

CO-OP

TAKOMA PARK SILVER SPRING

NOV./DEC. 2010
VOLUME 1 • NUMBER 3

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Join tpss co-op today!

and enjoy these member-only benefits:

Super Tuesday: 10% percentage off your total purchase on the first Tuesday of each month.

10% discount on all special orders.

In-store weekly **memberships-only specials.**

Your vote, your voice in the management and direction of our Co-op.

Stop by either store and fill out a membership form or go on our website and print it out!

NOTICE of special co-op dates

CLOSING EARLY/CLOSED

November 25	Thanksgiving	8am-2pm
December 24	Christmas Eve	9am-4pm
December 25	Christmas	closed
December 31	New Years Eve	9am-4pm
January 1	New Years Day	closed



Darhyl Lyons

Darhyl Lyons passed away Saturday, September 18, 2010 and all the members of his second family at the TPSS Co-op wish to express our heartfelt appreciation for him. For many years, at the Takoma Park store, Darhyl was an incredibly energetic employee in the Health, Beauty and Personal Care Department. But Darhyl was not simply an HBC person; he was available to any customer who needed help, whether it was an empty bin in the bulk section or a broken bottle of olive oil splattered behind the produce aisle. He knew about customers' lives, their children's names and their joys and sorrows. Darhyl would readily take on any task the Co-op asked of him and no one could put up a tent for an event as quickly and expertly as he could. Once under the tent, Darhyl led both the experts and the uninitiated in drumming, building community and connection.

Darhyl did not limit his Co-op reliability to the time clock. He was elected to serve on the Board of Representatives three years ago. He has worked every third Sunday and several meetings in between to govern the Co-op, without financial compensation. Darhyl was involved in hiring the current general manager and played a critical role in unprecedented oversight over the previous general managers. What we will remember of Darhyl, beyond his invaluable service, is his



love of laughter, camaraderie, hugs and collaboration. Darhyl provided the heartbeat for our Co-op. It is not an exaggeration to say that we love him and hope that he is soaring like a golden eagle into the heavens to return to the Great Spirit that created him. ●

TPSS Board of Representatives
September 19, 2010





Store Hours

Open Daily 9 a.m. - 9 p.m.

Two Locations

Takoma Park Store

201 Ethan Allen Avenue
Takoma Park, MD 20910
(301) 891-2667
fax: 301-891-2695
www.tpss.coop

Silver Spring Store

8309 Grubb Road
Silver Spring, MD 20912
(240) 247-2667
fax: 240-247-2696
www.tpss.coop

Newsletter Team

Editor: Sarah Richards
Managing Editor: Alzira Isata
Art Director: Bettina Mills

Co-op Management Team

General Manager: John Kidney
Marketing Manager: Alzira Isata
Outreach Coordinator: Sherri Collins
Finance Manager: Brenda Tilery
Human Resource Manager:
Stephanie Sinsky
Frontend Manager: Marlyse Atangana
Produce Manager: Abdi Guled
Wellness Manager: Janiece Kennedy

Board of Directors

Lorig Charkoudian, *President*
Mary Rooker, *Vice President*
David Walker, *Treasurer*
Loni McCollin, *Secretary*
Bill Rodgers
Nelson Graves
Preston Quesenberry
Jeffrey Ross
Emily Townsend



HELP A CAUSE

It's time for a rotation of the donation jars. Because we have a long list of organizations we would like to donate to it's important that we work out a rotation. Please - no worries, your favorite charity jar will come around again. Here is a list of the donation jars in our latest rotation.

The Rape Crisis Center: Dedicated to creating a world free of sexual violence. The center works for social change through community outreach, education and legal and public policy initiatives. It helps survivors through crisis intervention, counseling and advocacy.

The Capital Area Food Bank: Works to educate, empower and enlighten the community about issues of hunger and nutrition.

The Chesapeake Bay Foundation: Mission to save the Bay and keep it saved, as defined by reaching a 70 CBF's health index.

Friends of Sligo Creek: Committed to restore to health the water quality, natural habitat and ecological well-being of the Sligo Creek watershed by bringing neighbors together to build awareness, improve natural habitat and protect our community's heritage.

