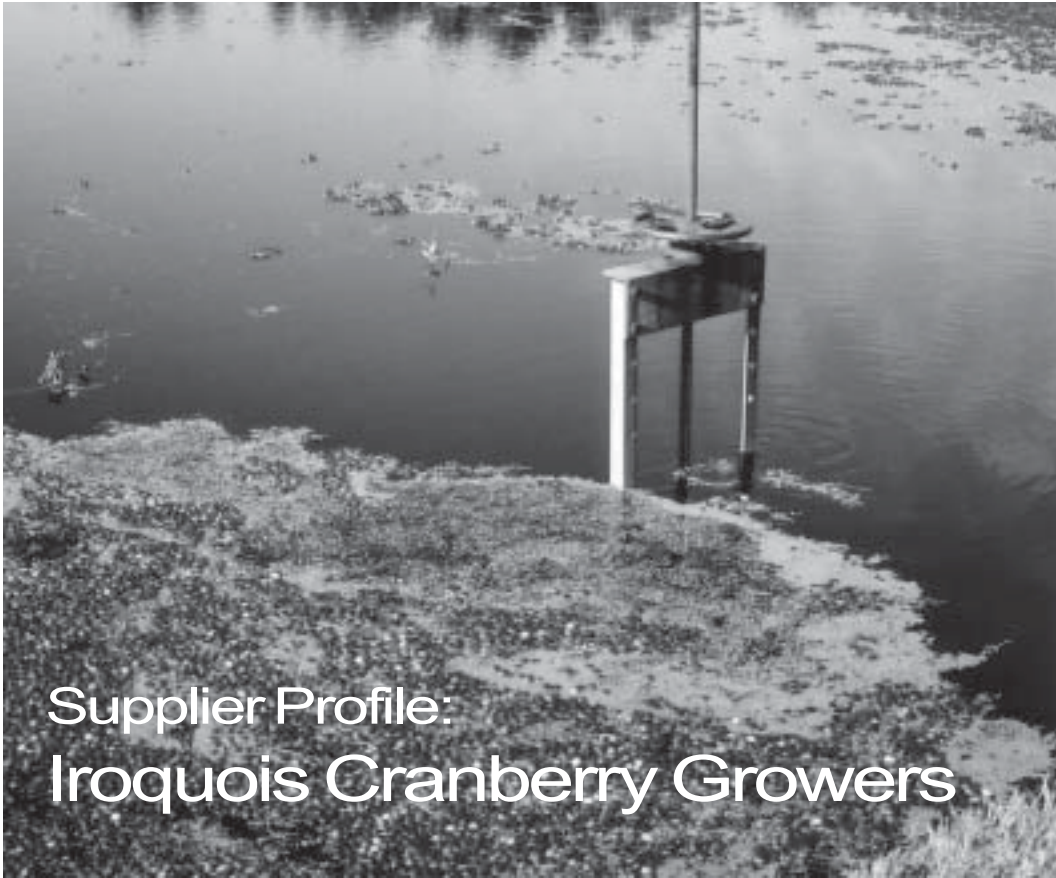


The Chronicle

December January 2004



Supplier Profile: Iroquois Cranberry Growers

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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.

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Submissions

Submissions may be sent by e-mail, to chronicle@karmacoop.org. Send your submission within the main body of the message. Please do not send attachments. Submissions are also collected from the red box. Upcoming editorial deadlines are posted on the bulletin board and the box. All envelopes, articles and disks must be clearly marked with the author's name. *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).

The Chronicle
December January 2004

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Suzanne Molina: all Supplier Profile photos

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Hello From Your New Board!

The 2003-2004 Karma Board:

(alphabetically)

Grif Cunningham (Maintenance Committee liaison)

Ed Fielding (Orientation Committee liaison)

Graeme Hussey (President)

Justin McNabb (Food Issues Committee liaison)

Anil Reddi (Chronicle Committee liaison)

Aysa September (Member Labour Committee and Web Committee liaison)

Christie Stephenson (Secretary and AGM Committee liaison)

Lachlan Story (Member Labour Committee liaison)

Andy Summers (Vice President and Promotions Committee liaison)

Geoff Webb (Treasurer and Finance Committee liaison).

Karma's new board of directors is excited to take on the many challenges identified at the Annual General Meeting (AGM) held in October. In the coming weeks, the Karma board will meet with members, committees and staff to develop objectives and measurable targets for the next year and beyond. However, major challenges, including financial recovery and member involvement, cannot be tackled by the board alone. For the co-op to be truly successful, all members — working and non-working — must assess their own contributions towards building Karma into a strong and unique community.

Whether you shop, clean, take out

the garbage or promote Karma to your neighbour, all contributions are valuable. Members need to communicate to the member labour coordinator the knowledge and skills they can offer to help build our co-op community. Let us know how to better tap into your abilities so that together we can continue to enjoy all that Karma has to offer.

I encourage members to contact the board with any concerns or questions (or compliments!) related to Karma Co-op.

