



## AMPLE PRODUCE IN SEASON: A REASON TO SHOP AT FFC

**S**ummer is the season for tasting the greatest volume of produce that local farmers have to offer our co-op. More than one hundred small organic farmers spanning regions from upstate New York to rural Pennsylvania supply us with delicious varieties of fresh fruits and vegetables. This translates into frequent sales throughout the season on favorites like peaches, melons, and berries.



Received by the dedicated produce staff during the early morning hours from Monday through Saturday, most fruits arrive ripe and ready to eat. Throughout the day, samples are gratefully discovered on the counter near the coupons and



bulletins upon entering the store, providing refreshing bites of summer's best offerings like cantaloupes, watermelons, and blood oranges. Shoppers can assess the taste and texture of fruits they plan to purchase or try new varieties before making selections from the bustling produce aisle. Tropical delights like mangos and pineapples from

trusted offshore organic producers are also more abundant during the summer.

Salads can look and taste even better with the diverse choice of greens, tomatoes, herbs, and garnishes available. Red and green are among the



varieties of kale, onions, and peppers that can dress up chilled sides and soups, and dried selections like Peruvian chili peppers and oyster mushrooms can add zest to the fresh corn and avocados in season. Crisp carrots, cucumbers, and celery are perfect alone, in recipes, or served with dips like the flavorful ones found refrigerated at the end of the produce aisle. For added convenience, customers can purchase pre-cut and washed vegetables like mixed greens, or combine fresh produce ingredients at the salad station across from the deli to create quick and light summer meals.

There is plenty to choose from and share with family and friends. As barbecues, beach breaks, and other outings arise, it's great to know that our deli prepares decorative fruit and vegetable platters filled with the store's organic produce for under \$3.00 per person (please provide at least one day's notice). Stop in and take advantage of all that the produce department has to offer to complement a fun and healthy summer.

## BOARD PRESIDENT'S LETTER

Recent items in the news remind me how significant the Flatbush Food Co-op is to our community and beyond. According to a review of data released by Earth Open Source, based on scientific studies conducted in several countries, the chemical at the heart of the world's top-selling weed killer, Roundup, causes birth defects in the embryos of laboratory animals. Roundup levels have been on the rise with the use of genetically modified organisms (GMO's) in our produce. These plants are resistant to Roundup, and this results in a greater yield. But at what cost? With increased herbicides in our food, we are greatly compromising our health and polluting our water. Our co-op sells only certified organic produce. There are no herbicides or pesticides applied to our produce during growth or harvest. We depend on our foods to make us healthy, not sick.

Another strong argument for organic foods is the positive effect they have on the bees that pollinate plants. Pesticides are extremely toxic to honey bees and other beneficial insects; plant-based foods that are laden with pesticides and herbicides are killing our bees. In fact, researchers estimate that nearly one-third of all honey bee colonies in this country have vanished, and among the likely causes are pesticides, invasive parasitic mites, limited food supply, and a virus that targets their immune systems. The bees are essential for pollination of some of our favorite fruits and vegetables including apples, melons, grapes, strawberries, cucumbers, carrots, avocados, and almonds. Without bees, plant yields will be low. We need to stop killing our bees or the consequences will be disastrous and, ultimately, we could see mass famine.

We can be proud that the Flatbush Food Co-op is a small oasis in our community and is counteractive to this destructive behavior. Your support as a member and a shopper is your way to make yourself healthier as well as fostering the health of our community and planet.

Leslie Dreifus

## SUMMER RECIPES TO ENJOY YEAR ROUND

BY DEB SINER

### Gazpacho (cold tomato/vegetable soup)

Makes about 6 cups

1) Puree in food processor

- 1 med. onion
- 1 med. green pepper (seeds removed)
- 3/4 med. cucumber
- 2 scallions
- 2 cloves peeled garlic
- 1/4 cup fresh parsley
- 1 tsp. honey
- 1 TBS. lemon juice
- 2 TBS. vinegar
- 1 tsp. dried tarragon
- 1 tsp. dried basil
- 1/4 tsp. ground cumin
- Salt, pepper, red hot sauce to taste.



2) Add 4 cups tomato juice and mix well.

3) Chill for a couple of hours or more.

4) To serve: Slice remaining cucumber and finely dice 1-2 fresh tomatoes. Add thinly sliced cucumber and a tablespoon of finely chopped fresh tomato to each bowl.

