

STORE HOURS

9:00 am - 7:00 pm
Every Day

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THE COMPOST

Vol. 43, Number 1 **Spring 2021**

Co-op Scoop *Alice Rubin*

It is almost Spring. I love Spring, but this year I not only love Spring, I need Spring! It was a nice enough Winter. Enough snow and cold so that you could tell what season it was. But not so much that I couldn't get outside to go for walks.

Now, once again, the whole world is changing, and I don't mean just the weather. I can see weights being lifted off of people's shoulders as they get vaccinated. There have been restrictions lifted and our town is taking applications for the use of Jillson Square – like there might even be a Downtown Country Fair this year! The Co-op's Bulk Department is open!

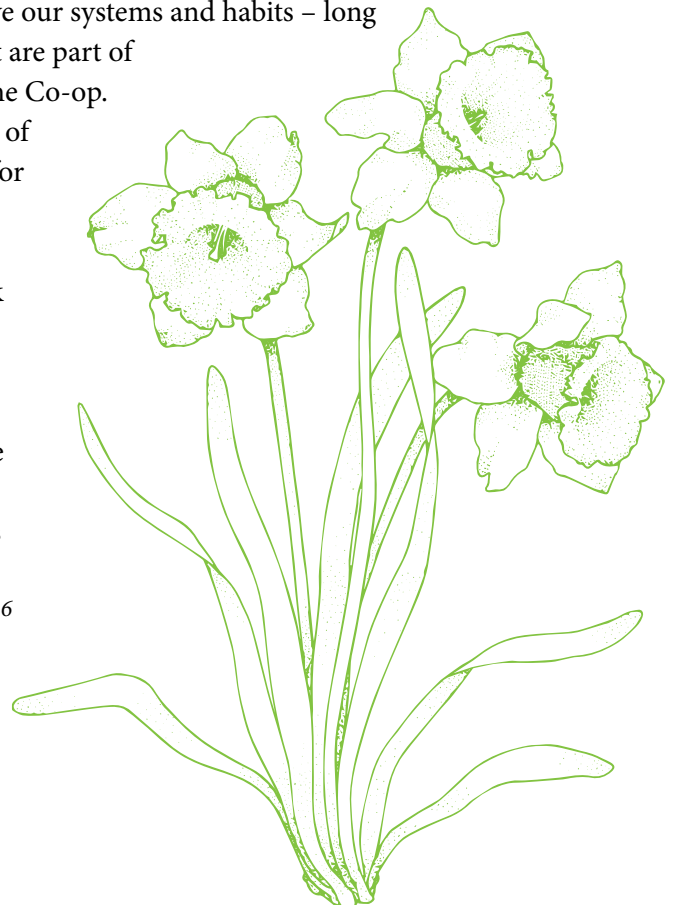
I don't want to be overly hopeful, but if Spring isn't about hope, nothing is.

One of the things that we lost at the onset of the pandemic was our ability to reduce, reuse and recycle. Before the pandemic we had done a lot of work to encourage and help people to shop with minimizing waste in mind. We instituted a 5 cent rebate for each container or bag you brought in to refill. Shoppers showed up with classic Co-op Shopping Boxes. Maybe you have one! It holds all of your containers that you refill. The special olive oil one, the canning jars for flour, the plastic bags to hold locally grown Salad Mix. Many of us have our systems and habits – long standing traditions that are part of our relationship with the Co-op.

Although none of that has been possible for the past year, I don't think that we have really lost ground. I think that it is time to pick back up where we left off and hit the ground running. I hope that we do!

My hope too, is to take it a step further.

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AURORA

Larry Goodheart

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Aurora Safin died in November at age 101. A native of Willimantic, of French Canadian background, she was a founding member of the Co-op. Asked on the celebration of our thirtieth anniversary in 2010 what the Co-op meant to her, she said, "It's like visiting my family — people who love me and they make me feel special!" Joyful, intensely affectionate, beloved. Au revoir, Aurora.



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Food Review *Winky Gordon*

Hello Dear Co-ops – This issue of the Food Review covers *Beyond Meat's Beyond Breakfast Sausage Plant-Based Patties* (\$5.49 per 6 piece box), and *Coolhaus Birthday Cake Ice Cream Sammie* (\$4.69 per 5.8 fl oz package). Apparently I had a lot to say about them, so it's just those two items this time.

