

The Compost

WILLIMANTIC
FOOD
CO-OP

Vol. 32, Number 2

Annual Meeting 2010

Coop Scoop *Alice Rubin*

Mark your calendar for the Co-op's Annual Meeting, Sunday, June 20th at 5 pm in the Windham Town Hall Ballroom. I had been very hopeful that we would be ready to vote on the purchase of our building at the meeting, but we just aren't ready yet. It is not anything to rush into and we just don't have enough information to share with you, for the membership to make a really good, informed decision. So we thought it would be better to wait. As soon as we can get all of the facts straight, we will post the information on our website, as well as have an information meeting. Then we will have a vote by mail-in ballot. We are still hoping to raise money through member loans and donations, so pick up a 'Putting Down Our Roots' brochure for more information. We will keep you posted.



On the agenda for the Annual Meeting is welcoming the new members of the Board of Director and voting on the Meat Buying Club. This year's election for the Board of Directors is uncontested as we have three candidates and three vacancies. The new Board Member bios are enclosed on page two. We are voting on enabling a meat buying club to operate at the Co-op. Thank you to everyone who responded to our last issue of *The Compost* with their thoughts on the matter. More information about the buying club option is presented in the enclosed ballot.

In the meantime, everything is going well at the Co-op. Although 2009 got off to a rough start, we ended the year in good shape. Our sales increased more than I had dared to hope and while our expenses increased some, not as much as I had feared. All of it combined to give us a profit. Not bad for a year, in which I wasn't counting on breaking even. You just never know what is going to happen. I feel fortunate that we could pull that off. 2010 is off to a good start with strong sales.

We continue to work on several projects. Yes, we are still working toward expanding the bulk department and doing some rearranging in the rest of the store. Can you believe that we have been here for 4 years already? The store continues to get compliments, and I think that all the work we did to get here has really paid off. We recently had some work done on our refrigeration to make it more energy efficient. Cooler LED lights were installed in the freezer and the dairy case. They take some getting used to, the color is different, but they should do quite a bit toward cutting our energy usage. The produce cases also had their lighting rearranged, and with the use of reflectors, reduced, without changing the light levels in the display. The work was done through a CL&P program, which allows us to pay for the work over time, without interest. And the work will pay for itself through the savings on our electric bill in not too long of a time.

So, all in all, things are looking good. Now, if only Mother Nature will give us a good growing season, I will be really happy. 🌱



91 Valley Street
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willifoodcoop@snet.net

www.willimanticfood.coop

STORE HOURS:

Monday - Friday
9:00am - 8:00pm

Saturday
9:00am - 6:00pm

Sunday
10:00am - 5:00pm

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Willimantic Food Co-op

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Alice Rubin

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Bruce Oscar

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Deb Chesser
Mariclare Cole
Maria Cruz
Chris Demorit
Maiga Doocy
Chad Dunnack
Kristin Fortier
Markus Giangrave
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Catsy Turre
Tyger Wright

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Donna Zdandis
Manager Representative
Alice Rubin

Staff Representative
Steve Scanlon

Board Scribe
Susan Chasin

Newsletter
Shandra Craig
Becky Cronin
Annie Brooks

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This edition of *The Compost* is being mailed to all active members, even if you do not normally receive the newsletter, or if you subscribe to the email version.

2010 Candidates for the Board of Directors

Penny Barton-Zuckerman

After many years of serving on other boards and working for other nonprofit organizations, I am happy to be able to give my time once again to the Co-op. I bring my professional skill as a CPA to the Board, as well as my knowledge of the community and the co-op, having been a member for over 20 years. Currently, I am employed as a CFO for a local nonprofit and live in Mansfield with my family. It would be my pleasure to serve for the second time to the Willimantic Food Coop's Board of Directors.

