

# THE RADISH

Your Littleton Co-op newsletter

Summer 2016



Welcome to our 2nd issue of The Radish! I want to thank our busy staff for putting this newsletter together to keep you, our members, in touch with all of the latest information on the business of running our Co-op.

By now I hope you have all heard the results of our recent elections. It is with great pleasure that I welcome Dr. Charles Wolcott, MD, to our board. We look forward to working together for the continued success of the Littleton Co-op. At the same time, we hope we are not truly saying goodbye to Charise Baker, who has served as Secretary of our Board for quite a while. She served with distinction and we hope she will continue to be a vital part of our community. Also noted was the passing of the by-law change. By-laws need to be revised and kept current as an organic document that must be responsive to the governing of the Co-op.

Thank you to all of the voting members who participated in the Annual Meeting and the election process and to all of the candidates who added their names to the ballot! You have exercised your rights as members by taking part in the voting process. We welcome your input and recognize the importance of your participation.

Being a member of the Littleton Co-op links us all to the long and important history of the cooperative form of business dating back over 170 years to the dawn of the Industrial Revolution. Before huge factories were built, women wove cloth on hand looms at home. With the invention of large mechanized looms, that work

moved into the huge spaces built for the purpose of industrializing this commodity. This resulted in big, powerful companies that dictated all areas of the worker's lives, from selling them food, which was often adulterated and improperly weighed, to squalid company housing. Long work hours further limited the quality of life of the typical worker and added to the company control over their lives. It was about these conditions that Dickens wrote "A Christmas Carol" in 1843.

In the early 1800's, workers started to form groups that would take back control of the lives of the factory workers, most with little or no success until 1844. On December 21, 1844, a small group of what was called The Rochdale Equitable Pioneers Society, gathered to open the first store at 31 Toad Lane in Rochdale, England. This revolutionary store sold just 5 items essential to life at the time: butter, flour, sugar, oatmeal and candles. The brave determination of that group persevered and grew into today's Cooperative movement, which includes Cooperative housing, banks, agricultural products, energy and many other consumer products. We here at the Littleton Co-op are the proud descendants of this form of business. We share the values of the original group by identifying our own needs rather than merely opting for profit at the expense of our members.

With sincere best wishes,

Trish O'Brien  
Board President



# GENERAL MANAGER REPORT: EXPANSION UPDATE 2016!



by Ed King, General Manager

The Littleton Food Co-op's expansion is slated to begin this summer. We're a little behind schedule on securing our financing which could push our projected completion date into early next year. We want to thank our members who helped us launch this project with their member loans. Without this capital, we would not have been able to move forward with the expansion.

## Our Mission

- Responsive & financially sound organization
- Provide a broad range of high quality foods at a fair price with outstanding service
- Promote Local Production
- Encourage healthy diets by providing useful information
- Promote Environmental Sustainability and a fair and supportive work environment

## 7 CO-OP PRINCIPLES

1. Voluntary and open membership
2. Democratic member control
3. Member economic participation
4. Autonomy and independence
5. Education, training and information
6. Cooperation among cooperatives
7. Concern for community

**EVERYONE  
WELCOME TO  
SHOP!**

When construction does begin, it will be more important than ever for us to communicate what is going on at the Co-op. We have a weekly newsletter available by e-mail, which can also be picked up at our service desk. Our bulletin board will be constantly updated with the latest information. We'll also have notices throughout the store explaining any upcoming changes.



### Here are some of the major interruptions we expect during our expansion:

- Parking and pedestrian access on the Cottage Street side will be blocked off for the entirety of the project.
- There will be one morning during the seven month project when we will be closed due to a planned power outage.
- Our last aisle will be closed for a few weeks when we break out the wall between the store and the expansion. This will be preceded by a blowout ice cream sale.
- Products will be shifted as we install new refrigeration in our current store.
- We will be receiving deliveries through the front door for a month as we expand our dock area.
- We will be upgrading our lighting to LED which may cause some areas to be sectioned off.

Our goal, obviously, is to limit these interruptions as much as possible, and most of them will take place in mid to late fall, one of our quiet seasons. We thank you for your understanding during this time, and we are confident that these inconveniences will all be worth it when our new and improved Co-op is completed.

