



# The Compost

---

**WILLIMANTIC**

**Vol. 34, Number 4**

**Year End 2012**

---

**FOOD**  
**CO•OP**

---

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

**willfoodcoop@snet.net**

**www.willimanticfood.coop**

## **STORE HOURS:**

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

Saturday  
9:00am - 6:00pm

Sunday  
10:00am - 5:00pm

## **Inside**

The Co-op Scoop.....	1
BOD Notes.....	2
Energy Challenge.....	3
Winky's Food Review.....	4
HABA Review.....	5
Bulk News.....	6
Paying with Plastic.....	7
Recipes.....	7
Sales Figures.....	8

### **Co-op Scoop** *Alice Rubin*

Holidays and food just seem to go together. We each have our own traditions – some of us make exactly what our mothers and grandmothers made, while others create new traditions – maybe we serve tofurkey, make gluten free stuffing, or raise our own turkeys. Whatever the tradition is, a lot revolves around food. At the Co-op we try to help by getting you all the ingredients to make your holiday meal – whatever it is – as delicious as possible. We hope that you find what you need.

Local produce is in good supply, or as good as the weather permits. Locally, freshly baked bread, well that is another story. We know that something everyone wants yet we have not been able to meet the needs of our members. It is not for lack of effort. There are just not enough bakers baking enough bread. We continue to search for new bakers and means to supply their bread. Working members pick up Colchester Bread because they do not deliver. Baked goods from La Brioche are also picked up. We have a lead on a bakery in East Hartford, but they do not deliver this far. They can meet us in Manchester, so if anyone either comes or goes from there on a regular basis, please let me know. Or if you know of someone in the area baking, pass on the info and we will check it out. In the mean time, please know that we are doing our best.

As we go into the last part of the year, which is our busiest time, things continue to go very well for the Co-op's finances. While our growth has slowed some, the 3<sup>rd</sup> quarter (traditionally where we lose all of the money we made in the 1<sup>st</sup> two quarters) was profitable. This gives me hope to end the year with a profit that can be used to help the Co-op flourish. Some of the profits will go towards improving what we are doing now and some to provide new things. We are working on a plan to make fresh juices at the store, and have invested in a fresh Kombucha dispenser. A flour mill and additional office space are also being looked into. Tell us what you would like to see in the Co-op. 🌿

### **A Thank You and an Invitation** *Kathleen Krider, BOD chair*

The Board of Directors would like to thank all of the members who have asked for timely posting of minutes and have wondered about the location of the meeting. We appreciate that you want to know what is going on at the Board level and we are working to correct the serious lag in the posting of minutes. By the time you are reading this, the Board Notes board will be up to date and even the website should reflect current meeting minutes. And as to our present meeting location, while we continue to look for a suitable spot that meets the needs of all those concerned, I invite

**Willimantic Food  
Co-op**

**General Manager**  
Alice Rubin

**Assistant Managers**  
Shandra Craig  
Bruce Oscar

**Staff**  
Sasha Bajjo-Fournier  
Jonathan Campo  
Susan Chasin  
John Clark  
Mariclare Cole  
Chris Demorit  
Maiga Doocy  
Chris Dubis  
Chad Dunnack  
Kristin Fortier  
Markus Giangrave  
Avery Gratton  
Jon Graziano  
Pari Jahandarie  
Kathleen Jenkins  
Cari Nadeau  
Jeffrey Nash  
Josh Ouelett  
Rachel Parker  
Steve Scanlon  
Patty Smith  
Yani Toledo DeMicheli  
Matthew Woodward

**Board of Directors**  
Kirk Begg  
Stephanie Golaski  
Bryan O' Hara  
Kathleen Krider  
Matthew Kyer  
Joanne Todd  
Johnnie Walker

**Manager Representative**  
Alice Rubin

**Staff Representative**  
John Clark

**Board Scribe**  
Roxana Mocanu

**Newsletter**  
Shandra Craig  
shandra@snet.net  
Sasha Bajjo-Fournier  
Alice Rubin

**Printed by Gulemo  
Printers**

interested co-op members to join us at my home located at 104 Nathan Hale Road in Coventry. You may have to pull up some floor space, but you are welcome any time.