Kind regards,
Graeme Hussey,
president@karmacoop.org

General Manager's Report

By Sarah Fairley

The fall was a bit of a maddening time for staff. Everyone was either learning how to do a job or training someone else. Many of us were doing both! Mike H. and Sasha were both hired to work with Michael A. in the produce department. Kevin was hired into the grocery department and Lisa returned as our daytime grocery clerk. On top of that James and Sara P. both had new jobs to familiarize themselves with, and I found myself with a few extra responsibilities of my own.

Winter has now arrived. The desire to hibernate is strong, for me at least. While I will not have the luxury of sleeping the days away, I have recently enjoyed the benefits of sleeping the nights away. The staffing situation has now settled down. We have a great team, made up of dedicated and enthusiastic people. I think this team will be around for a while, so please introduce yourselves.

Of course working members are also needed to keep the co-op operating. So, working members, do not underestimate the value of your work. Setup to cleanup and all the cashiers in between, your work is very important. Karma still needs members to work on those frigid nights when all of us would much rather be at home. So bundle up and come on over to your co-op. Staff will gladly show you where to brew warm tea or coffee.

A Special Report on Specials at Karma:

Education is one of the pillars of co-operative organization. At Karma we aim

to keep members informed about our pricing policies. I have been asked a number of times over the last couple of months about "specials" at Karma.

Karma does its best to offer gimmick-free shopping and a set markup of 30%. So what are those red stickers really all about? Red "Special" stickers indicate one of two things at Karma:

1. Karma was offered a discounted price from our supplier. The amount of the discount offered is often tied to the volume of the product ordered. Order one case of nut butter, save 5%, order 10 cases of nut butter, save 10%. Such specials are known in the industry as "case stack deals." Some products are almost always on special at Karma. This is because James tries to always purchase them as part of a case stack deal. In order for Karma to purchase case stack deals:

- our supplier must be offering a special
- we must have room to store our purchase
- we must have sufficient demand for the product.

Karma still applies the 30% markup on these sale items.

2. Karma reduced the markup on an item to help it sell. This is done in the case of products that are nearing their expiry date (bread is the most common example) or items that have not sold at their full price. Staff aim to keep the amount of items that fall into this category as small as possible.

For many Karma members price is a

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Report on 2003 AGM

By Terry Fowler

Spirited discussions about the co-op's financial situation and problems with member labour marked Karma's Annual General Meeting, held Monday October 20 at St Alban's Boys and Girls Club. Also, for the first time in several years, elections to the board were contested – there were a total of eight candidates for the five two-year positions. About 50 people attended.

2002-3 was not a good year for Karma, financially speaking. Expenses – mainly from staff salaries and shrinkage – remained high, while store revenue levelled off. The discussion revealed that there are many unknowns, such as to what extent, or why, current members are spending fewer of their food dollars at Karma. We can hope that the questionnaire about shopping habits passed out in September will shed some light on this issue. Sarah Fairley, our manager, reported that payroll costs have recently been decreased, but staffing has nevertheless tripled since the mid-1990s. Also, after the fiscal year was over, we had to throw away \$18,000 worth of food because of the blackout.

Member labour was also the topic of an extended discussion. The Ad Hoc Member Labour Committee recommended to the board that the work shift cash equivalent be increased to \$9 an hour from \$7.50, effective June 1, 2004. The value assigned to missed shifts should also be paid or worked off every year, coordinated with annual membership fees, the committee said. Many hours are “owed” to the co-op (almost 1,900) now,

and something needs to be done as soon as possible. One member suggested adding a button to the cash register for an hour's wage so that members could choose to pay all or some of their owed hours as they are cashing out, in a similiar way to shopping lists. There was also discussion of why fewer and fewer members are working. A common pattern, Marilou Lawrence, membership secretary, told the meeting, was for someone to join as a working member, fall behind on work commitments, and become a nonworking member by default.

The Member Labour Committee's report was presented for information and discussion. The board will be responsible for acting on its recommendations.

The Chronicle Committee reported that they had set up Karma's first e-mail newsgroup, cut their production costs significantly, and regularized contact with committee chairs before each issue to make sure that news about committee activities would be widely disseminated. There was also some discussion about implementation of the new store/manager's bulletin and coordination with *The Chronicle*.

The Food Issues Committee described their efforts to implement Karma's new food policy. They produced *The Harvest Thyme* flyer in late September to illustrate how the policy might be applied to a specific set of products. When asked why the *Harvest Thyme* publication of the committee looked so similar to (and some members had mistaken it for) the *Chroni-*

...CONT'D ON PAGE 17

Working Together to Achieve Karma's Financial Recovery

By Geoff Webb - Treasurer, Karma Co-op

The first thing I want to say to Karma Members is THANK YOU. Thank you to all the members who called to see if everything was okay and/or worked in the store during the blackout, to the members who bought product post-blackout, to those who continue to shop at Karma regularly and to all of those who have expressed an interest in taking on some of our recent challenges (including the numerous people who have expressed an interest in joining the Finance Committee).

