

Spring 2017

SPRING!

# The Radish

Your Littleton Food Co-op Newsletter



## GRAND RE-OPENING! MAY 2017

Recently, I had the pleasure of sitting down with Rodney Mitton, our Manager of Perishable Operations at the Littleton Food Co-op. We talked at length about the structure opposite the new section of the building that we call the pavilion. This structure will be used for outdoor sales that used to be displayed near the door leading into the co-op.

Rodney says this pavilion will allow for better security, with the ability to lock up plants and other merchandise each night. Also, it will provide better protection for plants in the early and late season when frost can still be a factor and plants will be protected from the burning rays of the sun. Outdoor floral will include flowers and vegetable plants from May to July, organic fruit trees and shrubs until fall and planters to decorate your home all summer.

Case lot sales that used to be held under a tent will now have the pavilion to use as will increased harvest items. The co-op will be able to feature local growers on weekends and offer special "bin buys" of items at special prices we couldn't offer before due to space constraints. There will be plenty of space to display fall pumpkins and mums, Christmas trees and wreaths. Rodney thinks that this will be visible from Cottage Street. How lovely will that be?

The pavilion will also provide a home for Kid's Day and Earth Day activities and other celebrations as well. Rodney's enthusiasm is shared by floral clerk Amanda Schrader, who is excited about how much easier caring for plants will be under the pavilion. Offerings will increase including more local vendors. It will be a wonderful addition to our co-op with its own lighting and water source and possibly its own cash register during high volume times.

And now you know what this building is and can watch it take shape. This is another exciting advantage of our expansion project!

by  
Trish O'Brien  
Board President

## Our Mission

Provide a broad range of high quality foods at a fair price with outstanding service

Promote Local Production

Encourage healthy diets by providing useful information

Responsive & Financially Sound Organization

Promote environmental sustainability and a fair and supportive work environment

## 7 Co-op Principles

Voluntary and Open Membership

Democratic Member Control

Member Economic Participation

Autonomy and Independence

Education, Training and Information

Cooperation Among Cooperatives

Concern for Community

Join our e-newsletter by visiting:

[littletoncoop.com](http://littletoncoop.com)

**EVERYONE'S  
 WELCOME TO  
 SHOP!**

## WHAT'S ALL THE BUZZ ABOUT BEES?

All species of bees play an essential role in our ecosystem. One third of all of our food supply depends on bee pollination. A world without pollinators would be devastating for food production. We might have to say goodbye to almonds, apples, apricots, blueberries, strawberries, tomatoes and zucchini to name just a few food items. As these flowers and their berries are often a source of food for insects, birds and small mammals, it could have severe consequences for the survival of such creatures. In turn, larger predators would find their food supply affected and also struggle to survive. Even worse, with such a dip in food supply, we could struggle to sustain our global human population. The economic value of bee pollination work has been estimated around

system into an ecological farming system? You can:

- buy regional and organic food including raw honey,
- avoid using pesticides and herbicides in your garden,
- plant bee-friendly organic flowers,
- become a beekeeper,
- "bee" vocal on government legislation to reduce the use of pesticides and promote a more eco-friendly agricultural system.
- and tell a friend!

Together we can make a difference in the future of our ecosystem, our health and the



\$300 billion annually. The bee population has suffered a 44% decline in recent years. A few species of bees have recently been listed on the endangered species list.

Honey bees are the only bee that supplies a food source, that being honey. Raw honey is a miracle food. It reduces allergies, has anti-inflammatory effects, is an excellent source of energy, boosts memory, works as a cough suppressant, and treats wounds and burns. Recent studies have shown that the phytochemical in raw honey has killed some cancers in animals.

What can we do locally and regionally to support the progress in transforming a destructive chemical-intensive agricultural

health of the bees.

Thinking about becoming a beekeeper? The good news is you will find plenty of great beekeepers ready to help. North Country Beekeepers is an active organization located in the Littleton area. The organization is made up of beekeepers who meet to share ideas, beekeeping equipment and to lend a hand to fellow beekeepers.