**We will have a party to end all parties to celebrate, and you are all invited!**



Join our e-newsletter by visiting: [littletoncoop.com](http://littletoncoop.com)

# BEING A CO-OP BOARD MEMBER: WHAT'S IT ALL ABOUT?

by Marni Hoyle, Board Director



A year has passed since my election to a three-year term on the Co-op Board. As we welcome our new Board member, Charlie Wolcott, I've been reflecting on what I've learned in my first year and might share with new Board members like

Charlie. In particular, four things stand out:

**First our Co-op management and staff provide knowledge and data that is thorough, extensive and exactly what the Board needs for a clear picture of the current state of the Co-op.** The Board gets weekly sales reports, monthly financial summaries, and frequent marketing updates. Ed King, our General Manager, also reports on highlights from the numerous Cooperative association meetings he leads or attends in our region and nationally. Staff members join our Board meetings and offer helpful background on the challenges and successes of day-to-day business. Net, net – transparency reigns, and no Board time is wasted chasing information on operations.

**Second, there is serious guidance available to Cooperative Boards to help them govern as best as possible.** Being new to the world of Cooperatives, the principles and process of democratic, member-owned governance were completely foreign. Thankfully, organizations like CDS Consulting, itself a Cooperative, offer programs and information resources on governance and strategic planning specifically for Cooperatives, making learning on-the-fly that much easier. In addition, CDS sponsors events where Cooperative Boards from our region can meet face-to-face to learn from each other.

**Third, our Board's diverse range of background experiences contributes to a stronger ability to govern holistically.** The Co-op isn't simply about making a profit; it's about local employment, local and healthy food, sustainability, and community involvement. The backgrounds of our current Board include health and wellness, organic food distribution, local farming, construction and facilities, engineering, business financials, marketing and the law. It's a testament to the democratic process that you, our Co-op voting members, have elected a group with the wide range of backgrounds to match our Co-op's mission. For me, it's been reassuring to see how Board members with different experiences have weighed in on key questions and offered good counsel on different aspects of Co-op governance.

**Finally, the world of Cooperatives is diversified, global, and full of rich history.** From the 1844 opening of the first cooperative in the Dickensian world of Rochdale, England to the established world of well-known Cooperatives like State Farm Insurance and Land O'Lakes today, the democratic cooperative model has succeeded across the globe. The International Cooperative Alliance (ICA) reports that the top 300 Cooperatives around the globe exceeded \$2 trillion in revenue. Who knew that a cooperative model of operation could have such significant financial success?

**One postscript – Board meetings are fun!** I look forward to every Board meeting for the humor and camaraderie, even as we tackle this important phase of Co-op expansion. But don't just take my word for it - our Board meetings are open, and anyone can attend. If I've peaked your interest, or you think you may want to contribute your time to the Board down the road, there's nothing better than seeing how it works. **Come join us!**



2016 Annual Meeting at The Colonial Theatre



Tom Southworth, Board Director casting his vote during our 2016 Annual Meeting

# FARMER SPOTLIGHT: THE GROWER'S MEETING

by Rodney Mitton, Perishable Operations Manager

I want to give credit to all of our great growers that supply our Co-op with fresh local fruits and veggies. This year on March 3rd, while the snow was falling outside, we gathered together with all of our primary veggie growers for our sixth annual growers meeting.

This is a very exciting time for us and it is always great to meet with our growers, some that we have not seen for a few months. To me this is a true sign that spring is coming, as we are planning our busy growing season ahead of us.



Growers & Co-Op Employees at our 2016 Grower's Meeting

We discussed a lot of exciting things in our meeting. Ed King, General Manager, discussed the expansion of our Co-op and how it will help us to expand our local purchases. We talked about our new registers, that we purchased last year, and how we were now able to track a great deal of information including local product sales. Positive sales growth that the Littleton Food Coop experienced again this past year, was also a conversation.

Then our meeting moved into the process of getting things done on our agenda:

1. Continue to grow our partnership with existing and new growers.
2. Increase our local produce offerings (early, late and variety.)
3. Purchase more produce from all of our growers.
4. Eliminate or reduce gaps in local produce.
5. Increase communication between the Co-op and the growers.
6. Improve marketing of the growers and the store.
7. Gather tips from our growers.

It is always a great feeling, at the end of our meetings, to see how all of our growers work together and have lively conversations together.

I like to look at this as the way farmers and growers of our past have always gotten along and worked together. If a farmer had a barn to erect or replace, he could count on his neighbor farmers to give him a hand until the job was done. We also really enjoy seeing the younger generation of growers getting involved in the growers meeting. They are actively involved in helping to take their family farm to the next level.



