

THE SCOOP

A QUARTERLY MAGAZINE FROM BERKSHIRE FOOD CO-OP
winter 2022

Warm up with us!

Recipes, stories, vermouth
and... hydrotherapy?



34 Bridge St Great Barrington | (413) 528-9697



CONTENTS



06

**FROM THE GENERAL
MANAGER**

Troy takes a look at some potential plans for our new spaces upstairs.

09


THE DARKEST DAY

Matt looks forward to the winter solstice in this letter to the shortest day of the year.

16

**COFFEE SHRUB FOR
THE WIN**

Anna loves the way coffee tenderizes foods when used in a spice rub. Here's the recipe.





07

A HEARTFELT HELLO

Looking at his own experiences, Board President Kevin explores how the Co-op is the heart of our community.



08

WINTER GREENS

They're bitter, yet delicious and versatile. Board Member Dan has lots to say about his favorite greens!



09

KITTY'S KORNER

Shop with intention, the way Board Member Kitty does. She keeps the idea of harmless harvest in her mind.

10

GF MEANS GOOD FOOD

It doesn't have to be hard! Board Member Phyllis knows how to maximize a gluten-free diet at the Co-op.

12

HYDRO-WHAT?

Wet socks? They work! Liz can tell you why hydrotherapy is a good option for those winter blues.

14

IS THAT WORMWOOD IN MY WINE?

What is wormwood and why is it important to fortified wines? Stephen can tell you!

17

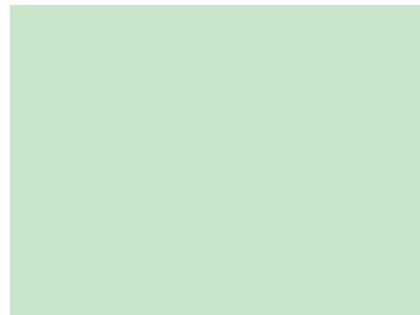


YES, I DO WANT SOME SHRUB

Use Anna's shrub recipe to get that drinking vinegar ready for winter.

18

GET COZY

Devorah has some product suggestions to help you stay warm and comfortable.



meet the board



Kevin Gorey
President



Jake Levin
Vice President



Trish Mead
Secretary



Anna Houston
Treasurer



Nancy Maurice Rogers
Board Member



Mickey Kammeyer
Board Member



Kitty Kiefer
Board Member



Phyllis Webb
Board Member



Dan Studwell
Board Member



Troy Bond
General Manager



Jessica Bosworth
Center Store Manager



Brandon Schultdt
Finance Manager



Devorah Sawyer
Marketing Manager



Janell Rich
Human Resources Manager



Brian Murphy
Meat & Seafood Manager



Hayley Ranolde
Customer Service Manager



Kyle Pezzano
Fresh Foods Manager



Mark Collins
Produce Manager

& leadership

FROM THE GENERAL MANAGER:

I'm excited to announce the Berkshire Food Co-op is taking over more space in the Powerhouse Building. Expanding upstairs has been a dream of ours for over two years.

In the next few months, we'll be unveiling a combination cooking classroom and community room, Cooper's Kitchen & Gift shop, and something special for our Co-op Team Members: a new, expanded breakroom.

The largest portion of the building that we'll be taking over is the space directly above the café seating area with a beautiful view of East Mountain. There we will create a cooking classroom featuring a fully-functional kitchen with cameras and video monitors, with seating for up to 48 guests.

The Co-op Space can be used for a variety of functions that bring people together:

- Cooking classes conducted by our Fresh Foods staff, cookbook authors and local or regional restaurant chefs
- Berkshire Food Co-op Board of Directors meetings
- Wine and cheese tastings
- Receptions and retreats
- Birthday parties

