



91 Valley Street
Willimantic, CT 06226
860.456.3611

WWW.WILLIMANTICFOOD.COOP
INFO@WILLIMANTICFOOD.COOP

THE COMPOST

Vol. 43, Number 4 Winter 2021

STORE HOURS

8:00 am - 8:00 pm
Every Day

CONTENTS

Co-op Scoop.....	1
Bruce's Retirement.....	2
Holiday Gift to You.....	3
Board Doings.....	3
Food Review.....	4
Out of Stock.....	5
Holiday Tables Return	7
Downtown Country Fair.....	7
Co-op Gift Ideas.....	8

Co-op Scoop Alice Rubin

We have rounded the corner and Autumn is taking over from Summer. Leaves are falling, but still no killing frost. No more locally grown tomatoes, but plenty of locally grown root vegetables. The Co-op's garden has quite a few flowers still blooming and we are about to plant more bulbs (we bought them from FEDCO – another Co-op that we belong to) - their blooms will be a welcome sight come Spring!

It seemed that we had also rounded the corner from some of the havoc a pandemic creates, and we might have on some fronts, but not all! There are surprises at every turn! The full story can be read on page 5 in an article written by Patty, our Operations Manager and Matt, our Grocery Manager. What has always been a balancing act – keeping the Co-op stocked with the items you expect the Co-op to sell, competitively priced, has become a real challenge. We are doing all that we can to support our local food vendors and distributors – we need them even more than before, if that is possible. I am grateful for our staff and the work that they are doing for the Co-op, both in the day to day, as well as work that has the potential to impact our food security in the future.


Although selling food is our priority, our bread and butter so to speak, we have lots of other work to do!

We continue to work on a plan to reincorporate as a Co-op (see the article in V43-2, the Summer issue of *The Compost*). We continue to ponder our property across the street. We continue to watch the building of our town's Community and Senior Center, and wonder how it will impact our neighborhood.

As the pandemic has impacted the Co-op, many people are still struggling through the effects, the loss of so many things. Some people lost their loved one, their job/income, their housing. Many people are still feeling isolated. More than ever it is important that we all do what we can for each other.

The Co-op is fortunate that we are still able to fulfill our mission of Caring for Community – Cooperative Principle #7. We will once again have our Wooden Nickel Voting in December to decide how to divvy up our Caring for Community 'Pot'. Everyone will get a Wooden Nickel when they shop. Then they can use it to vote for one of the 4 Non Profits who will receive a portion of this money.

I hope that each of you gets to celebrate the Holiday Season in the way you have been wishing for.

Let the snow fly! 

General Manager

Alice Rubin

Management Team

Kathy Leddy

Financial Manager

Wendy Jakoboski

Produce Manager

Patty Smith

Operations Manager

Marissa Ocegüera

Front-end Manager

Corry Elm

Assistant Front-end Manager

Staff

Jessica Bance-Vidich

Vicky Bassett

Maxwell Calverly

Michelle Aguayo Castro

Susan Chasin

John Clark

Ben Coggins

Kara Croce

Lilia Daly

Chad Dunnack

Eion Foust

Kathe Gable

Jaron Gaier

Mark Giangrave

Avery Gratton

Saige Johnson

Brandon Johnson Nickson

Chris Klaben

Gabi Lopez

Nancy McMerriman

Jeff Nash

Steve Scanlon

Naomi Solares

Christopher Swift

Antoinette Thuillier

Julio Velez

Matthew Woodward

Board of Directors

Steve Bachiochi

Matthew Coolbeth

Linda Brock

Kathleen Krider

Natasha Sheer

Joanne Todd

Manager Representative

Alice Rubin

Staff Representative

Nancy McMerriman

Newsletter

Ellen Embardo

Amy Kalisher

Alice Rubin

Printed by

Gulemo Printers

Bruce's Retirement

Alice Rubin

It is sad but true, Bruce has retired. I didn't really think it would happen. I don't think he did either.

Bruce has worked at the Co-op since 1994. He has had many job titles – Assistant Manager, Facilities Manager, Dairy Buyer (is Dairy Eater a job???) Cheese Buyer (I think that he personally knows almost every cheese maker in our region).

