



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

WWW.WILLIMANTICFOOD.COOP
INFO@WILLIMANTICFOOD.COOP

STORE HOURS

8:00am - 8:00pm
Every Day

CONTENTS

Co-op Scoop.....	1
Board Recruitment.....	2
Birthday Celebration.....	3
Call to Artists.....	3
Food Review.....	4
Holiday Gift Ideas.....	7
Our Gift to You.....	8

THE COMPOST

Vol. 41, Number 4 **Holiday 2019**

Co-op Scoop *Alice Rubin*

My greatest hope is that by the time you are reading this, our 4 new, beautiful, efficient and ergonomically correct register lanes are in place! I don't know why I thought it would be easy – it was a bit complicated and right now I am in the nail biting stage wondering if we really are going to pull this off, but I think that we will.

We continue to feel the pressure of a lack of space in our back room. The holidays always push us to our limit! But I am happy to report that this year we are a bit ahead of the game. We purchased an additional back stock freezer which will come in handy for the turkey delivery. We have done some reorganizing in the back room and as I mentioned, we should have 4 register lanes any day soon. And last but not least, Chip Readers for your Credit Cards!!!

Our planning continues for the development of our property across the street. We are still focusing on a prepared foods kitchen, offices, meeting space and staff break room - our 'Must Haves.' And focusing on creating a project that is financially sustainable and serves our member-owners and community. I am hoping to have more details to share with you at our Annual Meeting in April. 🥕



General Manager

Alice Rubin

Management Team

Penny Barton-Zuckerman

Financial Manager

Wendy Jakoboski

Produce Manager

Bruce Oscar

Facilities Manager

Patty Smith

Operations Manager

Marissa Ocegüera

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

Julio Velez

Matthew Woodward

Board of Directors

Sarah Accorsi

Linda Brock

Stefan Kamola

Kathleen Krider

Charlotte Ross

Joanne Todd

Manager Representative

Alice Rubin

Staff Representative

Nancy McMerriman

Newsletter

Ellen Embardo

Amy Kalisher

Alice Rubin

Printed by

Gulemo Printers

Board Recruitment

Kathleen Krider

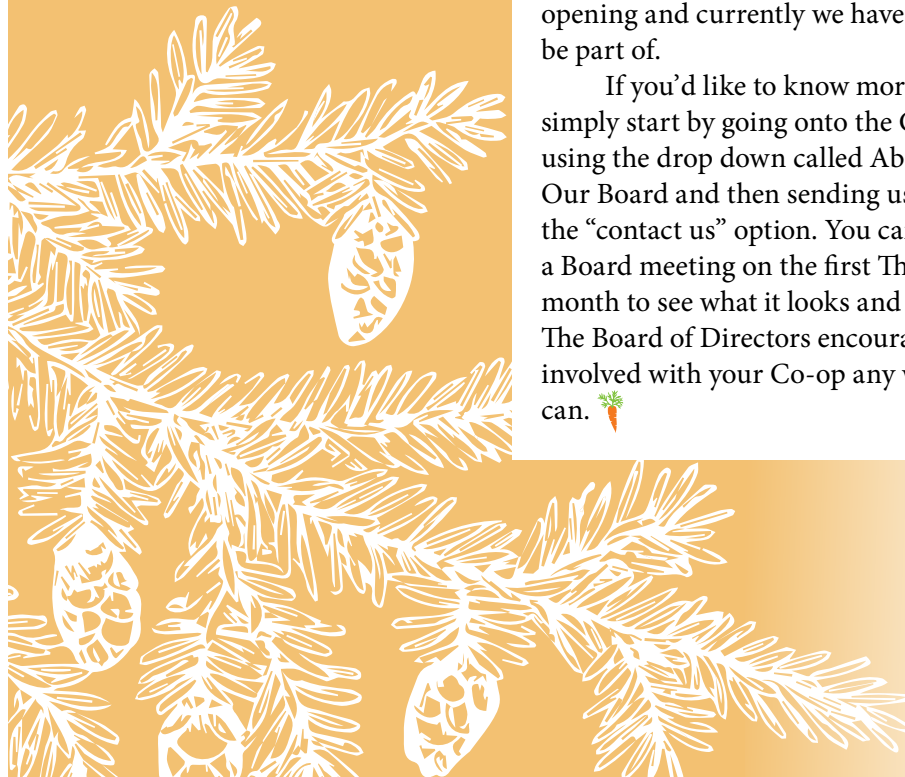
GET INVOLVED!

