

Berkshire Co-op

QUARTERLY NEWSLETTER
Spring 2018



Berkshire Co-op Market is the center of a flourishing community that:

- cultivates generosity, cooperation and care for our environment;
- engages our greater community through education & outreach;
- invigorates the local economy through equitable relationships & support of the cooperative movement;
- is the trusted source of healthful food for all.



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Berkshire Co-op

QUARTERLY NEWSLETTER
Spring 2018

board of directors



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From the General Manager...

Daniel Esko
General Manager

In my last update I seemed to think spring was right around the corner, but old man winter held us in his cold icy grip for a bit longer than expected. Alas, spring is now finally here and it is absolutely glorious. At home, my wife Sheri and I have been cleaning up the yard and prepping our gardens, getting the kids involved as much as possible, and tending to our small flock of chickens. Though it's a lot of work, the process of annual renewal brings us much joy and it's something we really look forward to each and every year. I trust you are enjoying this welcomed change of seasons as much as we are!

Though it may not look like it, construction of the new store is well underway. These past few months saw the demolition of the old "quonset hut" and the Laramee's building, as well as the construction of a new parking lot and driveway. With these changes however, we have noticed a considerable uptick in various parking shenanigans these past months and I would like to quickly do a little housekeeping on this topic.

As mentioned above, we have a new parking lot entrance about 100 feet down the road from our old entrance. It is very important that you pull all the

way in through this driveway and not park anywhere along the way as it blocks access for other customers. We have also eliminated the parking on Bridge Street adjacent to our cafe patio in an effort to improve access and visibility to and from the parking lot driveway. Parking across the street is still allowed but be sure to not block the entrance to Verizon. Once

**"Work is almost complete...
in preparation for the
pouring of the building's
foundation."**

into our new lot, we have about 60 spaces available for customer use so finding parking should be no problem at all. Also, a friendly reminder that the three spaces in front of our store are for handicapped parking only. If you do not have the proper credentials please do not park there. It is not fair to other customers who really need these spaces. If you do park in these spaces, there is a strong likelihood that you will get a ticket or have your vehicle towed (or both). Thanks for following the rules and making the Co-op a safe and welcoming place for everyone to shop!

Now back to the expansion update. Work

is almost complete on the site excavation and shoring (reinforcing of the surrounding land) in preparation for the pouring of the building's foundation. While there were some recent delays with this work, we still anticipate a store opening in early 2019. In the next month, we will be paving our temporary parking lot and re-grading the walk up to make for a more gradual and convenient path from the parking lot to the store entrance. We have also been offering more carry-outs and bought a few handy dandy yellow wagons to help with that during this time. If you've been frequenting the store a bit less because of this or other access challenges, we hope that these important upgrades will make it easier for you to shop at the Co-op. In fact, now more than ever it is critical that everyone please do their best to support the Co-op (even if that means going out of your way to do so). Thank you so much for

your patience during all of this change and, of course, for your support through it all!

Meanwhile, the store is abuzz with the changing season and especially the eagerly anticipated arrival of our favorite local spring vegetables. In our produce department you can find fiddleheads, ramps, and asparagus in abundance. Throughout the rest of the store we have had a stellar line up of items available to help you celebrate the traditional spring holidays of Easter, Passover, Cinco de Mayo, and Mother's Day. And of course, Memorial Day is right around the corner and the Co-op will be ready with all of your favorite grilling items, many of them on sale. If you haven't tried it yet, local fiddleheads and asparagus are absolutely delicious on the grill!

We had a great all-staff meeting in April



where we rolled out our new wage scale and vision for store culture. Our vision is rooted in our mission, which is to provide real food to the community, do real good in the community, and grow the cooperative economy. We do this through a deep commitment to fair prices to customers, fair prices for farmers and vendors, and fair wages and benefits to staff. As part of our commitment to fair wages, we now have a revised and more transparent wage scale with a \$12 per hour minimum wage. We have also made a commitment to increase wages every year and work toward a livable wage at the Co-op by the end of 2020. In order to get there, we know that productivity is the key and we need to do everything we can to increase it. Building a more efficient store, overhauling store systems and more clearly articulating a positive workplace are critical means to higher wages. Our vision for a more positive store culture is one with more generosity and accountability, teamwork and cooperation, excellence in service and pride in our work and workplace. We, as employees, are committed to becoming this most noble version of ourselves. As we strive toward this goal, you, as owners and customers, should see and feel a tangible difference in your shopping experience.

