



HAMPDEN PARK CO-OP



August/September 2010
Volume 21 Issue 4

In this issue	Page
Adventures in the Asian Food Aisle	6
Building Renovation	1
Call for Nominations	3
From the Aisles of HPC	8
Membership Information	2
Membership News	2
Welcome, New Members	2
Wild Rice	4



Co-op hours:

Monday–Friday 9:00 a.m. – 9:00 p.m.
Saturday 9:00 a.m. – 7:00 p.m.
Sunday 10:00 a.m. – 7:00 p.m.

The co-op will be closed on
Monday, September 6.

Board meetings:

The Hampden Park Co-op Board of Directors meets monthly. See its bulletin board in the entryway for meeting dates and locations.

Newsletter deadline:

The deadline for the October/November newsletter is September 1. If you wish to write an article for the newsletter, contact Naomi Jackson at naomijx@juno.com, or leave a note in the Membership Coordinator envelope in the entryway.

HPC Web site:

www.hampdenparkcoop.com

HPC Plans for Building Renovation

—by Sarah Matala

The Hampden Park Co-op and 928 Raymond, LLC, have engaged architect Paul Ormseth, who is also an HPC member, to work with the co-op to develop a master plan for the administration, remodeling, and use of the building. Paul has experience working with historic preservation projects and environmental design, bringing modern uses to old buildings, and interacting with volunteers and committees.

The master plan will produce a final document, to include:

- Code review
- Discussion of the building, specific spaces, and immediate goals
- Discussion of the co-op’s future business goals
- Options for future uses
- Inventory of maintenance items
- Estimates for proposed work
- Recommendations for action
- Suggested improvements

The master plan will be developed throughout August and September, with the goal of final presentation at the Annual Meeting on October 17th. The core group of 12 to 16 people that will meet regularly with Paul will include members of the staff, board, and various committees.

Throughout this process, we want to access the opinions of the HPC membership, nonmembers, and neighborhood allies. We will accomplish this in two ways. One, we will have two open meetings for people to hear about the progress of the master plan. As of newsletter press time, we do not have firm dates. However, we are aiming for one at the end of August and one around mid-September. We will post information at the store and on our Web site: www.hampdenparkcoop.com.

We will also access people’s comments through a survey. As of press time, we are still discussing methods of distributing the survey, including via the Web site, e-mail, Facebook, the St. Anthony Park listserv, and in-store.

We are just beginning the master planning process. We will regularly update the website to keep people informed. If you have questions or comments, please contact our general manager, Matt Hass, or the co-chairs of the Physical Plant Committee, Sarah Matala sarahmatala@gmail.com and Chris Dart chrisdart@cerebratorium.com.

Hampden Park Co-op Annual Meeting

Sunday, October 17 at 6:00 p.m.

St. Anthony Park United Methodist Church

You will receive a postcard with details in late September.

Membership News

—by Naomi Jackson, Membership Coordinator

Are you new to Hampden Park Co-op? Would you like to know more about our co-op? Here's some information to get you started.

✦ Cooperative economics is a worldwide phenomenon. Find out more at www.ica.coop.

✦ Hampden Park Co-op is one of a dozen or so co-ops in the Twin Cities area. We remain an independent co-op, and are the only metro-area co-op that has volunteer members.

✦ We have a Web site where you can find out more about us and read recent and past newsletters: <www.hampdenparkcoop.com>.

✦ About half of our shoppers are members of the co-op. Everyone is welcome to shop here.

✦ About 80% of our active members do not volunteer. Some have volunteered in the past; others have never volunteered. All members are an important part of our co-op, whether or not they volunteer.

✦ Non-volunteering members receive a quarterly 10% discount coupon. You will receive one with your Annual Meeting, patronage,

and Mayfest mailings, and as a postcard in July. The coupons are good for one shopping trip.

✦ About 20% of our active members are volunteers. Our volunteers stock shelves, chop vegetables, serve on the board of directors, cashier, clean, write for the newsletter, provide music, do grounds maintenance, and more. If you would like to be a volunteer, sign up for an orientation in the entryway of the co-op. There are two or three orientation sessions each month, depending on how many new volunteers we need.

