



**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

## JUNE/JULY 2009

Volume 20 Issue 3

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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 on Saturday,  
 July 4, 2009.

### Board Meetings:

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

### Newsletter Deadline:

The deadline for the August/September issue is July 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:

In transition! Watch for new site.

### Leadership Changes

—by Helen DuFault, General Manager

Living in Minnesota, where we experience changes all year long, means we are not surprised by change. It can be cooking hot one day and cold the next—all the more to not let us get too complacent.

Hampden Park Co-op also has had many changes this past year. We have moved into a larger space. We are about to buy a building. And the store will have a new General Manager some time in the coming months. I will be stepping down as the General Manager as of June 30, the end of the fiscal year. During the time of the search for a new manager, a managerial team (from current staff) will be in place for the daily operations of the store.

My affiliation with the co-op started in the early '70s. I remember going to People's Pantry in the West Bank area, then to the first co-op, North Country. It wasn't long before St. Anthony Park Foods opened across from the St. Paul campus at the current location of Mim's Cafe. This time also gave birth to the heady days of co-ops that were located in many Twin Cities neighborhoods.

It is interesting to note that the co-ops eventually took ideas from the grocery stores, BUT the grocery stores took co-op ideas, too. In the early days all fruit was packaged in over-wrapped trays at the big stores—but one could buy a single orange or apple at the co-op. That really appealed to the students. The idea of less packaging and the availability of bulk items had further appeal. And folks felt a sense of control over how they were eating. Now, all grocery stores have natural food and organic sections. How many of you remember organic People's Company Bread for 39¢ a loaf?

Volunteers were the mainstay for the running of the store in those early days. For various reasons, in more recent years, most of the co-ops have decided to have paid staff. Hampden Park Co-op is an exception. This model is strong enough that it is part of our mission—and the mission has not been changed up to this time. Our store has 450+ volunteers/month. We also have around 25 employees, many part-time, which gives us needed flexibility.

About 17 years ago a values statement was drafted as a framework for Hampden Park Co-op. Value Issue 1 stated that people involved with HPC are a community held together by common basic values in the various aspects of procuring food. Value Issue 2 discusses products that our shoppers should expect to be able to purchase: organic, unprocessed, fresh, locally grown, healthful, and minimally packaged. Value Issue 3 states that in our collective efforts to make the world a better place we have an impact in the relationships we develop, the products we buy, and our actions in this community and beyond.

**(continued on page 12)**

## Membership News

—by Naomi Jackson, Membership Coordinator

One fine evening in May, Hampden Park Co-op sponsored a dance to celebrate the opening of our new space and the arrival of gardening weather. On the dance floor on the second floor of the co-op building, 60–70 people danced to Light of the Moon, led through intricate moves by caller Tom van Deusen.

During and after the dance, the word “community” surfaced, as in “the importance of...” I looked it up, correctly guessing that “community” has a dozen definitions. One particularly grabbed my attention: a community is “...an interacting population of various kinds of individuals (as species) in a common location.”

This is a definition most often used by biologists as they describe the interaction of species in, for example, a wetland or boreal forest. However, I think it works well for our co-op. We are many different individuals, including a broad spectrum of occupations, interests, political views, income levels, ages, and cultures. We come

together at a specific location, 928 Raymond, for a common purpose, which is to form a cooperative (“an enterprise or organization owned by and operated for the benefit of those using its services”).

You might wonder how such varied individuals can work together for a common purpose. But in the world of biology, it is the vast diversity of species that makes the community healthy. As species go extinct, the wetland or forest community begins to degrade. It is our 2500 members and many friends, in all their diversity, that enable Hampden Park Co-op to be a vital and growing community. Thank you!



## Welcome, New Members

Jonathan Thurn  
 Marsha Jo Keppel & Todd Thun  
 Joan Foslien  
 Hongyi Lan & Benjamin Shults  
 Chris Koehler & Paul Davis  
 Robert Klukas  
 Kiernan Hulet  
 Ayla Graden  
 Deb Gallop  
 Jan Morlock & David Heemsbergen  
 A.K. Vincent & Angela Hed  
 Cindy Hjerpe  
 Justin Patrick & Tasha Farr  
 Liz Crump Anderson  
 Huong Nguyen & Mark Duquesnoy  
 Erik Nelson & Cassandra Monson  
 Thomas Strong  
 Phillip Romine  
 John & Simona Berkner  
 Lisa Stratton & Eddie Owens  
 Mark Puariea  
 Margaret O’Loughlin

Patricia Ryan  
 Raia Meltzer  
 Marcella Jerome  
 Suzanne Ashton & Lex Movius  
 Brenda Piekarski  
 Beth Boyer & Bruce Iverson  
 Sarah Thompson & Mark Ditmer  
 Christopher & Ashley Wilson  
 Karly Turner  
 Mary Bardniller  
 Graham & Peg Wright  
 Duan & Alanna Trinh  
 Connie Meyer  
 Anita Kangas  
 Angie Eggert  
 Virginia Tisdale Miller  
 Matt Unger & Rachel Force  
 Omar & Elizabeth Tesdell  
 Tom Boylan  
 Georgiana May & Bob Haight  
 Kathleen Schubert  
 Jessica & Justin Blum

## 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 hours/month  
 21% discount for 6 hours/month  
 28% discount for 12 hours/month

### Seniors

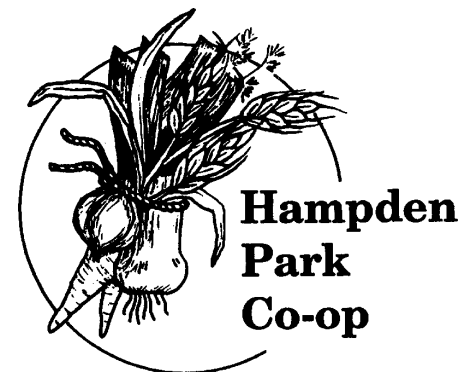
All seniors receive a 15% discount on the first Wednesday of the month. Senior members always receive a 15% discount. Your membership includes you and your spouse or significant other. If you are 65+ and would like a senior card, talk to any coordinator. Senior working members start with a 15% base, 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. Donations go to the Keystone food shelves, located in the Midway neighborhood.

