



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

October/November 2006

Volume 17 Issue 5

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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 Thursday, November 23, 2006.

Board Meetings:

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

Newsletter Deadline:

The deadline for the December/January issue is November 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:

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

Hampden Park Co-op Annual Meeting

Saturday, November 18, at 6:00 p.m.

All members are invited!

Where is it?

Come to the basement of St. Anthony Park United Methodist Church, located at the corner of Como Avenue and Hillside.

What's happening?

6:00 gathering: Conversation, coffee, a chance to meet other members. The co-op will provide nachos and beverages; you are welcome to bring an appetizer or dessert. There will be music by Nick Jordan and friends.

6:30 Meeting: Reports and election of new board members. Note that only up-to-date working members may vote.

7:15 Community Update: A representative from the South St. Anthony Park Community Council will update us on the traffic-calming efforts on Raymond Avenue.

7:30 Speaker: Michelle LaBore, owner of LaBore Farms, Inc. and one of our suppliers, will share her experiences. LaBore Farms, located in the Faribault area, offers excellent hydroponically grown greens.

Additional Information:

The co-op will close at 5:00 p.m. so staff may attend the meeting. Child care will be provided.

Hampden Park Co-op Board Elections

—by Kjersti Hanneman, HPC Board Member

Like it or not, November is just around the corner. With the changing seasons comes change at the co-op as well. Each year at the Annual Meeting we elect new people to the Board of Directors. This year three positions are open.

Board service offers a tremendous opportunity for HPC working members to learn more about the inner workings of the co-op and have input on a variety of things including finance, membership, facilities, and long-range planning decisions. The board typically meets the second Wednesday evening of each month. Committee meetings are held as necessary at the convenience of committee members, typically once a month or once every two months.

Look for applications at the cash register. Before you apply, I encourage you to talk to a current board member to learn how you can help effect dynamic change by serving on the HPC Board of Directors. Current board members are Jay Dregni, Karen Gill-Gerbig, Kjersti Hanneman, Naomi Karstad, Gregg Richardson, John Rogers, Lisa Scribner, and Sophie Teyssier (staff representative).



Membership News

—by Naomi Jackson, Membership Coordinator

Vote!

Remember to vote! Not just at the general election on November 7, but also at the Hampden Park Co-op Annual Meeting on November 19! (You will find details on page 1.) You must be an up-to-date working member in order to vote; however, anyone may attend the annual meeting. Each household gets one vote, so if there is more than one adult in your household, you will have to decide who gets to vote. See you at the polls!

HPC Child Care Exchange

Many parents of young children take advantage of our child care exchange, enabling them to volunteer in the co-op when they might otherwise not be able to. This is how it works. You are a working member of Hampden Park Co-op, and you have small children. You encounter another working member of HPC who also has small children. One of you can stay home with all of the children; the other can come in to volunteer at the co-op. Both of you get work credit.

FAQs about the Child Care Exchange:

Q: Can my spouse get credit for doing our child care while I come in to work?

A: No. The child care must be provided by a separate household that also has small children in order for both parties to receive volunteer credit.

Q: Can the co-op find me a family to pair up with?

A: We are not able to do this. Often you will meet someone at orientation or while you are volunteering or shopping who is also looking for child care.

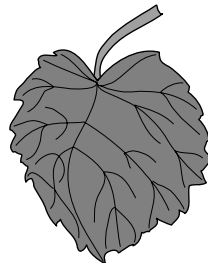
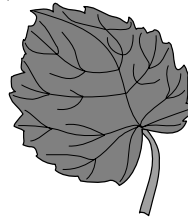
Q: How do I get credit for child care?

A: A member of each household needs to attend an orientation session. Then, one household needs to sign up for a volunteer shift, at a time that is agreeable to both families. Each household will have a card in the Rolodex file. At the end of the volunteer shift, the volunteer takes both Rolodex cards to the coordinator, explains that the other family is doing child care, and has the coordinator sign both cards.

Q: Does the same person always need to do the volunteer work?

A: No. Most households trade off volunteering and doing the child care.

If you have questions about the child care exchange, or any other membership matter, feel free to contact me at the co-op weekday evenings, or leave a note in the Membership Coordinator envelope in the entryway.