You can contact the North Country Beekeepers Association at (603) 444-6661 or email at [northcountrybeekeepers@gmail.com](mailto:northcountrybeekeepers@gmail.com). Please visit our Facebook page for more information.

by Janice Mercieri  
 White Mountain Apiary



### Remember... this is your coop!

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

Contact Kristina at:  
[marketing@littletoncoop.org](mailto:marketing@littletoncoop.org)

**GRAND RE-OPENING! MAY 2017**

# A NOTE FROM THE GENERAL MANAGER:

## Principle #2: Democratic Member Control



One of the things that distinguishes the Littleton Food Co-op from other businesses is our Cooperative Principles. Among the most important of these principles is #2, Democratic Member Control. Our organizational chart is a great example of this. At the top of the chart is our membership. As the General Manager I am third on the chart, reporting directly to the Co-op's Board of Directors which is elected by you, our members.

We have a nine member board who serve three year terms and we elect at least three members every April at our Annual Meeting. By-law changes must be approved by the board and voted on by the membership. The board uses Policy Governance to set the priorities and give direction to our co-op. Big decisions like authorizing an expansion, taking on new debt and the size of our patronage rebates to be paid each year are the responsibility of the board. Day to day operational decisions are made by the General Manager.

### How to Vote for Board Candidates & By-laws

1. Make sure you're a full-member (4 share membership). Not sure? Give us a call or stop by the service desk and ask us!
2. View candidate information and by-laws online and at the co-op service desk.
3. You may vote at the store, online or at our Annual Meeting on April 19<sup>th</sup> at the Littleton Opera House.

The Co-op Board meets monthly for about two hours, usually on the 3rd Monday of the month, and the public is always welcome. The board is an eclectic group that represents the diversity of our membership. We typically have an employee on the board as well as a farmer or two. The co-op works with the Cooperative Development Services Co-op, an organization that provides support to most of the food co-ops nationwide to make sure we serve our membership to the best of our ability.

**Voting: April 17<sup>th</sup> - April 24<sup>th</sup>**

By Ed King  
General Manager

### Budget Friendly Recipes

#### One-Pot Farro Risotto

Serves: 4 Prep Time: 10 min. active; 40min. total

- 1 1/2 cups farro
- 2 cups Field Day chicken broth
- 3/4 cup water
- 1 tbsp Field Day olive oil
- 1 bunch kale, tough ribs removed, loosely torn
- 1/2 tsp onion powder
- 1 3.8-ounce can Field Day sliced ripe black olives
- 1/3 cup grated Parmesan cheese
- 1 tsp ground black pepper
- Salt to taste

Estimated cost  
per serving:

**\$2.49**

Add farro, chicken broth and water to a large sauté pan or skillet. Bring to a boil over high heat. Reduce heat to low, cover, and simmer for 15 to 20 minutes, stirring occasionally. Uncover, add kale, onion powder and olive oil. Continue to cook for 5 to 7 more minutes, stirring occasionally. Turn off heat. Add olives and Parmesan cheese to the pot, stirring to combine. Add black pepper and salt to taste.



Co+op  
basics

## What is Co+op Basics?

Co+op Basics offers everyday low prices on many popular grocery and household items. From milk to beef to cereal, you'll find new low prices on some old favorites. As time goes on we'll be adding new products to the Co+op Basics program including: coffee, grass-fed beef, natural chicken breast and whole chickens.





# Expansion by the numbers!



all new LED lights  
saves **75%** on energy costs



**2** electric car charging stations



dozens of **NEW** deli choices!



## Don't forget your reusable bags!

An estimated one million birds, 100,000 turtles, and countless other sea animals die each year from ingesting plastic. The animals confuse floating bags and plastic particles for edible sea life such as jellyfish and plankton.