The Board of Directors is looking for a volunteer to help organize the 2020 Annual Meeting. This event stands at the heart of the Co-op's operating year, as member-owners gather to share a meal, catch up on the state of the Co-op, and set a path for the coming year. If you want to get involved with your Co-op, learn a bit about how it works, or just help put on a great event, please email alice.rubin@willimanticfood.coop or call 860 456-3611.

If we stopped to ask a random sampling of shoppers at the Willimantic Food Co-op why they shop at the Co-op, we would come up with a variety of answers is my guess. If we then asked those same shoppers if they are members and if so why, we might come up with a different set of answers. Being a member of anything is often rooted in our values, helps connect us to our voice and maybe even allows us to create some vision for what that organization can look like.

If you are a member of the Willimantic Food Co-op and you're interested in being a part of working to develop the vision of the Co-op, there are a few concrete ways you can do that. The way I'd like to invite you to do that is through membership on the Board of Directors or any of its subcommittees. The Annual meeting of the Board of Directors is in April and that is when we elect returning and new Board candidates. Worried you don't have enough experience to be on the Board? Maybe being on a subcommittee is a way to help ease yourself into governance. Subcommittees can be joined at any time there is an opening and currently we have a few you can be part of.

If you'd like to know more you can simply start by going onto the Co-op web site, using the drop down called About the Co-op, Our Board and then sending us an email via the "contact us" option. You can also attend a Board meeting on the first Thursday of the month to see what it looks and sounds like. The Board of Directors encourages you to get involved with your Co-op any way that you can. 🌱



Happy Birthday Celebration! *Alice Rubin*

It is hard to believe but February 2020 marks the 40th year of the Willimantic Food Co-op! Our official Articles of Incorporation mark the date of our beginning as February 14, 1976 although our store didn't open until 1980.

While I wasn't here in those early years, I have heard many of the stories – selling bulk food out of trash cans (new ones, but still!), the year we almost went under because the town replaced the sidewalks. How all members had to do working member hours in addition to paying their equity. Back in my early days (1984) I remember a really good day was one where our sales were \$500. And someone told me that not long before I arrived she clearly remembers the joy she felt the first day we hit \$100 in sales! These days we rarely sell less than \$10,000/day and have even hit \$35,000 in sales (our 39th Birthday Party).

Back then we also were in good company. Food Co-ops thrived – ok, struggled to thrive - in New Haven, Middletown, Hartford and Stafford Springs. Buying Clubs were in most towns in Eastern Connecticut – Coventry had 2!

Over time, all of the stores went out of business, except ours. For many years we were the only storefront Food Co-op in the state until Fiddleheads opened in New London in 2008.

I know it isn't our 50th year, but I think making it to 40 is a really big deal! In addition to our regular Birthday Party on Saturday February 8th (10% off everything in the store and 40 cakes!) we will be hosting another party off site. There will be a special beer brewed for us by Willi Brew, maybe a slide show, maybe an open mic... Any ideas for sharing our history are welcome, please let me know!

Watch for all of the details to be announced in January. I hope you can join in the celebration of 40 years in our very special community! 🌱

CALL TO ARTISTS

As part of our 40th Birthday Celebration we would like to invite all members of the Co-op to participate in a group art show in the front of our store during the month of February. Space is limited – one piece per person.

Please bring your artwork to the Co-op by Saturday January 25th.