This past winter saw us say goodbye to several long-time staff members, among them our grocery manager, Deirdre Blair and our produce manager, Jordan Archey. We wish them the best in their future endeavors and thank them for their years of service to the Co-op, its staff, our customers and the community.

With their departure we are excited to announce the newest additions to our management team, Amie Decker our new Grocery Team Leader and Jessica Bosworth, our new Produce Team Leader. Amie has been a long-time employee of the Co-op having held many positions in the grocery department over the past 10 years including dairy/frozen buyer, grocery lead and even grocery manager for a time. We are thrilled she is ready to step into this (re-named) role again and

"Our vision for a more positive store culture is one with more generosity and accountability, teamwork and cooperation, excellence in service and pride in our work and workplace."

lead the department and her team into the new store. Jessica comes to us with a distinguished lineage in the natural foods industry. Funny story is that Amie and Jessica used to work together at Guido's over ten years ago so this is a reunion of sorts for them. Welcome to the Co-op family Jessica and congratulations Amie!

This past month, voters at the Great Barrington annual town meeting voted to approve a resolution banning the retail sale of non-sparkling water packaged in PET (plastic) containers of 1 liter or less. After the authors of the resolution removed language from the bill which included glass

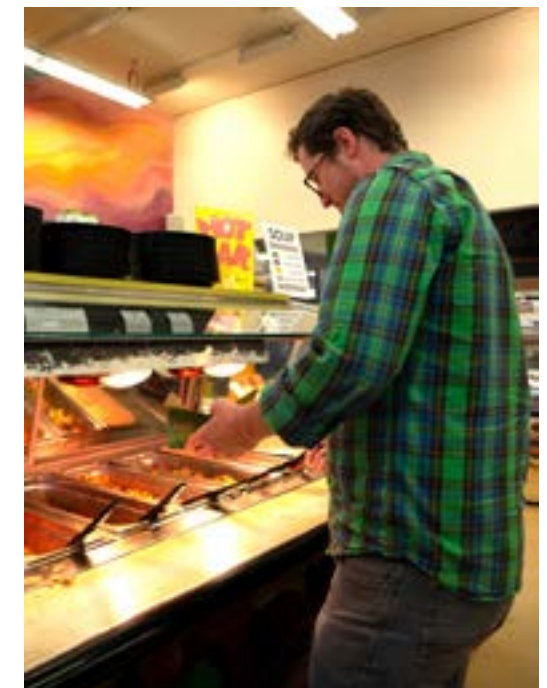
and paper packaging, the Co-op was able to support it. It is important to note that the Co-op has made efforts over the years to reduce single serve plastic use by offering free water in our cafe, filtered water in bulk, reusable water containers for sale, providing several recycling receptacles in and around the store, and stocking a very limited selection of water packaged in single serve/use plastic bottles (namely from our local water purveyor Berkshire Mountain Spring Water). While the Co-op is in full support of the intent behind this new bylaw (to protect the environment of course), we have always felt the best approach is to let our customers choose products/services that are the best fit for their lifestyle and budget while educating folks about reducing, reusing and recycling.

I feel that the above approach combined with support for industry-wide shifts to phase out this type of packaging are more likely to produce lasting and impactful results than limited prohibition efforts. That being said, I also felt it important to our owners and the community that the Co-op be on the right side of history by supporting the bylaw. So, what's next? The ban affects four sku's comprising approximately \$10,000 in annual sales. We will continue to stock these skus through the rest of this calendar year and will plan to phase them out in our planning for the new store. We will be installing a brand new filtered water machine for customers to continue to purchase larger quantities of water at minimal cost. We will also offer a free filtered water refill station in our cafe for folks

to fill their own containers at any time.

Well, that's about it for now as I'll have to sign off in a few here. But before I go, I guess I'll say it again - please support your Co-op during construction! Our success in the new store is absolutely dependent on our success today, and that is where you all come in. We really do have something for everyone at the Co-op and once you get used to the new parking situation, it's really not much different than before. And if there is something we could be doing better or have overlooked, please let us know. We will be happy to listen and consider your suggestions. And finally, please be a good parking Samaritan. Your fellow shoppers are depending on you. Be well and I'll see you at the store!

