

THE

# SCOOP

A QUARTERLY MAGAZINE FROM Berkshire Food Co-op  
winter 2019-2020

What's the  
deal with the  
"other" plastic?

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Get to know our  
newest Co-op  
Board members!

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We have tons  
of new items in  
the store! These  
are our favorites.

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warm  
gifts & recipes  
for everyone

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# what's inside...

## featured stories



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### Kids Can Cook is Back!

We know you missed Jenny and her kids' workshops, so they're back! Here's the schedule.

### Gifts from Sammi

From the fuzziest socks ever to delicious Russian Tea Cakes, Sammi's got your gift-giving needs covered!

### New Items We Love!

Our shelves are full of amazing new items! Jessica highlighted some of her favorites to share with you.

### Wine Spotlight

The Winter is full of family and friends! Michele is here to help you pick the right wines to share with your people.

### The "Other" Plastic

Troy shares the hidden dangers of using your credit cards at the Co-op—and how to avoid them.

## from the General Manager



The Berkshire Food Co-op is committed to sustainability. That commitment comes directly from YOU.

Over 3,500 owners at Berkshire Food Co-op set the agenda for our vision of sustainability. You have told us that you want more fair trade products and we seek them out. Your purchases demonstrate that you enthusiastically support dozens of local producers. You were delighted to see motion sensor LED lighting in our new store which saves on our use of electricity.

But right now, more than anything, you want plastic eliminated from our packaging.

As consumers, we've come to expect the food we buy to stay fresher longer, and we've become accustomed to plastic as the cheapest packaging option. But now even Pepsi and Coke are committed to ending plastic containers. On a trial basis, Dasani water is now being served in aluminum cans at sports stadiums.

My experience reducing plastic started at the Oneota Co-op where I was a GM 13 years ago. Alarmed by the statistic that 9 out of 10 plastic single-use bottles end up in landfills and not recycled, the Co-op decided to ban all single-use water bottles. As an alternative, we made filtered water available in our Café and encouraged the use of reusable containers. At the time, that was quite revolutionary for the little town of Decorah, Iowa, but it was embraced by the community.

At BFC, we look for ways to promote sustainability every day. In prepared foods, we're switching from plastic to compostable containers when available. We are now looking at more paper products for our

prepared foods. We're testing paper bags with a cellophane window to package rotisserie chickens. Cellophane is made from cellulose, a plant material, and is more readily compostable. Placing a cooked, all-natural chicken in a paper bag with an aluminum tray (aluminum is 100% recyclable) we can offer a nutritious protein in a container that is a vast improvement to plastic or something made from compostable plant material.

While we're searching for more eco-friendly packaging, here's how you can help as a shopper:

- Remember your shopping bags
- Buy reusable net bags for produce
- Bring your own jars for bulk products and use our tare station in the Bulk Dept. You can weigh your empty jar, record the tare weight on a piece of masking tape, and fill the jar with your favorite bulk item.
- Tell us what you see that's sustainable in your travels. Is there a plastic-free deli container you found at another store that we should consider?

Meanwhile, In 2020, we're forming a Green Team of staff members. The focus of the team is sustainability across all departments. Join us to make 2020 a year we reduce and reuse more than ever!

Proy Bork



# BOARD of directors



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Dan Seitz, Treasurer



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Laurie May Coyle



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Mickey Kammeyer



Trish Mead

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# STORE leadership



Troy Bond  
General Manager



Ted Moy  
Store Manager



Jessica Bosworth  
Center Store Manager



Michele DiSimone  
Customer Service Manager



Lynn Pino  
Fresh Foods Manager



Brian Murphy  
Meat & Seafood Manager

**OWNER  
ALERT**

# Hidden Dangers of the "Other" Plastic

by Troy Bond, General Manager

Right now, you carry around with you a kind of plastic that is harming the Co-op. It's not BPA or Tritan, it's your Mastercard, Visa, Discover or American Express card.

Every time we use our credit or debit card—either with a chip reader or a swipe—the Co-op is charged a fee. Just last year the Co-op spent \$105,000 in credit/debit card fees. This year we project fees will be \$128,000.

