



The Compost

WILLIMANTIC
FOOD
CO•OP

Vol. 34, Number 3

Downtown Country Fair 2012

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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Co-op Scoop *Alice Rubin*

It is hard to believe that summer is here and almost gone. It seems like we wait so long for the summer to get here, and then it is over before we know it. The extreme heat, humidity and drought have made for a challenging growing season, especially in the Midwest where most of our grain is grown. That coupled with ever rising fuel costs will certainly be affecting our food prices this winter. We can lessen that a bit by buying locally grown whenever possible. Supporting our local farms also helps strengthen our food sources for the future. You know, no farms, no food. It's true.

At the Co-op, our sales have continued to rise, helping create record profits. Payroll has been down and the two factors combined with a strong gross margin (the percentage we make on each dollar of goods sold) have all come together very nicely. The work done by the buyers on staff has really paid off, and we are able to get many great deals, most of which are passed on to you, the members. We are constantly working on lowering our operating costs as well. Our payroll has not increased at the same rate as our sales, something that saves us a lot of money. The staff has really been working hard – even running short to cover vacations. We have also been able to work more efficiently, which keeps our payroll expense down. We have reduced the number of deliveries that we receive from United Natural Foods, our largest supplier. This does several things – we save somewhere between \$30 and \$45 each week on the fuel surcharge we pay for each delivery. Also, because of our new delivery schedule (Tuesdays and Fridays) we are able to order more accurately. This helps us control our inventory, making for less handling and back stocking of products. Plus, we save staff time in ordering. The adjustment from 3 to 2 deliveries has gone well for the most part. The perishable departments - especially dairy - are a bit trickier because often things like yogurt come in with 10 days or less till the sell by date comes up. We do not want to sell you something that will only be good for a few days once you get it home, so the inventory we keep on hand needs to be smaller. This means we may be out of some things. Sorry. It is hard to always call it right, especially because we have members who come from far away and only shop once a month. Please let us know if you are consistently having troubles getting a product and we will work on making sure you can get it in the future.

We had our biannual inspection by the Health Department the other day. We did well, scoring 90. One of the things that came up was our

Willimantic Food Co-op

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Alice Rubin

Assistant Managers
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Bruce Oscar

Staff
Sasha Bajjo-Fournier
Jonathan Campo
Susan Chasin
John Clark
Mariclare Cole
Chris Demorit
Maiga Doocy
Chad Dunnack
Kristin Fortier
Markus Giangrave
Avery Gratton
Jon Graziano
Pari Jahandarie
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Cari Nadeau
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Matthew Kyer
Joanne Todd
Johnnie Walker

Manager Representative
Alice Rubin

Staff Representative
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Board Scribe
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Newsletter
Shandra Craig
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used container collection. The Health Department feels that not only is it not good in terms of food safety (Are the containers really clean? What was in them before?) but also not a good idea in terms of liability for the coop. Did that yogurt container get used for peanut butter, and then reused by someone with an allergy to peanuts? In light of being cited for this, we have decided to discontinue our practice of having used containers available. We encourage people to bring in their own containers to refill. Please do not bring in containers to leave for others – they will wind up in the recycling, and the Co-op has to pay for our recycling to be taken away. Recycle at home, it is free.

The Willimantic Downtown Country Fair is coming up October 7. It is always a great day. This year we are working with NOFA (The Northeast Organic Farming Association) to have a CSA (Community Supported Agriculture) Fair within the Country Fair. It will be a great opportunity to learn more about the CSA's in our community, and how you can join one. It is just one more way to eat well, save money and support local farmers. I hope to see you there. 🌱

In Memoriam *Alice Rubin*

Sadly, Linda Wadsworth, our landlady passed away on August 20. Linda was a very generous person, and an excellent business woman. She was a pleasure to work with and made our move to Valley Street possible. A straight forward person, she never quibbled about who paid for what or that work didn't need to be done. She always met her responsibilities, and truly cared about the Co-op and our success - not traits commonly found in a landlord. She knew so much about our town, having worked here for many years. I could always count on a good story whenever I went over to pay the rent. I will miss her. 🌱

The Co-op's Garden *Alice Rubin*

The Co-op garden is a beautiful thing. Have you ever taken the time to sit on the stone bench and enjoy the flowers? It is shady there, and if there is a breeze on a hot summer day...well, you can sit there for awhile.

