



# The Compost

**WILLIMANTIC**  
**FOOD**  
**CO•OP**

**Vol. 32, Number 3**

**Downtown Country Fair 2010**

**91 Valley Street**  
**Willimantic, CT 06226**  
**860.456.3611**

**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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Well, I left off in our last issue of *The Compost* wishing for a good growing season. I am not sure that good is quite the right way to describe it, although different sure does. Polar opposite works too. I am not complaining, as I eat tomatoes several times a day, but the lack of rain is impressive. This weather really proves that a lot of the basic tenants of organic agriculture really do matter. Soil with high organic matter holds moisture and that can make all of the difference in a year like this.

As we approach our 5<sup>th</sup> year in this location, we are shifting our focus. To continue with the organic growing metaphor, we have spent the first 4 years building our soil. We have worked on our profit margin –money does have an important role in our store- and we are on solid ground with that. Now we are branching out by working on putting down our roots with the purchase of the building. Although this has been on hold as our mostly new Board of Directors gets situated, I have great hopes of resuming negotiations soon.

We are also tending to another important component of our soil – our staff. We are investing in a new position at the Co-op, a Human Resources person. We are also increasing staffing in hopes of making our already solid customer service even better. It is coming to light just how different an operation the Co-op has become in terms of what is needed to make things go well. It used to be that we just all talked to each other, shared information, and things worked out – for the most part. Now there are just too many of us and the informal way of communicating isn't enough. We are working on more training and creating more formal ways of sharing information with the goal of greater efficiency and consistent customer service, and a well tended store. We will continue to invest in resources to give our staff better tools to do their jobs, in addition to making the Co-op as a work place better.

Some of the seeds that have been sown have sprouted and are coming along well, although not quite ready for harvest. Plans for the bulk department continue – I know you don't believe me, it has taken so long – but it is in the works. No time line, it will be a surprise.

Our Meat Buying Club plan, which was approved by the membership vote this summer, 3 to 1 in favor, is also in the works. I would like to form a committee of interested members to set guidelines for the standards we want the meat to be produced by and to research the farms we will purchase from. If you are interested in working on this, please let me know. The basic infrastructure, space and a freezer, as well as an ordering system are also being planned.

The crop that has reached fruition is our biweekly sale cycle and new sale flier. It seems to be well received. We are also working on new ways to let you know when we get in new products, and offering more of them on introductory special. Keep your eye on the new sign that is near the shopping baskets.

I look forward to celebrating the harvest with you all at the Downtown Country Fair on Sunday October 3<sup>rd</sup>. 🌱

## Willimantic Food Co-op

### General Manager

Alice Rubin

### Assistant Managers

Shandra Craig  
Bruce Oscar

### Staff

Annie Brooks  
Jonathan Campo  
Susan Chasin  
Mariclare Cole  
Maria Cruz  
Chris Demorit  
Maiga Doocy  
Chad Dunnack  
Kristin Fortier  
Markus Giangrave  
Scott Goodwin  
Avery Gratton  
Sile Herbert  
Pari Jahandarie  
Cari Nadeau  
Jeffrey Nash  
Josh Oulette  
Steve Scanlon  
Patty Smith  
Catsy Turre  
Tyger Wright

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Maria Boekels Gogarten  
Dan Britton  
TJ Butcher  
Bryan O' Hara  
Kathleen Krider  
Matthew Kyer  
Donna Zdandis

### Manager Representative

Alice Rubin

### Staff Representative

Annie Brooks

### Board Scribe

Susan Chasin

### Newsletter

Shandra Craig  
Becky Cronin  
Annie Brooks

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Printers

## Board Update *Annie Brooks*

Greetings from the Board! I am Annie Brooks, and I am currently serving as the Staff Representative on our Board of Directors. In recent months, there has been an almost complete turnover of Board members. In light of the new Board, we are taking advantage of this clean slate by making a collective effort to keep Co-op members informed of Board activities; hence, the return of the Compost Board Update. I also want to remind members that Board Meetings are open to the membership, and there is time for member comments at the beginning of the meeting. We meet the first Thursday of every month at 7pm at Mount Hope Montessori. 48 Bassetts Bridge Rd., Mansfield Center, CT 06250.

In the past two months, we have sought out help from CDS Consulting Co-op, who specialize in the development of food cooperatives. On Sunday, August 29th, CDS consultant Thane Joyal led our BOD on an all day retreat. The retreat's objective was to examine and evaluate our Policy Governance Manual and set up a framework in which the Board can work effectively. We believe that this retreat has set a great foundation for our Board to serve the membership more efficiently and competently. In addition, we will look at big picture issues such as physical growth, purchasing the building, and physical expansion.

That's it for now, and we hope to see you at upcoming Board Meetings!



### The Downtown Country Fair

Sunday October 3 from 11 AM – 5 PM the store's parking lot will be transformed into the Downtown Country Fair! The fair has been an annual tradition for over 10 years. It features local farmers, craftspeople, food vendors, voter registration, a bike raffle, and pottery wheel demonstrations.

