example, bulgur, quinoa, farro, and amaranth—also have less arsenic.

Check your own toxic load to see if you should stop or cut down on your consumption of rice or rice products. (Consult the web for at-home tests you can do.) In general, if you are eating rice, remember to prepare it carefully, especially with young children, and include other grains in your diet. ■

Virginia Casper is a member of the Environmental Committee.



Coop Job Opening: Receiving Coordinator Evenings/Weekends

Description:

All Receiving Coordinators ensure the smooth functioning of the Coop.

- Facilitate and supervise continual stocking of the store
- Train working members how to stock and complete projects
- Communicate with Squad Leaders and squads about priorities
- Sustain knowledge about products and inventory
- Answer members' questions
- Respond to physical plant and refrigeration issues

Evening/Weekend Receiving Coordinators are generalists who work with members to maintain and restock all aisles including produce. They also oversee late deliveries, inspect for dates/quality, and support the Receiving and Food Processing squads.

The ideal candidate will:

- enjoy working with people and crowds
- be an excellent team player with strong communication skills
- have ability to teach, explain procedures, give feedback
- be able to evaluate Coop needs, prioritize tasks and delegate work
- be comfortable with computers (Macs preferred)
- experience working in a grocery store is a plus

Hours: 38 hours. 5 days per week including both Saturdays and Sundays.

Wages: \$28.57/hour

Benefits: A generous package including but not limited to: 3 weeks vacation, 11 Health/Personal days, health insurance, and a pension plan.

Requirements:

Candidates must be current members of the Park Slope Food Coop for at least six months immediately prior to application.

Applicants must be prepared to work during holidays, the Coop's busiest times.

Applicants must be able to:

- lift up to 50 pounds
- reach, crouch, bend, stand, climb stairs and work for hours in walk-in coolers and freezers
- work with and around common allergens including nuts and dust
- work in noisy, hectic surroundings

How to Apply:

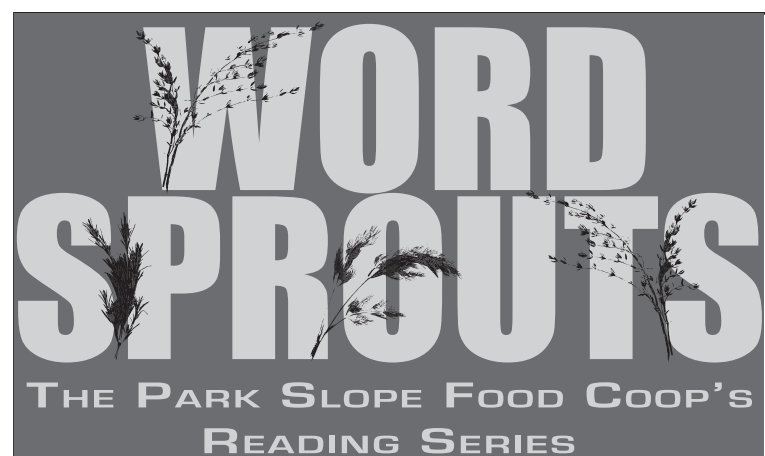
We strongly encourage candidates to work one Saturday or Sunday afternoon Receiving shift. Please introduce yourself as an applicant to one of the Receiving Coordinators.

Attach resume and cover letter as a single document at the link below:

<http://bit.do/Receiving-0919>

Applicants will receive acknowledgment of application via email. Do not call the Membership Office to check on the status of application. Applications will be reviewed on a rolling basis until position is filled. If you applied to a previous Coop job offering, please re-submit your materials.

We are seeking an applicant pool that reflects the diversity of the Coop's membership.



