

THE SCOOP

A QUARTERLY MAGAZINE FROM BERKSHIRE FOOD CO-OP
summer 2021



table of

4

FAIR VS. CHEAP

Our General Manager, Troy Bond, writes about our values as a cooperative.



5

A LETTER TO OUR OWNERS

Jake Levin, Board President, writes about his involvement in Co-op events!

8

FUEL FOR THE TRAIL

Jessy Turner, Program Coordinator, reviews local, kid-friendly hikes and shares some go-to snacks.



10

AVOCADO BROWNIES

Aren't avocados magical? Jess Robinson, Grocery Team Member, thinks so! Here's a recipe.

12

TAKE FLIGHT

We're ready for takeoff! Matt McMahon, Fresh Foods Team Member, is offering you a spot in his plane.

cover art by Laurie Coyle,
Board Member

contents



13

A FAMILY AFFAIR

You love Scott and Arianna, and so do we! Matt Sinico, Operations Manager, shares some stories about them.

14

IT'S NOT A WEED!

People think they're annoying, but dandelions can be a delicious ingredient! Lindsie Kane, Receiving Coordinator, shares some of her favorites.



18

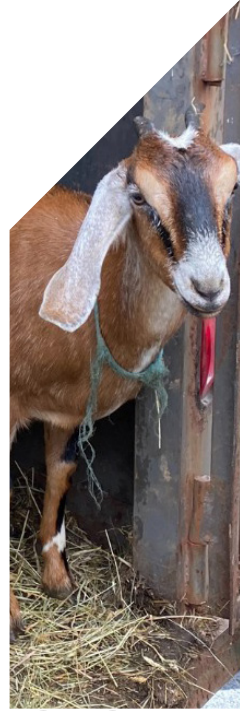
BEHIND THE SEAL

Learn from Dan Seitz, an Owner, about what the USDA Organic seal means to him.

20

MAKE IT A MEAL

Looking for dinner inspiration? Look no further. Lindsie Kane has some awesome dishes for you to try.



22

CO-OP 5K

Cooperatives support each other! Devorah Sawyer, Marketing Manager, ran a fundraising 5k with her team.

FAIR VS. CHEAP

From the General Manager

I heard from an Owner not long ago who was not happy. He told me he expected the Co-op prices to be 'the cheapest in town!'

I don't hear that complaint very often because the Co-op adheres to standards set by the National Coop Grocers. We conduct regular inventories and competition shops to make sure our prices are in-line with other natural food retailers.

But it's understandable that customers experience price differences between conventional and organic products. Organics cost more because they are, by and large, more labor intensive. Labor isn't just about growing crops without herbicides and pest mitigation without pesticides. Labor also includes doing right by the workforce.

As an example, Tony's Choclonely chocolate bars are certified Fair Trade—requiring sustainable and equitable trade. That's critically important because much of conventional cocoa is the result of slave labor. In Ghana alone, where cocoa is abundant, according to Tony's, "30,000 people are victims of modern slavery."

Sure, conventional chocolate is cheaper, but buying it is supporting unethical practices. Check out season 2 of Netflix's *Rotten* for a deeper dive into the chocolate trade.

The Co-op takes pride in working with dozens of local organic vendors. Our mission is to support our community by buying their products. Over 31% of our products come from within a 100-mile radius of our store. A conventional supermarket or gourmet store can't say that. Keeping money in our local community is the hallmark of a cooperative.

I don't want to sound like George Bailey in *It's a Wonderful Life*, when there was a run on his savings and loan, but our purchases of local products is the glue that keeps our community together:

- If we went with cheaper brand-name organic granola, we wouldn't be able to support Hannah at Sweetish Baker...who, it so happens, buys her raw ingredients from us.
- If we ordered all of the greens from an organic produce grower in Mexico at cut-rate prices, we wouldn't be able to support Jen and her team at Woven Roots.
- If all we had on the shelves were par-baked frozen organic breads—the same kind shipped to Whole Foods across the country—we

wouldn't have the unique flavors of Berkshire Mountain Bakery fresh seven days a week.

And what we do with our profits also needs to be fair to our staff.

