



# The Compost

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

**Vol. 35, Number 4**

**Holidays 2013**

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

**willifoodcoop@snet.net**

**www.willimanticfood.coop**

**STORE HOURS:**  
**EXTENDED HOLIDAY HOURS!**

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

Sunday  
9:00am - 6:00pm

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

I have a quandary – should the Co-op move the meat department out into the store proper?

To give you a bit of background, members began asking us to sell locally produced meat when we made plans to move our store from Meadow Street to Valley Street. In response to those requests, we conducted a vote at our Annual Meeting in June of 2006. The outcome of that vote was 280 no and 177 yes – a pretty clear answer. Life at the Co-op resumed to normal as we settled into our new store. But the question of selling meat continued to come up. In 2009 I proposed that the Co-op form a Meat Buying Club which would allow members to place orders for meat and pick it up at the Co-op. This new Buying Club idea was presented to the members. Several meetings were held to allow different viewpoints to be heard. A blog of sorts spontaneously appeared on our website. At our Annual Meeting in June of 2010, the membership was in favor of the Meat Buying Club 3 to 1.

After the vote, we formed a committee of members to research different production methods, and decide on the qualities we were looking for. We then created a list of questions that was given to the farmers that wanted to sell their meat to us. We visited their farms and filled out the questionnaires. We wanted to know how they treated their animals and what they were fed, so that we would know what we were selling - and you would know what you were buying. But after a year or so, it became apparent that it was not working out. Few people were interested in, or able to plan ahead, though they wanted to be able to buy meat. In response, I made the decision to stock a limited amount of meat in the freezer that we had purchased for the Buying Club. We posted a list of what was available, and the meat began to sell. It was a bit awkward, but most people found their way into the back hall way, and sales of locally produced meat were off and running. Meat sales in 2012 were \$18,935.48. That is only .51% of our total store sales, but a good chunk of change to local farmers.

It became clear to me that people were voting with their dollars for the Co-op to carry meat. That is all good. Or it was until people began to tell me how they felt like second-class citizens, sneaking their meat from the back. And producers who sent customers to the Co-op to get the meat they produced couldn't find it. Neither of these things felt ok to me. The Co-op is here to provide what the members want. We are not doing that.

## **Willimantic Food Co-op**

### **General Manager**

Alice Rubin

### **Management Team**

Kristin Fortier

*Front End*

Bruce Oscar

*Facilities*

Steve Scanlon

*Grocery*

Patty Smith

*Assistant Manager*

### **Staff**

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Jason Borga

Jonathan Campo

Susan Chasin

John Clark

Chris Demoritz

Chris Dubis

Chad Dunnack

Markus Giangrave

Avery Gratton

Pari Jahandarie

Kathleen Jenkins

Saige Johnson

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Jeffrey Nash

Josh Ouellet

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Rita Tunador

Matthew Woodward

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Alice Rubin

### **Staff Representative**

John Clark

### **Board Scribe**

Andrea Epling

### **Newsletter**

Steve Scanlon

grocerywillcoop@snet.net

Sasha Bajjo-Fournier

Alice Rubin

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I do understand how special it is for vegetarians to have a store that they can shop at, knowing that nothing in the store (except the pet food) contains meat. For the record, I am one of those people. But my job is to ensure that all members are being served. Times have changed – most of my once-vegetarian friends now eat meat. Everyone has their own reasons - all I can do is be respectful of the choices they make.

In an attempt to be respectful to all of our members, I would like to add a separate freezer in our store to provide meat to those who want it.

I have considered food safety issues – the meat is frozen – really frozen – it would not defrost at all during a shopping trip. If we did for some reason lose power, the meat could only defrost on itself and not compromise the safety of any other product in the store. If our refrigeration was down for any significant amount of time, we would dispose of all unsafe food – meat, dairy or cheese.

Change is not always easy. I understand that. I also understand that the Co-op was created by the members to serve the membership and it must change as the needs and desires of the membership changes.

