

THE CO-OP

VOL. 73 NO. 3

SUMMER 2010 • ALWAYS FREE



NEWS

INSIDE: DAIRY DAY JUNE 19 • STRAWBERRY FIELDS FOREVER • SUMMER TOMATOES • ELECTION RESULTS

Our Local Farmers Are Asking for *Your* Help Once Again!

Learn why on page 18.



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The Co-op News

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Send inquiries to:

P. O. Box 633
Hanover, NH 03755

Web Page Address

<http://www.coopfoodstore.coop>

Board of Directors

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Treasurer: Mike Yacavone
Secretary: Tricia Groff
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Tony Alongi, Chief Financial Officer
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Steve Miller, Food Store Manager, Hanover
Rosemary Fifield, Education Director
Loretta Land, Human Resource Director
Tony White, Director of
Merchandising and Operations
Allan Reetz, Communications Director

Statement of Cooperative Identity

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Values

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

Principles

The cooperative principles are guidelines by which cooperatives put their values into practice.

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

Editorial Staff

Rosemary Fifield (editor), Mary Choate, Ken Davis, Jaime Richardson, Emily Neuman
Graphic design: Ken Davis
Photography: Erika Gavin, Allan Reetz

Confidentiality

The Co-op protects the confidentiality of information collected for membership purposes. Questions and concerns about the application of this policy should be directed to the Co-op's general manager.

Your Mailing Address

Please notify us if your mailing address has changed. This saves us money and enables your mail to be delivered promptly.

Store Hours

Hanover: 8 a.m.–8 p.m. daily
Lebanon: 7 a.m.–9 p.m. daily
Community Food Market: 6 a.m.–8 p.m. daily

Service Center Hours

Gas: 6 a.m.–8 p.m. daily
Mechanics: Mon-Fri: 8 a.m.–4:30 p.m.

Phone Numbers

Hanover and Lebanon Food Stores: 643-2667
Park Street Service Center: 643-6650
Co-op Market: 643-2725

Email Address

comment@coopfoodstore.com

The Co-op as/and Family



*by Kay Litten
Board President*

As I reflect on our second annual Food Expo/Annual Meeting combination, I realize that we have probably begun a Co-op family tradition. We gathered all sorts of employees, producers, and merchandisers together to help us—the

members and customers—celebrate a year of good eating and to look forward to all of the new products and suppliers who will enrich our shopping experiences so much in the coming years. It was a challenging year fiscally, but we survived with the support of loyal members and staff. Times of stress often cause us to do our utmost to make things better and to cherish those things which we value the most. Our Annual Meeting is similar to the family's annual holiday gathering: full of celebration and togetherness, but piqued by some crankiness and complaints, too.

Most of us put families first, and it has always struck me as unfortunate that those folks we most treasure and hold dear are the very ones to whom we offer our sharpest criticisms and of whom we make the most difficult demands. We ask family members for help and then get crabby if they are in our way; we ask our children to spruce up for a special event and then criticize their choices as not fitting (our ideas of what would look best). We tell our partners how happy they make us and how much they mean to us, but then we somehow fail to find the kind of meaningful time together which is of value to both of us. Oh, la, la, I could go on and on.

Well, I often feel like my relationship with our Co-op is like my relationship with my family. I value it, but I am often quick to criticize. I love what it offers to me, but I often am sometimes ornery about what I observe happening or hear spoken. I have to believe that our dedicated staff do their very best most of the time. We are not perfect, and what annoys me is often the very thing which I most value: we are not a big corporation with slickness all around. Sometimes I wish we had the luxury of turning to a big corporate headquarters

to help us slick up. (But sometimes when we get all modern and cutting edge and energy efficient, there are negatives in the mix: the new freezer aisle at the Lebanon store—which makes me feel like I'm walking on a path in a Star Trek scene—contains freezers so high that many shorter shoppers cannot reach items on the upper shelves!)

A couple of comments at the Annual Meeting struck me as being at the crux of this issue. One loyal and most articulate member asked if the Co-op has professionally trained folks who do our displays. We don't; we are proud of what our staff produce, but we do not have lots of professional graphic designers and advertising executives. Nonetheless, this member's point is well taken: displays and marketing can make big differences in helping customers to realize the range of possibilities for the variety of products we sell.

However, another member immediately spoke up to say that this is what she appreciates about the Co-op: that it is not a "slick" operation focused on appearances, but a down-to-earth store selling the wholesome products which its members demand. Probably we can address the desires of both of these folks, but one of them will doubtless think we are doing too much and the other not enough. You can see our dilemma. But this is what I believe is the biggest difference in our stores vs. the "big" grocery stores: we listen, provided you speak to the right folks. What I believe is most critical in this business of a family-oriented grocery store is that we keep the lines of communication open, just like members of successful families talk with one another. Members have to let staff know what especially pleases them as well as letting them know when service or products are not to their liking or living up to our standards. It really doesn't help to complain to those outside the organization when we have issues: let the staff/management/board know what you think. Some things we can change immediately; some things we can start working on; but some things will never change! And that, too, is what we love about those things/people/places we hold dear: they are dependably the same for us even as they change (as all must); their familiarity offers us some security; they are the constants in our lives. May the Co-op be in our lives for at least another 74 years.

coopfoodstore.coop/members/board



Supporting Our Farmers



by Terry Appleby
General Manager

Over the past several years the Co-op and local producers have worked to build a foundation for the availability of ever-greater amounts of locally produced goods. The most serious and productive of our efforts has been in building relationships with local farmers, starting with our annual growers meetings in which we discuss ways to bring more fresh produce to our shoppers. The meetings have been going on for at least 15 years and provide a chance to continuously improve coordination, quality, and variety. The efforts have been considered a pretty universal success by all involved and have led to many improvements over the years as well as to the availability of more kinds of products.

Among the most important reasons for the success of our relationship with local growers has been the ability of Co-op staff to sit down with them to discuss growing practices and to get to know their operations. We know the local people who grow the food, we know their farms, and we know about their practices. So when a group of local growers asked to meet with us in February about some concerns about pending legislation, we were happy to oblige.

At our meeting we learned about Senate Bill 510, also known as the Food Safety Modernization Act, and the concerns about features of the Act that growers fear would ultimately put them out of business. Let me say that the Co-op is extremely concerned about food safety and that we are in agreement with our congressional rep-

resentatives who wish to strengthen federal food safety oversight and enforcement. However, we also agree with local farmers that a “one size fits all” approach could seriously harm small producers and even drive some out of business.

Senate Bill 510 is designed to protect the public from contaminated food, and we think that is a laudable goal. However, it was designed to address, in a single system, the largest, industrial-sized farms where product may be packed by a third-party packer commingling product from other large farms, while also addressing the three-acre vegetable farm where the family is bagging the farm’s offerings. There is quite a difference in the level of risk for widespread problems between the two farms, but the proposed law fails to differentiate.

The small growers of the Upper Valley work hard to make a living. Long winters make for short growing seasons and make farming a difficult proposition in the best of times. The Co-op wants to help them in efforts to create a vibrant, local agricultural economy. We also want to continue to promote the local food from farmers we trust. We urge you to comment to the federal Food and Drug Administration (see details on page 18) and let them know that you support local farmers and a food safety bill that protects consumers *and* those farmers.

Having access to the beauty of a working agricultural landscape and the products of our local farms is a benefit of living in the Upper Valley. We hope to encourage the preservation of our local farms and make them stronger. We all can help make that happen by continuing to support the growers and producers of our region through purchasing their products and identifying with their causes.

Co-ops: Making Waves



by *Jaime Baker Richardson*
Education Programs
Assistant

In the
1930s,
the
Great

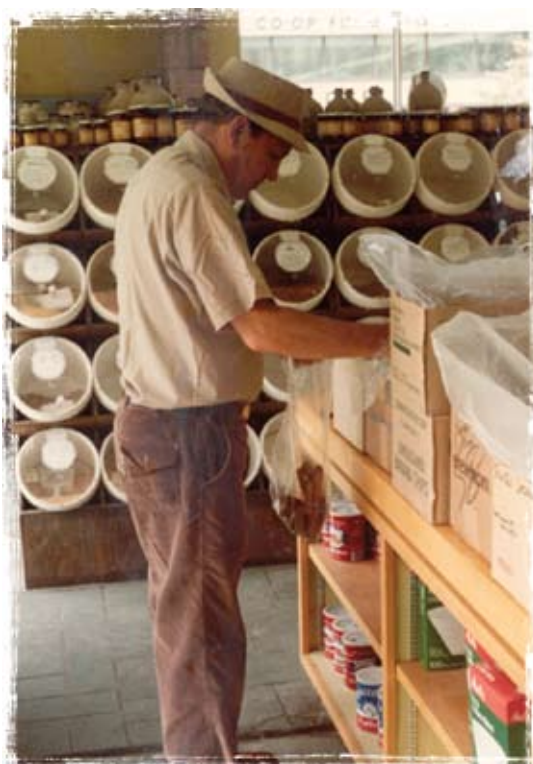
Depression and Franklin Roosevelt's New Deal sparked cooperative efforts nationwide that included the establishment of a number of food co-ops. Discouraged by the quality and prices of the products and services they were receiving from their local purveyors, consumers from coast to coast banded together to form buying clubs and open their own grocery stores. From Berkeley, California, to Hanover, New Hampshire—and many places in between—a wave of newly established consumer cooperatives met the needs of their communities.