Tim Wenrich  
Board Director & Owner of  
Meadowstone Farm

## WHAT'S NEW AT THE CO-OP!?

### LA RIOJANA WINE COOPERATIVE

La Rioja, or the Cooperativa Vitivinifruticola de la Rioja, is a wine-producing cooperative located in the agricultural province of La Rioja, in northern Argentina. The main winery is based in the town of Chilecito, in a valley between the high mountains Famatina and Velazco Massif. La Rioja has a total planted area of 4,215 hectares, divided into seven wineries with six located in the La Rioja province and one in Tupungato, Mendoza. Their combined production capacity is an estimated 52 million liters of wine, which represents processing capabilities of about 60 million kilos of grapes per year – an estimated annual production of 4.7 million cases.

La Rioja became the first Fair Trade Certified™ winery in Argentina in 2006, and is the world's largest producer of organic Fair Trade wines,

with over 3 million liters certified. It is also one of the largest cooperatives in the country with over 510 members. **The majority of farmers are small-scale producers with less than three hectares of land.**

Farmers rely on the cooperative for a large number of services and benefits included the guaranteed purchase of grapes at higher prices, transportation of grapes from vineyards to cooperative storage facilities, access to credit loans, free technical assistance, large purchases of diesel and fertilizers to keep costs down, frost and storm insurance, participation in recreational activities, and one vote per member in collective decisions, regardless of their size of production.

*Interested? You can find these wines in our Alcohol Department!*



## HEALTH & WELLNESS:

### IS IT FERMENTED? YOU BET YOUR SWEET KOMBUCHA!



by Chad Proulx

ACHS Nutritionist & Co-op Board Vice President

The Japanese have miso, natto, and others. The Koreans have kimchi. Germans have their claim on sauerkraut. Tempeh was originally consumed in Indonesia. There are a plethora of hard-to-pronounce, traditional foods that have withstood the test of time, rooting themselves in cultures much older than ours, all over the world. A particular class of traditional foods, of which the above are good examples, are known as fermented foods. And what tradition has established over millennia to be a sound health practice, science is in the beginning stages of verifying and explaining. Optimal gut health has been a prominent focus in 21st century health, and with good reason. We now know

that we have trillions of bugs living on and mostly in our bodies – about 2-3 pounds of them. These microbes contain DNA - enough DNA to outnumber the DNA in our own cells 100 times over! Because of the influences and interactions these little guys seem to have on our bodies, it's no wonder everywhere you turn there seems to be a new possible link between having an imbalance of critters and having a higher risk for a chronic illness.

When obese mice have some of their bacteria transferred to lean mice, we know now that the lean mice will gain weight. There are theories on how this happens and questions of whether all of these animal experiments can translate to human health, in terms of disease treatment and prevention strategies. Current thinking is that having too many bad bugs will send out “bad” signals that influence our gut health and immune system. Ensuring you have a healthy number, and healthy variety, of good bugs helps keep these bad bugs and their harmful influences in check.



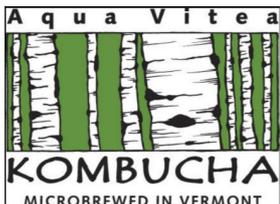
The best way to keep up your good bug defenses? Number one would be to enjoy some fermented food in your diet. One serving daily of cultured yogurt, kefir, tempeh, fermented pickles, kombucha (get the title now?), or any other of the many good probiotic sources out there is a keen idea. Enjoy a variety – so you can get a good variety of bacterial species. The Littleton Co-op has a great selection of fermented foods and beverages – the area between the lobster tank and the deli is a hot spot, as well as the dairy section. Number two would be to follow a diet that is fiber-rich and plant-based (the good critters love to feast on fiber), choosing healthy fats like olive oil and coconut oil and avoiding trans-fat, sugar and too many omega-6 oils like corn and soybean.



Of course supplementing with a probiotic pill can be an option if you hate the thought of fermented or cultured foods, but time and research will tell if this is effective an approach as getting bugs from traditional foods themselves.

Bottom line - Too many of the wrong microbes (like parasites, yeasts, or bad bacteria) or not enough of the good ones (like Lactobacillus or Bifidobacteria), can lead to serious damage to your health. Optimal gut balance begins with your diet, which directly affects that balance.

