



Annual Meeting

About 170 co-operators gathered at Greenfield Community College's sunny dining commons on Sunday, March 6, 2016 for our annual meeting. More photos can be seen on our facebook page: www.facebook.com/franklincoop/

Board members were elected. Returning to the board: Lynn Benander, Gary Seldon, Judy Draper and George Touloumtzis and new board members (above) Andy Grant and Peter Garbus.



Reports from our board president, treasurer and general manager were given. They can be read on our website.

Members participated in small group discussion providing thoughts and information for board and management strategic planning.



photos by Matthew Cavanaugh <http://matthewcavanaugh.com/>

Tuesdays in Greenfield Just Got Better!

by Sarah Kanabay, staff

Do you love farmers' markets, but can't always make it on Saturdays? Starting this spring, you'll have another weekday option to support local farms!

Last fall, Franklin Community Co-op launched an internship program in partnership with Greenfield Community College, designed to start a new Tuesday afternoon/evening farmers' market in downtown Greenfield. Communications and Outreach Manager Sarah Kanabay conceived of the new market initiative and internship as a way to offer an alternative farmers' market structure to small-scale new farms. The market is staffed by students, and unsold goods are purchased by community partners for use in their social service organizations. This relieves newer farms of the burden of having to find market staff and ensures that food waste is significantly reduced. It was recently announced that this program, in an expanded partnership with CISA, was the recipient of a

FARMER continued on p. 5

Sprouting

by Deirdre LaPenna



The sap rose so early this year, maple buckets could be seen hanging the first week of February. I'm itching to grow things. Sprouting can calm the itch until I can get in the dirt. It's easy to do, and the results are delicious.

In 1975, my boyfriend (I'll call him "Ronny") and I drove across the U.S. in a blue Volkswagen station wagon he'd

SPROUT continued on p. 6

**Franklin Community Co-operative
Board of Directors**

Andy Grant
Gary Seldon
Lynn Benander
Norm Hirschfeld
David Paysnick
Stephan Gordon
Judy Draper
George Touloumtzis
Emma Morgan
Jeanne Douillard
Peter Garbus

The co-op board meets monthly, (generally 2nd Wed.) at 6:30 p.m. The agenda and minutes from previous meetings are posted in both stores and on our website. Meetings are open to all co-op members. Board mailboxes are at our Greenfield store where message can be left or via email:

bod@franklincommunity.coop

**Co-op Managers
413.773.9567**

General Manager

John Williams x1009

Marketing & Member Services

Suzette Snow-Cobb x1017

Events & Outreach

Sarah Kanabay x1003

Information Services

David Russell x1001

Prepared Foods

Chris Opalenick x1008

Bakery

Micheal Shersnow x1007

Grocery

Pat Donohoe x1014

Meat & Cheese

Kim Nyiri x1020

Wellness

x1016

Produce

Victor Signore x1015

Front-end/Cashiers (GFM)

Jeremy Starpoli x1013

McCusker's Store Manager

Alec Goodwin x2001

McCusker's Market

413.625.9411

New Beet Editors:

Suzette Snow-Cobb, staff

Eveline MacDougall, member

www.franklincommunity.coop

Illustrations:

Jessica Larkin, member

Masthead Art Work:

Karen Gaudette

Members Write



Is it Conventional or Organic? Buying Healthy Food at the Co-op

To buy clean and healthy organic food, one must merely shop at the co-op, right? It's an underlying belief (and hope) of many of our members and shoppers that everything in the co-op is organic. In reality, our produce is virtually all organic, and the rest of the store is a mix of organic and conventional products. Every time we choose an organic product—from bulk, grocery, dairy, or any other department of the co-op—we're supporting the organic industry, farmers and food producers who truly care about the health of consumers and health of the ecosystems in which they grow or from which they source their ingredients. This goes for products with the green and white circle that says "USDA Certified Organic" and other organic certifications, as well as small local farm products grown by organic methods but which haven't gone through the organic certification program due to cost.

Some products are not certified organic, but claim to use organic major ingredients—like tortilla chips made of organic corn. The rest of the ingredients (e.g. oils) are usually conventional, which could mean GMO corn oil, GMO soy oil, or other conventional oils with potentially high synthetic pesticide residues. Oils and grains have the highest allowable glyphosate residue levels—40 and 30 parts per million respectively—which is over 40 TIMES higher than the EPA represents as a safe level in drinking water (0.7ppm).

