

The Radish

Your Littleton Food Co-op Newsletter



2016 Expansion Update

by
Trish O'Brien
Board President



Ah, December! A magical month so full of activities! Snow? Hope so. Holidays? Take your pick. The Winter Solstice? As the sun begins its journey out of what I call the 'tunnel' of darkness", we enjoy the emerging light that leads to spring.

Here at the Littleton Co-op, there is so much happening. Our expansion has progressed from dream towards reality right before our eyes. The exterior walls are finished, the roof is on, the floor is set, the first coat of blacktop is completed, so work becomes less visible to us outside of those walls. So much progress, so much still to complete. And our new loading dock! What a difference that makes. We so appreciate the patience of our members and shoppers while our able staff accepted deliveries through our front door. That will no longer be necessary and our staff is thrilled with their new, more spacious loading area. Watch for our completion of this next phase sometime in early March, with finish work waiting until spring.

Now, we begin to cook our culturally and seasonally special meals. Remember that if you need an ingredient not found on our shelves, our staff can usually order it for you. Check with the Service Desk for availability and timing. Cultural influences are often prominent. It is a lot of work to prepare all of this. But it is a work of our hearts especially when we sit down to share it with family and friends, sacred in a way that connects us to generations of ancestors who did the same thing, year after year.

From our Board of Directors and the whole Co-op team, we are grateful for our community that supports our efforts and we wish you a joyous holiday season!

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 Co-op Principles

Voluntary and Open Membership

Democratic Member Control

Member Economic Participation

Autonomy and Independence

Education, Training and Information

Cooperation Among Cooperatives

Concern for Community

Join our e-newsletter by visiting:

littletoncoop.com

**EVERYONE'S
WELCOME TO
SHOP!**

LOCAL & ORGANIC FOODS: THEY'RE WORTH IT

If you think about it, having the choice of what we eat is a fairly new privilege for humanity. Agriculture itself is a relatively new concept; and even before that, the only options were where to forage or hunt. The choice between organic and conventional foods has only been around for a hundred years or so, a mere fraction of a second on humanity's clock. And, since "organic" food was simply called "food" for many thousands of years, but now bears the burden of an adjective, it can be hard to understand why organic food is so important (and plain ol' good) for us, and the environment.

Not to say that humans haven't been using pesticides for quite some time, however. The first use of a pesticide, that we know of, was around 4,500 years ago in Mesopotamia, using sulfur as the poison of choice. Since then, we've fine-tuned our pesticide use, which has helped to increase the world's food supply, but decrease the environment's health. To put it another way, the benefits are monetary and the disadvantages are measured in human and environmental well-being. Certainly, the Environmental Protection Agency (EPA) has put some strict rules into place, but many EPA-approved pesticides were registered before further research into their long-term consequences linked them to cancer and other undesirable effects.

The benefits of organic foods abound: firstly, you're avoiding ingesting pesticides, which, by definition, are designed to be poisonous to living things. Secondly, certified organic standards require biodiversity, which in turn produces more nourished soil, meaning the crops grown in biodiverse fields will typically have more nutrients. For instance, organically grown foods provide, on average, around 30% more magnesium than their "conventional" counterparts, an essential nutrient that only an estimated 25% of Americans get enough of daily. A magnesium

deficiency can lead to a variety of harmful side effects, ranging from muscle cramps to seizures, and plenty in between. The third benefit discussed today is environmental: producing organic food does not release harmful chemicals into the world, including our precious water supply.

If you find yourself wondering, "How can organic foods get any better?" your local farmer has the answer. Nothing keeps the debate between Thomas Jefferson and Alexander Hamilton alive like choosing between locally grown food, and food produced thousands of miles away. In this case, as in many, the writer is compelled to side with



Jefferson. Spending your money on local (and organic) food is casting an irrefutable vote for your community's diversity and growth, and for a sustainable future.