"But hold on," you say, "I don't like to hassle with cash. And I really like the points I get from spending with my credit card!"

So do I. But I have an even better solution that is more convenient, and you get to keep your points: **Use your credit/debit card to put money on an Owner tab.**

A huge benefit of being a Co-op Owner is that you can activate a tab in our register system. Load your account with money to use for future purchases. Do that with a credit card and you'll still accumulate rewards points, but you significantly reduce the number of swipe fees - incurring only one swipe fee for each time you load your account.

**By loading your Owner tab with a credit card, your total purchase amount per month will be the same and you'll accrue the same number of reward points.**

"But wait!" you say. "Using a credit or debit card is so convenient."

As a new Owner myself, I didn't know about Owner tabs. In a typical day at work, I used my debit card three or four times. Now I front-load my prepaid tab with \$500 at a time. Not only do I help the Co-op reduce fees, but I **sail through the checkout.**

All I have to do is take one card out of my wallet: my Berkshire Food Co-op Owner card. No more waiting for the card reader to acknowledge me...to ask for my PIN...to process the purchase...and then wait for the purchase approval.

**If even half of our Owners would use a pre-paid tab regularly, we would save tens of thousands of dollars.** Load your tab with cash and help us save even more! That's money that stays in our community.

Not an Owner? **You can have the same positive effect with Berkshire Food Co-op reloadable gift cards!** Use your credit card to load up a gift card, then use that instead to reduce fees and help in the same way that Owner tabs do! You'll sail through checkout just like those with Owner tabs do.

Please help the Co-op reduce costly fees. Load up your pre-paid tab or buy a gift card to cut back on the use of the "other" plastic.

## The size of your average transaction matters.

The lower your average transaction, the more the Co-op pays in transaction fees. For example, 100 \$5 transactions are much more expensive than five \$100 transactions.

If the merchant service provider charges 2% plus \$0.15, for example, the Co-op would pay \$0.15 **one hundred times** for the lower transaction. Compare that to the five times you'd pay it for the \$100 transactions, and you'll see the difference.

# Q&A

with *Bill Tynan,*  
*Receiving Coordinator*



Bill has been working for the Berkshire Food Co-op since August 2011. When he started, his position was titled Operations Coordinator, and that has morphed into his current position, Receiving Coordinator. We asked him a few questions to get to know him better! Here's what he had to say:

**Q: Who inspires you?**

A: Successful people who have combined success with social involvement, such as Bill & Melinda Gates.

**Q: What was the best concert you ever attended?**

A: Hard to pick one. Let's just say any performance by Arlo, Lyle Lovett or John Prine.

**Q: What are you passionate about?**

A: Living life honestly

**Q: What's your favorite movie?**

A: Nightmare Before Christmas. We watch it every year around Thanksgiving.

**Q: What's the craziest thing you've ever done?**

A: Participated in Project Nim, which was about teaching a chimpanzee sign language. There are a couple of books out on this. Also, HBO made a movie, which is still sometimes on one of the HBO cable channels.

**Q: What's the coolest thing you're working on right now?**

A: Rethinking our old farmhouse's design with aging in mind.

**Q: Who would you most like to swap places with for a day?**

A: Stephen King. Just to get into his thought process for a day would be awesome.

**Q: What's the best meal you've ever had?**

A: It's hard to pin down. My wife's a really good inventive cook and I don't think I've ever had a meal that surpasses hers.

**Q: What's your secret talent that no one knows about?**

A: Investing. It all started when my uncle told me to insist on getting paid in Eisenhower silver dollars when I was mowing lawns as a youngster. Currently, I'm a participant in the Co-op's Owner Loan Program.

**Q: What was your favorite band 10 years ago?**

A: Bruce & the E Street Band

**Q: If you could snap your fingers and become an expert in something, what would it be?**

A: Weather research. I spent four years in a mobile weather unit when I was in the Air Force and was intrigued that no matter how exacting one was, you could never be 100% correct.

**Q: What's the best advice you've ever heard?**

A: Trust yourself and in what you believe. Make sure what you believe in is well based.

