

# The Chronicle

MMX Special Edition

Wake Up to Karma Coffee p. 6  
Karma Co-op Joins in Victory Against  
Kimberly-Clark p. 8  
Spotlight on Seasonal Produce p. 10  
...and Meet Some Staff!



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*The Chronicle* is a link between members of this and other co-operative communities; the only viewpoints herein endorsed by Karma Co-op Inc. are those published as reports of the board of directors and its committees.

### **Submissions**

We welcome submissions from any Karma member, staff, or board member! Submissions may be sent by e-mail, to [chronicleeditor@gmail.com](mailto:chronicleeditor@gmail.com). Upcoming editorial deadlines are posted on the bulletin board. *The Chronicle* will publish any Karma-related material, subject to editorial policy guidelines. Letters to the editor must contain the writer's full name and telephone number, although names will be withheld at time of publication upon request. All published articles are eligible for work credits (letters to the editor and announcements are not).

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## Note From the Editors

Fellow Karma members,

*The Chronicle* is back! We have revamped for 2010 and beyond, planning a quarterly publishing schedule that will see seasonal issues hit the store in March, June, September (pre-AGM), and December. This issue is a special early edition for 2010, since you've waited so patiently for us to return. Our next issue will officially begin the new seasonal schedule.

Some of you may have seen the joint notice from our committee and the board president in the store at the end of 2009. For those of you who did not, here is a quick overview of the Chronicle Committee's situation.

Our absence in the second half of 2009 can be boiled down to two major factors: turnover and content. Over the past year, for various reasons, most of the long-standing members of the Chronicle Committee have resigned, leaving us rather under-resourced. Luckily, a few new members have come forward and we are in the process of bringing them up to speed. Secondly, we had a decrease in content. Regular columns and submissions became irregular, and new contributors dwindled. Because of our low committee membership, we simply didn't have the resources to send people "on assignment" to cover the events that you need and want to know about.

However, our numbers are rising again and we have a dedicated batch of members excited to work on a revamped newsletter that you will be excited to read! We want to thank all of the new contributors that came forward for this issue and hope you will all continue to send us your submissions.

If any of you have ever thought about contributing to *The Chronicle*—whether designing an issue or writing an opinion, letter, column, recipe, news brief, or article—please let us know! You can reach us at [chronicleeditor@gmail.com](mailto:chronicleeditor@gmail.com) if you would like to be involved.

Stay tuned for our next issue in March (deadline is February 12, so get to it...), and thanks again for sticking with *The Chronicle*!

## Letter to the Editor

My name is Ryo. I'm from Japan. I started to work in Japan last year, and our company sent me to Canada. I'm learning English and other culture through real Canadian life. I used to live in London, Ontario and worked as a volunteer at the London Co-op. I usually helped with pricing. It was a simple task. I put price tags on the items and placed them on the shelves. The members were so kind to me.

Then I moved to Toronto. The manager of London Co-op introduced Karma Co-op to me, and I started to work as a volunteer there too. I found some similarities among the members of these two co-ops. Most of them are interested in healthy food and know very much about it. I'm interested in it too. I talked with them and learned a lot about it. In addition, many of them like Japanese food too. I was glad to hear that. I felt a sense of closeness to them. Also, I found everyone was so friendly. I enjoyed working with them. This experience was very precious for me.

By the way, there are some food co-ops in Japan too. The biggest one is JA (Japan Agricultural Co-operatives). It sells local vegetables and fruits. Everyone can buy them and all shop assistants are paid workers. It is also involved in a wide range of business, such as banking, insurance and agricultural facilities. The system is a bit different from the one of Canadian co-ops. Anyway, I love both Japanese co-ops and Canadian co-ops.