**Board Update** *Bryan O'Hara*

The Board of Directors has been pretty active of late, working on a number of items of interest, including the potential for further expansion of Co-op activities. This is being actively studied and planned for, however this area of activity is necessarily slow and careful. Fortunately, it does seem that with the Co-op's strong financial position expansion will be forth coming. The strong financial position of the Co-op is in no small part due to the work of our staff and also the great loyalty and support of our membership. Thank you. On the Board level we have surveyed the membership and staff for expansion ideas and input which are very useful; many potential areas are on the table.

Other areas the Board has been working on include Policy Governance, which establishes a functional system for Board activities, Patronage Dividends which is a means of returning profit to the membership therefore reducing excess taxation and structural issues of staff, Board and membership relationships and roles. These areas are actually relatively interesting as they develop, slowly, at the meetings. These areas can be followed through the meeting minutes quite thoroughly recorded by our Board scribe.

The importance of our working membership program has been recently evaluated and affirmed by the Board. The ability of the membership to be actively involved in the Co-op is viewed as critical to the social context of the store and is an important step in achieving ethical goals through our co-operative. This community building through the actions of the Co-op is vast and immeasurable, yet tangible and apparent in the feelings of people toward the Co-op. The fact that the Co-op can be financially successful, while maintaining this level of community building is a rare feat in this modern world.

Speaking of building community, the current difficulties in crop production has illuminated the importance of securing quality foods. One is our need for unadulterated, op has developed a larger of raw, basic staples: fruits; milk; some grains, and locally produced products to qualities, and to be secure



great, especially when compared to mass market fare. No doubt the Co-op will continue to actively expand on this network and help to defend our right to be able to purchase these foods, as well as encourage and assist in their production.

The "Notes to the Board" clipboard at the coffee area in the front of the store has gotten some use after the last newsletter's article. This is a place for you, the membership, to ask questions, provide information, or comment about Board activities. Though a small item, this provides a very much needed direct communication between the membership and the Board of Directors. Allow me to stress to you that the Board really wants your input, and this provides an easy means of interaction, although all are welcome to attend Board meetings as well. Please note the minutes posted alongside the Notes to the Board and understand that with month<sup>ly</sup> meetings it takes a month or so to answer questions, approve previous minutes, etc.

our co-op as our best hope of thing we can all rally around healthful food. The Co-network of local producers vegetables, meats, eggs, more. The potential for these be superior in health giving from disruption in supply, is



## Neighbor to Neighbor

### ENERGY CHALLENGE

Small Changes. BIG RESULTS.

#### Reduce Your Home's Energy Consumption *Kate Donnelly*

As winter approaches we are all reminded of our high energy bills and our drafty homes. There is something you can do about both. CL&P takes money from every customer each utility bill for use in the state for energy efficiency. That money can come back to you, through a Home Energy Solutions (HES) assessment visit.

Participants in this program have reduced their energy consumption by an average of 10%, saving them an average of \$300 a year.

During your four-hour visit, you will receive weatherization and air sealing measures, up to 40 Compact Fluorescent Light bulbs (CFLs), water-saving measures, and a roadmap to help prioritize your home's next steps for energy efficiency.

Implementation of recommendations from the visit saves residents an average of 25%. You will also receive a bid/quote for additional upgrades, including insulation or heating and cooling systems. By completing HES you are eligible for rebates and financing for these efficiency improvements to help make upgrades more affordable. The HES visit is also the first step toward converting your home to solar.

Windham, Mansfield, and Lebanon are three of the 14 communities in the Neighbor to Neighbor Energy Challenge which is funded by a federal Department of Energy grant. For every completed HES visit or upgrade, each town receives points which translate into rewards for their town. The Co-op was one of the first partners of this program in Windham. The

campaign also has non-profit partners that receive a \$25 donation for every completed HES visit. Covenant Soup Kitchen will be the recipient of the \$25 donation completed by Co-op members.