Here is where things stand with regard to the power outage of August 14-15, 2003. We lost \$14,000 in inventory. At this time it is essential that this money be recuperated. The Board of Directors, the Finance Committee and myself have all struggled with options to replace these funds.

It is the decision of the Finance Committee, as approved by the Board of Directors, that effective December 1, 2003, we will be temporarily increasing the average markup by 2.5%. This will mean an average price increase of 2-10 cents at the cash register. We hope that we

will recoup the losses within six months and by the end of that period will be financially able to offset the usual decrease in summer sales.

This increase is a temporary measure to specifically address the losses due to the blackout; however, the Finance Committee and Board of Directors are looking forward to working in co-operation with the membership and staff to develop an integrated and comprehensive plan to address full financial recovery for Karma Co-op. I am committed to keeping you informed about this plan as the details are finalized.

Karma is a community of members, and it is the Board's and my hope that we can all come together in this time of giving to help our co-op. As members it is important that you continue to use Karma as your "One Stop" shopping venue of choice.

If you have any questions or comments I can be reached at: treasurer@karmacoop.org.

Thank you in advance for your support in achieving financial recovery for our co-op.



Membership Survey 2003: Preliminary Results

By Aysa September

Karma's first annual membership survey was launched during the month of September. Thank you to everyone who participated! Your responses will help the board and management to understand you,

Karma's members, and your shopping habits. After a long delay in completing data entry for the paper-based surveys,

analysis of the results is now under way. We are pleased to present some preliminary highlights to you here.

We received 208 valid responses, 70% of which were completed using the on-line form. Nearly 44% of respondents were relatively new to Karma, having joined in 2000 or later. Just over 10% of respondents were long-time members, having joined prior to 1980.



Approximately 69% of respondents were working members, nearly 25% were non-working members, and 7% were work-exempt members. Of the non-working members who responded, two-thirds had been working members in the past. 15% of the working members who responded had been non-working members in the past. One-fifth of the non-working respondents reported joining Karma in 2000 or later, compared with half of working member respondents joining in the same period.

Nearly 47% of respondents reported shopping at Karma three to five times per month, and 28% reported shopping six or more times per month. 51% of respondents reported spending more than \$100 per month at Karma, and 57% reported spending more than half of their grocery budget at Karma.

Congratulations to Janet Forbes, the winner of the \$25 gift certificate! Thanks again to everyone who completed a survey, and stay tuned for more comprehensive results in the near future.

Promotions Committee Report

Karma's first ever Cookie Baking Social was a blast! Right from the beginning there was some good-natured competition over the best chocolate chip cookie recipe. Grant Lowe, with a little help from Stefani Brown, definitely baked some award-winning chocolate chip cookies. You'll find the recipe and some

great pictures on the website at www.karmacoop.org. The real winners, of course, were all the folks who showed up to bake and eat the goodies!

Thank you to all our members who promoted Karma at the Whole Life Expo and the Saint Matthias Christmas Craft and Food Fair.

UPCOMING KARMA EVENTS

THE KARMA COFFEE KLATCH KICKOFF

Starting Monday January 19 at 7:30 pm, join fellow Karma members at **Grapefruit Moon** (968 Bathurst Street) for our first in a series of Coffee Klatches. Enjoy a steaming beverage of your choice while learning about beating colds and the flu the natural way!

KARMA CAUCUS

Karma members are invited to participate in the Karma Caucus, to take place in the library at **St. Alban's Boys and Girls Club**, 843 Palmerston Avenue, Saturday, January 24 from 12:30 to 4 pm. Discuss ways in which Karma committees and members can better communicate with one another. We will divide into working groups to tackle a participant-driven agenda. RSVP by January 15th to: promotions@karmacoop.org

Supplier Profile: Iroquois Cranberry Growers

By Suzanne Molina

The largest cranberry bog in Ontario is owned and operated by the Wahta Mohawks under the Iroquois Cranberry Growers business name. Located 200 kilometres north of Toronto on the Wahta Mohawk Territory, the bog is just north of ski country, surrounded by the Canadian Shield.

Take a hard right turn from Highway 400 onto Muskoka Road 38 and you'll be on your way to the band office and the town of Bala.

Stay on the 400 for a few

more minutes and take another hard right, and you're at the bog. The Wahta Mohawks opened the bog in 1968, and currently have 68 acres under cultivation.

The Iroquois Cranberry Growers retail store is located at the bog. Here, shoppers can purchase pure not-from-concentrate cranberry juice, cranberry sauce, cranberry chutney, cranberry syrup, and other products such as wild rice, cookbooks featuring cranberry recipes, candles, and

beadwork jewellery.

Although the store has historically been open from June to October, the Wahta Mohawks are now considering keeping it open year-round. It would probably make good business sense: on a late October day near the end of the harvest, late in the

afternoon — when one might expect few visitors — the retail store is doing a brisk business selling products, and the sole staff member is busy educating people

about the wonders of the humble cranberry.