**local** **2X**  
the amount of LOCAL products



**BRAND NEW COMMUNITY TEACHING KITCHEN**



**36%**  
**MORE shopping space!**



**100** new bulk items!  
including liquids & nut butters

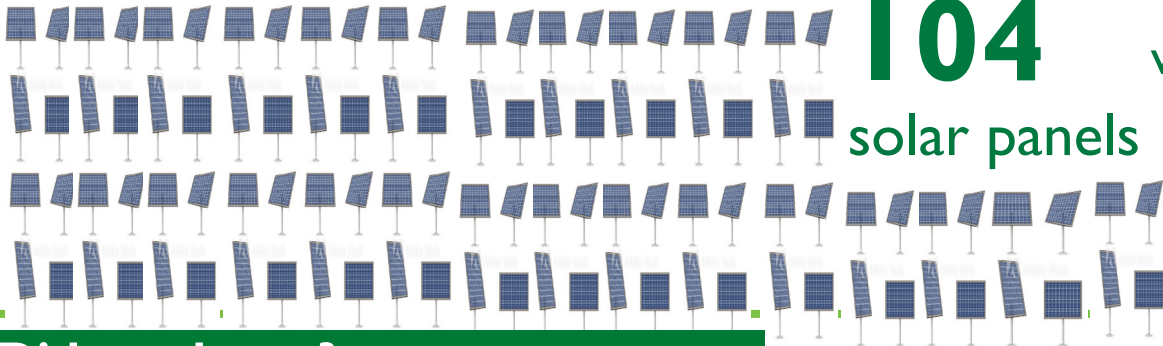
**4-VARIETY PIZZA WARMING OVEN**



**100+** new craft & international beers



# GRAND RE-OPE



**104** solar panels will provide up to **15%** of electricity!

**Did you know?**

By putting doors on our coolers we're saving 70% more energy and increasing the shelf life of perishable products!



**Health & Wellness**  
**DOUBLE** the space &  
**DOUBLE** the choices



**SPRING DIY NATURAL CLEANING PRODUCTS**

**For real savings, you can concoct some of your own eco-friendly cleaning supplies, using common household ingredients.**

- White vinegar can be used as softener in your washer's rinse cycle or combined with equal parts water for an all-purpose/glass cleaner.
- Cornstarch can be sprinkled on carpet to freshen before vacuuming or made into a paste with water for cleaning silver.
- Washing soda makes a great spray cleanser when combined with hot water (1 teaspoon soda per 2 cups of water) or a solution for soaking grimy items like barbecue grills (1 cup soda per sink-full).
- Baking soda works wonders as a sink/tub scrubber or as a diaper pail freshener.
- Plain liquid soap and a few essential oils combine for a scented cleaner with disinfecting properties.

**Not interested in making your own?** You can find kinder-to the-environment cleaning products at the Co-op. That's a good thing because, according to conservative estimates by the Clean Water Fund in Washington D.C., the **average American uses about 40 pounds of toxic household cleaning products**—like chlorine bleach, formaldehyde, phosphates and sulfuric acid—each year. These are chemicals that make their way into our waterways and may also linger in our home environment in our air, on our counters and in our clothes. Yikes!



# A WORD FROM... OUR DELI DEPARTMENT

By Katie Smith, Deli Cook

## 1. Where does the deli source its cold cuts?

Associated Grocers and Boar's Head. We also carry all natural products from McKenzie Country Classics and Applegate Meats. Boar's Head meat is non-GMO, MSG & gluten free.

## 2. You have lots of prepared salads to choose from.

**Are they made here?** We carry already prepared salads and we make some of our own from scratch. We are proudly starting to integrate more homemade salads into our deli menu. We're always looking for salad inspiration from our shoppers. Let us know!

**3. Breakfast sandwiches - is this true?** Yes! It's my favorite meal to cook. We now offer sandwiches every day starting at 8:30 AM. We have meat, vegetarian or just egg options. We can do it all!



**4. What's changing in the deli with the new expansion?** More, more, more! More space and more production which means more options for shoppers.

**5. What's your favorite go-to lunch item in the deli? Why?** Soup! I'm always in the mood for soup and it's a "hot" seller. We are making more of our homemade soup recipes too!

