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## STORE HOURS until 10/2

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

*Sunday*  
**9:00am - 6:00pm**

## HOURS starting 10/2

*Monday - Sunday*  
**8:00am - 8:00pm**

## Co-op Scoop *Alice Rubin*

**I have to say that I am feeling a bit foolish:** I write one thing in the Compost, and then another, and none of them happens. I think we have a clear plan – a Path! And then it gets all muddy. With fear of making more mud, I'll tell you where we are now. We have had a very preliminary plan drawn up by Plan B, the design firm that designed our store. This plan is at least three fold. It shows how our store will shift once we renovate 87 Church Street, what 87 Church Street will become, and then what 87 Church Street has the potential to become. Maybe the problem is trying to imagine three projects at once.

Some small changes at the store are starting already. In a few weeks, a new produce case will be installed. It will replace the refurbished case that we bought when we moved here 11 years ago. Its bottom is rusting out and the new one will give us more space to stock more produce. At the same time, 4-foot refrigerator will go in across from the Dairy Case to add more meat to our product selection. I am not sure exactly what will go there, but Organic deli meats will fill at least part of it. We are also going to expand our hours! Starting October 2 we will be open from 8 am until 8 pm everyday! We hope that it will help meet the needs of more people.

Other changes in the plan for our store include:

- A Customer Service desk
- A Wellness desk
- 4 register lanes
- A Larger Grab and Go case
- A redesigned back room with an additional Walk In Cooler

Across the street at 87 Church Street will be:

- Offices
- Meeting Space
- Staff Break Room
- A Commercial Kitchen

As we renovate the new building, our far future will be kept in mind so that the building can easily be added onto and the work done there will not have to be redone.

There are many more details to be figured out and as the plan gets more real, drawings will be posted in the store and on our website.

I hear that patience is a virtue! Thanks for your patience. 🥕

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- 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  
*Front-end Manager*  
John Clark  
*Assistant Front-end Manager*
- Staff**  
Daniel Alexander  
Anthony Catapano  
Susan Chasin  
Chad Dunnack  
Corry Elm  
Joshua Fiagbedzi  
Paul Filipetti  
Kara Fodaski  
Jaron Gaier  
Avery Gratton  
Wendy Jakoboski  
Saige Johnson  
Samantha Lee  
Nancy McMerriman  
Cari Nadeau  
Jeff Nash  
Marissa Ocegüera  
Mario Perez  
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Christopher Swift  
Cassidy Tindle  
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- Newsletter**  
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Ellen Embardo  
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# Proclamation

• • • • • Co-op Month 2017 • • • • •

WHEREAS, “Co-op Month” officially became a national event in 1964, being celebrated each October in the Unites States of America; and

WHEREAS, co-operatives are businesses that are locally owned by everyday people who join together to solve a problem, meet a need or achieve shared goals; and

WHEREAS, co-operative enterprises — including food co-ops, credit unions, worker co-ops, farmer co-ops, artisan co-ops, utilities co-ops, and housing co-ops — are owned and democratically controlled by their member owners and give people who belong to cooperatives a real stake in their communities and their economic destiny; and

WHEREAS, co-operatives are recognized in the General Statutes of the State of Connecticut, including Title 33, Chapter 595: Cooperative Associations; Chapter 596: Co-operative Marketing Corporations; Chapter 597: Electric Co-operative Act; Chapter 599a: Worker Co-operative Corporations; and Title 36a: The Banking Law Of Connecticut, Chapter 667: Credit Unions, providing the basic framework for the formation and operation of co-operatives as member-owned and governed enterprises, operating on a not-forprofit basis for the benefit of their members and communities; and

WHEREAS, today an estimated 913,000 member-owners in the State of Connecticut depend on approximately 325 co-operatives, to meet a wide variety of needs, goals and aspirations; and

