



Spring Edibles

by Cathy Whitely, member

Even though it wasn't exactly a harsh winter, it's still exciting that spring is here! Last week I made my first batch of nettles pesto and it was delicious! It's easy to google recipes, but if you're like me, you bookmark sites and maybe even print out recipes...and then forget about them. So here a few ideas for you to try:

It's hard to find a plant with more to offer than nettles—they're full of nutrients and good for lungs, digestive system, kidneys, adrenals, and bladder. (For example: drinking a quart at the first sign of bladder irritation can ward off a urinary tract infection, or UTI.) Nettles nourish the blood, among other things. There are several ways to incorporate fresh spring nettles into your diet. Just be sure to harvest them before they start to flower; otherwise they go from benefiting the kidneys to being harsh on them! Try adding a handful (or more) of fresh nettle leaves to a smoothie or lightly steam them and then sauté with garlic and olive oil just like you might with kale or spinach. I include the stalks if they're small and tender, but



remove them otherwise. Here are recipes for nettle pesto and nettle soup:

Nettle pesto: 2 c. fresh nettles, 2-4 cloves garlic, ½ c. each olive oil and toasted sunflower seeds (or nuts), ½ - 1 tsp. sea salt, pepper to taste. Process same as basil pesto (in food processor or blender) but for at least a couple of minutes to lose the sting of the nettles. You can steam or blanch the nettles first, but I haven't found this necessary.

Nettle-potato-leek soup: Sauté 2 c. chopped leeks in olive oil, add 3 c. diced potatoes, 2 tsp. sea salt and water (or bone broth, or veggie stock) to cover. Bring to a boil, cover and simmer until potatoes are tender (10-15 minutes). Add 4 c. chopped nettles and cook another 5 minutes. Add 1 c. milk (dairy, nut or soy) or cream. Blend in batches, or use an immersion blender. Add pepper to taste and more salt if necessary. You can add an onion and use fewer leeks, add a couple cloves of garlic and / or 1-2 tsp. dried thyme (or 1 Tbsp. fresh) if you want to change it up.

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Co-op Updates

by Sharin Alpert, member

Things are changing at Green Fields Market, both behind the scenes and where shoppers can see them!

Several of the store's departments are being reconfigured, and Kim Nyiri, now our manager of perishable foods, explained why the cheese and

meat cases and at least one of the freezers have been reorganized. Kim's department includes meat, cheese, frozen foods, and dairy products. Before this change, Kim managed the meat and cheese sections, while frozen and dairy were grouped with the grocery department.

Kim is rearranging products to display them more engagingly, use the space more efficiently,

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From The Treasurer

The Finance Committee, in conjunction with the MPCircle, held an information session last October 28 to talk about the coop's financial situation. I want to share some of what co-op Member/Owners present at the meeting had to say. I'll share more of these questions and ideas in subsequent issues of *The New Beet*.

Question: "What are some benefits of co-op ownership as an economic model?"

Some answers from member/owners:

- Organic
- Local
- Democratic control
- Keeps money in our community
- We "own" it
- Products availability
- Amazing bakery, deli, soups, hot bar
- Place where people can come together and make community
- Place where people can gather to educate about food, environment, food systems
- Ownership open to all
- Networking with other businesses
- Brings shoppers to Main Street
- Friendly, helpful staff
- Members contribute talents and resources
- Meeting space available for the community
- Destination spot for Greenfield
- Networks with community organizations

I hope you find these insights thought-provoking as we work together to make our co-op even stronger and better.

Respectfully submitted
Jeanne Douillard,
Board of Directors, Treasurer

Franklin Community Co-operative Board of Directors

- Andy Grant '19
- Gary Seldon '19 (Clerk)
- Lynn Benander '18 (Vice President)
- Norm Hirschfeld '17
- David Paysnick '17
- Stephan Gordon '17
- Judy Draper '19
- George Touloumtzis '19 (President)
- Emma Morgan '17
- Jeanne Douillard '17 (Treasurer)
- Peter Garbus '18

The co-op board meets monthly, (generally 2nd Wed.) at 6:30 p.m. The agenda and minutes from previous meetings are posted in both stores and on our website. Meetings are open to all co-op members. Board mailboxes are at our Greenfield store where message can be left or via email: bod@franklincommunity.coop

Co-op Managers
413.773.9567

General Manager

John Williams x1009

Marketing & Member Services

Suzette Snow-Cobb x1017

Events & Outreach

Sarah Kanabay x1003

Information Services

David Russell x1001

Prepared Foods

Chris Opalenick x1008

Bakery

Micheal Shersnow x1007

Produce

Victor Signore x1015

Perishables (Meat, Cheese, Dairy, Frozen)

Kim Nyiri x1020

Green Fields Market Store Manager

Pat Donohoe x1014

Front-End/Cashiers (GFM)

Jeremy Starpoli x1013

McCusker's Store Manager

Alec Goodwin x2001

McCusker's Market

413.625.9411

New Beet Editors:

Suzette Snow-Cobb, staff

Eveline MacDougall, member

www.franklincommunity.coop

Illustrations:

Jessica Larkin, member

Masthead Art Work:

Karen Gaudette

President's Report

by George Touloumtzis, Board President

The theme of this report is expansion.

