



The Scoop

Pomme de Terre Foods Community Cookbook Now Available

You may remember when The Pomme de Terre Foods Co-op's first cookbook was published in 1994, with a collection of recipes from community members, friends, and relatives. Earlier this spring the co-op started collecting recipes from the community to put together a second community cookbook. We collected nearly 500 recipes, including some from the previous cookbook, and sent the books to be published in September. The cookbook finally arrived, and we are anxious to start circulating it around the community.

The cookbook features a hard cover with a nice photo on the front, and community pictures on the dividers for each section. It includes recipes in many different categories, such as appetizers and beverages, main dishes, soups and salads, and a vegan/gluten-free section. The books are bound so they lay flat when opened, and include cooking tips, measurements, and other useful information. Copies of the cookbook are available at the store for just \$14. You can also order books by sending a check for \$14, along with \$4.00

shipping per book, to:

*Pomme de Terre Foods
613 Atlantic Ave
Morris, MN 56267*

The cookbook project was started as a fundraising idea to help the Food Co-op purchase a newer, larger freezer. We have already ordered the freezer – which will be about twice the size – and are anticipating arrival some time in January. Proceeds from cookbook sales will go directly to reimburse the freezer purchase, and offset installation fees. Our new freezer will allow us to carry more lo-

cal foods, as well as a selection of frozen vegetables, fruits, and other items.

The cookbooks make excellent gifts, and they are full of recipes submitted by people you know. Make sure you pick up a copy before you start your holiday baking this year!

Pomme de Terre Foods would like to thank the Cookbook Committee for the work that they put into the new cookbook. Members on the Cookbook Committee are: Clare Strand, Barbara Burke, Lonna Fulda, and Diane Whelan.

Green Guide to Holiday Gift Giving

Americans are consumers – especially during the holiday season. Choosing a gift for someone is not only a way of showing that you care about them, it is also an opportunity to show that you care about the planet. Here are some “green gift” ideas for the holidays.

Battery Charger – We all tend to collect too many battery-operated gadgets: portable CD players, digital cameras, remote controls, desktop toys... and often spend more money (and create a lot of waste) replacing batteries than our gadgets are worth. Throw in a couple of rechargeable AAs to complete the gift!

Donation to Charity – make a contribution or a donation on behalf of someone else.

Bicycle Gear – A bike rack, a new helmet, tire repair kits, headlights, and bells... encourage your loved ones to bike more – it's good exercise for them, and will result in healthier breathing for us all.

Memberships – A membership to a museum, an organization, a co-op, or a club is a yearlong (sometimes even lifelong) gift that keeps giving.

Magazine Subscriptions – Give the gift of a subscription to an environment or health magazine (Audubon, Satya,

Gist Magazine, etc.). This is a great way to encourage people to learn about issues important to you or to them.

Recycled Jewelry – Great gifts for teenagers who have everything else. Who knew that old bicycle parts and toothbrushes could make such great accessories?

Message Gear – Help someone make their opinions heard with bumper stickers, patches, tote bags, and t-shirts.

Food – Gift baskets of fair trade, organic goods – complete with mugs, wine glasses, or silverware to complement the basket – are always welcomed.

Indoor Garden Supplies – Encourage someone to try out their green thumb with organic seeds, pots, and gloves. Don't forget to include planting and care instructions!

Gift Certificates – Still can't find the perfect gift? Pomme de Terre Foods has gift certificates available for any amount you choose!

Food Facts

During the Pacific War of 1941-45, young coconut water was often used to replace blood plasma in wounded soldiers.

Coconut Water is more nutritious than whole milk, and with less fat and no cholesterol.

On average, it takes 1.5 gallons of water to make pasta - 1/2 gallon to cook the noodles, and 1 gallon to clean the pot.

Peanuts are one of the ingredients in dynamite.

The Bacardi “bat” symbolizes the soil where the sugar cane grows, which is fertilized from bat droppings.

Do you want to write for PDT Foods Newsletters?

We are looking for people with cooking hints, gardening tips, opinions, and information. E-mail manager@pdtfoods.org for more information!

PDT Foods Product Spotlight: Choice Organic Teas

Recently, the Pomme de Terre Food Co-op introduced five varieties of Choice Organic Teas to our line of organic and fair trade teas. We currently offer seven varieties of this high-quality organic tea, most of which are certified Fair Trade.

Choice Organic Teas started in 1989, with a plan to market teas that are cultivated without using environmentally harmful chemicals. Choice Organic Teas is a brand of Granum, Inc., whose founder has been actively involved in organic marketing for more than 30 years. Not only does Choice Organic Teas offer high quality organic teas, but it is also devoted to promoting and supporting sustainable and socially responsible farming methods.

Choice Organic Teas works closely with growers world-wide and is proud to offer a large fair trade product line. In fact, Choice Organic Teas is the first tea company in the United States to Fair Trade certify many of its teas.