WHEREAS, co-operatives play a major role in the economy of the State of Connecticut, annually recording an estimated \$2.9 billion in revenue, and providing employment for over 3,900 people; and

WHEREAS, the co-operative philosophy of working together for the common good has promoted community well-being and improved the quality of life for the citizens of the State of Connecticut; and

WHEREAS, the theme established by the National Co-operative Business Association / CLUSA International (NCBA CLUSA) and promoted by the Neighboring Food Co-op Association for 2017 is “Co-operatives Commit,” emphasizing the manner in which cooperative enterprises are committed to their communities, to providing good jobs, and building local economic infrastructure; and

NOW, THEREFORE, I, Dannel Malloy, Governor of the State of Connecticut, do hereby proclaim the month of October 2017 to be CO-OPERATIVE MONTH in the State of Connecticut and I salute co-operatives for the role they play in helping people to help themselves, benefiting our citizens, our communities, and our state.

NOTE: All statistics quoted in this Proclamation are derived from the University of Wisconsin Center for Co-operatives 2009 study, “Research in the Economic Impact of Co-operatives”. For more information, visit: <http://www.uwcc.wisc.edu/pubs/CurrentResearch/state-by-state.aspx>.

## Reflections on a Co-op Conference

Kathleen Krider

Those of you who have attended the Co-op’s annual meeting have heard me say that being a Board member is more than just the two hours a month associated with Board meetings. In June I traveled to Minneapolis, MN to attend the Consumer Cooperative Management Association (CCMA) conference on behalf of the Co-op. Waaay more than two hours of my time.... And worth every minute.

CCMA (and all cooperative opportunities like it) are steeped in conversation and connection. Two things that if you know me, you know I love. Starting at 6:00 am at the airport with other conference goers in line to board the plane and carrying on till late at night, these gatherings afford participants the opportunity to talk about all the new initiatives, challenges, and changes that face us all in the Co-op world. And despite what might feel like a relatively safe bubble to work in, it turns out that Co-ops across the country are grappling with issues that we as a nation grapple with. Class, race, neighborhood gentrification, unionization of the work place, outreach and activism, violence and the threat of the “click vs. brick” era of shopping. Even small Co-ops with half the capacity of ours are facing huge sustainability and identity issues associated with diversity. And it turns out that once again, “location, location, location matters.” Co-ops are being developed in under resourced neighborhoods as a way of combatting food injustice and violence. It’s amazing to me to think about the implications of decisions like that.

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## All the Buzz from the CCMA

Johnnie Walker



I would like to share a little story with you. A story about my travels this summer to CCMA. What is CCMA and why might you be even vaguely interested? Are you at all inspired by the larger world of co-ops and the their growing powerful place in the grander scheme of things, well, news of that abounds. So what then is CCMA?

CCMA stands for Consumer Cooperative Management Association. Wowee, now I have you really interested. Hmmm. Well, it is pretty cool. CCMA was started in the fifties as a weekend retreat for co-op managers and their families to get together and chat it up about co-op stuff. Back then the folks attending represented depression-era co-ops and a few larger players like Nationwide Insurance and REI. However in the late seventies and early eighties with the rapid growth of consumer owned food co-ops, CCMA came to be made up largely of the food sector of the cooperative family. This last CCMA in Minneapolis saw a gathering of almost 500 hundred co-op managers and principals from across the U.S. Wow! Cool! Yuppers!

So what about the story? Well, I see my visit as compared to the flight of a bee. No, I did not wear a bee suit

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## October is non-GMO Month

On Thursday October 21st the Co-op will donate 5% of our sales to the Non-GMO Project.

Launched in 2010, Non-GMO Month is the Non-GMO Project’s largest outreach campaign. Citizens and organizations across North America are discovering the risks GMOs pose to our health, our families, and our environment.

Every October, Non-GMO Month provides a powerful opportunity to coordinate our voices and our actions. Across North America brands, retailers and individuals stand up for our right to know what’s in our food, and to choose non-GMO.

