

FALL 2014



NEWSLETTER

COOPERATIVELY OWNED

COMMUNITY FOCUSED

ANNUAL

MEETING

SPECIAL

SATURDAY, NOVEMBER 1
SPECIAL SECTION PAGES 7-10

EDITION

Apples with a Story: Scott Farm

How I got to know a whole new world of apples.

By Jake Levin, Produce Manager

Growing up, my favorite apples were Granny Smiths, Red Delicious, and Macintosh, apples that are readily available at the supermarket. It wasn't until I became involved with food professionally that I started to explore the exciting world of heirloom and landrace varieties of fruit and vegetables.

My apple awakening began while wandering the stalls of the Union Square Market. Every market day throughout the fall, I would bring home different varieties for my wife (then girlfriend) to try: Jonagold, Honeycrisp, Northern Spy, Cox's Orange Pippin. We ate them raw, we made sauces and chutneys, and we baked with them, trying to see which apples were best for which uses.

It wasn't until I met my good friend and favorite chef, Jamie Paxton, that my eyes really opened up to the wonder of apples. Jamie would go away for a weekend and come back with a bushel of different kinds of apples, the likes of which I had never seen or tasted before, and

that I didn't know was possible. Some of the apples were knobbed and brown, others black and tiny; some tasted like pineapple, others like clove. It became hard to believe that the Red Delicious I grew up eating is in the same family of fruit that also produces the Westfield Seek-No-Further. I started to ask Jamie more about these apples—where they came from, who grew them, and where could I find them. It was then that I learned about the heirloom apple heaven called Scott Farm Orchard in Dummerston, Vermont, where Zeke Goodband, the orchardist, grows over ninety different varieties of heirloom apples.

Jump a year ahead and I found myself as Produce Manager at the Coop with little knowledge about running a produce department. One thing I knew was that I loved produce and I wanted to carry as many apple varieties as possible. I was able to get Cortlands, Macouns, and Gingergolds from our neighboring orchards like Windy Hill and



APPLES Continued on Page 14

My Candidate for the Nobel Prize in Economics

By Michael Shuman: Economist, Author, Local Economy Advocate



Two years ago, we had the pleasure of hosting Michael Shuman as the Co-op's Annual Meeting Keynote Speaker. He gave an inspiring talk on the future of cooperative and community-based economics. This article was posted on Michael's blog this past January about this year's Keynote Speaker: Janelle Orsi. It's great praise and will give you a view on this year's talk from a former speaker and expert in the field.

This past November one of three Sveriges Riksbank Prizes in Economic Sciences went to Professor Robert Shiller of Yale. After years of giving its award to various University of Chicago Neanderthals, the Nobel Prize Committee finally made an inspired choice, picking a scholar whose work has shown that the returns from mainstream stock markets have historically been significantly lower than what the hype-sters on Wall Street claim. As the Committee considers future awards, I would like to bring to their attention the woman I consider one of the most innovative economists of our age — Janelle Orsi.

Janelle is the co-founder and executive director of the Sustainable Economics Law Center (SELC) in Oakland, California, and has pioneered a new legal field called sharing law. It's all about the gray zones in law: childcare cooperatives, car-sharing programs, barter networks, community owned stores, local currencies, microenterprises, tool-lending libraries. A recent grassroots effort to create a list of the world's 100 most influential thinkers on sustainable economics (www.enrichlist.org) placed Janelle among names including E.F. Schumacher, Herman Daly, and Donella Meadows. Most impressively, among those on the list, she was one of the few under forty years of age.

As a law student at Boalt Hall, at U.C. Berkeley, Orsi was strongly influenced by two courses: one on mediation; and another on advising small business, taught by Bill Kell. She noticed that the traditional legal fields, such as contracts and real property, addressed poorly the growing number of sharing relationships she saw in daily life in Berkeley, such as cooperative housing, urban gardens, and community-supported agriculture (CSA) networks. After law school, she set up the Law Office of Janelle Orsi (www.janelleorsi.com) to offer her services to individuals, businesses, and institutions involved in these kinds of projects. And within six months, she also had a book contract

NOBEL Continued on Page 14

Inside This Issue

Notes from HQ	Page 2
Our Ends	Page 3
Catching Up with the Board	Page 4
Co-op Diaper & Linen Service	Page 5
Learning from Winter Kale	Page 6
Annual Meeting	Pages 7-10
How to Vet for GMOs	Page 11
How to Eat Cheese	Page 12
Outreach on Two Wheels	Page 13
Departmental Reports	Page 16

42 Bridge Street
Great Barrington, MA 01230
413.528.9697
www.berkshire.coop
Open Every Day 8 am - 8 pm



Notes from HQ: The GM Report

By Art Ames, General Manager

Happy fall! And happy Annual Meeting time! I took a walk last week up to my favorite picnic site in the area: Bartholomew's Cobble. I spoil myself, stocking up on amazing cheeses, nuts, salads, and dips (mostly from the Co-op shelves), and I take advantage of a small hobby of mine by accompanying it with a bottle of wine from my very modest collection. Of course, good music and a good book are just as important, and they travel with me as well. The colors this year have been jaw-dropping incredible. I can't remember a more vivid fall in recent years. I love fall, and I'll be a bit sad when winter begins to grip the region. Ugh! In fact, the prediction gurus are all promising a colder than normal winter with lots of snow. At least spring is only six months away. Now on to business!

Personnel

After originally taking a part-time job as our Grocery Receiver about ten years ago and eventually becoming our Operations Manager, Daniel Esko has made the decision to move on to another adventure. We loved having him here as part of our team, and we love that he's taking his talents to a terrific local business, Fire Cider, as their Operations Manager. This was not an easy decision for Daniel, as he truly loves the Co-op. We didn't want to see him go either, and I'm delighted to report that Daniel will still be very much involved at the Co-op as he is running for a seat on the Board of Directors. OK, Daniel. Now you'll be my boss. It's payback time. (Kidding, of course. Or am I?) He is also occasionally visiting us as a paid consultant as we transition the new team. I love that we have created an environment where our staff can learn and grow. And if, or when, they move on to other endeavors, they tend to move on to community-based endeavors without animosity, and actually remain friends with us. A significant portion of our Ends talks about resources and supporting the community, and we view our educated staff as one of our most important resources. It's simply one more indicator that the cooperative model of doing business works to everybody's advantage.

Anyhow, our succession plan is now taking hold. Zack Sheppard, formerly our Grocery Manager, applied and was enthusiastically accepted as our new Operations Manager after an intensive interview process. Taking advantage of the changes and always assessing our needs so that we can be best prepared for the new store, we have added a new managerial position, Floor Manager. Over the next couple of months, several of our managers and a couple of our full-time associates will be moving into new and challenging roles. We love being able to have an excellent staff that allows us to promote from within. I'll fill you in on the other changes in my next update.

To also help us prepare for the coming organizational changes, I am delighted to tell you that Patricia Brooks has joined our organization as a part-time paid consultant, helping us to fine tune our HR development and programs. Her official title is Organizational Development Consultant, which is quite a mouthful. More important, in a short time, she has been invaluable helping us progress with several projects that we need to incorporate. It's a pleasure having her on our team.

Annual Meeting

I have another article in this issue that also addresses a couple of changes, but they bear repeating.

We've moved the meeting this year to the Mahaiwe Theater, simply because we just could not find a suitable space for the amount of people who attend. And we also love the Mahaiwe Theater and their support and participation in our community. Thank you to Beryl and her amazing staff for making this possible. If you are concerned about parking, don't be! Feel free to use our secondary parking lot that is on the Wheeler and Taylor side of our primary parking area. If you need assistance getting from the parking lot to the theater, please let us know when you RSVP and we will figure something out. We will not have a dinner this year, and that is mostly due to logistics. Frankly, however, at various meetings, some of you spoke up about the expense of the Annual Meeting. During a year when our Co-op experienced a small operation loss and is going into a costly new building program, saving close to \$10,000 in food costs is significant. Of course, this is also a celebration. Matt and his marketing team couldn't let this slide without some compensating activity, and the gift bags they will be handing out to the first 250 owners who RSVP are spectacular.

After the meeting, I'm going to meander over to 20 Castle Street. Please feel free to join me so we can continue the celebration. Who knows? There may even be snacks and a drink or two involved.

Also, in case you don't see it elsewhere, we will not be initiating a patronage rebate this

year. This was a recommendation made by our accounting firm, supported by me, and decided by your Board of Directors. This decision was made in the best interests of the Co-op and our owners. We did experience a small loss, and we do have expenses heading our way. As owners, you already understand that we are all in this together and for the common good. So while there is probably some disappointment—and we will explain in more detail why this happened—we also know that you will embrace the decision as the correct one.

So wait a second ... no food? No money? Who cares about a gift bag? I get it—but please attend! Help me win my bet that you don't come exclusively for the food. It's going to be fun, and you'll have a terrific opportunity in a comfortable space to learn more about our proposed new store. We also have a great speaker lined up, statements by the board candidates and voting on the first ever change to our current bylaws. Plus, admit it, it's good to get out of the house and spend time with friends!

Relocation/Expansion

I've been attending regular meetings with the Community Development Corporation of South Berkshire (the property owner) and their development team, along with our architects, site engineers and several others, as we progress through initial design. We are making progress, and it's exciting to envision what the new store can look like, and, more importantly, what we can accomplish for our community! We've adjusted the location of the building, and we made sure that we are closely integrated with the land and the river. I love that most of our time is spent on values-based decisions, realizing that this is only a success if the entire community benefits. On the financial front, we have a "Memorandum of Understanding" in place for 100 Bridge Street, and we are now working toward a more formal Purchase and Sales Agreement. We'll continue to try and get most of it done before we send everything off to our respective lawyers for review. (Every time I mention lawyers, I think of the PBS program Car Talk, and their use of the tongue-in-cheek law firm of Dewey, Cheatem, and Howe. But that's just the wise guy in me. We use a fantastic firm that is deeply involved in their own community development efforts in Springfield, MA.)

The remediation work goes on, as they continue to plow the acreage to ensure that the enzymes are integrating well with the soil. We should begin to get initial test results back next month, which will help us plan the next steps. There will be a few possibilities. The remediation may be an amazing success, and we can move forward. It may be a partial success, and CDC will need to decide whether a second treatment will help or not. Since it's experimental in nature, it still remains a possibility that the remediation attempt did not work. CDC will then need to decide whether a second effort is worth it, and we will need to revisit the original (more than acceptable) plan to cap the site. Come to the meeting on November 1 with questions, if you have them.

It looks like the new store's retail area will be around 9,000 square feet, which is just about double our current space. We are still planning on a combination classroom/teaching kitchen that can hold up to fifty people and might very well be available to the community when not in use by us; a conference room for twelve to fifteen people, also available to others when not in use; appropriate office space; and enough dedicated grocery and food storage that we will be prepared when gas prices rise to ridiculous levels in the coming years. Do you have any suggestions? Please share them with us at our Annual Meeting on November 1!

The Building

Indeed, it's showing age and we are facing increased issues. We've had a leak near our dishwasher that has trickled down to the produce area, and several unique and clever fixes have ended up being less clever than we would have liked. We are still trying to come up with a solution. Any experts out there? Please reach out and talk with us. We actually removed the part of the front desk that faces Produce in order to increase our selection of locally grown flowers and bouquets. You must like the change because you are certainly taking advantage of the colors with your purchases. One of our growers recently came in with rose-type bouquets made of flowering kale. They were absolutely beautiful and were gone in minutes!

We once again updated the Bulk area as we continue to figure out methods to increase the variety and meet your needs. We loved bringing back several dried fruits in bulk. Last week, we replaced the counter where our bulk nut butters are kept. So the containers are in a better spot, and the tubs sit in their holders more securely. In a couple of

weeks (I hope), we will be replacing the ceiling and some of the lights in the café. They were damaged by consistent roof leaks this summer. Now that all of the leaks have been plugged, we'll get to work inside the store.

