

STORE HOURS

8:00 am - 8:00 pm
Every Day

WHAT'S HAPPENING

With The Building Across The Street? *Alice Rubin*

I get asked that question a lot and I rarely am able to give a satisfactory answer.

It is not for lack of trying that no clear path forward has shown itself to develop the property in a way that will meet the needs of the Co-op, now and into the future.

What I can speak to is where we are now.

We have just hired Plan B – a Retail Design and Project Management firm out of Tolland. They designed and managed the buildout of our current store when we moved here in 2006.

We have asked them to assess the building on the corner – the one with the carrots on it – to see how we could salvage as much of it as possible and rebuild what needs to be rebuilt to give us a usable two story building.

Based on all of the conversations that we have had with members and staff over the years these are the basic ideas for that building's use

- A kitchen that would be used to make prepared foods to sell out of our Grab and Go case in the Co-op
- A deli counter where prepared foods will be sold
- Coffee, tea, soup, juice?
- A place to sit and eat your food or drink your coffee, just like you do in our café area at the store

We would also have some meeting space, office space and a staff break room.


We plan on keeping the storage building – the cinderblock building with the curtain painted on it – for storage. We need it to keep the Co-op space available for all the food that we sell. We don't store food across the street, just fixtures, paperwork, extra shopping carts – things like that.

We would also make the outside space good for parking and possibly even a place for a food truck to park. There are lots of possibilities! We would of course, have some flower gardens.

Our approach this time, given the state of things like building expenses, supply chain problems etc., is to prioritize function over fancy. Energy efficiency is a priority as well as the reuse of as much as possible in the rebuilding of our building.

So the next big question will be when???

I don't have the answer yet, but I will share that with you as soon as I have a timeline.

Thank you all for your patience! 

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- General Manager**
Alice Rubin

Management Team
Kathy Leddy
Financial Manager
Wendy Jakoboski
Produce Manager
Patty Smith
Operations Manager
Marissa Ocegvera
Front-end Manager
Corry Elm
Assistant Front-end Manager

Staff
Jessie Bance
Brittany Brayman
Maxwell Calverly
Michelle Aguayo Castro
Susan Chasin
Ben Coggins
Kara Croce
Chad Dunnack
Kathe Gable
Jaron Gaier
Mark Giangrave
Avery Gratton
Catherine Hahn
Bob Jennette
Saige Johnson
Brandon Johnson Nickson
Chris Klaben
Gabi Lopez
Nancy McMerriman
Vanessa Ortiz
Roux Potter
Levi Quakenbush
Steve Scanlon
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Christopher Swift
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Matthew Woodward

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Joanne Todd

Manager Representative
Alice Rubin

Newsletter
Ellen Embardo
Amy Kalisher
Alice Rubin

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Co-op Garden *Alice Rubin*



This recent post on Facebook says it all — the Co-op Garden is stunning, and 166 people agreed!

This season’s rain has been especially good for our garden. There is not a lot of soil because most of it used to be a parking lot! (pretty much the opposite of ‘they paved paradise’). And the southern exposure keeps it all warm and dry. But this year it seems like nothing could keep the flowers from blooming! Not the rain, the heat, not even the humidity!

Well, they didn’t do it all by themselves – a working member, Rosemary, has almost single handedly maintained the garden for the past 2 years. She weeds, trims, encourages and discourages and saves plants from aphids and vines. Rosemary is out there no matter the weather.

Bruce mows the lawn and I plant more plants!

Luckily we have a second working member, Rudy, who has recently appeared to help.

Big thanks to everyone who helps, who compliments and keeps the garden workers and fairies happy.

I invite everyone to sit down on one of the benches and enjoy the garden, even if you only have a few minutes. It will be time well spent! 🌱

We Love Animals! *Patty Smith*

Many of us who work here have beloved pets and animals at home, including dogs, cats, lizards, chickens, and pigs. We enjoy sharing photos of our furry (scaly, feathery, etc.) friends with customers and each other, but we don’t bring our pets to work with us. We ask that you leave your pets at home when you visit the Co-op, too (although we’d love to see photos!).

We have been very lax about our policy regarding bringing pets shopping at the Co-op, but we are now enforcing it carefully for the safety of all our customers.

Our policy is simple:

No pets or emotional support animals are allowed in the Co-op, even if they are contained in a carrier.

Trained service dogs are welcome.