The late 1960s and the 1970s saw a second wave of consumer cooperatives established in the United States, driven by the desire to find products free of the chemicals and industrialized production methods that had come into use following World War II. This new wave emerged in an era of movements—civil rights, anti-war, back-to-the-land, the first Earth Day. Consumers formed cooperatives as an alternative economic model with a focus on natural food, community support, and concern for the environment. Stores were primarily opened by young idealistic members, and most sold only natural, unrefined whole and bulk foods. These co-ops were pioneers in what would become a booming natural foods industry.

This fresh wave of consumer-owned co-ops resulted in a variety of storefronts from small natural food stores to full-sized supermarkets. Some were run by volunteers, some by paid staff. Various forms of management existed, from self-management by workers to more traditional hierarchical structures. Since this new wave of co-ops

focused primarily on natural foods, many co-ops began as, and remain, strictly sellers of natural and organic goods.

Like its fellow consumer co-ops, the Hanover Co-op held true to its origins and the diversity of its membership while responding to consumers' changing needs. In 1975, the



Hanover Co-op converted an outbuilding on the property of its Park Street location to house new bulk, international, and natural products, creating what came to be known as the "BIN." Today, combined sales from bulk, international, and natural grocery products comprises roughly 14 percent of total sales from the Co-op's three food stores.

Co-ops—both new and established—quickly learned that sound business practices were crucial to their continued success. Keeping long-term members loyal and converting founders into new bulk shoppers created challenges for many consumer co-ops of that time. Inadequate support from wholesalers across the country complicated their efforts. As a result, the new consumer

cooperative movement in America had mixed success, especially in contrast to Europe and Asia, where the co-op business model thrived. Some of the old wave co-ops went out of business. Others, like Hanover, became stronger.

While consumer co-ops no longer experience the phenomenal expansion of the 1970s, new food co-ops—like the Littleton Co-op in Littleton, New Hampshire—continue to open across the country, and most second-wave food co-ops are flourishing, even in today's economy. Many have opened second or third stores and continue to show positive growth in sales.

In 2005, a group of cooperative organizations collaborated to form the Food Co-op 500 program, with the goal of growing the food co-op community from 300 to 500 co-ops (including those opening additional stores) by the year 2015.

Engaging Customers



by *Emily Neuman*
Sustainability
Coordinator

Helping Co-op shoppers make well-informed green choices is a key part of our strategy for environmental sustainability. If you are not already familiar with our Sustainable Shopper programs, read on:

SmartCycle Recycling

The Co-op uses a clear, hinged-lid container to pack its salads and certain Bulk items. We recently switched from EcoPak to SmartCycle containers. SmartCycle is made with 100 percent post-consumer recycled plastic – soda bottles to be specific. Reuse it a few times at home, then return it – clean and dry – to a Co-op cashier. We'll recycle it for you, as we did for hundreds of shoppers in 2009.

Recycle 5

Twice a month, the Co-op collects #5 (polypropylene) plastic from shoppers. More than 100 households participate. We ship the material to a company near Boston called Preserve. (Over a ton in 2009, most of which was yogurt containers). Preserve makes toothbrush handles, plastic bowls, and food storage containers. Look for their toothbrushes in our stores. Collection schedule is available online and at the Service Desk. (Please note that because this program relies on volunteer labor, we cannot offer unlimited collection times. If you would like to see the collection hours increase, please volunteer to help!)

Shopping Bag Recycling

Worn-out Co-op plastic shopping bags can be recycled. We provide collection bins in the lobby of each store. The bags will be shredded and transformed into garbage sacks.

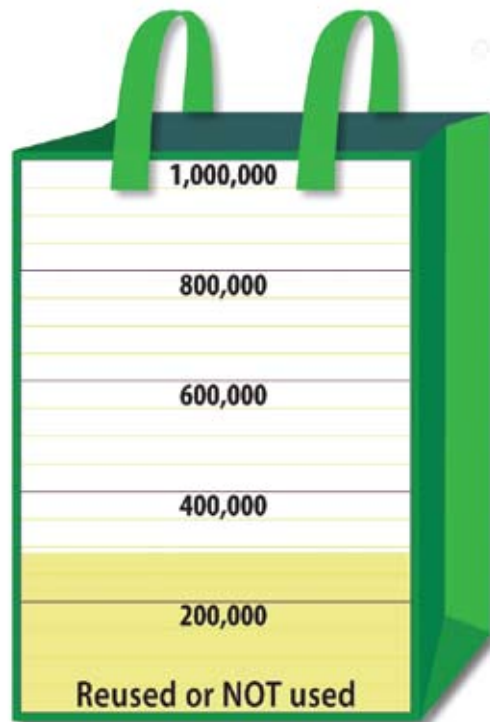
CFL Recycling

The Co-op sells compact fluorescent lightbulbs to help shoppers improve energy efficiency in their homes. We also want to help keep mercury out of our environment, so we make CFL recycling easy. Just bring your used bulbs back to the Service Desk and we will take it from there. Many hardware stores also accept the bulbs at no cost.

FishWise

In order to keep our shoppers – and our staff – up-to-date about the sustainability of our seafood offerings, the

Co-op subscribes to a program called FishWise. FishWise provides labeling that indicates sustainability according to color-code: green (best choice), yellow (some concerns), and red (avoid). Catch method is also indicated on the signage.



Help us save 1 million bags. The chart above shows approximately where we are at press time: 292,927.

Million Bags

Did you know that, as recently as 2006, the Co-op was distributing more than 2 million disposable shopping bags a year? Consumer consciousness in this area has changed tremendously in the last 3 years, so that we are poised to distribute less than half that many in 2010. But, it won't happen unless Co-op shoppers continue choosing to reuse. We recently launched a marketing campaign to make sure all shoppers are aware of our bag policy: We give a 5-cent credit for each bag re-use or non-use by shoppers. And, we strongly encourage all shoppers to participate! Please help us cut waste and save valuable natural resources by bringing your own bags for shopping.

See *Customers* on Page 21

Help the Co-op Help LISTEN

LISTEN Food Drive!

When the economy goes sour, corporate and individual giving budgets are often the first things to be cut. As a result, our nonprofit shelters and food banks nationwide are particularly feeling the effects of a struggling economy, and the needy are more needy than ever. In the Upper Valley, it's no exception, so this year's LISTEN Food Drive is particularly important. Help the Co-op help LISTEN and read on about what you can do!

14 Years and Still Going Strong

In June, the Lebanon Food Store will run its 14th annual food drive for Listen Community Services, Inc. The goal is to collect 2,000 pounds of non-perishable foods, including items such as fruit juice, cold breakfast cereal, granola bars, canned fruit snacks, hearty soups, and canned meats and stews.

Shoppers at all locations can contribute money at the registers, as Listen is also our Co-op Community Partner of the Month.

The timing of this food drive is critical. Food assistance requests go up in June when children lose the benefit of school hot breakfast and lunch programs.

In addition, Listen staff report an increase in the diversity of people who request emergency food assistance, noting that more younger and older people need help meeting their basic dietary needs.

With the economy slashing individual and corporate giving budgets nationwide, the need this year is even greater.

Volunteers Needed!

