

SUMMER 2017

The Radish

Your Littleton Food Co-op Newsletter





Our Mission

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

Promote Local Production

Encourage healthy diets by providing useful information

Responsive & Financially Sound Organization

Promote environmental sustainability and a fair and supportive work environment

7 Co-op Principles

Voluntary and Open Membership

Democratic Member Control

Member Economic Participation

Autonomy and Independence

Education, Training and Information

Cooperation Among Cooperatives

Concern for Community

Join our e-newsletter by visiting:

littletoncoop.com

EVERYONE'S WELCOME TO SHOP!

MIXING TECHNOLOGY + FARMING



I grew up a 7th generation farmer at Pinestead Farm in Franconia, NH. Over the past 10 years I have focused on sustainable, soil-based farming. I worked closely with my father over the years, selling at farmer's markets and through our roadside farm stand. We built a greenhouse and several high tunnels to extend our very short growing season. Three years ago, Brandon Dexter and I took on managing the agricultural aspects at Pinestead Farm. We have expanded our market sales, added grass fed beef to our operation and most recently we are growing lettuce hydroponically.

In the spring of 2016, my retired uncle, Bob Gilbert, stopped by the farm with a packet of information he had printed off the Freight Farms® website. He said it was a promising business endeavor and it seemed like hydroponics could be a good fit for our farm. Springtime is an extremely busy time for me. I certainly did not have time to consider researching and taking on a new project. I honestly did not give the idea much thought until the fall.

A Freight Farm® is a repurposed, 40 ft. long, insulated shipping container. The unit can operate in most extreme climates and is able to do so year 'round. It uses 90% less water than traditional agriculture. It has the capacity to produce up to two acres of produce in a very small amount of space in a relatively short amount of time.

I went to visit Freight Farms' headquarters in Boston, MA to see a container in operation. It was fascinating. I purchased my own Freight Farm the following month and planted my first seeds on Christmas Day. We have been selling our lettuce at the Littleton Food Co-op and to local restaurants since 2017 and we will continue to sell fresh greens throughout the year.

I still prefer gardening in soil, but during the harsh New Hampshire winter it's pretty nice to be working with plants in a controlled environment. It is a unique contrast; one of the oldest family owned and operated farms with some of the most cutting edge technology in agriculture.

Find out more about Pinestead Farm at: pinesteadfarm.com

by **Alyssa Sherburn**
Owner, Pinestead Farm +
Co-op Board Member



REMEMBER...

THIS IS YOUR COOP!

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

Contact Kristina at:
marketing@littletoncoop.org

A NOTE FROM THE GENERAL MANAGER:

Microloans available for North Country Farmers



Summer is an exciting time of year in our produce department as more and more local farms start delivering directly to the Co-op. Since opening in 2009, the Littleton Food Co-op has been a big supporter of local agriculture and all of our great farmers. Last year our Co-op purchased \$1.9 million worth of local products, much of it going directly to farmers. Our commitment to local foods is one of the things that makes Food Co-ops different from the chain supermarkets.

But our support of local agriculture goes beyond just buying from local farms. The Littleton Food Co-op funds a micro-loan program that lends to farmers in our region. We contribute \$15,000 annually to this fund, up to a maximum of \$250,000, which is administered by Grafton

Region Development Corporation. Accessing capital for business ventures is not easy. This fund is intended to target start-up as well as established farms. Investment is crucial for farmers trying to survive in the North Country where the season is short and most farms are small and family owned.

The Littleton Food Co-op received economic development grants when we first opened in 2009, and one of the grants had provisions that required us to fund this program. It was our idea that it be used to support our local food system. This is just another way that the Co-op gives back to our commu

By Ed King
General Manager



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.

Budget Friendly Recipes

Garlic Tofu + Greens

Serves: 4 Prep Time: 20 min. active; 35 min. total

- ¾ pound Nasoya firm tofu, sliced in 1-inch cubes
- 3 tbsp Field Day canola oil, divided
- 2 tbsp toasted sesame oil, divided
- 6 cloves garlic, minced, divided
- 4 C water
- 2 C uncooked Field Day penne
- 1 bunch kale, tough ribs removed, chopped
- 1 tsp red pepper flakes
- Salt and pepper to taste



