The Newsletter of GreenStar Cooperative Market
February 2018        Vol. 34, No. 2

701 W. Buffalo St., Ithaca, NY • 607-273-9392 • Open daily 7 am to 11 pm
215 N. Cayuga St., Ithaca, NY • 607-273-8210 • Open Monday-Saturday 8 am to 9 pm, Sunday 9 am to 8 pm
307 College Ave., Ithaca, NY • 607-882-COOP (2667) • Open Saturday-Sunday 9 am - 11 pm, Monday-Friday 8 am to 11 pm

General Manager’s Report: Growing Forward

Board News: Meeting Goals, Cooperatively

Health Matters: Eating for a Healthy Heart

Rootwork Herbals
Handcrafted community herbalism
See story on p. 5

BULK MISO GUIDE
Try our selection of traditional misos
page 7

Photo provided
The Co-op's purpose is:

**COMMUNITY:** to nurture a constructive, dynamic, and supportive cooperative community and a culture of shared purpose and respect among people of diverse backgrounds.

**COOPERATION:** to foster cooperative attitudes, ownership as an alternative economic model, collaboration among cooperatives and like-minded businesses, and engagement with the larger co-op movement.

**LOCAL, DEMOCRATIC CONTROL:** to ensure local, democratic control of the cooperative through open participation in and transparent governance of a member-owned retail food store.

**GOOD FOOD, PLUS:** to provide wholesome, healthy, ethical and affordable food choices, as well as quality goods and services to support a healthy lifestyle.

**SUSTAINABILITY:** to make a meaningful contribution toward ecological sustainability, including a zero-carbon footprint and increased local and regional food self-reliance.

**EDUCATION:** to ensure that its members and shoppers can learn about cooperatives, food, regional and community-based food systems, health, sustainability, and social justice.

**FAIRNESS:** to show by example that a successful business can be an empowering and safe work environment, committed to fair treatment of both people and animals and dignity and non-discrimination for all, including those whose labor produces and provides the goods carried by the Co-op.

GreenStar's Board of Directors (Council) meets every month. See page 3 for details. Email individual Board Members at www.greenstar.coop/contact/click-to-contact-council.html or the Board as a whole at council@greenstar.coop.

**MANAGEMENT TEAM:**

**General Manager:** Brandon Kane
Collegiate Store Manager: Gucci McCray
DeWitt Store Manager: Lauree Miller
Finance Manager: Eric Banford
Front End Manager: Dawn Lodor
Human Resources Manager: Michael Hoyt
Information Services Manager: Jeremy Sztuyman
Marketing Manager: Scott Lawhead
Membership Manager: Alexis Alexander
Operations Manager: Sara Paulison

**EDITORS:**

**Contributing Writers:**
Alexis Alexander, Patrick Lockert Anthony, Brandon Kane, Jessica Rossi, Kristie Snyder

**Contributing Photographers:**
Debra Lazisons, Alexis Self, Paul Wooster

Deadline for letters to the editor is the 15th of every month. Letters are limited to 250 words in length. GreenLeaf’s editorial email is glockert@greenstar.coop

GreenLeaf is printed on 100% recycled paper with soy-based ink.

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BULK

Bob’s Red Mill Almond Meal
From a reputable, employee-owned business, this almond meal is great for gluten-free baking. Buy it in bulk and save over the packaged price!

DELI

Vermont Creamery Quark Cheese
Pair it with fresh fruit or mixed with fresh herbs to accompany roasted winter root veggies. High in protein and low in sodium, this creamy fresh cheese will please!

GROCERY

Food and Ferments Pickles
This inspired local company gives you a wonderful way to get your probiotics in. Try pickled ginger beets, a fiery kraut made with sweet cabbage hearts, or beet kvass.

PRODUCE

Organic and Local Gardening Seeds
Your dream garden starts now! Choose organic seeds from Hudson Valley Seed Library or High Mowing Seeds. Or try our favorite, Fruition Seeds, based in Naples, NY and featuring organic seeds customized for our climate.

WELLNESS

Weleda Face and Body Care
Looking for a luxuriously clean way to keep your skin looking healthy as winter crawls on? These products are made in Germany to exacting standards for clean ingredients. Try luxuriant moisturizers, deodorant sprays, and body washes.

Forty Weight Animal Behavior Coffee
Direct-trade beans roasted to order in a state-of-the-art facility in the outskirts of Ithaca – coffee doesn’t get any fresher!

Whole in the Wall Pesto
Made right up the road in Binghamton! Look for classic basil or dairy-free spinach varieties. And if you’re in the neighborhood, check out their natural-foods restaurant.

CoYo Coconut Yogurt
Think you’ve tasted creamy yogurt before? Here comes CoYo, with coconut cream as the first ingredient, to wow you all over again. Try this soy-free, vegan, kosher, paleo-friendly treat in natural, vanilla, chocolate, and mango.

Fresh, Local Flowers
Surprise your Valentine (or treat yourself!) with fresh flowers! Look for flower bouquets from florist Sarah White of Wildflowers in nearby Dryden. These lovely arrangements will breathe life into your home throughout the coldest months.