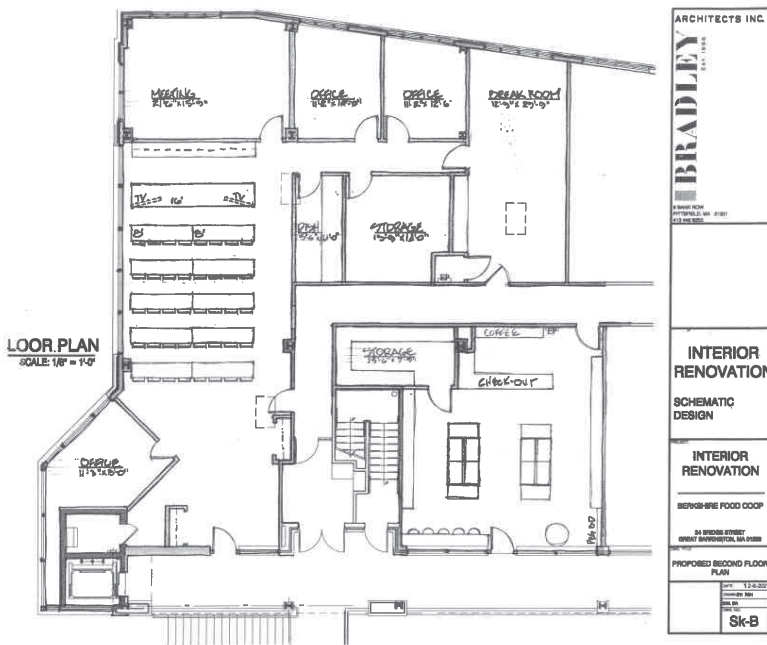
Additionally, the kitchen can be utilized by local organizations to assist with efforts to reduce local food insecurity. When we're not using it, these organizations may cook meals to distribute to the community, for example

Cooper's Kitchen & Gifts is situated on Bridge Street. The new retail space will allow the Co-op to provide so many more items that are frequently requested by customers:

- Kitchen supplies, smallwares, pots and pans
- Dish towels
- Candles
- Greeting cards
- Organic and natural fiber clothing
- Housewares, home accents
- Cookbooks

Additionally, Cooper's Kitchen will offer a pour-over coffee bar and bulk teas. Counter seating will run across the windows looking out on Bridge Street.

Finally, for our dedicated Team Members who have had to endure a tiny breakroom that can only seat two people, we'll be able to furnish a sizable breakroom. The new space will allow Team Members to step away from their responsibilities and enjoy their breaks with plenty of seating, quiet and natural light.



Troy Bond

Troy Bond
General Manager

A HEARTFELT HELLO from your new board president:

For better or worse, I know a few things about the heart. This winter marks five years since a series of heart attacks brought me to my knees, ultimately leading to open heart surgery to repair three blocked coronary arteries.

When asked, I tell people that quite literally my heart is what led me to the Berkshires. After 10 harrowing days in the Intensive Care Unit at Vassar Brothers I was released and began my home recovery with my amazing wife at my side. A few weeks later we were told I was eligible for cardiac rehab at Fairview Hospital.

While at Fairview I discovered that I could exercise without my heart exploding (this was a very real fear of mine), and I was able to explore the town that surrounded the hospital. Before my rehab ended, my wife and I found an apartment on Main Street and it was sometime in that first week in our new place that I discovered the Co-op.

Up to that point I had never been in a Co-op, and walking through the aisles I was delighted to see so many healthy products that could assist in my recovery. Then I met Scott, who at that time was slinging sandwiches and smoothies (you'll see him making the aisles sparkle now) while making everyone smile.

When your heart fails and a bunch of strangers poke around your insides for nine hours things change in a profound way. The most precious of organs, the one that has been quietly keeping me alive turned

on me, and trusting my heart, or anything previously known was a challenge.

Scott helped bring back the idea that there are good things in the world that come without question or judgement. I found myself coming back to the Co-op on almost a daily basis and always felt at home.

The first thing my wife and I did after we bought our home in Housatonic was head to the Co-op and become owners. Jeremy took time out of his busy day and told us all about the benefits of ownership and just like Scott, treated us like family.

In the four years since buying that house we added to that family with two children of our own. Children, as you know, are very perceptive and they light up when we pull into the parking lot of our Berkshire Food Co-op and that means the world to me not just as a dad or an owner, but as the new President of the Board of Directors.

This being my third year on the Board I thought that being nominated to lead it would be a challenge, but just as I had a team of doctors and nurses to help me recover from heart surgery, my fellow board members have an unbelievable capacity for understanding and a pure love of community that guides our work on the board.

Just as I had family and friends help me through the beginning stages of learning how to live again, I have the dozens of phenomenal team members that come to work every day and make the


Co-op the heartbeat of our neighborhood.

