



The Compost

WILLIMANTIC

Vol. 33, Number 4

End of 2011

FOOD
CO•OP

The Co-op Scoop *Alice Rubin*

The Compost has been around for as long as our co-op has been in existence. It is the most direct way we have to communicate with our entire membership. I often hear from members how much they love it, how well it is written and put together, and how important it is to them. It is important.



It is one of the things that makes the Co-op more than just a store. So, I have been thinking about it a lot, as people have responded to our last newsletter article that talked about the possibility of not mailing out *The Compost* anymore. I myself am torn – I love to read, I even like computers, but I don't like to read things on the computer, and I really don't like to print things out. That is just how I am. Others like reading on their computers, some people don't have computers. It is true, we are all different. And then there is the \$15,000 (more or less) that the Co-op spends on printing and mailing *The Compost* each year. While I don't think that it is a waste of money, I am not sure that it is a good use of our resources – trees or money – and resources are very precious as the environment and economy devolves. What I would like to do, is to get all of you that are happy to have *The Compost* emailed to you, on our email list. We need your email address, that is all. Anyone who does not want *The Compost* emailed can pick up a copy at the store – please let us know that this is what you want so that we can know how many to print. And if there are members who are unable to get to the store to pick up a copy, just let us know and we will mail one to you. Please make sure we have your correct address. A form for you to declare your preferred method of delivery is on the back of this newsletter and can be dropped off at the Co-op or mailed to us. Additional forms will be available at the registers as well. If we do not get a form back from you, we will assume you will be picking up your copy of *The Compost* at the store.

I really have appreciated the amount of feedback we have gotten on the mailing issue, as well as the request I made for input on the Meat Buying Club. I received over 25 emails and many in person responses. It was very helpful to me. We now have locally produced meat available for sale at the store. A list of what is currently available is in the front of the store, and any staff person can get it for you from the back freezer. While we made this change only 2 weeks ago (as I write this), we have already sold more meat than we did the whole time the buying club was in operation. Please let me know (by email, or a note in the comment book) if there is anything particular you would like us to get.

A year or so ago the Coop got a new pet food supplier that sells many different brands. While we don't have room to offer all of them for sale at the store, we are happy to do special orders. If you are interested, please email or call me. I can see if a particular brand is available to us and give you a price quote.

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STORE HOURS:

Monday - Friday
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Saturday
9:00am - 6:00pm

Sunday
10:00am - 5:00pm

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To continue with the communication theme...we have been working on our website. We would like to have it be much more of a resource than it has been. Our first priority is to update and keep current with Board of Directors information and minutes from the Board Meetings. Then we will be branching out into updating local producers information, recipes, staff profiles and picks. We will also be offering advertising that will rotate on our home page. I am hoping that our new website will go live by the end of the year. 🌱

Board Notes *Kathleen Krider, Board President*

The waning fall days are often a time to go indoors, slow down and reflect on the harvest of a summer's hard work. While it's true that the Board of Directors has gone indoors, we are not slowing down. Our co-op is a participant of Cooperative Development Services Consulting Cooperative (CDS). The CDS provides co-ops nationwide with leadership training, Policy Governance support, perpetuation ideas, and a host of other services. Our co-op utilizes CDS to further the work we set ourselves to do. In January several Board members will travel to Brattleboro, VT for a day long training designed to strengthen skills in many important areas of board responsibilities. Another example of our work with CDS, is a new BOD perpetuation plan, which we hope to have implemented for the next Board election cycle. The work of a co-op BOD member is time consuming and challenging, while also vital and rewarding. Knowing what you are getting yourself into as a potential Board member, is important to your success as an actual board member. The CDS has provided us with great advice on how to craft a prospective member packet so that we can succeed in finding good fits for the Board of Directors.