I am uncertain how to proceed. The Board has voted that it is a decision for the General Manager whether or not to have a freezer for meat on the retail floor of the Coop. However, the Board is not sure if this is the right way to go about addressing the issue. I need to hear from members what they want. Please email me at willifoodcoop@snet.net, or talk to me at the store. My hope is that together, we can figure out how to best serve the Co-op's members. ♪

*Alice Rubin is currently General Manager of the Willimantic Food Coop, and has worked here since 1984.*

***Mark Your Calendars!***  
**We'll be celebrating our 34th Birthday**  
**on Saturday, February 15, 2014!**  
***Watch for further details....***

### **The Seventh Cooperative Principle: Concern for Community** *Patricia Smith*

The midst of the winter holiday season seems like a perfect time to focus our cooperative lens on the seventh Cooperative Principle, Concern for Community. The International Cooperative Alliance elaborated on the seventh principle this way: "While focusing on member needs, cooperatives work for the sustainable development of communities through policies and programs accepted by the members." The needs of our member community are always the focus of our work day here at the Co-op, and we are constantly striving to find new ways to serve you better. We highly value both your compliments and concerns, and we always appreciate your willingness to share them with us. We also love to hear your ideas and suggestions. The buyers consistently read and research your product suggestions from the customer comment book, and the staff really enjoy being part of your shopping adventures when you are here in the store. The management team and Board of Directors review and discuss member comments from

the Board board in the Co-op Café at our monthly meetings, and the Board meeting agenda always includes a time for “member speak-out.” Members are encouraged to make their voices heard during this segment of the monthly Board of Directors meetings, held on the first Thursday of each month at 104 Nathan Hale Rd, in Coventry. Meetings run from 7pm-9pm and we’d love to see you there sometime!

Our cooperative concern for community also extends outside our membership to the community at large, beginning with our non-shareholding shoppers and neighborhood residents. We want to make our Co-op as welcoming a place as possible for members and the general public alike. We always try to serve everyone who walks through our doors with friendly faces and helpful, knowledgeable staff - and we know our members and working members help us out a lot with welcoming new folks into the store. Thank you for helping us spread enthusiasm about the co-op experience! Additionally, we are still committed to making our prices more accessible to all our shoppers, including those shopping on a budget. The launch of our BASICS program (a selection of healthy staple foods offered at low prices) experienced a slight delay over the summer, but it is in the works as this goes to press, and should be ready soon. We are also continuing to work toward our goal of making shareholding in the Co-op (Co-

op membership) appealing and accessible to more people, in part by developing subsidized memberships and needs-based discounts.

The Co-op tries its best to support the community beyond the walls of the store as well, by working with other cooperative organizations and by donating funds, goods, and services to charitable and educational organizations in our area whenever we can. We have a line in our budget for charitable donations, and we regularly collect member donations and give them to area organizations on a rotating basis. You can drop your spare change (or more!) into the wooden boxes at the register while checking out, and extend a helping hand to someone in need.

Below is a short list of organizations right here in town that can always benefit from help. Supporting these organizations is important throughout the year, but the holiday season is a great time to remind ourselves of the many ways we can act locally, and have a positive impact throughout our community, cooperative and otherwise. ♻️

*Patty Smith has been a member of the Co-op for 17 years, and has been on staff since 2007. She has served as Point of Sale Coordinator, Assistant Bookkeeper, and HR Representative, and is currently the Assistant Store Manager. She lives in Storrs, with husband Andy and daughter Emma.*

### **Covenant Soup Kitchen**

220 Valley St. Willimantic, CT 06226  
860-423-1643  
pdoyle@covenantsoupkitchen.org  
<http://www.covenantsoupkitchen.org/>

### **Windham Region No Freeze Project**

PO Box 46 Willimantic, CT 06226  
860-450-1346  
windham.nofreeze@gmail.com  
<http://www.nofreeze.org/>

### **Windham Area Interfaith Ministry (WAIM)**

886 Main St. Willimantic, CT 06226  
860-456-7270  
director@waimct.org  
<http://waimct.org/>

### **Holy Family Home & Shelter**

88 Jackson St. Willimantic, CT 06226  
860-423-7719  
information@HolyFamilyWillimantic.org  
<http://www.holyfamilywillimantic.org/>

## Plastic Bag Update!!! *Sasha Bajjo-Fournier*

Greetings fellow coopers! Here at the coop, we have been working on reducing the amount of plastics present in the store. One decision we made is to no longer keep plastic bags at the checkout stations in front of the store. In a previous issue of the Compost, we shared a few complications we encountered with donated bags; we often find trash and other unsafe items being left in them, and either staff or fellow members and shoppers end up throwing away a lot of plastic. The many donations we have received from you are appreciated, but we will now kindly ask you to leave them at other grocery stores with plastic bag recycling receptacles. Please continue to bring your own recycled plastic bags for personal use. We are going to have a count-down of 30 days starting at the publishing of this newsletter before plastic bags at the checkout are gone.

