

THE SCOOP

A QUARTERLY MAGAZINE FROM Berkshire Food Co-op
SPRING 2021

celebrating
40 years!

INSIDE THIS ISSUE:
break your sugar habit
meet some exclusive chickens
hack into your creative side for kids lunches



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From the General Manager

Almost two years ago we opened the doors to our newest location on 34 Bridge Street. Since then, we've seen enormous growth and attracted hundreds of new owners. Given our success and the development of our management team, we're already thinking about another expansion.

I don't mean moving to a larger store in Great Barrington just yet. Instead, we're planning Store #2: a new space in a nearby community that is ripe for what we have to offer: the best selection of organic, local and natural foods in the Berkshires

while demonstrating the benefits of the cooperative business model.

The Berkshire Food Co-op board of directors just chartered a new committee called the Expansion Committee. The committee's purpose is to support the General Manager in determining if favorable conditions exist in order to pursue an additional location.

Here are just some of the reasons we think it would make sense to develop Store #2:

<p>Expand our mission of Good Food for All</p> <ul style="list-style-type: none"> • Anchoring the cooperative model in a new community would create jobs and invest in local suppliers and service provider. • Offer natural and organic foods to an underserved community • Double our giving campaign to local non-profits • Expand our owner base 	<p>Increase our buying power</p> <ul style="list-style-type: none"> • We could effectively double our purchases from local vendors/growers. • By increasing our purchases we can leverage discounts and rebates. We would be able to reduce costs and pass that savings onto the customer. • Fewer out-of-stocks. If we're out of a product in one store, we can send it to the second store, same day.
<p>Increase efficiency</p> <ul style="list-style-type: none"> • Creating a single commissary kitchen would be able to produce food for two stores thereby saving labor. • Centralized administrative offices. We have already outgrown the office space at 34 Bridge Street, and another location would be able to serve as the Central Office. • Marketing, Finance and Human Resources efficiency with only one person overseeing those departments in both stores. 	<p>Improve staff development</p> <ul style="list-style-type: none"> • A second location would provide more opportunities for career growth • Increases staff morale. Already the team is excited by the prospect of growth. • Better benefits. By doubling our team members, we can get better pricing on health insurance and expand our 401(k).

There are inevitable risks in any venture of this kind, but we have already conducted feasibility studies on two sites that indicate they would be profitable. Even with a conservative estimate, the locations would open with sales higher than the Great Barrington store in its first year at 34 Bridge Street.

Where would we locate another store? That's the big question. We've got some sites in mind.

First, it would need to be far enough away that the impact would be minimal to our Great Barrington location. Second, it would need to be in a community underserved by healthy options. Areas we've identified are in Pittsfield, New York and Connecticut. But we don't want to be too

far away from GB because we anticipate using a delivery truck to transfer product between stores.

Where do you think a new store should be? Let us know your thoughts about Store #2. Contact generalmanager@berkshire.coop




From the President

Now a year into the Covid-19 pandemic, it seems trite to say that it has been a strange and challenging year for the Co-op. That being said, the Board could not be prouder or more impressed by the incredible work the Co-op staff has done. While many food co-ops throughout the country have struggled, the Berkshire Food Co-op has seen unprecedented sales. Troy and the staff have met this increased demand with grace and aplomb. Working in the food service industry is always emotionally and psychologically challenging, and doing it during the pandemic feels almost unimaginable, yet every day the Co-op team shows up and makes sure there is healthy and delicious food on the shelves for us in as safe an environment as possible. The Owners on the Board continue to be in complete awe of their work, and we are so grateful for it.

The pandemic hit 10 months after opening our new store, and after only 9 months of working with Troy, the wonderful General Manager. We were just beginning to get acclimated to this new reality for the Co-op and starting to think about what the next steps were for the Board and the Co-op when we were met with this huge challenge. But we, like everyone else, have been adjusting to our work under these new conditions. I think all of us on the Board had a hard time adjusting to having meetings on Zoom. As many of you know, it changes the flow of conversation and the interpersonal dynamics. But I would say, a year into it, we have gotten used to it and are making it work. One of the nice things about having the meetings on Zoom is it has meant more of you, our fellow Owners, have been joining us for our meetings, which we love.

