

THE COOP SCOOP

2nd Quarter 2000

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**PEOPLE'S
FOOD
CO-OP**

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Kalamazoo, MI 49007

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Hours:

Daily 9am-7pm
Wednesdays 'til 8pm
Sundays Noon-5pm



The Spring Gathering —A Celebration of Community

Any way you slice it, the Spring Gathering was a huge success. It certainly lived up to its title. We had set out to try to unite with like-minded area organizations in an attempt to begin building a strong coalition to help with our goal of educating the community about some hot topics. We were able to speak with representatives from KALL, Circle Pines Cooperative Camp, and Meadow Marsh (a Spiritual Retreat Center including organic gardening), to name but a few. The People's Food Co-Op, in keeping with our history, got up on the soap box to discuss Genetically Modified Organisms and the master minds behind these products (Monsanto, Dupont, and The Dow Chemical Company, etc.). We also found a podium to speak out about Hemp and Organics. All this with great food (thanks Maria!), great entertainment (thanks to all the bands and acts—you were all astounding), and a great venue (thanks Burt and all at the Kraftbrau). We also had great door prizes, ranging from free massages to hypnotherapy, along with a 50/50 drawing. The winner of the 50/50 drawing went home with an extra \$80.00. On the monetary side, we raised about \$1800.00. We are using the money to increase our produce budget, purchase another register, and a drop safe. So again, thanks to all who participated. We are planning another gathering in the fall.



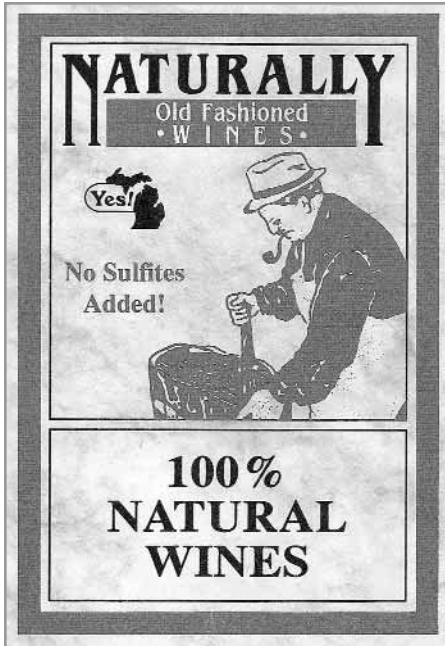
The food was amazing! It was provided by the Co-op (thanks to Maria) and members.



Kraftbrau has proven to be a perfect space for the Co-op community to gather and listen to great music.



There was a lot of great music, with the Jah Kings finishing the night up with a dancing frenzy.



Shop Hop Completed by Very Fine Wine Peterson and Sons Winery

If you haven't tried wine made without the use of chemicals, you haven't tried wine with true fruit taste and aroma. Imagine the taste and aroma of fresh fruit, then you are close to what Peterson wines smell and taste like. We featured Peterson's wine in our store for the April Gallery/Shop Hop. It was wonderfully received by both our artists and guests.

The Petersons are proud of their wine and it shows. They use only the best, hand picked and sorted Michigan fruit. They wash their grapes prior to crushing, and are quite sure that they are the only winery in the area to do so.

A lot of time and personal care goes into each bottle of their wine. You can sample their fine wines at their winery located east of Kalamazoo, toward Galesburg on P Avenue.

Mon-Sat: 10 am to 6 pm
Sunday: noon to 6 pm
Maps are available at the Co-op.

Co-op Happenings

Board Election Results

The election of the new board is completed. The polls were closed on April 9 and votes tallied on April 10, 2000. Our new board members bring with them a lot of experience, dedication, and enthusiasm. We appreciate all of them making the success of the Co-op a priority in their already full lives. We feel that the Co-op is at an important crossroad in its history. The decisions and actions of its board, staff, and members at this time are paramount in deciding the ultimate fate of the Co-op. It is exciting to have a fresh, talented board to help guide us into our future. The new members of the Board are listed below:

Chris Dilley
Earl Hall
Susan McHugh
Leslie Neuman
Fred Royce
Cori Somers
Rhonda Wright

Board meetings are held the first Monday of every month at 7 pm and are open to the membership. Normally, meetings are held at the Co-op, but it may be wise to call Sue at the Co-op to be sure of its location.

The People's Food Co-op's Thank You List

There are many with which whom, we would like to thank by taking a moment to recognize their recent contributions.