He has kept track of our Vendor Credits, is the one who talks to our Inside Sales Reps on the phone, he counts the cash and puts it in the bank. He has come in at 5 AM or earlier for years to meet our delivery trucks.

You may also know him from the Buying Club days of the Co-op, when it met in the basement of St. Paul's Church. Or maybe you ate at his restaurant, Nature's Place on Church Street in the early 80's. Remember when we had Co-op Dinners? Sometimes they were at Cup o Sun, or at the First Congregational Church – Bruce made those menus and led the rest of us in cooking some incredible dinners. It was fun, both the cooking and the eating! I miss those days. You've probably crossed paths with Bruce somewhere in Willimantic, at some point.

We will all miss him in our day to day life at the Co-op. But he will be around. Mowing the lawn, working in the garden and being a cheese cutter are just some of the working member jobs he has signed up for!

To say he is a loved, trusted and valued member of our Food Co-op Staff doesn't begin to say how we feel about Bruce.

We wish him longer naps in his retirement! 🥕



Our Holiday Gift to You!

5% off
for all Member-Owners

**Every Member-Owner
who has paid their \$120
equity in full or is
up to date on their payments
will receive 5% off
all of their purchases
made between
Saturday, November 27th
(Small Business Saturday)
and December 31st**

***Many thanks and much
appreciation to all of our
Member-Owners!***



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**

Board Doings *Linda Brock*

Over the past three months, the Board has continued its regular oversight of the Co-op, while also looking to the future. The Board evaluated the General Manager's compliance with policies:

- B.6 Emergency Management Succession;
- B.7 Customer Service and Value;
- B.3 Financial Condition and Activities (Q2);
- B.8 Membership;
- B.5 Communication and Counsel to the Board; and
- B.9 Board Logistical Support.

The Board also evaluated its own performance on policies:

- D.1 Governing Style;
- D.2 The Board's Job;
- D.3 Agenda Planning;
- D.4 Board Meetings; and
- D.6 Officers' Role.

(Wondering what these mean? Check out the Co-op web page, *About the Co-op > Our Board for the Policy Governance Manual.*)

Other routine actions were approving the Board budget for the upcoming year, and updating the General Manager's compensation package.

At its annual working retreat, the Board began preparing for eventual changes in leadership, and in the legal structure of the Co-op (made possible by the improvements to Connecticut's Cooperative statute).

What else? The Member Engagement committee is hard at work on improving member understanding of *what it means to be a Co-op*, not just a "natural foods store." And this is where ***our Co-op needs you!!***

Building the Co-op's connection with member-owners takes creativity and imagination, planning, education and communication...and people to do those things. We want the Co-op to meet your needs and values (not wealthy shareholders somewhere...) – so please, lend a hand, volunteering your ideas and time. Use the "Contact Us" link on the web page or drop off your name, number and email at the Store; we'll be in touch!

*Next Board Meeting: Thursday Dec 2, 7:00 pm
Kerri Gallery on Main Street, Willimantic.*

Member-owners welcome! 🌱

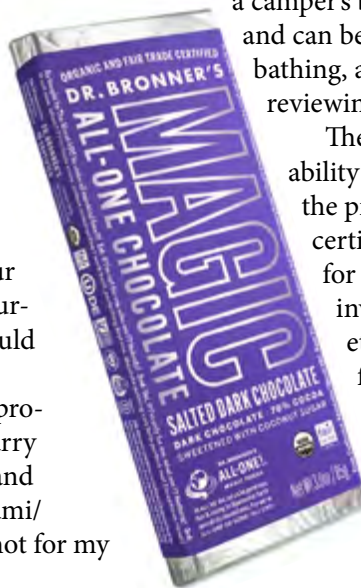
Hello dear Co-ops – this food review features three quite unrelated foods:

Gopal's Power Wraps, Curry type \$1.99 / 1.15 oz. package; Dr. Bronner's Magic All-One Chocolate, salted dark chocolate \$4.99 / 3 oz. bar; Jovial's 100% organic, grain free cassava fusilli, \$3.99 / 8 oz package. Read on.