We hope you continue to join us on Zoom, and that the trend of higher owner engagement at Board meetings continues once we are able to have our meetings in person again.

That being said, here are some of things the Board is working on and thinking about currently that I am particularly excited about:

- Like many Americans, we were horrified by the murder of George Floyd at the hands of the Minneapolis police. In the wake of his death, and the conversations that came out of it, we realized we needed to do a lot more work towards being a community that is actively anti-racist. This work is of the utmost importance and at the heart of what the Berkshire Food Co-op aspires to be. We are reaching out to our community members and outside experts to seek guidance in what we as a Board can do to create meaningful and actionable change in our policies to make the Berkshire Co-op an anti-racist community. We invite owners and community members to contact the Board if you would like to engage in this work through and with the Co-op, or if you have feedback you would like to share with us.

- We are thinking about what the next steps for the Co-op are and how can we continue to build and give back to our community. For so long the Board was focused on finding a new and bigger store for the Co-op. That process was a long and arduous one, but well worth it. But now it is time for the Board to start engaging in long-term strategic planning. Not being able to meet in person and hold our usual Board retreats has made this harder. But one idea in particular we are excited about

and interested in is expanding the Co-op! For instance, building a second Berkshire Food Co-op somewhere else in our region.

- We are working on developing a budget that the Board owns and controls. Believe it or not, this is something we haven't had before. We believe this will allow us to make better strategic decisions on matters ranging from Board development opportunities (going to training sessions and hiring consultants) to Board governance (voting software for the Annual Meeting) and giving gifts of appreciation to the incredible Co-op staff and Board guest speakers.

As always, if you have any questions or comments for us please join us at our monthly Board meetings, or feel free to contact me directly: jlevin@berkshire.coop




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store LEADERSHIP



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This mom shares genius snack hacks.

by Jessy Turner



Like most parents when lockdown started, I optimistically made a color coded school calendar and coordinated a healthy meal schedule. That went out the window about 13 minutes later. The task of feeding 2 kids 3 times a day (one of whom was used to yummy school-made food) became overwhelming. Thankfully I work at the Berkshire Food Co-op which provides many options I feel good about serving to my kids, and that they love.

can also be used for snacks (more on that later).

Another quick hack is using leftovers. We make rice and beans just about every week and EVERYONE in the family loves them. I mix **Field Day's rancho beans**, **Field Day's chickpeas**, **Eco Jasmine rice** from the bulk section, **Cabot shredded Seriously Sharp cheddar**, homemade taco seasoning, and corn. For lunch the next day, we stuff the leftovers and some **Green**

Feeding kids can be fun, especially when you shop the great selection at the Co-op.

Even now, a year later, we still have “mom school” on Wednesdays which is my daughter’s remote day. For these days we often switch between **Applegate Organics chicken nuggets** and **Annie's Mac and Cheese**. Applegate’s nuggets cook up nice and crispy in the toaster, and if we are in a hurry, they can also be microwaved. They even come gluten free! I have always loved Annie’s Mac and Cheese, especially the low-sodium variety. My kids get a treat without the added salt.

Mountain Gringo salsa in one of **Maria Ricardo's Mucho Goodness tortillas** and BOOM! Lunch for my kids and me!

Snacks. Every parent everywhere is familiar with the cringe worthy phrase “Mommy, can I have a snack?” Fortunately, the Co-op is replete with healthy goodness that makes my kiddos (and me) smile. **Vegan Rob's Beet Puffs and Brussels Sprout Puffs** are a HUGE hit (when I don't eat them all first). The Co-op also has a wide variety of **Kind Bars** which are good for at-home snacking and are perfect to throw in a backpack now that in-person learning has returned. Sometimes we get fancy and slice up some **BFC House-Made Mozzarella** to accompany our daily cracker intake. A ball of that cheesy deliciousness rarely lasts the day in our home!