If you want to have some more fun with the history and power of food, I recommend these resources: **The Food Timeline at foodtimeline.org**. Any of the photographer Henry Hargreaves' collections, but most specifically **Food Maps, Power Hungry, and The Curious Consumer at henryhargreaves.com**

by Mikeala Allen
Co-op Employee



**Remember...
this is your coop!**

Have a story you want to share? A 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

A NOTE FROM THE GENERAL MANAGER: HUNGER IN THE NORTH COUNTRY

The Seventh Cooperative Principle is “Concern for Community.” As a Food Co-op it is only natural that we focus on preventing hunger in our region. One way we do this is by working with five regional food pantries, six days a week donating bread, produce and groceries. Every November our recurring Partner of the Month is the Good Neighbor Food Pantry in Franconia. We raise money and match any food donations to the pantry for November, assisting them with their Thanksgiving Basket program.

The Co-op Healthy Food Access Program is another way that we help those less fortunate. Anyone on public assistance is eligible to join this program and receive 10% off their food purchases. Eating healthy can sometimes be a financial hardship, and co-ops around the region have developed this program to make choosing to eat healthy a little bit more affordable. Details are available at our service desk.



Cooperatively, Ed King
General Manager

Finally, the Littleton Food Co-op's expansion will include a teaching kitchen/café area that will allow us to greatly expand our educational programs. We have targeted “Cooking on a Budget” as one of our focus topics as we begin to plan these classes. There are real opportunities at the Co-op to reduce your food budget, especially in the Bulk Foods department. We are excited to put this new venue to use, and give opportunities for our partners and members to share their knowledge. If you have any questions or interest in helping with any of these programs, please don't hesitate to contact me.



Budget Friendly Recipes

Turkey & Sweet Potato Chili

Serves: 6 Prep Time: 25 min. active; 55 min. total

Estimated Cost: \$15.06

2 tbsp Field Day canola oil
½ lb turkey sausage, casings removed
1 md yellow onion, chopped
1 red bell pepper, seeded & chopped
3 sweet potatoes, diced
2 cloves garlic, minced
1 14.5-oz can Woodstock diced fire-roasted tomatoes, undrained
2 C Field Day chicken broth
1 C water
1 tbsp chili powder
1 tbsp cumin
½ tsp cayenne pepper
½ tsp salt
1 15-ounce can Field Day cannellini beans, drained and rinsed

Warm oil in a large pot over medium-high heat. **Add sausage;** break up any large chunks and sauté until no pink remains. Using a slotted spoon, transfer meat to a bowl; cover. **Add onion, bell pepper and sweet potato to pot and cook, stirring occasionally, until softened, about 6 minutes.** Add garlic and sauté for 1 minute. **Return meat to pot.** Stir in tomatoes, beans, broth, water, spices and salt. **Bring to a boil, then reduce heat to medium-low and stir in beans.** Cover and simmer until chili thickens slightly, about 30 minutes. Season with additional salt and pepper to taste.



FARMER SPOTLIGHT: A FARMER'S GUIDE TO WINTER GREENS



1. Kale Kale freezes well and tastes sweeter and more flavorful after being exposed to a frost. Tender kale greens can provide an intense addition to salads, particularly when combined with other such strongly flavored ingredients as dry-roasted peanuts, soy sauce, roasted almonds, or a sesame-based dressing. Boiling raw kale diminishes most of its nutrients, with the exception of vitamin K.

2. Chard Fresh young chard can be used raw in salads. Mature chard leaves and stalks are typically cooked or sautéed; the bitterness fades with cooking, leaving a refined flavor which is more delicate than that of cooked spinach.

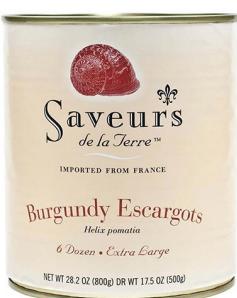
3. Spinach Along with other green, leafy vegetables, spinach contains an appreciable amount of iron. For example, the U.S. Department of Agriculture states that a 100-g serving of cooked spinach contains 3.57 mg of iron, whereas a 100-g ground hamburger patty contains 2.49 mg. However, spinach contains iron absorption-inhibiting substances, including high levels of oxalate, which can bind to the iron to form ferrous oxalate and render much of the iron in spinach unusable by the body.

