



# CO-OP NEWS

*Holiday 2009*

A Season of Giving  
Gift-Giving Out of the Box  
Cranberries  
Kvetches, Kudos, and Klatsching

*vol. 9 / no. 5 / always free*

# A Season of Giving Co-op Style

The holidays are the time of year when giving is celebrated, and community responsibility often takes center stage. Unfortunately, when economic times are tough, corporate and individual giving are also areas that can suffer the most. Our local charities, and the needy people they serve, are no exception.

You can make a difference. One easy way to help charities in the Upper Valley is through our Co-op's Community Partner of the Month program. Our Community Partner program offers an opportunity for Co-op shoppers to donate at the registers to a local non-profit organization each month. On page 22, you will find our November and December partners: Twin Pines Housing Trust, which works to increase the number of homes and apartments available to income-qualified

residents, and the Good Neighbor and Red Logan Clinics, which together provide free health and dental care to the needy.

We all know that every little bit helps, so please give as you are able. Ninety percent of all donations go directly to the Partner of the Month. Ten percent goes to the Hanover Cooperative Community Fund (HCCF), the Co-op's charitable foundation.

If you would like your organization to be a Co-op Community Partner, we'd love to hear from you, too. The Co-op is currently scheduling organizations to be featured as partners in 2013. If your organization is interested in becoming a Co-op Community Partner of the Month, please email [comment@coopfoodstore.coop](mailto:comment@coopfoodstore.coop).



**CO-OP  
FOOD STORES**

## Gift Baskets for every occasion

Whether you want to say "thank you" or "welcome to your new home," we have the perfect gift basket for you.

Choose from over 15 baskets.

Find complete brochure in our stores or online at [www.coopfoodstore.coop](http://www.coopfoodstore.coop). Call 800-627-0809 to order.

# what's inside?

## *On the Cover*

The Upper Valley of Vermont and New Hampshire is a very special place during the holidays, and postcard-perfect views of snow-covered farms are among the reasons why. Cover photo: McNamara Dairy in Plainfield, New Hampshire.

## *From the Editor, Page 4*

What Lies Ahead?

## *General Manager's Report, Page 5*

Understanding the Nature of Cooperatives

## *The Board Report, Page 6*

Kvetches, Kudos, and Klatsching

## *The Board Page, Page 7*

Our Long-Range Vision | Run for the Board of Directors | Board Meetings

## *At the Co-op, Page 8*

Fedco | Follow us on Facebook | Co-op Classes | Coming this Winter | Subscribe

## *Working Toward a Sustainable Food System, Equal Exchange Goes Bananas, Page 10 & 11*

## *Member to Members, Page 12*

Our Cheddar *is* Better

## *Seasonal Fare with a Flare, Page 14*

Cranberries

## *Healthy People, Healthy Planet, Page 16*

Grass-Fed Beef | Is There a Healthy Way to Eat Red Meat?

## *Little Green Steps, Page 18*

Recycling Food Waste

## *Community Partners, Page 22*

November: Twin Pines | December: Good Neighbor/Red Logan

## *Co-op Calendar, Page 23*

## *On the Back*

Posters like these—created by top-notch creative talent like the Co-op's Graphic Designer Erika Gavin and Sustainability Coordinator Emily Neuman—have helped raise awareness among local high school Co-op shoppers that they can help the Co-op help the planet if they just bag the bags. See the full story on page 21.

### *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

President: Kay Litten  
Vice-President: Margaret Drye  
Treasurer: Mike Yacavone  
Secretary: Tricia Groff  
Paul Hoffman, Don Kreis, Corrie Martin, Janet Saint Germain, Richard Schramm; Genie Braasch, Board Administrator

### Management Team

Terry Appleby, General Manager  
Roy Raven, Financial Director  
Bruce Follett, Food Store Manager, Lebanon  
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  
William Williams, IT 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, Victoria Hicks, Emily Neuman  
Graphic design: Ken Davis  
Photography: 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](mailto:comment@coopfoodstore.com)

# What Lies Ahead?



*From the Editor  
by Rosemary Fifield,  
Education Director*

This edition of the *Co-op News* rounds out our publication schedule for 2009 and has us thinking about what lies ahead in the coming year.

Meeting member needs is what our co-op is all about, and Board President Kay Litten lays it all out in her Board Report: the Board of Directors wants to hear from YOU. Linking with you is the only way your Board can know what you want from your cooperative.

And while you're at it, you might consider running for the Board of Directors in the May election. Our Nominating Committee is actively seeking candidates at this time (see page 7).

In the General Manager's report, Terry Appleby discusses our obligation to foster better understanding among members and non-members alike of what cooperatives are, how they work, and their enormous potential for meeting common needs and goals. The year 2010 will be our Co-op's 75<sup>th</sup> year of being in business. We believe cooperatives have much to offer, and we intend to spread that message, as well as make sure our members understand the Ends our Board has established for our cooperative in particular.

In the upcoming year we also want to broaden member, shopper, and staff knowledge of our

country's industrialized food production system and its ramifications on the health and well-being of ourselves, our planet, and our fellow beings. We plan to begin a series of discussions based on films, speakers, books, and other sources of information to foster greater awareness and action-planning around creating a sustainable food system for the future. See page 9 for more details.

The holidays are traditionally a time for giving, and we hope you will remember two very important organizations that are our Community Partners in November and December: Twin Pines Housing Trust and the Good Neighbor/Red Logan clinics. In this issue of the *Co-op News* you'll also learn why purchasing Equal Exchange bananas is a gift that keeps on giving to a group of courageous banana farmers who are standing up to the five big corporations that control the banana industry.

Speaking of giving, several of our regular columnists have pitched in to give you a variety of "out of the box" gift-giving ideas for the holidays. You'll find them scattered throughout this issue, and we hope that you find them useful.

Great holiday meals wouldn't be complete without treats like cranberries and good local cheese. You can learn more about both with great cranberry recipes from Victoria Hicks and a fun trip through our Cheese Shops with Helen Brody.

Here at the Co-op, the holidays are a busy, happy, bustling time. We hope your holiday season is a special one, and we look forward to serving you for all your holiday needs and beyond!

## Gift-Giving Out of the Box

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**TisBest Philanthropy ([www.tisbest.org](http://www.tisbest.org)) provides charity gift cards** that allow the recipient to go online and choose who receives the donation. You design and purchase a charity gift card in the amount of your choice and the recipient chooses from over 250 non-profit organizations serving the interests of animals, art and culture, children, education, the environment, health, homelessness, human rights, hunger, non-violence, senior citizens, women's issues, and more. (A minor administrative fee and a 3 percent credit card processing charge are deducted from the amount you donate.) Imagine giving a child the power to donate money toward saving animals or helping another child.

