



## WHAT'S NEW IN THE DELI?

**P**repared meals featuring our co-op's ingredients are among the conveniences that have made the deli a favorite among shoppers. At least two cooks prepare the deli's dishes daily, like the popular rotisserie chicken and a variety of burgers and sides. The department's recently upgraded cases display an expanded selection of entrées prepared by new cooks, Wendy and Brandon, and favorites from Goni, who has been creating signature soups and spicy deli dishes for more than a year. An experienced Kosher chef, Wendy's specialties include vegan desserts and macrobiotic ("big-life") meals, which combine minimally processed foods like brown rice, bean sprouts, and sea vegetables. Brandon prepares several of the traditional meat dishes and healthy sides that are available as part of the store's new meal deals – customers can now combine a select entrée and two sides for a budget-saving \$6.50.

On the refrigerated shelves to the right of the deli cases, more meals made by the co-op staff are available. Ten-ounce chicken or vegetable potpies, with generous servings of the store's organic produce, are easily shared, as are appetizing Buffalo wings served atop lettuce with hot sauce and creamy dressing. Macrobiotic dishes prepared at our co-op, such as sprouted brown rice and pilaf, are also offered here, with more selections to come. For a choice full-course meal, shoppers may



purchase a ready-made salad or create one, and finish up with a rich, all-natural, store-made dessert like cheesecake, vegan chocolate cake, or apple crisp. Additionally, a diverse selection of tofu salads and sandwiches brought in from trusted vendors can be found to the left of the deli where the produce aisle ends.

To share deli favorites with family and friends, inquire about catering for small events. Attendees of the brunches hosted by co-op board members can attest to the delicious deli spreads that they have sampled. These customized platters work well for other home-based gatherings like Super Bowl parties and book club meetings. To enjoy wholesome natural meals for one or as many as desired, look for upcoming deli deal postings featuring the department's expanded offerings in the store's windows.

## GEARING UP FOR A SPECIAL BIRTHDAY



**H**appy **F**FC turns 35 years on December 18th, 2011, and we are hoping to celebrate in style our long and rich history in the community! As part of our preparations, and, in general, to do a better job of documenting our history, we are seeking photos and other memorabilia from our earlier days. We would love to get our hands on more photos from our days as a basement buying club...our first store on East 16th Street... from our square

dances, classes, bike trips and health fair participation ...from our previous store at 1318 Cortelyou Road ...and from any of our historic moves. Scanned copies can be emailed to [info@flatbushfoodcoop.com](mailto:info@flatbushfoodcoop.com) or items can be mailed to Co-op History Project, Flatbush Food Co-op, 1415 Cortelyou Road, Brooklyn NY 11226. We also hope to track down some of the people who were highly involved in the co-op at the very beginning and at other significant phases in the co-op's history. So if you are in that category, please reach out to us and/or if you know others who are, spread the word!

## BOARD PRESIDENT'S LETTER

At the last Board of Directors meeting, I was elected the new president of the Flatbush Food Co-op. I have been a member-owner of the co-op since 1982, when it was a small storefront on East 16th Street and Avenue H. I still remember my first experience shopping at that store. It was good to know that I was able to buy organic food and natural products in my community, and I also recall how friendly everyone was to one another.

It was exciting to be part of our move to Cortelyou Road; the store was so much bigger and had various departments with products ranging from produce and bulk foods to packaged foods and health and beauty aids. In 2000, I joined the Board of Directors and met a great group of people whose dedication to the co-op was instrumental in the co-op's expansion to a new location at the site of the former Associated Supermarket. I know how proud we are of our new store and all the additions and enhancements it has provided.

There are so many aspects of the co-op we can be proud of... the healthy food and products that we deliver to the community, especially in this world of fast foods that are full of additives and pesticides. We have a dedicated group of employees that work incredibly hard to give us all a positive shopping experience. Our volunteers have supported us in playing a larger role in the community by helping organize events such as environmental movie nights, apple giveaways at local schools, tabling, new member brunches and other activities. Most importantly, all who choose to shop at our store support the co-op with every purchase that they make and, in this way, help us continue our mission. These different facets help to make the co-op paradigm unique and sustainable. Whether, you are shopper, a member-owner, an employee or a volunteer, we thank you for what you contribute to the Flatbush Food Co-op.

Leslie Dreifus

## SOUP'S ON



Our co-op's enormous soup selection is the perfect answer to winter's dreary, frigid days. A different soup can be on your menu every night of the week with little or no preparation required. At least three varieties are offered daily in the deli, while dozens of organic heat-and-serve soups can be found in Aisle 5. Neatly stacked rows of cans display traditional favorites like butternut squash and intriguing flavors like Thai coconut (Tom Kha Phak). Low fat, gluten-free, and light-sodium versions of many of the soups are available, such as minestrone and split pea. Directly below the cans, cartons of creamy soups abound featuring key ingredients like tomato, chicken, celery, and, sweet potato, to name a few. Boxed broth in chicken, beef, and vegetable flavors can be simply warmed or used as the base of a family recipe. The soup aisle also features starters and add-ins such as cubed stock, spicy beans, and sea vegetables, and an array of Asian-style noodles with seasonings like Bangkok curry and lemongrass and chili.