It's premature to talk of spring, although preparing for the next season has already begun. Now is the time to consider if being on the Willimantic Food Co-op Board of Directors is right for you. If you think you'd like to explore that idea more, please contact Kathleen Krider (kathleenkrider@sbcglobal.net) or Stephanie Golaski (stephaniegolaski@gmail.com) for the details. In the mean time, have a great holiday season. 🌱

Farm to Freezer, Neighboring Food Co-ops Launch Frozen Fruit & Vegetable Pilot

By Erbin Crowell, Executive Director of the Neighboring Food Co-op Association www.nfca.coop

Your food co-op works hard to source products that strengthen the local economy, support sustainable agriculture and grow the co-operative movement. Food co-ops have been innovators in the food system, from organic and fairly traded goods to rebuilding local and regional economies.

The Neighboring Food Co-op Association (NFCA), a network of more than 20 food co-ops in New England has identified a range of products that could be grown, processed and consumed closer to home. Among the most compelling are frozen fruits and vegetables. While our region has a vibrant tradition of family farms and agricultural co-ops, much of the frozen produce on our shelves is grown on large, industrial farms, and processed by distant corporations.

What would it take to change this situation? The NFCA has partnered with Sunrise Orchards in Cornwall, Vermont, to find out. Working in collaboration with family farmers, farmer co-ops such as Deep Root Organic Co-op and the Pioneer Valley Growers Association, and processors including Farm to Table Co-Packers, the Vermont Food Venture Center and Green Mountain College's Mobile Flash Freezer, the NFCA and Sunrise Orchards are piloting products that are grown, processed and packaged right here in the Northeast, including:



Blueberries. Our delicious highbush blueberries were grown by Green Mountain Orchards and Harlow's Sugar House in Putney, VT. The growers practice Integrated Pest Management (IPM) to control insect pests, weeds and diseases in their fields.

Green Beans. John Farm in Plainview, NY, has been growing a variety of produce in New York State since the 1950s. The farm uses Integrated Pest Management (IPM) to produce the Caprice, Labrador and Lewis bean varieties for our frozen green beans.

Sweet Corn. Our delicious, non-GMO sweet corn is grown by Gill Farm in New York State. First planted by John Gill's grandfather in 1937, the farm now produces a wide variety of produce using Integrated Pest Management (IPM) methods.

Broccoli. Founded in 1986, Deep Root Organic Co-op is a pioneer in regionally grown organic produce, offering a wide variety of vegetables from their 14 member farms in Vermont and Southern Québec. Their co-op supplies our food co-ops with organically grown broccoli.

"We have really appreciated the opportunity to work with the NFCA on this project," says Anthony Mirisciotta, Deep Root Organic Co-op's general manager. "This collaboration has produced some great, regionally sourced frozen foods that can be enjoyed year round, as fresh as the day they were picked. This is what really excites us!"

We hope that you're excited, too, and will look for these products in your co-op's freezer, try them out, and tell us what you think. Neighboring Food Co-op Association frozen fruits & vegetables are easy to find — they're packed in a clear package so you can easily see what's inside. For more information, please visit www.nfca.coop/farmtofreezer.

Produce Pearfection *Markus*

I was recently eating one of our locally grown bosc pears, which we buy from High Hill Orchard, and was reminded of just how delicious pears can be. I'm not usually a pear-eater, and was struck by the sweet flavor and perfect texture. My family has since consumed close to 30 pounds of those pears, because we knew that when the orchard runs out, that'll be all we get for a whole 'nother year. This also reminded me of a time long, long ago- gosh it must have been last century, when we did not have a South American fruit production system which supplied us year round with apples and pears and avocados and many others. Granted, California did a pretty good job of keeping us in pears for a good part of the winter, but even they ran out well before the next crop was ready. And much of the time, that fruit was picked as early as they could sell it, so it did not always ripen well and the flavor and texture suffered. Yes, back in those days, before color, we ate what we could while it was available, and it was good. This can be said for practically every farm product, eat it when it's ripe and ready until sated for next year, then move on to the next seasonal crops that are then ripe and ready. This makes those pears special, or the tomatoes, watermelon, asparagus; indeed those last three are always special on the local level with much customer anticipation. It is very satisfying to continue this year round as much as we can. With colder weather and of course the holidays, we can delight in fall harvests of cabbage, potatoes, winter squash, and plentiful



root crops; beets, carrots, rutabaga, and, of course, turnips.