Glyphosate is the active ingredient in Roundup, now categorized as a probable human carcinogen by the World Health Organization's cancer research branch, whose representative has stated that there is "no safe level" of glyphosate, and that Roundup, with its mix of various chemicals, is 1,000 times more toxic than glyphosate alone. Roundup is being labeled as carcinogenic in California, yet in conventional agriculture, it's routinely sprayed on "Roundup-ready" GMO food crops (e.g. corn, soy, sugar, canola) as well as many other (non-GMO) crops. The EPA publishes

a long list of allowable glyphosate levels for crops we eat, and also extremely high levels for animal feed, sometimes over 300ppm. [These] animals, supplying food for people, can accumulate these toxins.

When we choose to buy food which is conventionally rather than organically grown, we're supporting conventional, factory-farmed, "Big Ag" methods. We're supporting the use of petro-chemical fertilizers, synthetic pesticides, and Genetically Modified Organisms. Neonicotinoids and Roundup, used extensively with GMO and conventional crops, are devastating the health of the pollinators and butterflies, and linked to many health issues in humans like infertility, birth defects, autism, diabetes, liver/kidney failure, dementia, cancer and premature death.

For many years, I bought almost anything in the co-op and other health food stores, thinking that the food was screened before being allowed on the shelves, and many people I speak with who shop at the co-op have similar beliefs. I want to shine a light on the fact that if it's not organically grown, it's conventionally grown, and could contain GMOs and high levels of carcinogenic Roundup residues, which are permitted and unlabeled in standard agricultural methods. Let's take more notice and shop with our values in mind, and for the reasons most of us joined the co-op: to buy healthy food, and avoid damaging our health and our planet's rich and vulnerable ecosystems with toxic factory-farming synthetic chemicals and GMOs, which also threaten the viability of organic agriculture.

-Shauna Lynn

Shauna Lynn, of Shelburne Falls, is heading up the Non-GMO committee, and can be reached at: nonGMOcommittee@gmail.com

The New Beet is the newsletter published 6-7 times each year by Franklin Community Co-operative.

Articles about health or nutrition are for informational purposes only. We recommend that you consult a health care professional for medical advice. Opinions expressed in this newsletter are those of the writers and not necessarily the views or policies of FCC.

The deadline for classified ads, letters, recipes or article submissions is the 15th of the month prior to publication. All submissions must include author's name and phone number, and conform to the following guidelines:

Recipes: We welcome original recipes from members.

Classifieds: Members' classifieds are free (40 word limit) Drop off at the member/customer desk (typed

or very clearly written) or e-mail; we print as space allows. suzette@franklincommunity.coop

Letters to the Editor: We welcome letters; they must be signed and include a phone number for author verification. We will withhold name if requested. We reserve the right to edit for grammatical errors, clarity, and length. 300 words maximum.

Via email: suzette@franklincommunity.coop
Submissions on paper: Typed and double-spaced. The editor may reject letters and articles that are illegible, too long, or inappropriate. We also welcome original poetry, photographs and drawings.

Our Ends (What we are working toward):

Global: The co-op will be an innovator and collaborator in the process of creating a regenerative and sustainable local community, economy,

and food system.

- Our community will be educated about our food, food systems, health and ecology.
- The co-op will supply healthy, reasonably-priced foods—and other goods and services—that benefit the lives of the members, community, and all those who worked to bring these goods to us.
- The co-op will provide a central place for the members and community to congregate and strengthen the social fabric of our community.
- The co-op will foster a positive working environment for all staff while providing a living wage, and excellent treatment of all workers.
- Customers will have a positive experience with each visit.
- The co-op will be an outstanding example of the Co-operative Principles and Values.



Your Co-op and Community

How your co-op supports community through food, resources and relationship-building.

Eat Locally, Shop Locally, INVEST LOCALLY!

Artisan Beverage Cooperative recently announced approval of our Direct Public Offering (DPO) to Massachusetts residents. This method of "investment-based crowd-funding" is not widely known, but is being pioneered by socially-responsible, mission-based companies like Equal Exchange, Real Pickles, and Dorchester Community Food Co-op. It's a means of turning social capital into financial capital and community equity.

We've built strong community support by making high-quality beverages (Katalyst Kombucha, Green River Ambrosia Meads and Ginger Libation) with a social and environmental mission. Now we're

looking to like-minded cooperators to help us increase our capacity to realize that mission, which is to work directly with local farmers and

in a democratically-run cooperative workplace. Our DPO allows both accredited and non-accredited (most people) investors to invest a minimum of \$2,500 to purchase stock to support our expansion plans.