✦ Last summer, Hampden Park Co-op purchased the building in which we have rented space for many years. We are now beginning a number of renovation projects. You can help with these projects by making a donation when you shop ("Roundup at the Register").

If you have questions about membership, e-mail me at naomi@hampdenparkcoop.com.



Membership Information

Membership at Hampden Park Co-op involves a one-time purchase of one share of stock per household. The cost is \$30. Stockholders can be eligible for dividends at the end of each fiscal year. You may sell back your share at any time.

Volunteer discounts

One or two non-senior adults in a household may earn:

15% discount for 3 hours/month
21% discount for 6 hours/month
28% discount for 12 hours/month

Seniors

All seniors receive a 15% discount on the first Wednesday of each month. Senior members always receive a 15% discount. Your membership includes you and your spouse or significant other. If you are 65+ and would like a senior card, talk to any staff member. Senior volunteers start with a 15% base, plus time worked.

Food shelf contributions

Any shopper, member or non-member, receives a 28% discount on food shelf items. When you get to the checkout counter, let the cashier know that you have food shelf purchases. Donations go to the Keystone food shelves in the Midway neighborhood.

Non-discountable items

Certain items in the store are non-discountable. These include milk (quart and larger), eggs, brewed coffee, non-organic frozen orange juice, baby food, HPC hot soups, gift certificates, and some sale items. There is no discount on these items because the mark-up on them is intentionally low.

Hampden Park Co-op mission

The corporation exists to serve its member stockholders and the surrounding community, promoting wholesome, healthful and ecologically sound food consumption, and permitting member involvement both in the procurement of that product and the operation of the corporation.

Welcome, New Members

Valerie Neff

Allison & Adrienne La Pointe

Saeed Khazaie & Kristen Lyons

Nick Nguyen

Barbara Saunders

Matt & Kari Oquist

Robin & Epifanio Perez

Eric & Julie Ellingson

Jon Brennecke

Heather McDonald &

Sabrina Ciaciura

Annette Toews & Bob Hicks

Judith M. Jones

Alex Berge

Lesley Guyton & Seph Bloedoorn

Ed Swain & Mary Keirstead

Hannah Afwerke

Tseganesh Selameab &

Matthew Cain

Xiumei Pu & Junhong Li

Liz LaFond

Rachel Hoffart & Joe Meyer

Sarah Newberry

Leslie MacKichan & Mark Hove

Levent & Barbara Kurtoglu

Bridget Ulrich & Martin Menart

Michelle Arme

Dana Saeger & Colleen Satyshur

Kristin Anderson

Jane Dickerson & Richard Levins

Abigail & Brandon Clements &

Zach Olson

Kate Scanlan

Dexa Franks

Jacob & Elizabeth Flinsch Garrison

Nancy Anderson

Linda Canzanella

Parade of Community Gardens

On Saturday, August 21st, the Parade of Community Gardens is showing off the splendor of community gardens all across town. The Saint Anthony Park community garden, just north of the co-op on Robbins Street, invites you to join us between 10 am and 2 pm for tours of the vegetable and flower beds, vegetable tastings, scavenger hunts, and poetry readings on the hour. Visit gardeningmatters.org for a map of this and other participating gardens throughout the Twin Cities.



Donate to the Midway Food Shelf

Because our local food shelf serves a wide variety of ethnic groups, they can always use foods that reflect this diversity. They offer the following suggestions:

Asian: jasmine rice, bean thread, rice noodles, fish sauce, soy sauce

Hispanic/Latino: dry pinto beans, rice, white hominy, canned tomatoes and chili peppers

Somali: pasta, rice, couscous, canned tuna

They can also use basic household supplies such as cooking oil, toilet tissue, and dish soap.

Buy your donations at the co-op, and receive a 28% discount for those items. The cashier can place them in the food shelf box for you.

The Midway Food Shelf is a program of Keystone Community Services.

Editor's note: An article in the April/May issue offered a review of the Diva Cup, which is sold at the co-op. A reader sent a note that some people are sensitive to silicone and may develop welts and vaginal irritation when using the Diva Cup. Please be aware of this if you choose to use this product.

A Call for Nominations

—by Lisa Scribner, co-chair, HPC Board of Directors

The Board of Directors of the Hampden Park Cooperative invites YOU to become more involved in YOUR cooperative. Unlike most investor-owned corporations, cooperatives are democratic organizations, and the Board of Directors is chosen through an electoral process by you, the owners.