With your support as a shopper, the Co-op:

- is now able to pay our Team Members a minimum \$15/hour starting wage
- offers competitive health insurance packages (the Co-op pays half of the deductibles)
- offers a 401(k)
- offers paid sick time and vacation time
- increased our paid holidays from two to five per year

So, if you're on board with supporting the local economy by buying your groceries at the Co-op, but you're on a budget. Here's what you can do:

Take advantage of Community Discount. If you have a SNAP card, speak to a Customer Service Supervisor about the Community Discount card which allows you to save 10% on all purchases.

If you're 65 or over, shop on Wednesdays and Sundays. Tell the cashier you're a senior and you'll save 10% on those days.

Look for our bi-weekly flyer deals--big savings in all departments! You can save even more if you shop on a Wednesday when the new flyer comes out because we still honor the previous week's sale. It's Double-Deal Day!

For additional discounts, become an Owner and use the Buying Club. Ordering in large quantities is a smart way to save. The Buying Club catalog is available in the store or online.

During Owner Celebrations, once per quarter, Owners get 15% off one of their shops during the event. Stock up!

Troy Bond

General Manager



A LETTER TO OWNERS

From the Board President

Dear Fellow Owners,

A year and a quarter into living in the Covid-19 pandemic and we are beginning to see the light at the end of the tunnel. Anyone over the age of 12 can be vaccinated. With that we are beginning to see certain safety guidelines be lifted. More importantly we are seeing people become more comfortable being out in public and interacting with other people. While things are not a hundred percent back to normal, these glimpses of normalcy are so uplifting.

Thanks to great progress we have made in mitigating the risks that come with Covid-19 I got to participate in an event at the Co-op in May that reminded me of what it is about the Co-op that I love so much. In honor of Owner Celebration week, the Co-op threw a party on the patio. Goats came from Dandelion Hill Farm in Sheffield to hang out with us. The incredible band The Kashmir Souls were singing up a storm. And the Co-op staff were slinging burgers and dogs with all of your favorite toppings along with pasta and potato salad. They even had a soda float bar! The weather was perfect, and people seemed happy to be out and about.

I was asked to assist in running to the food table—putting toppings on people's burgers and dogs and spooning out salads. I got there at 11, when the event began, and stayed there till the event was over, at 1, and there wasn't a let up in the line for food, or in groups of people swaying to the music, or in the kids wanting to hang out with the goats. I told Jessy Turner, the wonderful Program Coordinator for the Co-op, that this reminded me of my favorite part of the job when I worked at the Co-op. I used to love, and still

do, getting to participate in these events on behalf of the Co-op—giving people good food for free, and a chance to celebrate and enjoy our community.

Being out there on the patio squeezing ketchup on people's hamburgers, listening to the great live music and watching my daughter pet the goats I was reminded of why I love the Co-op, and why I have dedicated so much of the last 8 years of my life to the Berkshire Food Co-op. This is why I moved back home 9 years ago—to be a part of a community like this. Because that is what the Co-op is really all about. It is a community of people created and democratically controlled by us, for us. It is a community of people who are dedicated to providing and eating good, real food. It is a community of people who want to make the world a better place, one jar of kraut at a time.

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.

Jake Levin
President



BOARD of directors



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Fresh Foods Manager



Devorah Sawyer
Marketing Manager



FUEL for the TRAIL

by Jessy Turner
Program Coordinator

I am the kind of mom who likes to go on adventures with my kids—frog catching, mushroom hunting, and most of all hiking. We are so fortunate to live in the Berkshires where hiking trails abound. If you are like me, you are always looking for some new trails to try. As a parent, the question is - are they safe? Are they kid friendly? Well, look no further. Here are 3 of my tried and true trails (and suggested snacks to bring along).

The Burbank Trail at Olivia's Overlook

This hike is about 3 minutes from my home and is often our spur-of-the-moment adventure. Located on the Lenox/Richmond border, this leg of the Yokun Ridge Trail begins directly across from Olivia's Overlook. It is 3.2 miles all the way around and winds its way past Monk's Pond - a gorgeous and magical little pond deep in the woods. Admittedly with my tiny humans (2.5 and 7.5) we have only done about 1.5 miles in and out, but it's enough to see the pond or some pretty views up top.