The biggest hurdle we faced in making this move forward was determining whether it would be too costly to members if we carried reusable bags solely in place of plastic bags. Fortunately, we recently joined the National Cooperative Grocers Association; this has provided us with very affordable reusable bags (only \$1.99!). Don't forget other bags we also carry at the coop. Our Classic String Shopping Bag from Eco Bags encourages us to "[c]lean up the planet one bag at a time," made with certified organic cotton, fair wages, and fair labor practices. Basic black and white WHRC tote bags support the Windham Harm Reduction Coalition and their efforts in our community. Made with 80% post-consumer waste, vibrant and colorful Kerri Bags support Camp Horizons, Mother Earth, and local artist and maker, Kerri Quirk.

These resources combined with the free paper bags and boxes we already keep at the checkout station will help us further our efforts to reduce plastic waste in our town and coop community. If you have not seen them yet, please take a look at our new reusable bags! As always, thank you for your continued support and concern for our earth and future generations. ♻️

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

[www.ecobags.com](http://www.ecobags.com)

[www.windhamhrc.org](http://www.windhamhrc.org)

[www.kerriquirk.com](http://www.kerriquirk.com)

*Sasha Bajjo-Fournier has worked at the Coop for three years, and is currently a Floor Coordinator in the store. She grew up in Rockville and currently resides in Willimantic.*

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## Have you seen the Squash Squad? *Sally Milius*

They are all over town-- at the Farmers' Market, the WAIM Community Garden, the Soup Kitchen, the ECSU Education Garden – growing food to donate and sell, and developing projects to support our local food system.

The Squash Squad (or more officially, the Windham Youth CORE) is GROW Windham's new program for high school-age students, launched this past summer in collaboration with EASTCONN's Summer Youth Employment Program. Seven students worked with Kate Callahan, our FoodCorps Service Member, for six weeks in July and August, growing food to donate and sell, mentoring younger kids from the Town of Windham Summer Camp, and developing their own individual service projects in support of our local food system.



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The highlight of the program was the new youth stand at the Willimantic Farmers' Market, which could not have happened without the support of Sally Pappenheimer, the Market Master, and the Coop. Sally made space for us and even included us under her insurance. Coop staff taught the students to wash and prep their produce for the market, which they did each Friday afternoon throughout the summer and fall. And the Coop made room for our produce in the cooler until the market on Saturday morning.

The students earned over \$500 this season at the market, which they used to fund their individual projects. These ranged from lessons to teach younger children to prepare and appreciate fruit and vegetables, tastings for campers of local produce, lesson plans for the classroom to teach about nutrition, and the construction of planting boxes for the No Freeze Hospitality Center to serve as a foundation of an "edible wall" outside their building. Leigh Duffy, director of No Freeze, reported that there's a whole salad's worth of greens growing in them now, and miraculously, not a single cigarette butt has been tossed into either box, which sit just outside their main door.

This fall, the Squash Squad has a new leader, James Boyle, GROW Windham's new CT Food Justice Youth Corps VISTA Service Member. Under his excellent guidance, and with support from the Liberty Bank Foundation and the New Alliance Foundation, the Squash Squad has expanded to include ten new members from the Windham HS Afterschool Community Program, and has engaged students and interns from UConn and ECSU to work with them. They all just got back from a conference, "Connecting for Change", where they met other like-minded youth groups, and are excited to get to work this winter.