**Email Chad if you have any questions.
Chad.Dunnack@willimanticfood.coop**

Jewels Verne
JEWELERS

Creative Designs • Custom Orders • Expert Repairs
Engagement Rings • Wedding Bands
Estate Jewelry



723 Main Street • Willimantic, CT 06226 • (860) 456-3563

***** amyKstudio *****

GROW YOUR BUSINESS

branding • strategy • websites • printed materials
860-455-0087 • amy@amykstudio.com



art
design
inspiration

Hello Co-ops! Before I launch into what's on tap for this episode on my food review, let me just say: I love doing this. I can't recall how the food review started but I have fond memories of guest commentators, living spaces I've written from, and notable foods and drinks I've tested. Thank you for the opportunity to keep doing this.



May we continue to write and read together for many years to come!

This episode's foods are: Honey Mama's Ginger Cardamom Cacao-Nectar Bar (\$ 5.99 / 2.5 oz handmade bar), Ithaca Cold-Crafted Hummus, both Fresh Lemon Beet and Lemon Garlic flavors (\$4.49 / 10 oz. package), Goody Girl Mint Cookies - gluten free (\$4.69 / 7 oz box).

I practically swooned after my first bite of the Honey Mama's Ginger Cardamom Cacao-Nectar Bar. This is food that you share only with people you love; don't waste it. My roommate's comments about it were "Oh wow. Wow. Wow." Yup – that good. Okay – what makes it so darn good? Its ingredients are: raw local (to Portland, Oregon) honey, organic coconut and coconut oil, cocoa powder, vanilla, salt, ginger oil and cardamom. Without cocoa butter, it is apparently not technically chocolate, hence "cacao-nectar bar."

The first thing I noticed when trying the bar is how much texture it has, from the shredded coconut. Some may call it gritty but I like grit. The next thing is how intense the cocoa taste is; it's not super sweet. Next comes the cardamom and then the salt. I missed the ginger but who cares – I'm

in love with this nectar bar. It's taste is smooth, lively, and seductive all at the same time. Just for fun I also tried the Lavender Red Rose bar. Unless you bite directly into a rose petal it's more like the first bar minus the cardamom. The lavender was nowhere to be found. Again, who cares – this is mighty fine not-quite chocolate. Honey Mama's is woman-owned and is handmade in Portland Oregon. Try all the flavors we carry, found in the to-go food cooler.

Saige first directed me to the Ithaca hummus and told me how much she loves it so, naturally, I was curious. My review is mixed. I first tried the Fresh Lemon Beet and then followed up with the Lemon Garlic. What makes this brand special is that "we use cold pressure instead of heat pasteurization to keep our ingredients raw, full of nutrients, and alive with flavor." The Fresh Lemon Beet is especially alive, with a definite tang going on. Oddly, it doesn't taste to me much like hummus. The chickpeas are overshadowed and the vinegar is overly prominent. I've never had vinegar in hummus but a quick online search shows that it is a thing in some versions. I enjoyed the Lemon Garlic more easily although it also has vinegar in it. The other ingredients these two versions share are: sunflower oil, lemon juice, tahini, and, of course, chickpeas.

continued on page 5



Food Review *continued from page 4*

If you are an adventurous eater, and you prefer non-pasteurized ingredients, this is the hummus for you. If I don't expect conventional hummus, I quite like Ithaca Cold-Crafted hummus. And I dig the snappy packaging, sucker that I am. This product now hails from Rochester NY, although its origins really are in Ithaca. We carry other flavors as well.

Friends who tried the Goodie Girl Mint Cookie commented that "There's more chocolate than mint...the mint is subtle," and "these are unfortunately delicious" – it was hard to not eat more. Before I comment on the cookie myself, I will share a query about the name Goodie Girl. Is this a hip/naughty play on Girl Scout? These cookies are suspiciously like the Girl Scout thin mints you might buy when your friends are hustling them for their kids. But better because they're gluten free!

Yeah, I like these cookies a lot. They are a satisfying combination of dark chocolate, mint, and cookie that escapes the gluten-free dry and crumbly phenomenon. They're small, easy to eat a bunch. But do pay attention to the high percentage of both sugar (14 grams in 4 small cookies) and saturated fat (6 grams in those same small cookies). The ingredients in these little charmers include: sugar, palm oil, cocoa powder, rice flour and corn, potato and tapioca starches. They are gluten free, but not dairy free; non-fat milk is towards the end of the ingredients list. Goodie Girl Cookies is also woman owned and based out of Ridgefield, New Jersey. The Co-op carries several flavors, all packaged with eye-catching designs.