Spring Gathering Contributions:

The Kraftbrau

All the bands and acts:

Lonesome Moonlight Trio
Stunt Weasel Improv. Comedy
6 Demon Bag
Archipeligo
Swordfish Trombone
Jah Kings

Door Prizes

Maya Cordes
Nikaya Kipp
Crosstown Salon
Kathy Schuch
Kent's
Mi Ranchito
Robin Kennedy

The Gallery Hop:

Peterson's Wine

General Contributions:

Seuss-Brakeman Design

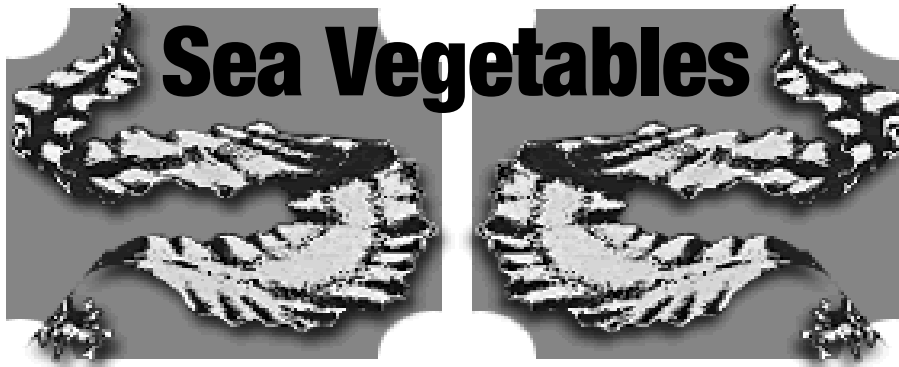
You will find their ads throughout this newsletter. Let's try to support them in their endeavors, as well.



**We are grateful to be a part of
this healthy, thriving community.**

-Derek, Peter & Chris

SEUSS-BRAKEMAN DESIGN



The nutritional value of Sea Vegetables is no secret to many people around the world. Ounce for Ounce they are higher in Vitamins and minerals than any other food group. One of nature's richest sources of vegetable protein and vitamin B12, seaweeds also provide carotene, chlorophyll, enzymes and fiber. Their distinctive "salty" taste is not just NaCl but a balanced, chelated combination of sodium, potassium, calcium, phosphorus, magnesium, iron, and a myriad of trace minerals found in the ocean.

Biologically, seaweeds are simple

and enduring in form and function. Environmentally, they inhabit the crucial threshold between life in the sea and on land. Nutritionally, they have fueled the evolution of higher life forms for millions of years! Our cells have long memories! Feed them a little seaweed and see what happens!

P.F.C. offers a large range of sea vegetables, including Kelp, Kombu, Arame, Dulse, Nori, Wakame, and Agar Agar (a seaweed gel). We also feature fresh Nori Rolls in our deli. Stop by for lunch and treat yourself (and your body) to a fresh, yummy sea veggie delight.

PRODUCE CORNER

With the onset of Spring and Summer, we are looking forward to supplying fresh local organic produce. We have been in contact with Barefoot Farms in Paw Paw and fresh herbs and greens will be available soon (weather providing). Cinzori Farms has also been in the past one of our local produce growers, and we plan to purchase from them again this year. We are fortunate that there are many local Organic growers in our area. It is our goal to contact the farms that we have done business with in the past. If you are a "Certified Organic" or Organic grower and have not been contacted, please give us a call. Our number is (616) 342-5686.

The produce cooler has been looking great on Thursdays and Fridays, however after the weekend, things have looked scarce and picked over. In an effort to alleviate this problem, we will be receiving fresh produce twice a week from Bestaman's (until we can supplement with local produce). The deliveries will arrive on Tuesdays and Thursdays. The produce budget in general has increased (thanks to a successful Spring Gathering). You will also begin to see new items that are starting to harvest in California.

We believe that our produce selection is fantastic considering the amount of space that we have. If you have any suggestions or would like us to purchase from your harvest please give us a call.

Thanks for your continued support,

Maria

from the CO-OP'S KITCHEN

Organic

by MARIA

Banana Nut Muffins

- 4 cups organic whole wheat pastry flour
- 1 Tbs non-aluminum baking powder
- 1 tsp baking soda
- $\frac{3}{4}$ cups chopped organic nuts (chef's choice)
- $\frac{1}{4}$ cups finely chopped organic nuts (to top muffins)
- 1 tsp cinnamon
- $\frac{1}{2}$ cup organic rolled oats

wets:

- 2 over ripe organic bananas
- 1 cup honey
- $\frac{1}{2}$ cup canola oil

- $\frac{1}{4}$ cups luke warm water
- 1 Tbs pure vanilla

In separate bowls mix dry ingredients into wet. Stir until mixture is well combined, but not for too long! Spoon into a well greased muffin pan (or line with muffin papers). Bake at 400° for 15-20 minutes or until tops of muffins are cracked (muffins will feel firm to the touch). Allow muffins to cool for about ten minutes before taking them out of the pan. Yield 1 dozen delicious muffins. Enjoy!

