

# THE **SCOOP**

A QUARTERLY MAGAZINE FROM BERKSHIRE FOOD CO-OP  
summer 2019

Meet our new  
**General  
Manager!**

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Enjoy more time  
outside with picnic  
pointers and  
outdoor games!

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**Jake Levin** spills  
the beans on  
**summer  
smoking  
secrets**

eat

**fresh & active**

stay

**this summer!**

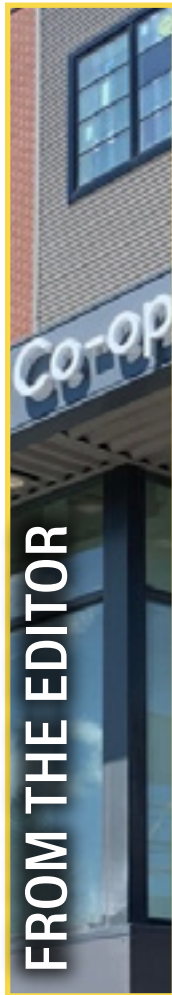
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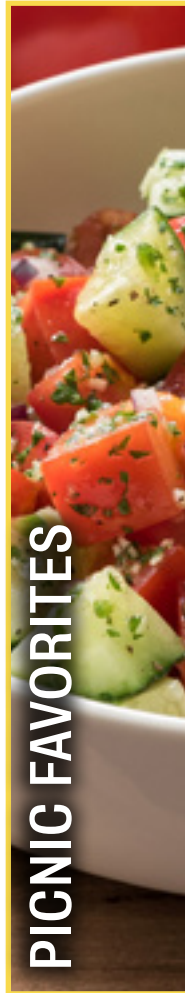
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# of directors

# STORE leadership



Troy Bond  
General Manager



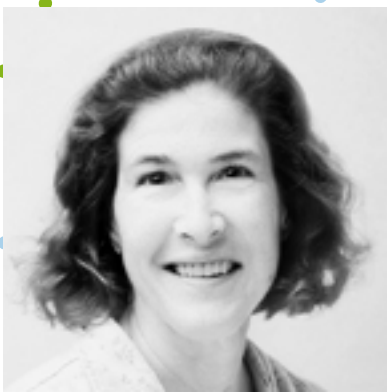
Ted Moy  
Store Manager



Jill Maldonado  
Marketing Manager



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Center Store Manager



Lynn Pino  
Fresh Foods Manager



Adam Sugarman  
Customer Service Manager

## from the editor

Jill Maldonado, Marketing Manager

This edition of the Scoop is late in coming. With the busy-ness of opening the new store, there's been very little time to stop and re-direct the energy and care this little magazine requires. Now, we are still quite busy settling in to our new space, but I'm grateful for the opportunity to pause, put together some great content for you and take a moment to consider our collective accomplishment.

We have a new store. It took a monumental effort on the part of, quite literally, hundreds of hardworking people. It took nearly 200 of our Owners, putting their own money on the line in the form of interest-bearing loans. It took staffers countless hours of work to simultaneously run one store and plan for another. It took the partnership of National Cooperative Grocers who sent subject matter experts to work with department managers in planning new sets, new menus, new ways of doing things. An army of folks from other cooperative grocery stores came to help stock shelves and lend a hand on opening day. It was my particular honor and privilege to work with a dozen dedicated Owners who gave their time to meet and greet people at our Grand Opening.

A lot of love went into this expansion. While some of you might miss the "character" of our previous store, I urge you to stick with us! Character comes with time and it's something we'll build together!

To say we're tired is an understatement. To say we're grateful is an oversimplification.

In truth, the hard work isn't over yet, as we settle in to our new space, adapt to the greater volume of sales (thank you!) and welcome a new General Manager.

We offer our deepest thanks to the interim General Managers who have led us through the past nine months. Luke Schell provided great heart, good advice and a bevy of hilarious accents. Garland McQueen, although his stay has not been long, has offered terrific insight, decisive action and dogged focus on our success. (Not to mention, his own brand of dry humor!) Many thanks to both of these visitors from afar who took up our cause at short notice and gave us their best.

Dan Esko, our previous GM and intrepid Project Manager, has not only given us his best, he's given us his all. Daniel has led this project

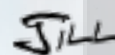
from its very inception, through its successful fundraising campaign; from an idea, to a plan on paper, to paint on walls; from schematics to shelves to set plans.

Daniel has been our leader, our colleague and our friend. Now that this project is complete, so too is Daniel's time with us. He will be enormously missed. Daniel is leaving this community with the tremendous gift of a new store that will ensure the continuation of our cooperatively owned business and its contribution to a stronger Berkshires economy. Thank you, Daniel! We wish you the greatest success and happiness on your next adventure!

Of course, now, we welcome a brand new General Manager. The Board of Directors has selected Troy Bond, relocating from Florida, to lead the Co-op as we grow into our new store. The whole team is looking forward to getting to know Troy and getting to work with him.

Enjoy this issue of The Scoop! We hope it inspires you to make the most of our beautiful Berkshire summer!

In cooperation,



## expansion update

Dan Esko, Project Manager

We did it! On June 19th, we finally opened wide our doors to the brand new Co-op. In what represents the culmination of our rebrand as Berkshire Food Co-op, the new store is truly an amazing and beautiful space that the community already seems to love. Comments have been overwhelmingly positive, and the cafe is bustling with customers enjoying our increased offerings and the company of the community.

I would like to thank our amazing and hard working staff, our dedicated volunteer Board of Directors, and all of the Co-op's Owners for having the imagination and patience to join together in a common vision, and bring this dream to life. I would like to thank our generous Owner lenders, the Cooperative Fund of New England and their lending partners for financing the project. I would like to thank Tierney Construction and their subcontractors Dobbert Mechanical, and Gable Electric in particular, for the fit out work. I would like to thank our good friends and partners at the National Cooperative Grocers for all of their expertise in putting together amazing food co-ops and helping us put ours together. Finally, I would like to thank my closest advisors and friends Jill Maldonado, Marketing Manager and Ted Moy, Store Manager. I would not have been able to do this work and get to this day without their support, friendship, compassion, and of course, countless hours, days and years of hard work! All told, the Co-op has made a \$4.5 million dollar investment right here in downtown Great Barrington and we couldn't have done it without the generous

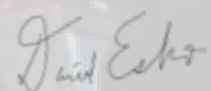
support of all of you, our Owners, staff, Board of Directors, our valued partners, and the greater Co-op community.