Shoppers who like to create soup from scratch (like the ones featured in this issue) can find flavorful organic ingredients throughout the co-op. Beginning in the produce aisle, a winter's harvest of potatoes, carrots, and squash, can be boiled, chopped, and pureed to make hearty blends that fortify us against the coldest season. Also available are fresh herbs, bulbs, mushrooms, and greens that add rich texture and vitality to soup mixtures. Alternatives from adzuki beans to sunflower seeds can be found among the top row of canisters in the bulk food department to inspire original vegan recipes, while the store's Kosher and free-range poultry and hormone-free sausages are among healthy options for meat-based soups. When the weather drives us indoors, we can take the opportunity to exercise our creative impulses and taste buds over a scrumptious pot of soup.

### Q.E.D. SOUP (QUICK, EASY, DELICIOUS), BY DEB SINER

Serves 3-4 people

- 1 quart chicken or vegetable stock (or, if have turkey stock from the Thanksgiving turkey bones sitting in your freezer, use that)
  - 12 frozen raviolis or tortellini
  - 1 cup spinach leaves
  - ¼ cup chopped onions
  - 3-4 sliced mushrooms
  - Some leftover pieces of sausage or chicken (optional)
  - Grated Parmesan cheese
- Sauté onions and mushrooms in a little oil in a saucepan until translucent and soft. Add stock. Heat until simmering – do not let it come to a hard boil. Add ravioli or tortellini and spinach leaves. Simmer about 15-20 minutes, until pasta is cooked. Serve, and top each bowl with a handful of Parmesan cheese. All quantities are adjustable to taste.

**GENETICALLY ENGINEERED ALFALFA: A MESSAGE FROM THE ORGANIC AND CO-OP COMMUNITIES**

**W**e stand united in opposition to the U.S. Department of Agriculture's (USDA) decision to once again allow unlimited, nationwide commercial planting of Monsanto's genetically engineered (GE) Roundup Ready alfalfa, despite the many risks to organic and conventional farmers.

Last spring more than 200,000 people submitted comments to the USDA highly critical of the substance and conclusions of its draft EIS on GE Alfalfa. Instead of responding to these comments and concerns, including expert comments from farmers, scientists, academics, conservationists, and food safety and consumer advocates, the USDA has chosen instead to listen to a handful of agricultural biotechnology companies.

USDA's decision to allow unlimited, nationwide commercial planting of Monsanto's GE Roundup Ready alfalfa without any restrictions flies in the face of the interests of conventional and organic farmers, preservation of the environment, and consumer choice. USDA has become a rogue agency in its regulation of biotech crops and its decision to appease the few companies who seek to benefit from this technology comes despite increasing evidence that GE alfalfa will threaten the rights of American farmers and consumers, as well as damage the environment.

The Center for Food Safety will be suing on this decision. In the coming months, we will be seeing USDA proposals to allow unrestricted plantings of GE sugar beets, and GE corn and soy crops designed to resist toxic pesticides, such as 2-4D and Dicamba, highly toxic pesticides that pose a serious threat to our health and the environment. To win these critical and difficult battles, the entire organic community, and our allies in the conventional food and farming community, will have to work together.

Now is the time to unite in action. We need to work together to restore sanity to our food system, stop the deregulation of GE crops and join together against the forces that are seeking to silence hundreds of thousands of Americans. As we move forward, we are united in opposing genetically engineered organisms in food production and believe that pressure to stop the proliferation of this contaminating technology must be focused on the White House and Congress. The companies responsible for this situation are the biotech companies whose GE technology causes genetic drift and environmental hazards that are not contained as the deregulation of genetically engineered alfalfa goes forward. The organic community stands together with consumer, farmer, environmental and business interests to ensure practices that are protective of health and the environment.

We urge you to join us today.