With so much divide and discourse happening across our world, coming into the Co-op has been an island of wellness and humanity that I do not take lightly. The energy of the staff and the leadership of our General Manager Troy and his management team during the pandemic has been inspiring, and it's one of the true honors of my life to slide into the President's seat of your Board of Directors.

We just celebrated the 40th anniversary of the Co-op and I've been fortunate enough to meet some of the folks involved in the creation of the store and hear their stories. It's my hope to get to meet as many owners as I can as our heartbeat grows stronger and we welcome more owners into the family. We are so close to reaching 5,000!

The future of the Co-op is bright. We are in the process of adding more space upstairs and I'm confident that the entire community will benefit from the tireless work of our thoughtful and humble staff.

Thank you for spending a few minutes with me here. I hope to see you somewhere in the aisles in 2022, but if you are busy talking to Scott I'll understand.


Kevin Gorey
Board President



WINTER GREENS

Dan Studwell
Board Member

I love a perfectly ripened heirloom tomato as much as anybody, but for much of the year what I crave most are the hardy, bitter greens we get to enjoy come fall into winter. In her book *Bitter*, Jennifer McLagan writes, “Without bitterness we lose a way to balance sweetness, and by rejecting it we limit our range of flavors. Food without bitterness lacks depth and complexity.” This quote speaks to me this time of year as local farms start



rosa del veneto

harvesting a beautiful array of endives and chicories promising to bring new depth to our meals.

next few months. Cranberry bean, sausage and escarole soup, braised endive with ham and gruyere, and grilled treviso with aged balsamic are some of my cold night go-to dinners. Above all — and easiest of all — I enjoy eating chicories raw in salads where combination potential is endless. A few to try: frisée, with bacon and mustard vinaigrette, treviso with pears, hazelnuts and gorgonzola dressing, and my personal favorite, chioggia

with escarole, parsley, walnuts, roasted mushrooms (still warm), and apples dressed in walnut vinaigrette.

Any way you decide to use them just remember that they do best accompanied by fat (cheese, oil, animal fat), sweetness (honey, dried or fresh fruit) and a good amount of acid (vinegar, citrus juices) with a vinaigrette such as this walnut vinaigrette. Happy cooking this winter to everyone.



castelfranco



catalogna

While chioggia (commonly called radicchio), Belgian endive, frisée, and escarole are probably the ones we are most familiar with, some of the lesser known varieties are not to be missed. Treviso tardivo, rosa del veneto, castelfranco, and the bitterest of them all catalogna, also known as puntarelle, for example, bring out incredible flavor in fall and winter dishes.

Chicories find their way into much of what I eat for the



treviso tardivo

Walnut Vinaigrette

Ingredients:

- 4tbl apple cider vinegar
- 2tbl sherry vinegar
- 1tsp lemon juice
- 2tbl orange juice
- 1c olive oil
- 1tsp salt
- Few cracks of fresh black pepper
- 1-2tbl La Tourangelle walnut oil

Procedure:

In a bowl whisk the first 7 ingredients together, then add the walnut oil to taste. If you like your salad dressings a bit sweeter feel free to add a touch of honey to the recipe. Since this dressing is not emulsified, make sure to shake it up before dressing your salad.



Kitty's Korner

Kitty Kiefer
Board Member

Robin Wall Kimmerer in “Braiding Sweetgrass” speaks in depth of The Honorable Harvest – “take only what you need, never take more than half, use everything you take” [p. 183]. And she also says, “For the most part, I can use dollars as the currency of good ecological choices” [p. 198]. She says lots more in the 384 pages that are the book. I recommend the book to all of us in this community.

Our culture is one of competition and dominance, valuing economic growth regardless of ecological cost. As a consumer in this culture, it can be difficult to “take only what you need.”

Shopping at the Co-op is an intentional choice. In Great Barrington there are at least four food stores asking for our business. The consumer culture of this Co-op shows us a way to make better ecological choices as we spend our dollars on food and healthy, clean consumer goods.

I was elected to the Board this fall, wanting to work politically toward creating more awareness of the Honorable Harvest. The earth suffers harm from many agricultural practices and from most manufacturing and consuming practices. Change occurs from the bottom up. We, who think this way, are coming to understand the importance

of building and maintaining our traction as informed consumers.

Ultimately, we have far more control than we know IF we make informed choices and if we educate ourselves and our families as to the choices we make buying dinner ingredients and dish soap. We have a duty to give back, to right wrongs and move with kindness and firmness. And I suppose even to be relentless.