The indigenous peoples of North America have known about the health benefits of cranberries for eons, and Western science has confirmed this traditional knowledge. Cranberries — an evergreen shrub native to eastern North America and named by 17th-century German colonists from the German *Kranbeere* or Low German *kranebere*,



The cranberry bog at the Wahta Mohawk Territory in late October, near the end of the harvest season



An Iroquois Cranberry Growers work crew harvesting berries.

meaning crane berry — contain antioxidant flavonoids that clear the body of free radicals, and also contain flavonoids and polyphenolic compounds that inhibit low-density lipoprotein, or “bad” cholesterol, to help prevent heart disease.

According to the Cranberry Institute in East Wareham, Massachusetts, cranberries are also rich in anthocyanins, flavonols, proanthocyanidins, and other phenolic compounds known for their anti-cancer properties. Studies have shown that the flavonoid quercetin delays tumour development and reduces tumour spread.

As if all that weren't enough, cranberries also inhibit the bacteria responsible for the formation of the oral plaque that causes periodontal disease, prevent the formation of peptic ulcers by inhibiting the adhesion of *Helicobacter pylori* bacteria to human gastric mucus and the stomach (and killing bacteria already adhered), and prevent urinary-

aureus, as well as *E. coli*.

Best of all, these benefits occur after small doses: just one 10-ounce glass of cranberry juice daily has been shown to cut the incidence of UTI by as much as 50 per cent.

Once visitors have purchased their products at the retail store — where there is no sales tax applied, since the Wahta Mohawk Territory is a federal Indian reserve signatory to a pre-Confederation treaty — they can take a walk on the trails that surround the bog. (Guided tours are offered

during the summer months, sometimes by horse-drawn wagon.)

On this late October day, there's a work crew

harvesting some of the season's last berries. Two men in hip waders stand thigh-deep in the flooded bog using booms to guide the berries toward the harvest truck's soft-sided, articulated intake pipe. Several other workers stand



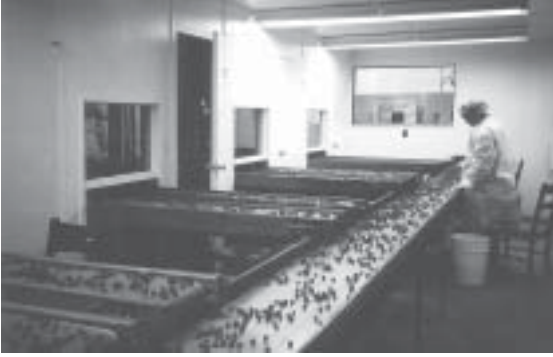
After being harvested from the bog, the cranberries are moved into the plant by conveyer belt...



...sorted by a machine that measures their bounce...

atop the truck removing twigs and vines and monitoring the berries as they are spray washed. Another worker rakes the berries into a huge vehicle-sized wagon hitched to the back of the truck. When the wagon is full, the crew heads up to the processing plant.

The plant isn't very busy on a Friday afternoon in late October, since the harvest is nearly complete.



...sorted by hand to ensure quality...

But the crew from the bog unloads the wagon of berries, and visitors can see the entire process from start to finish.

The cranberries enter the plant on an ascending conveyer belt that drops them into an ingenious Rube Goldberg-type contraption. This machine, which was built in the early decades of the last century, has a series of wire shelves. The cranberries with the highest bounce stay in the top shelf to be packaged as fresh fruit. Berries with lesser bounce end up in the middle shelves, and are used for prepared products such as juice (which is made off-site). The few very soggy and unusable berries fall into the lowest shelf, and are discarded.

From the sorting machine, the berries proceed to the hand-sorting station. (The machine can be set to deliver various "shelves" through the conveyer belt into the hand-sorting station depending on the job — that is, whether the berries are being packaged or made into juice.) From

...and bagged or boxed by weight before being shipped across the continent.

there, the berries are bagged or boxed by weight and shipped across the continent.

Iroquois Cranberry Growers is slowly making the transition toward organic agriculture. A smaller bog, located away from the main bog and harvested the week

after the pictures for this article were taken, is the Wahta Mohawks' first experiment in totally organic practices. The cranberries in the main bog are grown and managed using a mix of low-intensity conventional practices and natural pest-control methods (for in-

stance, the Iroquois Cranberry Growers periodically layer sand overtop the bog — the sand stops insect eggs from maturing).

The transition to organic agriculture may take a while to accomplish, however. Despite owning and operating Ontario's largest cranberry bog, the Iroquois Cranberry Growers are "just breaking even" according to plant manager Mat-

thew Commandant. Farming is a risky and labour-intensive business, and the Wahta Mohawks are dependent on



just one crop. They're also competing with conglomerates such as Ocean Spray, with a product many consumers see as seasonal.

The reality is, cranberries aren't just for Thanksgiving or Christmas. They freeze exceptionally well, and can be used year-

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The Everyday Activist

By Lis Soderberg

Convenience Foods: Got Any Recipes?

One of the biggest impacts we have on our society and the environment is how we feed ourselves, whether we choose to be vegetarian or vegan (by far the least wasteful in terms of energy and resources required to produce the food we eat), try to prepare foods that have a minimum of waste in terms of packaging (e.g. preparing foods from scratch and avoiding fast-food outlets), and/or choose foods that are locally, organically and sustainably produced.

