

The Radish: Fall 2017



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From left to right: Jose Bonilla, Michael Peacock, Caleb Bonilla, Kevin Fillion & Tonya Hening

From our Board President...

By Patricia O'Brien | Board President

September is upon us! Although it is still technically summer for a couple of weeks yet, we think (and feel) that September is the beginning of autumn. Our kids (and grandkids) go back to school. We start to notice the start of the visual symphony that is the changing colors of our leaves. Nights get cooler. Our gardens ripen with bounty.

With these changes comes the question of how to help our families choose snacks that are healthier. I'd like to suggest a visit to the Littleton Food Co-op's new and improved bulk department where you will find so many good choices. There you'll find dried fruit and nut mixes, coated pretzels and granola in so many combinations. Almost endless variety and combinations are possible! Have you ever tried plain yogurt with a scoop of your favorite granola? YUM! Don't forget our produce department, too. There you will find local Paula Red apples, which are an early variety that don't stick around too long. Lots of other fall fruit are arriving too.

Happy Fall, Everyone!

Everyone is welcome to shop at the Co-op!

CO-OP PRINCIPLES

- Voluntary & Open Membership
- Democratic Member Control
- Member Economic Participation
- Autonomy & Independence
- Education, Training & Information
- Cooperation Among Cooperatives
- Concern for Community

CO-OP MISSION

- Provide a broad range of high quality foods at a fair price with outstanding service
- Promote local production
- Encourage healthy diets
- Responsive & financially sound organization
- Promote environmental sustainability
- Create a fair & supportive work environment

Lettuce Wraps with Chile Peanut Noodles

1. Soften 3 ounces bean thread noodles in hot water until tender. Boil 1 minute. Drain; set aside. Puree $\frac{1}{2}$ cup peanut butter, 1 tablespoons brown rice syrup, $\frac{1}{2}$ tablespoons lime juice, 1 tablespoon shoyu sauce, 2 teaspoons chile sauce, 2 cloves minced garlic, and $\frac{1}{3}$ cup warm water. Toss noodles with $\frac{1}{2}$ cup chile dressing.
2. In separate bowls, lay out $\frac{1}{2}$ cup chopped cilantro, $\frac{1}{2}$ cup coconut flakes, $\frac{1}{2}$ cup toasted chopped peanuts, $\frac{1}{2}$ red onion (finely chopped), 4 quartered limes, 1 head Bibb lettuce, hoison sauce, chile noodles, and chile dressing. *Top lettuce leaves with any or all items as desired.*

Overnight Chia Seed Breakfast Pudding

2 tbsp chia seeds
 $\frac{1}{2}$ - $\frac{3}{4}$ c unsweetened almond milk
 $\frac{1}{4}$ tsp cinnamon
1 tbsp juice sweetened dried cranberries
Fresh Fruit: blueberries, strawberries, banana, blackberries, apples, cantaloupe, etc. *whatever is in season.*

Combine the chia seeds, almond milk, cinnamon and cranberries in a jar or bowl. Stir. Let them sit overnight. In the morning stir the chia seeds. The chia seeds will be like a pudding consistency. You can add more almond milk to change the thickness as you like. Next, top with sliced fruit of your choice. In the summer I like to use berries. As the season changes I use cantaloupe. As fall approaches I move on to a variety of apples, and a few slices of banana. The cinnamon and cranberries add flavor and

sweetness. You can also warm the chia seed mix in the chillier months.