A Letter from Steve—Awareness and Gratitude

Hi. My name is Steve, and I'm fairly new to both Kalamazoo and our co-op, although I've shopped at co-ops for a few years now. I just wanted to thank you all for helping to support something which is very dear to me—the spirit of cooperation.

For the most part, I find life to be intensely wonderful and beautiful, and I am thankful for every moment of it. Yet sometimes it's hard to just be happy to be alive in the midst of a culture built on values like greed, hatred, violence, and oppression.

More than anywhere else, I find joy in quietly appreciating nature; yet it's nearly impossible to get away from the massive amounts of pollution in our air, land, and water. Our guiding principles are based on the shortest-term profits for a select few, and thus corporate interest powerfully affects the stringency (or lack thereof) of environmental regulations. For instance, our cars are far dirtier than they could be, and the government spends billions of dollars to expand and keep up our road system every year while virtually ignoring alternatives like improving public transportation and the safety of bike-travel. What kills me the most, though, is thinking of all the trees killed in our National Forests, trees whose lives are bought and sold through a forest service which is a subdivision of the Department of Agriculture.

Caring so much about health, it frightens me that corporate-style management has even taken over our food industries, turning our farmland into highly-industrialized factories which use outrageous amounts of toxic chemicals in order to produce food; and, more recently, that the notorious chemical giant Monsanto has spent billions to buy up seed companies in order to push

on the world crops genetically engineered almost exclusively for higher Monsanto profits. Loving all forms of life, it hurts me to know that livestock raising has become an industry which pens up animals into concentration camps and creates as much water pollution as factories.

It makes it hard for me to just quietly appreciate the sublime beauty of life when I think of all the people suffering around the world to give me, a white male American, that luxury. I mean, even when we do develop reasonable pollution limits, we don't do anything to stop our companies from moving their dirty factories to poison people somewhere else, or even from manufacturing pesticides banned in the US and shipping them abroad. I have a hard time complacently enjoying myself when I remember that at the Earth Summit in Rio de Janeiro in 1992, the United States was one of only a few countries out of about 160 who refused to sign a treaty to preserve biodiversity designed to slow down the incredible mass extinction—the termination of hundreds of thousands of unique forms of life—that man is causing. The reason we refused: the treaty would have our corporations, which are destroying other countries' ecosystems and exploiting their labor and resources, help to pay for preservation; we wanted the exploited countries to bear the full burden themselves. It pains me to realize that all of our wealth is related to the ever-more aggressive push of our trans-national corporations, with the help of NAFTA, the WTO, the World Bank, and the IMF, to reek havoc on distant populations and their ecosystems. In fact, America has used the 'free trade' argument to try to push genetically engineered foods onto countries like Japan,

Mexico, and the entire European Union, all of which have banned the genetically engineered foods our Monsanto-friendly government won't even let us label.

Being so opposed to wastefulness and destruction, it's hard sometimes living in a culture which leads the world in both consumption and garbage production per person, using over a quarter of the world's resources for only about 5% of its people. Being adamantly opposed to violence, I find it depressing that, to ensure we've got enough resources for our insane economy, we've increased 'defense spending' sharply over the last two decades... in order to defend our global empire from anyone who would have a political system which keeps their resources in the hands of its own people and works for the betterment of its population. As much as I wish I could, it's hard to ignore politics when the media sources I used to have such faith in convinced almost our entire country that our war against Yugoslavia, which devastated civilian areas and escalated atrocities on all sides, was a 'humanitarian effort'. It's hard not to feel rage when the same reporters and politicians completely ignore the much more one-sided ethnic cleansing performed by our friends in Indonesia against the East Timorese, and the fact that our ongoing sanctions against Iraq 'for the benefit of the Iraqi people' have killed over half a million Iraqi children.