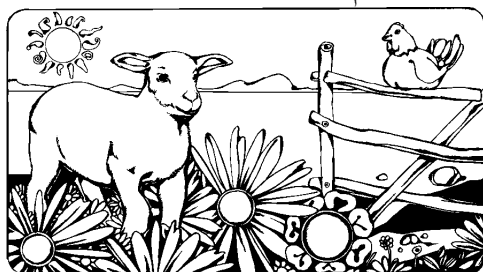
Matthew Kyer

My wife Nan and I have been members of the Co-op for many years and have been involved in the Co-op's growth in different ways. My experience with other nonprofit boards and organizations (Oak Grove Montessori School, BSA) are an asset to me as I look to serve the Co-op as a Bd. member. My family and I live in Coventry where I am also an elementary school teacher. I look forward to working with the Co-op and the membership via its Board of Directors.

Maria Boekels Gogarten

I have been a member of the Co-op for about 21 years. I am a natural scientist by training, with a PhD in Biology, and care deeply about the principles that guide the Food Co-op's development. I have been a chair of the Mansfield Solid Waste Advisory Committee for over 15 years and actively worked on designed the current recycling program set up. I really appreciate this unique store and would like to do my share to ensure the Food Co-op's success and authenticity for many years to come.

Thank you to exiting Board members, Nancy Ames, Kevin Donohue, and Phoebe Godfrey for their work on the Board.



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Each member of the Co-op has one vote. If there are two Co-op members in your household, both of you should receive separate newsletter mailings. This issue must be approved by two-thirds majority vote in accordance with our By-Laws¹. Only those who have become members before *May 3, 2010*, are eligible to vote in this referendum.

You must vote using the ballot on the last page of the newsletter. It may be mailed back to the Co-op, hand delivered to the Co-op (please put it in the VOTE box at the Customer Service desk), or brought to the Annual Meeting by 5pm June 20th, 2010 at the Windham Town Hall Ballroom, Main Street Willimantic.

Meat Buyers' Club Proposal

- When the Co-op first opened in 1980, we carried a limited selection of meat. For example, bacon and pepperoni were supplied by a meat packing house in Stafford Springs, and fresh fish came from our produce supplier, Savoie's.
- By the mid-80s, the Co-op management opted to discontinue meat products due to poor sales. Fish was often frozen if it didn't sell right away, but no one bought it out of the freezer and most of it ended up at the Soup Kitchen.

Our current situation

- Some members have expressed interest in seeing the Co-op carry meat again. Other members have stated that they are not in favor of selling meat for a variety of reasons. Neither management, staff or the Board have recommended a position on this issue.
- In keeping with the democratic decision-making process on which the Co-op was founded, we will be asking the membership to vote on whether or not the Co-op should support a meat buyers club. Should the Co-op support the buyers club by providing a freezer and space in the back of the store from which the club can operate? The vote will be taken by paper mail in ballot as well as at the annual meeting.¹
- If meat sales are favored by a two thirds¹ majority of member votes in the poll, our current situation would limit meat selection to frozen product kept in a standalone cooler located off the Co-op's sale floor. All meat would be purchased via a buyer's club to be operated by the membership.
- Regardless of the form, or the type of meat (fish, chicken, beef, pork, etc), the Co-op would sell either organic, hormone free or locally produced meat that is sustainably raised. It is important to understand that at this time, any Co-op member may buy meat via the Co-op. It is done through the pre order system and is supplied by United Natural Food Inc. The buyer has no control over where the meat comes from as UNFI controls its own supplies. If the Co-op were to support the proposed buyers club, then the membership of the buyers club would be able to control the source of the meat. This is an advantage over the current situation.