Nordic Naturals Ultimate Omega-D3
Essential fatty acids are always essential, and at this time of year most of us could use a little D as well. On sale this month, this blend provides a cost-effective way to get your daily fish oil and vitamin D in one handy softgel.
GreenStar Donates MLK Day Profits to Support Event

For over a decade GreenStar has supported the annual MLK Jr. Day of Celebration event in Ithaca by donating our profits from Martin Luther King Jr. Day (Monday, January 15) to the MLK Day Planning Committee and providing volunteers to help with the event. This year we provided our Bakery’s famously delicious vegan cupcakes for dessert, along with the day’s profits of $571.81.

IncrediBulk Sale Every Thursday

GreenStar member-owners receive 10% off everything in the Bulk Department every Thursday. Come stock up on everything from staples to treats. The 10% discount cannot be used with other discounts or sales and cannot be used for case sales.

GreenStar Board Members Needed

Would you like to serve on GreenStar’s Board of Directors? Now is the time to consider running for a seat in 2018. Applications are available online and at the West End store front desk. To appear on the ballot, you must fill out and submit a Declaration of Candidacy form by May 1. We are looking for diversity, commitment, and hard workers who believe in the Cooperative Principles and Values. To learn more about the requirements and benefits of the position, visit www.greenstar.coop/council or email council@greenstar.coop.

Donate to GreenStar’s Bright Red Bookshelf

The Tompkins County Office of Human Rights (OHR) held their 30th annual K-12 Human Rights Arts Competition. The theme celebrated the signing of the Universal Declaration of Human Rights by the UN General Assembly in 1948. OHR received entries from more than 850 students from 16 schools in 4 districts, with 43 participating teachers. Artwork, poems, and films reflect one or more of the 30 Articles of the Declaration. The Human Rights Arts Competition is designed to expand possibilities for student expression around issues related to universal rights (including civil, political, economic, social, and cultural rights) while providing teachers with strategies for discussing social justice themes in their classrooms. During the month of February, some selections from this competition will be on display at GreenStar’s West End Store.

Human Rights Art Show at GreenStar

Ombuds Program Available to Owners

GreenStar’s Ombuds are available to assist all GreenStar owners, including staff, in getting questions, concerns, or problems addressed, neutrally and confidentially. Contact Ombuds Evie Weinstein at 607-342-8397 or D. Scott at 607-342-6350, or either at ombuds@greenstar.coop.
The name Rootwork came from a very brief written reference to “rootwork” being a folk-medicine tradition of enslaved Africans. It was the first historical documentation that Amanda came upon of Black American herbalism, and she knew she’d found the perfect name for her business. “I fell in love, not only with the word, but also with the memory of Black folks in America always being connected to plant medicine,” she said.

Amanda grows or responsibly wildcrafts (harvests from the wild) as many of her ingredients as possible, and seeks the rest from reputable, certified-organic suppliers. She focuses on using common plants, explaining that “using abundant plants that grow near you, instead of exotic plants that grow far away” helps to support ecological health.

With so many herbs and such a deep well of knowledge to draw on, Amanda’s life is infused with herbalism, with tea blends as a staple. Uplift “is really nice in the winter — it lets a little sunshine back in.” Whole Woman “is great nourishment.” She lists Fire Cider, chock-full of healing ingredients, as an indispensable product — this time of year, it can be used as a daily tonic by the whole family to ward off colds and flu.

Amanda David of Rootwork Herbals seeks to “reconnect people and plants into mutually beneficial, healing relationships.” While her work to achieve that takes many forms, at GreenStar her expertise can be found sitting right on the shelves in the form of herbal products.

A co-founder of Bramble, Ithaca’s only herb shop, in downtown’s Press Bay Alley on Green Street, Amanda’s path to herbalism started in the fields. Growing up in suburban Elmira, she sought out a connection to the earth in her teenage years, then ventured into seasonal farm work. She found herself fascinated with weeds. When someone gave her an herbalism book, she was struck by the fact that many of the ordinary plants around her possessed healing qualities. She started looking at those weeds very differently. From there, she sought learning opportunities, among them a life-changing internship at supplement company Herb Pharm, travels in India and Jamaica, and an apprenticeship with noted herbalist Susun Weed. Having children (she’s now a mother of three) deepened her interest in health and prompted her to start an herbal business.

The West End Wellness Department carries Rootwork’s teas (look for Better Belly, Calming, Cold and Flu, Whole Woman, Uplift, and Nourishing Nursing in packages and bulk jars, and Wise Woman in bulk), Fire Cider, Heart Work and Crampbark Compound extracts, Baby’s Balm, Baby’s Herbal Oil, Nature’s Baby Powder, The Balm (an all-purpose healing salve), and Moon Light Herbal Smoking Blend.