For a side dish, I turn to frozen veggies—my favorite are the kind that can be steamed in the microwave. The leftovers last the week and are great for lunches in a pinch. My kids also LOVE raw veggies. Luckily for me the Co-op has a splendid produce section (my 7 year old says “it's gorgeous Mommy”). My go-tos are **red peppers, cucumbers, and celery** which

To balance things out, I like to add a fruit or veggie to our daily “snicker snacker”. The Co-op has value bags of apples that my kids just eat right up! I like to buy the **rainbow carrots** as a fun addition and there are always the beloved baby carrots. Seasonally fresh **local berries** are an exciting addition, as are local apples in the fall. Filling the kids plate with fruits and veggies mixed with one or two “treat foods” (puffs, cheese, nuts, etc) encourages eating more of the healthy stuff, meaning fuller tummies and less requests for “another snack”.

If nothing else, lockdown has taught me how to be creative and flexible. Feeding kids can be fun, especially when you shop the great selection at the Co-op.



Jessy Turner is the Co-op's Program Coordinator, and a mom to a precocious 7-year-old and an adventurous 2.5-year-old. She prides herself in the community work she does with us and her valuable creativity when it comes to feeding the people around her.

make a splash with local seafood

by Brian Murphy

What a whirlwind the last year has been! As we continue to be affected by COVID-19 and the supply and demand strains that come with it, I wanted to thank everyone for the unbelievable amount of support we have received. Thanks to all of our customers, we've been able to sell far more seafood than ever before. The small scale, local seafood industry has been hit particularly hard by the pandemic, and purchasing through local seafood retailers is one of the best ways to support small, local fishermen. Like most

small businesses, these little guys are the least likely to be able to survive a crisis like the one we have been living. They're also some of the most important players in creating a truly sustainable seafood industry, so their survival is paramount. While we are not particularly close to the ocean here in the Berkshires, all of our fresh seafood is shipped on a near-daily basis directly from Boston thanks to our primary vendor, BerkShore.



As many of you may know, BerkShore's primary focus is sustainable, local, and seasonal seafood, which means purchasing your seafood at the Co-op keeps revenue flowing into the local seafood industry, even if you yourself are more inclined to purchase imported salmon as opposed to local finfish and shellfish. That said, I'd invite everyone to seriously consider working some sort of local seafood into their diet. Shellfish are a particularly good choice as far as sustainability goes, and shellfishermen are the hardest hit part of the industry. Plus, they're delicious and available year-round!

Monkfish, skate and local groundfish species are also available year-round. These include, hake, haddock, cod, flounder, pollock, and redfish (aka ocean perch). Choosing any of these means you'll be getting some of the freshest fish available at any given time, and you'll support local fishermen! We're also nearing the warmer months, when many migratory species will enter New England waters and softshell crab season will begin. Many of these migratory species are available throughout the year, but the best time to get them is during the spring and summer. Keep

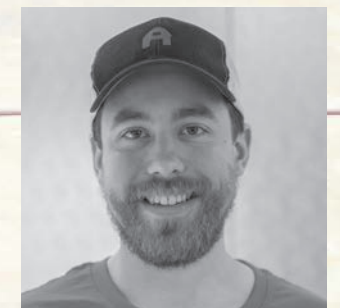


an eye out for local squid and bluefish in the coming months. Once summer really gets rolling we'll have an expanded selection including local black sea bass, striped bass, local swordfish, and whole porgy.

There's one more benefit to choosing local seafood, and that, of course, is freshness. Purchasing local seafood from the Co-op allows you to buy with total confidence. We are constantly receiving fresh deliveries from BerkShore, who brings our fish straight from the Boston Fish Pier. All of our seafood is stored under ideal conditions, which dramatically increases its shelf life. That said, our small display case means we don't heavily stock up, so we rarely see the seafood in our case for longer than 48 hours. While 'yesterday's seafood' may not sound desirable, these

logistics mean that yesterday's local seafood is at least a day or two fresher than something imported, and likely fresher than 'day of' seafood sourced through more traditional distributors who don't go to market daily. Check in with one of our seafood team members to see what's looking best each visit.

All this to say, buying seafood here at the Co-op is a win-win. Support a hard-hit Massachusetts industry, and get the best seafood in the Berkshires while you're at it.



Brian Murphy is the Co-op's Meat & Seafood department manager. He works closely with BerkShore to bring you the freshest seafood possible, whether it's regularly stocked or ordered special for you.

BerkShore is based in Northampton. They travel to the Boston Fish Pier every day and then drive across the state to bring us fresh seafood later that day.