I am Kitty Kiefer, a non-practicing attorney, a mother, a grandmother, an artist, and writer. I love good food, am a good cook, am sober, and grateful to have been elected to serve on the Board of this Co-op.

The Darkest Day

Matt Sinico
Store Supervisor

Probably when you read this the darkest day will have passed—December 22nd. It has the least amount of daylight during 24 hrs. The Winter Solstice.

For us who love living in the Northeast, the days get shorter and shorter during the summer and fall culminating in late December with the Darkest Day.

Our bodies aren't used to it. We spend much of the year on long walks, jumping in lakes and ponds, building fires and getting together outside.

And we know as the summer turns to fall the Darkest Day is coming. The signs start in fall—leaves blowing, winds turning. It's coming. You can feel it. As fall ends the Darkest Day ushers in Winter.

Yet, fear not. Even the Darkest Day shines a light. As it ends the next day is brighter. Second by second, each day gets brighter. A new year is around the corner and a new beginning will be here. Winter is cold and bitter yet shows us a sign of brightness. Though

snow and ice are cold and nasty, they are also bright as glass and light.

So go for that walk. Skate on that lake. Go sledding down that hill. Enjoy the moment. Enjoy the time. Take the darkest day and show it your own inner brightness. Turn what is sometimes the worst day into the best.

I love the Darkest Day because for me the next day shines the brightest.



GF stands for GREAT FOOD

Supporting local and community service are in my DNA. With my parents as role models, we successfully run a small business supporting others in our community while serving on a number of local boards.

My husband Dale and I started our business, Magic Fluke, just down the road in New Hartford, CT in 1999. We relocated to the magical Berkshires in 2011, and immediately felt more at home in this like-minded, welcoming community of local makers, producers, artisans, entrepreneurs. We so appreciate this region rich in music, arts and theater and beautiful natural resources all around us.

My first order of business was to sign up to accept BerkShares (going digital in December) thinking it was incredibly cool to be part of a local currency magnifying our mission to promote the importance of supporting local. Becoming a member of the Co-op, and joining the Southern Berkshire Chamber, allowed us

Phyllis Webb
Board Member



to support and network with many other local businesses.

Taking it a step further, I am thrilled to be a new member of the Co-op Board of Directors working with a terrific team, excited about the growth opportunities, and connecting with members.

I look forward to contributing as a small business owner with the added value of leadership and board experience as we all look to the future.

**“As ‘foodies’
our initial
reaction was
devastation.”**

On a personal note, I am depending more and more on the Co-op as we navigate the gluten free world. My husband Dale was diagnosed with Celiac about 6 years ago. As “foodies” our initial reaction was devastation, wondering what in the world we would eat. We both researched and recognized GF awareness was on the rise with many more options and choices especially in our area. It took a year or so to figure it out, but we have been eating much healthier overall with a GF kitchen and don’t miss the wheat at all. We are grateful for the Co-op knowing they take gluten-free foods seriously and offer many options.

Here are some of our GF Co-op favorites:

A must for Pizza lovers is **Against The Grain Bakery** frozen pizza. Pesto is our favorite, with our own toppings added. Try caramelized onions, sautéed mushrooms, spinach, and sausage optional. Prosciutto and fresh figs with some goat cheese makes another wonderful combination. Pineapple and ham – a classic for a really satisfying pizza night. We like the Against the Grain baguettes too. Sliced or cut in half lengthwise and drizzled with oil or butter and garlic to make a great side for your pasta or soup night.

The **Gluten Free Bakery** in Chatham offers wonderful bread and baked goods. We keep loaves in the freezer and toast as needed for sandwiches. The Brioche rolls are excellent for burgers. For an easy dinner, grab a 2-pack of the **Co-op's own salmon burgers**, sauté on the stove, toast your rolls, a little garlic aioli, or "**Lemonaise**" spread, your favorite local arugula and in season a fat tomato slice. Awesome! We just discovered that the raisin bread made great French toast!



"We are grateful for the Co-op knowing they take it seriously and offer many options."

Glutenberg Beer offers a variety of quality GF brews to satisfy your craft beer cravings.