**Q: Seen anything lately that made you smile?**

A: Early late fall mornings when the eastern sky is a marvelous combination of reds, pinks and purples.

**Q: What's something—big or small—that you're really good at?**

A: The ear and mind is always open.

Thanks, Bill, for sharing a piece of you with our community!



Trish



Mickey



Kevin

## We asked the newest Co-op Board members what they're looking forward to in the new year. Read what they have to say!

### What is your vision of the co-op for the new year?

**Mickey:** I want to see the co-op settle into itself. There has been so much upheaval in the recent past I think the new year should have us solidify our position. I don't necessarily think we should ignore obvious growth opportunities or no-brainer exciting developments that come our way but generally speaking, a little rest can provide a lot of healing and reflection.

**Kevin:** My vision for the Co-op in the new year would be for it to settle into its new space and build on its role as one of the shining lights of our community.

**Trish:** My vision is very simple. Many people, including myself, find change difficult. My vision for the New Year is as we settle in and become more comfortable in the new store, we grow to appreciate it and all it has to offer and truly embrace it as our new home.

### What are your personal goals for 2020?

**Mickey:** Aside from continuing to perform as a husband and father and get better in both of those primary areas, I would say a couple goals of mine for 2020 would be 1) to take my homestead to the next level with a better garden and more efficient livestock management and 2) to simplify my life in as many areas as possible (health, home, financial etc.)

**Kevin:** Personally I am looking to 2020 as the year I take a step back from my career and focus more on my family and my personal health.

**Trish:** About 5 months ago I started CrossFit. My personal goal for 2020 is to continue pushing my goals and limits in the gym, which has in turn given me confidence outside the gym. I plan on starting 2020 strong and confident knowing with hard work and commitment anything is truly possible.

### Tell us something about you that surprises people when you meet them.

**Mickey:** I got married when I was a sophomore in college and am still married to the same woman today. Best decision I ever made!

**Kevin:** The thing that surprises most people when they meet me as the fact that completed a 25K trail race last year, just under 17 months after surviving a series of heart attacks and subsequent open heart surgery. And thanks in large part to the Co-op I have been eating healthier since the day we moved to the Berkshires.

**Trish:** I'd say people are most surprised that I, for many years, was a funeral director/embalmer. Embalmer really gets their attention! That is actually why I came to Great Barrington 23 years ago - to take a job at a local funeral home.





# WINE WINE WINE WINE SPOTLIGHT SPOTLIGHT

curated by  
Michele DiSimone,  
Customer Service Manager



## **Zinfandel Boneshaker**

Older vines make bolder Zins. The main sources of this Zinfandel, the Bruella and Fathom Vineyards, are home to vines over forty years old. These vines produce intense, robust Zinfandel with full-tilt flavors.

Fruity at first, vanilla cream mid, and cacao chocolate with a bit of oak to finish. Delicious, bright, and fruit forward with many deep fruit characteristics standing out such as plum, cherry, and boysenberry.

Boneshaker's full body is a great pairing for cioppino, lasagna, or pizza.



## **Ruby Port Niepoort**

Niepoort Ruby is a fresh, young and fruity (lots of red cherries and red fruits!). An expressive port with great character. Ruby keeps well for several years, although the wine will not improve with age. No decanting is necessary since the wine contains no sediment.

Dark red in color with a fresh vibrant aroma of dark fruits which follows through on the palate along with an almost mineral character, a youthful wine with good extract and great balance, offering superb "drinkability". Ready to drink now after a meal on its own or with soft cheeses.



## **Malbec Natura**

The organically grown grapes are hand-picked in mid-April. After the crush, the must is transferred to temperature-controlled stainless steel tanks for a cold soak prior to fermentation. 20% of this wine is aged in French oak barrels for 6 months, then blended in order to obtain a more complex character.

This wine is ideal with all grilled or sauced red meat dishes. It also pairs very well with pastas and aged cheeses.



## **Root: 1 Cabernet Sauvignon**

Chile's Maipo Valley is the epicenter of the country's viticulture. That it's also the home of Root: 1's Cabernet Sauvignon production is no coincidence.

The valley's proximity to the coast and mix of clay and sandy loam soils create wines that exude minerality and dense, almost chewy tannins.