Food Prices

I hate that I need to add this section during every update with the same news: Food costs are continuing to rise. If you are a bacon eater, you've already noticed increased prices everywhere, including conventional stores. For once, conventional prices rose faster than organic and small producer prices, but I don't think the increases are over quite yet. Beef prices have shot up through the roof. It's a unique issue. Climate disorder has affected the availability of grain needed to feed live animals. Safety issues involving food production have become more severe as well. So not only do prices rise, but your sense of comfort in purchasing these items is of concern as well. Once again, I'm seeing that conventional prices are rising faster than ours, but I'm not sure if that will continue. For example, we sell organic and/or all-natural, grass-fed ground beef for \$4.99 a pound. Checking at the nearest larger box stores, their beef was quite conventional and, comparing the same fat content, their price was \$4.49 last week—and it was still coming from huge meat packing suppliers in the Midwest! I strongly encourage you to be aware of the shrinking differences. Frankly, if you are going to need to invest more in your food, please choose safety and purity and check out our choices, the choices at The Meat Market, and the choices at Guido's. Please ask us and others where the beef is coming from, ask about safety and production, and ask it all! If your grocer does not know where the fresh foods are coming from, I strongly suggest that you transfer your purchases somewhere else until your grocer becomes more educated. Things are getting rough out there! I'm becoming more concerned every year about our food supply, and I just know that it feels more and more like Russian roulette when you don't know where your food is coming from. Please pass this on to your friends and neighbors who may be less aware than you. In fact, when you go out to dinner, ask where the meat is from. If the establishment does know, it doesn't necessarily mean it's safer. However, if the establishment doesn't know, it's a sure sign that they are not taking enough time to ensure your safety. That's simply common sense. It's best to change your order to a salad.

Seafood prices seem to be fairly stable, though our "safe choices" are more limited in the winter since our local fishing banks are far less accessible. We just found out that because you are purchasing more seafood from us, BerkShore, our major supplier of Massachusetts day-boat fish, will be coming to us on Mondays, Thursdays, and Saturdays as needed. Wow! I'm amazed and delighted. I say this NOT because I work at the Co-op, but I will now only buy my seafood from the Co-op. As challenging as meat issues are, I'm usually amazed that purveyors know even less about their seafood, with Rubiner's being the only other local seller that I'm aware of that truly dedicates the needed time to proper sourcing.

I don't know yet what vegetable prices will be like this winter. I've been reading as many weather predictions as I can find, and, while they are all educated guesses, one thing is quite obvious. Certain areas of the country will continue to see odd changing weather patterns, including California, Florida and near the Mexican border in other states. These are the major growing areas in the country during our winter months, and I am certain we will be challenged by odd prices and spot shortages. We'll continue to do our best to access food for you and will keep you informed when we have issues. It constantly reminds me that we absolutely must increase local food production, even in months where we haven't tried before. There will come a time when we will be depending on it as we go through weather changes, rising gas prices, and other external pressures. I know! I'm sounding like a broken record. All I can say is that I can't wait for the message to be able to be changed.

In closing, please come to the Annual Meeting. We usually have about 300 to 325 people at each meeting, and some are predicting 200 at this year's meeting because of the changes. Bullpucky! I think we'll have at least the same amount, and maybe we'll even top 350. Prove me right and bring yourselves, your associates, and even bring a guest. Let your neighbors see what it's all about, and what we are all part of—let's educate a bit, brag a bit, and have ourselves some fun.

See you at the Annual Meeting and in the Co-op!

THE BOARD OF DIRECTORS BOD@BERKSHIRE.COOP



Daniel Seitz
President



Erica Spizz
Vice President



Matthew Syrett
Treasurer



Alexandra Pryjma
Secretary



Betsy Andrus



Leslie Davidson



Bryan Ayers



Molly de St André



Michael Guthrie

THE STORE MANAGEMENT TEAM



Art Ames
General Manager
generalmanager@berkshire.coop



Bob Crowle
Business Manager
bcrowle@berkshire.coop



Zack Sheppard
Operations Manager
zsheppard@berkshire.coop



Matt Novik
Communications Manager
mnovik@berkshire.coop



Jeff Schilling
Retail Manager
jschilling@berkshire.coop

DEPARTMENT MANAGERS



Austin Banach
Meat, Seafood, and Cheese
Manager
abanach@berkshire.coop



Jake Levin
Produce Manager
jlevin@berkshire.coop



Ted Moy
Merchandising Manager
tmoy@berkshire.coop



Lynn Pino
Prepared Foods Manager
lpino@berkshire.coop



Kira Smith
Owner Services Manager
ksmith@berkshire.coop



Brenna St. Pierre
Wellness Manager
bstpierre@berkshire.coop

DATES of INTEREST

OWNER APPRECIATION DAYS

10% OFF TO OWNERS IN GOOD STANDING

SATURDAY, JANUARY 17

WEDNESDAY, APRIL 15

BOARD MEETINGS

HELD THE FOURTH WEDNESDAY OF THE MONTH
SCHEDULE CHANGES NOVEMBER AND DECEMBER DUE TO
HOLIDAYS 6:00 P.M. • BERKSHIRE CO-OP OFFICES • 307 MAIN STREET

Co-op owners are welcome to attend Board meetings. Owner-input time is reserved from 6:45 – 7 p.m. to speak on any topic. If you need more time or want to address something in more detail, you can request to be placed onto the meeting agenda. Please recognize that the agenda needs to be set and posted in advance of any meeting. Requests must be received at least two weeks prior to the meeting date.

Send requests to bod@berkshire.coop.



OUR ENDS

(Developed by the Board of Directors)

The Berkshire Cooperative Association cultivates a sustainable local/regional economy and cooperatively builds a vibrant community.

To this end, the Berkshire Cooperative Association:

- E1. Operates a financially successful, community-oriented natural food store that specializes in consciously fresh food and meals, with reasonably priced options
- E2. Flourishes
- E3. Is a model of social and environmental stewardship
- E4. Is accessible, welcoming, inclusive and innovative
- E5. Fosters the growth of local/regional food systems
- E6. Develops an informed and engaged community
- E7. Promotes healthful living
- E8. Supports a sustainable environment

OPERATIONAL VISION

- To be a transformative force in the community
- To serve as a model of a sustainable business alternative
- To nurture social and economic well-being in an environmentally sensitive manner

Board Voices: Annual Meeting

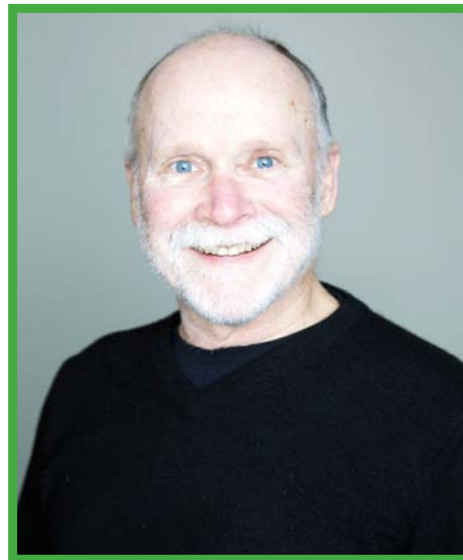
Compiled by Leslie Davidson, Board Director



Betsy Andrus



Bryan Ayars



Michael Guthrie



Alexx Pryjma

Among the many reasons to look forward to fall in the Berkshires is the Co-op Annual Meeting. As we head into October, preparation for this November 1 event is well underway. To entice you to join this inspiring and thought-provoking gathering of staff and owners, we offer the perspectives of several board members on their experiences of the annual meeting.

How many annual meetings have you attended?

Betsy: I've been a Co-op member/owner for twenty-five years but didn't start attending the annual meeting until seven years ago.

Bryan: One.

Michael: The first annual meeting that I recall attending was in 1998.

Alexx: This will be my fourth.

Describe the annual meeting in a single word.

Betsy: Community.

Bryan: Family.

Michael: Nutritious (for the heart, mind, and body).

Alexx: Community.

What's a particularly inspiring takeaway from a previous annual meeting you've attended?

Betsy: There is a quiet murmur, a buzz almost of hundreds of people in a room, sharing the same belief of eating healthy food and supporting your local food sources. It's a comfortable feeling even in a large room.

Bryan: The palpable energy and curiosity of those attending.

Michael: Every annual meeting has left me with a strong sense of community and a renewed awareness of the importance of a strong and vital co-op market.

Alexx: I am most inspired by how many people come out to attend the annual meeting each year. It's amazing that there isn't a venue big enough in South County to hold us all! I enjoy meeting and talking to new owners most of all.

What aspect of this year's annual meeting are you most looking forward to?

Betsy: The change of venue and structure. Change can be scary, but it's the only way we can grow and know if we are doing it right.

Bryan: The opportunity to share and learn with other owners of the Co-op.

Michael: This year's annual meeting speaker will be a highlight, as will the opportunity to relish the gathering of the Co-op's owners.

Alexx: I'm looking forward to our new location. I love change and tossing things up. We'll interact in new ways inspired by a new layout!



**An Exclusive 6% Auto Insurance Discount
for Berkshire Co-Op Market Owners!**

*Find out more. Call GoodWorks Insurance at 800-588-8330 x302
or visit us at 343 Main Street in Great Barrington*

Now, Berkshire Co-op Market Owners can receive a special 6% discount on their automobile insurance while at the same time supporting Education, Health Care, and Public Safety in the Great Barrington area. This unique offer is being made by GoodWorks Insurance located at 343 Main Street in Great Barrington, just one block from the Co-op. The program underwriter is Main Street Group, a well respected, regional insurance carrier.

Why is this offer different? GoodWorks returns 50% or more of its operating profit to charity every year. The revenue generated by the Co-op program will increase the amount of these donations. Charities that have received past donations include: Berkshire Grown, Construct, Inc., Great Barrington Firefighters Association, Railroad Street Youth Project, and many more.

When owners combine their automobile and home insurance into one account, they can increase their savings. This results from many other discounts that may apply to an insured's situation. To see if these discounts apply to you, and to recommend a local charity for the program, stop by the GoodWorks office and speak with a representative today!

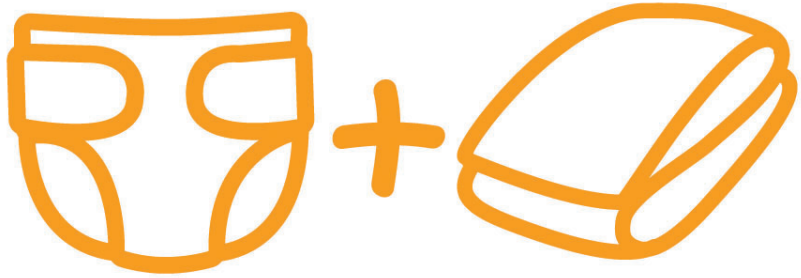
Simple: A Cooperative Diaper & Linen Service

In the spirit of Principal Six (Co-ops Helping Co-ops), we'd like to introduce you to a worker-owned cooperative that hopes to come to town.

By Angie Gregory, Worker Owner - Simple Diaper & Linen Service

Simple

DIAPER & LINEN



www.simple.coop



We love co-ops! Right? What's not to love? They bring us the things we value while maintaining balance in the social landscape of business. They empower workers, keep money in the region where they operate by purchasing from area vendors and employing locals, and they give back to the community. Simple Diaper & Linen is another such co-op, and our goal is to make this eco-friendly diaper and linen service available to residents in South Berkshire County. We need YOU to make that happen, but first, like any good introduction, we want to tell you more about us.

Simple Diaper & Linen was established in 2009 as a home-based business in Northampton, MA. Through the support of the Valley Alliance of Worker Cooperatives, our business converted from a sole proprietorship into a co-op in 2012 (because co-ops rock!). Local community, family, and friends helped birth a successful Indiegogo Campaign, which raised the matching funds necessary to receive a capital loan from the Cooperative Fund of New England. We were then able to expand into a commercial facility in Holyoke, MA. We are real moms making real business happen, and we are providing a product and a service that we value and desire ourselves.