Estimated cost per serving: **\$1.67**

Heat the oven to 400°F. Line a baking sheet with parchment or foil. **Toss tofu cubes with 2 tbsp of canola oil, 1 tbsp of sesame oil, and half of the minced garlic, making sure the cubes are well coated.** Spread in a single layer on the baking sheet and bake for 15 - 20 min. or until lightly golden. **While tofu is baking, bring 4 cups of water to a boil.** Add penne pasta and boil for 10 min. or until pasta is tender. **Heat the remaining oils in a large skillet over medium-high heat.** Add the rest of the garlic and red pepper flakes and let them sizzle for just a moment. **Add the kale a handful at a time, turning frequently with tongs.** Once kale turns bright green and begins to wilt, about 2 to 3 min., turn off the heat. **Mix the kale with the baked tofu, tossing well.** Season with salt and pepper. **Serve over pasta.**



THANKS FOR CELEBRATING THE GRAND OPENING WITH US!



GRAND OPENING PARTY - MAY 20TH 2017

SPRING BIRDING AT THE CO-OP



Ah – spring. That long-awaited time of year when birders' senses re-awaken as we anxiously await the music of the air to return. It's as if the orchestra is slowly coming back, one instrument at a time. Think you can't get that experience while shopping at the Co-op? Think again!

As part of the admin. team, our offices recently moved from across the street into the expanded building of the Co-op. And even with the construction and road noise, walking across the parking lot each morning I have been hearing the symphony return. Looking out of our big windows onto the wetlands and wooded areas below, I get a "birds-eye" view of our avian visitors and thought it a shame to keep my experiences to myself.

Of course, we have our regulars here at the Co-op. These include the buzzy "chick-a-dee-dee-dee" of the Black-capped Chickadee, the familiar "caw-caw" of the American Crow, the raucous "jay-jay" of the Blue Jay, and the soft "co-roo-co" of the Rock Pigeon. There's also the mournful "coo-ah, coo, coo, coo" of the Mourning Dove, the tinny "yank-yank" of the Red-Breasted Nuthatch, and the melodic "what-cheer, cheer, cheer; purty-purty-purty-purty" of the Northern Cardinal, adding their voices to the choir. The woodpeckers also have their place in the orchestra, including the loud "wicka-wicka-wicka" of the Northern Flicker and the sharp, distinctive "peek" of the Hairy Woodpecker.

But oh, that first musical "konk-la-ree" of the Red-winged Blackbird and you know that spring has officially arrived! The return of Turkey Vultures soaring overhead is also a sure sign as is our first returning representative of the thrush family, the American Robin, with its "cheerily, cheer up, cheer up, cheerily, cheer up"

song. Sparrows are also well represented in the choir, including the thin musical trill of the Chipping Sparrow and the "Madge-Madge-Madge, put-on-your-tea-kettle-ettle-ettle" song of the Song Sparrow who can regularly be seen flitting about in the wetland areas. This time of year, the American Goldfinches are a brilliant golden color and singing their characteristic "potato-chips" song while in flight. Birds are noticeably pairing up and you'll likely see more and more birds flying with nesting material in their mouths as they prepare this year's nests.

Perhaps you'll be lucky enough to see the pair of Sharp-shinned Hawks, or hear their "kik-kik-kik-kik" calls as they seem to appear out of nowhere to ambush their target of songbirds before disappearing out of sight once more. The Gray Catbird, with its long succession of musical and mechanical notes (including a cat-like mewing), has recently added its distinctive voice to the choir. The loud, chattering twitters of the Chimney Swift flying overhead is an unmistakable and wonderful addition as well. Perhaps most anticipated is the arrival of the warbler section of the orchestra. This includes the distinctive "witchity-witchity-witchity-witchity-wit" of the Common Yellowthroat, the emphatic "teacher-teacher-teacher" of the Ovenbird, the whistled "weeta-weeta-weeteo" of the Magnolia Warbler and the musical "very very pleased to meet cha" of the Chestnut-sided Warbler which are now filling the air with their remarkable chorus.

So the next time you're at the Co-op, shopping or relaxing in our new outdoor seating area, take a minute to notice our feathered friends all around you. You don't have to go far for a birding experience. Get everything you need, including a fantastic bird fix, right here at your Littleton Food Co-op!

**Once more the song birds set the air athrill
With symphonies of praise,
And birds and blossoms grow to music's trill
In warm and sheltered ways.**

-Benjamin Leggett

by Julie Wiles-Felch
Admin. Assistant
(Resident Birder)

A WORD FROM... OUR WELLNESS DEPARTMENT

By
Charise Baker, Wellness Manager

1. I've never heard of a Wellness Dept. before. What is it? It's a section of the store dedicated to Health & Beauty products along with an expanded selection of supplements.