So keep your eyes open for the Squash Squad! 🌱

*Sally Milius is a former high school teacher who decided three years ago that school gardens are a lot more fun than classrooms, so she joined forces with the Coop to found GROW Windham, a collaboration of community partners that promotes access to healthy food throughout the community.*

## Growing the future, in more ways than one!

At The Willimantic Food Cooperative, we take pride in fostering the professional growth of our staff—that is why we send our staff members to trainings as often as possible. Many of these trainings are organized by our business services cooperative, National Cooperative Grocers Association, which spans 134 co-ops in 36 states. As of 2012, NCGA began offsetting co-op staffs' qualifying air travel-related carbon emissions in an extraordinarily meaningful way: by growing a sustainable forest in Peru!

To grow our forest, NCGA partners with Pur Projet which provides the research, accreditation and on-the-ground support necessary to create an effective carbon-offset program based upon farmer-supported reforestation. Our forest is part of the Alto Huayabamba Project located in northern Peru. You can learn more about the project, view a brief video and take in some gorgeous Peruvian scenery by visiting [www.purprojet.com/en/project/alto-huayabamba/](http://www.purprojet.com/en/project/alto-huayabamba/).

To date, NCGA has funded the planting of 1,404 native trees. By the time these trees reach maturity, they will have removed over 400 tons of carbon dioxide from the atmosphere. NCGA is proud to be Pur Projet's very first U.S. partner to plant trees as part of this innovative program.

Whenever co-op staff attend a qualifying NCGA-sponsored training, they will be contributing to this important project. Co-ops nationwide are joining together to not only grow the next generation of co-op leaders, but a sustainable forest, too. We are stronger together! 🌱



## Meet the Staff



**Jason**

**Hometown:** born in Idaho Falls, Idaho

**What he likes best about the Co-op:** “Working with good people, great products, and happy customers.”

**What’s in his kitchen from the Co-op:** Shiitakes, watermelon radishes, umeboshi vinegar.

**Favorite hobbies:** Playing music, hiking.

## A Tour of the Dairy Farm *Sasha Bajjo-Fournier*

Hi all! A few weeks ago, Matt and I were fortunate enough to spend a day outside the coop visiting a small dairy farm that is part of the Organic Valley Foods Cooperative. Before this trip, I did not even know Organic Valley was made up of small farmers! We joined up with staff members from six other coops in the region (CT, MA, NH, VT, ME) and rode a bus up to Randolph, VT, where we met Brent and Regina Beidler. The view on the way up was spectacular! The leaves were just starting to change, and the contrast against the green mountains with slow to swift riverways following alongside made for a breathtaking trip; it seemed to take no time, even though it took a couple hours each way. Back to the farm... Beidler Farm hosts 30 cows of different stock: Jersey cows, Ayrshire cows, and one other that escapes me. I will let you know once I find out!

At Beidler Farm, cows are milked one-by-one, twice a day at four o’clock in the morning, and four o’clock in the evening. The farmers have a very intimate relationship with each cow, and name them uniquely based on their parents and misbehaving celebrities at the time each calf is born. The Beidlers

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# Meet the Worker’s Council!



*Current Worker’s Council, from left, Sasha Bajjo-Fournier, Chris Dubis, Matthew Woodward and Jonathan Campo.*

The Worker’s Council was voluntarily established in order to facilitate the exchange of communications between staff and management. Together the Worker’s Council gathers feedback and encourages participation in the inner workings of the Coop, helps staff address issues regarding working conditions, maintains a solid understanding of staff policies, meets with the management team as needed, facilitates the quarterly Staff Meetings and assembles and distributes the staff newsletter.

used to incorporate a small amount of grain in their feeding process, but have since switched to grass-fed only. When using grain, Brent and Regina decided to grow their own, but were surprised to find that their customers wanted grass-fed beef as well as the option to buy their locally grown grain. A small mill was purchased and placed in the barn...the rest is history! Customers love their locally milled flour and the Beidlers enjoy a more cyclical, cost-effective, and efficient method of "soil farming" that ensures optimal health of their cows and the highest quality of their milk. Turning cow manure over into the soil helps the Beidlers grow grasses for cows to feast on all day and eventually bale hay for the winter feed. It is wonderful to watch cooperation in



action alongside such earth-conscious, biodynamic farm practices. I was so inspired to see the positive effect coops can have on the livelihoods of small farmers, right here in New England. Matt and I look forward to sharing this experience with our fellow staff members as more small farm tours become possible in the future. 🌱