Takoma Park's Emergency Assistance Fund: To help those facing a financial emergency in the City of Takoma Park.

Piney Branch Elementary School's Music Department: As part of our goal to serve the community TPSS has added a new charity to the list. The elementary school's name will change on order to reach all of the elementary schools in the area. The first is Piney Branch Elementary School's Music Department. Last year the music department received 4 instruments from the county. The children shared instruments last year. As you can imagine it makes it harder to learn to play an instrument if you have to share with someone not living in the same household.

Poker Chip Donations year to date are as follows:
Committee for Missing Children - \$191.10
Equal Justice Foundation - \$92.25
Mommies TLC - \$80.30
Special Olympics - \$128.75
Takoma Park Film Festival - \$129.50
Washington Humane Society - \$261.05
Total: \$882.95 in Poker Chip Donations.
Disaster Relief Fund Donations Total: \$679.31

Questions/Concerns:
please contact Sherri at outreach@tpss.coop



Mission Statement

The mission of TPSS Co-op is to promote healthful living by offering whole foods, high quality products and community resources, in a clean, friendly co-operative grocery store...that you own!

TPSS GUIDING PRINCIPLES
(Abridged- for the full Guiding Principles see our website at tpss.coop.)

Values Driven: TPSS is owned by our members and we determine how the Co-op will operate.

Committed to the Community: We support the local economy by choosing local food and products whenever possible.

Strength in Members: Membership is open to anyone.

Economic Impact: Because of the nature of our business and our local community focus, every dollar spent at the Co-op has roughly three times as much economic impact locally as a dollar spent at a non-locally owned business.

Democratic Control: Members make the decisions and set policy for the Co-op.

Members' Economic Participation: Members contribute equally and democratically control the capital of the Co-op.

Autonomy and Independence: We will never sell the business to an organization outside of our community.

Education, Training, and Information: We provide education and training for our members and staff so they can contribute effectively to the success of the Co-op.



august board report

Hello, Co-op Members and Shoppers,

The vote to amend the Articles of Incorporation and By-laws and the vote for new Board members is taking place through November 8. Please be sure to vote and check the store and webpage after November 9 for the results of these two important elections.

The Board has committed to considering the future of the Co-op stores this year. This consideration has resulted in the establishment of the Takoma Store Expansion Task Force, which will consider opportunities and feasibility of expansion in the Takoma Junction area. The Board has appointed John Kidney, TPSS General Manager, and Jeff Ross, TPSS Board Member, as co-chairs of the Task Force. At the November Board meeting, the Board will begin the discussion regarding the future direction of the Silver

Spring store. This process will begin with analysis of financial figures and management's vision, and will include opportunities for member input over the next several months. Please be on the look out for formal opportunities to participate in the discussions regarding the future of both stores.

In addition to some of these larger projects, the Board is moving forward with an analysis of what it will take to move the Co-op towards a Living Wage for all employees. The Board is also continuing with the policy development and revision initiative. This includes the development of policies in areas not previously covered, such as volunteer policies, as well as revision of key policies, such as financial policies. Current policies can be found at <http://www.tpss.coop/RegisterNov09.pdf>.

Please remember that you are always welcome at Board Meetings, which take place the third Sunday of every month, 6-9:30pm. Agen-

das are posted a week in advance in both stores and on-line. Minutes are posted a month later after they are approved. If you are interested in joining a committee, you can find more information at http://tpss.coop/join_a_committee.pdf. You can also read reports of committees and follow the activities of committees at http://www.tpss.coop/governance_new.html.

This fall concludes my term as President and on the Board. I want to thank you all for the opportunity to serve and for the commitment you all have shown to this incredible co-op we all own together. I am grateful for how far we have come together and hopeful for an incredible future. ●

Sincerely,
Lorig Charkoudian
TPSS Board President

WELLNESS educational information

SUPPLEMENT: MSM or DMSO2 –Methyl Sulfonyl Methane *by Janiece Kennedy*

I believe MSM is worth trying. I was first introduced to MSM over fifteen years ago. At that time I was working for a well-known natural food store in the area. A customer (which is where I get some of my best information) shared with me his successful use of MSM when relieving severe asthma symptoms in his two year old daughter. I have made it part of my preventative health care protocol ever since, using it internally and externally respectively, with excellent results.