¹Please see Article III: Meetings of Members of the By-Laws, which can be found at <http://willimanticfood.coop/about/board/> 🌱



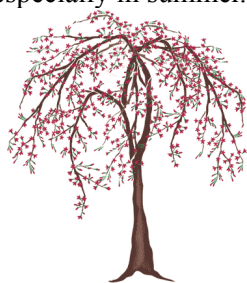
Annual Meeting Potluck

**Sunday June 20th
5 pm
Windham Town Hall
Ballroom
979 Main Street
Willimantic, CT 06226**

Garden Times in May *Angela H. Fichter*

One of the joys of spring is the transformation of brown, bare trees into hanging gardens of flowers. Magnolia starts first with tulip type blossoms. Weeping cherry hangs its tresses of pale pink flowers in graceful arches. Its branches hang like willow tree branches do, long and thin, blowing in the wind. Redbud tree blossoms burst right out of the bark of branches, rather than from twigs off of branches. The effect is dramatic. Crabapple hangs pink flowers in small bunches all over its branches. Dogwood looks oriental with branches that grow out horizontally from the tree, then turn up. Its flowers, either pink or white, open out flat. In fall the flowers have formed red berries, which the birds eat. The leaves turn purple. Even bare in winter the dogwood is an interesting tree with the snow outlining its form. While the flowering trees are putting forth their glory, the maples, oaks, and other hardwoods still look dull. You could say the trees that bloom are the harbingers of spring.

If you don't have a flowering tree in your yard, why not try one? Check the nurseries, the catalogs, the photos on the internet for a tree that attracts you. Once you buy one, read the planting instructions carefully. When planting the tree, imagine how big it will be in 10 years, and don't plant it right next to the house or close to other trees. Water the tree once a week the first year after you've planted it, especially in summer.



I must confess that I am a tree visitor. There are certain trees I visit each year because they are so magnificent, and since they only bloom in spring, I start haunting their neighborhoods in April in case they bloom early. In fact, because of the very hot days we had in early April a number are blooming early this year. I can't remember when the weeping cherry bloomed this early. I was saddened to discover this spring that one weeping cherry tree in Willimantic, which I used to visit annually, was chopped down. I couldn't believe it. The tree was huge and took up most of the postage stamp backyard. When it was in bloom, the backyard became a fairyland of thousands of tiny pink blossoms swaying in the breeze. The tree had looked healthy to me. Maybe the owner just wanted more brown, bare dirt in his backyard, which is what he has now.

This reminds me of when I once lived in a city. Many years ago my husband and I rented an apartment in Providence. The parking area was gravel and dirt. Surrounding the parking lot were old maples whose leaves turned fiery colors in October. One day we came home from work to find that all the trees had been cut down. We were stunned. The trees had given the apartment building a more homelike look. They provided shade. We asked

the landlord, who was supervising the cutting, why he had the trees cut down. Oh, he said, trees are dirty. We said nothing, but when we got into our apartment, we burst out laughing. Dirty trees! For him those beautiful leaves were just an annoyance to clean up. We never saw his own home. I wonder if he asphalted his yard. Let's face it, some people not only do not garden, they hate nature. So every autumn since that time, when we see leaves starting to fall we say, aaagh! Dirty trees! Dirty trees!

Winky's Food Reveiw *Winky Gordon*

This episode of Winky's Food Review co-stars friends Fran and Randy, co-conspirators in a gustatorial orgy (Fran's words) of foods from our beloved Co-op. By the time I got to Fran's house in the evening I had already had several helpings of Mama's Special Maple Kettle Corn (\$3.85/5oz. bag), which I found addictive. Kettle corn is a relatively new phenomenon for me and none that I have previously tried has had the exactly right combination of sweet and salty. This one hits the spot. It's made in Vermont with maple syrup, popcorn, sunflower oil, evaporated cane juice (all organic), and sea salt. Mama's Maple is not sticky sweet like Cracker Jacks (which I still love), but is distinctly different from its cousin- Mama's Special Sweet Hot Mama. My companions gorged on this spicy kettle corn and commented- in between gasps from the heat- on how surprisingly hot it is. The first three and last ingredients are the same as the maple kettle corn, the other two being chipotle and cayenne pepper, both organic. Me, I'm going to have to restrain myself from making Mama's Special Maple a frequent item in my shopping basket. Mama's Special also comes in Plain Jane's flavor.