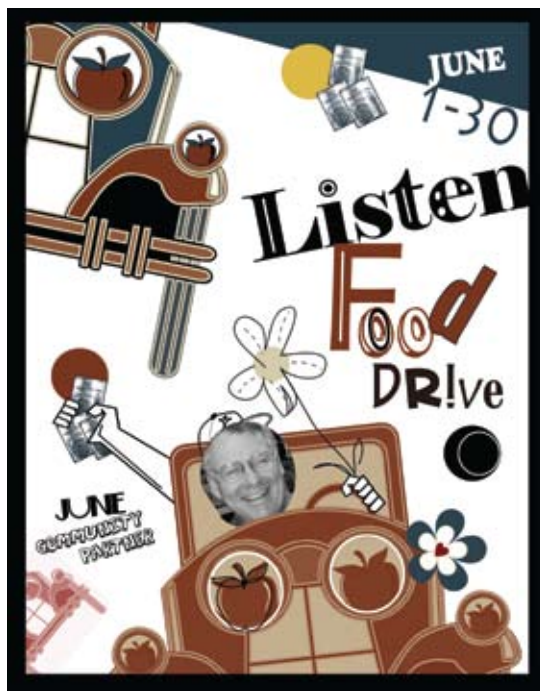
Each year we depend on volunteers to box, weigh, and deliver food to Listen Community Services from the Lebanon Food Store.

This activity takes place at the volunteers' convenience between 9:00 a.m. and 4:00 p.m. on Mondays, Wednesdays, and Fridays in June.

Ideally, volunteers make a commitment on one of those days. However, if this is not possible, consider offering your assistance as a substitute or as a one-time volunteer.

For more information, or to sign up, contact Missy Jordan by Thursday, May 22 at (603) 640-6323 or email comment@coopfoodstore.com.

————— *coopfoodstore.coop/news*



Thank You for Helping the Co-op Help the Haven!

During tough economic times, individual and corporate giving budgets are usually the first to be cut, meaning food banks, homeless shelters, and other charities find the donations upon which they depend are slashed dramatically. Thank you to all who donated food, funds, or time to the Co-op's 21st annual food drive for The Upper Valley Haven! Co-op members gave \$702.42 in cash and donated more than 1,800 pounds of non-perishable food to the Haven's food pantry in the month of February.

Co-op Expo & Annual Meeting

The Co-op held the second annual Co-op Expo on April 10 in conjunction with Annual Meeting. This year's theme was The Impact of our Food Choices and featured displays on a variety of topics including import substitution (getting our vitamin C from New England-grown cranberries), fair trade, support for local growers and producers, food safety, humane treatment of animals, sustainable fisheries, wellness, industrial corn production, and more. Over 330 members and non-members attended the exposition, chatting with farmers, vendors, and Co-op staff while

sampling organic cheese, locally raised pork, and fair trade bananas dipped in fair trade chocolate. Additional displays featured information on composting, including composting with worms, and an informational display on member benefits provided by Co-operative Insurance Companies.

Members had a chance to speak with candidates for the Board of Directors and to vote, as well as attend the Annual Meeting which drew about 65 members in addition to staff and Board.

Fresh, the Movie

Roughly 85 people filled the Mayer Room at the Howe Library on April 14 to view the film *Fresh* by Ana Sofia Joanes. The Co-op co-sponsored the viewing with Slow Food Upper Valley, whose members provided light refreshments. After the showing, attendees asked questions of a panel consisting of local garden expert and *Valley News* columnist Henry Homeier, Co-op Sustainability Coordinator Emily Neuman, Co-op Produce Merchandiser Dot Benham, and Co-op Assistant Merchandising Director Paul Hoffman.

The DVD of *Fresh* was donated to the Howe Library's collection. Additional copies of *Fresh* are available for borrowing from the Co-op's Member Lending Library in the Hanover store. For more information on the film, go to www.freshthemovie.com.

Voting Wrap Up

During the month of April, 574 Co-op members submitted ballots to fill three seats on the Board of Directors. The members elected John Boutin, Margaret Drye, and Jill Mikucki to the Board.

The full Board will choose officers for the coming year at the May Board meeting to be held on Wednesday, May 19, 2010 at 5:30 p.m. in the Hanover Boardroom. All Co-op members are welcome to attend.

For more information, please contact Board Administrator Genie Braasch at (603) 640-6340 or email her at gbrasch@coopfoodstore.com.

HCCF Update

In 2009, 811 Co-op members showed their support for the HCCF by donating \$12,604.94 in patronage refund and personal checks. Eight years ago, the HCCF Committee set out to raise \$250,000 by the end of 2007, a goal that was reached in October 2007. The HCCF Committee Chairman promptly announced an updated goal of an additional \$300,000 to be raised by the end of 2012! We need your help if we're going to get there. We invite you to be part of the excitement. If you would like to donate your check—or simply make a contribution to the fund—please make your check payable to the Hanover Co-op and deposit it in the HCCF box at either food store or mail it to the Co-op at P.O. Box 633, Hanover, NH 03755. We will gladly give you a receipt for tax purposes. Thanks in advance for your generosity!

Join Our Reading Group!

Just Food, by James E. McWilliams

Do locavores have it wrong, and is there a more responsible way to eat? Join our reading group for some lively discussion in the Hanover Co-op Boardroom on four consecutive Thursdays, September 2, 9, 16, 23 from 5:30 p.m. to 7:30 p.m. To sign-up or for more details call or email, Jaime Richardson (603) 640-6555 or Jaime.Richardson@coopfoodstore.com. We have limited space available, so don't hesitate!

coopfoodstore.coop/members

Slow Money

Investing in Local Food Systems

On Friday, June 4, join Woody Tasch and other Slow Money leaders at a roundtable entitled “Slow Money — Investing in Local Food Systems” from 1 to 3 p.m. (with optional lunch noon to 1 p.m.) at World Learning, Kipling Road, Brattleboro, VT, in The Stephen and Nita Lowey International Center, Room 101.

The event kicks off the 2010 Strolling of the Heifers weekend, which is highlighted by the Strolling of the Heifers Parade on Saturday, June 5 at 10 a.m. For a full schedule of events throughout the weekend, from Friday evening through Sunday, just visit the Strolling web site at www.strollingoftheheifers.com.

Slow Money (www.slowmoneyalliance.org) is a new nonprofit organization founded by Woody Tasch, a pioneer in merging investing and philanthropy. Slow Money’s mission is to build local and national networks, and develop new financial products and services.

To pre-register for this event, please email your name, any business or organizational affiliation, and whether or not you will be eating lunch at World Learning to Carrie Walker at carriewalker50@gmail.com.

Board of Directors Meetings

The Co-op’s Board of Directors holds meetings on the third Wednesday of every month, starting at 5:30 p.m. in the Boardroom upstairs at the Hanover Food Store. We post the agenda on the Board of Directors web page, coopfoodstore.coop/members/board, by the Friday before the scheduled meeting. Please contact Genie Braasch, Co-op Board Administrator, at (603) 640-6340 if you plan on attending, or email her at gbraasch@coopfoodstore.com.

How to be a Co-op Member

Did you pick up this copy of the Co-op News in one of our stores and are wondering about Co-op membership? It takes only a few minutes to join the Co-op by visiting the Service Desk at either Co-op Food Store. Want to save time? Download and fill out an application from our website at www.coopfoodstore.coop/members and bring it with you. Each member household buys ten \$5 shares of Co-op stock. This one-time \$50 investment entitles you to full membership in the Co-op.

Subscribe & Follow

E-News

When we launched our e-newsletter program a little more than a year ago, we began with a handful of subscribers. (There were three, actually, and one of them was the wife of the guy who built the thing.) Our goals were to develop a quick and easy way to keep Co-op fans up to date with what is going on at the Co-op while reducing our printed material, thereby doing our part for sustainability.

Today our e-newsletter program has more than 1,100 subscribers, and the number grows higher each day. Thanks to all of our subscribers for making it such a big success! If you haven’t signed up yet, it’s easy. Go to www.coopfoodstore.coop and click on the green Co-op logo box near the bottom of the page. You can sign up for just the information you want to receive, opt out at anytime, and we’ll never release your information to third party evildoers, no matter what.

Hop and Vine

Already an e-newsletter subscriber? Why not click on the sign-up box and check out what’s new? Based on the program’s popularity, we’ve launched new e-newsletters, so you might want to sign up for something you aren’t already receiving. In particular, check out our newest and very popular e-newsletter the Hop and Vine! It’s dedicated solely to specialty beers and wine, and has a very dedicated following.

Facebook

Much like our e-newsletter program, our Facebook page started slowly, but quickly caught on and developed into a dedicated community of lively, contributing fans. Today we have more than 500 fans, and that number also grows daily.