Benefits of serving on the board

Why would you consider running for the board? Here is one board member's response:

"Being on the Board of Directors is a great way to become more involved in HPC. As a relatively new member of the co-op, being elected to the board has given me invaluable insight into the history and future of the co-op. I started to really know HPC after hearing stories and the experiences of others who are on the Board of Directors. It is these relationships that truly make me feel like part of the HPC community.

"In my opinion, one of the best things about working on the board is that the directors are the co-op's big picture people who are concerned with the purpose and mission of the co-op and the long range viability of the organization. This is the fun part. There is no other volunteer job at HPC that is as directly responsible for the future of the co-op than volunteering on the board. How exciting!"

How to become a candidate

Members that are interested in becoming a candidate for the Board of Directors will need to complete an application, available at the checkout counters. Please complete the application and return it to the co-op by September 15, 2010.

Nominations to the Board of Directors are also accepted from the floor at the annual meeting.

The requirements for board members include: must be a Hampden Park Co-op member in good standing; must be at least 18 years old; and must not have an overriding conflict of interest. All potential applicants are encouraged to attend board meetings in order to see how we conduct business.

HPC can use your skills

Prior experience and professional training are not required to run for the board; necessary training will be provided to all new board members. We are always in need of members who can bring legal, accounting, business, marketing, and cooperative experience to our table. Any member that is enthusiastic about committing time and energy to our cooperative is encouraged to apply!

A director has a three year commitment. There is generally one 2½-hour board meeting per month. Directors are part of several committees that also meet once per month. The committees include: Board Development, Membership, Finance, Physical Plant, Long-range Planning, and Personnel.

For more information....

If you have any questions, please ask a current board member: Jay Dregni, Karen Gill-Gerbig, Marcia Hanson, Nicolet Lyon, Huong Nguyen, Roseanne Rivers, Lisa Scribner, Kathy Vaughan, and A. K. Vincent. Contact information can be found in the entryway of the co-op.



Will the Real Wild Rice Please Stand Up?

—by Emma Onawa

It's Manoominike-Giizis, the wild rice moon, and hundreds of Anishinaabeg gather at lakes on the White Earth Indian Reservation for the annual wild rice harvest. It's an intergenerational family, community, and cultural way of life that's generations old and central to Anishinaabeg life. The harvest is done traditionally, using canoes, push poles, and wooden sticks to knock rice into the canoes. Ricers can knock as many as four to five hundred pounds of rice in a day. Many Anishinaabeg rice their entire lives.

Manoomin, or wild rice, is sacred to the Anishinaabeg, both as a food and a tradition. It's a gift from the Creator that the Anishinaabeg are charged to protect. In early Anishinaabeg history the ancestors were told to find a food that grows upon the water, which then would end the people's migration to the west, and ultimately led the Anishinaabeg to northern Minnesota. To the Anishinaabeg, wild rice is a food uniquely theirs, used daily as food and in ceremonies and thanksgiving feasts.

Wild rice and biodiversity

Minnesota is a center of biodiversity for wild rice. There are over 60,000 acres of natural wild rice in northern Minnesota lakes and rivers. Wild rice actually is a grass that grows naturally in northern Minnesota and other areas of the Great Lakes region. It's not planted or cultivated. Natural wild rice varies in color and size because of its natural biodiversity. In 1977, the State of Minnesota designated wild rice as its official state grain.

The unique nature of wild rice initially gave it a niche market and provided a source of income for the Anishinaabeg.



Over the last 30 years, however, cultivated or paddy wild rice production has become a profit-making enterprise for other parties.

Paddy rice production

When wild rice was designated as Minnesota's state grain, funds were made available that directed attention to wild rice. The University of Minnesota began to develop its own domesticated version of a crossbred wild rice. Minnesota paddy rice production yielded approximately four million pounds by 1973, produced from roughly 25,000 million acres of paddies.

Cultivated paddy rice is planted and grown in artificially made paddies and harvested by machine. To drive production and meet increasing demand, corporations such as Uncle Ben's and Green Giant became interested. By 1983, cultivated wild rice production outstripped traditional production. California's production soon took over and by 1986, 95% of wild rice production was paddy grown, most produced in northern California. Today, only 15% of Minnesota's seven-million-pound wild rice crop comes from traditionally harvested lake and river rice.