The primary aspect I'll address is **expanding our flagship store, Green Fields Market.**

A bit of history: We moved to our current Greenfield site from a much smaller location on Chapman St. in 1993, after input from membership indicated interest in having a larger store. That move proved immediately successful, and the GFM space has served us well. For many, it feels like a second home in the heart of the community, where multiple layers of needs are met. The owner survey conducted last year indicated overall

satisfaction (78%) with the location, and numerous owner comments

Change can be both daunting and inspiring. The Board wants to provide support for John's expertise and creativity, while at the same time honoring the values and collective preferences of ownership, as best we can.

offered at the last two Annual Meetings expressed passionate support for us being an "anchor store" downtown. This also, to some degree, fulfills our Ends statement that "The co-op will be a collaborator in the process of creating a sustainable local economy."

But from an operational point of view, based on the feedback of our knowledgeable General Manager, John Williams, we are outgrowing—or have already outgrown—that space. In his words at our April 13th Board meeting: "We have reached our production capacity within our facilities and equipment. We will not be able to sustain revenue performance within our current conditions for an extended period of time." How then to ease the strain on that space? One option John is exploring is to move food preparation off-site, a solution that other co-ops have utilized successfully. As you may know, John already moved some offices to the rear of our rented space at 170 Main St. space, at the same time creating a valuable

and accessible community/demo/meeting room in the front of that location.

Another consideration, one that John brought up during his report at our Annual Meeting in March, is that expanding the store could increase buying power, which could increase sales and lower prices, more closely adhering to the "reasonably priced" aspect of our Ends policy—all the while continuing our commitment to paying good wages to employees and fair prices to producers. In last year's survey, 64% of respondents strongly supported expansion (with only 4% opposed). More specifically, 56% gave as their first response a preference to expand GFM in its current location.

In his Annual Meeting report, John summed up:

"We need to address the space constraints impacting the quality,

services and products available to our community and the working conditions of our staff."

At the April 13th Board meeting, John presented his "Criteria for GFM Downtown Expansion," specifying that he would only evaluate opportunities "on Main St. or within one block of Main St."—taking into account the expressed location preferences of ownership based on available input—as well as listing relevant financial considerations. John indicated it would be prudent to examine more closely some options he's been keeping an eye on within those parameters; the Board voted to support John in entering into good faith negotiations on properties that meet those downtown location criteria.

This accelerated the time frame anticipated in John's Annual Meeting report for gathering additional owner input. Given its job description to "act as the link between the member-owners and the cooperative business they own" (policy G2.1), the

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The New Beet is the newsletter published 6-7 times each year by Franklin Community Co-operative.

Articles about health or nutrition are for informational purposes only. We recommend that you consult a health care professional for medical advice. Opinions expressed in this newsletter are those of the writers and not necessarily the views or policies of FCC.

The deadline for classified ads, letters, recipes or article submissions is the 15th of the month prior to publication. All submissions must include author's name and phone number, and conform to the following guidelines:

Recipes: We welcome original recipes from members.

Classifieds: Members' classifieds are free (40 word limit) Drop off at the member/customer desk (typed

or very clearly written) or e-mail; we print as space allows. suzette@franklincommunity.coop

Letters to the Editor: We welcome letters; they must be signed and include a phone number for author verification. We will withhold name if requested. We reserve the right to edit for grammatical errors, clarity, and length. 300 words maximum.

Via email: suzette@franklincommunity.coop
Submissions on paper: Typed and double-spaced. The editor may reject letters and articles that are illegible, too long, or inappropriate. We also welcome original poetry, photographs and drawings.

Our Ends (What we are working toward):

Global: The co-op will be an innovator and collaborator in the process of creating a regenerative and sustainable local community, economy,

and food system.

- Our community will be educated about our food, food systems, health and ecology.
- The co-op will supply healthy, reasonably-priced foods—and other goods and services—that benefit the lives of the members, community, and all those who worked to bring these goods to us.
- The co-op will provide a central place for the members and community to congregate and strengthen the social fabric of our community.
- The co-op will foster a positive working environment for all staff while providing a living wage, and excellent treatment of all workers.
- Customers will have a positive experience with each visit.
- The co-op will be an outstanding example of the Co-operative Principles and Values.



Your Co-op and Community

How your co-op supports community through food, resources and relationship-building.

Staff Vignettes

by Hazel Dawkins, member

I appreciate that our outstanding co-op staff members are welcoming when customers walk into Green Fields Market or McCusker's. I find them helpful, knowledgeable, and courteous, despite the fact that the nature of their work can be challenging. It's also wonderful that—this being the Pioneer Valley—we have a delicious sprinkling of poets, artists, and musicians among staff ranks.

