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WWW.WILLIMANTICFOOD.COOP INFO@WILLIMANTICFOOD.COOP

STORE HOURS

8:00am - 8:00pm Every Day

THE COMPOST

Vol. 41, Number 2 Summer 2019

Expansion Recap from the Annual Meeting...

and What Will Happen in the Meantime! Alice Rubin

At our Annual Meeting, I gave a quick rundown on where we are at in our expansion project. I think that the most memorable moment of my PowerPoint was the slide of the cowgirl on her barrel racing horse shouting Whoa! That slide was in response to the price tag of \$10 million to build a new store across the street. A really nice store, except for the part where it only has 13 parking spaces, and a few other details that have sent me back to the drawing board.

As often happens to me, I wind up back at my original plan. Keep the store where it is. Renovate or build a building at 87 Church Street for a prepared foods kitchen, offices, meeting space, staff break room...all of our 'must haves'. Reinforcing that this plan is the right way to go, is an old email that I came across, with minutes from a Board Visioning Session back in 2010 that almost exactly mirrors this plan.

We are working on redesigning our 'must haves' building, even more scaled back than our initial version. We will then put the costs of this into our ProForma, the tool for assessing financial viability. Projected sales increases and interest expenses for this scenario will be calculated and we will see where we are at!

In the meantime, how are we going to make it through our busy time (The Holidays!) with no extra space? Well, we have a plan to make things go as well as possible. On our To Do List is —

- 1. Reset our Center Store
- 2. Add a 4th Cash Register Lane
- 3. Reduce our Grocery and Wellness Back stock
- 4. Reconfigure our downstairs office
- 1. Center Store is the phrase that the grocery industry uses to define the packaged groceries section. Bottles of olive oil, cans of beans, bags of chips... you get the idea!

We will begin this project in early August. Most of the work will be done over 2 or 3 nights so as to disrupt our store as little as possible during our regular hours. We are doing everything that we can to make shopping at the Co-op great! It might be confusing as we all learn our favorite product's new location – please ask for help!

- 2. No one likes to wait in line, and there is no question that sometimes there are lines at the Co-op! And really, that is a good thing. More people are shopping at the Co-op and buying more. Our goal is to replace our lovely, somewhat worn, wooden cash register counters with new streamlined units that are ergonomically designed and efficient. We will also take up some of the space to the left of the registers and hopefully not lose any of the café!
- 3. There are some areas of our backroom workspace that are too cramped to be safe. We think that by reducing our back stock in grocery and in wellness

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General Manager Alice Rubin

Management Team

Penny Barton-Zuckerman Financial Manager Wendy Jakoboski Produce Manager Bruce Oscar Facilities Manager Patty Smith Operations Manager Marissa Oceguera Front-end Manager Corry Elm Assistant Front-end Manager Chris Dubis Wellness/Merchandising Manager

Staff

Sasha Bajjo Vicky Bassett Anthony Catapano Maxwell Calverly Susan Chasin **Jason Cheung** John Clark Ben Coggins Chad Dunnack Kara Fodaski **Emily Foust** Jaron Gaier Mark Giangrave Avery Gratton Saige Johnson Samantha Lee Joe Lemieux Gabi Lopez Nancy McMerriman Cari Nadeau Jeff Nash Kathy Perez Quinones Joe Rodriguez Erin Rogers Steve Scanlon Jen Stone Christopher Swift Antoinette Thuillier Chris Trudnak Julio Velez Matthew Woodward

Board of Directors

Sarah Accorsi Linda Brock Stefan Kamola Kathleen Krider Raluca Mocanu Charlotte Ross Joanne Todd

Manager Representative Alice Rubin

Staff Representative Nancy McMerriman

Newsletter

Ellen Embardo Amy Kalisher Alice Rubin

Annual Meeting 2019 Stefan Kamola



On a cloudy April Sunday, as the music of Hopfest echoed up South Street, members of the Willimantic Food Co-op gathered at Waldron Studio 88 for the 2019 annual meeting. We are grateful to Derek Waldron and Teresa Bielecki, owners of the studio, which proved a comfortable and convenient venue for the event. The agenda began, as well it should, with food and music: a catered meal by Not Only Juice owner Sarah Cook Curtis and keyboard accompaniment from Thankful Meo Burt. Special thanks also go to Oak Grove Montessori, who provided reusable dinnerware for those who had not brought dishes to suit the rich variety of foods on offer:

soups and salads, breads and drinks, and those marvelous early-season strawberries!