Images courtesy of BerkShore's instagram page.



try

MEXICO CHIAPAS

Flavio Lichtenthal, Roaster and Co-Owner of No. Six Depot, writes about Mexico Chiapas, a new fair-trade & single-origin coffee in their lineup.

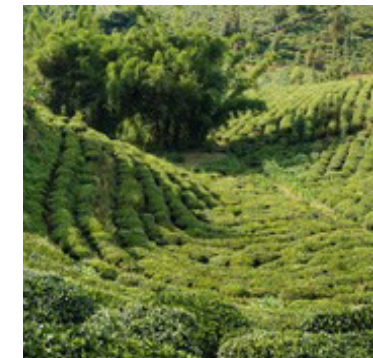
by Flavio Lichtenthal

We're so proud to finally offer you this coffee that we sourced last winter on our coffee buying trip to Mexico. After visiting and cupping many beans from Oaxaca and Chiapas, we selected this beautiful coffee—Organic Mexico Chiapas Tzeltal Tzotzil—Fair Trade/Direct Trade from the high mountains of Chiapas, grown by small, indigenous-family-owned farm organized around the Tzeltal-Tzotzil Cooperative. The Tzeltal-Tzotzil are a Maya people who came to this region as far back as 100 BCE; yet who, after the Spanish Conquest in the 1500s, suffered centuries of exile and persecution.

It wasn't until the 1980s that they began to regain their freedom and their land. In 1982, the first indigenous mayor was

elected. Now native indigenous people control 90% of their land. The Tzeltal-Tzotzil Cooperative was established in 1986 with only 19 small producers. It has now grown to almost 300 members of 25 communities in the region of Altos de Chiapas (the region with the largest population of native indigenous peoples who speak the Tzeltal and Tzotzil languages).

The objective of the cooperative is to produce coffee, honey, and artisan textiles under fair conditions while preserving the ecosystem, promoting organic agriculture and improving the lives of the people in their communities. The organization also strives to involve and promote woman to take more leadership roles in these activities.



They use indigenous coffee growing methods that both sustain the earth, and produce an incredibly nuanced coffee with notes of dark chocolate, caramel, and orange zest. Exceptional care is taken by producers to depulp, ferment, and dry their coffee, which is aided by the use of farm-owned micro mills. Coffee farms from this organization tend to be less than ten acres in size and they have the strictest quality controls.

as well. We also hope it can be a model of sustainable agriculture that respects and learns from indigenous growing methods and allows their communities to flourish. It's now available at our cafe in West Stockbridge and online for shipping to your home.

Let us know what you think at info@sixdepot.com. Enjoy!

We not only love this coffee, but the people behind it as well. We're hoping to go back this year (and every year after) to create a stronger partnership and find ways for them to profitably use some of the byproducts of the coffee process



Wine time

Sulfites: Are they really causing your wine headaches?

by Jordan Archey

Over my time purchasing for the wine department, I have noticed a common request asked almost daily: "Do you have any wines with low/no sulfites?" The answer, unfortunately, is more complicated than a simple yes or no. So let's start with the basics.

First off, what are sulfites, and why are they added to our wines? As we all know, wine is made from grapes (duh!), which are perishable. Wine reacts poorly to oxidation (which will cause off flavors), and sulfites help to stabilize the wine and extend its shelf life. They are simply a preservative with antioxidant and antibacterial properties. People often think red wines contain more sulfites and therefore cause headaches, but in fact the opposite is true. Red wines have a long shelf life due to their naturally occurring tannins from leaving the skins in during fermentation. Whites contain fewer tannins because the skins are typically removed. White wines on average contain more sulfites since they don't have the tannins to help preserve them.

To be legally bought and sold in the US, wine can contain at most 1000 parts per million added

sulfites (which is a very small amount, .001%). Now, to be considered a "low sulfite wine", it must contain no more than 100 parts per million (that's .0001%). All of this is to say that sulfites are likely not the culprit of your wine headaches. The FDA estimates that only 1% of Americans are sulfite hypersensitive, and people with severe asthma are the most likely to be hypersensitive. Symptoms typically include hives or itchiness, flushing, and trouble breathing, but not headaches. This also means that if you are hypersensitive to sulfites, there are quite a few things that you cannot consume, including beer, certain high tannin fresh and dried fruit, and potatoes, which all contain an increased level of sulfites!