Perhaps like you, I rely on having satisfying, healthy snacks nearby during my work day. If I want to not experience the blood sugar drop and panic that sets in between breakfast and lunch, I need to have something easily on hand to recharge my system. Gopal's Power Wraps are among the snack foods I have stashed in a drawer at work. The Power Wraps are “nori wrapped vegan jerky sticks,” filled primarily with various sprouted nuts and seeds; each flavor of the Wraps with its own additional ingredients.

The Curry is my favorite, mild enough for my low heat threshold. The slight crunch and umami of the nori wrap is a nice counterpoint to the creamy, mildly sweet filling of mostly organic ingredients: sunflower and flax seeds, coconut nectar, almonds, nori, curry. The stone ground Himalayan crystal salt is the only ingredient not certified as organic. If you like to play with your food you might enjoy the sensation of squishing the sweetish ground, sprouted seed filling out of its nori jacket as you put the thing between your teeth. The action of eating this food is as nourishing as its nutritional contents. Eating should not be boring!

The Curry Gopal's Power Wrap has 5 g protein, and 11 g fat in each serving. We also carry other flavors, including Beetroot Hummus and Thai Mango. This last one has the same umami/sweet/creamy combination but is a tad too hot for my



delicate palate. The Wraps are in the power bar and candy section near the front of the store.

Fun facts: Gopal's Healthfoods is based on a 100 acre piece of prairie land in Texas, where many people live on site. Their mission is “to awaken friends from all over the world to the choice of healing the planet. We promote non-interference with the natural progress of life for all living beings, including animals.” As part of their corporate giving, they contribute to Food For Life which promotes Food Yoga. “A Food Yogi, as described by FFL, is a responsible human that serves, eats, and behaves in ways that respect all of the creation and help maintain the delicate balance of nature”. Who can argue with that approach?

Depending on your age, you may or may not remember the original Dr. Bronner's soap labels, plastered with detailed religious messages conveying the All One philosophy of founder Emmanuel Bronner. Despite what seemed (to me anyway) an over-the-top-bordering-on-nuts proselytizing, Dr. Bronner's soap was an essential in many a camper's bag of supplies. It was, and is, biodegradable, and can be used for clothes washing, toothbrushing, bathing, and hair washing. The soap is not what I'm reviewing though.

The latest endeavor of this resourceful, sustainability and ethical-business minded company is the production of organic, vegan and fair-trade certified Magic All-One Chocolate. The catalyst for this new product was “an opportunity to invest even more resources into transparent, ethical supply chains, and regenerative organic farming practices that help mitigate climate change.” The gist of the project is to support mono-culture farmers of cocoa and palm in transitioning to more soil-friendly practices including planting of complementary crops such as papaya and cassava. Check out the Dr. Bronner's web site for an education on their commitment to regenerative agriculture in Ghana, Samoa, India, and Sri Lanka. Check out the web site also for lots of info on sustainability, “constructive capitalism,” and the wild story of the German-Jewish man who brought the family trade of soap-making to the US in 1948. Truly – it's an amazing story.

The chocolate: I will admit that when I sampled the Dr. Bronner's Magic All-One Salted Dark Chocolate it took me a bit to warm up to it. At first bite it seemed oddly bitter, not just because of the 70% cocoa content. (I typically

Jewels Verne
JEWELERS

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



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

continued on page 6

What, my favorite product is still out of stock?!?

Matt Woodward & Patty Smith

We're sure you've noticed lately that there are more empty spaces on the shelves than usual or out-of-stock signs in place of that favorite bottle of salad dressing or frozen pizza you were planning to put in your shopping basket. This is a result of cascading supply chain issues that are affecting the Co-op, our suppliers, and the companies that produce many of the items we carry. The problems began back at the start of the pandemic, when people began "pantry loading" or "panic buying" in response to lockdowns and widespread uncertainty about how Covid-19 was going to affect our lives.

In March 2020, demand for what's known in the industry as "food at home" spiked to unprecedented levels, and while the supply chain recovered relatively quickly from that event, now, almost two years later, demand remains much higher than pre-pandemic levels. People are still cooking at home more often and looking for high-quality, nutritious ingredients, as well as keeping their pantries well stocked to stay ahead of the uncertainty curve.

