



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

THE COMPOST

Vol. 38, Number 1 **Spring 2016**

WWW.WILLIMANTICFOOD.COOP
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STORE HOURS

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

Sunday
9:00am - 6:00pm

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Co-op Scoop *Alice Rubin*

We did it! We survived the Winter that wasn't! It was good for sales at the Co-op – easy to get out and shop and lots of indoor time to cook. Little of the usual pre-snowstorm panic buying evened out by the Co-op being unable to open. Nice steady shopping. I liked that after last winter. And I like all of the signs of spring I am seeing now -- I can feel it coming. Some change, like the changing seasons, is good, and most of us like it. Some change is harder.

Change at the Co-op is often difficult. But the Co-op, like everything, is inevitably going to change. It is how we manage that change and the choices we make so that we are managing the change, not the change managing us. I try hard to keep looking at the bigger picture while doing my job as Manager of the Co-op. I want the Co-op to be here for the long haul. I want the Co-op to serve the Member-Owners and the Community in the best possible way. This is why we did the Market Survey. Where are we in comparison to the rest of the world that is selling food? This is important because although I often feel like Willimantic is a bubble unto itself, I know it isn't. Where are we compared to other Co-ops? We haven't fully taken in the results of our Market Survey, but some of the highlights are helping to inform our next steps.

One thing that stood out was our lack of sales compared to other Co-ops, in large part because we don't have a kitchen in which to make prepared foods for sale at the Co-op. We have heard this desire from Member-Owners for many years. How can we have a kitchen? We need more space! The Market Survey also said that if we were to relocate, it should be nearer to the East Brook Mall. This is because a large portion of our shoppers come from the North (Storrs and Mansfield) and the East (Hampton and Chaplin). There would be easy access from the highway. But we are the Willimantic Food Co-op and we are committed to Downtown Willimantic. Member-Owners have expressed this many times. The Board has already had this conversation.

So, what do we do? We are looking at ways to stay where we are, and get more space to offer more services. We are thinking outside the box – literally. We love our store. We have invested a lot of time and money into making it what it is. Could we rent or buy additional space close by? Could we have the best of both worlds? Yes! We've just got to figure it out! Any ideas or opinions you have on this subject, or any Co-op related matters are welcome and encouraged. You can contact any of our Board Members, check out our website (www.willimanticfood.coop) for contact info, or contact me at (860) 456-3611 or alice.rubin@willimanticfood.coop. Or come to our Annual Meeting! We want to hear what our Member-Owners want!

More Changes... continued on page 3

Survey Says...

Staff Satisfaction at the Co-op *Patricia Smith*

General Manager

Alice Rubin

Management Team

Penny Barton-Zuckerman

Financial Manager

Mark Giangrave

Produce Manager

Bruce Oscar

Facilities Manager

Steve Scanlon

Grocery Manager

Patty Smith

Operations Manager

Sasha Bajjo-Fournier

Front-end Manager

Staff

Jessica Andia-Hannon

Olivia Beauallan

Jason Borga

Susan Chasin

John Clark

Chris Demorit

Chris Dubis

Chad Dunnack

Kara Fodaski

Breanna Fortin

Avery Gratton

Stephanie Henry

Wendy Jakoboski

Jose Maldonado

Alfredo Manteca-Cano

Emmett McMullan

Cari Nadeau

Jeffrey Nash

Mario Perez

Jesse Ruiz

Kenneth Saintonge

Paula Scharpf

Rita Tunador

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

Chris Dubis

Newsletter

Amy Kalisher

Ellen Embardo

Sasha Bajjo-Fournier

Alice Rubin

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In the fall of 2015, we conducted a survey of staff members at the Co-op to measure workplace satisfaction and engagement. I would like to share some of the highlights with you here in the Compost. The survey we used was professionally designed and conducted by co-op experts from CDS Consulting Co-op and has been used effectively by co-ops all over the country for years. Our CDS consultant, Sarah Dahl, a Human Resources veteran from the Willy Street Co-op in Madison, WI, set up the survey for us, guided us through the process, compiled, analyzed, and reported the results, and even visited our store in November to meet with staff and management and attend a staff meeting.