Here is the context and reasoning behind our policy:

The Food and Drug Administration (FDA) prohibits bringing pets into grocery stores unless they are trained service dogs covered by the Americans with Disabilities Act (ADA). This is because grocery stores prepare and sell food for human consumption, and animals (as much as we love them) can compromise the safety of that food.

Dogs (and in some cases, miniature horses) are the only animals covered by the ADA’s definition of “service animals.” Any other type of animal is not considered a service animal and is not allowed in the Co-op.

If your dog is a service animal trained to perform a specific task to help you, our policy allows the dog to be in the store with you as long as it is fully under your control.

If you bring a dog into the store, a staff member may approach you and ask:

- Is that a trained service animal?
- Is it trained to perform a specific task/what task is it trained to perform?

If you bring any other animal into the store, or if your dog is unleashed, not under your control, or behaving in a way that compromises the safety of the food we sell or other patrons, you will be asked to remove the animal from the store.

Pets and emotional support animals are not covered by the ADA and our policy does not allow them in the store.

Thanks for your cooperation! 🌱

Board Doings *Linda Brock*

Summer time, and the livin’ is...a bit slower-paced, with a strong focus on board “professional development.”

With the Co-op’s annual meeting occurring in late spring, new Directors often join the Board in June. Summer and early fall therefore see us spending more time discussing procedures, board direction and culture; and conducting our annual working retreat. This year, we are very pleased to welcome Brock Alosky to the Board. Brock has a strong background in finance and interest in the Co-op, and has jumped into the work with both feet: he’s already taken “Cooperative Board Leadership 101” training, and agreed to co-chair the Board’s committee on Diversity, Equity and Inclusion.

With the transition in Co-op leadership coming in January, the Board is focused on supporting Alice and Patty in handling the changes that entails. Our working retreat in August was devoted to deep discussion of how to build and maintain a strong and effective relationship between a co-op’s General Manager and Board, founded on transparency and trust. We also explored improvements to our process for policy development, execution and monitoring, to ensure we have Co-op goals that are aspirational while also being achievable. These will put us all on a sound footing for the future.

In recent months the Board has evaluated the General Manager’s compliance with policies:

- B.3 Financial Conditions & Activities;
- B.6 Emergency Management Succession;
- A.1 Global Ends;
- B.1 Staff Treatment & Compensation; and
- B.7 Customer Service & Value.

The Board evaluated its own performance on:

- C.2 Accountability of the Manager
- C.3 Delegation to the Manager
- C.4 Monitoring Manager Performance;
- D.5 Director Code of Conduct;
- D.2 The Board’s Job; and
- D.3 Agenda Planning.

The GM and Board were in compliance with all evaluated policies. Several policies were flagged for review by the Bylaws and Policy Committee to develop clearer wording.

(See the Co-op web page, *About the Co-op > Our Board* for the Policy Governance Manual.)

Soon we’ll be seeking candidates to serve on the Board starting next spring. If you’re curious, there are opportunities this fall to participate along with current directors

continued on page 4

Board Doings *continued from page 3*

in “Co-op Café” discussions and introductory training. Use the “Contact Us” link on the web page or leave your name and contact info at the Store; we’ll be in touch!

Upcoming Board Meetings (open to members): Thursdays Sept. 7, Oct. 5 and Nov. 2, 7-9 pm at Webb Hall rm. 113 (rear entrance, ground floor) on the ECSU campus. Members welcome! 🌱

Winky's Food Review...has come to an end.

Wow. I think it's been about thirty years, on and off but mostly on, that I've had the pleasure of choosing what deliciousness I want to try out and report on to you. I have so enjoyed your feedback. Hearing that I've made you laugh or led you to try something new has been rewarding and plain old fun. And I am complete with this, for now, in this way. I am cooking up a new way to engage with you and participate in our excellent Food Co-op, so stay tuned.

As always, be kind – to yourself and to one another.

All my best wishes ~Winky Gordon 🌱

Save the Date! Alice Rubin

Saturday September 30th 11 am – 4 pm

The 24th Annual Willimantic Downtown Country Fair

On Saturday September 30th, Jillson Square – home of the Shaboo Stage – will be transformed into the site of a Country Fair! The Willimantic Downtown Country Fair! For the past 23 years The Willimantic Food Co-op has hosted this fair which celebrates our Community and the many talented people who are part of it. There will be vendors selling the goods that they make, right here in the Quiet Corner. There will be music played by people who live in our neighborhoods. There will be information from organizations who, with the participation of all of us, do the work to make our Community the great place that it is.