Simple Diaper & Linen offers landfill-free diapering options to families with the ease of weekly home delivery (hang in there—we'll be talking more about our linens, too). You can visit our website, www.simple.coop to learn more about all the various plans and offerings. We purchased state-of-the-art sanitizing equipment that is gentle on the environment but brutal to germs and disease. It's called Ozone, and it uses no chemicals. It sanitizes 300 times stronger than bleach, kills all the super bugs, and leaves us with nothing more than the smell of fresh rain after a storm on our linens.

We offer 100% organic cotton diapers and wipes, knowing they are the best for long-term sustainability and savings for families (babies in cloth are out of diapers a year earlier, which equals a savings of about \$1,000). Cloth was originally the only service we offered back in the day (and, well, it was all there was before 1960). But cloth diapering isn't what it used to be. It's modern, comfortable, and made easier than ever before. Beyond all that, the reality is that many families making these considerations still need flexibility. We've been responsive to the needs and desires of our clients, while staying aligned with our mission for protecting the environment for the very bottoms we cover. This meant when busy families wanted the ease of a disposable diaper, they could still be stewards in consumer responsibility by diverting them from the landfill. We launched a compostable diaper program. These bio-degradable diapers are the only ones with the Nordic seal for the environment, which means they are sustainable from cradle to grave. Plus, more importantly, they really work—especially overnight. We pick up and deliver fresh diapers weekly, and we haul off the soiled ones to a commercial facility that processes them into dirt in three months. They have an end-of-life use in landscaping applications.

Didn't think it could get any better? Well, we wanted to let you know that we love washing anything, really, and stand behind our incredible washing process and equipment. So along the way, we started offering commercial linen laundering, too. Maybe you're a yogi and have blankets, a chef and have aprons and rags, or a massage therapist and can't get the oily residue out of your sheets—rest assured we've designed specific cycles with our soap professionals for just your linen woe. We can't wait to make the beautiful and glorious trip out to the Berkshires each week (I can see why you people chose to live here.) But we need YOU to make a commitment before we can. In order to sustain the trip of more than 100 miles each week, we need a minimum commitment of twenty clients (less if we land a larger commercial linen account!). I don't want to speak too soon, but one such client might be YOUR co-op. If we can work together to sign up other businesses and families before December 1, then we'll be able to help the Co-op do what it does best and support the community with local services that help build a more sustainable world. Co-ops rock, right?

Winter Is Coming: Eat More Kale

A look at winter greens as an example of how to stay positive and adjust to cold weather.

By Matthew Novik, Communications Manager

Winter is coming. I'm sorry, but it's true. As I look out my office window on a beautiful late September afternoon, it is simply impossible to ignore. The leaves are turning, the temperatures are dropping, the café is serving hot apple cider, and people are wearing sweaters again. There's no doubt about it: winter is definitely coming.

It always amazes me that I find the need to consider this every year. I've been through thirty-something winters in my life and I still manage to forget about them until the end of September every year. Then I need to adjust. I need my body to understand that a "cold" evening will be completely redefined. It's going to be freezing! I need to remember the feeling of a cold floor under bare feet. And I need to start wearing socks again (man, I hate wearing socks). Then there's the food. No more local stone fruit. No more local lettuce. To eat locally in the winter essentially means storage crops and hoping for spring. Don't get me wrong, storage crops are delicious. But let's be honest, summer tastes better.

In the midst of all this complaining always comes one realization that turns my winter frown upside down. When the first couple of frosts come, brassicas like kale, collards, and Brussels sprouts get sweeter and are at their most delicious. In other words, when all other things seem to be declining, kale gets better!

I'm no expert, but after a couple of Google searches, I can explain how this works. The process of photosynthesis creates energy, some of which gets used right away and some of which gets stored for cloudier days when photosynthesis can't occur and the plant still needs to stay alive and grow. The stored energy is held in the form of starches. When the plant is lacking energy, it can convert those starches to sugars, which it can use to survive.



Plants like kale use the starch to sugar conversion for another reason as well. It turns out that adding sugar to water lowers the temperature at which the water freezes. So, when the frost comes, these plants start producing sugar so that the water within the plant doesn't freeze. And when that sugar gets released—you guessed it—the plant tastes sweeter!

So, in the end, these plants adapt to winter, just like I'm trying to do. But when they do it, the result is a better outcome than before. This year, as I prepare for winter I plan on doing two things. One is to eat lots and lots of decadently sweet winter greens. Two is to remember the story of how kale prepares for winter and try to make my adjustments result in just as positive an outcome.

Plants Are Awesome and Cool

How to keep some color in your life during the winter months.

By Jordan Archey, Assistant Produce Manager

Although the bright colors seen throughout the summer are starting to fade, the local season is still hanging in there. While the fields are starting to slow down in the cool New England nights, we will still be seeing local, fresh-cut flowers for a few more weeks. I'd like to take this opportunity to thank our floral growers who have worked so hard this season to supply us with the best and brightest flowers: Adagio Flowers, Sol Flower Farm, and Tiny Hearts Farm—you have all kept our summer and fall bright and colorful.

Like all good things, the local growing season comes to an end at some point. Locally grown produce and flowers begin to slow, and then they completely disappear until we reach spring again. As the local season begins to dwindle, we are constantly trying to find ways to extend it, if even by a couple of weeks. Thankfully, we have farmers who are dedicated to this as well. Thanks to them, we are able to have local pumpkins, gourds, and fancy corn to brighten our homes for a few more weeks.

But then there's winter. It's dark, dreary, and long. There's certainly nothing growing, and the lack of color can be discouraging. But there's always a way to brighten things up, such as using dried flowers. This is a tradition that dates far back into human history, being found in places varying from Egyptian tombs to Victorian-era homes. Dried flowers are beautiful, delicate, and a great reminder of things to come after winter.

Luckily for us, Luke and Jenny from Tiny Hearts Farm will be providing us with their own dried flowers. They have been drying many different varieties of their own freshly picked flowers all season. They will be making arrangements, as well as single variety bunches, which will keep all winter long. We look forward to brightening up the store with them and extending flowers through the winter, and we hope you do, too.



Flowers hanging to dry at Tiny Hearts Farm.



Dried Bouquets will be at the Co-op this winter.



Luke at Tiny Hearts Farm tending to his wall of dried flowers.

ANNUAL MEETING



OF CO-OP OWNERS

SATURDAY, NOVEMBER 1 2014
THE MAHAIWE PERFORMING ARTS CENTER
14 CASTLE STREET • GREAT BARRINGTON, MA
DOORS AT 5:30 • MEETING STARTS AT 6:30

A Message From Art Ames, General Manager



Welcome to Berkshire Co-op Market's Annual Meeting special edition newsletter. I'm delighted that you are giving it the attention it deserves, and I look forward to seeing many of you at the meeting on November 1 (doors open at 5:30 p.m.). We've had to move the location again this year. Our previous locations are booked, and, consequently, we'll need to ask you to join us at the fabulous Mahaiwe Theater. The reality is that there are very few places that have the necessary capacity requirements to make you comfortable. In fact, for the first time in a long time, we will not be supplying a dinner, and we've been "arguing" amongst ourselves about it. Please prove me right! I maintain that you all attend because of the connection and sense of community that you feel toward our Co-op, and not exclusively for the food. OK ... I'll spill the beans. For the first 250 owners who RSVP and show up on November 1, we've put together some fantastic gift bags. How nice are the bags? People will be envious if they don't get one.

I am delighted that Janelle Orsi will be joining us as our keynote speaker. As director of the Sustainable Economies Law Center in Oakland, CA, she is a dynamic member of the cooperative movement and a great source for energy and inspiration. Check out her bio on this page to learn more about her.

We will also be discussing the plans for the new location. I'm still putting the pieces together, but I hope to have our architect here at the meeting to show you our initial ideas. So while we may miss the food a bit, you'll love the content.

FREE MONEY! Did I get your attention? I hope so. Each of the last four years I have been happy to start a paragraph off with those words. But, unfortunately, this year, the message is more of a challenge. With sales close to \$9 million a year, we actually experienced a small operating loss, at around \$30,000. During the meeting and in my Annual Report, I explain why this happened far more thoroughly. Briefly, the biggest issue was the rise in food prices and our hesitation to match those increases with price hikes, while adding to the services and support that we give back to the community each year. In any case, the Board of Directors did not authorize a return on dividend this year, especially since we are heading into a significant relocation year. Let me point out that this indeed was my recommendation to the board as well. Again, please come to the meeting for a detailed explanation. The news really isn't bad news, but it does take a conversation.

I also feel obligated to point out that this is an Annual Meeting, required by state law. We must conduct the business of the Co-op, and we feel it is important that we have a good amount of owners attending to ensure that we do our best to represent all of our owners. We'll report on our financial status and have our external accounting agency available for your questions. We will also offer candidates for our Board of Directors for your consideration. This year, there are four candidates running for three regular, three-year terms and a one-year term. Yes, at first glance, there are four slots and four candidates—so why bother to vote? The candidate with the lowest tallied vote will receive the one-year slot, and the remaining candidates will move into their respective three-year slots. Your votes will indeed make a difference.

Please note that the doors open for registration at 5:30 p.m., and the meeting starts at 6:30 p.m. Please try to get there early. It's also a great time to mingle.

I love Annual Meeting. It gives us a chance to celebrate and engage, and it is truly an event unto itself. Please come out on November 1 to be a part of this. There is something really special going on here in our Co-op community, and I can't wait to share it with you.

Key Points to Consider

- Please RSVP. It really helps us prepare better for the event. You can do so by emailing community@berkshire.coop, calling 413.528.9697 or in person at the Co-op (and you get a free gift if you're one of the first 250 to RSVP).
- The meeting will be at the Mahaiwe Performing Arts Center at 14 Castle street in Great Barrington.
- Doors open at 5:30 and the meeting starts promptly at 6:30. We expect to be done around 8:30.
- There will not be a dinner this year or dividend checks, but the first 250 owners to RSVP and attend will receive a wonderful gift bag of local products and a custom "Owner" shopping bag.
- We have an amazing speaker and will have a fascinating, interactive discussion about our new location.

KEYNOTE SPEAKER JANELLE ORSI



Janelle Orsi is an attorney living and working in Oakland, California. Her law and mediation practice is focused on helping individuals and organizations share resources and create more sustainable communities. She works with social enterprises, non-profits, cooperatives, community gardens, cohousing communities, ecovillages, and others doing innovative work to change the world. Her primary areas of legal specialty are real estate, small business, nonprofit,

and estate planning law. In addition to her private practice, Janelle is Co-Founder and Director of the Sustainable Economies Law Center.

Janelle is the author of *Practicing Law in the Sharing Economy* (ABA Books 2012), and co-author of *The Sharing Solution: How to Save Money, Simplify Your Life & Build Community* (Nolo Press 2009), a practical and legal guide to cooperating and sharing resources of all kinds. Janelle also writes for Shareable.net.

In 2010, Janelle was profiled by the American Bar Association as a Legal Rebel, an attorney who is "remaking the legal profession through the power of innovation." In 2012, Janelle was one of 100 people listed on The (En)Rich List, which names individuals "whose contributions enrich paths to sustainable futures."

Previously, she was Executive Director of Women Defenders, a professional organization of women defense attorneys and has worked in a range of legal practice areas, including criminal defense, youth law, immigration, adoptions, LGBT rights, and estate planning. She has worked for or interned with the National Center for Lesbian Rights, Legal Services for Children, the Youth Law Center, and the San Francisco Juvenile Public Defender. Prior to becoming an attorney, Janelle worked in the fields of nonprofit development, education, and social science research.

Janelle volunteers her mediation skills with SEEDS Community Resolution Center. She is also founder and Coordinator of the Music Sanctuary Project, a program of Guitars not Guns that provides music lessons to detained immigrant youth. Janelle lives in "casual cohousing," shares garden space and regular meals with her neighbors, takes part in a grocery co-op, shares an office space, and is always looking for new ways to share in her life.

Education: Pomona College (B.A. Cum Laude; Phi Beta Kappa, 2002); Boalt Hall School of Law, UC Berkeley (Juris Doctorate, 2007).