**Are you a writer?
Do you want FTOP credit?**

**Wordsprouts, the Food Coop's
reading series, is looking for you,
for its monthly events in the
second-floor meeting room.**

**Please contact the organizers at
wordsproutspfc@gmail.com.**

SAFE FOOD COMMITTEE REPORT

Plow-to-Plate Movie Series Presents: *A Prayer for Compassion*

By Adam Rabiner,
Safe Food Committee

For over a decade, the Plow-to-Plate film series has strived to educate Coop members on a range of food and other related issues and to encourage healthful eating. But we try to be ecumenical. Earlier this month, we screened *Steak (R)evolution*, a paean to steak in all its greasy glory, a film that has been described as “a must-see for any steak enthusiast.” In October, we will be screening *A Prayer for Compassion*, a film that advocates a vegan diet. Past Plow-to-Plate films like *H.O.P.E. What You Eat Matters* and *Vegucated* have addressed the issue of veganism, as well. But earlier films made their case using visceral and hard to watch footage of suffering animals, environmental degradation, and human testimony about the health benefits of a plant-based diet. While *A Prayer for Compassion* nods to those other arguments, the film asserts that a deep and honest reading of every religion requires that humankind stop eating meat.

In the course of this

film you hear from various strands of Christianity—evangelical, Roman Catholic, Eastern Orthodox, Friends (Quakers), Seventh Day Adventism, Unity and more—along with Judaism, Islam, Hinduism, Buddhism, Jainism, Native American traditions, Unitarian Universalism, Zoroastrianism and the “spiritual but not religious” point of view. A representative of each of these belief systems states with deep conviction that the heart and soul of both Eastern and Western religions—the teaching that is front and center—is a philosophy of non-violence, of “live and let live,” kindness, caring, mercy, compassion and the alleviation of suffering. These attitudes, they maintain, should be directed toward animals and humans alike, not to mention our collective home, the planet Earth. With this basic premise, they argue, it is not hard to conclude that compassion for all life, practiced through a vegan diet, should be the true reading of every religion’s highest command

to salvation and spirituality. That many religious leaders preach this value, but do not practice it (at least toward non-humans) is viewed by the filmmaker and others he interviews as the height of hypocrisy and complicity.

The faith practitioners in the film talk about the universalism of Matthew 7:12 and the Golden Rule—namely, to do to others as you would want them to do to you. Several of them also refute a frequent religious argument used *against* veganism, namely the dominion clause in Genesis that calls on man and womankind to “have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.” The filmmaker interprets this passage to mean a loving and respectful relationship, not an adversarial or dominating one based on death and destruction.

One might cynically conclude that it is too late to change the world and our species’ relationship to food. As

various life forms and our planet die, largely due to our unsustainable systems of agriculture and farming, a movie like this might seem like a Hail Mary pass, pie-in-the-sky wishful thinking. But filmmaker and narrator Thomas Wade Jackson has assembled a global assortment of activists and change-makers who disagree, and use every platform, opportunity and medium to get their message heard.

A Prayer for Compassion suggests that the best and most effective action is setting a personal example for the next generation. Jackson became “woke” to veganism through his involvement in the Unity church, as well as through movies like *Cowspiracy*. It is clear in the scenes he shot with his seven-year-old daughter Melody that he has passed these lessons on. Melody does not have any FOMO regarding meat. Her preference for fruits and vegetables is every vegan parent’s dream. *A Prayer for Compassion* suggests a future generation of kids like her may



make a big difference.

This is a film that wants to ignite virtue and create a great awakening. In attempting to be the voice of the animals, it seeks to impart dharma, universal truth and reality. Jackson believes that if we listen with open ears and act accordingly, we will all shine on. ■

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.

A Prayer for Compassion will be presented on Tuesday, October 8, 7 p.m. at the Park Slope Food Coop, 782 Union St., 2nd floor. Free and open to the public. Refreshments will be served.

Will Draw

CONTINUED FROM PAGE 4

And while the book does not cover all the restaurants, the 101 it does highlight (in all five boroughs, though the majority are in Manhattan) include many iconic eateries, highbrow (Le Bernardin) to the humbler though also foodie-extolled (Di Fara Pizza in Midwood). Some of the most iconic restaurants—like the Cornelia Street Café—are now gone, lending the book a nostalgic feel and offering a reminder that everything is ephemeral.



The art is quirky—Morrison describes Donohue’s style as “unique, almost cartoonish... in thin black ink that often highlights one small feature of his drawings with a bright solid color.” And while the main event is the facade, Donohue offer glimpses behind the scenes. Shake Shack’s shake-and-fry station (rightly) gets an entire spread. Accompanying the various restaurant drawings are descriptions, some terse—the text next to Junior’s retro red façade reads simply, “Cheesecake”—while others evoke classic New York stories.