"The co-op has soul," says **Sonia Cruz**, a Senior Cashier. (Congratulations to Sonia, who recently got married!) She adds, "I enjoy our micro-community, we're a valuable part of the larger community." Her part-time "retirement" job at FCC, starting in 2013, has become full-time. In 1983, when the 6-footer arrived in the U.S. from Puerto Rico on a basketball scholar-

ship—she played for LaSalle, PA, for the next 4 years—Sonia didn't speak English. That's a double header for you: sports & language immersion! Sonia not only succeeded, she excelled. A social worker for 25 years, Sonia has a MSW, which she puts to valuable use during summers, tutoring young people who need their ASL. One of her adolescents is at Mass Art in fashion design; another is with Business Professionals of America (his group just won regionals and are going for nationals).

"Even if I weren't an employee and member-owner," says **Amy Meblin**, our Demo Coordinator, "I'd still appreciate the co-op as an example of survival and dedication to the Valley. It's great working with so many multi-talented people—staff and customers—and being part of helping our co-op become more successful." She quotes best-selling author David Allen,

"The better we get, the better we better get."

Amy has been at the co-op for nearly five years. She's from the San Francisco Bay Area and has always worked in communications—independent media, staff development and training, environmental education and fundraising (including raising funds for "Food for Change," the Steve Alves documentary). She co-ran a natural foods store in the Santa Cruz Mountains and was in Chicago with the Fearn Soya Co., (graphics and whole foods education). Amy's migration to the East Coast began after she visited the Vineyard for a weekend and stayed a couple of years. As a Sales & Marketing Rep for the wholesale distributor, Northeast Cooperatives Produce Division (now UNFI), one of her accounts was...Green Fields Market!

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Board further directed me as President to inform owners of this issue and invite your feedback. You can e-mail the Board at bod@franklincommunity.coop, or John at john.williams@franklincommunity.coop. You could put written comments in the feedback boxes at either store. John will alert staff to collect and distribute them to him and to the Board.

Owners should also be aware of this policy: [L5.7] "The GM will not acquire, encumber, rent or dispose of real estate, business entities or new retail space." This requires the Board to sign off on any potential real estate or retail rental transaction before it can be finalized.

Change can be both daunting and inspiring. The Board wants to provide support for John's expertise and creativity, while at the same time honoring the values and collective preferences of ownership, as best we can. Feedback from members will be carefully weighed and considered in developing an understanding of that collective point of view.

The second form of expansion I want to mention is **increasing our membership**. At the Annual Meeting, owners overwhelmingly voted to raise the cap on membership, so we will not need to decline anyone who wants to join. We

have an opportunity to expand member-ownership through both staff/Board membership drives as well as personal membership recruitment by owners acting as 'co-op ambassadors.' New owners expand the cooperative movement, as well as building up our accumulated capital. One obvious source of new member-owners is frequent shoppers who may not have considered the meaning and benefits of ownership. Feel free to take a few of the cards available at any of the cash registers to assist with your recruitment efforts.

The third and last component of expansion I want to introduce is the **broadening of our vision**. At the April 13th Board meeting, John also introduced his Multi-Year Planning Process, which will result in a plan that focuses on three to five key strategic issues, to be presented at the 2017 Annual Meeting. In the next few months, his plan calls for owner input through focus groups and surveys, in keeping with the policy (L4.1) created by the Board early last year assuring that the GM "engage the membership in vigorous and substantive ways in the development and

updating of multi-year plans." Be alert for such opportunities to participate in this visioning process.

As both John and I framed it at the Annual Meeting, we've had a year of stabilization after an extended period of turmoil. Now we enter a new era of hope and opportunity. As I posed the question at our pivotal annual event: How can we flourish, rather than just maintain? These various forms of expansion are meant to be an answer to that question. I speak on behalf of the Board in welcoming—indeed prompting—that you contribute your voice and a bit of your time to one or more of these opportunities to exercise this prerogative of ownership, a special and precious aspect of the cooperative model.

the New Beet

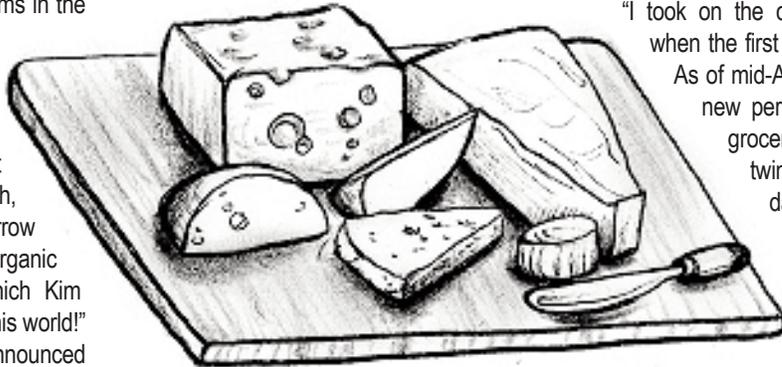
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and try out new items requested by customers.