MSM is a way to refurbish the sulfur in our body which by the way is the 4th most abundant element in our bodies next to Oxygen, Hydrogen & Carbon. When our body lacks sulfur our cells membrane becomes hard and leather like making it difficult for oxygen and nutrients to pass through it. When you introduce MSM the cell membrane or wall is softened and made more permeable, allowing water and nutrients to freely flow into cells and allowing wastes and toxins to properly flow out.

MSM comes from the ocean and is found naturally in fresh vegetables, most green plant food stuffs, fresh fruits, meats, seafood, and milk. Processing of these products, however, destroys or greatly reduces actual MSM content. It is driven out of all foods even with moderate processing, and destroyed with dehydration and heat.

Pioneer MSM researcher Robert Hershcler says: "MSM is shy, evasive and escape-prone. While present naturally when food is very fresh, it can be driven out of any food by even moder-

ate processing. People, generally speaking, will be sulfur-deficient unless they eat their fish and meat raw and vegetables unwashed and uncooked."

MSM levels in humans decline with age, resulting in symptoms of fatigue tissue and organ malfunction, and increased susceptibility to disease. When the body replaces old skin cells, if there is a deficiency of MSM, the new cells can be stiff and contribute to wrinkling. MSM supplementation can help the body replace bad cells with good, healthy, elastic cells.

MSM:

- Is necessary for collagen synthesis - skin, hair and nails.
- Softens the skin, making it more elastic
- Keeps cells from becoming rigid
- Softens tissue (the beauty mineral)
- Research has shown rapid relief, even in stubborn cases, of stomach distress, headaches, asthma, arthritis, gastrointestinal inflammation, constipation, candida, allergies to food and pollens
- Detoxifies the body
- Increases blood circulation
- Reduces - muscle cramps, pack pain, inflammation, permits muscles to heal
- Increases - energy, alertness, mental calmness, concentration, body's ability to produce insulin
- Aids the liver in producing choline

- Controls acidity in stomach and ulcers
- Coats intestinal tract so parasites lose ability to hang on
- Research has shown MSM is remarkably effective in treating parasitic and fungal infections both on the skin and internally, including fungus
- Research shows MSM to be a preventative agent for colon cancer
- Speeds wound healing

MSM (when taken internally) is said to be an "internal cosmetic." When taking MSM orally, the body distributes MSM where it needs nutrition the most. The body uses MSM and Vitamin C together to build healthy new cells. MSM provides the flexible bond between the cells. This combination was especially useful in correcting leg cramps, as in athletes who experience severe leg cramps during sports activity.

MSM maintains the correct molecular framework for soft and connective tissue throughout the human body and is noted for its exceptionally non-toxic nature for both children and adults, including geriatric patients. ●

Note: The information found here is for educational purposes only. It is not intended as a substitute for individual medical attention or as a recommendation to address a specific health condition or illness. Please consult your nutritionally-oriented doctor before taking any supplements.

A New Wave of Cooperation

by David Walker

A generation after World War II, the United States enjoyed economic prosperity but was enduring some growing pains socially, politically and geopolitically. Through spontaneous collective action, Americans learned to organize themselves to produce sweeping changes in society. Cultural change also produced divisiveness between those who embraced social, political and economic progress and those who resisted it.

The Voting Rights and Civil Rights Acts eliminated poll taxes and Jim Crow segregation, while Supreme Court decisions forced school integration. Cold-war tensions reminded us to duck and cover so we could survive nuclear devastation, while draft boards sent conscripts to fight in the proxy war inflaming Southeast Asia. Anti-war protest galvanized young people, particularly on college campuses. Demonstrations, mass marches, riots insisted the times were a-changing.