Convivial as it was, this was a business meeting. To the sound of rain on the roof, we heard reports on the operational and financial health of the coop. Our bylaws continue to become more scrutable and more in line with state law. Buoyed by continued strong sales, our finances are strong, despite the major cash outlay 2 years ago for the purchase and clearing of the 87 Church Street property. After some initial sticker-shock from one solicited renovation proposal, plans for that property are still under discussion.

Even the state legislature seems to be helping out. With the encouragement of members of WFC and of other coops and Credit Unions, legislators across the state and across the aisle lined up in support of SB 138 An Act Modernizing the State's Cooperative Association Statutes. This Bill modifies the relevant incorporating statutes with the express intention of fostering cooperative businesses in Connecticut. The bill has been signed and will go into effect in October.

We also elected a slate of directors to help guide the coop through the coming years. Joanne Todd and Linda Brock were re-elected to three-year terms, while Sara Acorsi and Stefan Kamola were confirmed to complete terms vacated by previous directors.

Tom DeVivo joined us again this year, representing the Windham Town Council. As he did last year, Tom updated members on the progress of the new Community Center. With the recent Coop acquisition of 87 Church Street, Tom noted, we will be neighbors of the Community Center, part of an ongoing revitalization of the Jillson Square area. Tom also spoke to that perennial question: "can I recycle this?" The short answer . . . there really is no short answer. The numbers in triangles mean nothing anymore, and size and shape of materials can matter as much as the materi-

als themselves. Thankfully, the state has launched its "what's in, what's out" campaign, including a helpful website outlining general guidelines and answering questions about specific items: www.recyclect.com/in-thebin.html

We look forward to another healthy and productive year, and we give thanks to all of those who helped make the annual meeting a success.



Expansion Recap continued from page 1

we will be able to allocate more space for produce back stock and remove some of the unsafe bottle necks that affects all of us in our workday.

4. As our sales increase, our staff does too! Responsibilities are also spread out among more staff and they need a place to work! We hope to make the office more conducive to more people getting their work done.

As these changes happen, please let us know how you like them.

Center Store Reset Chris Dubis

About two years ago, I took on the role of merchandising. It has been my job to ensure our store looks its best, arranging our shelves and displays with a product mix that is right for our community at the right prices. While some sections have jumped around, It has been a long time since we did a complete overhaul of our grocery department. Doing this will create better flow from section to section to improve our shopper experience (in the long term, I realize it will be confusing at first) and also allocate more room for categories that are growing in popularity and/or need more breathing room. With our first reset of Wellness in 2014 and Frozen in 2018, growth in both departments spiked by double digits, all the more reason to do this again!

We are so excited to be resetting the store on August 5th, 6th and 7th. Our team of staff, merchandisers from UNFI (our primary distributor) and sales reps will be working overnight so the store can remain open during the day. We appreciate your patience and understanding if you come in to shop during this week. Things may look a little chaotic but hopefully exciting too! We will have adequate staffing during our normal hours of operation so we encourage you to engage with us if you need help finding products. We are here for you! Also paired with this reset, we are finally getting aisle signs. Proper communicative signage has been a long time coming but we hope this will aid with any confusion with this transition. If you have any questions or concerns about this, feel free to talk to me directly or email me at chris.dubis@ willimanticfood.coop.

See you around in our beautiful store, Chris.

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Treasurer's Report Joanne Todd

2018 was another strong year for the Willimantic Food Co-op. Sales grew 6.94%, net income was \$72,403, and cash at year-end was \$744,919, with an equity ratio of 80%. The Co-op continues to perform well while honoring its values and Cooperative Principles including concern for community, with direct donations to organizations of \$20,000.