From our humble roots on Rosseter Street to the reimagined Co-op we see today, one common thread has always woven our past and our future together. That thread is Community. In 1981, we were founded by the community to bring good food to our friends and neighbors. And even though we have had to evolve the business of the cooperative in the pursuit of relevance and continued viability, to this very day we have stayed true to this mission and will never lose sight of it as we continue to grow. Because we all own this grocery store together, the Co-op will always be a community hub and gathering spot. It will always be the place to meet great friends and enjoy great food.

Every day the Co-op leverages the assets of the community in creative and cooperative ways, using the economic vehicle of a grocery store to effect social and environmental change. Last year alone, the Co-op purchased over \$1 million dollars in goods and services from local farms, food producers and other businesses. We plan to grow that to over \$2 million by 2023. In addition we purchased over \$2 million worth of local goods and services as a result of our expansion. This year the Co-op added 10 new jobs and increased its minimum wage to \$13/hour with this expansion. We are on pace for \$15/hour minimum by 2021, 2 years in advance of the state mandate to do so. We invested thousands of dollars and touched the lives of thousands of community members through our

Education and Outreach programs both in the store and out in the community. We gave thousands of dollars in discounts to our neighbors in need through our HELP discount program. In essence, the Co-op leverages community assets to create positive impact. That's what this new store represents. The new store is an opportunity to continue to grow our impact on the community and the world...one grain of organic rice or one bunch of local kale at a time.

The opening of the store is somewhat bittersweet for me both personally and professionally. Bitter because with the opening of the new store and the closing out of this project, I will be leaving the Co-op after 15 years. Sweet because of all that I have learned and accomplished in my time here. From my humble roots receiving boxes off the backs of trucks in 2003 to becoming the General Manager in 2016, I think I have literally seen it all at the Berkshire Food Co-op. I have had the good fortune to work with so many great people and make so many friends over the years. I have learned almost everything I know about business, management, grocery stores and food co-ops here. I have helped this Co-op grow its impact on the community and make a real difference in people's lives all across the spectrum of stakeholder groups. And at the pinnacle of my professional career at this Co-op I can leave saying I made a real, tangible difference. I built a grocery store with my friends. Not just any grocery store, a co-op grocery store. Now that's something to brag about. Here's to many more years for the Berkshire Food Co-op! Cheers!



# Q&A

with our new  
General Manager

## Troy Bond



We're pleased to introduce you to our new General Manager, Troy Bond! In addition to providing us with a short bio, Troy was kind enough to indulge us by answering some less formal questions so we could all get to know him a little bit better! Thanks, Troy! Welcome to the Berkshire Food Co-op family!

*What was the best concert you ever attended?*

Buckethead. You know, the guitar virtuoso who stood in for Slash for a couple of years with Guns N' Roses and who wears a KFC bucket on his head and takes a break during the show to demonstrate his use of nunchucks. My son now plays my old Strat and he introduced me to the world of Buckethead. I bought tickets for his 2019 tour. It was the best concert because I could see how much joy the show brought to my son, and now I'm a fan, too.

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

Surfing weekends on Little Talbot Island last year when I realized just how many sharks roam the waters off the coast. I gave away my longboard to a friend before I moved. She's going to turn it into an outdoor shower.

*What's the last book you read?*

I became friends with a customer at my last job who wrote screenplays and HBO documentaries. Over lunches at the Beach Diner, we talked books and politics (he worked on the Bobby Kennedy campaign among others.) He lent me his copy of *The Devil in the White City*. I enjoy reading artful nonfiction, and I was fascinated to learn about the murders during the World Expo in Chicago as well as the hazards of living in 1893.

*Seen anything lately that made you smile?*

A Facebook post of my dog Fizzy at a kennel while we were moving. He's a nervous little man who found a friend in a female schnauzer named Moxy. They're pals.

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

I write in my spare time. Currently I'm working on a novel titled *Rocco Eats It: The Sabbatical of Rocco Lucci*. Rocco, an insufferable celebrity chef, loses it all to find a deeper meaning in life. It so happens that as I started the novel, Jacques Pepin came through my line when I was running a register during a lunch rush. Though Pepin is nothing like my fictional character, he is a well-known celebrity chef and of course I interpreted this chance meeting as a confirmation by some unseen literary spirits that I was on the right track with my novel.



## *The formal bio...*

Troy Bond started his career in natural foods by opening The Market in his hometown of Cedar Falls, Iowa in 1998. The Market was the first retailer in the area dedicated to selling natural foods after the Cotton Top Co-op closed in the 1970's.

His interest in natural foods springs from a desire to provide healthy foods to support optimum well-being. Prior to opening The Market, Troy was certified to teach Integral Yoga, and served as the Stress Management Specialist with the Ornish Program, an experimental program to reverse heart disease at Mercy Hospital and the Iowa Heart Center in Des Moines.

After selling The Market, Troy went on to work for Whole Foods Market as a Store Team Leader and was named as an All\*Star in 2004 after turning around an under-performing location and doubling sales. His career continued as a consultant for natural foods and specialty food service start-ups, a category manager, and a new store opening director. Recently he served on the executive team of the Independent Natural Foods Retailers Association (INFRA) as the Director of Member Relations overseeing the retail operations of 250 retail members with 360 storefronts, and then as the Store Manager for an INFRA store in Florida. Troy is moving to the Great Barrington area from Florida, with his two children, Donovan and Siena, both in high school. In his spare time, Troy enjoys writing fiction, cycling and making pizza from scratch.

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

Over the course of a summer, I built a wood-burning pizza oven in my backyard - a backbreaking labor of love if there ever was one. When I had perfected the fire, the heat and the timing, I invited the neighbors and their kids over for a pizza feast on a summer's evening, and it became the best memory of living at our home in West Des Moines.

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

"Spoil your regulars." A third-generation restaurant owner taught me the importance of always taking extra care of the customers who come in every day.