CANDIDATES FOR ELECTION TO THE BOARD OF DIRECTORS



DANIEL ESKO

SUMMARY OF PAST AND CURRENT WORK AND COMMUNITY INVOLVEMENT

I have held the position of Operations Manager for Shire City Herbals in Pittsfield, MA since September of 2014. We make Fire Cider a whole foods based dietary supplement made from certified organic apple cider vinegar, local, wildflower honey and certified organic roots, fruits and spices. My primary responsibilities include managing production, purchasing, inventory and financial budgeting for the organization. I am also involved in various aspects of retail store support and represent Fire Cider at events and trade shows. I previously worked for the Berkshire Co-op Market for 10 years during which time I held many positions including Receiver, Refrigerated Grocery Buyer, Grocery Manager, Non-Perishables Manager and most recently Operations Manager.

Admittedly, my history of community involvement and volunteer work is quite limited though over the years I have volunteered my time as a musician for numerous benefit events including Music in Common (FODFest), the Hilltown Hoot (Central Berkshire Regions School District benefit), the Dalton Cooperative Nursery School, the Kushi Institute (a nonprofit Macrobiotic education center in Becket, MA) and many private benefits for individuals in need in the Berkshires. One notable event in which I volunteered my time was for the non profit Amber Waves (Becket, MA) whose campaign at the time was organizing a petition to the USDA to institute a moratorium on genetically modified rice in the United States. The money raised at that event helped fund the organizer's trips to California to meet with Lundberg Farms and the California Rive Grower's Association as well as to hand deliver the signed petition to Washington D.C. This was in 1999 before the larger push to label GMO's occurred in 2008. I continue to offer my services to the community in this capacity and commit to at least several benefits every year.

Although I have no direct experience serving on a board of directors or similar governing body for an organization, my work in various capacities for the Berkshire Co-op helped me become intimately familiar with the purpose and function of the Berkshire Co-op's board of directors and with the policy governance model within which it operates. As a result, I am reasonably knowledgeable about many of the policies of our Co-op, particularly with the ends policies defining the values and purpose of the cooperative and the executive limitation policies governing treatment of staff and customers as well as the financial health of the organization among others. I also understand how the board of directors monitors policy compliance across the organization through very specific and timely reporting by the general manager and the board on all policies as laid out in the policy governance documents of the co-op. I have attended several board of directors meetings at the Berkshire Co-op over the years and this past summer I was enrolled in the Consumer Cooperative Management Intensive offered by NCGA (National Cooperative Grocers Association) which began with a study of the cooperative business model, the purpose and function of the board of directors and the policy governance model.

WHY I WOULD LIKE TO SERVE ON THE CO-OP BOARD OF DIRECTORS

When I left the Berkshire Co-op after ten years of service this past August, I left feeling incredibly grateful and appreciative for the opportunity provided me by the co-op and of course the General Manager, Art Ames. Not only for my professional career and personal benefit but more importantly because of the opportunity to work for such an incredible values based organization. My daily work allowed me to put these values into action through work with local producers and vendors to create a robust local food economy, to our display of leadership in the natural foods industry by our commitment to a more just, honest and sustainable food system as evidenced by our policies on fair trade food and genetically modified organisms for example. I knew that the Co-op would always continue this bold, evolutionary work and just because I would no longer be employed by the cooperative I could continue to contribute to the innovative development of the organization by answering a call to service on the Co-op's board of directors. In short, after years of service as an employee of the cooperative I feel it is now time for me to give something back to the organization that gave me so much throughout the years.

I also feel that my experience with the Berkshire Co-op makes me imminently qualified to serve on the board of directors. Throughout the years I have developed a very heightened sense of what I like to call "organizational wisdom and operational awareness". I define this simply as cultivating a deep and innate perspective, knowledge and understanding of an organization's values and operations developed over time across all levels of the organization. While I would certainly rely more on the organizational wisdom component of this idea in my work as a board member, the two are actually inseparable and understanding how the values of the organization become operational is important for board members in ensuring management is fulfilling its responsibilities as defined in the policy governance documents of the co-op.

EXPERIENCES WITH COOPERATIVES

In my role at Berkshire Co-op Market, I provided support, training, and consulting services for other co-ops in the country including the Old Creamery Co-op (Cumington, MA 2013), Monadnock Food Co-op (Keene, NH, 2013), Fiddlehead's Food Co-op (New London, CT, 2013), Moon Co-op (Oxford, OH 2012), Pioneer Market (Troy, NY 2011), Syracuse Real Food Co-op (Syracuse, NY 2008) and Chatham Marketplace (Pittsboro, NC 2008). I have also attended numerous trainings and conferences that introduced me to countless food cooperative leaders and other aspects of the national cooperative movement.

EXAMPLES OF WORKING COLLABORATIVELY AS A MEMBER OF A GROUP

I have had many opportunities to work in a collaborative team environment. Some notable examples include the development of the Operations Department Policy Manual with the Operations Team at the Berkshire Co-op. When I started my new role in April 2014 I organized the team around the goal of creating a master operating document that would lay out the purpose and function of the department. We met weekly to work as a group and to review the individual work we had each done throughout the week. We finished in mid June and introduced the policy document to staff individually and in a final group management presentation. Another example is my work with several members of the co-op team to develop and implement the owner coupon program. From inception to implementation, Matt Novik, Robbin Ezinga and I worked together and independently on all aspects of the program until the successful rollout in July 2014.

OTHER RELEVANT BACKGROUND

I am technically proficient in Microsoft Excel and other Office programs. I have a solid understanding of financial statements (Income Statement, Balance Sheet, Cash Flow Statement,

DISCLOSURE OF CONFLICT OF INTEREST

I am currently employed by Shire City Herbal's, a vendor that conducts business with the cooperative. I am also exploring the possibility of offering contracted retail consulting to Berkshire Co-op. This would be on an as needed basis as an independent contractor and not as an employee of the cooperative. Finally, I have personal relationships with several staff members in upper management at the Co-op. I would of course sign a conflict of interest disclosure statement and a standard confidentiality agreement to address these actual and potential conflicts of interest.

VOTING PROCEDURE

THE CANDIDATES

This year, there are 3 three-year terms and 1 one-year term. With four candidates running, the three-year terms will go to the top three vote getters with the lowest vote getter assuming the one-year term and running again in 2015. Candidate profiles are printed here and posted at the store. Each candidate will make a short statement at annual meeting.

THE BYLAWS

At their September meeting, the Board of Directors elected to approve several changes to the Cooperative's Bylaws. These changes were sent to owners and posted publicly for comment and now it is time for the ownership to vote. Please read over the proposed changes on page ten. The changes will also be summarized at annual meeting. The ballot will have a simple yes/no option.

1% WEDNESDAY

In a program that started last year, the Co-op will donate one percent of Wednesday sales each month to a different local community organization with missions that align with the values of the Co-op. Owners will be given a list of options and will be asked to pick twelve for 2015. In order to spread the wealth, all recipients from this year will be inalienable until 2016.

THE BALLOT

Each ownership share will receive one ballot to be filled out by the primary owner. The voting period begins October 17 and absentee ballots are available at the Co-op's front desk. Ballots will also be given to Primary Owners during check-in at Annual Meeting. After the meeting, ballot boxes will be placed in the lobby. Ballots will be collected at 9:00 p.m.



MOLLY de ST. ANDRÉ

SUMMARY OF PAST AND CURRENT WORK AND COMMUNITY INVOLVEMENT

I'm a graphic designer and hand printer, I co-own my own business and we do custom and original work in textiles, clothing, branding, web design, and hand printing.

I currently serve on the board of directors of the Berkshire Co-op. I run the Great Barrington Arts Market which provides a regular venue for local artists to sell their locally made arts in Great Barrington. I also work for the Flying Cloud institute, teaching arts and sciences in the public schools on a monthly basis. I am a working member of Indian Line Farm, which includes weekly farm work.

In the past, I've volunteered all over the world with a focus in central Asia, working with vulnerable children, training local teachers and childcare workers in how to support disabled and vulnerable children through yoga and the arts. I've worked closely with the Deaf community both in the US and internationally in language intervention and the arts.

WHY I WOULD LIKE TO SERVE ON THE CO-OP BOARD OF DIRECTORS

I have served on the Co-op Board of Directors for the last three years, and I am excited and hopeful that I may continue this position. I've been an active board member, engaged, interested and involved in board activities and always learning about the Berkshire Co-op's practices. I feel deeply involved in the current work of the Co-op's board, in planning for and making possible our upcoming relocation. I believe wholly that it's important that there is continuity in the board team during this time, and I feel I am a regular and consistent contributor to the work and progress toward our expansion. I also feel as connected to the monthly and daily work of staying in touch with our owners and providing a unique store in the Berkshires where customers know that the products on our shelves are truly the most socially responsible and affordable as possible.

Over the last three years my skills and understanding of the board's process have grown exponentially and with it, my ability to be a strong and informed voice amongst my fellow board members. I want very much to continue.

I also feel strongly that as a member of a young (and growing!) family who has chosen to raise my children in the Berkshires, I represent a growing and crucial customer demographic for the Berkshire Co-op and thus serve on the board to continue to represent the needs and interests of this necessary customer base. Young parents are more and more interested in the food they are providing for their families and more and more willing to focus their energy and their income in the area of nutrition. I feel deeply connected to this cause for my own family and understand the needs of other parents seeking affordable, nutritious food for their families.

EXPERIENCES WITH COOPERATIVES

Over the last three years, my understanding of and knowledge in the realm of cooperative business has greatly expanded. I've come to believe that co-ops are the wave of the future, truly the only sustainable business model in the current economic climate and the antidote to huge corporations and the injustices caused by the extreme wealth of the 1%. This experience of learning while watching our market work and grow has been enlightening and has taught me much about what co-ops mean to communities and the world.

My long-term experience with natural food businesses is as a customer. I have had major dietary restrictions for most of my life and thus have had to purchase my groceries at natural food stores wherever I've lived and traveled. This has brought me to many, many co-ops and other natural food stores all over the country and the world. I feel very well versed in the products, layout, and culture of natural food businesses, both big and small. This gives me a particular advantage in understanding the market, the customers, and the communities these stores serve.

EXAMPLES OF WORKING COLLABORATIVELY AS A MEMBER OF A GROUP

I co-own a small business with my husband, which forces me to work cooperatively on a daily basis and to be flexible as we oversee the workings of our business, work creatively together, parent our young child (soon to be two young children), and run our household. This is a daily lesson in patience, listening, cooperation, prioritizing, and balancing all of our needs. This of all my experience working collaboratively and on teams, has been the most challenging and the most rewarding.

All of my past work experience has been working collectively and creatively with teams of colleagues. I spent 2 years in Afghanistan working for a newly established foundation to support Afghan traditional art. When the foundation began we were a team of 8 young people, working collectively to create what would become a thriving NGO, a school of traditional arts, and an employment and training place for hundreds of Afghans. My work as a teacher of Deaf children has always meant working in small groups with other teachers to run educational programs, team teaching, and creating curriculum on small committees. All of these things helped to prepare me for being part of the Co-op's board of directors and in balancing my ability to speak up and to listen, be part of a team that speaks with one voice, and to help to lead the Co-op collectively and corroboratively.

OTHER RELEVANT BACKGROUND

I have a love for healthy foods and where they come from! I have been sugar free, gluten free, and had other difficult dietary restrictions for most of my life, which has led me to love to experiment and get creative with foods. I've been a working member of a local CSA since I moved to the area, helping me get close to the food I eat and to show my children where our food comes from. I know my local community well, feel connected to the young farmers and meat raisers in the area, and have watched this community incubate some amazing small businesses that center around healthy foods (of which our graphic design company has helped launch!). I feel really connected to the food revolution that's taking place in this county and I believe in it wholeheartedly! We are so lucky that our co-op plays a central role in supporting and fostering so many of our local businesses and helping to bring healthy foods to our tables. I want to continue to be part of this important work!

DISCLOSURE OF CONFLICT OF INTEREST

My graphic design business has done some graphic related work for the Berkshire Co-op in the past and we may be working closely together in the future. I do not believe this affects my ability to do the work necessary to be an active member of the board of directors.