To add insult to injury, in addition to the loss of market share, paddy rice companies were selling their rice as "wild rice," some using Anishinaabeg images in their marketing. The Anishinaabeg filed a lawsuit, resulting in a settlement and a law that requires Minnesota paddy producers (who process large amounts of California paddy rice) to label their rice as paddy rice.

GMO wild rice

The latest and perhaps greatest threat to traditional native wild rice, however, is genetic modification. A California company, NORCAL, holds two breeding patents for wild rice, one of which allows for easier commercial

production. Australian researchers have applied for a patent to cross white and wild rice. Our own University of Minnesota, however, has prompted the greatest worries among the Anishinaabeg. Plant geneticist Ron Phillips and his colleagues have mapped the wild rice genome. Phillips considers his work an important foundation for future genetic and crop improvement and feels the risks to wild rice are quite low.

The Anishinaabeg have serious concerns about Phillips' work. The interest in genetic modification is motivated primarily by economic interests. Two of the researchers involved in the wild rice genome study come from large seed corporations. The two largest corporations, Monsanto and Dupont, control the vast majority of seed stocks worldwide, with a potential to control a large segment of the quantity, diversity, and quality of the world food supply.¹

Protecting wild rice

Besides just economic interests, there are humanitarian, environmental, and cultural interests. Of primary Anishinaabeg concern is the potential of genetic contamination of native species. Minnesota native wild rice is one the most genetically diverse species in the world. Just a small genetic change could have an unknown impact on the genetic integrity of native rice. Even scientists at the University of Minnesota admit that Native nations have reason for concern. And, the Anishinaabeg rice crop already is threatened by water levels, invasive plant species, pollution and agricultural runoff, boat traffic, and the increasing presence of beavers.

The Anishinaabeg assert treaty rights that protect native wild rice. In 2006, Rep. Frank Moe, (DFL-

(continued on page 5)

(Wild Rice cont. from p. 4)

Bemidji), introduced legislation that would impose a two-year moratorium on field research once someone applies for a test plot within the US to grow a modified variety. Prospects for the bill were not positive at that time and Representative Moe has worked on other alternatives.

In May 2007 the Minnesota Legislature amended existing law to require an environmental impact statement prior to an application for a test plot. The statement must identify existing or potential threats to native wild rice, including recommendations to protect native wild rice.

Representative Moe's efforts are supported by the Minnesota Chippewa tribes, the White Earth Land Recovery Project, the Wild Rice Campaign, the Indigenous Seed Sovereignty Coalition, the Minnesota DNR, and various state agencies, legislators, and tribal representatives. For now, some protections for native wild rice are available. Constant vigilance is required to continue to protect the natural integrity of not just wild rice, but all species on Mother Earth.

In the U.S., the inventory of crop varieties available today consists of only 5%–20% of those available in the 1904 inventory. China has lost 90% of its wheat varieties since WWII. The extinction rate of plants worldwide is 1000 species per year, the highest of which is occurring in the U.S.

[*Emma Onawa is a long time co-op shopper who loves cats—all cats.*]



Native Wild Rice
Cooking instructions

1 cup wild rice
3 cups water
½ to 1 teaspoon salt (optional)
or 1 cup beef, chicken, or vegetable bouillon (optional)

Wash rice thoroughly. Heat rice and water and salt or bouillon to boiling. Reduce heat and cover. Simmer until all liquid has been absorbed, 15–20 minutes. Rice should be tender, but not “rolled back.” Cooked wild rice will triple in volume. Makes approximately 4 servings.

Sources and resources:

Save Wild Rice, www.savewildrice.org

Native Harvest/ White Earth Land Recovery Project,
www.nativeharvest.com

"Manoominikewin Abajichiganan (Rice Making Tools)," Noori, Meg, and Dale Kakkak, *The Circle: News from a Native American Perspective*, September 2006, pp. 1, 10.

Note: Hampden Park Co-op carries native wild rice hand-harvested by Roger Pietron and family. You can also order it on line at www.nativeharvest.com.

Is it native or is it paddy?