“Everything Is a Meal”

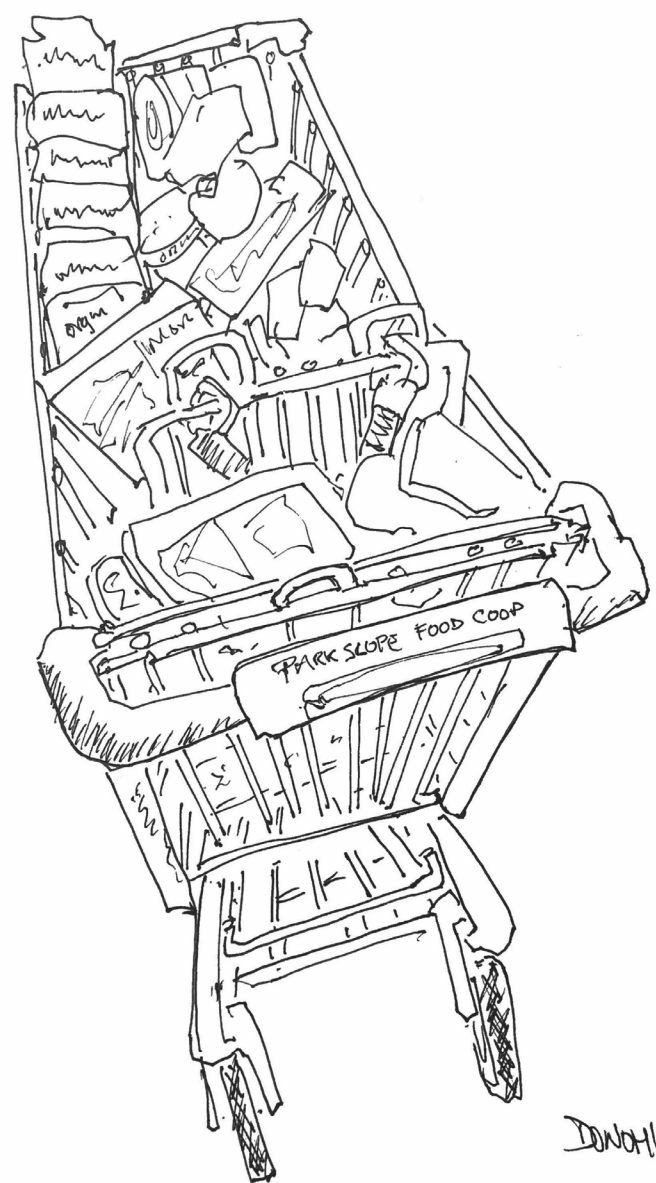
Simon Andrews supplies the story accompanying the entry for the legendary Lower East Side Yonah Schimmel Knish Bakery. Growing up in Australia and New Zealand, Andrews regarded New York City as a distant land: “one-part para-

dise, one-part hellhole.” When he visited for the first time, shortly after 9/11, he understood, by way of a Proustian bite of knish, the glorious, immigrant-fed multitudes of the place.

When Adams learned about Donohue’s restaurant drawings, he requested a Yonah Schimmel print, which now hangs in the Brooklyn home he shares with his family.

When he visited for the first time, shortly after 9/11, he understood, by way of a Proustian bite of knish, the glorious, immigrant-fed multitudes of the place.

For people like Adams and Donohue, it’s no surprise that food is such a powerful lever for memory. “I’ve been living here eight years now,” says Adams, “but I still find it impossible to walk the streets, sit in a restaurant somewhere, and not think about the songs, dishes, people and the combustible history of the city. Everything is a meal in this city.” ■



Can't Find Your Favorite Item? See Below for Its New Location!

Apple sauce	6A
Bob's Red Mill products	2B across from bulk
Coconut water	2A
Dried mushrooms	6B hanging
Gerolsteiner	Endcap across from spices
Glassware, ball jars	5A
Juice	2A across from bread
La Croix	Endcap across from spices
Mangos	Produce above potatoes
Packaged flour, sugar, pancake mix	2B across from bulk
Packaged grains, hemp and chia seeds	2B across from bulk
Papayas	Produce above potatoes
Salad dressing	3A
Seltzer	Endcap across from spices
SodaStream canisters	2A bottom shelf
Squeezies	6A
Water bottles	3A
Water filters	2A

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.