—Rosemary Fifield, Education Director

# Understanding the Nature of Cooperatives



*The General  
Manager's Report  
by Terry Appleby,  
General Manager*

Cooperatives have been much in the news recently, with suggestions that one approach to health care reform could involve the creation of cooperatives similar to Group Health in Seattle. Having lived in Seattle for many years and been a member of Group Health almost from the beginning of that time, I am very familiar with that excellent model of health care. My three children were all born at Group Health facilities, and our family enjoyed the benefits of high-quality care there.

I knew from my association with Group Health that it was a cooperative governed by a board comprised of consumer users of its services and chosen by its members. I also learned more about the cooperative nature of Group Health from time I spent on the Board of Puget Consumer's Co-op, where one of the members was Hilde Birnbaum, a Group Health member who, in 1955, became the first woman president of the board of trustees. So it was surprising to me that the national news media-types who were reporting on Group Health as an example of a health care cooperative had very little knowledge of the nature of the organization.

The lack of knowledge about cooperatives is also somewhat disconcerting. I say disconcerting because one of the seven principles of cooperation concerns education of the public about the nature and benefits of cooperation. In fact, the principle specifically mentions informing young people and opinion leaders about these benefits. So the lack of public understanding of how a co-op is governed and how it functions indicates that we cooperators have failed to educate the public adequately about cooperatives.

This topic has additional meaning for me due to an internal conversation our Co-op's Board is having about our cooperative identity, the meaning of membership, the value of membership, and the need to ensure members and the public have an understanding of what being a cooperative means. There is a sense from these conversations that the general public, including our members, are uninformed about the nature of cooperatives and how they operate. This feeling is reinforced by a news media generally uninformed about cooperatives.

As I thought about my obligation under the cooperative principle to inform the public I decided to look again at Hand In Hand, a video history of the Hanover Co-op which contains interviews with early members. It is a wonderful documentary containing many uplifting stories of the Co-op and of how and why it grew. In it, members talk of how the standards of consumer education provided by the Co-op became the standard for all of the stores in the Upper Valley. They speak of the level of engagement members had in the Co-op and how their social relationships changed because they worked together with their neighbors.

The most uplifting part of the video for me is a piece by Freya von Moltke, who joined the Co-op in the 1960s. In that interview Mrs. Von Moltke, who lived through the Nazi dictatorship in Germany in the 1930s, talks of the democratic nature of cooperatives as the most perfect form of democracy. In a co-op, she says, it is possible to cooperatively achieve desired objectives together through the democratic process of involvement and engagement with ideas.

I very much aspire to foster that ideal in the work of our Co-op in the future, so as to shed more light on the nature and possibilities of cooperation and to better inform the public about those topics.

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*coopfoodstore.coop/news*

# Kvetches, Kudos, and Klatsching



## *Board Report by Kay Litten, Board President*

As I write this letter I am reflecting on some recent moments in my Co-op experiences which have left me wondering. Let me explain.

The Hanover Consumer Co-operative Society Board members are always discussing “member linkage.” This means that we are always concerned that the Co-op, our beloved grocery store, may not be living up to what the members want from us. The employees make sure that you get the products you want whenever possible; the staff offer courses and advice; and sometimes the Board is left in a perplexed state about just how to connect with you, our members. We need to know that you know we are here, determining policies for the management to carry out. And sometimes we need to have you contact us.

This need to have you connect with us was especially apparent at our recent Board retreat in late September (the “klatsching” of my title). We design these retreats so that we are not dealing specifically with Co-op business, but giving ourselves time to discuss the things we’d like to do to make the Co-op more for you. Is that what you, our members, want? Do you really want the Co-op to be more than a great place to get superb, safe things to eat and environmentally friendly products to clean your homes? If so, we need to know. We also are trying to figure out a way, besides the usual (read “boring”) survey to fill out, to discern just what role(s) you believe the Co-op plays, or could play, in your lives.

We, as Board members, get letters from members. The “kudos” come from folks who find the floral department so helpful in sending just the right selection of flowers for

a particular moment or event; they come from people who can’t believe the fabulous cheese trays which the cheese department arranged for their special parties; they arrive because members are now appreciating the “caselot” sales; they come from those who have found products in far-away places and are delighted that we can provide those same products for them right here in Hanover!

And we get the “kvetches”—notes, or even long diatribes, from folks who just can’t believe that their beloved products are no longer on our shelves or packaged as they once were. In a very challenged economy, we hear from members who can’t believe that the refund checks are so small this year or that they have received half of their refunds in the form of Co-op shares. There are those who want us to do some remodeling of the Hanover store, and others who want it to remain just as it has been for thirty years. Everyone complains about the parking, or lack thereof, especially in Hanover. (But have you noticed what a fabulous job the staff does directing traffic in our parking lots at holiday times? Those are real “Wow!” moments.)

So the Board, as we approach our 75<sup>th</sup> year as your friendly, neighborhood Co-op, is trying to find ways to be more of what the members and customers want. Obviously, this is not a time for lavish spending, though we have dozens of ideas for that. Consider this a call to our members to connect with a Board member to tell him or her just what you want from the Co-op. We have an education department, a sustainability director, a dietitian. We believe that we are more than a grocery store, but what do you believe we are? Are community outreach and food education in the schools important to you? Do you know that the Co-op received the Chamber of Commerce business award this year? Do you know that the Lyme Road store won an award for its green construction? Are these things important to you? Please, as one says to one’s partner or teen, “Talk to us!”

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*coopfoodstore.coop/members/board*

# The Board Page

## Do You Know our Long-Range Vision?

*The Hanover Consumer Cooperative Society exists to provide cooperative commerce for the greater good of our members and community.*

Seven distinct groups comprise our members and community: Co-op members, Non-member customers, Co-op staff and their families, Local suppliers, Local community, Larger cooperative community, Past and future generations of Hanover Co-op members. Because of the Hanover Consumer Cooperative Society:

1. The Upper Valley will have a retail source of food that is affordable, healthy, grown and/or processed locally to the fullest extent possible.
2. There will be economic value returned to the community via charitable contributions, outreach projects, patronage refunds to member and other avenues.
3. Customers and staff will be better educated about food issues and, as a result, make healthier choices.
4. There will be a vibrant cooperative sector in the economy, both nationally and regionally, and a local community educated in the value of cooperative principles and enterprises.
5. The cooperative's bioregion will have a vibrant local agricultural community and that community will, in turn, have a reliable retail market for its products.
6. There will be a major source of employment in the community that provides personal satisfaction to employees, livable wages and financial security for employees and their families.
7. There will be a thriving business organization that protects and restores the environment.

## Run for the Co-op Board of Directors

Three seats on the Co-op's nine-member Board of Directors will be up for election in April, 2010. All three seats are for three-year terms that will begin in May.

Co-op members who are interested in running for the Board of Directors should contact Don Kreis, Chair of the Nominating Committee, at [dmk54@columbia.edu](mailto:dmk54@columbia.edu) or (802) 649-3073 as soon as possible. Interested individuals will be sent information about being on the Board and what they need to submit for consideration by the Nominating Committee. The submitted information is due in to the Committee by the end of December.

