



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

August/September 2006

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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 Monday, September 4, 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 October/November issue is September 5. 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:

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

Is Your Yard Permeable?

—by Naomi Jackson, HPC Staff

I expect the question of "permeability" is an odd one for most of you. You might wonder if your soil is fertile, or if you have the proper pH balance, or how to get rid of dandelions without spraying. But permeability? That's a new one.

Permeability refers to how quickly water moves through layers of soil, sand, and rock. For example, consider the hard-packed soil of a playground. It's nearly impervious; water runs off of it as it would from cement. At the other extreme, there is the limestone karst country of southeastern Minnesota. Water rushes down through the cracked and water-worn rock, joining the underground water supply with a minimum of filtration. Karst is highly permeable; contaminated liquids applied to the surface flow directly into the ground water.

Ideally, water seeps slowly into the ground, where it is filtered and cleaned by layers of humus, soil, sand, and gravel. Water that lands on impervious surfaces such as parking lots, roads, and large, flat roofs tends to flow directly into nearby lakes and rivers (usually via gutters and storm sewers), carrying with it a wide variety of contaminants, from motor oil to pesticides.

In recent months, you have probably seen at least one article about rain gardens. For awhile, every paper I read seemed to have something more to say about this new-fangled style of gardening. Rain gardens are designed to catch and filter rain water. The impetus behind them is the growing impermeability of metropolitan land surfaces, as fields and wetlands are paved over, and the concomitant degradation of nearby lakes, streams, and rivers.

A couple of years ago, I took a class from Dr. Marvin Bauer at the University of Minnesota. I learned that he and his colleagues are using satellite imagery to identify impervious surfaces in the seven-county Metro Area, and to examine water quality in the same area. They are trying to educate people about how necessary permeable surfaces are in maintaining water quality. The more parking lots and developments there are, the more wetlands that are filled in, and the wider our highways become, the more water runs off the land and directly into lakes, rivers, and streams without having any of its impurities removed. Bauer and his associates have noted that between 1986 and 2000, impervious surfaces in the seven-county Metro Area increased 60%.

As people are becoming aware that water should seep into rather than run off of the land, gardening and construction techniques are beginning to change. Wetlands are being re-created. A car dealership in Maplewood has a parking lot made of pervious pavers. (Is anyone old enough to remember when city streets



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Membership News

—by Naomi Jackson, Membership Coordinator

I repeat this every year, because every year it is true. Our volunteers seem to disappear around mid-August and not show up again until mid-September. This creates a labor shortage at the co-op (just in time for Labor Day!). If you have a few hours to spare, in between going to the State Fair and getting ready for the school year, sign up and give us a hand during those weeks. You will be appreciated even more than usual.

College students, this is for you. We need to clarify what happens to your share when you graduate or move out of the area. You have two options. You can sell your share back to the co-op and get your investment of \$30 back. Or, you can leave the \$30 with the co-op as a donation.

What you cannot do is give your share to another student. The only time we allow a number of different people to use the same share is if a group of students has bought a house share. The share stays with the house, along with the stove and refrigerator, while individual students come and go. A house share has to be approved by me.

So don't say to a friend, "I'm graduating; would you like my share?" If you're feeling generous, sell your share back to the co-op and give the money to your friend so she can buy her own share.

If you have questions about this policy, or you think you might have done something slightly illegal with your share, stop in on a weekday evening and talk to me about it. Don't worry—you won't go to jail. It's just that we need to do things according to our co-op bylaws, and I know there's been some confusion out there in college-dom about who has what share.

Thanks for your help with this matter.



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 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.

Non-discountable Items

Certain items in the store are non-discountable. These include milk (quart and 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.



Close the Loop: Buy Recycled!

Sometimes making the right consumer choices is hard to balance with a limited budget. For example, many of us want to buy postconsumer recycled paperto save energy and trees, as well as to reduce the harmful effects of burning or burying waste.

Unfortunately, recycled paper can be more expensive than non-recycled "virgin" paper and difficult to find.

But there is a way! Eureka Recycling coordinates a products-buying cooperative that combines many smaller orders into a single order large enough to get a bulk discount directly from the supplier. This helps grow markets for environmentally preferable products and makes them more available and affordable. The co-op currently offers 100% postconsumer recycled copy paper, processed without the use of chlorine, and compostable cutlery and food containers at a reduced cost to you. These products look and perform like their traditional counterparts but are environmentally preferable to paper made from trees and plastics made from petroleum.