Protecting consumer choice and a non-GMO food supply require a multi-faceted approach and lots of team work. Together, we make Non-GMO Month happen by creating events, and spreading the word in our communities.

Show your support – save up your shopping for October 21st! 🌱



In the last issue of *The Compost*, I wrote about how damaging plastic is to the earth and to our health. While it's certainly important to learn about the way plastic affects us, if we want to make a change, we need to act. So here I am, back with some handy tips to help you reduce your plastic use.

Let's jump right into 10 ways to reduce plastic use in your daily life:

**1. Bring your own shopping bag.**

You wouldn't believe how many people either forget their bags at home or in the car. Now, I'm not criticizing here...I just want to share my best tips for remembering your bags. Put them with your bag, backpack, whatever you're going to bring out to your car the next time you go out. Then they are automatically going back in the car with you. As far as forgetting bags in the car, often people will go out to get them or carry their items to the car if possible. Also, remember that we always have boxes available for shoppers.

My other trick is that I always keep two of the reusable 'stuff' bags in my purse. They're so small when you stuff them so they take up little room. You can hook them on your keys also.

**2. Stop buying bottled water.**

In the US, 38 BILLION water bottles are thrown out each year. Only 23% of those are recycled. Even if 100% were recycled, it would still be horrible for the environment, as plastic is made of toxic materials to begin with.

What's the solution to buying water in plastic? If possible, buy in glass, bring water from home, or refill glass containers at the spring or a water refill station.



**3. Bring your own thermos for coffee/tea.**

It might feel a little weird to ask the barista to fill your own cup, but they shouldn't mind at all. Maybe it feels a bit awkward to ask: no one around you is doing it. But that's just it...what if you do it and then someone else feels more comfortable doing it because you did?

**4. Say no to straws.**

Over 500 MILLION straws are used in the U.S. each day! WHAT!? It seems crazy, right? Solution? We now sell stainless steel ones at the Coop.

**5. Skip the disposable razor.**

I'm going to convince you by telling you how much money I save since switching to a safety razor. I bought a beautiful stainless steel safety razor on Amazon for \$40. And some blades, 100 for about \$10. These blades will last me 100 months, or EIGHT YEARS. Disposable razors, or razor cartridges, formerly cost me about \$10 for 5 and that would last me about 5 weeks.

**6. Switch from disposable diapers to cloth.**

Chances are you mamas out there already know about this one in detail. Approximately 20 BILLION disposable diapers are added to US landfills each year. Most of these have plastic and chemicals in them and just sit in the landfills, unable to decompose.

But these days there are some less environmentally impacting options. I contacted a representative from the Honest Company, one of the diaper lines we carry at the Coop, and they said they're working on getting certification that approves their diapers as compostable.

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**8. Store your food in glass and stainless steel.**

What to do with all the food when you get it home (besides eat it!)? Glass and stainless steel are your best friends here. I use canning jars for everything, and glass containers for leftovers and meals. You can use your old glass food jars and save money on canning jars.

Just be careful...looking for beautiful glass kitchenware can become addictive.

Canning jars and thicker food jars can be used for frozen food. Just leave a little bit of room at the top for expansion.

**9. Shop in bulk whenever possible.**

No big deal, but you just happen to have the BEST bulk department ever (thanks Avery!) right at your fingertips! I'm amazed at all the new things we get in and the selection we have at the Coop. Just like I put my shopping bags next to my work bag, I put my containers I'll need for my shopping that day in the bags.

**10. Bring your own produce bags.**

We've just begun using some new plastic produce bags that are made of a minimum of 30% recycled plastic. This is a step up from what we have had.

As a cashier, I see how many plastic produce bags cross the registers each day. You wouldn't believe how many. I'm not writing this to make anyone feel guilty, but to increase awareness about it. After all, if you don't realize something's a problem, how can you begin to think about changing it?

