

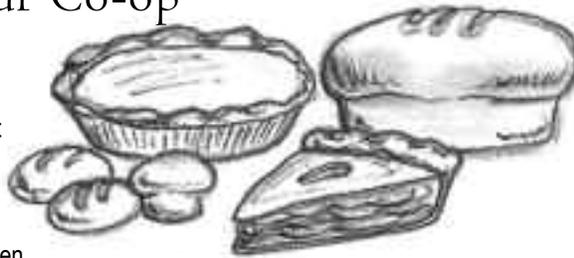


Holiday Food From Our Co-op

by Sharin Alpert, member

"When it comes to Thanksgiving, it's all about pies. That's what everyone wants," says Michael Shersnow, Franklin Community Co-op's bakery manager. "We're going big with apple pies this year," Michael said, confiding that the recipe has been tweaked with new spices. Just wait 'til you taste them!

Our bakery and prepared foods department offer many pre-made options for holiday meals again this



year. "We make traditional holiday fare," prepared foods manager Chris Opalnick told me. "You

HOLIDAY continued on p. 7

From the Treasurer

by Jeanne Douillard, Board Treasurer

In the last *New Beet* (Sept/Oct) we addressed the issue of losses incurred by the co-op over the last three years (-\$791,536 YTD as of June 30, 2015). In this article, I'll share information in more specific detail.

Here's a breakdown of income and expenses incurred in the running of our co-op: Revenue (Sales minus Discounts), Cost of Goods, Labor Expenses and Operating Expenses. Expense lines include labor costs which cover a living wage and benefits; operating expenses include basic advertising, supplies, packaging, taxes, depreciation, utilities, repair and maintenance of equipment and building, etc. All of these items impact our net income.

As noted previously, total losses over the last three years are -\$791,536 (YTD as of June 30). Total 2% member discounts in this period came up to -\$273,615 (YTD as of June 30).

Here's a breakdown of 2% member discount totals from the years 2011 to 2015 (chart p. 6) We were profitable in 2011 and 2012; losses began in 2013. What can we, as member/owners, do to help our co-op in these challenging times? Cost of inventory,

TREASURER continued on p. 6

Neighboring Food Co-ops Gather in Greenfield



Across our region, our co-ops are working together to support their shared success and build a more healthy, just, and sustainable food system. On October 24, over 100 people attended the Neighboring Food Co-op Association's (NFCA) Fifth Fall Gathering, bringing together member co-ops and partner organizations for a day of networking, shared learning, and collaboration. The meeting included representatives from more than 40 food co-ops, startups, and partner organizations, including Franklin Community Co-op.

David Thompson, author and president of the Twin Pines Cooperative Foundation, discussed "The Role Co-ops & the Civil Rights Movement" in his keynote address, sharing his research and perspective on the the historical collaboration of these two movements.

CO-OP continued on p. 6

Co-operators gathered at Greenfield Community College's sunny dining commons. More photos can be seen on our facebook page:

www.facebook.com/franklincoop/

Order Holiday Special Foods Early!

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

- Jay Lord '16
- Gary Seldon '16 (Clerk)
- Lynn Benander '16 (Vic President)
- Norm Hirschfeld '17
- David Paysnick '17
- Stephan Gordon '17
- Judy Draper '16
- Marie Betts Bartlett '17
- George Touloumtzis '16 (President)
- Emma Morgan '17
- Jeanne Douillard '17 (Treasurer)

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

Human Resources

Julia Ellingboe 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

Pamela Ferrechio 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

The Co-op Information

Committee Meetings and co-op events are posted on our Website Calendar. See: Franklincommunity.coop

We've Been
Approved!



Our Beer & Wine License from the Commonwealth of Massachusetts for McCusker's Market has been accepted. We'll have beer and wine selections available as soon as possible at McCusker's Market.

Considering Running for a Seat on Your Co-op Board of Directors?

To help you decide, you can:

- * Attend a board meeting
(2nd Wed/month)

Upcoming: Nov. 11 & Dec. 9

- * Talk to a current board member
- * Go to our co-op's website and review the b.o.d. nomination packet and past newsletter articles from the board

www.franklincommunity.coop

Elections happen at our

Annual Meeting, **March 1, 2016**

Deadline for nomination application:

January 29, 2015

Other Prepared Food News

New sandwich choices at Green Fields Market: We're moving new sandwiches and grinders into the rotation in the grab-and-go case and on our deli menu, including vegetarian and gluten free options. New breakfast sandwiches too!