4. Beet Greens While many people cut these off and only eat their root portion, beet greens are actually the most nutrient-rich part of the plant. They're an excellent source of minerals, beta-carotene and have a higher iron content than spinach. With a mild flavor, they are a great addition to any stir-fry.

5. Collard Greens While they share the same botanical name as kale, *Brassica oleracea*, collard greens have their own distinctive flavor, mild and almost smoky. They are a good source of omega-3 fatty acids and contain a wide array of B vitamins that are important in controlling cardiovascular disease risk.

curated by
Melody Fenwick &
Catherine Cushing
Co-op Managers

Winter Products We Love...



Burgundy Escargots
Helix pomatia
6 Dozen • Extra Large
NET WT 28.2 OZ (800g) DR WT 17.5 OZ (500g)

(1)



(2)



(5)



(6)



(3)



(4)



(7)



(8)

9



16



13



11



14



12



15

1 Saveurs de la Terre, Helix Escargot

These tender and extra large Helix Escargots are fully cooked and need only to be warmed in a sauce such a sweet butter with finely chopped shallot, garlic, and dry white wine. Bon Appetit!

2 Elmore Mountain Farm Goat's Milk Soap

Saponified natural plant oils are combined with goat's milk from their farm and other Vermont dairies to create a naturally moisturizing soap that lathers well and won't dry your skin.

3 Big Dipper Wax Candles

Enjoy the natural, sweet, honey-like fragrance infused straight from the hive into the wax! As they burn, the shapes illuminate and beautify any setting.

4 African Market Baskets

Proceeds from the sale of baskets help to provide healthcare, education and financial support to over 1,000 African villagers and their children.

5 Badger Lip Balm

They blend the finest organic plant extracts, exotic oils, beeswax, and minerals to make the safest, most effective products possible to soothe, heal, protect and otherwise treat your body.

6 Life Factory Water Bottles & Containers

Glass. It's pure, safe, and natural with no BPA, PBS, phthalates or PVC!

7 Silly Cow Farms Hot Chocolate

Hot Chocolate mix made in Vermont.

8 Decomposition Books

Made with 100% Post-Consumer-Waste Recycled Pages.

9 Lake Champlain Chocolates

Small-batch, made in Vermont, with flavors sure to delight every taste.

10 Eden Vermont Ice Cider

Ice ciders produced from locally grown, fresh heirloom variety apples in Vermont.

11 Wozz Kitchen Creations!

Globally inspired chutneys and gourmet spreads.

12 Fire Cider

Spicy-sweet flavors give a new spin on apple-cider vinegar elixir.

13 Bee's Wrap

Keeps bread and other food fresh without using plastic.

14 Sap House Meadery

A blend of local maple syrup and honey make up this savory mead.

15 Evolution Salt Lamps

Salt lamps emit negative ions, which work like natural ionizers keeping the air clean.

16 White Mountain Images 2017 Calendar

2017 Calendar by our very own Chris Whiton, Ops. Manager

A WORD FROM... OUR MEAT DEPARTMENT

An interview with
John Oakes, Meat Department
Manager

1. Where does the Co-op source its meat from? Black River Meats (Local Springfield), Tamarlane Farm, Shelby Farm, Meadowstone Farm, Misty Knoll Chicken and Associated Grocers of New England

2. What's that USDA Choice label/CAB on my meat label mean? It means higher quality meat. I in 50 cows fall under this label. The meat has more marbling which makes meat tender and flavorful. I can really tell the difference in the quality of our Co-op meat vs. meat I've butchered at other jobs. You can feel & see the difference in quality.

3. Does grass-fed beef taste different? What are the benefits? Grass-fed beef has an earthy, mild flavor, mostly due to the fat content being low. Grass-fed cows graze on grass and are not fed the conventional diet of grains or corn.

4. Can I order special cuts of meat? Ask us and we'll do our best to order it! For example, we ordered bison for a customer recently.

5. I heard the meat dept. has homemade sausages, is this true? Yes, we make it in-house every two weeks. We're currently making two kinds of pork sausages: Hot & Sweet and Garlic & Cheese. Our chicken sausage flavors are: sweet and hot.