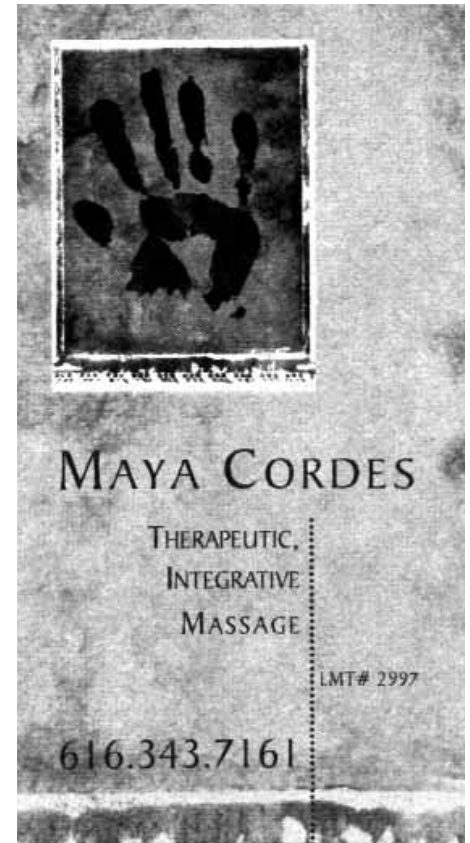
It pains me to see the outcome of our collective greed and selfishness even here on our own streets—that the gap between our rich and poor has steadily increased over the last twenty years. Welfare programs have been eroded, the homeless population has exploded, and the already

pathetic education budgets for poor communities have been slashed. More and more of our poor people are stuck in dead-end service jobs as our factories move to Mexico or overseas, yet the minimum wage has fallen drastically in terms of real buying power. Thoroughly enjoying my own freedom, it drives me crazy that, even as we tighten the cinch around the necks of the poor, we blame them for ruining our society and 'get tough on crime', which in practice means building ever more prisons to warehouse those who have no place in our newly adjusted economic system—namely poor people and especially poor people of color. In fact, the 'land of the free' now imprisons 2,000,000 of its citizens, ten times the number from 1970, which makes us the world leader in our incarceration rate.

Outside of all these structural problems, on a simple personal level this culture makes it hard to simply be happy to be alive. The majority of Americans are so worn down by the system that they seem to hate life, to suffer it like a sickness, so much so that a truly happy person gets on their nerves. I mean, most of the people I see walking around town, waiting in line at the bank, or working or shopping at Meijer seem so sad and detached that it's really quite disturbing to see. It's also quite understandable, in a culture defined by strip-malls, nation-wide chain stores and fast-food joints, and 'must-see TV', a land of meaningless and unfulfilling jobs where, since we've utterly killed the 'little guy', everyone is just a peg in some greater machine.

Coming in from this 'reality', the PFC feels like an eye in the raging storm of negativity which often threatens to overwhelm me. So,

thank you. Thank you for putting together a store to provide us with wholesome food, a store based not on greed and stupidity but on love, honesty, and cooperation. Thank you for creating a place where I can spend my money to keep farmland in the hands of people who care about the earth and want it to be safe and beautiful for my children and their children. Thank you for providing a place where people smile, where art matters, where people can be their fun-loving selves without getting dirty looks, where it's acceptable to love trees as much as people, where people say to each other 'have a nice day' and really mean it. I don't know if I could get by without it.



Kathy Schuch, M.A., L.L.P., C.H.T.

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13 Myths about Genetically Engineered Foods

Controversy rages in the United Kingdom, Europe, and Australia over the wisdom (or lack thereof) of growing and selling genetically engineered foods. These foods are unlabeled and inadequately tested. In this article, concerned scientists from Australia and New Zealand take on some of the popular myths about GMOs. The information used in this article can be found on the web at: www.cybernaute.com/earthconcert2000/FrankenfoodFiles.htm.

Myth 1

Genetic engineering is not new. It is just the same as speeded up selective breeding.

Fact: Genetic engineering and conventional breeding are worlds apart. Breeding does not manipulate genes; it involves crossing of selected parents of the same closely related species. GE involves extracting selected genes from one organism (e.g. animals, plants, insects, bacteria) and/or viruses, or synthesizing copies, and artificially inserting them into another completely different organisms.

Myth 2

Genetic Engineering is precise.

Fact: The function of a small proportion of the DNA in a higher organism is known. Modern genetics has shown that genes do not operate in isolation. Rather they interact in a complicated way, changing their behavior in response to influences from other genes. Although a gene can be cut out precisely from the DNA of an organism, its insertion into the DNA of another organism is entirely random. This results in the disruption of the order of the genes on the chromosome and may result in random and unexpected changes in the functioning of the cells.

Myth 3

GE foods vary from non-GE foods only in the characteristic that has been modified.

Fact: The random insertion of foreign genes into the genetic material may cause unexpected changes in the functioning of other genes. Existing molecules may be manufactured in incorrect quantities, at the wrong times, or new molecules may be produced. GE foods and food products may therefore contain unexpected toxins or allergenic molecules that could harm our health or that of our offspring.