The survey consisted of about seventy multiple choice questions with space for free-form comments, completed anonymously by eligible staff (those who had completed their three-month introductory employment period), as well as face-to-face interviews conducted by Sarah with a random selection of staff members from all departments. The questions on the survey covered a broad range of topics, including compensation, management and HR practices, workplace communication, store and department operations, supervision, training and development, job satisfaction, and the Co-op as a workplace overall.

I'm happy to report that we had 100% participation, and that our scores were very high compared to survey scores of 250 other food co-ops nationwide and, perhaps more importantly, compared to our last staff survey in 2010. Our final report stated that our survey results indicate that "Willimantic Food Co-op employees are highly satisfied with nearly all aspects of their workplace that were measured by this survey." I think the improvement in results over our last survey (the same methodology and many of the same questions were used) reflect the energy that has gone into all areas of the Co-op's operations over the past five years to make the Co-op a better place to work. This is not to say that we don't still have areas for improvement, or that everyone expressed happiness in every area of the survey, but I do believe we can feel confident celebrating some measure of success. Some of the major themes that came out of the survey were:

- Things are improving: Staff reported a variety of areas where they feel things are improving at the Co-op, including communication, systems and efficiency, cohesion of the management team, and addressing performance and accountability issues more consistently and promptly.
- We are busy but engaged: Many employees reported that there is just not enough time to get to all the projects we would like to work on, and that with our daily workload, it's challenging to prioritize everyone's ideas for improving the Co-op.
- Workers Council reinvigoration*: many staff indicated that they aren't quite sure what the purpose of the Workers Council is, and how it impacts them.
- Pay raise clarity: Staff reported that they are happy overall with their pay and benefits, especially the Co-op's commitment to paying a Livable Wage, but many people mentioned that they would like to see a more direct connection between job performance and pay raises.
- More cross training: In the interest of providing better customer service, staff said that they would like more opportunities to train in departments other than their "home" department.

- Staff love the Willimantic Food Co-op: Job satisfaction was the highest scoring section of the survey, with many staff reporting a sense of pride in, ownership of, and enthusiasm for the work they do here.

There is always room for improvement, and being able to identify those areas and strategize about how to make them better is very exciting. We're already making plans to do that - in addition to the survey results, Sarah provided the management team with a set of store wide and department specific recommendations for how to address areas where needed improvement is indicated, some of which are already being implemented. We're committed to building a culture of job engagement and satisfaction, continuous learning, and "accountable empowerment" - creating a sense of individual ownership and meaning in one's work while striving to fulfill the goals of the organization as a whole.

On a personal note, I would like to express my gratitude to Co-op members and shoppers for creating and contributing to the friendly, supportive, fun environment that we are lucky enough to work in - our member-owners are the Co-op and are the biggest factor in what makes the Co-op such a great place to work. I would also like to thank staff for being so engaged and willing to share their honest opinions about their workplace; because of that we can all work together to continue to improve the Co-op now and into the future, and aim toward celebrating much more success.

**The Workers Council is a committee made up of non-management staff, whose main function it is to facilitate communication between staff and management. The Workers Council has been in place since 2013. 🥕*



More Changes! *continued from page 1*

...are coming to our Working Member Program. We would like to somewhat 'formalize' this aspect of the Co-op. We want to give better training, ask for more commitment in a particular job, all with the goal of being more efficient. There are two areas we are focusing on: the repacking of bulk items and customer service.