While demand has remained high, other factors related to the pandemic have impacted the global supply chain in unexpected ways. The primary factor is a worldwide labor shortage, particularly among warehouse workers and truck drivers – people who play crucial roles in getting products from the manufacturer to the distributor and then on to the retailer and consumer. The Co-op's largest supplier, United Natural Foods (UNFI), has several distribution centers that are currently "distressed," meaning they don't have enough workers to consistently fill our orders completely or accurately, leading to high levels of out-of-stock products in our store. Due to these labor shortages three of our largest weekly deliveries are being 'smoothed', which means that, rather than delaying or cancelling entire deliveries, they fill between 60-90% of each order, capping the number of cases they will deliver.

In addition to the labor issues, there are other factors contributing to supply chain disruptions. Many of the

products you buy at the Co-op (coffee, tea, chocolate, etc.) have global supply chains. Covid outbreaks and distancing protocols slow production on farms and in manufacturing facilities, particularly in countries where vaccines are not readily available, but also in the U.S. Port delays are causing shortages of product raw materials sourced overseas, as well as some packaging components including plastic resins, glass, aluminum, and sheet steel. Truck, rail, and port resources remain significantly constricted. These issues are affecting production, transportation, and warehousing, resulting in frustration at the retail level and price increases across many product categories.

Our buyers are frustrated, too, but they are doing all they can to mitigate the problems, including:

- Pre-ordering significant amounts of staple products as well as many holiday items and taking early delivery to ensure we get what we ordered
- Juggling supply, out of stocks, and pricing from 2 major suppliers and 3 warehouses to procure items wherever and whenever we can
- Making smart use of backstock space to stock up on key items
- Researching product alternatives as needed for expected long term out of stocks

In addition to these measures, we are looking more to our local producers for alternatives to national brands. While local is always a priority in our purchasing, the current situation highlights how important local and regional supply chains are and how fortunate we are at the co-op to have access to so many incredible local products. Although local producers aren't immune to the supply chain disruptions mentioned above, and while their operating costs are also rising, we have an opportunity to direct more support and love toward them. Although it was a challenging growing season here in New England, we are continuing to enjoy of a good supply of locally grown produce, including apples, pears, squash, cabbage, carrots, onions, and salad greens. But local means

continued on page 8

**The best place
to bank, isn't
even a bank**

We're **local**, a
co-op, believe in
community and we
know **you're a person**,
not a number.

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




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

redtwig
garden design llc

Dede Delaney

860-455-3612


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




**EASTERN
INSURANCE
ASSOCIATES**

easterninsuranceassociates.com
(860) 456-1996

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







Tejas Sonpal
tsonpal@easterninsurancect.com




Todd O'Keefe
tokeefe@easterninsurancect.com

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

6 Storrs Rd. | Willimantic, CT 06250

visit us at    



ZenSolar 氣

John Boiano
860-798-5692
john@zensolar.net
zen solar.net

Local Solar

***** amyKstudio *****

EXPAND YOUR REACH

branding • strategy • websites • printed materials
401-359-2231 • amy@amykstudio.com



Food Review *continued from page 4*

enjoy up to 88% cocoa content.) Two things that make this chocolate distinct are the absence of any dairy products and the use of coconut rather than cane sugar. After several samplings, and readjusting my expectations – this is vegan and made with coconut sugar- I came around and quite enjoyed its curious flavor. Although I still prefer chocolate with good old cane sugar, I would definitely eat this magic chocolate again. And I can imagine that it might be a fine cooking ingredient. We carry several flavors of the Dr. Bronner's Magic All-One Chocolate.

It is no longer the case that one must choose between enticing glutinous breads and pastas and gluten-free versions that taste like cardboard. Hooray, and a bow of respect for all the people who managed when their choices were this limited. Grocery stores are practically flooded with increasing numbers of options of gluten free products that have taste, a palatable texture, and hold together through cooking. I've tried many of them but this is my first round with cassava-based pasta.