We deliver! Thanks to an arrangement with Halo Couriers, orders from our sandwich menu placed by 11 a.m. can be delivered to Greenfield addresses by 1 p.m., Monday through Friday, including business platters and beverages. Delivery orders must be a minimum of \$25. Payment by cash or credit/debit card is accepted at time of delivery, and there's a separate \$5 delivery charge, paid to the courier.

Fall foods: Pumpkin is the new kale! That's the word from Chris Opalnick of our prepared foods department, and among other autumn fare we're featuring pumpkin soup with roasted pumpkin seeds. The autumn harvest soup, featuring potatoes, sweet potatoes, butternut squash, and cream is yummy, too! Maybe you'd like to try our new cold brussel sprout salad with that? The soups are available in our hot soup bar at GFM through the season, or you can pick them up cold to heat up at home.



The New Beet is the newsletter published 7-8 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.

tem.

- 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.



by Zayne Marston, member

Qigong, (pronounced *chee gung*) is an ancient Chinese holistic exercise practice embodying and unifying the physical, emotional and spiritual dimensions of one's being. Qigong empowers us to claim our birthright, fostering a return to the natural state of a child—perfect health, and feeling happy for no reason. Nothing is forced in these uplifting and energizing exercises. They're performed slowly and gently with full consciousness and help you stay calm, centered and strong.

The beauty of qigong is its versatility, adaptability, and variety—there are literally hundreds of forms and methods from which to choose. Qigong can be performed anywhere. You can

Qigong for Health, Healing and Happiness

do it in a closet, bathroom, car, chair, hospital bed, grocery line, and living room, by a tree, an ocean beach, a valley stream or mountaintop.

The root of qigong stemmed from life scientists known as Taoists; they studied nature and the cosmos and instilled natural principles in developing these exercises. Mind intent (energy follows the mind) links with breath, sound, posture, meditation, full body awareness, and acceptance; the physical movements were practiced as a way to attain perfect health on the path to spiritual enlightenment.

Qi is "energy," the force that permeates and animates everything in the universe. **Gong** means "work/skill," which requires practice, patience and perseverance in order to reap the extraordinary benefits. When we have perfect health, the energy of our being flows freely.

When energy is blocked, it leads to disease. Qigong is the art and science of applying time-tested exercises to strengthen, and circulate the blood, lymph and vital energy, dissolving energy obstructions and nourishing life.

Qigong is finally being recognized as a powerful tool for restoring and promoting health, enhancing vitality, and relieving stress, a major underlying cause of illness and disease. Qigong activates a medicine within us, our qi, and gets it flowing freely, which enhances the energetic template of the body. All physical manifestations, disease or health, are governed by this energy.

Ultimately, qigong is about consciousness and feeling connection to everything; both inside us, to each other, and to the vast universe—embracing the Oneness of it all. In this state of being, we're able to utilize the unlimited source energy of life. Qigong serves as a vehicle for accessing this energy, which fuels our creativity and the realization of our human potential.

Soap Box Hoedown

Member Participation Circle Events Continue

Join members for: Soap Box Speakout, music, children's activity, door prize, Edible Emoticons and "More fun than you can shake a stick at!"

This is third in a series of events to help engage members in co-op decision-making. The first, focused on the local economy, was lively and well attended. The second, which was in October, organized by the co-op's

Finance Committee, presented information about the co-op's current finances.

The *Soap Box Hoedown Spectacle* will focus on the range of opinions among members.

MPCircle meets the first Wednesday of each month. Interested in getting involved? Join us at 5:30 p.m. at Green Fields Market.