All of this social tumult taught Americans that working together for common purposes could make things better. Reacting to the need for change, many Americans sought a fresh approach to the standardized, commercialized society promoted by conglomerated industries. Cooperation emerged as a means to circumvent the pursuit of profits, building on the experience of mass action demonstrated during the civil-rights movement and the anti-war protest.

Often, co-ops clustered around university towns such as Madison, Wisconsin; Ann Arbor, Michigan and Austin, Texas. Cooperative housing was a cost-effective alternative to dormitories for many students. The North American Students of Cooperation was organized in 1968. NASCO lobbied the federal government to authorize the College Housing Program to make 3% loans directly to cooperatives. Those loans provided financing for housing co-ops in Berkeley, Los Angeles, Ann Arbor, Minneapolis and Austin.

In many communities, folks wanted economic, cultural, dietary and lifestyle alternatives. Soon, consumer cooperatives were sprouting across the land to serve their needs. Arcata Co-op in Northern California was a model new wave co-op. In 1980, Arcata manager Lynn MacDonald wrote, "New wave co-ops presented opportunity for shaping a nonalienating workplace, one where creativity would be rewarded and work would be satisfying. New wave co-ops became models of worker control and worker self-management."

There was also a movement demanding

a different diet, avoiding the processed, packaged products being nationally advertised by the big food conglomerates. MacDonald stated, "A keen awareness of nutrition and its role in the health of the body was another legacy of the cultural revolution of the 60's. For the most part, the new wave co-ops dealt only in natural foods, ignoring the mainstream of the grocery industry and indeed, of American food preferences. Pure food meant a vegetarian diet and new wave co-ops sold little, if any, meat."

These powerful cultural factors prompted phenomenal growth in consumer cooperatives. There were almost 700 retail co-ops across America in 1970. Some experienced commercial success, such as REI or the SCAN furniture division of the Greenbelt Co-op. But many others foundered as economic realities overwhelmed idealistic commitment.

Lynn MacDonald admitted, "Somehow both management and business skills became synonymous with capitalism – inherent evils to be eradicated. The majority of new co-ops came with no business skills and, to a large degree, failed to recognize that this knowledge would be of primary importance in the long-range survival of the businesses being established." Eventually, a variety of factors forced even some second-wave co-ops such as Berkeley and Greenbelt into bankruptcy. By 1990, the number of consumer co-ops stabilized at about 300.

Jerry Voorhis, long-time president of the Cooperative League of the USA said of the new wave of cooperatives after World War II, "American co-ops have learned, often from bitter experience, a number of lessons. Among them, the following:

- 1) No cooperative business or institution ever stands still; it grows, expands, develops – or it begins to die.
- 2) The day of the small cooperative kept alive by idealism alone is largely past ..."

Today, cooperation in the U.S. is experiencing a dramatic reinvigoration. Another wave of co-ops is rising once again to meet the needs of the people during difficult economic times. With the expertise and support of nationally-active cooperatives, federations and institutions, more than 200 consumer co-ops now are being planned, organized, financed, developed and launched. America is cooperating to face the formidable challenges of a new millennium. ●



Reducing waste... one bag at a time

As part of our commitment to environmental sustainability we have implemented a 5 cent grocery bag initiative. Our goal is to discourage the use of non-reusable grocery bags, which ultimately leads to the reduction of waste. Montgomery County, Maryland has made recycling paper and plastic part of their focus in recent years, for example implementing mandatory recycle bins in every business operating in the county, a practice that we support. Although, paper bags are not as imposing to the environment as plastic, it still consumes a large amount of our natural resources and the majority will eventually end up in landfills. According to The California Energy Commission for every 700 paper bags used a tree is chopped down. We at TPSS want to encourage our members and general customers to continue being conscious of recycling and take part in this effort by doing one of the following when shopping at the Coop:

- Bring your own grocery bag(s)
- Purchase store reusable bag(s)
- Pay 5 cents per bag provided at the register

Customers who bring their own grocery bag(s) are able to donate to a charity of their choosing. Chips are provided at the register and individuals have the option of picking one or more organizations to donate to. For each chip, 5 cents is donated to the specified cause courtesy of TPSS.