The Co-op garden is unique in that we do not have deer and rodents eating the flowers and bulbs. It is south facing and pretty much gets full sun. It is ideal for growing flowers. A lot of plants have been given to us by members, though I grow some, and others are purchased. We try and annuals that will self sow, the garden to have a life of maintenance.

Diane Virga is our garden plants and mulches. Other but Diane really keeps it well and is a master transplanter, never attempt. He has started fence line – a great place for plants that don't quite work in front of the store.

One of the most asked questions about the garden is – what kind of roses are those? They are Knockout Roses, a fairly new hybrid that is disease resistant and blooms all season long. They are something. And then there is the beautiful peach colored rose



angel. She weeds, prunes, working members help out, tended. Bruce mows the grass, taking on moves I would planting along the parking lot

angel. She weeds, prunes, working members help out, tended. Bruce mows the grass, taking on moves I would planting along the parking lot

that was given to us by a member. That rose is more like a rose, a little fussier, fewer blooms, but those are some great smelling flowers. The Hollyhocks which started out doing really well, seem to now be affected by rust, a common Hollyhock disease. But they keep on propagating themselves nonetheless. There are a lot of different things growing in our garden. Take a few minutes to enjoy it when you walk in the store. 🌿

Board Notes *Kirk Begg*

There are a couple of roles the Board of Directors (BOD) plays at the Willi Food Co-op. Those roles may not always be apparent to the membership, and in some cases the roles are not always apparent to the BOD itself. The last sentence is a little bit of humor. There is some truth in it, but it also points out an apparent contradiction. How can the BOD not know what it is doing?

The more straightforward role the BOD plays is to regularly review and reflect on the General Manager's monthly reports. These reports follow a structured set of guidelines laid out in the Policy Governance approach that systematically cover the most important aspects of running a retail business in accord with the Co-op's by-laws and the co-operative principles. The BOD's reviews and comments on the general manager's monthly reports are captured in the monthly BOD meeting minutes, which are posted in the Co-op on the BOD bulletin board at the end of the coffee counter.

This is one form of traditional, top-down exchange, from the BOD to the owner-members. However, there is another role that BODs play. According to Marshall Kovitz (Cooperative Grocer, Sep 2009, "Thinking Strategically"), it is the "... Board's job to articulate outcomes that guide and inspire the co-op." What those outcomes might be, and how to manifest them, is the function that is not so clear or obvious. How does a BOD play this role? Many cooperative BODs ask themselves the same question. And this topic is one that gets a lot of attention in the world of cooperative governance.

As a BOD, we are learning how to fulfill this role in the democratic operation of the Co-op by facilitating communication, between the members (owners) and

their Co-op. A communication channel has to be in place and working before the BOD can hear the ideas and wants of the membership needed to develop and nurture a strategic vision for the Co-op.

The BOD has been working on two effort of communication.

1. Start a Notes to the BOD notebook in the Co-op.
2. Something we don't have slick name or acronym for, which used to be called "tabling." For the sake of a label we'll call it Member BOD Dialogue.

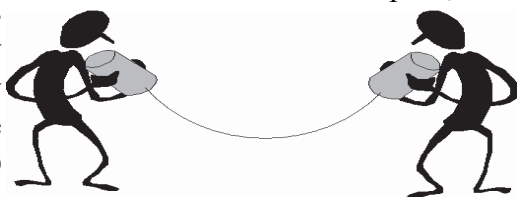
The Notes to BOD notebook was just put in place in June with the help of John, our new Staff Representative BOD member. We encourage all members to use the notebook to convey their thoughts and inputs to the BOD on issues they feel the BOD needs to hear and consider.