Ryo (*Karma Co-op volunteer; we did not receive his last name -Ed.*)

## A MESSAGE FROM THE FOOD ISSUES COMMITTEE

The Food Issues Committee is still in the process of figuring out how to deal with member Product Requests/Product Information requests (a recently piloted FIC initiative) while also juggling the very time-intensive GMO project, which needs our immediate attention. If you are waiting for a response to an already submitted Product Information request/Product Request, please check the binders in the members' room. For any new product requests or product information, please see the staff, who will consult with the committee when necessary.

# Report From the General Manager

By Justin McNabb

I am happy to report that the membership of Karma Co-op is growing again. We currently have about 910 members, an increase of 40 since this time last year. The membership drive of last summer was very successful and I believe there is another in the works. Our goal is to be 1000 members strong. This is not an arbitrary goal. Prior to the renovations, we saw that a membership of this size means we are able to cover our monthly expenses and generate a surplus that can be used for further improvements to our store.

In the past months, we have attempted to increase the selection of products available at Karma, especially from local businesses and other co-operatives. Many members have recommended interesting new products, or have reminded us of products we used to carry that should return to our shelves. In fact, we keep a clipboard just inside the office door where we record product requests every week. Please mention to a staff member when you are unable to find a particular product that you want when you shop at Karma.

We are quite far along on our ambitious project to install modern, touch-screen cash registers at Karma. Thanks very much to the many members that have helped me build the product database over the past few months. The database of the products we sell will, I hope, be very useful to Karma Co-op for years to come. A special thank-you goes to Howard Kaplan and Andrea Rosen, who have been working very hard on the cash register project since last summer. They have been instrumental in everything from the selection of the registers and the back-office software package, to the creation of excellent custom-made database applications.

It is with regret that I report Sophia Muller has resigned. An invaluable co-worker, her most recent position has been as Karma's bulk department manager. It has been a tremendous pleasure to have worked with her for the past two years. Sophia is a professional artist and will now be able to dedicate more of her time to her art. Consider having a look at her website.

# Karma Staff Q&A

Collected by Kate Skipton and Sophie Muller

You see them every time you shop, but who are they really? Some of Karma's staff took time out for a little Q&A. *The Chronicle* will feature one or two staff members in the next few issues.

## Michael Armstrong

### **What do you do at Karma?**

I'm the Produce Manager and Assistant General Manager. 98% of the time I'm working with produce. I order, receive, and set the prices of and display produce. I deal directly with about ten farmers as well as a number of suppliers daily.

### **How long have you worked at Karma?**

I'm an old-timer at 10 years!

### **Do you think working for Karma is much different from working for a non-co-op?**

I spent many years working at Roncesvalles IGA (it was across from the Revue Cinema) and there are some similarities. It was a small store that carried a wide range of products. There was a sense of community, we knew most of the shoppers from the neighbourhood, and there was a healthy rapport between staff and shoppers. The most obvious differences would be that Karma is not primarily concerned with the bottom line while actively implementing a purchasing policy. Working with member labour also makes for a different work environment.

### **What are the best and worst parts of your job?**

The best part of my job would be working with farmers and being part of the process of getting the food from the farm to the members. From planning the coming season to unloading a truck and putting the goods on display, it's this aspect of my work I enjoy the most. The worst part would be the hours: I start at 7 a.m. and work the crucial Saturday morning shift.

### **You are shipwrecked on a desert island and you're allowed one food, one drink, and one activist. What do you take?**

Sugar snap peas, coffee, and Dave "Mez" Meslin.

# Report From the Treasurer

By Howard Kaplan

At the halfway point in the fiscal year, November 30, 2009, our financial picture is better than it was the previous year but still not as good as it needs to be. Our last good year was fiscal 2008 (ending May 31, 2008), when we had an operating surplus of about \$29,000, while in fiscal 2009 we had an operating loss of about \$91,000. These figures exclude non-operating items such as grants; they also exclude membership fees and expenses.