There's also an unmistakable elegance that calls forth Old World sophistication – à la the famous wines of Bordeaux – without sacrificing the bold fruit flavors that signify a New World Cab.



# Chili Season

A good bowl of chili brings together simple ingredients to create big flavor. Warm up with these hearty and nutritious vegetarian recipes.

## Crockpot Black Bean Chili

Servings: 4 - 6. Prep time: 6 hours, 10 minutes; 10 minutes active.

- 1 cup dried black beans, rinsed
- 2 large carrots, chopped
- 1 medium green pepper, chopped
- 1 15-ounce can diced tomatoes
- $\frac{1}{4}$  cup quinoa
- 4 cups water
- 1  $\frac{1}{2}$  tablespoons chili powder
- 1 teaspoon salt

1. Combine all the ingredients in the slow cooker and close the lid. Set the cooker on low and cook for 6 hours.
2. After 6 hours, test the beans for doneness. If they are not quite tender, cover and cook for another half an hour.
3. Serve hot or transfer to containers to refrigerate or freeze.

Reprinted by permission from StrongerTogether.coop. Find more recipes, plus information about your food and where it comes from at [www.strongertogether.coop](http://www.strongertogether.coop).



## Veggie Chili with Beer

Servings: 5. Prep time: 30 minutes; 15 minutes active.

- 2 teaspoons extra virgin olive oil
- 1 medium onion, chopped
- 1 tablespoon chili powder
- 1/2 teaspoon chipotle powder
- 1 medium yellow bell pepper, chopped
- 1 medium green pepper, chopped
- 1 large carrot, chopped
- 1 cup wheat beer, red ale or lager
- 1 14.5-ounce can fire-roasted tomatoes, puree
- 1 15-ounce can kidney beans, drained
- 1 teaspoon dried oregano
- 1/2 teaspoon salt

1. In a large pot, heat the olive oil. Sauté the onion for 5 minutes over medium heat, until soft.
2. Add the chili powder and chipotle and stir until fragrant, then add the peppers, carrot and beer. Raise heat to high and bring to a boil, then cover and reduce to medium-low for 5 minutes.
3. Uncover and add the remaining ingredients, stirring to combine. Simmer for another 5-10 minutes to combine the flavors and thicken the chili.

*Adding beer elevates a simple chili to a rave-worthy one ideal for a weekend gathering with friends.*



## Three Bean Chili

Servings: 6. Prep time: 40 minutes.

- 2 tablespoons canola or vegetable oil
- 1 cup onion, diced
- 1/2 cup green bell pepper, diced
- 7 ounces vegetarian ground beef
- 1 28-ounce can diced tomato
- 1 15-ounce can kidney beans
- 1 15-ounce can red beans
- 1 15-ounce can pinto beans
- 1 packet chili seasoning

1. In a medium, heavy-bottomed pot, heat the oil over medium heat.
2. Add the diced onions and pepper and sauté on high heat until soft, about 5 minutes.
3. Crumble vegetarian ground beef into the onion mix and brown, as you would with ground beef.
4. When cooked through, add beans and tomatoes, and bring to a boil. Simmer, stirring often, for 30 minutes, or until thick.

Note: If you prefer, substitute ground turkey or beef for the vegetarian meat.

*Cornbread flecked with diced jalapeño peppers makes a tasty accompaniment to this hearty chili.*

*We're excited about these*  
**NEW ITEMS**

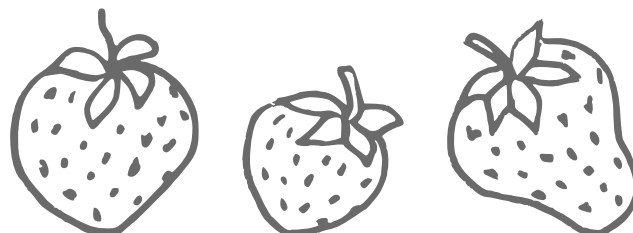
curated by Jessica Bosworth, Center Store Manager

We've been thinking a lot about what new things we can bring in to the Co-op for you. We've started carrying tons of new products, and these are some of our favorites!