Typically, I write the annual financial report around these key indicators of financial strength and the accompanying financial statements and my message is similar from year to year. This year I'm going to write instead about the means by which the Board assures performance and fiscal responsibility.

Policy Governance is a system that your Board uses

to carry out their fiduciary responsibility in guiding and overseeing the co-op on behalf of you, our member owners. The Policy Governance Manual is on WFC's website and includes an array of policies that govern management and board performance. Managing the finances is Management's responsibility with the oversight of the Board which is expressed in Policies B.2 Financial Planning and B.3 Financial Condition and Activities. Management reports on compliance with Financial Planning annually and with Financial Condition and Activities quarterly. Financial Planning (B.2) includes budgeting and projecting performance. Financial Condition and Activities (B.3) guides sound and prudent financial performance while striving to achieve the Ends.

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Willimantic Food Coop Statement of Financial Condition 31-Dec-17

	12/31/11	12/31/12	12/31/13	12/31/14	12/31/15	12/31/16	12/31/17	12/31/18
Assets								
Cash and Equivalents	151,001	301,432	510,800	565,106	726,201	837,703	685,823	744,919
Investment: Coop Fund of New England			50,000	51,188	51,972	52,770	53,578	54,399
Accounts Receivable	23,531	20,978	17,026	10,688	12,806	14,057	12,021	2,161
Inventory	211,819	231,460	224,553	248,078	280,326	291,122	291,654	308,006
Prepaid Expenses	4,684	8,165	8,415	29,591	9,017	12,922	26,849	36,964
Other Current Assets								7,698
Total Current Assets:	391,035	562,035	810,794	904,652	1,080,323	1,208,574	1,069,925	1,154,147
Fixed Assets								
Leaseheld Improvements	413,964	395,939	379,764	362,341	356,997	339,573	322,149	304,106
Equipment/Fixtures	162,699	135,864	146,393	131,130	100,295	107,800	148,696	161,015
Land							45,928	101,731
Building							279,713	272,537
Other	200	-						
Total Fixed Assets:	576,863	531,803	526,157	493,471	457,292	447,373	796,486	839,389
Building Expansion Project						59,176		
Other Assets	17,249	18,340	23,828	38,523	43,550	53,984	89,360	101,842
Total Assets:	985,147	1,112,178	1,360,779	1,436,646	1,581,165	1,769,107	1,955,771	2,095,378
Liabilities and Owner's Equity								
Accounts Payable	75,275	86,102	98,539	122,514	146,088	180,404	220,962	182,456
Accrued Expenses	26,581	54,548	94,860	71,826	117,540	135,392	184,878	171,884
Member Loans - Long Term	91,000	-	-	-	-	-		
Other Loans	1,631	-	-	-	10,021	5,875	1,728	-
Deferred Tax Liability								62,189
Total Liabilities	194,487	140,650	193,399	194,340	273,650	321,671	407,568	416,529
Owner's Equity								
Paid in Member Equity	605,487	638,803	675,404	720,302	769,923	823,960	885,265	943,331
Donated Member Equity	3,657	3,657	3,657	3,657	4,151	4,181	4,385	4,565
Retained Earnings	181,516	329,068	488,319	518,348	533,442	619,295	658,553	730,953
Total Owner's Equity:	790,660	971,528	1,167,380	1,242,306	1,307,516	1,447,436	1,548,203	1,678,849
Total Liabilities and Owner's Equity:	985,147	1,112,178	1,360,779	1,436,646	1,581,165	1,769,107	1,955,771	2,095,378

Treasurer's Report continued from page 4

In the past year the Board expanded the policy within B.3 regarding adequate net income, adopting the following: The General Manager will not "Allow operations to generate a net income inadequate to meet the expected need of the Co-op in the current fiscal year and to provide long-term support for its Ends." With this change, the policy articulates the rationale for retaining earnings to maintain the sustainability of the Co-op and to have adequate resources to meet future needs.