Having grown up on a family farm, I was lucky to have experienced firsthand the delights of freshly gathered produce eaten minutes later at lunch or dinner. And if I didn't appreciate as much the seemingly endless hours of weeding or potato bug picking in my parents' sizable vegetable garden, the value of that work became abundantly clear by harvest time.

However, we now live in Toronto, and the time and space required to maintain a garden like my parents' is not currently available. Especially time (if you've got some, you can do amazing things with a few square feet and some containers). Living in a city, with its inherent daily transportation and scheduling complications, our time is always at a premium. Convenience foods seem like an obvious solution, along with fast-food outlets, but they exact a huge toll on the environment and our health. Plus, they're expensive. So how do those of us who want to go easy on the planet (and our wallets) while eating healthy foods do so without ending up spending countless hours in the

kitchen? Shopping at Karma is the next best thing I've found to the variety and convenience of the family vegetable garden, but there's still the matter of food preparation.

One solution is to prepare large batches of a favourite recipe for freezing, ideally with friends in somebody's functional (and spacious) kitchen. Many hands make light work, and a pooling of talents and resources can even turn a chore into a fabulous social event! Still, this strategy only works for part of a healthy menu.

I pay a lot more attention to what we eat since I became a mother, but I have less time available to cook. And as a big fan of cookbooks, I've acquired quite a collection, but I've found it's difficult to find recipes that fit all of these five criteria (in no particular order):

- easy/convenient to make (including easily accessible ingredients and simple, speedy preparation techniques)
- nutritious
- delicious!
- economical
- good for the planet as well as our bodies (locally, sustainably, organically produced).

So, I am extending an open invitation to Karma members to send me recipes that fit these five criteria, to be collected into a Karma cookbook (name? submissions welcome). The finished cookbook could be made available for download from the website, or could be sold in the store.

Of course, this will take some time to do properly. And of course, it won't happen without the input of members (and other

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Product Spotlight

By Suzanne Molina

Ewenity Dairy Co-op Sheep-Milk Products

Karma is now carrying several products from the Ewenity Dairy Co-op, a group of Ontario dairy sheep producers who market their own sheep milk and sheep-milk products. Some of the co-op's milk is sold to larger processors, but most is used to prepare Ewenity's own products, which are sold at farmers' markets and independent retailers such as Karma Co-op. Although not certified organic, the Ewenity farmers — Best Baa Farm, Milky Way Farm, Wooldrift Farm, and Kupecz Farm — own small family farms and practise "sustainable agricultural practices" that ensure the health and welfare of their flocks.

Sheep do not produce a lot of milk. The Ewenity farmers say that the average ewe makes about a litre a day. As a result, the milk is highly nutritious, so the lambs will grow. Sheep milk is higher in nutrients than both cow or goat milk, and is packed with protein; the vitamins thiamin, riboflavin, folic acid, B₆, B₁₂ and D; the minerals calcium, iron, magnesium and zinc; and all 10 essential amino acids.

Sheep milk is higher in fat than cow or

Editor's Note: Shelf Elf — the product-information column that has appeared in The Chronicle since 2000 — has been retired. In its place, we offer the Product Spotlight column, which will appear in every issue highlighting one or more products. The Spotlight will introduce new products and reacquaint readers with products already found on Karma's shelves.

goat milk, but it's friendly monounsaturated fat. And since the proteins are different from those found in cow milk, sheep-milk products are a good alternative for people who cannot tolerate cow milk.

Karma carries Ewenity Dairy Co-op yogurt (a Balkan-style yogurt that is thickened only with bacterial culture and contains no artificial thickeners), Brebis Frais (a spreadable European-style soft cheese good on crackers or bagels, as a dip, or in cheesecake), and authentic feta (which in Eastern Europe is always made from sheep milk).

Ewenity Dairy Co-op also produces a "ramembert" (soft) cheese and a "eweda" (semi-hard) aged cheese. Fluid milk is available by special order.

Karma members should note that both the feta and the Brebis Frais contain rennet — a coagulating enzyme harvested from the stomachs of calves — which may not be appropriate for certain vegetarian diets or religious dictates. Note too, however, that the rennet appears in almost trace amounts. Elisabeth Bzikot of Best Baa Farm says that the cheeses contain "very small amounts" of rennet that add up to "less than half a drop per litre" of milk.

Check the Ewenity Dairy Co-operative Web site at www.ewenity.com or contact info@ewenity.com for more information.

Sol Cuisine Tex-Mex Vegetarian Burgers

Karma carries at least two other kinds of Sol Cuisine veggie burgers, but one is soy-

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The Eight-Minute Meal

Food Issues Committee

In the prepared world of the “eight-minute meal,” Karma, its members and the groceries they purchase are changing. Refrigerated and frozen prepared foods are currently the fastest-growing product category in the natural foods market. Similarly, Karma’s members increasingly want to purchase prepared food products that taste good, provide nutrition, are produced locally and are prepared easily.