### 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.



## News & Events

**Café Para La Vida Digna**  
(Coffee for a life with dignity)  
**Tuesday, July 7 at 7:00 p.m.**  
**St. Anthony Park Library**  
**2245 Como Avenue**

Discover the connection between politics and coffee production in Chiapas, Mexico. This event will be led by Tara Chadwick and Jerry Lopez of *Café Para La Vida Digna*. (Hampden Park Co-op carries their Zapatista Coffee.)

### A Mayfest Thank You...

...to our Membership Committee (Lisa Scribner, Melissa Williams, Roseanne Rivers, and Matt Hass); our Board of Directors; artists Sasha Zavyalova, Cece Martin, Sarah Crowell, and Z. Lu Alexander; Light of the Moon and Tom van Deusen; the crew that cleaned the dance hall; Annetta Sutton for cleaning the parking lot in the rain; Carrot People; HPC staff; our vendors; and the 70+ volunteer stockers, cashiers, plant tenders, sampling hosts, gophers, cooks, and musicians who made our Mayfest and Grand Opening celebration a great success.

(*Women/Veganism cont. from p. 4*)

### Aviyal

(cooked vegetable mish-mosh—literally!)

4 cups of mixed vegetables

These might include pole beans, carrots, plantains, bitter or ash gourds, British cucumber, zucchini, white or Yukon gold potatoes, eggplant, or yams. Consider water content, sweetness, shape, and color and try to achieve a balance.

2 tablespoons coconut oil

2 tablespoons Bengal gram dhal

3 green chilies

½ to ¾ cup grated coconut—  
unsweetened and ideally fresh

1 to 1½ cups water

1 to 1½ teaspoons salt

1½ teaspoons turmeric powder

1 cup coconut milk

1 sprig curry leaves

### HPC Book Club

**Monday, July 27**  
**St. Anthony Park Library**  
**2245 Como Avenue**

6:45 p.m. tea & get acquainted

7:00 p.m. discussion

#### Book Selection:

*The Compassionate Carnivore*  
by Catherine Friend.

Ms. Friend writes and farms at Rising Moon Farm in southeastern Minnesota. This book is available at a discount at Micawber's Books, located at 2238 Carter Ave. in St. Anthony Park. Let them know you are a part of the Hampden Park Co-op Book Club.

### It's Easy to Donate to Midway Food Shelf!

All Hampden Park Co-op shoppers can easily donate to the Midway Food Shelf. You may purchase items from the co-op at a 28% discount, and leave them with the cashier. Donations are delivered to Midway Food Shelf by volunteer Deb Ahlborg. If you have questions, talk with any coordinator.



**1.** Julienne the vegetables into approximately 1-inch long pieces.

**2.** In a blender, blend Bengal gram dhal, grated coconut, green chilies, and ½ cup of water into a smooth paste.

**3.** Lightly sauté the vegetables in most of the oil, adding the salt and the turmeric powder.

**4.** Add the remaining water and tamarind extract (if you wish to use it; see below). Bring to a boil. Lower the heat and cook on medium heat, stirring carefully, until tender but firm.

**5.** Heat the remaining oil in a separate pan. Add curry leaves; stir for a minute.



### Community Cider Pressing

**Saturday, September 12**  
**Details in next newsletter**

Do you have an apple tree that produces far more apples than you can use—or that produces wormy, scaly, or bruised fruit that you don't know what to do with? A community apple pressing event is being planned for Saturday, September 12. Bring your apples of any variety or condition and some half-gallon or gallon containers (milk cartons or glass jugs are good). We will apportion the cider based on your contribution of apples. HPC member Elizabeth Barnard will be providing the press. Look for more details in the August/September newsletter.

**6.** Add the coconut milk, blended paste, and curry leaves to the vegetables. Stir, bring to a vigorous boil, and turn off the heat.

**7.** Serve hot with rice.

Since, traditionally, yogurt would have provided the dish with some sourness, you may wish to achieve that flavor in other ways, such as by adding tamarind juice. To extract tamarind juice, ball up fresh tamarind into the size of about two marbles. Soak them in ¼ cup of hot water for at least half an hour. Mash well with fingers and then strain out the pulpy juice. Alternatively, you can purchase Tamcon tamarind paste at Indian grocers; use about 2 tablespoons.

[Vidhya Shanker is grateful to her big sister for all the things she's taught her.]

## Women, Vegetarianism, and Veganism

—by Vidhya Shanker

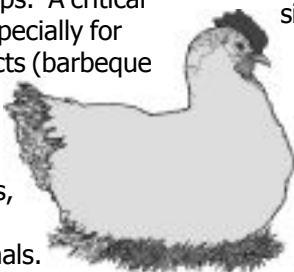
The connection between women and food has become intuitive, manifesting itself in a wide range of inter-related ways. At one end is the capacity of women's bodies to nurture life and the role of women in ensuring the nutritional security of their families and communities. Worldwide, women overwhelmingly purchase and prepare food for their homes and plant and process it on farms and within factories.