Solutions? We offer a great selection of cloth bags that can be washed and reused for years. Some people shop in a box or basket and put all of their produce in there.

You don't EVER have to put your produce in a plastic bag because you don't want it to make a mess at the register. We cashiers don't mind! We'll happily wipe up the water on the counter to help reduce plastic produce bag use.

We have a lot of items at the Coop that can help you accomplish the steps above. Have you seen our tiffins? They're the best lunchbox ever. I also use my smaller one to take home leftovers when we eat out (assuming my husband has left anything on my plate!)

What do you do to reduce plastic in your life? Is it something that's important to you?

Let me know when you see me at the Coop.

Happy fall!

Cari 🌱

**The Co-op Board Wants YOU!**

Have you ever wondered how the Co-op works? Who is responsible for what and how decisions get made? A great way to learn more about your Food Co-op is to join the Board!

Our Board of Directors meets once a month for 2 hours. Terms are 3 years. Board Members also serve on sub committees.

If you are interested, please come to a Board Meeting. The next one is scheduled for Thursday October 5 at 7 pm. We meet at the Kerri Gallery, 861 Main Street – where the Co-op had its first store.

Or email Kathleen Krider, our Board Chair – [KathleenKrider@sbcglobal.net](mailto:KathleenKrider@sbcglobal.net) to learn more. 🌱

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**Online for this review:** Latin Foods' Tres Pupusas (\$5.49/ box of 4 patties); Dancing Deer's Gluten Free Chocolate Chip Cookies (\$5.99/ package of 4); Made In Nature's Mangoberry Figgy Pops (\$4.99/ 4 oz. package); OWL Cherry

Almond Energy Bar (\$3.89/ 2.6 oz. package).

I begin with Latin Foods' Tres Pupusas, the black bean and sweet corn variety. This excellent product is a Colorado-made version of a traditional Salvadoran food. The concept is simple: a soft corn taco stuffed with black beans and sweet corn (there are other stuffing combinations as well), made in small pancake size patties. Fry these babies up for less than 10 minutes and you've got a packet of wholesome goodness before you. The slight crispness of the soft taco combined with mashed black beans and corn kernels delivers a satisfying mix of tastes and textures. The ingredients are uncomplicated – water, organic corn masa, black beans, olive oil, organic corn, salt. The taste is so full I was sure there was cheese as well. No – just a well put together food. A great food for lunch boxes for both kids and adults, for sure.

Some interesting asides about this product: The company was started by a Naropa University graduate who planned to go into counseling. The "three" in the name is for the three other women who joined her, and her three children. There is a National Pupusa Day – the second Sunday in November- celebrated in many Salvadoran communities. Alice Rubin digs this food. Perhaps the Co-op should celebrate this year? We sell several varieties of this product, found in the frozen foods section.

On to Dancing Deer's Gluten Free Chocolate Chip Cookies. The review from a group of girlfriends eating cookies in the woods: nicely chewy, good dose of chocolate,

slightly gritty. But we were puzzled about the slight fruit taste in background. On closer inspection of the cookies' ingredients, I get where it comes from – raisins. I would never have imagined raisins as a minor ingredient in chocolate chip cookies, but there they are. These cookies are seriously sweet. In addition to raisins and the expected ingredients of several gluten free flours, eggs, butter, chocolate, the cookies also contain two kinds of sugar and fruit juice. I'd vote for toning down the sweet factor but this did not stop me from chowing down on my share of the package. FYI they're fine to eat at home as well as in the woods.

Dancing Deer was also founded by three women and is located in Boston. We sell other Dancing Deer cookies as well, just not gluten-free.