The best news for the recently concluded half-year concerns shrinkage, a catch-all term for the reasons why goods that we buy from our suppliers can't be sold at their intended price. Shrinkage includes literal shrinkage (loss of moisture), trimming of produce to make and keep it fit for sale, spillage, spoilage, and pilferage. It also includes pricing errors, and our accounting system also lumps in the loss of income from marked-down goods (when they haven't been selling well enough) with real shrinkage. In fiscal 2008, our overall shrinkage was 5.4%, while last year it was 9.5% in the first half of the year (when there were renovation disruptions) and 8.0% in the second half. In the first half of this year, shrinkage declined again, to 7.7%, based on the inventory count done at the end of October. On our wholesale purchases of nearly \$550,000 for the first six months, this improvement from 9.5% to 7.7% decreased our loss by about \$10,000, compared to what we would have lost at the shrinkage rate for the same six months one year earlier. We still haven't reached the favourable shrinkage of two years ago, 5.4%, but we are definitely making progress.

The news concerning sales is not as favourable. We ended last year with monthly sales being about 12% lower than in the corresponding months of fiscal 2008 (our last good year), and we also began this year about 12% lower each month than in fiscal 2008. We were hoping that we would slowly improve our sales over the year, so that by the end of the year we would be only 6% behind fiscal 2008

each month. Instead, we are still tracking very close to that 12% shortfall; our year-to-date sales are about \$16,000 less than we hoped they would be by the end of December.

We can tally our sales more quickly than we can tally our other accounts, so our last complete accounting was at the end of November, six months into the current fiscal year. At that time, we had an operating loss of about \$12,000. We also had non-operating income (including building fees) and expenses (the costs of negotiating the collective agreement with our unionized staff), for a total loss of around \$23,000 (exclusive of member service fees and expenses). This is considerably better than the \$48,000 operating loss last year at the same time, but it is not good. Projecting sales forward at 12% below fiscal 2008, and making some other adjustments including a reasonable estimate of the wage increase for the union members, we are now estimating a year-end loss of close to \$31,000. Increased sales, further shrinkage decreases, and a rapid conclusion to the contract negotiations could reduce that loss, while their opposites could increase that loss. Following last year's loss, we cannot survive too many losses of this year's projected size, but there is no serious threat to our continuing in business for the next twelve months, while work proceeds to recruit more members and increase our sales again.

## CONTRACT NEGOTIATIONS UPDATE

The Karma Management and the CUPE 1281 negotiating teams met with a Labour Conciliation Officer on Monday January 11, 2010 and reached a tentative settlement that both parties agreed to recommend to their Principals, that is, to the Board and to CUPE members of Karma Co-operative respectively. On the evening of January 15, the Karma Board voted unanimously to ratify the proposed contract. Staff ratification was expected to follow shortly. By the time you read this, you should be able to find the official document on Karma's website.



# Have Some Karma With Your Coffee

By Bill Howson

Beginning in February, Karma Co-op is cooperating with Guatemalan indigenous Mayan coffee producers to bring Karma members its own in-store *Fair Trade Plus* brand: Karma Coffee.

Last November, Karma general manager Justin McNabb met with a representative of the Campesino Committee of the Highlands, known by its Spanish initials, CCDA. The CCDA is helping small coffee producers in Guatemala to market their coffee.

The CCDA was founded in 1982 as an organization that works to defend the rights of workers on large coffee, sugar, and cotton plantations, to recover lands taken from the Mayan communities over the past centuries, and to promote and recover Mayan culture and spirituality. Today about 100 communities in 11 Guatemalan provinces belong to the CCDA.

In the mid-'90s, as a way to help support the CCDA, a delegation of students visiting from British Columbia brought coffee back to Canada in their backpacks to sell to friends and family. From these modest beginnings, the support of the BC Central American Students Association (BC CASA) has grown. Today they ship a container of green coffee beans up both the East and West Coasts annually. The coffee is

distributed and sold through a solidarity network of volunteers and they pay the CCDA approximately 35% higher than the standard fair-trade price for the coffee.