Our Main stage will feature the music of Echo Ugan-da, The Electric Trains, Jason Alteiri, Will Hare & Friends, and Dreamswell. Co-op member and Master of Games, Johnny Walker, who has created the kids' area at Third Thursday for the past two years, will orchestrate our fantastic kids' space for children of all ages. Practice walking on stilts or ride the chariot around the fair grounds!

New this year we will be live silkscreening of the 2010 Country Fair logo. You can bring your own shirt (or whatever else you want silkscreened) or purchase one at the fair. 🌿



### SOUND THE BUGLE STUDIO

Helen Scanlon, Equine Artist



860 - 455 - 1965  
soundthebuglestudio@charter.net

[WWW.SOUNDTHEBUGLESTUDIO.COM](http://WWW.SOUNDTHEBUGLESTUDIO.COM)

## Farm Report *Markus*

Hopefully it is well known that our food co-op has and continues to support as many local businesses and producers as possible. In the produce department, the focus had always been to make locally grown fruits and vegetables available to our membership and the general public in order to create a healthful and sustainable economy. As the Co-op has grown, so too has the size and number of small farms in the area from which we buy produce. This is fantastic! However, it becomes ever more challenging for new growers to find a niche within our already stacked roster of veteran producers. The common question from them is, "What can I grow for you that others are not?" So we gradually come up with more and more obscure items to grow that are not in large local supply, which, in past years, brought us the likes of radicchio, escarole, celeriac, and kohlrabi.

Such was the scenario when experienced grower Andy D'Appollonio of Still River Farm in Coventry asked that same question. At that time, the cost of flour had increased dramatically, so I says to Andy, I says, "Ain't nobody growin' grain 'round 'ere." (You have to speak their language). And so, after moments of consideration, Andy flung himself wholly into the task of raising wheat. After acquiring the necessary antiquated equipment, he planted a heritage variety of hard red winter wheat, which is sown in the fall and is harvested the following summer. After the wheat berries are thoroughly dried, he trucks berries to in Kenyon's Grist Mill RI where they are stone ground to flour. Over the last year, Andy has attended meetings regarding grain in New England, made some strong connections, including bakers locally produced flour into their recipes. "Now That's Good Bread" from Colchester uses Andy's flour in some of their breads. "Farm To Hearth", a couple who operate a mobile wood-fired pizza oven to make pizzas to order at farmers markets and festivals in CT use Andy's flour to make their crust. (It is incredibly delicious, with locally raised veggie and non-veggie toppings as well, find them at Storrs Farmers Market on Saturdays 3-6pm). As of this writing, Andy's second crop of wheat is in, cleaned and dried, and awaiting milling. And it is all spoken for. After it is milled, his accounts will buy every pound he has. The Food Co-op was lucky to have gotten some whole wheat berries from him last year, not so this year. Andy is in the arduous process of preparing more land for planting, so perhaps in the future we will see some of his products for sale on our shelves. 🌾



## Harvest Time *Angela H. Fichter*

Gardeners sometimes wonder what the optimum time is to pick those vegetables that they have carefully tended. One method is to let animals be your guide. For corn you first check the thickness of the ears. The ears should be as fat as the ones you have bought at roadside stands. To see if the kernels are developed enough you can partially pull down the husk on a fat ear. In your eagerness to savor the first corn of the season from your garden you will check the kernels on the fattest ear each day. Finally you decide that in the next day or so you can harvest. The true test of ripeness, however, is when you get up in the morning to find that the coons have stripped the ears of the husks and devoured your corn, leaving a neat pile of cobs by the garden bed. Each year it is a race to see who gets to the corn first, until finally in order to outwit the coons you decide to pick the corn a little earlier than you really should. The problem with letting the coons tell you when the corn is ripe is that unless you planted several acres of it, they won't leave you any corn.



Another judgment call is when to thin the beets. If you don't thin your beets, the beet bottoms will not have enough room to develop into big, round beets. Here your animal guide is the woodchuck. When he comes and eats off the tops off your beets, you know the beets were developed enough for them to be thinned. Again the problem with animal help for gardening indication is that the woodchuck does not stop at a few beet greens. He demolishes several rows. If that's all you've planted, too bad.

It is always a problem to know just when to harvest vegetables when the portion you are going to eat is underground. Carrots are a good case in point. The animal helper here is deer. They love carrot tops. As they bite into the top they lift their cute little muzzles in the air, thereby pulling the carrots right out of the ground. The deer leave the carrot bottoms. If these are little and stubby, you should wait to harvest the rest. However, be forewarned that the deer can eat the tops of almost ripe carrots without pulling them out of the ground. Unfortunately, the carrots don't like having their tops eaten, so they won't develop anymore. Therefore, you could wait until the fall to be really sure those carrots are ready to eat. The animal sign that the carrots are ripe is when the carrot tops are lying flat on the ground. When you try to dig those carrots up, you find that the bottoms have been eaten by mice.