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.



A Primer on Biodynamics

—by Emma Onawa, HPC Member



The term organic has become a household word. Even Wal-Mart is capitalizing on organics, not, of course, because of a commitment to sustainability or a healthy lifestyle but because there's money to be made. And agribusiness has gotten into the act for the same reason, increasingly driving the small, local organic farmer out of business. Organic farming has a great many benefits, but is there something beyond the basic principles and practices of organic farming?

Biodynamics is a holistic approach to raising food that encompasses the practices of organic farming, yet goes beyond to embrace higher spiritual principles. In fact, it predates organics. It's the outgrowth of a series of 1924 lectures presented by Austrian scientist, philosopher, and artist Rudolf Steiner (1861–1925). Steiner founded the philosophy known as anthroposophy, which means "wisdom of the human being."

Steiner defined anthroposophy as a cognitive path and way of knowledge that connects the spiritual human to the universal spiritual. Anthroposophy's primary purpose is the spiritualization of life on earth. It uses the term "spiritual science," which integrates precise observation of natural phenomena, clear thinking, and spiritual knowledge, so that a spiritual scientist experiences the spiritual energies at work everywhere. Steiner's teachings have been applied in a variety of contexts and fields, such as architecture and education.

Biodynamics is based in anthroposophic concepts. It follows organic principles, but for different reasons. The refusal to use synthetic products is based upon a belief that such substances are spiritually dead, rather than chemically or biologically problematic. To Steiner, everything on the physical plane has a spiritual counterpart. A biodynamic farm is a unique organism with a spirit, each part contributing to the whole. To date, its use is best known in the winemaking industry. The community supported agriculture (CSA) movement was also born from the biodynamic movement.

Each biodynamic farm is a self-sufficient unit, a complete ecosystem. The farmer's task is to observe nature and tailor biodynamic practices to the local environment. Observation is key, since it's through the observation of nature that we learn to work in harmony with it and allow it to teach us how it works. Observation takes time, but the rewards are great.

Biodynamics parts from, or perhaps builds on, organic farming in a number of ways. Biodynamic farmers often work in conjunction with solar, lunar, and astrological rhythms. Farmers can consult calendars of such phenomena to time soil preparation and the planting, cultivation, and harvesting of crops. In addition, biodynamics uses eight specific homeopathic preparations, two or which are applied directly to crops and six of which are added to compost at specific times of the year, to contribute to the life force of soil and plants. These preparations are specifically prescribed and include the use of animal products and by-products.

The use of compost is key in biodynamic practices. Soil must be built to a stable humus. There should be the precise number of animals, which are fed from the farm, needed to provide manure for fertility. All organic wastes, including vegetable waste, leaves, and food scraps contain precious vitality that should be used in the building of soil.

Biodynamic principles and practices are complex and esoteric. Although general principles apply, they must be adapted to local conditions. This takes

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Foraging for Nature's Freebies

—by Meredith Sommers, HPC Member

You are out on a bicycle trail. You're feeling a bit hungry, and then you notice...all around you are bushes glistening with dark purple berries. You hop off your bike and pick a few. Should you or shouldn't you? Are they edible, you wonder? How do they taste? Will I die if I try them?



You remember being encouraged to try wild berries from Euell Gibbons' books on native foods (did he succumb to ingesting a poisonous look-alike?). You recall a lesson from scouting eons ago about testing a small piece by putting it under your tongue, and if your mouth doesn't become numb or have an adverse reaction after a couple of minutes, it's probably okay, so swallow it. Then try another... and save a few for further identification from a guidebook, or for the coroner.

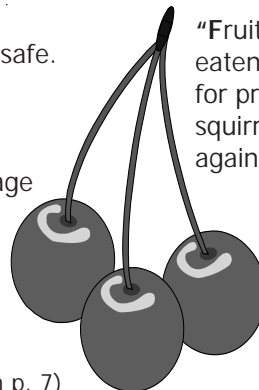
Kidding aside, foraging for wild food is one of the delights of summer and fall in Minnesota. These gifts are there for the picking. A few years ago, during a September in which there was abundant rainfall, my husband and I went hiking and mushroom hunting in Pillsbury state forest, near Pillager. We were unprepared for the bounty we would discover. Blackberries, blueberries, rose hips, grapes, and plums presented themselves to us, and to the birds and deer who also are nourished by them. First we filled our tummies, then our hats. Then we took off our outer shirts, knotted the sleeves and filled them. This was in addition to the basket of oyster and honey mushrooms we had collected. The next day was spent preserving the fruit. The blueberries were washed and frozen, the blackberries, grapes, and plums became jam, and the rose hips were turned into lovely syrup.