So who's to blame here? Well, I'm sure you don't need another person in your life telling you to drink more water (especially someone like me, who has a very bad track record of drinking water herself), but the most common cause of wine headaches is in fact dehydration! (Hey, no judgement here, trust me.) Another reason is the naturally occurring sugar content of grapes, as well as tannins. Lastly, red wine contains higher levels



of histamines and tyramines (an amino acid produced during the fermentation process), so if you also get headaches from cured or smoked meats, aged cheeses, and citrus, you may have histamine/tyramine sensitivity.

If wine headaches are a recurring issue that a glass of water can't fix, I recommend focusing on different grape varietals that don't typically cause headaches. Sometimes it's just the type of grapes or wine styles that can cause headaches.

All of that being said, the wines

that I prefer to stock here at the Co-op are typically made using low intervention practices, meaning they have little to no additives. This does not mean that there are "no sulfites", as sulfites do naturally occur in grapes and wine, but it does mean that the winemakers focus on avoiding unnecessary additives, both in the vineyard and in the cellars. My current favorites are Morphos & Morphos Rosé from Oyster River Wine Growers in Maine.



Jordan Archey is the Co-op's Specialty Foods Manager. When not at work, she raises pigs at her home and goes for walks in the woods.



"Bottled during the end of active fermentation, this wine continues to ferment in the bottle leaving it dry, cloudy, yeasty, and full of life, with a natural effervescence. Released just after bottling, it is the fresh wine of the harvest. It is fresh and fruity after bottling, but ages gracefully into more yeasty, toasty aromas. Made from a blend of Cayuga and Seval grapes from Fingerlakes region, New York."

"Morphos Rosé is a pétillant naturel style wine made from 100% Merlot from the North Fork of Long Island. The wine is native fermented in our barn with no added sulfur and bottled toward the end of active fermentation. It continues to ferment in the bottle and is never filtered, creating a fizzy, yeasty and refreshing living rosé."

www.oysterriverwine.com

Tuna & Sundried Tomato Pasta recipe by Troy Bond

prep time: 15 min serves: 4



This simple and quick recipe suddenly became a family favorite. I credit the Ortiz White Tuna in Olive Oil. Delicate and flavorful without being fishy or too oily. I use corkscrew pasta because the channels in the pasta pick up the chunks of tuna and bits of sundried tomatoes. The fresh lemon juice brings the dish to life with a bright acidity.

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| 16 oz. Montebello organic fusilli | 1 cup chopped Italian flat-leaf parsley, divided in half |
| 8 oz. Ortiz white tuna in olive oil, chopped | 4 cloves organic garlic, minced |
| 5 oz. of Polli Sundried tomatoes, chopped and pressed dry of oil | 1 tsp crushed red pepper flakes |
| 4 oz. Parmesan cheese, grated | 1 organic lemon |
| | 5 Tbsp olive oil |

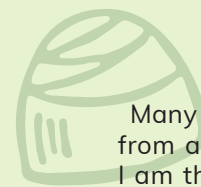
Bring salted water to a boil. Add pasta. Cook according to instructions.

While pasta is cooking, heat olive oil in a pan. Add garlic and red pepper flakes.

When garlic is golden brown, stir in tuna and sundried tomatoes. Cook 2 or 3 minutes until tomatoes are tender.

Add pasta, half the parsley and half the Parmesan.

Serve with sides of parsley and cheese to garnish and wedges of lemon to drizzle.



Many may not know but I come from a long line of chocolatiers. I am the eldest grandson of the owner and founder of the former Catherine's Chocolate Shop (now Mielke Confections) in Great Barrington, MA. My grandparents founded the chocolate shop in 1958. My parents started in the late 70's and early 80's working there full time.

I began my career when I was 13. My grandfather did not want to make fudge out of a machine kettle; he didn't believe in it. So, the torch was passed to me. I began making fudge & candies, dipping chocolates, and I continued for 33 years. I went on to man the kitchen duties full-time around 2009. Everything I made had sugar in it. I became addicted to sugar and didn't even realize it. It happened in a flash.