Need a flavorful lunch idea? Grab a pack of the **cauliflower wraps** in the fridge, aisle 1; **Crimson Kraut from Hosta Hill**; turkey or ham slices from the deli; fresh arugula; a little mayo and that's a wrap.

Don't forget the **Co-op Hot Bar**, let them do the cooking for you. We were thrilled to find out that at least one kitchen Team Member is also celiac and though the kitchen is not dedicated GF, after our conversation and trying out many of the Wheat Free (WF) options, we feel very comfortable. I would be happy to share more GF ideas with you. If you find me in the aisles reading labels, feel free to stop and say hi.

A mid-dinner snapshot of a favorite Against The Grain Bakery pizza.

HYDRO-WHAT?

Liz Wing, ND
Wellness Buyer

Hydrotherapy in Naturopathic Medicine: Simple Tools to Improve Overall Health

As the temperatures drop and we head into the winter months, using cold water as part of your bathing routine probably seems like a crazy idea -- but the impacts this action has on your circulation will give you a pep in your step to bring you through to spring.

Before you turn off the piping hot water in your shower, reach down and turn that temperature nozzle towards cold (you can start with cool water) for 30 seconds. This simple act will help cause vasoconstriction, or narrowing, of your blood vessels. The quick vasoconstriction from that 30 seconds of unpleasant cold water will help to pump/move the blood in your vessels, driving it out of the tissues. This movement of blood from that quick cold dip is in contrast to the blood stasis that is resultant of a solely hot shower. After the cold-induced vasoconstriction, your blood vessels will reflexively dilate, or widen, allowing fresh blood and oxygen back into your tissues and increasing your energy levels.

Contrast Hydrotherapy, or the contrasting application of hot and cold water on the body is one of many hydrotherapy techniques used in Naturopathic Medicine to increase vitality.

Hydrotherapy is the use of water internally or externally to treat disease states or maintain health. Water has been used by many cultures for thousands of years and was given a system for healing purposes in the 1800s by Sebastian Kneipp of Bavaria, and Vincent Priessnitz of Austria. The implications of how and when we use hydrotherapy are derived largely from the physiological effects of water on the body. Hydrotherapy has been shown to improve mood, improve quality of life in patients with COPD and Parkinson's, improve recovery time from exercise, improve metabolic rate, and increase the presence of some immune cells.

Another hydrotherapy technique you can use this winter is called "Wet Socks." The wet sock technique utilizes the derivative effect of hydrotherapy by applying water to one area of your body in order to drive blood away from another area of the body. The next time you have sinus or respiratory congestion, a headache, or a fever, you can employ this technique to support your body's healing mechanisms.



Wet Sock Treatment

- Gather the following items: 1 pair of short cotton socks, 1 pair of large wool (at least 60% wool) socks, and warm pajamas.
- Run the cotton socks under cold tap water and wring them out thoroughly.
- Place your feet in a hot water bath for 5 minutes and then dry them thoroughly. This step is very important as you want to make sure your feet are properly warmed before applying the socks.
- Place the wet cotton socks on your feet and then cover them with the wool socks.
- Dress warmly and then go to bed - make sure you have enough blankets to keep you warm.
- Remove the socks in the morning or when they are completely dry (the cotton socks must be dry).

When you apply cold, wet socks to your feet, the blood vessels in your feet will first vasoconstrict and then undergo the secondary effects of cold application - vasodilation. This will increase blood flow and heat to the area of your feet, thus drawing blood away from other areas (such as sinuses and respiratory tracts) that may have otherwise experienced blood and lymphatic stasis overnight due to inflammation and immune activity.

Having trouble sleeping? Try a 15-20 minute neutral bath. The temperature of the water should be neutral by touch. The purpose of this bath is to decrease excitation of the nervous system. Neutral water temperature will create a sedative effect and calm down the nervous system. Be sure to avoid becoming chilled afterwards.

Lastly, the simplest way of employing hydrotherapy in our daily lives is to make sure we are staying adequately hydrated. Proper hydration is key to regulating body temperature, maintaining moisture in the tissues of our eyes/nose/mouth, lubricating our joints, optimizing blood circulation for delivery of oxygen and nutrients to our vital organs, flushing out the kidneys, maintaining our mood/energy, and countless other processes. One goal to set for yourself is to try to consume half of your body weight (in ounces) of water everyday. For example: A 200-lb individual would have a goal of 100 ounces of water daily.