## What is Fair Trade Plus?

All profits generated from the sale of the beans in Canada are returned to the CCDA to support other projects in their communities. In this way, the CCDA goes well beyond what traditional fair trade accomplishes. Not only do they support small coffee producers by paying them above and beyond what fair-trade certifying organizations such as TransFair Canada guarantee, they also use profits from coffee sales to support rural development projects such as training in organic farming, women's co-operative micro-businesses, and scholarships for Mayan school-children. For this reason, they refer to their coffee as *Fair Trade Plus*.

Most of the CCDA coffee comes from the El Paraíso Co-operative in Sololá, Guatemala. Currently El Paraíso produces about 60,000 lbs of coffee per year. Many of the beans are sold by the co-operative on the domestic market or to intermediaries. The co-operative's best beans are processed by the CCDA to be marketed internationally and within Guatemala as "Café Justicia."

# Community Development Committee Update

By Natalie Brown

El Paraíso produces Yellow Bourbon, Arabico, Catue, Catimoro, Pache, and Caturra varieties of Arabica coffee. The coffee has been graded in Guatemala as Strictly Hard Bean (SHB) Altura. It is processed to the parchment level on the plantation using the wet processing method and cement drying patios. To avoid polluting the river with organic waste, the co-operative has built a series of “sinks” in its drainage canal where the husked cherries are trapped and later used as organic fertilizer.

In 2003, the El Paraíso Co-operative registered with Mayacert, an organic certifying agency whose credentials are recognized by Quality Assurance International and the USFDA. About a third of the 2008/09 crop of Café Justicia is certified organic. The rest is considered transitional, meaning that no chemical fertilizers or pesticides are applied, but not all traces of these chemicals have yet been eradicated from the soil.

We feel that CCDA-produced Karma Coffee is of the highest quality. It is grown in rich volcanic soil at altitude. It is shade grown under a canopy of banana, avocado, and larger shade trees that impart a subtle and distinct flavour to the coffee. It is roasted here in Ontario in small batches to ensure maximum freshness.

As a way of honouring the excellent work of the CCDA, Karma has agreed to sell Café Justicia as its in-store brand, to be known as “Karma Coffee.” In addition, for each pound of Karma Coffee purchased by Karma members, Karma will be donating \$1 back to a scholarship program offered by the CCDA to its members. We will be reporting back to Karma members in future editions of *The Chronicle* to let you know how much your support is helping the CCDA.

We encourage Karma members to learn more about the work of the CCDA by visiting their website at <http://www.cdda.galeon.com/about.htm> (or just Google CCDA Guatemala). We also have copies of a CCDA-produced video available for loan to Karma members. Just ask for it in the Karma office.

2010 will be an important year for the newly created Community Development Committee. Our new committee resulted from the merger of the Events and Outreach committees in September, 2009. We are dedicated to building Karma’s presence in the wider community and strengthening the positive experiences of Karma members. Increasing Karma’s membership and retaining new members are our two central goals for the new year.

After reviewing the results of the 2009 Member Survey, we noticed that Karma has been experiencing a high drop-off rate amongst new members. In response to the survey findings, we will be hosting events designed to welcome new members, such as new-member potlucks and spring and fall fairs. The Member Survey also showed that the bulk of Karma’s members live in the five or so postal codes that surround the co-op, so we will be focusing our outreach efforts on the Annex and surrounding communities. We hope to build community involvement in the co-op through open events that involve our neighbours, as well as raising awareness about the co-op’s location and the role it can play in the community.

Recently we took part in the Eat Local food fair at U of T, hosted by the Hot Yam (<http://hotyam.blogspot.com>), a vegan student lunch group at U of T. Karma had a table at the food fair, and many students and other members of the community stopped by to chat. We fielded a lot of suggestions for new events and ways of reaching out to people, including cheese and other food tastings and a bigger Karma presence at local food debates, book launches, and other events. Many visitors to the table were pleased to find a map showing exactly where Karma is located—our limited street presence is clearly an obstacle that we need to overcome by building up awareness of Karma and its activities.