I justified my experience with the adage of "if I don't try it how do I know what it tastes like". Every day, week, month and year I ate sugar. Thus, my weight ballooned out of control. You become used to it; it's hard to stop. Sugar, even though they don't tell you, is a drug. You need it. You crave it.

Eight years ago, I moved next door to the chocolate shop. Being that close, whenever a craving hit, I just happened to have the key to the store. I would sneak over and grab anything I wanted. Imagine actually being Willy Wonka in the movie—the ability to eat any of the dishes whenever you want. It was a great feeling. I carried on year after year, not realizing what sugar was doing to me. In April of 2019 we sold the store and my mom retired, but I stayed. It was then that something switched. I had a different mindset. I couldn't sneak in anymore, so I stopped eating sugar. But, I knew sooner



Matt next to the shop's original sign in July 2019.

or later to rid myself of the drug, I'd have to leave the shop.

In May of 2020 I finally got the courage to do just that—rid myself of my lifetime sentence to being overweight, to being addicted to sugar. It was luck, happenstance, and fate that brought me to the Berkshire Food Co-op—the very opposite of the chocolate shop. A wholesome, homegrown natural, organic entity. There was no siren. No sugar to call me.

I knew I'd change but had no idea how fast it would happen. A virtual and real transformation took place. I erased sugar from my being. Yes, I still eat some from time to time but it does not surround me. It doesn't define who I am.

Since June of 2020, I have lost 60 lbs of what I like to call "sugar high". My lifetime sentence of sugar has literally dissolved. My hope with this is I awake someone else to the addiction of sugar—how it can be a drug, and how hard it is to quit. I know first hand. My life is so much

SUGAR

by Matt Sinico

better now, and I can do so many more things that I couldn't do when I had all that sugar in me. I will always remember my high, and learn from it. I hope someday to be able to help others who face the same dilemma and talk them out of their personal sugar high.

Matt Sinico is the Co-op's Operations Manager. He lives with his family in Great Barrington and misses bowling at the Cove.



Matt boxing up 300 boxes of fudge for Christmas 2005



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Ashley's Coop

by Ashley Saunders

Ashley's Coop is a small family farm located in the rolling hills of Goshen in northwestern CT.

We lovingly care for happy, pasture raised chickens on our no spray, pesticide-free, organic farm. We have a variety of chickens that were raised as day old chicks, completely by us.

The variety of hand picked chicken breeds provide us with a rainbow egg basket that is so fun to collect! We've raised chickens for years—just as, in light of the pandemic, many others have found themselves going back to self sufficiency and simpler ways of life!

A silver lining for us has been our growth and more time spent on the farm. The chickens have been fed a diet of completely organic feed as chicks, and as they grow they receive fermented grains. This is healthier for them since it's easier to digest and promotes a healthy gut. Their own crushed eggshells and black soldier fly grubs are

fed as treats—both are very high in calcium for a healthy egg shell production. They also enjoy fresh fruits and vegetables, and a large pasture where they can roam in space beyond conventional standard for organic chicken requirements. This space is only enclosed by electric fencing to protect them from the many predators we encounter, and found it is the best solution to giving the chickens plenty space to freely roam outside, dust themselves in soil, bathe in sunshine, eat bugs, weeds, grass and be a chicken!

We love our chickens and their eggs, and hope you do too!

Find Ashley's eggs in the egg case, and make sure you bring the cartons back to recycle when they're empty!



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1. Me holding my pullets.
2. Some of my favorites! Barred Plymouth Rock on the left, Ameraucana on the right.
3. Me admiring the cuteness of the chicks after their arrival this spring.
4. Curious chickens just the other day after all the snowfall.
5. One of our beautiful French Black Copper Maran roosters, letting himself be heard.
6. Rainbow eggs from Ashley's coop.
7. Fermented feed, which is somewhat of a process

- but well worth it as it's healthier for the chickens by improving their absorption of nutrients and therefore better intestinal health. Also makes the eggs taste great!
8. Me with one of my older girls, Big Red. She's a sweetheart.
9. These are their cracked eggshells being fed back to them for calcium supplementation. It's a treat!
10. Basking in the sun.
11. Day old chicks cuteness.
12. My 3 year old daughter, Lily, who loves the chickens.