According to Kim, the meat department has long used part of the adjacent freezer. "We've expanded that and can now display items in the frozen case better, and have space to bring in new products, some of which will be available in a rotation and some continuously." These include local supplier Stonewood Turkey's ground meat and sausage; FreeBird Tenders (which, Kim says, "kids love!"); Red Wheelbarrow organic chicken; and Smart Chicken organic breakfast sausages and hotdogs, which Kim raves about: "Phenomenal, just out of this world!" Products available in rotation will be announced on the Co-op's Facebook page and Twitter account the day before they're available.

"We've re-set the cheese department, too, moving away from being organized by geography." Now all cheddars will be grouped together, fetas with fetas, and so on. "And you're going to find cheese bites again," she noted. "People have

been asking for them." Because of limited space, some cheeses will be available in rotation. Kim mentioned that two local chevre providers – Hillman's and Sangha Farm – have both retired. Luckily for lovers of creamy goat cheese, we've



been able to start carrying chevre from another local supplier, Thomas Farms in Sunderland.

Victory Cheese Spreads, another new product we have at both stores, are cheeses infused with beer and other flavorings. HopDevil, for example, is a cheddar spread with jalapeño pepper. "I love

these," Kim said, "and I'm not usually a beer fan." At McCusker's Market, this product fits perfectly into their new display, which incorporates charcuterie and crackers on a shelf below the cheeses.

Kim has been with the co-op for twenty years. "I took on the cheese department as buyer when the first manager left," she explained.

As of mid-April, Kim said, "Right now the new perishables department and the grocery department are still intertwined. I'm still learning about dairy and frozen. Til now I've only known them as a shopper."

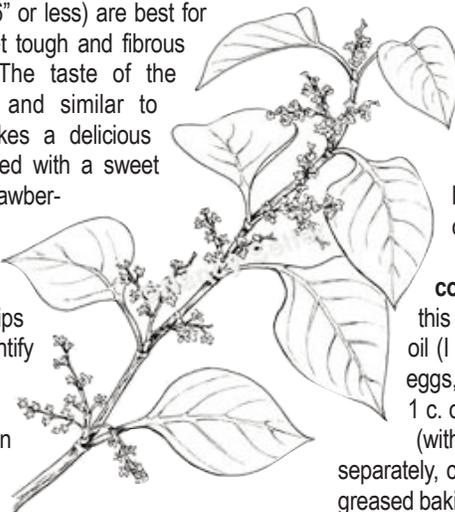
I remarked on Kim's long career at the co-op, and she said, "It's become

part of who I am. I care about what people want, and as best we can, try to meet their needs. And I care about how things are presented. I want shoppers to walk in and get excited. To change it around so people will come in and say, 'Yeah, I want to try that.'"

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Many people want to get rid of the invasive (and intentionally introduced) **Japanese Knotweed**, but have you ever eaten it? The young shoots (6" or less) are best for eating. They get tough and fibrous when bigger. The taste of the shoots is tart and similar to rhubarb. It makes a delicious crisp when mixed with a sweet fruit, such as strawberries.

Check out tacticalintelligence.net for tips on how to identify knotweed in the spring as well as for info on nutritional and medicinal



properties. It contains various minerals and vitamins A and C as well as resveratrol, which is good for the heart, among other things. The root is also a primary ingredient in Lyme disease formulas.

Strawberry knotweed crisp: In a baking dish, combine 2 c. each strawberries and diced knotweed shoots and ½ c. sweetener (I use coconut sugar). For the topping: In mixer or bowl, combine 2 c. each oats and flour (I usually use

almond or spelt), ¼ c. maple syrup, ½ c. soft butter or melted coconut oil, 1 tsp. each cinnamon, vanilla and sea salt. Bake at 350 degrees for 45-60 minutes. Cover with foil or a baking sheet for 30 min., then bake until topping is lightly browned and the liquid from the fruit has reduced. Instead of tossing the strawberry greens (which are full of vitamins and minerals) try adding them to a smoothie. Conventional strawberries are highly sprayed, so I recommend using only organic.

How about **dandelion flower cookies**? My friend Melissa gave me this recipe from splendidtable.org: ½ c. oil (I use melted coconut), ½ c. honey, 2 eggs, 1 tsp. vanilla, 1 c. flour (I use spelt), 1 c. oats, ½ c. or more dandelion flowers (with greens removed). Mix wet and dry separately, combine and drop teaspoonfuls onto greased baking sheet. Bake at 375 for 10-15 minutes. Yum!

Other ideas: Young plantain leaves, garlic mustard, wood or sheep sorrel, purslane and lamb's quarters are all nutritious and can be added to salads or smoothies. I don't add large amounts of sorrel because it's high in oxalic acid, but it adds good, tart flavor to salads. Violet leaves and flowers can be added to salads—the tricolor *viola odorata* are common on unsprayed lawns and are also called Johnny jump-ups or

heartsease pansies). Violet leaves are an excellent spring wild food; they stimulate lymph glands and help rid the body of toxins after winter, when some of us get sluggish. They also decrease inflammation and help the immune system. A poultice for healing or drawing out infection can be made by chewing up the leaves and placing them on the affected area. (This is also a great way to use plantain, which can help with venomous snake and spider bites, as well as bee and wasp stings.)