Beyond the products

While Rootwork products are what you see on the shelves at GreenStar, Amanda’s work as a community herbalist goes far beyond that. She considers consultation and education to be at least as important, if not more so, than the products she creates, so “people aren’t just picking something off the shelf and using it — they know why they’re using it.” Amanda offers in-depth personalized consultations, and Bramble hosts a low-cost herbal clinic as well as events like plant sales and classes. Her commitment to education includes organizing a local herbalism conference and running the Finger Lakes Herbal Network; she also shares her knowledge via apprenticeships, classes, and courses. This May, she will present the People’s Medicine School, a six-month course in community herbalism that combines monthly in-person immersion days on a local herb farm with online workshop modules. The hybrid online and in-person format is meant to encourage participants who aren’t necessarily local, a move that Amanda hopes will make the course more accessible to people of color, who are currently under-represented in the field of herbalism.
January
Photo Album

Melissa in Bulk, keeping your favorite goodies stocked

GreenStar Baker Daleila, our resident Cupcake Judge!

New Mediterranean Olive Bar at the West End!

Jan at Collegetown — what snow?! … and after! Look at all the space around our hot bar!

Before …
MISO GUIDE
Misos from the West End Bulk Department.

In our West End Bulk Department, we offer miso from the American Miso Company, sold under the brand Miso Master. They are the largest traditional organic miso maker in the world, handcrafting miso in the foothills of the Blue Ridge Mountains in Rutherfordton, North Carolina since 1980.

WHAT IS MISO AND HOW IS IT MADE?
Miso is a living food with a naturally occurring supply of probiotics and an incredibly versatile umami flavor. Miso-making starts with creating koji. Koji is made by inoculating a grain (usually rice, barley, or rye) with spores of the mold Aspergillus oryzae. Miso is created by blending koji with sea salt and a paste of mashed, cooked soybeans and allowing the ferment to age for anywhere from 15 days to a few years.

According to the Japan Miso Promotion Board, there are more than 1,300 kinds of miso. They vary in color, aroma, and flavor based on where the miso was made, the type of koji used, the proportion of soybeans to koji, and how long and under what conditions it fermented.

RED MISO
A long-term miso that is naturally aged without temperature control for 12 months in four-ton, handcrafted cypress, redwood, or fir barrels. Made with a higher proportion of soybeans to koji, red miso is aged for a full year since the soybeans take longer to ferment because of their high protein and fat content. Red miso can range from reddish brown to nearly black. Its deep flavors are well suited to stews and braises.

SWEET WHITE MISO
A short-term miso aged between one and three months with a sweet and mild flavor. This type of miso has the least amount of salt and soybeans, as it is made with a larger proportion of white rice koji. Its delicate and delicious salty-sweet taste is perfect for dips, spreads, salad dressings, and even desserts.

CHICKPEA MISO
A short-term, soy-free miso that uses chickpeas as its base instead of soybeans. Miso Master produces the only organic soy-free miso in the natural food industry. This miso is made with less salt and more rice koji, causing it to have a lighter color and a sweeter, milder flavor. Chickpea miso delivers a unique flavor profile that’s perfect for use in dips, spreads, salad dressings, sauces, and summer soups.

COUNTRY BARLEY MISO
A long-term miso aged naturally without temperature control for 18 months in handcrafted, four-ton cypress, redwood, or fir barrels. This miso has a high soybean content in relation to the amount of barley koji, which means it needs a longer time to ferment. This miso is commonly used in rural Japan and has a complex flavor profile that is salty, savory, and mildly sweet — try it in soups, marinades, and stir-fries.

AGING MISO: SHORT-TERM VS. LONG-TERM
Generally speaking, the darker a miso, the longer it has aged and the saltier and more complex its flavor. Short-term misos are made with a higher proportion of koji and less salt, which speeds up fermentation and results in a sweeter, milder miso, often with more active and numerous probiotics. Long-term misos have a higher salt content, which slows the fermentation process, leading to a longer aging period and resulting in a deeper, more complex flavor.

OTHER WAYS TO USE MISO

MISO TAHINI DRESSING
1 Tbsp red miso
2-4 Tbsp tahini
1-2 Tbsp lemon juice
4 Tbsp water
1 tsp scallions, minced

Combine miso with tahini and mix until smooth. Add lemon juice and water, mixing again until smooth. Add scallion and serve. Yields ¼ – ½ cup.

MISO MAPLE SYRUP
This sauce has a sort of sweet-salty-umami thing going on — think salted caramel.

4 Tbsp mellow white miso
½ cup maple syrup

Whisk together both ingredients and serve. Use this as a syrup for pancakes or waffles, or as a topping for yogurt or goat cheese. It also makes a good topping for ice cream. Makes about 1 cup.

Recipes from the American Miso Company

CLASSIC MISO SOUP

INGREDIENTS
2 medium carrots, chopped
¼ cup red miso, or more
6 ounces tofu, firm, cut into ½ inch cubes
2 scallions, slivered
7-8 cups soup stock or broth of your choice

PREPARATION
Heat stock or broth in a large pot. Add carrot and bring to a boil, cook until the carrot is tender. Ladle a bit of hot stock into a small bowl and mix well with miso. Stir miso into soup, take off the heat, and add tofu. Serve with scallions on each serving.

MISO VEGETABLE SOUP VARIATION
Simmer 4 cups mixed vegetables in the stock until cooked, then proceed with miso for a miso vegetable soup.