We're offering up to \$1.5 million in investment from Massachusetts residents by selling non-voting, preferred stock with a 5% target dividend. As part of principle #6 (cooperation among cooperatives) Franklin Community Co-op was one of the

first investors in our DPO. Thanks fellow co-operators! See www.artbev.coop/invest or contact us at (413) 773-9700 invest@artbev.coop for more information.



small farm cooperatives internationally, pay our suppliers and workers fairly, support regenerative farming practices, and continue to create superior beverages produced locally

Free Yoga on Mondays, 5:30 p.m.

by Hazel Dawkins, member

Did you raise your eyebrows in disbelief at that headline, "Free Yoga"? It's true! Come relax your body and clear your mind. Stretch the stress away, and learn to move freely even when temperatures fluctuate wildly. It's Monday evenings, 5:30-6:45 at Greenfield's RECOVER Project's wonderfully large room at One Osgood Street (mats, blankets, belts, everything you need for yoga are provided; the floor even makes soothing creaks as you enjoy the yoga). You will feel so much better, whether you have teeny twinges, active arthritis or a certified case of the blahs.

Here are comments from participants: "I feel so much better." "This is helping my arthritis." "I don't want

to miss a class, it makes my week." The true value and purpose of yoga might be explained by the neuroscience of how we can reprogram our brain and nervous system for optimal connection. Gifted yoga teachers offer the free classes. Check the schedule at Green Fields Market (posted on the corner by the Customer Service desk).

The classes are co-sponsored by the RECOVER Project and Franklin Community Co-op. Donations (to the RECOVER Project) are appreciated, but not required. Greenfield's RECOVER Project is a safe, welcoming community that supports recovery by sharing the wisdom of our lived experience and strengthens our community through full participation.

Valley Time Trade

Need help with your computer? In the garden? Want to learn to play the ukulele? To repair your bike? Looking for someone to milk your goats while you're away? Or provide a truck for your next move?

These services, and hundreds more, are available through Valley Time Trade, without a single penny being exchanged.

Instead, Valley Time Trade members pay with "hours," which they earn by providing services to others. Everyone's hour of work is of equal value. For example, you can get a massage from Mary with the hour you've earned pulling weeds for Steve.

Valley Time Trade, with approximately 335 active mem-

bers in Franklin, Hampshire and Hampden Counties, not only makes services affordable, it also builds community as members meet and support each other.

Joining is easy, and it's free. Simply fill out the short application under the "Join" tab at

www.valleytimetrade.wordpress.com. Then attend one of the monthly orientations held at Green Fields Market (or at the Forbes Library in Northampton). Greenfield dates are listed in *The New Beet* and all orientations are listed under the "calendar" tab at www.valleytimetrade.wordpress.com.

While you're on the website, you can also check out the Valley Time Trade video.

Why Organic? Part I: Super Nutrition

by Dale C. Moss, member

As anyone in the field of holistic health care can tell you, food is medicine. It not only provides energy necessary to life, it contributes the nutrients our bodies need to resist disease and heal. If your physician prescribed an antibiotic to combat a virulent pneumonia, you'd sure as hell want to be certain that what you were taking was the real deal and not a counterfeit. Why, then, consume counterfeit food?

The truth of this was dramatically borne home some years ago when I accompanied a relative to a Mexican clinic for cancer treatment. Of the many dietary precepts we were given, the most important by far was to eat only organic food, for what it contains and for what it does not contain.

Let's look at what it contains first.

Contrary to a debunked study that emerged from Stanford University some years ago, organic produce is much higher in nutritional value than conventional. The reasons for this go back to the end of last Ice Age, when receding glaciers gifted much of the world with pulverized rock and clays, creating soils whose fertility only increased as they incorporated organic matter through cycles of growth and decay. Unfortunately, since then our continent's soils have been stripped of an estimated 85% of their mineral content, largely owing to the use of chemical fertilizers.

Tests in the UK have shown that the average mineral content of fruits and vegetables has declined dramatically between 1940, prior industrial farming, and 1991, when it was widespread. Calcium alone decreased in vegetables by 46%, zinc by 59%, and copper by 76%.¹ Lower mineral levels are also reflected in animal products: in the same period the iron content of milk dropped 62%, while calcium and magnesium in Parmesan cheese fell by 70%.² Depletion levels are similar in the US. It's estimated that today we would have to eat 8 oranges to obtain as much vitamin A as our grandparents received from a single one.³

Organic growing practices essentially repli-

cate the action of those receding glaciers by mandating that the farmer replenish his soil, not only with minerals but with organic matter. Organic farmers rely on rock phosphate, crushed oyster shells, aragonite, dolomitic lime, granite meal, potash, greensand and other natural sources of both major and trace minerals. Organic matter comes from compost, worm casings, manure, kelp meal, buckwheat hulls, or nitrogen-fixing crops like legumes that are plowed back in.

