

COOK WITH THE COOP!

March 11, 2025

the park slope food coop cooking class squad presents

NOWRUZ

Cooking for the Persian new year

Tuesday, March 18th

7:30 - 8:30 pm EST



In this virtual class, you'll learn how to make

- Kookoo Sabzi - a Persian-style frittata.
- Ashe Reshteh - a filling bean and noodle stew.
- Baghali Polo- fava bean rice.

RSVP



www.foodcoopcooks.org



Siavash Haghtalab was born and raised in Iran in a family of musicians. He has a passion for cooking Persian cuisine with its complex flavors and spices.

March 11, 2025

By William Doran for the Cooking Committee

Black and tan sesame seeds popped and danced under a delicate stream of screaming hot oil as the camera eased in to capture the sound. Chef and Coop Member Wen Xie dazzled onlookers with her beloved family recipe for traditional Sichuan noodles (and fed the few of us in the room filming the class).

Xie joined a long history of Coop members sharing and teaching in the Coop's monthly cooking series, which typically takes place the last Wednesday of each month. Classes have been hosted on Zoom since 2020, but the team is hoping to return to in-person classes sometime later this year.

The next class is **Tuesday, Mar. 18, at 7:30 pm EST** on Zoom. Coop member **Sia-vash Haghtalab** will demonstrate three Nowruz dishes to ring in the Persian New Year: kookoo sabzi (a Persian-style frittata), ashe reshteh (a filling bean and noodle stew) and baghali polo (fava bean rice).

RSVP, PARTICIPATE AND FOLLOW

Sign up for classes, download recipes and find shopping lists to cook along from home at foodcoopcooks.org. Members Rachel Luo and Srishti Jain will lead classes in April and May. As classes are added they will show up on the foodcoopcooks.org home page. Check back regularly for updates! Follow the Cooking Committee on Instagram for more content, including shopping sessions with guest chefs!

TEACH A CLASS

Just like cooperation is at the heart of the Coop's mission, so is food! The Cooking Committee is looking for guest chefs to share their food expertise, traditions and special treats. Members receive FTOP credit for preparing and delivering classes. Contact us on our web page and tell us what you want to teach.

ENVIRONMENTAL COMMITTEE REPORT: RECYCLING IN NYC IS EASIER THAN YOU THINK

March 11, 2025



March 11, 2025

By Stephanie Wilson for the Environmental Committee

The City, a nonprofit news organization that reports on local issues for New Yorkers, recently published an article called “Recycling in NYC Is Easier Than You Think: A Guide for the Confused.” It includes an interview with a New York City Department of Sanitation (DSNY) spokesperson, provides general information about recycling in NYC,

and debunks myths about the topic. The PSFC Environmental Committee has summarized the tips to help us recycle more effectively:

I'm not sure I can recycle this object. I should throw it in the trash to avoid wishful recycling and potentially contaminating the recycle stream, right?

Nope! In New York, if you think it might be recyclable, it's better to put it in the recycle bin than in the garbage. "If you're not sure, let us take care of it. We are the experts. If you put it in the trash, it definitely doesn't get recycled," said Joshua Goodman, spokesperson for DSNYC.

What materials are most likely to be recycled?

Paper and metal are more likely to be repurposed. Plastics and glass are more likely to end up in landfills if they can't be resold.

Is this plastic-lined carton (e.g. the ones that contain soup stocks and plant milks) recyclable? Does it belong in the paper recycling?

Plastic-lined cartons do not belong in paper recycling, but they do belong in the other recycling stream which consists of metals, plastics, and glass.

Should I recycle this paper?

Yes, any paper product you can think of, besides the plastic-lined cartons, can be included with paper recycling.

Can I recycle paper coffee cups?

Yes, plastic coffee cup lids should go in the metal, plastic, and glass bin. The cup goes into paper recycling.

How about brown take-out containers with a wax or plastic lining?

Yes, throw it in paper recycling. All the material can't be pulped because of the lining but they can use some of it.

Envelopes with plastic film windows? Do I need to remove the film?

You can put the whole thing in paper recycling. Recyclers can take out the plastic liner and metal pieces.

Used pizza boxes?

Yes, these can be thrown in the paper recycling, even if it's greasy or cheesy. Just remove the crusts or any leftovers first.

Wood like a cutting board or chopsticks?

These should go in the compost, not in paper recycling.

Can I recycle this rigid plastic thing?

Yes, any rigid plastic can be recycled. It's rigid plastic if it maintains its shape when it's on the counter.

What items can be recycled that are surprising?

Empty hairspray and aerosol cans, pots and pans even if they are non-stick, plastic takeout containers and small appliances made of mostly metal or plastic without rechargeable batteries, such as microwaves or toasters.

What about this broken glass, knife or other sharp objects?

No, it's better to double bag the items and put them in the trash for worker safety.

What else is definitely not recyclable?

Styrofoam, fake Christmas trees, disposable gloves, face masks, ceramics, eyeglasses, mirrors, lightbulbs, floppy and filmy plastic bags, bubble wrap, cellophane (i.e. cling wrap), cables, string lights, hoses and extension cords.