The next recycled products order will be this fall. New pricing and product lists will be available in September. Contact Eureka Recycling today for details, and to join the co-op's e-mail list to be notified of the next order: <buyrecycled@eureka-recycling.org> or 651.222.7678. For more information, including paper cost comparisons and environmental benefits, visit <<http://www.eureka-recycling.org>>.

Eureka Recycling is a nonprofit organization that specializes in recycling and waste reduction. Driven by a mission to demonstrate waste is preventable, not inevitable, Eureka Recycling offers cutting-edge, economically-sustainable programs that serve the Twin Cities Metro Area.

Organic Poetry

Poetry Column by Jeffrey Shotts, HPC Member

At this time of the year, as the summer is ripe and so are the fields, and the fruits of those fields are brought in, where does that bounty come from? Who or what is responsible for that sustenance, that harvest?

The answer is: bees.

Here is a poem by Nick Flynn from his terrific sequence about bees—often in the voice of the bees themselves—in his book titled *Blind Huber*:

Queen

Net suit &
smoking cup, you reek fear.
If we fight back, or if there isn't
enough, you seek me out with gloved fingers
to crush my head. When we sting
you scream. We know why
you carry our white boxes
to the edge of the alfalfa, to the figs
& raspberries. You take our honey
because we let you. We pollinate the fields
because we are the fields.



This poem shows—even though the bees live in the human-made white boxes—our dependence on the bees, the natural world, rather than the other way around. You're not doing us any favors, the Queen seems to say; in fact, she says, you need us utterly.

Everyone has a story about bees. They fascinate, they frighten, they sustain us. In the towering mosques on either side of the Taj Mahal, in Agra, India, I was surprised to find huge stalactite hives in the archways, teeming with bees. I remember, as a child, climbing a post used to suspend a clothesline and suddenly being stung at the tip of my nose by a guardian bee protecting a hive built inside the post I was, bear-like, climbing.

Here's Flynn's story of an entire house overwhelmed by bees:

Hive

What would you do inside me?
You would be utterly
lost, labyrinthine
comb, each corridor identical, a
funhouse, *there*, a bridge, worker
knit to worker, a span
you can't cross. On the other side
the queen, a fortune of honey.
Once we filled an entire house with it,
built the comb between floorboard
& joist, slowly at first, the constant
buzz kept the owners awake, then
louder, until honey began to seep
from the walls, swell
the doorframes. Our gift.
They had to burn the house down
to rid us.



"Queen" and "Hive" by Nick Flynn
from *Blind Huber*, published by
Graywolf Press, Saint Paul,
Minnesota, 2002.

Pesto...Basil and So Much More

—by Emma Onawa, HPC member

For lovers of pesto, few tastes are more pleasing and satisfying than a freshly prepared basil pesto, mixed with pasta or eggs, spread on bread or crackers or, for hard core pesto lovers, eaten purely by itself, with no distracting additions. The classic basil pesto, prepared with fresh basil, garlic, pine nuts, cheese, and olive oil is well known throughout the world. Yet, this classic is only one of many varieties of pesto.

Pesto originated in Genoa, Italy, where fresh basil is available year round. The word "pesto" derives from the pestle. Traditionally, pesto was made with a mortar and pestle, which created a silky, chunky texture that cannot be duplicated in the modern blender or food processors. You can make a fine-tasting pesto in a food processor or blender, however, and it's easy and fast.

Although basil pesto is the best known, pestos can be made from a wide variety of herbs and other ingredients, including sorrel, mint, cilantro, fennel, pistachio nuts, garlic, chives, kale, anchovies, and most of the commonly used culinary herbs, such as basil, thyme, sage, tarragon, and rosemary. The herbs can be either fresh or dried. Virtually all pestos include some type of cheese, nuts, and oil or cream/butter; and most contain garlic. Pesto can be used as a "sauce" for pasta, a seasoning, or an herb paste.

There are a variety of ways to make pesto, depending upon the ingredients. A food processor works better with fresh herbs and a blender is better with dried herbs, but a blender or food processor can be used for either with good results.

