



THE

SCOOP

A QUARTERLY MAGAZINE FROM BERKSHIRE FOOD CO-OP
winter 2018/2019

CELEBRATE
THE HOLIDAYS
WASTE-FREE

learn how
to make
beeswax
wrappers

staying

COZY & warm
this winter

CO-OP STAFF SHARE THEIR FAVORITE PLACES TO GO, THINGS TO
DO, AND RECIPES TO COOK TO MAKE THE MOST OF THE SEASON!

We were created by
and for **FAMILIES**
in the **Berkshires** to bring
REAL food to our friends
and **neighbors**. Everything
we sell is **thoughtfully**
chosen, so you can
REST assured that it's
good for you and for our
COMMUNITY.

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STORE leadership



Erica Spizz, President



Michael Maguire, Vice President



Dan Seitz, Treasurer



Luke Schell
Interim General Manager



Betsy Andrus

BOARD

of

directors



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Molly de St. André



Sam Handel



Jake Levin



Jen Salinetti



Ted Moy
Store Manager



Jill Maldonado
Marketing Manager



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Cian Dalzell
Wellness Team Leader



Amie Decker
Grocery Team Leader



Daniel Esko
Expansion Project Manager



Jenny Schwartz
Education & Outreach Coordinator



Joel Liu
Meat, Sea & Cheese Team Leader



Adam Sugarman
Customer Service Team Leader



“With each new discovery, the landscape of what we know changes, and so too, does the terrain of the adjacent possible.”

FROM THE EDITOR

During the quiet of early winter, as so much of the natural world is asleep, I'm spending a lot of time thinking about the future.

I find myself standing at the office window staring into the vast, empty spaces of our new building. I build a mental picture of the bright new cafe, the shiny sandwich station, the new beer & wine selection...

As I stand there, looking into the future, I'm aware that I am able to see so clearly because I stand on the shoulders of giants. Everything we've done to prepare for this move has been born from the accomplishments of those who came before us.

There is a phrase often used in scientific circles to describe the space just beyond what we know—the “adjacent possible”. With each new discovery, the landscape of what we know changes, and so

too, does the terrain of the adjacent possible.

The group of friends who hatched a plan to bring good food into our community could never have dreamt of what we'd become. For them, the adjacent possible was an old barn they could convert into a grocery store. Even then, the store that we're in now—which we deem impossibly small—would have seemed like an unachievable dream.

And yet, as the landscape has changed, new possibilities have emerged on the horizon. We push forward, one step at a time, discovering new ground as we go.

Our sense of possibility and our courage to step into the unknown have been fed by our collective strength. Together, we have dreamt, planned, raised funds and achieved amazing things—things that have altered the course of our community.

Today, we are a thriving business

that feeds thousands of our friends and neighbors, circulates millions of dollars through our community every year and employs dozens of hard working people who have formed friendships and become a family.

I'm grateful for the promise tomorrow holds and for the past that has made it all possible.

Speaking of growth and change... we are proud to release the very first issue of “The Scoop”. This new quarterly magazine will replace our

old quarterly newsletters. We hope to provide you with information and inspiration about our products, our community and the world beyond the Berkshires.

Everything in this issue was brought together by a team of smart, fun, interested and interesting people who are excited to bring you something new.

We hope you enjoy it!

JILL

EXPANSION

UPDATE

Dan Esko Project Manager

As I reflect on the past year and the future of our Co-op, I think it is important to take a moment to remember where we came from. Almost 40 years ago our Co-op was created by and for families in the Berkshires to provide real food to our friends and neighbors. These families founded the Co-op on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. And at the heart of this do it yourself spirit, is our founders shared belief in the ethical values of honesty, openness, social responsibility and caring for others. This is the cooperative spirit and it will continue to guide us as we grow into our new home next year.

As most of you likely know by now, I have recently stepped aside from my duties as General Manager and I am now managing the expansion project full time. As Project Manager I am now able to focus on the Co-op's expansion during this critical stage as we prepare for new store opening in April of next year. While the board of directors searches for a new General Manager, Luke Schell from St. Paul, Minnesota has been serving as the Interim General Manager. Since October, Luke has been busy digging in with Co-op management to ready the store for our expanded operations.

2018 saw the Co-op make significant progress toward getting into the new store. After several long months and many

public meetings, permitting was finally secured for the project back in February. Soon thereafter, several buildings were taken down on the property and site preparation began. Fast forward 8 months and we have a building coming up from the ground! The foundation and floor have been poured, the steel frame is erected and the wooden frame of the upper floors is just beginning to be built. Soon, our general contractor will mobilize to commence the interior fit out of the Co-op space and in just a few months time we will open our doors to a brand new chapter in Berkshire Food Co-op's history.