How and when to utilize hydrotherapy is much like all modalities used in Naturopathic Medicine - it needs to be implemented as part of a whole-person approach to healing and tailored to the individual. Hydrotherapy is one of our most profound and accessible tools, but not all techniques are appropriate for everyone. Ask your Naturopathic Physician how you can include hydrotherapy in your life to improve your overall health!



Baker, Paul W. (2011) Is there a Role for Contrast Hydrotherapy? *Journal of Lymphoedema*, 6(92), 72-80. https://www.woundsinternational.com/uploads/resources/content_11212.pdf

Mooventhan, A., & Nivethitha, L. (2014). Scientific evidence-based effects of hydrotherapy on various systems of the body. *North American journal of medical sciences*, 6(5), 199-209. <https://doi.org/10.4103/1947-2714.132935>

Pizzorno, Joseph E., Michael T. Murray, Amy Huyck, & Kate Broderick. (2013). Hydrotherapy. *Textbook of Natural Medicine*, Chapter 40, pg 327-337

Elizabeth (Liz) Wing is a licensed Naturopathic Physician practicing at Violet Hill Naturopathic Clinic in Sharon, CT. She completed her Naturopathic education at Bastyr University in Seattle, WA and her Naturopathic Residency at Cascade Integrative Medicine in Issaquah, WA. Find her in the Wellness section at your Co-op!

Is that

WORMWOOD

in my wine?

Stephen Piersanti
Wine Buyer

Fortified and Aromatized Wines

Fortified and aromatized wines have been experiencing a renaissance over the last 20 years. This is not your grandparents' vermouth. Though, how many times did I see my grandfather reach for the liquor cabinet and pull out a bottle of Martini and Rossi?

What is it?

A fortified wine is a wine (grape, apple, rice, etc.) that has been amended with a distilled spirit such as brandy or neutral grain spirits, either during the fermentation process or after fermentation is complete. A fortified wine can either be sweet or dry, red or white, or any variation in between. The wine can also "aromatized" by adding herbs and spices; wormwood or quinine is typically used to get that slightly bitter edge. During the process of producing the wine it can also be heated or allowed to evaporate to reach a denser, more viscous mouth-feel.

Among the different types of fortified wines, there is Vermouth from northern Italy or southeast France, Port from Portugal, Madeira of the Madeira Islands, Sherry from the south of Spain, Marsala from Sicily, Vins doux naturels (such as Muscat and Banyuls from France, and Gwaha), and ju, a fortified and aromatized rice wine served at the Korean table.

Why do I like fortified wines? The taste.

Vermouth, which can be a sweet red, a sweet white, or a dry white (think: martini), always has the bitter herb wormwood in it, hence the name vermouth, the German word for wormwood: wermut. It is the wormwood that gives it that slight bitter finish. Recipes for the herbs and spices that go into making a vermouth are historically a closely guarded secret, from the monasteries, to apothecaries, to modern-day producers. Flavors of herbs, citrus, spice, wine, and a hint of bitterness from wormwood, makes vermouth a fine mixer for cocktails or, better yet, sipped straight—perhaps chilled straight up, with a twist—before a meal as an "aperitivo", sometimes with a bitter finish but always aromatic.

Port, named after the city of Porto, comes from the Douro region in northern Portugal. You can find a variety of types - tawny, ruby, white; dry or sweet; single vintage. Port is a fortified wine which has the addition of grape spirits, brandy. A sweet red port, tawny or ruby, is the best known style, but white port is experiencing a renewed popularity. Port can be a smooth and aromatic treat, slightly viscous on the tongue and rich in flavors of wine, chocolate, fruit, and tar. Of

renewed popularity these days: try a Port and tonic - dry white port and sparkling tonic water.

Madeira. The most complex, almost mythical, Madeira wines come in a variety of types - sercial, verdelho, bual, malmsey, and rainwater to name a few, ranging from dry to sweet. This is wine that benefits from oxidative aging in wood barrels and in being heated during the process. The accidental "discovery" of the benefits of heating the wine during the aging process goes back to the 18th century, in shipping the wine across the Atlantic from the Madeira Islands to the Americas. The heat of the Equator, below deck in the hold, and the gentle rocking of the ship, proved a benefit. Best taken after a good meal, or on its own, Madeira can bring to mind and palate chocolate, tobacco, honey, caramel, spice, and smoke. It is also incredibly stable; you can keep an open bottle for a year or more. Go ahead, try and keep an open bottle that long!