### *What's something—big or small—that you're really bad at?*

I have an aversion to wrapping presents. I'm all for gift giving, but kindergartners can make cleaner folds on the ends than me. I just buy a gift bag, some tissue paper and call it good.

### *What is your favorite family tradition?*

Slow cooked duck. Though I eat a primarily plant-based diet, my son is a T-rex. I spend 5 hours tending to a roasted duck for him on holidays and special occasions. He eats the whole bird. We use the bones and scraps the next day to make pho.

### *What's your favorite movie?*

Notorious directed by Alfred Hitchcock, starring Cary Grant, Ingrid Bergman and Claude Rains. I like black-and-white films, and I consider this to be one of Hitchcock's most suspenseful endings. The relationship between Rains (who plays a spineless Nazi) and his mother is priceless.



Excerpted from

# SMOKEHOUSE

## handbook

Smoking doesn't always have to be a long, laborious process. There are many great, quick and simple ways of producing smoked food. Sometimes I'll come home after a long day of work, grab a beer, get my Weber kettle grill going, put a handful of woodchips on the charcoal, and throw on some pork chops (or a steak) and 15 minutes later I have delicious smoked meat for dinner. Seafood is another great option when you're looking for a quick smoked meal. Here is one of my favorite smoked recipes for weeknight dinners.

by Jake Levin

Published by Storey Publishing, 2019



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# Smoked Mackerel

Mackerel is one of my favorite fish; when fresh, it tastes like the ocean breeze. My first time eating smoked mackerel is one of those Proustian memories: it was Father's Day and we were in Cornwall, England, for a family trip. The village we were staying in had one of those classic, large, white plastered buildings with a big smokestack, right on the water's edge. My brother and

I decided that buying my dad some smoked mackerel would be the perfect Father's Day present — one that we would benefit from. I can remember that first bite so vividly. The mackerel was still warm from the smoker, the oak-smoke balanced so perfectly with the briny oil of the fish, the delicate flesh flaking apart and melting in my mouth. When people ask me about my love of

smoked food, this memory looms large. I will never be able to replicate that fish from Cornwall, but that doesn't stop me from trying. This recipe works equally well with bluefish, trout, or salmon. It's perfect for stove-top smoking but also works beautifully on a kettle grill, on an asado/table grill, or in a hot-smoke drum smoker.



© Keller + Keller Photography

## Ingredients

- 2 large mackerel, weighing about 2 pounds each, scaled, filleted, pin bones removed
- 8 tablespoons kosher or fine sea salt
- 4 tablespoons ground black pepper



© Keller + Keller Photography

## Directions

Lay the fish fillets out on your cutting board and sprinkle them with salt, about 2 tablespoons per fillet.

Let rest for 15 to 25 minutes. Then, wash salt off the fillets under cold water and pat fillets dry.

Sprinkle 1 tablespoon of ground pepper over each fillet, evenly coating them.

Place in a smoker at 175 degrees Fahrenheit.

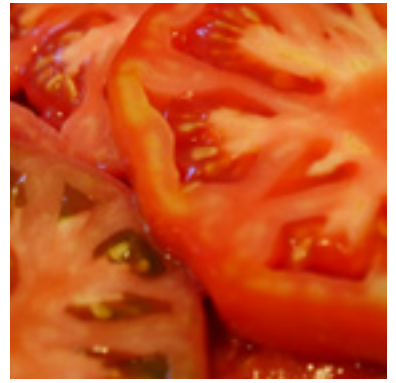
Smoke for about 10 minutes, until fish is just cooked through but still moist.



For more about recipes and info about smoking, check out Jake's book **Smokehouse Handbook: Comprehensive Techniques & Specialty Recipes for Smoking Meat, Fish & Vegetables**, available at the Bookloft.



# SUMMER VEGETABLE



**A RECIPE FROM OUR OWN  
ANDREA KREST**

# TIAN

With summer veggies hitting peak season everyone's looking for creative ways to make the best of the bounty. This classic French dish is the perfect way to use fresh, local ingredients direct from the farm!

While you're at the Co-op, grab a Berkshire Mountain Bakery baguette too, so you can soak up every last drop of the herbaceous juices this dish yields.

## INGREDIENTS

1 medium eggplant, peeled  
Salt  
2 medium onions  
3 cloves garlic, peeled and minced  
1/2 cup extra-virgin olive oil  
Freshly ground black pepper  
2 medium zucchini, sliced  
6 ripe medium tomatoes, sliced  
3-4 sprigs fresh herbs, such as thyme,  
rosemary, basil or oregano  
1/2 cup grated Gruyere

## DIRECTIONS

Preheat the oven to 400°.

Thinly slice the eggplant (1/4" thick), sprinkle with salt, and place in a colander. Drain for 30 minutes, then pat dry.

Slice onions and cook with garlic in 3 tbsp. of the olive oil in a medium skillet over medium heat until slightly browned, about 10 minutes.

Transfer to a medium baking dish.

In the same skillet, cook eggplant in 2-3 tbsp. of the olive oil until tender and slightly browned, about 10 minutes. Season with salt and pepper.

Arrange zucchini, tomatoes and eggplant in layers over the onions. Top with herbs, drizzle with remaining oil and season with salt and pepper. Sprinkle Gruyere cheese over the top and bake 30-40 minutes.



A bigger store means more space for plenty of new products! At last count, we've brought in 1,200 new items that we couldn't fit on our shelves before. With summer in full swing, we want to introduce you to...

# 5 Fabulous FINDS for Summer



1.

Believe us, **Willie's Superbrew** is going to be your new favorite summer bevvie. This tasty alcoholic treat brings together the best of spiked seltzer, hard cider and kombucha with real fruit to create a sparkling refresher that'll keep you cool in the summer heat. Try Mango & Passionfruit, Pomegranate & Açai, and Ginger & Lemon. They're gluten free, with no artificial or synthetic flavors and are made of real, simple, stuff you actually want to drink.

2.



**Marley's Monsters' UNpaper Towels** are the perfect replacement for your eco-friendly family's disposables. Sized at 12"x10", these cotton flannel cuties are made to shrink to the perfect size for a standard paper towel roll.

Store them in a basket, or reuse an old cardboard core and roll them right on to keep within reach for the inevitable increase of kitchen chaos that summer can bring!