Some tips for making the best pesto:

- D Use the freshest herbs possible, or dried herbs that have a strong aroma. Use only the leaves, and remove any stems from fresh and dried herbs.
- D When using herbs that have leaves with little bulk, you will need a "green extender," such as parsley, spinach, or kale.
- D Use the freshest garlic possible. Although it is fine to use elephant garlic, it has a much milder flavor than regular garlic.
- D Use freshly grated cheese for the best flavor. Italian Sardo Pecorino cheese is ideal, although not readily available in the US. A blend of Parmesan and Romano Pecorino cheeses is an excellent substitute for both sharpness and mellow flavor. Increasing the proportion of Romano cheese increases the flavor of the pesto.
- D The choice of oil is critical. "Virgin" olive oil is a good choice, while "extra virgin" olive oil, although an acceptable choice, is overpowered by the other flavors in pesto. "Pure" olive oil should not be used. Olive oil should be purchased in small amounts, since heat and long storage will affect the flavor.
- D Although pine nuts are traditional, walnuts are a perfectly acceptable substitute and are commonly used in pesto. Milder-flavored pine or pistachio nuts should be used in more delicate pestos, such as tarragon pesto. Sunflower seeds and pumpkin seeds also can be used in some pestos. Discernible nuts in pestos can be very pleasing and can be achieved by using pulsing until the nuts are well mixed, but not reduced to a smooth paste.

Pesto will keep 3-4 weeks in the refrigerator, packed into small containers. The top will turn a darker green from oxidation. This is normal; stir before using. Use only what you need, and add a layer of oil to the remaining pesto.

Pesto freezes well. Use small containers, or pre-freeze in ice cube trays or in heaping tablespoons on a tray, then store in plastic bags. Frozen pesto should be packaged properly to protect it from drying out too quickly.

If pesto will be frozen, some chefs recommend adding the cheese or nuts only immediately before serving, but a completely finished pesto prior to freezing is satisfactory, too. Use frozen pesto within two months to prevent it from becoming overly dry. Plain chopped basil in olive oil can also be frozen in small cups or in ice cube trays for later use, if time is short when fresh basil is plentiful.

For information and recipes:

<<http://www.mothenature.com/Library/Bookshelf/Books/15/130.cfm>>

<http://seattlepi.nwsourc.com/food/272089_fresh31.html>

Classic Basil Pesto

2 cups fresh basil leaves
 2 large garlic cloves
 ½ cup freshly grated Parmesan cheese
 2 tablespoons freshly grated Pecorino Romano cheese
 ¼ cup pine nuts or walnuts
 ½ cup olive oil
 Sea salt and freshly ground pepper
 Combine first five ingredients with a small amount of the oil and process (pulse) to mix. With machine running slowly add the rest of the olive oil. Season to taste with salt and pepper. Process to desired consistency. Let stand for five minutes before serving.
 Yield: 1 cup.

Creamy Basil Pesto

2 cups fresh basil leaves
 2 large garlic cloves
 ½ cup freshly grated Parmesan cheese
 3 tablespoons fresh whole milk ricotta cheese
 ½ cup walnuts
 ½ cup olive oil
 Sea salt and freshly ground pepper
 Combine first six ingredients in food processor or blender. Pulse to mix. With machine running, slowly add olive oil. Season to taste with salt and pepper. Process to desired consistency. Let stand five minutes before serving. Yield: 1¼ cups.

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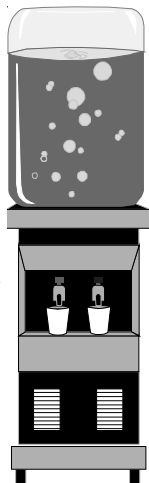
Oh, Yes, This Water Thing Is Very Suspicious!

—by Heidi Goar, HPC member

I often think people are using selective memory when they start a sentence with “When I was young, we did things right...” or “In the olden days, when we weren’t morons...” (I guess today people say “Back in the day,” but I’m not that hip). But this time, it’s true. When I was young, no one carried around bottles of water. No one. Ever. In fact, I don’t remember even considering water one way or the other. We didn’t carry around bottles of anything, unless you lived in Wisconsin, where you might have carried around a bottle of beer.

Nowadays (another irritating sentence-starter), people are constantly glugging some liquid down, and a lot of it is water. This has made me suspicious for a while. Are people a lot thirstier than years ago? And what about the eight eight-ounce-glasses-a-day rule? Has anyone really verified this? Or what about the latest recommendation about dividing your body weight in half and tacking on “oz.” at the end to get your personalized minimum daily requirement of water? And if you get professional advice, the daily water consumption expectations are staggering. Even my neighbor nags me that I don’t drink enough water. What I want to know is: Where did this water mania come from?