#### FIND IT AT THE CO-OP! Aqua Vitea Kombucha



The Co-op now has four flavors of Aqua Vitea on tap:

**Tumeric Sunrise, Blood Orange, Ginger & Hibiscus Ginger Lime**

You can purchase two sizes of re-useable bottles: 16 oz & 64 oz!

*“The more I learned about the benefits of Kombucha the more passionate I became about brewing it and making it available to my community”*

- Jeff Weaber, Founder



## PARTNER OF THE MONTH

by, Melissa Bridges, HR & Community Outreach Manager

One of the founding principles of food Co-ops is 'Concern for Community'

The Littleton Food Co-op's Partner of the Month program helps to serve this principle. Local non-profits contact the Co-op to express interest in being a partner and explain why they are a good match for the program. Once approved the partner is invited to table at the store to meet community members and to decorate an in-store bulletin board featuring their information.

The co-op donates \$1 from every pizza purchased during 'Pizza and Partners' Friday evenings to the organization (our deli makes amazing pizza!)

We also have a 'Pennies for Partners' campaign at the cash registers and recently upgraded the way we accept donations from strictly cash to a 'round up' option for credit and debit card customers. The Littleton Food

Co-op values the unique organizations that create our part of the world and that are doing great, exciting community work!

Look for these signs the next time you're in our store!

### Pennies for Partners!

Round up your purchase. A little change can make a big difference.



### Partners & Pizza!

\$1 from every pizza sold goes to our Partner of the Month Support Your Community.



## Happy Co-op'ers Celebrating our 7th Anniversary!



## COMMUNITY CORNER: LITTLETON FARMERS MARKET

by Mikela Allen, Co-op Employee

I know what you're thinking: "Aren't co-ops in competition with farmers markets? Don't farmers markets take business away from co-ops, and vice versa?" It's pretty reasonable to think so, at least at first glance. But co-ops aren't your typical business. Yes, co-ops do make decisions based on keeping the business around, but not so they can make huge profits to impress their investors. Co-ops want to stick around so that they can continue to serve their community, both the producers and consumers alike in their community. Co-ops are also unique in other ways – their principles. In particular, #7, "Concern for Community," means co-ops are honor-bound to help their communities in ways that help meet the needs of their members.

The Littleton Food Cooperative and the Littleton Farmers Market partnered last year in order to help the Market accept credit, debit, and most excitingly, EBT cards. This partnership also includes Wholesome Wave, an organization with a mission to increase access to healthy foods. Through Wholesome Wave's initiative, the National Nutrition Incentive Network, the Littleton Farmers Market is able to offer Granite State Market Match, where every dollar spent at the market with an EBT card is matched with a "Market Match Dollar," good for fruits and vegetables. The Co-op's dedication to providing access to healthy foods is also reflected in our Healthy Foods Access program; which makes it more affordable for lower income families to buy healthy, local foods. In case you're keeping score at home, this is another tally for the box marked "Number of reasons why co-ops are so phenomenal."



LITTLETON  
FARMERS MARKET

Every Sunday 10-1PM

June - October

River Glen Lane by the Covered  
Foot Bridge

# SUMMER CALENDAR

## JUNE

05

### Littleton Farmer's Market Starts!

Every Sunday from 10 AM to 1 PM



08

### Senior Member Discount Day!

Senior Co-op Members  
SAVE 10% all day  
(Standard exclusions apply)

10

### Meet our Partner of the Month

Ammonoosuc Chapter of Trout Unlimited

Stop by for Partners & Pizza Night  
\$1 from every pizza sold on Fridays  
in June will be donated to Trout Unlimited

17

### Two Roads Beer Sampling

4PM to 6PM  
Stop by & sample beer from  
Two Roads Brewery

18

### Member Discount Day!

Co-op Members SAVE 10% All Day  
(Standard Exclusions Apply)

19



20

### Co-op Board Meeting

4PM - 6PM

Littleton Co-op Finance Office  
262 Cottage Street

All Members are welcome to attend!

21

### Prospect Farm Drop

5PM - 6PM at the Co-op

Not yet a customer of Prospect Farm? Check out their website for more info:

[www.prospectfarmnh.com](http://www.prospectfarmnh.com)

24

### Green Mountain Creamery Sampling

3PM - 6PM

Stop by and sample

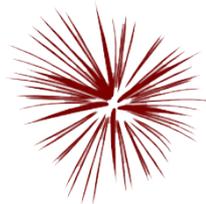
Vermont made yogurt!