We love this Keto-friendly **Catalina Crunch** cereal! With a good amount of protein and no sugar it's great for breakfast or just a snack. We carry three great, crunchy flavors: **Maple Waffle, Cinnamon Toast & Dark Chocolate**. The extra crunch even carries its own benefits!

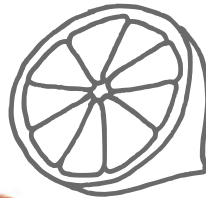
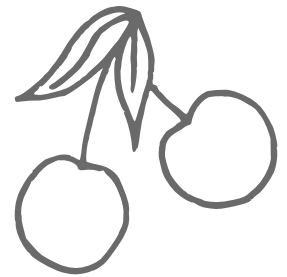
**Did you know** crunchy foods help blood flow to your head (including your brain) and gives you more energy?!





If you like your homemade cookies crunchy and melt-in-your-mouth, then you'll LOVE these **Lara's Bake Shop** cookies! They're made with simple ingredients - the same ones you choose for your own cookies at home. It's no joke that you'll get the classic old fashioned flavors in these cookies: **Chocolate Chip, Oatmeal Raisin, Almond Chocolate Chip & Gluten-Free Chocolate Chip.**

**Check it out:** Lara's Bake Shop is in its third generation of family ownership!



These Extra Virgin Olive Oils from **Fernando Pensato** have a hint of flavor that's sure to liven up any dish. The **peppers, mandarins, lemons & basil** are cold pressed in the traditional granite mills to really capture the essence of the flavor.

**Fun fact:** after the success of his shoe business in the '60s, Pensato bought his family's olive grove and started making olive oil.



# GIFTS.

from *Sammi*

## Russian Tea Cakes from Lark Fine Foods

Treat your guests to these AMAZING treats from Lark Fine Foods. The gift of sweet & savory is ALWAYS a good idea! From buttery shortbread to decadent cookies, these gifts are sure to please everyone's taste buds.



## Reusable Bags from Baggu

Where there's a bag need, gift one of these! Baggu bags are THE most stylish & practical reusable bags on the market. Not only do they hold up to 50lbs but they are also made from 40% recycled nylon (sourced from consumer waste). Talk about a gift you can feel good about! So send off your friends & family in S T Y L E , on their daily grocery run.



## Maggie's Socks

Keep your mistle-toes warm & snug this holiday season, with Maggie's Organic Socks! With so many fun & festive patterns to choose from, you're bound to find socks for the whole fam.



## Plates, Bowls, & Cups from Miniware

The perfect gift for the tiny (hungry) humans! Now your littles can dine in (eco-friendly) style & functionality. All Miniware products are made from heat pressed bamboo fiber powder (WOW!) and pass all food safety tests. Making these safe for baby, you, and our mother earth. When your miniware has been fully loved and is ready to be discarded, it is safe to burn or breakdown in soil, just like plants (how awesome is that?!)



## Gift Sets from Dr. Hauschka

The perfect gift sets to encourage your loved ones to take some time to revive, recharge, and relax. From nourishing body oils, to luxe moisturising lotions, these gift sets are the perfect way to say "Treat yourself".





# KIDS CAN COOK!

with Jenny Schwartz

## We know you've missed it!

Join **Jenny Schwartz** for these fun and inclusive kids' workshops!

Workshops are two Saturdays a month **10:00 - 11:00 am**

Visit [berkshire.coop/kidscancook](http://berkshire.coop/kidscancook) to sign up!

### January

Saturday 1/11 Nori Maki & Japanese Cream Soda

Saturday 1/25 Harry Potter theme!

### February

Saturday 2/8 Valentine's Day! GF Molten Lava Cake & Raspberry Spritzer

Saturday 2/29 Winter Squash Empanadas & Horchata

### March

Saturday 3/7 St. Patrick's Day!

Saturday 3/28 April Fools (a secret recipe!)

### April

Saturday 4/11 Easter Egg Dying with handmade dyes

Saturday 4/25 COOKING COMPETITION!



For more information visit [berkshire.coop/kidscancook](http://berkshire.coop/kidscancook)

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