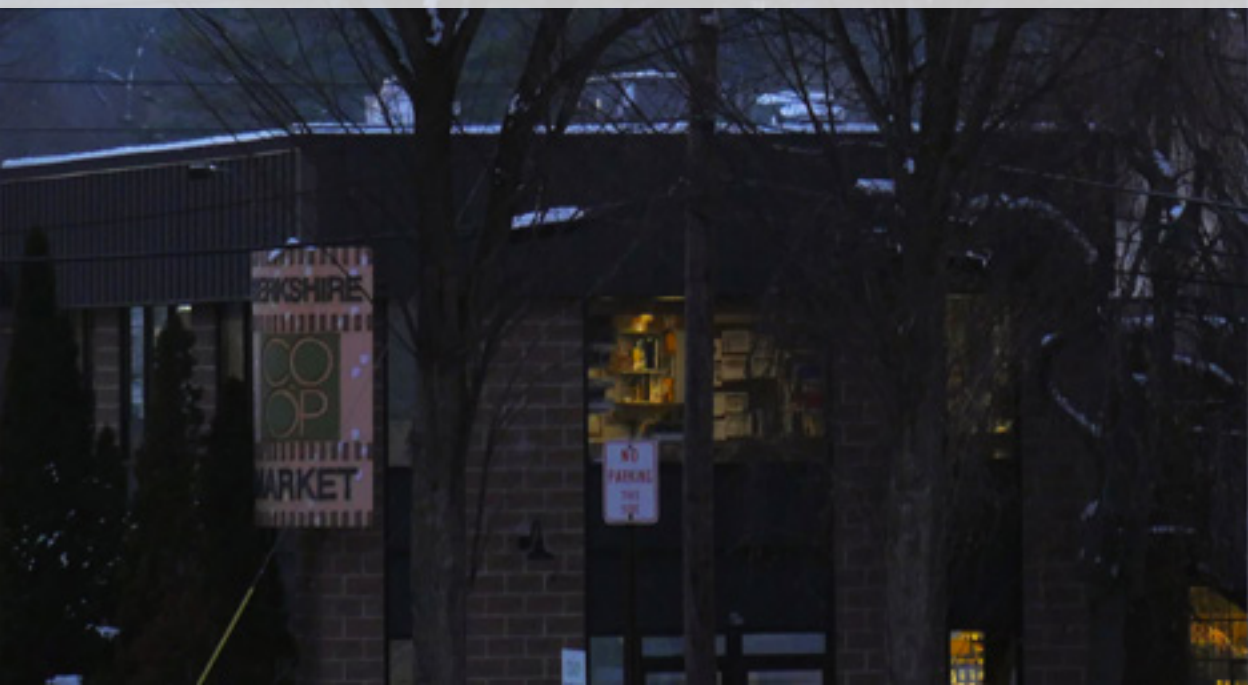




Berkshire Co-op

QUARTERLY NEWSLETTER

Winter 2018





Berkshire Co-op Market is the center of a flourishing community that:

- cultivates generosity, cooperation and care for our environment;
- engages our greater community through education and outreach;
- invigorates the local economy through equitable relationships and support of the cooperative movement;
- is the trusted source of healthful food for all.

4

from the general manager
spring is right around the corner and so are some big changes!

8

nourishing the community
the co-op nurtures us all in more ways than one

14

the perfect winter day
co-op staff weighs in on their favorite ways to stay cozy

18

warming hearts
stories from our education & outreach program

2 board of directors

know the faces of the folks who serve to guide the co-op

3 leadership team

meet the executives and managers who lead the co-op



Berkshire Co-op
QUARTERLY NEWSLETTER
Winter 2018

board of directors



Betsy Andrus



Victor Cantone



Leslie Davidson



Molly de St Andre



Jake Levin



Michael Maguire



Jen Salinetti



Dan Seitz



Erica Spizz

the leadership team



Jordan Archey



Deirdre Blair



Cian Dalzell



Travis DeGiorgis



Daniel Esko



Robbin Ezinga



Joel Liu



Ted Moy



Melissa Payne



Jenny Schwartz



Adam Sugarman



From the General Manager...