My main concerns lie with a few different but interrelated issues. First, is bottled water really any different from tap water? Second, who is benefiting from our believing we have to drag a bottle of water with us everywhere we go? Third, to what extent is the plastic container an immediate health hazard, as well as a long-term problem, because we throw the bottles out like a squeezed plastic lemon, contributing to our very serious and clearly out-of-control chemical waste problem?



Is it me? Or does this (St. Paul) water taste terrible?

So, are the corporations just stealing from us (again)? Or are there legitimate differences between bottled and tap water?

As far as I can tell, bottled water (aside from a few exclusive brands) is merely a convenience and not much different from tap water. In fact, regulations placed on bottled water are bureaucratically weak; what I mean is, because of who regulates what, the left hand doesn’t seem to know (or care about) what the right hand is doing.

The World Health Organization has international water quality guidelines for microbes, chemical, radiological levels, and what they call “acceptability levels.”¹ But in the US, the Food and Drug Administration regulates bottled water, while the Environmental Protection Agency regulates tap water.

The EPA has very stringent regulations for tap water. It calls for constant checking for *e. coli*, fecal matter, pathogens, cryptosporidium, giardia, viruses, and synthetic organic chemicals. But, bottled water falls under the jurisdiction of the FDA, which has much weaker guidelines than either the WHO or the EPA. That means companies are not required to disinfect the water, nor do they have to test for *e. coli*, fecal matter, cryptosporidium, giardia, or viruses. Testing for synthetic organic chemicals (such as phylates, the source of which is plastic!) is required only once a year. And, check it out, if the water is bottled and sold in the same state, FDA regulations don’t apply; these sales account for 60%–70% of all water sales.²

To further complicate matters, there are different sources of bottled water, including artesian wells, underground sources in which minerals are naturally prevalent, spring water, and city well water. About 25%–35% of the water we buy is filtered tap water. This means the water has

been purified using distillation, reverse osmosis, filtration, or ionization.³ So, terms like “spring water” are relevant as they point to a source of the water. But terms like “mountain fresh” or “glacial pure” are just marketing terms and have no relationship to the origins of the water.⁴

If you have a filter on your home tap, you know that some filters are better than others. Some bottled water may also be better than others. But, for the most part, we are buying water in plastic that can be got at home. In fact, in almost all of my research, a home filter, especially an under-the-counter one, provides superior water to what you buy bottled.⁵

A dollar for a glass of water?

Now, let’s turn our attention to the potential root of the matter: the bottled water industry. Like many commodities in late-capitalism, bottled water is occasionally in the news under a shadow of suspicion. We hear now and then “horror” stories, like some corporation getting their “Natural Spring Water” from the tap. Confirmed or not, this gossip causes a buzz, and some people even stop drinking bottled water for a few weeks. Judging from the Web sites I found about bottled water, the maintenance of a positive bottled water image is terribly important. That’s because a lot of people are making a lot of money on bottled water; the sheer magnitude of this industry is fascinating.

According to a 2001 World Wildlife Fund survey, individuals around the globe consume some 89 billion liters of bottled water annually, worth roughly \$22 billion. US citizens alone consume about 13 billions liters of bottled water. A 2000 report conducted by Yankelovich Partners for The Rockefeller University discovered that, of the total 6.1 eight-ounce servings of water that are consumed daily in the United States, 2.3 servings are bottled water.⁶

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(Water continued from p. 5)

The implications are curious. First, as usual, a grossly disproportionate amount of bottled water (46%) is consumed by Americans and Western Europeans. (And, since we are such a large proportion of the market, the bottled water industry's image-maintenance efforts focus primarily on us.) Second, those who more likely need bottled water don't consume it. Africa consumes 0% of the world's bottled water.⁷

So, who's making all the money? Well, you guessed it; some of the same old players in the profit game: Coke, Pepsi, and Nestle. But it's not just American capitalists that are involved. European companies are doing the same thing. For example, a Helsinki company bottled 1.4 million gallons of tap water and shipped it off to Saudi Arabia.⁸

Two of the three largest bottled water brands—Dasani, sold by the Coca-Cola Company, and Aquafina, produced by PepsiCo Inc.—are simply filtered tap water.⁹ Nestle, the largest bottled water company in the United States, had \$2.7 billion in wholesale sales in 2004 for brands like Poland Springs and Arrowhead.¹⁰ The three companies together represent one-half of the \$55 billion industry.¹¹

Come on, Heidi, not more plastic bashing?

