



COMMUNITY NEWS

March 2010



PUBLISHED BY THE JOINT COMMUNITY ACTIVITIES COMMITTEE

Snowy Days!

The last two snow storms brought wet and heavy snow, and lots of it, too! During the first storm, on February 25th, two trees and branches fell and damaged at least three cars. Fortunately, no one was injured and there was no damage to any electrical lines.



A huge oak tree fell at the corner of Van Cortlandt Park South and Gouverneur Avenue, damaging one car and crushing another one, and blocked traffic for a few hours. Another tree fell on



Gouverneur Avenue, and damaged another car. The tree was completely uprooted and, as a result, part of the sidewalk was damaged, as well.

With Community Board 8's assistance and the City Parks Department rapid response, both trees were sawed into pieces and removed within a few hours!

Our Service Department shoveled piles of snow from the damaged sidewalk on Van Cortlandt Park South, and a few days later they repaired it.

The Service Department crew (all hands were on deck, including porters, handymen, painters, plasterers, etc.) worked many hours over the course of several days to keep our sidewalks, building entrances, and parking lots clear of snow and ice!

Kudos to them for a job well done.

Van Cortlandt Village CSA

By Peggy Ray

The Van Cortlandt Village Community Supported Agriculture (CSA) program at our co-op is part of *Just Food*, an organization designed to work with local farmers and NYC communities to build a more just and sustainable food system.



Cheryl Rogowski of Rogowski Farms, located in Pine Island, New York, notes that "Tomatoes, peppers, eggplants, and sweet corn are a few of the awesome things we have planned for this year. We're also

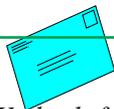
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While Service staff were busy shoveling snow, our mailman, Rick Semprit, was busy delivering packages!



IDEAS, COMMENTS?

We look forward to receiving articles, letters to the editor or other comments from cooperators. Send them to the Co-op Education Office at 98 Van Cortlandt Park South (Building 14B) or call us at 796-9300.

COMMUNITYNEWS

**Ed Yaker, Chairman - JCAC
Doris Spencer, Editor**

Editorial Policy is set by JCAC. Signed articles and letters are the sole responsibility of the author and do not necessarily represent the views of JCAC or its three sponsoring boards.

continued from cover page

Van Cortlandt Village CSA

increasing the size and quantity of broccoli and cauliflower plantings. We are looking forward to a great season on the farm this year.”

Cooperators must pay for their share in advance. Cheryl will deliver fresh veggies to those members



A few CSA members spent a day working on the farm!

weekly, from June to November. The cost for a full share is \$415 plus a \$10 administration fee; you can purchase a half share for \$215 plus a \$10 registration fee. For more information and/or an application form, please visit <http://sites.google.com/site/vancortlandtcsa/>, or call the Co-op Education Office at 718-796-9300.

The following is a bit of information, provided by *Just Food*, about some of the benefits of supporting CSA's.

Benefits of Community Supported Agriculture

◆ **CSA Members Win. *It's Healthy and Fresh:*** The produce you get at your CSA has usually been picked the same day it is delivered to your neighborhood! Your CSA vegetables are healthier for you since they have more vitamin and mineral content. Freshness makes the vegetables tastier, too.

It's Affordable: Season-long price comparisons reveal that as a CSA member you'll get more vegetables for your dollar.

It's Convenient: Everyone knows that they should eat more veggies, but the fact that CSA farmers bring the fresh veggies right to your neighborhood makes you want to.

It's Fun: When you pick up your veggies each week, you get to meet your fellow CSA members, swap cooking stories, participate in potlucks, educational activities and more! You also get to know who's growing your food and to visit the farm.

◆ **Farmers Win. *Preserves Small-scale Farming:*** From 1980 to 1995, 150,000 acres of farmland and 1,000 farms were lost every year (that's 20 farms each week) in New York State alone. Through CSA, farmers are guaranteed a market and receive season-long support, helping to keep them in business.



Cheryl Rogowski of Rogowski Farms.