David Esko





A Cooperative Effort to Nourish the Community

Jake Levin
Board Member

After what felt like an exceptionally long winter, spring is here! Spring is my favorite time of year, filled with excitement and anticipation for things to come back to life, to be reborn, and to reemerge from a winter slumber. Birds return from the south and frogs unbury themselves from their mud-bound hibernation to fill the sky with song. Fruit trees bud and blossom and flowers push through the earth scenting the air with sweet perfume.

But this spring there is something else emerging from the ground to fill us all with excitement and joy—the new building which will house our new Co-op. Mixed up with the excitement of spring is a certain kind of anxiety, discomfort, and unease. This is natural. Change, newness, disruption can be scary. Most of us are more comfortable with the known than the unknown.

And so, I am sure the specter of this new building, the construction that ensues, the temporary parking lot, etc. may leave many of us uneasy about shopping at the Co-op right now. And it may leave many of us unsure about the future of the Co-op. Well, in the spirit of spring, I write to assure you that this new structure that will emerge as spring and summer

pass, is a sign of vitality and vibrancy. It will bring new life to our beloved Co-op and thus to our verdant community.

While it may feel chaotic or inconvenient right now, next spring we will all be shopping in a new beautiful space. So now, more than ever, it is important to bear with us, and to continue to shop at the Co-op, even if it feels a little uncomfortable or inconvenient. Just like that first green shoot that emerges from the ground in spring, the Co-op is at its most vulnerable

“Just like that first green shoot that emerges from the ground in the spring, the Co-op is at its most vulnerable stage.”

stage. It needs us to continue to cultivate it, to bring warmth and sustenance to it, so that it can grow and, in turn, sustain us with local, organic, and fair trade food for generations to come.

In celebration of spring, here's one of my favorite spring recipes...

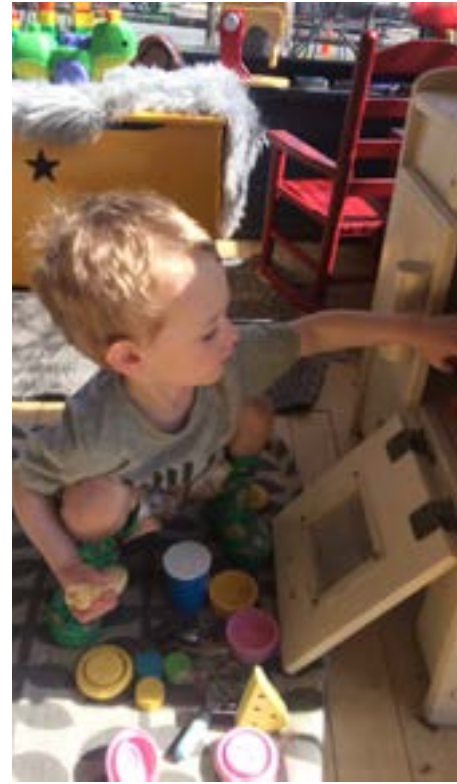


Pasta Primavera

Ingredients

- 1 lb of linguine
- 1 bunch of asparagus, ends trimmed off and cut into one-inch lengths
- 1 pint of fiddle-head ferns, washed
- 1 bunch of ramps, bulbs trimmed removed from the greens – or, try garlic scapes!
- 1 bunch of nettles and or arugula
- 1 bunch of pea shoots
- ¼ cup of bread crumbs
- 3 tbsp. of olive oil plus ¼ cup
- 1/3 cup grated pecorino
- salt and pepper to taste

1. Bring a large pot of salted water to boil.
2. Pour 3 tbsp of olive oil in a medium pan and turn to medium-high heat.
3. When the olive oil is shimmering and just about to smoke add the ramp bulbs.
4. After a couple of minutes, throw in the fiddle-heads, asparagus, and nettles.
5. Boil linguine according the directions on the package.
6. When pasta is done, drain it and add to a bowl with the ramp greens (and/or arugula/pea shoots), ramp bulbs, fiddleheads, nettles, breadcrumbs, and pecorino
7. Toss thoroughly and finish with a little more olive oil and salt.