In April, 2003, Choice Organic Teas purchased enough Green Certificates to provide 100% wind energy for its Seattle facilities. Choice Organic Teas is one of the first tea companies to choose renewable energy, evidence of their dedication to running an environmentally sustainable business.

Pomme de Terre Foods is proud to

carry a selection of Choice Organic Teas. Following are descriptions of the teas available in our store.



Russian Caravan: A blend of Yunnan black tea and Lapsang Souchong black tea. This tea has a bold flavor, and is said to have an “assertive, smoky personality.”

Classic White Peony: White tea is made from new buds and young leaves, which are steamed and then dried. This tea is minimally processed, and has a subtle fresh floral flavor with just a hint of sweetness. Now certified Fair Trade.

Black Tea: A very pure tea, brisk and bright in character. The tea grows in organic mountain-top gardens, deep inside a wildlife preserve in Southern India. Certified Fair Trade.

Rooibos Red Bush: The rooibos (pronounced *ROY-BOSS*, Afrikaans for “red bush”) is native to South Africa, and has bright green needle-like leaves. The leaves are fermented, giving them an amber color, and made into a flavorful tea with a sweet, earthy aroma. Rooibos tea is rich

in minerals and antioxidants. Caffeine-Free and now Certified Fair Trade.

Irish Breakfast: This tea is made mostly from organic Assam tea, a black tea native to Assam, India. It has a malty flavor with a full body and a rich color, making it a strong breakfast tea. Certified Fair Trade.

Chai Spice Black Tea (Gourmet): This chai spice tea features rich Assam black tea from the Brahmaputra Valley in India, blended with highly-prized cardamom. Choice suggests making this tea strong, and sweetener and milk may be added to enhance the flavor. Certified Fair Trade.

Moroccan Mint Green Tea (Gourmet): Very strong spearmint flavors blended with carefully selected organic green teas

in North Africa. This is a very vitalizing tea, with only half the caffeine of most other green teas. Certified Fair Trade.



Not ready to commit to a whole box? Many of our Choice Organic Teas are available in individual bags for just 25¢. Check out

our selection of quarter-per-bag teas on the counter at the co-op.

PDTfoods.org website updates

“Going out of Business since 1971: An Informal History of the Pomme de Terre Food Co-op”

PDT Foods history written by Peter Whelan, now posted in the *About PDT Foods* section.

Submit your recipes online

Now you can submit recipes, search for recipes, and rate others’ recipes on our website!

Coming soon: read past newsletters, stay up-to-date on PDT news, and see newly added products online.

Cranberry Relish

From the new Community Cookbook

16 oz. fresh cranberries 2 oranges
2 apples, gala or pink 1/2 c. sugar (or less)
lady preferred

Wash and drain cranberries. Peel, core, and slice apples. Peel and section oranges, reserving 1/2 peel of one orange. Finely chop apples, oranges, cranberries, and orange peel together in food processor adding sugar to taste. Cover and chill for at least two hours.

Submitted by Joy Hopkins

New Products at the Pomme de Terre Food Co-op



We've introduced a new line of coffee, locally roasted in Fergus Falls, MN. Stumbeano's roasts Guatemala Juan Ana Café coffee direct from the San Lucas Toliman Mission, a product of small farmers who receive \$3.00 from every pound sold. PDT Foods carries medium and dark roasted varieties of the Juan Ana coffee. Just this month, Stumbeano's is introducing two certified Fair Trade and organic beans into their company – keep an eye out for these varieties soon! The beans are roasted just days before we get them, which brews an incredibly fresh pot of coffee!

Pondicherry Incense Sticks

This incense is made in India at the Sri Aurobindo Ashram, and contains only the purest extracts of herbs, roots, bark, and petals. Pondicherry incense is handmade and hand-packaged with no animal testing or animal-derived ingredients.



88% Cocoa Chocolate Bar

Chocolate lovers, this bar's for you. The Black Panther bar contains an incredible amount of cocoa. Endangered Species donates 10% of their profits to organizations involved in the conservation of species and the habitat.

Eichten's Hidden Acres Cheese

We've added a few new cheeses to our line of Eichten's cheeses: Grated and Shredded Parmesan, Parmesan wedges, and Tilst (an aged Danish-style cheese). Eichten's Hidden Acres is in Center City, MN.



Gluten-Free Chocolate Cake Mix and Chocolate Chip Cookie Mix

Bob's Red Mill is dedicated to manufacturing natural products. They offer many baking mixes, packaged grains, and a wide selection of gluten free products.

Hampstead Fair Trade Teas



Hampstead started when its owner began seeking alternative products after her son suffered severe allergies to pesticides. We carry Rosehip Hibiscus, Chamomile, and Peppermint Hampstead teas.



Greek Isle Pita Chips

We received some samples from our suppliers last month, and after many requests from volunteers, a new kind of pita chip hit the shelves.