Sherry. A fortified wine from Spain, it is a wine that has brandy added towards the end of, or after the wine has completed the process of fermentation (i.e. when the yeasts have eaten up all the sugars in the wine). Sherry can be dry or sweet, but always a refined taste, before or after a meal, or on its own.

Marsala. Sicily's entry in the fortified wine line-up, it too is produced in a range, from dry to sweet, and a range of aging in barrels. It is served before a meal, between courses, as a dessert wine, or outside of the meal served with strong, salty or spicy cheeses such as Parmigiana or Gorgonzola.

Many more fortified and aromatized wines, to continue...

...the history.

Most all fortified wines have a specific tradition and history behind them - but in most cases, it was a means and method to either preserve or stabilize a wine or to make a mediocre or oxidized wine more palatable. Over the course of centuries, the processes and recipes were refined and codified to produce a wine distinct in "sense of place" and in its range of flavors, valued on its own merits.

...the culture.

Back to "sense of place" each place would bring to the wine its wine-making culture, be it northern Italy, southern Spain, the Madeira Islands or the English merchants in Portugal. The fermentation process and added ingredients are distinct to each type and variety of fortified or aromatized wine. Just as distinct is the time of day to partake. Be it before, during or after a meal, a social situation, at the celebratory dinner table, or alone at the quiet end of your day.

photo by Stephen Piersanti

Look for a select group of fortified and aromatized wines at the Berkshire Food Co-op.

Among the offerings to look for:

- Partida Creus MUZ vermouth, from Catalonia, Spain, a brilliant bittersweet oxidized red vermouth based on a guarded and classic Italian recipe.
- Dolin Chambéry vermouth, from sub-alpine France, the classic french style vermouth, lighter and less bitter, perfect any way you have it, red or white, sweet or dry.
- Alma de Trabanco, an aromatized grape and apple wine blend with herbs, spices and quinine, from the basque region of northeast Spain, a new winter holiday favorite.

Also see our store for new and natural fortified and aromatized wines. You'll find an amaro (amaro meaning bitter, yet another category) from a small producer in northern Italy, and a true classic Italian sweet red vermouth (on the bitter side), Punt e Mes, an aperitif from the time of "la dolce vita." Also look for a Vin Doux Naturel from the south of France, a "vin rancio", which translates to "rancid wine". Find me in the wine aisle to learn more!





COFFEE RUB FOR THE WIN

Anna Monaco
Meat & Seafood Team Member

Why do some people swear by coffee rubs on their steaks, chicken, tofu, and other proteins? Part of it is the natural tenderizer that the tannins in coffee offer (think why a red wine sauce is so often paired with a juicy steak). What do coffee and bitters have in common? You guessed it, tannins! Tannins are found in all sorts of ingredients used to make bitters.

But both coffee and bitters can be...well...bitter. That's not a flavor you want with your steak usually. That's why this recipe, with balsamic vinegar and the added equal part of brown sugar, really balances out the bitter, tannic taste and creates a lovely caramelized crust for all your pan frying and roasting needs. Mix up a big batch and give them out as gifts! Great for grilling season too!

Pro tip: save some of the rub and season any sauce with it. It will bring the whole dish together!



COFFEE-BALSAMIC RUB

Ingredients

- 2 tablespoons finely ground Six Depot espresso (regular or decaf)
- 2 tablespoons TNT Napalm In The Morning Espresso Bitters
- 2 tablespoons dark brown sugar
- 2 tablespoons balsamic vinegar
- 2 tablespoons oil (whatever you have handy)
- 2 tablespoons chili powder
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 1 teaspoon ground mustard
- 1 teaspoon ground coriander
- 1 teaspoon red pepper flakes
- ½ teaspoon oregano
- ½ teaspoon ground cumin

Directions:

Combine all ingredients in a bowl and rub into steak or chicken before cooking.

Yes, I DO WANT some SHRUB

Anna Monaco
Meat & Seafood Team Member

What is a shrub?

A shrub is a guy that thinks he's fly and is also known as a...wait...that's the opening line to the TLC's iconic 1999 single No Scrubs. We're talking about shrubs! Nobody wants a scrub but everyone wants a shrub!