We welcome ideas for new events from all Karma members! If anyone would like to get involved, please get in touch with us at [community@karmacoop.org](mailto:community@karmacoop.org). We look forward to seeing you at our upcoming events.

# Update on Kimberly-Clark/Kleenex Boycott: Some Good News, For a Change

How Karma helped change one of the largest tissue products companies in the world

By Richard Brooks

In August of 2009, Kimberly-Clark, the world's largest manufacturer of tissue products and the maker of Kleenex brand products, announced a new policy to protect ancient forests. For nearly five years, Greenpeace, with the support of consumers and businesses around the world, had been pressuring the company to change their practices so that old-growth trees and ancient forests would not be cut for disposable tissue products—products that are used once and then literally flushed down the toilet.

The Kleercut campaign applied pressure on the company via the marketplace and its customers and consumers. In order to highlight the issue, hundreds of protests took place globally (including here in Toronto), resulting in more than 50 activists arrested in acts of peaceful civil disobedience. Scientific and exposé reports, media mobilization, and shareholder engagement were also an important part of the campaign.

Karma Co-op became part of this campaign when it signed up to the Forest Friendly Businesses list, a group of companies that pledged not to buy Kimberly-Clark products while it was still destroying ancient forests. **More than 700 businesses**, including universities such as Harvard, Berkeley, and Rice, took the pledge. The campaign was won largely because of this type of consumer pressure.

Protection of the Boreal Forest is crucial to world efforts to stop climate change. This forest is the largest terrestrial storehouse of carbon on the planet, storing 27 years' worth of greenhouse gas emissions, or 186 billion tonnes. If this carbon is released into the atmosphere it will add to the threat of catastrophic climate change. In addition, Canada's Boreal Forest is North America's largest remaining

ancient forest and provides a habitat for threatened wildlife such as woodland caribou and wolverine, as well as over one billion migratory birds.

The new policy ensures that, among other things, **Kimberly-Clark will no longer be purchasing pulp from the three-million-hectare Kenogami and Ogoki Forests in northern Ontario** unless strict ecological criteria are met. These two areas within key zones of intact forest have been at the centre of Greenpeace's Kleercut campaign.

Under the policy, Kimberly-Clark has set a goal of ensuring that 100 per cent of the fibre used in its products will be from environmentally responsible sources. It will greatly increase its use of both recycled fibre and fibre from forests certified to the standards of the Forest Stewardship Council, the strictest forest protection certification available (for more info, visit [FSC.org](http://FSC.org)). By 2011, it will meet 40 per cent (up from 29.7 per cent in 2007) of its fibre needs from these sources. By 2012, the company will no longer use pulp from the Boreal Forest unless it is certified to Forest Stewardship Council standards. Further measures include a ban on pulp from Endangered Forests, those forests that are the most biologically important, and enforcement measures to make sure the policy actually works.

While the company is not going to be 100% recycled anytime soon, this new policy is a major step forward for forests and their inhabitants (both human and nonhuman). It is by far the strongest policy amongst the major tissue product manufacturers in the world, and sets the company on a course to significantly decrease its environmental impact. Additionally, as a company with \$15-billion in annual sales, it sends a message to logging companies in Canada and elsewhere to start protecting forests like the Canadian Boreal. The **best choice** for ecologically minded people like Karma members is still the 100% post-consumer recycled brands sold in the store, but for those millions of people who are going to buy Kleenex and Kimberly-Clark tissue products, the products just became more gentle on the planet.

You can read more about the campaign at [kleercut.net](http://kleercut.net).