The animal communication system would work better for humans if we had animal ESP so we could know their harvest thoughts. In the meantime you had better check your vegetable garden each day during harvest time so you can at least get some veggies before the animals do. 🌾



### **Recycling – Did You Know?** *Virginia Walton*

I was asked to write about some changes in recycling, but first I want to rave. We are so privileged. Where else can we grocery shop using our own containers to fill them with just the right amount of bulk product? I love that the Co-op supports my low-waste lifestyle, by American standards, anyhow. And I enjoy the camaraderie of this shared value. Nobody looks at me funny as I walk through the aisles with my shopping basket, empty jars and overused paper bags. We Co-op shoppers understand that reuse is the “higher” road to take in the resource conservation hierarchy. Recycling also has a place on that high road.

#### **Single-Stream Recycling**

Last year Willimantic Waste Paper, our local recycling plant, purchased a piece of equipment that sorts different grades of paper items from different types of cans, glass, and plastics, making single-stream recycling a reality in many towns in eastern Connecticut. About a decade ago “single-stream” recycling was conceived and tested out on the west coast. It marched across the nation until it hit the Northeast last year. “Single-stream” refers to a single recycling category. Where we have been trained to sort our recyclables into two groupings (“dual-stream” recycling), single-stream recycling only needs one sort – cans, plastic and glass bottles, paper and cardboard go together with each other, but are kept separate from trash. Most communities in Connecticut are now single-stream recycling.

#### **Plastic Container Recycling**

With the purchase of Willimantic Waste Paper’s sorting equipment also came the capability to optically separate all types of plastic. Because of this, we can now recycle almost all types of plastic containers – yogurt containers, plastic cups, buckets, take-out containers, etc. You may have noticed that the Co-op’s bulk items are now being packaged in plastic containers. These containers can be recycled. Gone are the days of searching the bottom of a plastic bottle for a tiny embossed “1” or “2” inside a triangle. There are two types of containers that should not be recycled. Styrofoam containers are one and the other are “compostable” or “biodegradable” plastic.

#### **Compostable Plastics**

Compostable or biodegradable plastics are made from plant starch, typically corn or potatoes, which means they have different chemical properties from petroleum-based plastics. More and more businesses are using “compostable” plastic containers for packaging. I have been told that Walmart sells products in them and McDonalds is going to begin. It requires just as much energy to manufacture plastics from plants as it does from oil. Plus producing packaging from an

agricultural product does not feed a hungry world. The one redeeming feature of compostable plastics is that they can be composted at the end of their useful life. However, *and this is a BIG however*, they do not decompose in a typical home compost pile. I know. I still find “biodegradable” plastic forks in my garden from several years ago when I experimented with compostable forks, bags, cups in my home compost pile. Compostable plastics need the very high heat (160 to 180 degrees Fahrenheit) of a municipal or commercial composting system. Here’s the problem – we don’t have *any* municipal or commercial composting facilities that are permitted to take food waste and its compostable packaging in eastern Connecticut. Because they can not be composted at home, we don’t have access to commercial compost facilities, and they are made from an agricultural crop, my suggestion is to stay away from them. Don’t try to recycle them – they “contaminate” the plastics that are going to be made into new products.

*A side note for those of you who attend the Mansfield Festival on the Green - Last year Mansfield’s Festival on the Green composted (and recycled) 89% of the festival waste in part*

*because of using compostable plastic. Special permission has been given to the Town to compost those items in the Mansfield transfer station leaf compost pile once a year.*

#### **Plastic Bag Recycling**

Have you heard about the floating islands of plastic in the Pacific Ocean? Plastic bags have been blamed for the flotsam. Okay, so none of us Co-op shoppers use grocery plastic bags because we know better, right? It is difficult to *completely* avoid plastic bags. Did you know that any stretchy plastic bag can be recycled? Press your thumb into the plastic. If it gives without breaking, recycle it. Remove receipts and all food residues. A number of grocery stores have a plastic grocery bag recycling receptacle – you can include other types of stretchy plastic bags. For Mansfield residents, there is plastic bag recycling at the Mansfield transfer station. With the advent of plastic lumber, there is



## **Storrs Farmers Market**

**Saturdays**

**3:00—6:00 pm**

**May—Nov**

**Mansfield Town Hall**

**Open rain or  
shine!**



**StorrsFarmersMarket@gmail.com**

a demand for this post-consumer plastic film.

### Aluminum – Recycle it ALL

Please recycle your aluminum foil and trays! To make aluminum takes so much energy and is so pollutive. It is truly environmental sanity to first minimize our use of disposable aluminum products, second reuse aluminum foil and trays over and over again, and last recycle it all. The planet sighs with relief every time you use this strategy – I am sure of it.

### Electronics Recycling

Some retailers take back electronics. Some towns, like Mansfield, recycle electronics. It has been a patchwork of recycling and some of the electronics “recyclers” are far from legitimate. The good news is that Connecticut passed an electronics law in 2008 and it should be going into effect in October. When that happens, all Connecticut residents will have access to local free electronics recycling (televisions, computers and printers). Electronics recyclers will have to be certified by the State to prove that their practices are legitimate and ethical – no more off-loading electronics onto poor countries that are ill-equipped to deal with the hazardous materials found in computers and televisions. If your town doesn’t have it already, there will probably be an electronics drop-off area at the transfer station later this year.

