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CO-OP NEWS

www.flatbushfoodcoop.com

SUMMER 2010



SUMMER GRILLING DONE NATURALLY

The aroma of smoky breezes traveling from neighboring yards signals that the summer barbeque season is well underway. The co-op's growing selection of meat, poultry, and vegan alternatives bring added benefits to this outdoor tradition by providing flavorful organic and natural options that suit diverse palettes.

A plethora of grilling selections free of hormones, nitrates, and antibiotics awaits customers as they turn into the refrigerated aisle along the back of the store. Poultry options include young, Kosher, whole, and cut free-range chicken, organic ground turkey, and uncured chicken and turkey frankfurters. There are also several flavored poultry-based sausages including granny smith, feta cheese with fresh spinach, and spicy Andouille varieties. Skinless versions are also available for shoppers who want to avoid sausages wrapped in pork castings.

The co-op offers select meat choices including rib-eye and London broil steaks from grass-fed cows and cuts of natural pork. Fresh lamb parts, including some that are ground and even sliced for preparing kabobs, are a more recent addition.



Preservative-free grilling favorites like beef burgers and stadium-sized hotdogs can also be purchased at the store. Other choices for burger fans include salmon, rice, and numerous vegetable options, which can be found in the frozen food section in the last aisle. If grilling is not an option, prepared salmon and veggie burgers are often available in the store's deli alongside cold salads for a ready-made barbeque.

Products to enhance grilling include distinct organic versions of condiments such as smoky maple barbeque sauce and stone ground mustard with apple cider vinegar. Options like egg-and soy-free mayonnaise can make salads easier to digest, while shoppers who would like to spice up grilled meals may want to include accents like hot mango chutney and "Cuban Mojo" found in Aisle 4 of the co-op.

Barbeques can also be more "green" events by using natural hardwood charcoal, an alternative to traditionally used coal, which often contains glue that burns while food is being grilled. This product is on sale during the month of July and available all summer, along with paper goods made with post-consumer materials. With all of the natural choices the co-op offers, the grilling season can sizzle like never before.



BOARD PRESIDENT'S LETTER

It's amazing to be at the birth of a new tradition – and that's what happened one bright Saturday in April when we joined with Sustainable Flatbush in launching our first Plant Swap in front of the co-op. Flocks of adults and children from all over the city learned about gardening from masters in our community and took home free plants, shrubs and seedlings. You'll find the article and photos inside this issue – and if you weren't one of the ones encouraged to develop your green thumb this year, why not plan on making it a resolution for 2011! We're proud to be helping to green our little area of Brooklyn.

Another "green" tradition that is now in its second successful year is our Movie Series with our great partners Sustainable Flatbush, Ditmas Park West Neighborhood Association and Temple Beth Isaac. Look for more amazing films in the future that offer hope in addressing the enormous issues ahead of us. I happen to come from Detroit and was thrilled to learn from the film *Grown in Detroit*, shown in May, about how urban gardening is helping young mothers learn by farming to become more independent women and knowledgeable about the importance of nutritional foods.

We also plan to continue our intimate potluck dinners and we are always open to more ideas. Fostering community is part of our cooperative values. Look for other community events listed on the back page of this issue – and enjoy a fabulous summer!

Jan Andrew

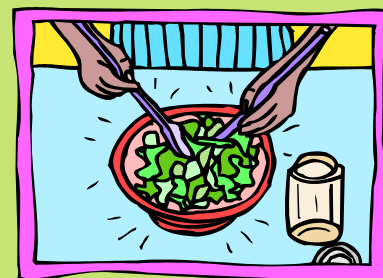
SUMMER SALADS

BY DEB SINER

MOM'S SECRET-NO-LONGER RECIPE FOR REALLY GOOD POTATO SALAD.

The ingredients are fairly standard, and can be adjusted to taste. It's the technique that makes it great.

1. Dice celery, pepper, scallions and put into a large bowl. Mince parsley and add.
2. Scrub potatoes with brush, cut out eyes, slice into ½ inch thick slices. This will make sure the potatoes are cooked evenly.
3. Put potatoes and garlic in a pot of water, bring to boil. Cook until done, but not overdone. A fork will go through a slice with a tiny bit of resistance.
4. Drain potatoes and garlic. Remove garlic.
5. Put drained potatoes in bowl, on top of veggies. The potato heat will cook the vegetables ever so slightly, so that they still crunch but are not too hard. Mince cooked garlic and add. Take two knives and chop the potatoes by making X cuts a few times. You want nice bite-size potato chunks.
6. Add 1 cup of vinaigrette. Stir gently until all ingredients are evenly mixed. Add more vinaigrette if you think it needs it. Salt and pepper to taste.
7. Delicious served warm, or chill in refrigerator for a couple of hours. If you chill it, you can add a little mayonnaise (maybe 1/4 cup) just before serving.



VINAIGRETTE

Vinaigrette recipes vary. Most cookbooks call for 3 parts oil to 1 part vinegar. I prefer ½ and ½. Olive oil is best, and I use cider vinegar. Add about 1 tsp. prepared mustard per cup of vinaigrette, salt and pepper to taste, and shake well.

SUMMER CHOPPED SALAD

1 LONG CUCUMBER OR 2-3 SHORT ONES (ENOUGH FOR 2 CUPS)
2 TOMATOES OR 1 LARGE CAN DICED TOMATOES.
2 SCALLIONS
1 TBS OLIVE OIL
1 TBS SHERRY OR APPLE VINEGAR
1 TBS MINCED PARSLEY
1 TSP. PEPPER

Cut cucumbers in quarters lengthwise. Remove seeds and discard. Slice into pieces about ¼ inch thick. Drain the can of diced tomatoes, or skin and dice whole tomatoes. You should have about 2 cups. Mince scallion. Combine all ingredients. Serve chilled. You can add a little salt if you like, but it's not necessary.