Fair Compensation: When farmers sell to supermarkets, they receive only 25 cents of every \$1.00 spent by consumers. The other 75 cents is kept by corporations that own the land or is paid out to corporations for advertising, processing, storage and long-distance transportation costs. With CSA, the farmers who do all the work of growing and harvesting your food receive almost the entire food dollar, and thus a decent wage.

Farmers Enjoy Getting to Know the People Who Eat their Food: Most interactions between farmers and eaters are anonymous. Through CSA, farmers get to know their committed members.

Up Front Payments: During the winter and spring months farmers have little or no farm income, yet need money for seeds, equipment and farm improvements. Since members pay *before* the start of the season, CSA provides farmers with money when it's most needed but least forthcoming.

Risk/Bounty Sharing: CSA members support their farmer by sharing in the inherent risks of agriculture (poor weather, drought, disease, early

frost, crop failure) and the rewards (the bounty from a good season). CSA farmers purposely plan for this and use growing techniques that protect the harvest, minimize risk to members, and optimize rewards.

CSA Supports Local Farm Economies: For each regional farm that CSA members help to sustain, they support on-farm employment, many additional farm-related businesses, and the potential to create small-scale local processing, trucking and other jobs.



our CSA to cooperators who demonstrate financial need. Come by the Stop & Swap to look around



CSA Members Anne-Marie Runfola and Jason pick up their weekly veggies. Left - Jason on the farm!

and learn more about how you can help support sustainable food and family farming in New York.

Some of the items that the event will accept (and that you might find) include:

- ◆ Small furniture (must be easily portable)
- ◆ Working electronics
- ◆ Clean, wearable clothes
- ◆ Linens and textiles
- ◆ Books, records, CDs
- ◆ Decorative items
- ◆ Toys and games
- ◆ Sporting goods
- ◆ Tools
- ◆ Housewares

For more information, email Glenn at grfleischman@aol.com.

Co-op Stop & Swap

co-sponsored by

Van Cortlandt Village CSA & JCAC

Spring is in the air, and it's time to clear your closets. On Sunday, April 18th, we want to help you get a jump on your spring cleaning with the Co-op Stop & Swap event.

From 9:00 a.m. to 12 noon, bring your unwanted, but usable household items (see list below) to Vladeck Hall for others to browse and claim.

From 11:00 a.m. to 3:00 p.m., you will have a chance to find items from the collected treasures of your neighbors. Even if you don't have anything to give, come by to look around. Come early and stay late—you will have the opportunity to search through a collection that is certain to grow and change throughout the day. Anything left over will be donated to local charities. Admission to the event is \$3 per person, \$5 per family.

Proceeds from the Co-op Stop & Swap will be used to provide a limited number of free shares in

WELCOME

NEW COOPERATORS

| | |
|-------------------|--------|
| Evelyn Mendez | 9C/56 |
| Michael Horowitz | 1A/2D |
| Michael Jones | 14A/3C |
| Andrea Larco | 3/11C |
| Bozena Konefal | 1B/2B |
| Willie Bell | 8B/1F |
| Ofella Perales | 10D/12 |
| David Medrano | 10D/1 |
| Blake Engles | 10G/11 |
| Sherrie D. Harris | 10H/13 |

Spotlight On...

Muriel (Mickey) Axelbank

1. When did you move into the co-op?

We moved into Park Reservoir Houses on December 10, 1957. It was the first building of the Park Reservoir Housing Corporation that was ready for occupancy, and we were among the first cooperators to move in. There were, as yet, no concrete walkways or tiled floors. We and the movers had to maneuver through mud and slush in order to get into the lobby.

2. Why did you move? How did you find us?

We had lived in the Amalgamated since 1951 in a three-room apartment. We had two children, and I was pregnant with our third. We heard that there were to be some new houses built under the new Mitchell-Lama Law. Although it was to be a different housing corporation, it would continue to share some responsibilities with Amalgamated and

so we applied for a larger apartment. Happily, we were accepted.