We who dutifully recycle at home and work are preparing feedstock for industry. This feedstock needs to be reasonably clean to be made into new products. Wash out the mayonnaise jar. Clean the peanut butter jar. Scrub off the cheese from the aluminum foil.

Final thoughts... Less *is* good. Reuse it until it breaks. Fix it if you can. Recycle it when it is ka-put. ♻️



### Co-operARTive Fiesta is coming to Willimantic October 9th!

The Co-operARTive Fiesta is a gala expression of Community, Creativity, and Cooperation. Featuring Eastern CT’s wealth of talented artists, all attendees will be invited to participate and get their creative and entrepreneurial juices flowing. With all of this joyful energy in one place at one time, who knows what will emerge?

The Co-operARTive Fiesta is a festive indoor and outdoor event showcasing works of visual and sculptural artists and artisans as well as musical and theatrical performances, and participatory activities. All work will be original, no imports or buy/sell. The Festival will take place in historic downtown Willimantic, with various pieces housed in available halls, stores and outdoor locations. All galleries will also be open for the weekends of October 9-10, 16-17. Rain date is October 10<sup>th</sup>.

Exhibition opportunities for all artists abound. The Democratic Sidewalks of Willimantic’s Historic Downtown District are open for everyone to bring a sampling of their own creations—whatever YOU love to do, show it off at the Fiesta! The Co-operARTive Fiesta is an opportunity for Artists, hand-made Crafters and creators of fine goods to sell their work, and for us to buy it. All vendors will feature only original work made by the artist him/herself, or work produced in a co-operative business.

At the Co-op Café, Peer Teachers from a number of successful co-operatively owned businesses will tell you how they did it, and how you can, too. What is your dream?

Participatory activities: Learn from demonstrations of plein aire, woodcrafts, and other techniques. Sidewalk chalk art, urban art, dancing, music, poetry, theater, etc.

For more information please go to <http://www.willicoopfiesta.com/> ♻️

## 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](http://www.coopfund.coop).*



[www.coopfund.coop](http://www.coopfund.coop)

**COOPERATIVE FUND**  
of New England

The Co-op Fund is a revolving loan fund and socially responsible investment option. To learn more, please call 1-800-818-7833 or visit us online at [www.coopfund.coop](http://www.coopfund.coop).

**CELEBRATION: AN ACT** will be performed on October 9th at the Capitol Theater. It is the culminating event for the CooperARTive Fiesta during the day in the streets of downtown Willimantic. This event will feature the expressive arts, poetry, dance, music, and visual arts. Wally Lamb will discuss the success of his prison arts writing program. This is fundraiser is for the “Rays of Hope” project of Willimantic Advocates Make it Happen (WAMH). Our goal is to empower people in the recovery community and those formerly incarcerated. Funds raised will be utilized both in employment outreach and to resolve transportation issues.

Tickets are available for \$20, \$25 and \$40. For more information please contact Marge and David Schneider at: (860) 872-6899 or [margedavidpeace@yahoo.com](mailto:margedavidpeace@yahoo.com) ♻️

## Cooperative Hub in Willimantic Janet Dauphin

Are co-ops contagious? We hope so! Longtime Food Co-op member, and UConn professor emeritus, Len Krimmerman is embarking on a project to create the Willimantic Inter-Cooperative Community Hub (WINCCH). Economically self-sufficient and democratically organized, WINCCH will provide resources for emerging and existing co-ops in the greater Willimantic area. Len envisions a flourishing network of cooperative businesses, based in part on the highly successful model of Mondragon, Spain, where more 75% of the economy is cooperative.

Len notes that many co-ops work in isolation. Unlike other organizations which help cooperatives get started, he hopes the hub will foster feelings of community connection by offering ongoing support for continuing operation of coops after they are up and running. Part of the support will be education. WINCCH plans to develop an ongoing program in "education for a cooperative economy" that builds democratic leadership and group process skills, as well as social entrepreneurship talents.

Another major component of the WINCCH will be the implementation of a time banking program. Time banking allows participants to exchange services, hour for hour, much like a bartering system. The idea of a "bank" allows for a greater exchange of services; individuals give hours to the bank, not each other, therefore creating a broader pool of possible exchanges.

All services of the WINCCH will be accessible to those whose first language is not English as well as native English speakers.

The initial funding for the WINCCH came from a Poverty Reduction Grant awarded by the Access Community Action Agency. For more information please contact Len at [lenmvgeo@mindspring.com](mailto:lenmvgeo@mindspring.com).



**October is a busy month!**

### Celebrate Co-ops, Fair Trade, and Non GMO products!

- Did you know that more than 800 million people around the world belong to cooperatives, and at least 100 million of them are employed by co-ops? For more information go to <http://www.go.coop/>.
- For great information on Fair Trade please visit <http://www.fairtraderesource.org/> and <http://transfairusa.org/>
- Got more time? Check out <http://www.nongmoproject.org/>



## The AGvocate Program Needs You!

As part of the AGvocate Program, a committed group of citizens and municipal leaders meet on a monthly basis to establish ways to make agriculture viable in the towns of Eastford, Hampton, Windham, and Woodstock. If you are an interested landowner or resident in one of these towns come lend a voice!

