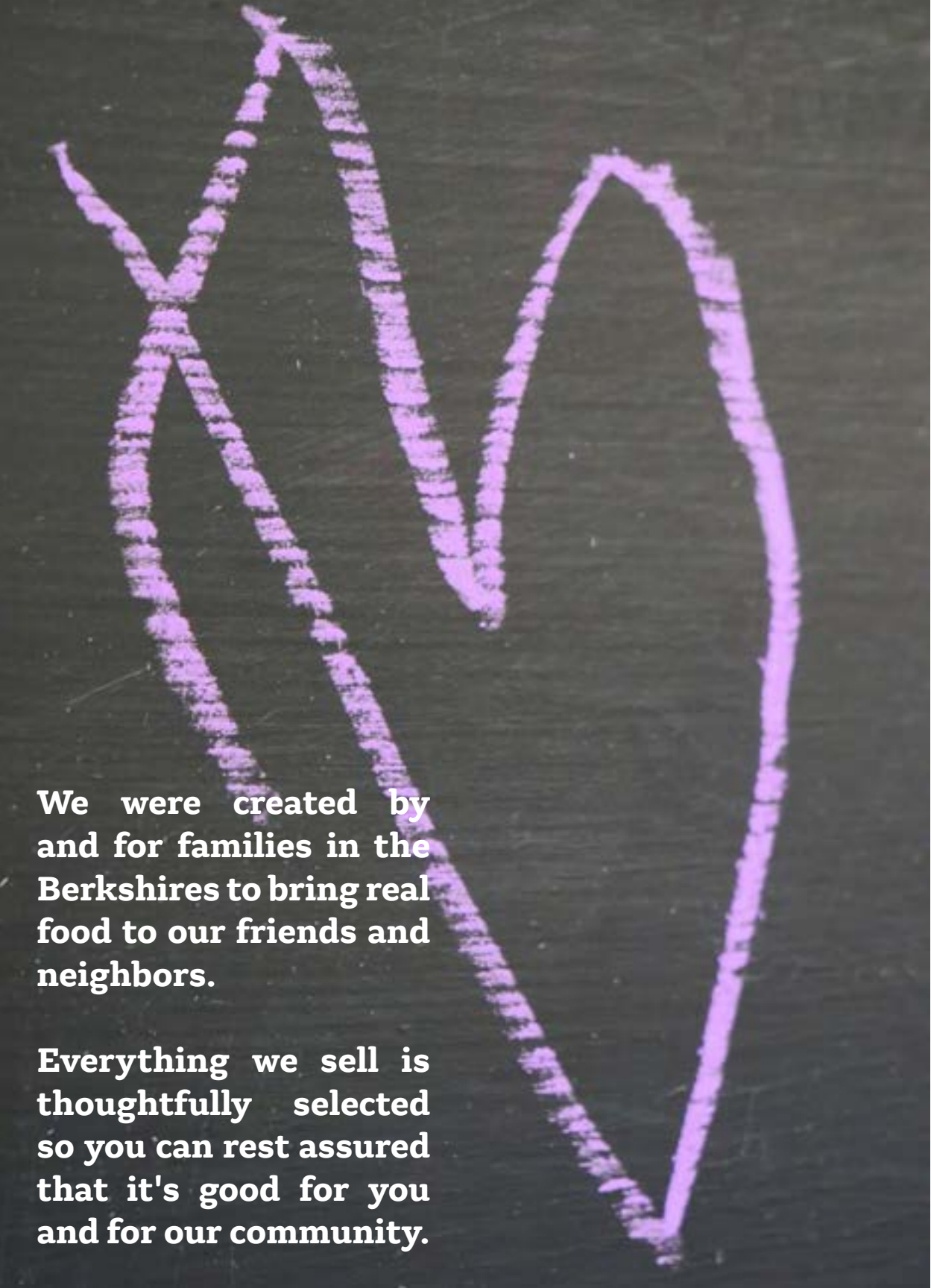




**Berkshire Co-op**  
QUARTERLY NEWSLETTER  
Summer 2018



**We were created by and for families in the Berkshires to bring real food to our friends and neighbors.**

**Everything we sell is thoughtfully selected so you can rest assured that it's good for you and for our community.**

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**Berkshire Co-op**  
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# board of directors