### Tofu Salad

- 1 block firm or extra-firm tofu (14-16 oz.), drained and cut into 1/4" cubes
- 1 med. grated carrot
- 1 chopped scallion
- 1/2 stalk thinly sliced celery
- 1/2 diced green pepper (seeds removed)

### Vinaigrette dressing

- 1/4 cup olive oil
- 2 TBS. - 1/4 cup white wine vinegar (to taste)
- 1/4 tsp. mustard
- 1 small, mashed garlic clove
- A shake or two of Spike, or salt and pepper to taste.

Combine everything. Enjoy!!



## CO-OP'S FROZEN TREATS OFFER NATURAL SUMMER RELIEF

Well before the third week of June, summer begins for many of us when we hear the chimes of ice cream trucks beckoning through our windows. While children are usually excited by the prospect of cold mobile treats, adults who are stretching dollars and seeking select ingredients may prefer to stock up on organic and all natural frozen desserts at our co-op. The store's airy refrigerated last aisle houses an elaborate selection of dairy and non-dairy ice-cold alternatives.



Behind one door, individually sized treats like mini ice cream bars and popsicles are among the choices that showcase the variety that our co-op offers. Servings as small as two ounces work well for youngsters and calorie-conscious adults. Adjoining cases feature organic ice cream and yogurt in classic flavors and popular combinations like cookies and cream, and there is a supplier of trendy goat milk blends like the intriguing rumple mint. Like the entire co-op, the frozen food department fulfills customer requests, such as offering frozen kefir yogurt. With products from more than a dozen vendors, shoppers will find popular brands as well as new suppliers who have added inviting flavors like Mexican chili chocolate to the mix. Gelatos that include Caribbean coconut and Tahitian vanilla offer momentary getaways, while ice cream flavors with green tea and mocha java present ice-cold alternatives to our favorite hot beverages.



Options abound for those who maintain a vegan diet, are lactose-intolerant, or have other dietary concerns. Several varieties have no sugar added or are gluten-free, and "milky" indulgences derived from almonds, rice grains, and coconuts include rich flavors like mocha pie, carrot cake, and pomegranate chip. The store's sorbets, featuring a wide assortment of berries and tropical fruits, are perfect for the hottest summer days. Shoppers can even select from bags of organic frozen fruit and cans of concentrated juices, and combine them with ingredients found within the store to create signature treats like smoothies at home.

There are enough choices and sales during the season for every household member to sample a different frozen dessert every week. These products provide natural food enthusiasts with cold and creamy summer indulgences without the drawbacks of unwanted ingredients.

## SUMMER RECIPES (CONTINUED)

### Kale chips

Like potato chips, but WAAY healthier!!!

- 1 bunch kale
- Olive oil
- 1 TBS. gomasio (sesame seed and salt mixture)
- Pepper

Cut stems out from kale leaves and reserve for another purpose. Cut the bigger leaves into pieces, about 2-3 inches each. Put into a bowl. Drizzle with a little olive oil and toss until each piece is coated. Sprinkle the gomasio into the bowl and toss until evenly spread. Repeat with a little pepper. Place on ungreased cookie sheet(s) in a single layer. Bake in 350° oven for about 20 minutes, until crisp.



## CO-OP NEWS

### RECENT CO-OP HAPPENINGS

We had an active spring at the co-op, sponsoring topical movies on hydraulic fracturing or “fracking” and the bottled water industry as well as the movie *Waste Land*, which was nominated for an Academy Award. For the first time, we partnered with the student center at Brooklyn College to show two of these movies, while sustaining our collaboration with Sustainable Flatbush, the Ditmas Park West Neighborhood Association, and Temple Beth Isaac. We also partnered with Food and Water Watch to show *Tapped* and hope to partner with this group again in the future.

Despite adverse weather conditions, many stalwart gardeners turned out to participate in our second annual Plant Swap, another collaboration with Sustainable Flatbush. In all, there were 155 trades of a range of perennial plants, houseplants, herbs, and vegetables. This was less than last year, but a very positive outcome given the wet, windy, and chilly conditions we encountered that day. Our scheduled May 15th Clearwater sloop sail also fell victim to the weather, and was cancelled at the eleventh hour as we all headed for the 79th St. Boat Basin. Many co-ops reconvened at Barry and Gill Smith’s house in Fiske Terrace for an impromptu pot-luck instead. The outing was rescheduled for mid-July, leaving from Red Hook.



### UPCOMING DATES

**Hold these dates and help us out!**

**Thursday, September 8,**  
8:00-9:00 a.m.: First Day of School Organic Apple Giveaway at three local elementary schools.



**Sunday, September 18,** 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.

### 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.

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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.*