### What is the AGvocate Program?

As part of a CT Department of Agriculture "Farm Viability Grant," the above towns were chosen to be part of Phase II of AGvocate Program. (Phase I included the towns of Ashford, Brooklyn, Canterbury, Franklin, Sterling, and Thompson). Over the coming year, municipal leaders, agricultural producers, and supportive citizens in will work, with staff support to create action plans to promote their town's working landscape.

**What does an AGvocate Committee Member Do?** Goals for the committees are still developing but the preliminary focus is to:

- Identify where the agricultural producers are and what they produce. Once identified, the committee will promote these farms through brochures and websites and create forums for agricultural producers to communicate.
- Review town policy documents such as the plan of conservation and development to ensure that farm viability is a goal.
- Review town land-use regulations to prevent farm and non-farm conflicts.
- Create supportive business environments for farms by including agriculture in the local economic development strategy and updating town regulations to be more farm-friendly.

If you are interested in serving in getting involved with the AGvocate Program contact:

Jennifer Kaufman, AGvocate Program Coordinator  
Eastern CT R C & D, Inc.

139 Wolf Den Road, Brooklyn, CT 06234

[AGvocate@yahoo.com](mailto:AGvocate@yahoo.com)

860-450-6007

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individuals, couples,  
& families*



## What in Your Shopping Basket? *Jon Campo*

It's been a while since we've done a staff picks article, so I thought it might be time. In no particular order:

Jeff has rediscovered the Alvarado St. Bakery sprouted hot dog and hamburger buns made with all organic grains. These are found in the freezer, which came as news to me. (I seldom venture down the frozen isle) He and Kristin also love the Tierra Farm Raw Trail Mix in bulk.

Bruce recommends both York Hill and Beltane Farm (made locally) goat cheese. His wife Deb spreads the plain Beltane Farm cheese on whole wheat bread and tops it with salmon, or roasted peppers as an appetizer.

Pari loves the local tofu from The Bridge in Middletown, and prepares it beautifully, perhaps I can persuade her to share her recipe in a future newsletter. She also appreciates the fairly traded organic bananas from Equal Exchange, and all the Sweet Sage bread from Cathy Duffy.

Steve Russo (a member-worker who happened by as I was grilling people for faves) and his lovely wife Anne couldn't live without the organic bulk flour and the Sunja's radish kimchi from Vermont. He also raved about the Organicville organic Ketchup which has converted him from supermarket Ketchup. Steve also reports that it seems to last much longer as it is more intense than regular ketchup, and is much lower in sodium and has no added sugar. Steve and Anne are very discriminating and great home cooks so their opinions should be taken seriously.

Alice also loves the Tofu from The Bridge and likes to prepare a stir-fry using the Appalachian Naturals Tamarind Lime sauce. The Appalachian Naturals products are made in small batches in the Berkshires and all ingredients are sourced from a 100 mile radius of the farm.

Patty is a big fan of the Liberte' yogurt from our Canadian friends up north and especially likes the lemon and coconut flavors. She also raved about the Alaffia coconut and shea daily hydrating conditioner which we sell in bulk.

Chad likes two bulk products from Grizzlies Granolas in

Eugene, Oregon. He and Roxanne eat the Organic Swiss Muesli for breakfast every day. He also likes their Organic Curry Cashew Trail Mix (as do I). All the suppliers we deal with are nice, but these folks are unbelievably nice. In ten and some odd years I can't remember ever talking to anyone there that was less than charming and personable. I also can't remember ever having a problem with any product from them, or anything less than fresh.

Kristin has two faves from the refrigerated section. The first is the raw cultured sauerkraut from the Deep Root Cooperative. She reports that since it is unpasteurized (unlike supermarket 'kraut) it has a really bright, fresh taste, and she loves the juniper berries (this is also one of my favorites). Second is Follow your Heart's Veganaise dairy-free mayo.

Tyger's pick is the Burt's Bees Shea Butter hand repair cream, she says this is a staple at her house.

Lastly, I have a weird bunch of products I'm enthusiastic about right now. It's hard to keep the list short, but here goes. I've been eating the new Seitenbacher Muesli #22 for breakfast, and boy am I impressed. It's wheat free, organic, and unsweetened. Alone, or with an apple chopped or shredded into it for extra sweetening, it's fantastic. I love the sunflower seeds, barley flakes, and raspberries. One night I had a bunch of ripe peaches and needed a dessert for company, so I mixed a few handfuls with the peaches, some lemon juice and raw sugar and baked it a gratin dish. It was great, not fancy, but tasty. It's not selling well, I guess the price is scaring people, but this is a (resealable and reusable) full pound bag. Most of the bags of cereal are much lighter. It's a quality product imported from Germany, and I think it is a good deal. Since my espresso machine died, I've been using a Bodum coffee pot and was happy to see that Slate Magazine says the French press is "the greenest way to an excellent cup of coffee." Bodum



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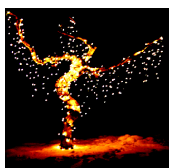
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### **Wholeness with Linda**

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Formerly The Mindbody Connection

coffee pots are a high quality product, and it is repairable since all the parts can be replaced. These are a major upgrade from the cheaper, but inferior Chinese pots we used to sell. (thanks Kristin!)