Co-op Facebook fans are a particularly lucky bunch, as our Facebook page is a very handy place to let folks know about all those little things that crop up from time to time—a great new product we have in limited supply or an upcoming event you should sign up for soon. Become a fan and tell other Co-op fans you know to join, too. Go to www.coopfoodstore.coop and click on the Facebook badge at the bottom of the page.

New & Online: Department Updates

Information You Can Trust from the Co-op's Food Industry Insiders

by Ken Davis
Co-op Web Editor

A challenging, rewarding, and even surprising dynamic that can sometimes come with the development of a new website is this: If you're going to build all those pretty pages, you actually have to fill them with something, too.

Who knew?

While the vast majority of the pretty pages on the Co-op website are packed full of information, quite candidly the web pages that describe the various Co-op departments have traditionally lagged a bit behind.

It's a product of humility, really. The folks who work at the Co-op tend to be a humble bunch—not the collective type to wax poetic online about their accomplishments and all the things they do to make their area of responsibility the best it can be. As a result, after two years now of often static and generic descriptions of many of our Co-op departments, we're trying something new to liven things up a bit—and we invite you to drop by and visit our website and tell us what you think.

Trustworthy Industry Information

To fill our website's department pages with something new and relevant, staff members with expertise in each area are going through the many questions they get from members and customers. Then they hand-pick the topics and questions they feel might impact a broad selection of other Co-op shoppers.

These same staff members are then taking their answers to those questions, expanding on them, and writing them up as postings for the Co-op website.

The posted updates are fresh and relevant, and they change according to member and customer input—offering insights into many of the complex dynamics that impact the food industry. It's a work in progress that's just getting started, so look for it to develop over time as you ask and we answer.



Co-op employees Jon Richardson, left, and Pat Neily answer questions during April's Co-op Expo and Annual Meeting. To fill the department pages of the Co-op website, our staff members are going through the many questions they get from members and customers, hand-picking the topics they feel might impact a broad selection of other Co-op shoppers, and writing the answers as informative online posts.

Sound interesting? It is! You can learn a lot, and one of the great benefits of the new format—particularly for members—is that you can be better educated about the business you own. You can also trust that the information you are getting is not marketing or promotional esoterica developed in a faraway corporate office somewhere to cloud what may really be going on. This is honest information from honest people, just as you've come to expect as a Co-op shopper.

Learn More

Visit www.coopfoodstore.coop/departments and browse around and tell us what you think. Have a question or comment? Email us at comment@coopfoodstore.com or fill out our comment line at www.coopfoodstore.coop/comment. See you online!

[coopfoodstore.coop/departments](http://www.coopfoodstore.coop/departments)

Strawberry Fields Forever

The Beatles were onto something, don't you think? Anyone standing in a field of strawberries enjoying juicy, ripe fruit on a warm summer day could easily have that song-inspiring thought. Usually smaller, juicier, and often more fragrant, wild strawberries are the ancestors of today's larger, cultivated berries. It wasn't until 1714 that a French horticulturist was able to breed much bigger berries, believed to be the source of our modern, well-known larger berries. Today, no other fruit yields more food per acre in so short a time.

Strawberries grow just about everywhere on the planet — from alpine meadows to the woods to the seaside. Until strawberries were widely cultivated, people most likely harvested them from nearby woods or fields. The fruit was rare in markets, but as it increased in popularity, individuals began growing patches in their home gardens. Or, as was popular in Philadelphia suburbs in the early 1800s, one could visit “strawberry gardens” to enjoy the delicious berries.

Easily one of the most popular fruits in the world, and currently grown in massive quantities, strawberries are a relatively recent introduction to the common market. The perishable and fragile nature of the berries defeated early attempts at mass distribution. In the US, the rise of the railroad in the 1850s was the turning point for wide distribution of berries over long distances. Boxes of refrigerated strawberries (that is, with blocks of ice placed on top of them) could be delivered to customers eagerly awaiting the arrival of freshly picked fruit.

Just about every language includes a word for strawberry, a testament to the fruit's worldwide popularity. In many languages, the word for strawberry refers to its wonderful fragrance. In French it is fraise; in Italian, fragole. The English name “strawberry” has several possible origins. It may have come from the mulch of straw that was routinely spread to control weeds around the low-growing plants; or, it may have originated as a description of the runners that the strawberry plant sends outward from its base, giving the appearance that they've been “strewn” or tossed about, hence, “strewberry.” Another theory stems from long-ago London when enterprising children peddled “Straws of Berries.” They would go to the fields to pick fresh berries, threading them onto pieces of straw to sell in the markets and streets.

Strawberries weren't always so popular. In the 12th century, it was believed that strawberries were unfit and



even unsafe to eat, due to their mysterious and low-lying, hidden growth habit coupled with the fact that snakes and toads may have touched the berries. This erroneous assumption was quashed when the botanist Charles Linnaeus ate a self-prescribed diet of only strawberries to disprove the idea. He also gave strawberries their botanical species name, *fragaria*.

For the most part, strawberries were often depicted throughout history in the most favorable way. During medieval times, stonemasons carved strawberry designs on altars in cathedrals and churches to symbolize righteousness and perfection. Strawberries were included on the menu at important festivals to guarantee peace and prosperity. In the 1500s, the berries' medicinal virtues were stressed, rather than their desirability as food. It was said that the boiled leaves were best used as a poultice and that ripe strawberries “quench thirst, and take away, if they be used often, the redness and heate (sic) of the face.” In provincial France, strawberries were regarded as a powerful aphrodisiac. Soup of thinned sour cream, powdered sugar, borage, and strawberries was traditionally served to newlyweds. Native American Indians crushed wild strawberries and mixed them with meal to make strawberry bread. Historians believe that colonists saw this



and developed their own version: strawberry shortcake.

As anyone who has picked strawberries knows, the familiar perennial is a low-growing plant with horizontal runners that radiate from the base to produce new plants. After the delicate 5-lobed white flowers fade, the berries form, first small, hard, and green, ripening to plump full red fruit. When you enjoy the sweet juiciness of a strawberry you are actually eating approximately 200 seeds — or achenes — anchored in what is really a red, fleshy swelling of the plant stem.

When buying berries, choose firm, shiny fruit with a healthy color; strawberries do not ripen after harvesting. They should be stored unwashed and loosely covered in the refrigerator. Wash berries with the caps still on to prevent the strawberry from absorbing water and turning mushy. Serve them at room temperature for best flavor.

While strawberries from Florida, Canada, New Zealand, Mexico, and California are available all year round at the Co-op, be sure to take full advantage of the strawberries grown in the Upper Valley. Strawberry time here usually runs from early June through mid-July, with several varieties available throughout the season. The Co-op sells berries supplied by local growers, who also maintain pick-your-own fields. After a warm sunny day's efforts, you can have enough berries to emulate Mme. Tallien, who, during Napoleonic times, added strawberry juice to her bath water to keep her skin soft and smooth. Every time she took a bath, 22 pounds of berries were crushed for it! Or, you could simply try our recipe for Strawberry Tiramisu instead.

Strawberry Tiramisu

Serves 12

2 pkgs. (8 ounces each) Neufchatel cheese, softened
 ¾ cup powdered sugar
 1 container (8 ounces) frozen light whipped topping, defrosted
 1 cup strong coffee, at room temperature
 3 Tbs. coffee-flavored liqueur (optional)
 3½ cups whole strawberries, stemmed and sliced
 24 ladyfingers split in half
 2 Tsp. unsweetened cocoa powder

In a large mixer bowl, beat Neufchatel cheese and powdered sugar until well blended. Gradually fold in whipped topping to blend. In a small bowl, combine coffee and liqueur, if using. Line an 8x8-inch glass baking dish with enough ladyfinger halves, rounded sides down, to cover bottom. Spoon 1/3 cup coffee mixture evenly over ladyfingers. Top with one-third of the cheese mixture, spreading evenly. Layer one-third of the strawberries (1 rounded cup) over cheese. Repeat layers two more times, ending with cheese and reserving remaining strawberries. Cover and refrigerate tiramisu and reserved strawberries at least 1 hour or up to 24 hours. To serve, remove cover; sift cocoa powder over top. Arrange reserved strawberries over cocoa. Serve immediately.

—California Strawberry Commission

This article, written by former Co-op employee Paula Gray, was originally published in the May/June 2001 issue of the Co-op News.

coopfoodstore.coop/recipes

Summer Specialty: Tomatoes

by Rosemary Fifield
Education and Member Services Director

The unmatched flavor of a warm, ripe summer tomato fresh off the vine is the taste of the season for many of us. Whether homegrown or found at a local farmstand, a farmers market, or from the Co-op's local growers, tomatoes in season are a world apart from those commercially produced at other times of the year.