# Food Issues Committee Report: GMO Project Update

By Linda Zelicki, on behalf of the Food Issues Committee

In response to the article “Karma Then, Now, and...?” by Marjorie Shu in the April/May 2009 issue of *The Chronicle*, the Food Issues Committee would like to clarify a reference in that article to the committee’s GMO project, saying “the Food Issues Committee has with exacting diligence screened out all GMO items.” Thanks, Marjorie, we wish it were so. We have begun and taken a number of steps in that direction, but we’re not quite there yet...

## The Latest Update

The Food Issues Committee has spent time—yes, “with exacting diligence”—on an inventory of products currently in the store, identifying ingredients which may have GMOs. For those who don’t know what GMO stands for, it’s “genetically modified organisms,” which are found in genetically modified food ingredients and products, as well as non-food material. Since many products labelled “contains organic ingredients” also have non-certified-organic ingredients, which may contain GMOs, making Karma GMO free has been a lengthy, detailed process. Only certified organic products with ingredients that are all certified organic are considered GMO free.

We are making progress. We’ve now entered our inventory data into a spreadsheet that we’ll put on Karma’s website for individuals and companies interested in the analysis of our genetically altered ingredients and products.

We’ve begun to contact various distributors and companies we buy these products from, to verify whether these ingredients are genetically modified or not. We’re aiming to open a dialogue with these product producers and manufacturers to find comparable products and ingredients that are free of genetically modified material, and accessible for purchase and delivery to Karma. We also want these alternative food products to be produced locally and under sustainable production methods.

Joining with others at Karma and in the food industry who are also looking for ways to eliminate GMOs from the food supply will hopefully stimulate the production of products with ingredients that are not genetically altered and the phasing out of those that are. We are hoping to turn Karma into a GMO-free store over the next 3–5 years.

In the meantime, to answer Karma members’ questions about products and access to products Karma doesn’t normally carry, the Food Issues Committee introduced Product Request and Product Information forms, located in the members’ lounge at Karma. We were deluged with requests, most of which we referred to staff. So we are currently looking at ways to address product requests that require research and/or are difficult to access, and redirect other requests to staff when appropriate. Stay tuned...

We’d appreciate your comments, insights and suggestions. Please email us at [foodissues@karmacoop.org](mailto:foodissues@karmacoop.org).

## Karma Staff Q&A

### Paul Dixon

#### **What do you do at Karma?**

Long-time shift manager, now mostly a produce guy.

#### **How long have you worked at Karma?**

Seven years.

#### **What are the best and worst parts of your job?**

I love the vegetables. And I actually quite enjoy being helpful—or maybe I just enjoy knowing the answer [for] you. If the phone here never rang again, though, I’d be a much happier man.

#### **You are shipwrecked on a desert island and you’re allowed one food, one drink, and one activist. What do you take?**

Goat-milk sour cream, scotch, and Vandana Shiva. Actually, I’ll take three Vandana Shivas, since several of my co-workers opted not to bring any activist at all. Hopefully our island’s close enough to the non-activist islands that the noise might bother them.

# Product Spotlight: Savouring the Season

By Karen Fliess

I often find myself trying to imagine what our corner of the world might have looked like before all the concrete and cars, and what people ate in simpler times. Local and seasonal wouldn't have been a trend, it would have been a necessity. Most vegetables would have been stored to extend the season as our small organic farmers still do for us now.

The real challenge of eating close to home and organic is most vivid in the deep of winter, when the abundant variety and specialties of the other seasons just aren't there with the same abandon. Yet when you stop to consider what is available, it is astonishing how much variety we still do have and how much Karma's local farmers supply us with. The challenge, I believe, is in being creative; reinventing old favourite veggies anew at each mealtime and using local, artisanal products to complement these dishes. I'm going to describe a few ideas.

Squash is a great example of a versatile veggie. It can be baked in the oven (turn face-side down with a little water added so it doesn't dry out, turn and season just before done), stuffed (bake the squash as mentioned and then stuff with a veggie and grain mixture and top with cheese), sautéed in a stir-fry with onions and butter or olive oil and other veggies, puréed into a soup (sauté onions, carrots, celeriac and apple with squash, add a little stock or water and herbs, and purée), or baked into a pie (even the best chefs substitute a sweet squash for pumpkin to stretch the season).