In early January, the Nominating Committee will select individuals from the pool of interested candidates for a slate of nominees. This selection will be based on the current board composition and its needs for

complementary skills and experience and for future board leadership. Individuals not selected for the slate may run as independent candidates. This requires submission of a petition signed by fifty members of the Co-op. This petition would need to be received by the Nominating Committee by the end of January. The election will be held in April.

Candidates should be prepared to attend monthly meetings, be willing to learn and work within the Policy Governance model, be able to participate thoughtfully and assertively in deliberation, and have a preference for long-term, strategic, and conceptual thinking. For more information on Policy Governance and Co-op Board policies, visit our web site [www.coopfoodstore.coop/content/co-op-board-directors](http://www.coopfoodstore.coop/content/co-op-board-directors).

**Board 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 Board Room upstairs at the Hanover Food Store. We post the agenda on the Board of Directors web page, <http://www.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](mailto:gbraasch@coopfoodstore.com).

# At the CO-OP

## Members, It's Fedco Seed Season



Co-op membership has many benefits, and participating in the Fedco Seed discount is one of the most popular programs we offer.

If you're going to grow food in northern New England, it takes special seeds and special companies to provide them. Fedco Seed Company is a cooperative business located in Waterville, Maine, that sells a wide range of vegetable, herb, and flower seeds at very competitive prices. Fedco also offers 20 percent group discounts to Co-op members.

Fedco is a member of the Safe Seed Pledge, meaning that it will not knowingly sell genetically engineered seeds. For gardeners interested in growing heirloom varieties, saving seed, or buying seeds raised by local organic farmers, Fedco carries many enticing options, in addition to standard hybrid varieties.

The Organic Grower's Supply division of Fedco offers books, tools, cover crop seeds, compost starter, fertilizers, and more. These items can also be ordered at a discount through the Co-op's group order.

Fedco catalogs and order information for members will be available at the Hanover and Lebanon Food Stores in early December.

Look for signs in the front of each store announcing their arrival.

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## Gift-Giving Out of the Box

**Encourage your favorite hiker or walker** with a new Co-op water bottle, a bag of your favorite gorp, and a pair or two of Maggie's Organic socks. For the indoor exerciser, how about a coupon for classes at a local gym, a gift certificate to a local sport shop, an exercise book, and a set of exercise bands!

—Mary Saucier Choate, M.S., R.D., L.D., Dietitian

## Follow Us on Facebook

Are you a fan yet? Follow us on Facebook and join the club. Our Facebook page is much like our website—with a combination of everything from basic information about the Co-op to regular updates about all the many things happening that interest our members and shoppers. It's also a great place to connect with other Co-op shoppers and to get those quick announcements we don't share anywhere else.

Love the online life? So do we. Check out all our online resources:

**The mothership:** [coopfoodstore.coop](http://coopfoodstore.coop)

**The Co-op Facebook Page:** Login to your Facebook account and search for the "Co-op Food Stores" or click the Facebook badge on our website.

**Co-ops Rock:** It's totally redesigned from the ground up with contributions from cooperatives across the country. [coopsrock.coop](http://coopsrock.coop)

**The Co-op Blog:** We get great questions from members and shoppers, and the blog is a convenient place to post some answers. [coopfoodstoreblog.wordpress.com](http://coopfoodstoreblog.wordpress.com)

**Our email newsletters:** Want weekly specials, class information, food safety news, regular updates, and more in your inbox? Email [comment@coopfoodstore.com](mailto:comment@coopfoodstore.com) to sign up. You can opt out at any time, and we never give your information away to a third party, no matter what.

# A New Twist on a Popular Program

## Co-op Classes

We're trying something new with our Co-op classes.

Rather than offering a "semester" of classes, we are offering classes individually, based on the availability of an instructor, the timeliness of the topic, and member and customer interest.

Look for information on posters in our food stores, on our website, [www.coopfoodstore.coop](http://www.coopfoodstore.coop), follow us on Facebook, or sign up to have class information delivered by email to your inbox. You can also call the Service Desk at (603) 640-6328 at any time for updates on current class offerings.

Interested in teaching a class? Contact Missy Jordan at (603) 640-6323 or email her at [missy@coopfoodstore.com](mailto:missy@coopfoodstore.com) with a description of the class or classes that you would like to teach.

## Subscribe to our Email Newsletters

Want to be the first to know about Co-op Classes? Be alerted to a food recall affecting Co-op customers? Get our weekly specials before they hit the press? Read the *Co-op News* in your inbox?

If any or all of these features sound good to you, then you should subscribe to our e-newsletters. Sustainability is an important part of the work we do, and moving away from printed material as much as possible—saving ink, toner, and paper in the process—makes sense for our cooperative and for the world. Signing up for our e-newsletters not only saves printed resources, but provides you with quick and easy access to the Co-op information you want. You can choose just the information you'd like to receive, opt out at anytime, and we won't use your email address for unsolicited marketing purposes or sell it to any third party scallywags, no matter what.

To subscribe, send an email to [comment@coopfoodstore.com](mailto:comment@coopfoodstore.com). If you want, you can also sign up online at [www.coopfoodstore.coop](http://www.coopfoodstore.coop). See you online.

## Coming This Winter

Every time we shop for groceries, we send a message to food producers. Using our dollars we vote on animal welfare, the future of small farms, water and soil quality, the health of farm workers, world hunger, food safety practices, and more.

Yet, how much do we know about the food we purchase? What are the effects of today's industrialized food production systems on the quality and safety of the items we buy? What is the true cost of food, and is it a cost we want to continue to pay? Do alternatives exist?

Beginning in January, you are invited to join Co-op chefs, buyers, and educators in lively discussions about where our food comes from, what we know about how it is produced, and how we might work together to increase the availability of safe, high-quality food while minimizing the negative impact of modern food production methods.

We're working on the details now and will let you know soon what we are planning. Watch for notices in the stores, on our website and Facebook, and by email in the coming months!

## At the Co-op Online

What's coming up at the Co-op? Check out the Co-op calendar online to keep up with Co-op events you won't want to miss. You'll find everything from our upcoming demonstrations and tastings and special events to Co-op Classes, Board of Directors meetings, closings and holidays, and more. Check it out at [www.coopfoodstore.coop/calendar](http://www.coopfoodstore.coop/calendar).

## Gift-Giving Out of the Box

**Purchase a \$50 gift certificate from our Service Desk and give the gift of a Co-op membership.** Pick up an application form by visiting the Service Desk at either Co-op food store, or download an application at [www.coopfoodstore.coop/members/join](http://www.coopfoodstore.coop/members/join) and include it in the envelope.

—Ken Davis, Web Editor

# Working Toward a Sustainable Food System

by Rosemary Fifield,  
Director of Education and Member Services

“How can the average consumer hope to influence the big food corporations?”