At the other end of the spectrum is the prevalence of eating disorders among women, particularly in wealthy countries, and particularly in upper-middle class communities within those countries. Beyond their association with mainstream society's unnatural and unhealthy expectations for women's bodies, eating disorders are associated with myriad economic, cultural, and psychological issues that are far too complicated to discuss here but that include young women's search for domains of life in which they can exercise control.

Bringing things full circle, many of these women's counterparts in poor countries are also limiting their own food intake and eating foods that expand in their stomachs or make them feel full — but in order to be able to feed their children.

### Woman as domesticated animal

Thus, the relationship between women and food is strong and multi-faceted, but is there any connection between women and vegetarianism? Scholar, activist, and author of *The Sexual Politics of Meat* Carol Adams notes the uncanny correspondence between the types of images and phrases used to portray women and those used to portray meat as objects of (male) desire: "smooth thighs," "plump breasts," and "juicy rumps." A critical look at advertising — especially for meat and related products (barbeque sauce, etc.) — similarly reveals how women tend to be personified by domesticated animals, while men tend to be personified by wild animals.



### Easing the burden

But beyond Western notions of masculinity that depend on the consumption of animals ("real men..."), anything that eases the burden of ensuring the world's food security eases the burden on the world's women precisely because of the relationship between women and food established earlier.

Vegetarianism has the potential to ease that burden, because mass animal cultivation consumes an extraordinary amount of the earth's resources and generates an enormous amount of waste, especially relative to the energy and nutritional value that it produces for the world's people. The amount of grain grown to feed animals raised for food would feed a far greater proportion of the human population directly.

### The role of agribusiness

The meat industry also contributes disproportionately to the consumption and pollution of the earth's water, which disproportionately affects women. Women bear primary responsibility for walking miles several times each day to collect water from scarcer and scarcer sources, transporting and storing it for their families' cooking, washing, and domestic chores. On such trips, women are increasingly subjected to sexual violence and landmines.

Large agribusinesses contribute toward environmental destruction in general, but the effects are on women in particular. They must often respond to the increasing conflict over resources and difficulty in providing food and water for their families by leaving their rural areas in search of wage work.

Being women, the wage work that they find tends to be in exploitative situations—garment or electronics factories in Export Processing Zones, the international sex and "marriage" trade, or "first world" neighborhoods, where being a nanny or maid would allow the woman of the house to "work."

### Women and veganism

I have been clear about the relationship between women and vegetarianism for some time now. What I had not considered until recently was the connection between women and *veganism* (a lifestyle that avoids the exploitation of animals for any human purpose). That was not until my sister reminded me of the obvious: the animals most exploited by the meat, dairy, and egg industries are female. By caging chickens to lay eggs that will never be fertilized and cows to provide milk that their calves will never drink, we are exploiting the life-giving capacity of female animals for our own purposes.

Contrary to popular belief, while vegetarianism, veganism, and nonviolence have strong traditions in India, the majority of India is not vegetarian, and the earliest Hindus ate meat. My community, however, is vegetarian and I grew up eating a wide variety of dishes — none of which included meat, but many of which included dairy products. Never having been forbidden from eating meat, I made the conscious decision to be a vegetarian as an adolescent and have maintained it ever since for a combination of cultural, ethical, physiological, financial, environmental, socio-political, and ultimately spiritual reasons.

Veganism is relatively new to me. I have never been a fan of leather or fur anyway, but changing my diet to reflect my new understanding will — unlike the decision to be a vegetarian — involve some effort, giving me some insight into the challenges that people who grew up eating meat must experience when transitioning to a vegetarian diet. In my case, this change most typically means replacing the ghee (clarified butter) in recipes with oil, and the yogurt or buttermilk with soy substitutes or coconut milk, which is a common ingredient in South Indian cuisine anyway.

You can find a South Indian recipe adapted for a vegan diet on page three.

**(continued on page 3)**

## Spending Your Organic Dollar

—by Judith Sims

I spend up to \$500 per month on food, and that includes very few nights out at restaurants. (Gleaning this figure was one of the benefits of doing my taxes.)

Although the numbers vary wildly depending on where you shop and whether you subsist on ramen noodles or lots of meat, USDA and Wiki stats from 2007 show that an average American adult spends \$175–\$275 per month on groceries; kids are cheaper at \$100–\$150 per month. But costs are higher for those who buy organic. One estimate, created by a Kansas journalist, priced a month's worth of the most basic, inexpensive groceries at a Whole Foods store at \$564. So perhaps I'm not so extravagant!

### "Dirty Dozen" and "Clean Fifteen"

But even I will exercise some restraint when it comes to buying organic. Don't get me wrong! I am militant about buying most foods in their unsprayed, naturally fertilized, energy-saving, labor-intensive organic splendor, particularly high-fat foods, like dairy. But there are exceptions. When you eat as much asparagus as I do (and it's America's favorite vegetable) you'll want to know that 90% of conventionally grown asparagus shows no pesticide residue. This information comes courtesy of the Environmental Working Group (EWG), which publishes two lists: "The Dirty Dozen" and "The Clean Fifteen." These describe the pesticide load of the most- and least-contaminated fruits and vegetables, based on data taken from various USDA trials. Almost all the trials used rinsed or peeled produce. The EWG says that if you avoid the "Dirty Dozen," or buy organic versions of them, you can cut your exposure to pesticides by almost 80%. You can further avoid pesticide exposure by concentrating your purchases within the "Clean Fifteen."