The Member BOD Dialogue is an effort to promote a dialogue between members and the BOD through a face-to-face communication. Since the spring, individual BOD members have been showing up at the Co-op a couple of hours per week with the sole purpose of making themselves available to members for discussion. Generally we walk around, or may be sitting down in the café area, with our BOD Member pins on. These pins are the same design as the staff member pins, except they say BOD Member on them. The effort has been pretty informal and each BOD member brings their own individual personality to their approach. One word of warning, if you start a conversation with certain BOD

members make sure you are not on a schedule. You might be there for a longer than you thought.

One of the core cooperative principles is that co-ops be run democratically. As good as this may be as a guiding principle, it is not always clear how to make democracy work, while at the same time keeping the Co-op sound and functional as a retail food operation. As it has been said: democracy is messy.

These communication efforts are part of a larger process of democratic governance. Not every input or idea can be acted on. However ... each input is valuable and necessary to keep the Co-op running cooperatively. Whether you attend a BOD meeting, or use the two above mentioned means of communication, please feel free to contact your BOD. 🌿



Exploring the Northeast Federal Credit Union *Kristin Fortier*

With the banking scandals, bailouts, and economic challenges of the past few years, I think often about how our community responds to these hardships. One easy response is to think about where we put our savings, and investments. Keeping it local has always been a co-op value and it's possible apply that to our money, too! Why not use our local banks and credit unions to keep our hard earned pay right in our communities so that our fellow neighbours can use it! One of the perks of being a co-op member is our eligibility to join the Northeast Family Credit Union (NEFCU) in Windham. It just so happens that the Food Co-op's Board Treasurer, Joanne Todd, is also President of the Northeast Family Credit Union. I wanted to get a better understanding of what our relationship is with NEFCU and how she sees her role as our Board Member. She was happy to oblige me with an interview!

Co-op: How long have you worked at Northeast Family, how long have you been involved with Co-ops and what got you interested in working for them? *J.T. : I did not think of the teller job that I took in 1980 as a career, but here I am President of Northeast Family Credit Union. The credit union philosophy of people helping people has been a good fit with my personal values and I have been able to grow with the credit union.*

Co-op: What is the relationship between Co-ops and credit unions?

J.T. : Like co-ops, credit unions are Cooperatives. Credit unions are owned by their members who use the financial services that the credit union offers.

Co-op: How does membership at the credit union benefit the community?

J.T. : Credit unions serve a distinct community called a field of membership. This could be a single group, like an employer or church, multiple groups, or a geographic community. Credit unions provide financial services to members within that community including taking deposits and making loans to those members. In this way members help members by saving and lending within their field of membership or community.

Northeast Family Credit Union has a field of

membership that includes over 100 groups in north eastern Connecticut. The credit union was formed by teachers in the 1930's. Now the field of membership that the credit union serves includes diverse employers and other groups like the Food Co-op.

Co-op: What are some of the highlights of investments that the credit union has made in the community?

J.T. : Every time the credit union makes a loan, it is to one of our members in our community (our field of membership). These are the Credit Union's best investments.

Co-op: Does the Credit Union follow the same Rochdale Principles as our co-op?

J.T. : Yes, credit unions and Northeast Family Credit Union follow the Rochdale Principles. (<http://www.co-op.ac.uk/our-heritage/rochdale-pioneers-museum/about-the-museum/the-rochdale-principles/>)

Co-op: How does your role as CEO/president of the Credit Union impact your role as a Co-op board

member?

I have to have a well-rounded knowledge of business practices in general and cooperative philosophy to do my job as CEO/President of the Credit Union. I think that knowledge and my experience is helpful when contributing to Board decisions at the Willi Food Co-op.

Co-op: What does the word 'Federal' mean in the Credit Union's name?

J.T. : Credit unions are either federally chartered or chartered by the state. Northeast Family Credit Union is federally chartered.

Co-op: What are some of major difference between banks and credit unions?

J.T. : The most profound difference is the ownership structure. Most banks are stock corporations with shareholders who benefit from the bank's profits. The credit union is owned by its members and profits are returned to members in the form of dividends. Banks compensate their Board of Directors, while credit unions are governed by unpaid volunteer members.

Co-op: Since the 2008 financial crisis have you seen an increase in credit union memberships?