I will be honest about the Figgy Pops Mangoberry Supersnacks. They're just too darn sweet for me. However, they make no pretense of being subtle in any way. The slogan for mangoberry is "understated is overrated." The rest of the copy on this one includes the descriptors "gale-force fuel," and "soft, luscious balls of unbridled vigor." This food is right out there about being in your face – on your tongue?- sweet, intense, and wowza. The all-organic ingredients include apricots, dates, mangoes, pepita seeds, goldenberries and a slew of other exotic and taste-bud popping ingredients. What can I say? Tangy, zippy, jump up and down sweet. This is health-food candy

at its punchiest. The Co-op carries several flavors of Figgy Pops.

Figgy Pops are made by Made in Nature, produced in California with headquarters in Colorado. They use only organic ingredients and do all kinds of great things for farmers. And they have really great copy writers.

Okay – the last item in this review, OWL Cherry Almond Energy Bar, also very sweet but less intense than the previously mentioned food. OWL is Original Wholesome and Local, and hails from Brattleboro Vermont. Interestingly, it is

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Food Review continued from page 6

also woman-owned. OWL describes its bars as "designed for people hiking in the mountains, by people hiking in the mountains," and has on its web site an extensive explanation of the health and nutritional properties of each of its ingredients. The Cherry Almond Bar also contains cranberries, oats, and flax seeds among other ingredients. I am not a major hiker so I'd be less inclined to purchase this product for endurance fuel. But I might buy it as a sweet snack for a long day. I liked the chewy texture, the strong coconut flavor, and the quality of its sweetness – satisfying but not overpowering. We carry a few varieties of OWL bars.

That's it friends. I hope you enjoy the last moments of summer and that I see you at the Co-op's annual Downtown Country Fair. Be kind to yourself and to one another. 🌱



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All the Buzz continued from page 3

and dance about among the flowers. My goal was to fly out of the hive, search out a nice little selection of nectar, find it, note its quality, location, abundance, and fly back and do a little dance so you might also know the whereabouts of the goodies.

What are the goodies and where are they? I think the first and foremost is that there are a lot of bees. Almost 500 hundred of us at this meeting alone. That's a lot nectar being collected sorted and shared. There are more than 29,000 co-ops of various kinds and shapes and sizes, across the US. Worldwide from small-scale community co-ops to multimillion dollar enterprises, co-ops include almost 1 billion members and employ 100 million women and men (more than multinational corporations). Wow! That's a lot of bees!

Second is the new and interesting types of bees and the dances they dance. I toured a vibrant food preparation building similar to our local CLICK. They made cheese. Yum. They ground local wheat to make flour to make their own bread. Yum. I even visited a co-op brewery. Yum, yum. The brewery has almost 1200 members.

The third is the honey and how it's being shared. A co-op in its makeup is sharing. Common ownership in a business model setup to serve its members interests. Seems simple. All the co-ops I visited, while I was buzzing about in my bee suit, had different ways to share the honey.

Patronage rebates, donations, roundup at registers programs were just a few of the ways of sharing.

So the report, the dance, and the story is simple, there are a lot of ways to make honey, and just as many to share it, So let's keep the co-operating buzz up 🌱



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**For this issue of The Compost, I reviewed** Treefort Naturals soap, Acure dry oil spray, and Ancient Nutrition bone broth protein powder.

First off, let me just rave from the rooftops about how wonderful Treefort Naturals soap is! I sampled the Green Tea Lemon Sage variety, and it was absolutely lovely. The scent is perfect—not overwhelming, earthy, clean, and bright—and the suds are abundant and do a thorough job of cleaning off that garden dirt.

Treefort Naturals are a Connecticut-based business with a “pure and simple goodness” philosophy.

Check them out:

All Treefort products, including our old-fashioned, cold process soaps are handcrafted in Colchester, Connecticut. Our ingredients are carefully selected and we love sourcing locally from Connecticut farms and suppliers. We also choose certified organic ingredients whenever possible. Treefort Naturals specializes in truly natural bath and body products. You will never find a synthetic fragrance, dye or preservative in any of our products... just simple natural goodness.<sup>1</sup>

The Willimantic Food Co-op carries many varieties of this amazing soap, and I would encourage you to just get all of them. That’s what I’m gonna do!