The **HES-IE** (*income eligible*) program is available to renters or homeowners within a gross income at or below 60 percent of the state median income for free.

If you rent, your landlord must complete the Owners Permission Statement. Call or email for an application.

To schedule a HES visit or with any questions call 860 372-4406 or sign up on line at <http://www.CTEnergyChallenge.com/HES>.

I am a long-time co-op member and energy activist, and have been hired to be the community organizer for Windham and Mansfield for Neighbor to Neighbor. I am thrilled to be able to work with these communities in encouraging people to take advantage of this program. I have spent time in jail for environmental activism but know that small steps such as these are the most significant. We can make a real difference

in people's lives and contribute to the movement against climate change. I am confident that the co-op and this energy challenge share the same ultimate goal of sustainability for our communities. Our success depends on taking small and large steps toward a future less dependent on fossil fuels for energy and food production.

**We will be setting up at the Co-op on Saturday, December 15, from 9 am to 3 pm. Please stop by, meet some of the members of the Windham Energy Commission and sign up for energy savings.**

For more information please call 860 372-4406 or email me at [katedonnelly@cleanenergy.com](mailto:katedonnelly@cleanenergy.com)



***Are you paying too much in bank fees?  
Do you wish you could get better rates?  
Are you tired of talking to a computer?***

***Check out Northeast Family today,  
for all of your banking needs.***

Savings • checking • CD's • IRA's • loans • credit/debit cards and more.



**Northeast  
Family**  
Federal Credit Union

**800-201-2031**

361 Boston Post Rd., North Windham

233 Main St., Manchester

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



## Winky's Food Review *Winky Gordon*

My fellow co-ops - this edition's line up consists of: Nettle Meadow's Maple Walnut Chevre (\$5.49/5 oz. tub); Suzie's Whole Grain Thin Cakes (\$2.99/4.9 oz. package); Mr. Q Cumber soda (\$1.25/7 oz. bottle); and Equal Exchange's Dark Chocolate Fruit and Nut Bar (\$1.49/bar ). Let's get right to business.

The WOW of this lot is the maple walnut chevre, good enough to eat by the spoonful. This is sophisticated grown-up candy - a brunch/treat/gift fantasy. It's sweet without being cloying (the candy part) and maintains its chevre identity with a slight tang at the end(the grown up part). I tried it on an apple, on an acorn squash, and on a spoon and I will buy it again. The



ingredients are just what you would expect: goat's milk, maple syrup, walnuts, salt, lactic cultures, and enzymes. A "sumptuous concentration of the organic grains and herbs [their] goats eat every day," it is made in Warrensburg, N.Y., making it localish. The Co-op also carries Nettle Meadow's Honey Lavender Chevre, which I look forward to trying. Highly recommended.

Several issues ago, I declined Sasha's suggestion that I review Suzie's rice cakes, feeling that they were too boring. I have since changed my mind which is a woman's prerogative, as you know. Truth is, rice cakes, real rice cakes (not caramel/choco/marshmallow/nonsense), are just not exciting to begin with. That said, Suzie's stand out as having more texture and a seemingly nutty flavor. They are super thin which may help their cause; less may be more in this instance. They can still hold plenty of whatever you'd like to put on them but now it's a more generous ratio of topping to rice cake. And because of their simplicity, they are a great vehicle for toppings that deserve one's full attention. My only complaint about Suzie's rice cakes is the impossible wrapping they come in. Because there is virtually nothing there, they require an additional plastic bag to be kept from going stale. In the big scheme of things - I can deal.

Cucumber soda? Really? Why not? Pretty darn cute, Mr. Q Cumber comes in a little green bottle, making



it look a bit like it could be an Alice In Wonderland potion. This novelty drink is made with sparkling filtered water, cane sugar (not corn syrup), citric acid, and cucumber "flavor." I found it refreshing and, well, fun. I bet co-op kids could enjoy showing off to their maybe less adventurous peers - "Look what my parents buy!" I wonder what it would be like to make my own cucumber spritzer? Try this odd treasure at least once.