If your kids are anything like mine, snacks are a must have. Since Olivia's (as we lovingly call it) is so near our home, we often don't have time to plan our trail food. This is where grab-and-go packaged food comes in handy. Kind Bars are a favorite, especially any flavor with chocolate. They are tasty, nutritious, and don't crumble like other snack bars—super portable with two kids, diapers, and water in tow. To quench that ever-insatiable thirst, we fill up the kid's sized Kleen Kanteens. These little bottles are leak proof, durable, and tuck nicely inside the diaper bag.





The Cobbles

This hike was first introduced to me by my husband who grew up hiking the trail beginning around the time he could walk. It crosses the Appalachian Trail and depending on the entrance you use, hikes about 2 miles of that famous trek. Our family uses the route that begins at Notch Road in Cheshire. The entrance takes you past a lovely waterfall and around a yellow gate. The rest of the trail vacillates between flat and moderately steep inclines. You know you're near the top when you hit the "stone stairs" - a naturally made, staircase-like structure that leads to the apex. Take a left at the top and boom! One of the most stunning views in Berkshire County.

A natural, almost amphitheater-like rock formation provides a front seat view to Cheshire Lake. My kids love it because if you look carefully enough, we can see Grandma's house

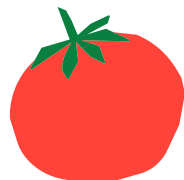
down below. During busy times (holiday weekends, especially), this area can get crowded. Don't plan to hang out too long during a busy hiking day. For those with toddlers and adventurous youngsters, be prepared to keep them close, though the rocks provide a natural barrier so you can't get too close to the edge.

Since this spot is hit or miss for a picnic, we usually plan a snack rather than a meal at the top. Vermont Jerky is my husband's favorite. Since he always accompanies us on this hike (and is the mountaineer of the family), we must make sure he stays fueled. Other yummy snacks include snacks from the bulk section like walnuts, curried cashews, and banana chips. Keeping the kiddos hydrated is sometimes a struggle. For a treat I'll grab Honest Kids juice pouches which fit nicely in a bag and the kids drink right up.

Perry's Peak

A farm and forest trail in Richmond, this 3.6 mile hike takes you through lush farm vistas up to the top of a mountain. There are two routes; one more gradual route that winds through a meadow, and a more challenging route that takes a steep path up the mountain. I recommend taking the slower route up, and the woody route back. This is a great family hike when you have an afternoon to commit. While my 7-year-old is able to make the hike, it definitely takes myself and my husband to encourage the full trek, so be sure to bring another adult along and give yourself plenty of time.

Since this hike is a longer one, ample sustenance is required. For these trips we like to pack sandwiches. The Co-op Cafe has a wonderful selection of cold cuts to make kid-friendly sandwiches, perfect to lure your kids to the top of the mountain. At the top of Perry's Peak is a nice little spot to sit and picnic. In addition to our sandwiches, we bring apples, chips (Keogh's Irish Crisps are a must) and sometimes some cookies from the Co-op bakery as a treat.



Prime hiking is upon us. Wherever you decide to hike, be sure and stock up on your next trip to the Co-op. The shelves are full of yummy, little-hiker friendly foods sure to make any kiddo happy. Having supplies on hand means you can just head out whenever the woods call!





AVOCADO BROWNIES

by Jess Robinson
Grocery Team Member

Avocados are such a unique fruit! They are loaded with potassium, fiber, and healthy fats. The avocado replaces butter or oil in traditional brownie recipes, so this is a healthier option for those who have a sweet tooth. Maple syrup, while still being high in sugar, replaces refined sugar found in traditional recipes. Maple syrup contains some vitamins, minerals, and antioxidants that refined white sugar does not. Plus, this brownie recipe is super moist and fudgy.

Ingredients:

- 1 medium, ripe avocado
- ½ cup maple syrup
- 2 large eggs (or plant-based egg substitute)
- 1 tsp vanilla extract
- ½ cup oat flour
- ¼ cup cocoa powder
- ½ tsp salt
- ½ tsp baking soda
- ¼ cup chocolate chips

Directions:

1. Preheat your oven to 350°F.
2. In a mixing bowl, mix the oat flour, cocoa powder, salt, and baking soda.
3. In a blender, blend the avocado (without the skin or pit), maple syrup, eggs, and vanilla extract until smooth. Blending the wet ingredients ensures that there are no chunks of avocado in your finished product. If you do not have a blender, it's fine to mash the avocado, just make sure there are no chunks! Remove the mixture from the blender and put it into another bowl
4. In that bowl, fold the dry ingredients into your avocado mixture.
5. Once fully incorporated, add chocolate chips or nuts, if desired.
6. Pour into a greased 8x8 baking pan and cook for 25 minutes.

take flight.

by Matt McMahon
Fresh Foods Team Member

When you travel do you enjoy flying? Or does flying make you uncomfortable, to the point you fly only when necessary? Are you somewhere in between and have always wanted to understand the how and the why of planes and flight?