The project has not been without its challenges, however. As expected, construction on site has

reduced customer traffic though we are still doing slightly better than originally expected. Overall, construction is going well but there have been delays and cost overruns. With final architectural plans in hand we were able to more accurately quote the cost of work. These quotes came in higher than our original budget. A construction boom in the area has made for a tight labor market for subcontractors driving the cost of work up. In addition, tariffs have affected the cost of building materials, in some cases by up to 15%. There have been additional delays due to weather and other circumstances that are not unusual for a project of this size. All of this is to say that things are progressing quite well now, though on an adjusted time table

and at a higher cost.

To solve for this, we will be approaching Owners for additional loans this winter and into spring of next year. The amount needed is much less than our previous goal and we are excited to give our Owners an additional opportunity to invest in their Co-op and their community. The Co-op's mission of providing real food to our community and doing real good in our community is rooted in creating more co-op economy. Our new home is critical to our mission and will help the Co-op grow its impact in a big way. If you are an owner of the Co-op and are interested in learning more about the upcoming offering, please reach out to me at 413-528-9697, ext. 101 or desko@berkshire.coop.

In closing, I want to thank all of you for your generous support of the Co-op over the years. It is with deep appreciation that I also thank our founders, and all the staff, volunteers and community members who have helped make the Co-op what it is today. Without you, none of this would be possible. Together, we have all made the Berkshire Food Co-op a truly special place for our community.

Your ray of SUNSHINE

BOARD MEMBER, JAKE LEVIN REMINDS US THAT THE CO-OP IS LIKE A YEAR-ROUND FARMERS' MARKET...

Starting in May and going through October we congregate at our various farmers markets not just to stock up on food, but to connect with our friends, neighbors, and community members. In the Berkshires we are particularly lucky because we have such a strong, vital and connected community. The Farmers' Market doesn't just offer us a chance to stock up on fresh, clean food, but an opportunity to connect with our fellow farmers and food producers. It gives us a chance to buy a grilled sausage made from pastured pork, while also learning about what the Selectboard is working on. When friends come to

visit us during the summer months, we are always eager to take them to the Farmers' Market to show them what a truly exceptional rural community we live in. "This is us", I say, proudly beaming.

Once October comes, I am always a little sad knowing that the weekly markets will be ending, but I also know that with the holidays just around the corner there will be indoor markets at which I will continue to see my friends and neighbors. But as we enter the dark and cold days, after the holidays have ended, and the snow has lost its charm it is easy to become

a little depressed. No more weekly markets, no farm baby smiles, no more zoning board updates from your favorite vegetable fermenter.

But then I remember, we have the Berkshire Food Co-op. As someone told me when I first started working at the Co-op, "We are your farmers market 7 days a week, all year round." It is not just that I can buy locally grown beets, potatoes, winter squash, apples, carrots, greenhouse greens, and more all winter. But when I am shopping at the Co-op I am going to run in to my favorite egg farmers, and the charcutier who makes my favorite

salami. And, this is one of the main reasons why I love my co-op. It's not just because I can buy those eggs, and that salami there, it is because the Co-op is where the farmers and food producers I love, trust, and respect choose to do their shopping as well.

Do not give into the winter doldrums. Do not despair. Let the Berkshire Food Co-op be your vitamin C, your ray of sunshine. Remember that it is not just where you can find the much needed colorful crisp and sharp local organic watermelon radish in the middle of the winter, but where you can also find that much needed check in with your favorite farmers and producers. The

Co-op is one of the pillars of our rich and vibrant food community, and during these dreary days is a lifeline for us all.

Do post-celebration leftovers leave you cold? Banish the boring and elevate what remains...

when the *east*



is FINISHED

Not to worry! It only takes a little culinary creativity to turn last night's leftovers into a super supper.

No matter what you put on your

If you're a foodie, there's nothing more fun than cooking for a crowd. The great smells and even greater conversations that fill your home during the holidays can truly be the highpoint of the season. But when the dinner is done and the

loved ones have left, what remains are a whole lot of dishes and an abundance of leftovers. AND, if you're a foodie, the idea of eating leftovers for a week straight might just leave you as cold as that turkey gravy that's sitting in your fridge.

holiday table, this simple technique is going to turn around your turkey, rarify your roast or hop up your ham. The only thing you need to make some magic happen even after the glitter is gone is a package of wonton wrappers.

