



**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.

# Hampden Park Co-op News

## April/May 2006

Volume 17 Issue 2

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### 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 Sunday, April 16, 2006, and Monday, May 29, 2006.

### Board Meetings:

The Hampden Park Co-op board meets monthly. See the HPC board bulletin board in the entryway for details, including meeting dates and locations.

### Newsletter Deadline:

The deadline for the June/July issue is May 1. If you wish to write an article for the newsletter, contact Naomi Jackson at [naomijx@juno.com](mailto:naomijx@juno.com), or leave a note in the Membership Coordinator envelope in the entryway.

### HPC Web site:

<http://www.hampdenparkcoop.com/>

### Ko-op Kamp for Kids

—by Jake Althoff, HPC member

Going to Kamp Kenwood in Wisconsin was a fun and interesting experience. It is a camp that teaches children about co-ops and about how to run them. I went there in June of 2001 to study and learn more about cooperative lifestyle and what it means to be a co-op. At the time I was 10 years old and was very interested in co-ops. This has a lot to do with my step-dad, Jeff Streiffer, being such a co-op person and thus raising me to be the same. But, when I got there I wasn't like a lot of the kids because I already knew a lot about how cooperatives work, and as far as I could tell not many of the other kids knew much about co-ops. So that was a little striking, but looking back at it now, I see that it is a good camp for kids of any level of knowledge about co-ops. So, even if you have a kid that knows tons about co-ops or practically nothing, it is a great learning experience. Even though when I was there I knew all the basic things about co-ops, I got attention enough to expand my knowledge of co-ops so now I know even more.

While a lot of it is learning, Kamp Kenwood is pretty much like any other camp. You play games like basketball and go swimming and stuff. I especially remember a huge game of capture the flag that was loads of fun. They have a large dining hall where the kids get to all sit down and eat together and everything. We stayed in cabins that were just like a camp out of TV. Both boys and girls are welcome at camp, and from what I saw the accommodations seemed the same. The camp is on Lake Wissota and I swam often.

When I first got there, we all bought one share of stock from a business as the beginning of a cooperative. Our co-op was the camp store where you could buy snacks and souvenirs. Then we elected kids to be our board of directors. Every person had their job and if they didn't do it, then the co-op store didn't run. Of course we had some help from the adults but mostly it was just the kids running a co-op. Then near the end of the camp we had to tell them each of the co-ops we belonged to. I told them that I belonged to REI, Hampden Park Co-op, and Twin Cities Co-ops. Then the camp sent pictures and a description to each of the co-ops that I was a member of. REI even sent me a gift package with a Nalgene water bottle and a yin-yang keychain.

If you are interested in alternative business styles and want to learn more about cooperatives you should think about going to Kamp Kenwood. The camp is open to anyone ages 8–18. For more information, you can call 715.723.5561 or visit [www.wisconsinfarmersunion.com](http://www.wisconsinfarmersunion.com). I enjoyed the experience and gained a lot out of it and I think that you or your kid would too.



## Membership News

—by Naomi Jackson, Membership Coordinator

### Help for new shoppers

Because a cooperative is a kind of community, some tasks are the responsibility of all members, old and new, whether or not you are volunteering for a discount. One of those responsibilities is providing a warm welcome to new shoppers. Many first-time shoppers are not aware, for example, that they need to write down PLUs and produce prices for the cashier.



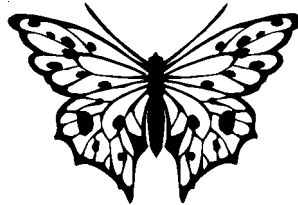
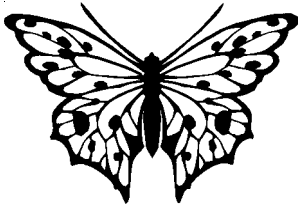
Take time to help puzzled newcomers. Grab a copy of the flyer “How to shop at the Co-op” (found near the clipboards in the entryway). Point out the locations of plastic containers, produce bags, pencils, clipboards, and grocery sacks. Help them find what they are looking for, or point the way towards the kitchen where they can ask further questions. And perhaps most important, a warm smile and “Welcome to our co-op” will make them want to come back again and again.

### Volunteer reminders

Every once in awhile we all need reminders, so here are a few for you:

- ◆ Wash your hands when you arrive for your shift.
- ◆ Wear a hat if you are working with exposed food.
- ◆ When you are stocking, check dates and rotate product.
- ◆ Check shelf tags to be sure you are putting things in the right place.
- ◆ Soup does not automatically accompany your shift.
- ◆ If you have a question or aren't sure how to do something, ask!