3. Who lives here with you?

For several years, I lived with my husband (who was a member of the Board of Directors) and my three sons in our new apartment.

After my husband passed away and my children were married and had moved into their own homes, I continued to live here. I have a large close family – near and far – and many good friends who are with me very often. I am seldom alone.

4. What do you enjoy about living here?

I enjoy living here for so many reasons. I love that one of my sons and his family live in the same building as I do. I love that I can walk in the streets and meet and greet friends and neighbors whom I have known for years. I feel lucky that there is a

NORC (Naturally Occurring Retirement Community) office in our community to assist our senior population (of which I am one) in so many ways. Rather than eat lunch alone, I am able to sit with others and enjoy lunch at the Senior Center just a few blocks away. There are so many activities available that if I wish, I can be busy all the time. I consider this community an extension of my home.

5. Tell us a bit about your family's history.

When I met my husband, he and his parents lived in the Amalgamated, Building 14. We liked the idea of living in a cooperative housing development. We moved into Building 13 and became cooperators in April 1951. It did not take too long before we became involved in the community. The children went to the Amalgamated Nursery School, P.S. 95, J.H.S. 143, and the neighborhood high schools. My sons are married, and I have three wonderful daughters-in-law and six very wonderful grandchildren.

6. Tell us a bit about your job, hobbies, interests, etc.

When my boys began nursery school, I was a volunteer parent. I became interested and involved in Early Childhood Education. I pursued that career and worked in the field for more than 20 years until I decided to work at a middle-school in the ESL Program (English as a Second Language). I retired several years ago and appreciate the many activities and events available to me.

7. What activities/services do you use here at the co-op?

My list of activities that I use here at the co-op is endless: lectures, games, exercise, music classes, health education, guest speakers, shopping trips, theater trips, cultural celebrations, holiday celebrations and many, many more. I am particularly involved with Senior Services. I serve as Chairperson on the NORC Advisory Committee. Also, I use the services of the Service Department and/or the Security Department whenever necessary. And, of course, where would I be without the services of the Education Department – arranging the activities and special events and then letting



me (and everyone else) know when and where they will be held.

8. *What would you like to see happen in the future at the co-op?*

First, I would hope that the meaningful values of living in a cooperative setting will continue to exist. I would like to see more cooperators take an active role in some aspects of our co-op.

As our cooperative continues to include a wide diversity of families, it would be exciting and interesting to meet and share our cultural differences with one another.

Finally, I would like to believe that in the years to come, this cooperative will continue to be affordable for the middle class.

Editor's Note: Please feel free to visit our websites -- Amalgamated-Bronx.coop and ParkReservoir.coop to read about cooperators from both co-ops featured in the "Spotlight On" segments. Plans are in the works to feature a different cooperator each month.

Introduction - From the beginning in 1927, Amalgamated has been more than buildings and apartments, it has been a community, and it is people who make a community. "Spotlight On" provides a focus on a sampling of the people who make our cooperative our community.

Annual Penny Collection

By Harriet Blaiwas

Just a short note to tell our wonderful co-operators of Amalgamated and Park Reservoir that another successful Penny Collection has been completed. We collected, rolled, and contributed an amazing amount of \$318 (during these troubled economic times) to our Van Cortlandt Branch of the Public Library!

Congratulations on your effort in making our Penny Collection so successful!

Last year we lost a good, dear friend: our librarian, Mr. Horace Harrison. He was indeed a special person, always helpful and willing to assist our cooperative in any way possible. We miss him.

His position has been filled by Ms. Ana Rubio, a new friend. We wish her good health and good luck in her new position.

That's the news from "The Home Front". Once again, thank you for your contributions.