We ate pieces of the One Bun from Ozery Bakery (\$3.99/ 8 buns) and Narrangansett Creamery's smoked mozzarella (\$4.49/ 8oz. piece) together - mini sandwiches! We first tried the One Bun untoasted; a little too chewy. When toasted, however, it's a lovely backdrop for the mozzarella and would probably be great with scrambled eggs. One Bun has a long list of ingredients, including

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whole wheat flour, a multigrain mix, and crushed flax seed. One serving is packed with a walloping 7 grams of protein. This is a tasty bread that is likely to satisfy both hard core grain-seekers and those who like a little sweetness with their bread. And, of course, they're a real food alternative to burger buns. Okay, and now the smoked mozzarella. Smoked mozzarella of Narragansett Creamery, I sing your praises! Without knowing it, this is the cheese I've been seeking when I choose smoked gouda. It's creamy without being gooey, smoky without being overbearing, and it's made nearby, in Providence, RI. The company's website describes their mozzarella as buttery, creamery, feathery, fresh; don't you just want to run to the Co-op and try some?

The best performance of the evening was given by Pamela's ginger cookies with sliced almonds (\$4.39/ 7.25 oz. Box). Oy, these are goo-ood. When opening the box of cookies you will immediately experience the strong smells of molasses and ginger. This is a bold cookie and the almond slivers add a confident crunch. I ate more than my fair share. Okay, so they're not low fat. But they are wheat, gluten, and dairy free and all of the ingredients are pronounceable. I'm thinking these cookies would taste good with vanilla ice cream/yogurt/soy whatever kind of frozen creamy thing you prefer.

Want to get some vitamin C on in your morning? If so, Crofter's Superfruit Spread (\$4.99/ 11 oz. jar) is the condiment for you. The North America variety has blueberries, cranberries, morello cherries, and red grapes in the list of organic ingredients. It's tangy yet sweet and serves up 50% of the daily intake recommended of Vit. C. While I did enjoy this spread I will be honest and tell you that my favorite thing about it is the blue label with a picture of a bear holding a giant blueberry. It is true: I am easily lured by attractive packaging. Crofter's offers other fruit spreads in Europe and Asia varieties, each with the bear on the label holding giant pieces of different kinds of fruit. Check 'em out.

That is it for this episode. Best wishes for a happy spring (is that the season we're in?). And make sure to spend time with good friends eating good food. 🌱

Helen's HABA Review *Helen Scanlon*

Let's hear it for stuff that smells REALLY GOOD!

First, I bring you the super cleansing, awesomely fragrant Desert Essence Organics Green Apple and Ginger Shampoo: Gee, my hair smells terrific! What an olfactory treat. The steam from the shower carried the green apple/ginger scent all through my home...boy oh boy does it smell good! I smelled up the whole house with this shampoo! It did a bang up job cleaning my hair, too. However, I would use this as a clarifying shampoo for hair that is oily or is weighed down by styling products; it might be a little too harsh on hair that is naturally dry. My hair squeaked after using this shampoo. **BONUS:** *It also makes a wonderful, super bubbly, sweet-smelling, relaxing bubble bath, too!*

Then there is the wonderful, spicy, citrusy, and smooth Dr. Bronner's Magic Organic Lotion. I tried the Orange Lavender variety, but the Co-op carries the whole line of these scented lotions. First things first: the scent. Oh my. It's strong, but not obtrusive. It's a clean and crisp citrus scent with a wisp or two of calming lavender. It's WONDERFUL.

The lotion itself is smooth and non-greasy due to the presence of jojoba oil. Jojoba oil, as I learned from description on the bottle, is uniquely similar to the body's natural oils. Dr. Bronner's Magic Lotion also contains the powerhouse hydrating and protecting duo of organic avocado and coconut oils. The beautiful scent is a great bonus; it melds with your skin to create a scent that is unique to you. The orange/lavender scent is great for both men and women, but try the others, too—the Co-op has testers. Get your favorite and keep it on the dresser and slather it on after a shower. *Yet another bonus: it's a fantastic massage lotion. Great for the feet and back.* Aaaaah.