Traditionally, working members did all of the bagging of bulk goods. At some point this changed, and paid staff wound up doing this job in between all of their other tasks. I would like to see that task shifted back to working members allowing our paid staff to do the jobs that they were hired for. And the other part, customer service, is something that we never have enough of. Who better to explain shopping at the Co-op than the Member-Owners themselves? My vision is to have seasoned Member-Owners out on the floor for their working member shift, answering questions, explaining what the Co-op is and what membership means. I think that this role would be more valuable to the Co-op and perhaps more satisfying to the working member. We also need more Member-Owners to help with Outreach. Sarah Keleher has been our mainstay in this department, and great as she is, she can't do everything! More sampling, speaking at local organizations and events, helping to spread the word about what the Co-op is - we need more help accomplishing this important work.

We are starting to create some training plans and a schedule and it will be posted soon on the new working member bulletin board that will be hung between the mop closet and the Men's bathroom. In the meantime, if you are interested, please let me know.

We greatly value all of our working members and what you contribute to the Co-op. We don't see any decrease in working member opportunities, just a shift in which jobs are available.

Thanks,
—Alice 🥕



ANNUAL MEETING of the Willimantic Food Coop

Saturday, April 16 5-7:45pm
Windham Town Hall
979 Main Street Willimantic
Bellingham Ballroom, 2nd Floor

AGENDA:

5:00-5:30 Coop Business Report to Membership, By-Laws Change (Term of Staff Rep) and Board Elections

5:30-6:15 Dinner (vegetarian) by **Not Only Juice**.
Music by Derek Waldron

6:15-7:00 Speaker Erbin Crowell, Executive Director, Neighboring Food Co-op Association. “The Challenge of the Co-operative Decade”

7:00-7:45 Engagement with Members: Vision for the Future of the Coop

- Participants in Discussion: Members, Coop Management, Board
- Extended interactive communication for the purpose of exchanging of views on the topic called “expansion.”
 - What does expansion mean? What doesn't it mean?
 - Motivation, background – from Coop Operations point of view
 - Guiding Influences: Coop principles, local community, and history of inputs

Erbin Crowell serves as Executive Director of the Neighboring Food Co-op Association (NFCA), a federation of more than 30 food co-ops and start-up initiatives with a combined membership of more than 90,000 people across Vermont, New Hampshire, Connecticut, Massachusetts and Rhode Island. Prior to joining the association, he worked with the Cooperative Fund of New England and the Valley Alliance of Worker Co-ops. For more than a decade, he was a member of Equal Exchange, a worker cooperative and pioneer in the Fair Trade movement, and serves on the boards of the New England Farmers Union and the National Cooperative Business Association. Erbin holds a Master of Management: Co-operatives & Credit Unions from Saint Mary's University in Nova Scotia, and is an adjunct lecturer at the University of Massachusetts, Amherst, where he teaches courses on the co-operative movement.

Supplement for Information on Voting — from By-Laws

(from **Article III: Meetings of Members**)

Section 3.4: Quorum and Voting

The presence of twenty-five members shall be necessary and sufficient to constitute a quorum for the transaction of business at any meeting of members. Each member shall have one vote on each matter submitted to a vote of members. Proxy voting shall not be permitted. Unless otherwise required by law or by these by-laws, issues shall be decided by two-thirds majority vote or, in the case of the election of directors or where two or more options are presented on a single issue, by plurality vote. Meetings of members shall be conducted in conformity with generally-accepted rules of parliamentary procedure.

Section 3.6: Issues Submitted by Members

Notices of a meeting of members shall include any proper issues submitted by petition of not less than fifty members. Petitions must be received at the principal office of the Co-op not less than two months before the date of the meeting.

(from **Article IV: Board of Directors**)

Section 4.2: Classification, Election, and Terms

The Board shall consist of not less than five nor more than eleven consumer directors, one management director and one staff director. All directors shall be members of the Co-op. Consumer directors may be nominated by the Board, or by petition of not less than ten members. Consumer directors shall be elected at the annual meeting of members to serve for terms of three years or until election of their successors. Terms of consumer directors shall be staggered so that as nearly as may be possible, one-third of such terms shall expire in each year. The management director shall be nominated and elected by managerial employees from their number and the staff director shall be nominated and elected by non-managerial employees from their number. Terms of management and staff directors shall be one year or until election of their successors.