The Board also engaged in financial training in 2018 that included peer comparisons. I report annually about the strong financial position of the Willimantic Food Co-op. While our members and our Board are primarily

concerned about how our Co-op is performing based on meeting our member-owners' needs and expectations, we also find comparison to benchmarks and to other Co-ops helpful in assessing our performance. We really are doing quite well, exceeding peer Co-op averages and recommended benchmarks in sales growth, days-cash-on-hand, debt-to-equity, earnings and other measures.

These are the means by which the Board assess the financial health of the Willimantic Food Co-op. Our Management team has done a great job of keeping your Co-op strong. If you have any questions, feel free to contact me on the 'Our Board' page of the Co-op's website. Thank you for your Economic Participation!

Willimantic Food Coop Income Statement 31-Dec-17

	12/31/11	12/31/12	12/31/13	12/31/14	12/31/15	12/31/16	12/31/17	12/31/18	% change
Sales									
Package Grocery	874,176	959,380	1,041,842	1,127,602	1,160,227	1,218,507	1,188,855	1,257,007	5.73%
Produce	639,719	750,721	843,751	904,338	944,801	1,047,354	1,093,370	1,148,632	5.05%
Bulk	583,197	666,217	743,489	839,981	907,851	878,973	960,689	1,000,420	4.14%
Refrigerated Grocery	391,762	432,918	465,039	513,649	548,269	592,291	613,784	645,244	5.13%
НАВА	375,676	402,796	419,422	462,407	525,848	623,315	731,010	805,373	10.17%
Other	490,878	548,548	591,040	594,356	664,940	798,886	747,624	848,826	13.54%
Total Sales:	3,355,408	3,760,580	4,104,583	4,442,333	4,751,936	5,159,326	5,335,332	5,705,502	6.94%
Cost of Goods Sold									
Package Grocery	519,821	567,221	611,888	664,737	677,703	717,194	703,280	752,858	7.05%
Produce	461,363	510,516	579,075	633,442	685,375	752,987	762,734	798,443	4.68%
Bulk	381,822	431,218	476,150	532,667	520,349	532,147	566,102	612,638	8.22%
Refrigerated Grocery	300,126	323,430	343,343	378,664	405,138	421,422	431,346	459,992	6.64%
НАВА	224,852	236,846	244,866	266,413	292,316	339,225	398,755	442,224	10.90%
Other	323,533	365,635	385,723	400,346	482,872	510,011	497,950	564,781	13.42%
Total Cost of Goods Sold:	2,211,517	2,434,866	2,641,045	2,876,269	3,063,752	3,272,986	3,360,167	3,630,936	8.06%
Total Gross Profit (Loss):	1,143,891	1,325,714	1,463,538	1,566,064	1,688,185	1,886,340	1,975,165	2,074,566	5.03%
Overhead Expenses									
Salary, Wages & Benefits	736,410	783,523	853,225	944,708	1,070,691	1,136,976	1,265,417	1,319,825	4.30%
Discounts - Workers	105,419	112,399	122,547	134,153	142,530	161,647	139,096	151,646	9.02%
Rent	51,682	53,242	54,917	56,476	57,348	58,011	60,000	60,000	0.00%
Depreciation	46,395	48,330	44,939	48,061	48,619	37,366	36,859	43,144	17.05%
Utilities	35,459	33,054	34,359	38,799	32,145	33,070	31,928	38,209	19.67%
Other Expenses	176,047	148,491	180,515	250,086	313,895	371,669	313,738	357,910	14.08%
Total Overhead Expenses:	1,151,412	1,179,039	1,290,502	1,472,283	1,665,229	1,798,739	1,847,038	1,970,734	6.70%
Total Operating Income (Loss):	(7,521)	146,675	173,036	93,781	22,956	87,601	128,127	103,832	-18.96%
Total Other Income:	13,255	14,670	10,402	24,232	18,112	25,285	28,374	18,355	-35.31%
Other Expenses									
87 Church Street							30,336	23,982	-20.95%
Income Taxes							42,662	25,802	-39.52%
Total Other Expenses:	6,741	12,121	24,187	46,660	25,973	27,034	72,998	49,784	-31.80%
Total Net Income (Loss):	(1,007)	149,224	159,251	71,353	15,094	85,852	83,503	72,403	-13.29%

Food Review Winky Gordon

This turns out to be The Vegan Episode of my food review. It just kind of happened as I wandered around the store, asking for staff recommendations of foods to review. Violife Vegan Feta (\$5.49/7 oz. package), and Snow Monkey Matcha Green Tea superfood ice treat (\$5.99/pint.) Once I was in the frozen food section, there was another vegan product, a pizza that I hadn't yet tried, calling my name: American Flatbread's Vegan Harvest Pizza, (\$8.99 10oz).