Until next time, remember to take care of your skin—it works hard to take care of you! See you in the Co-op HABA aisle. 🌱



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Millet Skillet Bread

Butter to grease skillet

1 cup organic whole wheat pastry flour

¾ cup organic yellow cornmeal

1 tsp baking powder

½ tsp baking soda

3 large eggs

1 ½ cup cooked millet room temp

3 tbl barely melted unsalted butter

3 tbl turbinado or org sugar

¾ tsp fine sea salt

2 cups milk

1 ½ tbl white or cider vinegar

1 cup Butterworks Farm heavy cream



Preheat oven to 350 F and place rack in top third. Butter a 10 in cast iron skillet. Roughly ten minutes before you are ready to bake the bread, while you are mixing the batter, place skillet in the hot oven

In a large bowl stir together flour, cornmeal, baking powder, and baking soda.

In a separate bowl, beat eggs, millet, and melted butter until well blended. Add the sugar, salt, milk, and vinegar, and mix again. Then add the wet ingredients to the dry ingredients and stir just until the batter comes together. It will seem very thin, don't worry.

Pour the batter into the heated skillet. Pour the heavy cream into the center of the batter. Do not stir. Carefully place in the oven and check after 45 minutes. The bread is done when the top becomes lightly browned and the center just set. Somewhere between 50-60 minutes. Let rest 10 minutes and then run a knife around the edges of the pan and remove from the skillet but holding a large plate over the pan, and inverting. Serve warm, but not hot.

Adapted from Heidi Swanson's highly recommended website www.101cookbooks.com.

Bulk News Jon Campo

Happy Spring, Co-ops. We have been busy here in the bulk department and have a lot of new products. Just in time for camping and hiking season, we have a couple of new trail mixes. I noticed The Grandy Oats High Antioxidant Trail mix was voted number one trail mix by *Sierra Magazine*, surely a trustworthy recommendation. I also picked up a new mix from our newish Massachusetts supplier Arcade Snacks that I really like for hiking. It has fruit, seeds, and soy-nuts, and I hope you will like it as much as I do. Don't forget the old standbys like the Tierra Trail Mix, and my personal favorite, Cherub Almond Trail Mix: cherries, almonds, hazelnuts and carob, wheat and chocolate free. We

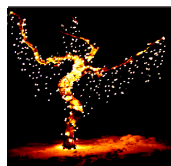
granolas. Blueberry granola are from are all natural, but seem to be selling personal favorite is Granola from Tierra



Tierra makes their granola in small batches, with a much higher proportion of fruit and nuts to oats, and uses agave instead of sugar. It is also all organic. It costs a little more, but don't you deserve the best? I can also highly recommend their new cocoa dusted dark chocolate almonds, which were a big hit when the staff sampled them. Also new from Tierra Farm is a line of all organic nut butters in glass jars (true, this isn't a bulk item, but I love them). These nut butters are roasted and packed to order every week and produced with no added oil and no trans fats of any kind. They are also certified Kosher as well as organic. Tierra is a peanut-free facility and one of the nicest groups of young people I have ever met. These folks are serious about quality.

Speaking of quality, if you like the chocolate covered almonds in bulk; you should love new dark chocolate almonds from Koppers chocolate in N.Y.C. They are one of the oldest candy companies in the country and are credited with inventing chocolate covered coffee beans.

also have a few new Flax and Supernutty Golden Temple and not organic. They really well. My the Banana Walnut Farm in New York.



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Formerly The Mindbody Connection

Yes, this is where we get our dark chocolate espresso beans. Also new from Koppers are dark chocolate covered raisins.