J.T. : Overall membership in the credit union has not grown, but members have opened more checking accounts





since the financial crisis. Share savings balances have increased and loan balances have gone down. This is consistent with households improving their financial health by reducing their debt burden and saving more.

Co-op: Any thoughts you'd care to share on the on the bank bailouts, the risks that banks have taken recently, and why it is important for us to consider where we invest out money?

J.T. : I will say that credit unions and our local community banks did not receive TARP funds. These institutions take deposits locally and make loans locally. They are invested in the communities where they are located and as a result, your deposits in them benefit your local community.

Co-op: Where you are from and what's your

favorite Co-op product?

J.T. : I was born and grew up in Willimantic. It's hard to pick a favourite, but my latest weakness is garlic herb cashews. Yummy!

Huge thanks to Joanne for taking the time to be interviewed and many thanks for being a part of our Co-op!!

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Willi Food Coop: Taking a Stand on “Our Right To Know”! *Kristin Fortier*

In August, I had the opportunity to attend a GMO (Genetically Modified Organisms) Educational Training with Jeffrey Smith, Director of the Institute For Responsible Technology (IRT)¹, at the Massachusetts NOFA Conference. His training was powerful and gave me hope that we can effectively challenge big corporations like Monsanto with our knowledge, connections, and buying power. With resources from IRT and the CT Right To Know Campaign, I would like to help strengthen our efforts here at the Willimantic Food Co-op, to do more in the campaign to nationally label GM products!

Currently our store is a partner of the Non-GMO Project, a non-profit multi-stakeholder collaboration committed to preserving and building sources of Non-GMO products, educating consumers, and providing verified non-GMO choices.² They have tested and verified over 5,000 products and you can find their Non-GMO labels on our shelves of all the products we carry that are certified. We can see the tide is turning because most certified companies are now putting the Non-GMO label right on their packaging.

By joining with other co-ops, organizations, and the millions of people who want GM food labeled, we have a chance to use our purchasing power to force the food industry to shift. IRT believes that we only need a 5% shift in consumer purchases to Non-GMO products to substantially affect the bottom line of GM food producing companies. They will have no choice, but to either label or use non-GM food derivatives in their processed products. Jeffrey Smith says we are nearly there, too! In early August, at a recent meeting

of the newly created CT Government Task Force on GMO's, Jeffrey Smith explained that European consumers in 1999 expressed distaste in genetically modified foods and most food companies agreed to stop using genetically modified ingredients; this resulted in a wide-scale reformulation of products.³⁻⁴ The US labeling campaign hopes to have this same effect.

In October the Co-op will be hosting Non-GMO Month, and on Saturday, October 20th the Co-op will donate 5% of our sales to the Non-GMO Project! We'll have a display table where customers can ask questions, get pocket buying guides and information on how everyone can be

a part of this campaign. There are so many ways to be involved: from shopping differently, to educating friends and family, to holding an event of your own! We are also planning to host a few movie nights and informational events for folks to learn about the research and testing that has shown GMO's may be adversely affecting our health, our agricultural system and of course, our food supply, as well as why the FDA has done nothing about it. Please check back in the store, on our website, or facebook for the dates and times of these events.

Let's get informed, question our food sources, and demand GMO free products at our stores, while eating out, and at others' homes. Join us for Non-GMO month, and let's get GMO's labeled!

1 <http://responsibletechnology.org/about>

2 <http://www.nongmoproject.org/about/who-we-are/>

3 http://www.ctnewsjunkie.com/ctnj.php/archives/entry/lawmakers_get_schooled_on_gmos/

4 <http://ct-n.com/ondemand.asp?ID=8056> 🌱



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Farm Report 2012: Help Blot out Blight