<http://www.organicvalley.coop/>

<http://www.beidlerfarm.com/>

## Chocolate Sugar Cookies

**1/2 cup butter, softened**

**3/4 cup sugar**

**1 large egg**

**1 teaspoon pure vanilla extract**

**1 1/2 cups unbleached white pastry flour**

**1/3 cup Organic Baking Cocoa**

**1/2 teaspoon baking powder**

**1/4 teaspoon salt**

**confectioners' sugar for sprinkling**

### Directions

In a medium bowl, cream the butter and sugar together until smooth. Beat in the egg and vanilla until light. Sift together the flour, cocoa, baking powder, and salt. Stir the dry ingredients into the butter mixture and form into a thick dough. If the dough is soft, wrap it in plastic and chill for 1/2 hour. Preheat the oven to 375 degrees and butter a baking sheet. On a lightly floured surface, roll out the dough to about a 1/4 inch thickness and cut into shapes. Place the cookies on the prepared baking sheet, sprinkle with confectioners sugar, and bake for 15 to 20 minutes until the centers of the cookies are firm. With a spatula, transfer the cookies to a cooling rack.

These crisp chocolate wafers may be rolled out and cut into shapes suitable for any festivity. Store the cookies in a tin with a tight-fitting lid to keep them fresh. (Yields 18)

*From Moosewood Restaurant Low Fat Favorites, published by Clarkson N. Potter, Inc. 1996.*

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## Helen's HABA review! *Helen Scanlon*

I reviewed a trio of wonderful new products for this edition of The Compost: Wedderspoon Manuka Organic Honey Lozenges, Herb Garden Naturals Sandalwood and Frankincense lotion, and Just Soap bicycle-powered lemon/orange soap.

I adore a good scent in a super-emollient lotion, and Connecticut-created Herb Garden Naturals Sandalwood and Frankincense Lotion does not disappoint. The woodsy one-two punch of splendid sandalwood and fabulous frankincense is enveloped in a rich, non-greasy lotion that soothes dry skin like a boss. The scent combo is assertive and naturally aromatic—so Herb Garden Naturals does double-duty as a fragrance product. It's just that awesome. From the company's website:

*Herb Garden Soap is the creation of Stony Creek, CT resident Carole Barber, who has combined her background as an historian, artist, pastry chef, graphic artist, and entrepreneur to create healthy herbal skin care products that are good for you, and gentle on your skin.*

This fragrant lotion comes in a cute little jar with inspirational sayings all over it, too. Softens skin, smells fantastic AND lifts the mood. Heck, it just doesn't get better than that! Get some Herb Garden Naturals at your next trip to the Co-op, and keep it close by for when you need an instant feel-good moment.

Then, I tried the Wedderspoon Manuka Organic Honey lozenges. They are sweet and



soothing to the throat and feature real bee propolis for its antibiotic and anti-inflammatory properties. I found the lozenges to be a tad on the syrupy-sweet side, but not overly so. If you are a lozenge lover,

give these a try—they feature ingredients that are pronounceable and found in nature. NOTE: There is an allergic reaction warning on the la-

bel. Check with your healthcare professional before using, especially if you are allergic to honey, bee stings or bee products. These lozenges pack a powerfully natural punch to a sore throat, just in time for the dreaded cold and flu season.

Next up: Just Soap, powered by pedals, is really some kind of delightful. From the website, [www.justsoap.com](http://www.justsoap.com):

*Just Soap is a handcrafted, all natural soap - blended by bicycle! Why the bicycle? Traditional soap making demands hours of stirring! So founder Frederick Breeden - a biking enthusiast and environmentalist - had plenty of time to dream up a more efficient and eco-friendly method of mixing the soap. He shared his vision with a bicycle builder, and the result is a one-of-a-kind bicycle-powered soap blender.*

Pretty dang cool, huh?