Your participation is very much appreciated. Take pride in knowing that you are a part of something very important—a working cooperative!



## Welcome, New Members!

### Membership Information

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

### Volunteer Discounts

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

- 15% discount for 3 hrs./month
- 21% discount for 6 hrs./month
- 28% discount for 12 hrs./month

### Seniors

All seniors receive a 15% discount on the first Wednesday of the 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 coordinator. Senior working members start with a 15% base, plus time worked.

### Food Shelf

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.

### Non-discountable Items

Certain items in the store are non-discountable. These include milk (quart & larger), eggs, non-organic frozen orange juice, baby food, brewed coffee, 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.



## Meet Your Board!

### Get to know... John Rogers

This is the first in a series of profiles of Hampden Park Co-op board members and staff. Meet John Rogers, who is a very familiar face at the co-op.

*Member since:* 1987

*How he got involved in the coop:* John had shopped at HPC several times but really got involved when he rented studio space from the Oddfellows upstairs from the co-op.

*Board member since:* 2001

*Current Committee Assignments:*  
Physical Plant

*Family:* Five children—sons in Cambridge, Massachusetts; Superior, Wisconsin; and Minneapolis; daughter in San Diego

*Neighborhood:* North St. Anthony Park

*Occupation:* Renaissance Man? John has worked as a builder, photographer, jazz musician, painter, sporting goods dealer, outfitter and river guide, and owner of a wood-burning stove business.

*Hometown:* Born in Rockford, Illinois. Lived in Cincinnati, San Francisco, St. Paul, and Brule, Wisconsin.

*Hobbies and interests:* Besides art, John is building a passive solar, “off-grid” home in northern Wisconsin.

*Favorite places:* Paris is his favorite city; France and Portugal his favorite countries; and Brule, Wisconsin, his favorite local place.

*Favorite local restaurant:* The Craftsman in Minneapolis on Lake Street and 43rd Avenue South.

*Current favorite “treat” from the co-op:* Maple butter!

*Favorite meal:* John cooks a lot, so this was a hard one. A current favorite is poached Atlantic salmon tail, served with home-made cream sauce, fresh asparagus, and butter.

*On HPC:* John says, “This is a win-win situation we have at the co-op. It is a wonderful place with terrific people, great products, and plenty of opportunities to participate in the community and enjoy wonderful food!”

## Board Directors Retreat to Strategize for HPC’s Future

—by Kjersti Hanneman, HPC Board Member

Since the beginning of the year, the Hampden Park Co-op Board of Directors has been hard at work thinking about and planning for the future of our co-op. In addition to regular monthly meetings and committee meetings, the board recently held a day-long retreat. Bill Gessner, of Cooperative Development Services, facilitated the retreat. CDS, a non-profit headquartered in St. Paul and in Madison, Wisconsin, serves the cooperative community of the Upper Midwest.

The board of directors feels strongly that the Hampden Park Co-op needs to remain a pro-active organization. Given the changing nature of our surrounding neighborhood and community as well as the changes in the food cooperative landscape across the Twin Cities, the board wishes to plan now for change, rather than react later.

At the retreat, we worked to identify and build a shared vision as a board in order to begin to develop a strategic planning process. We reviewed the co-op’s purpose, mission, vision, and values as well as completing an assessment of our strengths, weaknesses, opportunities, and threats. The board also examined our financial performance and discussed trends affecting the co-op in industry, the local neighborhood, across the region, and at the national level.

Following the visioning and discussion of trends affecting the co-op, the group identified key issues and strategic directions for Hampden Park Co-op over the next three to five years. This is a critical time for our co-op. As many of you know, the possibility of light rail construction along University Avenue and the current condo and apartment development may result in a range of opportunities and challenges. Along with the potential to draw in a broader customer base, there will likely be higher property values and operating costs, and more competition from new restaurants. Other trends include changes in suppliers and distributors for many of the products HPC offers, as well as increasing competition from mainstream grocers offering more natural food products.

The board of directors works primarily through six different committees: membership, board development, finance, personnel, long-range planning, and physical plant. If you have a particular interest in one of these areas, please get in touch with the contact person for the committee in which you are interested.