TECH HELP

Mac, Windows, phones, tablets and more.....
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 Call Dan: 347-954-9353 • info@tech11215.com

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



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CLASSIFIEDS

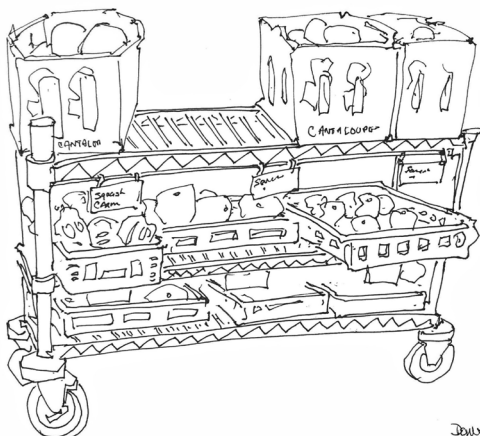
SERVICES AVAILABLE

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.



Donohue 9-19-19



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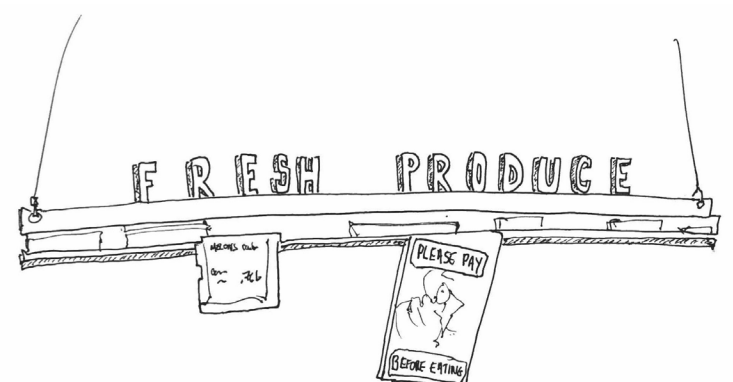
Master Tessa Gordon – former Olympian

Back to school 6 weeks of group classes

50% off! \$149 Coop Special, includes uniform

Pure Energy Martial Arts, 58 Garfield Place

Bring this ad or call 718-965-4222

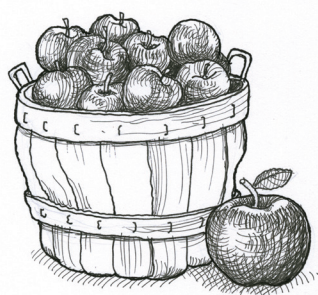


ILLUSTRATIONS BY JOHN DONOHUE

★ EXCITING WORKSLOT OPPORTUNITIES ★

Dairy Inventory**Monday, 6–8:45 a.m.**

This is the perfect job for someone who prefers to work alone and on a single project for the majority of your shift. Necessary skills: good handwriting, ability to count by 6, 12 and 24, reliability and very good attention to detail. Under the supervision of the Coop's dairy buyers, you will take an accurate inventory of unsold product in the walk-in coolers on shopping floor and in the basement (we provide appropriate warm outerwear). Please ask for Eddie upon arrival.

**Receiving Produce****Monday–Friday, 5–7:30 a.m.**

Start your day early with a workout and a sense of accomplishment! Work side-by-side with our paid staff receiving daily fresh produce deliveries. If you are willing to get your hands a little dirty, lift and stack boxes, and work in our basement coolers, then you'll fit right in. We promise your energy will be put to good use. Boxes usually weigh between 2–30 lbs., but can weigh up to 50 lbs.

Maintenance**Sunday, 9–11 p.m.**

This shift includes a variety of cleaning tasks that focus on deep cleaning the refrigerated cases. The work includes removing products from particular cases, scrubbing, hosing down shelves, and restocking the cases. Other tasks may include cleaning, sweeping, mopping areas of the shopping floor and basement. Gloves and cleaning supplies are provided. Because the shift is only two hours arriving on time is essential.