Tomatoes come in innumerable varieties of shape, size, color, and flavor, and new hybrids are introduced every year. From the smallest cherry tomato to the huge beefsteaks, each has its own endearing characteristics. Plum tomatoes, also known as pear or paste tomatoes, make the best sauce as they contain the least amount of seeds and extra juice. Heirloom varieties, such as Brandywine, Arkansas Traveler, and Mortgage Lifter, may not be the most beautiful tomatoes on the market, but they remind us of how tomatoes are supposed to taste.

For the best flavor, keep whole tomatoes at room temperature, as long as they have not been cut or bruised. Temperatures below 50 degrees can cause what agronomists call "chilling injury," primarily to texture, but also to flavor, if flavor and color have not been fully developed on the vine. Once cut, tomatoes should be refrigerated for food safety purposes.

As one might expect from such an intensely colored fruit (and they are technically fruit), tomatoes are highly nutritious. They are an excellent source of vitamin A (as beta-carotene) and vitamin C, as well as a good source of important disease-fighting compounds known as phytochemicals. The phytochemicals in tomatoes—including fiber, lycopene, lutein, and flavonoids—may protect against prostate and other cancers, macular degeneration, and cataracts. A medium-sized tomato (½ cup chopped) contains only 35 calories.

Peeling and Seeding a Tomato:

Cut a shallow "x" in the base of the tomato, then immerse the tomato in boiling water for 10 to 30 seconds. Plunge the tomato into cold water, and when the tomato has cooled, peel the skin and cut out the stem.

To seed the tomato, slice it in half and gently squeeze each half to force out the seeds, jelly, and juice.

Roasting Tomatoes:

Roasting tomatoes intensifies and concentrates their flavor. They can be roasted slowly, at 300° for 2 hours, or quickly,



Ray Sprague of Edgewater Farm in Plainfield, NH.

at 450° for 20 to 30 minutes. When done, the skin will wrinkle and the tomato will collapse. Tomatoes can be roasted as halves, quarters, or whole, and do best if lightly oiled with olive oil. Roasting garlic cloves alongside gives a tasty flavor combination for many recipes.

Tomatoes can also be roasted on a grill or under a broiler as in the recipe for Roasted Tomato Soup.

Spaghetti with Marinated Tomatoes and Goat Cheese *Serves 4*

Dishes that mix hot pasta with a cold or room temperature sauce are a wonderful way to cook in the summer. When the hot pasta contacts the colder ingredients, the enticing aroma released is delicious in itself. In this recipe, the goat cheese melts to form a creamy sauce. Only make this dish when fresh tomatoes are in season and perfectly ripe.

1½ lbs. ripe tomatoes, peeled, seeded, and cut in half vertically
 5 Tbs. extra virgin olive oil
 2 cloves garlic, very finely minced
 ¼ tsp. hot red pepper flakes
 3 Tbs. minced capers
 Salt to taste
 1 lb. dried spaghetti
 30 to 40 fresh basil leaves
 ¼ lb. goat cheese, cut into olive-sized pieces

Slice tomato halves very thinly. If tomatoes are large, cut the halves in half before slicing so slices aren't too long.

Transfer tomatoes to a serving bowl and add olive oil, garlic, hot red pepper flakes, capers, and salt to taste. Stir to blend.

Cook pasta in a large pot of boiling water until al dente. Just before pasta is ready, tear basil leaves into small pieces. Stir basil and goat cheese into tomato mixture. Drain pasta, add to bowl containing the tomato mixture and toss. Serve immediately on warm dishes.

—*Pasta Harvest* by Janet Fletcher

Mushroom-Stuffed Tomatoes

Serves 4

The intensely earthy mushrooms give the best flavor, but any mushroom will do.

2 medium tomatoes (about ½ lb.)
 Salt
 1 cup chopped mushrooms (shiitake, crimini, oyster, porcini)
 1½ tsp. lemon juice
 1 Tbs. olive oil
 1 shallot, minced
 1 Tbs. chopped fresh basil OR
 1 tsp. dried
 1 Tbs. chopped fresh parsley OR
 1 tsp. dried
 ¼ cup stock, tomato juice, or water
 ½ cup bread crumbs
 2 Tbs. freshly grated Parmesan cheese

Cut the tomatoes in half crosswise and gently squeeze out the seeds. Scoop out the pulp with a spoon; chop it and reserve. Sprinkle each half with salt and turn them upside down on paper towels. Let stand 30 minutes.

Preheat the oven to 400°. Sprinkle the mushrooms with lemon juice. Heat the oil in a medium skillet over medium heat. Stir in the mushrooms and sauté 1 minute. Add the shallot and sauté until golden, about 5 minutes. Stir in the tomato pulp and herbs. Cook until the mixture thickens, about 10 minutes. Reduce the heat to low. Add the liquid and breadcrumbs and mix well, then remove from heat.

Place the tomato halves in a shallow baking dish. Fill each with some of the mushroom mixture and sprinkle with Parmesan cheese. Bake until lightly browned, about 20 minutes.

Tomato Pilaf

Serves 6

If you are a fan of cilantro, replace the basil with cilantro.

1½ cups clear chicken stock or vegetable broth
 1 lb. tomatoes, peeled and seeded
 1 medium onion, chopped
 1 garlic clove, minced
 1 Tbs. olive oil
 ¼ tsp. ground cinnamon
 1½ cups long-grain rice
 Salt and freshly ground black pepper
 ¼ cup chopped basil

Heat the stock to a slow simmer while you prepare the rest of the pilaf.

Chop the peeled tomatoes coarsely. Gently sauté the onion and garlic in the oil in a saucepan over medium-low heat until the vegetables are soft but not brown. Add the tomatoes and cinnamon and cook over gentle heat for about 5 minutes. Add the rice and

stir to mix well. Cook for 5 minutes, then add the simmering stock. Stir once to mix, then cover and cook over low heat until the rice is tender and the liquid has been absorbed, about 15 minutes. Remove from the heat and let sit for 5 minutes. Stir in the herbs and serve.

For additional crunch and interest, stir in a few tablespoons of toasted pinenuts with the basil, top with a sprinkling of Parmesan cheese.

Roasted Tomato Soup

Serves 6

1½ tsp. olive oil
 3 lbs. ripe tomatoes, stemmed, seeded, and halved (8 to 10 medium tomatoes)
 2 red onions, chopped
 1 clove garlic, minced
 3 cups defatted, reduced-sodium broth or stock
 3 Tbs. chopped fresh basil
 Salt and freshly ground black pepper

Preheat the broiler. Spray a baking sheet with nonstick cooking spray and place tomatoes on it, cut side down. Broil for 10 to 12 minutes, or until the skins are blistered and blackened. Let cool, then slip off skins.

In a medium saucepan, heat oil over medium heat. Add onions and cook for 5 minutes. Add garlic and cook for 2 additional minutes, or until onions are softened.

In a food processor or blender, combine the tomatoes and onions and process until smooth. Return to the saucepan. Add the stock, and bring to a boil. Reduce heat to low, and simmer for 5 minutes. Remove from heat, and stir in basil. Season to taste with salt and pepper. Serve hot or chilled.

—*The Eating Well Recipe Rescue Cookbook*

coopfoodstore.coop/recipes

How to Find Out What's (Probably) True About Food and Nutrition



by *Mary Saucier Choate, M.S., R.D., L.D.*
Co-op Food and Nutrition Educator

Believe none of what you hear and half of what you see.—Benjamin Franklin

A large part of my job at the Co-op is answering customer questions about nutrition. These range from “How much iodine is in seaweed?” to “Is soy safe for me to eat?” to “Is canola oil poisonous?”

My approach, which I would like to share, is one that I feel gives Co-op customers the highest-quality nutrition information available.

A lot of questions are stimulated by websites that are not fact-based. Rather, they are motivated by certain beliefs that ignore any information that might weaken their message, or they are manufacturer websites selling a certain product and disparaging others. Customers can tell something isn't quite right with the information, but can't put their finger on why it doesn't ring true—so they call me to investigate further.

My first step is to find facts about the issue or product. For health and disease questions, I use reputable non-profit sites: health organizations such as the American Heart Association for heart health issues, the American Diabetes Association for diabetes questions, the American Institute for Cancer Research for cancer and nutrition.

For answering food questions, I get accurate nutrient content information at the constantly updated USDA Nutrient Data Laboratory website. For recipe analysis, the dietitian-owned Nutrition Data website generates a single serving nutrition label based on the recipe entered.