**Finance** – Karen Gill-Gerbig: [kglgbg@comcast.net](mailto:kglgbg@comcast.net)

**Board Development** – Jay Dregni: [jdregni@hotmail.com](mailto:jdregni@hotmail.com)

**Membership** – Lisa Scribner: [scribbie59@earthlink.net](mailto:scribbie59@earthlink.net)

**Physical Plant** – Naomi Karstad: [nkarstad@usa.net](mailto:nkarstad@usa.net)

**Long Range Planning** – Gregg Richardson:

[greggrichardson@movingtominnnesota.com](mailto:greggrichardson@movingtominnnesota.com)

**Personnel** – Karen Gill-Gerbig: [kglgbg@comcast.net](mailto:kglgbg@comcast.net)

Board members will also be on hand during Mayfest if you would like to speak with one of us. We hope to solicit member and shopper opinion during Mayfest, so look for our table. We may be conducting a survey or focus groups with members in the near future as well.

Stay tuned for more developments coming out of the board’s strategic planning process.



## Bringing Back Some Lessons from China

—by Ellen Sushak, HPC Member

Of course, my mind was on food and eating during my trip to China last November. After all, I was traveling with eleven other dietitians.

Let me back up for a moment to provide some background. Early last spring an invitation arrived at my home from the People to People Ambassador program to join a goodwill mission of registered dietitians to China. Our goal would be to connect with our counterparts working in China. As you might guess, it cost a lot to go—time and money—but after about an hour of thought, I was sure I could find a way to do it. After all, exactly how many times had an opportunity like this come my way?

We twelve met in Hong Kong, then traveled with a guide/translator to Beijing, Xi'an, and Kunming. On arrival we received a briefing on the nutritional status of Chinese people from the Center for Disease Control. Along the way, we visited dietitians in hospitals, university-based researchers in food science and nutrition, and directors of food service operations in schools and health facilities.

My preparations for the trip included reading up on Chinese history and culture, and assembling gifts from my home state. I took American Indian “dream catchers,” and handmade bits of art and culture from the Minnesota History Museum. I began to correspond with the other members of my team. Each of us was from a different state, and we worked in many different aspects of nutrition. Our group included a renal dietitian, a diabetes educator, a private consultant, the director of a large hospital food service, the clinical nutrition leader of a major health service, and a college professor.

I was expecting to eat poorly on the trip. We were told we'd be using chopsticks, and I was really bad at this skill, in spite of lessons from my Japanese sister-in-law. I shouldn't have worried. The wonderful meals prepared for us at each site drove me to master the chopsticks, quickly. One advantage of eating with chopsticks is that you are forced to slow down (at least at my skill level). The food tasted wonderful, as each bite arrived one-by-one.

Here are some observations about Chinese food: Rice is, of course, served at breakfast, lunch, and dinner. Breakfasts are as likely to include savory and spicy foods (even pickles) as other meals. Congee, or rice gruel, is a staple at breakfast. (See recipe on page 6.) Tidbits of leftovers—meats or veggies or even pickles—are added at the table. If you want to know what congee is like, try the recipe below, or think of grits or cream of wheat, whichever one you really like. A porcelain spoon is used for eating congee, as well as for eating soups. Just like soup, congee is very comforting, warm and filling. And it isn't boring, as each day new leftovers appear. It's also gluten-free!

Our breakfast typically included tea eggs as well. These are hard-boiled eggs steeped in a briny mixture of soy sauce, star anise, and other spices. They are served hot or at room temperature. I love them and have made them many times since my return!! People enjoy them as snacks, too. (See recipe at right.)

Sometimes, if we were exceedingly lucky, steamed buns were part of the first meal of the day. The recipe is too long to include here, but suffice it to say that steamed buns are yummy, plump, and filled with a savory or sweet filling, stretching a little “goodness” a long way by encasing a treat inside a warm, breadly covering.

Breakfast illustrates how cleverly the Chinese make sure everyone is fed, even when protein foods are in short supply. Fish, meats, and soybeans are stretched by serving them with a lot of carbohydrates and many, many vegetables.