“What is the difference between organic beef and natural beef, and who checks to make sure the products meet those standards?”

“How can small family farms even begin to hold their own against the power of agribusiness?”

“If I don’t want to support industrialized living conditions for livestock, what are my alternatives?”

These were just a few of the audience questions inspired by the film *Food, Inc.*, shown at Dartmouth’s Hopkins Center for the Arts in October.

An estimated 450 people attended the screening of the film, and the vast majority stayed for the discussion that followed with Professor Anne Kapuscinski of the Environmental Studies Program at Dartmouth College; Sarah McGinley-Smith, representing King Arthur Flour in Norwich, Vermont; and myself.

In some ways, we were speaking with the converted; I recognized many of the audience members as local farmers, environmentalists, and “foodees.” However, I think the film also raised the awareness of many—and reminded the rest of us—about the true price of the food we eat, whether measured in environmental, animal, or human costs.

## Gift-Giving Out of the Box

**Support the arts.** Painters and poets, dancers and sculptors, woodworkers and metalsmiths, oh my. The arts and crafts enrich our lives, and yet many highly talented artists barely survive on the fruits of their creative labors. (“Starving artist” was coined for a reason.) Commission a painter, photographer, craftsperson, poet, musician, or performing artist to create a unique gift specifically for someone you love. He or she receives a thoughtful and one-of-a-kind gift, and your support will be a gift to the artist, too.

—Ken Davis, Web Editor

*Food, Inc.* illustrates the work of food writers Eric Schlosser (*Fast Food Nation*) and Michael Pollan (*The Omnivore’s Dilemma*) on the cause and effects of our modern industrialized food system. It also reveals the uncontrolled power of corporations such as Tyson and Monsanto over the livelihoods—and lives—of farmers and growers in this country. Finally, it raises some thought-provoking questions regarding the pros and cons of food businesses perceived as highly ethical, like Stonyfield Yogurt, selling their products through conglomerates like Walmart.

In contrast to industrialized farming with its limitless acres of corn and hundreds of thousands of cattle standing in manure-filled feedlots, the film introduced Virginia grass farmer Joel Salatin. Grass farmers raise a variety of animals on pasture as part of a food chain in which grass is the primary link to the sun, as opposed to fossilized sun energy in the form of petroleum. Salatin’s cattle, pigs, and chickens rotate through his pastures, continuously replenishing the land by spreading their own manure and working it into the soil, while living healthy lives in fresh air, finding nutrition among the variety of species growing in a healthy pasture. Salatin only sells meat directly to customers at his farmgate.

*Food, Inc.* did a good job of bringing the problem with industrialized food production to the forefront, but offered few, if any, solutions short of raising one’s own food or moving closer to Salatin’s Polyface Farm.

So how can the average consumer hope to make a difference, and what are our alternatives to reinforcing

current food production methods? How can small family farms survive and even thrive?

As consumers we have enormous power vested in us by virtue of the food choices we make. We need to learn more about what our choices are and how to increase the accessibility of those products we wish to choose. The conversation has just begun, and we are looking forward to learning more together in the coming months.

Let's begin by finding out how Equal Exchange—familiar for its Fair Trade coffee, tea, and chocolate—is now giving us a chance to vote with our dollars for a more equitable banana industry.

# Equal Exchange Goes Bananas

by *Phyllis Robinson, Equal Exchange*

The road heading south between Guayaquil and Machala, on the coast of Ecuador, is lined with banana plantations. Endless rows of green banana plants stretch as far as the eye can see.

Economic activity in this tropical region revolves almost exclusively around banana production and export. In fact, Ecuador is one of the world's largest banana exporting countries. Approximately 40 percent of bananas consumed throughout the world are produced here, leaving the country through the docks at Machala's Puerto Bolivar. For this reason, Machala is often referred to as the banana capital of the world.

Ecuador joined the ranks of other Latin American countries known as "Banana Republics" after World War II, and similar to the rest of the world, the banana industry in Ecuador has been controlled by five corporations: Dole, Del Monte, Chiquita, Bonita, and Fyffes. Unfortunately, the history of these five multi-national corporations has been no less nefarious in this region of the Americas than it has been elsewhere.

**Against all odds, this entrepreneurial and socially conscious organization, the El Guabo Association of Small Banana Producers, is gaining ground. Their achievements are creating ripples of change in the farmers' lives and communities, in their health and the health of the environment, and increasingly in the banana industry as a whole.**

The presence of the banana industry can be seen everywhere, and it's no secret which folks are running the show. Signs at the plantation entrances proudly proclaim the ownership of the big five companies. On the road ahead, trucks are stacked high with labeled boxes of bananas making their way from company-owned packing stations to company-owned warehouses. And yet, something else is also happening here in southern Ecuador. You have to look a little harder, past all the corporate indicators and infrastructure. But if you do, you'll see signs of something new and fresh and exciting that is igniting sparks both in Ecuador and abroad. This initiative in Ecuador, tied to an international movement, is gaining visibility and momentum.

Imagine this: In a region where multi-national companies own every stage of the industry from banana plantations to packing stations, warehouses, trucks, containers, and shipping lines, an association of 400 small banana

See ***Bananas*** on Page 20



# Our Cheddar *is* Better



## *Member to Members by Helen Brody*

One axiom of the Co-op Food Stores is to “deliver outstanding customer service through friendly, knowledgeable staff.”

As a customer and member, I have always found the staff to “know their stuff” and, rather than

make up answers if stumped, they have the good sense to find a fellow staffer who can assist.

As I perused the cheese department one day, I thought, “How in the world do the specialty cheese departments determine what cheese to buy from the many that must come to their attention? Beyond that, how do they become knowledgeable about all of the more than 200 cheeses they carry?”

Jacob Vincent, Merchandiser for Specialty Cheeses, says “We always begin by keeping in mind the Co-op’s triple bottom line of financial, environmental, and social goals.”

The social consideration assumes a particularly heavy weight in the case of local cheeses, a way the Co-op can support the farmers’ determination to preserve history, tradition, and community through cheesemaking efforts.

Recently, to help the dairy farmer sell more cheese, the Co-op lowered retail prices on a local cheese while continuing to pay the cheesemaker the same amount. Coincidentally, the stores’ primary distributor of local cheeses—Provisions International of White River Junction, Vermont—was putting the finishing touches on its “Cave-to-Co-op”

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program. Provisions offered to drop its prices on different cheeses each month for the 20-member Neighboring Food Co-ops Association of which our co-op is a part. The reduction would last one month with different cheeses featured each month.

“From the first month of the promotion to the present” says Provisions Marketing Director Christopher Coutant “the demand for Cave-to-Co-op cheeses has grown tenfold. And, equally important, after the cheese is out of the program, it continues to sell well.” The program has been deemed a great success by all concerned, particularly the cheesemakers who often are happily stretched to their limits meeting the demand.