Try making **violet flower honey**! Lightly fill a glass jar with fresh violet flowers, fill with raw honey, cover and let sit out of direct light for 2-4 weeks. Stir every few days to make sure the flowers are completely covered. Strain and enjoy. Cautions: The roots are purgative (laxative) so just eat the leaves and flowers. Also, the common house plant African Violet is not edible! Herbalist Susun Weed has a lot to say about this tiny, very medicinal plant. To learn more, read her book, *Healing Wise*, or check out her website, susunweed.com.



For help identifying before harvesting, check out ediblewildfood.com or a plant ID book. Please don't skip this step! Make sure you know what you're eating!

Co-op Information

Meeting Room Use

To reserve the upstairs meeting room at Green Fields Market, please call or visit the Member/Customer Service Desk. We have a paper calendar on which we record all events related to that room.

Please include:

- Name & phone of contact person
- Title of event or name of committee
- Time(s) needed

Customer Service is staffed 9 a.m. to 6 p.m. Mon-Sat. 773-9567 x0

Or you may email Sarah Kanabay, our Outreach and Communications Manager; she's responsible for maintaining the calendar for our meeting spaces and coordinating events. sarah.kanabay@franklincommunity.coop

Our website calendar lists co-op sponsored and organized events and meetings. Please note: there may be groups or individuals using the room that aren't on our web calendar.

The co-op's 170 Main Street space is available for rental use and co-op scheduled meetings. Please

email Sarah to if you wish to discuss use of that space. For McCusker's Market dining room: please email Sarah if you'd like to plan a meeting or event.



Board President, George Touloumtzis at the March 6, 2016 Annual Meeting.

photo by Matthew Cavanaugh <http://matthewcavanaugh.com/>

Member Participation Circle Update

Our Multi-Year-Planning Process is a big deal! The MPCircle is discussing ways to communicate so that members will feel encouraged to get involved in that process. Keep an eye out for upcoming events and forums that will provide opportunities for open discussion and participation. All members are welcome to join us in this project. We meet first Wednesdays at 5:30 p.m. in the Green Fields Market upstairs meeting room.



Annual Reports

Reports from our board president, treasurer and general manager are on our website. www.franklincommunity.coop

Results for amendment questions presented at the annual meeting: The Patronage Dividends bylaw amendment passed. The proposal to remove Term Limits bylaw amendment failed. The amendment to the Articles of Organization passed.

Nature Notes

- **Allergy season** is beginning; don't forget nettles for a safe, effective remedy. This plant provides vitamins, minerals, iron and protein as it strengthens stressed-out adrenal glands and the entire body. Always harvest spring nettles before the end of June or when any flower buds appear; later nettles may irritate kidneys. Briefly steam and eat the tops and leaves, dry some for making winter infusions, or make a tincture. Keep a small bottle of the tincture with you and take a squirt when allergies act up. Even if nettles don't entirely solve the immediate problem, you may notice more energy, healthier hair, skin and digestion improvements, and a calmer mood.



When birds get into trouble, our instinct is to want to help. If a bird has flown inside a building and is unable to fly back outside on its own,

despite open doors and windows, gently capture it with a large soft towel or cloth. Cover the bird loosely while you hold it and wait until it calms down before releasing it outside. To prevent birds from flying into a large picture window or door, make cutouts of a flying hawk shape from black paper and tape one or two on the glass. If you find a baby bird on the ground, it's best to leave it alone; it probably hasn't been abandoned and the mother will find it. But if a cat is nearby, you may want to try to rescue the bird and return it to the nest, if possible.

-Kathleen O'Rourke, naturalist/herbalist

Why Organic? Part II- No Poisons

by Dale Moss, member

What conventionally-farmed foods lack in taste and nutrition, they more than make up for in poisonous residues. But while the residues of older insecticides and pesticides could be scrubbed off the surface of fruits and vegetables, that's not the case with either the herbicide glyphosate or genetically-engineered Bt toxin.

Glyphosate, introduced by Monsanto in 1974, is not only the world's most popular weedkiller, it is also used to dry out plants like wheat, sugar cane, and lentils prior to harvest. Unless you're a Monsanto stockholder, you may have missed the news that the Food & Drug Administration (FDA), under pressure by increasingly concerned scientists, is finally going to start testing foods for residues of glyphosate.

If you thought the federal government already tested this stuff, you'd be wrong. Agencies like the FDA and Environmental Protection Agency (EPA) rely upon computer models that estimate what an average person might consume, which in turn is based on assumptions about the amount of chemical residues in food. The EPA, however, does not actually test consumers' true exposure levels, so they have no way of knowing whether real-world exposure falls within the range predicted by their models. There's mounting evidence exposure is way, way beyond predicted – or safe – levels.