Potatoes are a member of the nightshade family, but they are hard to resist now and then. They can easily be transformed into a whole host of great side dishes. Potato pancakes (or latkes, as they are also known) are a pretty easy but impressive dish to prepare and even more yummy served with homemade applesauce. Simply grate the potatoes and put in a colander for 10 minutes, squeeze out the juice, and mix with sautéed onions, a couple of beaten eggs, thyme, paprika, salt, and pepper. Then sauté in a cast-iron frying pan as one large pancake or shape into a number of small ones. Grated celeriac can be mixed with the potato for a nice flavour enhancement. Thyme or rosemary are great herbs to use when sautéing

or roasting potatoes, along with sautéed onions and paprika. Cook too many and they can be converted into a simple yet elegant fritatta—an open-faced omelet made with stir-fried veggies (whatever you have on hand as leftovers) covered with beaten eggs, topped with cheese, and baked or cooked on the stove. Leftover vegetables can also be transformed into tasty pancakes by adding an egg, diced onion, a little flour, and salt and pepper. Sauté in olive oil or butter.

Jerusalem artichokes, or "sunchokes," are actually the root or tuber of a type of sunflower native to North America. Their flavour has been compared to water chestnuts, and those people who are intolerant of potatoes often use them as a substitute. They can be eaten raw in a grated salad or cooked like a potato.

The charm of winter root veggies such as parsnips, beets, turnips, carrots, and celeriac is in the wonderful, sweet, earthy flavour they possess. Simply roasting or sautéing them with a little butter or olive oil and onions produces a delicious treat. Soups, stews and stir-fries can be made in many variations by changing the combination of veggies and serving them with different grains. Karma has a great variety of them: rice, barley, bulgur, quinoa (a seed), and couscous (not technically a grain) are a few of my favourites. I believe grains are best soaked overnight with a squeeze of lemon juice and cooked early in the day before use in an evening meal. (See *Nourishing Traditions* by Sally Fallon.)

Apples, pretty much the only local fruit available in the winter, can set off the flavour of a soup, stew, or stir-fry nicely and lend themselves to a great variety of desserts. Rice pudding with grated apple is a great warm winter dessert (*The Moosewood Cookbook* has a good recipe). Baked apples are another yummy dessert that can be served warm, as is applesauce, apple crisp, or apple pie. A custard-y apple torte or apple cake is also a nice treat, and any of the above can be served with Mapleton's organic ice cream or Pinehedge Yogurt. The shelves at Karma are stocked with many products like these, that come from small, local, family-run artisan producers. Apples can be a part of almost every meal of the day. They can be used grated raw or cooked with breakfast porridge or granola and yogurt in the morning.

When local salad greens fade away, winter root vegetables can be grated and turned into crisp, refreshing salads. I heard from the wife of one organic farmer that eating leafy greens grown in the winter in warmer

climates could thin your blood, making you more susceptible to colds. Try any combination of apple with carrot, celeriac, daikon, and beets mixed with a dressing of olive oil, lemon, mustard, salt, and pepper. Top with some Ewenity Raw Sheep Milk Feta Cheese and serve with a dollop of Karthein's Organic Sauerkraut. Sauerkraut can also be served as a nourishing garnish with any meal.

Maple syrup is another local product that can be incorporated sparingly into any number of dishes such as salad dressings, vegetable dishes, or desserts. Temple's Maple Syrup is another small, local artisan producer.

Winter is a good time to slow down and carve out a little time to savour the season with wholesome local fare. I hope I have inspired you to browse through some cookbooks online or in your kitchen, get some ideas, and go for it. I use cookbooks for inspiration, see what I have on hand, and then improvise. Our farmers, our family and friends, and the local economy will be the better for it.