Betsy Andrus



Leslie Davidson



Molly de St Andre



Jake Levin



Michael Maguire



Jen Salinetti



Dan Seitz



Erica Spizz

# the leadership team



Jessica Bosworth



Amie Decker



Cian Dalzell



Travis DeGiorgis



Daniel Esko



Robbin Ezinga



Joel Liu



Jill Maldonado



Ted Moy



Melissa Payne



Jenny Schwartz



Adam Sugarman



# A Piece of the Past to Enjoy in the Present

Carrieanne Petrik  
Engagement Manager, Trustees of the Reservation

Looking for something fun to do this summer?

Naumkeag, a historic home of the Trustees of Reservations in Stockbridge, has a huge line up of programs for the whole family.

Every Thursday, through September 7th, there is an ever-changing line up of live music on the Oak Lawn. There's a cash bar and plenty of space for picnicking.

For the first time in years, the gorgeous

Jamesway barn is open at Naumkeag for tours. Learn all about how the Choate family grew all of their food and shipped it down to NYC.

To help celebrate this new space, there is an amazing homesteading series each Monday from 11-12:30 covering topics like home brewing and raising your own rabbits.

There are also monthly carriage rides through history and the opportunity for you and your friends to walk through the



fields with goats.

Looking to unwind a bit? Come to yoga on Monday mornings or meditation on Friday mornings, both from 9-10am. For those who are interested in learning more about plants, on Friday mornings from 10:30-11:30 join a Naumkeag horticulturalist for the *Art of Cut Flowers*, and learn how to grow and arrange cut flowers. You get to leave with an arrangement of your own from our flower fields.

The second Tuesdays of July and August, work with expert bartender Billy Jack Paul to discover the complex relationship of plants with alcohol and spirits for an amazing mixology class.

For the little ones in your life, there are art classes and science projects on Tuesday mornings.

Or maybe you want to learn more about

the house? Naumkeag is open 7 days a week for guided tours, every hour on the half hour. Bring a friend and make a day of it. Grab something to eat at our grab and go café and take in one of the most beautiful views in the Berkshires.

For more information visit [thetrustees.org/naumkeag](http://thetrustees.org/naumkeag) or call 413-298-3239x3013.



# try this at home...

## Aurora's watermelon salad



*from Aurora Powers, Wellness Team Member*

My best friend introduced this salad to me one summer and it's been a staple ever since! It takes the best, juiciest parts of the watermelon and pairs it with the crispy bacon and herbaceous basil. Being from Wisconsin, adding cheese to nearly everything is a must! And this crumbly feta simply adds another layer of flavor and mouthfeel. Here's a tip—I like to slap the basil to release its natural flavor and aroma—it adds an extra touch to an already beautiful summer salad.

### Ingredients

1 small seedless watermelon  
(or 1/4 of a large one)  
5 strips of bacon (thick sliced)  
cut into bite size pieces  
16 leaves fresh basil  
1/4 cup (2 ounces) crumbled Feta  
2 tablespoons extra virgin olive oil  
1/8 teaspoon kosher salt  
1/8 teaspoon freshly ground  
black pepper

### Preparation

Cut the watermelon in half. Using a large spoon, scoop out bite-size pieces of the watermelon and add to a large bowl or platter (you should get about 8 cups). Slice the cooked bacon into bite size pieces and scatter over the watermelon. Then scatter the basil leaves over the top. Crumble the Feta over the salad. Drizzle with the oil and sprinkle with the salt and pepper to taste.

### Aurora Goes Local for Summer Safety

One of my summer favorites is Badger's Active Zinc Oxide SPF 30 sunscreen! It's certified natural with 98% organic ingredients! Perfect for me and my toddler while we run around town — even on super sunny days.

It's water resistant for 40 minutes (Hello beach!) non-gmo, non-nano and biodegradable! With only five ingredients and no scent I feel that this is a safe option for me and my sensitive skinned family.