There will be food vendors, kid's activities, a clothing swap and more! While you are in this part of town, check out the 3rd Annual Eastern CT Children's Book Fair at the Senior Center.

Please come on down and spend the day, visit with friends, make new friends!

We hope to see you there! 🌱

Where Food and Community Meet

Marian Vitali & Len Krimerman

Ole! Oregano,
Organic and loose,
your fragrance dances,
right into my soup.

So what else is going on here?
Bulk oils and grains, dish liquid too,
so much more to mention,
I can't get through.
Ohh – aghast - there's bare broccoli
so boldly, without any plastic wrap.

Well it's the Willimantic Food Co-op,
you have it all here,
as well as a great crew.
So I bow at your door grateful
and grateful to partner with you,
for no other place
gives us a piece of their birthday cake!

Co-op workers lend a genuine hand,
their heart-sung care
lasts throughout the year,
mutually recognized with short, long, pink or
white hair.

So, go ahead pre-order a case,
because you are graced
with two personal calls,
one informs about the price break,
the other when it's ready to take.

Oh Willi food Co-op,
we love you and wonder
how shopping for supplies
can be such a friendly surprise,
intimate in choosing
what comes home after perusing.

Many choices that consider our Earth,
the place we all have shared since birth,
so grateful
To you and yours and ours,
bringing farm and charm into community,
a thoughtful and wholesome cooperative
unity. 🌱

Easy Raw Vegan Fall Recipes *Derri Owen*

Fall's a-comin'... with Thanksgiving and Christmas not far behind. Soon it will be time for the holidays, when only bare branches are left silvered on the trees.

Here are some favorite raw recipes from my family:



Cranberry Relish

This holiday dish is always popular (even with non-raw-vegan relatives)!

3 cups washed whole, fresh cranberries
2 cups quartered and pitted medjool dates
2 chopped, peeled, seedless oranges
Optional: wild grapes, seeds removed (a lot of work, but delicious)

Grind coarsely in food processor.



Kindness Unstuffing

This is a delicious addition to our Thanksgiving dinners! Stuff an avocado with it or eat it plain. Because I haven't made it since last Thanksgiving, I've forgotten the exact amounts of the ingredients, and I don't have the recipe box with me here as I sit in a tent on our August camping trip. So, make it to taste. If you do so, you're bound to love it.

3 cups raw pecans
1 bag wakame
A sprinkle of pine nuts
Dried herbs: sage, thyme, oregano, and basil (all herbs to taste)

In a food processor, grind very briefly.

Store in a jar in refrigerator and eat within a couple of days.

To add to the festiveness of our vegan Thanksgivings, we donate money each year to a farm that has at least one rescued/sanctuaried turkey. Here are a few we like:

- Tara Farm (Coventry, CT)
- Sweet Binks Rescue (Foster, RI) - wildlife rehabilitation, but usually has some rescued domestic turkeys, too)
- Farm Sanctuary (Watkins Glen, NY)



Snowman (Christmas) Cake

This child-friendly recipe was actually invented for my son's second birthday, but it has become a classic in our family. It's a great cake for all ages. It's very sweet molded into a snowman shape, but it tastes just as good in a traditional cake shape with Christmas decorations on top.

3 compacted cups coconut date rolls
1 bag finely shredded, dried coconut
1/4 cup currants
1/4 cup raisins
1(+) ripe banana
2 tiny forked twigs for snowman arms

Mash the coconut date rolls with your fingers until soft. Mash and mix in bananas and currants. You now have a firm, sticky texture. Roll it into three balls like a snowman (small head, medium torso...). Pile the balls on top of each other. Add raisin eyes and mouth. Dust with dried, shredded coconut. Stick tiny forked twigs in for arms.

Happy holidays! 🌱



Which Came First Christopher Swift

How do you make an egg roll? Just give it a little push. (Insert canned laughter and applause) But seriously...

We sell a lot of eggs at our co-op, roughly 200,000 chicken eggs in the past 365 days. This volume might stretch credulity until we pack them into 12-pack cartons. We average 45 dozen eggs per day over the course of a year. Three quarters of these eggs come from local flocks which aligns with our mission statement which reads in part: "...provide nutritious, local, high quality, affordable foods..." Through the years we have provided for customers eggs from scores of local flocks.