Farming organically restores the soil and pro-

Farming organically restores the soil and produces plants not only more disease-resistant but tastier and far more nutrient-dense and higher in anti-oxidants than those grown conventionally.

duces plants not only more disease-resistant but tastier and far more nutrient-dense and higher in anti-oxidants than those grown conventionally. The same applies to the animals that feed on them. Organic milk contains over 60% more Omega-3 fatty acids than conventional, while organically-fed, free-ranging hens produce eggs naturally rich in Omega-3s and Vitamin E.⁴ Instead of the bland, pale yellow yolks of conventional eggs, organic eggs have flavorful yolks that range from orange to gold, depending on the season – and the hens producing them are much happier and healthier, judging from our experience.

Nor is it simply a matter of vitamins and minerals: studies of soy alone have shown that organic beans had “the healthiest nutritional profile,” being higher in protein and lower in saturated fatty acids than either conventional or genetically-modified soy.⁵

The ethos of conventional farming is to take but not give back. An outgrowth of the US's ramped up production of nitrates to make bombs in World War II, chemical NPK (nitrogen-phosphorus-potassium) fertilizers are designed solely to make plants grow, not to replenish the soil or supply missing minerals. In fact, continued use of these narrow-spectrum fertilizers ultimately changes the soil to an acidic pH that kills the bacteria, fungi, and animal life that play a role in con-

verting what few minerals remain to forms that plants can take up. Add the fungicides, pesticides, and herbicides used in conventional farming and you create truly dead soil, while the excess chemicals leach into our water, poisoning us and creating rivers and ponds choked with algal growth and dying fish. The main polluter of American waterways is runoff from industrial agriculture.⁶

It's not only the water and soil that are being polluted; so, too, is our air. The US fertilizer industry increasingly relies on cheap cracked gas to manufacture synthetic nitrogen, making it a contributor to global warming.

1. <http://www.ion.ac.uk/information/onarchives/soilmineraldepletion>.
2. *Ibid*
3. Scientific American, Apr 27, 2011.

<http://www.scientificamerican.com/article/soil-depletion-and-nutrition-loss>

4. <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=92>

5. Thomas Bohn & Marek Cuhra, “How ‘Extreme Levels’ of Roundup in Food Became the Industry Norm,” Independent Science News, Mar. 24, 2014.

6. Kristin Wartman, Huffington Post, “Safe Schmafe: How Slate’s Article on Pesticides Got It (Really) Wrong”, Feb 7, 2014.

7. Tom Philpott, Mother Jones, Apr. 19, 2013. www.motherjones.com/tom-philpott/2013/04/history-nitrogen-fertilizer-ammonium-nitrate

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Dale C. Moss is a classical homeopath and writer who lives in Western Massachusetts, where she raises organic chickens and turkeys with her husband.

Working for a Co-operative Economy

6th Principle of Co-operation: Co-operation among Co-ops
Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through local, national, regional and international structures.



WWW.VALLEYWORKER.ORG • 888-682-4801

Wellness Department News

by Sharin Alpert, member

“Exciting things are happening in Green Fields Market’s Wellness department!” Pamela Ferrechio said as we talked about changes that will help shoppers more easily find self-care products.

I notice the supplement shelves have been reorganized. Rather than being grouped by manufacturer, they’re now organized by function, not only making it easier to find products but also to discover other products we may wish to try.

Many customers like to purchase our store-brand supplements; the number is growing. Our co-op collaborates with supplement manufacturer Vitamer (vitamer.com) to package some of their products under our label, bringing us high-quality supplements at reasonable prices. We’ll soon see other new items

too, including coconut-based shampoo, conditioner, body wash, body lotion from Alaffia

(alaffia.com), and more locally-made body care and herbal products.

Pamela emphasized that Wellness staff can help you get what you need. “We’re always looking for suggestions and product ideas,” she said. “What do you want to be able to buy here? We can special-order many products we don’t stock, and if you use something regularly, we can pre-order – a great way to economize! If something’s out of stock, we can call you when it comes in, and even hold one for you.”