About four years ago, a friend and past Co-op coworker told me how his dad had taken flight lessons and absolutely loved the experience. At the time my schedule had more availability in the morning hours so I decided to explore this opportunity myself. I pursued the Great Barrington airport. Success the first day! I met Rick Solan there. He was very approachable and enthusiastic about helping me start flying. I received the basic introductory documents and

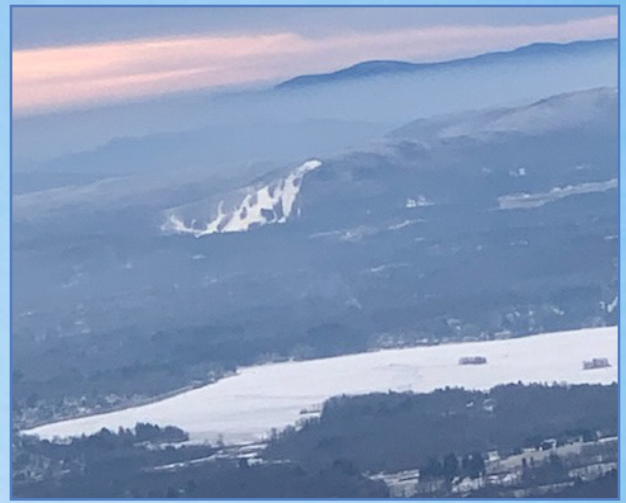
I asked if I could get up that day. The answer was yes—two headsets and we're off.

I was taught how to pre-flight. This is done every flight to ensure your flight will be safe. Nothing compares to being in control of your own plane. My first flight was in the local area, and I will admit that my attention was focused on the instruments that when Rick had me back at Great Barrington it was "oh, we're back already?" I really wasn't paying attention to the outside surroundings during that flight.

That was September 22, 2019. Now I know how to relax and enjoy the scenery. I have flown as far west as Albany International and as far east as Barnes Regional, also as far south as Bradley International and Bridgeport, CT. Along the way I've learned skills, communication, and how to plan long cross-country flights.

With the warmer weather, I encourage you to experience flight for yourself. A flight in the Cherokee, another common

training aircraft, will cost you \$185 for exactly one hour (\$135 for the plane and \$50 for the instructor). Plan on having \$200 ready, just in case the view is so beautiful the flight goes over an hour. If you aren't ready for that commitment you can ask for me at the Co-op and I'll set up a time to take you and a friend on one of my flights. I'll cover the costs—I certainly don't mind!



photos provided



A FAMILY AFFAIR

by Matt Sinico
Operations Manager

No matter where you go inside the Berkshire Food Coop you're sure to run into either Scott or Arianna. The father-daughter team that has been working here for the better part of a decade. Rumor has it they started young and matured. I believe the first, while the second I doubt. Anyone who is anyone knows this duo.

Scott got his start in the original cafe. Slinging sandwiches and whipping up juices with the best of them. He began his repartee with customers there—learning what they liked, how they took their food & drinks and starting up lively conversations. It was the threat of COVID and the uncertainty of the cafe's future that led Scott to join the grocery team. There he continues conversations with customers a bit easier and making them feel like they are at home.

Arianna is basically everywhere. Starting out in the front end as a cashier, it wasn't long before she realized her true calling on the grocery team. Over the years her duties have ranged from filling shelves and stocking the front to a much more busier schedule. All she does is order and fill for the following areas: frozen, dairy, eggs, bread, fermentable, grab-and-go drinks and refrigerated snacks. A jill-of-all-trades, she's always busy. As an apple that hasn't fallen far from the tree she knows everyone

and what they like on the floor. Many customers often ask her for special orders and she always obliges (with a smile on her face and usually out of breath because she is always busy).