If you've tried **GoodPop's Watermelon Agave** popsicles, you know they're unlike any other frozen pop out there. Made from freshly cut and juiced Texas watermelons and lightly sweetened with Fair Trade Organic agave nectar, this non-GMO verified GoodPop is vegan, Kosher, gluten free, dairy free and guilt free, at only 40 calories. They're new essential summertime treat!

3.



4.

**Oli & Carol's Ana Banana** is a chewable baby toy that stimulates baby's senses and soothes teething gums while introducing them to healthy eating at a young age. This natural teether will become your baby's best playmate... freshly picked from the tree!



5.

Mama Mia this gelato is molto buona! **Talenti's Sicilian Pistachio Gelato** is perfect for those hot summer nights when you're craving a taste of the continent and an international flight just isn't an option. Roasted Sicilian pistachios, blended with their very own pistachio butter and fresh milk, sugar, and cream give it a smooth rich texture you'd be NUTS not to love!





Porcini mushroom, *boletus edulis*



# All that the Rain Promises...

by Austin Banach

...is the title of a quirky, yet informative, guide to mushroom foraging that a dear friend showed me. I just love the title for this book, hence I chose it as the intro to my little summer foraging piece. Sure, we all love a sunny and beautiful summer day, and sometimes we are saddened or stir crazy by a gloomy and rainy summer day. But the rain enables and promises gems on our farms and in our gardens and woods. Mushrooms especially love moisture and humidity. The best time to go foraging for wild mushrooms is on a hot or humid day, a day or two after a rainfall.

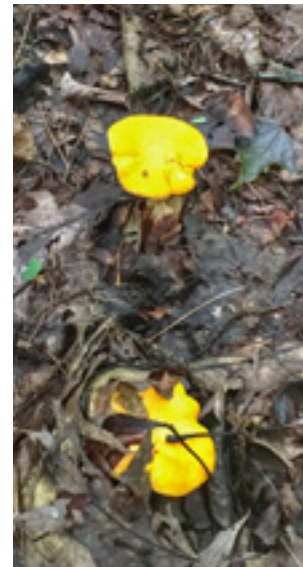
There are countless amounts of wild mushrooms. I will, however, focus on two specific edible mushrooms that have impacted me and culinary culture for quite some time. Lo and behold, they can be found in our area - the chanterelle and the porcini.

I adore mushrooms. Growing up, I can't say I loved many vegetables, or anything clearly grown from the ground, but I loved these cheap canned mushrooms my parents would buy and I would sprinkle them on just about anything - from eggs and sandwiches to pizza and burgers. Sometimes I'd eat them right from the can. As I grew older, and especially more obsessed with food and my own local edible landscape, mushrooms always remained my favorite - vast in appearances, varieties, tastes and applications, both culinary and medicinal. And there is still so much I have yet to learn!

Again, here is where I will insert the important disclaimer: use caution when eating anything from the wild until you have consulted an expert source. To this day, if I am uncertain of

a particular specimen, I always pass on eating it until I consult one of my more experienced mushroom hunting colleagues or books. This article does not provide enough information to positively identify any mushroom.

The golden chanterelle mushroom (*cantharellus cibarius*) is perhaps the wild mushroom most dear to me because of its appearance, taste and abundance. It was one of the first mushrooms I learned to forage about 15 years ago, and every year I get so excited to return to the spots I know and love to find them.



golden chanterelle mushroom  
(*cantharellus cibarius*)

The bright yellow mushrooms decorate the dull-colored woods, like little specks of gold bullion, around late June through the fall.

Chanterelles are most noted in French cuisine ('girolle' in French) but appear and are eaten in many other countries ('pifferling' in Germany). Their tastes vary from apricot and floral notes to a woody or earthy taste and aroma. Most of the flavor compounds in chanterelles (and most mushrooms) are fat-soluble so they really lend well to sautéing in butter, oil or simmering in cream. A smaller

amount of flavor compounds are alcohol soluble which lends nicely to cooking them in wine or a spirit. My preferred method is to sauté some minced onion in butter, add chanterelles, deglaze with white wine, finish with a splash of cream and season with salt and pepper. Serve with a crusty baguette to mop up the juices. Et voilà!



chanterelle mushroom (*cantharellus cibarius*)

I also love chanterelles in omelets or basic scrambled eggs.

From a nutrition side, chanterelles contain protein, vitamin D, and B vitamins including riboflavin, niacin, and thiamine as well as minerals like potassium, copper, and selenium.

Like some mushrooms, the golden chanterelle has a few edible (and equally delicious) cousins such as the white chanterelle (*cantharellus subalbidus*) and the black trumpet (*craterellus cornucopiodes*). I find these occasionally, but always lean towards the golden ones.

A columnist from a New York Times article dated July 26, 1973 cites wild mushrooms and finding Chanterelles in the Berkshires:

“The last morels of spring had long since gone to spore. Now a rumor wafted down from the Berkshire hilltops that the first chanterelles of summer were shyly peeping through the brown leaves of the forest floor. I'd give half a week's pay to find some! No Yankee tradition of mushroom gathering seems to have survived, but enthusiasm of a convert has spread the gospel in the Berkshires.”

As I've concluded over the years, mushroom foragers are indeed a unique bunch. Often referred to as mycologists, I have heard a few others refer to themselves as 'pickers', 'hunters' or, most humorous to me, 'fungaphiles'. While some are reclusive, forage alone and don't dare to share their secret spots, others

are happy to go picking with friends or groups. If all into the latter as I love to share food experiences and stories, although I don't refer to myself as a fungaphile. Well, at least not yet..

My other favorite mushroom to forage is the king bolete, more commonly known as the porcini or cepe (*boletus edulis*). The porcini mushroom is perhaps most notable in the culinary world as the king of edible mushrooms, especially in Italian

cuisine. When I first learned and saw with my own eyes that these mushrooms could be found in my own woods, I felt like I was transported right to Italy! I love foraging porcinis (around the same time as chanterelles) because of the wide range of like mushrooms (also edible) in what is known as the bolete family. Their characteristics include a large, fleshy, sponge-like and watery cap with a centered stalk. The king bolete or porcini, however, is most distinguishable by its reddish brown cap and more bulbous stem or stalk. The porcini has a bold, meaty and rich flavor. Again, due to fat soluble flavor compounds, the porcini is great sautéed in fat but can also be dried to preserve and concentrate their flavor. I often dry porcinis and grind them into a powder which I use like a secret weapon to add a punch of savoriness to a pasta, soup or a meat dish. Buon appetito!