I guess it took that pear to slap me back to local reality, phew. 🌱

Garden Thoughts in Winter *Angela H. Fichter*

I, like other gardeners, enjoy reading garden columns to get ideas for my gardens. Some garden advice is repeated by the columnists each season, like plant peas early in the spring. Another of the old saws is that we should put down mulch around perennial plants to protect them for the winter, and that we should wait until the ground freezes to do this. The reason for the delay is that mice, voles and moles will make homes under the mulch near your plants, but after the ground freezes they will not be tunneling. Last winter I thought I would follow that advice and wait until the ground froze to put the mulch on. This is what I discovered.

The ground does not freeze in Connecticut until December. It is cold in December. When I went outside to put the mulch around the plants, I couldn't wear my good, warm winter gloves as I had to wear garden gloves to handle the mulch. Garden gloves are not lined. They are made for people who garden in summer, which is when normal people do their gardening.



Furthermore, the mulch was frozen. I had bought big plastic bags of shredded bark. Most people I know don't have heated garages that are big enough to store not only their cars, but many bags of mulch too. So those plastic bags had been sitting outside at the mercy of the elements since the fall. (In case you didn't know, you can't buy mulch in winter from garden centers.) After I opened the bags and found the mulch was a large frozen chunk. Have you ever tried to break up chunks of frozen mulch with your hands in December when the frigid wind is whipping around your body? It took forever to place the mulch around the plants. No, I didn't get frostbite, but I could swear I heard snickering. I'll just bet it was all those dang mice and voles and moles laughing away. After all, they had plenty of tunnels dug in the grass all around my garden beds. They had a high old time watching me put that frozen mulch around in December.

This year I put the mulch around in October. It was 60 degrees out. The trees were glowing with gold and orange and red leaves. I took a deep, relaxed breath. Sure a few mice might have taken up residence under the mulch before the ground froze, but since they live a few inches away in the grass, just what is saved by putting mulch on in December? Yet every fall the garden columnists come out with this advice. Why? Because *they* never went out in December to place frozen mulch around plants. In December they were inside at the computer writing a gardening column and drinking cocoa. Happy winter gardening! 🌱

A Farmer's Finances, the Food Co-op, and You
by Edward Wazer, Shundahai Farm, Storrs, CT
The Reality

“Four dollars for this tomato?!” a customer exclaimed at the farmers market this summer. If she only knew the hours my wife and I devoted to that beautiful, one-pound, delicious, Brandywine (heirloom) tomato. It started with a tiny seed in a small soil block at the beginning of April in Alice’s greenhouse, where she watered it every few days. A month later we received the plant, put it in a larger soil block, continued to water it every few days, finally transplanting it at the end of May in soil that had amenities and compost added for optimal fertility. Then we started the work of staking, tying, mulching, weeding, suckering, and eventually harvesting and regrettably tossing half of its sister tomatoes aside because they were cracked or had some other imperfections. If she knew all that, and more, maybe then she would understand that the small farmer can barely (if at all) pay their living expenses with the current vegetable pricing.



One day this summer I was hit with the consequences of trying to meet customers’ price expectations. That morning my daughter asked if I had 15 minutes sometime during the day to help her play piano, and I had to say no. If this were an atypical day then it would be acceptable, but it was not. Six days a week (we only work about 4 hours on Sunday) for 8 months of the year we work non-stop, and for the other 4 months we work a more reasonable amount. Yet, despite all the hours we work, the high quality of our vegetables, and the high demand for our CSA, we, and other farmers like us, are just barely managing to pay our unusually low living expenses.

Yet I am told by one of our co-op board members that we need to lower food prices. This person thinks fresh, local, organic, ecologically grown, heirloom tomatoes should cost more like \$1.00 per pound instead of the \$4.00 per pound we charge. This would cut our already less than minimum wage salary into the negative range: we would

actually lose money by farming. This board member’s statement is in spite of the fact that the United States pays the least percentage of household income for food compared with ALL other nations.