Customers who come without their own grocery bag(s) are charged 5 cents per bag provided by TPSS. TPSS will then make a donation to the environmental charity of our choosing at the end of each quarter with these proceeds.

continues on page 6 ►



Natural Beauty Products

by Jennifer-Tiara Wordsmith

While on the cusp of Winter let's still keep our skin shiny and pretty. One of my secrets that I rarely divulge is that I use body scrubs. I love body scrubs. I've tried a few but *Alba's sugar cane body polish* is tried and true. It isn't hard yet neither is it less abrasive than the other scrubs on the market.

After you bathe, rinse and lather on the scrub for your finishing touch. Afterward you don't even need to apply lotion, unless of course you just want to, as the exfoliation from the scrub will reveal beautiful, radiant skin beneath.

This isn't done daily, I usually only do it monthly; definitely when I'm slated to travel, absolutely, when I'm expecting company. Grab yourself a jar of *Alba's sugar cane body polish* - even during the Winter months when everything is drab and gray, you'll be smelling sweet, and feeling as soft as silk. ●



COMMENTS

Please send all comments to tpss.coop@gmail.com or 201 Ethan Allen Ave Takoma Park, MD 20912. Please include full name, full home address and/or email address. Anonymous letters will not be accepted. Letters may be subject to editing for length and/or clarity.

Disclaimer: The views expressed in this newsletter are those of individuals and are not necessarily shared by TPSS Co-op.

Achieving Health with Ionic Angstrom Minerals

(by Richard Baker)

Many of our modern health, healing and wellness challenges are the result of our modern mineral deficient diet. It is not yet common knowledge however everyone, elder to infant, is potentially affected by a mineral deficiency. This is because modern farming and water purification methods both destroy and strip the fragile, water-soluble, bio-available, ionic angstrom minerals from all sources of food and water even, many organic foods and bottled waters.

It is well known that only a short term exposure to mineral deficient water is enough to cause dehydration along with electrolyte and pH imbalances. It also takes the body on average 90 days to completely rehydrate. Mineral deficient food is known to cause a wide range of health problems and these problems are known to pass from one generation to next.

Everyone needs to know and share this information and everyone, elder to infant, will in time, notice the benefit of taking Professional Grade Liquid Ionic Angstrom Minerals as a daily nutritional supplement.

TPSS carries several of the 26 Professional Grade Liquid Ionic Angstrom Mineral formulas and singles produced by, Mineralife, LLC. To see all of the formulas and singles, with descriptions, see the Ionic Angstrom Mineral reference book compiled by Reasonable Solutions, LLC located in the nutritional supplement section here at TPSS. You can also special order any or all of the 26 formula or single minerals.

Here are basic seasonal suggestions...

SUMMER

Daily Multiple

Balanced Man or Balanced Woman

Blood Sugar Support

FALL

Daily Multiple

Balanced Man or Balanced Woman

Immune Support

WINTER

Daily Multiple

Balanced Man or Balanced Woman

Magnesium

SPRING

Daily Multiple

Balanced Man or Balanced Woman

Fatigue Support

calendar

November

SUPER TUESDAY

First Tuesday of the month members receive a 10% discount

STORY TIME

Wednesday mornings 10:30-11:30am

December

SUPER TUESDAY

First Tuesday of the month members receive a 10% discount

STORY TIME

Wednesday

mornings

10:30-11:30am

staff pick



Jennifer Omotola

Cashier

Favorite item: **STEAZ**

"Steaz gives you natural energy without the crashing effect that other energy drinks have."

Small Farmer Co-operatives: Saving Coffee and the Earth



— by Nicholas Reid, Equal Exchange Natural Foods Sales Representative —

Equal Exchange has credited co-ops with building Fair Trade coffee and making the alternative trade system possible, by keeping farmers organized in developing countries, and connecting them to consumers through co-ops like Equal Exchange and their local food co-ops. Last month (October), while we celebrated Co-op and Fair Trade Month, and considered the values and successes of these two movements that are so intrinsically connected, Equal Exchange pushed ourselves even further. The support and collaboration of co-ops is crucial to the future of organic coffee.