How many hens might be needed to produce this many eggs? Let us see...

High producing well fed hens can lay up to 250 eggs in a year or two eggs every three days. Certain varieties have been bred for high egg production while other breeds are known for their personality, size, winter hardiness (important in New England) or even looks. Even the high laying hens can only sustain this volume for a year or so. Their actual production dwindles 20% after the first year and 10% of the original volume for each of the next three years. The following estimate oversimplifies the situation but will work for our purposes.

We sell: **45 dozen**
Which is: **540 eggs**
High yielding hens lay 250 eggs/year or 250 eggs/365 days
 $250/365 = .68$
So $(.68)(\text{hens required}) = 540 \text{ eggs}$
 $.68h = 540$ where h represents the number of hens needed

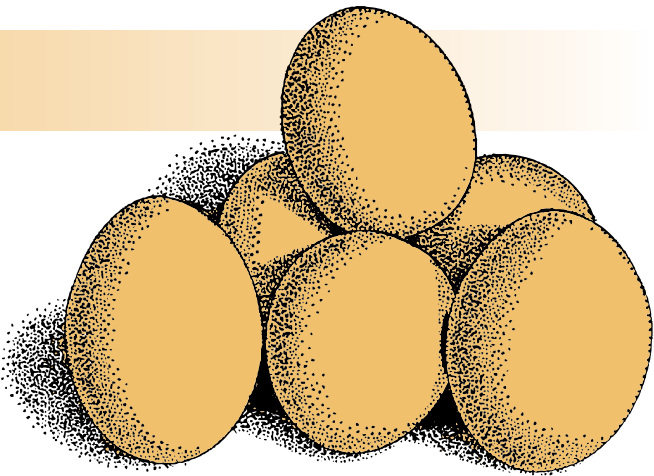
Divide by .68 on both sides of the equation yielding **794 hens.**

We need 800 hens to provide our small co-op with eggs. This number does not reflect the dwindling egg production as hens age nor the reality that most breeds lay less.

We don't have 800 hens.

Eggs are nutritious. Since they contain all nine essential amino acids. Eggs can be considered a high quality source of complete protein. One large egg provides 78 calories along with everything a single cell requires to grow into a young chick in 21 days. They contain almost everything we humans need as well.

"We are a food co-op. We are here to serve our members and our community by selling food that feeds us while also caring for our land through our support of local farmers...but local is our first priority." -A. Rubin from *The Compost* summer 2023



So let it be with eggs. This versatile food should be one link in the food chain forged locally. Many members of our store recognize the higher quality of fresh local products produced regionally on a small scale. If you, dear reader have extra eggs to sell, or know of someone, perhaps a neighbor, contact Christopher at chris.swift@willimanticfood.coop. He is interested in purchasing more local eggs for our store.

Small scale food production is usually more expensive than larger commercial operations. Many of our egg suppliers for the co-op recover only part of their expenses by selling some of their eggs. The co-op pays well for local eggs after visiting the birds and verifying the type(s) of feed used. In alignment with the mission statement we sacrifice department margin (profit) to keep this miracle food affordable while financially supporting the local hen holders as much as possible.

Help spread the word. We buy local eggs. 🌱

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SÁBADO, 30 DE SEPTIEMBRE DE 2023

11AM-4PM • PLAZA JILLSON

MÚSICA EN VIVO

NZINGA'S
DAUGHTERS 11:15AM

THE JUNE
DISANTZ JAZZ 12:12PM
QUARTET

MAD AGNES 1:25PM

BENTETU 2:35PM

¡GRATIS!
¡TODOS
ESTÁN
BIENVENIDOS!



INTERCAMBIO DE ROPA

COMIDA

ACTIVIDADES PARA NIÑOS

MANUALIDADES

ORGANIZACIONES COMUNITARIAS

VENDEDORES



SATURDAY, SEPT. 30TH, 2023

11AM-4PM • JILLSON SQUARE

LIVE MUSIC

NZINGA'S
DAUGHTERS 11:15AM

THE JUNE
DISANTZ JAZZ 12:12PM
QUARTET

MAD AGNES 1:25PM

BENTETU 2:35PM

FREE!
EVERYONE
IS
WELCOME!



CLOTHING SWAP

FOOD

KIDS' ACTIVITIES

CRAFTS

COMMUNITY ORGANIZATIONS

VENDORS

artwork by ezra blanchard