The best part? It's made locally in New Hampshire! Come visit me in Wellness and check out what else we have from our local Badger friends!





# From the General Manager...

Daniel Esko  
General Manager

It's hard to believe that summer is already in full swing here in the Berkshires. And wow...what a hot one it has been! Though I am not complaining, some rain would be a welcome sight for us all. Despite the lack of rain, the season has brought with it an impressive bounty of local produce.

Woven Roots carrots are all the rage, MX Morningstar's rocking the beets and I can't wait for the some local ginger zing from Et Cetera Farm. Strawberry season has come and gone by now but has made way for tomatoes, corn and stone fruit (my personal favorite). At home my gardens

are in full bloom, the chickens are doing quite well and with much excitement we welcomed the newest addition to the Esko family - Barley, a handsome lion's head bunny. The kids absolutely adore him (and I'm pretty fond of him as well)!

As you can see when you visit the Co-op, construction of the new store is well underway. These past few months saw the completion of site excavation and pouring of the foundation and footings for the new building. Next, you will see the steel shell of the building go up, making way for the construction of the walls and roof.



Once completed, the floor of the new store will be poured and then we will be ready to start fitting out and furnishing the store. We anticipate opening in late January 2019—only 6 months away!

While construction is happening, we understand that the temporary parking situation can be a challenge and we are doing everything we can to make it better. As promised, we made some improvements to the walk up to the store and paved our temporary parking lot. We will continue to explore other ways to make the temporary parking more manageable for everyone. We are always available to carry out your groceries or you can use one of our handy yellow wagons to more easily get your groceries out to your car. If you have any other suggestions or special needs, please just let us know and we will do our best to accomodate you.

I've said this before and I will say it again, now more than ever it is critical that the community support the Co-op (even if that means going out of your way to do so). Thank you so much

**"We anticipate opening in late January 2019, only 6 months away."**

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

And now for a little bit of housekeeping that is worth revisiting. I just want to kindly remind everyone to please be a good parking samaritan. That means parking in designated areas and only parking in the handicapped spaces in front of the store if you have the proper credentials. It is simply not fair to other customers who really need these spaces. Again, we know it's a challenge but we thank you for following



the rules and making the Co-op a safe and welcoming place for everyone to shop.

Meanwhile, the Co-op team is working hard to better meet your needs and prepare our operations for expansion. We are trying to balance the day to day needs of running the store with a concerted effort to overhaul our systems and processes. We are investing in staff training and development with an eye towards providing the best service in town.

**"At the heart of it the Berkshire Co-op Market uses the business vehicle of a grocery store to achieve a social and environmental mission."**

In the craziness of it all, I admit it's easy to forget what we are actually working toward and why the Co-op is serving this community. Quite simply, the Co-op provides real food to the community, does real good in the community, and grows the cooperative economy. Further, we operate the store with a deep commitment to balancing fair prices to customers and producers, and fair wages to staff.

It's really all about creating positive impact and contributing to a happier and healthier community. By expanding, we will be able to grow that impact. We will be better positioned to raise wages and create jobs, to keep prices fair for all, to purchase more goods and services from local producers

and suppliers, and to bring more real good food to more people in the community.

At the heart of it, Berkshire Co-op Market uses the business vehicle of a grocery store to achieve a social and environmental mission. That's pretty cool when you stop and think about it for a moment. And what's even cooler is that we own this business together! I firmly believe (and the numbers back this up), that investing in a cooperative business is one of the single greatest ways we as individuals can affect positive change in the world.

If you haven't considered becoming an owner of the Co-op, feel free to come talk to us about it anytime. We're here and happy to help.

Be well and I'll see you at the store!



## Co-op Staff Share Their Fave Summer Hangouts

Samantha Zepeda  
Events Coordinator

SUMMER. IS. HERE. And we couldn't be more excited! We might be biased, but we think there's no better place to enjoy summer than right here at home in the Berkshires.