Start with a protein, some starch, some veggies and a sauce.

Get all your goodies laid out and within easy reach. Take a minute to review the rolling directions on the wrapper package. Mentally prepare yourself to fail a couple of times before you create a truly glorious roll.



Spread a thin layer of sauce (in this case, cranberry) and pile a small amount of your

leftovers in the center of your wrap. You're going to be tempted to over fill it. RESIST that temptation!



Follow the instructions on the package to roll and seal. Cook your egg rolls (carefully!) in a preheated frying pan with an inch of oil. Keep them moving to cook them evenly. When they're golden brown, they're done. Remove from the oil and drain. Serve with a dipping bowl of gravy or other leftover sauce.





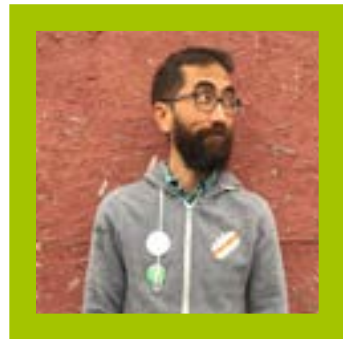
Illustration by Jenny Schwartz

winter



When you live in the most beautiful 4-season vacation area in the world, (in OUR humble opinion) there's always something to look forward to doing when the seasons change. Winter is no exception. When the wind blows cold and the snow starts to fall here's how

Conservation Forest Trail at Lake Mansfield. After a snow fall, it's especially quiet and beautiful PLUS



it's easy to spot the tracks of the woodland creatures he loves to feed.

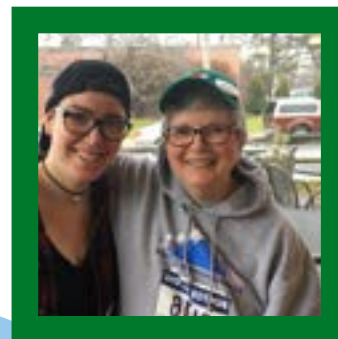
Amie braves the cold and takes her son sledding, then loves to come inside and warm up with an afternoon of baking cookies.

You COULD call **Jeremy** Mr. Butternut (we're not sure HE'D want you to, but you could still try!) He lives for the winter when he can spend all his free time on the slopes with his kids.

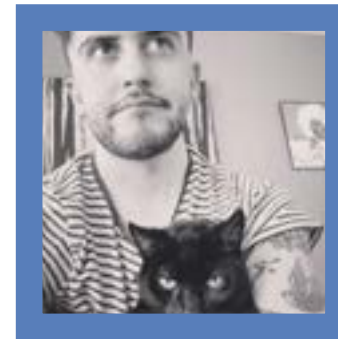
Ariana & Michele are more the INDOORSY types. When it's frosty out, Arianna loves to get cozy in bed with a good book and Michele likes to toast her toes in front her fireplace.



Shari recommends picking up some free passes at the library and driving up to MASS MoCA to enjoy the Berkshires' own world-class art scene.



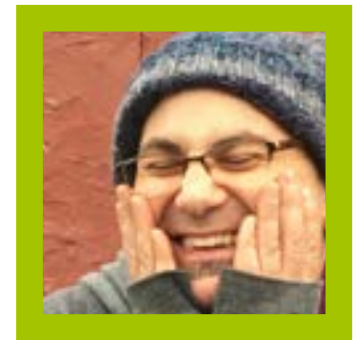
Devorah loves to lace up her skates and hit the ice at the Monterey Fire Department's



covered rink.

Pat loves nothing better than to spend the day cooking for a crowd. Her signature dish? Leg of lamb. Mmmm, Pat is there room at your table for US?!

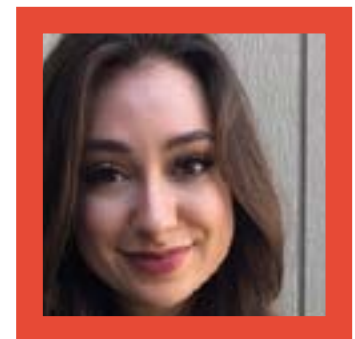
When asked his favorite way to spend a winter day, **Craig** says



he likes to make snow angels with his black cat, Horchata. Now THAT'S one cool kitty!

David D. thinks it's silly that EVERYONE doesn't love to build snowmen as much as he does.