Recipe from StrongerTogether.coop

WHY SHOULDN’T YOU BOIL MISO?
Because miso is a living food, boiling it kills the beneficial bacteria. Miso can be heated just until hot, without simmering.
THE COOPERATIVE PRINCIPLES

All cooperatives adhere to the seven Cooperative Principles, established by the International Cooperative Alliance:

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 THE COMMUNITY
Working Toward our Goals, Cooperatively

By Patrice Lockert Anthony, Board President

GreenStar’s Board of Directors’ January meeting had a full agenda with a lot of topics requiring discussion, debate, and votes. Most of the items revolved around necessary rescheduling for the Board election, a Special Member Meeting, and our annual Member Meeting. We approved our December Board meeting minutes and had a conversation about fundraising for expansion, including ways in which our expansion will serve our community (jobs, increased diversity of products, ability to physically serve more people, etc.). That topic is a great segue way to something else that the Board is doing. For the first six months of 2018, the President of the Board (that’s me) will host and facilitate themed discussions during “Potlucks with Patrice.” January’s potluck discussion (hosted on the 15th) reflected on Martin Luther King Jr.’s legacy and how his notion of the “Beloved Community” might inform a GreenStar expansion effort. In February, we’ll look at President’s Day and our national affairs as a jumping-off point for discussing the value of cooperative growth and connection. Stay tuned for details of the March through June potlucks. I hope you can make it and join in the discussions. They’ll be held in The Classrooms @ GreenStar (701 West Buffalo St.) from 5:30 to 7:30 pm. You supply the food and sustainable dishware, and GreenStar will supply the coffee, tea, and ice water.

The Board postponed (until its February meeting) a board training exercise on “getting the best out of ourselves.” I’d love for owners to come to the meeting and join in the discussion, too. We’ll also be doing work on our cooperative vision. Our current vision (which may be found in the policy book) hasn’t been updated in a couple of decades, so it is time to revisit it. The Board needs to focus on our vision work before we can set goals and create a strategic plan that helps us meet those goals. This is really important work that the membership elects us to do, and it’s important that we reflect wisely on how we approach our responsibilities.

There is so much to take up our attention these days. Whether we’re looking at the local, state, national, or international levels, our attention is easily drawn to the negative and the outrageous. There is much, though, that is positive. We have a lot to be grateful for, and a lot of work ahead to make our place in this world better. Cooperatives in general, and GreenStar in specific, have a lot to contribute toward that end.

Cooperatives are by nature and in principle political and economic entities. How shall we use our co-op to meet an agenda that must include food sovereignty, human rights, economic parity and equity, and diversity and inclusiveness? In what ways might the GreenStar membership engage our community in growing the understanding of whole foods, organically grown, that nourish our bodies and feed our souls, and are affordable for everyone? As your elected representatives/governors in this co-op, we are always interested in knowing what you believe our course should be. Our path to social justice, where it intersects with food sovereignty and sits upon a foundation of diversity and inclusion, has seemed to ring true for many of you. Our focus will remain on keeping your trust and working toward these encompassing goals. Our discipline, we will grow as we go along purposefully.

I have begun to define myself (at least in part) by what I bring to our cooperative table. I weigh my contributions by passion and purpose, and I apply effort based on human dignity and acting rightly. I have, upon occasion, failed spectacularly. I’m okay with the failures (of which I am certain I’ve not seen the last) because they push me anew toward review, growth, and ultimately success. Still, it requires a great deal of focus and discipline to see our goals to fruition. I have another year and a half of service to our co-op. I’m looking forward to every minute of it. Thank you for your confidence and trust as we on the Board serve you.

In cooperation!

GreenStar Co-op is committed to being an inclusive organization free from discrimination. We seek out and welcome people from diverse communities to participate in a community-owned cooperative business structure.

Committee Members Needed

GreenStar’s Board is looking for owners to fill at-large seats on its Finance, Personnel, Diversity, and Bylaws & Policy Review Committees. Members-at-large typically attend one meeting per month and earn a member-labor discount. Applications are available at the West End store or at www.greenstar.coop/council-committee-form/.

Contact Patrice Lockert Anthony at plockertanthony@greenstar.coop for more information.

Next GreenStar Board Meeting

Tuesday, Feb. 13
6:30 - 9:30 pm
The Classrooms @ GreenStar
702 W. Buffalo St., Ithaca
Owners always welcome!

Tentative Agenda Items:
- Approve January Council Minutes
- Board Training Exercise
- C.1 Governing Style (Council Policy)
- GM Development
- GM Report
- Consent Agenda items (tabled from January 2018)
- Diversity and Finance Committees’ Purposes and Tasks

Agenda is tentative and subject to change. To confirm items, see actual agenda posted at the stores six days before the meeting or check www.greenstar.coop/council

Make your voice heard! Submit a Letter to the Editor.

Letters to the Editor of GreenLeaf are welcomed and encouraged. Letters are limited to 250 words and are due by the 15th of each month. Please email letters to greenleaf@greenstar.coop or mail to the address above.

GreenStar Cooperative Market
Attn: GreenLeaf Editor
701 W. Buffalo St., Ithaca, NY 14850

Photo: Alexis Self

February 2018
Breakfast in Bed Class  
Thursday, Feb. 8, 7 – 8:30 pm in The Classrooms @ GreenStar  
Learn how to create Classic Eggs Benedict and a dessert crepe of berries, Chantilly cream, and raspberry coulis. Join GreenStar’s own Catering Chef, Chris Logue, for this pre-Valentine’s Day special and experience the wonder of these gastronomical delights. Recipes and samples will be provided. $15 for GreenStar owners/$20 for non-owners.