Declining yields due to soil exhaustion and global warming are threatening specialty coffee production, and the livelihoods of thousands of farming communities that rely on it. Once charged with making coffee cultivation economically viable for small-scale producers, Equal Exchange now asks co-ops to support those farmers in their efforts to adapt, innovate and invest in the future of high-quality, organic coffee.

The history of commercial farming in Latin America (and in the United States) is one of extreme short-sightedness, environmental destruction and an ever-increasing reliance on chemical and technological inputs. One need only look at the former sugar plantations of northeast Brazil, now deserts and agricultural wastelands, or the destruction of local communities and ecosystems that banana cultivation led to in Central America, to see that modern agriculture effectively raped the soil of nutrients, destroyed local flora and fauna that sustained the land, and nearly ended the possibility of human existence in those areas.

Specialty coffee grown by small-scale farmers is inherently a more sustainable form of agriculture than large scale plantations, but it, too, has felt the pressure of the corporate race to the scientific bottom. Regardless of our progress in the last 20 years, small farmers are struggling to com-

pete, and scrambling to maintain healthy, productive farms and soil. Without the benefits of the three insidious sisters of modern chemical fertilizers (NPK) and carcinogenic pesticides, organic farmers are experiencing declining output and soil exhaustion. Traditional fertilizer techniques in composting and mulching are falling short.

Global warming, a global problem that disproportionately affects higher altitudes and subtropical regions, exactly where the majority of our coffee and cacao farmers operate, is exacerbating the problem. Changing weather, rainfall and temperature patterns are threatening coffee cultivation (and traditional agriculture, in general) around the world. The future of specialty coffee is perilous at best; organic production is threatened even further.

We, at Equal Exchange, believe it is our responsibility to support our farmer partners as they invest in modern, sustainable agricultural methods and adapt to climate change. We know we cannot rely on Monsanto or Cargill; big business cannot solve these problems. With that in mind, we have partnered with agronomists at the CESMACH co-operative, who approached Equal Exchange with a proposal for a soil fertility project in the communities in which they work.

The first round of the project, funded by Equal Exchange and carried out by CESMACH, concluded in the summer of 2010. It involved taking soil samples in the coffee communities of the co-op, to analyze the nutrient profiles. Armed with an overview of the health and deficiencies of the soil in each community, Equal Exchange and CESMACH are preparing to implement the next round of the project, which will be funded through food co-op sales from October (see below).

The second phase of the project will explore the potential to produce organic fertilizer to meet the specific needs of each community, using locally available, low-cost inputs. The goal is to

develop guidelines for composting (and other alternative agricultural techniques) that individual farmers can use. In the long run, the hope is to develop more centralized services for soil improvement and progressive agriculture, such as a facility to manufacture fertilizers for members (and potentially to sell locally). Not only are we excited about the impact on small-scale, organic coffee production in Chiapas, but for the overall agricultural capacity in those communities: the ability to grow more food and more products to sell locally and abroad, and develop scalable models for all our partners around the world.

Last month, the Equal Exchange coffee you bought at TPSS co-op helped start funding sustainable advances in agriculture in Mexico, literally making the earth richer and securing organic coffee production for the long term. Examples of visionary collaborations like these are what make cooperative Fair Trade so inspiring. The products we consume have the potential to produce something incredibly powerful: to make farming communities stronger, and to build a healthier planet. We have the ability to buy a pound of excellent coffee and make a direct investment in a brighter future. *That is Small Farmers. Big Change.* ●

In honor of the co-ops that make these transactions possible, Equal Exchange is raising money with our co-op partners to invest in this inspiring initiative that epitomizes the value of co-operatives. For each product sold to co-ops in the month of October, Equal Exchange donated 20 cents (up to \$10,000) to the second phase of a soil fertility project in southern Mexico, spearheaded by the CESMACH co-operative. We hope that our efforts will not only result in higher yields and income for the co-op members, but will also create healthier ecosystems in coffee farming communities, and will build a sustainable model for soil rehabilitation for all the co-ops with which we work.

continued from page 4

Reducing waste...