The Challenge of the Co-operative Decade

The International Co-operative Alliance's "Blueprint for a Co-operative Decade" is a rallying call to our co-ops to celebrate the difference that we make in our communities. It is also a challenge to move beyond our comfort zone and envision a future where co-operative enterprise is recognized for its leadership in social, economic and environmental sustainability -- the preferred way of doing business for people around the world, and the fastest growing business model in the world by 2020, just four years from now. How can we use this opportunity to educate and empower more people to build vibrant, participatory and resilient communities? Where are the opportunities for development and for co-ops to work together to foster and enhance the Co-operative Economy? What part can we play in our local co-ops to make the Co-operative Decade a reality? 🌱

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♦ **Joanne Todd** grew up in Willimantic and lives in Scotland. She believes that the Food Coop is important to the Willimantic Community. She has been privileged to serve and contribute to the coop's vitality as the board treasurer for five years. Joanne is President/CEO of Northeast Family Federal Credit Union, a member-owned financial cooperative where she began as a teller. She holds a BS in Accounting and a MBA from the University of Connecticut. 🌱

Board Elections

At our upcoming annual meeting on April 16th, you will have an opportunity to elect two members to our board of directors. Our board endorsed slate of candidates includes our longtime treasurer, Joanne Todd, who is up for reelection, and Linda Brock, who has ably served as our board scribe and is running for the board for the first time.

♦ My name is **Linda Brock**. After serving as the Willimantic Food Co-op Board scribe for the past year, I would now like to serve as a board member.

I moved to Willimantic more than a year ago and joined the Co-op almost immediately. I had been a member of two other food co-ops, and I feel the co-operative model of equality and shared purpose is beneficial both to the members and to the community.

As someone who is concerned about the environmental impact of "industrial" farming, I support the Co-op's focus on organic, local, and small scale producers as a way to protect both our ecosystem health and our own survival. I am also concerned that here in the most prosperous nation in the world so much of our population struggles with food instability and poor nutrition.

I have about twelve years of prior experience serving on four non-profit boards. In the Willimantic Food Co-op, I see an organization that has grown from its volunteer founding phase to one that has a professional staff to carry out day-to-day operations. As a result, although now well established, the Co-op has less opportunity for members to become involved. Newer members may have a hard time seeing that WFC as more than just an "organic grocery store."

I feel that the Co-op can reinvigorate member engagement by focusing on two of the Rochedale Co-operative Principles – education, training, and information; and concern for the community. And by developing ways to guide member involvement in issues of nutrition and food supply, the Co-op can also improve the health of our community. 🌱

There's a New Cooperative in Town

Len Krimerman

Well, not all that new. We've just celebrated our 3rd Year Anniversary in January; many of you were actually part of this event.

"We" is the Windham Area Hour Exchange, or WAHE for short, one of over five hundred "time banks" across North America that are part of a cooperative network called hOur World (hOurworld.org). Taken together, this network has almost 40,000 members who have exchanged over two million hours of their labor and service.

In numerous ways, WAHE resembles our Food Co-op. A democratically elected Board made up mostly of members helps run both enterprises, and WAHE has a Coordinator, Eva Csejtey [also a Food Co-op member), who oversees and manages it, much as Alice does in the WFC.

But we're different in some ways as well. Instead of exchanging money, we trade our labor. By creating individual online profiles, "time bankers" let the rest of us know two things: what they want and what they are willing to offer. When we receive other people's labor, they receive hourly credits from us; when they offer us their labor, we in turn give them matching credits in hours. For example, I have needed some help with our fast-growing lawn, and I have offered members help with writing non-fiction, especially their own memoir stories. When Bill comes to mow our lawn, rather than paying him cash, I give him four or five hours of credit. And when someone receives, say, three hours of writing assistance from me, he or she gives me that number of hourly credits. All of these labor exchanges are handled and recorded online.