Those of you who know me or are familiar with my column know that I am game to try just about anything chocolate. So, I was delighted when Alice asked me to try out Equal Exchange's new candy bars. I tried the organic dark chocolate fruit and nut - raisins and almonds - and was not disappointed. It's neither wimpy nor waxy - common problems with candy bars- and has good crunch for those who like texture. One of these puppies packs a 12% daily value of fiber - more evidence that chocolate is a food category. I am guessing that the main idea behind this new product is that it is smaller than the other chocolate bars EE produces, making it a 1 serving, less expensive candy. We also carry a milk chocolate peanut bar and a milk chocolate crisp bar. You probably should try all three.



Speaking of chocolate: did you know that the Co-op carries at least 21 different varieties of chocolate candies in the bulk section? Chocolate covered almonds, bananas, ginger, blueberries and so on. And



**Karen Warner Design LLC**  
personalized kitchen and bath design  
[karenwarnerdesign.com](http://karenwarnerdesign.com)  
860.833.5932

look below the top row of chocolate covered goodies to see the yogurt covered goodies, including mango-yogurt covered almonds. They are a scary color but I think I'll have to review them soon. The next issue may have to be: weirdest foods at the Co-op. I promise not to lead you too far astray. Later, 'gators. 🦎

## **Helen's HABA Review: The Sinus and Dry Winter Skin Edition** *Helen Scanlon*

Hello All!

Well, wouldn't you know it, Old Man Winter is headed our way. Lots of folks have a love/hate thing going on with winter—me, I LOVE winter. But, I don't like the dry, cold air that wreaks havoc on my sinuses and skin. Yes, the snow brings with it chapped, cracked skin, and sinuses filled with what feels like cement. Ouch, and it *hurts*.

As soon as my furnace kicked on with the first frost, my sinuses put on some brass knuckles and started pounding the sensitive area behind my eyes. Ugh, that smarts.

A super hot shower on my face helped for a little while. Saline spray helped a bit. But, by midday, the sinuses were gearing up for a rumble again. Sinus pain is sharp and unrelenting, and renders one nearly useless. Pain relievers offered a temporary, slow-acting respite. When I have that all-too-familiar stabbing sinus pain, waiting half an hour for the relief to kick in is torture. And, there was still some residual pressure the pills couldn't touch.

I needed help.

So, off I went to the Co-op and tracked down Cari, the all-knowing HABA guru. She pointed me in the direction of NutriBiotic Nasal Spray with grapefruit seed extract. The box said it was “designed to promote healthy tissue and provide protection from unwanted sinus conditions.” That sounds like the ticket—SOLD!



A couple of sprays and a few minutes later I was draining like a sink. I will spare you the gory details---I'll just say that the cement was flowing. Sweet relief. Get that

nozzle up your schnozzle and spray right up into your clogged sinus cavities, trust me.

I use NutriBiotic Nasal Spray first thing in the morning when the sinuses have had all night to get super dry, and then follow it with a hot shower. Then, another dose at lunch. Maybe another at bedtime. My sinuses have been tamed. Glory.

I win! Take that, sinuses! The ingredients are simple, yet effective—and your nose won't get 'addicted' like it can with other nasal sprays that are laden with nastiness. Water, vegetable glycerin, Citricidal grapefruit seed extract, and sodium chloride (salt). That's it. Less is certainly more in this case. Love it!

Now, on to one of my favorite topics: combating super-dry skin. Ever hear of shea butter? I have, and for years always wondered if it was good as all the hype. Movie stars and models all rave about the stuff, so let's see if it's as miraculous as they claim.

At last, I picked up some Nubian Heritage Shea Butter infused with Indian Hemp and Haitian Vetiver. It was in a humble, little, beige container, sitting on the shelf all shy and unassuming. I picked it up, twisted the top off, and took a whiff of the Indian hemp and Haitian Vetiver.