Because it's a systemic herbicide, glyphosate is absorbed by plants genetically engineered to tolerate it, like corn, soy, and sugar beets, which concentrate it in their roots, leaves, seeds, and fruits. Unlike older pesticides, glyphosate becomes part of the cellular structure of the plant: it's not a superficial coating, and it can't be washed off. Nor is it broken down by cooking, freezing, drying or processing. In fact, some processing, such as for wheat bran, can concentrate glyphosate residues by a factor of four. (1)

Because it's also a chelating agent, glyphosate chemically binds with macro- and micro-nutrients in the soil, making them unavailable to the plant, as well as to the plant's consumers. The results are that genetically-modified crops [GMOs] have lower yields, higher rates of disease, and are nutritionally deficient. Even crops planted years later in fields previously sprayed with glyphosate suffer from weakened defenses and an increase in soil-borne

fungal diseases.

Manganese, essential to a healthy immune system, is one of the elements bound by glyphosate. Older veterinarians have seen dairy herds sicken since GMO food came on the scene; restoring them to health requires supplementing with manganese and switching to non-GMO feed. No one, however, is tracking what happens to the consumers who drink milk or eat meat from GMO-fed animals, notwithstanding that animal studies have shown damage to liver and kidneys from a GMO diet. (2)

Glyphosate is designed to kill non-GM plants by interrupting the shikimate pathway, a multi-step metabolic process that allows plants to syn-

Scientists have shown damning statistical correlations between the rising use of glyphosate and GMOs and the enormously increasing incidence of diabetes and cancers of the liver, kidneys, and bladder.

thesize amino acids essential to life. Because animals lack a shikimate pathway (and get their needed amino acids from food), scientists assumed that exposure to glyphosate would be harmless to humans. Bacteria, however, do have a shikimate pathway, and the beneficial bacterial flora in our gut, the bacteria responsible not only for digestion but for a healthy immune system, can be decimated by glyphosate. (3)

The proteins injected into plants via genetic engineering were never intended for human (or animal) consumption. This is even truer of novel proteins inadvertently created when genes combine in unexpected ways, or plant toxins whose potency can be boosted unpredictably. We don't know what allergic reactions these are likely to cause. But when people were accidentally exposed to genetically-engineered corn in the StarLink scandal years back, some reacted by going into anaphylactic shock. Corn doesn't usually cause that reaction: folks chowing down on contaminated Taco-Bell tacos had no way of knowing they should have carried epi-pens. Without labeling of genetically-engineered foods (and more stringent safeguards), ever more people can be exposed to allergenic proteins without their knowledge.

The allergenic potential of GMOs, especially those engineered to produce artificial *Bacillus thuringiensis* toxin, is borne out by research linking GMOs to leaky gut syndrome and to the phe-

nomenal rise in gluten sensitivity. Is the sensitivity really to gluten, to concentrated Bt toxin, or to the widespread use of glyphosate as a pre-harvest desiccant on wheat?

Scientists have shown damning statistical correlations between the rising use of glyphosate and GMOs and the enormously increasing incidence of diabetes and cancers of the liver, kidneys, and bladder. In the U. S. thyroid cancer alone shows a nearly three-fold increase between 1990 and 2008, far beyond any trend that might have been predicted from pre-1990 statistics. (4) And the World Health Organization last year labeled glyphosate a "probable carcinogen." Like so many other chemicals of the last few decades, it's also an endocrine disruptor, meaning that it can affect our bodies at the most minuscule of doses.

When genetically-modified plants were introduced, they were promoted as reducing the need for pesticides and herbicides. The opposite has happened. Since the introduction of GMOs, glyphosate use has grown 15-fold. (5) Given that 93% of US soy crops and 85% of corn crops are designed to tolerate glyphosate, it's becoming more and more difficult to find foods that are glyphosate-free. Unwitting Americans are eating more than their weight in GMO foods each year, or an estimated 193 pounds of the stuff in the form of sugar, corn syrup, and other corn and soy products. (6)

As glyphosate use has increased, the EPA, at Monsanto's instigation, upped the legally permitted residue levels in GE crops. In 2013, permitted glyphosate levels in oilseed crops (sesame, flax, soybean) doubled from 20 ppm to 40 ppm; glyphosate residues allowed in sweet potatoes went from 0.2 ppm to 3 ppm, and in carrots from 0.2 ppm to 5 ppm – that's 15 and 25 times previous levels. (7) It mattered not that EPA received well over 10,000 comments against higher glyphosate levels: the needs of industrial agriculture trumped any proof of safety.

While our Congress is trying to suppress labeling of GMOs, countries like the Netherlands, Germany, Russia, Brazil, Sri Lanka, Argentina, France, Hungary, Peru, and China have already banned glyphosate or GMOs.

references on next page

Removing A Tick

by Kathleen O'Rourke, member

Most people spend at least some time outdoors; some of us are outside for hours every day. Ticks are now a fact of our lives, so it's a good idea to be knowledgeable about protection, discovery and removal.