If this is not enough, the water we are glugging down comes almost exclusively in plastic. Plastic made from petroleum has been under suspicion of late for being potentially a very serious health hazard. First, we know that certain types of plastics are hormone disrupters. The body reads the chemical as though it was a hormone. The most dangerous types of plastic are marked #3 and #7. Numbers 1, 2, and 5 are not as dangerous, but still contain chemicals like bisphenol A, which leaches from the bottles into the water (see my Oct/Nov 2004 article "Honey, please pass the plastic" at the co-op Web site.¹²) This is much more likely to happen if you reuse the bottle.

Furthermore, we need to consider the resources we use producing

these bottles, shipping them around, and trying to figure out what to do with the leftovers. Most water bottles are made with polyethylene terephthalate, a plastic derived from crude oil. Making bottles to meet Americans' demand for bottled water requires more than 1.5 million barrels of oil annually, enough to fuel some 100,000 US cars for a year.

Worldwide, some 2.7 million tons of plastic are used to bottle water each year. Once it has been emptied, the bottle must be dumped. According to the Container Recycling Institute, 86% of plastic water bottles used in the United States become garbage or litter. Incinerating used bottles produces toxic byproducts such as chlorine gas and ash containing heavy metals, tied to a host of human and animal health problems. Buried water bottles can take up to 1,000 years to biodegrade. Of the bottles deposited for recycling in 2004, the United States exported roughly 40% to destinations as far away as China—meaning that even more fossil fuels were burned in the process.¹³

So, may I suggest we be more conscientious about our bottled water use. If you must drag water around with you, here are some tips for doing it safely:



D Drink out of glass. For a portable glass container, buy iced tea or juice in a small glass bottle, then re-use the bottle.

D Do not give children plastic containers to drink from. Get hard-to-break pyrex-style glasses for them. Also, you might find plastic glasses that are not pliable; this means the chemicals are less likely to leach.

D Do not drink water from PVC containers marked with #3 or polycarbonate containers marked with #7.

D If you must buy water (and I will tell you, you do not need to), find containers that are polyethylene terephthalate (PET) #1, high density polyethylene (HDPE) #2, or polypropylene #5. These are less likely to leach harmful chemicals.

D Beware, some companies add fluoride to their bottled water. Fluoride and chlorine (used to kill microorganisms in municipal water supplies) should not be ingested. These chemicals should be filtered out of your drinking water.

Notes:

1. See the pdf at this link for the 500-page document outlining the guidelines: <http://www.who.int/water_sanitation_health/dwq/gdwq3/en/index.html>
2. <<http://www.nrdc.org/water/drinking/nbw.asp>>
3. <http://www.fda.gov/fdac/features/2002/402_h2o.html>
4. <http://www.texasep.org/html/wql/wql_4dwq_bttd.html>
5. (See this site for a great filter comparison chart: <http://www.waterfiltercomparisons.com/Water_Filter_Comparison_Matrix.cfm>
6. <<http://hypertextbook.com/facts/2001/NaomiSaintJean.shtml>>
7. <http://www.wateryear2003.org/en/ev.php-URL_ID=5226&URL_DO=DO_TOPIC&URL_SECTION=201.html>
8. <<http://www.commondreams.org/headlines06/0205-01.htm>>
9. <<http://www.portlandtribune.com/archview.cgi?id=34732>>
10. <http://www.forbes.com/forbeslife/health/2006/04/12/bottled-water-new_cx_sy_0413feat.html>
11. <<http://www.greencorps.org/current.asp?id2=19457>>
12. <<http://www.hampdenparkcoop.com/newsletter/news15-5.pdf>>
13. <http://blog.radioleft.com/blog/_archives/2006/3/28/1847234.html>

For more information:

- D <<http://www.commondreams.org/headlines06/0205-01.htm>>
- D <<http://www.ecologycenter.org/erc/petroleum/body.html>>
- D <<http://www.knowbottledwater.org/>>
- D <http://blog.radioleft.com/blog/_archives/2006/3/28/1847234.html>
- D <<http://www.iatp.org/foodandhealth/>>

(Pesto continued from p. 4)