The king bolete, like the chanterelle, also contains protein, vitamins D and B,

riboflavin, niacin, thiamine, potassium, copper, and selenium. Additionally, they carry several natural antioxidants such as vitamin C, ergothinene, flavonoids, and phenolic compounds.

Both the chanterelle and porcini cannot be grown or harvested. Although many have tried, their spore and growth remains a mystery. While you sometimes can purchase them in specialty grocery stores (for a steep price), in my eye, nothing beats getting out there and finding them yourself!

Every mushroom hunting excursion is dear to me for the memories I've had with friends I have foraged with and learned from. Because of these mushroom hunting excursions, every time I feel hot and humid weather during or after a big rain I imagine the mushroom colonies sprouting up all over the woods, beckoning for me to drop whatever it is I'm doing, find them, collect them and share them in a classic or creative recipe. Although I do not intend to pursue mycology, I carry the pride and passion from what I've learned and continue to learn from others and Mother Nature's promise.



Porcini mushroom, *boletus edulis*

'I used to think I needed  
the sun to have fun.

Rain was an  
inconvenience, something  
to wait out, not waded in.  
The farmers needed it. I  
didn't.

Rain meant I couldn't do  
things. It was the enemy  
of activity, the bane  
of beach barbecues, an  
imposition from above that  
didn't have the courtesy  
to call ahead.

Mushrooms changed all  
that.

Now when it rains, I  
can't wait to get out, to  
plunge into that pristine,  
misty realm of glistening  
freshness and fleeting  
fragrance to see what new  
wonders the earth has to  
offer.

The miracle of mushrooms  
is in their spontaneity  
and resilience.

Springing from the ground  
that looked so hard and  
bleak,

They seem to embody  
all that we carry,  
and bury, inside us:  
secret passions and  
dormant dreams awaiting  
inspiration, instigation,  
and conditions that  
precipitate growth.

Rain has become my  
catalyst, drawing me up,  
bringing me out.

I still savor the sun-who doesn't?

Rain refreshes, sunshine caresses.

But as I bask in the hazy glow of another lazy summer day,  
my life feels as empty as the sky above,

and as surely as the shivering survivors of winter look forward to the spring,  
I find myself yearning for clouds returning,

All that the rain promises...

-David Arora



# Healthy Kids Lunches

Simple ideas to banish lunchbox boredom.

By Mandy Makinen

**O**kay, parents. We all know that back to school is, although bittersweet for our children, pretty good for us. Our children are again occupied in noble pursuits, they get regular exercise, they have plenty of time with their friends and the echo of “I’m bored” vanishes from the halls of our homes. Things are always good for a few weeks — at least until a new boredom sets in. School lunch burnout.

For those who regularly pack lunches for an elementary school-aged child, you may have run into a few common points of friction. Namely, boredom with content, arguments over what did not get eaten that day, and issues

revolving around trading for junk food. Let’s look over the issues, one at a time.

## Battling boredom

I had always planned on being the mom who would break out the cookie cutters to make lunchtime sandwiches special, or who would creatively market sacks of carrot coins or a stand-up broccoli forest to my child. But the reality is, that takes time.

Our family tries to put emphasis on dinner and eating (mostly) home-cooked meals together

at night, so with already limited time in the evenings, packing elaborate bag lunches has fallen by the wayside.

Working under time constraints might take some of the creativity out of presentation, but it doesn’t have to mean a boring or unbalanced lunch. We adopted a baseline of this equation: 1 + 1 + 1 = 1. One fruit or vegetable (e.g., carrots, banana, cucumber, apple), one protein (turkey, peanut butter, ham, cheese), and one carbohydrate (bagel, crackers, English muffin, tortillas) = one lunch. Dividing lunch-building into predictable units makes it easy for my son to participate by choosing different, changing components. One of the best side effects of this lunch style is that it teaches my son about nutrition — which types of food have what nutritional value. Now my son knows that peanut butter is a protein, not a vegetable. He knows that a banana is not a significant source of complex carbohydrates but that a whole wheat bagel is.

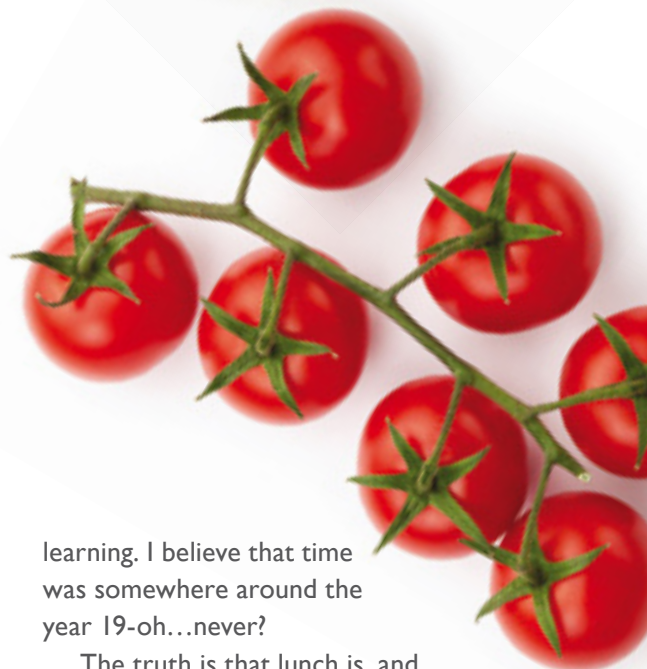
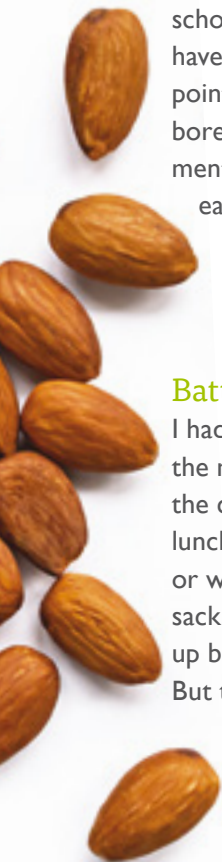
## Emphasize efficiency

There was a time, I am sure, when all kids would sit down to lunch at school with enthusiasm and dig in, focused on the task of chewing their food and getting refueled for an afternoon of

learning. I believe that time was somewhere around the year 19-oh...never?