Two words escaped my lips: WOWIE ZOWIE.

I am a big fan of clean, bright scents with a touch of green—and Nubian Heritage delivers the goods with this product. I had to have this based on the amazing scent alone.

But wait, there's more. The Nubian Heritage shea butter still had to work on my flaky knuckles. Boy, do I hate dry hands.

I rubbed a dab, yes a dab, on my hands and rubbed it in. My hands were magically transformed from 'old newspaper left to yellow in the sun' to 'Rita

## Acupuncture & Chinese Herbs

Deborah Pacik, Lic. Ac.  
Diplomate of Oriental Medicine



339 Mansfield City Road  
Mansfield Center, CT  
(860) 456-1237  
[www.pacik-acupuncture.com](http://www.pacik-acupuncture.com)  
[deborah@pacik-acupuncture.com](mailto:deborah@pacik-acupuncture.com)

Hayworth circa 1946.' I guess these movie stars are on to something here.

Nubian Heritage is not greasy, and keeps hands like a petal for hours. It works brilliantly for chapped lips, too. Shea butter is a fat extracted from the nut of the African shea tree, and because it has an unprecedented amount of unremovable fatty acids, it is a superior moisturizing agent. Basically, it beats the pants off of cocoa butter and other vegetable butters.

Two college graduates who found themselves out of jobs started Nubian Heritage in 1992. These grads, Rich and Nyema, started off as street vendors in New York City, and now make their products widely available to retail outlets, like our dear Willi Food Co-op.

I recommend that you keep a jar of their shea butter handy all winter, pun intended. Oh, and grab some Badger lip balm while you're at it. Good stuff!

Until next time, dear readers: When life gives you snow, make a snow horse. And use some great products from the Willi Co-op HABA aisle. Treasures abound!



### **Bulk News** *Jon Campo*

Most of the news from here is about supply and demand. Right now I am unable to get goji berries, organic peanuts or organic almonds. The almond crop was poor again this year, and the peanut recalls continue, so look for much higher prices and shortages. Chia seeds had be out of supply for over two months due to quality issues, but are now back in stock, so get them while you can. In other good news: Italian candied orange peels are available again and in stock.

New items: we have a bunch of new candy and snacks. From Tierra Farms - Garlic and Herb Pistachios are very tasty and already selling well. Ditto for Honey Roasted Macadamia Nuts and Cashews. Not so new,

but still good is the Raw Nut Mix. If, like me, you are skeptical about nuts that are not slathered in fat and salted like crazy, you owe it to yourself to give these a try. I have picked up a new granola from a New York State company



called Gatherers Granola. We are starting with a flavor called Chipmunks Choice that I think is really good. Try it, it is different. I may add more flavors later. In the Snack Department: Yogurt Mango Pretzels and Almonds, (I cannot decide if these are good or embarrassing) Chai Tea Almonds, and really, really good assorted hard candy from Torrie and Howard. I really like this company. Their products are free of dyes, nuts, GMO's, corn syrup, gluten, wheat, casin, soy and dairy. Whew! And they really taste GREAT. Believe me when I say that I am not one to over-sell all- natural candy. Most of it tastes terrible. One of my biggest challenges is finding candy that we can sell here that does not taste like dirt.

In the baking aisle, we have some new Fair trade chocolate chips that really taste good and do not cost an arm and a leg. Again, this has not always been a product that was synonymous with good taste. We also have healthy (sort of) Peanut Butter Baking Chips from Sunspire Foods. Not new, but now in good supply is organic carob powder, raw cacao powder, and raw Cacao nibs. Happy baking.