My last pick is the J.R. Liggett's bar Shampoo. This is a very eco-friendly product made in Cornish, New Hampshire. It works great, lasts a long time, comes in minimal packaging, and because it isn't a liquid it can go into your carry-on bag on the plane. I really love this product. 🌿

### HABA Talk Cari

Book review for The Gut and Psychology Solution: Natural Treatment for Autism, Dyspraxia, Dyslexia, ADD, ADHD, Depression, Schizophrenia by Dr. Natasha Campbell-McBride

*Disclaimer: This review is not to be construed as medical care or medical advice and is not a replacement for medical care given by physicians or trained medical personnel, and is of informational purposes only.*

Do you or someone you love suffer from any of the above conditions? I think, these days, we all know at least one person who would love relief from one of these situations. Dr. Natasha Campbell-McBride has written a book about a diet she developed to help her patients, both adults and children, who suffer from these illnesses. Her search for help began when she had a child who was autistic. Even though she was a doctor, nothing she tried helped him. Over time, she put together the Gut and Psychology Syndrome diet (also called the GAPS diet). She found that this diet helped her son immensely with his physical and behavioral symptoms. As she refined the diet, she used it on her patients and discovered its benefit in many types of mental and learning disorders.

How does the GAPS diet work? The diet is based on the premise that people suffering from these conditions all have a couple of things in common: gut dysbiosis and a high level of toxicity in their bodies. Gut dysbiosis is the fancy term for unbalanced gut flora. In these people, Dr. Campbell-McBride says, the 'bad' bacteria have won out over the 'good' bacteria, which can cause many health problems. All of the patients she has met with the above disorders have had gut dysbiosis to one extent or another. Dysbiosis can result in a 'leaky gut,' a situation where incompletely digested proteins and fats and harmful bacteria, along with their toxins, cross into the blood stream, creating toxicity and forming food allergies. The diet strives to heal and repair the gut lining, detoxify the body, and replenish the 'good' bacteria in the gut. By removing foods that are difficult to digest and including the most healing of

foods, the body can heal itself. The GAPS diet includes a few supplements, including probiotics and essential fatty acids.

Sounds great, right? This diet is not easy, but neither is living with any of the above illnesses. I will be officially starting this diet in a couple of weeks (I'm working up to it now). The website [www.gapsdiet.com](http://www.gapsdiet.com) has the book and lots of other information about the diet. If you are interested in doing the diet, please be sure to read the 'Introductory Diet' part of the website. That information is not in the book, but is very important. I may do an informational session on this so I can go into more detail and answer questions. Let me know if you would be interested!



### New in HABA!!

We now have flower essences from Flower Essence Services. We have the 38 basic Bach remedies as well as twelve flower essence formulas to address specific needs. This company also makes a long list of essences from North American flowers as well (Bach are from England). Check out their Self-Heal cream for face and body, which contains flower essences. There is literature by the products and a book in the reference library section that explains all of their products in detail.

All of their products are certified organic AND biodynamic.



## Acupuncture & Chinese Herbs

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## WINKY'S FOOD REVIEW *Winky*

I will say this about “giving up” gluten: it’s not as painful as I thought it would be. I will also say this: sometimes I “cheat.” While I am not actually allergic to gluten, I am certainly gluten-sensitive, as evidenced by the condition of my eczema on any given day. If I’ve over-indulged in foods containing gluten, I will surely pay with itching, hot, uncomfortable skin. When I’m avoiding gluten, I have the fewest eczema symptoms I’ve ever had. Ta dah!

This issue’s Food Review focuses on - you guessed it- gluten free foods. The products I’m reviewing are: Gillian’s quiche and pie crust( \$6.29/box of 2 crusts) ; Nana’s chocolate munch cookie bars ( \$4.39/box); Enjoy Life’s chewy cocoa loco bars ( \$4.49/box) ; Ancient Harvest quinoa pasta ( \$2.99/ 8oz box); and San-J’s thai peanut sauce ( \$3.99 / 10 oz. bottle). There are several other gluten-free products that I’ve incorporated into my usual shopping list, but I chose foods that were new to me for this review.

Starting backwards, sort of: the most challenging thing for me about gluten-free baked goods is that they don’t always satisfy my texture standards. I can’t tell you how disappointed I was when I tried spreading cream cheese on one of the breads, only to have it crumble completely. Sad sad sad. So it is with some trepidation that I try new gluten-free baked goods.