What's the difference between cultivated wild rice and native wild rice? The two biggest differences are genetic variety and processing.

Cultivated wild rice is bred for increased production and ease of harvest. It grows in engineered paddies that have been flooded, and is harvested by machine. Paddy rice has a uniformly dark appearance, and is processed by gas parching, which turns it black and renders it hard to cook. Once cooked, paddy wild rice can transform into grey mush.

Most “wild rice” sold in supermarkets is paddy rice.

Native wild rice varies in size and color, from a darker brown, to a greenish tint, to almost translucent. It's grown in natural lakes and rivers and has a high genetic diversity.

Native wild rice is harvested with canoes, knock poles, and wooden sticks. It's parched over a wood fire, and needs close attention and constant stirring.

Once parched, the rice is laid out to cool. Hulls are removed in a threshing machine with rubber paddles. Finally, the rice is fan-milled to separate out the hulls. Wild rice has a chewy, nutty texture and flavor.

Look to health food and specialty stores for native wild rice. To make sure you're getting the genuine native article, look for grains that vary slightly in color and size, versus uniformly black grains.

Read the small print on the package. Paddy rice should be indicated as such. Pass up Uncle Ben's and other mass production types. Don't be fooled by the use of words such as “Native,” “Natural,” or “Indian.” Read further.

Adventures in the Asian Food Aisle

—by Anne Holzman

“Korean food requires a lot of preparation; you have to chop everything up.” – Hyun Sook Han

My Asian culinary adventure started with a cousin adopted from Korea, who grew up in Minnesota and had trouble finding family members who would venture into kimchee country with her. We went out to lunch at some Korean spots on Snelling, and I was hooked. Soon I became the mother of a Korean child, who is now nine years old and begs for our milder American-Korean hybrid dishes.

All-purpose soy sauce

To begin with, we keep a bottle of tamari on hand as an all-purpose condiment, usually the San-J gluten-free organic tamari that the co-op offers in bulk (near the bulk oils).

According to chinatownconnection.com, “Soy sauce is made from soybeans, wheat, water and salt. Tamari contains only soybeans, water and salt. Today, tamari is more widely and appropriately used as a dipping sauce rather than a cooking ingredient.” Many grocery-store soy sauces have corn sweeteners and other pervasive no-no ingredients, so this is a good item to buy only at the co-op.

Soy sauce, like wine and olive oil, has attracted connoisseurs in recent years. I find the San-J tamari plenty tasty, but HPC also has a few bottled soy sauces to try.

Versatile chili paste

I keep a small bottle of Thai Kitchen’s Roasted Red Chili Paste in the fridge. For greens that remind me of D.C. soul-food, I slice up collards, kale, or mustard; steam five minutes in the microwave; sauté for five to ten minutes (depends how tough the leaves were to start with) in canola oil, maybe with some sliced onions and a pinch or two of salt; dab it with a half teaspoon of the chili paste and toss thoroughly.

A good stir-fry

Ever since my vegetarian days I’ve been perfecting the art of the stir-fry. Lately it’s my favorite way to use leftover roast chicken, which I shred, freeze by the pint, and defrost when I want a really fast and flavorful stir-fry. Hampden Park Co-op carries cans of interesting things to add texture, such as bamboo shoots and water chestnuts. There are also bags of a dried mushroom mix that can be soaked in hot water for about 20 minutes and added toward the end for flavor and nutrition. Break them up a bit for smaller bites.

Stir-fry is also good with tofu. The co-op carries both shelf-stable varieties (nice to have on hand) and refrigerated (better texture, and it actually HAS a flavor). I use either firm or extra-firm. I cut a one-pound block into a large dice; mix a couple of tablespoons of tamari with a dash each of toasted sesame oil, sugar, and brown rice vinegar; pour that into a flat dish, stir in a tablespoon of grated ginger and a smashed garlic clove, and gently tumble the tofu around in it a few minutes before cooking. The youngest child in the house (or the dog) will usually enjoy a few cubes as a snack before they go into the marinade.