Downtown Ithaca Chili Cook-Off  
Saturday, Feb. 10, 11:30 am – 4 pm on the Ithaca Commons  
The 20th Annual Great Downtown Ithaca Chili Cook-Off and WinterFest features chili prepared by more than 30 restaurants as they compete for the titles of Best Overall Chili, Best Vegetarian, and People’s Choice Chili. You can also stop by a farmers market with local wineries, breweries, and farmers sampling their goods, and check out the Tompkins Trust Co. Family Fun Zone inside Center Ithaca for free rollerskating and other activities throughout the day. Keep an eye on www.downtownithaca.com for more information. GreenStar will be there serving two chili recipes — a vegan Smokey Tempeh Bacon Chili and a Pork and Turkey Chili. Don’t miss it!

Potluck With Patrice: A Cooperative Response to National Politics  
Monday, Feb. 12, 6 – 8 pm in The Classrooms @ GreenStar  
Bring a dish to share and sustainable dishware. GreenStar will provide coffee, tea, and ice water. We look forward to the conversation and the shared meal!

Food in the Foyer: Sensual Avocado Mousse!  
Tuesday, Feb. 13, noon – 1:30 pm in the West End store foyer  
Perfect for Valentine’s Day! Learn how to make this simple recipe with Theresa Joseph. This nutrient-dense dessert takes all of the guilt out of a creamy comfort food – and it’s rich and chocolatey!

Food in the Foyer: Apricot Delights!  
Tuesday, Feb. 20, noon – 1:30 pm in the West End store foyer  
Gluten-free, dairy-free, vegan, and raw! Learn how to make this nutritious snack with energy-rich ingredients. Health Coach Deborah Allison of Integrative Holistic Wellness will show you how.

Intermittent Fasting and the Ketogenic Diet Class  
Wednesday, Feb. 21, 7 – 8:15 pm in The Classrooms @ GreenStar  
The ketogenic diet and practice of intermittent fasting have the potential to prevent disease and even reverse many health conditions, including diabetes. Join Louise Seye, RN and nutritional educator, for this talk.

GreenStar Game Night  
Friday, Feb. 23, 6 – 10 pm at The Space @ GreenStar  
Games and activities for all ages — board games, cards, puzzles, matchbox cars, Legos, ping-pong, and more! Free and open to all. Pizza, quinoa salad, popcorn, and light snacks and beverages will be served. Children 14 and under should be accompanied by an adult.

Reproductive Wellness Class  
Wednesday, Feb. 28, 7 – 8:30 pm in The Classrooms @ GreenStar  
Do-in (self-shiatsu) massage and yoga breath practices can decrease stress and thus support fertility in men and women. In this class, you can take a simple quiz to see if your energy meridians may be blocked or depleted of Chi/Prana. If you are struggling with infertility, this class is for you. Viv (Kala) Williams is a wellness educator and coach, NYS Licensed Massage Therapist with additional training in shiatsu, mindfulness meditation and yoga. She has been featured in Self, Yoga Journal, and Essence magazines.

Special Member Meeting  
Friday, March 16, 5:30 – 8 pm in The Space @ GreenStar  
Come to this special meeting to discuss the upcoming member-owner vote on relocating and expanding the West End store to 770 Cascadilla Street, and learn about changing the Co-op’s bylaws and certificate of incorporation to allow for owner investment shares to support the West End relocation/expansion.

HOW TO SIGN UP FOR A CLASS:  
Online at www.greenstar.coop/class/ or in person at our West End store’s Customer Service Desk, or by phone 607-273-3923. Pre-registration required. Class size is limited. Classes are held in The Classrooms @ GreenStar, 702 W. Buffalo St.

WHAT IF THE CLASS IS FULL?  
Sign up on the waitlist. If a spot becomes available, we will notify you.

New Belgium Glütiny Pale Ale  
This employee-owned Colorado brewery crafts this “gluten-reduced” beer using an enzyme that breaks down gluten, giving this pale ale all of the classic characteristics of a malt beer. It has heavy tropical aromas with mild green undertones and a lightly bitter finish.

available at our West End store only
Eating for a Healthy Heart

By Co-op, stronger together

When it comes to reasons for eating well, heart health sits near the top of the list. It all starts with food shopping, of course — by filling your cart with heart-healthy foods at your co-op, you can help lower your risk of heart disease, including heart attack and stroke. Here’s what to bring home.

**Bring home:**

"Good" fats

These are polyunsaturated and monounsaturated fats, including omega-3s. You’ll find them in canola oil, olive oil, soybean oil, walnuts, ground flaxseed, and flaxseed oil. Fatty fish like mackerel, anchovies, sardines, herring, salmon, and trout also have high omega-3 counts.

Smart protein sources

Low-fat proteins like skim or low-fat dairy products, legumes (beans, peas, peanuts), skinless poultry, and lean meats will limit the amount of cholesterol you consume with your protein.