The Wellness department’s bulk herb section is located between the Wellness desk and the stairs to the mezzanine. Many people assume that medicinal herbs are in the culinary herb aisle, and don’t look further if they can’t find what they want. Soon, medicinal herbs will be relocated so they’re better integrated.

Pamela speaks glowingly of her colleagues and our co-op’s culture. “I really appreciate our department staff members. They’re experienced, have a great rapport with the customers, and are a stable, integral part of the department. They’re the threads that keep us together through the transition.” She described how welcomed she felt when she first joined us. “Customers greeted and welcomed me. It speaks to the coziness of the store and the sense of community here. When someone new comes in, you notice.”

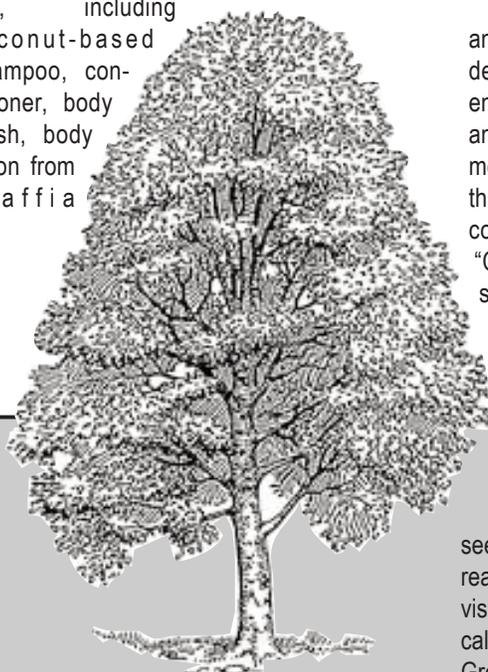


Farmer continued from page 1.

\$25,000 grant from the Rural Community College Alliance, which will fund the student positions and enable the expansion of the program to other community colleges.

Additional work is in place to explore the creation of a co-operative of western Massachusetts farmers’ markets, both within the internship program and in partnership with the Greater Quabbin Food Alliance and CISA. It’s the hope of the co-op, and of the College, that this opportunity will aid and foster farm entrepreneurship in Franklin County and beyond, and help food co-operatives in other communities identify and support new local vendors as they grow their businesses. It’s also the co-op’s hope that this new zero-food-waste model for farmers’ markets will remain a key component of the implementation of the program in other communities, ensuring wider access to healthy, local food within those locations.

The new Tuesday market will feature vendors of meat, produce, herbs, honey, clothing, and wool, and will begin in April, 1-6 p.m. weekly in the alley next to Green Fields Market. We hope to see you there!



- **American beech trees** are usually abundant in mixed hardwood forests, but many older or injured trees suffer from the beech bark disease—the destruction of bark results from a combination of an insect and a fungus—which arrived from Europe decades before it became a problem in the 1960s. Healthy trees have a hard, smooth gray bark that reminds me of an elephant’s leg. The beechnuts are a favorite of squirrels, turkeys and especially black bears. Perhaps you’ve

seen a “bear tree.” When the animal climbs to reach the nuts, claw marks are left behind and visible for many years, sometimes becoming calloused over. I once saw a bear on Mount Greylock sitting up in a beech tree while harvesting and eating nuts at a leisurely pace. The bear was so engrossed in this pleasant activity that I was able to pass by without being noticed.

- **A wild spring tonic** will be available for picking in April. Goutweed, a prolific invasive plant that tastes like parsley and celery, is an early green



Nature Notes

that can be added to salad. Cooked Japanese knotweed tastes like rhubarb and is an excellent remedy for cholesterol and cardiac problems. Chives, chickweed, peppermint, comfrey and wild sedum all provide nutritious greens for salad or soup. Don’t be too eager to mow the lawn - there are wild flowers and plants to enjoy! The leaves of violets, as well as the blue or white flowers, are delicious, and good ol’ dandelion greens are packed with vitamins and minerals. Consider these spring plants a natural tonic and liver cleanse.

-Kathleen O’Rourke, naturalist/herbalist



Co-op Classifieds

People's Medicine clinic—a free alternative health clinic in Greenfield. We seek donations of massage tables & volunteers. We seek clinic administrator & volunteer a volunteer to handle client communications. +/- 5 hrs/wk. Leslie Chaison peoplesmedicineclinic@gmail.com (413) 842-4762

Advocate for a child—CASA (Court Appointed Special Advocates) of Franklin/Hampshire Counties is recruiting for our Spring CASA training. CASA volunteers are ordinary people doing extraordinary work. Be the voice for an abused and neglected child. Contact: Friends of Children (413) 586-0011, www.friendsofchildreninc.org.