Speaking of chocolate, I am pleased to tell you that I have been able to source a really superior baking cocoa from the Dutch Bendorp brand. This comes to us from our friends at Associated Buyers in New Hampshire. I have been looking some time. This is a (25%) cocoa, which or processed to lower European standard natural cocoa. One dusting on desserts, It's great for homemade hot cocoa and sauces and some baking. I suggest you try it in goat milk ice cream. I did notice that a certain famous bakers catalog (hint - it is a worker- owned cooperative up north) is selling the same product for \$7.95/lb plus shipping. We are able to sell it for a low, low \$4.99/lb. Note that if you are baking a cake using an old recipe that calls for baking soda as a leaven, you must use natural cocoa powder, not Dutched. Natural cocoa is an acid ingredient, Dutched cocoa an alkaline one.



for this product for professional full- fat has been "Dutched" its acidity. This is the and is less bitter than would use this for rolling and sprinkling.

Across the aisle in the bulk pasta area, you will see that we have started pre-bagging some of the bulk pasta that is hard to handle and bag. This is the way most Co-ops sell it, and I felt bad watching people trying to stuff it into the little bags. We have lowered the price on the bulk Bionaturae Pasta, and if you haven't tried this product you really should. If you remember when whole wheat pasta tasted like dirt, I think you'll be pleasantly surprised. Bionature



pasta has won numerous taste tests, most recently from Cooks Magazine last year. New to the pasta section are Piquant Tomato Penne, and Semolina Fettuccine Nests.

One of the most frequent questions I hear about the bulk department is "what exactly are unsprayed almonds anyway?" I've never really developed a good 30 second reply, so this seems like a good place to tackle it. The almonds come from Zinke Orchards in Chowchilla California. Seriously, Chowchilla, California. The Zinke family grows their almonds without pesticides, relying on predator insects to control harmful insects and mites. By not spraying the natural balance is established in the Orchard and the need for insecticides and miticides is eliminated. The farmers and gardeners among you will recognize this as I.P.M. or integrated pest management. Their almonds can also be found in the Cherub Almond Trail Mix I mentioned above, and will soon be found in a grind your own nut grinder in the bulk department.



We do seem to have more folks on special diets or with food sensitivities. The bulk department has lots of foods suitable for special diets. If you are vegan or are trying to avoid wheat or dairy products or have peanut allergies there is something for you here. The nice thing about shopping bulk is that if you aren't sure if you like quinoa or millet, you can just buy a little before you commit to a whole package or bag. If there is something that becomes a staple in your house, you can save a lot by ordering a large amount and getting the pre-order discount. If the item is on sale that month, you get the discount in addition to the sale price. Note that if you have a serious food allergy or are celiac, shopping in the bulk department is probably not a good idea. Best to stick to packaged products. If you have ever noticed the cloud of flour in the air as we are stocking the bulk bins in back, you'll know why. When in doubt, ask your health care provider for recommendations. Always feel free to ask if we can help in any way. Be well, and I'll see you in the bulk isle. 🌱

CELEBRATING 35 YEARS GROWING CO-OPS!

Congratulations to our friends at the Willimantic Food Co-op on 30 years growing a strong and vibrant community-owned food store, and contributing to a more just and sustainable economy in our region.

Since 1975, the Cooperative Fund has been partnering with co-ops like Willimantic Food Co-op, helping them grow, serve their communities, and achieve their members' visions for a better world. For more information about how you can help grow co-ops, please visit us at www.coopfund.coop.



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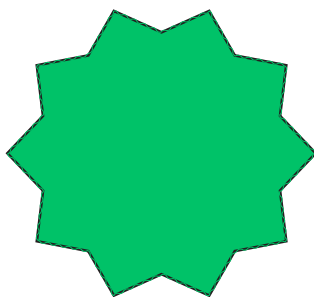
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Willimantic Food Co-op 2010 Ballot

Please return to 91 Valley St. Willimantic, CT 06226

Shall the Co-op enable a Meat Buying Club to operate within the Store in accordance with the proposal on page three?

YES

☐

NO

☐

Ballot Number _____



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