MATTHEW SYRETT

SUMMARY OF PAST AND CURRENT WORK AND COMMUNITY INVOLVEMENT

I am currently working as a freelance product consultant and documentary film producer. I have worked as a senior product manager at IMDb in Los Angeles, which is a subsidiary of Amazon. Prior to that, I have worked as a Vice President at Grey Advertising and the Linkshare Corporation in New York City. I am currently the treasurer for the BCD Parent Association, and I am scheduled to be a speaker for the Berkshire SPEAKS later this month. I have been heavily involved in local schools both private and public. My work in film involves setting up screening within the community as well.

WHY I WOULD LIKE TO SERVE ON THE CO-OP BOARD OF DIRECTORS

I believe that my work on the board is not complete, especially with the forthcoming relocation plans. Beyond that, the Co-op is a major part of our community and I want to be part of keeping it alive and well.

EXPERIENCES WITH COOPERATIVES

As noted above, I have an extensive background in business including five years as a VP in an agency catering largely to consumer package goods. My work at Linkshare focused on marketing for online retail. I lived for 10 years in a cooperative apartment in Brooklyn and have been shopping at co-op markets since I was young child.

EXAMPLES OF WORKING COLLABORATIVELY AS A MEMBER OF A GROUP

My work life has always involved working in groups to produce products, films, and advertising. Group collaboration is very much part of who I am professionally... I really don't know any other way of working.

OTHER RELEVANT BACKGROUND

I think the above speak well of who I am and what I can do for the board. Thank you.

DISCLOSURE OF CONFLICT OF INTEREST

I have none.

CANDIDATE STATEMENTS CONTINUED ON PAGE 10



DANIEL SEITZ

SUMMARY OF PAST AND CURRENT WORK AND COMMUNITY INVOLVEMENT

For 25 years I have been involved with alternative, complementary and integrative medicine—including traditional Chinese medicine, naturopathic medicine, yoga therapy and progressive clinical nutrition—as an educator, accreditor, regulator and consultant (in some cases in a volunteer capacity). Currently I serve as the executive director of an accrediting agency for naturopathic medicine programs and work with other alternative healthcare fields. Among other things, I previously served as president of an acupuncture college and the founding dean of an acupuncture school within a chiropractic college. Through these experiences, I became aware that high quality, minimally processed food—grown sustainably—is essential to good health. My community involvement since we moved to the Berkshires in 2005 has consisted primarily of serving on the Co-op board.

WHY I WOULD LIKE TO SERVE ON THE CO-OP BOARD OF DIRECTORS

I have served on the Co-op board since 2007 and, during most of that time, have served as the board president. I am deeply committed to the mission and goals of the Co-op, which include supporting the growth of the local/regional food system and being a model of social and environmental stewardship. I am also deeply committed to the cooperative model of business as a progressive alternative to conventional capitalism. Cooperatives, by their very nature, tend to me much more committed to their local communities and to economic justice. Serving on the board is an important way to support both the mission and goals of our Co-op, as well as the broader cooperative movement.

EXPERIENCES WITH COOPERATIVES

My main experience with cooperatives has been my experience as an owner and board member of our Co-op. Additionally, as board president of the Co-op, I have for a number of years attended the annual cooperative grocery conference; this conference provides workshops on topics related to cooperative governance, management and other aspects of the cooperative grocery industry.

EXAMPLES OF WORKING COLLABORATIVELY AS A MEMBER OF A GROUP

For the last 25 years I have served on boards of directors, reported to boards and advised boards. This has required me to work very collaboratively as a member of and with groups. Also, I do professional facilitation of groups to support them in working together more effectively and collaboratively.

RELEVANT BACKGROUND

All of my professional experiences in the last 25 years have involved leading organizations and working on or with boards of directors. These experiences are relevant to serving on the Co-op board, since boards must exercise thoughtful leadership while observing good governance practices. Additionally, my education in law and in higher education administration and leadership are relevant to serving on a board of directors.

DISCLOSURE OF CONFLICT OF INTEREST

I have no conflicts of interest in relation to the Co-op.

PROPOSED CHANGES TO THE CO-OP BYLAWS

In early August of this year, a letter was sent to all Berkshire Co-op Owners regarding a bylaw change proposed by the Board of Directors. By rule, once the letter was sent, there was a minimum thirty-day comment period and then, at the September Board Meeting, the proposal was approved and has been sent to Owner Vote. The final owner approval will be included on the ballots in this year's election.

For ease of review, we've provided below both the current language and the revised language of the sections of the bylaws we are considering changing. While the language is somewhat technical, the purpose behind the changes is straightforward: the changes are intended to allow for alternative options for voting in the Board of Directors elections in the future, such as online and/or electronic voting.

As Internet and electronic technology advances, these sorts of changes will provide a greater opportunity for Owners to participate in elections, which allows for a stronger democratic involvement in the Co-op; at the same time, we believe that there are satisfactory safeguards to ensure that electronic voting can be secure and accurate. We have no immediate plans to change our voting process; however, we do want to be able to consider different voting options in the future, and these bylaw changes make that possible.

There are two sections of the bylaws that would be changed. Most of the changes can be found in section, 2.4 Owner Voting, and one smaller change is suggested in section 3.8 Election

CURRENT

2.4 Owner Voting.

2.4.1 Each share of Ownership stock shall have one vote upon any matter submitted to a vote of the Owners.

2.4.2 Voting may be by show of hands, voice vote or written ballot, as determined by the Board. The election of Directors shall be by written ballot supplied by the Cooperative. The Board shall provide for absentee voting by written ballot, and shall establish fair means by which votes will be tallied.

2.4.3 There shall be no proxy voting.

2.4.4 Unless otherwise stated in the Articles of Organization, these Bylaws, or required by law, all questions shall be decided by a vote of the majority of the Owners voting thereon who are present at a meeting or who have cast an absentee ballot.

2.4.5 With respect to any matter for which not less than a majority of any class of stock outstanding and entitled to vote thereon is required by law for approval, if a quorum of Owners, as described in Section 2.5 of these Bylaws, is present or represented at a meeting for which proper notice was given to the owners—including that one of the purposes of such matter for purposes of determining if the requisite percentage of votes has been obtained.

SUGGESTED

2.4 Owner Voting.

2.4.1 Each share of Ownership stock shall have one vote upon any matter submitted to a vote of the Owners.

2.4.2 The Board shall present to the Ownership any proposals or matters upon which a decision by the Ownership is required by Massachusetts law or these bylaws, and may present such other proposals and matters as the Board shall decide. The specific content of any proposal or matter being submitted for a vote shall be made available to the Ownership at least fourteen days before the vote commences.

2.4.3 Voting may be by show of hands, voice vote, written ballot, mail-in ballot and/or electronic ballot, as determined by the Board, except that the election of directors shall be conducted by secret ballot. Whatever method of voting is used, the Board shall ensure that (i) the method is secure, accurate and permitted under Massachusetts law, (ii) that there is a sufficient time period during which votes may be cast, and (iii) the means by which votes are tallied is fair and accurate. The election of Directors shall be conducted in accordance with Section 3.8 below; the Board, at its discretion, may provide for instant runoff voting.

2.4.4 There shall be no proxy voting.

2.4.5 Unless otherwise stated in the Articles of Organization, these Bylaws, or required by law, all questions shall be decided by a vote of the majority of the Owners voting thereon who are present at a meeting or who have cast an absentee ballot.

2.4.6 With respect to any matter for which not less than a majority of any class of stock outstanding and entitled to vote thereon is required by law for approval, if a quorum of Owners, as described in Section 2.5 of these Bylaws, is present or represented at a meeting for which proper notice was given to the owners—including that one of the purposes of such meeting was to consider such matter—then only those owners in attendance or represented at the meeting by absentee ballots shall be deemed to be entitled to vote on such matter for purposes of determining if the requisite percentage of votes has been obtained.

CURRENT

3.8 Election. Except as otherwise specified under Section 3.9, all Directors shall be elected by secret ballot, and the nominee(s) receiving the greatest number of votes shall be elected. Elections are to be held at the Annual Meeting of Owners. In an instance where an unfilled vacancy exists for a partial term, the recipient of the lowest number of votes among the winners shall serve for the remainder of the partial term.

SUGGESTED

3.8 Election. Except as otherwise specified under Section 3.9, the nominee(s) receiving the greatest number of votes shall be elected. In an instance where an unfilled vacancy exists for a partial term, the recipient of the lowest number of votes among the winners shall serve for the remainder of the partial term.

Vetting for GMO Ingredients: How We Do It

The Co-op's "No New Products" GMO policy requires constant research into product ingredients. Here is a look at the process.

By Cian Dalzell, Special Projects Manager

There are a few ways that a product-vetting request lands on my desk. The most common is a customer request; followed closely by suggestions from the National Co-operative Grocers Association; and less frequently, but in large batches, following natural foods trade shows. So then I have a product name, description, photo, or wrapper to work from.

My first step is to look at the ingredients. Some products, such as basic semolina pastas, have only a couple (semolina flour, water), and don't have any food policy concerns for us. I also look for ingredients that are cause for automatic

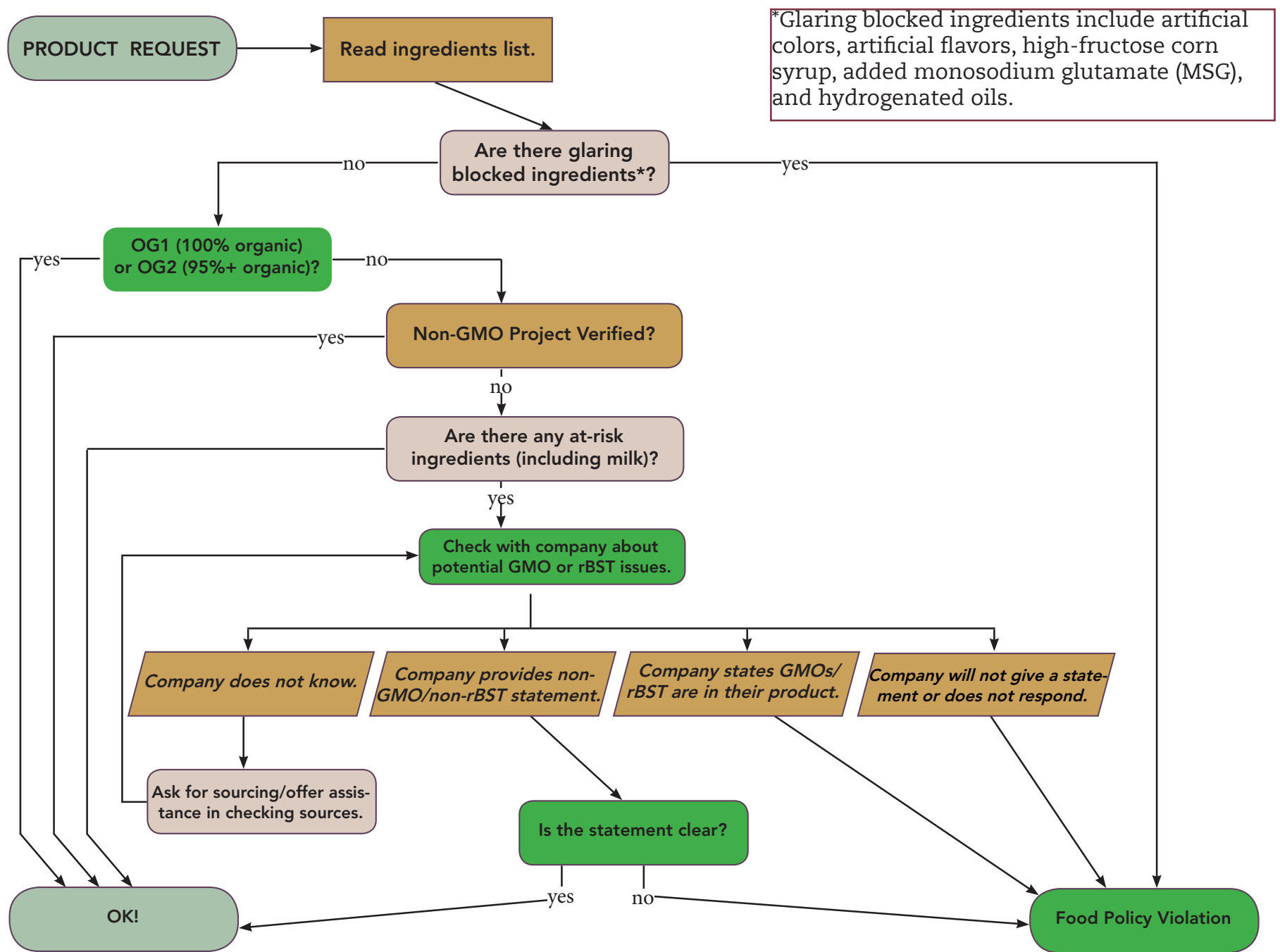
rejection: synthetic fragrances, artificial colors or flavors, high fructose corn syrup, etc.