I am glad to have discovered Violife 100% vegan feta (although the Seal Cove feta will always hold a special place in my heart) and can see myself experimenting with it beyond eating it straight with an apple or cracker. This nut and soy free cheese alternative has good form and good taste. The texture is pretty smooth, even creamy not rubbery or gritty as can happen. And it tastes pretty darn much like mild feta made with good old dairy. I'm impressed. Its primary ingredients are coconut oil, potato starch, sea salt and olive extract. Violife was started in the 1990's by "a very happy bunch of foodies based in the beautiful surroundings of Thessalonica in Greece." Violife seems to be a private label of the Arivia company, with import headquarters in Madison, CT. Does that make it kinda sorta localish? Violife is kosher certified. The Co-op also carries other vegan cheeses—Mozzarella, Parmesan, Cheddar and Cream Cheese—made by Violife—in the cheese cooler of course.

You already know I'm a sucker for snappy packaging. Snow Monkey superfood ice treat has it going on and who doesn't love snow monkeys? (They actually have nothing to do with this product.) The Matcha Green Tea flavor took a minute to get used to as I was expecting something a little different—not quite sure what. After I adjusted to the strong banana flavor (first ingredient) and the combination of sunflower butter with the matcha, I determined that I liked this unusual frozen dessert. It's also got apple juice concentrate, maple syrup and hemp protein powder in it, providing a dose of fiber along with the sweetness. And, according to one of Snow Monkey's fans, it's perfectly legitimate to eat "ice cream" for breakfast: "It's a great way to fuel up and start my day." All these years I've been missing out! A definite yes for this product.

The Co-op now carries several flavors of this superfood ice treat. Snow Monkey is made in Los Angeles and is woman owned and operated. The women are members of the F Project, a coalition of businesses founded by women. Ta dah!

American Flatbread's Vegan Harvest is a perfectly fine "vegan cheese" pizza—quick to cook (after preheating the oven), filling and satisfying in its own "vegan cheese" kind of way. The tomato sauce, with organic vegetables, red wine and herbs has plenty of taste, meeting one of the basic criteria for good pizza. The crust (made with organic wheat) is thin enough that it gets crisp – another criterion for good pizza. As with all non-dairy alternatives that I've found, the cheese part has a texture challenge. This has not prevented me from eating 4 servings of the Vegan Harvest pizza however! I found it a little confusing to track down clear info about the company but it appears it is independent of the grocery industry giants and is based in New England. Not the most super-exciting pizza but I would certainly eat it again, particularly if I were avoiding dairy. And it has an ingredient I've never heard of-konjac gummaking it mysterious. I'll leave you with the mystery. We also carry other kinds of American Flatbread pizzas; check 'em out.

And so, dear Co-opers, we have come to the end of The Vegan Episode of my food review. I am curious how you like the products described above. Let me know, if you see me in the aisles at the store. As always—be kind to yourselves and to one another. Meet you in the next issue of The Compost





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Wellness Review Helen Scanlon

Hello, wonderful Co-opers!

Welcome to the warm and bright summer days and boy oh boy, do I ever have some fantastic products to share with you for this edition of The Compost!