6. What's your favorite cut of meat? Why? Boneless rib eye, good flavor and tenderness. I always grill it.

7. Butchering is such a specialized skill, how did you get into it? I was looking for a job and found one stocking shelves at a grocery store. The store offered a one year butcher apprenticeship, so I signed up for it. I've done this for a very long time but I'm always learning.

8. What's the most asked question? That's easy, "Where's the bathroom?"



CO-OP DAY OF CARING

In keeping with our favorite guiding principle, "Concern for Community," Littleton Food Co-op employees recently participated in Day of Caring, a local United Way event.

According to Nanci Carey, United Way Executive Director, "Our Day of Caring was a tremendous success. Sixty six volunteers from businesses and civic organizations completed four major service projects. After a breakfast sponsored by the Grafton County Senior Citizens Council at the Littleton Senior Center, volunteers headed to Copper Cannon Camp, Mount Sacred Heart Garden, North Country Boys and Girls Club and Littleton United Methodist Church.

Co-op employees volunteered at the Mount Sacred Heart Garden. Employee Autumn Bartlett shared her reaction - "I had a blast! We harvested 100 lbs of green beans and tons of rhubarb for the local food pantry, in a beautiful, local, organic vegetable garden. Mikaela (co-worker) and I made up bean jokes and Tia (co-worker) and I made a Facebook video. Lots of sun, lots of laughter! The bees are pretty amazing!"

We look forward to many more days of caring with local community groups!



DECEMBER CALENDAR

All Dec.

Trees for Troops

PARTNER OF THE MONTH

Provides free Christmas Trees to United States armed forces members

Dec. 2nd-15th

Member Drive

BECOME A MEMBER

Education, giveaways & more!

Dec. 3rd

Closing Early

WE'LL BE CLOSING AT 7PM

Staff Holiday Party

Dec. 7th

Senior Discount Day

SENIOR CO-OP MEMBERS

SAVE 10% all day (standard exclusions apply)

Dec. 10th

Holiday Fest!

SAMPLING EVENT

Stop by and sample some of our favorite holiday products.

Dec. 10th-11th

MAW

MEMBER APPRECIATION WEEKEND

SAVE 10% all weekend (Standard exclusions apply)

Dec. 24th

Closing Early

WE'LL BE CLOSING AT 6PM

Dec. 25th

Closed

MERRY CHRISTMAS!

Dec. 31st

New Year's Eve

REGULAR HOURS

HEALTH & WELLNESS:

SUGAR,SUGAR...dah dah Deedah Dah dah...HONEY, HONEY...



Sugar is a major cause of our deteriorating health as a nation. High sugar intake can bring on obesity and diabetes. Until very recently, fats have been the mistaken focus rather than sugar as the primary cause of heart disease.

One teaspoon of sugar weighs 4.2 grams. Commonly, this is rounded down to 4 grams for ease of calculation.

Twenty ounces of Coca-Cola has 65 grams of sugar. This is the same ballpark for all sodas, sports drinks, and fruit juices. Let's do the math. A medium size chocolate shake at McDonalds has 111 grams of sugar. That's nearly 28 teaspoons of sugar just in one drink! Spoon that into an empty glass and think about consuming it. Processed food also has a lot of added sugar. Are you aware of exactly how much?

We do need carbohydrates in our diet, which includes all sugars. There is no consensus on how much sugar is too much. The super strict might claim over five teaspoons a day is too much. Most people would agree that over 25 teaspoons a day is too much.

There is so much we do not know. One thing we do know for sure is that our ancestors did not eat processed foods. Yes, they are very cheap, but at what cost?

Have your kids read the labels on the food you buy and keep you informed of its sugar content. Remember that the amount of sugar on the label is "per serving" which can be deceptive.

EAT REAL FOOD and then you will not need to read labels. Odds are you will feel better.

Want to learn more? Watch, "[That Sugar Film](#)"!



by Charlie Wolcott
Board Director

Follow Along!



Tag your Co-op finds **#littletoncoopeats** to be featured on our Coop Instagram!