The next step is to look for certifications, such as Organic or Non-GMO Project Verified. Anything that is 95% organic or above and is able to carry the USDA Organic logo on the front of the package—listed as OG1 or OG2 in catalogs—fits our food policy. Anything that's Non-GMO Project Verified fits as well.

After that I check the ingredients for anything that is at risk for rBST or GMO sourcing, which means any non-organic ingredients that are or can be derived from milk, corn, soy, cotton,

canola, sugar beets, papaya, alfalfa, summer squash, or zucchini. "Whey" or "soy oil" is pretty straightforward. But "sugar" can mean beet sugar without specifying. For more obscure listings, I have compiled a basic list largely aimed at people with corn, soy, or milk allergies, leading to such questionable ingredients as "maltodextrin" (corn) or "supro" (soy) being easier and easier to spot. Usually, packaged products with more than a few ingredients have at least one potentially at-risk ingredient, at which point I generally contact the company directly.

PRODUCT VETTING FLOW CHART



Medieval Almond Mylk

Back the days before the icebox, the seemingly ancient domestic ancestor of the Frigidaire, which in turn is the dusty antique that led to our current Energy Star refrigerators, there was little to be done in terms of keeping food cold. And in medieval Europe, if you didn't have a family cow, the likelihood that you had fresh milk was pretty slim. Coupled with the intense number of "fish days" in the medieval calendar, which were days that meat and foods from animals (milk included for many years) were not to be ingested according to the Catholic Church, cooks had to get rather inventive to make food interesting.

To make things creamy without cow's milk, medieval cooks turned to something they had in their pantries: almonds. The way they made almond milk remains a great, easy way to make almond milk at home. The greater ratio of

almonds to water, the creamier it becomes. This recipe is adapted to Modern English from "Du fait de cuisine," written in 1420 by Maistre Chiquart, cook for the duke of Savoy.

Ingredients:
2 cups almonds
3 cups water

Instructions:
Blanch almonds. Grind or process them (the modern food processor or blender is fine for this). Pour 3 cups hot water into the ground almonds. Allow to sit for 15 minutes or longer, stirring occasionally. Strain through a cheesecloth or fine strainer, discarding solids (or setting them aside for another purpose, such as almond meal).



How to Eat Cheese

“Dining partners... should enjoy food, and look upon its preparation and its degustation as one of the human arts.”
- M.F.K. Fisher, *Serve It Forth*

By Austin Banach, Meat, Seafood, & Cheese Manager

Some of you may be thinking, “Why would anyone have to show someone who is able to read how to eat a piece of cheese?” It is not so much telling someone how to eat, but suggesting to someone how to better enjoy cheese. I spent a long time—before learning and diving into the world of artisan cheese—eating cheese wrong, or rather missing out on a cheese’s full potential.

With a fine wine, a few factors determine a prime time to drink: age, temperature, and accompaniments. Similar variables apply to cheese in terms of maturity, ripeness, temperature, or another food or drink component paired with the cheese. Sure, you can eat a piece of cheese straight from the refrigerator or package and be perfectly happy, but what happens when you allow the cheese to breathe a little bit and come to room temperature might just open a world of nuances and subtleties that you can’t believe you were missing!

First let’s talk about a more important note on tasting cheese, which is temperature. Cheese is best served at room temperature (assuming that’s between 65 and 70 degrees). This enables the cheese to soften a bit and allows the full flavors to really bloom out of the cheese’s somewhat dormant refrigerated state. Cheese was originally created as a way to preserve milk before refrigeration was around, so a lot of traditional cheeses were meant to be eaten at that state, and last a considerable time outside of refrigeration as well. My rule of thumb when eating or serving cheeses is to first let them sit out for 45 to 60 minutes in their wrapping.

This leads me to my next tip: storage of cheese. While plastic is OK, paper is even better. In fact, a special type of breathable paper is made specifically for cheese storage. Most of cheese has live cultures, enzymes, and good mold. By wrapping the cheese in plastic or other suffocating material, you are not allowing the cultures and molds to develop or ripen the cheese. The downside of wrapping cheese in this paper is that it will lose moisture and dry out quicker. My suggestion, therefore, is to buy only what you will consume in one to two weeks at a time.

A factor about which I always will be surprised is what to pair with cheese. Just like a good chef or cook will never learn everything there is to know about food or cooking in their lifetime, one will never know all of the perfect or near perfect pairings for cheese. What is more confusing is that everyone has a different perception of what things taste well together. For wine, forget it; don’t ask me. I’ll say it right here that I am no expert when it comes to wine pairings, but I try to find a few that I like. Through my findings and tastings, red wine goes well with aged cheeses and white wine goes well with young and fresh cheeses. Sparkling wine is a nice complement to a rich and buttery cheese, as it helps to cut through the cheese’s fat. A fun dinner party idea is to get a few (or more) of your favorite wines along with an equal amount of your favorite cheeses and have the guests compare them all alongside each other while you talk about what you like and don’t like about the pairings. That is how I enjoy drinking wine with cheese the most—learning from other palates.

Fresh fruit, dried fruit, nuts, preserves, bread, and crackers are all traditional and fine accompaniments to cheese, but try some creative ideas too. Grilled stone fruit, caramelized onions, beet chips, honey, crystallized ginger, and even chocolate are pairings I have had success with in the past. I recently asked Suzy Konecky, cheesemaker at Cricket Creek Farm in Williamstown, Massachusetts, what she thought about cheese pairings, and I was thrilled with her response. “I tell people who try our cheese to think about what it tastes like or the texture. If it has citrus notes, eat the cheese with fresh citrus



to pronounce those flavors. If the cheese has a cakey texture, eat your cheese with a light and not overpowering cake like pound cake.” Another fun tasting exercise that Suzy has people do is to plug their noses while tasting the cheese. After a few chews, unplug your nose and a rush of aromas and sensations will flood your senses. The nose is said to remember 50,000 smells while the tongue only recognizes five tastes: bitter, sweet, salty, savory, and sour.

Suzy also reminded me of another exercise that relates to learning from another person’s palate. When eating a piece of cheese, look up a passage on that particular cheese in either a book or on the Internet. It may sound funny, but a lot of what people are missing while tasting cheese is actually thinking about what they are eating rather than just chewing and swallowing. The aid of a cheese description allows one to be more in tune with what they are eating and relate (or disagree) with the author’s thoughts.

In the end, I am merely suggesting how cheese can be enjoyed more to its full potential. When it comes to cheese (and any food for that matter), there are no rules or restrictions. Don’t be afraid to pair a cheese with something new, like pineapple or cake, or say what you think a cheese tastes like whether it is simple like “sharp” or “salty,” or more creative like “fudgy,” “citrusy,” “musty,” “peppery,” or “eggy.” Many cheesemakers, like Suzy Konecky, say that what makes being an artisanal cheesemaker worthwhile is not just to making cheese and delivering it, but also connecting the cheese to people and getting their responses, input, and reactions. A host should do the same.

Austin’s Five Cheese-Serving Tips

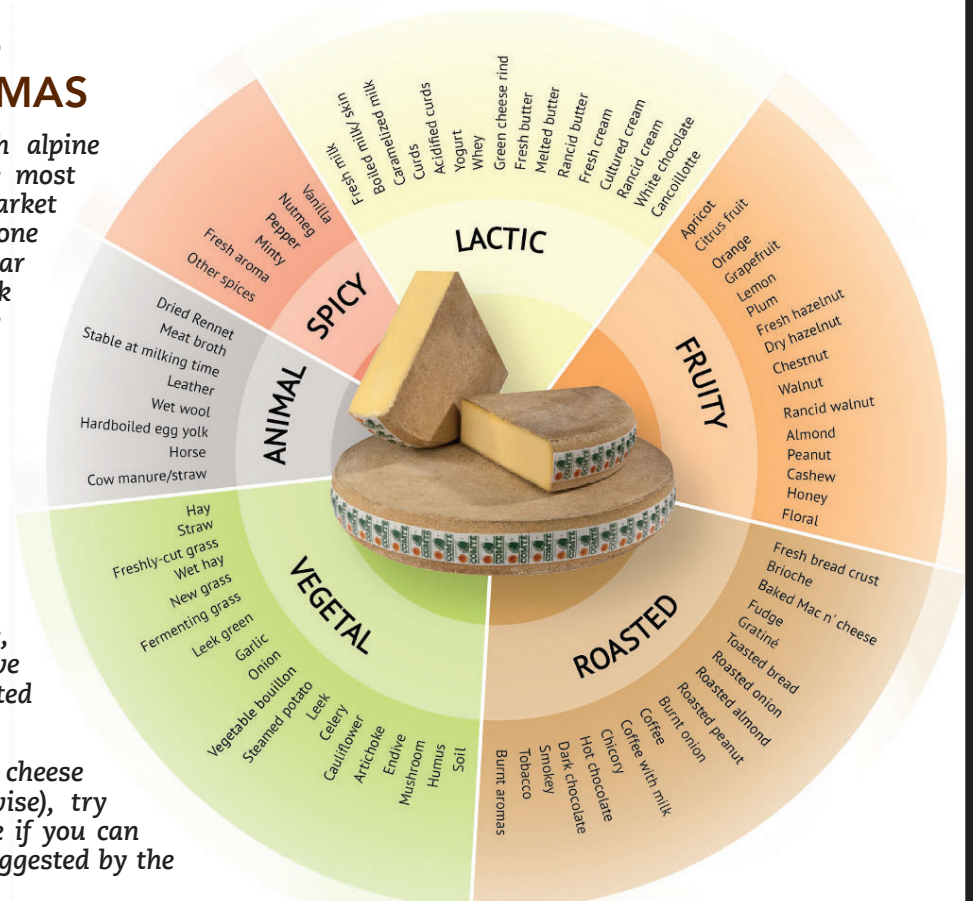
- 1 Keep it Simple**
Avoid tasting or serving too many different cheeses at once. Too many make it easy to forget which are which, or can get easily confused and overwhelm one’s palate. An ideal number is three to five different cheeses.
- 2 Taste in Order**
Taste cheeses from mildest to strongest so the stronger taste will not dull a milder flavored cheese.
- 3 Use Lots of Knives**
Use a different knife for each cheese. Seems straightforward, but it is easy to mix cheeses and that will mix the flavors. Don’t neglect the rind. The rind on fresh and semi-aged cheese often complements the cheese and is intended to be eaten as well. Use your preferences.
- 4 Clear the Palate**
Offer palate cleansers between tasting different cheeses. Water and unflavored sparkling water will do just fine, but also consider a neutral cracker or bread, crisp apple, pear, or citrus.
- 5 Try Before You Buy**
Every batch of cheese is different, and a good cheesemonger should be able to tell you when certain cheeses are in their prime and when they are not. They should also always be happy to give you a sample!

THE COMTÉ WHEEL OF AROMAS

Comté, a raw milk French alpine cheese, may be one of the most diverse cheeses on the market today and is considered one of France’s most popular cheeses. Because the milk is raw and the grasses the cows eat vary, comté is also known to have a wide variety of aromas and flavors. It is said that one wheel can have up to 83 different flavor and scent profiles.

Here is a flavor wheel that is used for comté. While it was designed for one cheese, it illustrates the massive variety that can be detected when eating fine cheese.