The truth is that lunch is, and has always been, an important social time for kids. This is when jokes get told, bragging gets done and where today’s hilarious sight gags are tomorrow’s doctor’s visits (raisins in the nose, anyone?). This is also when your child is supposed to focus and eat their whole lunch.

Remembering to keep portions small and the eating process efficient (think bite-size finger foods) helps ensure that more food gets eaten. This is the way toddlers eat, but I find it works great at any age (I love





a “snack lunch” at the office myself). It doesn’t have to look extremely coordinated to be a good lunch — a handful of nuts, a bag of snap peas, some cheese cubes, grapes, whole wheat bagel half. All these things are easy to eat, and more important, can be safely eaten while paying attention to at least three other things at once.

### Less lunch trading

My son reports that a lot of unsanctioned lunch trading happens. Packaged, processed foods designed for lunchboxes — fruit snacks, cookies, chips and cheese puffs — are a hot commodity. For a kid who brings a healthy lunch every day, those things help him build an argument that his mother is the meanest, most boring person alive. It’s disappointing to think that the healthy meal we spent time and money planning and purchasing could be traded for less healthy food on a whim. Though I suspect my son’s whole wheat bagel or almonds rank low in lunch table trading values.

But to alleviate the feeling that my child is going to be scarred by his health-fanatic mom who never

allowed him to have fun foods, we’ve added “mystery” items to the lunchbox — something that doesn’t fall into the main food groups: fruit leather, organic chocolate milk, natural energy bars, a single serving of chips. We shop for these mystery items, along with the rest of his lunch, at our local food co-op, where it’s easier to minimize the stuff I don’t want him to eat: high-fructose corn syrup, hydrogenated fats, artificial chemical sweeteners and dyes. My hope is that he’ll covet these treats enough that they don’t end up in trading action and it keeps him eating our home lunches, which are healthier than the alternative overall, for years to come.

$$1 + 1 + 1 = 1$$

**fruit / vegetable**                      **protein**                      **carbohydrate**                      **lunch**

*Dividing lunch-building into predictable units makes it easy for kids to participate by choosing different, changing components.*

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5 games  
you can

# PLAY

When I was a kid, my friends and I would make up games during elementary school recess that were so fun we NEVER wanted to go inside. These aren't those games (I can't remember the rules!), but THESE GAMES are super simple and perfect for the crew of kids in your life! These games can be scaled up or down to accommodate different ages or group sizes. But who are we kidding? The more the merrier! Feel free to change the rules. Feel even free-er to let the kids change the rules! There's only one rule you must obey...

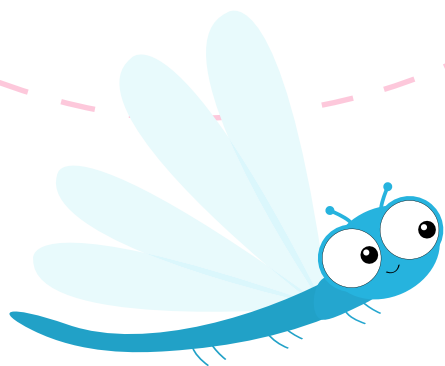
Have fun!

## Poolmaster

This one's for the pool! Everybody stands at the edge of the pool with their backs to the water. Pick someone to put a frisbee in the pool, wherever they want. When they get out of the pool, count to three! On three, the other kids turn and jump in the pool! First one to grab the frisbee and get it out of the pool wins! The winner gets to place it for the next round. More experienced swimmers want to play? Use something that will sink to the bottom for some fun that's off the deep end!

## Stand-off

This game is for two people at a time, but everyone else can cheer them on! Ok. Stand facing each other and put your hands out to meet the other players', like two high fives. Really plant your feet so you have a steady stance. On the count of three, PUSH! Try to push your friend back, so they move their feet. Whoever can stand their ground wins, and another player steps up to challenge the champ.



# OUTSIDE



by Devorah Sawyer

find some friends  
and get outside  
this summer!

## Sardines

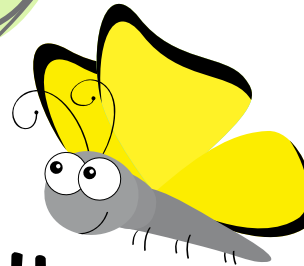
Everyone knows how to play hide and seek, right? What if you play it backwards?! Pick someone to be the first sardine. That person is going to find the best hiding spot they can while everyone else stands in a circle with their eyes closed and counts to 10. Then, they scatter to search for the first sardine! When you find them, you're a sardine too! Join them in their hiding spot and wait. When the next player finds the two sardines, they also squeeze into the hiding spot. The real challenge is to fit EVERYONE in the same hiding spot and keep quiet enough that you don't give yourselves away. Last player to find the sardines gets to be the first sardine on the next round.

## Run & Scream

Everybody lines up next to each other! Spread your arms out and make sure you can't touch your friends so you each have plenty of room. Now, take a really big breath. As much air as you can breathe! On the count of three, start screaming and run in a straight line. Run until you run out of breath and then STOP! You have to stop running when you stop screaming. Who got the farthest? Was there a tie? Want to try again? Yeah! Let's do it again!

## Steal the Bacon

Split into two equal-sized teams. Each team counts off so everyone has a number. Remember your number! There should be two players (one from each team) with matching numbers. Line the teams up facing each other with some distance between them. Put something in the middle – a shoe, a squishy ball, a frisbee, anything easy to grab - that's the bacon! Call out a number and those two players race to the middle to steal the bacon. Be quick! Whichever team gets the bacon scores a point!



# the fruit and veggie Grilling Guide

Giving fresh vegetables, stone fruit, and even lettuce a turn on the grill will intensify their flavor, with delicious results.

By Tara Duggan

**W**hile most people associate outdoor grilling with burgers, hot dogs and steaks, the grill imparts big flavors to fruits and veggies, too. A wide array of produce paired with spice rubs, marinades and sauces galore will keep your patio table overflowing with delicious additions to your grilling repertoire.