Gillian’s wheat and gluten free quiche and pie crusts meet my standards as a vehicle for holding ingredients while they cook. I recently made a salmon and cheese quiche and was pleasantly surprised by the satisfaction gained from using Gillian’s crust. No gushes of wonder but also no wrinkled noses or bad throat sounds. The crusts are made with brown rice flour, water, unsalted butter, cane sugar, salt, baking powder, and corn starch. One gram of protein/ 4 grams of fat; it’s butter! This crust would also be fine to use for a sweet pie and would probably hold its form. I would definitely buy this product again.

I picked up the box of Enjoy Life cocoa loco bars because I hadn’t tried them and anything with chocolate can’t be all bad. Silé then had me try a chocolate munch cookie bar from Nana’s, and it was an interesting comparison. The first one has more moisture than the second and meets the need for a little chocolate. The second one definitely has a sandy texture but offers a taste surprise. Whereas Enjoy Life sweetens their bar with brown rice syrup and cane juice, Nana’s sweetens theirs with fruit juices and rice dextrin.



Nana’s also has vanilla extract – a nice touch – and contains bits of puffed rice, giving a small crunch in your bite of cookie. Both are in the not-too-sweet category, making them taste like ‘real food’ not just dessert. Perhaps you should buy both (or more!) and sample for yourself to see which one you like best.

Even before I proclaimed my diet to be gluten-free (sort of), I had converted to brown rice noodles in lieu of semolina or other flours. I found that a meal with rice noodles is satisfying and doesn’t deliver that carb hangover feeling sometimes brought on by pasta. So I recently expanded my repertoire by picking up the quinoa garden pagoda pasta that was on sale at the time. If you’re allergic to corn you will feel tricked; these noodles are actually made from a combination of corn and quinoa flours. The label does tell you this, but in little tiny print. The cooked corn-quinoa noodles were bouncy when just off the stove. I covered mine in home-made pesto (thank you Tobacco Road Farm!) and found them to be perfectly fine for this purpose. Leftover corn-quinoa noodles, however, are not pretty, either visually or gustatorially. Crunchy, kind of dried up looking...nyaaah. In addition to corn and quinoa flours, this pasta is made with dried red bell pepper and dried spinach, all organic ingredients. There is something good to be said about food made with just 4 ingredients – seems pretty simple.



The last thing on my list of foods to review is the San-J thai peanut “mildly spicy marinade and dipping sauce.” This one definitely goes on my list of foods to buy again! What I really liked about it was that it was quick, tasty, and not too gooey. I slopped some peanut sauce on slices of tofu, let it sit for about ½ hour and then pan fried the tofu. It was extremely satisfying and held well as leftovers for the next day. Initially I pooh-poohed San-J’s proud proclamation that their sauce is gluten-free, thinking “Yeah...where would the gluten be anyway?” After reading the ingredients, I see that it is made in a gluten-free certified facility and that the soy sauce contains no wheat. If sodium intake is a big concern for you, you will want to use this in moderation, although it did not taste super-salty to me.

So, dear ones...Breathe deeply, be kind to one another, and be grateful for the good food available to us from our Willi Food Coop. Smell you later, ‘gator. 🦎



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## **Transforming the Tea Industry: From Plantations to a Small Farmer Model**

*Phyllis Robinson, Equal Exchange  
Education & Campaigns Manager*

### **A Different Kind of Tea Model**

We think the time for change in the tea industry is now, and our tea partners - in India, Sri Lanka, and South Africa - share this conviction. The time of large-scale, colonial-era plantations is over. On a November 2009 trip to Darjeeling, India, a small group from Equal Exchange visited our partners, Tea Promoters of India (TPI), and saw an array of exciting projects that are part of their vision of a transformed tea industry where the farmers are empowered, making decisions, taking risks, building their own businesses and improving their lives and communities.

#### **Small Farmer Co-operatives**

Sanjukta Vikas, a dairy co-operative comprised of 450 small farmers, also exports high-quality, organic Fair Trade tea with the technical assistance of a local non-governmental organization, and the processing and marketing assistance of TPI. Walking through the community felt like that mythical Shangri-la of the movies. The village was clean and well maintained; water flowed in abundance; the brightly-painted homes were surrounded by sweet smelling flower gardens, terraced hills, and shaded farms planted with oranges, bananas, onions, garlic, ginger, and turmeric.

We visited farms and spoke with many farmers. The commitment they have made to bio-dynamics, organic farming, and permaculture was clear. Materials are recycled and reused. The farmers displayed a sense of pride and self-assurance. Owning their land affords a stronger sense of investment and control over their business.

#### **Worker-owned Plantations**

The Potong Tea Garden, established over 100 years ago by the British, is the story of a plantation repeatedly abandoned, taken over, mismanaged, and abandoned again, until 2005 when the 350 farmers

decided to take control, and with the support of TPI, run the estate themselves. 2,500 people now depend on the plantation for their livelihoods, shelter, medical needs and educational services.