Now, first off—let's talk about a nasty little summer critter: the tick. They are tiny. They are relentless. They are everywhere we like to go. They carry disease. But alas, DEET is reportedly the go-to to keep these disgusting little things at bay. The problem: DEET contains chemicals that can cause skin reactions, not to mention it is absorbed by your skin and lets all of those chemicals you can't pronounce settle on you and get into your system. What to do? We hate ticks, and we aren't huge fans of DEET, either. Well, I am here to announce that there is an all-natural, DEET-free, pronounceable tick repellent that actually works: Nantucket Spider Extra Strength Tick Repellent. It has clove, geranium, rosemary, cedarwood, spearmint, cinnamon, and peppermint oils to really pack a punch to those clingy disease-carrying beasties. It's strong and ticks hate this stuff. I gave it good shake and sprayed it on my shoes, socks, and pants. Then I took some nice walks in tall grass and worked in the garden. The test drives were quite favorable: no ticks anywhere. Not a one. Zip. None. I recommend that you shake it well, spray liberally, don't be shy, and reapply. Bonus: that sentence rhymed.

From the company website: (nantucketspider.com) While no repellent repels all ticks, in independent lab tests, ours repelled 92% of deer ticks.

Pretty awesome, huh?

Plus, it's not greasy and it smells nice. I hate greasy stuff and I am a fragrance snob, so trust me on this. Nantucket Spider is a staple.

Next up is Badger Broad Spectrum SPF 35 sun-

screen cream. It contains 98% organic ingredients, features clear zinc oxide, is water resistant and totally reef friendly. Why is "reef friendly" important, you ask?

In a 2016 study, a team of international scientists found that a common chemical in many sunscreen lotions and cosmetics

is highly toxic to juvenile corals and other marine life. Oxybenzone, or BP-3, is found in more than 3,500 skin care products worldwide for protection against the sun's harmful effects. The compound has been found entering the environment both through wastewater effluent and directly from swimmers wearing sunscreens. Source: oceanservice.noaa.gov/news/sunscreen-corals.html

This cream is very thick and it covers well, and with its excellent water resistant properties, you can swim and sweat up to 80 minutes before you need to reapply.

Lastly, I tried the amazing moisturizer, Booda Butter. Perfect for dry, hardworking gardener hands, this product has all of the best emollient ingredients in one place: organic shea butter (the MOST emollient moisturizing ingredient ever), fair trade cocoa butter (smells incredible—like a big buttery chocolate bar. I know, right?), coconut oil, olive oil, and jojoba oil. Sounds too good to be true, but pinch yourself because this stuff actually exists and it is on the shelves of the Willimantic Food Co-op right now. It comes in an adorable tin that you can carry around with you, keep on the nightstand, or put by the kitchen sink. After you're done scrubbing off the garden dirt, spread the Booda Butter on your cracked mitts. You're welcome!

From the company website: boodaorganics.co— Booda Butter's smooth, creamy texture melts on contact and absorbs deeply—for blissfully long-lasting moisture to calm, soothe and nourish your skin.

That's it for now, so head on over to the Co-op's Wellness department and pick up these three items for vour summer necessities kit.

Be well, and remember: the time to take care of yourself is right now.

Wishing you health and happiness!





Calling All Vendors and Artists Susan Beauregard

The Downtown Country Fair has become a popular tradition in Willimantic. It's a free and fun family event for all to attend that features live music, local food, regional artisans and craftsmen, and imaginative children's activities. Every year the Co-op strives to provide a fun, creative, and environmentally sound event that promotes local skills and craftsmanship, and this year is no different.

The 2019 The Downtown Country Fair will be celebrating its 21st anniversary on Saturday September 28th and we are looking for vendors! Are you an artisan or craftsman looking for a unique event to sell your creations? Are you a local food vendor looking to get your name out there? Are you a non-profit that is looking for a well-attended event to do outreach? Then purchase a vendor booth by contacting Alice Rubin at the Co-op at alice.rubin@willimanticfood.coop.

Vendors and not-for-profit groups pay \$10 for a 10x10 space. Only items made in the Quiet Corner – Windham, Tolland and New London Counties - will be accepted. Food vendors pay \$50 for a 10x10 space; permits are the responsibility of the vendor and the Coop requests that locally grown produce be used when possible. You can get an application by visiting the Willimantic Food Co-op or by going to the website at willimanticfood.coop/events/dowtown-country-fair 🏋

SAVE THE DATE

The Willimantic Downtown

Country Fair

September 28, 10-4 PM



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