Follow recommendations for prevention: tuck pants into socks, wear light-colored clothing (to more easily spot a tick), use repellent. I prefer one that's safe for all ages and for animals. To each ounce of pure jojoba oil, add 10 drops of potent (and more expensive) rose geranium, and 2 drops lemon grass. I've made this for years and it seems to work well, smells great and is good for the skin. Rub a few drops on exposed skin: wrists, arms, waist, ankles, neck, ears, and a drop on top of your head. Wipe your hands on your clothes, and you're covered! Once you get efficient at applying, it only takes a minute and you don't have to use much. My biggest problem is forgetting to use it and re-applying every few hours.

I may be out for a short walk on a road, but get intrigued by a sound in the woods and wetlands and spend the next hour meandering in tick territory. I did that yesterday and awoke this morning with an irritation behind my ear lobe. Sure enough, a tick! As usual, it was in a spot that I couldn't easily see, so removing it meant talking another person through the procedure: grasp the tick with thin tweezers as close to the skin as possible and gently pull straight out with a firm, slow, steady motion. The tick will hold on with its mouthpiece, but it won't move around, so just keep pulling steady-

ly and firmly. Don't rush; you don't want to squeeze or damage its body, or pull it out in pieces. If some of the mouthpart remains in the skin, that's usually nothing to worry about because you've removed the body intact. If the tick is engorged (plump and almost black), it's probably been there awhile and traded its bacteria for some of your blood. Put the tick in a ziplock bag with a small piece of wet cotton or paper towel to keep it from shriveling too soon. You can safely identify the tick, bring it to your health care person, or have it tested.

My tick—likely attached for fewer than 24 hours because it wasn't engorged—matched with a female deer tick on the I.D. card. No need for antibiotics this time, since I got it out soon enough, and sufficiently intact for identification. Another reminder to apply repellent right after I get dressed in the morning!

A stressful situation can be handled well when we're prepared with information and supplies. Make a "Tick Kit" that will always be ready to use and travel with you: small flashlight, magnifier, mirror, thin and pointed tweezers, tiny bottle of peroxide (to gently and thoroughly wipe the bite after the tick is out), a few small ziplocks, and an I.D. card.

Wash your hands well after removing a tick, swab the area gently with peroxide, take Echinacea for several days and use a good healing salve if the area is irritated. Try not to worry too much; fewer than 50% of area ticks carry disease. The odds are with us, and so is all of nature.



continued from previous page

1. Friends of the Earth, Europe, "Human Contamination by Glyphosate," Jun 2013.

2. http://www.foeeurope.org/sites/default/files/publications/foee_4_human_contamination_glyphosate.pdf

3. Ibid.

4. <http://wyebrookfarm.com/an-interview-with-jeffery-smith-and-dr-stephanie-seneff-glyphosate/>

5. Nancy L. Swanson, et al., "Genetically engineered crops, glyphosate, and the deterioration

of health in the United States of America," Journal of Organic Systems, 9(2), 2014. www.organic-systems.org/journal/92/abstracts/Swanson-et-al.html

6. Brian Bienkowski, "Experts call on feds to re-evaluate the world's most heavily-used herbicide" 2/19/2016. <http://www.environmentalhealthnews.org/ehs/news/2016/feb/glyphosate-roundup-monsanto-cancer-endocrine-disruptor-science>

7. Environmental Working Group, AgMag Blog, Renee Sharp, Oct 15, 2012. <http://www.ewg.org/agmag/2012/10/americans-eat-their-weight-genetically-engineered-food>

Co-op Classifieds

People's Medicine clinic—a free alternative health clinic in Greenfield. We seek donations of massage tables & volunteers. We seek clinic administrator & volunteer a volunteer to handle client communications. +/- 5 hrs/wk. Leslie Chaison peoplesmedicineclinic@gmail.com (413) 842-4762

Want to avoid GMOs? Buy organic and/or use inexpensive phone app, NxtNutrio.com to identify harmful ingredients. For more info or to help promote healthy food at the co-op, contact: nonGMOcommittee@gmail.com Also, we're seeking other members for leafleting and discussing healthy food.

Interior painting. Quality work using no-odor and zero VOC products. Excellent references. 25 years experience. Mark Barry, (413) 325-4470. markbarry8@gmail.com

Greenfield Zen Mondays 7:15 – 8:45 p.m. Sitting & walking meditation, cushions & chairs available. \$5 donation requested – not required. Initial instruction for beginners at 7 p.m. All welcome. Paul Sonier (413) 665-0278/ prajna801@icloud.com

Parent Talk seminars are designed to help parents gain the skills needed to communicate effectively with their children. Emphasis is on developing a style of speaking that creates responsible, respectful and cooperative children. Call Anjee: (413) 475-0585.