2. What if I can't find what I'm looking for? We can look into special ordering it for you! We're always happy to help find new products for our customers.

3. Do you carry cruelty free beauty supplies? Many items on our shelves are cruelty free! Just look for this symbol:



4. I'm not sure what supplement to take. Can you tell me? I'm not a doctor or a pharmacist so I cannot recommend or give medical advice. However, I can help you research, find and show you specific products you're interested in.

5. What is your favorite product? Dr. Bronner's Castille Soap, of course! You can wash your hands, hair, dishes or laundry with it! We now carry it in bulk too!



Thanks LHS Vocational Training Program for the Co-op's new produce bins!

LOCAL SPOTLIGHT: WOZZ! KITCHEN CREATIONS

The Littleton Food Co-op and Wozz! have been on a path of growth together as both work to build a sustainable agricultural food economy here in the White Mountains.

If you haven't heard, Wozz! Kitchen Creations is a husband and wife team based out of Bethlehem, NH. Owners Warrick Dowsett, originally of Australia, and wife, Ashley Thompson of Gorham, NH handcraft a unique line of specialty foods made from fresh and locally sourced ingredients. With inspiration taken from cuisines around the world, the couple creates a line of sauces and spreads refreshingly different from your usual New England fare and gears it towards the creative cook.



After only four years, Wozz! has gained the reputation for producing some of the highest quality specialty foods in the country. With a growing reputation for supporting local farms, the company is proud to say that produce grown in the area is now reaching retailers in most every state across the US. "I love that beets grown in a mountain field in Bethlehem, that are then transformed into our award winning Indian Spiced Beet Spread, are reaching foodies in California" says owner Warrick.

Wozz!, although a Bethlehem registered business, is working to make their impact quietly felt in towns all across the White Mountains. The company sources ingredients from farms and producers across the north country and supports local busi-

nesses from printers in Littleton to local sign makers. The company is supplying an ever increasing volume of parcels shipped via the local post office all over the country, due to their growing online presence. With Twin Mountain most recently added to the equation where Wozz! is investing in it's premier processing facility is set to be completed the summer 2017. "It has been a big first few years," says Warrick, "and we've hit a lot of milestones quickly and are excited for this next step and Littleton Co-op has been there for most of the journey. We have a lot more growing left and our hope, with the construction of this new facility, is that our impact locally can be felt ten fold and our continued growth, shared."

Over twenty Wozz! products including cheese pairing spreads, globally influenced dressings and cooking sauces are available in the Littleton Co-op along with recipe cards. Plenty more recipes are available online at wozzkitchencreations.com for the curious cook. In the last four years, Wozz! has been awarded the NYC fancy food show sofi award nine times and has been the recipient of Yankee Magazine Editors Choice award twice. The company has been featured on the Today Show and Women's Health Magazine, among other publications. Many of their coveted gold award winning products uses one or more ingredients grown or made right here in the White Mountains, so that is a win-win for the company and the community.



SUMMER CALENDAR

- All JUNE** **Copper Canyon Camp PARTNER OF THE MONTH**
The mission of Copper Cannon Camp is to enrich the lives of under-served youth of New Hampshire by providing a quality, tuition-free camp experience.
- JUNE 14th** **BAH + Moonlight Madness Sale**
5-9^{pm} Business After Hours, Storewide sales, music, local vendors, wine & cheese tasting & giveaways!
- JUNE 17th** **Birds, Bees & Creepy Crawly Things**
Educational Events, Samples, Prizes + more! 10 - 2 PM Featuring: Bird of Prey on Glove
- JUNE 24th** **Stonewall Kitchen Sampling**
12pm - 3pm at the Co-op!
- All JULY** **North Country Chamber Players**
PARTNER OF THE MONTH
North Country Chamber Players bring together the talents of principal players from internationally renowned groups and play shows in the North Country.
- JULY 5th** **Senior Discount Day**
Senior Members save 10% All Day.
*Standard exclusions apply
- AUG. 4th** **Food Documentary Screening**
FREE for Co-op Members
Beer & Cheese Tasting, Local Vendors
Colonial Theatre, Bethlehem
Movie TBA shortly!

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



Upcoming Partners! →



Interested in being considered for Partner of the Month? Contact us! hr@littletoncoop.org

HEALTH & WELLNESS:

Summer Sun Protection...