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a Curbside Story

by Michele DiSimone

Back in March of 2020, when customers suddenly needed a way to access what we sell in the store without coming in, we quickly threw together our Curbside Pick-up program. At first, everything was very new about shopping this way. But over time we have fine tuned our program and this service has now become a part of our everyday routine in the store. Just like many of the other things that the Berkshire Food Co-op staff have been through in the past year, this program has been just one more thing that's brought us together as a team and led us to work in ways that we haven't before. This is one of the reasons that the Curbside Pick-up program has been so successful.

Curbside Pick-up is available seven days a week. It's open to everyone, and we want to make sure customers are aware of how the program works. That way, the entire experience is smooth sailing for both you and the staff working to fill the order. While all of the details are posted on our website, there are a few details that we have learned are most important to be aware of:

- Please make sure you request a minimum of five items and no more than 20 on a shopping list. Remember, two bags of potatoes (for example) counts as one of your five, so orders can get very big with 20 items. Putting more than 20 items on a list takes up valuable time for a shopper who might have anywhere from 15-30 orders to fill in one day,

and choosing which 20 items the customer may need the most is not easy. We ask that if you would like to add backup items to your list in case we are out of one of the first 20, please do so in the notes.

- Please be specific. Not everyone has the same understanding of what a small piece of ginger might be, or a



medium sized bag of almonds. Do you like them roasted? Salted? Organic? Does medium mean one pound? Two? A paper bag or a plastic one?

- If you need us to be specific about what items you receive, please give us all of the details possible to be able to get you exactly what you need. We recommend that you choose

the "no substitutions" option in this case, but feel free to let us know if there is another specific item that you might take as a replacement.

- Once an order has been collected, we cannot add items to it. The process of shopping for an order from start to finish requires many steps and we are often unable to add one more step, especially on busy days.

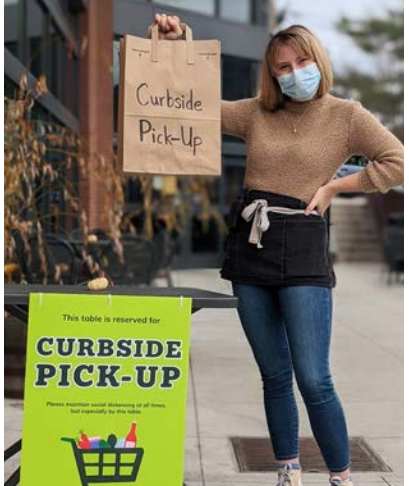
- Wednesdays and Sundays are our busiest curbside days because we offer a senior discount on these days. If you are not a senior, we request that you consider choosing another day to use Curbside Pick-up if possible.

- Orders submitted before 2pm every day will be collected for pick up that day. Orders submitted after 2pm will always

be collected and available the next day. We are typically unable to honor requests for orders to be available at set times, as orders are collected in the order that they are received.

We have gotten such great feedback from our Curbside customers and are so glad to be able to offer this service. Shopping for Curbside definitely keeps us busy all day long! And for those of us counting our steps (and everyone else too), we thank you for using the program!

We are always happy to answer questions and help, just email us! pickup@berkshire.coop



Michele DiSimone is the Co-op's Customer Service Manager. She's been working with the curbside program since it began in March 2020.



photos submitted by customers for the 2020 curbside photo contest



It's time to renew your Community Discount!

For an uninterrupted discount, renew by **March 31st**.

Not enrolled?