Our staff is pretty passionate about making the most of their time off, so they had lots of opinions when I asked them where they like to hang out when they're not at the Co-op.

Whether you're visiting for the summer or just looking for a new summer nook, we've got some pretty chill suggestions for the coolest spots to be when things heat up in the shire.

### Barrington Stage Company Pittsfield, MA

Barrington Stage is a summer favorite of Lynn's (our Prepared Foods Supervisor). Squeezing in at least one to two shows during the summertime is a MUST for her. She loves everything about it—the beautiful theater, bright lights of the stage and the amazing



performances. If you're looking to catch an amazing show, Barrington Stage Company is a summer essential.

### Lake Mansfield Great Barrington, MA

Arianna & Scott (our favorite father/daughter duo who also happen to be Cafe/Grocery team members) frequent Lake Mansfield during the summer. This 29 acre pond is a great spot for family and friends to gather. There's a nice beach area, along with picnic tables, a swing set, and a couple of barbecues so you can grill while you chill. Scott always keeps a pool float and a couple of beach chairs in the car so they can make a quick-getaway to their favorite spot.



### Berkshire Museum & Hancock Shaker Village, Pittsfield, MA

On a rainy day, Cian (our Wellness Team Leader) likes to bring his daughter to Berkshire Museum, where there's a wide range





Illustration by Jenny Schwartz

- ★ Beartown State Park
- ★ Biking the Berkshire Hills
- ★ Canoeing down the Housatonic
- ★ Friday night music at the Gazebo
- ★ Chilling at the Green River inside/out Theater at Jacob's Pillow
- ★ Wapachewee Falls
- ★ Hiking Race Brook Falls
- ★ Hancock Shaker Village



of activities for the whole family. When the sun is shining, Cian heads to Hancock Shaker Village which is another family favorite. His daughter enjoys The Discovery Barn, a hands-on center where kids can spin wool, construct a Shaker chair, or weave on a loom that's sized just for them!

### **Green River Great Barrington, MA**

Everyone has their favorite "secret" spot to enjoy the Green River. Oliver (a member of our Front End Team) has found the perfect place to relax to the sounds of the river and alternate between enjoying the warmth of the sun and dipping into the chilly water. He's not going to disclose exactly how to find his spot, but it's not hard to find a nice tranquil place along the river to soak in the beauty of the Berkshires.



### **Town Hall Gazebo Great Barrington, MA**

Pat Poland (who you'll find either in the Cafe or ringing you out in the Front End) enjoys the free summer music at the Town Gazebo on Friday nights. It's a terrific spot to pull up a lawn chair, munch on some packed snacks



and enjoy the musical stylings of local musicians like the Wanda Houston Band, Sunday Strummer Ukulele Ensemble and a whole bunch more. Concerts begin at 5:30 behind the Great Barrington Town Hall.

### **Benedict Pond at Beartown State Forest Monterey, MA**

Benedict Pond is located in the 12,000 acre Beartown State Forest and is surrounded by great hiking trails and amazing wildlife. David (a Grocery Supervisor) says that this is one of his all time favorite swimming spots. He enjoys the quiet solitude of this hidden gem, surrounded by trees and wild blueberries. Even on hot days, the 1.5 mile pond loop is a cool hike that takes you around ledges and over streams and allows a close up view of some beaver lodges!



### **Jacob's Pillow, Becket, MA & The Starving Artist Cafe, Lee, MA**

Jessica (our Produce Team Leader) loves to attend the free "inside/out" performances at Jacob's Pillow. These free outdoor performances happen every Wednesday through Saturday at 6:15 pm.



There's something truly awe-inspiring about enjoying world class dance with the stunning mountain views as a backdrop. Jessica also frequents The Starving Artist Cafe in Lee. She recommends indulging in their crepes with fresh strawberries while you enjoy some live music and local art.

### **Race Brook Falls Sheffield, MA**

When she's not kayaking, Michelle (a member of our Grocery Team) loves to hit the trail at Race Brook Falls in Sheffield, MA. She recommends following the trail to the lower falls because it's an easy trek for even little hikers. There's something magical about these cascading falls nestled into lush



greenery. You'll be glad you made the trip.