Ahnaka loves to skate at the



same place Devorah goes. The covered rink offers a little bit of protection from the weather, but is open enough that it feels like you're skating outdoors!

staff faves

the gift of holiday



presence

Join us for our Craft Nights in the Café. Bring your own project or get inspired to start something new! Dates are on our event calendar!

Education & Outreach Coordinator, Jenny Schwartz SHARES HER THOUGHTS ABOUT GIVING FROM THE HEART THIS HOLIDAY

Have you ever gone into the holiday season determined to stick to your budget, and then don't? For me, all it takes is one listen to *Have yourself a Merry Little Christmas* on the radio and I'm overtaken by the gift-giving spirit. My ideas get grander by the second and as I reach the height of creative inspiration, I realize how much time and money I'll need to pull it all off, and suddenly, all those glittery hopes come crashing down.

I do love the holidays, though.

My favorite part is celebrating in community and the creative spark that lights me up. And this year, with the news reporting one tragedy after another, I feel that now is the time to let the holidays help us hold fast to the hope of building stronger communities, promoting togetherness and appreciating the smallest things that bring us joy.

While it's my goal to connect with the people I love, I also make an

effort to reach out and connect with those in need and spend some time with someone I might not know well. Maybe this is the year that I actually invite a person who might otherwise be alone on Christmas Eve over to dinner. I wonder what kind of difference that might make for someone?

Research says that the average American will spend about \$900 on the holidays, but when I look at my possessions, the few material

things that I've held onto over the years are the handmade gifts—the gifts that loved ones poured their creative energy into, making something just for me. I hold those gifts with the highest regard. Even if I don't keep in touch with that person as frequently as I would like to, their thoughtful gift keeps them present in my heart.

Lately on social media, I see a lot of people using the hashtag #timeslowdown as they watch their little ones grow up too fast or wish for more time to spend with friends and family. With the holidays so easily turning into a frenzied search for the perfect gift, with hours of waiting in line followed by more hours spent wrapping, it's easy for time to speed by before you've even taken a moment to appreciate the season. Did you get to visit the cute craft festivals, do some caroling, go to the holiday stroll? Did you get to move slowly and really take it all in?

To help us all stay present this holiday season, I've come up with a list of alternative gift ideas to help create wonderful holiday memories while also maintaining your sanity...

GIVE TIME. Make plans with a friend or family member to meet at your favorite coffee shop. Put your phone on airplane mode and give them your undivided attention—catch up, people watch, listen to the holiday music. Go on a winter hike or make plans to volunteer together somewhere.

GIVE EXPERIENCES. The Berkshires offers so many fun things for people of all ages to do and see. Community calendars are a great way to find out what's happening in the area. Use Google Maps to plan a route and research what to see along the way. Pack some favorite snacks to make it even more special. (Got a friend who loves surprises? What fun to be whisked away for a spontaneous day trip!)

GIVE ART. If you appreciate handmade but don't have the time to make something yourself, find something one-of-a-kind at a craft fair.

GIVE HOMEMADE. Go rogue and abandon the mall altogether! There are so many things you can make yourself. Lip balms, fermented foods, body scrubs, gift baskets filled with healthy goodies—there so many ways to get creative and make the most out

of your budget. Even better, host crafting parties with others who want to make handmade gifts. Have some delicious snacks on hand and enjoy a holiday movie marathon while you craft.

GIVE GOOD FOOD. Why is the holiday season all about sugary foods? A bottle of exceptionally good olive oil or balsamic vinegar would make a great gift for a foodie who might not splurge on themselves. Think about "foods that include" and gift gluten free and/or vegan treats. Thoughtfully prepared foods emulate a sense of community, acceptance and love!

GIVE WASTE-FREE. Wrapping provides a wonderful element of surprise to the perfect gift. Instead of going with paper, think about something functional, reusable and sustainable, like a cute fabric bag, beeswax wrappers, BPA free tupperware or mason jars. Reused berry boxes are the perfect container for home-made chocolates carefully wrapped in tissue paper and tied with a scrap piece of ribbon or yarn.

There you have it! Keep it simple, keep it meaningful and keep it all about your presence!



make your own

BEE SWAX WRAPPERS

in
easy
steps

Skip the paper and spare the planet. It's easy to make these reusable fabric wrappers that will delight everyone on your gift list!

All you need is some scrap fabric, a block of beeswax, a grater, an iron and some parchment paper.

1

Grate the beeswax.



Sprinkle generously onto your fabric.

2



Place between 2 pieces of parchment paper & iron.

Add more beeswax as needed.

