

The Radish

Your Littleton Food Coop Newsletter



2016 Expansion Update



by Ed King
General Manager



It's an exciting time at the Littleton Food Coop, watching 2 years of planning become reality. The ground breaking ceremony in August was a testimony to the community's interest in the project. Financing is in place, with our Member Loans being a key piece of the equation. Our contractor, Trumbull-Nelson, is hard at work, concrete is being poured and the footprint is starting to take shape. Steel will begin to arrive in September and it will start to look like a building. None of this would have happened without the support the Coop has received from our membership.

We have intentionally planned the staging of this project to minimize the impact on business and our customers. The joining of the two buildings won't begin until January of 2017, when the new building is nearly complete. Parking has been impacted, so many of our employees are parking off-site to allow more room for our customers.

Backroom area improvements in November will require us to receive product through the front door for 3 or 4 weeks. New cooler installations will occur in early November and early December which are traditionally low points in our sales. We don't anticipate major interruptions in business until January of 2017. We know there will be inconveniences along the way, and we will do our best to communicate those to you through social media, e-news, store signage and our website. We want to thank you in advance for your understanding as we work to make your Coop the best it can be.





ORGANICS & POLLINATORS: MAKING FOOD HAPPEN

Our Mission

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

Responsive & Financially Sound Organization

Promote environmental sustainability and a fair and supportive work environment

7 Coop PRINCIPLES

Voluntary and Open Membership

Democratic Member Control

Member Economic Participation

Autonomy and Independence

Education, Training and Information

Cooperation Among Cooperatives

Concern for Community

**EVERYONE'S
WELCOME TO SHOP!**



Join our e-newsletter
by visiting:
littletoncoop.com

A simple lunchtime meal could look drastically different without bees.

We can thank these pollinators for about one out of every three bites of food we eat, including many of our favorite fruits like blueberries, peaches, blackberries, grapefruit, raspberries, oranges, pears and plums.

As pollinators, bees flitting around apple orchards and cranberry bogs move pollen from the male parts of trees and plants to the female parts. This shift of pollen allows the flowers to produce fruit. Many crops, like almonds, avocados, cucumbers and even onions, wouldn't produce much, if anything, without the help of bees. In the U.S. alone, bee pollinators annually contribute to about \$20 billion of products people use every day.

Recent scientific studies show that bee pollination is directly connected to human health. People need to consume a variety of nutrients to stay healthy. Globally, the crops that provide these nutrients vary widely from place to place, with developing regions of the world being more dependent on particular fruits and vegetables than others. Were these crops to fail on account of a decline in pollinators, it could result in a global malnutrition problem.

Unfortunately, researchers have seen declines in the success of wild and commercial bee colonies over the past 50 years. This drop in bee numbers in the U.S. is attributed in part to an increase in private and commercial pesticide use. Other conditions contributing to the struggling numbers are habitat loss due to development, monoculture agriculture (growing just one crop, like corn, year after year), animal grazing and the introduction of non-native insect species. Cumulatively these conditions have crop farmers concerned about whether there will be enough honeybees to pollinate their fields, and beekeepers concerned about collapsing honeybee colonies.

Despite the challenges honeybees are facing, there is hope. Scientists confirm that the diverse ecosystems found on organic farms provide friendly places for bees to nest and roam. Organic farmers often grow more than one type of crop which provides bees with a varied and nutritious diet, and they don't use the types of synthetic pesticides that have been connected with bee population declines. Organic farms are helping the bees that eaters rely upon for meals every day, whether a person chooses to eat organic food or not.

Though the plight of bees may seem overwhelming, there are steps people can take to protect these precious pollinators.