Submitted by:
Celeste St.Pierre,
Certified Holistic IIN
Health Coach
Total Immersion
Master Coach
TriathlonSkills.com

Bibb Lettuce is a perfect low-carb option for burgers or sandwich fillings



Turmeric Ginger Slaw

1 small head of green cabbage, shredded
 $\frac{1}{2}$ cup fresh ginger, grated
2 tbsp brown mustard seeds
2 tbsp turmeric
1 tsp coriander
 $\frac{1}{2}$ cup olive oil
 $\frac{1}{2}$ cup white wine vinegar
 $\frac{1}{4}$ cup agave nectar
2 tbsp salt

Place the cabbage and ginger in a large bowl, toss together. Heat a saucepan to medium, add the mustard seeds when the pan is hot, swishing them around a few times. Then add the turmeric and coriander. Toast them evenly by flipping and agitating the mixture until the color begins to darken and the aromas release. When the mustard seeds begin to crackle, add the olive oil and stir until fully incorporated. Add vinegar, agave and salt. Stir slowly and allow it to heat until just boiling. Immediately pour the liquid over the cabbage and ginger. Wait until it's cool enough to touch and, massage the dressing into the cabbage. The turmeric will stain skin, so wear gloves or produce bags on your hands. Serve immediately or chill and enjoy

*Remember, this is **your co-op!** Have a story you want to share? Recipe you love? An idea for an article? Send us an e-mail! marketing@littletoncoop.org*

Rek'•lis Brewing Co. is on the Move!

The big question for just under a year now has been how does one get a taste of the delicious Rek'•lis Brew?

D There have only been 2 answers. Go to the Littleton Food Coop for a bottle of Mt Eustis Brown Ale, a smooth, easy drinking brown ale, or a visit to the Rek'•lis Brewing Company beer workshop in Bethlehem for a few four-ounce tasters and a growler fill to go. That second option is about to change!

Late this fall Rek'•lis will be moving both its brewing and serving operations to Bethlehem's downtown at 2085 Main St., right next to the Village Store and in front of Balance Bethlehem. Along with the move comes a change in license that will continue tasters and growler fills, but will now include both inside and year round outdoor porch seating as well as full pints for your tasty consumption!

Anyone who was able to be part of Rek'•lis Brewing Company when it began this past fall and winter will remember what a great mountain town beer garden scene we had on our little patio with live music and an always roaring fire. We will be recreating that with a vengeance at 2085 Main Street! Remember, our focus is our beer and our town.



Future home of Rek'•lis Brewing Co.
on 2085 Main St. Bethlehem, NH

We will remain focused and passionate about making a great beer, but will offer a very limited number of food items prepared on site as well as regular food truck visits. We intend to let those whose passion is their food compliment our great beer. The goal is to give our Rek'•lis friends the opportunity to sip great beer in great company, soaking in the north country beauty while either telling hair raising tales of their latest bike, hike, run or ski Rek'•lis adventure or as a planning hub for the next one! Hours are still TBD but likely will focus around Thursday through Sunday to start.

So please continue to enjoy our great beer coming from our backyard 12x12 Rek'•lis Brewing Company workshop, and of course when available at the Littleton Food Coop, but, get ready. A big Rek'•lis Brewing Company adventure is coming soon to a town near you.... Bethlehem!

rek'•lis
brewing company

Fall Calendar

All of September Ammonoosuc Conservation Trust

Partner of the Month! Round up at the register or buy pizza on Fridays to support our community partners.

September 22nd - 28th Case Lot Sale!

Save big on cases of your favorite food products.

September 30th - October 1st Member Appreciation Weekend

Co-op Members Save 10% All Weekend
Standard Exclusions Apply

All of October Boys & Girls Club

Partner of the Month! Round up at the register or buy pizza on Friday's to support our community partners.

October 11th Senior Member Discount Day

Co-op Members 65+ save 10% All Day!
Standard Exclusions Apply

October 13th - 15th Harvest Sale

The Fall Harvest will be in full swing. We'll have doorbuster sales on the seasons best local produce.

October 28th Harvest Festival/Chili Cook-off

Join the Co-op in celebrating the local harvest with samples, a chili cook-off, live music & more!

Free | 12 - 3 PM

All of November Good Neighbor Food Pantry

Partner of the Month! Round up at the register or buy pizza on Fridays to support our community partners.

November 8th Senior Member Discount Day

Co-op Members 65+ save 10% All Day!
Standard Exclusions Apply

November 10th - 16th Bulk O' Rama Sale!

Save on all your favorite bulk products, all week long!