Foraging for wild food is one of the best ways to eat local. You provide the transportation via bicycle or foot. In addition to your exercise, you get free food fresh from the plant, and free from pesticides and herbicides, unless it is on manicured, weed-free land. Air-born pollution can be washed off. All you need is a pail for collecting, and some knowledge for the hunt.

For first timers, there are classes in foraging. Finding an experienced forager to take me on a foray is my preferred way to learn. Some of the regional parks offer hikes that include plant identification. There are guidebooks with photos and descriptions, and the all-important inclusion of "poisonous look-alikes." If I am not certain of an identification, and there is a poisonous look-alike, I avoid even testing it, unless I can show it to a knowledgeable person for identification.

Pointers for Fruit Foragers:

- ↳ Blue and black berries are safe 90% of the time. This includes chokecherries, pin cherries, juneberries, elderberries, and grapes. One exception that grows in abundance in this area is the berries of the deadly nightshade plant.
- ↳ Bumpy berries, called aggregate berries, are almost always safe. These include strawberries, mulberries, raspberries, and blackberries.
- ↳ White and yellow berries are poisonous 90% of the time.
- ↳ Red fruit clusters of the sumac plant are delicious for beverage and syrup. Avoid white-fruited sumac, however.
- ↳ Red berries that are safe and delicious are highbush cranberry and rose hips.
- ↳ Wild plums, apples, and crabapples are waiting for you and the birds. Go for it!



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Weed Eater

"If you don't like weeds in your garden, eat them," says Alma Christensen, a self-taught botanist who survived the Depression of the 1930s by gathering wild foods. There are edible freebies, often called weeds, in most gardens.

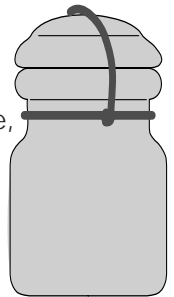
Dandelion greens are delicious in salads or steamed, and are very high in calcium, potassium, iron, and vitamins A and C. Add steamed dandelion greens to an omelet or soup.

Lamb's quarters, that grayish-green "weed" with the scalloped edges, is in the beet family. It can be used with any spinach or beet green recipe.

Purslane is that spreading pest of the garden that forms a low mat of fleshy stems and leaves. It is related to and looks like *portulaca*, AKA moss rose. Purslane is one of the best wild raw shoots for salad. It can also be sautéed in butter or olive oil for a few minutes and served with a dash of balsamic vinegar.

Advice from Alma Christensen

"Every new find in the wilds is like finding a new friend. How exciting to find, prepare, cook and serve a new food!"



"I encourage everyone to know nature. Study wild plants—for fun and survival. You will not be depleting any valuable plants. Instead, you will be practicing conservation and increasing plant and animal life."

"Fruits and berries need to be eaten—seeds need to be scattered for propagation. Help the birds and squirrels. Work with nature—not against it."

"Teach a child or an adult to know nature and love it and he or she will protect it."

(Quotes from *For Soul and Kitchen: Wild Food Cookbook* by Alma Christensen.)

Corn: from Candy to Cat Litter

—by Heidi Goar, HPC Member

I grew up in the 1970s; and, while it is uncommon to hear someone say it, I liked the decade. It was the period of the great 2nd Wave of Feminism and the adoption of “Ms.” as a title for women; it was the decade when foreign car imports made it possible to drive a really groovy, sporty, reliable Japanese car (I had a yellow Celica); it was the decade of the undoing of Richard Nixon. Plus, you got punk rock and great sitcoms.