Similarly, the Co-op produce manager says that people will not pay more than \$3.00 for a bunch of radishes, or more than \$4.50 for a pound of beans. At such prices the local small scale producer makes far less than minimum wage growing these vegetables. Apparently many co-op customers want their cake – local, organic, fresh produce grown on diversified small farms – and want to be able to eat it too - expecting to pay cheap prices like mass produced subsidized food.

Choices

First it is important to acknowledge that there are plenty of people earning close to minimum wage, working many hours (or at least trying to in this economy), for whom food pricing is a painful part of trying to get by. For them (and me), increasing food prices is just one more burden on a strained budget. Another group of people is earning a middle-class or higher income and respect what farmers do, and want us to charge a price that is fair to them, AND us (thank you!).

But what it comes down to for many people are choices. For those earning a middle-class incomes (or greater), you have the financial ability to choose. Is having a \$30,000+ car more important than the freshness and quality of your food? Are non-essential goods (TVs, computers, fashionable clothes, CDs, DVDs, stereos, cable/satellite TV, cell phones, iPads, GPS, and other gadgets) more important than your community? Would you rather spend your money on these items and save on food by shopping at Trader Joes and Walmart, or someday have small farms on every road? If local, small-scale, environmentally, and healthy-food-focused farming is important to you, we need you to consider these choices.

The Co-op’s Role

The Co-op is looked to as the glue that binds our community together. It is also looked to for providing

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locally prepared and grown food. So, how can the Co-op (which means you as a co-op member) help encourage local farms?

1. Introductions – For the farmers that are selling at the Co-op, there needs to be a binder with a description of each farms' practices, the crops they grow, and the ability for dialogue between the farmer and co-op members. Then we can be connected: local people to local farmers. The Co-op could also setup annual farm tour dates for each farm.

2. Local Produce Pricing - What is a reasonable price? A member committee, consisting of non-farmers, who consult with farmers on what it really takes to grow a crop, including all the expenses to run a farm, would be a valuable step. The Co-op needs to purchase produce for what is reasonable for the farmer to make a decent living and inform Co-op members that the produce has been fairly priced by a committee.

3. Sell Locally and Seasonally - The Co-op pays more for peppers from Holland and Quebec, during our growing season, than they are willing to pay a local farmer. Why not encourage local agriculture by at least paying the local farmer the same? How about only selling local? In addition, selling produce year round, shipped from Argentina and California, does not help the local farmer, nor our planet. The Co-op will stop the practice if you stop buying it.

4. Pre-season Contracts – Farmers would be foolish to grow a crop if they didn't have a venue to sell it. The Co-op needs to make the difficult predictions of produce requirements 6 months in advance and offer guaranteed contracts (subject to quality standards) to local farmers so they can plan their planting schedule accordingly.

5. Ethical Standards – Should the Co-op buy chard grown locally in January when it is -5°F outside, and an ungodly amount of oil was used to produce it? Should the coop sell artificially / chemically ripened produce? Another member committee (meaning YOU) would be great to setup ethical food production standards for the coop.

6. Sponsor Canning Parties – Encouraging people to eat locally and seasonally also means canning. Why not learn how to preserve the bounty when it is available, and make it last the rest of the year?

You

It is up to you what you want. The small, local, farms cannot, and should not, produce food more cheaply. Hardworking, intelligent, experienced farmers should earn a wage like any other professional. If you respect the approach many of us follow, putting soil health (which means healthy food) and environmental concerns at the forefront, we need to receive more than \$3.00 a pound for beans. I will always grow food for my family in this way, the only question is: do you want me growing this food for you?



Winky's Food Review *Winky Gordon*

As the days get shorter and dark comes earlier, we often want to curl up, get cozy, and hunker down. My desire for heavy foods seems to increase and I'm craving carbohydrates more than usual. I'm thinking full tummy, warm nest, napping thoughts. Mmmm - I love a good nap. Three kinds of rice – Organic Brown Golden Rose, Organic Wehani, Forbidden Black Rice - Pure Bliss Organic Granola, and Maine Root Pumpkin Pie Soda all appealed to my carb-seeking palate. Seasnax Roasted Seaweed is a great, virtuous, contrast.