Flavio Takes Me to Coffee School

Ted Moy
Marketing Manager

I am on a mission to meet with Flavio Lichtenthal, the Roaster and Co-owner of No. Six Depot Cafe and Roastery. It is far from my first visit to the cafe and so I attempt to put myself into the mindframe that might allow me to see the space again, for the first time. When I turn left in downtown West Stockbridge, my destination is clear. No. Six Depot stands out on the passthrough that is Depot street. A small railway cart stands on a run of tracks that leads nowhere and yet, they need no function. It is a well-considered detail that adds weight and age to the meticulously designed space. The black sign is understated, and clear-as-day white lettering promise me that walking into this cafe will be a well-considered, thoughtful and (possibly) cultural experience. And so I walk in.

Another customer is being helped at the counter, buying me a moment to check out my surroundings. When it is my turn, I tell the woman at the counter that I am here, early for my meeting with Flavio and that I will seat myself to take in the space while I wait. She lets me know that Flavio tipped her off to my expected arrival and offers me an iced latte made with their Street Legal espresso roast. I park my butt on a blue chair and catch a glimpse

of a gorgeous rough-sawn beam. Off to the side of the room, I spot an acoustic guitar on a stand. It was there the last time I came by. Perhaps it belongs to Flavio. I was told that he is a musician.

I'm not quite nervous but I'm still not comfortable and I can only assume it is because I am about to get into a discussion about coffee, a subject that I most assuredly have at most, a disconnected relationship with. I drink coffee but I'm not a real coffee drinker. Most mornings, I go through the ritual of grinding the beans, filling the water and listening for the coffee maker to stop gurgling. I pour a cup and keep it black, not because I want to taste the subtle nuances of a perfect roast but rather to avoid bumping up against my woeful tolerance for lactose. Some mornings I might simply forget to brew the coffee because it just doesn't matter that much to me. Today, I am in a coffee shop at 3PM, putting on my best coffee-loving face as I prepare for a brief conversation.

Brief conversation—HA!

I spend two-and-a-half hours with Flavio and have to pry myself away for his sake. I do my best to read the questions that I had so thoughtfully prepared but I'm unable to

Descriptive words like "light" and "dark" can set unnecessary limits to how a bean is prepared. They are often used to describe a visual appearance to the bean rather than the flavor of the roast. By substituting "bright" for "light" and "deep" for "dark", one might open up possibilities for experiencing more interesting, carefully crafted roasts. A lightly roasted bean may actually have a most deeply, earthy flavor sought after by "dark" coffee drinkers.



stick to the task. And I'm perfectly fine with just going for this ride. Listening to Flavio, it is easy to get swallowed up in the passion he brings to every detail about his business and hobby and the pleasure of a perfectly roasted bean. In an attempt to get to know the man feeding the roaster, I ask Flavio about being a musician. As if rehearsed, he finds a way to make a metaphor connecting the keys on a piano to the spectrum of bright to deep roasts. It is apparent that coffee is not just a business to Flavio, it is part of his being.

And my education begins. I learn how a roasting recipe is more than just mixing one type of bean with another, rather, it can involve the precise timing of roasting at specific temperatures and adjusting temperatures to preserve the flavorful oil content within the bean. Flavio helps me understand that growing regions play a huge part in choosing the right bean. Beans come from different regions across the globe but only along the equatorial belt between the Tropic of Cancer and the Tropic of Capricorn and beans from each region can be uniquely identified in their appearance and flavor. Elevation and rainfall are indicative of the type of roast he can expect to achieve, but that doesn't prevent him from lying awake thinking of how he will adjust his recipes and experimentation in the next roast.

Flavio obviously understands the technical aspects of performing his job as a roaster but he also emphasizes how he values his supply-chain. While he does business with importers who bring the beans to the states, Flavio makes sure that he only

sources with partners who offer fair pay and traceability needs to be consistent throughout the process. He is in constant communication with the growers to give feedback and praise for the beans he receives and has developed many a relationship, directly with the farmers. He tells me that this is important for his business, for himself as a person and for the farmers. This connection helps Flavio be the best roaster that he can be, because he knows that the highest standards are applied from soil to cup. Flavio has taken me to coffee school and I end up feeling like I owe the coffee roasting world for how I have taken their artistry for granted.