So which were the most contaminated crops? EWG's analysis showed that fruits led the way. About 95% of peach and apple samples carried pesticide residue. Additionally, these fruits plus strawberries showed high levels of multiple pesticide use. Nectarines, cherries, imported grapes, and pears

closely followed the leaders. Ninety-four percent of celery samples were contaminated, with 80% of samples showing multiple residues. The others? Sweet bell peppers, carrots, lettuce, and kale. Who knew that something as healthy as kale could sport 10 pesticides?

So perhaps you should learn to love eggplant, cabbage, and papaya, 80% of which showed no pesticide residue. Even better are pineapple (93%), mango (91%), asparagus and sweet peas (90%), and kiwi (87%). The champs were avocado, sweet corn, and onion, which were virtually pesticide-free. The remaining "Clean Fifteen" — watermelon, broccoli, tomato, sweet potato (which tied with grapefruit) ranged from 70% to 75% "clean." Multiple pesticide residues were rarely found on any of these plants. If you ate from this group you might expose yourself to only one or two pesticides a day, whereas the "Dirty Dozen" might expose you to 10 a day.

If you comparison-shop, you may find that some organic products cost the same or are cheaper than conventional foods. But if organic food is a luxury for you or it is unavailable, you *could* get around buying it. Should you? And how bad are pesticides, anyway?

### How bad are pesticides?

Well, not unreasonably bad, according to the EPA. The EPA screens pesticides and sets limits on the amount of residue produce can contain, taking the presence of other harmful chemicals in water, air, and the home into account. Each pesticide must meet a standard to protect infants and children. That sounds like a good standard; but the enforcement of those standards has been another story under the last administration, and not one that inspires confidence, say critics. There are also areas with no standards or enforcement, like "pesticide drift" from intended targets to unintended plants, soil, and water.

Another problem is produce imported from countries where regulations might allow more pesticides, or pesticides that have been banned here. Again, there are standards in place to protect consumers; and, again, the ability and

will to enforce the standards has reportedly been lacking.

Critics point out that pesticides are inherently dangerous, since they are designed to kill or disrupt the nervous, endocrine, and reproductive systems of living organisms — like us. The documented consequences of pesticide exposure range from skin, eye, and lung irritation to cancer, diabetes, depression, neurological disorders, and birth defects. Just one bizarre example of a birth defect: incidences of missing or very small eyes are twice as common in rural areas as urban.

The impact of pesticides on farmers and other rural workers is a powerful reason to buy organic food, says Bud Markhart, professor of horticultural science at the University of Minnesota. "It's something we don't really think about, the direct health impact on the people who grow our food." He says recent studies in North Dakota have linked low-level pesticide exposure to Parkinson's disease. "Buying local and organic is better for the farmer, better for the environment, and better for the local economy." And obviously, that benefits the health of you, the shopper.

### Shake the hand that feeds you

But what if you are already committed to buying the cleanest, best food possible and want to do more? Will Winter, DVM, one of the founders of "Traditional Foods of Minnesota," says the key to finding quality food is "to be able to shake the hand that feeds you." Some producers who aren't certified organic produce better quality food, he says. Not everyone can or will go through the expense and work of becoming certified. In these cases, you need to ask questions and get to know your suppliers. Or, check out producers listed with Food Alliance Midwest, whose certification includes evaluations of humane treatment of animals and fair wages for workers.

Now that's a way to make your dollar buy a lot more than just food!

*[Judith Sims is a media producer and former president of the North Country Herbalist Guild.]*

## Crowds Warmed Up to This Year's Mayfest

—by Anne Holzman

Cool, windy weather didn't chill the enthusiasm for this year's Mayfest, which started off on Friday, May 8, with an all-time record sales day for Hampden Park Co-op, according to General Manager Helen DuFault.

DuFault said that as usual, the plants seemed to be a major attraction. "There were people waiting for the truck with plants to come" on Friday morning, she said during a Saturday afternoon lull, as she directed staff and volunteers to clean, restock, and reorganize for the next rush.

"There were people who came back two or three times," she said. "They took a load home and then came back [for more plants]." She'd sold out of impatiens, she said; and a mix of old favorites and new trends were all doing well.

"The plants were beautiful this year, and people responded to that," she said. Sometimes there's a crop failure that causes disappointment, she added, but she couldn't think of any major ones this year. "It seemed like [the growers] did really well," she said.

DuFault said the co-op's expanded space really improved this year's festival. "There's more space for people to line up and move around," she said. "That's been very good."

Managers' specials were also selling well, she said, especially the strawberries and the organic bananas, both at great prices. She expected to sell 50 cases of strawberries during the weekend.



Staff and board member Matt Hass said the market would unload 25 cases of the bananas over the course of a week, at 40 pounds per case.

Although business didn't open until 9, the parking lot was already bustling at 8 a.m. Saturday, with volunteers already tending a fresh supply of plants. Vendors calling themselves the 5 Sisters, represented by Mary Zaun and Beth Miller, were setting up a sampling booth for their spice mixes.

"We're the early birds," Zaun said cheerfully while consulting with board member Karen Gill-Gerbig — who by mid-afternoon was still just a few feet away from their booth, still on her feet, raffling off a rain barrel and other assorted prizes.

Board member Roseanne Rivers also spent the whole day in the parking lot, presiding over a table full of food samples. "It's been busy," she said, noting that the cold and wind had persuaded the musicians to move indoors during the morning. "Their fingers were freezing," she said, offering coffee and fruit dipped in chocolate by way of a warm-up.

Other samples on her table included Quorn naked chick'n cutlets, chips and salsa, and crackers spread with salmon cream cheese.

"This has been happening all day," Rivers added, catching a wind-driven paper coffee cup.