*Tea Eggs* (adapted from Martin Yan)

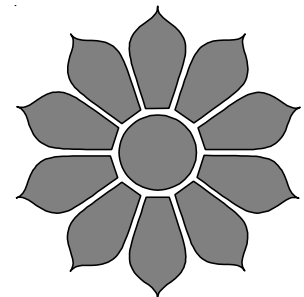
8 eggs  
 1 green onion, crushed  
 1 teaspoon slivered ginger  
 ¼ cup regular soy sauce  
 ¼ cup dark soy sauce (get it in Asian grocery stores)  
 3 tablespoons black tea leaves  
 2 tablespoons (packed) dark brown sugar  
 ½ teaspoon Chinese five-spice powder  
 3 whole star anise  
 1 cinnamon stick

Make a small pin hole in the large end of each egg. Place the eggs in a medium saucepan; cover with cold water. Bring to a boil, then reduce heat and simmer for 10 minutes. Cool the eggs in cold water and drain. Gently tap each egg all over with the spoon until hairline cracks form all over the shell.

While eggs are cooking, bring the remaining ingredients to a boil in a medium saucepan. Reduce the heat and simmer, covered, for 15 minutes.

Place the cooked eggs into the soy mixture, adding extra water if needed to cover the eggs. Simmer, covered, over low heat for 1 hour. Remove from heat; let the eggs cool in the liquid, then refrigerate (still in liquid) overnight or up to 2 days. It's nice to peel the eggs just before serving and put them into a serving bowl. They look like marble.

[**Note:** I've found other recipes for Tea Eggs, and some omit the sugar, the five-spice powder and the cinnamon stick. Some use just one kind of soy sauce. I guess you can simplify this recipe if you need to!]



(cont. on p. 5)



### Congee

You will need ½ cup rice (long grain or short grain). Use a heavy pan to cook in, so the heat is even.

Wash and drain the rice, unless it is “enriched” or “American” rice. Put the rice in a heavy 3–4 quart pot with 5 ¾ cups of water. Bring it to a boil slowly, stirring to keep the rice from sticking to the pan. Cook for 10 minutes on medium heat, stirring once or twice. Then cover, leaving the lid slightly ajar, and cook on very low heat for 75 minutes.

Serve this with salt and various seasonings, such as grated ginger, sliced scallions, soy sauce, or hot chili sauce. Add pickles or leftover bits of veggies or meats as desired.

*(Lessons from China cont. from p. 4)*

At Chinese meals, I never saw a cake, a pie, or a cookie for dessert. No candy, either!! Instead the end of the meal was signaled by watermelon, grapes, pineapple, or my favorite—something called a “dragon fruit,” which has the texture of a kiwi, but is colored white with a red rim when sliced.

All our meals were served at large round tables, with a huge “lazy susan” in the center. The servers would add serving dishes to the “susan” as they were prepared, and we diners would pass the dishes by turning the round platform to move the dishes from one eater to another. Using serving chopsticks, each of us moved a small portion of food from the serving plate to our individual plate (about the size of a small salad plate). The polite way of doing this meal-ritual was to take a tiny portion, comment favorably on the food, and then have a bit more, if any remained after everyone had tasted. Of course, many dishes were going round the table at one time, so sometimes a taste of each was satisfying.

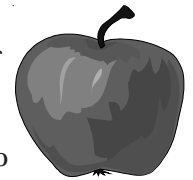
Lots of vegetable dishes were served. I fondly remember wonderful dishes with cabbage, or bok choy and broccoli, or green beans with lots of onions, garlic, and mushrooms. Carrots, eggplant, and turnips were also in good supply. Foods did tend to be a bit oily, glistening with light sauces. Each item on the table was seasoned to have its own flavor and add to the array of colors and textures on the table.

There were also dishes that included meat—chicken, duck, and pork were favorites. Beef was present, as was lamb. Sometimes we were served meats that no one could/would tell us the origin of. (Sometimes we shied away from eating these meats.) Fish and seafood were plentiful. Wonderful fish—whole fish in sauces, deep-fried chunks of fish and shrimp, and mussels—graced the tables everywhere we went. At one meal we even ate scorpions, presented deep fried, to ward off rheumatism! Of course, tea was a part of each meal, and we sipped it from tiny cups.

I hope to write a future column to describe the blending of traditional Chinese herbal remedies with Western style medicine, as witnessed in Beijing First Hospital, and to tell about ongoing research being conducted at Kunming Medical College into the active ingredients of herbal remedies. But first, I encourage you to try the tea eggs and congee; to eat with chopsticks now and then to slow yourself down; to surround a table with friends, fill it with food, and enjoy the experience together. And, of course, to use small dishes, a great way to focus on the succulence of your foods.