Cilantro Pesto

1½ cups fresh cilantro leaves or
1 cup fresh cilantro and ½ cup
fresh parsley leaves
1 large garlic clove
¼ cup freshly grated Parmesan
cheese
3 tablespoons pine nuts
1 teaspoon grated lime peel
5 tablespoons olive oil
Sea salt and freshly ground pepper

Combine first five ingredients in food processor or blender with a small amount of oil and pulse to mix. With machine running, slowly add the rest of the olive oil. Season to taste with salt and pepper. Process to desired consistency. Let stand for five minutes before serving. Use as pasta sauce or combine with butter and serve with green beans, summer squash, or corn-on-the-cob. Can also be used for dip, salad dressing, or seafood sauce. Yield: About 2/3 cup.

Mediterranean Pesto

2 large garlic cloves
2 teaspoons dried rosemary
1½ tablespoons dried thyme
1 teaspoon dried summer savory
1 teaspoon dried oregano
1 cup fresh parsley leaves
1/3 cup freshly grated Parmesan
cheese
½ cup pine nuts or walnuts
1/3 cup plus 1 tablespoon olive oil
Sea salt and freshly ground pepper

Combine garlic, herbs, cheese and nuts in food processor or blender with a small amount of oil. Pulse to mix. With machine running, slowly add the rest of the olive oil. Season to taste with salt and pepper. Process to desired consistency. Let stand for five minutes before serving. Use in soups and dishes with a tomato base, with sautéed vegetables, or as a basting sauce for chicken or lamb. Yield: About ¾ cup.

Source:

Rankin, Dorothy,
*Pesto! Cooking with
Herb Pastes*, Crossing
Press, California, 1985.

An Interview with Lisa Scribner, HPC Board Member

—by Kjerti Hanneman, HPC Member

Co-op volunteer Lisa Scribner grew up in Milwaukee, Wisconsin, and moved to the Twin Cities in 1984. She started shopping at Hampden Park Co-op in 1985, joined in 1988, and started volunteering in summer 2005. She was recently elected to serve on the HPC board.

KH: How did you get involved in the co-op?

LS: I moved to Cromwell Avenue from Minneapolis and noticed the co-op. It soon became a routine habit to walk to the co-op and buy what I wanted to make for dinner.

KH: Do you have family in town?

LS: Yes, my spouse. We don't have kids, but we do have three dogs. My mom lives in Milwaukee and I have a brother in Michigan.

KH: What is your current neighborhood?

LS: I live in Roseville, across from the Roselawn Cemetery

KH: What is your occupation (or previous occupations)?

LS: I am currently a baker full-time at Trotter's Café. I've been baking since I was 10 years old. Previously I worked at 3M as the Automation Group Manager. I walked away from the corporate world and I don't miss it at all.

KH: What are your hobbies and interests?

LS: Gardening, biking, sewing, and exercise.

KH: Are you engaged in other community activities?

LS: Last year, I led a neighborhood organization against a crematorium to be built in our neighborhood. I worked with that organization for about a year, and we were successful in keeping the crematorium from being built.

KH: Tell me about your most interesting travels.

LS: My mom is an armchair geologist, and when she retired in 1996, we went to Iceland. We took a bus tour around the island to see the thermal pots and glaciers. Another favorite trip was to Little Cayman with my husband. The Island is only six miles around, and we biked around it and went snorkeling.

KH: What do you like best about the co-op?

LS: When I used to live in the neighborhood, I would walk to the co-op. I love the local produce. Organic is wonderful, but it is essential to consider your local growers who do sustainable agriculture.

KH: What is your favorite co-op experience?

LS: The Halloween Blizzard of 1991. It was the day after the snow stopped falling and we had 28 inches on the ground. You couldn't go anywhere, but the co-op was open!

KH: What is your favorite co-op "treat"?

LS: Cedar Summit chocolate milk.

KH: What is your favorite restaurant in the Metro Area?

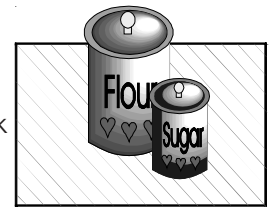
LS: The Signature Café, located on Warwick in Minneapolis. My husband and I also like to go to India Palace.

KH: What is your favorite meal to cook?

LS: Pad Thai, a Thai noodle dish. We have it every Christmas, in addition to the traditional fixings.

KH: Is there anything else HPC readers should know about you?