Recently, Berkshire Co-op Market has partnered with No. Six Depot and is now featuring five roasts in the cafe. In addition, the Co-op uses No. Six Depot's *Notes from the Underground* beans for espresso drinks. Flavio has spent hours with the cafe staff giving lessons on making better espresso drinks, applying the right grind and preparing in-house cold brew. With his guidance, the Co-op has upgraded all coffee equipment used in the cafe, including the grinder, brewer, espresso grinder and espresso machine. The team at Berkshire Co-op is grateful for his support and we hope you will appreciate the care in your next cup.



try this at home...

grilled vegetables with tomato apple chutney



This warm and fragrantly spiced chutney is delicious atop grilled veggies of your choosing. reprinted with permission from strongertogether.coop

Ingredients

2 Tbs. vegetable oil
1/3 cup yellow onion, diced
1 1/2 Tbs. fresh ginger, minced
2 cloves garlic, minced
1 tsp. brown mustard seeds
1/2 tsp. ground cumin
1/2 tsp. salt

3 large tomatoes, seeded and diced
1 small apple, peeled and diced
1 tablespoon apple cider vinegar
Black pepper to taste
2 pounds of mixed vegetables,
cut in 2- to 4-inch pieces
(try zucchini, corn, peppers, mushrooms,
eggplant, potatoes, fennel, onions)

Preparation

To make the chutney, heat 2 Tbs. of oil in a medium-sized saucepan over medium-high heat. Sauté the onion and ginger for a few minutes and then add the garlic and mustard seeds; sauté for 2 more minutes. Add the cumin, salt, tomatoes, apple, vinegar and a pinch of black pepper.

Stir well, lower the heat to low, and simmer for 20-30 minutes, stirring occasionally. Season to taste with salt and black pepper.

Remove from heat and reserve. The chutney may be made up to 7 days in advance; keep leftover chutney refrigerated for up to a week.

To grill the vegetables, preheat grill to medium-high. Drizzle the chopped vegetables lightly with oil and sprinkle with salt and pepper. Grill the vegetables a few minutes on each side until cooked to desired tenderness.

Serve with warm tomato chutney.

Serving Suggestion

For an easy warm-weather meal, serve the grilled veggies with couscous or brown basmati rice, or use to top a pizza or focaccia bread.







Community Builders Builds a Playground

Jenny Schwartz
Education & Outreach Coordinator

When I was kid, Sundays had a different feeling than any other day of the week. Often, they started with Sunday School in the morning and transitioned into a family outing afterwards (hiking, seasonal festivals, apple picking). One Sunday it was Hands Across America. I was nine but can still vividly recall parts of the day. I remember piling into the car and driving to a big field to join hands with complete strangers. It was sunny and we were all happy to take part -- smiling and laughing together.

After the event, I drew my experience over and over again. I still have a binder filled with these little drawings of people holding hands in a big line. When I think back, it was something so simple. No electronics or gear needed. I remember us all having a fun and happy time together on a sunny day. Knowing what I know now, I am sure there was an involved planning process behind creating that simple event. Their planning allowed me to have a happy memory with my family and a warmth in my heart.

When we were planning our first intergenerational Community Builders event, I never mentioned my experience with Hands Across America but we had a very similar goal. We wanted the day to bring people together and have them

connect around a project they could feel good about. We wanted to give people the chance to create something that could bring others happiness and deepen their appreciation in life's simple pleasures.

Working with CarrieAnne Petrik-Huff, Engagement Manager and Thad Kubis, Volunteer Resource Coordinator, from the Trustees of Reservations, an idea was born. The staff at the Cobble had noticed a change in visitors after they installed a tire swing -- families were staying longer and



looked more relaxed. We decided to build a natural playground at Bartholomew's Cobble. I remember instantly feeling excited about the idea of working to build a playground. We all noticed a similar enthusiasm when we shared the idea with others. As we planned the day, it was important to us that this project would have a clear beginning, middle and an end. We wanted whoever came to help build the playground to be able to actually play on it before they left at the end of the day. Like Hands Across America, the idea of play was a simple pleasure that many people could join in on that can benefit our community and environment. It seemed that Earth Day would be the perfect day to kick off this new program.

Our Community Builders after school program uses the history of the Berkshires as a guide to shape our

virtual community in the video game of Minecraft. Both in the game and in real life there are opportunities to build, craft and explore while working in a group.

My Tuesday group of Community Builders at Undermountain Elementary love to think big. Their budding interest in helping the community has been a pleasure to witness. Their excitement about helping design and build the playground was contagious. For many, it was the deciding factor of why they wanted to be part of the Spring semester of Community Builders.