One of the less attractive legacies of the 1970s is farm policy. Our current farm policy, one that subsidizes growers and is designed to keep commodity prices low, low, low, came out of the Nixon administration as a reaction to the high price of food in the early 70s (I recall boycotting beef and eating a lot of bad food then). This policy of subsidizing growers of all commodities, and eventual direct payments to farmers (about \$19 billion per year today), had the effect of dumping *too* much food into the market. Couple this with excellent technology (we can grow 160 bushels of corn per acre today, vs. 20 in 1900!), and we have so much food, we are starting to look like part of a Monty Python skit. Today, we export a good deal of it, but we still have an amazing surplus. (For an excellent account of farm policy, its relationship to economics and politics, its history since the Roosevelt administration, and how it has affected corn use, see Michael Pollen’s latest book *The Omnivore’s Dilemma*.)

Now, originally, this article was supposed to be about corn in general. But the more I researched, the more I learned about how the over-production of corn has pushed it into the food supply in really negative ways, especially in the form of high fructose corn syrup. In this piece, I will tell you about corn as the source of high fructose corn syrup, as a food some can’t tolerate or have allergic reactions to. And, just so you don’t get too depressed, I’ll tell you about corn as the basis for all kinds of interesting new products.

High Fructose Corn Syrup

As a result of the aforementioned farm policy, beginning in the 1970s we had a lot of extra corn. Simultaneously, the Japanese perfected a way of removing the sugar from corn starch and, by using various enzymes from bacterium and fungus, created a sweetener that has the same sweetness as sucrose (sugar from cane or beets). This sweetener, created in chemical vats in 16 plants in the corn belt, defying all common sense, is much cheaper to produce than other sugars and can be altered to have a higher or lower fructose-to-glucose ratio. What’s really attractive is it has a great shelf life and it mixes nicely with anything, like beer and crackers. In fact, this fully unnatural creation has radically altered our collective diet:

In 1966, refined sugar, also known as sucrose, held the No. 1 slot, accounting for 86 percent of sweeteners used, according to the USDA. Today, sweeteners made from corn are the leader, racking up \$4.5 billion in annual sales and accounting for 55 percent of the sweetener market. That switch largely reflects the steady growth of high-fructose corn syrup (HFCS), which climbed from zero consumption in 1966 to 62.6 pounds per person in 2001.¹

Okay, so we are drinking a ton of sugar, you say. If only that were the problem. The “sugar” we’re pouring down our gullets is not natural, it’s fake. Therefore, we cannot metabolize it. What’s happening is, and this is pretty serious, so don’t stop reading here, when you take in “natural” sugars (cane, beet, honey, etc.),

[the body] increases production of insulin by the pancreas, which enables sugar in the blood to be transported into cells, where it can be used for energy. It increases production of leptin, a hormone that helps regulate appetite and fat storage, and it suppresses production of another hormone made by the stomach, ghrelin, that helps regulate food intake. It has been theorized that when ghrelin levels drop, as they do after eating carbohydrates composed of glucose, hunger declines.²

But these things don’t happen when you take in HFCS; instead, oddly, the body reads it as a fat, explains Peter Havel, associate professor of nutrition at the University of California, Davis. “Fructose doesn’t stimulate insulin secretion. It doesn’t increase leptin production or suppress production of ghrelin. That suggests that consuming a lot of fructose, [is] like consuming too much fat...”.³ This stuff goes directly to the liver (other sugars go into the bloodstream to be processed into energy) and the effect is for the liver to produce triglycerides.

So, what you need to know is *don’t eat this stuff*. What is it in? Almost all soft drinks. A can of coke has the equivalent of 12 teaspoons of HFCS. It can be in condiments, jams and jellies, dozens of cereals (Kellogg’s figured prominently in my research), bacon, beer, “nutritional” bars, juice,

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(Corn cont. from p. 5)

soups, yogurt, and crackers; it's very hard to avoid. Also, it can be labeled "natural"! Or even "organic"! So, you really have to think about it and do research. (A woman is creating her own list at this site, and WOW, there are a lot of mainstream products here: <http://www.babyandkidallergies.com/high_fructose_corn_syrup.php>.)