A quick non-formal survey of customers when asked what's the first word that comes to mind when I mention Scott or Arianna ranges from friendly to always helpful. Honest, always willing to go the extra mile. Talkative, informative, making customers feel like home. All these qualities are inherent in them and come out naturally.

It has been my distinct honor and privilege not just to work with this duo but to get to know them. They took me in when I started at the Coop. They didn't see me as a co-worker but as family—teaching me the tricks of the trade. It's not just in filling shelves, but making customers feel comfortable and like part of their family. It's this aspect that is truly priceless. The ability to get a stranger to feel welcome and want to come back can not be taught. Never ones to run from a challenge, the "first family" of the Co-op knows no bounds or limitations. It's these Family Ties that will never be cut.





it's not a weed, it's a
dandelion!

by Lindsie Kane
Receiving Coordinator

What's a perennial flower with amazing health benefits everyone considers a weed? Dandelion greens!

Most people believe dandelions are just a weed; a nuisance in their yards. They actually are a free and healthy food source you can incorporate into your diet. They offer amazing health benefits.

One cup of dandelion greens has twice as much iron as spinach and over 500% daily intake in vitamin K.

The whole plant can be used in foods, tinctures, oils, and many other ways helpful to the body.

The dandelion plant has antioxidants and beta-carotene. They are essential in keeping the body healthy and protect against cellular damage.

They have been used to help

treat Alzheimer's disease, with liver inflammation, slow cancer progress, as well as so many more.

So instead of trying to kill them, start picking them—flower, green, root and all. I have some recipes to share, and a few different ways you can incorporate this flower into your diet.

Dandelion greens are often blanched to take the bitterness out of them. From there you can add them to any favorite dish, sautee, or braise them. *Make sure when picking the dandelions you are picking ones that haven't been sprayed with any chemicals.*

Give these recipes a try. They may give you a different outlook on something that you thought was a nuisance.



Handy Dandy Pasta

- One big bunch of dandelion greens (12 oz)
 - 3 fresh garlic cloves, chopped
 - One bunch asparagus
 - ¼ cup olive oil
 - ¾ cup diced pancetta
 - 2 eggs
 - 3 tbsp Panko breadcrumbs
 - ½ cup pecorino romano cheese
 - 12 oz bucatini or perciatelli pasta
1. Bring a pot of water to a boil with 2 pinches of salt.
 2. Slice the stems off the dandelion greens until there is only a ½ inch of stem left
 3. Blanch the dandelions greens by putting them in the boiling water for 1 minute and immediately transferring to an ice bath. Blanching takes the bitterness out of the greens.
 4. Cut about an inch off the stem of the asparagus. Blanch the asparagus.
 5. Bring a pot of water to a boil with 2 pinches of salt. Add the pasta to the boiling water. Cook until al dente.
 6. In a large skillet, heat the olive oil and cook the diced pancetta until the outside is crispy. Add garlic and cook for one minute before adding dandelion greens and asparagus. Cook for 5 minutes.
 7. Drain pasta, reserving 1 cup of pasta cooking water. Whisk the 2 eggs and add them to the pasta water. Whisk again.
 8. Add cooked pasta to the skillet. Pour the egg mixture into the skillet. Stir until everything is coated. Stir in breadcrumbs and pecorino romano cheese.
 9. When serving, top with more pecorino romano. Enjoy with some homemade garlic bread!



© Evi Abeler

Simple Dandelion Tea

1. Wash a bundle of flowers and greens
2. Put into hot water
3. Steep for 15 to 20 minutes
4. Add honey



Dandelion Fritters

- 1½ cups dandelion flowers
- ½ cup flour
- ¼ baking powder
- ½ teaspoon sea salt
- ½ cup milk
- 1 tablespoon melted butter
- 1 egg
- Olive oil for frying

1. Collect the flowers of the dandelions and wash them.
2. Mix the flower, baking powder, and salt.
3. Stir in milk, melted butter, and egg.
4. Heat olive oil in a frying pan on medium heat
5. One at a time coat the flowers with batter.
6. Fry in the hot olive oil until golden brown, flipping once.
7. Place on a paper towel to soak up the extra oil.

These are delicious served with honey or maple syrup.



Dandelion Oil

Very easy to make and great for sore achy muscles and joints.