Rivers' mother, Robin Schmidt, did her part for Mayfest too; she made the carrot suit worn by Melissa Williams, whose very orange form could be seen

at the corner of Hampden and Raymond that afternoon, inviting passersby into the festival.

Williams said the carrot seemed appropriate in view of the "growing carrot" graphic that the co-op is using to track its fund-raising progress for the building purchase and remodeling. She and a passing volunteer rattled off several possible names for the vegetable "mascot," including Super Carrot and Krisp E. Karat.

Fiddlers Anni Spring and Pop Wagner were taking a break, tucked into a corner near the entryway, grateful to their predecessors for having moved the entertainment indoors. "We benefited from their wisdom," Wagner said, picking up his fiddle for another set.

The crowds kept the staff, board, and about 75 volunteers busy during the three-day festival, which continued Saturday evening with a dance and Sunday with more sampling and shopping.

Carrots were more than just a metaphor at Mayfest; Hass, who buys produce for the co-op, said, "I had a special on carrots and those sold really well."

Other buyers reported that packages of dried fruits and nuts sold fast over the weekend, as did tortilla chips.

"Saturday was about the same as Friday," Hass said of the record crowds. And in spite of the fact that Mayfest competes with Mother's Day, "I'd even say it was a good Sunday."

*[Anne Holzman and her daughter Maya, three, left Mayfest with happy tummies and tapping feet, carrying a few pounds of organic bananas.]*

# Hampden Park Co-op Mayfest Dance

Photos by Margaret O'Loughlin

12  
man & little girl

25  
woman with dreads &  
"Peaceful" t-shirt

09  
bass & penny whistle players

18  
small girl holding hands  
with grownups

05  
whole band

**Top, left to right:**

Don Hauge and granddaughter Amelia Krueger swing to the music.

Cece Martin moves up the line.

Nick Jordan and Philip Rampi

**Center, left to right:**

Clare, daughter of Debbie Smith and Nick Jordan, enjoys her first dance.

Light of the Moon

**Bottom, left to right:**

Learning the steps.

Helen DuFault and Z. Lu Alexander enjoy a chat.



number \_\_\_\_  
2 women help little  
girl with moves

26  
Helen + Z.

## But we haven't got any buns! Weeknight grilling sans burgers and brats

—by Annie van Cleve

Meat and fire, it fills your nostrils as you drive home with the windows open and it makes your empty stomach seem so much emptier. Nothing means summer more than grilling. Many of us have been grilling since the first sunny day in March and some of us never stopped (what's a little snow, really). The thing is, sometimes you just do not want another burger or brat or a steak, or maybe you do, but you don't have ketchup or buns or meat. This is when you must take to the fridge and root around until you find something appealing.

### Start with the vegetable drawer

Finally, finally, we can buy vegetables from Wisconsin and Minnesota instead of from Mexico and California. Our sweet Midwestern vegetables require little preparation, so fresh and good are they. But throw them on the grill and you can satisfy your craving for something charred.

Zucchini, amazingly bland raw, becomes velvety and buttery when cooked in almost any manner. One method I like is to chop off the ends, slice them hot dog style and marinate them in olive oil, cayenne, and salt. Throw them on the grill with day-old bread (I never pass on the half-price bread basket) that has been rubbed with a halved garlic clove. If you have some cheese around, particularly a good Swiss or Parmesan, melt it on the bread. After the zucchini and bread are grilled to your liking, take them off the grill and combine into a sandwich. Pair with a tomato salad and an icy beer.

An eggplant could be treated the same; slice into rounds and marinate in balsamic vinegar, garlic, and a dash of hot pepper flakes, for a little kick. Put a pot of pasta water on the stove and head out to the grill. Flip the eggplants once. When they are shriveled along the edges, they are done (it will not be long). When your pasta is done, toss with a bit of olive oil and whatever is left of your marinade, then add the eggplants. If you have some of that day-old bread lying around, grind it up into bread crumbs and incorporate

them as well. Finally, dust your bowl of pasta with a coat of fresh-grated Parmesan. A simple green salad and a glass of iced tea complete the meal. Since the pasta requires heating up the stove and thus the kitchen, this meal is best enjoyed on your porch or back stoop, wherever there is a breeze.

### Pizza, not just a winter dish

Summertime does not mean you have to ignore your craving for hot cheese and bread just because your oven turns the house into a sauna. Pizza can be made easily on the grill, and a little planning means you can have homemade pizza and eat before 9:00 p.m. Make your dough the day before, using your preferred recipe.

When you get home at the end of the day, start the grill immediately. Roll out your dough. If the dough has been in the fridge overnight you may need to give it a few minutes to relax before rolling it out. Transfer the rolled-out crust to a cookie sheet sprinkled with cornmeal. Next, slice up your desired toppings on a big cutting board — so you have fewer things to carry out to the backyard — and gather the olive oil, salt and pepper, a pair of tongs, and an assistant, if you can find one.

For this pizza it is best to keep your toppings simple — fresh mozzarella, tomato, basil — because they will not be on the grill long. If you do want to include meat or crunchy vegetables, cook them ahead of time. Roast some red peppers in the oven the night before. (Bonus: The roasting peppers will make your kitchen a pleasant place to be while you make your dough.) An old issue of *Gourmet* recommended pancetta, Gorgonzola, and onion. Use whatever appeals to you. Great homemade pizza, like soup, should result from whim and what you have on hand.