Jovial's cassava pasta is not merely a decorative background for whatever sauce is put on it. It has heft and personality. I'd describe it as nutty and dense, maybe chewy. I found it a quite satisfying foundation for first a chunky tomato pasta sauce and then a homemade wild-mushroom butter, and I was certainly full. With 4 grams of fiber in a 2 oz. serving, the cassava pasta provides 14% of the USDA recommended daily amount. However, there's not much protein in it, in contrast to the various bean pastas out there. It has just two ingredients: organic cassava flour and water; its simplicity is appealing and probably useful for people with dietary restrictions.

As you may know, cassava is the root tuber of a shrub originating in South America. Our friend Wikipedia describes it as a drought tolerant crop that also tolerates poor soil. It is a major food source for people in developing countries and the third largest source after rice and maize in "the tropics." (Perhaps it will be a food that we'll see more of as we adapt to the realities of climate disruption and its effect on food production.)

Jovial is this funny little company – maybe not so little - based in Italy but distributed out of North Stonington CT, right down the road. They're a family owned business and arose out of the need for alternatives for a family member with digestive issues. If you'd like to go on a fancy-pants cooking vacation, you can join Carla in a Culinary Getaway in their beautiful Italian villa.

It is good to be with you again, writing this Food Review. I have missed you. I end as I always do, reminding all of us to be kind to one another, and to ourselves. Sometimes it's not easy but really, it's the best choice in the end. See you next time. 🥕

HOLIDAY TABLES RETURN!

***Would you like to sell
your handmade goods
at the Food Co-op this
Holiday Season?***

We will once again be hosting
the Holiday Tables in the front
of the store. We will be limiting it
to 2 vendors each day, but we will
have vendors 7 days/week.

If you are interested in finding out more or
scheduling a day, please email me at
Alice.rubin@willimanticfood.coop

The Downtown Country Fair

Alice Rubin

Thank you to everyone who came
together this year for a wonderful day!

We had wonderful musicians –

Sally Rogers

Frog Bridge Strings

Earl Macdonald Jazz Quartet

Bentetu

And a sound company – *Travis Sound
Productions* - that is experienced with the
challenges that the Shaboo stage pres-
ents.

We had wonderful vendors, selling
everything from jewelry to jam, from
candles to cups.

We had many organizations talking
about the work that they do in our Quiet
Corner.

We had food, really, really good food!

And despite all forecasts, the weather
was beautiful!

Many thanks to our get ready and set
up crew

- *ECSU student volunteers*
- *Angela, Perry and the Co-op Walkie
Talkies*
- *Horizons on sign detail*

When we started
talking about whether
or not we should or
could hold the fair this
year, we said no. I am so
glad that we slept on it
and decided yes!

Until next year,
*The Willimantic
Downtown Country Fair
Planning Committee*

Elizabeth Huebner

Sarah Keleher

Pat Shimchick

Alice Rubin 🥕

STONE ROW KITCHEN + BAR

Named for a tenement neighborhood in Willimantic:
STONE ROW was inspired by the 19th century
immigrant dwellers who exemplified the drive and
desire to forge a good life. We honor the social
fabric woven into the "Thread City" that's built
around gathering and dining together. Like our
neighborhood, it's comfortable and well-worn.
The idea of Stone Row is recognizing the humanity
of hospitality and the humanity of cooking food.



948-956 MAIN ST. | WILLIMANTIC | 860.423.4243 | SRKBCT.COM

Out of Stock *continued from page 5*

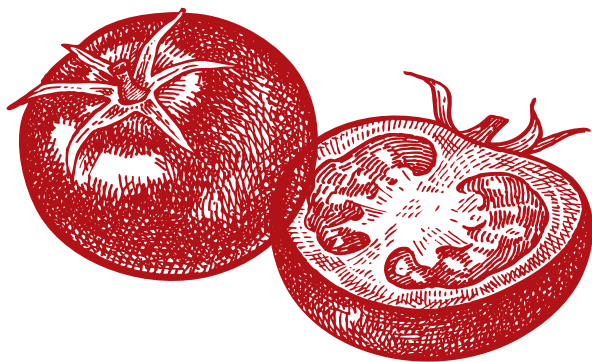
more than just fresh produce – we carry locally produced pasta sauce, salsa, honey, granola, grains, milk, yogurt, cheese, seltzer, soda, prepared foods, meat, soap, and so, so, so much more – approximately 10% of our inventory is local*. It's a great time for us all to renew our commitment to local and support local producers with our purchasing choices. Look for the local icon on shelf tags and check the bottom of your receipt to see how much you spend on local products. Also, see our list of all the local brands** available at the Co-op, on this page and next.