One rainy afternoon, we grabbed some ponchos, loaded into a van and headed to Bartholomew's Cobble to plan. Between turns on the tire swing, they brainstormed ideas and thought about how it could be open to kids of all ages. Then they took inventory of the materials and sketched



their ideas. We sent the completed designs to the grounds committee as a starting place for the final design.

After a week of cold, rain and (a little) snow, we were treated to a sunny, sixty-degree bluebird day on Sunday, April 22nd. The clock struck one and everyone was at their posts, wondering how many volunteers would show up. The first family came and then it was a steady flow of people of all ages. When they arrived, volunteers made a name tag and then were directed over to a Trustees crew member, in a purple shirt, so they could jump right into a project. First, people were digging holes and clearing sod. Then there were wheelbarrow trips to dump the sod. Others held shovels waiting for the wheelbarrows to return so they fill them up again. Between moments of greeting volunteers, I caught glimpses of people working harmoniously and happily. They looked engaged and relaxed-smiling and laughing as they worked.

When volunteers wanted to take a break, they could visit a make-your-own bug spray station. (It's easy using witch hazel, geranium and rose essential oils!) When it came to snacks and drinks it was important to us to make this event as zero waste as possible. If volunteers got hungry, they could roast their own snack over the campfire. (This idea was inspired by *Cooking with Fire* by Paula Marcoux.) The snack station offered Organic Valley cheddar cheese, Equal Exchange bananas and apples from Samscott Farm. All could be spread on some Berkshire Mountain Bakery bread or gluten free rice crackers. Mason jars served double duty as water

cups and "wrap" for a gift of seed packets and a coupon to the Co-op's bulk department. People gleefully chose which seed packet they wanted to take home.

The jobs soon transitioned from digging to tending to the details of completion. A Trustees grounds crew member backed up a dump truck filled with sand for the sandbox. It was touching to see him thoughtfully ask two thrilled little girls to push the button that would dump the sand into the box. A team of rakers stood



photo credit: Lindsay Markham

at the ready to smooth out the sand.

Before we knew it, the playground was complete! Kids dropped their tools and started to play. Some made a beeline for the tire tunnel, balancing their way across the top of it, leaping over to the jumping stumps, making their way across the balance beam and hopping off at the end, only to dash back over to the tire tunnel and do it all again. Others happily dug and built in the sandbox. While they played, adults spread the remaining wood chips. Little ones who were desperate to stay (just a little longer!) decorated the tire tunnel with sidewalk chalk. While her son played, a parent mentioned how much she enjoyed spending Earth Day doing something positive. In her experience, Earth Day events can often be focused on the negative or the depressing reality of the state of our environment. She left this event feeling uplifted.

Be on the lookout for more Community Builder events this summer!

Over fifty people participated in this building project, including six elementary Community Builders and their families. The trash we created barely made a dent in the one trash bag dedicated for the event.

My hope is that everyone who came will remember this Sunday in a similar way to how I remember my Hands Across America Sunday--spending time with their families in the sunshine and having fun.

It took a village to make this day a success. Thanks to Seward's Tires who donated HUGE tractor tires for the tire tunnel. To the Trustees Grounds Crew who diligently worked up until the day of the event, prepping and pre-drilling all the wood pieces and more. A big thanks to the Berkshire Co-op Market's Marketing Team for getting the word out! And much gratitude to you, the entire Co-op community whose support of Berkshire Co-op Market allows us to engage in these educational and outreach programs.

Make Your Own Natural Bug Spray (that works!)

- 1/4 cup witch hazel
- 1/2 tsp. liquid vegetable glycerin
- 5 drops each of geranium and rose essential oils*
- 1/4 cup water
- small spray bottle

**you might also want to try rosemary, citronella, lavender, clove, peppermint, and/or eucalyptus*

Mix the ingredients and pour into a spray bottle.

Apply liberally and enjoy the outdoors, bug-free!



photo credit: Lindsay Markham



photo credit: Lindsay Markham





Doubling Snap Dollars at the Farmers' Market

Bridgette Stone
Great Barrington Farmers' Market

The Great Barrington Farmers Market has been doubling SNAP with the help of the Berkshire Co-op for three years.

The Supplemental Nutrition Assistance Program, referred to as SNAP, is a federal program providing income-based nutritional support to those in need. Formally known as Food Stamps. SNAP can be used at participating retailers, including the Co-op to purchase groceries. Three years ago, with the fiscal sponsorship of the Co-op, the Great Barrington Farmers Market began doubling SNAP at the market. SNAP customers are able to use their nutrition assistance with any qualifying vendor. (Ninety-seven percent of our vendors qualify to take SNAP.)