I tried the Orange/Lemon and I found its light, clean scent to be quite lovely, and the bar itself is a bright and cheery marigold orange. I recommend keeping this nugget of soapy goodness in the dish to impress company. And, be sure to keep a bar in the shower when you need more than a kick of coffee and a bowl of oatmeal to get you ready to face the day. The silky, fragrant suds from Just Soap will wake you with a gentle nudge and send you out the door with a smile. I just love a good handmade soap—when you can tell a lot of care and skill went into its creation—and this bicycle-powered beauty just made my list of favorites.

Hey, it's a tough job, but somebody's gotta do it!

Prepare for the snap and chill of the fall and winter—head on over to the Willimantic Food Co-op's HABA aisle and stock up. So many shelves stocked with health and luxury, all waiting for you! 🌿

**Helen Scanlon** is a local author and artist. Her book, *My Horse, My Heart: The Morgan Horses of the University of Connecticut*, is available at the Co-op.



## Winky's Food Review *Winky Gordon*

This issue, I'll be giving my tasteful opinion on: Field Day's organic Roasted Garlic pasta sauce (26 oz. jar); Betty Lou's gluten free Nut Butter Balls (1.4 oz. package); Way Better Snacks' Punkin Cranberry Tortilla Chips (6 oz. bag); Westbrae Natural's Organic Black Bean Chili (17.3 oz. package); and Pacific's Organic Thai Sweet Soup (17 oz. package). With the exception of the pasta sauce in a glass jar, these are all things that would be easy to bring camping. While closed, none of them needs refrigeration, and the soups are small enough that it would be easy to finish one in a single meal.

I was reluctant to sample the pasta sauce because, truth be told, I am not a fan of "plain old" red sauce. Or maybe I'm a snob about making it fresh. However, I found a way to satisfy the desires for both the convenience of bottled sauce and for fresh ingredients; I added my wild mushroom/vegetable medley to Field Day's sauce. Theirs is made with all organic ingredients, including tomato puree, tomatoes, dried cane syrup, roasted garlic and a few others. Without the additional vegetables, to my palate it's just too sweet and snuffs out the garlic's influence. With them, it's a perfect extender and could be the making of a hearty, satisfying meal. I'm not sure why cane syrup is in there except that it's in nearly everything we buy. Field Day is a low-cost brand that makes many products and is based in Providence RI. In addition to the Roasted Garlic, the Coop also carries Italian Herb, Tomato Basil, and Traditional Marinara sauces.

Yes, Virginia, there really is a Betty Lou, and she lives in Oregon – at least her company does. She began her recipe-designing career when her kids were small and she wanted to wean her family off white sugar. Instead, her products are sweetened with brown rice syrup, agave syrup and fruitrim™, a combination of fruit juice and "natural grain dextrins" (nutrition-

ists – what is this?). I tried the Almond Butter and the Spirulina Ginseng. They both have a zillion ingredients, starting with almond butter, gluten-free oats, brown rice crisps, and have 5 mg of protein, 8 grams of fat. I was unimpressed with the first – the Almond Butter- but would eat it again if someone gave it to me. Again, the predominant taste was "sweet." Interest-

ingly, I found it to also have a butter (cow's) flavor to it, despite not having any such ingredient in it; this could appeal to the butter lovers of the world. The Spirulina Ginseng, however, was fun. How could it not be, with such crazy ingredients? It's got zip, mystique, and declares itself "High Energy" on the package - I was practically dancing after eating it.

The Coop carries Cashew Pecan and Coconut Macadamia nut butter balls from Betty Lou's kitchen as well.

If you send this treat to school with your kids, you may wish to repackage

it; the lettering will provide fodder for endless "tee-hee" talk. Go take a look.

Way Better Snacks' tortilla chips are made with sprouted seeds, grains, and beans, making them "more bioavailable," the packing informs us. Yeah, yeah, yeah, great ingredients, but they are just chips. Which is not to say that I don't enjoy them. In fact, I usually have at least one bag of this kind of product in my kitchen cupboard at all times. Can't we reclaim the pleasure of indulgence without justifying it? Okay, enough rant. I have eaten Way Better's Black Bean, and Sweet Potato chips and enjoyed them thoroughly. I haven't tried the Sweet Chili, being the spice wimp that I am. I went out on a culinary limb in trying the Oh, My Sweet Punkin Cranberry chips, a limited edition batch for "season's eatings." Despite the fact that I have eaten nearly the whole bag, I will say that these are just plain weird. They're made with stone ground (non GMO) corn, sunflower oil, cranberries, pumpkin, organic sprouted flax seed and quinoa, raspberry, and pure sea salt. This particular batch was well cooked, meaning a little oily, making



them especially appealing on the indulgence meter. I suggest that you try them and decide for yourself. They will certainly make for an unusual addition for party appetizers. Festive!