Cheddar Nut Thins

Gluten-free cheese crackers, also here by popular volunteer request. These crackers are crispy and textured, and are great alone or with your favorite topping.



Clipper Fair Trade Teas

Clipper, a Fair Trade tea company in the UK, prides itself on purchasing high-quality tea from small holdings that grow organically and have good social and economic standards for tea pickers and their families. We carry Clipper Green Teas with Echinacea, Ginkgo, and Ginseng.



Wild Rice, Wild Rice Flour, Pancake Mix, and Jam



We introduced many new and exciting Native Harvest products this month, and have a fine selection of

gift baskets available for the holiday season. Proceeds from sales go directly to support the White Earth Land Recovery Project.



Since 1997, Peace Cereal has been donating 10% of their profits to peace building organizations. This has resulted in more than \$1 million in donations. Their cereals are certified organic, and a perfect start to a peaceful day. We carry Maple Pecan and Vanilla Nut Crisp cereal.

<p>Pomme de Terre Food Co-op</p> <h2>Membership Renewal Benefit</h2> <p>Present this coupon when you renew your membership at the Pomme de Terre Food Co-op, and receive an <u>additional 5% discount</u> on your purchases that day!</p> <p><i>Coupon Expires: 12/31/2006</i></p>	<p>Pomme de Terre Food Co-op</p> <h2>New Member Benefit</h2> <p>Present this coupon when you sign up for a new membership at the Pomme de Terre Food Co-op and receive a <u>15% discount</u> on your purchases that day.</p> <p><i>Coupon Expires: 3/31/2006</i></p>
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Socially Responsible Shopping: Fair Trade Products

Every day, millions of products are traded locally, nationally, and globally. Whether trade is good for both consumers and producers depends on how the goods are made and how they are sold.

The majority of exports from developing countries tend to be primary product commodities – coffee, tea, cocoa, and sugar. Prices on these commodities often rise much slower than prices on manufactured goods; the world market price for such commodities may even fall below the cost of production, forcing huge losses on farmers.

What is Fair Trade?

Fair Trade is a commitment to social justice in which farmers receive fair prices for their products, employees are treated and paid respectably, environmental practices are followed, and long-term relationships are fostered. It is an equitable partnership between consumers in First World countries and producers in Second- and Third World countries.

The Fair Trade Federation (www.fairtradefederation.org) bases Fair Trade on seven different principles:

Fair Wages – ensuring that farmers receive a fair price for their goods. Fair Trade Organizations often work directly with farmers, bypassing exploitative middlemen to offer products at reasonable costs to consumers with greater percentages of sales returned to producers.

Cooperative Workplaces – working with small businesses, worker-owned and democratically-run cooperatives, bringing benefits to workers and their communities.

Environmental Sustainability – encouraging producers to engage in environmentally friendly practices and use sustainable local resources.

Consumer Education – educating buyers about the importance of purchasing fairly traded products.

Financial and Technical Support – buying products directly from producers and providing financial assistance through direct loans, payment, or financing options.

Respect for Cultural Identity – encouraging the production and development of goods based on cultural traditions.

Public Accountability – keeping finances, management policies, and business practices open to the public.

Who benefits from Fair Trade?

Both farmer and consumer benefit from Fair Trade practices. Fair Trade increases the incomes of small farmers, helps farmers realize self-sufficiency, keeps farmers out of high interest debt, and helps build infrastructure in farming communities. Consumers who purchase fairly traded products not only have a clear conscience about their

purchases, but they are part of a rising social justice movement, and their purchases encourage others to choose responsibly as well. Fair Trade allows consumers to be directly involved in marketing that positively impacts the lives of farmers and their families.

Fair Trade encourages environmental sustainability, and most small farmers use organic methods and disperse their plants throughout a region rather than clearing acres of land. Small coffee farmers often plant shade-grown coffee under a canopy of trees, which is crucial in protecting several species of birds.

Together, as consumers, we can make a difference by demanding changes in the way that goods are produced and traded. Every dollar spent on fairly traded goods is a vote towards a new system of trade, based on support for small farmers, respect for their workers, and environmental sustainability.

So, when you are serving truffles, coffee, and tea this holiday season, take time to think about the work that went into your food. Make the right choice – for you, for the farmers, and for Mother Earth.

Hot Wassail

From the new Community Cookbook

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| <i>1 (46 oz.) can apple juice</i> | <i>1 tsp. lemon juice</i> |
| <i>1 16 oz. can frozen orange juice
(diluted per directions)</i> | <i>1 tsp. whole cloves</i> |
| <i>2 c. unsweetened pineapple juice</i> | <i>1/4 tsp. ground allspice</i> |
| | <i>4 cinnamon sticks</i> |

Combine all ingredients and bring to a boil in a 5 quart pot. Simmer for a half hour, stirring occasionally. Serve piping hot. Makes about 1 gallon.

Submitted by Lois Smith



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Here