I avoid websites that demonize certain foods. These sites may use misinformation to sell their particular product or viewpoint. Information on food industry

sites, such as the tree nut council or the dairy council, can be double-checked using the reputable health sites noted above.

Additional research, such as looking up original studies or the effectiveness and safety of a natural remedy, is sometimes required. For this I use the library as well as online services such as the Natural Medicines Comprehensive Database or National Library of Medicine's PubMed study database.

Here's how I found the answers to a recent customer question: “Is canola oil poisonous?” This question comes up periodically as an old email “scare-mail” goes around again. I went to the urban legends site at www.about.com where I found the original scare-mail. Then I went to PubMed to search the research studies and found an authoritative article from the Journal of the American College of Nutrition, a peer-reviewed scientific journal that reviewed canola safety and healthfulness. I looked at the canola oil industry site for more background on how it is produced and double-checked this information with North Dakota State University's monograph written by Agronomy Specialists.

Answer: Canola oil is not poisonous; it's a very healthful oil.

Most customers just want the bottom-line answer from me, but some want all of the research I use to come up with my answers, and I am happy to send this along as well.

My advice for evaluating nutrition information is: if it sounds sensational and unbelievable, it most likely is. Look up studies referred to see if they really say what the writer is reporting. Watch the sources of nutrition information you use. Use credible non-profit health organizations, university websites, and peer-reviewed journals to double-check health and nutrition information.

And keep in mind this advice from physicist Richard Feynman: “Science is a way of trying not to fool yourself ... and you are the easiest person to fool.”

coopfoodstore.coop/nutrition

American Dietetic Association Complete Food & Nutrition Guide

Looking something up in a book, of all things? It may sound old school, but there were answers to questions before there was Google, and a book from a trusted source is still a resource extraordinaire. Before seeking out internet myths and misconceptions from a fad-diet-obsessed popular culture, check out the authoritative guide from the ADA as your go-to source of accurate information when you have a nutrition question or concern.

*Book Review by
Mary Saucier Choate, M.S., R.D., L.D.
Co-op Food and Nutrition
Educator*

How much magnesium in a supplement is too much? How many days will that pasta salad stay good in the refrigerator? My teenager wants to be a vegetarian—will he be missing out on important nutrients?

It can be daunting to have questions about nutrition, or to hear news stories about diets, and feel that you don't have the training to evaluate the information properly. This can lead to the quandary of either not pursuing a change that could really improve your health or making a choice based on poor information that could lead to harm.

This authoritative guide from the American Dietetic Association (ADA) can function as your "go to" source when you have a nutrition question, before turning to the Internet jungle mash-up of high quality right next to inaccurate information.

Using an actual book for answers to your nutrition questions might seem so "old school" when you can just "Google" your question and get an answer instantly. The value of this reference book from the ADA, however, is that the information you'll find is of very high quality—that is, factual. It is also reader-friendly and written especially for folks who don't necessarily have a background in nutrition science.

The first section of the book is an overview of healthful eating and activity information. This is followed by chapters covering just about any nutrition subject you might wish to know more about. Topics include:

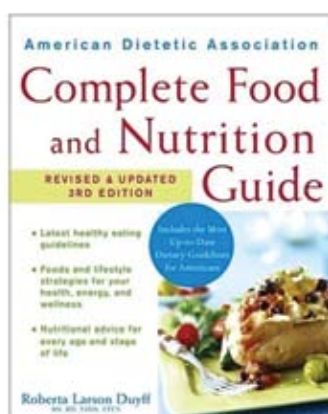
the expected information about weight management or vitamins and minerals in foods; a helpful chart on phytonutrients (plant compounds that support health); an in-depth explanation of carbohydrates, food safety, life cycle nutrition, sports nutrition, and food allergies; and nutrition for chronic diseases such as diabetes, high blood pressure, and osteoporosis. The entire book is laid out in an easy-on-the-eyes format with lots of call-out boxes filled with interesting and helpful snippets of information, charts, and nutrition self-checkups.

One of my favorite chapters discusses how to find expert nutrition advice and how to spot quackery. It features helpful guidelines to

consider when hearing or reading a news story or a diet or nutrition book to screen out the sensational, but false, information. A five-page "resources you can use" section is an extensive list of contact information for science-based newsletters, websites, and health and wellness organizations.

As for those questions at the beginning of this article? The safe upper limit for magnesium in a supplement is 350 milligrams/day (page 643); pasta salad will keep three to five days in the fridge (page 293); and to feed a vegetarian teen, see page 513 for tips on foods to offer. If he is eating milk and eggs, a well-rounded vegetarian diet can provide all nutrients for health; if he is a strict vegan (no milk or eggs), more care will be needed. See page 634 for reliable vegetarian nutrition websites.

American Dietetic Association Complete Food And Nutrition Guide Revised and updated 3rd edition. *Author: Roberta Larson Duyff. Publisher: John Wiley & Sons, New York. Publication Date: September 18, 2006. 688 pages.*



Our Local Farmers Need Your Help!

By the end of 2010, the Food and Drug Administration (FDA) will issue a proposed rule to establish federal safety standards for the production and packing of fresh produce. The FDA has indicated their interest in hearing from the public about how this should be accomplished.

The FDA will accept public comment through May 24, 2010. It's easy, and it's important!

1. **Go to www.Regulations.gov.**
2. **Under "Keyword or ID" enter FDA-2010-N-0085-0001.**
3. **At the bottom, in the far right of the screen under Actions, click on "Submit a Comment."**
4. **Fill out the requested information and type your comment into the field provided.**
5. **Click on "Submit."**

What are the issues?

It is important that the FDA consider the size of a farm when making regulations. Small farms are not high-risk operations for food safety. They are our safety net against massive recalls. While all farmers need to understand and use good food safety practices, small farms should not be subject to unreasonable certification requirements (known as Good Agricultural Practices, or GAP) that could put them out of business because of the cost and time commitment. If this happens, the produce available to us will come from high-risk farms outside our local area.

What is the message we need to send?

Small farms (those with sales less than \$750,000) should not be required to become GAP certified, because the high cost and time commitment could put them out of business.

Small farms are not high-risk operations, and as such they should be required to have food safety education and minimal reporting requirements.

Small farms who sell food to restaurants, wholesale accounts, and directly to consumers should not be considered a food facility and thus should not have to abide by the food facility requirements meant for industrial farms and commercial processing plants.

We need to protect and nurture those small farms that we can personally visit to see how they are handling their produce. Their trip from field to plate is short and direct and easy to trace. Their connections with their customers are personal, and they care about the quality of what they produce. Keep them accountable to the people they serve through training and education, but not through expensive certification.

Small farms are also careful stewards of the land, and that is an important part of our future. They respect and protect diversity, which are crucial to sustainable agriculture practices.

When submitting written comments by mail, be sure to include the docket number at the top of each page. The docket number is FDA-2010-N-0085.

Mail comments to:
 Division of Dockets Management
 HFA-305
 Food and Drug Administration
 5630 Fishers Lane, Room 1061
 Rockville, Maryland 20852

The public comment period for this docket ends on May 24, 2010.

coopfoodstore.coop/local

Bring the kids
and join us for

DAIRY Day!

Saturday, June 19, 2010

10 a.m.—2 p.m.

Rain or Shine!

Lebanon Co-op Food Store

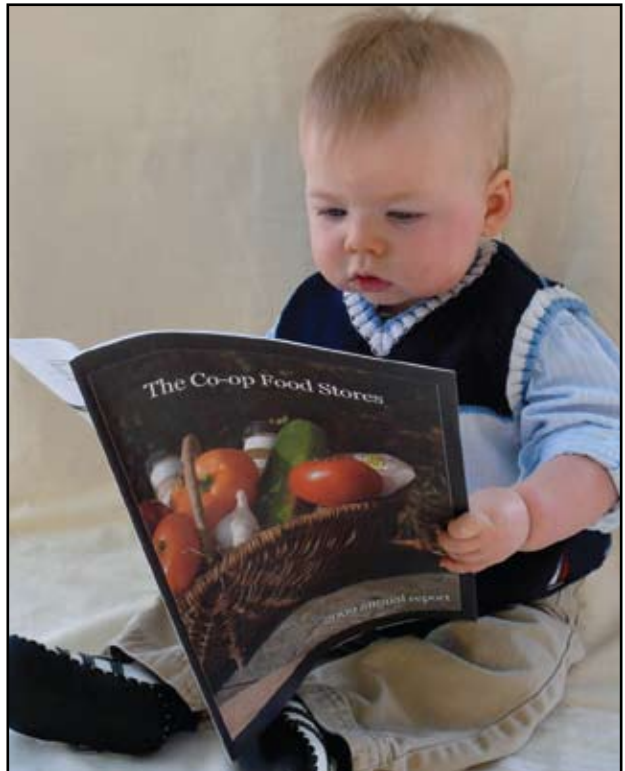
Centerra Marketplace

Route 120, Lebanon, NH

- Free Food—ice cream, yogurt, frozen yogurt, cheese, beverages, watermelon—the list of treats keeps growing!
- Free Entertainment—hayrides, games, face-painting, and fabulous local musicians under the tent!
- Free Conversation—meet local dairy farmers and producers who supply the Co-op with their finely crafted products. Visit with our friendly Co-op staff. See your neighbors and friends!