So that's all for now - have a happy and healthy Holiday and a smashing New Year! 🌱



### **H.U.S.H.** Holistic Universal Sound Healing A Vibrational Meditation featuring Gongs and Bowls, with Linda & Peter Jacques

Many people have found sound healing to clear blockages in their energy system while aligning with their original harmonic state of "well being"

Location: 5 Dilaj Drive, Columbia CT  
Time: 2nd Thursday of each month - 6:30 pm  
Offering: \$20.00

To register: [lj@wholenesswithlinda.com](mailto:lj@wholenesswithlinda.com) 860-428-2097



### State of the art care, ....right here at home.

- Obstetrics
- Midwifery
- Bone Health
- Well Women Care
- Fibroids
- Endometriosis
- Minimally invasive surgery
- Urinary incontinence

Call For A Consultation  
860-450-7227



## Much Adieu about Plastic Shandra

Nope, not plastic bags- this time, we are talking about plastic cards. For the first nine months of 2012 we paid over \$26,500.00 in credit and debit card fees. This is a 13% increase over last year's fees. This means that people are reaching for their cards more than ever to purchase their food at the Co-op. So far this year, 57% of our sales have been credit or debit transactions.

Trying to read our credit card processing statement is like deciphering ancient Cyrillic, but I can tell you that one of the biggest changes in our expense is with rewards cards. All those cards that 'give' you airline miles and 5% back, the card companies are certainly not the ones footing the bill. The Food Co-op is charged \$120 a month in reward fees, which works out to almost exactly 5% of reward card sales. Regular credit cards charge us 1.7% of each transaction and debit cards have a flat fee of \$0.45. What about checks? Glad you asked; every check you write us costs 10¢. If you have a choice in payment methods, we would greatly appreciate your use of check, or better yet cash. Debit cards cost us less than credit cards for totals greater than \$27, and please save your rewards cards for the gas station and elsewhere. 🌱

## Book Group Resumes in January

with Steinbeck's *The Grapes of Wrath*.

A companion movie, *The Dustbowl* is available now on PBS.org - a timely reminder of the consequences of what Wendell Berry would call poor soil husbandry. We loved his November book *Bringing It To the Table*!

OUR NEXT MEETING IS SUNDAY JANUARY  
27th 3-4:30pm. Spread the word!

**redtwig**  
garden design llc

Landscape Design • Garden Restoration  
Container Planting • Perennial Beds  
Pruning • Planting • Mulching • Weeding  
Member APLD, CT • 860-455-3612  
www.redtwiggardens.com • email: Redtwig@sbcglobal.net

## Another Kale Salad

3 generous tbl tahini  
½ tsp hot sesame oil  
1-2 cloves of garlic crushed  
1 ½ tbl tamari  
1 tbl rice vinegar or mirin  
2 tbl extra virgin olive oil  
1 tsp nutritional yeast (optional)  
1 tbl sesame seed  
Half a bunch of kale



In a serving bowl, combine dressing ingredients. Add a little warm water to thin if necessary, should be thick enough to coat the kale well, but not pasty. Tear up kale in bite sized pieces, discarding stems and ribs. Add to serving bowl. Massage dressing into the kale with your hands. Enjoy now or wait a little while for kale to tenderize. Red peppers, cherry tomatoes, and fried tofu are all great additions to this salad. Enjoy! 🌱

## Amaretti Cookies (Gluten Free)

8 ounces almond paste (canned)  
2 cup sugar (preferably superfine)  
2 large egg whites  
½ tsp vanilla  
Toasted pine nuts or almond slivers (optional)

Preheat oven to 375 degrees F. Line two baking sheets with parchment paper. Break the almond paste into small pieces and place in bowl of electric mixer along with the sugar. Mix on low speed until very well combined. Add the egg whites in three additions, mix well after each addition. Continue mixing the dough until very smooth, about 3 to 4 minutes. Place a tablespoon of dough on the cookie sheet (space them 1 inch apart). You could use a pastry bag, but the dough is very sticky. Lightly press the top of each cookie to smooth out the surface. Sprinkle a little sugar on top of each cookie or top with pine nuts or almonds. Bake for 15 minutes, or until the cookies have risen, are a deep golden color and have tiny cracks. When cool, gently peel cookies from parchment. Enjoy! 🌱