Myth 4

GE food is extensively tested and the GE food at present on our supermarket shelves is perfectly safe to eat.

Fact: No GE food testing is done in New Zealand (insufficient testing in U.S., as well). We rely almost entirely on the testing carried out by the GE biotechnology companies that have spent billions on developing the food and who intend to make profits selling it to us. Independent long term testing is required before we can be sure that GE food is safe to eat.

Myth 5

GE foods have improved nutritional value.

Fact: No GE produced food produced today has been shown to be more nutritious than non-GE foods. Most GE foods are only designed to be more resistant to specific pesticides or herbicides, or to produce their own insecticides or have longer shelf lives.

Myth 6

One can always choose not to eat GE foods.

Fact: At present most foods on the New Zealand and U.S. markets containing GE ingredients are not labeled, so there is no way of knowing whether we are eating them.

Myth 7

Farmers will benefit from growing GE foods.

Fact: Seeds of genetically engineered crops are more expensive than those of conventional crops. Farmers in the UK and U.S. report that yields are generally no better, the crops are less reliable and overall have not improved profitability.

Myth 8

GE crops will reduce the use of herbicides and pesticides.

Fact: No. No. No. Crops engineered to be resistant to specific herbicides may encourage more liberal use of these chemicals. This has been anticipated by one manufacturer, who has applied to have the allowable residue of the herbicide 'Roundup' in foods increased 200 times.

Myth 9

There is no evidence that GE foods are harmful to the environment.

Fact: Insects, birds, and winds carry genetically altered pollen and seeds into neighboring fields and far beyond. Cross-pollination occurs between GE and non-GE crops and their wild relatives. There is evidence that crops engineered to produce their own insecticides can kill beneficial insects as well.

Myth 10

GE crops will save the world from famine.

Fact: A major cause of famine is the unequal global distribution of food. Food mountains exist in much of the western world and food is regularly dumped. Poor people have limited ability to buy either GE or non-GE food. There is no evidence that GE crops produce higher yields or that GE foods will be cheaper.

Myth 11

You can trust the scientists that GE food is good for you and the world.

Fact: The money for scientific research on GE here and abroad comes from either the biotechnology companies or the government. Both are committed to the promises of biotechnology. This means that even if scientists have concerns about the safety of commercial application of biotechnology, it is hard for them to risk their careers by being openly critical. One respected scientist from Scotland who spoke up about his experimental results showing damaging effects of feeding rats on a type of GE potato was immediately fired from his job.

Myth 12

You can't stop progress.

Fact: No, of course we can't; and why would we want to? Progress implies change for the better. Change for the worse is regression. We must be sure that GE products have benefits for the consumer and are safe if they are to be introduced into our foods. We must not commit ourselves to dubious technology that cannot be reversed.

Myth 13

There are more important things to worry about than GE foods.

Fact: Many scientists do not think so. For example Joseph Rotblat, the British physicist who won a 1995 Nobel Peace Prize says: "My worry is that other advances in science may result in other means of mass destruction, maybe more readily available than nuclear weapons. Genetic Engineering is quite a possible area, because of these dreadful developments that are taking place there".



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PFC's Needs List

We are on a roll here. Things have been shaping up very well over the past months. To continue on our swing, we are in need of some items. These things will improve the functioning and efficiency of the store:

Cheap Copier
Succulent Shop Vac
Chilly Large Ice Coolers
Spacious Kitchen Storage Containers
Voluptuous Volunteers (really any volunteers would do)

If you can provide any of these items please call Sue at the Co-op.

Call for Articles

If anyone is interested in writing an article or making any other contribution to this newsletter, please contact Sue St. Onge at the store. The next newsletter will come out at the end of June.

More Gratitude

You know, it takes a lot of people to make an organization like the Co-op run. Over the past year we have been in a great state of flux. The Board, the management and the staff would like to extend a hearty thanks to all our wonderful members and volunteers for keeping the love alive!

Events Calendar for the People's Food Co-op:

- May 17 **PFC Potluck**
7 PM, Henderson-Royce Castle
- June 2 **Arts Council Shop Hop**
We are currently seeking art for the Shop Hop, if you are interested in participating please contact Sue St. Onge at the store for more info.
- June 5 **Board of Directors Meeting**
7 PM, Bronson Park
- June 17 **Solstice Picnic**
1-5 PM, Location TBA
- July 3 **Board of Directors Meeting**
7 PM, PFC

If members have any items they wish to have included in the Events Calendar please come into the Co-op and someone will help you out.

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