## Roasted Vegetable Medley

By Sophie Muller

I love beets, squash, and sweet potatoes partly because of their colour, but also because at Karma I get to meet the farmers who grow them. This roasted vegetable dish is easy to make, and actually doesn't need proper measuring—well, unless you're the measuring type. Beets make your bowels happy as they are fiber-rich, and are also full of vitamins A and C, calcium, and iron.

- 6 sweet potatoes
- 1 bunch chives or green onions, chopped
- 1 c. maple syrup
- 5 beets, pre-steamed
- 1 butternut squash
- 5 cloves garlic, chopped or crushed
- 3 red onions
- 3/4 c. olive oil
- 1 tbsp. garlic powder
- 2 red peppers
- 2 green peppers
- 1 tbsp. black pepper
- 2 tbsp. salt
- 1 handful tarragon
- 1 handful parsley

Preheat oven to 375° F. Peel and boil the sweet potatoes until soft. Mash and mix them with the maple syrup, chives, and 1 tbsp. each of salt and pepper. Spread them evenly in the bottom of a roasting pan. Scrub and chop up the beets and steam until about halfway cooked. Peel and slice the butternut squash into thin pieces. Chop the garlic and red onions. In a bowl, toss the beets, squash, garlic and onions with the olive oil, the rest of the salt, and the garlic powder. Throw the whole lot on top of the sweet potatoes and roast for 40 minutes. When you take out the pan, the veggies should be browning on top and the squash should be fully cooked. Throw in the peppers, tarragon, and parsley. Roast on broil for about 10 minutes or until the peppers are slightly brown. Enjoy!

## **Mission Statement**

*Our aim is to:*

- create a community of actively participating members;
  - foster a healthy connection to the food we eat, the people who grow it, and the other organizations who share our beliefs;
  - co-operatively educate ourselves on environmental issues; and
  - exercise political and economic control over our food
- by operating a viable co-operative food store.*

## **Contact Your Co-op — and Get Involved!**

Board of Directors: [board@karmacoop.org](mailto:board@karmacoop.org)

Building Committee: [building@karmacoop.org](mailto:building@karmacoop.org)

Chronicle Committee: [chronicleeditor@gmail.com](mailto:chronicleeditor@gmail.com)

Community Development Committee: [community@karmacoop.org](mailto:community@karmacoop.org)

Finance Committee: [finance@karmacoop.org](mailto:finance@karmacoop.org)

Food Issues Committee: [foodissues@karmacoop.org](mailto:foodissues@karmacoop.org)

Member Labour Coordinator: [mlc@karmacoop.org](mailto:mlc@karmacoop.org)

Orientation Committee: [orientation@karmacoop.org](mailto:orientation@karmacoop.org)

Web Committee: [web@karmacoop.org](mailto:web@karmacoop.org)

## **Hours of Operation**

Monday 11 am – 7 pm

Tuesday 11 am – 9 pm

Wednesday 11 am – 9 pm

Thursday 11 am – 9 pm

Friday 11 am – 9 pm

Saturday 10 am – 6 pm

Sunday 11 am – 5 pm

## **Staff List**

General Manager: Justin McNabb

Assistant General Manager: Michael Armstrong

Staff: Rachel Climenhaga, Paul Dixon, Talia McGuire, Greg Miller, Frank Norquay, Shannon Waterman

Bookkeeper: Denise Stapleton

Membership Secretary: Marilou Lawrence

Member Labour Coordinator: Greg Miller

## **Board of Directors**

Sarah Pretty – President and member of the Supervisory Committee

Howard Kaplan – Treasurer

Reg McQuaid – Secretary

Arel Agnew – Negotiation Committee Member

Corey Berman – Operations and member of the Supervisory Committee

Hilary Gibson Wood – Communication

Art Jacobs – Building Upkeep and Repairs

Angela Lee – Committees

Danielle Thibodeau – Community Engagement

Ben Watts – Communication