Interior painting. Quality work using no-odor and zero VOC products. Excellent references. 25 years experience. Mark Barry, (413) 325-4470. markbarry8@gmail.com

Little Sprouts Childcare— openings for infants & toddlers. Mon. – Fri. 7:30 am - 5:00 pm. Full or half days. Breakfast, lunch & snacks included. In Conway close to Rte. 116. Jen (413) 563-2777.

Greenfield Zen Mondays 7:15 – 8:45 p.m. Sitting & walking meditation, cushions & chairs available. \$5 donation requested – not required. Initial instruction for beginners at 7 p.m. All welcome. Paul Sonier (413) 665-0278/ prajna801@icloud.com

Parent Talk seminars are designed to help parents gain the skills needed to communicate effectively with their children. Emphasis is on developing a style of speaking that creates responsible, respectful and cooperative children. Call Anjee: (413) 475-0585.

Art Classes Drawing, painting, collage, printmaking and more, using charcoal, graphite, pastels, ink, watercolors, gouache, oils and more. Explore color, form, depth, composition, still life, abstraction, representational image making. B.F.A. Mass College of Art (413) 625-6235 jwaldronhansen@antioch.edu

Work Trade for Yurt Living 2016: ConwayFamily with homestead /medicinal herb garden seeks help with gardening (10 hrs/wk) in exchange for living in our yurt. Perks include fresh produce, swimming hole. May 1- mid Oct. Leslie Chaison (413) 369-4020, lesliechaison@comcast.net.

Copy Machine: Sturdy office-style copier for sale: \$200. Copies up to 11 x 17," b/w, duplex, top feed tray. Peggy 624-3204.

Seeking **handy person** for occasional routine indoor/outdoor maintenance. First job - mouse-proof my cellar. Call Joanne at (413) 773-3327.

House share. Private 2-rm. suite, full bath, accessible sink, grab bar. Share amenities, nature, quiet, mutual respect with retired owner. Dog possible. Strong references. Available May 1. \$850 plus ½ utilities. Haydenville: 20 min. Gfd, 10 min. N'hamp. Text only (413) 588-8306.

more classifieds page 8

SPROUT continued from page 1

named Honolea (yes, as in Puff the Magic Dragon. I just want to give you the full picture, here). We didn't have much and didn't make it to California on that trip, but our last \$150 paid for a 2½-room apartment in Denver. Ronny got a job right away at the university cafeteria, but it took me a couple of weeks longer to find work. There was rhubarb growing in our backyard, and Ronny occasionally brought home kitchen scraps, but there would be no paycheck for two weeks. Looking for cheap, nourishing food, I learned about sprouting. When I decided on the subject for this article, I'd forgotten what an abyss the internet can be for those as naive and playful as myself. I began researching "what kind of nutrition can you get from sprouts?" and found several arguments, many of them angry and self-righteous. For those readers with strong opinions regarding enzymes, nutrition, 'live food' or related sub-context, I hope you'll read peacefully, as this writing comes from an amateur foodie in the spirit of sharing.

Sprouts are nutritious. They contain protein, vitamins and minerals in varying quantities, depending on what you sprout. For example, sprouted lentils have lots of protein, vitamins B and C, magnesium, potassium and iron*. Sprouts also contain enzymes. Many of us have trouble with our digestion. Eating raw sprouts can help, and enzymes are one of the reasons. Anything that starts life as a seed can be sprouted. Any sprout contains more nutritional qualities than its unsprouted seed. Sprouts taste good raw on salads, sandwiches, or juiced. They can be stir-fried, baked or added to omelettes. It's good to eat them when the seeds have cotyledons, the primary leaf of the plant embryo. For some beans, it's also good to eat the leaf.

It's fun to grow sprouts. Kids love to watch a seed's progress, and it may inspire those previously unwilling to eat something green. The basic premise is to moisten the seeds enough

for them to start. Simple, right? In 1975, we poked holes in the top of a mayonnaise jar with hammer and nail to drain the water. This didn't work well with tiny seeds like alfalfa, as we lost many of them down the drain before they grew to a size. Kits can be bought for larger quantities and varieties of sprouting, but a simple way is to use a mason jar. You can invent a strainer with a lid as we did, or use cheese cloth with a rubber band, or a sprouting screen.