- Support organic farms. By choosing organic products over conventional counterparts you can limit the amount of pesticides being used for commercial crop production.
- Buy untreated seeds and seedlings. Neonicotinoids are insecticides applied to seeds and soil that can persist in the environment, rather than degrade. These chemicals are connected to bee colony declines. Instead, opt for organic seeds and seedlings when prepping for your coming gardening season.
- Support small, local farms. Small farms tend to be more diverse in their fruit and vegetable production, and that diversity is associated with the presence of more pollinators—like bees!
- Plant a garden for pollinators. Set aside space in your yard or garden specifically for native flowering plants that help provide food and shelter for bees, butterflies, and other pollinators. But be aware that even plants marketed as “bee-friendly” are often treated with neonicotinoids. Ask nursery staff or check the label to find out if plants have been treated.
- Start a hive. Provide bees with nesting options in your backyard. The University of Minnesota offers a tutorial for how to build different types of homes for bees.
- Watch Queen of the Sun—a movie about the global bee crisis.

by Claudia Broman
National Coop Grocers



Remember that this is your coop!

Have a story you want to share? Recipe you love? An idea for an article you'd like to see? Send us an e-mail, we're looking for content for our next Radish Issue and want your input!

Contact Kristina at:
marketing@littletoncoop.org



FAIR TRADE AND COOPS: TWO RISING ALTERNATIVE BUSINESS MODELS

by Marni Hoyle
Board Director



In October, over 29,000 cooperatives across the country, with over 350 million members, will celebrate National Month.

There is reason to celebrate. The democratic, member-owned, member-controlled, member-served cooperative model is on the rise. In the U.S., [coops have grown](#) to provide over 850,000 jobs and create more than \$74 billion in annual wages. And with the rising appeal of [social entrepreneurship](#), even successful left coast tech startups like Stocksy and Loconomics are [now building their companies](#) around cooperative membership models.

Fair Trade is a new trade model that [began in the United States](#) in 1946 when Ten Thousand Villages (there's a store in Portsmouth, NH) began buying needlework from Puerto Rico. When you buy a Fair Trade Certified product, you are supporting an organized effort to help small farmers and producers in developing nations earn a fair price in global markets for products that are grown or made according to strict sustainable practices.

Today, Fair Trade benefits more than [1.5 million farming families in 74 developing countries](#) across Africa, Asia and Latin America. The next time you shop at Patagonia, Williams-Sonoma, or

Bed, Bath and Beyond, you may buy one of [20 brands of apparel](#) that are Fair Trade USA certified.

The Cooperative and Fair Trade movements go hand-in-hand. As we search for solutions that reduce income inequality, support a sustainable environment, and give more local control to communities, it should be no surprise that the cooperative model for business operation and the fair trade model for bringing goods to global markets offer appealing alternatives to Big-Business-as-Usual.

So, in October and in the spirit of National Coop Month, on your next run to the Coop, remember that you are buying from an organization where *you* share control, and pick up a Fair Trade certified brand while you are there.



Fair Trade Brands at the Coop



LA RIOJANA
ARGENTINA
— 500 —
FAMILIAS



Budget Friendly Recipes

Peanut Sesame Noodles

Serves: 4 Prep Time: 35 min.

- 1 lb Field Day Spaghetti
- 2 carrots, cut into matchsticks
- 1/2 Red bell pepper, cut into strips
- 4 cups thinly sliced purple cabbage
- 1/4 cup Field Day Smooth Peanut butter
- 2 tsp soy sauce
- 1 tbsp lime juice
- 1/2 cup Field Day Coconut Milk
- 1/4 cup water
- 1 pinch red pepper flakes
- 1 tsp toasted sesame oil

Estimated
Cost:
\$7.21

In a large pot, bring water to a boil. Break noodles in halves & drop into water. Cook for 6 -7 min. and test for doneness.

When done, drain immediately and rinse with very cold water. Set aside.

Put an inch of water in a large pot with a lid, and place a steamer basket inside. Bring water to a boil and add carrots to the steamer basket. Cover the pot and steam for 3 min., then add bell pepper and steam for another minute.

Add cabbage and steam for 2 more min. Blend all remaining ingredients together in a food processor, or thoroughly in a bowl.

Pour noodles and veggies into the pasta cooking pot, add sauce and mix well.

Add more soy sauce or lime juice to taste.

Serve chilled or at room temperature



Staff enjoying a slice of pie to help promote our Partner of the Month **Pizza & Parnters Program!**

FARMER SPOTLIGHT: MEADOWSTONE FARM

by Rodney Mitton
Perishable Ops. Mgr.