November 24th Plaid Friday

Celebrate local businesses, wear plaid and save 10% on your purchases.

Standard Exclusions Apply



Co-op employees enjoying the 2017 solar eclipse. Join us on April 8th 2024 when northern NH will experience a total eclipse!

WRENWorksGallery@The Co-op Café

You may have noticed things are looking a bit more colorful around the Café recently! That's because the Co-op is now teaming up with WREN in an exciting new partnership designed to enliven the new space with regularly rotating exhibits of original, home-grown local art! Like the Co-op, WREN is a membership organization. We envision thriving and vibrant rural communities, and approach all personal, business and community development as a creative enterprise and opportunity to grow stronger together. At WREN, we're serious about empowering artists, makers, farmers and other entrepreneurs to achieve success in the marketplace, which is but one reason we are so thrilled about this new partnership. Upcoming events in the **LocalWorks Gallery@The Co-op Café** will include seasonally themed exhibits, sampler shows from The Gallery at WREN in Bethlehem, wine and cheese networking events, as well as discounted opportunities for Co-op members to join WREN, and get in on the fun. *Are you an artist, looking for a great place to display your work? Get in touch with Gallery at WREN Manager Katherine Ferrier (katherinef@wrenworks.org) to find out more.*





Composting with Meadowstone Farm

By Rodney Mitton
Perishable Operations Manager

The Littleton Food Co-op started our composting program with Meadowstone Farm back in 2009, before we opened the doors to our very first customers. We were able to do this thanks to Tim Wennrich (farm owner) who stopped in one day and met with us. We discussed the containers they would provide, pick up days, and the products they were interested in composting. We were very happy to have this program in place in the early stages of opening up the store. The produce department wouldn't be putting any compostable products into the landfill, ever!

Since then, we have been able to get some of the other departments involved in composting too. Meadowstone Farm also built us a small building that we store the containers in. Picking up the bins was a good work out for all of us involved. The containers are around two hundred pounds when they are full! We would lift the containers into the back of Meadowstone's farm truck when they came on pick up days. Then they would drop off empty containers for us to fill.



*Composting by the numbers:
26,000 gallons/year of food waste is diverted from the landfill, taken from the Co-op and turned into compost, pig & chicken feed at Meadowstone Farm.*

That's equal to four garbage trucks a year!

Composting with Meadowstone Farm
Continued...

Fast forward eight more years, and we still have this program in place! We have prevented thousands of tons of compostable material from being added to the landfill. Meadowstone Farm has been able to turn trash into gold, and uses the compost on their farm. With the recent expansion of our store we no longer have to lift the containers. We can simply roll the containers right onto the back of the old farm truck, without hardly any effort (our backs are happy too!). With the addition of more offices and a real break room at our Co-op, our employees have taken our composting to the next level. Our admin team came up with a great idea of setting up a composting bin in our new break room. A couple of great employees made a nice sign to educate our staff on what can and can't be composted.

We are looking forward to continuing composting with Meadowstone Farm for many years, and we are eager to find more ways that we can help reduce our footprint as we continue to grow.

Cooking Tip:

How to make bitter lettuce edible again! Separate the lettuce leaves, put them in a bowl of cold water and add a small amount of baking soda. Let the leaves soak about 5-10 minutes, rinse thoroughly in cold water and then soak them again for a few more minutes. Drain and use.

Staying Healthy during the Winter Months

By, Charise Baker | Wellness Manager

As the weather turns colder and we begin to close the windows, it becomes harder to avoid those cold germs. You can increase your chances of avoiding colds and the flu with these common immunity boosters.

Elderberry: Elderberries have been a folk remedy for centuries. Elderberry is used for its antioxidant activity to boost the immune system against cough, colds and the flu. Bioflavonoids and other proteins in elderberries help destroy the ability of cold and flu viruses to infect a cell. Most commonly found in syrup form, it is also available in capsules and lozenges.