Seasonal summer vegetables just happen to be perfect for grilling: zucchini, eggplant and bell peppers are naturally tender and become even sweeter on the grill. Slice these vegetables about 1/4-inch thick and toss them in an easy marinade for 30 minutes (or better yet, overnight) before grilling for a few minutes per side.

A simple combination of wine vinegar, olive oil, chopped garlic and herbs, and salt and pepper are all you need for a tasty marinade. This easy mix will turn grilled vegetables into Italian antipasti to serve with bread, olives and cheese. Or change the blend to vegetable oil, sesame oil, soy sauce, rice vinegar, and chopped garlic and ginger for Asian-flavored vegetables that are delicious with rice. Store-bought dressings with a vinegar base make wonderful marinades as well.

Summertime peaches, apricots, nectarines and figs are delicious grilled. Cut fruit in half and remove any pits, then coat lightly with oil. For a sweet-savory side dish to grilled pork, chicken or lamb, sprinkle on a little salt, pepper and balsamic vinegar, then grill for a few minutes per side. And for dessert, dust with brown sugar, then place the halves on a clean part of the grill for a few minutes per side before serving with ice cream or pound cake (or both).

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).

## Grilling tips

### Use moderate heat, not high.

If it's a charcoal grill, move the charcoal to one side and grill your fruits and veggies on the other side, over indirect heat.

### Oil your grill thoroughly.

Fruits and vegetables are high in natural sugars, which means they can easily burn and stick to the grill. Before you begin cooking, clean the grill well, preheat it, and then use several layers of paper towel dipped in vegetable oil to grease it.

### Cut vegetables into the largest possible pieces.

This will prevent them from falling through the grill grate and avoid extra time spent flipping more pieces. For example, cut zucchini in slices along the length of the vegetable, rather than slicing into small rounds.

### Give corn on the cob a head start.

Blanch it in boiling water for a few minutes, then grill for 5 to 10 minutes to finish cooking and add smoky flavor.





## Grilled Pluots

Servings: 4 . Total time: 25 minutes.

- 4 pluots
- 2 teaspoons water
- $\frac{1}{8}$  teaspoon cinnamon
- 2 tablespoons orange marmalade
- 1 cup vanilla ice cream
- $\frac{1}{4}$  cup cinnamon-flavored granola (optional)

1. Heat the grill to high.
2. Slice the pluots in half lengthwise, then twist to open and remove the pit. Set aside.
3. In a small bowl whisk together the water, cinnamon and marmalade until well blended, then brush the mixture onto each pluot half. Place the pluots, flesh side down, on the hot grill and cook for 3 to 4 minutes, brushing occasionally with more marmalade. Turn the pluots skin side down, brush the flesh with marmalade and grill 2 more minutes until tender and caramelized. Remove from the heat, place the grilled pluots on a dessert plate, top with ice cream and sprinkle with granola.



## Grilled Fruit Kebabs

Servings: 6. Total time: 20–30 minutes.

- 1/2 cup ginger ale
  - 2 tablespoons honey
  - 2 tablespoons orange juice
  - 1 tablespoon vegetable oil
  - 1/4 cup brown sugar
  - 1/4 teaspoon ground allspice
  - 2 sprigs fresh thyme, stems removed
  - Pinch of salt
  - Pinch of cayenne pepper (optional)
  - 1 pound fresh ripe peaches and/or plums, pitted and cut into quarters
  - 1 small pineapple (2–3 pounds), peeled, cored, and cut into 2-inch cubes
  - 6 metal or bamboo skewers (soak bamboo skewers in water before using)
1. Prepare and heat the grill.
  2. In a small bowl, whisk together the ginger ale, honey, orange juice, oil, brown sugar, allspice, thyme leaves, salt and cayenne pepper, if using.
  3. Thread the fruit onto the skewers and place them on a rimmed sheet pan. Brush the fruit with some of the marinade. When the grill is hot, put the skewers on and grill on each side for 3 to 4 minutes, glazing the fruit with more marinade every couple of minutes.



## Grilled Marinated Zucchini

Servings: 6. Total time: 50 minutes; 20 minutes active.

- 1 pound zucchini
  - 2 tablespoons olive oil
  - 2 tablespoons minced garlic
  - Zest from 1 lemon
  - 2 tablespoons lemon juice
  - 1 tablespoon red wine vinegar
  - 1 teaspoon dried oregano
  - Salt and black pepper to taste
  - 1/4 teaspoon crushed red pepper flakes (optional)
1. Remove the ends from the zucchini and slice them lengthwise into halves or thirds.
  2. In a small bowl, whisk together the olive oil, garlic, lemon zest and juice, vinegar and spices. Place the zucchini in a large dish or on a rimmed sheet pan and pour the marinade over the zucchini. Let sit for 30 minutes or more, stirring occasionally.
  3. Heat grill to medium-high heat. Grill the zucchini slices for 3 to 4 minutes on each side, basting with any remaining marinade when flipping. Serve warm.

*Toss the zucchini with chunks of fresh tomato, feta cheese and cooked couscous for a light Mediterranean salad.*

## Grilled Romaine Salad

Servings: 4. Total time: 25 minutes.

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### Dressing

- 1/4 cup freshly grated Parmesan cheese
- 1 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon freshly ground black pepper

### Salad

- 1 ear corn
- 2 slices day-old bread
- 2 tablespoons extra virgin olive oil, divided
- 1 large head romaine lettuce
- 1/4 medium red onion, thinly sliced
- 1/2 avocado, chopped

1. Make the dressing by whisking together the cheese and lemon juice in a small bowl. Add the olive oil, balsamic and black pepper and whisk again until incorporated. Set aside.
2. Heat an outdoor grill or stove top grill pan to medium-low, about 350°F.
3. Place the corn on the grill and grill for about 4 to 5 minutes per side until the kernels start to char. Remove from grill once the whole ear is slightly charred, cut the kernels off the cob and set aside.
4. While the corn grills, drizzle the bread with 1 tablespoon of olive oil and place on the grill for about 1 to 2 minutes per side until just slightly toasted and grill marks appear. Remove from the grill and cut into cubes.
5. Cut the head of romaine in half lengthwise, keeping the core intact. Wash each half thoroughly, gently shake off any excess water and dry well.
6. Drizzle both halves of romaine (cut side) with the remaining tablespoon of olive oil. Place the lettuce halves on the grill, cut side down and grill for 1 to 2 minutes per side until the outer leaves just start to wilt and the core has some nice grill marks.
7. Plate the grilled romaine on a serving platter, top with the grilled corn kernels, sliced red onion, chopped avocado and grilled croutons.
8. Drizzle the dressing on top and serve warm.