1. Harvest enough dandelion flowers to fill up a mason jar half way.
2. Gently wash the flowers with cool water.
3. Place them on a paper towel to wilt and dry. You may need to change the paper towel to make sure you are getting rid of any moisture. Don't let them dry any longer than overnight or else they could go into the seed process.
4. Place the wilted flowers in a jar. Then fill the jar up with your choice of sunflower, avocado, hemp, or olive oil to $\frac{1}{4}$ of an inch from the top.
5. Remove any air bubbles from the mixture using a butter knife. Make sure all the flowers are submerged.
6. Cover the jar with a lid or use a piece of cloth and wrap with a rubber band.
7. Place in a sunny window for 2 weeks. No longer than 2 weeks or the dandelion may mold.
8. At the end of 2 weeks strain the oil from the blossoms. Store the oil in a clean jar. The oil is now ready for use.



Dandelion Salve

This is great for chapped skin and sore and achy muscles.

- 1 cup Dandelion Infused Oil
 - 1 ounce beeswax
 - 1 ounce shea butter (optional)
 - 12 to 24 drops of your favorite essential oil. (I love sweet orange)
1. In a double boiler, heat the oil and beeswax until completely melted.
 2. Add shea butter until completely dissolved.
 3. Add your favorite essential oil
 4. Fill your jars and leave in place until completely set and hardened.





what does it mean?

by Dan Seitz
Owner

In 2020, the Organic Foods Production Act (OFPA)—the federal law that required the U.S. Department of Agriculture (USDA) to establish an organic certification—turned 30. I occasionally hear people remark casually that the USDA organic seal doesn't mean anything anymore. Having just completed a 5-year term as a public member of the National Organic Standards Board (NOSB)—the volunteer federal advisory board within the USDA responsible for establishing rules that define what organic food means—I

strongly disagree with that viewpoint. The seal has real meaning—that doesn't mean, however, that the organic labeling process is perfect, or that we shouldn't stay aware of new developments.

First, here's a small sampling of what is working:

- Organic foods are not genetically engineered, and the NOSB has been outspoken in its opposition to genetic engineering of both animals and plants.
- Hormones and other growth-promoting substances may not be fed to livestock.
- Synthetic fertilizers may not be used in growing crops.
- Organic farmers must have in place a farm plan that promotes soil health and regeneration.
- Harvesting wild crops may not be done in a way that is ecologically harmful.



- Antibiotics may not be used in the treatment of livestock.
- Livestock must be allowed to graze for a substantial portion of each year.
- Chickens must have access to pasture.
- Weeds and pests must generally be controlled through natural means (only a few relatively benign herbicides and pesticides may be used as a last resort).

Organic farming is profoundly different from conventional farming and could, if widely practiced, help reverse environmental degradation and climate change. But like many federal agencies, the USDA is also influenced by corporate interests that can compromise organic standards. For instance, the USDA has allowed some hydroponic operations to be certified as organic farms, despite no allowance for that under the Organic Foods Production Act. While I do not oppose hydroponic farms, I feel they should not be eligible for

organic certification because they do not regenerate the soil, they produce a lot of plastic waste, and they can put small-scale, soil-based farmers out of business—the very farmers who pioneered organic practices and produce the most healthful food. Additionally, the USDA has not always adequately enforced some aspects of the organic rules; among other things, they have allowed some industrial-sized dairy and egg operations to skirt the organic pasturing requirements to the detriment of small farms that maintain strong organic practices. And while the USDA has recently strengthened its oversight of imported products, in the past there were gaps in effective enforcement that on occasion enabled conventional corn and wheat grown abroad to be sold in the U.S. as “organic”; this had a detrimental impact on U.S. farmers genuinely working in accordance with organic standards.

Where does all of this leave those of us who want to eat healthy food responsibly produced? It’s still important to be an aware and informed consumer, which means

purchasing products from companies that are more principled in their farming and production practices. For example, the Cornucopia Institute (<https://www.cornucopia.org>) is a nonprofit organization that helps consumers find the best sources of organic food. We can advocate for stronger organic enforcement by letting our legislators know that access to high quality organic food is a priority. And we can get to know our local farmers and find out whether they observe organic practices. It’s true that the organic standard is not perfect and that many farms that are not certified organic are strongly committed to organic and regenerative practices that may even exceed the standard. Even so, the organic standard has had a hugely beneficial impact on American farming practices, and has provided thousands of farmers an alternative to using conventional practices by creating a new market and consumer demand for cleaner, more life-sustaining food.



make it a meal.