A note about safety

All Co-op Dairy Day activities take place in the Centerra Marketplace parking lot. There will be tents, tables, chairs, delivery trucks, and many more cars and pedestrians than usual that day. Please use caution!



A young Co-op member is engrossed in the financials from the 2009 Co-op Annual Report. The Co-op offers a lot of things to help the lives of bright young cooperators—such as the Co-ops to Kids program.

Co-ops to Kids

Food cooperatives care about providing good food, helpful nutritional information, and supporting their local communities—so it is not surprising that when the discussion turns to improving school nutrition, co-ops lend a hand. In 2005, large and small co-ops in New Hampshire and Vermont created the Co-ops to Kids project, with an on-going mission to collect and share valuable information via an online resource.

When a school year is ending, that's the time to think about how to effect positive change in the school year to come. Co-ops to Kids can help. Parents will find information on healthy snacks, a snack shopping guide, and sources of trustworthy nutrition advice. Teachers will find curriculum ideas, nutrition information, and descriptions of classes on food and nutrition presented by local groups, including co-ops. Food service professionals will find supportive state and national resources, ongoing training opportunities, and more. Go to coopfoodstore.coop/content/co-ops-kids to learn more.

GAIA Host Collective

If you are reading this issue of the Co-op News, chances are that you are familiar with food cooperatives. You may also know about energy co-ops, insurance co-ops, credit unions, and various other forms of cooperative enterprise. But what other co-ops are out there? In this series we'll feature some unique cooperatives that are creating successful niche business models while still making a difference.

For every website you see, there is a company that hosts the thing—and hosting is very serious business.

Web hosts offer shared or dedicated server space for all the files of a website, subsequently making the site available to all the surfers of the World Wide Web. To meet the needs of its clients as well as each client's site visitors, the host company must be secure and reliable, with top-notch technical support, spam and hacking protection, and rare or preferably non-existent downtime.

With so much on the line, it's a market dominated by high-tech, for-profit firms. But like any other market, it's also a place where a brave cooperative can find a home—like GAIA Host Collective.

Organized as a limited liability corporation under the umbrella of the cooperative principles, GAIA Host Collective, LLC, is a socially and environmentally driven, worker-owned collective providing reliable internet hosting services including domain registration, shared server hosting on Open Source and Windows platforms, and dedicated server hosting.

GAIA Host is based in Greenfield, Massachusetts, but its worker-owners work virtually. The main server systems are co-located in data centers in Boston, Southern New Hampshire, and San Francisco.

The social mission at GAIA Host is driven by its collective members' own personal missions to be part of the positive change and vision for a cooperative culture. As a result, GAIA is 100 percent worker-owned and collectively run, donating 25 percent of its server resources to non-profits and non-governmental organizations that align with GAIA's social and environmental missions. The collective promotes the development of open-source software, primarily purchases services and products from locally owned, worker-owned, and/or unionized busi-

nesses, and when possible, accepts alternative payment arrangements such as barter and local currency.

GAIA Host's environmental mission is core to its decision-making process. The organization matches its expenses for grid-purchased electricity and grants those funds to local renewable energy projects, purchases computers from used sources as much as possible, uses only 100 percent recycled paper, and works to minimize total paper consumption as part of its business. The personal habits of worker-owners are also part of the equation, with many bicycling to work, walking to work, driving cars that run on biodiesel and vegetable oil, growing their own food, and generally minimizing consumption.

Want to learn more? Check them out online at www.gaiahost.coop.

coopfoodstore.coop/links

Coming Up

Board Meetings

- May 19, 5:30 p.m., Hanover Boardroom
- June 16, 5:30 p.m., Hanover Boardroom
- July 21, 5:30 p.m., Hanover Boardroom

Holiday Special Store Hours

- All Co-op locations EXCEPT the Co-op Community Market will be closed on Monday, May 31, for Memorial Day, and Sunday, July 4, for Independence Day. The Market will be open its usual hours of 6 a.m. to 8 p.m. both days.

Recycle Five: #5 Plastics Collection

- May 8, 10 a.m. to Noon, Lebanon, 1 p.m. to 3 p.m., Hanover
- May 20, 3 p.m. to 5 p.m., Hanover
- June 12, 10 a.m. to Noon, Lebanon, 1 p.m. to 3 p.m., Hanover
- June 17, 3 p.m. to 5 p.m., Hanover
- July 10, 10 a.m. to Noon, Lebanon, 1 p.m. to 3 p.m., Hanover
- July 15, 3 p.m. to 5 p.m., Hanover

Dairy Day

- Dairy Day will be held from 10 a.m. to 2 p.m. on Saturday, June 19, 2010, at the Lebanon Co-op Food Store. See page 19.

Slow Money Roundtable Discussion

- Friday, June 4, 1 p.m. to 3 p.m., World Learning, Kipling Road, Brattleboro, VT. See page 10.

Listen Food Drive

- Held throughout the month of June at the Lebanon Co-op Food Store. See the story on page 8 for details.

Simply Entertaining

- May 7, 4:30 p.m., Hanover
- July 2, 4:30 p.m., Hanover

Seasonal Fare with Flair Demos

- May 8, 11 a.m. to 12:30 p.m., Hanover
- May 22, 11 a.m. to 12:30 p.m., Lebanon
- June 12, 11 a.m. to 12:30 p.m., Lebanon
- June 19, 11 a.m. to 12:30 p.m., Hanover
- July 10, 11 a.m. to 12:30 p.m., Hanover
- July 31, 11 a.m. to 12:30 p.m., Lebanon
- August 14, 11 a.m. to 12:30 p.m., Hanover
- August 21, 11 a.m. to 12:30 p.m., Lebanon

In the Gallery

- May 3 to June 5 artwork by Michael Payne
- June 6 to July 18 is artwork by Jennie Harriman

— coopfoodstore.coop/calendar

Customers, from Page 11

Reusable packaging

Reusable packaging Co-op shoppers are encouraged to use their own bags and containers to pack Produce items and Bulk items. In the grocery aisle, bring your own container for dish soap and laundry detergent refills. Just be sure to weigh your container before you fill it. Self-serve digital scales are conveniently located in the Bulk department, or ask a staff person for assistance.

Our hope is that shoppers who engage with programs like Recycle 5, FishWise, and Million Bags will make well-informed choices when it comes to the environmental sustainability of their Co-op purchases. Please join in! Our ecological impact, as well as yours, will be the better for it.

An Opportunity to Serve Your Co-op Community *and* the Environment!

The Co-op seeks a Volunteer Coordinator to help us grow our successful Recycle 5 program. Responsibilities will include:

- Filling existing volunteer shifts
- Building the volunteer base in order to support increased service to participating shoppers

This is a volunteer position requiring up to 6 hours of service per month. We are looking for an individual who can commit to the position for a minimum of 6 months. Please contact Emily Neuman, Co-op Sustainability Coordinator, if you are interested. She can be reached at eneuman@coopfoodstore.com or by calling 643-2667. The position will remain open until filled. Please apply early!

**Love Co-op Classes? Look for
summer classes on Flowers for Kids,
Introduction to Cooking, and more!
Go to coopfoodstore.coop/classes.**

People Helping People

The Co-op Community Partner of the Month program offers an opportunity for Co-op shoppers to donate at the registers to a local non-profit organization each month. Many of these organizations have small staffs and small budgets to work with and have been hit hard by the nation's economic crisis. So your contributions, no matter how small, can make an important difference to people who need it most.

Where do all the contributions go?

Ninety percent of all donations go directly to the Partner of the Month. Ten percent goes to the Hanover Cooperative Community Fund (HCCF), the Hanover Co-op's charitable foundation.