### **Umpachene Falls New Marlborough, MA**

This little gem is located in New Marlborough and is one of my favorite places. It's one of the best, low key swimming spots! Word on the street is, you're only allowed access to this glorious swimming hole if you're a New Marlborough resident, so make sure to hit up any friends who live in the area. Kids will not only love swimming in the Konkapot River but they'll also enjoy the swings. There's ample space for picnics, so make sure to pack a tasty lunch and your grab your beach towel!

Time to get on out there and take full advantage of summer in the Berkshires!

Ready, set, go!





original oil painting by Kate Knapp





# A River Runs Through Great Barrington

Jenny Schwartz  
Education & Outreach Coordinator

How many of you see the Housatonic River everyday? I do. For the thirteen years I have lived here, I've passed it on a daily basis—driving back and forth on Route 7 to teach a class at Undermountain Elementary School; going over the bridge as I enter or leave Great Barrington; looking out my window each morning from home. From there, I hear its gentle sounds and sometimes even catch its scent depending on the day. It is the perfect background music when I sit on the porch reading or sketching on a sunny summer afternoon. From a distance you can see wildlife flying up or down stream, catching a glimpse of their life on the river. For the longest time, that was my relationship with the river...from a distance.

A few years ago, I got into the river. Not literally, but in a canoe. From the moment we put in from Division Street in Housatonic, I felt like I was in a different world. The sounds of cars faded and the roar of the river awoke my sense of adventure. I navigated the boat to avoid the sudden rocks, often switching paddling sides of the canoe. Then the river became calm, the water deepened, the rocks disappeared and all was calm as we traversed the bends of the river. Throughout multiple trips down the rivers we've seen the image of

common carp before they dart away, leaving big dusty underwater clouds; we have noticed beaver peering out at us before dipping their heads back under water; deer drinking water along the edges of the river. While we were scanning the banks for wildlife, a bear once appeared. It was a quick encounter as it bolted up the bank once it noticed our presence. Snapping turtles that at first glance look like big rocks, blend into their landscape. What we haven't seen in person, we've seen in the form of their footprints firmly pressed into the banks of the river.

As our bottom of our paddles submerge into the water, we have unintentionally



startled wood ducks who take off like a motor boat once they hear us. Their feet act as propellers as their bodies lift out of the water before they take off. Every so often, there is a blue heron standing tall, silently scouting out its next meal. The Canadian geese seem to be a permanent fixture. They honk as we get close, taking flight in unison.

Since canoe trips are a favorite summer activity of mine, I always have a dry bag by the door, ready to take on the next adventure. I keep it packed with Green Goddess Sunscreen, Mighty No Bitey bug spray, a hat, nature books, binoculars and snacks—lots of snacks. Some favorite snacks from the Co-op are: Goat cheddar, pepperoni slices, rice crackers, carrot sticks, hummus, snap peas and green beans. Seasonal summer fruit is a popular choice as well. In the side pouch, there is a Kleen Kanteen ready to be filled with water and sometimes a few mint

or lemon balm leaves from the garden. My canoeing experience has given me the confidence to take students from Monument Valley Middle School on trips. The preparation, planning, worry and anticipation are worth it. We put in our canoes at Camp Eisner and pulled the canoes out at the Covered Bridge in Sheffield. It's a rewarding feeling to watch students look around in amazement and be engaged. In the blink of an eye, they became environmental activists. They ask in anger why anyone would ever want to contaminate something so beautiful. They count the number of tires they see and yell, "we have to do something!" We have taken kids on the river that come from different walks of life and all types of circumstances. One student in particular comes to mind. Her head would dart around checking to see where the other boats were, who was going faster, who was going slower. Suddenly, she stopped and



her body relaxed . She looked around and then said “you know, this is really beautiful.”