CORE CONDITIONING

BY DR. LESLIE DREIFUS

When most people go to the gym, they seem to gravitate to the curl machine and bench press. These are poor choices when it comes to conditioning because they overlook stability and balance. Stability and balance are essential to perform our everyday activities in an efficient manner. To stabilize our body we need to concentrate on our core.



The core is the area of our body that helps to maintain postural integrity during movement. Most people have misconceptions about what a “strong core” is. A strengthened core is not a six pack, and it is more than just your stomach. In reality, the core assists in the transference of movement from your trunk to your arms to your legs. It consists of a multitude of muscles: including the abdominal muscles (the rectus, obliques and transverse abdominus) and back muscles (paravertebral, multifidus, quadratus lumborum, diaphragm and hip flexors). There are secondary muscles associated with the core too: including the quadriceps, hamstrings, upper back, chest muscles, adductors, abductors and gluteals.

Many injuries occur because the core is too weak to support the body, and this could translate to injuries throughout the upper and lower extremities (consisting of the ankle, knee, hip, shoulder, elbow and wrist) and, of course, the back. Many people feel that flexibility is essential for avoiding these injuries, but it is my opinion that strength and stability are the key.

The level of intensity and frequency correlates with that level of core strength and stability. Someone who walks half-hour a day needs less core conditioning than someone who gardens while someone who lifts cartons all day needs even more than the gardener. Individuals and athletes who participate in high speed, high strength sports such as sprinting, shot putting, pitching and football need a high level of core stability as well.

I do not recommend that you waste your money on the many machines seen on infomercials claiming to “isolate your abs”. What we really want is exercises that are multi-joint and ground based that engage the entire core. There are many ways to train the core, and it should be done at least three days a week. The most common floor exercises are crunches, planks, “supermans,” back extensions, pull-ups, push-ups, tuck-ins, squats, lunges and dead lifts. Yoga and Pilates are also great exercises to engage the core.

(Continued on page 4.)

AN ACTIVE SPRING IN THE COMMUNITY

PLANT SWAP SUCCESS

On a beautiful Saturday in April, gardeners and green thumb wannabes flocked to our first Plant Swap from noon – 3PM in front of the Co-op. Co-sponsored with Sustainable Flatbush and spearheaded by FFC Board member Gill Smith and Chris Kreussling, AKA the Flatbush Gardener, the event gave participants from all over Brooklyn, and even Manhattan, an opportunity to bring in their favorite outdoor plants to share – and to experiment with new varieties of flowers and shrubs, vegetable seedlings, seeds and even a tree – all free! The tables lined with vibrant, locally grown greenery drew a few hundred admirers over the afternoon.

To encourage gardening, even those who had nothing to trade were able to get started with a couple of plants. Several master gardeners were on hand to identify offerings, give tips to anyone who’d never planted a garden before and to learn from each other. Many kids were also spotted getting an education as they tried to decide which potted greenery was the most magical. Over all, more than 250 trades were made during the swap and the few plants remaining



at the end of the event were donated to Fiske Terrace Neighborhood Association to beautify its malls. The organizers agreed that this marked the debut of an annual event for the community, and there are plans to include more indoor plants and vegetable seedlings next year! (For more on our active spring, read about the co-op’s role in the Taste of Flatbush on page 4.)

CO-OP NEWS

CORE CONDITIONING (CONT'D)

You might find these exercises mundane and boring; so there are many “toys” that can make core conditioning versatile and interesting. These include plyo-balls, medicine balls, resistance bands, kettle balls, pull-up bars, TRX suspension trainer, Bosu ball and other low-tech equipment that affect multi-joint and multi-muscle areas.

As with any training program, good technique is essential. Avoid over-training, making sure not to do too much, too soon or to go too heavy on the resistance. Consult a health professional before beginning an activity to see if there are any health risks and a coach or personal trainer to guide you through a good core program.

Dr. Leslie Dreifus is a Diplomate of the American Board of Chiropractic Sports Practitioners. He has lectured and published on the topics of sports injuries and human performance. He practices with his wife, Dr. Robin Wieder at 1201 Avenue J Brooklyn, NY 11230 and can be reached at DrDreifus@aol.com or 718-377-6363

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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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.

STIMULATING FLATBUSH RESIDENTS' TASTE BUDS

In late May, FFC joined local restaurants and other food vendors at historic Flatbush Tompkins Church in a wonderful neighborhood event, A Taste of Flatbush, co-sponsored by Assembly member Jim Brennan, Flatbush Development Corporation, and nine local neighborhood associations. The idea was to introduce community residents to the diversity of food offerings in Flatbush by inviting both new and more established businesses to provide free samples of what they sell. The result was a feast of delectable dishes and desserts from all over the globe and a chance for the more than 250 participants to socialize with their neighbors. By all accounts, our offerings of wild salmon, grilled vegetables, macaroni and cheese, forbidden rice and blueberry cobbler were plentiful and delicious. Special thanks to Tom Valentino for coordinating and to our great member volunteers Warren Dingott, Charlotte Mirer and Elaine Levy for serving with such style.



UPCOMING DATES

HOLD THESE DATES AND HELP US OUT!

Wednesday, September 8, 8-9 a.m.

First Day of School Organic Apple Giveaway at three local elementary schools.

Sunday, September 12, all day

Flatbush Frolic on Cortelyou Road.

Help out at the co-op's food and outreach table outside the store.

Sign up at the store to volunteer at these events.