High-fiber foods

Foods that are high in soluble fiber can help lower your LDL ("bad" cholesterol). Beans and whole grains like brown rice, oats, and whole-grain breads and pastas are good examples, but try others too, such as barley, amaranth, millet, and quinoa.

Potassium picks

High-potassium foods like avocados, bananas, tomato products, raisins, and potatoes can help maintain healthy blood pressure.

**Pass up or limit:**

"Bad" fats

Limit saturated fats, which are found in butter, fatty cuts of meat, whole-milk dairy products, and many sweets. And completely avoid trans fats, which are typically found in processed foods like packaged desserts, crackers, chips, and many stick margarines.

Sodium

Some is necessary, but too much can contribute to elevated blood pressure.

Sweets

Fruit is a great way to help satisfy a sweet tooth while gaining nutritional benefits at the same time. When fruit doesn’t do it, look for low-fat, high-fiber, "good" fat options to eat in moderation.

Alcohol

Too much alcohol can raise your blood pressure and damage your heart. No need to abstain completely, though; a beer now and then can help prevent the buildup of plaque that contributes to heart disease.

It’s never too early—or too late—to show some love for your heart. Start with your next shopping trip and head home from the Co-op with heart-healthy choices in tow.

Reprinted by permission from StrongerTogether.coop. Find articles about your food and where it comes from, recipes, and a whole lot more at www.strongertogether.coop.

CAT SEEKING HUMAN

My name is Anakin.

I’m a 2-year-old male who can be a bit shy at first, so I appreciate some time to get used to you. If you have a calm home, we could be a purr-fect match! Learn more about me at:

www.spcaonline.com
Cooperative Growth versus Corporate Expansion

By Jessica Rossi, Board Treasurer

At the January meeting for GreenStar’s Board of Directors, the Board approved a Special Membership Meeting and vote during March of this year in order to present two important decisions to our membership: 1) relocating the Co-op’s West End Store and operations currently at 700 and 702 West Buffalo St. to one of the empty warehouse buildings at 770 Cascadilla Street; and 2) amending GreenStar’s bylaws and certificate of incorporation to allow for the purchase of optional owner equity investments. The Board still needs to approve the financial feasibility study of the proposed move to Cascadilla Street, which is currently scheduled for a vote at our February meeting. Even though we have not yet approved the feasibility study, the Board wanted to move ahead early in January and set a proposed timeline for the Special Member Meeting and membership vote in order to give GreenStar owners some time to prepare for and learn about this exciting opportunity.

As I discussed in my Finance Corner article for the December edition of The GreenLeaf, local developer Organic Waterfront has presented GreenStar with an awesome opportunity to lease one of the empty warehouse buildings at 770 Cascadilla Street. If GreenStar can raise enough money to physically make the move from West Buffalo St. down to Cascadilla Street, we will (finally) be able to fit our main retail store, classroom and event space, and meeting rooms all in one building. This new layout will better serve the Ithaca cooperative community by making it easier for people to travel to our store, buy their groceries, access our meetings and special events, and potentially work or volunteer at our main site of operations. Because the services we provide are split between three buildings, we don’t have enough space or money to adequately serve all of the residents of the Ithaca area as well as we’d like to.

In short, moving our main site of operations from West Buffalo Street down to Cascadilla Street will allow GreenStar to achieve cooperative growth, as opposed to corporate expansion — meaning, we do not want to move the Cooperative in order to make GreenStar bigger, trendier, more expensive, or more like any other grocery store doing business in the City of Ithaca. The Board’s interest in this proposed move basically comes down to GreenStar’s current inability to adequately serve the entire population of the City of Ithaca and all the surrounding areas throughout Tompkins County.

Cooperative growth, for GreenStar, means working with a local developer who wants to restore and renovate an existing building in downtown Ithaca — a structurally sound warehouse that would either continue to sit vacant and unused without our business interest in leasing it, or be bought by a nonlocal developer who would probably tear it down. At our current location on West Buffalo St., our co-op’s main site of operations has become like an overgrown tree. So overgrown, in fact, that we are now faced with a hard decision: either move our beloved cooperative’s place of business or cut some of our services in the near future to keep it from sprawling out of control and doing more harm than good to our local community.

Whether or not the Board and the membership end up approving the proposed move to Cascadilla Street, GreenStar’s main site of operations has become a distinct priority. If the Cascadilla project doesn’t work out, we will almost certainly still need to find a different location to move to. This is why, in addition to voting on the move to Cascadilla Street, GreenStar owners will also be asked to vote on allowing the Co-op to purchase optional owner equity investments. These non-voting investment options would give all GreenStar owners the opportunity to make an additional monetary contribution to the Cooperative in addition to their shopping dollars and membership dues. This year could potentially be one of great cooperative change for GreenStar, and I urge you all to take an active part in it! The newly created Board Fundraising Committee is looking for members-at-large who have specific training and experience in fundraising campaigns or grant writing or both. We’re in the midst of diligently researching and implementing various fundraising projects, grants, and campaigns that will be used to finance the move of GreenStar’s main site of operations (hopefully) to 770 Cascadilla Street. Feel free to contact me, as Board Treasurer, for information on the Fundraising Committee (at jrossi@greenstar.coop). Or visit the GreenStar website or the Member Centers in our stores for more information on this committee as well as other Board committees in need of volunteers.