The next time you have a cheese you love (comté or otherwise), try looking at this wheel to see if you can detect any of the aromas suggested by the taste experts.



Outreach on Two Wheels

This Co-op employee chose to spend her vacation doing good and riding her bike!

By Jenny Schwartz, Education & Outreach Coordinator

One Saturday morning in July, I received an email about an upcoming event called the Climate Ride, a five-day ride where participants would cycle from New York City to Washington, D.C. to raise money for the charities of their choice. I was intrigued by this trip as I had taken up road biking a few years back and was searching for a personal challenge that could include helping others. For this ride, I needed to raise a minimum of \$2,800. I chose to raise money for three organizations that represent the past, present, and future of climate change. For the past, I chose to raise money for All Hands Volunteers (www.hands.org), an organization that allowed me to travel to the Philippines and volunteer to help rebuild in the aftermath of Typhoon Sendong in 2011. The Center for EcoTechnology (www.cetonline.org) represents the present, as they are currently working with all members of our community by educating them on important topics such as proper recycling, fossil fuel reductions, and more. Greenagers (www.greenagers.org) represents the future because they work with our youth by teaching and mentoring proper stewardship farming and trailway practices.

Seeing as I had never really done any major fund raising before, I anticipated a good challenge, to say nothing of training for the ride. I was pleasantly surprised to raise \$3,200 in a little over a month. While I was working on fundraising, I also had a great group of friends who were my loyal bike-riding companions during the training process, which also included a couple of fun group rides with Berkshire Bike and Board. If anyone is interested in getting into cycling, I encourage them to check out the Tuesday and Thursday evening group rides during riding season.

On the morning of September 20, one hundred Climate Riders met on the corner of Lafayette and White Street, and we began our ride. We made our way to a ferry, which took us to New Jersey. While this wasn't ideal, it assisted us in reaching a route with little car traffic. We rode our way to Princeton University, where we camped for the evening at a local YMCA. I appreciated the lecture series that took place each night, as I learned more about different organizations that were beneficiaries for the ride. That evening there were presenters from Transportation Alternatives, Vote Solar, The Nature Conservancy, National Parks Conservation Association, and B the Change, who were also part of the ride and talked about the organizations they were raising money for.

From New Jersey we made our way into Pennsylvania. After a near miss of merging onto I176, trucks were replaced by horses and buggies, and we spent the majority of the day riding through Amish Country. It felt similar to riding here in the Berkshires, with the rolling hills and open farmland. From Pennsylvania we traveled to Maryland, which was the hilliest portion of the trip. The ride leader described the elevation scale of the route as looking similar to an EKG, and he was correct. It felt as though I was on some kind of human-powered roller coaster as we were always either going up or down. Sixty-nine miles of hill later, we made it to camp for the evening. It was our last night and we stayed at the Pearlstone Center in Reisterstown, Maryland. Dinner that evening consisted of fresh vegetables from the Center's organic farm and was greatly appreciated by the hungry and exhausted riders. The next morning, music played loudly from Climate Ride vehicles as everyone excitedly packed up, filled water bottles, and excitedly prepared for our seventy-mile ride into Washington, D.C. It was a toss-up which was more exciting: arriving, or finding that the majority of that day's ride was downhill.

As we made our way to Washington, D.C., the ride began to feel as though it had already concluded once we left the country roads and entered more populated towns. Alert urban riding skills were utilized, and being on the lookout for farm animals transitioned into being aware of open car doors. We made a brief lunch stop in Silver Spring, Maryland, and then rode on the Northern Central bike trail until we were only five miles from the Capitol building. It was a celebratory moment as we waited for all riders to get there and then rode as a group to our final destination. It was an incredible feeling to come out of a short tunnel and suddenly see the national monument and then one turn later see the dome of the Capitol in the distance. After a couple of victory circles around the Ulysses S. Grant Memorial in front of the Capitol building, we made our way up to the lawn, where we were greeted by Dennis Kucinich, former U.S. Representative from Ohio, who gave a short speech upon our arrival. And there you have it, 306 miles and eight scoops of electrolytes later, we successfully rode our bikes from New York City to Washington, D.C.

With so many environmentally focused nonprofits in our area doing influential things, I hope that any aspiring cyclist will be intrigued by this article and think about doing a Climate Ride next year. Start training now, so next year, when the Climate Ride rolls around, we can work together and raise money for these people doing great things in our community. For more information on the Climate Ride, please visit: www.climateride.org. A special thank you to everyone in this community who generously made donations to these great organizations.



One hundred climate riders in NYC, ready to begin the ride.



Riding the picturesque roads of Amish Country in PA.



Making our way to the U.S Capitol.

UPCOMING KIDS WORKSHOPS

PAINTED LEAF ANIMALS	Saturday, October 18	2:30 to 3:30
APPLE PIE BAKED IN THE APPLE	Saturday, October 25	10:30 to 11:30
PUMPKIN SPICE LIP BALM	Saturday, November 22	2:30 to 3:30
MAKE YOUR OWN SNOW GLOBES	Saturday, December 6	2:30 to 3:30
MINI GINGERBREAD HOUSES	Saturday, December 13	1:00 to 2:00

Sign up at the Co-op or call for more information.

Intro to Heirloom Apples

APPLES Continued from Page One



Hilltop, but how could I get Blue Pearmain, Black Oxfords, Reine des Reinettes, and Ashmead's Kernels?

We had just started working with a fantastic regional produce distributor based in North Springfield, Vermont, called Black River Produce. It turned out they were willing to deliver us apples, which I could buy directly from Scott Farm Orchard. I immediately called up Scott Farm and was greeted by the calm, dry voice of Zeke. Overwhelmed by the options, I picked four with Zeke's guidance, and thus began one of my favorite produce relationships.

I knew I was working with someone who shared my philosophy about selling food during the very first conversation we had this season. Knowing that this season was going to have lower yields because of the long hard winter, I asked Zeke how things were looking. He replied that while the yield looked to be much smaller this year the flavor was going to be unparalleled. Zeke told me, "I'd rather have less apples to sell that have great flavor than the other way around." I swooned. Each week I look forward to receiving the Scott Farm list of what apples are being picked that week, accompanied by photos and detailed descriptions of the flavor and history of each variety. In the year we have been working together Zeke has gotten to understand what our customers like (and what I like) and is now able to make more specific recommendations, which has resulted in us doubling the volume of Scott Farm apples we are selling this year!

Whenever we get in a variety I haven't tried, I tear open the box and dig in. What flavors am I going to get from this apple? Cinnamon, leather, banana, copper, or red wine? Will it make my mouth pucker or will it explode with juice? Is it best for baking or eating fresh? The produce team sits in the backroom expounding on what we are tasting and what we will do with the apples when we take them home. Then I reread the history of each apple that Scott Farm offers. Was it discovered in some colonial homesteaders backyard in Hubbardston, MA, or did it come from the French Royal Orchard in the 1500s? Was it prized for the hard cider it produced, or for its ability to be dried?

While the flavor and history of each variety of apple is particularly rich and deep, having to do with the genetic makeup of the apple, all fruits

and vegetables have a multitude of varieties with distinct histories and flavors. The advent of industrial farming and supermarkets has narrowed our options to a few generic types bred for growing quickly and easily, and being able to handle long-distance transformation. But there was a time, and we are seeing it again, when food was bred for flavor and beauty. In recent years

heirloom tomatoes and apples in particular have been celebrated, but every vegetable and fruit in our case has a history behind it. It is our job to help introduce you to these more unusual varieties and tell you about their different and nuanced flavors and fascinating histories. And while they may not look like what you are used to seeing, trust us, try it, or ask us for a sample.



NOBEL Continued from Page One

with Nolo Press — the publishing company most responsible for do-it-yourself legal handbooks for two generations — and soon completed (with co-author Emily Doskow) *The Sharing Solution: How to Save Money, Simplify Your Life & Build Community* (2009) (<http://sharingsolution.com>).

With a fast growing portfolio of nonprofit and cooperative clients, Orsi created, with attorney Jenny Kassan, SELC. One of the first achievements of SELC was to petition the Securities and Exchange Commission (SEC) to create a \$100 exemption within securities registration requirements so that the 99% of the public that is "unaccredited" could invest in local business without imposing on that business unreasonable transaction costs (typically \$25-100,000 per stock offering). Hundreds of letters of support poured into the SEC, and this laid the framework for the new crowdfunding exemption ultimately passed by Congress in 2011 and signed into law by President Obama in 2012.

Orsi then wrote a 600-page treatise on sharing law (this one aimed at lawyers, judges, and legislators) for the American Bar Association, called *Practicing Law in the Sharing Economy: Helping People Build Cooperatives, Social Enterprise, and Local Sustainable Economies* (2012). The book is absolutely path-

breaking, exhaustively comprehensive, and well written. Gus Speth, founder of the Natural Resources Defense Council and World Resources Institute, wrote, "Every once in a while someone sees the emerging pattern of a new order of things and is able to bring conceptual clarity and useful tools to it, thus defining a new field. That is what Janelle Orsi has done in her remarkable book..." The Nobel Committee might consider the range of activities that SELC has led:

* SELC successfully lobbied the California state legislature in Sacramento to allow for the sale of certain homemade food items, which triggered the creation of hundreds — perhaps thousands — of microenterprises since January of 2013. The organization is currently pushing new bills to remove barriers faced by housing co-ops, worker co-ops, urban farms, and community-currency networks.

* Orsi started what she calls Resilient Communities Legal Cafés. Every week, she sets up shop in a café in a different underserved Bay Area neighborhood, brings along several volunteer attorneys, unpacks the library of law books from her car, and provides free legal advice and support for people with microbusinesses, cooperatives, and other projects contributing to more economically resilient communities. The project is not even a year old, and has already provided advice to 185 clients. One purpose

of these cafes is to help train lawyers and law students about sharing law. Orsi is beginning to assist groups in replicating this elsewhere in the United States.

* Orsi is spreading her ideas through a series of Wikis on legal innovations. I encourage the Committee to check out her various websites, including urbanaglaw.org, coplaw.org, communityenterpriselaw.org, and communitycurrencieslaw.org.

All of this work has occurred in the just six years since Orsi became an attorney. For me and others who have watched Orsi, there's no question that many decades of creativity are still to come. Her vision is to spread sharing law reforms, clinics, and lawyers across the United States, so she certainly has a lifetime of challenges ahead.



SEASONAL EATING

Autumn Soups

SAUSAGE & CABBAGE STEW



Ingredients

2 tablespoons canola oil
12 ounces Kielbasa (or your favorite sausages), cut into 2-inch pieces
1/2 pound smoked ham, cut into 1-inch cubes
1/2 large yellow onion, diced (about 1 cup)
2 garlic cloves, minced
4 ounces mushrooms, cut in 1/2-inch slices
1/2 pound green cabbage, shredded
1/2 pound sauerkraut, drained
1 apple, diced (about 1 1/2 cups)
1 can (14.5 ounces) diced tomatoes
1/2 teaspoon allspice
1/2 tsp. ground black pepper

Preparation

In a large stockpot or Dutch oven, heat the canola oil over medium heat. Brown the pieces of sausage and smoked ham. Add the onions and garlic and sauté for several minutes until the onion starts to soften. Add the remaining ingredients and stir well. Lower the heat, cover and continue to cook for 45 minutes. Stir every 10 minutes or so to prevent sticking.

Serving Suggestion

Traditionally, this stew is served with potatoes and rye bread, and is often made a day ahead of time, allowing the flavors to mingle overnight. Deviled eggs or creamed herring are served as an appetizer with this dish. For a lighter meal, add a fresh green salad, or lightly-steamed broccoli, carrots, or green beans.

Total Time: 1 hour 15 minutes; Servings: 8

Per Serving: Calories: 272, Fat: 18 g, Cholesterol: 45 mg, Sodium: 1041 mg, Carbohydrate: 15 g, Dietary Fiber: 3 g, Protein: 13 g

BUTTERNUT APPLE BISQUE



If there's such a thing as autumn in a bowl, this is it. Rich, creamy butternut squash, tart Granny Smith apple, and a dash of curry, and you've got a warm, spicy dish that's sure to be a hit as an appetizer or a meal all by itself.