Markus

The local growing season started early this year with a quick Spring warm-up, and for those growers who were able to irrigate, weathered some near drought conditions nicely and produced well. As we hit July, however, conditions worsened as plants started to show signs of disease, the worst of which is a fungus commonly referred to as Late Blight. The fungus attacks tomato and potato plants, reducing them to dry blackened stalks thus ending their production. This was a catastrophic problem two years ago

when the fungal spores *Phytophthora infestans* were imported on tomato transplants from southern grow houses to New England through box stores and garden centers. This devastated not only those gardeners who bought the transplants, but also market growers' plants, which were started locally, but became infected as well from those that were imported. The spores, which travel on the wind (up to 40 miles per day) effecting a wide area, cannot normally overwinter in our area due to freezing temperatures, unless a host is available. The most likely hosts are infected potatoes which, when left in the ground until Spring, provide the heat and nutrition the spores need to survive and subsequently propagate the following growing season. It is extremely important then, if we want to reduce further infection for us and our growers, and if late blight is present in our gardens, we must bury/burn/remove all of the plant debris including most importantly potatoes of the infected plants...every last potato. (Healthy potatoes of infested plants can be eaten without worry). Composting this material is not



suggested because of the heat generated which can help the fungus remain dormant. When planning to grow potatoes, it is best to buy certified potato seed which has been tested for such diseases. When buying tomato

plants in the Spring, it is best to find a trusted local producer of transplants, rather than relying on brokers who buy their transplants from southern producers. It is always good practice for gardeners to "put their gardens to bed" by clearing away debris and either planting a cover crop, which protects the soil *and* adds nutrition, or mulching with clean hay, straw, or leaves. There

is good information regarding late blight on-line from university agricultural department websites and extension services. The UCONN extension service is always available to answer questions and help diagnose and prevent problems. ♣

From the Windham Garden Patch // What's Growing in Windham? Sally Milius

Two summers ago I ran into Alice in the bulk food aisle at the Co-op. We got on the topic of kids growing things and both wondered why there were not more opportunities in Windham for kids to get their hands dirty. Ten minutes later, the seeds of collaboration were sown. Gradually, we integrated other partners: first the Town of Windham, then the schools, then the Garden Club of Windham, and WAIM and WRCC... Today, thanks to the generous support of the Coop, there's a whole patch of garden programs growing in the Windham community.

Most of these programs focus on kids. The first of these is "Green Up Windham", a new community-wide youth garden initiative sponsored by The Windham Youth Services Bureau. "Green Up" develops gardens and garden programming at a wide range of youth programs hosted by the schools, the Department of Recreation, affordable housing complexes, and the Windham Youth Services Bureau. The Co-op has provided guidance and connections for this program, as well as donated healthy snacks and seeds.

Next, "Green Up" and the Co-op joined forces with Ernie Koschmieder, the director of Food Services in the Windham Public Schools, to bring a

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FoodCorps member to Windham this fall. FoodCorps is an exciting new national service organization that promotes child and community health through three “pillars” of service: building and tending school gardens, delivering hands-on nutrition education, and connecting school cafeterias with local food sources. We are incredibly fortunate to have Kate Callahan, a Willimantic native and graduate of Windham High School, to be our service member in Windham. She will spend 1700 hours this year in our community building bonds between kids and healthy food. The Co-op will serve as one of her three mentors, providing a crucial link between school cafeterias and local food producers. The Co-op also generously donated \$500 toward the \$2500 cash match required to bring this important resource to our community.



In addition to these formal commitments, Alice has personally contributed to another program at the Windham middle school, a year-round 4-H garden program sponsored by UConn called “Healthy Hands.” Last winter, the kids decided they wanted to start a hot pepper business, to sell peppers to the “Dragon’s Blood Elixir” Hot Sauce Company (aka Doug Crane, of Farmers’ Market hot sauce fame). To give their business a head start, Alice nursed the kids’ pepper seedlings in her greenhouse until they were ready to go in the ground.

Last but not least, the Co-op has contributed to broader garden initiatives that support local food security and community development. The WAIM Community Garden, located in Lauter Park, has a large communal area maintained by volunteers that grows nearly 1000 pounds of fresh produce each year for the Covenant Soup Kitchen and the ACCESS Food Bank. The Co-op has offered working member discounts to members for hours spent volunteering in the garden, an arrangement that fits well with the ACCESS Agency’s new “Community Time Bank” Program.