Once the cheese is in the case, what does the staff do to educate themselves to assist the customers in making a



decision? On the home front, they “huddle” each week with tastings, note taking, and the wine department giving their input on pairings. Matching and sampling a cheese with products from other departments is often part of the discussion. They also visit other stores in the area.

Last August nine staff members spent a Sunday attending the Vermont Cheesemakers’ Festival at beautiful Shelburne Farm to taste cheeses and attend the lectures offered by cheese experts and cheesemakers. To get the greatest exposure, the group divided up to attend different classes, from Cheesemaking 101 to classes where cheese was paired with everything from dilly beans and beer to the better known accompaniment of wine.

The knowledge gained at events like the symposium is important because the cheeses most requested by customers are those from small regional farms. As one staff member put it, “Even though we have reduced the prices of local cheeses considerably, we still must explain the higher price per pound, and it’s an easy sell. Compare the flavor and quality of a cheese that’s pre-cut, wrapped in plastic, and shipped across the country to the quality of a local farmstead cheese from a farmer in your own neighborhood. Which would you rather support?”

The Cheese Department staff encourage tasting a variety of cheeses, taking note whether the milk is from cows, sheep, or goats; who the cheesemaker is; the location of the farm; and whether the cheese is aged or fresh. Each department sells a useful *Cheese Journal* to record your own cheese-tasting experiences and preferences.



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## Gift-Giving Out of the Box

**Give a personally made sampler of your favorite cheeses.** Add instructions to bring them to room temperature before serving, and dress up the package with an accompaniment such as cranberry compote, caramelized walnuts, cider jelly, cider mustard, heirloom tomatoes, or pickled beets. French bread or simple crackers on which to put the cheese, plus a bottle of wine, complete the ultimate package that anyone would want to receive. Add a *Cheese Journal* and you have the perfect personal gift!

—Helen Brody

# Cranberries

## Seasonal Fare with a Flare



by *Victoria Hicks*

The cranberry, along with the blueberry and Concord grape, is one of North America's three native fruits that are commercially grown. Its name is derived from the Pilgrim name—

“craneberry”—so called because the plant's small, pink blossoms resemble the head and bill of a Sandhill crane.

Native Americans discovered the wild berry's versatility as a food, fabric dye, and healing agent, while American whalers and mariners carried cranberries onboard ship to prevent scurvy.

The cranberry industry comprises approximately 47,000 acres, of which 14,000 are in Massachusetts. Other major growing areas are New Jersey, Oregon, Washington, Wisconsin, and the Canadian provinces of British Columbia and Quebec. Most cranberries are processed into products such as juice, sauce, and sweetened dried cranberries, with the remainder sold fresh to consumers.

Fresh cranberries are available in stores mid-September through December and may be stored in the refrigerator for up to four weeks. Before using, sort and rinse cranberries in running water. You can also freeze them to enjoy all year long. To freeze fresh cranberries, double wrap them in plastic without washing. When using frozen cranberries in your recipes, no thawing is necessary. In fact, best results are obtained without thawing.

Naturally fat-free, cholesterol-free, low-sodium, and a good source of dietary fiber, cranberries contain flavonoids and polyphenolics, natural compounds that promote health.

When entertaining, try cranberry juice with a splash of sparkling water and a lime wedge for a pretty and refreshing alternative beverage.

### **Cranberry-Strawberry Compote**

This recipe is a delightful change from the usual cranberry sauce.

2 pounds cranberries  
1 cup sugar  
1 pint strawberry preserves

Cover cranberries with water in a 2-quart saucepan and cook, covered, for about 5 minutes after they come to a boil. Add the sugar and the strawberry preserves, and cook for another 5 minutes. Chill.

### **Cranberry-Orange Compote**

2 pounds cranberries  
1 orange, peeled and cut into eighths  
1 organic orange with skin, cut into eighths  
Sugar  
3 Tbs. Cognac or Grand Marnier (optional)

In a blender or food processor, grind the cranberries with the oranges. Add sugar to taste and either the Cognac or Grand Marnier, if desired. Blend thoroughly. Correct the flavoring, if needed, and refrigerate for several hours before serving.

### **Baked Cranberries**

2 pounds cranberries  
¼ to ½ cup water  
2 cups sugar

Wash cranberries well and place in a heavy 2-quart saucepan with the water. Cover and steam over medium heat till cranberries pop. Transfer to a baking sheet, cover with sugar, and bake at 300°F until cranberries are thick and clear, approximately 45 to 60 minutes.

### **Sautéed Brie with Cranberry Sauce**

*Serves 4-6*

1 small wheel of Brie or Camembert  
1 egg, beaten  
Breadcrumbs  
Cooking oil  
Cranberry Sauce  
Sour dough bread, thinly sliced and toasted

Cut Brie into wedges. Dip wedges into the beaten egg and then into breadcrumbs. Repeat this process. Place in refrigerator for about half an hour. Sauté wedges in hot oil for about 1 minute. Serve immediately with hot toast and cranberry sauce.

—Adapted from Carrigbyrne Farmhouse Cheese, Ireland

### Wild Rice, Chestnut, and Cranberry Dressing

Makes 8 cups

Delicious with roasted duckling or chicken. May be prepared the day before.

1½ pounds fresh whole or jarred chestnuts  
½ cup (1 stick) butter  
3 duck or chicken livers  
6 shallots, finely minced  
4 celery stalks, finely diced  
2 garlic cloves, finely minced  
2 cups wild rice  
4 cups chicken stock  
1 cup fresh cranberries  
½ cup chopped Italian parsley

Using a bottle opener, pierce the top and bottom of each fresh chestnut. Put the chestnuts in a pot. Cover with water, and bring to a boil. Lower heat and simmer for 10 minutes. Allow to cool slightly, then peel away the outer shells and skins while still warm. Set aside.

Melt 4 tablespoons of the butter in a skillet and sauté the duck or chicken livers and set aside. Melt the remaining butter and sauté the shallots, celery, and garlic for 3 to 4 minutes. Add the wild rice and stock to the skillet, and bring to a boil. Reduce heat, cover, and simmer until rice is tender but not soft, approximately 45 to 50 minutes. Add more stock if necessary.

Finely mince the sautéed livers and add to the rice along with the fresh cranberries, parsley, and peeled chestnuts. Toss and place on a serving platter.

—Adapted from *Martha Stewart's Christmas*

### Cranberry Angel Pie

Serves 8

#### Shell

4 egg whites  
¼ tsp. cream of tartar  
1 cup sugar

#### Filling

4 egg yolks  
½ cup sugar  
¼ tsp salt  
¾ cup sieved cranberry sauce or jelly  
1 cup heavy cream, whipped

For the shell, use a 9-inch pie pan or plate. Heat slightly in a 350° oven, then grease very lightly with vegetable oil, using a piece of paper towel to spread the oil and blot the excess.