Daniel Esko
General Manager

It's hard to believe after the deep freeze of the past two months, but spring is actually right around the corner! Other than the usual things we anticipate when spring arrives, like more sunshine and the return of seasonal flora and fauna, we have something particularly exciting to look forward to this year. The construction of our new store! That's right, after years of planning and community engagement, our new building will actually spring to life in the next few months and will begin a new chapter in the 40 year history of the Berkshire Co-op Market. This is a huge moment for our Co-op and I want to thank our Owners for patiently waiting almost a decade for this day to come and more importantly, for supporting your Co-op over the years. Our new long term home is actually within reach!

To recap, the Co-op will be the anchor tenant in a new mixed use development to be built on our current parking lot and the footprint of the old Laramie building (the white building next to our parking lot). The development will include additional retail and office space as well as market rate condominiums. Our store will occupy the ground floor of the building with 14,000 total square feet, and almost 8,000 square feet of retail space. This is roughly

a doubling in overall size from our current space. Every department will be expanded with a big focus on our fresh departments —produce, prepared foods, cheese, meat and seafood. The Co-op's mission of providing real food to our neighbors and doing real good in our community is rooted in creating more co-op economy. Our new home is critical to our mission and will help the Co-op grow its impact in a big way.

"Our new long term home is actually within reach!"

So what's next? The developer, Benchmark Development out of Lenox, MA has just begun preparing the first two buildings for demolition—the storage building to the south of our store and the Laramie building adjacent to our parking lot. These structures are coming down in February in order to make way for the new construction in March. This phase of the work should have very little impact on our customers, and we will do our best to communicate in advance if any parts of this phase will have a negative impact on store access and parking. All work areas will be properly cordoned off at all times, of course.

Once demolition is complete, we will

construct a temporary parking lot on the south side of our building. This will become the main customer parking lot during new store construction and for a couple of months after the new store opens while our old store is razed and our new parking lot is built in its footprint. This phase has the biggest impact on our customers, though I have a running joke that our temporary parking lot will have more space and be in better condition than our current lot. Not only is our parking lot location changing, but so is our customer access point which is currently the right of way between our store and our parking lot. This right of way will be moved down Bridge Street to Memorial Field (the ball field), and will be the primary access to the temporary parking lot. We can expect to have this temporary access in place from sometime in the spring through the end of this year, possibly into the first part of 2019.

This is a lot of change and change can be challenging, but it's important that you continue to support the Co-op as much as possible during this time. We will do our best to minimize the impact on our customers by offering carryout service and we will make sure the walk up from the parking lot to the store is properly graded, clear of obstructions and is safe and easy to navigate. We will also have plenty of signs in place with all roadways and suggested traffic flow properly marked. We will remain open at all times during the construction.

Now more than ever, we are depending on you to come together and help our Co-op get into its new home by continuing to shop as you normally would. And, if during all of this you do find it less convenient to shop the Co-op, I would kindly ask you to double down and consider going out of your way to make a trip to the



Co-op. Heck, even consider adding an extra shopping trip if you can! I know it might seem strange to ask, but helping the Co-op thrive during this transition is critical to us remaining a keystone of a healthy local economy. Also, if you are not currently an Owner of the Co-op, please consider making the small investment and becoming one today. Buying one inexpensive Owner share is a great way to support the Co-op and your community.

We hope to be in our new home sometime between the end of 2018 and early 2019. We will be working over the next year to finalize store design, purchase all of our new equipment and oversee its installation in the new space. This will be a lot of fun as we get to build a brand new store with brand new equipment, essentially re-imagining the Co-op from the ground up. If there are any new products you would like to see in the new store, please let us know. We would be happy to include your recommendations in our new product mix, when possible. Once complete, the Co-op will be well positioned to grow sustainably into the future and meet the needs of more people in our community.

Meanwhile in the current store, everyone is hard at work trying to bring the absolute best to you every single day. From keeping the store clean and maintaining our aging equipment, to bringing in new products and lowering prices, we want to make the Co-op a better place to shop today. Over the past several months we have repaired the bathrooms, performed work on our floors, reset several key categories,

and have experienced some personnel changes with Melissa Payne becoming our new Operations Manager and Joel Liu becoming our new Meat and Seafood Manager. We have welcomed back some old faces and welcomed several new faces as well. The Co-op family is ever changing, and I think our community benefits greatly from the diversity of experience our staff can bring to the table. The Co-op is a work in progress and we're working

"This is a lot of change and change can be challenging... helping the Co-op thrive during this transition is critical to it remaining a keystone of a healthy local economy."

hard, every day to not only be a better place to shop, but a better place to work.