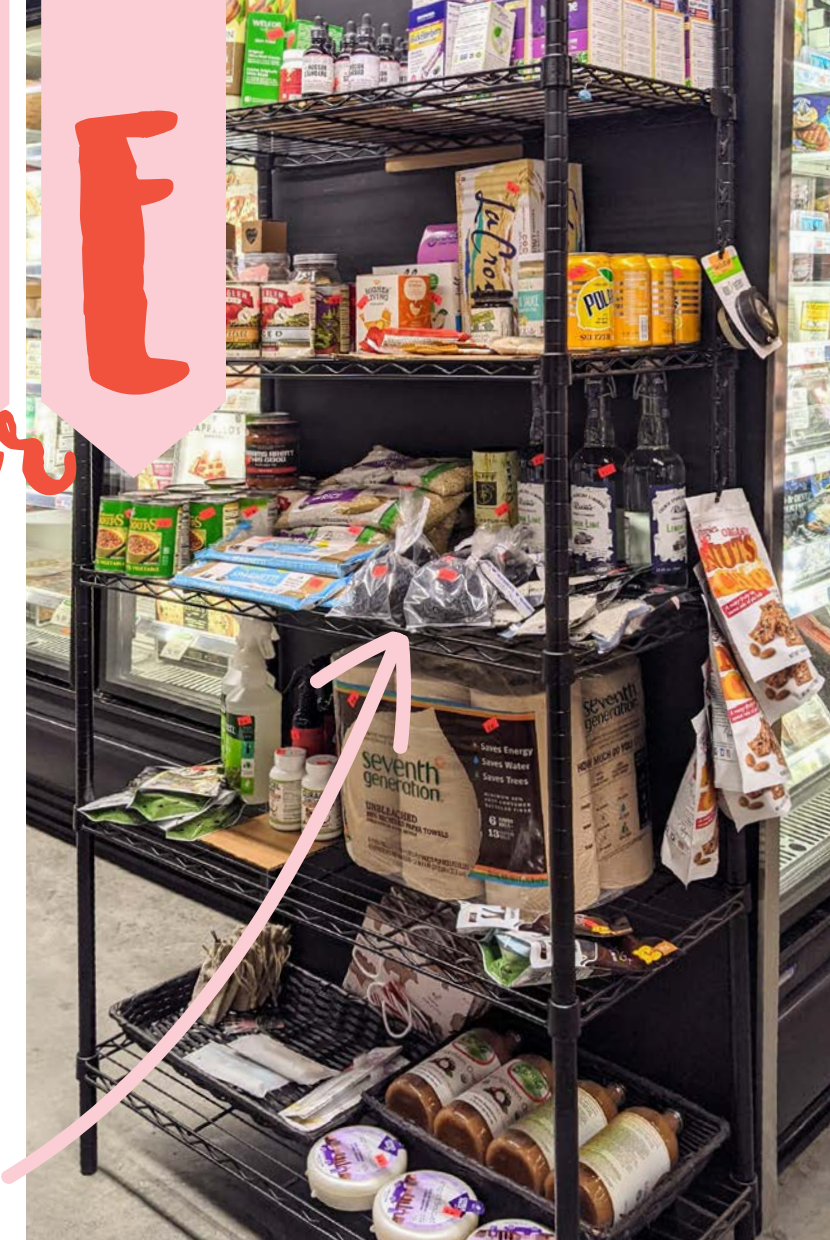
Visit www.berkshire.coop/deals to learn more about the discount and the enrollment process.

SALE

corner

The sale corner is always changing! One day there might be a six pack of Polar seltzer, the next day you could find a can of beans with a dent in it.

We mark down items for a few different reasons. They could be damaged, discontinued, or maybe our supplier simply sent us the wrong item! Either way, it's your gain. See what kind of treasures you find next time you're in.



in the sale corner now:

Hijiki

Hijiki is a seaweed harvested from the coasts of Japan. It's collected in the spring when the tide is low, and then laid out in the sun to dry before it's brought back to be boiled and dried again. The second boiling removes some of the bitterness.

When Hijiki reaches your hands, it almost looks like tea leaves. It's black or dark brown and very brittle. To use it, the hijiki first need to soak for about 30 minutes in water to rehydrate, which make the seaweed almost triple in volume.

Most say it behaves more like a mushroom than seaweed when you cook with it. It pairs well with earthy flavors with subtle sweetness, like carrots, radishes and rice. Add it to a tofu dish or a rice dish! Or simply braise it with sake, mirin and soy sauce to make a basic hijiki no nimono, which is the perfect umami-rich and savory side dish or topping.



COMPOSTABLE PACKAGING!

Our new **dinners to go** are packaged in compostable containers! The brown bottom section can even go in your **home compost bin**. The top part needs to go to a commercial composting facility (but you can bring yours back for us to compost!)

When you're ready to re-heat your dinner, remove the lid first and then you can throw it in the **microwave** for a few minutes. Or remove the lid and heat it in the **oven** for 20 minutes at 325°F. The bottom is oven-safe up to 500°F! **Dinner made easy!**



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