Finance Corner

Try our Chili!

20th Annual Downtown Ithaca Chili Cook-off

Saturday, Feb. 10
11:30 AM - 4 PM
On The Commons

We’ll be offering:
Vegan Smoky Tempeh Bacon Chili
and
Pork + Turkey Chili

Run for our Board of Directors

Board Candidates Needed!

At least 5 of 15 seats on GreenStar’s Board of Directors (Council) will be open in the 2018 election.

Get more information by emailing council@greenstar.coop, or visit the www.greenstar.coop/council. Candidate forms are available there or at the stores.

If you’re interested in serving, look for current Board members tabling in the stores to talk about what’s involved.

GreenLeaf
In memoriam

Robert F. Young, Jr.
1959-2018

Rob Young Leaves a Legacy across the Country — Including Ithaca and GreenStar

Anyone who met or got to know Rob Young — formerly of Greater Ithaca (and multiple other intriguing locales) and most recently living and teaching in Austin, Texas — probably retained a strong impression of him, as a smart, passionate visionary and activist ... and a charming rascal. Suddenly and sadly, Rob is gone, after suffering a massive stroke in early January, at age 58.

Rob was a long-time GreenStar member, and he served on the Council from 2002 to 2005, during an extremely challenging time for the Co-op, as it struggled through sharp debates about product line and member involvement, whether to adopt a living wage, and management-staff tensions. He also played a significant role in the early 1980s, when GreenStar had recently split from its parent organization (the Ithaca Real Food Co-op) and needed to adopt its initial bylaws and decide on its governing structure. A spirited debate went on for a year and a half, between advocates of participatory versus representative democracy, with Rob leading the charge for the former position. Although he didn’t prevail that time, Rob’s efforts helped to ensure a participatory flavor to GreenStar’s bylaws and character, including provisions for member-initiated, binding referenda and a requirement that certain major actions (such as new store sites) win membership approval.

Rob earned three degrees from Cornell, served under the (Republican) governor of New Jersey as the state’s first sustainability director, founded an early composting company, and owned an old farm in Van Etten, from which he operated a CSA and brought deliveries into Ithaca by bicycle. He leaves behind three young children and his wife, Kat Liebernecht, also formerly of Ithaca. For more memories, check out: thestoryofrob.com. Long may you ride, Rob.

— Dan Hoffman, GreenStar Council (Board of Directors)
GREENLEAF MARKETPLACE
GOODS AND SERVICES OF THE GREENSTAR COMMUNITY

HOMES NEEDED FOR BARN CATS!
Do you have a rodent problem? The SPCA of Tompkins County has the answer! The SPCA has beautiful, healthy barn cats available for adoption. They have been neutered and vaccinated and are looking for that perfect place to call home. All adoption fees have been waived. In exchange for shelter, food, and water, these cats will keep your barn and yard pest free! It’s that simple.
Please call 607.257.1822 for more information.

DRAGON’S WAY WEIGHT LOSS
Still haven’t accomplished your New Years resolutions? Maybe the Dragon’s Way is your way! Free introductory class March 21, 6-7 pm @ T-Fit in Trumansburg. 6-week Qigong program starts Wednesday, March 28, 6-7 pm. $199 includes practice DVD. $50 for returning participants. For more info or to register, call or text Shawn @ 607-279-6543.

ART CLASSES
With watercolorist Camille Doucet at her Darby studio. Come with a project, ideas, or just desire to advance your creative life as an amateur or an advanced artist. Watercolor, acrylic, pastel, charcoal, and color pencils. Botanicals and other nature painting, portraits, landscapes, still life, imagination and formal exercises, you choose. Tuesdays and Saturdays from 10:30 to 1:30pm, three-hour classes at $35/class or $120 for four classes, 607-272-8781

ADVERTISEMENT IN GREENLEAF
To advertise your business, goods, or services in GreenLeaf, email greenleaf@greenstar.coop or call 607.277.0080 x507.

ECOVILLAGE APARTMENT FOR RENT
1 BR Apartment in home in EcoVillage at Ithaca for rent available 2/1. Lower floor of beautiful spacious home, great natural light, at EcoVillage at ithaca co-housing community. 1 full bath; Views of swimming pond, fields, hills with south-facing windows. Open main space (kitchen, dining, gathering space), radiant flooring. Fruit trees, grape arbors, gardens. 175 shared acres, trails, fields, woods; playgrounds; organic farms. Three common houses with dining, playrooms, sitting rooms/ libraries, kitchens, guest rooms, laundry. Community dinners, events held regularly. No smoking, no cats. Utilities included $1000/month. Residents must agree to EcoVillage membership expectations, including contributing minimum 2-4 hrs/week community work. Contact Bob Soulliere at robert.soulliere@gmail.com.