To that end, starting on April 1st, the Co-op will begin rolling out a new vision for operations and staff culture, along with a wage scale overhaul. Our new vision for staff culture is rooted in more generosity and accountability with team members working across departments and ensuring that all systems provide value to the customer. We are truly one team that loves our work and workplace and we come together with honesty and integrity to meet the needs of all of our stakeholders—our Owners, our staff, and our farmers and vendors. To help set this

new vision for staff culture, we have (with a little borrowing from our sister Co-ops) adopted what we call our B.I.G. Direction (Business is Good). Running a strong business is not only critical to achieving our social mission, but in fact, our social mission is, more importantly, woven into our business strategy. Through this, we have realized that productivity (good business) is actually at the heart of our operational vision, which is to provide fair prices to customers; fair prices to farmers and vendors; and fair wages to staff.

This is a big deal for the Co-op as it sets us on the path to creating more Co-op economy through a deepened commitment to fair economics—fair prices and fair wages. It translates into all that we do, from staff expectations and job descriptions, to our customer service approach and pricing strategy, and everything in between. In the short term, we are raising wages for staff and setting up a fair and transparent wage scale to use moving forward. In the long term, we are committed to working toward a livable wage for all full time employees and everything we do will be with an eye towards that end. We are reviewing and lowering prices in select areas in order to provide more value and fairness to you, our Owners and customers. Does this mean that every price comes down? Of course not, but with this new vision we will ensure our prices are fair and competitive, and that our shoppers can afford to shop the Co-op. While we feel we have done well in this area over the years, we will always make sure our vendors are making

what they need to make in order to run a sustainable business. This comes from fostering meaningful relationships with our farmers and vendors and committing to an honest and open dialog. In sum, fair economic relationships are at the heart of our B.I.G. Direction and are at the heart of the Co-op's mission.

From where I stand, this appears to be one of the most exciting and important moments in the history of our Co-op. I feel incredibly fortunate to be a leader in this organization during this time and to help ensure this important community resource—the Berkshire Co-op Market—is thriving and sustainable now, and well into the future. Thanks for supporting your Co-op and for being a part of the dream. We'll see you in the aisles!





A Cooperative Effort to Nourish the Community

Jake Levin
Board Member

The beginning of the new year is traditionally a time to reflect on the year gone by, as well as the year to come. I like to use it as a time to consider the things I am grateful for, and the things I want to change or do differently in the future. As I reflect on this last year, and look forward to the new one, the Berkshire Co-op Market—and my relationship to it—stand out as something I am truly grateful for.

Around the beginning of 2017 I gave my notice to Daniel that I would be leaving the Co-op after nearly four years of working there; first as the Produce Manager then as the Meat, Seafood and Cheese Manager. Over the course of my time at the Co-op, my love and respect for the Co-op and the role it plays in our community, grew and grew. The idea of no longer being actively involved with it left me with a heavy heart.

What I was going to miss the most about being at the Co-op wasn't my work with meat, and it wasn't my engagement with our local farmers and artisanal food producers. While I loved that part of being at the Co-op, my new job was going to allow me to dive even deeper into the craft of butchery and artisanal food production, and to continue to work closely with other local producers and farmers.

What I was sad about leaving behind was being part of an organization that plays such a vital role in our community. So, I decided to run for the Berkshire Co-op Market Board of Directors. That way I could continue to be directly involved in the great work the Co-op does. To my pleasure, you, the Owners, elected me.

While I was campaigning for the Board elections many of you asked me why I valued the Co-op. There are many things that the Co-op does that make it

"The Co-op is always working to cultivate this community so that it can continue to grow, be healthy and stay strong."

a unique and important organization in our community. For instance, the work that Jenny Schwartz does, through our Education and Outreach program, for our schools, prisons, farmers' markets and in our store to educate our community about healthy and sustainable eating. Or, the time and energy that department managers put into working with our local farmers and producers, helping them to



grow their businesses and continue to feed our community. Or, the fact that even in the dead of winter, I can go into the Co-op and find enough local produce, meat, and dry goods to create a delicious stew.

The best way I can think to describe what the Co-op does for our community is that it nourishes us. It provides our community with warmth and comfort. I don't just mean that it nourishes us in a literal sense. Of course, it does. There is no grocery store in our community more dedicated to supplying us with local and organic food. But, I mean it nourishes our community metaphorically.