CONGRATULATIONS! 2017 PARTNERS OF THE MONTH

The Littleton Food Co-op recognizes a different, local, non-profit each month doing amazing work in our region. Organizations interested in being considered for partnership should submit a letter or email to hr@littletoncoop.org defining their mission and why they are interested in being a partner.

Our Partner of the Month Program raises funds through **Pennies for Partners** collection boxes at all registers; and through **Partners and Pizza**, which donates \$1 for every pizza sold on Friday evenings between 4pm & 7pm.



The Bancroft House
a family sanctuary



Habitat
for Humanity®



The Good
Neighbor Food
Pantry
Helping families one bag at a time



AMMONOOSUC
CONSERVATION
TRUST

Conserving farms and forests in the North Country



TOYS FOR TOTS



COPPER CANNON CAMP
ESTABLISHED 1963



WOODLAND
Community School

Littleton Co-op Healthy Food Access Program



ABOVE THE
NOTCH
HUMANE SOCIETY



LITTLETON
FARMERS MARKET

North Country Chamber Players



BOYS & GIRLS CLUB
OF THE NORTH COUNTRY

EMPLOYEE OF THE MONTH SPOTLIGHTS



Ally

Ally Champagne

Department – **Front End and Bulk Foods**

What local activity do you enjoy when not working? **Working on cars**

What is your favorite Co-op product? **Clif bars**

What is a fun fact about yourself? **I am a self taught pianist**

What do you like about working at the Co-op?

I like the fact that we're community-oriented



Julie

Julie Wiles-Felch

Department – **Admin.**

What local activity do you enjoy when not working? **Hiking/camping/birding throughout the White Mountains**

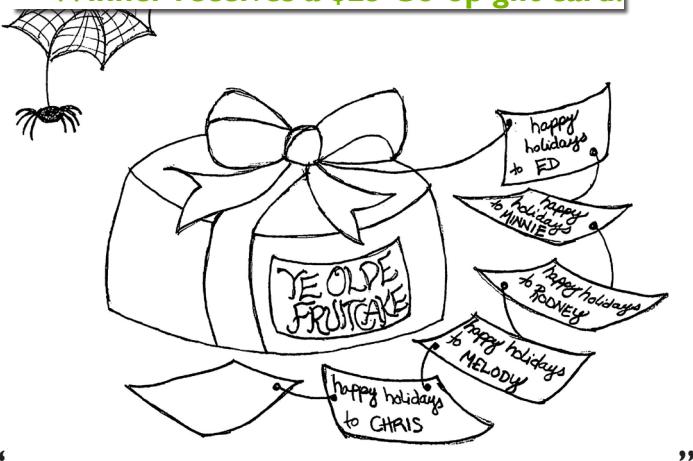
What is your favorite Co-op product? **Any one of the many varieties of Gardein products and Follow Your Heart "cheese"**

What is a fun fact about yourself? **Aside from being an admin ninja, I actually have a background in wildlife (field work, research, wildlife rehabilitation) and am a total "Bird Nerd"**

What do you like about working at the Co-op? **The people here are great, and it means a lot to me to be a part of an organization where "promoting environmental sustainability" is in the mission statement**

Co-op Cartoon Caption Contest

Winner receives a \$25 Co-op 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.

Fall 2016 Cartoon Caption Contest Winning Caption!



"That's the last time I buy GMO seeds!"

Winning submission by: Kelly Carson



Quinoa & Black Beans

FROM THE CO-OP SHOPPER KITCHEN

Submitted by, **Molly Maloy, Co-op Shopper & Avid Hiker**

Ingredients:

- 1 tsp vegetable oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 3/4 cup quinoa
- 1 1/2 cups vegetable broth
- 1 tsp cumin
- 1/3 tsp cayenne pepper
- 1 cup frozen corn
- 1 cans black beans (rinsed)
- 1/2 cup cilantro
- Salt & pepper

Directions

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro. **Serve hot or cold!**

Molly's Pro Tip:
Add Angry Goat Hot Sauce



Have a recipe you love? Submit it to The Radish! Send to: marketing@littletoncoop.org

Open Daily 8 AM - 8 PM

(603) 444 - 2800

www.littletoncoop.com

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