Once the grill is ready, medium heat, slide the crust off the cookie sheet and watch the crust bubble up. After about five minutes, use your tongs to gently flip the crust. Now is when an assistant is most helpful. Pile on the



toppings as quickly as you can, drizzle with olive oil, a grind of pepper, and sprinkling of salt. Watch it closely; when the cheese is melted, slide your pie back onto the cookie sheet and dinner is served.

The best part about cooking your supper over the grill is that afterward, when the coals have crumbled into white ash, they are perfect for roasting a marshmallow. Keep your pantry stocked with graham crackers and chocolate and your summer nights will always end on a sweet note.

### Pizza Dough

(from *Joy of Cooking*, 75<sup>th</sup> Anniversary Edition, page 607)

Combine in large bowl (or bowl of heavy-duty mixer) and let stand until yeast is dissolved, about five minutes:

1<sup>1</sup>/<sub>3</sub> cups lukewarm water  
2<sup>1</sup>/<sub>4</sub> teaspoons (1 package) active dry yeast

### Add:

3<sup>1</sup>/<sub>2</sub> to 3<sup>3</sup>/<sub>4</sub> cups all-purpose flour  
2 tablespoons olive oil  
1 teaspoon salt  
1 teaspoon sugar (optional)

Mix by hand or on low speed for about 1 minute. Knead for about 10 minutes by hand or with the dough hook on low to medium speed until the dough is smooth and elastic. Transfer the dough to a bowl lightly coated with olive oil and turn it once to coat with oil. Cover with plastic wrap or a clean cloth and let it rise in a warm place (75° to 85°F) until doubled in bulk, 1 to 1<sup>1</sup>/<sub>2</sub> hours.

Punch down the dough and divide it in half. Roll each piece into a ball and let rest, loosely covered with plastic wrap, for 10 to 15 minutes. Then roll out.

This is where I diverge from the recipe. If you want to store the dough in the fridge overnight, wrap each ball tightly in plastic or seal into an airtight dish. (If the forces of nature turn on you and grilling is not possible, you can also bake this dough at 475° for about 12 minutes.)

[Annie Van Cleve is an avid home cook.]

## Laura-Leigh Madsen, the Compost Queen

—interview by Rachel Fang

If you think you see Laura-Leigh smiling to herself as the snow flies outside, you're right: she adores snow, maybe because it gives her time to dream about her grandchildren, her garden, and the promise of spring. Or maybe just because she thinks it's beautiful. Laura-Leigh has been shopping at the co-op since about 1980, and volunteering for many of those years as a cashier (most recently), banker, stocker, and cheese-cutter (she had one shift as a cheese cutter, she reports, and was not asked back).

Originally from Seattle, Laura-Leigh Madsen moved to Minneapolis more than 30 years ago with her husband, and raised three children. She taught fourth grade in several Minneapolis schools and says she was known as

the Compost Queen. "I had a compost bucket in my classroom," she remembers, "and one year a composting experiment recommended by a colleague went awry and the school was almost evacuated because of the indescribably bad smell."

Laura-Leigh emphasized that this only happened once and that most years her classroom was much less odorous.

Laura-Leigh's parents both grew up on farms; and her mother gardened, canned, and composted long before these activities became fashionable.

"We grew up caring about buying fresh food," she remembers, "and about buying from local businesses." Hampden Park Co-op provides everything she needs, Laura-Leigh says, and she feels welcome and

comfortable in the store. Social interaction is part of the draw of the co-op, along with the fresh fruits and vegetables, and "you can be as involved in the co-op as you want to be," Laura-Leigh says.

Laura-Leigh is a self-described "news junkie" and loves to read spy novels set in exotic places that help her travel without leaving home. She is a singer, musician, and assiduous (again, self-described) knitter and crocheter. She is also a devoted gardener, planting native plants wherever she can. She keeps her bird feeders filled year-round; and when she's not shopping at the co-op, Laura-Leigh is spending time with her grandchildren, one of whom is now also a co-op volunteer.

## Café Para la Vida Digna

**A coffee project dedicated to living a dignified life through achieving self-sufficiency**

Hampden Park Co-op carries several brands of coffee that emphasize the well-being of coffee-growers and of the environment. One of these is Zapatista Coffee, offered by *Café Para la Vida Digna*.

The *Café Para la Vida Digna* coffee project supports the Zapatista Autonomous Municipality, Ricardo Flores Magon, located in Chiapas, Mexico, as they work to achieve sustainability for their autonomous education and medical initiatives.

Chiapas is Mexico's richest state for natural resources, with 37 protected natural areas, more than any other state in Mexico. One of the largest of these areas is the Montes Azules Biosphere Reserve in the Lacandon Jungle.

Chiapas is also one of Mexico's most impoverished states, where the people are subjected to the constant bombardment of low-intensity warfare. With the creation of the Montes Azules biosphere, the Mexican government gained monopoly control over the jungle's natural resources. In order to

exploit these resources, the government accused the indigenous people of environmental damage, forcing many people off of their ancestral lands. These forced relocations have resulted in the torture and deaths of many innocent people.

The Zapatista people are working hard against great odds to improve their situation. In order to provide operational support for the Autonomous Zapatista Medical Clinic and School, the *Café Para la Vida Digna* project was created to enable sustainable development using the community's own forms of production.

*Café Para la Vida Digna* is a collaboration of individuals and organizations seeking to achieve self sufficiency by building strong local economies. Through the project, 100% of the proceeds of coffee sales are returned to support the community's clinic and school. A medical clinic, recently built with resources from European supporters, is the largest clinic in the area. The school library, classrooms, and



dormitories were designed and built by supporters from Greece and other countries.