Beat the egg whites until they form soft peaks in the small bowl of an electric mixer. Sprinkle in the cream of tartar, and beat until uniform bubbles begin to form. Gradually add the 1 cup sugar, and continue beating until the sugar is dissolved and mixture stands in stiff peaks. Spread evenly in the prepared pan. Set in a 300°F oven and bake about 1 hour. Do not open the oven for the first 30 minutes, or the shell will not be puffy. When the shell is a delicate yellow, turn off the oven and leave the door slightly ajar until cool. The shell will have sunk slightly in the center, but this is normal. Chill.

For the filling, beat the yolks slightly in the top of a double boiler. Add the sugar, salt, lemon juice, and rind. Place over slowly boiling water and cook and stir until thick. Remove from the heat and chill.

Whip the cream until stiff. Spread half of it on the shell, leaving a margin of about an inch. Spread the filling on the cream, and top with the remaining cream. You can also fold the cream into the filling. In either case, return the pie to the refrigerator, and chill 24 hours or overnight.

—James Beard's *American Cooking*

## Gift-Giving Out of the Box

**If you want to make loved ones feel really cared for, nothing's better than a homemade treat, carefully prepared and packaged in pretty wrapping!** Prepare homemade cranberry sauce. Spoon into a small glass jar and tie a decorative ribbon around the lid. Print out the recipe for "Sautéed Brie with Cranberry Sauce" on a pretty card. Place your homemade cranberry sauce and the recipe card in a gift basket or gift bag, along with a small wheel of Brie or Camembert and a loaf of your favorite sourdough bread.

—Victoria Hicks

# Healthy People, Healthy Planet

*Food, Nutrition, and the Environment*



**Our personal health and the health of our planet are critical components of our well-being. Decisions made in the Co-op aisles can have lasting effects on both. From packaging to production, ingredients to meal planning, food choices are an everyday way to make a change for the better.**

**Through this series, "Healthy People, Healthy Planet," Co-op Dietitian Mary Choate and Sustainability Coordinator Emily Neuman offer their insights on how to choose wisely, for personal and planetary health, as you shop for food. Drawing upon the latest science, common sense, and practical experience, they hope to bring some clarity to the often-challenging subject of "what to eat."**



## Grass-fed Beef: Is it What's for Supper?

*by Emily Neuman, Sustainability Coordinator*

According to the University of Vermont's Center for Sustainable

Agriculture, a growing number of Vermont farmers—both dairy and meat-producing—are transitioning to grass-based feeding. Reduced equipment and fuel costs, healthier animals, and opportunities for niche marketing are some of the attractions.

Consumers, too, are showing a growing interest in grass-fed meat. But 100 percent grass-fed meat costs significantly more money than its conventional counter-

part, and it's not unusual for a consumer to wonder, "Is it really worth paying more?"

The answer lies in what kind of agricultural system the consumer wants to support. Most U.S. beef today is raised in the Midwest. Although beef cows may be grazed in the early part of their life, most finish their growth on a feedlot ration of grains. Conventional livestock production is responsible for forty percent of U.S. pesticide use on grain crops and a third of all nitrogen and phosphorus loads in freshwater resources.

**See *Grass-Fed* on Page 17**



## Is There a Healthy Way to Eat Red Meat?

*by Mary Saucier Choate, M.S., R.D., L.D.*

"Red meat" is a term that is surrounded by health questions:

How much is too much? Is grass-fed healthier than commercially grown? Is there any way to include meat in a healthful diet, or do you have to go totally vegetarian? Are pork and lamb considered "red meat?"

Pork, veal, lamb, and beef are considered "red meat." A diet that's too high in meat may put you at higher risk for

heart disease, cancer, and other chronic diseases. Filling up on red meat leaves little room for the four and a half cups of fruits and vegetables that we need to eat for good health every day.

National health organization diet guidelines do not exclude meat. They do recommend limiting animal protein in portion size and frequency, and increasing the fruits, vegetables, beans, and whole grains in your diet. If lean choices are

**See *Red Meat* on Page 17**

## **Grass Fed, from Page 16**

In contrast, grass farmers use rotational grazing and permanent pastures for the primary feeding of their livestock. Cows on rotationally grazed farms are moved from pasture to pasture and self-harvest their feed. Grass-based farms consume less fossil fuel and cause less soil erosion than grain-based operations.

Grass-based farming can also be restorative. Replacing row crops with permanent pasture means building soil rather than losing it, and it allows native grasses and wildlife to co-exist with agricultural species on farms. Farmers who switch from row-crops to grass-farming reduce their use of pesticides, herbicides, and synthetic fertilizer and, by spreading animals out over the landscape, eliminate surface and groundwater contamination due to manure spills.

In the last three years, the International Panel on Climate Change (IPCC), the United Nation's Food and Agriculture Organization (UN FAO),

and the U.S. Environmental Protection Agency (EPA) have all identified animal agriculture as a significant contributor to climate change. Internationally, livestock production is responsible for three primary sources of greenhouse gas emissions: deforestation, the use of synthetic fertilizer on row crops, and emissions from the animals themselves.

The American Meat Institute argues that deforestation does not apply to American meat because American farmers are, by and large, not cutting trees to create pasture. That is true; America plowed its prairies and cleared its forests more than 200 years ago during European settlement. Americans were early contributors to climate change from a land-use perspective. Domestic agricultural greenhouse gases now come mostly from the animals themselves, manure lagoons, and nitrogen fertilizer.

Farmers are hopeful that revisions to a cow's diet may successfully reduce

enteric methane emissions. Preliminary results from 15 dairy farms in Vermont suggest that these emissions can be reduced 18 percent by substituting alfalfa and flax for corn and soy in a dairy cow's diet.

While feed changes appear to hold promise, a shift toward rotational grazing and fewer animals is a sure way to lower emissions. In a 2008 study at Carnegie Mellon, researchers concluded that meat is 150 percent more greenhouse gas intensive than any other food. For the average American, shifting less than one day per week's consumption of conventional meat and/or dairy to other foods could have the same climate impact as buying all household food from local sources.

For the concerned consumer, switching to 100 percent grass-fed local meats may require eating less meat overall due to the cost. The evidence to date shows that could be a win-win situation for our personal and environmental health.

## **Red Meat, from Page 16**

made, beef can add needed iron, zinc, selenium, vitamins B<sub>6</sub> and B<sub>12</sub>, and protein without a lot of extra fat.

The American Institute for Cancer Research (AICR) recommends a weekly limit of no more than 18 ounces of cooked red meat, a little more than one pound. Limiting the portion size to three ounces, cooked, is an effective way to keep to this limit. Three ounces of cooked beef is

the size of an iPod or deck of cards. It weighs four ounces before cooking.

Is Grass-fed Beef Healthier than Commercial Beef?

The benefits of grass-fed beef can be numerous for farmers, the environment, humane treatment of livestock, and, many feel, the flavor. These are important reasons to choose it. The actual nutritional benefits of grass-fed beef are

more ambiguous.