Cook up these three creations and pair them with a simple garden salad for a balanced summer dinner!

by Lindsie Kane
Receiving Coordinator

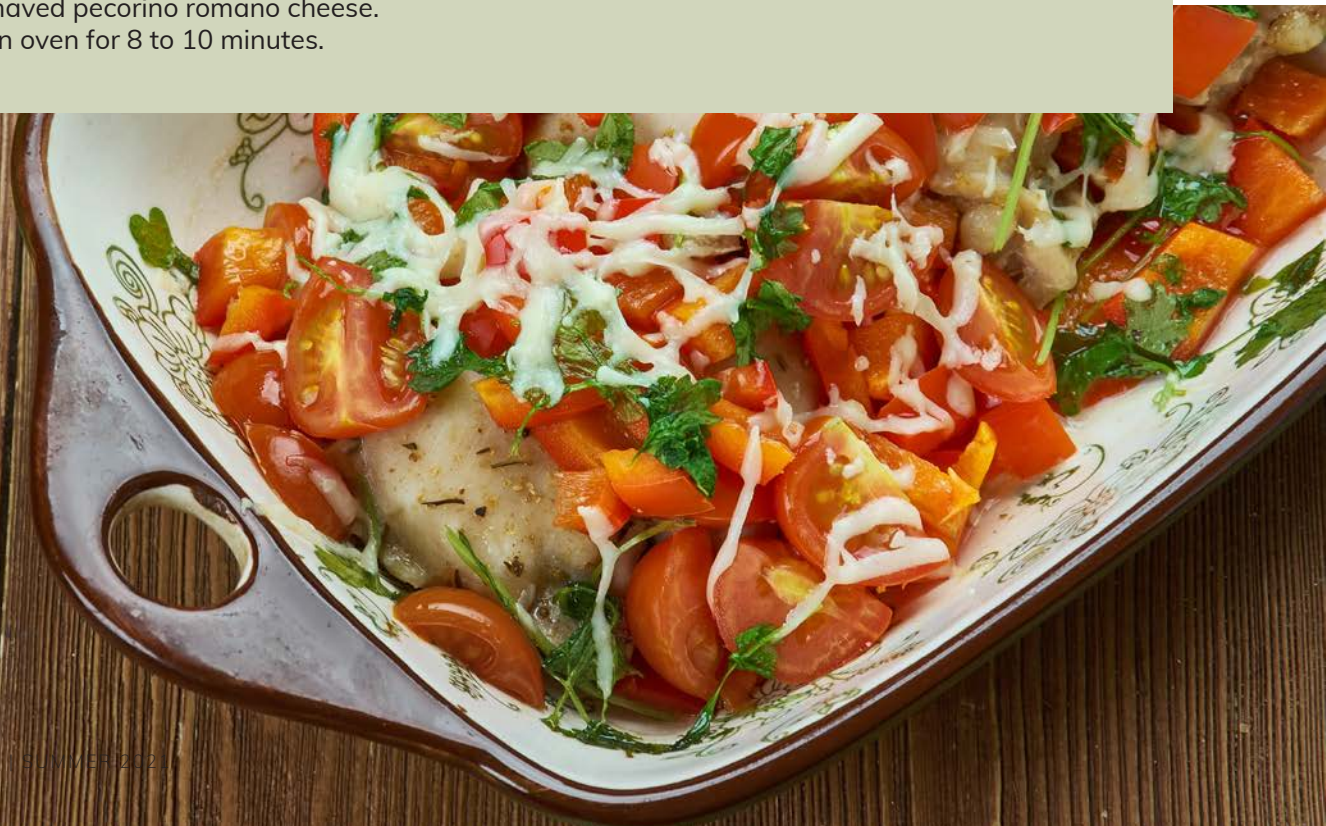
Bruschetta Chicken

Ingredients:

- 7 or 8 Roma tomatoes
- 1 red onion
- Fresh basil
- Olive oil
- Balsamic vinegar
- Smart Chicken Boneless Skinless breast
- Salt & pepper to taste
- Dried thyme
- 1 tbsp butter

Directions:

1. Chop tomatoes, dice $\frac{3}{4}$ of the red onion, & chop 7 basil leaves.
2. To a bowl, add $\frac{1}{4}$ cup olive oil, $\frac{1}{3}$ cup balsamic vinegar, and salt & pepper. Refrigerate for an hour.
3. Preheat Oven to 325°F.
4. Pound the Smart Chicken breast with meat pounder until thinned out. Season with salt, pepper & dried thyme.
5. Heat 3 tbsp olive oil and 1 tbsp butter in a large pan. Place chicken in the pan and cook for 4 minutes each side until cooked through. Relocate the chicken to an oven-safe dish and top with bruschetta and shaved pecorino romano cheese.
6. Cook in oven for 8 to 10 minutes.