Meadowstone Farm is a small, diverse farm in Bethlehem that has been one of the Littleton Coop's biggest local vendors since we first opened the doors. It is also home to the Woodland Community School! The historic farm was purchased by Tim and Jess Wennrich in 2003. Since then the farm has been constantly growing, and at the same time, being kind to the environment. I had an excellent first impression of Tim & Sam (farm managers). Not only were they interested in selling us produce, but they were interested in picking up our daily compost too!

Part of Meadowstone Farm's mission is to provide as much locally, organically grown products to the area as possible. Here is a small list of the things that I have seen them do to help accomplish this:

- Added greenhouses to help produce more early and late crops.
- Added coolers and dry storage to help them offer products much later in the season.
- The spinach greenhouse has radiant heat to help them produce fabulous spinach in the winter.
- Added a barn for their goat milking and cheese making.
- Added greenhouses that are on tracks and can be moved back and forth as crops mature.



Meadowstone Farm is constantly delivering the freshest organic produce, eggs, and goat cheese. They still grow everything organically, but gave up their organic certification in 2007. (Check out their web site www.meadowstonenh.com for more info on this.) Meadowstone farm has a fabulous farm stand located on their farm at 809 Brook Road in Bethlehem. They are also selling their goods at the Littleton, Lancaster, and Plymouth farmers markets and have been a big part of the North Country Farmers Coop too! The Littleton Coop is also fortunate to have Tim on the Littleton Coop's Board of Directors.



It has been a wonderful experience for me and everyone at the Littleton Food Coop to work with the team from Meadowstone Farm. They are all a bunch of hard working, humble, smart and caring people. We have a strong relationship and we understand how much we need each other to continue to grow.



Mary Lou - Founding Member,
Minnie - Finance Controller & Melissa - HR & Community Outreach Director participating in the Annual Top Notch Triathlon!



Lucky winners of our Bike Giveaway at Localfest!

Garuka Bars are hand crafted with Vermont raw honey and other simple, wholesome, natural and organic ingredients to give you long-lasting energy without a peak or a crash. Their packaging is made from 100% consumer recycled paper. The story behind these local treats is inspiring. Garuka bars are named after one of the few remaining mountain gorillas who range along the volcanic forests of the Virunga Massif in Rwanda. **Garuka [gah-roo-ka]** and others like him have suffered from the crossfire of human conflict, poaching, and the stresses of encroaching human activity.

Today, their future looks bleak. As a company, the folks at Garuka Bars hope to restore their chance at a better future, and what better inspiration than the meaning of **Garuka's full name, which is roughly translated from Kinyarwanda as "Return Well"**. When you choose to pick up a Garuka Bar to return your energy, you're also supporting a cause to restore the future of the mountain gorilla, as 1% of all profits go to Mountain Gorilla conservation efforts.



3-Ingredient Energy Bars

Ingredients

- 1 cup nuts (raw or roasted)
- 1 cup dried fruit
- 1 cup (12-15 whole) pitted dried dates, preferably Medjool

Equipment

- Food processor
- Plastic wrap or wax paper
- Sharp knife

Instructions

1. Blend everything in a food processor, then flatten between two sheets of wax paper.
2. Cut into bars, wrap them individually in foil, and refrigerate. Too dry? Add more dates. Too gooey? Add more nuts. Wrap and chill for at least an hour or overnight.

Adapted from thekitchn.com & *Outside Magazine*



Store the bars. Store the bars in the fridge for several weeks or in the freezer for up to 3 months.

Try these add-ins! Shredded coconut, chia seeds, chocolate chips, cacao nibs, cocoa powder, crystallized ginger, ground cinnamon, ground nutmeg, ground cardamom, lemon zest, lime zest.

This is a great recipe for kids to make and don't be afraid to get creative with what ingredients you use!