## 6. How do you choose what food to cook for lunch and dinner specials?

We look to see what's on sale, popular and fun to make. We use what we have available to help reduce waste. We always take customer requests into consideration.



**7. Do you offer gluten free or vegan options?** Gluten free? Absolutely! We also offer a lot of vegetarian items. With the expansion we hope to have more selections that will include vegan options.

## 8. What is the most asked question?

"What are the ingredients?" "Is this gluten free?" and "Can you grab me one of those rotisserie chickens? Oh wait, there isn't glass, I can get it myself!"

**9. Anything else you would like to share?** Our deli is an orchestra of teammates who work to make our customers happy and feel like they are our #1 priority.

## NEW COMMUNITY SPACE!

You wanted it (and so did we!) so we got it! Our expansion project includes a state-of-the-art demonstration kitchen and a light, bright, cheery café. These spaces will offer more room for our co-op community to congregate, educate (or be educated) and enjoy some local, organic and wonderful foods from the co-op. We are planning a full calendar of demos, samplings and education programs to fill up the café beginning in May. Stay tuned!

**Interested in teaching a class or holding a workshop?**  
**Let us know! Contact Melissa at [hr@littletoncoop.org](mailto:hr@littletoncoop.org)**



## 10% OFF HEALTHY FOOD! Healthy Food Access Program

Thank you co-op cashiers! You suggested that we feature our Healthy Food Access program as a Partner of the Month. We did so in January and raised over \$825! That equates to 33 scholarships! Qualified individuals may request scholarship funds to

join the co-op and enroll in the Healthy Food Access program which provides a 10% discount on most purchases everyday.

**Stop by the service desk for an application!**

**\$825 RAISED!**



## Partners & Pizza Night!

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

**Support Your Community.**



# SPRING CALENDAR

**All April** **Woodland Community School**  
PARTNER OF THE MONTH

To nurture and respect children's love of learning by encouraging their natural curiosity and self-motivated exploration.

**April 17<sup>th</sup>- 24<sup>th</sup>** **Voting!**  
Members can vote for Board candidates and by-law changes online and in the store.

**April 19<sup>th</sup>** **Annual Meeting & Celebration**  
Member voting, yearly update, food & music  
5 - 7:30 PM Littleton Opera House

**April 22<sup>nd</sup>** **Member Discount Day & Earth Day!**  
Members save 10% All Day, Samples & More!  
(standard exclusions apply)

**All May** **Littleton Farmers Market**  
PARTNER OF THE MONTH  
Community market offering locally-grown produce, baked goods & much more!

**May 8<sup>th</sup>- 13<sup>th</sup>** **Grand Opening Week!**  
TENTATIVE  
Giveaways, samples, music & much more!

**May 10<sup>th</sup>** **Senior Discount Day**  
Senior members save 10% All Day  
(standard exclusions apply)

## HEALTH & WELLNESS:

### Thinking About Food...

Ed King, our co-op's dedicated General Manager, asked me what food information we can trust. I have found that the author Michael Pollan is an excellent source. He is articulate and thoughtful. He carefully researches his topics. He writes clearly and to the point.

Here is a quote from an essay called "Unhappy Meals" that he wrote in 2007:

"Especially avoid food products containing ingredients that are

- a. unfamiliar,
- b. unpronounceable,
- c. more than five in number - or that contain high-fructose corn syrup.

None of these characteristics are necessarily harmful in and of

themselves, but all of them are reliable markers for foods that have been highly processed."

I also recommend listening to Dr Micheal Evans. He has practical evidence based advice on YouTube. Watch "Healthy Eating 101" via [www.youtube.com/DocMikeEvans](http://www.youtube.com/DocMikeEvans)

As Michael Pollan would say, **"Eat Real Food. Not Too Much. Mostly Plants."**



by Charlie Wolcott  
Board Director



## Spring has Sprung!

**Spring Lettuce Mix**  
grown hydroponically from Pinestead Farm.  
Now available at the Co-op!



Follow along!  