- ◆ **Bernard Rosen - Retirement Planning** - Thursday, April 22nd, 6:30pm - Vladeck Hall
- ◆ **Mothers' Day Social** - Sunday, May 9th, 12 noon-2pm - Vladeck Hall
- ◆ **Judy Saks' Poetry Series** - Thursdays, May 13th, 20th, 27th, 2:30pm - Towers' Community Room
- ◆ **Amalgamated & A. H. Consumers Society, Inc. Stockholders Meeting**- Friday, May 14th, 7:30pm - Vladeck Hall
- ◆ **Nursery School Bazaar** - Sunday, May 16th, 11am-4pm - Train Park on Gale Place
- ◆ **Michael Spierman's Orchestra of the Bronx** - A Special Classical Music Concert, Saturday, June 19th, 2pm - Vladeck Hall

Make a note of the above dates, and please make plans to participate.

CONGRATULATIONS CONGRATULATIONS

CONGRATULATIONS  CONGRATULATIONS

Birthday Wishes!

Irvin Restituyo, 7C/64, January 1st; **Bernice Etheridge**, 8A/9F, **Beatrice Simpson**, 8C/6F and **Danielle Cruz**, 13B/10D, January 4th; **Rudeane Murray**, 1A/2E, **Mary Lily Spiegel**, 13B/11E, and **Crystal Estrada**, 9B/12, January 20th; **Sherrie Pasarell**, 10B/2, January 24th; **DeKayla Davis**, 2/6G, January 22nd; **Eliq Watson**, 11A/33, January 23rd; **Xiomara Gonzalez**, 9C/31, January 26th; **Bernie Olshan**, 1B/2F, January 31st; **Barry Krumper**, 8B/3D, February 2nd; **Sandy Valoy**, 8A/1F, February 4th; **Frank Noguerole**, 13A/11D, February 7th; **Tyla Harris**, 7C/24, February 2nd; **Juan Luna**, 1A/4A, February 13th; **Argentina Melo**, 7F/51 & **Justin & Julie Isaac**, 6EE/42 February 14th; **Eli Fern**, 13A/12E and **Vicki Solomon**, 8A/3G, February 19th; **Juan Alex Abreu**, 7B/31, February 21st; **Anthony Baker**, 9B/12, **Julia & Steve Dowling, Jr.**, 1A/19H, February 27th; **Michael Max Knobbe**, 8C/5E, February 28th; **Iris Robles**, 7A/2, March 3rd; **Eddy Rodriguez**, 12B/3B, March 9th; **Luke Alfasso**, 1A/15F and **Victor Cuenca**, 7C/2, March 11th; **Tommy Jackson**, 1A/17A, March 12th; **Bereket Ghebremedhin**, 1B/5G and **Jose Gonzalez**, 14B/9B, March 13th; **Herman Sabido**, 12C/5E, March 17th; **Marisa Petrolcelli-Jackson**, 1A/17A, March 20th; **Brian Maynard**, 9C/54, **Roberto Ossorio**, 13A/12F and **Eulalie Andrews**, 1A/20E, March 24th; **Marsha Corchado**, 8A/4D, March 26th; **Charlene Dubin**, 14B/10F, March 28th; **Sara Kempton**, 7E/54, March 29th

Friends of Van Cortlandt Park *to Receive Funding from* *Consolidated Appropriations Act*

The Friends of Van Cortlandt Park are pleased to announce that Congressman Eliot Engel (D-N.Y. 17th District) has secured \$180,000 towards the restoration of 6.7 miles of trails in Van Cortlandt Park.



“We cannot thank Congressmen Engel enough for the wonderful opportunity to improve the park for our local community residents and visitors,” said Christina Taylor, Executive Director of the Friends of Van Cortlandt Park. “This funding will be vital to the implementation of our newly created Trails Plan...”

Congressman Engel said, “Van Cortlandt Park is one of the crown jewels in the New York City park system. It offers an opportunity to experience a park at its best; a variety of recreation plus the ability to be surrounded by the forest, away from the hustle of the city. I am proud to have been able to get this money for the restoration of the trails system which will make Vannie an even better park. I want to thank and congratulate the Friends of Van Cortlandt Park for their wonderful work in improving the park.”

To download and view the entire Trails Plan, visit the Friends’ web site at www.vancortlandt.org.