I slice greens crosswise into half-inch ribbons (chopping the really wide leaves in half or thirds the other direction); chunkier vegetables get softened with a little steaming in the microwave before frying. I heat the wok to medium-high, dribble in enough canola oil to make about a three-

inch-wide puddle in the bottom, and coat the wok with it. Veggies get fried first, then tofu, and it all happens fast, so I make sure everything’s chopped and ready to go before frying. Most of the marinade goes in with the tofu, and after that’s mixed in and warmed up, I sprinkle on a little cornstarch to give it a nice glaze, and call everyone to the table.

Family-friendly spring rolls

We decided to approach spring rolls as a made-to-order supper, working from *Secrets of the Red Lantern*, by Pauline Nguyen. We boiled half a pound of large shrimp and cut them in half lengthwise; cooked noodles; shredded lettuce, chopped cucumber, and washed leaves of mint and garlic chives; scrambled three eggs into a plain omelet then cooled and sliced it; soaked the spring roll wrappers one at a time in a wide, shallow plate of hot water and rolled them at the table, with each family member choosing ingredients. We used our standard dipping sauce of tamari, rice vinegar, sesame oil, and garlic (check any Korean cookbook). We’ll need more practice to make them a little neater, but they were a big hit with the kids.

Strong wrist, sharp knife

All this chopping of veggies requires more than just a shopping trip; it really has been a change of lifestyle. Not only does it improve my family’s diet, but I’m able to make good use of most of our community supported agriculture (CSA) deliveries by intentionally setting aside the hours needed for vegetable preparation.

(continued on page 7)



(Asian food cont. from p. 6)



Hyun Sook Han, a retired Children's Home social worker known and loved throughout the Twin Cities as "Mrs. Han," recounts in her autobiography, *Many Lives Intertwined*, how too much kitchen work once landed her in the emergency room with a repetitive strain injury. I decided two things after reading that: to make more time in my days for chopping vegetables and to be more careful about the height of my chopping board and the condition of my knives.

Ad rates: \$15 per issue for a camera-ready, 2½" by 3½" ad. Ads may be either horizontal or vertical, and may be delivered either electronically or as hard copy. Contact the editor at naomi@hampdenparkcoop.com.

Learning to make Chap Chae

After our first experience at Camp Choson Korean culture camp, we learned to make *chap chae*, a wonderful cold noodle dish that we can't get through the summer without. And it features zucchini! So before you grate it all and freeze it for endless loaves of winter zucchini bread, do try this:

Chap Chae (adapted from *Camp Choson Recipes*)

1 cup spinach
 2 medium zucchini
 2 large carrots
 2 medium white onions
 oil for frying vegetables
 ¼ lb. dry sweet potato noodles
 (or any kind of "glass" noodle)
 2 cloves garlic, chopped
 ½ teaspoon sesame oil
 ½ teaspoon soy sauce
 2 tablespoons sugar
 1 tablespoon sesame seeds
 dash of black pepper
 extra soy sauce or salt and
 sesame oil for seasoning

Parboil the spinach and rinse in cold water (or thaw frozen spinach, which has already been boiled). Drain and chop into small strips.

Cut carrots and zucchini into matchsticks. Cut onions into a medium dice.

Cook noodles in plenty of water. If you're using the traditional Korean sweet-potato noodles or similar "glass" noodles made of other foods (bean thread, rice, etc.),

watch them carefully; some only need to soak in hot water, and others require just a minute or two of active boiling before they turn to mush. You want them slightly chewy so that they'll soak up seasonings in the sauté stage. Rinse noodles in cold water, and cut them with kitchen scissors into lengths your family can handle.

Fry carrots and onions gently together in a lightly oiled pan until soft but not brown, about 10 minutes. You can add the zucchini halfway through frying, or wait and toss it in raw.

Just before serving, sauté the noodles with sesame oil, soy sauce, sugar, and sesame seeds. When noodles have absorbed liquids, toss them with the other ingredients, season to taste, and serve. Serves 4-6.

A note about noodles: The co-op carries a variety of noodles, many of them labeled in languages I can't read and others not labeled at all, in the Asian section, but noodles are pretty much noodles wherever you go. And they do swell up rather unpredictably, making quantities hard to gauge; but these cold salads keep and sometimes even improve in the fridge overnight, and I can't ever tell how much my family will eat anyway. One thing is certain: they all love noodles!

[Anne Holzman realized while writing this that she's become a confident Asian cook.]