LOCAL

While we hope to see things getting back to “normal,” maybe there is a silver lining here: a chance to be grateful for what we do have, learn how to manage without things we thought we needed, and maybe even try something new (and local!). 🍅

* We label a product as “local” if it meets the following definition: an item grown, sourced, or processed (significantly transformed, like roasting coffee beans) in state or within 100 miles of the Co-op.

** We do our best to keep this list complete and up-to-date. If you supply local goods to the Co-op and don't see your name on this list, please let us know



LOCAL FARMS

A & C Eggs	Eggs
A & Z Apiaries	Honey & Candles
Alba Flower Apiaries	Honey
Alice's Greenhouse	Plants
Baldwin Brook Farm	Dairy Products
Before And After Farms	Meat
Boston Smoked Fish Co.	Seafood
Butterworks Farm	Dairy Products
Campbell's Crossing Farm	Eggs
Cato Corner Farm	Cheese
Cloverleigh Farm	Produce
Cobblestone Farm	Produce
Dave Crocker	Produce
Delamatta Farms	Eggs
Dove And Boar	Eggs
Earth, Wind And Fire Farm	Duck Eggs
Ekonk Hill Turkey Farm	Meat
Elm Farm Llc	Dairy Products
Frank Himmelstein	Produce
Giroux Farm	Fresh Flowers
Green Ache's Farm	Eggs
Grow Windham	Hot Sauce
Happy Hen Farm	Eggs
Hen Next Door	Eggs
High Hill Orchard	Produce
High Lawn Farm	Cheese
Hillside Exotics	Eggs
Hurst Farm	Produce
Joe Rainville	Eggs
Kdcrop Farms	Eggs & Jams/Jellies
Kindred Crossings	Meat
Maggie's Farm	Mushrooms
Maple Hill Creamery	Dairy Products
Maple Lane	Juice
Mayapple Farm Eggs	Eggs
Monument Hill	Produce
Mountain Dairy	Dairy Products
Mountain Fresh Farm	Eggs
Proctor Hall Farm	Meat
Provider Farms	Produce
Shundahai Farm	Produce
Still River Farm	Eggs, Grains, & Flour
Sweet Acre Farm	Produce
Tap Eggs	Eggs
The Loved Hen Farm	Eggs
Tiny Acre Farm	Microgreens
Tobacco Road Farm	Produce
Tri County Greenhouse	Fresh Flowers
Turtle Ledge Farm	Eggs & Produce
Wayne Sweet	Eggs
Willow Valley Farm	Produce
Winterplace Farm Creamery	Cheese
Woodward Greenhouses	Plants