For more information, feel free to contact Christina Taylor of the Friends of Van Cortlandt Park at 718.601.1460 or send her an email message to christina@vancortlandt.org.

If you’d like to include your birthday and/or other announcements in this column, please send it to the Co-op Education Office at 98 Van Cortlandt Park South (Building 14B) or call us at 796-9300.

Out Of Our Past

“The birth of Amalgamated Housing Corporation”

by Abraham Kazan

After a titanic struggle which had lasted four years, World War I came to an end in 1918. The effects of this struggle in the field of housing only began to be acute in subsequent years. The cessation of construction during the war years was not immediately felt due to the fact that large numbers of the population were engaged in combat and fewer marriages were taking place. On the return of the men from the armed forces, the demand for housing grew; the shortage was soon evident and the cost of rent began to increase.

In the City of New York, the strong demand for housing resulted in a wave of real-estate speculation. City inhabitants living in multiple buildings found at the end of almost every month that ownership had changed hands. With new ownership came an increase in the rentals, based on the new price placed on the property. Tenant-protest groups were organized; a wave of rent strikes resulted. The courts were busy hearing claims of non payments of rent. The housing situation for a large segment of the population became desperate. No constructive proposals were being made to alleviate the problem.

The New York State Legislature and Governor Alfred E. Smith took notice of the drastic shortage of shelter. To stimulate the construction of additional housing the Legislature reduced the taxes on new housing to the extent of \$1000 per room for a period of ten years. In 1926, the governor was responsible for the introduction of a new housing act, providing a state-controlled bank to finance low-rental housing. This bill, greatly wa-

tered down, was finally passed. It set up a State Board of Housing consisting of five members appointed by the governor; it permitted municipalities of 1,000,000 population or more to grant partial tax abatement on the new housing improvements for twenty years, in return for which the sponsors would agree to limit the rental to \$12.50 in Manhattan, \$11 in the Bronx, Brooklyn, and Queens, and \$9 in Richmond. The sponsor also had to limit his return to 6% and agree to have the project under the control of the State Board of Housing.

At about this time, a group of members of the Amalgamated Clothing Workers' Union were meeting to find a solution to their immediate housing problems. The gathering point was the Amalgamated Credit Union office. Here, most of them met once a week to approve the applications that were made for loans by members of the Credit Union. Gradually, they learned that they could be their own bankers. What they did not know at that time was how to be their own landlords. They knew that it takes a large sum of money to own a big house and to be the landlord of thirty, forty, or fifty tenants; none of them had much money. From their discussions, they concluded that perhaps thirty, forty, or more people, jointly, could put together that much money, and become their own landlord. They could also see that those who were willing to join, but could not raise their share of the money, could borrow the funds from the Credit Union.

The cooperative idea took root. The A.C.W. Corporation was organized for the purpose of finding a way to build housing for all those who wanted to

join without the risk of having the rent increased beyond the ability of the tenants to pay and without the risk of being evicted.

A committee was selected to study the matter. Various ideas were considered. Some wanted to see two family houses built; others saw only the possibility of buying an old house and converting it for the use of the members. Still others wanted to see a new development built to meet the requirements of the member-cooperators. Some wanted the new development in one borough; some in another. However, there was agreement that the new location had to be so situated that it would be near the open spaces, parks, and trees where their families could enjoy plenty of fresh air, and generally convenient to places of employment.

A site adjoining Van Cortlandt Park, the largest public park in New York City, was chosen as the spot where the housing community would be built. Van Cortlandt Park to the north, Mosholu Parkway to the east, and the Jerome Park Reservoir to the south made this an ideal location...

Completion of the First Units. November 1, 1927 marks the day when the first handful of tenants moved into the almost completed buildings 4 and 5. It did not matter that the stairs leading to the entrances of those buildings were not finished. The utility company was not quite ready to hook up its wires and there was no light. To make matters worse, a penetrating cold rain continued during the entire day and turned the soil all around the garden into a sea of mud. But all these inconveniences did not dampen the spirit of the member-cooperators. They had waited too long to postpone their taking possession of the apartments for another week, or even another day.