## JULY

04

### Happy 4th of July!

We're open 8 AM - 8 PM



06

### Senior Member Discount Day!

Senior Co-op Members SAVE 10% all day  
(Standard exclusions apply)

15

### Harpoon Brewery Sampling

4 PM - 6 PM Stop by & sample beer from Harpoon Brewery

10

## AUG.

### Partner of the Month:

Above the Notch Humane Society



13

### Local Fest!

12 - 3 PM

Sampling extravaganza from all your favorite local purveyors!



## SEPT.

07

### Partner of the Month:

The Frost Place!

### Senior Member Discount Day!

Senior Co-op Members  
SAVE 10% all day

(Standard exclusions apply)

24

### Member Appreciation Weekend!

Members SAVE 10% All Weekend!

&

25

(Standard Exclusions Apply)

Follow Along!



## EMPLOYEE SPOTLIGHT: MINNIE CUSHING

by Melissa Bridges, HR & Community Outreach Manager

### Show me the Money!

If you want to know about the Littleton Food Co-op finances, you will want to know our co-op **Controller, Minnie Cushing**, the face behind finance at the co-op. Minnie has been an active part of the co-op from inception as an original member and one of the members that helped finance the start-up costs of the co-op.

Minnie is a self-taught bookkeeper. She learned on the job as office manager at Cherry Pond Designs; as the owner of her own landscaping business; and as a contracted bookkeeper for several local businesses. The co-op was one of those businesses.



Minnie Cushing with her dog, Mr. Carson

Minnie describes her position as the data gatherer. She reports to Ed King, General Manager, the board of directors and to employees and members. She tracks figures in and out and assures their accuracy. She most enjoys and values the support that her position provides in finance

management, planning and analysis. As the co-op expands, Minnie looks forward to having the administrative offices be on site so that she can be more a part of the day-to-day action.

And that ain't the best of it!

Minnie and her long-time partner, Grant, (30 years this summer!) have a new addition to their family, a 3.5 month old Jack Russell terrier puppy named Carson. Carson has wiggled his way right into Minnie and Grant's heart-helping to fill a void left by their previous pooch, Hattie, who was named after Grant's great grandmother. Hattie was in Minnie's life for 14 years and spent many of her days assisting Minnie at the co-op administrative offices. Carson has a big role to fill.

When Carson punches-out at the co-op and heads home with Minnie, they are greeted (or not) by Cairo, Carson's unwilling companion and family cat. The family lives next door to Minnie's parents on land that has been in the family since the 1950's. Minnie's parents moved to the banks of the Gale River to spend more time skiing. Minnie's father, Joe Cushing, is a ski area designer and was recently inducted into the Ski Hall of Fame, in Ishpeming, Michigan.

Time away from home is spent bicycling, hiking, kite-sailing and travelling. Minnie and Grant like to make annual trips to Turks and Caicos and Maine. And...if you are interested in knowing more ask Minnie about the time she climbed up an anchor chain on a navy ship parked in Boston Harbor. *That story is for another time.*

## 2016 BOARD MEMBERS

Patricia O'Brien  
President

Chad Proulx  
Vice President

Marcie Hornick  
Treasurer

Tim Wennrich  
Director

Luther Kinney  
Director

Tom Southworth  
Director

Marni Hoyle  
Director

Mark Hollenbach  
Director

Charlie Wolcott  
Director

## FROM THE CO-OP KITCHEN

### Kale & Pistachio Pesto!

#### Ingredients:

- 2 C kale, washed & de-stemmed
- 1/4 C pistachios
- 1/4 C pine nuts
- 3 tbsps olive oil
- 4 cloves roasted garlic
- 1 tsp Sea salt
- 1 tsp black pepper

#### Directions:

1. Add kale, pine nuts, and pistachios to a food processor. Pulse until combined, scraping down the sides after a each pulses, for about 2 minutes.
2. Add the olive oil, roasted garlic, salt and pepper until combined.
3. Adjust ingredient amounts to your taste!



### Welcome!

Charlie Wolcott is our newly elected board member! welcome to the Co-op Family, we're excited to have you on board (literally!)

Open Daily 8AM - 8PM

(603) 444 - 2800

www.littletoncoop.com

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