Office Set-Up**Monday, Wednesday, Thursday, 5:45–8:15 a.m.**

Need an early riser with lots of energy to do a variety of physical tasks, including setting up tables and chairs, buying food and supplies, labeling and putting away food and supplies, recycling, washing dishes and making coffee, drying, folding and distributing laundry. six-month commitment is required. Please speak to Mary Gerety or Jana Cunningham in the Membership Office for more information.

Bathroom Cleaning**Monday, Thursday, Friday, 12–2 p.m.**

This job involves cleaning the Coop's 6 bathrooms: 2 on the shopping floor, one in the basement, and 3 on the second floor. Using a checklist of tasks, the squad

of two members will coordinate the work by dividing up various cleaning tasks that include, but are not limited to, scrubbing floor tile, cleaning toilets and sinks, mopping floors, and re-supplying the bathrooms. The Coop only uses all natural products for its maintenance tasks. This job is perfect for members who like to clean and will be conscientious about doing a thorough job. Please report to the Membership Office on your first shift.

Environmental Issues Committee - Terracycle - Plastic Recycling**Wednesday, 3:30–6:30 p.m.**

Three hours per shift, one shift per month, shift meets on the second Wednesday of the month. Must be prepared to work outdoors in front of the Coop, winter months included. Tasks include: setting up the Terracycle table and bringing supplies down to your work area; staffing the Terracycle table throughout the shift; helping to educate recyclers about the Terracycle program; making sure only acceptable recyclables are donated; packing the Terracycle shipping box/boxes and taking them to the UPS store. More details provided once you sign-up. This squad communicates via e-mail so please make sure the Membership Office has your correct e-mail address on file.

Office Post-Orientation**Wednesday, 11:15 a.m.–2 p.m.**

Work with a small, dedicated team to facilitate new members joining the Coop after orientation. Attention to detail a plus. Must have excellent attendance and Membership Office experience. Contact Jana Cunningham in the Membership Office at 718-622-0560 to sign up for this shift.

Attach Scanned Invoices to Computer Records**Tuesday, 6 p.m.**

This job entails attaching scanned invoices to their matching entries in the Coop's accounting software. This is a detail-oriented job, ideal for someone who likes working independently. Must be comfortable using and navigating around Macintosh computers. As training will be necessary, a six-month commitment is required. Must have been a member of the Coop for six months with a good attendance record. Please contact Terry Meyers at terry_meyers@psfc.coop or 718-622-0560 before signing up for this workslot.

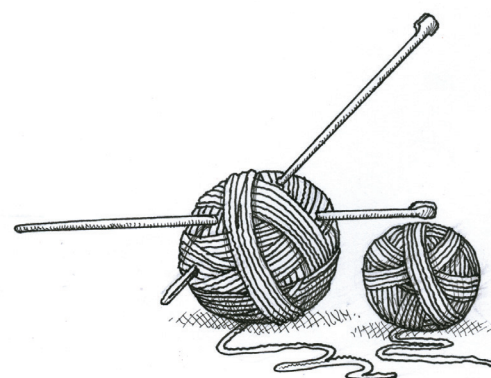
**Dance Teachers WANTED/WORKSLOT**

**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.

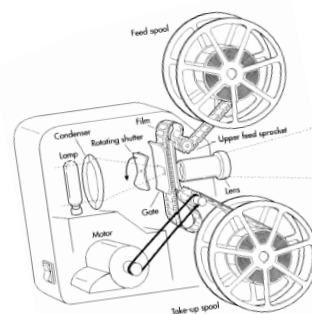
Contact FUN Committee member Dalienne Majors for further information: daliennemajors@gmail.com



ILLUSTRATIONS BY TOMMY KANE

ARE YOU A BROOKLYN-BASED FILMMAKER?

**Would you like to
screen your work
at the Coop?**



Then submit your film for possible inclusion in the Coop's Friday Film Night Screening Series.

If you're a Coop member you'll receive one FTOP credit for screening and offering a Q+A with your film. If you're not a member, it's still a chance to spread the word about your work and build your fan base by screening for a local audience.

We accept documentary and fiction, both features and shorts (we program shorts as a group).

**Please e-mail Gabriel Rhodes
for details at
gabrielrhodes@me.com.**