In recent conversations with James (Grocery Manager) and Sarah Fairley (General Manager), the Food Issues Committee sought to learn more about purchasing habits of Karma members in relation to prepared foods.

Different theories exist as to why these have become so popular in the natural food industry. Possibilities include a consumer shift among those who traditionally purchased prepared *conventional* food towards purchasing prepared *organic* food as a means of improving their health. Another possibility is that the other areas of the natural food industry have become saturated, and producers and consumers are looking for different avenues to create and fulfill needs. Regardless of the reason, both James and Sarah agreed that prepared foods are a growth industry and represent an opportunity for Karma to increase its revenues. Increasing the amount and variety of prepared foods available at Karma could also be a chance for the co-op to increase revenues by attracting new members who prefer prepared foods.

As the demographics and purchasing habits of Karma shoppers continue to

change, the Food Issues Committee is responsible for following this change and interpreting whether or not products reflect our common values. Understanding adherence to the product policy is made difficult when the supply chain of products available in Karma gets longer and more complex. Difficulties in ensuring whether prepared foods meet our product policy include understanding what ingredients go into a product as well as understanding whether each ingredient adheres to acceptable economic, social and environmental conditions.

For example, if we purchase a prepared frozen lasagne, we must understand what the ingredients are and how each ingredient performs in relation to our product policy. This means knowing whether our supplier makes the cheese and pasta, or sources these ingredients from a variety of suppliers. The supply chain becomes increasingly more complex with refrigerated and frozen prepared foods.

One thing is certain, prepared foods are here to stay, in Karma and in the greater natural foods market. Throughout its history, Karma has been able to attract new members because of the community and food it offers. With the recent popularization of the natural foods market, Karma faces a greater challenge in distinguishing itself from many direct competitors. What products we purchase and their accordance with member lifestyles should distinguish us as a unique alternative to our competitors and ensure our viability.

Report Card: Pesticides in Produce

excerpted from “Food News”, www.foodnews.org

WASHINGTON — On the one-year anniversary of the national organic standards, Environmental Working Group (EWG) today released its newest findings on pesticides in produce. EWG researchers analyzed over 100,000 U.S. government pesticide test results and found 192 different pesticides on 46 popular fresh fruits and vegetables. Now consumers can shop their way to reduced pesticide exposure with the new Shopper’s Guide to Pesticides in Produce.

Stonyfield Farm, the nation’s leading organic yogurt manufacturer, created the downloadable wallet-size Guide, which

lists the 12 produce items that are consistently most- and least-contaminated with pesticides (see below and sidebar).

Adjusting your eating habits can lower your intake of pesticides — sometimes dramatically so. Substitute organic for conventional produce that is consistently contaminated with pesticides. When organic is not available, eat fruits and vegetables with consistently low pesticide loads.

An EWG simulation of thousands of consumers eating high- and low-pesticide diets shows that people can lower their pesticide exposure by 90% by avoiding the top 12 most contaminated fruits and vegetables and eating the least contaminated instead. Eating the 12 most contaminated fruits and vegetables will expose a person to nearly 20 pesticides per day, on average. Eating the 12 least contaminated will expose a person to a fraction over 2 pesticides per day. Less dramatic comparisons will produce less dramatic reductions, but without doubt using the Guide provides people with a way to make choices that lower pesticide exposure in the diet.

Gary Hirshberg, President and CEO of Stonyfield Farm, pointed out that, “When consumers ‘vote with their wallets’ they are helping to solve a global problem with a local solution... The Guide gives consumers the information they need to make informed purchases — that’s why Stonyfield Farm chose to fund this study.”

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Clip and save for easy reference:

Lowest in Pesticides

These 12 popular fresh fruits and vegetables consistently have the lowest levels of pesticides.

- * Asparagus
- * Avocados
- * Bananas
- * Broccoli
- * Cauliflower
- * Corn (sweet)
- * Kiwi
- * Mangos
- * Onions
- * Papaya
- * Peas
- * Pineapples

PEOPLE AND PLANET FRIENDLY LISTINGS

Ground Level Conversation Café (in Parkdale); 1st & 3rd Saturday of the month, 2- 3:30 pm, Toronto

Conversation Cafés are open, hosted, drop-in conversations among people with diverse views but a shared passion for engaging with others. Held in public spaces like cafés, restaurants and book-stores, Conversation Cafés provide a safe setting for talking with neighbours about things that matter over a cup of coffee or tea. Our conversation group is about community building and social networking. Everyone welcome. Free, just buy a coffee or tea. / 1340 Queen Street West at

Brock Avenue / **Contact** Mike Pare 416-533-6428 whorlpooleditor@yahoo.ca / Other Conversation Cafés in the Greater Toronto Area: www.conversationcafe.ca

Luna Collective Market (Sunday afternoons); 12-2:00 pm, Guelph

Join us every Sunday afternoon for a socially conscious gathering... organic aromatherapy products; original artwork, clothing & jewellery; exchange table: leave-what-you-can, take-what-you-need; drum circle with guest musicians the last Sunday of every month ...funky music, fantastic organic food, a healing environment & much more! The market is free,

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Why Should You Care About Pesticides?