The Co-op is always working to cultivate this community so that it can continue to grow, be healthy and stay strong. Some of the ways it does that are familiar to most of us, like co-sponsoring the Berkshire Grown Winter Farmers' Markets, one of my favorite community events. But the

Co-op is also involved in many quieter acts of generosity that get overlooked or go unnoticed. For instance, once a month, the Co-op's kitchen cooks a free meal for over 100 people which is served at and hosted by the Berkshire South Regional Community Center. This supper is open to anyone and is a treasured community event.

Another program I love is "Round-up for Change". At the annual meeting, Co-op Owners vote to pick their twelve favorite not-for-profits in the region. The twelve organizations are each assigned a month. Co-op shoppers are then given the opportunity to round-up their check-out total to the nearest dollar and have the spare change donated to the organization of the month. Some of recipients this year are Greenagers, Volunteers in Medicine and Community Health Programs. The Co-op then tops off whatever was raised for the month with an additional \$250. Another way in which the Co-op nurtures

our community is in the amount of food it gives to various food pantries throughout the area. This helps to both reduce food waste, as well as feed those in need. Almost everyday someone comes in to collect food from the Produce; Meat, Seafood, and Cheese; and Grocery departments. Organizations like the Western Massachusetts Labor Action Committee, and the Peoples Pantry have developed strong relationships with the Co-op and its staff to ensure that this food goes out into the community to feed those in need.

Beyond that, the Co-op has a budget of \$20,000 dedicated to supporting various efforts and organizations in our community. Sometimes that money is used to sponsor a community event like the Fermentation Festival, sometimes it pays for a locally-sourced cheese platter at a fundraiser for Construct. Every request the Co-op gets is carefully considered. This year we plan to make the system for requesting donations and support

from the Co-op even more accessible. It can be easy to forget that the Co-op isn't just a grocery store dedicated to local, organic and healthy food. But it is exactly all of these other actions that the Co-op takes that makes me so proud to be an Owner of the Co-op and a member of its Board of Directors. I want to thank the Co-op staff for working so hard to cook free suppers at Berkshire South, and for coordinating with organizations like Western Massachusetts Labor Action Committee to make sure food doesn't get wasted and instead goes to families in need. I want to thank you for your dedication to the Co-op which enables us to continue cycling money back into the community. As I reflect on our cooperative effort, I feel proud of the ways in which we are dedicated to providing warmth and comfort to our community— constantly nourishing it so we can continue to grow stronger, together.







The Perfect Winter Day

Ted Moy
Marketing Manager

Who are you and what do you do at the Co-op?

Melissa: My name is Melissa Payne and I am the Operations Manager.

Matt: My name is Matt McMahan and I have been at the Co-op over three years. Currently I work in the kitchen as a dishwasher.

Travis: I am Travis DeGiorgis and I am the Prepared Foods Manager.

Jake: My name is Jake Levin and I serve on the Board of Directors.

Jordan: My name is Jordan. I'm the Produce Manager.

Amie: My name is Amie and I am the Refrigerated and Frozen Foods buyer.

Kira: My name is Kira Smith and I am the Talent Development Coordinator at Berkshire Co-op Market.

What does your ideal winter day look like?

Amie: Being at home, watching it snow, reading a book by the fire.

Travis: My ideal winter day would involve sitting at home, hopefully snowed in, not able to go anywhere, with my family, probably making some sort of hearty stew or pot roast for the end of the day and just figuring out how to have fun in the snow.

Ted: Fun in the snow. Are you a sledder or perhaps a snowball fighter?

Travis: Right now I am a winter time explorer with my two year old, Amelia.

Ted: Oh, that sounds like fun.

Travis: Yes, lots of fun. It's a whole new world when it's covered in white.

Jordan: Getting up. Having brunch. Going for a walk. Baking cookies. Watching movies. Not leaving my house... or property.

Ted: So, the responsible Co-op writer in me has to ask what is on your brunch plate?

Jordan: OK. Bloody Mary with the R.W. Knudsen Tomato Sriracha juice and pickle juice. Cornmeal waffles with the slab bacon we sell and a runny egg or sausage gravy.

Ted: I want to eat brunch at your house.

Jordan: You're always welcome.

Kira: It would be snowing, and I would be inside, either by the wood stove or by the fireplace, if I had one. With a book, a glass of scotch or tv and knitting.

Ted: I can see the picture now. Are you in a rocking chair?



Kira: No, no, but you know. Those aren't as comfortable as people would think.