If the Beyond Meat sausage patties were a different shape they'd be "bangers." But boy are they banging! Sometimes you just get this dancy-dancy feeling when

eating something so dang good; these did it for me. The mix of slightly chunky texture, and stand out ingredients like pomegranate extract, along with a good dose of fat put these little darlings on the Yes list. There are no spices listed – not even salt- but these patties taste to me pretty much like mild Italian sausages. Other ingredients include: pea protein, canola and coconut oils, vinegar and lemon juice extract. Cook them on stove top for a total of 5 minutes, or in the oven for 8 minutes.

Two Beyond Meat patties have 4.5 grams of saturated fat (23% daily value), which might put them on your Maybe list, as might the high sodium content (this despite no listed added salt). Those same 2 patties bring you 11 grams of protein. Perhaps you will throw caution to the wind, salivate over the juicy fat, and eat them anyway. Or, in the name of moderation, have them as an occasional treat. I bet kids will like these.

Beyond Meat is based in California and describes its mission as having a positive impact on "human health,

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Here's the next drool-inducing fat (and sugar) fiesta: Coolhaus Birthday Cake Ice Cream Sammie (from "sam-mich"?). Beholding and tasting this dessert instantly called up for me memories of birthday cakes and ice cream past. With its thick, rich ice cream, and its rainbow sprinkle covered sugar cookie, this exuberant ice cream sandwich is pure indulgence.

The sugar cookie, soft and chewy, is made with wheat flour, organic cane sugar, cage free eggs, grape juice and a host of other ingredients. The sprinkles contain turmeric, annatto and beet juice, among other things. I was fooled by thinking the ice cream had a hint of vanilla but, no, it's basically just dairy – milk, cream, and nonfat milk- and sugar – cane, sugar, tapioca syrup, with one or

climate change, constraints on natural resources, and animal welfare." They use only non-GMO ingredients. To find out about the origins of the company you can go to NPR's How I Built This show to hear an interview with founder and CEO Ethan Brown. The Co-op sells other Beyond Meat products as well, all found in the freezer section.

two other ingredients. I could eat only half of a sandwich at a time and, based on its fat content (14 gram saturated fat which is 70% daily value), I do not recommend you eat this dessert the same day the patties are on the menu. This is absolutely a super special occasion treat or your arteries and waistline will likely suffer. Ice-cream eating kids will probably love these.

Coolhaus is also based in California. With a commitment to making high-quality frozen desserts and to inspiring women, the two founders quit their jobs in architecture and real estate to bring Coolhaus into the world. These women have chutzpah and they make good stuff, but their intro made me giggle. "Natasha and Freya founded Coolhaus in 2009 because they did not feel represented by any of the dessert brands on shelves... not as Millennials, not as women, and definitely not as gay women." This sentence makes it sound a lot like

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Co-op Scoop *continued from page 1*

We should really be looking at everything the Co-op has on our shelves. More than just ingredients - also its packaging, where it comes from, who we are supporting by purchasing the products. We only know so much just looking at the label (what it is) and the price tag (how much it costs). You have to really read the label, and you still might not know what you want to know! You might need to take out your smart phone, if you have one, and the time, to really understand what you are buying. Can the Co-op be more discerning while still offering options that will meet the needs of our diverse Member-Owners and non-member shoppers?

It is important to recognize that we are all different - what matters to me, might not matter to you. We need to draw some lines - like the one that says 'No Artificial Flavors' in any of the products that we sell. But we also need to balance the reality of life and consumerism in our world today. Just to pick on one of my least favorite products on our shelves - single serve pouches of nut butters in plastic. It is an em-

barrassment to me to see them in our Co-op. Yet that is just my personal opinion. Someone buys them - they sell. They may make all the difference to a person with a young child who needs a quick easy-peasy high protein snack - I don't know!

I do know that the Co-op is here to meet the needs of our members and the larger community we serve. I do know that these needs are diverse and constantly evolving. We must attempt to ensure we continue to meet these needs while also upholding the shared values that our Co-op stands for. 🥕