SACRED DIVE INQUIRY
Answer the call to Deeper Looking & Immerse yourself in Innate Wisdom. The Work of Byron Katie ~ self-inquiry ~ energy & sound healing. FREE TRIAL SESSION & Weekly Inquiry Circle - Fridays 5-7 pm, Suite 303 of the Integrative Medicine Center - free and open to the public ~ evangelinefsarat@gmail.com www.sacredive.com

ART CLASSES
With watercolorist Camille Doucet at her Darby studio. Come with a project, ideas, or just desire to advance your creative life as an amateur or an advanced artist. Watercolor, acrylic, pastel, charcoal, and color pencils. Botanicals and other nature painting, portraits, landscapes, still life, imagination and formal exercises, you choose. Tuesdays and Saturdays from 10:30 to 1:30pm, three-hour classes at $35/class or $120 for four classes, 607-272-8781

Advertise In Greenleaf
To advertise your business, goods, or services in GreenLeaf, email greenleaf@greenstar.coop or call 607.277.0080 x507.

Free Holistic Health Exam & Consultation
To Discover How We Can Help

GreenLeaf February 2018
Greenleaf Marketplace

Catering
phone 607-277-0020 x511
email events@greenstar.coop

Rent
the Space @ GreenStar
phone 607-277-0020 x511
email events@greenstar.coop

Greenleaf Marketplace

Sweet Land Farm
CSA 2018
Trumansburg, NY
www.sweetlandfarm.org

A Two-Adult Household Share is $580-$650 Sliding Scale Pricing
That is just over $25/week at the base price

The share includes:
• One full bag of produce of your choice
• Itemized Tomatoes and Garlic
• Lots of u-pick options including (peas, strawberries, raspberries, flowers, beans, etc.)
• One Sweet Land Farm Bag
• Recipes, farm events, and cooking classes
• The experience of picking up your share and U-picking on our farm.

Sign up today! We want you to be a part of our farm!
Visit our website for more details.

“Discounted rates” has a nice ring to it

Need a personal loan to help for things like holiday spending, taxes, and heating bills?

From now until March 31, you can save on personal loans at Alternatives Federal Credit Union.

• 1% off personal loan rates for 12 and 24 month terms.
• Rates as low as 4.49% APR for 12 months and 5.74% APR for 24 months, based on credit score.
• For example, 24 monthly payments of $44.20 for each $1000 borrowed at 5.74% APR.

Apply online today.

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Alternatives
Where Good Things Happen

www.homegreenhome.com
215 the Commons, Ithaca, NY 14850

Need a personal loan to help for things like holiday spending, taxes, and heating bills? From now until March 31, you can save on personal loans at Alternatives Federal Credit Union.

• 1% off personal loan rates for 12 and 24 month terms.
• Rates as low as 4.49% APR for 12 months and 5.74% APR for 24 months, based on credit score.
• For example, 24 monthly payments of $44.20 for each $1000 borrowed at 5.74% APR.

Apply online today.

www.alternatives.org

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Greenleaf
February 2018
### Co-op Deals

**January 31 - February 13, 2018**

<table>
<thead>
<tr>
<th>Product</th>
<th>Original Price</th>
<th>Sale Price</th>
</tr>
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<tbody>
<tr>
<td>Kettle Brand Potato Chips</td>
<td>$2.99</td>
<td>$1.99</td>
</tr>
<tr>
<td>Organic Valley Organic Cheese</td>
<td>$6.89</td>
<td>$4.69</td>
</tr>
<tr>
<td>Woodstock Peanut Butter</td>
<td>$11.99</td>
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<tr>
<td>Bionature Organic Pasta</td>
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<tr>
<td>San-J Black Label Tamari</td>
<td>$2.69</td>
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<tr>
<td>So Delicious Coconut Milk</td>
<td>$4.79</td>
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<tr>
<td>Fage Yogurt</td>
<td>$1.89</td>
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<tr>
<td>Love Grown Cereal</td>
<td>$5.29</td>
<td>$2.99</td>
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<tr>
<td>Organic Pasta</td>
<td>$2.99</td>
<td>$1.99</td>
</tr>
<tr>
<td>The Beyond Burger</td>
<td>$6.39</td>
<td>$4.99</td>
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<tr>
<td>Organic Pasta</td>
<td>$4.99</td>
<td>$2.99</td>
</tr>
<tr>
<td>Organic Pasta</td>
<td>$2.99</td>
<td>$1.99</td>
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<tr>
<td>Organic Pasta</td>
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**February 14 - 27, 2018**

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<tr>
<th>Product</th>
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<tbody>
<tr>
<td>Seventh Generation Laundry Detergent</td>
<td>$18.99</td>
<td>$9.99</td>
</tr>
<tr>
<td>Synergy Kombucha</td>
<td>$3.49</td>
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<td>Rice Dream Rice Drink</td>
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<tr>
<td>Barbara’s Cereal</td>
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</tr>
<tr>
<td>Crunchmaster Crackers</td>
<td>$3.39</td>
<td>$2.39</td>
</tr>
<tr>
<td>Organic Frozen Fruit</td>
<td>$4.49</td>
<td>$2.99</td>
</tr>
<tr>
<td>Organic Cascadian Farm Cereal</td>
<td>$4.99</td>
<td>$2.99</td>
</tr>
<tr>
<td>Organic Muir Glen Tomatoes</td>
<td>$13.69</td>
<td>$2.99</td>
</tr>
</tbody>
</table>

*While supplies last, no further discounts, some products may not be available at all locations.*