Ted: I do like a good recliner, if it wiggles I'm ok with that too. So, you're basically an indoor cat.

Kira: (laughs) Yeah, pretty much. I am an indoor cat. I like that comparison.

Matt: Well, I would think that the perfect winter day should have snow on the ground, about like four inches. But I don't really like a lot of snow and for temperature, I think it should be up in the twenties with no windchill. I think that would be a day that we can all enjoy.

Ted: That sounds pretty nice. And what are you doing on that day?

Matt: Um, I would probably be at home, inside playing games. Actually, I don't get out much in the winter.

After a long day outside, what food or beverage would you turn to for warmth, coming in from the cold?

Matt: I like hot chocolate. It's probably the only beverage that I can think of off hand that provides a lot of warmth. Hot chocolate and cookies.

Travis: I know the tradition is hot cocoa, but I actually hate hot cocoa.

Ted: I think four out of five responses have been cocoa so take me in a new direction. What do you have?

Travis: Um, no, I mean, I'm not really a hot beverage kind of guy. I would maybe like something like a hearty beef broth.

Ted: Ooo, really.

Travis: Yeah, something like that is more up my alley than hot cocoa or hot cider or something like that. And the same

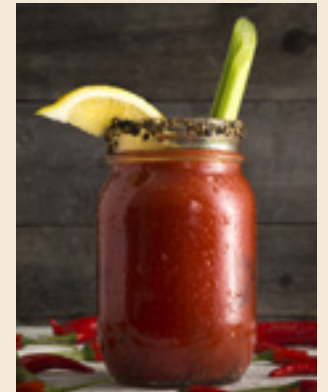
Jordan's Sriracha Bloody Mary

Ingredients:

- 32 oz. R.W. Knudsen Organic Tomato Sriracha Juice
- 1 c vodka (optional)
- 1/4 c pickle juice
- 1 T worcestershire sauce
- black pepper

Suggested Garnishes

- celery
- lemon
- radishes
- carrots
- olives
- pickle



Directions:

Mix all ingredients in a pitcher and serve with ice & a fancy straw.

Source: the brain of Jordan Archey

thing food wise. I make pot roast, you know, all the hearty New England dishes, stewed beef of any kind. You know, I'll do a chicken pot pie...stick to your ribs kind of eating.

Kira: It's usually tea. I really, really love peppermint tea. Which is weird because I don't like anything else that is peppermint. But I love peppermint tea. That would be my first choice. It's usually the first thing I would make when I am out shoveling.

Ted: That's interesting, so you know peppermint has that, you know, it's equally warming and cooling.

Kira: Well, you know, it's also

invigorating.

Jake: Oooo, uh. I like a bone broth with kimchi or miso in it.

Ted: I was waiting for someone like you to come by because this is exactly what I would want. I'm also waiting for someone to tell me they'd have a big bowl of pho.

Jake: That's what I'm making tonight (raises his shopping basket).

Amie: Turmeric tea. It's just delicious and warming.

Melissa: Biscuits. There's two things we refer to as biscuits. One is a straight buttermilk, actual biscuit. But we only do that when we are making strawberry shortcake because we do not do sweet

biscuits for shortcake, we only do savory biscuits for shortcake. And the other is these homemade biscuits that my grandmother used to make. She'd make them every Saturday night, every week for the duration of her marriage.

Ted: Maybe that's the secret to a happy and healthy relationship.

Melissa: Right! So, it was a tradition that every Saturday night—even after we were all grown—we would go to grandma's after dinner and we'd get those biscuits, which were a basic yeast roll. [laughs] And we'd slather them with butter and dip them in molasses, which I have to tell you is Canadian molasses, not American molasses.



Easy Yeast Rolls

Ingredients:

2 packages (1/4 ounce each) active dry yeast
2 cups warm water (110° to 115°)
1/2 cup sugar
1 egg
1/4 cup canola oil
2 teaspoons salt
6 to 6-1/2 cups all-purpose flour

Directions:

In a large bowl, dissolve yeast in warm water. Add the sugar, egg, oil, salt and 4 cups flour. Beat until smooth. Stir in enough remaining flour to form a firm dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down; turn onto a lightly floured surface. Divide into four portions. Shape each portion into 12 balls.

To form knots, roll each ball into an 8-in. rope; tie into a knot. Tuck ends under.

Place rolls 2 in. apart on greased baking sheets. Cover and let rise until doubled, about 30 minutes.