Shrubs - also known as drinking vinegars - are flavored vinegars often found in alcoholic cocktails, non-alcoholic drinks, and on wellness shelves. Made from mixing fruit and vinegar with some sugar, shrubs add a depth of flavor and balanced level of acidity to any concoction they go in.

Shrubs date back to the Babylonians who mixed the fermented fruit juice with water to make the water safe to drink. Our version of a shrub has its origins in 17th century England where it was used to preserve fruit past harvest season. As with most delicious elixirs,

they migrated into the cocktail world when colonial Americans brought the preservation technique with them.

So why drink shrubs?

There is some general feeling that shrubs help regulate your insulin levels naturally and so shrubs are often recommended for diabetics. They are usually packed with natural antioxidants from the base fruit. They aren't too sweet and just like a tart glass of lemonade, they are surprisingly refreshing!

So the next time you over purchase produce or if your late season fruit is still sitting in your fridge, crush, blend, or muddle it, add some vinegar and sugar, and see what flavor combinations you like! It could be cucumber and lime or orange and cherry or even tomato and basil. The possibilities are endless!



TNT
BITTERS
CO

WINTER SHRUB

Ingredients

- 1 cup grated apple (including liquid)
- 1 cup grated pear (including liquid)
- 1 ½ cups sugar
- 1 teaspoon fennel seeds crushed with the back of a pan
- 16 fluid ounces apple cider vinegar

Directions:

1. Combine everything but the vinegar in a large jar and mix until sugar is dissolved.
2. Add vinegar and cover.
3. Store in the fridge or in a cool, dark place for at least 4 days or up to 2 weeks, swirling or gently shaking once a day.
4. Strain the mixture, saving the liquid and discarding the solids (or turn them into a chutney!).

WINTER REFRESHER

Ingredients

- 1 fluid ounce Fall Shrub (see recipe above)
- 4 fluid ounces water or seltzer
- ½ fluid ounce brown sugar simple syrup (1:1 water to brown sugar dissolved and cooled)
- 5 dashes of TNT Alibi Citrus + Aromatic Bitters





get cozy.

Devorah Sawyer
Marketing Manager

I'm sure I'm not alone when I talk about my favorite part of winter—wrapping myself in a blanket next to a fire with a giant mug of hot cocoa and the comfiest socks. To me there really is nothing better.

Let's talk about the comfiest socks first. My mom gave me a pair of Maggie's Organic wool socks for Chanukah two years ago. She bought them from the Co-op, obviously, so I loved them even more. But they're now one of five pairs in my sock drawer, and they're the first socks I grab the day after laundry day.

The merino wool keeps my feet warm in my boots even when I'm outside for hours building snow forts with my younger sister. I like that the soft layers are breathable and the socks are thin but still cushiony.

All of this is made better by the fact that Maggie's keeps their business practices sustainable and ethical, paying fair wages and helping workers create co-ops, for example.

With the many colors and styles to choose from I'm not sure how you'll pick your favorite, but you will. Find Maggie's Organic socks in the wellness aisles. Chances are they'll end up in your regular sock rotation.



Ok, next we need the hot cocoa to complete this cozy relaxation session.

I choose Equal Exchange Organic Hot Cocoa. My go-to is their milk chocolate mix, but if I feel like a little more excitement I'll sometimes grab the spicy one. Either way, it's really easy to whip up hot cocoa this way. You can add water, but I like the added richness of making it with oat milk.

Eating and drinking products from Equal Exchange make my brain feel just as good as my body because I know I can trust them with sourcing the

best ingredients from the best people. They're another co-op and make sure their producers are earning fair wages. They focus heavily on educating

about the economic and environmental impacts of the products they make.

Between the dark, milk & spicy hot cocoa mixes, your cozy evening will taste like a socially responsible hug.



print copy mail design

**FULL COLOR DIGITAL PRINTING, OFFSET
PRINTING, COPYING & WIDE FORMAT**

KWIKOPRINT
I N C O R P O R A T E D

family owned and operated since 1973!

Kwik Print has always been the source of high quality printing combined with dependable service, state-of-the-art technology and community spirit. Located right across the street from the Berkshire Food Co-op, Kwik Print keeps business in the Berkshires.



**The community's local resource for all of your printing
needs.**

35 Bridge St Great Barrington | kwikprintinc.com