Art Classes Drawing, painting, collage, printmaking and more, using charcoal, graphite, pastels, ink, watercolors, gouache, oils and more. Explore color, form, depth, composition, still life, abstraction, representational image making. B.F.A. Mass College of Art (413) 625-6235 jwaldron-hansen@antioch.edu

Greenfield Community Acupuncture: acupuncture everyone can afford. All treatments \$25, except on \$11 Tuesdays. Special discount rates for co-op members and staff. Visit our website for more information: www.TryGCA.com GCA: Quality acupuncture in a community setting.

Display Your Work: We love having art on our store walls! The displays have included photography, paintings, quilting, ceramic, collage and children's work. Contact art space coordinator Eileen Rauch for displaying at McCusker's Market, rauch10@verizon.net (413) 625-9877 or Steve Earp, (413) 625-0105/ sepottery@comcast.net if you would like to display work at Green Fields Market.

Large Room for rent in Gfd. house. Back lawn; shared kitchen, bath, living room; washer/dryer; parking. \$450 includes everything except oil heat. Signed lease, 1st & last mo. rent. 237 Conway. Doug E. Wight, (413) 320-3653.

more classifieds page 8

Co-op Classified Ads

Seeking Angels/Partners for Art & Nature Center: Piti Theatre Co. has a vision for a center that integrates agriculture, wilderness and the arts. www.ptco.org/vision, (413) 625-6569.

Buying Expired Film. \$1/Roll Color. \$2/Roll B&W. Any format. Contact Brad: KeenEyePhotoAK@gmail.com

Homeschooling Support I am available for curriculum design and implementation for the elementary level, K-6 homeschoolers. Need A Tutor? I tutor children in grades K-6 offering support in reading, writing, mathematics, homework, and/or overall school support. M.Ed. Early Childhood and Elementary Education. (413) 625-6235, jwaldronhansen@antioch.edu

Natural Roots in Conway Delicious, nourishing vegetables, eggs & more, June-October. Part-time CSA options available. Support a horse-powered farm and connect with beautiful land & community. www.naturalroots.com or 369-4269.

Organic garden plants, including awesome tomato varieties, at Old Depot Gardens, .25 mile from the Montague Bookmill. Organic CSA farm shares with free strawberry PYO in Montague fields. Bulk order strawberry flats for jam in June. www.redfirefarm.com.

Slate Roof Press announces the 2016 Elyse Wolf Prize for our annual poetry chapbook

contest. Member-run collaborative with beautiful books. Deadline for submission May 15. www.slateroofpress.com.

Greenhouse plastic I bought too much! Tufflite IV 6 mil, clear. Lasts 4 years. 10' wide, up to 50' long. \$1.75/foot. (413) 339-4342.

Come join a volunteer team at Baystate Franklin Medical Center. We change lives by taking care of the small stuff—the cheerful hello, the extra pillow, coffee for a waiting family member. We fill in the kindness factor at our community hospital. 773-2318 or becky.george@baystatehealth.org for details on the many ways to offer a helping hand.

Community Herbalism and Clinical Practice Six-month intensive. Wednesdays May- Oct. 5 to 8 p.m. The DreamBoat- 205 Main St. Greenfield. Herb CSA: Local plants grown in Franklin County. Classes, clinic hours, apothecary: www.kettleofhawks.info (510) 708-7010.

Shelburne Falls Village Looking for a house sitter? Experienced homeowner available to care for your home/plants/pets/garden in exchange for home stay while you're away. Available June-Aug. sleepingagle@gmail.com

Seeking Dulcimer Teacher for 2 or 3 women who can read music and knew how to play a little decades ago, but need a good refresher. Lori (413) 774-2129.

Take your member discount next door! Co-op members get 3% discount on bedding and living room furniture at Mattress Outlet, Gfd. Includes most sale items! New for spring: extended life organic cotton mattresses, locally made. (413) 773-7800.

Pet-Sitting: Happy Cats—Cat & Small Animal Care in Your Home. Professional. Affordable. Kind. Serving Greenfield & Surrounding Area. Insured & Bonded. Care for Dogs on a Case-by-Case Basis. Contact Adriene Tilton for rates. (413) 824-8269 happycats.greenfield@yahoo.com; www.facebook.com/HappyCatsGreenfield.

Wilder Brook Farm CSA Shares available. Just west of Shelburne Falls. John or Kate, 625-6967.

Amandla Chorus seeks new members for 2016-17 season. Open Rehearsals on four Tuesdays: May 10, 17, 24, 31. 7pm at 27 Pierce St., Gfd (Temple Israel rents us space). Songs of justice & hope! www.amandlachorus.org.

Profound Sound Healing Saturday! 3rd Saturday of each month. Sound Healing Qigong, Kirtan (devotional music), and shamanic journeys, Transformational Times Healing Center and the School of the Golden Discs, Colrain, MA. Zayne (413) 624-9605, zayne@transformationaltimes.com, www.transformationaltimes.com/qigong.

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Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, and the ethical values of honesty, openness, social responsibility and caring for others. Cooperative Principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

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