HEALTH & WELLNESS: BACK 2 SCHOOL

Back to School season is upon us, again! Let us focus on healthy snacks for school. Be aware that refined sugar is our enemy. Almost

all processed foods have added sugar. Sugar has NO nutritional value other than "dead" calories. It makes us crave more and more and more sugar. It is a leading cause of child obesity as well as high cholesterol.



Although fruit has sugar, it is combined with valuable vitamins, minerals and fiber and offers ideal, filling snacks. Good choices besides fruit include nuts, whole grain snacks and veggies. Check out this recipe I found for a quick and easy snack!

by **Charlie Wolcott**
Board Director



Co-op Basics
great food | great price

WOW! THAT IS A GREAT PRICE!

Over 100 value priced items throughout the store to help you meet your needs, every day!



MORE WAYS TO SAVE WITH CO+OP BASICS

For many of our shoppers, choosing organic food options is a financial challenge. The Coop Basics program is designed to make that choice a little bit easier. Started last year by our friends at National Cooperative Grocers, Coop Basics provides over 100 organic products at an every day low price. Look for brand names like Field Day, Woodstock and Natural Sea and the purple Coop Basics signage and you'll know that you're getting value for your organic dollar. These are different than our other Coop Deals in that the prices are locked in at these low prices for 6 months at a time. No need to stock up when they are on sale, we've negotiated a low fixed price with our suppliers.

We'll be adding new items to the Coop Basics program as time goes on. We hope to add coffee, grassfed ground beef, natural chicken breast and whole chicken to the program this fall. This is just another way the Littleton Food Coop works to offer high quality, healthy products to our membership at an affordable price. **Remember to look for the purple Coop Basics logo.**

A WORD FROM... OUR SPECIALITY CHEESE DEPARTMENT

by Catherine Cushing



Ah, Cheese – Could we live without it? Well maybe, but why would we want to? Everybody's got a favorite (Actually, not everybody – some people don't like cheese - hard to believe, I know. I understand, I feel that way about okra).

Littleton Food Coop has worked diligently and with great pleasure over the last seven years to develop a specialty cheese department that provides the best local, domestic and imported cheese available. We are always happy to discuss the finer points of a particular cheese, offer a taste and

fill a special request if possible. And don't forget, specialty cheese platters/baskets are available for events and gifts!

Here are a few tips and a bit of advice to make everyone's cheese experience optimal...

Serve cheese at room temperature – most cheeses are at full flavor when warm rather than cold

Serve with a delicious but plain cracker.

Flavored crackers interfere with the flavor of the cheese.

Don't worry too much about mold – you can't have cheese without mold. Simply scrape it off. You'll know if cheese has gone bad because it will taste bad.

And now, about those customers who think they do not like cheese: we're going to keep trying to win them over one by one.



PARTNER OF THE MONTH PROGRAM RAISES RECORD AMOUNTS!

Thank You Shoppers!

Our newly revamped *Pennies for Partners* and *Partners & Pizza* program has been a huge success thanks to you, our shoppers! The pizza you bought on Partners & Pizza Friday nights and the change you rounded up at the register collectively raised over **\$3,500** for our July & August Partners of the Month: Copper Cannon Camp & Above the Notch Humane Society. In July, our shoppers raised 3x the amount of our average monthly Partner of the Month donation! Our final numbers for Above the Notch are not in yet but we have already exceeded \$1,800! So thank you shoppers, your extra change and pizza consumption has made a **big difference** in our community. **by Melissa Bridges**



\$1,800 RAISED



Pamela Yarosh from Above the Notch Humane Society & Sue Wheeler, Coop Employee accepting a check from our Community Loan Fund

Pennies for Partners!

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



Partners & Pizza Night!

\$1 from every pizza sold on Friday nights from 4-7 pm goes to our Partner of the Month

Support Your Community.



Interested in being considered for Partner of the Month? Contact us!