What do I do with plastic bags then?

Though larger retailers are required to provide bins for recycling plastic bags, these are hard to recycle and often have fewer reuses than rigid plastics.

Do I need to throw containers with certain numbers away?

Nope! In NYC, throw all plastic containers with a number in the recycle.

Do I need to scrub containers clean before I recycle it?

No, rinse off recyclable items, but no need to scrub or use too much water. If it's mostly empty, you can put it in the recycling bin.

What about this greasy aluminum foil?

Yep, NYC accepts all aluminum foil, even if it's soiled.

What about this item with mixed materials, such as an oatmeal tin which has a paper middle, metal bottom and plastic top?

It can go in either recycle bin. You can rip it apart and recycle each component separately, but you don't have to. Just don't throw it in the trash.

How about metal and plastic caps?

Ideally the plastic caps should be kept on the bottles or containers, but it's okay if you forget and put them in the bin separately. Metal caps can be tossed in by themselves or kept on the bottles.

Where can I find more information?

Again: Recycling in NYC Is Easier Than You Think: A Guide for the Confused. Also, check out DSNYC's website. PSFC Environmental Committee: psfc.environmental.com-mittee@gmail.com

Image source: Courtesy of SWANA

ANIMAL WELFARE COMMITTEE REPORT

March 11, 2025



March 11, 2025

By Sarah Chandler, for the Animal Welfare Committee

The Park Slope Food Coop Animal Welfare Committee is a nine-person committee that creates guides, articles and tips about the treatment of animals in the production of products sold by the PSFC. Our goal is to provide transparent, factual information for members about the animal-based products sold in the Coop, as well as plant-based alternatives and products that might have been tested on animals. We have guides for beef, chicken, pork, fish, milk, butter and plant-based milks and egg replacements, and a guide to cosmetic and household products. We are working on a variety of more complex product guides, such as yogurt, ice cream, cheese and pet food.

To create our guides, we start our research by getting product lists from buyers and

surveying Coop shelves. We then develop a series of questions to ask farmers and producers, based on known animal welfare issues for that species, as outlined by organizations devoted to the humane treatment of animals, as well as questions that have been raised by PSFC members.

WE CREATE PRODUCT GUIDES SO MEMBERS CAN LEARN ABOUT THE TREATMENT OF ANIMALS AS THEY ARE MAKING THEIR FOOD CHOICES.

We ask about the animals' living conditions, what they are fed, breeding practices, body modifications (for example, partial or complete amputation of tails, beaks or horns), and slaughter practices. Based on these interviews and/or surveys with farmers and producers, and information from product websites, we create product guides so members can learn about the treatment of animals as they are making their food choices.

There are many limitations to this work: We cannot always get a response from producers; we don't have the capacity to independently verify the claims a farmer or producer makes; and in many cases the producers themselves have no way of tracking animal welfare because they source from a huge number of places (tracking pet food sources is a particular challenge).

We continuously look for ways to provide more information to the membership about animal welfare issues relating to Coop products. To that end, in December of 2024, we hosted Andrew deCoriolis, the Executive Director of Farm Forward. Through campaigns, publications and consulting, Farm Forward advocates for safe, healthy and humane animal farming. They work closely with food companies, universities and city municipalities to help them improve the welfare of animals in their supply chains. For example, Farm Forward leads the development of the Good Food Purchasing Policy (GFPP)'s animal welfare standards for municipalities and public school systems. In 2024, Farm Forward released the results of a comprehensive investigation into

Alexandre Family Farms, a leading certified organic, humane and “regenerative” dairy company, which uncovered systematic animal abuse and likely violations of several certification standards.