Corn and HFCS as allergens

Those with corn allergies, a somewhat common ailment, have a hard enough time avoiding corn. In the case of this sweetener, there is no way to know whether the "natural sweeteners" listed on the package are or are not based on corn starch. I should say there is almost nothing on "allergic" reactions to HFCS, and nothing that is empirically based. There are speculations that it can cause diarrhea, that it promotes diabetes, elevates cholesterol levels, robs the heart of important minerals, and inhibits the proper function of white blood cells. There is some discussion of HFCS playing a role in hyperactivity in children and behavior problems in both adults and children, but I couldn't find any empirical data on this.⁴

Really cool new corn-based products

Finally, since we have so much corn, and since we have some pretty serious problems with petroleum-

based products in our environment, there are many new ideas coming out of the corn belt in some really clever forms. For example, Goodyear is making a tire out of corn. Made from cornstarch from feed corn, this tire was introduced in Europe (interesting that it wasn't first brought out here). It's cheaper to make than a carbon-based tire, reduces fuel consumption because it has lower rolling resistance, weighs less than standard tires (about 20 pounds each), and comes in 17 sizes.⁵

One really cool company makes recyclable leaf and lawn bags, bin liners, kitchen bags, yard bags, industrial liners, cutlery, hot and cold cups, soup and salad containers, plates, straws and lids, and boxes—all from corn!⁶ Several companies are making de-icers and anti-icing fluids (this is very common, so corn must work nicely for it).⁷ There are several lines of cleaning supplies.⁸ I know I am excited about a product called "World's Best Cat Litter" made from corn.⁹

So, it's plain to see that Richard Nixon continues to shape our world in many ways. For those of us who love to hate him, it's hard to give him credit for great cat litter or plastic forks that don't disrupt the human hormone system. Instead, let's continue to try to see the decade of my coming-of-age as giving us really great sitcom theme songs and some unequaled mood lighting.



Sources:

1. <http://www.washingtonpost.com/ac2/wp-dyn/A8003-2003Mar10?language=printer>
2. *ibid.*
3. *ibid.*
4. http://www.babyandkidallergies.com/high_fructose_corn_syrup.php
5. http://www.ilcorn.org/Corn_Products/AMaizing_Tires/amaizing_tires.html
6. <http://w5inter2.hivelocity.net/biocorp/products.htm>
7. www.grainprocessing.com
8. http://lepton.marz.com/ncga/comm_dev_center/product_detail.asp?product=Cleaning+products&submit=Submit
9. (<http://www.worldsbestcatlitter.com/>).

For more information on high fructose corn syrup:

- <<http://www.westonaprice.org/modernfood/highfructose.html>>
<<http://www.sfgate.com/cgi-bin/article.cgi?f=/chronicle/archive/2004/02/18/FDGS24VKMH1.DTL>>

(*Biodynamics* cont. from p. 3)

time and patience. Biodynamic practitioners may be seen by outsiders as dogmatic, eccentric, and even religious, although they may employ only some biodynamic practices. Yet, biodynamics and similar movements are growing, fueled by disenchantment with an organic practice that has been usurped by agribusiness and constricted by federal standards that define only which chemicals can and can't be used, and fail to address other issues, such as the treatment of farm animals. And, organic certification is an expensive and time-consuming process.

The organic market has grown into an estimated \$12 billion per year in sales and has been growing at about 20% per year. Traditional organic practitioners are seeking other ways to grow beyond the old organic terminology. The Food Alliance label indicates that the farm meets specific standards for wildlife habitat, farm workers, and chemical use. Biodynamic farms are overseen and certified by Demeter, USA. Both organizations are private and non-governmental.

It's clear that the organic movement is due for transformation. To embrace the spirit of the early organic years, it must be redirected to small, local providers, whose ethics and commitment to sustainability are as strong, if not stronger, than the profit motive. By its nature alone, biodynamics serves to preserve these values. Although still a small movement, biodynamics has the potential to make a much greater impact, as humanity increasingly sees the value of healthy local products, and embraces lifestyles based upon more spiritual principles.

Sources:

- <www.biodynamics.com>
<www.demeter-usa.org>
"Beyond Organic: Discovering the Secrets of Biodynamic Foods," *E Magazine*, January/February 2006, v. 17, #1 (EO 62), pp. 42-43,
<www.emagazine.com>.