My favorite seeds to sprout are alfalfa, clover, broccoli, and garbanzo beans. You'll have to experiment with how many seeds to use at a time because as they grow they'll take up more space. If they're too crowded, they can get moldy. Eat sprouts within a few days. If they're left out too long in warmer temperatures, bacteria can grow and make your sprouts unsafe to eat. Federal government regulations require professional food services to store sprouts below 41 degrees. So when they're ready, put 'em in the fridge.

Here's a basic procedure to use for alfalfa seeds:



put about 2 Tbsp. of seeds in a mason jar and cover with 2 cups cool water. Soak 8-12 hours. Drain the water, then rinse and drain again. Set the jar out

of direct sunlight, but not in the dark, at room temperature with the draining cover on. Rinse and drain twice a day for 4-6 days. You'll know they're ready to eat when most of them are showing green. Happy sprouting!

Good resources: *Bean Sprout Book* by Gay Courter (1973)

The Sprouting Book by Ann Wigmore (1986)
Sprouts: The Miracle Food by Steve Meyerwitz (1998) www.sproutpeople.org

*USDA National Nutrient Database for Standard Reference, Release 28

Co-op Information

Staying In Touch

Moving? Please be sure to give us your new address!

Do we have your e-mail? Twice monthly we'll send a brief "E-News" with timely announcements, co-op events and classes.

Social Media

If you're hungry for more co-op coverage, you can find us on Instagram and Twitter! We're documenting delicious food, fun events, our favorite sale items, and encouraging conversation. Follow us!

Instagram: franklincoop
Twitter: CoopFranklin

"Like" Us on Facebook

Find us at Franklin Community Co-op. Information about both stores, suppliers and producers and the wider co-op economy is shared here.

Please see our Website for events, co-op sponsored happenings, deadlines and meetings.

Display Your Work

We love having art on our store walls! The displays rotate monthly and include photography,

paintings, quilting, ceramic, collage and children's work. Contact art space coordinator Eileen Rauch for McCusker's, rauch10@verizon.net / (413) 625-9877 or Steve Earp, (413) 625-0105/ sepottery@comcast.net for Green Fields Market.

Greenfield Community Acupuncture: acupuncture everyone can afford. All treatments \$20, except on \$10 Tuesdays. Special offer: 10% off for co-op members, 25% off for co-op staff. Visit our website for more information: www.TryGCA.com GCA: Quality acupuncture in a community setting.

Spring Member Coupon

Opportunities are sprouting up to grow our co-operative economy!
(for coupon to be valid...check at least one please!)



- Talk to a friend, neighbor, co-worker (who isn't already a member) about why you're a member-owner; invite them to join our co-op.**
- Choose to do other business with a co-op or credit union. Resource: <http://vcba.coop>**
- Learn about co-operative producers of products we sell. (look for GoCo-op shelf signage go to: <http://nfca.coop/co-opproducts>)**
- Promote education about co-operatives. Ask if your local schools & colleges offer course work which includes co-ops.**
- We just had our Annual Meeting and elected new board members. Start thinking now about making space in your life to serve as a board member in 2017.**
- Entrepreneur? Consider becoming a co-oprenuer. Learn about the co-operative business model; maybe it's a good fit?**
- When traveling, plan a stop at a sister co-op. Resource: www.nationalco-opdirectory.com**
- Receive co-op updates (if you don't already).**

Email _____

Present this coupon at the beginning of your sale for 10% off your shopping trip.

If you didn't receive this newsletter in the mail--it's because we need updated information!

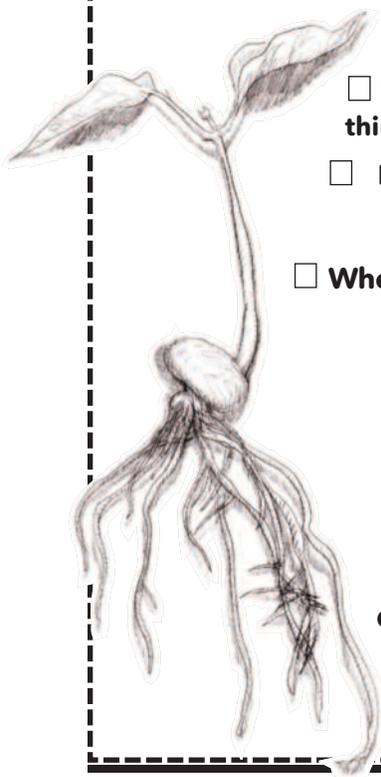
One coupon per member number. Must be filled out to be valid.

May not be combined with senior discount.

May be combined with other member discounts.