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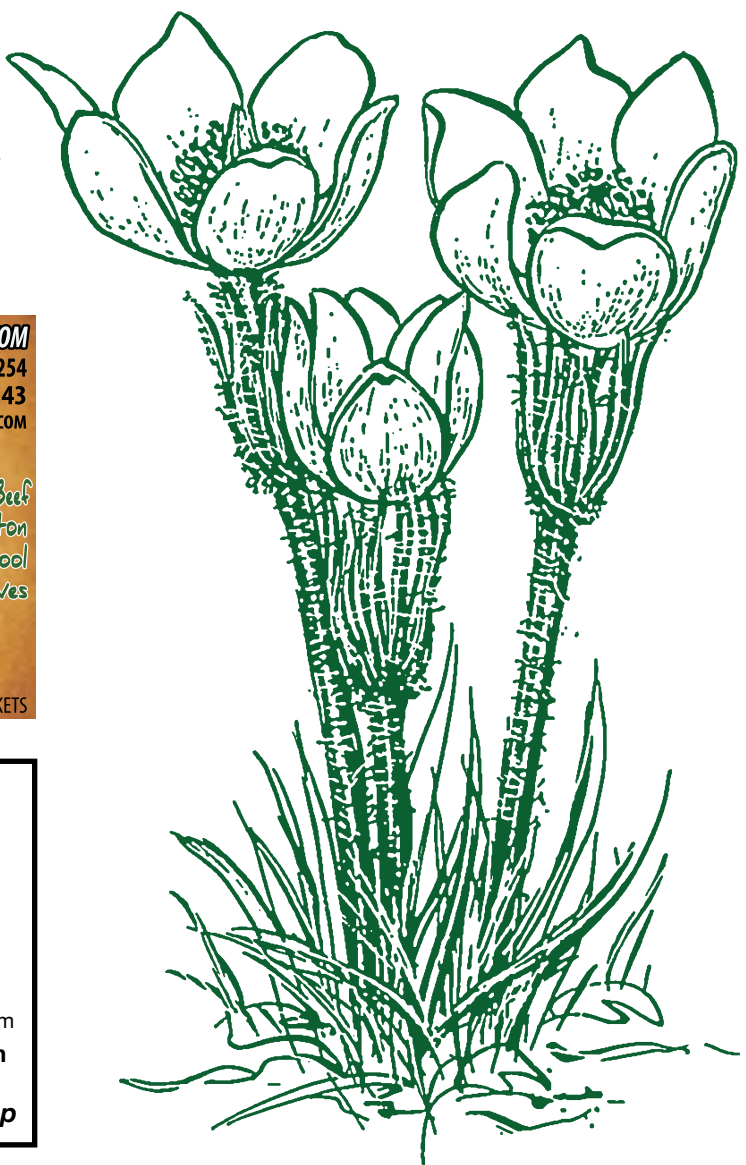
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Member Opinion *Bill Potvin*

“To encourage earth-friendly buying habits”.

This was one of the mission statements developed by the Board of Directors of the Co-op thirty years ago. I was a board member and big supporter of this stand. Now, all these years later, is it more important than ever or less important?

Despite having no children, I still feel very strongly about the state of the Earth that we are leaving to future generations. Co-op members that have children and grand-kids must feel very concerned for their offspring for any number of reasons, but the environment, (ie. climate catastrophe) should be near the top of the list.

The year: 1959. The class: Freshman Earth Science at Windham High. The text referred to “The Greenhouse Effect” and discussions followed. The science was there. Clearly. Our teacher, Mr. Lord, (could I make this up?) warned us that someday there could be big problems with CO2 in the atmosphere from all the cars and trucks using fossil fuels and homes being heated with coal and oil.

For some reason, this really sunk in with me at 13 years old, and I expected that Americans and other societies would act appropriately to minimize future untold problems with the planet.....We are there now.....61 years later. We failed for future generations. We failed in many ways, from killing the electric car to pulling up trolley tracks and minimizing public transportation in general. Disinformation

reigned and inaction resulted. I have felt from day one that the Cooperative Movement was a step up from raw Capitalism. I believed that Co-op members were in general more socially and environmentally conscious. Is this still true in our Co-op? Currently, I don't see it and I don't feel it. Does the membership feel that we are adhering to known sound principles that protect the Earth? Does making a sale override any environmental factors? We appear to be purchasing more items from Europe, redundant items that travel across the Atlantic Ocean. There was and is a principle that lead to the term LOCAVORE, that is, how far does our food travel to get to the shelf? Certainly, less travel distance is best. Of course, there are heroic offerings at the Co-Op that I love, like the bulk bins to reduce packaging, but we can do better. 🥕

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Food Review *continued from page 5*

they wanted the ice cream to somehow represent gay Millennial women but I don't think that's quite it. It's about the brand, silly. The Co-op carries several kinds of ice cream sandwich as well as pints of non-dairy "ice cream."

We will be either close to or in Spring by the time you read this. Happy Spring! We all deserve it. I wonder what you are thinking about as we creep closer to post-immediate-crisis, and what you might be looking forward to? It will be a very different world than the one we left behind, many things lost, but hopefully with some things better. I am eagerly anticipating the day when I will be able to once again sit at a table in the Co-op café area and enjoy eating a bowl of yogurt with granola. I miss you!

As always – be kind to yourselves and to one another. I hope to see you soon. 🥕



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