Environment bag program 4-1-10 thru 8-31-10

Between April 1 and August 31, 2010 we sold 24,023 bags which equate to \$1201.15 in donations to local environmental charities. Although we appreciate all purchases made at the co-op, our ultimate goal is to reduce waste; 24,023 bags equal cutting down approximately 35 trees. Customers who shopped with reusable bags donated \$1,310.10 and saved approximately 37 trees (see chart).

	Bags	Donations	Trees
Reusable bags/Poker Chips	26,202	\$1,310.10	37 saved
Paper Bags/Bag fee	24,023	\$1201.15	35 used

So collectively that was a great start but imagine what we can do in the future!

Porcelainberry Beautiful, but Deadly

by Paul Carlson

The vine in the above photograph, a non-native grape vine called porcelainberry in our area, is sometimes referred to as Amur peppervine on invasive plant lists. Native to Japan and northern China, porcelainberry was introduced as an ornamental in 1870. Since common names can be confusing, knowing a plant's scientific name can be useful. This one is *Ampelopsis brevipedunculata*, a name only a taxonomist can love.



Porcelainberry, a deciduous, woody vine that I have seen climbing as high as 50 feet, has become a serious invader in parts of our area as well as into upstate New York, parts of New England, and even as far west as Wisconsin. It closely resembles native species of grape (the genus *Vitis*), but can be distinguished from native grape once you learn a few key characteristics. Grapes climb and attach by tendrils. The tendrils of porcelainberry are branched, while the tendrils of native grape are unbranched. If you cut into a woody stem of porcelainberry, you will see that the central tissue—the pith—is white; the pith of native grapes is brown. Some people



rely on leaves to distinguish porcelainberry from native grape, but leaf shape can vary from slightly lobed to deeply dissected on a single stem of the non-native (picture, below right). A foolproof way to i.d. porcelainberry, however, is by the upright flower clusters that develop as the warm weather arrives. Native grapes also develop clusters of small flowers, but they hang below the leaves and eventually develop fruits that look like the grapes you buy at the market. In the above picture, porcelainberry is showing flowers and early fruits at the same time.



HAVE YOU SEEN ME?

Those green fruits are small berries that will in time change to yellow, white, purple, or blue in color (picture, below left). They are beautiful, which is why this plant is here and has remained popular among those who are unaware of its damaging invasive properties. It prefers moist, rich soils—such as those found in gardens and many natural areas—and can thrive in a wide range of light availability. That means forest edges, stream banks, pond margins, and other areas where soil has been disturbed or light gaps have opened in the tree canopy. The heavy growth of this vine can cover and shade out native shrubs and young trees. It spreads very quickly since birds and mammals eat and disperse the seeds.

Right now this vine is a smothering, highly visible presence, in edge areas of inside the Beltway and farther out as well. Thankfully, it is not com-

All my Grains



B K X E D V D T P N G G M W C
 E Y R Z C M U H G R O S H G O
 F R T I O R D A A M E E A S R
 A L D A U U Y M R S A R V Z N
 J O A M S G M K K T B V K X O
 W M N X C L T A M A R A N T H
 N I P I O U R U N S S G K Q A
 W Z L P U B B Z M Y K H Z D A
 U A S D S Q O T E A O E A F P
 K S T I R G V L W U K I N S N
 D Y C S T I R M I L L E T P Q
 W H T V V A C M H J U D W E N
 B A E I B M G E Q G A C Y L Y
 O J Z W P J J X I X P R T T P
 C V T E F F O M P Y Q K U V B