If you are interested in donating to or getting involved with any of these programs, please contact Sally Milius at shmilius@gmail.com. 🌱

Benefits of Coconut Oil *Cari Nadeau*

Virgin coconut oil is extracted from the meat of mature coconuts harvested from the coconut palm. It is one of the main fats I use in my kitchen for its wonderful medium-chain fatty acids and lauric acid. Because coconut oil is very heat-stable, and therefore slow to oxidize, it is a perfect fat for high-heat cooking, and also very resistant to rancidity, so you can store it for years. I love to eat it right off the spoon.

If you have heard any negative publicity about virgin coconut oil, read this excerpt from the article, “**A New Look at Coconut Oil**,” by Mary G. Enig, PhD:

The problems for coconut oil started four decades ago when researchers fed animals hydrogenated coconut oil that was purposefully altered to make it completely devoid of any essential fatty acids. The hydrogenated coconut oil was selected instead of hydrogenated cottonseed, corn or soybean oil because it was a soft enough fat for blending into diets due to the presence of the lower melting medium chain saturated fatty acids. The same functionality could not be obtained from the cottonseed, corn or soybean oils if they were made totally saturated, since all their fatty acids were long chain and high melting and could not be easily blended nor were they as readily digestible.

The animals fed the hydrogenated coconut oil (as the only fat source) naturally became essential fatty acid deficient; their serum cholesterol levels increased. Diets that cause an essential fatty acid deficiency always produce an increase in serum cholesterol levels as well as an increase in the atherosclerotic indices. The same effect has also been seen when other essential fatty acid deficient, highly hydrogenated oils such as cottonseed, soybean, or corn oils have been fed; so it is clearly a function of the hydrogenated product, either because the oil is essential fatty acid (EFA) deficient or because of trans fatty acids (TFA).

Another case of flawed science (and believe me they are EVERYWHERE).

The health benefits of coconut oil include hair care, skin care, maintaining cholesterol levels, weight

loss, increased immunity, improved digestion and metabolism, relief from kidney problems, increased heart health and help with inflammatory conditions. Coconut oil is one of the greatest antifungals around. You can take it internally and apply it to any external area that is affected. The presence of lauric acid, capric acid and caprylic acid give coconut oil its amazing antimicrobial, antioxidant, antifungal, and antibacterial properties. For more information, The Coconut Research Center has compiled various references on scientific research done on coconut oil. 🌿

References:

www.kellythekitchenkop.com

Join us as we celebrate cooperatives and 2012-IYC *Len Krimmerman*

International years are declared by the United Nations to draw attention to and encourage action on major issues. The International Year of Cooperatives (IYC) is intended to raise public awareness of the invaluable contributions of cooperative enterprises to poverty reduction, employment generation, and social integration. The Year will also highlight the strengths of the cooperative business model as an alternative means of doing business and furthering economic development.

What are “cooperatives”?

Co-operatives put people at the heart of all their business. They follow a broader set of values than those associated purely with making a profit. Because co-operatives are owned and democratically-controlled by

their members...the decisions taken by co-operatives balance the need for profitability with the needs of their members and the wider interests of the community.

There will be a local IYC celebration, with events in Willimantic and Storrs, and everyone reading this – and all your friends and neighbors – is invited to join in. It will take place October 18th and 19th, with the overall theme of “Cooperatives as a SOURCE of Jobs and Careers”. All venues will host discussions with co-op practitioners and opportunities to play Co-opoly. Food and refreshments will be available.

Check it out at any, or all, of the following venues:

- Willimantic Food Cooperative. Learn about co-ops by playing the new game, Co-opoly, with one of its creators. Thursday, October 18th, from 11:30AM-4:30PM.
- Quinebaug Valley Community College, Willimantic Center, 729 Main Street, Willimantic, CT 06226. Thursday, October 18th, from 5PM-8:30PM. More information from Katie Gregory at 860-423-1824.
- University of Connecticut, Storrs, CT 06269. Both October 18th and 19th, times and specific locations TBA; call Len at 860-487-0008 for details.