Building Community Through Commerce

Members of Hampden Park Co-op will be pioneers in a new partnership with "Buy the Change," an online network that empowers you to expand your sense of community while supporting an organization you believe in. The co-op has recently created an online "Community Board" on the Buy the Change network, linked to the co-op web site, where you can post goods or services you want to sell, or announcements, for a nominal fee, and 70% of the fee goes to an organization you already support: Hampden Park Co-op.

Zack Steven, one of three founders of Buy the Change, who grew up in St. Paul's St. Anthony Park neighborhood, said the "fair-profit business model" grew out of discussions with co-founders and childhood friends Josh Becerra and Colin Hirdman. The three wanted to create a business that tied into their own values, a way to harness the power of capitalism as a vehicle for social change.

While there are competing online services, including Craigslist and Freecycle, none of them strengthens relationships within locally established communities or includes a "fair-profit" return to the sponsoring organization. And they aren't necessarily a good venue for finding professional services from people who share similar values, Steven said.

There are currently three pilot communities, but eventually other co-ops and organizations, including non-profits and churches, will become part of the network, too.

(Foraging cont. from p. 4)

Rose hip syrup

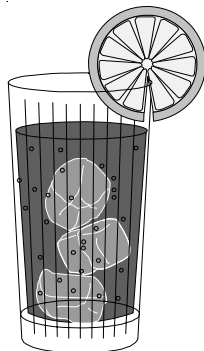
adapted from *For Soul and Kitchen: Wild Food Cookbook*

Rose hips are the fruit of the rose bush that comes after the flower. Some hips are tart; others are sweet, so taste them, like you would an apple, and mix several types, including wild ones and those from the garden. The flavor is best if they are picked after the first frost.

4 cups rose hips
water to cover
2-3 cups sugar

Rinse hips, shake off excess water, put in a plastic bag and crush slightly with a rolling pin. In a stainless steel kettle, cover hips with water and bring to a boil. Remove from heat, cover pot and let stand until cool. Strain through a sieve and discard pulp. Strain again through damp cheesecloth or a coffee filter. Pour the juice back into the kettle, bring to a boil, and add sugar. Bring to a rolling boil, then remove from heat. Cool and *voila!* A great syrup for pancakes, ice cream, or wild rose cookie bars (see article on Brambleberry Farm for recipe).

Note: Did you know that three rose hips have as much vitamin C as one orange?

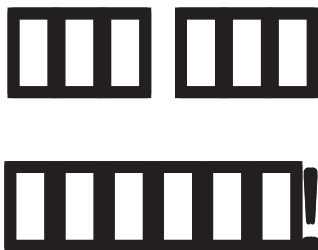


Staghorn sumac drink

The fruit of the sumac is ready for harvesting in the fall when it is deep red and lemony tasting. Cut about 10 average-sized heads, then separate the fruit from the twigs. Steep 1 cup fruit in 1 quart near-boiling water for at least 15 minutes. Don't crush; the insides have a bitter taste. Strain through a cloth or a coffee filter. Sweeten with honey or sugar to taste. Serve hot or cold. This infusion can also be made into a delicious syrup by following the recipe for rose hip syrup.

For further information

- ~ <wildmanstevebrill.com> Web site with photos, identifying information, recipes, and more.
- ~ *Edible Wild Plants: A North American Field Guide*; Sterling Publishing Co., Inc. NY, 1990; 280 pp. Organized by season with color photos, recipes, maps, and poisonous look-alikes.
- ~ *For Soul and Kitchen: Wild Food Cookbook* by Alma Christensen, Lady of the Woods; General Publishing and Binding, Inc., Iowa Falls, IA, 1993; 192 pp. A directory to all types of local wild foods, plus a chart indicating when, where, and how to forage, and 250 recipes. Not intended to be a field guide.



Check out the Co-op's NEW online Community Board and Forum:

Visit the co-op Web site: <<http://www.hampdenparkcoop.com/>>.

Click on the "Community Board" link.

Post goods or services for sale .

FREE items can be posted FREE.

70% of the posting fees come back to the co-op!

Share your thoughts in the discussion forum.

Search co-op listings, or the entire **Buy the Change** network.