### **Foodshelf Update**

Providing supplemental food for neighbors who are out of work or living in poverty is a critical community service. Unfortunately, the need seems to grow larger each year. That is why our co-op provides you with an opportunity to contribute to our local foodshelf right at the checkout counter.



Here's how it works: You select a non-perishable, pre-packaged item(s) to donate. When you pay for it at the checkout counter, tell the cashier that the item is for the foodshelf. You receive a 28% discount on all items you donate. The cashier will place your donation in a holding area to await pickup by volunteer Deb Ahlborg, who will transport it to the Midway Foodshelf. And remember that household items such as toilet tissue and dish soap are just as welcome as food products!

In 2005, Hampden Park Co-op members donated approximately 1200 pounds of goods to Midway Foodshelf. Thanks to all of you, and thanks also to Deb for faithfully delivering your donations.

## Ginger as Medicine and Food

—by Kate Wagner, HPC Member

The first scent that my daughter perceived when she made her way into this world was the warm, rich, woody aroma of ginger. Ginger root has anti-inflammatory properties, and ginger compresses are used by modern day midwives to ease the pain of childbirth. Many herbalists also use ginger to help treat health problems associated with inflammation, such as arthritis, bronchitis, and ulcerative colitis.

Ginger is also wonderful for warming up the body and fighting germs. It is high in vitamins A, B complex, and C as well as calcium, phosphorus, iron, sodium, potassium, and magnesium. Ginger root also contains many antioxidants. Traditional Chinese herbalists use ginger to expel cold and to restore depleted yang. It induces sweating, thereby expelling toxins.

The Chinese believe it stimulates and strengthens the stomach, and Western research has come to agree with this. In India ginger has also traditionally been used to treat “cold” conditions—nausea, cough, colic, heart palpitations, swelling, dyspepsia, and rheumatism. Most people think of ginger root as the first natural treatment for nausea. Ginger ale and ginger beer have been recommended as “stomach settlers” for generations in countries where these beverages are made. Although very effective against all forms of nausea, it is not recommended by health professionals for morning sickness associated with pregnancy, since ginger can stimulate uterine contractions.

No one is sure how old ginger is or where it came from, since it has never been found growing wild. Its history of use is culturally and geographically diverse. It was first cultivated in Asia, then used in the Roman Empire and in the European countries colonized by Rome. The forerunner of modern gingerbread was apparently an ancient Greek digestive aid. The Greeks would follow a big meal with a piece of ginger wrapped in bread. Over time, the ginger was incorporated into the bread.

When trade brought the spice to the rest of Europe, it became almost indispensable very quickly, and its use in confectionery was born. Here the Greek gingerbread evolved into a sugary cake that proved very popular. In the 19th century it was also common to keep a shaker of ginger on the counter in English pubs so that patrons could shake some into their drinks. This practice was the origin of ginger ale. The Spaniards took ginger to the Americas and to the West Indies, where it now grows profusely. Ginger is grown throughout the tropical areas of the world. In the United States, ginger is grown in Florida, Hawaii, and along the eastern coast of Texas.

Ginger’s flavor has a slightly hot and biting note. Ginger is popular in Asian cuisine, where it is used both fresh and dried. It can also be found crystallized, candied, preserved, and pickled.

In Western cuisine, ginger is traditionally restricted to sweet foods. Powdered dry ginger is used to add spiciness to gingerbread and other recipes. Powdered ginger tastes quite different from fresh ginger, and one cannot be substituted for the other. Fresh ginger root is easy to keep on hand for adding extra zing to recipes. Simply freeze the unpeeled ginger root in a resealable food storage plastic bag. To use, grate the frozen root and return the remaining piece to the freezer.



### *Ginger Peanut Pasta Salad*

- 8 ounces corkscrew macaroni or fine noodles
- 20 fresh pea pods (tips and stems removed)
- 1 small cucumber (quartered 1 lengthwise and sliced)
- 2 medium carrots (cut into long thin strips)
- 1 medium yellow or green sweet pepper (cut into thin strips)
- ¾ cup thinly sliced radishes (optional)
- ½ cup bias-sliced green onions
- 3 tablespoons snipped fresh cilantro
- 1 recipe Ginger Salad Dressing (see below)
- 1/3 cup chopped peanuts

### *Ginger Salad Dressing*

- ¼ cup salad oil
  - 3 tablespoons rice vinegar
  - 2 tablespoons sugar
  - 2 tablespoons soy sauce
  - 1 teaspoon grated ginger root
  - several dashes hot pepper sauce
- Cook pasta according to package directions. During last 30 seconds, add pea pods. Rinse with cold water and drain. Combine pasta and veggies. Add Ginger Salad Dressing and toss gently to coat. Cover and chill for 2-8 hours. To serve, toss salad and sprinkle with peanuts.