There is growing concern in the scientific community regarding the subtle ways in which small doses of pesticides affect people, especially during critical periods of fetal development and childhood when they can have long-lasting adverse effects. Because the toxic effects of pesticides are worrisome, not well understood or in some cases completely unstudied, shoppers would be wise to minimize exposure to pesticides whenever possible.

What about washing?

Washing will not change the rank of the fruits and vegetables in the Guide. That's because nearly all of the data used to create these lists comes from the USDA Pesticide Data Program (PDP) where the foods are washed and prepared for normal consumption prior to testing for pesticides (apples are washed and cored, bananas are

peeled, etc.).

While washing fresh produce may help

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Highest in Pesticides

These 12 popular fresh fruits and vegetables are consistently the most contaminated with pesticides—always buy these organic.

- * Apples
- * Bell Peppers
- * Celery
- * Cherries
- * Grapes (non-U.S./Canadian)
- * Nectarines
- * Peaches
- * Pears
- * Potatoes
- * Raspberries
- * Spinach
- * Strawberries

things for sale range in price. Organic vegan brunch from 10:30-2:00. / Cafe Aquarius / 33 MacDonell Street, downtown Guelph, 519-766-1268 / www.cafeaquarius.com/ www.newmoon.ca

Mohawk College Renewable Energy Course & Workshop: Mon Jan 12, 2004, 6 pm, Hamilton

Renewable Energy Continuing Education Course at Mohawk College – The next Monday evening course begins Jan 12, 2004, and a workshop will also be offered Feb 7/8, 2004.

Renewable energy trends in Canada and throughout the world will be studied. Various industry speakers and site tours will enhance close examination of wind, solar, geothermal, hydro, bio-energy, and tidal energy. The renewable energy movement will be placed in context with a review of the Kyoto Protocol commitments, environmental economics, evaluation tools and the key businesses and non-

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reduce pesticide residues, it clearly does not eliminate them. Nonetheless, produce should be washed before it is eaten because washing does reduce levels of some pesticides. However, other pesticides are taken up internally into the plant, are in the fruit, and cannot be washed off. Others are formulated to bind to the surface of the crop and do not easily wash off. Peeling reduces exposure, but valuable nutrients often go down the drain with the peel.

The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals.

More information, details at:
www.foodnews.org/reportcard.php
www.ewg.org.
www.stonyfield.com

government organizations (NGOs) facilitating this exciting revolution. Approximate cost is \$220. The course # is OH710. For further information, please contact:

Mohawk College: 905-575-2287
www.mohawkc.on.ca/ Fennell Campus, PO Box 2034 / Hamilton, ON, L8N 3T2 / Peter Ormond, Professor / 905-526-6458 / peter.ormond@mohawkcollege.ca

Living Routes - Geo Communities Semester (Jan 16 to Apr 28, approx.): Fri Jan 16 to Wed Apr 28, 2004, USA & India

Join a small group of students and faculty to create a “learning community” within the living community of Auroville and other ecovillages. The program begins with a three-day orientation at Sirius Community in western Massachusetts, then spends nine weeks at Auroville, a community in southern India involving 1,900 people from 40 nations who are striving to build “A City the Earth Needs.” Several weeks of travel to other ecovillages and cultural sites throughout south India are also included. / Living Routes / 85 Baker Rd., Shutesbury, MA 01072 / info@LivingRoutes.org / www.LivingRoutes.org

Guelph Organic Conference & Trade Show - Canada's Largest Public, Organic Event : Thu Jan 22 to Sun Jan 25, 2004, Guelph Free organic trade show & food-tasting fair with over 100 exhibitors — everything from educational programs to producers, distributors & retailers, nonprofit organizations and government — the diversity is amazing! Also, over 30 workshops & courses for all levels of interest, novice to experienced grower. This year's theme: “Building Sustainable Economies.” / Guelph University Centre, at the University of Guelph / Box 116, Collingwood, ON L9Y 3Z4 / 519-824-4120 ext. 52558 / Tomas Nimmo

705-444-0923 / organix@georgian.net /
www.guelphorganicconf.ca

**Get Inspired: Sustainable Home Tour
& Seminar: Sat Jan 24, 2004, 10:00 am,
near Orangeville**

Learn how you can create a sustainable home and lifestyle from the Wilson family, recognized experts at green living. As the Toronto Star reported, "When it comes to living green you can't do much better than the Wilson family." At the Wilson home on the Niagara Escarpment, near beautiful Hockley Valley, about one hour north of Toronto, you'll learn all you need to know to build your own sustainable home, from dream to reality. Held on location at the Wilson Natural Home, you get a full tour of this amazing, inspiring home that incorporates straw bale natural insulation, passive solar design, solar & wind power, natural construction materials, no fossil fuel based furnace, and a green roof. / Time: 10 am - 4 pm / Speakes: John Wilson and Leigh Geraghty, owners and builders of the green home. Fee: \$150 per person or \$250 per couple (shared materials). Payment must be received by January 19, 2004 / john.wilson@naturallifenetwork.com / 519-942-3266 / near Orangeville (1 hour north of Toronto). 248108 5th Side Road / www.NaturalLifeNetwork.com