**SOAPBOX
HOEDOWN
SPECTACLE**
**LISTEN
SPEAK OUT * BE HEARD**

NOV. 14
GREEN FIELDS MARKET
2:00 - 5:00

Bone Broth and its amazing healing properties

by Cathy Whitely, member

My mother was out for an evening walk in June when she was hit by a car, resulting in several broken bones and other injuries. Initially, it seemed she'd have a lengthy healing process, but would recover fairly well. Then came unexpected complications; doctors were saying things like, "I'll be amazed if she ever leaves the hospital" and "I'd give her maybe a 5% chance of surviving." The main, and seemingly insurmountable, problem was that she was malnourished, making it impossible for her body to heal. Her bones weren't knitting and the skin around her wounds wasn't able to close and begin healing. She couldn't undergo the needed skin grafts because her skin lacked the necessary integrity. One issue was her thinness prior to the accident; another was the accident itself and the resulting pain medications, which decreased her appetite. Also, medical personnel did not pay attention to the fact that she was eating so little, although family members brought it up more than once. Despite the fact that I couldn't fix her bones and other injuries, I knew I could help her nutritionally – certainly more than hospital food! I turned to bone broths and gelatin, or collagen. (We call it collagen when it's inside the body; as a food, it's called gelatin.) These healing foods seemed like the best tools I could use to give my mother a fighting chance.

A generation or two ago bone broth and its health benefits were widely known in this country and are still valued in traditional cultures today. Although largely forgotten by our mainstream modern culture, it's making a comeback. Hopefully, this trend will continue until it's once again common practice to have a pot of broth simmering on the stove.

Why is bone broth so special and such an important addition to my mother's healing regimen? I'll refer to bone broth, gelatin and collagen interchangeably. There are many minerals in traditionally made bone broth, but the "prize" for my mother was the collagen, which is the "glue" that holds the body together. It's the most abundant protein in our bodies, found in bones, muscles, tendons, marrow, lymph and skin. It improves joint health, containing such compounds as glucosamine and chondroitin sulphates, which many people buy in supplement form for arthritis. Collagen speeds healing from injuries and illness. Bone broth is a restorative food with strong anti-inflammatory properties as well as wound and gut healing compounds.

Although not a complete protein, collagen contains important "non-essential" amino acids which—while manufactured in the body—are not produced in large enough quantities in the liver during times of stress, whether environmental, from injury, or due to illness. Certainly this was not a time my mother would be able to make enough on her own.

The four main amino acids found in bone broth are proline, glycine, arginine and glutamine. A bit on each of these:

Proline helps regenerate cartilage, heals joints, and enhances wound healing. It also helps repair a leaky gut. It's anti-inflammatory, and helps break down proteins and improve skin elasticity. It keeps arteries supple and is necessary for healthy bones, skin, tendons and ligaments.

Glycine helps neutralize toxins in the liver and detoxifies the body, while improving digestion and aiding in the digestion of fats. It prevents breakdown of protein tissue like muscle and is a precursor to glutathione, an antioxidant crucial to the liver's detoxification process. Another boon is that it's relaxing and improves sleep, being an

inhibitory neurotransmitter. An anti-inflammatory, it also enhances wound healing.

Arginine helps the immune system function and speeds wound healing by supporting the formation of collagen. Additionally, it supports the liver, aids proper kidney function, and helps maintain supple arteries and heart health.

Glutamine protects and maintains the integrity of the gut lining, helping prevent "leaky gut," where molecules that should remain in the intestines are allowed to pass through the gut wall into the bloodstream, potentially leading to autoimmune and inflammatory disorders. Glutamine also enhances muscle building and repair, and is anti-inflammatory.

There are small but easily assimilated amounts of calcium, magnesium, phosphorus, silicon, sulfur and trace minerals in bone broth.

I started making lots of bone broth for my mother. I also bought collagen hydrolysate powder from Great Lakes Gelatin to supplement the broth. Collagen hydrolysate (C H) is gelatin processed in a way that makes it soluble in liquids and cold and hot foods. This would allow my mother to add the powder to drinks without having them gel. My sister was with my mother for the next two weeks and fed her bone broth and C

H
daily.
M o m ' s
d o c t o r s



were able to begin the skin grafts, and the skin around her wounds began to heal. A week later her ortho (bone) doctor said he was surprised by the amount of healing her legs had done since he'd last taken x-rays. A week later, they made plans to move her to rehab. She went from having almost no chance for survival (according to the doctors) to having a real chance of making it. Thank you, bone broth!

What kinds of bones are best for making broth? Bones with joints like knuckles and feet contain more cartilage and therefore more collagen, so include them if you can. Mostly I've used chicken or beef marrow bones, but you can use the bones of fish or any animal that was pasture-raised. Here's a basic recipe:

- 2-4 lbs bones, including knuckles/ feet if possible
- 2-3 cloves garlic
- 3 carrots
- 2 stalks celery
- Large onion, unpeeled
- 2 T apple cider vinegar (help pull minerals out of the bones and into the broth)
- Water to cover
- Parsley towards end (for minerals and flavor)
- Salt (or wait if you're planning to make soup with the broth)

Bring to a boil then simmer for 12-24 hrs, strain and refrigerate.