The coffee produced by Zapatista farmers meets both organic and fair trade standards, but the process of becoming certified under either category is too costly for the community. The Autonomous Zapatista Municipality gives their word that their coffee is produced without the use of pesticides or herbicides, that 100% of this coffee has been produced by Zapatista producers, that the producers have been paid a better than fair trade price, and that all proceeds go to support the autonomous education project, "La Educacion Verdadera," and the autonomous medical project.

There are many ways you can support *Café Para la Vida Digna*, such as volunteering, making donations, and, of course, buying Zapatista coffee! For more information, visit their Web site: [www.cafeparalavidadigna.com](http://www.cafeparalavidadigna.com).

## A Link to the Past

—by Karlyn Eckman

The year was 1946, and Don Eckman had returned home after World War II. He had served in New Guinea on PT boat 133, surviving battles at sea, malaria, and tropical ulcers. He had married his high school sweetheart, Kate Bjornsson. A few years later they would have a newborn (me), with another (Marilyn) on the way. He enrolled at Dunwoody Technical Institute in Minneapolis under the GI Bill, where he took sign-painting courses part-time for five years (1946–1951). He became an apprentice at Telke Signs in Minneapolis (owned by Dick Telke) in the winter of 1946–1947, where he worked for a few years before opening his own sign shop in 1951. At first he was Dick Telke's only employee, but later was joined by Bob Peck and Jim Weisen. In 1951 Don and Kate would buy a two-bedroom bungalow in northeast Minneapolis, where he opened a modest sign shop in the garage.

### The world of signpainting

Most signpainters knew each other in those days. Signpainting was a blue-collar trade and unionization was mandatory, but it also required years of practice to gain expertise. Theirs was the fragrant world of lard oil, turpentine, Lucky Strike cigarettes, Signpainters' One-Shot, sword-striper and Russian sable hair brushes, spangles, squeegees, and India ink. Signpainters were magicians: they could take a tiny image, scale it up immensely, and reproduce it on the side of a huge building. Can you imagine a hand-lettered sign four stories in height? Consider the C & E Building at 2402 University Avenue West, where in the 1960s the 60-foot image "POW" (Piano and Organ Warehouse) was hand-lettered on the west side of the building. The POW sign was later replaced with Nelson's Office Supply, the defunct company whose towering hand-lettered sign still exists. Just imagine working on 60-foot wooden extension ladders (sometimes two signpainters working on the same ladder) in the wind and rain or snow, where they laid out 20-foot high words with chalk and tape measures.

Karlyn's sign photo

Those old-time signpainters did gold-leaf lettering, silk-screen printing, highly detailed calligraphy, NASA charts and graphs, painted theatre backdrops, cartooning, and even book illumination. They worked with a wide variety of methods, materials, and chemicals, some hazardous and volatile. Most signpainters were also resourceful, creative, and artistic. Many later became accomplished artists, as did my dad and Jim Weisen. Today signpainters have been largely replaced by computerized graphics, printing and advertising companies; and few "old school" signpainters still practice their craft. Signpainting and hand-lettering are indeed dying arts.

### Eckman Signwriters

On with my story. So the years rolled by, and a third daughter arrived (Mary Jo). Don moved his small business, Eckman Signwriters, to a bigger shop at 18½ Avenue NE in Minneapolis and hired other signpainters (Jim Stafford, Duane Deal, and Byron Westberg) to help expand his business. His daughters were frequently recruited to help in the shop, especially during elections, when he produced thousands of election signs, hand-pulled on silk screen frames. He taught us as children to precisely hand-letter with sable brushes and Speedball pens, produce paper signs for shop windows, set up silk screen runs, and lay gold leaf signs on window glass from incredibly thin and fragile sheets of 14K hammered gold. He was not only a signpainter, but a graphic designer and an accomplished artist

who produced beautiful paintings and pastel drawings. Don Eckman died in 1975 at the age of 54. Dick Telke died in 1996.

### The Harms Pharmacy Sign

Fast-forward to the fall of 2008. The Parkview Cafe has closed, and Hampden Park Co-op is negotiating to expand and to purchase the Odd Fellows hall. When the cafe closed, the Parkview signs were removed, exposing old hand-lettered signs hidden for decades. The neighborhood discovered that the cafe was once Harms Drugstore, "Prescriptions Our Specialty." Such a quaint relic of the past! But somehow the lettering seemed oddly familiar, reminiscent of Dad's style. Could the signs have been lettered by my father? Not likely, I thought. The Harms signs looked much too old, maybe dating from the 1920s or 1930s, and after all, Dad's lettering was much more polished. For six months I wondered about it, but always dismissed the possibility.

On a beautiful day in mid-March 2009 I walked to the co-op to shop for dinner. The sun's angle was different this late winter day, very bright and golden, and shining directly on the Harms Pharmacy sign. Suddenly it was possible to see, on the bottom lower right, faint red lettering that said "Telke Signs." AHHA! So these signs had to be more recent if they were Telke's and would have had to have been done after World War II.

**(continued on page 11)**

**(Link continued from page 10)****Solving the mystery**

Could Dad have painted these signs? Could there still be any Telke family members around? I made contact with Dick Telke's youngest daughter, Kathy, who was born after Dad left Telke Signs and couldn't confirm who painted the Harms signs. I then contacted Dad's old friend Jim Weisen, who had some important clues. Jim is in his mid-80s but remains a prolific artist in Spokane, teaching watercolor classes twice weekly. He recalled that for a time he and Dad worked together for Dick Telke during their student and apprentice days. Dick and Jim painted signs in the south metro; my dad covered the north metro and Midway area of Saint Paul. On Thursdays they would all "splash windows" together, meaning that they worked as a team, painting directly and rapidly on customers' storefront windows, usually advertising weekly specials. Jim said that he definitely didn't paint the Harms signs.