Now that the bulk section is reorganized, go take a look at the bank of rices we carry. I remember the many years when the choices were limited to short or long grain brown rice, maybe conventional and organic. Eventually we also had wild rice, then basmati, and now there are two whole rows of choices. Amazing! I chose the prettiest ones to sample for this edition of my food review.

Lundberg Family Farms has been busy cultivating their very own (trademarked!) strains of rice. Both the Organic Wehani (\$4.15/lb.) and the Organic Brown Golden Rose (\$2.09/lb.) are exclusively theirs. The Wehani is a showy rice – red, elegant long grains with a nutty flavor. It gets its name from combining the names of several of the Lundberg family members (-a little too precious). The Golden Rose is more like a traditional brown rice but perhaps with a bit more depth to its taste. Forbidden Black Rice (\$4.39/lb.) is almost like a different food. It looks different – small, black grains that turn the water dark red- and tastes richer than most other rice. It is an heirloom variety and gets its name from its value in ancient China when it was prized by nobility. (A handsome rice for the 1%). The name itself makes me want it – lots of it. I have seen it used particularly in Thai cuisine.



Pure Bliss Organics make several kinds of boutique granolas. I tried Banana Gorilla (\$5.99/12 oz. bag). We also

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carry Naughty But Nice (chocolate with peanut butter), Acai Blues, and Old School varieties. Pure Bliss shows off its USDA Organics seal (all ingredients are organic) and wants you to know it's wheat and soy free. What I like best about this granola is its unequivocal crunch. There is nothing mushy about this granola when eaten solo, which is how I sampled it. Quite frankly, this kind of cereal is just too sweet for breakfast and I am much more likely to eat it as a snack. It packs in 13g sugar and 32g carbohydrates a serving, with 4g protein. It's good, really tastes like bananas, and expensive. Any time a product describes itself as "artisan" your wallet is in trouble.



The idea of any beverage tasting like pumpkin was initially frightening to me but twice I braved it and twice I was satisfied. In October I enjoyed a pumpkin ale, sold at our package-store neighbor. For this review, I drank a bottle of Maine Root Pumpkin Pie Soda (\$1.85/ 12 oz. bottle) and would do it again. Made from carbonated

water, Fair Trade Certified cane juice, and "spices," it has a whopping 13g carbohydrates and 40g sugar. The lingering taste of sweetened ginger was what most stood out; not sure about the pumpkin part. Despite its high sugar content it didn't taste sickly sweet to me. We also carry Ginger Brew and Root Beer from our soda friends in Maine. Their labels are always fun.

After the previous food show-offs, Seasnax (\$3.49/ .54oz) might seem just plain boring. While it is simple (and has virtually no carbs!) it is a welcome addition to my world of snacks. I don't eat it often enough but I do love seaweed; I love that it grows in the ocean and that it is so very rich in minerals. This product is made in sheets that are roasted in olive oil with sea salt. It is crunchy at first and then melts on your tongue. The company's promo video shows all kinds of kids (and adults) raving about how good it tastes. And there's a cameo by Amy Goodman of *Democracy Now*, stating she doesn't do endorsements but that she likes this product. If it's good enough for Amy, it's good enough for you.



Next time you are in the Co-op with a little time to linger, I encourage you to walk around the store and take in the visual beauty of the foods we are fortunate to have access to. May you enjoy the next several months and may you take great naps! 🌿

Helen's HABA Review *Helen Scanlon*

For this newsletter, your lucky HABA reviewer tried out some Weleda Body Oils.

Where do I start?

Imagine yourself all stressed out—too much to do, no time to do it, everyone pulling on your hem asking (no, screaming) for stuff, deadlines zooming past. Then, you get a cold.

Okay, we've all been there, right? Absolutely. Sometimes the ever-elusive ghost of Time Management never materializes. It isn't practical. Sometimes we are just told to "do it" and those making the demands of us haven't realized that cloning technology isn't quite there yet. To quote the movie, *Best in Show*, "I only have five arms!"

But I digress.

What to do when it is just Too Much? What to do when Time Management can just take a hike? What if we don't have the energy anymore to just "do it"?