LS: I'm on the Membership Committee, and I'd like to hear people's ideas about their membership at the co-op. We have an assumption that it is our discount structure that keeps people here, but I want to hear people's thoughts on what keeps them coming to HPC.



Have You Tried...? The HPC Aisles Revealed

-by Katharine Holden, HPC Member

Hampden Park Co-op is packed with products you may not have tried before. Here's the yip on a few of them:

Pastureland Butter

Does it send shivers of awe down your spine to know that Pastureland Butter won First Place in the American Cheese Society's salted butter category? Well, I agree with you. The idea of a cheese society brings to mind nerdy types holding wafer-thin slices of cheese to their nostrils and saying things like, "Ahh, a take-charge bouquet with just a hint of Holstein." Let's just say that Pastureland Butter is butter as butter used to be before factory farms. Their cows graze on grass in southeastern Minnesota, not on antibiotic-laced feed. You have your choice of salted or unsalted butter. They're both in the cold case around the corner from the milk.

J. R. Liggett's Old Fashioned Bar Shampoo

I believe it's in the US Constitution: Everything sold in the US must be wrapped. Or bottled. Or sealed in plastic. Or all three. J. R. Liggett's Bar Shampoo hearkens back to a time of minimal packaging. It's an extra small square bar of soap wrapped in ordinary printed paper. To use: Wet your hair, rub the bar on your hair, and, voila, you've got soap and lather. Liggett's also makes a good shave cream for both beards and legs. (Not to be too personal, but I've found that Liggett's doesn't clog razor cartridges like some canned shave creams.) It contains no animal products and no sodium laurel sulfate or DEA. You'll find it in the Health and Beauty section near the cash register.

Valbreso French Feta Cheese

Feta cheese is a fixture in restaurant Greek salads, but it actually originated in Romania. It's now made around the world. Moist, easily crumbled or spread, a strong flavor without being sharp on the tongue, Valbreso Feta Cheese from France is an excellent feta made from the sheep's milk left over from the production of Roquefort. It's my favorite cheese. If that fact alone isn't enough to make you run to the Hampden Co-op to buy Valbreso Feta, try the easy recipe on this page. You'll come around to my point of view. You'll find Valbreso Feta in the cheese cooler on the top shelf.

Frontier Fill-Your-Own Tea Bags

Do you consider packaged tea bags to be an abomination? I know I do. I never use tea bags; I use loose tea. If you've yearned to join the ranks of discriminating tea drinkers but have been put off by the thought of all those tea leaves in your cup or clogging up the spout of your teapot, yearn no more. Frontier offers jumbo empty tea bags. Fill them half-way with your favorite loose tea, fold over the top, put them in the middle of your warmed teapot, and pour in the boiling water. If you want to avoid the indignity of even a speck of tea leaf creeping into your cup, Frontier recommends that you use a hot iron or curling iron to fold over the top of the Frontier tea bag before you put it in the pot. (Personally, I think that if you can have the time to curl your tea bag tops, you really need to volunteer for extra shifts at the HPC.) You'll find Frontier products in the bulk tea and spices area.

Dried Goji Berries

Goji berries have been popular in Tibet and China for centuries. It is said that eating Goji berries will improve your strength, stamina, and focus. Ancient Tibetans used them as both an aphrodisiac and a stimulant to prolong sexual intercourse. I just think Goji berries look pretty on cornflakes. You'll find them in pre-priced bags in the dried fruit aisle.

Strange But Good Watermelon Feta Pepper Salad

Utensils:

Large serving bowl
Melon baller
Fork
Serving spoon

Ingredients:

1 medium-sized watermelon,
seedless or with the seeds
picked out, chilled.
Fresh ground black pepper to taste
1 package Valbreso French Feta
Cheese, chilled

Make sure watermelon is chilled. Slice watermelon in half. Use melon baller to scoop out inside flesh. Place melon balls in large serving bowl. Make sure no seeds have crept in. Open package of Valbreso Feta and mash up with fork. Put cheese in with melon balls. Grind fresh black pepper generously over mixture. Turn over with serving spoon so melon, cheese and pepper are evenly distributed. Don't try to spread the cheese over the watermelon balls, just let it dot here and there. Cover bowl tightly and put in refrigerator until just before serving.

Hint: Don't skimp on the pepper. It really works well with the sweet melon and the cheese.