Next up, Acure Dry Oil Body Spray in citrus ginger. Oh my goodness—for real?

How did I get this lucky to sample such a heavenly product? It’s made from argan oil—an oil rich in antioxidants, vitamins A and E, omega-6 fatty acids, and linoleic acid—all ingredients known to increase cell production to fight aging and skin dryness.

The oil itself is absorbed quickly—just hold three inches from your skin, spray, and smoothe in. You can also use this great product in your hair to combat



frizz and promote body and curl. What about the scent? I’ll tell ya—you can use this product as a stand-alone knock-your-socks-off fragrance. And, it’s all about great scents—and I am picky. The citrus-ginger in the Acure Dry Oil Spray wins in my book. The citrus note makes the scent bright and cheery, and the ginger throws in a happy little snap. Yes, it’s that good. This one

little product does triple duty like a pro: skin, hair, and fragrance. Try it and get back to me!

Acure is an environmentally responsible company that uses the highest quality fair trade ingredients. Go here to learn more: [www.acureorganics.com](http://www.acureorganics.com).

Now, on to Ancient Nutrition bone broth protein powder. Bone broth is kind of a new health product; it is derived from the simmering of animal bones in order to reap its unique benefits. Some of these benefits include: protein for muscles and cell production, glucosamine for healthy connective tissue, chondroitin sulfate for cardiovascular and bone health, hyaluronic acid to lubricate joints, and glycine to help increase energy levels. Those who consume bone broth on a regular basis say it helps their skin stay clear, as well as maintaining gut health.

The Co-op has many flavors and sizes of this protein-packed nutritional supplement. You can add the powder to water, a smoothie, or just add it to your favorite recipe for an added nutritional boost. It is an acquired taste, so I would recommend adding it to a meal or a soup at first, then graduate to drinking it as a beverage.

Try this website to learn more about Ancient Nutrition bone broth: <http://ancientnutrition.com/>

That’s it for this issue! As always, I wish all of you health and happiness. See you in the wellness aisle!

~Helen 🥕



<sup>1</sup> source: <http://treefortnaturals.com>

**Reflections** *continued from page 3*

Fortunately CCMA - Minneapolis gave us the chance to talk about all those implications, with over 500 cooperative thinkers in one room... the smell of creativity and walleye in the room.

I shop at the coop because I want to. I just like it. For example, I like bulk purchasing because it makes tons of sense to me to reduce waste and, if I’m honest, I also like how all the blue ball jars I’ve collected over the years look on the shelf. I’m a member of the Willimantic Food Co-op because I actually believe that a food co-op can be part of the change I want to see in the world.

The part of the world I live in is the Northeast corner of CT and the Willi co-op is my change agent. I’m on the Board because today, I have the hours it takes to give to my co-op and I want the learning that goes with those hours. There is so much rich and amazing work being done by co-ops across our United States; work on food justice, creating safety for citizens, youth empowerment, nutrition, farming, building new leaders and facilitators ( I wish you could all meet Erika from the Dill Pickle in Chicago!), community building, philanthropy and new and creative thinking on all of these issues. CCMA was the kind of conference where all of these different issues had a forum. And the movers and shakers in the co-op world were there

to help us tease out the little bits that can seem both allusive and looming. A truly inspiring weekend. Thank you for the chance to attend! 🥕





• SATURDAY • Sept. 30 • 10 am - 4 pm •  
THE WILLIMANTIC DOWNTOWN  
COUNTRY FAIR  
• FREE •



**10 am**  
Studio 88

**11 am**  
Declan Chill

**12 noon**  
Fiesta Del Norte

**1 pm**  
Elizabeth Huebner  
Choreography

**1:30 pm**  
Who We Are

**3:00 pm**  
Tuesday Saints

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