Sincerely,

*Joan Boykin, The Organic Center; Christine Bushway, Organic Trade Association; Jay Feldman, Beyond Pesticides; Michael Funk, United Natural Foods Inc (UNFI); Elizabeth Henderson, NOFA Interstate Council; Gary Hirshberg, Stonyfield Farm; Liana Hoodes, National Organic Coalition; Kristina Hubbard, Organic Seed Alliance; Faye Jones, Midwest Organic Sustainable Education Service; Robby Kenner, Robert Kenner Films; Andrew Kimbrell, Center for Food Safety; Russell Libby, Maine Organic Farmers and Gardeners (MOFGA); Ed Maltby, Northeast Organic Dairy Producers Alliance (NODPA); Robyn O'Brien, Allergy Kids; Keith Olcott, Equal Exchange; Michael Pollan, Author; Maria Rodale, Rodale Inc.; Eric Schlosser, Author; Robynn Schrader, National Cooperative Grocers Association (NCGA); Corinne Shindelar, INFRA; George Siemon, Organic Valley; Michael Sligh, Rural Advancement Foundation International (RAFI); Megan Westgate, Non-GMO Project; Maureen Wilmot, Organic Farming Research Foundation (OFRF); Enid Wonnacott, Northeast Organic Farming Association of Vermont (NOFA-VT)*

**SOUP RECIPES (CONTINUED)****VEGAN SPLIT PEA SOUP** ~ Serves 6 or more

- 3 cups dry split peas
- 1 large chopped onion
- 2 sliced carrots
- 1 peeled, sliced sweet potato
- 1 chopped white potato
- 1 stalk chopped celery
- 8 cups water
- 1 bay leaf
- 3 cloves garlic

Combine in large pot. Simmer, covered, for 3-4 hours, or more, until split peas have completely

disintegrated. Use immersion blender in the pot, and puree until smooth. If you don't have an immersion blender, use a blender or food processor to puree.

Add:

- 3 tablespoons cider vinegar
- ¼ tsp. dry mustard
- 1 cup chopped tomatoes
- One more carrot, sliced very thinly.

Simmer another 15 minutes, until carrots are soft. Salt and pepper to taste. Top with a little freshly minced parsley.

## CO-OP NEWS

### UPCOMING EVENTS

#### FLATBUSH GREEN MOVIE SERIES

**Wednesday, February 23rd, 7 p.m.**

##### **GASLAND**

The largest domestic natural gas drilling boom in history has swept across the United States. The Halliburton-developed drilling technology of "fracking" or hydraulic fracturing has unlocked a "Saudi Arabia of natural gas" just beneath us. But is fracking safe? When filmmaker Josh Fox is asked to lease his land for drilling, he embarks on a cross-country odyssey uncovering a trail of secrets, lies and contamination. A recently drilled nearby Pennsylvania town reports that residents are able to light their drinking water on fire. This is just one of the many absurd and astonishing revelations of a new country called GASLAND. Part verite travelogue, part expose, part mystery, part bluegrass banjo meltdown, part showdown, GASLAND is one of five nominees for an Academy Award for 2010's best feature documentary.

**WHERE:** Brooklyn College Student Center  
Gold Room (6th floor)  
Campus Road and East 27th Street,  
Brooklyn, NY 11210

#2 or 5 train to Brooklyn College/Flatbush Avenue  
For full travel directions go to:  
<http://www.brooklyn.cuny.edu/pub/departments/scenter/1563.htm>

Free popcorn provided by Flatbush Food Co-op

*Sponsored by Brooklyn College Student Center,  
Sustainable Flatbush and Flatbush Food Co-op*

##### **MORE MOVIES:**

**Wednesday, March 23rd, 7 p.m.**

##### **TAPPED**

Tapped examines the role of the bottled water industry and its effects on our health, climate change, pollution, and our reliance on oil.

Co-sponsored by Ditmas Park West Neighborhood Association and Food and Water Watch

**WHERE:** Prospect Park Temple Isaac  
1419 Dorchester Road (entrance  
on Marlborough Road)

(Q or B train to Cortelyou Road)

**Wednesday, April 27th, 7 p.m.**

##### **WASTE LAND**

Filmed over nearly three years, WASTE LAND follows renowned artist Vik Muniz as he journeys from his home base in Brooklyn to his native Brazil and the world's largest garbage dump, Jardim Gramacho, located on the outskirts of Rio de Janeiro.



**WHERE:** Brooklyn College Student Center

**HOLD THE DATE:** Saturday, April 16<sup>th</sup> - Plant Swap

### FLATBUSH FOOD CO-OP VALUES

#### **A DEMOCRATIC STRUCTURE**

We embrace a cooperative culture that includes ownership and opportunities for participation by our members, a work environment that involves and empowers our employees, and a positive, respectful shopping environment.

#### **COMMUNITY**

We value and seek to build our cooperative community of staff, members, and shoppers, embracing the diverse community where we are located and supporting and aligning ourselves with the global cooperative community.

#### **SOCIALLY RESPONSIBLE, ENVIRONMENTALLY SOUND PRACTICES**

We support sustainable agriculture, the consumption and use of organic products, and the fair and ethical treatment of workers in the production process.

#### **EDUCATION**

We seek to educate ourselves and the broader community about cooperation, health, nutrition, and environmental issues.

### CONTRIBUTORS

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Gill Smith, Board Member

### DISCLAIMER

*The views expressed in these newsletter articles represent those of the individual authors and do not necessarily represent the views of the Flatbush Food Cooperative.*