Get yourself some Weleda Body Oils. Smooth and scented, these oils will spoil you rotten. Let me count the ways:

1. Wild Rose—wow. Images of pink beach rose winding its way around white picket fences fill my tired brain. SO good.
2. Lavender—my favorite. Relaxing and earthy.
3. Sea Buckthorn—you gotta try this. The scent is otherworldly and simply beautiful.
4. Pomegranate---light, yet juicy. Quiet, yet decadent
5. Arnica Massage Oil—perfect for aches and pains, smells divine and it's not greasy.

How great is it that your Co-op is now carrying these Weleda oils? All organic ingredients, too. It really doesn't get any better than this.

Use it after a shower, use it in a hot bath, or just use a dollop and apply to dry hands, feet and elbows.

And heck---use them everyday. You don't need an excuse to indulge yourself with the good stuff.

Tip: for super dry hands, use a dime-sized amount of your fave Weleda Body Oil under your favorite heavy-duty hand lotion and you got yourself a double whammy of moisture and scent. Rub it in and enjoy not having your mitts snag on everything!

Until next time, stop and smell the wild roses and lavender any time you feel like it. 🌿



**Thank you to working member, Diane Virga
for all her hard work on the Co-op's garden
this year!**

Rich Devil's Food Cake

Adapted from the *Fannie Farmer Cookbook* by Marion Cunningham

4 tbl Valharonna cocoa	2 eggs separated
1 c plus 3 tbl sugar	1 C. organic pastry flour
½ cup milk	½ tsp cream of tartar
¼ cup coconut oil	½ tsp salt
1 tsp vanilla	1/2 tsp baking soda

Preheat the oven to 350. Oil and lightly flour two 8-inch round cake pans. Put the cocoa, 3 tbl of sugar, and 3 tbl water in a small pan and cook over low heat until smooth and blended. Remove from heat and stir in milk; set aside. Cream the coconut oil, add the vanilla and ½ cup of the remaining sugar, and beat until light. Beat in the egg yolks, and then add the cocoa mixture, and continue to beat. Mix the flour, cream of tartar, salt, and baking soda together, add to first mixture, and blend until smooth. In a separate bowl, beat the egg whites until they are foamy, slowly add the remaining ½ cup sugar, beating until the stiff peaks form. Fold the whites into the batter. Divided the batter into the pans, and bake for 30-35 minutes; test with a toothpick until it comes out clean. Cool in the pans for 5 minutes before turning out onto racks. Frost with your favorite frosting and enjoy! 🌿

Jon's Holiday Entertaining *Jon Campo*

Pairing one or two of the below with a nice cheese tray is a great way to entertain with minimal fuss. Enjoy!

1. Stuffed Dates: Take 36 large dates, and soak in hot water for a few minutes. Remove pits, and fill each date with a walnut half, then roll in organic sugar. Also good is the same idea, only use mascarpone, or cream cheese. If you are a purist, you can drizzle them sparingly with honey instead of the sugar. These can be made up to 3 days before your party.

2. Artichoke hearts: We sell these in the cooler, just drain them, add some extra-virgin olive oil and a squirt of lemon juice.

Thai Tofu and Squash Curry

1 lb firm tofu or extra firm tofu, drained	
1 small butternut squash (about 2 lb/1 kg)	
1 tablespoon vegetable oil	1 sweet red pepper, thinly sliced
1 onion, sliced	
2 garlic cloves, minced	1/4 cup chopped cilantro
2 tsp Thai red curry paste	1/2 tsp salt
14 ounces light coconut milk	2 tbl lime juice
1/2 cup vegetable stock	2 tbl soy sauce
1 tbl packed brown sugar	2 tbl salted peanuts, chopped
1 tbl fish sauce or soy sauce	

Pat tofu dry with paper towels; cut into 3/4-inch cubes. Set aside. Peel and seed squash; cut into 3/4-inch cubes to make 3 cups. Set aside.