COPPER CANNON CAMP
ESTABLISHED 1963

\$1,743.32 RAISED



Josh Lagerquist, Jackie Gillespie and Kimberly Carroll and Coop employee, Melissa Bridges

FALL CALENDAR



THE
frost
place



all september |

THE FROST PLACE

PARTNER OR THE MONTH

Our mission is to honor the legacy of Robert Frost and encourage the creation and appreciation of poetry.

september 2nd |

WINE TASTING

TASTING LADY LOLA & CARMEL ROAD

september 2nd - 3rd |

LOBSTER SALE

MAINE FRESH

While Supplies Last!

september 7th |

SENIOR DISCOUNT DAY

SENIOR COOP MEMBERS

SAVE 10% all day (Standard exclusions apply)

september 24-25th |

MAW

MEMBER APPRECIATION WEEK

SAVE 10% all day (Standard exclusions apply)

all october |

TOYS FOR TOTS

PARTNER OR THE MONTH

A program run by the U.S. Marine Corps which distributes toys to children whose parents cannot afford gifts for Christmas

october 5th |

SENIOR DISCOUNT DAY

SENIOR COOP MEMBERS

SAVE 10% all day (Standard exclusions apply)

october 7th |

BEER TASTING

JACK'S ABBEY



Follow Along!



Tag your Coop finds #littletoncoopeats to be featured on our Coop Instagram!

Tell us what you THINK! 

1. What did you enjoy about this newsletter? What could we improve upon?
2. What topics are you interested in reading about in The Radish?

Name: _____ E-mail: _____

Drop your survey off at the Service Desk to be entered to win a \$50 Gift Card to the Coop!

EMPLOYEE OF THE MONTH SPOTLIGHTS

by Melissa Bridges



Jo enjoys close-knit communities. That is why she prefers the Coop over her previous corporate employer. She began working at Price Chopper at age 15 and quickly moved from cashier to meat cutter apprentice. As a life-long hunter, she had the basic skills needed to succeed in the apprenticeship. When asked about what she enjoys most about living in a close-knit community her response is: "I like being able to walk out my front door and shoot a gun if I want." What did she say?!!



Tia is a people lover! She is currently working towards a degree in Human Services and aspires to be a therapist someday. Tia realizes behind every closed door is a human or family dealing with "more than you know". Tia has had her own share of difficult situations in childhood and as a young adult; and this drives her passion to give back and help others.



Laura has many irons in the fire, as they say, or perhaps more appropriately has many animals in the yard! Laura and her high school sweetheart and husband of 18 years, Tory, have 2 children Tyler, 11 and Tia, 8. The Walls family homesteads and home schools. They raise breeding pigs and goats along with chickens, ducks, rabbits, and tend to a 1/2 acre garden. This is the classroom for Tyler and Tia, who have birthed babies, milked goats, solved math problems when enlarging animal pens, and even slaughtered meat animals. Laura values the understanding of where food comes from and shares that knowledge with her family, co-workers and coop customers.

Coop Cartoon Caption Contest



Winner
Receives a
\$25
coop gift card!

“ _____ ”

Send your captions to marketing@littletoncoop.org or drop your entry off at the service desk! The winner will be announced in the next Issue of the Radish.



FROM THE COOP KITCHEN

ONE - PAN PASTA

UNDER
30
MINUTES

Ingredients:

- 12 oz linguine
- 12 oz halved cherry or grape tomatoes
- 1 onion, thinly sliced
- 4 garlic cloves, thinly sliced
- 1/2 tsp red pepper flakes
- 2 sprigs basil, plus torn leaves for garnish
- 2 tbsp extra virgin olive oil
- coarse salt & freshly ground pepper
- 4 1/2 cups water
- freshly grated Parmesan cheese, for serving

Directions

1. Combine pasta, tomatoes, onion, garlic, red-pepper flakes, basil, oil, 2 teaspoons salt, 1/4 teaspoon pepper, and water in a large straight-sided skillet. Bring to a boil over high heat. Boil mixture, stirring and turning pasta frequently with tongs, until pasta is al dente and water has nearly evaporated, about 9 minutes.
2. Season to taste with salt and pepper, divide among 4 bowls, and garnish with basil. Serve with oil and Parmesan.



Adapted from marthastewart.com

Open Daily 8AM - 8PM

(603) 444 - 2800

www.littletoncoop.com

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