One clear benefit is that the saturated fat content appears to be reduced in grass-fed beef. For example, a three-ounce portion of 95 percent lean grass-fed beef would contain 1.1 grams vs. 2.4 grams in grain-fed beef. This reduced saturated fat content can help to keep your saturated fat intake

**See *Red Meat* on Page 21**

## **Out to Pasture**

Ruminants, such as cows and sheep, can subsist exclusively on pasture grasses. Pigs and chickens may also be pastured, but they require a greater variety of foods than ruminants. Although the animals may find fruit, nuts, legumes, and insects on pasture to supplement the forage, farmers typically offer grain supplements as well. For this reason "grass-finished" or "100% grass-fed" are typically applied to beef only. Pigs or chickens raised on grass are more often referred to as "pastured" rather than grass-fed.

# Little Green Steps

## Recycling Food Waste

by *Emily Neuman*  
*Co-op Sustainability Coordinator*

The Co-op has intensified its commitment to food-waste recycling this year. Why? Food waste contains valuable nutrients, and we are committed to keeping those nutrients in our local food cycle. The Co-op diverts food waste to people (through Willing Hands), animals (for feed), and composting.

Shoppers participated in food-waste separation at Co-op events this summer—a first for us and a big success. Trash reduction by weight reached 85 percent at the Corn Roast held in Hanover, with 60 percent at the Producers

Fair, and 45 percent at Dairy Day. Food waste from our events was fed to laying hens in Hartford and Orford.

Awareness is growing among Co-op shoppers that paper products—and now some plastics—are compostable with food waste. We are keenly aware that shoppers would like to see more biodegradable “dishes” and cutlery being used in our demo program and at Co-op events.

Aside from napkins and toothpicks, at present we have no means of composting the serve-ware from our demos and events. Most biodegradable/compostable table service on the market is designed for composting only in commercial facilities, not in a home compost pile. Even



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commercial facilities can hesitate to take compostable cups, plates, and spoons, because they are difficult to distinguish from plastic and wax-coated versions.

As a result, we have focused our efforts on materials reduction in the demo program. Have you noticed that we less frequently offer plates, cups, and utensils with demos and more often rely on “tortilla cups,” toothpicks, or no serve-ware at all? We feel we have gone as far as we can go in this direction without excluding items—like soup—from the demo program altogether. We now need to find highly functional compostable table service and someone who can compost it.

We will keep you posted on our progress. Rest assured that we are keeping a close eye on our options.

### At Home

If you’d like to get compostable waste out of your trash at home, here are some things you can do:

This winter, try using a worm compost system right in your kitchen! Keep an eye out for workshops on this topic through Sustainable Hanover and Co-op Classes. Wormeries and instructions are available online at [www.wormwoman.com](http://www.wormwoman.com).

In the spring, build a compost pile in your backyard and watch your food and yard waste turn to humus! Once you start looking, there’s no shortage of advice available about how to compost successfully. Paper napkins, paper towels, uncoated paper plates, toothpicks, and cellulose sponges are compostable in the backyard, too.

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## **Bananas, from Page 11**



**When you think about the fact that the average American consumes 26 pounds of bananas a year and that bananas are the world's most popular fruit, the potential for impact—on the farmers' livelihoods, on our environment, our health, and our values—is tremendous.**

farmers have decided that they've been controlled for long enough and have decided to join together to build their own democratically organized export business with the dual goals of running a top quality, sustainable Fair Trade business as well as improving the economic and social conditions of the members' families and their communities.

Against all odds, this entrepreneurial and socially conscious organization, the El Guabo Association of Small Banana Producers, is gaining ground! Their achievements are creating ripples of change in the farmers' lives and communities, in their health and the health of the environment, and increasingly in the banana industry as a whole.

When you think about the fact that the average American consumes 26 pounds of bananas a year and that bananas are the world's most popular fruit, the potential for impact—on the farmers' livelihoods, on our environment, our health,

and our values—is tremendous. We want high-quality food at an affordable price, but what if we had a choice? What if we could buy high-quality, affordable fruit and also know, down to the farmer, who grew it, how they grew it, and what impact our purchase had on a local community?

Equal Exchange has worked for 23 years to transform the coffee, tea, and chocolate industries. We are infinitely proud to announce that you now have a choice! What kind of banana industry do you want to support?

Next time you purchase a banana at the Co-op, look to see if there's an Equal Exchange sticker on the bunch. If there is, you are choosing to connect yourself to these courageous banana farmers who are making history for themselves, and quite possibly, for the banana industry as a whole. Align yourself with these small farmers, and become part of this new banana revolution!

## **Red Meat,** from Page 17

below the recommended limit of 20 grams a day.

Many websites publicize the measurably higher omega-3 fatty acid levels in grass-fed beef compared with commercially raised beef. Omega-3's have been associated with a significantly lower risk of cardiac arrest and death from heart attack. A three-ounce cooked portion of grass-fed, 95 percent lean beef contains 0.06 grams of omega-3s; grain-fed beef contains 0.04 grams. This means there is 50 percent more omega-3s in the grass fed beef. It sounds like an important difference, but neither amount is meaningful when you realize that the American Heart Association recommendation is one gram of omega-3 fatty acids per day. Salmon provides one gram of omega-3 fatty acids in a three-ounce portion. It would take over three and a half pounds of beef to get the same intake of omega-3s.

Grass-fed beef is also touted to be a rich source of conjugated linoleic acid (CLA). Early research shows that CLA may have cancer-fighting, heart-protective, anti-diabetes, and other healthful properties. Again, it's the portion size that is problematic. Human studies of CLA use diets containing a minimum of one to seven grams per day. To obtain even one gram of CLA from grass-fed beef, one would have to eat four pounds.

Grass-fed beef has the nutritional edge over commercially raised because of its reduced saturated fat content. Either type of beef, however, can be part of a healthful diet when the total intake is within the recommended limits.

Healthful eating doesn't mean you have to give up this nutritious food.

# News & Notes

## No Bag or Your Bag

The Co-op would like to thank student shoppers from Hanover High School for choosing "no bag or your bag" at our check-outs this fall. In past years, students were using up to 1,000 plastic bags a week to carry their lunches from the Co-op to their cafeteria. This year they are taking almost none at all.

The Environmental Club and Dean of Students Ian Smith deserve special recognition for inviting the Co-op to the high school's opening assembly where Hanover Store cashier and HHS alum Kevin Birdsey appealed to the students' common sense, cooperative spirit, and respect for the environment and challenged them to forgo disposable shopping bags this year. Most students and teachers now carry their purchases back to school in their hands; some carry reusable bags. Either way, we "Thank you" for making the change!