Skim off fat after a few hours (or don't, it's up to you! Some people like the extra flavor the fat adds; others do not, myself included). It should be jiggly – that's the gelatin! If it's not, try cooking it longer next time, or adding less water.

For more detailed information on the healing properties of bone broth, check out Dr. Natasha Campbell-McBride's book, *Gut and Psychology Syndrome (GAPS)* or Sally Fallon's *Nourishing Bone Broth*.

As much as I would love to believe my mother's recovery is all because of bone broth and that she's out of the woods, I don't think either is the case. Certainly, bone broths and C H played a large part in her coming this far, but my mother also has an amazing will and attitude. She went into this strong and healthy, being a six-miles-a-day walker, exercise-class attendee, diligent stretcher and at-home-hand-weights lifter. She's also not yet totally in the clear. She's still plagued by complications and the healing is slow, but she IS improving, and, for a while, coming this far looked questionable at best.

NOFA Conference Reflections

by Athena Lerch, member

The highlight of the Northeastern Organic Farming Association (NOFA) Conference for me was hearing the keynote speaker, Dr. Natasha Campbell-McBride, share her ideas about our bodies and how they work. I read her amazing book, *Gut and Psychology Syndrome*, in which she describes how she's helped children and adults recover from such serious and debilitating conditions as autism, ADHD, and Crohn's disease. She explains how the gut (our whole digestive system) is the center of our body and affects the whole body including, of course, the central nervous system and brain. I've followed the GAPS Diet with very positive results. I was surprised by how I was able to think more clearly, and symptoms of bloating, indigestion, acid reflex and painful spasming of my esophagus nearly every time I ate began to subside. When I came off the diet too quickly, the symptoms returned.

Dr. Campbell-McBride is articulate about certain body phenomena. For example, she says asthma used to be a benign condition: a toxin would cause a wound in the lung, and a bronchial spasm would result in order to close part of the lung so that it could heal. This would cause discomfort lasting from 5-8 minutes. With antispasmodic drugs and inhalers, however, the spasm is stopped. The lungs keep closing down and the asthma worsens. Effectively, this interferes with the body's attempt to heal itself; the pathology contin-

ues.

She also related this to the phenomenon of seizures—a matter close to my heart because I've had many clients who've experienced seizures. Children and adults who have seizures are prescribed heavy medication which suppresses their body and prevents seizures. However, it also keeps them from living a full life, because they're rendered too sleepy to function normally. Can you imagine being in a classroom, unable to learn and focus because you're not able to be alert? Dr. Campbell-McBride has guided the healing of people with seizures and other conditions.

Most children with Gut and Psychology Syndrome are fussy eaters because they're trapped in the vicious cycle of food addiction. Dr. Campbell-McBride believes that most Westerners are addicted to eating starches and sweets. She said that 90% of learning disabled people are addicted to chocolate and sweets, and don't receive proper nutrition. These sweet, starchy foods feed the pathogens in their guts. She has a specific protocol that parents can follow to feed babies healthfully. For example, powdered cereal can make babies sick by feeding abnormal gut flora.

She also postulates that eating disorders may be caused by nutritional deficiencies. She feels that veganism is not a nourishing diet. It's often based on carbohydrates—grains, pasta, breads and sugar—while her plan recommends foods based on animal products of meat, fish and eggs. She states that these are the most nourishing and help build the heavy body parts, such as bones and organs. She compares the digestive system of the cow, a

plant-eating animal, to humans. Cows digest grass and their bacteria work on it, transforming carbohydrates into fats; they chew their food more than once and they have four stomachs to process it (or, more accurately, one stomach with four distinct compartments). Humans only have one small stomach which is sterile and breaks down animal proteins with hydrochloric acid. Cooking makes plants less cleansing, but easier to digest. If we're not able to digest foods, we can't assimilate nutrients. Starches in plants are indigestible in our stomach and intestines, leaving it for abnormal gut flora to feed on the starch and fiber.