Yes, time banking is a form of barter. But it's not the old-fashioned sort where exchanges occur only within reciprocating pairs of people. Bill, for example, does not have to use the credits I give him to obtain anything I offer. Instead, he can use them to access labor from any of our members. We like to call this community barter.

For me, one of time banking's most attractive features is the commitment to full equality. Each person's skills or labor are valued equally with those of everyone else. For example, a holistic health practitioner may provide me with acupuncture services, while an Ashford neighbor offers me a ride downtown to her office. If both spend two hours helping me, they both receive two hourly credits for their labor.

Having reached our third year, WAHE now has over two hundred local members who have exchanged over three thousand hours. That's a decent start, but we're still looking for many more members with many diverse skills and desires. My guess, or hope, is that members of the Willimantic Food Co-op, already familiar with the ways and benefits of cooperative enterprise, might want to consider joining another local co-op. To get more information on WAHE, and how you can join us, contact Eva Csejtey at 860-450-7400, ext. 7458, or at eva.csejtey@accessagency.org.

In addition, starting on April 8th, look for me on Friday afternoons behind a table at the front of the Food Co-op, where I'll be happy to meet and chat with anyone – whether already a member, a potential member, or just interested – about WAHE. You can also reach me at editors@geo.coop. 🌱



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About Your Staff Rep *Chris Dubis*

Hi Everyone!

As you may or may not know, I have been serving as your Staff Director to the Board, otherwise known as “Staff Rep,” for the past two years. This year we are undergoing some changes with our Staff Rep position. Traditionally, it has been a one year term. This year we are bringing it to you, the membership, for a vote on changing the by-law to extend the term from one to two years. I will not be serving another term on the board so that I may focus more on my department. Wellness (supplements and bodycare) is a rapidly growing area of the store and deserves as much attention as I can give it. With me stepping down and introducing a new staff member, this change is important. The board has decided to go through with this for several reasons.

It takes a long time to get acquainted with the other board members and understand their dynamics of communication. It's also quite a process to figure out where you fit into the flow of each meeting. The board does not talk a lot about daily operations of the store. We focus on the much bigger picture of our cooperative and what kind of future it has. It can be difficult to switch gears to a broader landscape of topics outside daily store tasks. However, it is incredibly important to be able to have a staff person's viewpoint on these decisions. In this second year of service I have grown far more comfortable and knowledgeable of my importance, primary goals and boundaries as the Staff Director. In my opinion, this second year is necessary for prime board productivity.

I hope you will support the board in this minor but important by-law change. We will see you at the Annual Meeting to vote on this important issue! In the meantime, I'd love to answer any questions or listen to any comments or suggestions you may have.

Thanks for reading!

In cooperation,

Chris Dubis

Wellness Manager/

Staff Rep to the Board 🥕

Year End Giving

Thank you all for your wooden nickel votes for local non profits. Based on the nickel tally, we were able to make the following donations:

Windham No Freeze Shelter \$4,000

Covenant Soup Kitchen \$3,500

Holy Family Shelter \$2,000

First Baptist Church \$100

cliCK \$300.00

In addition to these donations, over the course of 2015 the Co-op donated over \$10,000 to support other good work being done in our community. Some of that money went to:

Empty Bowl Project

Willi Whammer

Dollars for Scholars

The Last Green Valley

Windham Theater Guild

Walk for Warmth

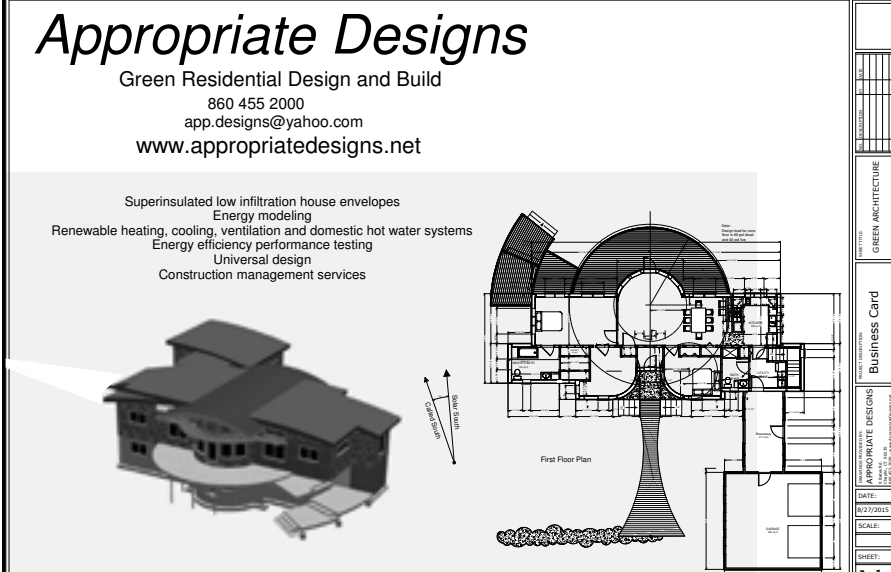
Whitewater Partnership

It feels good that the Co-op is able to help make Willimantic an even better place. 🥕

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Winky's Food Review *Winky Gordon*

Hello Coopers! Up for review in this issue: Grey Barn Farm's Bluebird organic raw cow's milk cheese (\$19.99/lb; Against The Grain Gourmet flatbread fiesta pizza (\$3.59/ 4.75 oz box); Vermont Switchel Company's Switchel drink (\$3.49/12 fl. oz bottle); Three Twins vanilla bean ice cream sandwiches (\$7.99/box of 4).

The cheese guest for this issue is Bluebird organic raw cow's milk cheese from Grey Barn Farm on Martha's Vineyard. It's a blue cheese that the makers describe as "pleasantly salty with something lurking below." They wax quite poetic on their charming web site with pictures of the owners, their kids, and all kinds of happy cows, pigs, and people. I like this cheese's texture as well as its taste. It's creamy but not sloppy – you can cut a piece off cleanly and not smear the knife. And the slight grittiness of the moldy veins (yep, blue cheese is all about mold) is a satisfying counterpoint to its overall buttery quality. This would be a great cheese for super-fancy mac and cheese, in a sandwich with tomatoes, or straight up with a cracker or slice of apple. If you are a lover of tangy cheeses, definitely give this one a try.

The Against The Grain Gourmet flatbread fiesta pizza is an economical and efficient meal. For \$3.59 and fifteen or so minutes in the oven, you get a gluten-free dish with fifteen grams of protein (along with a heavy dose of salt). Its ingredients include tapioca starch and buckwheat flour, black beans, mozzarella and parmesan cheeses, sour cream, and lime juice. I wasn't wild about it – kind of bland - but I would definitely eat it again with more toppings to give it extra pizzazz. We carry several Against The Grain products, including another mini pizza and some larger ones, as well as several breads. A great thing about Against The Grain is that it's made in Brattleboro VT, right up the Connecticut River. Look for at least two other single serving pizza products from other manufacturers in our freezer department.

For this next item, I am going out of my comfort zone and into new culinary territory. It is one of the apple cider drinks, which Chris Dubis tells me are trending now in the natural foods world. Some of you may have been partaking in this health ritual for years; it's new to me. I tried the Switchel, found in the beverage cooler. Some of the health benefits associated with drinking apple cider vinegar are: lowered blood



“About the Three Twins vanilla ice cream sandwiches: I died and went to heaven.”

sugar, balanced alkaline/acid within the body, restoration of depleted minerals, lowered blood pressure. (All this from the Internet – source of wildly fluctuating degrees of accuracy and honesty.)