During the long year, when construction was underway, most of the members spent every free day at the site watching the buildings rise. Similarly, this was an exciting period for those charged with the responsibility of seeing the project completed. Lacking the technical knowledge of construction we had to engage the assistance of oth-

ers. Within four months, all the 303 member-cooperators had moved into their new homes.

The first group of buildings of the Amalgamated cooperative community consisted of six buildings, five stories in height. Five of the buildings were grouped around a long city block bounded by Saxon, Sedgwick, and Dickinson Avenues. The sixth building was situated on the block front from Saxon to the present Hillman Avenue. The buildings were designed by the late architects, George W. Springsteen and Albert Goldhammer.

Expansion - Buildings 7 and 9. The initial success of the Amalgamated Housing's venture was hailed by our friends as a bold stroke to solve the housing shortage. Editorially, the New York newspapers gave a great deal of well-deserved credit to the Amalgamated Clothing Workers' Union. The Union's pioneering efforts to assist the wage earner obtain decent housing at a reasonable price were widely acclaimed. The self-help characteristics and the advantages of cooperative housing were at first recognized only by a few. Eventually, however, the general public caught in the the acute housing shortage, began to understand that the Amalgamated Housing Cooperative demonstrated what could be done if a group of people learned to work together.

The first meeting of the Co-op History/Discussion group took place in July 2009.

At that time, a section of the history written in 1957 by Abraham Kazan was read aloud. The section is titled, "The birth of Amalgamated Housing Corporation". The above article are excerpts covering 1918-1926. You may read and/or obtain a copy of the whole article in the Education Office.

The group decided to read through the 75th-45th historical journal of of the Amalgamated and Park Reservoir cooperatives; they've had ten meetings so far. They meet once a month, and all cooperators are welcome to attend the sessions.

NORC News

By Bayla Butler, Program Director

Spring has sprung, and it is a time of rebirth and renewal. The NORC-AmPark staff is looking to help enrich cooperators' lives. Did you know that anyone 60 years or older is eligible to receive our help? You don't have to be retired in order to benefit from our services. Do you have a parent or relative whose situation would be so much better if only they had a little more help? We will assist you in accessing those services which can greatly improve the quality of life for your loved ones. With just a simple phone call, you may be able to change someone's life for the better.

March was Colon Cancer Screening Month. We want to make sure that you are taking care of your health and getting screened. Sixty-six percent of New Yorkers have already been screened to protect

their health. How about you? Call the NORC office for a



referral. We can connect you with a "navigator" who can walk you through the process.

We will be having an evening program for all cooperators focused on retirement planning. Mr. Bernard Rosen, Social Security Specialist, will discuss this topic on Thursday, April 22nd in Vladeck Hall. This program will address those issues that will be faced by the incoming baby boomer generation and will answer questions such as, "How Does Work Affect Your Benefits?" Watch your weekly Co-op Bulletin for detailed information about this event.

Our health lectures started this month, and they will continue through May. The lectures are presented by geriatric residents from the Columbia University School of Medicine.

Thank you all to those who participated in our Valentine's Day Social (photos above) and the Chinese New Year celebrations. We love to get together, have fun and learn about how much we all have in common.



For assistance and/or detailed information about any of the above, feel free to call our

office at 718-548-4990. If you wish, you may stop by and visit us in Building 7.



The annual Valentine's Day Social is always well-attended. Of course, the entertainment by Laura Wetzler is guaranteed a good time by all!



Security Camera System

In response to input from our cooperators on the issues of safety and security, the Board voted to install recording cameras in key areas around the co-op, including lobbies and elevators. You have

probably noticed the presence of the newly-installed cameras, which are now operational. Please remember that while they are a valuable addition to the security measures already in effect, they are not

a substitute for using common sense and acting with caution. Let's work together to make sure future generations have the opportunity to enjoy this beautiful, tranquil, and safe community!