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

## UPCOMING PARTNERS

In 2016 we raised a total of **\$8732.39** for 12 different community organizations. Mid-way through 2016 we implemented a Round Up program at our cash registers that makes it even easier for customers to donate. We also revved up our Pizza and Partners program - remember that every delicious pizza you buy from our deli on Friday nights equals \$1 more for our partner. There is no tastier way to support our Partners of the Month!



← **Upcoming Partners!**

# CO-OP BOARD ELECTIONS – MEET THE CANDIDATES!

By Marni Hoyle  
Board Member

## Here's our 2017 Candidates!

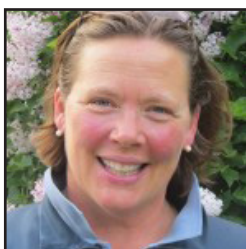
Grab a copy of their bios at the service desk or view it on our website. Come to the Annual Meeting to meet them in person and hear more about their interest in becoming a Co-op Board Member!

We will be electing members to fill four openings this coming April. Voting will take place from Monday, 4/17 through Monday, 4/24, in-store, on-line or at the Annual Membership Meeting on April 19th at the Littleton Opera House.

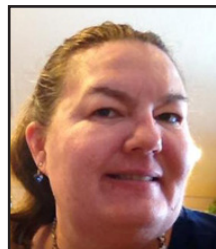
Two of our current members, Tim Weinrich and Charise Baker, will not be running for re-election, and two current members, Trish O'Brien and Marcie Hornick, will be running for another term. We want to thank Tim and Charise for many years of commitment and hard work as Co-op Board Members. And we are excited about our new board candidates!



Trish O'Brien



Marcie Hornick



Kimberly Koprowski



Alyssa Sherburn



Nate Snow



Laura Walls



Jeffrey Jones

Check out candidates full bios at the Service Desk or on our website!  
[littletoncoop.org](http://littletoncoop.org)

VOTING OPENS APRIL 17<sup>th</sup> - APRIL 24<sup>th</sup>

## Coop Cartoon Caption Contest



Winner  
Receives a  
\$25  
Co-op gift card!

“  
Send your captions to [marketing@littletoncoop.org](mailto:marketing@littletoncoop.org) or drop your entry off at the service desk! The winner will be announced in the next issue of the Radish.  
”

## Winter 2016 Cartoon Caption Contest Winning Caption!



“ **Give it to Mikey, he eats anything!** ”

Winning submission by: **Audrey Rowlette**



Submitted by **Meg Brown**  
Co-op Shopper

## FROM THE CO-OP SHOPPER KITCHEN

### Vegetable Quiche Squares

#### Ingredients:

- 4 Eggs
- 1 c. Milk
- 1 tsp Baking Powder
- 2 c. Cheddar Cheese, shredded
- 2 c. Monterey Jack Cheese, shredded
- 1/3 c. Onion, diced
- 1/3 c. Red Pepper, diced
- 1/3 c. Scallions, chopped
- 1/3 c. Sun Dried Tomatoes, chopped
- 1/2 c. Summer Sausage, optional
- 1 c. Spinach, fresh

#### Directions

Preheat oven to 350°F. Spray 13x9-inch baking pan with cooking spray and set aside. Combine all vegetables but spinach in a bowl and stir until well mixed. Set aside. In a mixing bowl, beat eggs then stir in milk. Stir in flour and baking powder until well blended. Mix in cheese. Slowly add vegetables until combined. Add summer sausage. Break up spinach and add to mixture. When ingredients are well mixed, pour into baking pan and spread evenly. Bake for 35 minutes or until center is set. Cool 30 minutes, then cut into desired portions.  
**Serve warm.**



Find this & more on her blog:  
[missmegabug.com/blog](http://missmegabug.com/blog)

Have a recipe you love? Submit it to The Radish! Send to: [marketing@littletoncoop.org](mailto:marketing@littletoncoop.org)

Open Daily 8 AM - 8 PM

(603) 444 - 2800

[www.littletoncoop.com](http://www.littletoncoop.com)

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