Switchel is made in Hardwick VT from a family recipe used by a previous generation of farmers to quench thirst during haying season. Hence its other name – Haymaker's Punch. My first impression is that it's a confusing combination of sweet, sour, tangy, both familiar and alien. You kombucha lovers will probably dig it at first sip; I'm a little more hesitant. The tastes of maple syrup, lemon juice, and ginger are immediately recognizable and enjoyed. The apple cider part is novel, curious, and strangely appealing, like being drawn to an exotic unknown thing. Having just finished a whole bottle of it, I am alert and energized, sold on its capacity as a tonic for wellbeing. I'm willing to give apple cider vinegar a place in my daily dietary routine. I'll report back to you next time. We also carry several new concentrated vinegar drinks: rose petal, blueberry, and pine "shrubs," made by Herbal Revolution, found on the shelf by the juices.

About the Three Twins vanilla ice cream sandwiches: I died and went to heaven. I have a category for food that I describe as "if this were the last thing you ate before you died, you'd die happy." This ice

cream is in that category. It could make a girl swoon. The cute, round sandwiches are filled with superbly rich vanilla ice cream made with milk, cream, sugar and eggs. Rita the Freezer Queen says it's the eggs that make Three Twins ice cream so dang good. And the chocolate chip sandwiches...oh, the sandwiches. Sigh. They just melt in your mouth in the sweetest, crumbly way. Seriously, those Twins people have got this combo pegged - flavor, texture, good ingredients all in one place. The chocolate, sugar, and vanilla extract are fair trade and all ingredients are organic. In addition to milk, cream and eggs, the sandwiches contain vanilla bean, vanilla extract, and chocolate chips. They are not gluten free.

Three Twins gets its name from its founder, Neal, who was living with his twin brother and the brother's wife, who is also a twin. Get it? There are factories in both California and Wisconsin. They say they make 30,000 pints of ice cream a day, and that their mission is to create "authentic, absurdly delicious ice cream treats." I'm sold. We also carry several flavors in pints, including my favorite - orange confetti. Try 'em all.

Okay eaters, cooperators, friends - that's all for now. Be well, be happy, and be kind. 🌱

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Farm to Freezer is Back!

Your local food co-op works hard to support local producers. And by working together, the members of the Neighboring Food Co-op Association (NFCA), a network of over 35 food co-ops and start-ups across New England, are increasing our impact as we grow the regional food system.

Recognizing that most frozen fruits and vegetables on our shelves come from far away, the NFCA launched an innovative pilot project a few years ago to explore the feasibility of sourcing, processing, and packaging these products closer to home. The goal was to extend the marketing season for family farmers in the Northeast and increase the availability of healthy, sustainably grown, regionally sourced fruits and vegetables for our members and shoppers. The project was a great success, moving more than 13,000 pounds of Blueberries, Organic Green Beans, Organic and Non-GMO Sweet Corn, and Organic Broccoli, while demonstrating what food co-ops can accomplish when we use our shared strength to create change in our food system.

Now the NFCA has relaunched the program in collaboration with regional distributor Associated Buyers to increase availability to member food co-ops, and the product line now includes Organic Edamame.


"Our member food co-ops purchase an estimated \$50 million in local products annually," said Erbin Crowell, NFCA executive director. "And by working together, we can do more to grow a more healthy, sustainable and co-operative regional food system."

The NFCA's Northeast Grown Frozen Fruits & Vegetables are easy to find in your food co-op's freezer section — they're packed with a simple black and white label in a clear package so you can see what's inside. For more information, please visit www.nfca.coop/farmtofreezer. 🌱



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at the Bellingham Ballroom
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(use rear entrance)

Saturday, April 16th 5-7:45 pm

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➤ MEAL CATERED BY NOT ONLY JUICE

➤ MUSIC BY DEREK WALDRON

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