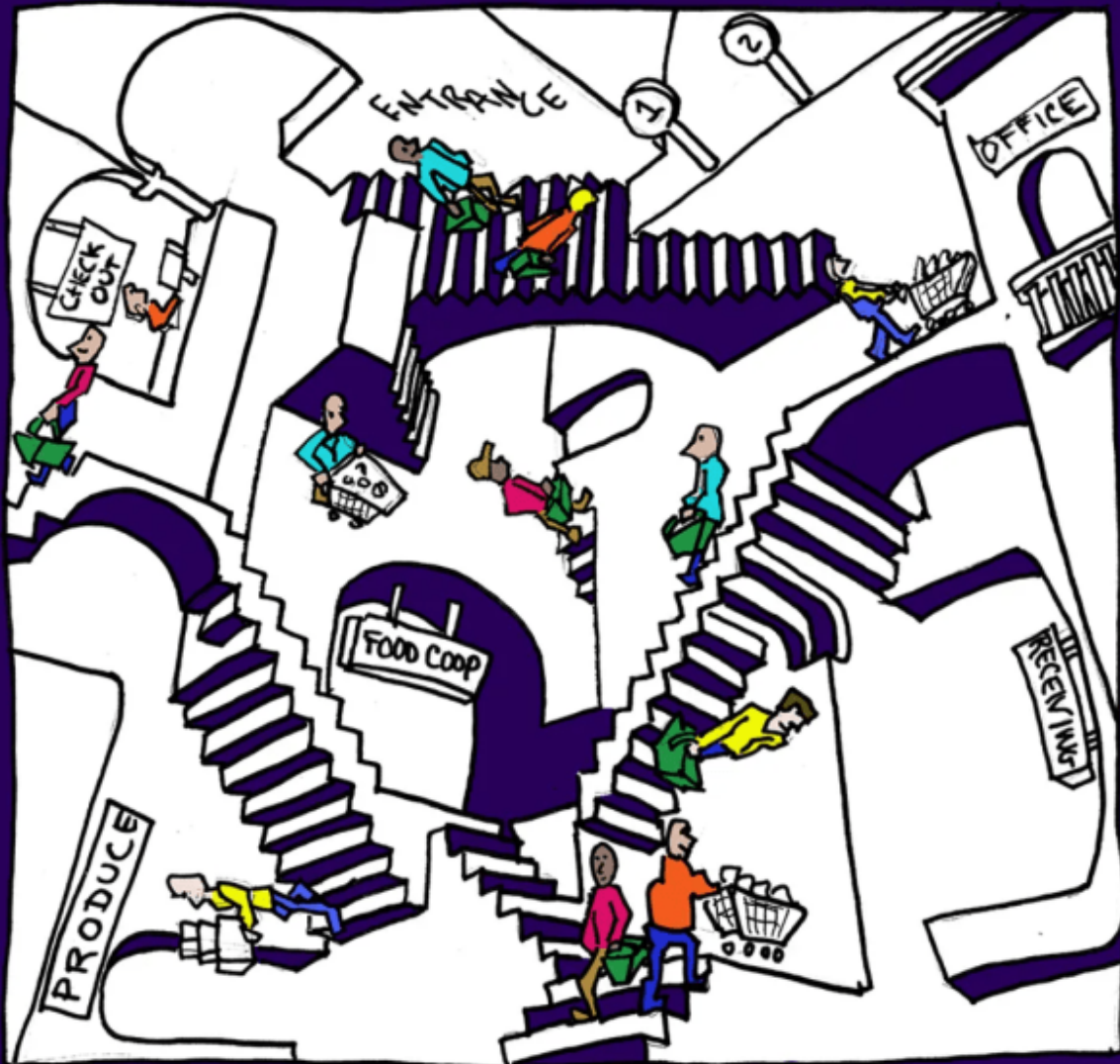
“HUMANEWASHING” IS AN EFFORT TO MARKET ANIMAL PRODUCTS TO CONSCIENTIOUS CONSUMERS THROUGH DECEPTIVE PACKAGING AND LABELING BY CREATING THE ILLUSION OF GOOD ANIMAL WELFARE PRACTICES.

During our meeting, we asked Andrew questions about how our committee can better inform PSFC members about animal welfare issues related to the products we carry and at the point of purchase and how to educate ourselves about current standards and labels and improve our guides. Farm Forward has recently been working on a campaign to end “humanewashing” on food labels. “Humanewashing” is an effort to market animal products to conscientious consumers through deceptive packaging and labeling by creating the illusion of good animal welfare practices. Labels such as “Cage Free,” “Humanely Raised” and “Natural” are examples of humanewashing: These labels are not standardized, are often self-certified, and do not require third parties to validate animal welfare conditions. Since product labels can’t be trusted to provide an accurate view of animal treatment, our committee works to provide members with the best information we have about the products the Coop sells.

We have gotten feedback from many members who assume that animal-based products at the Coop are procured because they have higher animal welfare standards. Buyers carefully consider every item that is carried at the Coop, but when it comes to animal welfare, many products we carry may not be the best options available. We will continue improving how we inform the membership in 2025 (and beyond), and we encourage everyone to educate themselves about the products they purchase from the Coop.

MEMBER SUBMISSION: MISSED CONNECTIONS

March 11, 2025



Donohue

March 11, 2025

By Arpita Dey

YOUR FIRST SHIFT

In December, you had just moved to Park Slope, joined the Coop and worked as a cashier for your first shift. Neither of us knew the difference between turnips and parsnips, and I couldn't explain why I was buying both.

ASK ME WHAT I'M MAKING WITH THE WATERCRESS

You (lovely dark hair) were working the checkout shift and located close to the exit this afternoon. You gave me a smile after I was oblivious to the "NEXT" sign, and it felt like we had a little spark ☺

FAVA BEANS

I went to get the last of the season's fresh fava beans and none were left! You were working the produce section, and I asked if they would be restocked ... which I *did* want to know ... and I wanted an excuse to talk to you since I thought you were cute. You: name starts with "A", glasses, young-ish Woody Allen vibe.

DANCING STARS LOVE

Though we missed running into each other at the Coop, we met outside and can now go together to get all the best treats—dancing stars, sushi, Court Street sandwiches, einkorn crackers (and I love you more than all of them combined).

IKEA BAG AT CHECKOUT

You had one at my express register ... and were hot.

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