There is a definitive and underreported amount of hunger in our community. In an effort to create more access to local food the Co-op generously offered to double any SNAP dollar spent at the Market up to \$25 per customer, per week. In the first year, 900 doubled SNAP dollars were spent at the market. From 2015 to 2016 SNAP spending increased from \$900 to \$10,000 (\$5000 in SNAP, \$5000 in matching donation). We continued doubling in the 2017 season.

This past years' doubling was made possible with donations from both the Berkshire Co-op and Jane Iredale cosmetics, who was inspired by the Co-op's contributions. In 2017 the number of SNAP purchases nearly doubled again reaching \$18,000. It is clear that this program has become a successful and essential part of the Great Barrington Farmers Market. We anticipate even more growth in 2018 and are thrilled

"In 2017 the number of SNAP purchases nearly doubled again reaching \$18,000."

to say the Co-op will once again be joining us as a SNAP sponsor. Their leadership has inspired other organizations to join the Market in supporting SNAP doubling. This year including our returning sponsor Jane Iredale Cosmetics, we will welcome newcomers Lee Bank and Greylock Federal Credit Union. It all began with the Co-op living its values and supporting our Market.

SNAP at the Farmers Market means less hunger in our community, money staying in the local economy, increased diversity in the local food movement and healthier food options for low-income

families and individuals. The \$18,000 of SNAP processed at the market all went to local small business owners. In addition to the benefits for the farmers and the community, this program has helped the market to grow. In the 2017 season, we had record attendance and more vendors than ever before. However, we are aware that this program only scratches the surface. Food insecurity is growing countywide, and programs like SNAP are under increasing federal scrutiny. Our hope is to sustain and grow this program in the future and continue to expand our support of community members in need.

Sparked by the success SNAP doubling, we have begun programs that support additional nutrition assistance programs at the Market. Through donations from our community sponsors, we provided additional assistance

to WIC recipients and seniors using SFMC. 2017 was the first year of incorporating these two programs and we look forward to growing them in the future. Our community partners in the farmers' market include Guidos Fresh Marketplace, Allium Restaurant, 20 Rail Road St, Cafe Adam, Berkshire Property Agents, John Andrews, One Mercantile, Hammertown, Berkshire Spring Water and the Prairie Whale. We cannot express enough gratitude to our sponsors.

The Co-ops leadership in our community and commitment to local food systems expresses itself in dozens of unseen ways. Their support sustains us, inspires others, and brings food to the tables of local families. We look forward to many years of friendship and collaboration and are so excited to see what they'll do next!



photo credit: Bridgette Stone

try this at home...

two berry picnic salad



Perk up your picnic with this bright, savory salad featuring strawberries and wheatberries.
reprinted with permission from strongertogether.coop

Ingredients

- | | |
|-----------------------------------------|-------------------------------|
| 1 cup wheatberries | 3 Tb olive oil |
| 1 pound strawberries, hulled and halved | 1 large carrot, shredded |
| 2 Tb fresh lemon juice | 2 medium scallions, sliced |
| 2 tsp honey | 1/2 cup fresh mint, slivered |
| 1/2 tsp salt | 2 tsp lemon zest |
| 1/4 tsp freshly ground black pepper | 4 ounces crumbled goat cheese |

Preparation

In a 1-quart pot, bring 4 cups water to a boil. Add the wheatberries and return to a boil, then reduce the heat to a simmer. Cover and cook for 45 minutes.

When the grain is tender, drain and rinse with cold water, drain again and place in a large bowl. Let the wheat berries cool to room temperature.

Place four small strawberries in a food processor or blender, and puree. Add the lemon juice and honey and process to mix. Add the salt and pepper, replace the lid, and drizzle in the oil with the machine running.

Pour the dressing over the wheatberries, add the halved strawberries, shredded carrot, scallions, mint and lemon zest, then sprinkle with crumbled goat cheese.

Serving Suggestion

If you're bringing this salad to a picnic, pack the crumbled goat cheese and strawberries in separate containers from the salad and sprinkle on just before serving. The blend of flavors are a great complement to grilled chicken or fish.



Berkshire Co-op Market

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