My Organization Wants to be a Community Partner Great! The Co-op is currently scheduling organizations to be featured as partners in 2014. Interested? Signing up is easy. Call the Co-op at 603-640-6544 and speak to someone in our Education Department. You may also email comment@coopfoodstore.com. We'll tell you more about what is involved and add you to the list if you're interested and if the organization qualifies.

How to qualify

Because we get so many requests for our Community Partner program, the Co-op limits qualifying organizations to non-profits in the Upper Valley area whose scope and focus is on the people who live in the local community.

May Co-op Community Partner: WISE

The Upper Valley is a somewhat-sheltered community—protected, to some degree, from some of the darker things that may exist in greater frequency in other parts of the world. But sheltered is not the same as immune, and incidences of domestic violence and sexual assault are part of life in the Upper Valley like virtually everywhere else. Fortunately, Women's Information Service (WISE) is here to help.

WISE, located in Lebanon, New Hampshire, is a non-profit organization dedicated to helping anyone in the Upper Valley who is suffering, or has suffered, from the effects of domestic violence or sexual assault.

WISE has served the Upper Valley since 1971. Its purpose has evolved over the years from helping women explore education and career options to its current focus on domestic and sexual violence. Today, the organization works to empower victims of domestic and sexual violence to become safe and self-reliant. WISE serves 25 communities in the Upper Valley area with programs that include everything from legal and medical advocacy to emergency shelter and community education.

How you can help:

- Make a cash contribution at the registers when you shop at the Co-op Food Stores, Community Market, or Service Center during May.
- Contact WISE to learn about volunteer opportunities by calling 603-448-5922.
- Learn more by visiting www.wisEOFtheuppervalley.org.

June Co-op Community Partner: Listen

Summer in the Upper Valley is a wonderful thing. Unfortunately, hunger and homelessness don't take summer vacations. Listen Community Services helps the Upper Valley's needy through programs that provide housing, food, warmth, and family support.

Started as LISTEN (Lebanon in Service To Each Neighbor) in 1972, the organization changed its name to Listen Community Services in 2004. Although located in Lebanon, New Hampshire, it serves 23 Upper Valley towns, providing a broad spectrum of human-service programs to assist

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Ten percent of all Community Partner donations go to the Hanover Cooperative Community Fund (HCCF). The HCCF is a nonprofit charitable foundation established by the Co-op's Board of Directors in 2001. The Board uses interest generated by the fund to make annual donations to local nonprofit organizations that contribute to the quality of life in our area.



July Co-op Community Partner: Willow Grove

Addiction has a vice-like grip—one that even the best of people can be unable to break free from without help. In our area, there is help for those who need it at Willow Grove.

Willow Grove is a supportive transitional residence for women in early recovery. Established in 2004, Willow Grove offers family-style, substance-free housing for residents who work or volunteer and pay modest rent for room and board.

Residents are assessed by a clinician and a care plan is recommended to each, which may include:

- Case management
- Twelve-Step programs
- Counseling and psychiatric services
- Vocational planning
- Domestic violence support
- Medical, dental and legal services
- Educational services
- Parenting and other self-help groups
- Aftercare planning

How you can help:

- Make a financial contribution to Willow Grove when you shop at the Co-op Food Stores, Community Market, or Service Center during July.
- Visit the organization's administrative offices at 200 Olcott Drive in Wilder, Vermont.
- Call 802-281-7076 or visit <http://www.uppervalleyturningpoint.org/willowGrove2.html> to find out how you can contribute to the organization directly.

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both individuals and families. Listen's services include budget counseling, community dinners, a food pantry, and housing and heating help.

Listen also works to foster independence. Its counselors and volunteers teach pragmatic skills to help end the cycle of poverty, hunger, and homelessness. Other services include youth-mentoring programs, summer camps, holiday gift baskets, and a thrift store.

How you can help:

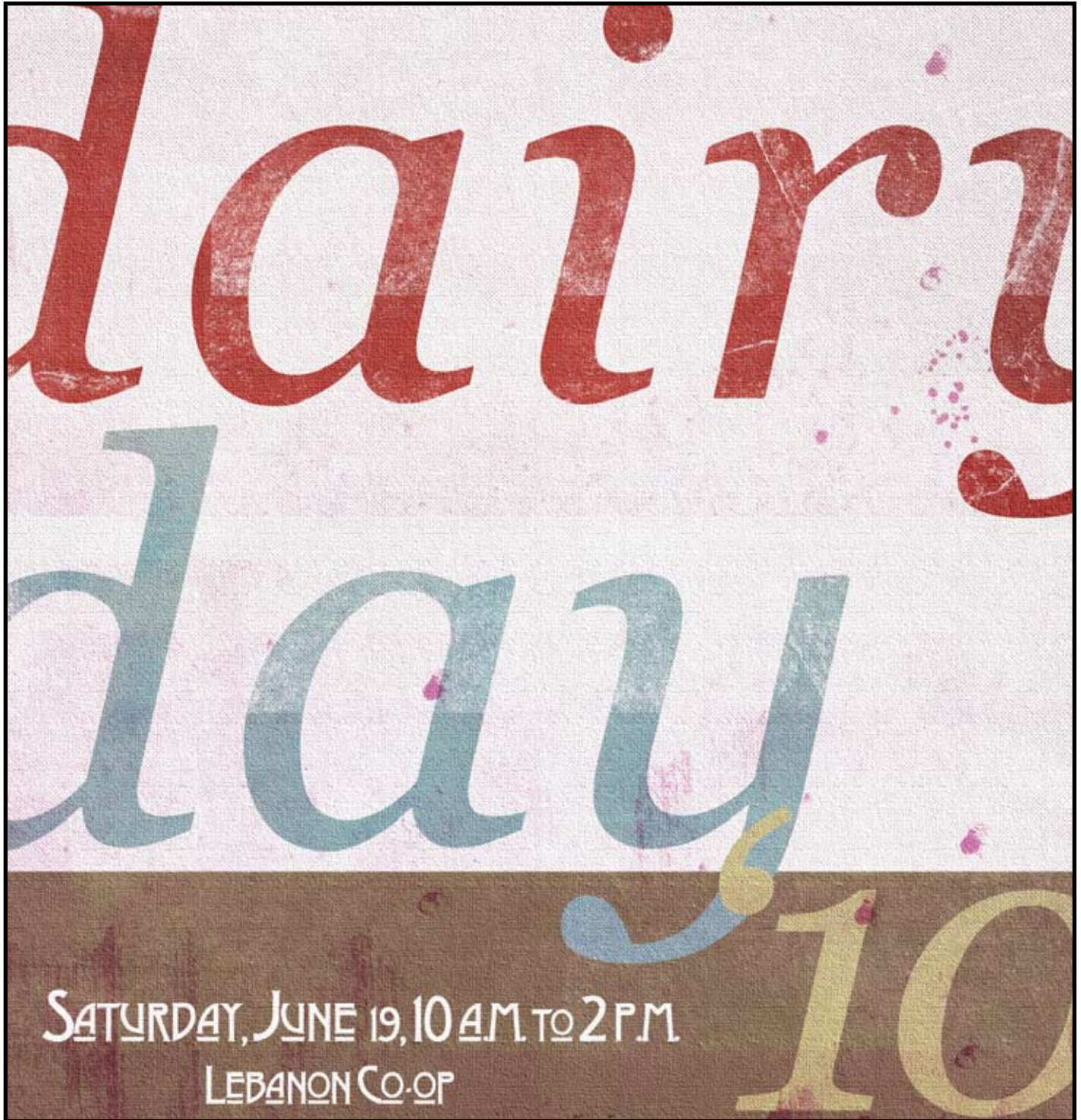
- Make a financial contribution to Listen Community Services when you shop at the Co-op Food Stores, Community Market, or Service Center during June.
- Contribute a non-perishable food item to the Listen collection box available year-round in the lobby of the Lebanon store.
- Support the June Listen Food Drive at the Lebanon store.
- Visit the Listen offices at 60 Lebanon Street, Lebanon, New Hampshire, or check out their website at www.givetolisten.org to learn about opportunities as a mentor, at Community Dinners, at the Thrift Store, and more.

coopfoodstore.coop/about

Hanover Consumer Co-op
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An Upper Valley family favorite returns! Join us for Dairy Day on Saturday, June 19, from 10 a.m. to 2 p.m., at the Lebanon Food Store, rain or shine. Tons of ice cream and free food samples, hayrides, kids' games, and all free. Is life good or what?