Ingredients

1 medium onion, diced
1 tablespoon butter or vegetable oil
1 tablespoon curry powder (or more, to taste)
1 butternut squash about 1 1/2 pounds, seeded, peeled, and cubed
1 Granny Smith apple, cored, peeled, and cubed
5 cups low-sodium vegetable stock
Sea salt to taste

Preparation

1. In a 4-quart pot, heat the butter or oil and saute the onion over medium heat until soft, about 5 minutes.
2. Add curry powder and sauté 3 more minutes, being careful not to burn.
3. Add squash, apple, and vegetable stock to the pot and bring to a boil.
4. Reduce to a simmer, cover, and cook 20-30 minutes, or until the squash is tender.
5. Puree the soup in a food processor or blender and salt to taste.

Tips & Notes

Variation: For some extra spice, add 1 tablespoon ginger, peeled and chopped, to the pan at the same time as the onions, or add chopped candied ginger as a garnish before serving.

Total Time: 45 minutes; Servings: 6

Per Serving: calories: 116, fat: 3 g, cholesterol: 5 mg, sodium: 52 mg, carbohydrate: 22 g, dietary fiber: 5 g, protein: 2 g

HARVEST STEW



Ingredients

2 tablespoons olive oil
1 cup yellow onion, diced
1 cup red bell pepper, diced
1 tablespoon garlic, minced (about 3 cloves)
1 tablespoon curry powder
1 14.5-ounce can diced tomatoes
1 15-ounce can kidney beans, rinsed and drained
1 cup diced russet potatoes (1/2-inch cubes)
1 pound butternut squash, peeled, seeded, and diced
1 cup diced apple
4 cups vegetable or chicken broth
1 cup white wine (or water)
3/4 cup pearly barley, rinsed and drained
2 teaspoons each salt and black pepper

Preparation

In a large stock pot, sauté the onion and red pepper in the olive oil over medium-high heat for about 5 minutes; add the garlic and curry powder and sauté for one minute more. Add the barley and 3 cups of vegetable or chicken broth; bring to a boil, then lower the heat and simmer for 30 minutes, stirring occasionally. Add the tomatoes, kidney beans, potatoes, butternut squash, apple, remaining broth, wine, salt, and pepper. Simmer for another 20 minutes or until the barley is tender. Taste for salt before serving.

Tips & Notes

This hearty stew is delicious with crusty bread and a green salad, or accompanied by a toasty grilled cheese sandwich on whole-grain bread.

Total Time: 60 minutes; Servings: 8

Per Serving: Calories: 241, Fat: 14 g, Cholesterol: 0 mg, Sodium: 630 mg, Carbohydrate: 41 g, Dietary Fiber: 9 g, Protein: 7 g

Find more recipes and information about your food and where it comes from at www.strongertogether.coop.



These recipes and more can be found at
StrongerTogether.coop

DEPARTMENTAL REPORTS

Grocery From Zack Sheppard

There have been some staffing changes in the Grocery department since the summer. After Daniel Esko left the Co-op, I was promoted to Operations Manager. We now need to hire an experienced Grocery Manager who will be able to quickly pick up the reins of the department. With the holidays just around the corner, we have decided to focus on developing the current staff to fill the responsibility and maintain status quo until we get through our busy holiday season. We are hiring a full-time position to fill the labor hours of the Grocery Manager, but, for the time being, Assistant Grocery Manager Amie Decker is the point person in Grocery. She will have the support of upper management.

As far as products, we are most excited about two additions to our selection. First, Sir Kensington's condiments: Since their delicious mustards were so well received by our customers (and staff), we are expanding the line to include their ketchups and spiced mayonnaise. And second, we are happy to introduce a new local pasta! We have brought in pasta from Northern Farmhouse Pasta in Roscoe, NY, which is located in the Catskills. They were first established in 2011 as a small, family-owned artisan pasta shop. They now wholesale to small stores in the region. They make their pastas using NY produced Organic flour and produce from area farms, and they specialize in unique and seasonal varieties. Right now, we are carrying their Garlic Spinach Fettuccini and Bourbon Black Pepper Pepperell. They are both stocked in the pasta section.

Prepared Foods From Lynn Pino

Happy autumn! Even though I love the summer months, autumn is hands-down my favorite season, and while it is an undeniable fact that the cold, somber months of winter will soon descend upon the Berkshires, who cannot appreciate the splendor of the foliage season we are at this moment experiencing? Due to some recent chilly nights the leaves have already begun to turn their brilliant shades of yellow, orange, and red, reminding us that summer is now over. The cool weather and shorter days have slowed our local growing season considerably because of this, and soon summer will be just a fond memory. That does not mean, however, that we have to wait until next spring for any local produce, because the season is not quite done yet thanks to our local fall crops. In the café we have begun offering hot apple cider from Hilltop Orchards in Richmond, Massachusetts, where they run a special press just for us that contains no preservatives. Meanwhile, our bakers will be using their delicious Gala apples in our pie and crisp recipes; and, new to the grab-and-go case this year, we will be offering our own applesauce made with Hilltop Orchard apples. In addition to offering all things apple, Jason will be teaming up with the produce department by creating hot bar meals based on local items that are being displayed at the front of the produce department. Many of these dishes will feature items such as a variety of hard squash, celeriac, and potatoes.

Now that the cooler weather has arrived, we will be reworking our grab-and-go case. It is time to alter the items that we are offering to better reflect the shift in seasons. Beginning in October, we will be introducing heartier fare to replace the warm weather salads that are not as popular as they were over the summer months. We hope you like the changes.

Finally, nothing says autumn like Thanksgiving, a holiday that gives us time to pause and reflect on all that we are thankful for. Once again, we in the prepared foods department will be offering our wildly popular preorder program, where we handle the preparation and cooking of a complete traditional holiday feast for you. Customers can choose from one or more side dishes or order an entire meal, either with turkey or with a vegan entree. Did I forget to mention pies? Don't worry! We would never forget the most popular Thanksgiving items that we offer. We will once again be baking pumpkin, vegan pumpkin, cranberry walnut, apple, apple crumb, and pecan, and for those who suffer from wheat allergies, most, but not all of our pies can be made with wheat-free ingredients. Watch for in-store details and let us do the work for you!

Produce From Jake Levin

Fall is here and so far it has been beautiful. We are currently overflowing with winter greens, root veggies, winter squash, apples, and other treats of the harvest season. We are even selling fresh turmeric, which has been a popular customer request lately.

As we move into winter, our local selection will dwindle. That said, you can still expect to find local winter squash, storage root vegetables, and apples for quite a long time to come.

We have had a few exciting developments in the produce department that I want to share with you:

1. Jordan Archey, who you have gotten to know as our wonderful Floral and Plant Lead has been promoted to Assistant Manager. She will still be overseeing all plant and floral matters along with her new responsibilities.
2. You may have noticed that we no longer have Boston Tomato Herbs, or Olivia's Salads. That is because we have started with a new pre-packed Produce program with Produce Associate (and chef) Joel Pratt at the helm. In addition to backing our own herbs and salad mixes, we have started selling packaged pre-peeled garlic. Soon you can expect to see things like packaged sprouts, mushrooms, root vegetables, kale, stir-fry mixes and more.

That's all for now. Have a great fall!

Wellness From Brenna St. Pierre

Our warmest autumn greetings from the wellness department! We're ready for the cold weather with soothing personal care products, natural and organic immune remedies, and cozy fair-trade winter gear.

We listened to your requests and praises for Alaffia Everyday Shea and Coconut products, and our new set of 32-ounce shampoo, conditioner, body wash, and lotion has received great feedback. We are happy to offer these great, simply formulated products, made with fair-trade ingredients from fellow cooperatives.

We also love the new Weleda White Mallow Face Cream and Body Lotion for sensitive, dry, and eczema-prone skin. Formulated with soothing, organic white mallow, these products help reduce itching from dryness while moisturizing. Both are fragrance-free for highly sensitive skin and received the National Eczema Association Seal of Acceptance. They are also both over 95% organic!

Our local buddy W.S. Badger Co. has released a beautiful line of facial care products. Their Damascus Rose Face Oil has been a favorite since it hit the shelves and we expect the new products will catch your eye. Badger has taken a bold step with this unique line, aligning them with the growing oil cleansing trend. Their Oil Cleansers, Face Oils, and Beauty Balms are formulated with castor and apricot oils, effective at removing impurities from the skin while preserving the natural oils. In Damascus Rose, Unscented, Sea Buckthorn, and Argan, there is a set for every skin. We are excited to introduce you to these new products and innovative cleansing method.

We are prepared for the season with all the classic homeopathic, herbal, and vitamin supplements. While unable to share our personal experience with these products, we are pleased to explain the distinctions between these remedies, their formulas, and delivery methods. Explore our selection of echinacea, black elderberry, astragalus, oil of oregano, mushrooms, Gaia Herbs teas, Wellness Formula, and vitamins C and D. Stay healthy and enjoy the beautiful Berkshire winter!

Meat, Seafood, & Cheese

From Austin Banach

Announcement: I'm very pleased to introduce Gerald Conway as the department's new Assistant Manager. Gerald is a great asset to our department (and to the Co-op) and is an incredible leader. If you haven't already, please congratulate him the next time you see him!

Meat: We had a tremendous summer season in both meat and seafood sales, and I am very pleased with the direction and image of our small yet growing department. We are introducing a local source of fresh whole chickens from Dalton, MA. Johnson Growers is run by a husband and wife team, Angus Johnson and Allison Bell. Angus has over seventeen years experience in agriculture legislation through the Northeast Pasture Consortium. The couple pasture-raise the chickens during the warm season, and during the winter the birds are raised indoors on a 6,000-square-foot open-floor system. Angus and Allison believe that's the way it should be done. Next year Angus will be producing all of his own non-GMO feed on the farm. I will be talking about them more as well as inviting them to the store for tabling and demo opportunities.

Another very exciting discovery this year was a local source of organic turkeys: Hidden Camp Farm in Canajoharie, NY. Hidden Camp's free-range organic turkeys are given the luxury to roam freely on a fifty-acre farm and fed a premium diet devoid of any chemical stimulants. This is organic feed certified by the USDA. Hidden Camp Farm's organic turkey feed does not contain any slaughtered animal byproducts, genetically modified organisms (GMOs), or antibiotics. The grains they use are not pesticide treated, or grown with chemical fertilizers or synthetic amino acids. Their high-protein diet provides the optimum amount of nutrients for the turkeys to grow larger and taste more flavorful. It was a little out of context to be placing an order for Thanksgiving turkeys back in April, but great to know that the farmers at Hidden Camp Farm are raising these turkeys specifically for us and that the result will be the freshest of fresh. Stop by the store or email me at abanach@berkshire.coop to preorder.

Seafood: In seafood, the effort continues to support our regional fisheries and other sustainable fish sources. Did you know that nearly ninety percent of the seafood the average American diner consumes is imported? And about eighty percent of what is caught in American waters is exported? I bought two great books for the owners' lending library that are essential reads for anyone who buys and consumes seafood. Carl Safina's *Song for the Blue Ocean* is very poetic and descriptive with his storytelling style on the state of our oceans and fish populations and his in-depth research. *American Catch*, by Paul Greenberg, is another compelling read that discusses the very answers to why we export so much of our catch and import so much of what we eat. Assuming all works out, we are going to have BerkShore deliver two days a week throughout the fall and winter season. What a success for us!

Cheese: Last, but certainly not least, the cheese department. As many of you know I can write and talk about cheese until the cows come home, but I will keep this brief. Basically we are continuing our efforts to support local cheeses by doing more tastings, cheesemaker demos, cooking demos, and working with various organizations like the Massachusetts Cheese Guild. I currently attend monthly meetings in Marlborough, MA, where I am on the advisory board and where we talk about such things as website resources for farmers, retailers, and consumers, as well as event planning. I am one of the two members representing the western part of the state, so I am pushing for more Western Massachusetts involvement and events. Stay tuned.