Echinacea: Echinacea is an herb that is native to North America. Both the roots and above-ground parts of the plant have been found to contain substances that stimulate our immune system. Studies have shown that taking echinacea while suffering from a cold or flu may help decrease the duration

of the symptoms. Echinacea is most commonly found in capsule or tincture forms.

Zinc: Zinc is a mineral that helps the body in many ways, including keeping the immune system strong. Medical research on zinc shows that when taken within one day of the first symptoms, it can cut the time you have a cold by about 24 hours. It can also greatly reduce the severity of symptoms. Zinc is most commonly found in capsule form.



WELLNESS
WEDNESDAYS

ALL
SUPPLEMENTS

OVER 1,000 SUPPLEMENTS
EVERY WEDNESDAY

10% OFF
(FULL MEMBERS)

5% OFF
(PARTIAL MEMBERS)

National Co-op Month: Cooperatives Commit



By, Ed King | General Manager

October is National Co-op Month and the theme in 2017 is "Cooperatives Commit". In an era when corporations seem to be committed to just one thing, profits, co-ops are committed to do much more. Cooperative Principles are what guides the decision making process for co-ops. That doesn't mean we don't make a profit. Part of running a sustainable business is making sure you can pay your bills. But when we do make a profit, most of that is returned to our membership base via cash and capital patronage rebates.

Sustainability also refers to the environmental impact of our business. Our expansion included huge investments in the energy efficiency of our store. Improvements to our refrigeration, LED lighting, solar panels and other systems have helped reduce our co-op's carbon footprint. We remain committed to reducing the waste created at our store through recycling, composting and packaging choices. These decisions may reduce our margins and our profits, but that is what makes a co-op different.

"In an era when corporations seem to be committed to just one thing, profits, co-ops are committed to do much more. "

The Littleton Food Co-op is committed to all of the Cooperative Principles including:

- Democratic Member Control, governed by a Board of Directors elected by our 6,000+ members.
- Concern for Community, working together with local non-profits, farmers and producers to support our regional economy.
- Cooperation among Cooperatives, whether it is purchasing from more than a dozen cooperative food producers or working together with other local Cooperatives
- Education, we'll be offering more and more educational opportunities in our expanded store.

The explosive growth of our Food Co-op these last eight years has created both excitement and some challenges. With the expansion project behind us we look forward to committing more time and resources on our Cooperative Principles.





Health & Wellness

Vitamins and Cooking

By, Charlie Wolcott | Board Director

A natural source of Vitamin A is from carrots. Carrots are loaded with beta-carotene which is converted to Vitamin A by our digestion. If we wish to maximally increase our Vitamin A intake, is it better to eat carrots raw or cook them?

Cooking destroys water soluble vitamins but not fat soluble vitamins. Water soluble vitamins include the B vitamins and vitamin C. Fat soluble vitamins include vitamins A, E, and K.

The destruction of the water soluble nutrients is minimized by using less liquid and less cooking time. Possible approaches for maximal preservation of these nutrients are waterless cooking, steaming, stir frying or pressure cooking for the least amount of time.

The answer to the above question is that cooking carrots is better. Cooking will allow an increased absorption of their beta-carotene thereby elevating your Vitamin A level.

Cooking Tip:

Save your carrot tops, they make great pesto!

Pulse garlic and nuts in a food processor until a coarse paste forms. Add basil, Parmesan, and washed carrot tops; process until a coarse puree forms. Add olive oil and pulse until combined; season with salt and pepper.



There is an interesting myth that increasing your Vitamin A intake will increase your night vision. This was started by the British Air Ministry during WW II during the German bombing of England. By widely circulating this myth, they hoped to delay the German knowledge of their invention of radar by alleging the English pilots had enhanced night vision from eating carrots.

There is a partial underlying truth to this in that a deficiency in Vitamin A will cause loss of night vision. If you have normal levels of Vitamin A, increased intake will not improve your night vision.



A Guide to Winter Squash

Choosing a winter squash to prepare can be confounding—
here are common varieties of squash you'll love.