[Katharine Holden is an HPC member. She still hopes to meet a man who appreciates a short, fat woman with a dark sense of humor. However, she's beginning to think she may have to build him in her garage.]

Ad rates: \$15 per issue for camera-ready, 2½ by 3½ ad. Free to nonprofit organizations, at the discretion of the editor.

Resources on permeability:

D Batalden, Rebecca. "Rain gardens provide bonus for street renovation work in Como Park area," *Park Bugle*, May 2006.

D Dickson, Tom. "Gardens for a Rainy Day," *Minnesota Conservation Volunteer*, Minnesota DNR, May-June 2000.

D Friends of the Mississippi River provides information and workshops about rain gardens and other means of improving water quality: <<http://www.fmr.org/water.html>>.

D "Impervious Surface Mapping using Remote Sensing," Remote Sensing and Geospatial Laboratory Fact Sheet 1, University of Minnesota College of Natural Resources (available at <<http://water.umn.edu/Documents/ImperviousSurface.pdf>>).

D Minneapolis Blooms Programs offers rain garden workshops, but 2006 workshops are full, so you will have to put yourself on the waiting list for 2007: <<http://www.minneapolisblooms.org/>>.

D *A Quick Reference Guide to Earth-Friendly Home Landscaping* is available from Hennepin County Environmental Services, <www.hennepin.us> of 612.348.3777.

D Rice Creek Watershed District: <www.ricecreek.org/landscaping>.

D Sartor, Nancy. "Go green roofs, go rain gardens," *Southside Pride: Riverside Edition*, April 2006. One of Sartor's resources is <www.greenroofs.net>.

D Underwood, Lynn. "Rainy Day Plants," *Minneapolis StarTribune*, May 17, 2006.

D The University of Minnesota's Remote Sensing and Geospatial Laboratory provides links to some of Dr. Bauer's work: <<http://rsl.gis.umn.edu/>>.

D The University of Wisconsin Extension offers "Rain Gardens: A How-to Manual for Homeowners" for \$1.00 or on line at <<http://cecommerce.uwex.edu/pdfs/GWQ037.PDF>>.

(Permeable continued from p. 1)

were made of paving stones instead of tar and cement? It was much better for our environment!) Rooftop gardens are becoming popular; the gardens absorb rainwater that otherwise would run down drain pipes and into the storm sewer. Some communities are building rain gardens alongside roadways, rather than funneling rainwater into drains that run to the river. The rain gardens can hold and absorb large amounts of run-off, and the water gets cleaned before it gets to the river (that's the purpose of wetlands, too).

The Minnesota Landscape Arboretum has a model parking lot where you can see for yourself how different drainage methods affect water quality. Water from a traditionally paved parking area runs into one holding pond. A second section uses permeable pavers, and a third adds a rain garden to the permeable pavers. You can walk by each holding pond and look at the difference in the water.

In my own neighborhood, lawn signs are sprouting as people learn the importance of permeable soil. We have two "watershed friendly" yards on our block, which means that the yards are designed to retain and absorb rain water rather than allowing it to run off.

Most city lots are too small for rain gardens, which need to be located a certain distance away from one's basement. But at our house we've been looking at other ways to ensure that rainwater doesn't pour down our front sidewalk and onto the street. We could shore up the soil in front of the house, where the

lawn slopes down to the sidewalk. We could use mulch to keep garden soil moist, so that less water runs off during a hard rain shower.

One thing I'd particularly like to do is buy permeable pavers for our driveway. My partner says, "But we already have a permeable driveway." It's sad but true. Now that the city inspectors are no longer preoccupied with the hazardous sunflowers we had draped over the back fence, I'm afraid they will notice the healthy crop of weeds pushing aside disintegrating chunks of tarmac behind our garage. Rainwater hitting our driveway doesn't run off; it sinks through those cracks and gets cleaned and filtered by layers of earth, just like it's supposed to. But I have to say, that's one ugly permeable surface!

Next time it rains, wander around your yard and observe the patterns of absorption and run-off. Then start thinking of ways that you could encourage rain water to stay in your yard and be absorbed by the soil. It might be as simple as relocating downspouts. Perhaps you don't need that solid cement patio now that the kids are grown. If your driveway is due for a facelift, how about paving stones rather than tarmac? Or that ugly sidewalk in the back yard. How about stepping stones instead?

If you'd like more information about permeability or making your yard watershed-friendly, check out the resources listed in the sidebar.

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