Members of the Potong Welfare Committee (which serves as a social council for the members) told us about the economic hardships they suffered during these periods of abandonment: schools were closed, malnutrition was rampant, illnesses abounded and dozens of people died. The committee's president, Sher Bahadur, said, "It was so very, very bad. There was no food in the house. The plantation system was structured in such a way that we were never taught any other means

of livelihood. We were 100 percent dependent on the tea plantation. So when the plantation was abandoned, what could we do?"

The government took over the plantation, and in 2005, Potong was auctioned to a Kolkatta unfamiliar with the tea industry. After suffering huge losses, the owners sought out TPI to see if they would consider running the estate. TPI approached the workers, explained the situation and proposed a solution to keep the estate in operation: the

workers take over management – and 51% ownership. TPI would purchase 25% of the remaining shares and provide the technical assistance and market support. Like Sanjukta Vikas, the farmers could process their tea at TPI's facilities.

After 45 days of deliberation, the workers agreed and a Management Team was created comprised of farmers, TPI, and representatives of the Kolkatta business which still owns a minority share. "Now we have a new structure and we can work with dignity and for our own development," he said. "We are working for ourselves and no one else. This is our model and if we are successful, then we will have a future."

#### **Nothing Short of Transformation**

We believe there is a path toward a small farmer tea model like the ones we saw at Sanjukta Vikas and the Potong Tea Garden: one which paves the way for small farmers to have greater access to the market, affording them more economic power, stronger control, better lives, and healthier communities. There is no reason to accept anything less. ♣



## Vanilla Beans *Jon Campo*

So the Co-op has upgraded our bulk vanilla beans. We are selling the same high grade Madagascar Vanilla Beans that most retailers sell for three to five dollars each for two for \$1.99.

I'm especially proud of these beans, they took some time to track down, but they are worth it. Stay tuned for fancy French chocolate that I've been stalking for years. Coming soon.....Some of my favorite ways to use Vanilla are vanilla custard, pound cake and cupcakes. You most likely have a favorite recipe for the former, so without further adieu...

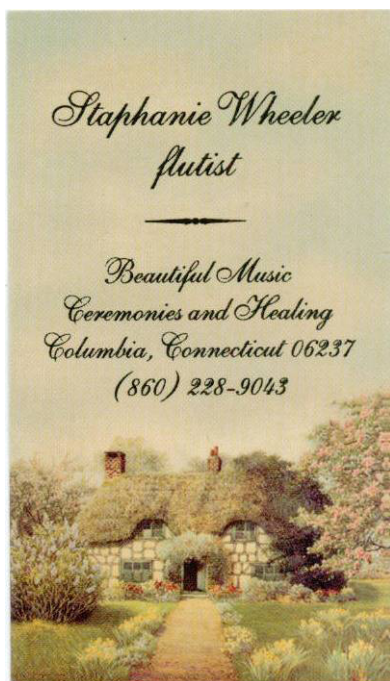
### Vanilla Frosting:

- 1/2 stick unsalted butter, softened
- 1-1/2 cup confectioners' sugar
- 2 egg whites
- 1 vanilla bean, halved, seeds scraped and reserved, beans discarded
- lemon wedge



Cream the butter until light. Gradually add 1/2 cup of the sugar. Mix in the reserved vanilla bean paste. Beat the egg whites in a separate bowl until foamy, slowly add the remaining cup of sugar and continue to beat until stiff but not dry. Combine the two mixtures and blend. Add a good squeeze of lemon juice to taste. Beat until smooth and frost cupcakes.

I don't think you will ever refer to anything as "plain vanilla" again.



### Intense Vanilla Cupcakes

Adapted as usual, from Marion Cunningham's Fannie Farmer Cookbook.

- 1 1/2 c + 2 Tbl organic white pastry flour
- 1/4 tsp. kosher salt
- 2 scant tsp baking powder
- 1/2 cup organic unsalted butter, softened
- 1 scant cup sugar
- 1 egg plus 2 egg whites
- 1/2 cup milk
- 1/4 cup plain yogurt or sour cream
- 1-1/2 tsp vanilla extract
- 1 vanilla bean
- 1/8 tsp. mace (optional)

Butter and flour muffin pan, or line with baking cups. (yes we sell these) preheat oven to 350. line up the ingredients on a tray. Separate the eggs. In a bowl, sift together the flour, baking powder, and salt.

While the oven heats cut the vanilla bean in half lengthwise and scrape out the seeds. Put the seeds, the bean, and the milk into a small sauce pan and heat gently. (do not simmer) Remove from heat and leave to steep.

Beat the butter for about 3 minutes on medium speed, then beat in the sugar, and beat until light and fluffy, about three minutes. ( you could do this by hand, but it would take longer)

Add the egg and beat well. Add the egg whites, one at a time, and mix until well blended.

Whisk together the vanilla steeped milk, (minus the empty pod), vanilla extract, and yogurt.

Add the flour mixture and the milk mixture to the butter mixture beginning and ending with the flour mixture. Mix until just combined.

Divide the batter into cupcake pan and bake at 350 for 15 - 20 minutes. They are done when they look brown and just start to pull away from the sides of the pan. What you don't want is to over bake them, you will wind up with dry cupcakes.

Cool on a wire rack until ready to frost.





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