LOCAL MAKERS / PRODUCERS

88Acre	Seed Butter	Mantis Graphics	Co-op T-Shirts, Canvas Bags & Masks
Against The Grain	Frozen Foods	Maria & Ricardo's	Tortillas
Ageless Paws	Pet Treats	Megafood	Supplements
Albert's Bakery	Bread & Baked Goods	Mi Nina	Tortilla Chips
Aleia's	Gluten-free Bread & Baked Goods	Mi Tierra	Tortillas
American Flatbread Pizza	Frozen Foods	My Papa's Homemade	Pasta Sauce
Amy Kalisher	Greeting Cards	Mycogenetics	Supplements
Andrea Wisnewski	Greeting Cards	Nantucket Spider, LLC	Body Care
Appalachian Naturals	Salad Dressings	NE Charcuterie	Meat
Aqua Vitea	Kombucha	New Chapter	Supplements
Back Roads Granola	Granola & Trail Mix	New England Natural Bakers	Granola & Trail Mix
Badger	Body Care	Not Only Juice	Prepared Foods & Baked Goods
Bagel One	Bread & Baked Goods	One Mighty Mill	Bread & Baked Goods
Bats Of Bedlam	Maple Syrup	Oui Charcuterie	Meat
Bear Pond	Pesto & Spreads	Owl Food	Energy Bars
Berkshire Mountain Bakery	Bread & Baked Goods	Pam Brundage	Tinctures & Salves
Buzzle Balm	Body Care	People's Bakery	Bread & Baked Goods
Calabro Cheese	Cheese	Pleasant Pizza	Frozen Pizza Dough
Cambera Farm	Bread & Baked Goods	Ployes	Pancake Mix
Capa Di Roma	Pasta Sauce	Poor Devil Pepper Co.	Hot Sauce
Chubby Dog Coffee Co.	Coffee	Puckett's Pantry	Keto Desserts
Cindy's Kitchen of Brockton	Salad Dressings	Real Pickles	Fermented Products
Cosmos	Bottled Garlic	Red Barn Roasters	Coffee
Craftsman Cliff Roasters	Coffee	Red's Best	Seafood
Crowley	Dairy Products	Sacredbee	Greeting Cards
Culinary Expressions	Prepared Foods & Baked Goods	Shaker Maple	Maple Syrup
Cush's Homegrown	Salsa	Shayna B's By The Sea	Prepared Foods & Baked Goods
Dancing Deer	Baked Goods	Shy Brothers	Cheese
Dancing Star	Bulk Snacks	South River Miso Company	Miso
Dean's Beans	Coffee	Stacys	Tortillas
Dee's One Smart Cookie, LLC	Gluten-free Bread & Baked Goods	Steve Scanlon	Greeting Cards
Dragons Blood	Hot Sauce	Sweet Sage Bakery	Bread & Baked Goods
East Coast Kombucha	Kombucha	Swift Farms	Beeswax Candles
Echofarm	Pudding	Thayer	Witch Hazel
Effie's Homemade	Biscuits	The Bridge	Tofu
Farmtrue	Ghee	The Gracious Gourmet	Pesto & Spreads
Fat Stone Farm	Maple Syrup	Three Bluebirds	Swedish Dishcloths
Grey Barn	Cheese	Tierra Farm	Granola & Trail Mix
Harbor Hemp Company, LLC	CBD Beverages	Treatzles	Pet Treats
Herb Garden Design	Soap	Treefort Naturals	Soap & Shampoo
Hosmer Mountain	Soda & Seltzer	Tree-Free Greetings	Greeting Cards
Humphrey's	Witch Hazel	Useful Weeds	Tea
Just Soap	Soap	Vervana	Pasta Sauce
Katalyst	Kombucha	Vibrant Health	Supplements
Kim Bowers	Maple Syrup	Village Springs	Bottled Water
Lesser Evil	Popcorn	Whole Harmony	Tea
Lewis	Brewers Yeast	Wholly	Frozen Foods
Liuzzi Cheese	Cheese	William Stallman	Greeting Cards
Local Tortilla, LLC	Corn Tortillas	Wiseways	Body Care
Maine Root	Soda & Seltzer	Yosi Kitchen	Prepared Foods & Baked Goods
Make It Gf, LLC	Frozen Foods		



CO-OP GIFT IDEAS



Andes Knitted Wear
Local Maple Syrup and Candy
Calendars
Journals
Jig Saw Puzzles
Locally Roasted Coffee
Locally Made Beeswax Candles
Himalayan Salt Lamps
Aromatherapy Diffusers
Beeswrap
Incense
Tarot Cards
Socks
Handmade Soaps



Staff Picks



Jessie's Holiday Pick

All-One Chocolate Bars

These new chocolate bars will be perfect, delicious stocking stuffers! Made with organic and vegan ingredients, they're sweetened only with coconut sugar and wrapped in festive, colorful packaging. There's enough flavors for everyone on your list, too!

Saige's Holiday Pick

Every year at this time, you can find me in the Wellness department, smelling every **Pacha Soap** we carry. They make perfect gifts. A couple of years ago I saved up and bought unique and personal gifts for the members of my family and got one, mutual response: "But where is the soap?"!

Lilia's Holiday Pick

Andes Knit Wear Scarves
naturally antimicrobial and
super warm!