Bake at 350° for 15-20 minutes or until golden brown. Remove from pans to wire racks to cool.

Yield: 4 dozen

Source: Taste of Home

Do you have a favorite winter memory that you would be willing to share?

Travis: Oh, winter memories. Probably, I was really, really young. Probably second grade or younger and I would go cross country skiing with my father. And just being able to get out into the deep snow, just gliding across the top, not sinking in. The still silence of being out in the woods at that time of year, just when there is absolutely zero sound, is something I always look forward to in the winter time. Just being able to find that peace and tranquility out in the middle of nowhere.

Jordan: I really enjoyed my first attempt at cross country skiing. It was very humbling.

Ted: When was this?

Jordan: Last winter.

Ted: When you say humbling, I feel I can relate. I was not very successful my first, second or third attempt cross country skiing. Wake up bruised?

Jordan: You just think it's going to be fine, and it's not. It's like putting on really long shoes, that just aren't that slippery.

Ted: Well, as difficult as I know it to be, I'm sure it was a good time.

Jordan: Yeah, that's why it was one of my favorite memories.

Amie: Probably sleigh riding when you are a kid because I feel like I don't really do that anymore.

Ted: Sleigh riding... not sledding.

Amie: Yeah, we call it sleigh riding.

Ted: Wait a minute... are you being pulled by horses? Or reindeer?

Amie: (laughs) No.

Ted: Ok. Is this a down hill, gravity powered activity?

Classic Love Cocoa

Ingredients:

milk
sugar
Equal Exchange
Organic Baking
Cocoa



Directions:

Fill your mug with your milk of choice - pour milk into a pot.

Add 1 heaping Tbsp. of both high-quality sugar and Equal Exchange Organic Baking Cocoa (or to taste). Whisk together. Place on stove on low heat, constantly stirring with whisk. Do not let boil or stick the bottom of pot.

When it's hot enough for your taste and all has been dissolved, pour into mug and enjoy!

Source: Equal Exchange

Amie: Yes.

Ted: OK. But you call it sleigh riding.

Amie: That's what my family calls it.

Melissa: When I was very young, I used to beg my uncles to take me out on the snowmobile and my grandmother refused to let me ride. So my uncle actually talked my grandmother into taking a ride with him, so she could be shown that it was safe. So I have a very fond memory of watching my grandmother squealing and being projected across the field in Housatonic behind the Methodist church and up into the woods and coming back, giggling like a child.



Warming Hearts by Doing Good

Jenny Schwartz
Education & Outreach Coordinator

It's the simple pleasures in life that can warm the heart. "Doing good" in the community can be synonymous with warming a person's heart and mind. This is emulated throughout the programs offered here at the Berkshire Co-op Market.

As our Indian Summer transitioned to chilly fall days, our Community Builders classes were working to warm hearts in their community. Community Builders is a program that adapts the video game, Minecraft, to real life. In this program, kids learn about building community, healthy cooking, gardening, and sustainability. They also learn how they can make an impact in their own community. Community Builders is offered to third through sixth graders at Undermountain Elementary School, Muddybrook Elementary School and Monument Valley Middle School as part of their after-school programs.

In an effort to make an impact in their community, our Monument Valley Community Builders program researched organic and gluten free pet treats using local and seasonal ingredients. They wanted to make pet treats and sell them to raise money for the Berkshire Humane Society. In the final days of preparation, signs were needed to advertise their

project in school. One student put on the breaks when they were asked to help make signs. They were concerned about spelling errors and worried about being judged. We had a discussion about how the end result was to work together and help a community organization. The next week she opted to work on the signs without any coaxing from anyone in the room. She asked for help with hard words and made well-designed signs that represented the hard work of her group. They sold the treats at the school's showcase and raised \$40. Friends and family came together to see work on display and enjoy a potluck dinner held at the school.

The fear of judgement has the potential to stop us from trying or doing something out of our comfort zone. At Undermountain Elementary School, the group designed a cat structure. They wanted to donate the structure to Purradise in Great Barrington. When it came time to build, there were some kids questioning how well it was going to go. A local woodworker lead the students to complete a well built cat structure. As we finished, students remarked "I didn't think this would turn out so well, but it did!" In the end, the students asked to take pictures and share them with their families. At the

end of the session, students completed class evaluation forms. Some of the comments were: "Everyone cares about each other," "we help the community," "the program is great because we all work together," "that we are donating the money we earn (to organizations in need) and "making new friends".