(cont. on p. 7)

## Organic Poetry

Poetry Column by Jeffrey Shotts, HPC Member

There is in poetry the great tradition of the walk. Many of Wordsworth's poems were written while he was out walking the countryside, and the often strict iambic meter—the soft syllable, followed by a hard one—seems to enact footsteps across the lines. It is part of the Romantic tradition.

Now that the snow has, for the most part, cleared, we can walk outside again and resume the tradition. April is National Poetry Month, and with it comes a spate of new poetry titles. One such is the popular poet Jane Hirshfield's new collection, *After*. One poem in it recalls the walking tradition:

(Ginger cont. from p. 6)

### Chinese Ginger Syrup Cake

#### Syrup:

1 cup of mild crystallized ginger  
1½ cups of water  
½ cup brown sugar  
½ cup of honey

#### Batter:

½ cup brown sugar  
¼ cup white sugar  
10 tablespoons butter, softened  
2 large eggs  
1½ cups self-rising flour\*  
½ cup of milk

Preheat the oven to 350° and butter cake pan. In a medium saucepan, place the ginger, water, brown sugar, and honey and bring to a boil. Simmer for 10 minutes, then cool. Set aside.

Cream the brown sugar, white sugar, and butter. Add the eggs, one at a time, beating well. Add flour and milk, and stir gently but thoroughly.

Remove ginger from the syrup and slice thinly. Add ¾ of the ginger to the cake batter, stirring to distribute it. Pour the cake batter into the prepared pan and bake at 350° for one hour, or until the cake yields gently when pressed in the center.

Spoon ginger syrup on top, and allow it to soak into the cake. Turn cake out and cool thoroughly on a wire rack. Serve with whipping cream and remaining slices of ginger.

#### \*How to Make Self-Rising Flour:

Mix 1 to 1½ teaspoons of baking powder with each scant cup of flour, and add as much as a teaspoon of salt.

### A Man Walks Through His Life

A man walks through his life  
as he did when he was a boy,  
taking a pear here, an apple there,  
three peaches.

It is easy. They are there, by the roadside.

I want to say to him, stop.

I want to say to him, where is the plum tree you planted?

But how can I say this?

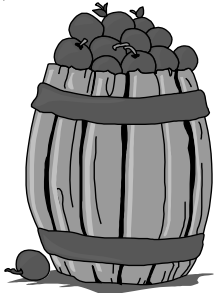
I suck on the pit of my question,

I who also eat daily the labor of others.

This is no writerly stroll. There is no easy, plodding meter. Instead, the man is walking through his life, taking what he assumes he has rights to, quite literally the fruits of others' labors. The speaker observing this, perhaps walking those same roads, becomes tripped up on her own question, as the implications of her own complicity quickly clarify.

The truth is, most of us have no idea where our food comes from—our produce, our boxed cereal, our milk, our spices—but we assume it is there for our taking. One of the pleasures of the co-op, and especially of volunteering, is becoming acquainted with where the bulk goods, the eggs, the cheeses, the vegetables, and fruit come from, their quality, and how they arrive on your table. It is a powerful lesson, and one that allows us to become more deliberate and conscientious in our food choices.

Another of Hirshfield's poems evokes and complicates another poetic traditional mode, the first-person speaker. Like the poem above, it involves the dilemma of being both self-aware and aware of the larger world. How do we accomplish both?



### A Day Comes

A day comes  
when the mouth grows tired  
of saying "I."

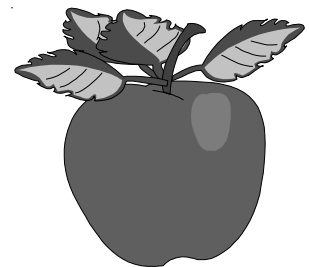
Yet it is occupied  
still by a self which must speak.  
Which still desires,  
is curious.

Which believes it has also a right.

What to do?

The tongue consults with the teeth  
it knows will survive  
both mouth and self,

which grin—it is their natural  
pose—  
and say nothing.



"A Man Walks through His Life"  
and "A Day Comes" by Jane  
Hirshfield from *After*, published by  
HarperCollins, 2006.