Over and out, my Co-op friends. Be kind to yourselves, to one another, and to this precious planet we live on. See you at our store! 🌱



easterninsuranceassociates.com

(860) 456-1996

For all of your
Auto • Home • Life • Business
insurance needs contact



Tejas Sonpal



Todd O'Keefe

tsonpal@easterninsurancect.com

tokeefe@easterninsurancect.com

A local & independent insurance agency
serving Connecticut for over 22 years.

6 Storrs Rd. | Willimantic, CT 06250

visit us at    

BLISS

MARKETPLACE

34 NORTH STREET
WILLIMANTIC
860-456-2569

BOJEE

TUES-SUN
10AM-6PM

INDIE

CLOTHING

EYELASH
EXTENSIONS

YOGA
STUDIO

TATTOO
STUDIO

EYEBROW
MICROBLADING

JEWELRY

PLANTS

FRAMING

VINTAGE



CAFEMANTIC

TUESDAY:
BURGER NIGHT

WEDNESDAY:
HAPPY HOUR ALL NIGHT

THURSDAY:
BUCK A SHUCK

SUNDAY:
BRUNCH &
1/2 OFF WINE NIGHT

948 MAIN ST. | WILLIMANTIC
860.423.4243 | CAFEMANTIC.COM

WWW.KINDREDCROSSINGSFARM.COM
868 ROUTE 32 NORTH FRANKLIN, CT 06254
PHONE: 860-642-4243
KINDREDCROSSINGS@MSN.COM



100% Grass Fed Belted Galloway Beef
Pasture Raised Lamb & Mutton
Premium Connecticut Wool
Blankets & Scarves

BE SURE TO ASK ABOUT OUR FLEXIBLE FARMER'S CHOICE SHARES

YOUR **LOCAL** SOURCE FOR **NATURALLY RAISED MEAT & PREMIUM WOOL BLANKETS**

redtwig

garden design llc

Dede Delaney
860-455-3612

CT NOFA certified landcare professional • Ecological Landscape Association
www.redtwigarden.com • email: redtwigCT@gmail.com

Appropriate Designs

Green Home Design & Build Services

NET ZERO ENERGY HOMES



Richard L. Sherman
860 455 2000
app.designs@yahoo.com
www.appropriatedesigns.net

Do you need a better bank?

**Check out Northeast Family
Federal Credit Union,
for all of your banking needs!**

- Savings • Checking • Loans • Surcharge-FREE ATM's • IRA's
- Apple Pay, Samsung Pay & Google Pay • Mobile Deposit
- Credit/Debit cards and more.



860-423-1601
361 Boston Post Rd., North Windham
233 Main St., Manchester
www.nefamily.coop




**NOT FAR from
where YOU ARE**

Restaurant & Pub Brewery

Willimantic Brewing Company
967 Main Street, Willimantic, CT
860-423-6777 willibrew.com



Great Holiday Gifts Ideas!



Co-op

Gift Cards
T-Shirts
Shopping Bags
Gift Baskets



Locally Produced

Honey
Maple Syrup
Maple Sugar Candy
Hot Sauce
Soap
Salves
Beeswax Candles
Dog Treats
Books
CDs



Unique

Beeswrap
Pickle Pipes and Pebbles
Lunar Phase Calendars
African Baskets
Andes Fairtrade Knit Goods
Reusable Bags

Many other

delicious and useful gifts
can be found throughout the Co-op!



Holiday Tables

Local craftspeople will be selling their wares
each Saturday and Sunday

Saturday November 30 — Sunday December 22



Our
Holiday Gift
to You

5 % off everything^{*}

* EXCLUDING SPECIAL ORDERS & ITEMS DESIGNATED 'NO FURTHER DISCOUNTS'

for member-owners^{}**

** MUST BE CURRENT ON EQUITY PAYMENTS

Nov. 30 (Small Business Saturday)
— Sunday Dec. 22