## Lunch Menu Online

If the Lebanon Co-op Cafe is your favorite place for lunch, then check our online menu so you can plan ahead. A link is always posted on the front page at [www.coopfoodstore.coop](http://www.coopfoodstore.coop). At the Cafe, you can pick up a pre-made or made-to-order delicious dish from our friendly staff, grab a copy of the *Co-op News*, and enjoy it all in the beautiful confines of the Café Gallery or, when weather cooperates, outside at our comfy and pleasant patio seating area. Is life good or what?

Of course, our menu also includes a long list of popular favorites and made-to-order hot and cold sandwiches. Coffee lover? Pair your lunch with your favorite fine coffee. We'll make a flavored espresso, latte, or cappuccino just the way you want it.

If you shop at the Hanover Store or Co-op Market, we've got your lunch too. Stop by for sushi, hot soup and chili, hot sandwiches, grab-and-go salads and sandwiches from the cold case, coffee and plenty of beverages, and of course, the Co-op's line of famous and delicious freshly prepared foods.

## Gift-Giving Out of the Box

**Give a complete worm kit to your favorite gardener** or introduce a child to the science of vermicomposting with the book *Worms Eat My Garbage* by "worm woman" Mary Appelhof. Go to [www.wormwoman.com](http://www.wormwoman.com) for the full catalog of books, videos, worms, and worm accessories.

—Emily Neuman, Sustainability Coordinator

# Partners

## *The Charitable Outreach of Your Co-op*

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. Ninety percent of all donations go directly to the Partner of the Month. Ten percent goes to the Hanover Cooperative Community Fund (HCCF), the Co-op's charitable foundation. The Co-op is currently scheduling organizations to be featured as partners in 2013. If your organization is interested in becoming a Co-op Community Partner of the Month, please email [comment@coopfoodstore.com](mailto:comment@coopfoodstore.com).

### November Co-op Community Partner: Twin Pines Housing Trust

The Upper Valley housing market is one of the tightest in the nation—particularly for low-to-moderate-income families. The area's low unemployment rate means fewer vacancies, resulting in high rental and mortgage prices based on demand. Add in New England winter heating bills, a tough economic climate, and ever-increasing cost of living rates, and struggling families struggle even more when they live in the Upper Valley.

Twin Pines Housing Trust works to increase the number of safe, attractive, and efficient homes and apartments available to income-qualified residents. According to Twin Pines, housing is considered affordable when the cost of rent or mortgage, insurance, and taxes is less than 30 percent of a family's gross income. That means a renter or homeowner must earn a salary of nearly three times the minimum wage in order to live in the Upper Valley. Many simply can't.

With central offices located in White River Junction, Vermont, Twin Pines helps meet area needs by building and renovating affordable multi-family apartments, single-family homes, and mobile home parks.

See ***Twin Pines*** on Page 23

### December Co-op Community Partners: Good Neighbor Health Clinic and Red Logan Dental Clinic

One snowy December day, a Co-op employee rode on the Advance Transit bus line from his home in White River Junction, Vermont, to the Hanover Food Store. Along the way he struck up a conversation with a young woman riding on the bus with her four-year-old son. She told the employee she was taking her son to a relative's house before starting her job for the day. After quitting time, she added, she would get back on the bus, pick up her son, take him to another relative's home, and walk to the job she held at night.

This was her regular Monday-through-Friday routine, she explained without complaint. The challenge, she said, was her weekend routine—when she worked her third and fourth jobs and had to find transportation without bus service.

Welcome to the life of the working poor.

As the invisible, struggling-to-survive backbone of many communities, the working poor often hold more than one low-wage job, working 40 to 60 hours per week without health or dental insurance. But the Good Neighbor Health Clinic and Red Logan Dental Clinic offer help and hope.

The two clinics provide a wide range of primary services, management of chronic disease, and preventative health care.

See ***Clinics*** on Page 23

## ***Twin Pines*, from Page 22**

### ***How You Can Help:***

- Make a contribution when you shop at the Co-op Food Stores, Community Market, or Service Center during November.
- Volunteer your skills on small maintenance, gardening, or light office projects by calling the Twin Pines office at (802) 291-7000 or visiting the website at <http://www.tphtrust.org/>.
- Donate items that improve the living environment of Twin Pines' residents, such as art supplies, children's books, new plastic playground equipment, or outdoor storage sheds. Contact the office number above.

## ***Clinics*, from Page 22**

Both clinics are housed in downtown White River Junction and are staffed by volunteer physicians, dentists, nurses, medical students, and administrative staff.

In addition to medical and dental services, both clinics help match clients to other resources they may need. Since their inception more than 10 years ago, the clinics have assisted clients with housing issues, job placement, and clothing and transportation needs. The clinics also serve as a referral agency to neighboring food pantries.

### ***How You Can Help:***

- Make a contribution when you shop at the Co-op Food Stores, Service Center, or Community Market during December.
- Call to learn about volunteer opportunities. Good Neighbor Health Clinic: (802) 295-1868; Red Logan Dental Health Clinic: (802) 295-7573.
- Learn more by visiting the website of the Vermont Coalition of Clinics for the Uninsured at [www.vccu.net](http://www.vccu.net).

# Coming Up

*coopfoodstore.coop/calendar*

## **Board Meetings**

- November 18, 5:30 p.m., Hanover Boardroom
- December 16, 5:30 p.m., Hanover Boardroom
- January 20, 5:30 p.m., Hanover Boardroom

## **Board Election Deadlines**

- December 31: Final Day to submit candidate materials to the Nominating Committee
- January 31: Final day to submit candidate petition to the Nominating Committee

## **Holiday Closings**

- Thanksgiving Day: all locations closed
- Christmas Eve: all locations close at 4 p.m.
- Christmas Day: all locations closed
- New Year's Eve: all locations close at 6 p.m.
- New Year's Day: all locations closed

## **Gimme Five: #5 Plastics**

### **Recycling Collection**

- November 11, 4 p.m. to 6 p.m., Lebanon Cafe Gallery
- November 14, 9 a.m. to noon, Lebanon Cafe Gallery
- December 12, 9 a.m. to noon, Lebanon Cafe Gallery

## **Seasonal Fare with a Flare Demos**

- Hanover Store: November 7 and December 5, 11 a.m. to 12:30 p.m.
- Lebanon Store: November 14 and December 19, 11 a.m. to 12:30 p.m.

## **Citrus Caselot Sale**

Stay tuned to [www.coopfoodstore.coop](http://www.coopfoodstore.coop) for the dates of our annual Citrus Caselot Sale, coming in January 2010. We'll feature a wide range of fresh fruit for sale by the case, including white and pink grapefruit, and several varieties of oranges. Most of the produce comes from Florida, with some coming from California groves, as well. It's not unusual to see area grocery stores stocked with citrus in January. At the Co-op though, the annual sale is unique in its celebration of the Co-op's foundations—commemorating the time when a handful of area families joined together in 1936 to order citrus by the case at prices they could afford.

Hanover Consumer Co-op  
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What is “No Bag or Your Bag” all about? Find out inside: News & Notes, Page 21