I'm happy to say that the Westbrae organic Black Bean Chili really tastes like black beans and has no added sweeteners. I noticed the carrots and onions in each mouthful. The tomatoes and tomato paste are not overwhelming and it has just a titch of chili powder – not too much for the spice-impaired like me. This chili also contains rice flour, soy protein and potato starch. Look ma- no gluten! With a whopping 12 grams of protein in each cup, this baby is substantial, real food. I ate mine with leftover brown rice. Delicious and convenient. You can also find Spicy Black Bean, Three Bean, Pinto and Kidney Bean chilies by Westbrae at our Coop.

Finally, Pacific's organic Thai Sweet Potato Soup. This is a complex mix of flavors, difficult to distinguish at first. Coconut milk, rather than sweet potato, is what I got first and, really, how can you go wrong with coconut milk? Other distinct tastes are lemongrass and lime oil. It also contains squash, carrots, onions, rice flour and, surprisingly, almond butter, among other ingredients. The amount of red chili pepper is enough to tease a spice lover but not make the likes of me unhappy. I suppose the melding of the different flavors, the way they move from one to the other, is a sign of a well-conceived recipe; it's good. We carry Roasted Garlic, Cashew Carrot Ginger, and a few other Pacific soups as well, both in the 17 oz and 32 oz sizes.

By the time you read this, some of these products will be on sale. I'm lovin' our big, fat sale prices! Once again, dear shoppers, I am signing off. Eat well and be kind. 🌿

*Winky Gordon lives, eats, and works in Mansfield. She lives ten minutes from the Co-op and has been a member since 1984. She loves Chocolate.*

## Notes From The Bulk Desk *Jon Campo*

Hi all, just a quick update from the Bulk Corner. We have a lot of new fair-trade items from Equal Exchange. They will be easy to spot by looking for the colorful new red bin tags. Let's see: Yogurt Raisins, Chocolate Raisins, Flame Raisins, and the Mango, Pineapple, and Apricots I mentioned last time. Some are not certified organic yet for various reasons, Equal Exchange is working on it. All good, give 'em a try. Perfect stocking stuffers.

Farro is back as of today, but for how long? Worldwide demand greatly exceeds supply, so scoop it up while you can, it keeps well in a sealed jar. I can't get the white mulberries that so many folks have asked for; I think they can be had only from Dr. Oz' website for now... Also back are the very popular Veggie Chips that sold like hot cakes for years, but our wholesaler changed suppliers and they came in rancid too often, now back to the original source and taste good. Also, the 'Sundrops' which the Co-op has sold forever, but hardly sold at all, have been replaced by 'Rainbow Drops' which actually taste good, and are selling well. If you have missed this item, they are like M&M's (only slightly healthier), and in more festive colors.

Other new products: Black and Blueberry granola from Grizzlies Granolas (a great company) has blueberries and blackberries in it, and is GMO and salt free. If you haven't tried the Wild Berry Muesli from the same company, you should. It is also salt, GMO, and also sugar free, and really tasty. From New England Naturals we have a new granola 'Coconut Berry Granola' which is also unsweetened, and GMO free - like all their products. I also just got a trail mix in from them: 'Antioxidant Super Trail Mix' which I can't stop eating as I write this - and I don't even like trail mix. The apricots seem to be the magic ingredient. We have a similar product, but I like this one better. Let me know if you agree. New England Naturals is another great company with deep roots in this area, (they pre-date our Co-op by two years) and happen to be a worker-owned Co-op. I know I might be repeating myself a little here, but there are so few really

## Film Night at the Co-op!



### **DIRT! The Movie**

Sunday, January 26, 2014

6:30pm-9pm

In the Co-op Café

*Discussion after the Film with Special Guest:*

### **Bryan O'Hara of Tobacco Road Farm**

Tobacco Road Farm in Lebanon, CT is one of the Willi Food Co-op's most beloved and knowledgeable producers of locally grown unsprayed vegetables. They have provided the Co-op with gorgeous and nutritious greens and roots for over 15 years!