Parmesan Leek Risotto

Ingredients:

- 6 cups chicken broth
- 1 tsp chopped fresh garlic
- 2 tbs olive oil
- ½ cup diced sweet onion
- 1 ½ cup leeks chopped
- 2 ½ cup Lundberg arborio rice
- ¾ cup dry white wine
- 1 cup fresh grated parmesan cheese
- Salt & pepper to taste

Directions:

1. Pour chicken broth into a pot and bring to simmer.
2. Meanwhile in a large heavy saucepan over low to medium heat, heat olive oil. Saute garlic, then add the chopped leeks & saute for about 5 minutes
3. Add arborio rice and stir for one to two minutes.
4. Add white wine and stir until the liquid is absorbed, about 2 to 3 minutes
5. Once simmering, add the broth to the rice one ladle at a time, stirring constantly until the liquid is absorbed.
6. Remove from heat & stir in parmesan cheese. Add salt and pepper to taste and garnish with more shaved parmesan.

Cauliflower Puree

Ingredients:

- 1 head of cauliflower
- 1 cup heavy cream
- ¾ stick salted butter

Directions:

1. Cut cauliflower florets off the head.
2. Bring water to a boil in a large pot. Add cauliflower and boil for 7 to 8 minutes.
3. Meanwhile, in a small pot, melt butter and mix in heavy cream.
4. In a blender, add small batches of the cauliflower and heavy cream mixture. Blend until smooth creamy consistency. Continue to add cauliflower and cream mixture until it's all blended.



THE CO-OP 5k VIRTUAL

A Project of CDF



On May 1st, we tightened our laces, hydrated, stretched and headed over to the gorgeous Ice House Hill Farm in Richmond. Jessica, Troy, Jessy, Lucia and I met there to start our run.

As sponsors of the Cooperative Development Foundation's virtual 5k this year, we were able to create a team of our own and participate! Our team, Cooper's Troopers, decided that even though we wouldn't be sharing a starting line with the hundreds of other runners from around the country, we would do our part together. Five kilometers later, we took a team picture. We probably would have looked much better if we did that beforehand, but supporting other co-ops is hard work!

CDF promotes economic improvement by serving as a resource for cooperatives of all kinds. One of the cooperative principles, cooperation among cooperatives, drove our decision to support CDF through their annual 5k. Hopefully next year we'll all be running together.



The day was cold, but the run was worth it. For more information about the Cooperative Development Foundation, visit cdf.coop

by Devorah Sawyer
Marketing Manager



a poem: **Butterfly**



Like a caterpillar
She starts out every day new
Emerging from the darkness
Every day she changes
Of course she's tough
She has to be
Behind those eyes
She hides so no one can see
The true version of herself
Trying to form
She's been knocked down
Almost out
But she gets up
Sometimes needs help
Extend a hand
Pull her up dust her off
Tell her how much she means
That she is needed
Then she can fly
Fly away
Fly like the butterfly she tries to be
Spread your wings young butterfly
But never forget how you started
Or where you've been
If you hadn't gone through that
Then you would have never gotten those wings

- Matt Sinico

2021

Board Nominations Timeline

July 12, 2021 Application process formally begins

August 20, 2021 Applications Due

September 3, 2021 Applicants are notified of their nomination status

Each applicant will send in a video statement and set up an interview time when notified of their nomination status

September 2021 Voting begins

Voting begins both in-store and online, applicant videos will be available on our website and social media

September 2021 Meet the Candidate

Candidates will have the opportunity to meet with owners in the cafe

October 2, 2021 Annual Meeting

Voting Closes at 8:00 PM

October 4, 2021 Election results announced

Dates and assembly format subject to change.

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