During the holiday season, it was the simple pleasures that brought smiles to people's faces. We warmed some hearts during our last healthy cooking class offered at Gould Farm. We concluded the series making homemade fortune cookies, complete with handwritten messages. One participant was prolific when it came to writing inspirational messages. Each person's face lit up with joy when they would crack open a cookie and read the handwritten fortune. Some



of them read: "You miss 100% of the shots you don't take." "You are totally adequate for all situations." "You now deserve love, romance and joy and all the good life has to offer." It can be rare to see a smile when going through a difficult time, especially during the holidays. We smiled, laughed and looked at each other as each member read their fortune.

There is something to be said about the art of making simple handmade gifts. The Community Corrections Center asked to learn how to make handmade crafts. We set to repurposing material that would have been thrown away or recycled. They made snow globes, beeswax wrappers, homemade lip balm and small jars of lotion. I loved watching them add details to make the gift special in an effort to warm the heart of someone they cared about. The common recipients of the gifts were mothers, wives, girlfriends and children.

The art of doing, giving and giving back are the roots of what promotes change and creates progress. We open the eyes of individuals and show them how easy it can be to do good for themselves and their community.



try this at home

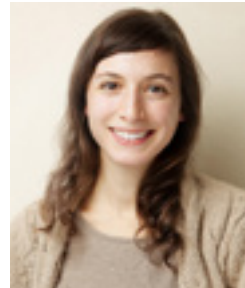


Borscht

Board Member, Molly de St. Andre, shares a favorite soup recipe which was given to her by a friend.

Ingredients

olive oil or vegetable oil
1 1/4 pound slice of bone-in beef shank with a lot of meat (or 1 pound of stew beef), excess fat trimmed
1 large onion, chopped (about 1 1/2 cups)
8 cups beef broth or beef stock, divided 4 cups and 4 cups
4 large beets (about 1 1/2 pounds), peeled, chopped
4 carrots (1 lb), peeled, chopped
1 large russet potato (3/4 lb), peeled, cut into 1/2-inch cubes
2 cups thinly sliced cabbage
3/4 cup chopped fresh dill
3 Tb red wine vinegar
1 cup sour cream
salt and freshly ground black pepper, to taste



First, brown the beef and cook the onions by heating 2 teaspoons of oil in a large, thick-bottomed pot on medium high heat. Add the beef shank or stew beef. Let the beef brown lightly on one side, then turn over. Add the chopped onions to the pot and let them cook until soft, about 5 minutes.

Next, add 4 cups of broth to the pot and bring to a boil, then lower the heat to a simmer. Cover and cook until the meat is falling-off-the-bone tender, about an hour and a half.

While the beef is cooking, prep and roast the vegetables. First, preheat your oven to 400°F, then peel and chop the beets, carrots and potatoes into 1/2 inch pieces. The beets and carrots take longer to cook than the potatoes, so they're going into the oven first.

Toss the beets and carrots with a teaspoon or two of olive oil, spread them out in a single layer on a foil-lined roasting pan and get them into the oven. They're going to cook for 15 minutes before you add the potatoes.

In the meantime, toss the potatoes with another teaspoon or two of olive oil. After the beets and carrots have cooked for 15 minutes, pull out the pan, make room for the potatoes and add them into the mix. Roast everything for an additional 15 minutes.

Slice your cabbage, chop your dill and set them aside.

Around this time, you might want to check

the meat that's simmering on the stove. Once it's tender, take the pot off the heat and remove the meat. If you're using a beef shank, remove and discard any bone, connective tissue and excess fat. Chop the meat into bite-sized pieces and skim the excess fat from the liquid in the pot.

Now, return the pot to the stove and add the remaining 4 cups of broth and the roasted vegetables. Add the chopped meat, sliced cabbage and 1/2 cup of the dill. Bring everything to a simmer and cook for another 15 minutes or so, until the cabbage is cooked through.

Add the vinegar and season with salt and freshly ground black pepper, to taste. I use about 2 teaspoons of salt and 1 teaspoon of pepper, but the amount you use will depend on how salty your beef broth is to begin with.

This soup is best made a day ahead. (The longer the soup sits by the way, the more it will all turn the deep red color of beets.)

Serve ladled into bowls with a dollop of sour cream and a sprinkling of fresh dill.

Enjoy!

Berkshire Co-op Market

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