CORRECTION

In the August/September issue, re: "Peter Blanchard: Member Profile," the GoodWork website was incorrectly listed. The correct address is:
www.planetfriendly.net/goodwork. Visit the site for more information on jobs, apprenticeships and volunteering related to peace, environment, sustainable living and social issues

Everyday Activist

...CONT'D FROM PAGE 10

interested parties — in fact, spread the word to your friends and neighbours, and encourage them to send along their favourite recipes that fit the above criteria, too). And if anyone would like to get involved with the compilation/design/whatever else needs doing of the cookbook (I have no experience with this whatsoever), please let me know. Send an email to soderberg@goodmedia.com, call me at **416-656-2331**, or drop a note into the envelope on the Karma bulletin board.

Looking forward to trying your recipes!

Product Spotlight

...CONT'D FROM PAGE 11

based and unsuitable for those members who cannot tolerate soy products (soy is an extremely common allergen, and many people find soy products very difficult to digest), and the other is vegetable-based and unsuitable for those members who prefer a denser burger (admit it: veggie burgers can be pretty mushy).

Enter the humble bean burger, which will please those in the non-soy and non-mush camps. Although the Tex-Mex burgers contain some soy protein, they are made primarily from black beans. They're 100 per cent vegan, wheat and gluten free, and also free of any genetically modified ingredients — the corn that is studded throughout the patties is organic, and the soy is identity preserved non-GMO. And they do not contain canola oil, which is also a GMO crop (Sol uses sunflower oil instead).

These spicy burgers are high in protein

*DON'T FORGET TO
MARK YOUR CALENDARS!*

You are invited to participate
in the much-anticipated

KARMA CAUCUS!

Saturday, January 24

12:30 to 4pm.

**St Alban's Boys and Girls Club
Library**

843 Palmerston Avenue
(just north of Karma,
past Vermont Park)

Join us to discuss ways in
which Karma committees and
members can better communicate
with one another. We will divide
into working groups to tackle a
participant-driven agenda.

Please RSVP by January 15 to:
promotions@karmacoop.org.

Thank you,
*The Karma Promotions
Committee*

and low in fat. They are a bean product,
though, so they do require a lot of oil
when they're fried on the stovetop, or
they will stick to the pan.

You can find Sol Cuisine bean burgers
in the freezer along the back wall, in line
with the main aisle.

Sol Cuisine is a 28-year-old
Mississauga-based company that special-
izes in vegetarian and vegan convenience
foods. For more information, check the
Sol website at www.solcuisine.com.

GM Report

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significant factor in their decision-making.
Finding ways to provide members with the
products they want at a price they are
willing to pay is one of the greatest
challenges we face right now. Implement-
ing special deals is one way that staff are
striving to meet the needs of Karma
members.

AGM Report

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cle, Graeme Hussey answered that its
format was based on the low cost and
simplicity of using paper that was 8 by 11
inches and folding it in half.

Other committee reports were presented
without additions to their written submis-
sions in the AGM packet.

Sandwiched in between these discus-
sions, elections for the board were held:
candidates made short statements and
secret ballots were filled out. Elected to
the board for two-year terms were Christie
Stephenson, Graeme Hussey, Geoff Webb,
Andy Summers and Justin McNabb. Anil
Reddi was acclaimed for a one-year term

Supplier Profile

...CONT'D FROM PAGE 9

round in muffins, loaves, crisps, breads,
smoothies, and sauces.

Karma carries frozen cranberries from
the Iroquois Cranberry Growers in the
freezer near the juice aisle, and periodi-
cally stocks fresh cranberries in the
produce cooler.

For more information or to arrange a
guided tour in season, check the Iroquois
Cranberry Growers website at
www.iroquoiscranberries.com or e-mail
info@iroquoiscranberries.com.

MISSION STATEMENT

OUR AIM IS TO:

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

STAFF LIST

General Manager
Sarah Fairley

Grocery Manager
James

Produce Manager
Michael

Health & Beauty Manager
Sara

On-call Shift Manager
Robin

Shift Managers
Sheila
Paul
Michel

Bookeeper
Victoria

Member Labour Co-ordinator
Sara

Membership Secretary
Marilou

Clerks
Naomi
Mike
Lisa
Sasha
Kevin

HOURS OF OPERATION

Monday 11-7
Tuesday 11-9
Wednesday .. 11-9
Thursday 11-9
Friday 10-9
Saturday 10-6
Sunday 11-5

Holiday Store Hours

Tuesday Dec 23 11-9
Wednesday . Dec 24 10-4
Thursday Dec 25 closed
Friday Dec 26 closed
Saturday Dec 27 10-6
Sunday Dec 28 11-5
Monday Dec 29 11-7
Tuesday Dec 30 11-9
Wednesday . Dec 31 10-4
Thursday Jan 1 closed
Friday Jan 2 11-9

Happy Holidays!!!