Have You Tried....?

—by Katharine Holden, HPC Member

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



Santa Cruz Organic Lemon Juice

Recently, in a moment of mental abstraction, I went to the supermarket instead of the co-op. One of the items I bought was a bottle of lemon juice that didn't live up to its marketing pitch. This lemon juice was kept in the refrigerator case instead of on the shelf, and it promised freshness and quality. (What was the brand? Hint: Bing Crosby.) Well, I poured a splash of this lemon juice into my glass of water to add some oomph, and...then I added another splash, and...then I added another splash. You see, I usually use Santa Cruz Organic Lemon Juice and I've grown accustomed to the taste of actual lemon. I had to add three times as much of the supermarket brand in order to get that lemon taste. Please learn from my mistake. You'll find bottles of Santa Cruz Organic 100% lemon juice, as well as lime, in the middle aisle to the left of Annie's salad dressings.

Deodorant Stones of America

Deodorant, whether stick or roll-on, generally comes in a plastic casing that is not recyclable. That plastic casing contains very little product when compared with the size of the container. This means you buy deodorant often, thus contributing a lot of plastic to landfills. Using a deodorant stone can end that cycle. The crystal itself is a small square with rounded ends and it contains potassium alum. It comes in a little drawstring bag that you can re-use for something else. To use the stone, all you do is dip the end in water (run it under the tap for a millisecond), and rub it on your underarm area. There is no residue to get on your clothing. Each stone lasts for several months. The stone dries in moments, so there's no trouble about packing it in your toiletries case when you travel.

Sil-Pin Silicone Rolling Pin

Rolling out cookie dough is so much easier with a silicone rolling pin. The dough doesn't stick so often to the rolling pin, so you don't have to sprinkle as much flour as you do with ordinary rolling pins. This means less risk of making your cookies tough with extra flour and too much rolling. But the real reason to purchase a Sil-Pin rolling pin is that they come in bright red. Who among us does not need a fire-engine red rolling pin?

Bon Ami Cleanser

Bon Ami cleanser has been around since 1886. If you currently use Comet or other chlorine-based cleansers when you need a bit of gritty scrubbing power, I suggest you switch to Bon Ami cleanser instead. A shaker can of Bon Ami contains no chlorine, no dye, and no perfume. I think it works better than Comet and it's no more expensive per can. You'll find Bon Ami cleanser in the cleaning products aisle.

The NOW brand of vitamins and minerals

NOW Foods of Bloomingdale, Illinois, produces a full line of vitamins, minerals, and other natural products. For those of us with allergies, sensitivities, or diabetes, the NOW line is free of salt, yeast, sugar, corn, wheat, milk, and preservatives. Each bottle contains a little inedible packet that preserves freshness. NOW products often pack the most punch of any on the market. For instance, if you take cranberry capsules in hopes of reducing the number of or preventing urinary tract infections, NOW's Cranberry Concentrate capsules contain 700 mg each, considerably more than the brands available in major drugstores.



Organic Carrots

Large and small bags of organic carrots are available year-round in HPC's vegetable aisle. In addition, you will find bags of so-called baby carrots that are easy to eat with dip for a quick lunch or side-dish. Before you reach for these pre-peeled and cut baby carrots, consider whether you really couldn't use the standard carrots in your recipe. If they're organic, you don't need to peel them due to pesticide fears.

Trying-to-Learn-To-Like-Cooked-Carrots Roasted Carrots Recipe

- 1-pound bag of pre-cut organic baby carrots (or like amount of standard unpeeled carrots cut into rounds no thicker than your thumb)
- 1 tablespoon olive oil
- a few grains of salt
- two pinches of herbs, perhaps thyme or oregano (optional)
- shallow baking dish; spray or coat with olive oil; no lid needed

Preheat oven to 475° degrees. Put carrots and seasonings in baking dish, add olive oil, and stir around until coated. Roast 12 minutes, uncovered. Stir thoroughly (or shake dish thoroughly if you are gifted with grace and dexterity). Roast, uncovered, for another 10 minutes, stirring twice. Carrots will become brown and sticky. Serve warm.