***Dirt! The Movie is an insightful and timely film that tells the story of the glorious and unappreciated material beneath our feet.***

Inspired by William Bryant Logan's acclaimed book *Dirt: The Ecstatic Skin of the Earth*, *Dirt!*, the movie takes a humorous and substantial look into the history and current state of the living organic matter that we come from and will later return to. *Dirt! The Movie* will make you want to get dirty!

### **Why Dirt?**

Dirt feeds us and gives us shelter. Dirt holds and cleans our water. Dirt heals us and makes us beautiful. Dirt regulates the earth's climate. Dirt is the ultimate natural resource for all life on earth.

Yet most humans ignore, abuse, and destroy our most precious living natural resource. Consider the results of such behavior: mass starvation, drought, floods, and global warming, and wars. If we continue on our current path, Dirt might find another use for humans, as compost for future life forms.

It does not have to be that way. Another world, in which we treat dirt with the respect it deserves, is possible and we will show you how.

The film offers a vision of a sustainable relationship between Humans and Dirt through profiles of the global visionaries who are determined to repair the damage we have done before it's too late. There are many ways we can preserve the living skin of the earth for future generations. If you care about your food, water, the air you breathe, your health and happiness... come see *Dirt!*

trustworthy companies left in this business that I feel like it is worth mentioning the good ones.

Also new - 'Allergen Free' Dark Chocolate Chips, just in time for baking season. These are processed in a dedicated gluten-free facility, are fair trade, organic, and the manufacturing facility is free of the eight major allergens: Milk, eggs, fish, shellfish, tree nuts, wheat, peanuts, soybeans. And Kosher. As always if you are likely to stop breathing, et cetera, if you eat trace amounts of any allergies you should NOT buy ANY product in the Bulk Department, but instead get a sealed package. These come in a ten pound box, so one could always split a box with a friend, and also get a case discount (12%!).

One last thing, just in time for baking season: Scharffen Berger 70% Dark Chocolate in bulk! This retails for almost \$20.00 a pound in packages, and any normal retail store would charge at least \$18.00 a pound, but we are selling it for a low \$12.95 a pound. Enjoy.

Not new, but guaranteed to be a big hit at your Holiday Party: The 'Hatch Green Chili Mix' from Sunridge Farms, (pretty darn spicy), Curried Cashews from Tierra Farm (spicy but not hot), Salt and Pepper Pistachios, Roasted No Salt Pistachios, and the Honey Roasted Cashews, and Chipotle Honey Roasted Almonds both from The Tanner Nut Company in North Carolina. I wish everyone a very happy and healthy Holiday Season, and New Year! Jon 🌿

*Jon Campo has a background in culinary arts and has worked as a cook, baker and pastry chef, caterer, and, for the last twenty years, has worked in Co-ops in Vermont and Connecticut.*



# Local Artisans Holiday Tables



The Co-op will again be hosting local artists and crafts folk selling their wares in the Co-op café this holiday season! Look for Holiday Tables every Saturday and Sunday starting Saturday, November 30<sup>th</sup> through Sunday, December 22<sup>nd</sup>.

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## Stuck for gift ideas?

Consider giving a Gift Certificate from the Willimantic Food Co-op!

*Available at check-out in any amount!*

Check out our selection of books by local authors and artists, covering a wide range of subjects!

*Something for everyone!*

Check out our selection of fine knitted items from Andes!

*Something for all ages and sizes!*

Check out our selection of beeswax candles, mobiles and other crafts by local artisans!

*A great way to support our local economy!*



*We hope that you'll be able to take advantage of our*

## Extended Holiday Hours!

**Saturdays, we are open 9:00am to 8:00pm!**

**Sundays, we are open 9:00am to 6:00pm!**

9:00am to 8:00pm Monday thru Friday