All of these IYC events are free, and open to the general public. 🌿



Winky's Food Review *Winky Gordon*

Hello Cooperators. Welcome to another edition of my Food Review, this time starring: Petit Billy's chevre, Yummy Hummy's Roasted Red Pepper Hummus, Wonderfully Raw's Coco-Roons, So Delicious's Coconut Milk Creamer, and truRoots's ancient grain pasta elbows.

I am sure that goat cheese has been a staple of whatever gods and goddesses have existed throughout time; it is one of my favorite foods. Petit Billy (\$7.49/7 oz. package), made in the Loire Valley in France, is a fine example of the divinity of goat cheese. From big time cheese shop web-sites, I learned that it is made from the milk of the Saanen breed of goats, considered an excellent milk producer, in the medieval town of Billy. I find the last bit hard to believe, but there it was in print. It is a great consistency for spreading on bread or crackers – not too crumbly when fresh – and has a smooth only slightly tangy taste. Unlike the chevre logs sometimes found in big grocery stores, Petit Billy has personality. It would be great with fruit, in salad, or with tomato on toast – highly recommended.

Yummy Hummy (\$4.99/ 8 oz. container) is a new product both to the Co-op and to the public in general. It is produced in New London, CT, by a young couple who use local produce and vary their flavors and products seasonally. We sell several kinds: Pretty Beet (and it is beautiful), Curry, Basil and Parsley, Lemon Cilantro, Roasted Garlic and Scallion, and Roasted Red Pepper, which is the one I tried. What “with pulp” is to orange juice, Yummy Hummy is to hummus – it's chunky and thick, which I like. It is made with garbanzo beans, roasted CT red peppers, olive oil, tahini, lemon juice, garlic, cayenne, cumin, salt and pepper. The amount of cayenne is just enough for a little zing, but not so much that it's actually hot, also to my liking. I would encourage the makers to add a bit more lemon juice and a titch more garlic, but it's quite good as it is already. The makers also produce salsa, goat cheese, and pesto, to be found at some farmers' markets. Check out their snappy web site, highlighting the connections between good food and community.

About the Coco-Roons ((\$6.75/ 6 oz., 8 piece bag): they are great. I will say that I'm not quite sure about

the whole gluten-free wonder of them. Are regular macaroons not already gluten-free? The “wonderfully raw” bit – raw unsweetened coconut, raw almond flour, raw cold-pressed coconut oil – along with unfiltered maple syrup, vanilla extract and Himalayan crystal (not plain old!) salt, are probably the selling points for me. My first bite was a little disappointing, being accustomed to the over-the-top sweetness of other macaroons. But my second, third, and so on through last bites, were all satisfying. The maple taste is subtle as is the coconut, actually. But the texture, degree of sweetness, and the almond flour all combine to make a noteworthy treat. You can thank Sasha for recommending this product for review.

So Delicious Dairy Free Coconut Milk Creamer (\$2.85/ 1 pint container) is not a new product to the Co-op. But it is one that I have overlooked. When asked about his favorite products at the Co-op, Jon Graziano immediately went for this one and so I tried it. Okay, it's gluten-free. So is milk. But it's also dairy and soy free, a good alternative for those who cannot, or choose not, to use those substances. I tried it in coffee and it was fine. But the real test was with a cup of Earl Grey tea; you shouldn't mess with that oil of bergamot. It passed the Earl Grey test without disrupting its distinctive taste. Two things in particular stand out about the Coconut Milk Creamer: a) Its density. It is noticeably thinner than cow's milk. b) Its sweetness. Organic dried cane syrup is the second ingredient, after organic coconut milk (made of coconut cream, water, and guar gum). If there are kids in your household, you probably need to make sure they don't get into this creamer; they might want to drink it straight. Last notable thing about the Coconut Milk Creamer: it has no fat. I just don't know how that's possible. But there it is, in print again. Look for So Delicious almond milk



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and coconut milk ice cream also at the Co-op.