The not-so-polished hand lettering suggests that the three signs on the Odd Fellows building were done by an inexperienced apprentice, not an older journeyman like Dick Telke or Bob Peck. Jim Weisen confirms that he did not paint them. The anecdotal evidence and process of elimination suggest that my father painted them as an

apprentice, still recovering from tropical ulcers and malaria, with a young family on the way. It would have been sometime between 1947 and 1951, before he opened his own shop. Most likely it would have been in 1947 during his Dunwoody apprenticeship.

**Part of our history**

So who cares about an old faded sign on a storefront? So what if my dad painted it? There must be a million post-war stories like this. Well, yes, but it is pretty cool for his progeny that a fragment of our family history is uncovered, coincidentally three doors away from his daughter's house. This revelation unexpectedly weaves my own family history into the fabric of my adopted neighborhood. I've been a member and volunteer at the co-op since 1987, and my dad's handiwork has suddenly reappeared on the co-op building after half a century. It is important because it recalls an old blue-collar artisanal trade that is already obsolete. It is important because it illustrates the resilience and optimism of young World War II veterans who survived depression-era childhoods and a foreign war, rolling up their sleeves and starting life anew. It is important because we all have a new glimpse into the history of our neighborhood.

Signs appear everywhere on our landscape, and our neighborhood has often rallied against big invasive billboards. Personally, I dislike them and consider them eyesores. Yet billboards were the bread and butter of those old signpainters like my dad, who hand-lettered much smaller versions of today's billboards. Those billboard jobs were important to Dad and helped him to support his young family. But times have changed. The sign industry is no longer a family business but rather the domain of huge advertising companies. It has evolved tremendously in the 60 years since my father lettered the Harms Pharmacy signs.

Young men and women still go off to war, come home, and start families. Our neighborhood continues to exist, evolve, and progress. The co-op is expanding. Personally, it is delightful to discover a long-forgotten fragment of my dad's world on our corner, just above the mailbox, after more than half a century.

*[Karlyn Eckman is a resident of Saint Anthony Park, a volunteer member of Hampden Park Co-op, and a local artist. You can find her website at [www.eckmanart.com](http://www.eckmanart.com).]*

**Ad rates:** \$15 per issue for a camera-ready, 2½" by 3½" ad. Ads may be either vertical or horizontal. Contact the editor.

**Did you know....?** If you are a member of Hampden Park Co-op, and are 65 or older, you qualify for a 15% senior discount. If you would like a senior discount card, fill out the New Card Request on page 12 and put it in the Membership Coordinator envelope in the co-op entryway.

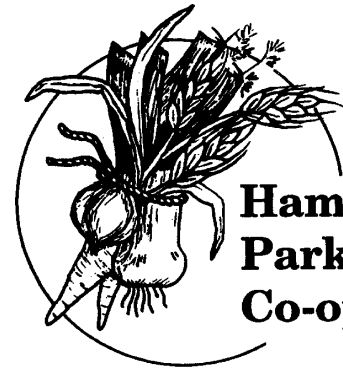
**(Leadership Changes continued from page 1)**

How do we do this? Our Framework states that we do it by:

1. ARTICULATING the VALUES that we jointly hold and assuring that our business practices, governance, and relationships are guided by these values;
2. MODELING the RELATIONSHIPS that we build with each other, and the different way that we choose to run our business;
3. Applying ECONOMIC INFLUENCE by carefully selecting the products we sell and the relationships we develop with suppliers;
4. EDUCATING and INFORMING community members about their consumer choices;
5. Developing NETWORKS with other organizations that hold similar values;
6. Taking advantage of emerging OPPORTUNITIES FOR ACTION when members of the Hampden Foods (now Co-op) community believe it is important.

I believe that many of you shoppers are here for a sense of community. Several of you come in daily for, as you have stated, your "co-op fix." I believe that is a real compliment to our store and our place in this community. WE are your community store. It is my dream that Hampden Park Co-op continues to stay true to its values and roots. We ARE different. Let's be proud of it.

It is my plan to be a part of the store in the immediate future. I will still do daily tasks and hopefully share ideas about food. Let's look forward and give our full support to OUR new manager.



**Hampden  
Park  
Co-op**

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**From the Board of Directors**

This fall, there will be three opening on the Board of Directors. All openings are for three-year terms. The board meets once or twice a month. Additionally, each board member is on three committees, each of which meets monthly.

The Board of Directors is also seeking interested co-op members to join various committees. There are positions available on the Board Development, Physical Plant, Long Range Planning, and Membership committees. Each committee meets monthly and reports back to the board.

Are you interested? Contact the Board Development Committee: Roseanne Rivers (*roseyanna@hotmail.com*), Nicolet Lyon (*nylyon@stthomas.edu*), Lisa Scribner (*scribbie59@earthlink.net*), Jay Dregni (*jdregni@hotmail.com*), and Matt Hass (*greatwent80@hotmail.com*).

**Name and Address Correction/New Card Request**

Have you moved recently? Did you change your name? Did the number of adults in your household change? Please let us know so we can keep our records up to date. You may also use this form if you need a new membership card. Place the completed form in the membership coordinator's envelope in the entryway.

Member Number \_\_\_\_\_ Date \_\_\_\_\_

Name(s) \_\_\_\_\_

Address \_\_\_\_\_ Phone Number \_\_\_\_\_

\_\_\_\_\_ Discount Level \_\_\_\_\_

Number of cards needed \_\_\_\_\_

Signature \_\_\_\_\_