Improvements & Structural Changes to Your Apartment

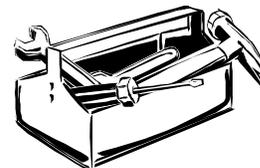
If you wish to make any improvements to your apartment (remodel, add an electrical outlet, install a dishwasher, or do anything affecting the walls, ceiling, floors, windows, doors, wiring or water/waste systems), you are required to have the

work pre-approved by the Service Department. A standard form is available for this purpose. Management will review your request and provide you with written approval if the work proposed

meets all policy requirements. A standard form explains your future obligation to restore these renovations when you move out. Not all changes require future restoration.

Important Note: Balcony and terrace enclosures are not cooperative property. You are legally responsible for the maintenance and restoration of balcony and terrace enclosures.

If you have any questions regarding improvements and structural changes to your apartment, please call the Co-op Office.



We Mourn Our Losses

| | |
|---|---------------|
| Ruth Lapidus, formerly of Building 8 | December 22nd |
| Blossom Jacobson, 7D/51 | January 13th |
| Matthew J. Polasky, 8C/6G | January 13th |
| Margaret Nachstein, 14B/2A | February 1st |
| Milton Silverstein, 1B/16F | February 10th |
| Simon Carroll, 8C/4A | February 10th |
| Vicki Schwartzman, formerly of Building 9 | March 4th |

The Co-operative Principles

- Voluntary and Open Membership
- Democratic Member Control
- Member Economic Participation
- Autonomy and Independence
- Education, Training and Information
- Co-operation Among Co-operatives
- Concern for Community

Recipe Corner

Hearty Cabot Cheddar-Topped Sausage Stew

Makes 4 servings

8 medium sausages
 1 tablespoon butter
 1 medium onion or leek, chopped
 4 shallots, peeled and roughly chopped
 2 garlic cloves, crushed
 2 medium potatoes, peeled and diced
 1 cup chicken broth
 2 green bell peppers, seeded and chopped
 1 (14-ounce) can chopped tomatoes
 1 (14-ounce) can lentils, drained
 2 teaspoons brown sugar
 1 sprig fresh rosemary, leaves stripped and chopped
 Salt and ground black pepper to taste
 1 cup Cabot Seriously Sharp Cheddar, grated
 1 tablespoon cider vinegar

- Preheat oven to 350°F. Prick sausages all over with fork (to keep them from bursting).
- Melt butter in heavy pot or heat-proof casserole over medium heat. Add sausages and cook until browned on all sides. Transfer to plate and set aside.
- Add onion or leek, shallots and garlic to pot and cook, stirring, until softened, about 5 minutes. Add potatoes and cook for 5 minutes longer, reducing heat if onions begin to burn.
- Gradually add chicken broth, then add green peppers, tomatoes, lentils, vinegar and brown sugar.

Add half of rosemary and reserved sausages. (Liquid should cover sausages; add additional water if necessary.)

- Let ingredients slowly come to simmer. Season with salt and pepper. If mixture is too acidic, add small pinch of additional brown sugar.
- Transfer to oven and cook, uncovered, for about 1 hour, or until liquid is reduced by about half.
- Serve topped with cheese and sprinkled with remaining rosemary,

Recipe courtesy of John Ashton

Nutrition Analysis

Calories 548, Total Fat 31g, Saturated Fat 12g, Sodium 1065mg, Carbohydrates 41g, Dietary Fiber 18g, Protein 30g, Calcium 150mg



Mission Statement

To provide quality housing and a strong community for people of moderate income.

To operate and live in accordance with the cooperative ideals, including democratic governance, shared responsibility, constant education, and mutual respect.

Cooperation among Cooperatives...

Cabot Creamery Cooperative in Vermont continues to share their recipes with co-op families! For more recipes and additional information about Cabot's educational programs, visit their website at www.cabotcheese.coop. Support other co-op businesses - Florida's Natural, Land O'Lakes, Ocean Spray, Welch's, Ace Hardware, and True Value Hardware.