# Picnic Favorites

## Shish Tawook

Serves 4-6. Total Time: 4 hours (20 minutes active).

1 cup Greek yogurt, nonfat  
1/2 cup lemon juice  
1/4 cup chopped fresh garlic (about 12 cloves)  
1/3 cup olive oil  
1/4 cup apple cider vinegar  
2 tablespoons tomato paste  
1/2 teaspoon ground ginger  
1/4 cup chopped fresh mint  
1 teaspoon paprika  
1/2 teaspoon cayenne pepper  
2 pounds boneless, skinless chicken breast,  
cut into 2-inch cubes  
1 red bell pepper  
1 green bell pepper  
1 small eggplant  
8 ounces whole fresh mushrooms, rinsed and  
halved

1. In a medium-sized bowl, mix together the yogurt, lemon juice, garlic, olive oil, vinegar, tomato paste and spices. Add the cubed chicken to the marinade and refrigerate for at least 4 hours or overnight.
2. Heat the grill to 375°F.
3. Seed peppers and cut into approximately 2-inch squares. Slice the eggplant crosswise into 1/4-inch thick slices. When the grill or oven is hot, remove chicken from the marinade and place on skewers, alternating with the cubed peppers, eggplant slices and mushrooms. Place kabobs on grill, and cook, covered with grill lid, for 10 to 12 minutes or until chicken is done and vegetables are tender, turning occasionally. Let stand 5 minutes before serving.

*A lemony, garlicky, minty yogurt marinade makes for out-of-this-world shish tawook.*



## Mediterranean Cucumber Tomato Salad

Serves 4. Prep time: 15 minutes.

2 tablespoons olive oil  
1 garlic clove, peeled and minced  
Juice of 1 lemon  
1/4 cup chopped fresh mint  
1/4 cup chopped fresh parsley  
1/2 cup diced red onion  
2 cups diced cucumber  
2 cups diced tomatoes  
Salt and pepper to taste

1. In a large mixing bowl, gently toss together all of the ingredients. Add salt and pepper to taste.
2. Let sit 10-15 minutes before serving to allow the flavors to meld.

This chopped salad is amenable to all sorts of variations. Add Kalamata olives, feta cheese, cubes of watermelon or cantaloupe, or just about any other seasonal diced veggies you like. Serve on a bed of fresh spinach or cooked leftover grains.

*This simple, refreshing salad is perfect for picnics or any summer meal.*



## Crockpot Calico Beans

Serves 10. Prep time: 15 minutes active; 5 hours, 15 minutes total.

1 tablespoon olive oil  
1 yellow onion, diced  
1 red bell pepper, diced  
2 garlic cloves, minced  
1 15-ounce can pinto beans  
1 15-ounce can butter or cannellini beans  
1 15-ounce can kidney beans  
1 15-ounce can crushed tomatoes  
1/3 cup ketchup  
3 tablespoons maple syrup  
2 tablespoons tamari  
1 tablespoon apple cider vinegar  
2 teaspoons Worcestershire sauce  
Salt and pepper to taste

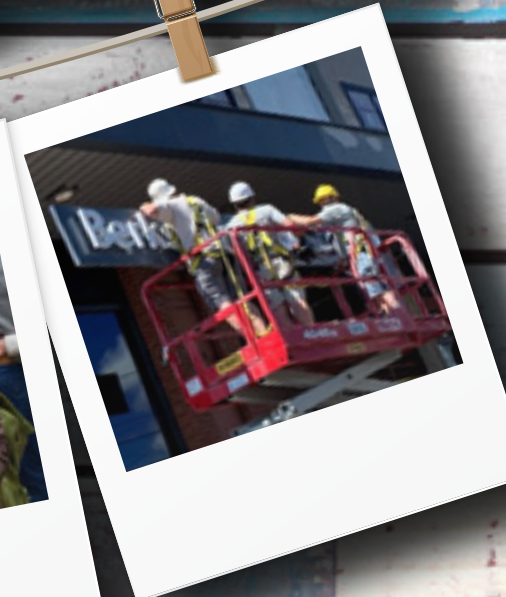
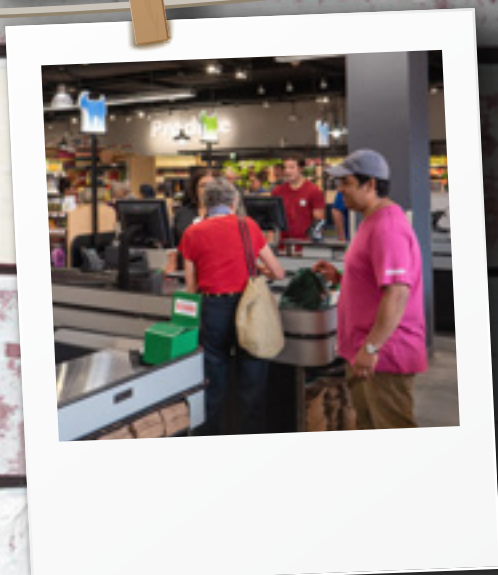
1. Rinse and drain the canned beans.
2. Heat olive oil in a skillet over medium-high heat and sauté the onion, pepper and garlic for 5-10 minutes until tender.
3. Add the onions and peppers to a crockpot along with the rest of the ingredients and stir well.
4. Turn the crockpot to low and cook for 5 hours. Taste for salt and pepper. Serve warm.

*Not too sweet, not too tangy, these just-right beans are the perfect dinner, party or potluck side.*

# Together

*we built a store*





The background is a soft, out-of-focus green, likely representing a forest or garden. In the foreground, there is a sharp, detailed view of bright green moss, which adds a natural and organic feel to the design.

# Berkshire Food Co-op

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