Winter squash are harvested late summer through fall, then cured or “hardened off” in open air to toughen their exterior. This process ensures the squash will keep for months without refrigeration. When selecting any variety of winter squash, the stem is the best indication

of ripeness. Stems should be tan, dry and on some varieties, look fibrous, frayed or corky. Fresh green stems or those leaking sap signal that the squash was harvested before it was completely ripe. Ripe squash has a vivid, saturated color and a matte, rather than glossy, finish.

Check out the plentiful winter squash recipes and articles at www.strongertogether.coop/winter-squash



Acorn

Mild, versatile flavor and a tender-firm texture that holds up well when cooked. Hard rind helps squash hold its shape when baked.

Best uses: baked, stuffed, cubed and added to grain salads



Blue Hubbard

This huge squash is perfect for feeding a crowd! Bright orange flesh has a buttery, nutty flavor and a dry, flaky texture similar to baked potato.

Best uses: baked, mashed and topped with butter, sea salt and black pepper



Butternut

Vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Rind is edible but squash is usually peeled before use.

Best uses: soups, purees, recipes where smooth texture is highlighted



Delicata

Rich, sweet, flavorful yellow flesh tastes like a mix of chestnuts, corn and sweet potato. Quick-cooking with a thin, edible skin. Highly seasonal.

Best uses: sautéed until caramelized, broiled, baked



Heart of Gold/Carnival

This hybrid squash inherits its tender-firm texture from Acorn and its sweet, nutty flavor from Sweet Dumpling, offering the best of both parents.

Best uses: baked, stuffed, broiled with brown sugar

Kabocha (Green/Red)

Smooth, dense, intensely yellow flesh that is similar in sweetness and texture to sweet potato.

Best uses: curries, soups, battered and fried as Japanese tempura



Pie Pumpkin

Mildly sweet squash with a rich pumpkin flavor, perfect for pies and baked goods. Different from carving pumpkins, these are bred for sweetness and size.

Best uses: pies, custards, baked goods, curries and stews



Red Kuri

Vivid orange, mildly sweet and smooth, dense squash with a delicious chestnut-like flavor. Makes a rich and velvety puree.

Best uses: Thai curries, soups, pilafs and gratins, baked goods



Spaghetti

Pale golden interior is stringy and dense – in a good way! Use a fork to pry apart cooked flesh which resembles spaghetti in texture and mild flavor.

Best uses: baked and separated, then dressed as you would pasta



Sweet Dumpling

Petite, softball-sized squash with a pale gold, dry starchy flesh that is similar to a potato but which is renowned for its rich, honey-sweet flavor.

Best uses: baked with butter and cinnamon



6,000 Members

By Melissa Bridges | HR Manager

What do Hall Apiaries, White Mountain Graphics, Wozz Kitchens and Lake Champlain Chocolates have in common? They were a few of the local products in the gift basket give-away for our 6000th members: Julee Monahan and Aaron Comings.

As new members, Julee and Aaron play a vital role in keeping Littleton uniquely local. The Co-op provides a retail outlet for hundreds of locally produced products. Local items make up an average of 20% of co-op sales compared to 6% at conventional stores. For some producers the co-op is their only retail outlet. These local businesses boost our local economy and make Littleton, NH different than any other town across the country just as the Littleton Food Co-op is different than other grocery stores.

We are owned and governed by member-shoppers rooted in our community. “For every \$1,000 a shopper spends at their local food co-op, \$1,604 in economic activity is generated in their local economy—\$239 more than if they had spent that same \$1,000 at a conventional grocer.” *

Julee and Aaron enjoy other benefits too:

- they can vote on co-op issues and elect board members
- they can serve on our Board of Directors
- they are eligible for patronage rebates
- they will save 10-15% on member appreciation days, their birthdays and on special orders and events

Julee and Aaron have made an extra investment in their community by becoming members of the Littleton Food Co-op. Should you?

**Healthy Foods Healthy Communities: The Social and Economic Impacts of Food Co-ops*



Julee and Aaron with their bag full of local goods!

BOARD OF DIRECTORS

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Next Co-op Board Meeting is
September, 18th 2017