## 2012 YEAR TO DATE RANKED BY NET SALES\*

	Item Name	Qty Sold	Net Sales
1	MONET'S TABLE GRAB N GO	10805.00	\$52,691.95
2	BULK EE COFFEE	4714.57	\$48,591.09
3	LOCAL EGGS	10448.50	\$36,636.31
4	AVOCADOS ORG	17080.00	\$24,884.90
5	RAW MILK HALF GAL	4423.00	\$22,949.14
6	BANANAS ORG	22330.13	\$20,654.35
7	SALAD MIX LOCAL	1822.64	\$16,836.07
8	FROZEN MEAT PURCHASE	1290.00	\$16,121.38
9	BROCCOLI ORG	5550.50	\$15,883.98
10	BAGELS	3566.00	\$14,358.70
11	STRAWBERRIES ORG	2671.00	\$13,924.56
12	BULK ARISTON OLIVE OIL	20900.00	\$13,274.45
13	ORG RAW WALNUTS	1077.51	\$12,027.17
14	BREAD - SWEET SAGE	2235.00	\$11,399.61
15	GRAPES RED ORG	3141.60	\$11,231.26
16	LOCAL HONEY BULK	2418.70	\$10,847.73
17	CELERY ORG	4076.00	\$9,728.27
18	APPLES GALA ORG	3366.17	\$9,663.71
19	DOMESTIC WALNUTS	1005.73	\$9,118.22
20	LOCALLY ROASTED COFFEE	826.00	\$8,912.85

## Numbers Game

*Shandra Craig*

Ever wonder what the top sellers are at the Co-op? Me too, so I had Patty help run some numbers to look at which items we sold the most, and which were our top dollar sellers. Take a look, I found the results to be pretty interesting. I think the two together give a pretty nice picture of what is driving our sales.

\*Net sales are our sales after discounts and returns.



## Top Seller in Each Category

<b>Bulk</b>	Equal Ex. Coffee
<b>Produce</b>	Bananas
<b>Refrigerated</b>	Monet's Table Grab & Go
<b>Supplements</b>	PB8 Probiotic
<b>Body Care</b>	Dr Bronners Castile Soap
<b>Grocery</b>	16 oz Spring Water
<b>Taxable Grocery</b>	Paw Print Doggie Bites
<b>Cheese</b>	Neighborly Farms Cheese
<b>Frozen</b>	Local Meat
<b>Bakery</b>	Bagel One Bagels
<b>Taxable Bulk</b>	Biopac Dish Liquid
<b>Bulk Spices</b>	Organic Ground Cinnamon

2012 YEAR TO DATE RANKED BY QUANTITY SOLD			
	Item Name	Qty Sold	Net Sales
1	BANANAS ORG	22330.13	\$20,654.35
2	BULK ARISTON OLIVE OIL (oz)	20900.00	\$13,274.45
3	AVOCADOS ORG	17080.00	\$24,884.90
4	CULINARY EXP COOKIES	11578.00	\$8,724.06
5	MONET'S TABLE GRAB N GO	10805.00	\$52,691.95
6	LOCAL EGGS	10448.50	\$36,636.31
7	BROCCOLI ORG	5550.50	\$15,883.98
8	APPLES LOCAL ECO	4861.34	\$8,423.71
9	BULK EE COFFEE	4714.57	\$48,591.09
10	RAW MILK HALF GAL	4423.00	\$22,949.14
11	YAMS GARNET ORG	4197.69	\$8,198.25
12	CELERY ORG	4076.00	\$9,728.27
13	BAGEL ONE BAGELS	3566.00	\$14,358.70
14	POTATOES GOLD ORG	3515.92	\$5,662.03
15	APPLES GALA ORG	3366.17	\$9,663.71
16	ONIONS YELLOW ORG	3360.19	\$4,107.95
17	SWEET SAGE SCONES	3312.00	\$6,113.16
18	GRAPES RED ORG	3141.60	\$11,231.26
19	ORG ROLLED OATS	3092.69	\$4,089.91
20	LARGE COFFEE	3092.00	\$4,584.29