As we made our way to the covered bridge, families lined up by the covered bridge waving down to us as we arrived. Parents helped us pull the boats out of the water. The kids, wet and muddy, greeted their families and recounted the details of the adventure. After the last canoe was strapped onto the trailer, I breathed out a sigh of relief and contentment. These kids also pass the Housatonic River on a daily basis. They hear about the pollution. On canoe trips, they form their own relationship with the river—and with that, the many feelings they develop about its current state.



Want to know more about taking trips down the Housatonic River?

**Great Barrington Housatonic Riverwalk:** Starting in 1988, the Riverwalk has blossomed into a 1600 foot trail. There is an emphasis on education and conservation. On the website you will find a fascinating timeline about how the Riverwalk began. There are ongoing workshops about the river’s natural habitat. ([gbriverwalk.org](http://gbriverwalk.org))

**Housatonic Heritage:** This organization works to preserve and promote the Upper Housatonic River Valley region’s historical, cultural and natural resources. Look on their website to find a paddling guide. It offers information about how to safely traverse down the river and what you can expect. ([housatonicheritage.org](http://housatonicheritage.org))

**Mass Audubon:** The Mass Audubon offers guided canoe trips throughout the summer. They begin at the Pleasant Valley Wildlife Sanctuary. Cost for non Mass Audubon Members is \$35 & \$25 for members. Check the website for scheduling details. ([massaudubon.org](http://massaudubon.org))

**The Trustees Bartholomew’s Cobble:** Bartholomew’s Cobble also offers guided canoe trips on Sunday mornings throughout the summer. Cost for nonmembers: \$25 for adults and \$15 for children. ([thetrustees.org](http://thetrustees.org))

**Housatonic Valley Association:** HVA is an environmental group that works to conserve the natural character, economy and environmental health of our region by protecting and restoring its land and waters. If you feel passionate about the state of the river, you can volunteer with HVA and help make a difference! ([hvatoday.org](http://hvatoday.org))

And remember, whatever you decide to do on the river or by the river, come by the Co-op and pick up some snacks!







## The Co-op's Real Good Giving Committee

Ryan Harrington  
Front End Supervisor

We've done it, Co-op shoppers! After a long winter and a chilly spring, we've emerged once again into a green and glorious summer. You know that naturally, this means time spent by the lake, barbecues and long evenings filled with fireflies. But did you also know 'tis the season for implementing some new systems here at the Co-op?

One new system I'm particularly excited about is the one that relates to our donations program. We've formed (and I'm excited to serve on) the Real Good Giving committee. This group is made up of seven people from different departments and with different responsibilities within the Co-op, from Team Members to Supervisors.

We've formed this group in an effort to further democratize the process by which we lend to charitable organizations (think non-perishables for a food drive, fresh produce for a community kitchen, etc.), by putting that process into the hands of Co-op employees. Since we spend so much of our time with you, we're each in a unique position to get a feel for the sort of organizations you'd like to see the Co-op support through donations.

Once a month, the committee comes together to discuss applications and then decide how best to spend our given budget. We accomplish this by listening carefully to the needs of the organization and coordinating with our department heads to see what they're able to give. We also take every opportunity to spread the word about Real Good Giving.

We're always searching for new groups to work with! If you're interested in working with the Co-op towards a charitable goal, don't hesitate to stop in and talk to us at the Front Desk from 10am to 6pm every day. You can also email us at [donations@berkshire.coop](mailto:donations@berkshire.coop) or find a donation request form on our website at: [berkshire.coop/donations](http://berkshire.coop/donations)

Together we can work to make Great Barrington and Berkshire County a better place to live, work and visit!

### Small Donations (\$1-99)

Application deadline is the 15th of the month prior (*for example, submit by March 15th to receive a donation during the month of April.*)

### Large Donations (\$100+)

Application deadline is May 30th, 2019.



Berkshire Co-op Market aims to be a transformative force in the community through its cooperative business practices and philanthropic focus. A budget is set annually for donations to non-profits whose mission and actions further the Co-op's pursuit of bettering its community.

# Berkshire Co-op Market

42 Bridge Street

Great Barrington, MA 01230

 @berkshirecoop

 berkshirecoop

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413.528.9697 | [berkshire.coop](http://berkshire.coop)