[Katharine Holden is trying to eat more vegetables WITHOUT DIP. This would be easier (1) if she didn't hate the taste of most vegetables, and (2) if various containers of dip would stop calling out to her from the dairy aisle in deep, hoarse masculine voices full of licentious promise.]



Ad rates: \$15 per issue for camera-ready, 2½ by 3½ ad.

Hampden Park Co-op Survey Results

Thank you to all who filled out the Hampden Park Co-op survey. You have conveyed to the staff and the Board of Directors your reasons for shopping at the co-op and your suggestions.

Surveys were collected from Mayfest weekend to end of June. Of the 147 respondents, 86 were co-op members and 111 checked "frequent shopper." Most respondents were from the following zip codes: 55108, 55104, 55114, and 55113.

The two most popular reasons for shopping frequently were: "like the co-op idea" and "natural/local food." The table below shows a complete breakdown of "likes."

	Number of responses	% of total
Like co-op idea	109	74
Natural/local food	102	69
Like small local store	95	65
Close/convenient	81	55
Like to see neighbors	50	34
Customer service	47	32
Price/cost	38	26
Other: discounts	3	2

Few respondents indicated reasons for not shopping frequently; the item checked most often was "limited product selection" (8, or 5%).

We also asked what kinds of events people would like the co-op to sponsor. Responses were as follows:

	Number of responses	% of total
Cooking classes	46	31
Seminars	28	19
Picnics	28	19
Potlucks	23	16
Social activities	21	14
Games	15	10

Many suggestions and comments were added to the surveys. Look for a posting of these items on the HPC board bulletin board in the entryway. If you have any questions about these results, please send an e-mail to the co-op (<mail.hampdenparkcoop.com>) or talk to a Membership Committee person: Gregg Richardson, Kjersti Hanneman, Lisa Scribner, or Naomi Jackson.

Get to Know HPC Board Member Naomi Karstad

—by Kjersti Hanneman

KH: How long have you been a member of Hampden Park Co-op?

NK: Since 2002, and I have been volunteering since then. I live in Midway, and have been shopping at HPC since 1983.

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

NK: I was newly divorced and had been shopping here for years. After I got divorced, I needed to be doing something for the community. I needed to be doing something that would be part of the wider world—not just navel gazing.

KH: How long have you been a board member?

NK: Since 2003. I'm on the Finance and Physical Plant committees.

KH: Do you have family in town?

NK: My husband Fred and my daughter Miranda. Fred Stenborg is a co-op member too. We actually met while volunteering at the co-op. We just had such great conversations while we were at the co-op, which led to a friendship. We were friends for two and a half years before we started going out.

KH: What is your occupation?

NK: I'm a singer, but I also work as a legal secretary for a law firm in downtown Minneapolis.

KH: Where did you grow up?

NK: Down by St. Peter, Minnesota, in a small town called Nicollet.

KH: What are your hobbies and interests?

NK: In addition to music, I'm interested in the slow-food movement, sustainable agriculture, and supporting local farms. Growing up on the farm is a big part of why I like knowing where my food comes from.

KH: Are you engaged in other community activities?

NK: I volunteer at Miranda's school. I'm also involved at the Germanic-American Institute, doing music and events for that organization.

KH: Tell me about your most interesting travels.

NK: I love southwest Wisconsin; it's so beautiful, and there's a lot of local food. Lately I've been exploring southeastern Minnesota along the Mississippi river as well.

KH: What is your favorite thing about the co-op?

NK: That it is small and I don't have to walk 5 miles to get my food.

KH: What is your favorite experience at the co-op?

NK: My favorite experience is meeting Fred at the co-op.

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

NK: Either the Scharffen Berger 82% cacao chocolate bar or the Ciao Bella passionfruit sorbet.

KH: What is your favorite restaurant in the metro area?

NK: Right now it is a tossup between Muffaletta and The Craftsman.

KH: What is your favorite meal to cook?

NK: Pasta Puttanesca with whole tomatoes, anchovies, capers, garlic, kalamata olives, and basil.

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

NK: I love the co-op, I love the community there, and people need to be involved if they feel the same way. There are some exciting changes happening in our co-op and in our area. Be a part of them. Get involved on the board. It's a great way to meet people and keep our co-op strong!