Alas, dear readers, I have failed you. Those of you familiar with my column will know that I am a lazy cook. Between celebrating my 50th birthday, being on vacation, and plain old didn't-get-to-itness, I have not actually tried the last item up for review – tru Roots' ancient grain pasta elbows ((\$4.75/8 oz. bag). Made in Italy, its ingredients are: organic brown rice, organic quinoa, organic amaranth, organic corn. It is gluten-free. Alice Rubin recommended this product for review. She has worked at the Co-op for over 25 years, has seen pastas come and pastas go, and generally has good taste in food; I would trust her on this one. If you see me at the Co-op, ask me about it and I'll give you a personal, updated review.

By the time this newsletter comes out, the winning Willimantic Food Co-op bumper sticker may have been chosen. I thoroughly enjoyed looking at the various entries and laughed right out loud about a few of them. I found the Willimantic Food Co-op written in hieroglyphics, the rude carrot, and the coffee cup in an altered state all hysterically funny. They, and the other entries, remind me what a creative, fun community we are. To us! 🌱

Bulk News *Jon Campo*

Happy fall and greetings from the Bulk Counter. Whats new in bulk? Well, it seems like this is kind of a pattern, but this year has seen another drought in most of the country. Right now there is a chronic shortage of some nuts, and I cannot get any domestic apricots either. I'm sure other shortages will make themselves known by the time you read this. There is a bunch of new candy in the bins, check it out! Also the agave gummie bears are back, because you asked. We have several new flours, and more on the way. The farro flour is selling really well. Several new granolas have replaced others that were discontinued or not selling-I hope you like them. Soon we are adding a new line of Organic, Fair Trade Coffee from Teirra Farm. It is micro- roasted in small (18 #) batches, and really fresh. In most cases, we will have it the day after it is roasted. We tried it and loved it, I hope you enjoy it as much as we did.

I have not been doing much cooking this summer, but I did go on a very nice camping trip to Massachusetts, and made my own granola which was a big hit. I think you should try it. I got the recipe from Alton Browns website, but of course I changed it substantially; you

can mix it up quite a bit and it still works. Here it is....

(Sort of Alton Brown's Granola

3 c rolled oats	½ c rst. soynuts
1 c sliced almonds	½ c raw pepitas
1 c cashews	½ c sunflower seeds
¾ c coconut chips	½ c sliced turkish
⅓ c sucannat	apricots
⅓ c maple syrup	¼ c coconut oil
½ tsp salt	1 c raisins

Directions

Preheat oven to 250 degrees F.

In a large bowl, combine all the ingredients except rasins and apricots.

Cook about 1 hour and 15

minutes, until dry and slightly browned, don't overdo it.

remove from oven and transfer back to the bowl. Chop

the apricots, and add to bowl. Add raisins, and stir

well. When cool, store in a jar. Keeps well for several

months, but thats not very likely. Mine was gone in

days. 🌱



By the way, if you need a cheap quick get-away, I can highly recommend the Lake Dennison State Park in Winchendon, Mass. Very clean, friendly area, and you can put your canoe in right from your campsite. Right on the New Hampshire boarder close to Mount Monadnock. Enjoy. 🌱



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WILLIMANTIC DOWNTOWN COUNTRY FAIR

Sunday, October 7th, 2012
11am to 5pm
At the Willimantic Food Coop
91 Valley Street

CSA Fair a Part of This Year's Downtown Country Fair

Have you always wanted to join a CSA but not been sure which one to join? CSA stands for Community Supported Agriculture, and joining a CSA means that you become a shareholder in a farm. You pay upfront for an entire season of veggies, fruit, meat, eggs or other products, and receive a weekly or biweekly (or sometimes monthly) share of the farm's products. More and more farmers are starting CSA-Programs, and if you are in support of local agriculture, becoming a CSA member is one of the best (and delicious and convenient) ways to express this support. Learn about the CSAs in your area with The Northeast Organic Farming Association of Connecticut (CT NOFA) first ever CSA Fair!

Connecticut's CSA Fair will be in conjunction with the Co-op's Downtown Country Fair on October 7. Drop by the CT NOFA table first for general information on CSAs and on our member farms in the Eastern part of the state that offer CSAs. Local CSA-Farms will be at the fair selling produce, and ready to discuss their CSAs with you! Ask farmers directly about their CSA structure, what they grow, sign up to receive more information and learn more about joining!