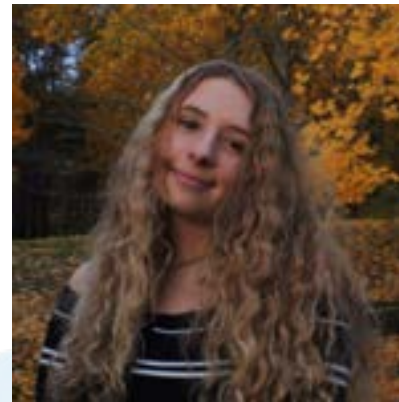
3



To care for your wrap, wash it in cool water with mild dish soap. It can last for several months depending on use.



nickerdoodles!



DIANA RAIFSTANGER, Customer Service Team Member extraordinaire, shares her recipe for this old-fashioned holiday favorite. THANKS Diana!

INGREDIENTS

- 1/2 cup butter
- 1 1/2 cups all purpose flour
- 1 cup sugar
- 1 egg
- 1/2 teaspoon vanilla
- 1/4 teaspoon baking soda
- 1/4 teaspoon cream of tartar
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon

DIRECTIONS

In a large mixing bowl, beat butter with an electric mixer on medium to high speed about 30 seconds or until softened.

Add about half of the flour to the butter. Then add the sugar, the egg, vanilla, baking soda, and cream of tartar. Beat until combined. Then stir in the remaining flour. Cover and chill for 1 hour.

In a shallow dish combine the 2 tablespoons of sugar with the cinnamon. Shape the chilled dough into 1 inch balls and roll them in the sugar/cinnamon mixture. Place them 2 inches apart on an ungreased cookie sheet.

Bake at 375 degrees for about 10 minutes or until done.

Cool and enjoy! Makes about 36 cookies.

TRAVELING?

Take along a taste of the BERKSHIRES!

curated by Samantha Zepeda

Off to your in-laws for the holidays? Getting ready to attend a big shindig? Spending a weekend with friends? Bring a little bit of the Berkshires with you and treat your host to a taste of home.

Harney & Sons Teas

Gift your best-tea some some of the best tea around! Their Holiday blend tastes like orange and cloves with hints of vanilla and almond. And their Dragon Jasmine Pearl (pictured right) is a blend of Jasmine & white teas rolled by hand into little tea 'pearls'. The lovely reusable tins are bound to end up displayed on your host's kitchen shelf!



Asia Luna Soap

These olive oil based soaps are the perfect blend of simplicity & luxury. Pair a few of these soaps together to make a glorious smelling gift.



Mead's Maple Syrup

Life is butter with Local Syrup! Mead's Maple Syrup is truly the creme de la creme. Winter Mead has been producing his amazing, magic syrup for over 30 years. Gift this to your holiday host, and they'll be livin' the sweet life.



The Sweetish Baker Granola

Hanna (The Sweetish Baker) bakes a whole lotta local love into her products. She sources the best organic and non-GMO ingredients to create the irresistibly crunchy goodness of these granolas.



Simple Soap Hand Cream

These pure and simple hand creams smell fresh and feel lovely. Packed in a sweet little tin, these creams are travel ready!



Testa's Pantry Olive Oil

Testa's curates the world's finest extra virgin olive oils and bottles them locally so we can share them with family and friends.



Fill one of our quirky reusable totes with a load of local flavor to bring the best of the Berkshires to your friends & families. (They'll all be so jealous that you get to live in the most beautiful and TASTIEST place on the planet!)

Les Collines Preserves

These small batch jelly & preserves are locally sourced from the Hudson Valley and western Berkshires. These gems and jewels of bright, fresh flavor are as beautiful inside as out, and all are meant for both savory and sweet settings.



Berkshire Mountain Bakery Bread

This world renowned San Francisco Sourdough is baked right here in Housatonic. Gift a loaf with cheese, olive oil or preserves!



Berkshire Food Co-op

Real Food. Real Good.

Testa's Pantry Balsamic Vinegar of Modena

Straight from the heart of Emilia Romagna, Testa's balsamic has a light, woody bouquet and is perfect drizzled over fruit or parmigiano reggiano. There you have it --- gift goals!



Testa's Pantry White Balsamic Vinegar

Introduce a friend to something new! Testa's white balsamic vinegar is low in acidity with a light, delicate flavor.



Testa's Pantry French Chocolate Truffles

Testa's offers French chocolate truffles with an intensely dark chocolate flavor. Share some mmmelt-in-your-mouth magic.





Berkshire Food Co-op

42 Bridge Street, Great Barrington, MA 01230 | 413-528-9697 | berkshire.coop