As we experience longer days and warmer weather, our time in the sun increases very significantly. Our exposure to its ultraviolet rays over many years does cause cumulative skin damage. There is a very small but real risk of melanoma which we all worry about. However, most commonly actinic keratosis (also called solar keratosis) occur. These are rough spots usually on the face and ears that become more numerous with age and they are precancerous. The most common skin cancer from the sun is a basal cell cancer. Both of these are easily treated by removing them. If ignored, basal cell cancers will grow larger and eventually become very difficult to remove.

Sunscreens will reduce our risk. We want to avoid getting sunburned. SPF 30 is

adequate protection. Certainly above 50 SPF is excessive - a lot more chemical for little additional benefit. Do not forget to protect the rims of your ears if not covered by long hair. This is one of the most vulnerable areas. The real question is how often should a sunscreen be applied? Maybe with full sun exposure use sunscreen hourly if in and out of water and otherwise use it every two hours. Another question is do we need to worry about paraben or other chemicals in the sunscreen products? I do not know. I have not seen any clear evidence of their harm.



by Charlie Wolcott
Board Director

NOW AVAILABLE AT THE CO-OP!

Rek'•lis
Brewed in
Bethlehem



Support our partners of the month!

1. Round up your change at the register.
2. Purchase pizza from 4-7PM every Friday. \$1 from every pizza goes directly to our POM's
3. Spread the word to your fellow community members.

WELCOME NEW (& RE-ELECTED) BOARD MEMBERS...



In April, we had both our Annual Member Meeting and our election cycle. This is notable because at that time of year we elect new (and incumbent) board members to keep the total number on the board to nine members. We also took the opportunity to refresh our by-laws. Originally when we first started the Co-op, we patterned our by-laws after those of the venerable 78 year old Hanover Co-op, who were generously mentoring our beginning. Recently, we formed a board committee to re-visit this document and found that it no longer served our needs as well as it could. I will take this forum to thank Board members Mark Hollenbach and Charlie Wolcott for their extensive research and time re-writing a by-law document that better fits our needs at this point in time. We are grateful for their work and dedication.

As for the elections, we re-elected 2 incumbent members of our board, Marcie Hornick and myself. Thank you for your continued confidence in us. We also welcome new board members Alyssa Sherburn and Laura Walls. We look forward to the fresh energy and skills these new board members bring to our board.

A reminder to all members that you must have four shares in the Littleton Food Co-op to be a voting member. This is YOUR Co-op. The board works for YOU! Thank you for your participation in the governing of the Littleton Food Co-op.

By Trish O'Brien
Co-op Board President



Chef Jo serving pancakes for Employee Appreciation Day in our new Cafe!

Spring 2017 Cartoon Caption Contest Winning Caption!



“The future has arrived!”

Winning submission by:
Terry Klein

FROM THE CO-OP KITCHEN Grilled Asparagus, Radish & Smoked Ricotta Flatbreads

Ingredients:

FOR THE FLATBREAD

- 1 ½ cups flour (all-purpose) & more for kneading
- 1 ½ teaspoons baking powder
- ¾ teaspoon of salt
- 1 cup plain yogurt
- Olive oil

FOR THE TOPPINGS

- 20 blanched asparagus spears
- Olive oil
- 8 ounces cold smoked ricotta cheese
- 4 radishes, very thinly sliced
- Flaky sea salt

Directions

Whisk flour, baking powder, and salt in a medium bowl. Use a fork to stir in yogurt. The dough will be crumbly. Dump the dough and any flour remaining in the bowl onto the counter and knead it for 6-8 min. If the dough is wet, sprinkle more flour onto the dough and work it into the dough. Cut the dough into 4 equal parts. Roll each piece to ¼-inch thickness.

Place a cast-iron pan over high heat and use a pastry brush to lightly coat the pan with olive oil. Place one flatbread into the pan. Cook for 3 min. and flip it over.

Heat the grill over high heat. Toss asparagus in oil and grill until they are well marked. Set aside.

Use a pastry brush to oil one side of each flatbread. Place breads, oiled side down onto the grill. Grill until they are marked. Flip each one and slather ¼ of ricotta over the top of each. Grill 4-5 min so the cheese warms. Remove from grill. Arrange grilled asparagus and sliced radishes across the flatbreads. Sprinkle with flaky sea salt. Enjoy.



Recipe adapted from Edible NH

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

Open Daily 7 AM - 9 PM (Summer Hours)

(603) 444 - 2800

www.littletoncoop.com

43 Bethlehem Rd. Littleton, NH 03561