- | | | |
|----------|--------|----------|
| AMARANTH | GRAM | QUINOA |
| BARLEY | GRITS | RYE |
| BULGUR | KAMUT | SORGHUM |
| CORN | KASHA | SPELT |
| COUSCOUS | MAIZE | TEFF |
| FLAX | MILLET | WHEAT |
| GARBANZO | OATS | WILDRICE |

mon in less densely populated parts of the area and by pulling or cutting this plant we can reduce seed source. Porcelainberry is easy to identify right now, so if you find it in your yard eliminate it. Small sprouts can be easily uprooted and bagged as yard waste. For larger vines “cut a window,” making one cut at soil line and other cuts as high as you can reach. You can ensure that cut stems won't regenerate by painting a small amount of Green Light Cut Vine and Stump Killer on the rooted stump. Take care to minimize soil disturbance if you pull up this, or any invasive vine. Tamp disturbed soil back into place. Cutting or uprooting even a few plants can eliminate a large amount seed source. Take a look at the links below for more information. ●

Maryland Invasive Species Council

http://www.mdinvasivesp.org/archived_invasders/archived_invasders_2004_07.html

Plant Conservation Alliance

<http://www.nps.gov/plants/alien/fact/ambr1.htm>

Paul Carlson is a natural resources specialist with Montgomery County Parks, where he is coordinator of the Weed Warriors program, and creator of the advisory service Invasive Plant Solutions (www.invasiveplantsolutions.com).

2010 National Retailer Meeting *by Peter Figis*

The 2010 National Retailer Meeting, El Grande took place on June 16-19 at the beautiful Macalester College in St. Paul, Minnesota and this year TPSS sent four representatives, Jordan Terrazas, Tesfay Kefle, the late, great Darhyl Lyons (unfortunately Darhyl had been unable to attend for personal reasons) and myself to attend and absorb Co-op wisdom from around the country. Just to be different, I decided to take the train out a few days early and thus enjoyed a lovely 31 hour train ride by way of Chicago, where I had a 4 hour layover which I used to good effect by taking a trip to the nearest Wholefoods to replenish my particular food supplies. I spent a lovely few days in Minneapolis staying with former Co-op employee Stacy Marders exploring some old neighborhoods I used to frequent and visiting several Co-op's in the area. Stacy and I also took a couple of interesting hikes in the area.

On Wednesday June 16th I headed over to St. Paul to check into the NCGA meeting

where I was given my accommodation on the campus of the University of St. Thomas. At 6.30pm I took the 20 minute walk over to Macalester College, which was to become a daily routine, to attend the meet and greet picnic. The food was actually really good throughout the whole event with tons of healthy options. When I arrived back at the dorm that evening no sooner had I entered the elevator then the fire alarm went off. Evacuation ensued and a great sense of mystery pervaded the proceedings until Tesfey confessed to setting off the alarm, talk about schoolboy pranks.

After a delicious breakfast I attended the Keynote speech given by Frances Moore Lappe and her daughter Anne Lappe. I was underwhelmed to say the least, I think they call it preaching to the converted. But overall the event was excellent; we had some great meetings and some very enlightening round table discussions with representatives from Co-ops from practically every food Co-op in the country. Macalester College was a great choice of location for the meeting. It's very beautiful with a great atmosphere and plenty of facilities. In fact,

on the final evening before the dinner party, I went over to the gym in the sports center and lo and behold there were Tesfey and Jordan working off part of their breakfast.

The final evening's entertainment and dinner was quite enjoyable. Jordan didn't bring any I.D. with him and so was being deprived of much needed refreshment. I did the honorable thing and posed as a drinking man in order to do right by him.

Saturday morning's breakfast was an event all in itself; at least it was for Jordan who looked like a kid in a candy store with the buffet on offer. I've never seen so much food in front of a man, it was staggering. See the Co-op facebook page if you doubt my words.

I think we all had a great time. It was nice to spend time with Tesfey and Jordan (did you know that Tesfey is a Geologist?) and I would highly recommend a future trip for any Co-op employees wishing to attend. ●

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1/3 page vertical: 2 3/8" x 10"	\$70	\$100	\$60	\$90
1/3 page square: 4 15/16" x 4 15/16"	\$60	\$90	\$50	\$80
1/3 page horizontal: 7 1/2" x 3 1/4"	\$50	\$80	\$40	\$70
1/6 page vertical: 2 3/8" x 4 15/16"	\$40	\$70	\$30	\$60
1/6 page horizontal: 4 15/16" x 2 3/8"	\$30	\$60	\$20	\$50
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