MUST have name and address imprinted on reverse side.

Use by May 1, 2016



Co-op Classified Ads

7th Annual SYRUP: One Sweet Performing Arts Festival Sun., 3/20, Memorial Hall, Shelburne Falls. Piti Theatre presents Puppetkabob's "The Snowflake Man" at 4 p.m. Winner of puppetry's highest award, Vermont puppeteer Sarah Frechette tells the story of farmer-scientist "Snowflake" Bentley, the first person to photograph a snow crystal. "Olde Coleraine: a Musical Hilltown History" (2 pm), syrup-tasting, free Real Pickles, baked maple treats, Pop-up Puppet Workshop, and more! www.ptco.org/syrup, info@ptco.org, 625-6569

Seeking Angels/Partners for Art & Nature Center: Piti Theatre Co. has a vision for a center that integrates agriculture, wilderness and the arts. www.ptco.org/vision, (413) 625-6569.

Piti Theatre seeks Greenfield Bee Week Coordinator, administrative ass't, Board Members and volunteers for growing arts organization dedicated to place-making, joy and sustainability. jonathan@ptco.org, (413) 625-6569. www.ptco.org

Write That Thing, Thursdays, 3/31 and 4/21 in the GFM upstairs meeting room, 5:30 - 7 pm. Designed to help participants develop writing projects while learning new approaches. Free for members, \$15 for non-members. All levels and genres welcome. Drop-ins welcome. www.ptco.org/training, 625 - 6569, jonathan@ptco.org

Full Moon Girls—Homeschool & Saturday programs Nature-mentoring to cultivate girls' leadership,

resilience and connection. Games, crafts, foraging, fires, songs, storytelling & trusting friendships! Visit: 3/5, 4/2, 3/11, 3/18. (Conway Fridays) (Montague Saturdays) Scholarships available! FullMoonGirlsInfo@gmail.com, 413-367-6191.

Buying Expired Film. \$1/Roll Color. \$2/Roll B&W. Any format. Contact Brad: KeenEyePhotoAK@gmail.com

Saturday, March 26, 2:30-4 p.m. Valley Time Trade orientation, required to become a VTT member. Earn time, build community and get services. No registration required for orientation. Bring laptop or tablet if you have one. GFM meeting room, 144 Main St., Gfd. www.valleytimetrade.org

Homeschooling Support I am available for curriculum design and implementation for the elementary level, K-6 homeschoolers. Need A Tutor? I tutor children in grades K-6 offering support in reading, writing, mathematics, homework, and/or overall school support. M.Ed. Early Childhood and Elementary Education. (413) 625-6235, jwaldronhansen@antioch.edu

Pet-Sitting: Happy Cats pet sitting. Cat and small animal care in your home. Professional. Affordable. Kind. Serving Gfd & surrounding area. Insured and bonded. Contact Adriene Tilton. Phone/Text: (413) 824-8269; happycats.greenfield@yahoo.com; www.facebook.com/HappyCatsGreenfield.

Come to Natural Roots in Conway Delicious, nourishing, vegetables, eggs and more, June-October. Part-time CSA options now available as well! Support a horse-powered farm and connect with beautiful land and community. www.natural-roots.com or 369-4269.

"Tips For Trouble" booth is back with Karen Fogliatti! On the mezzanine, Green Fields Market. Get a little help to manage those difficult situations in your life. Karen has a Ph.D. and is an experienced educator, mediator and counselor. **2-4 p.m. on Thurs., April 7 & 21, May 5 & 19.**

Come to a **FREE Introduction to Heart-Conscious Communication** with Karen Fogliatti, Ph.D. Optional 8-week workshop will be held Thursdays, Apr. 28th - June 16th, 6:00-8:30pm. (413)773-8303 or karenmf@mindspring.com. Website: HeartConsciousCommunication.com. Thursday, April 7th: 6-8 p.m., 170 Main St., Greenfield.

Amandla Spring Concert with special guest Evelyn Harris. April 30, Northampton. www.amandlachorus.org

Free Classified Ads for FCC Member/Owners. Email your 40-word or less announcement to suzette@franklincommunity.coop with "Classified" in the subject line. Deadline for the June/July issue is May 15.

more classifieds page 6

Inside

Co-operators are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity and the ethical values of honesty, openness, social responsibility and caring for others.

Cooperative Principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

Sprouting p. 1
Your Co-op and Community p. 3
Nature Notes p. 5
Classifieds p. 6 & 8
Spring Member Coupon p. 7

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