In skillet, heat oil over medium heat; cook onion, garlic and curry paste, stirring occasionally, until onion is softened, about 5 minutes. Add squash, coconut milk, stock, soy sauce, sugar, fish sauce and salt; bring to a boil. Reduce heat to low; partially cover and simmer until squash is almost tender, about 12 minutes. Add red pepper; simmer for 5 minutes. Add tofu; simmer until heated through, about 2 minutes. (Make-ahead: Let cool for 30 minutes. Refrigerate, uncovered, in airtight container until cold. Cover and refrigerate for up to 1 day. Reheat to continue.)

Stir in cilantro and lime juice; sprinkle with peanuts. 🌿

3. Marinated olives: We sometimes have these in stock, but you can make your own anytime. Drizzle with olive oil, and citrus zest. If you like green olives, use orange zest; if black, use lemon zest. You can add a pinch of thyme leaves and/or slivered garlic, but why bother? Let them rest for a few hours, and serve. A few bowls of different flavored olives are nice. 🌿

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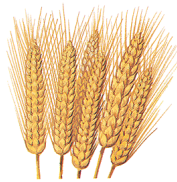
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Bulk News *Jon Campo*

Happy Holidays to everyone. First of all I must apologize for the continued disruption of the bulk department, and thank you all for your patience. By the time you read this it should be pretty much done, but it has been hard on everyone. I hope if you can't locate something, or feel that the new layout isn't working, you will let one of us know. The idea is to make it more convenient for you, the owners, to shop the department. We appreciate the help of our friends at Tierra Farm for the generous donation of bulk bins - several thousand dollars worth. Thanks Darren! Don't forget to stock up on lots of Tierra Farms products for the holidays. I think our whole store will be looking sharp for the year of the Co-op - 2012.



O.K. on to bulk updates: We have local wheat from Andy D'Appollonio, who uses only natural growing methods on his farm in Coventry, and has it milled in Rhode Island. This is the first year he has had enough to sell us in addition to his regular accounts. I have a good supply. My friends the Vogels have

started their own granola business in Vermont, and we have a good amount of their new product in stock. It has been selling well in spite of a rather high shelf price. Their motto is "expensive and worth it." I think you will like it. We now have chia seeds in bulk in a scoop bin, from a new source at about half what they were selling for. I have to tell you about a new product I really like if you like olives and hot spicy foods. Our new Spicy Limon Olives from France are really flavorful and eye-catching. They are really bright green and the brine is orange. A small bowl of these would really brighten up a holiday cheese tray or cocktail spread. Also by the time you read this we should have a good supply of the candied orange peels from Spain that we always sell loads of during the holidays. I have some new chocolate that I'm pretty excited about. We have a new milk chocolate, which normally doesn't

excite me, but this one is organic and made in Boston: it is almost local. It comes in little discs, meant for wholesale bakeries, but we have them in a bulk bin, and it's cheap for organic chocolate. I doubt if many of these will make it home. I have finally sourced some Organic fair-trade Cocoa Powder, which I have been asking our suppliers for years. It just hasn't been available in bulk, until now. My friend Michael has a new flavor Chunks of Energy incorporating some of his favorite functional foods - date, flax, and turmeric. It sounds weird, but tastes good, and they are selling well here. We will do some sampling so you can try them out before you buy them.

Now for some bad news... Many people don't realize that a lot of foods we sell in the bulk department are seasonal, just like produce. With all the demand worldwide for organic foods, which is most of what we sell, demand sometimes exceeds supply. Once the previous year's supply of figs is exhausted, that's pretty much it until the new crop comes around. The weather doesn't always cooperate either, and some years it is just downright hostile. Which brings me to the subject of this year's peanut crop; it was a bad year for peanuts.



There are two main peanut growing areas in the U.S. - the Virginia area, and the South West, specifically New Mexico. This year both areas were hard hit with inclement weather. Expect higher prices and shortages. In the same vein, we expect higher prices and limited availability on organic sugar, lentils of all kinds, walnuts (again), and other nuts. Don't forget this also means higher prices on those items made with these products, so stock up. On the other hand some things are in good supply, and prices should hold more or less steady. Enjoy pepitas, millet, and pistachios, and dates and save. This has been a good year for these crops. We have a good supply of pecans from the cooperative we get them from so prices should be fairly good. So have happy and healthy Holidays, and a swell New Year!



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