The GAPS Diet is centered on homemade meat and fish stock with vegetables and the fat left in. Gelatinous stock with full fat from the meat is especially healing to the gut. I have been making these stocks and soup for several months now and find them soothing and healing. (Commercial stock cubes or granules are made with MSG and flavoring, and should be avoided!) People sometimes actually lose weight while eating the animal fat. Another book Dr. Campbell-McBride recommends is *Healing Your Gut Cookbook* by Hilary Boynton and Mary G. Brackett. This is an informative guide with a friendly and somewhat humorous slant to it, containing simple and delicious recipes compatible with each stage of the diet.

I highly recommend the GAPS Diet for anyone with digestive disturbances. There's a website that can give you more information and recommend resources. I think it's best to go to the original source of the theory, foundational background and knowledge of the practice in Campbell-McBride's book. Hearing this insightful speaker share her provocative ideas at the NOFA conference was a rewarding experience which provided answers to many of my questions.



- Getting to know the **conifers**—the mostly evergreen cone-bearing trees or shrubs—is easy this time of year. Compare a large airy hemlock to the appearance of a spruce or fir, which are thicker, denser and come to a point on top. There are many ways to help identify: cones, bark, needles with white lines, the smell, color and shape. Here's an easy tip: shake hands with a branch! **F** stands for fir: flat needles that feel friendly to grab. **S** stands

Nature Notes

for spruce: square needles that feel sharp when you grab them. Firs are friendly, and spruce are sharp. That's why people tend to prefer our native balsam fir for a Christmas tree. It's also very aromatic; you can make a small muslin pillow stuffed with balsam needles to put in drawers and closets.

- **Bears** are putting on weight during the fall, getting ready for the long winter. Until going into hibernation, these smart animals will, of course, look for the easiest food source: your bird feeder, garbage, pet food, compost piles and dumpsters. Be wise; under-



stand the movement and motivations of wildlife throughout the seasons. Be safe and keep the bears safe: don't feed them! A wild bear is shy and avoids humans, but a bear that is used to getting food around a house may become so habituated to humans that its normally peaceful behavior can become aggressive, which can lead to the bear being killed. The bear was just being a bear.



-Kathleen O'Rourke, naturalist/herbalist

Co-op Classifieds

Two-BR apt. in Athol. Off-st. pkg., porch, washer/dryer, walk to farmers' mkt and stores. \$700/mo. incl heat & hot water. (978) 544-5494.

Apartment wanted. Responsible older woman and quiet dog seek affordable apartment in Wendell/Warwick area. I'm a gardener, horse woman, have a healthy life-style and good references! dsuller@comcast.net.

Advocate for Safe Technology: Your electric meter is slated to be switched out for a "smart" meter, irradiating your home, endangering your health and revealing personal habits to marketers via "smart" appliances. Want to learn what you can do about it? Join local electrosmog list-serve by emailing jonmirin@gmail.com

Massage Office for rent. 158 Main Street, Greenfield. Approx. 9' x 17', very sunny, with beautiful shared waiting room. \$335 per month (may increase if utilities increase). Contact Danielle Frodyma: (413) 624-3411.

Massage Office to share with another Massage Therapist. 158 Main Street, Greenfield. Approx. 9' x 17', very sunny, with beautiful shared waiting room. \$170 per month (may increase if utilities increase). Contact Brent Pitcher: (413) 773-3193.

The Booksmyth in Shelburne Falls offers book design services for self-publishing authors. Contact Maureen Moore for free consultation. (413) 625-6728 or the-booksmythpress@gmail.com

Valley Time Trade Orientations - Sunday, September 20, 2:30-4 p.m. and Saturday, October 10, 2:30-4 p.m. in the co-op's upstairs meeting room, 144 Main Street, Greenfield. Free. No registration required. Bring a laptop or tablet if you have one. www.valleytimetrade.org or (413) 648-3093 for more information.

Want a better behaved dog? At Your Service Dog Training offers in-home, positive, effective training for pets and service dogs. Sharon Wachslar, KPA-CTP, certified professional dog trainer. Obedience, manners, task training. Co-op members: 10% discount on consult. atyour servicedogtraining.com, swachslar@gmail.com, (978) 544-8674.

Rooms For Rent: Sunny 3-rm duplex in Rowe with private bath, shared kitchen, washer/dryer. Help with wood stove, animals, and winter shoveling. \$450/mo includes heat. Deb: (413) 339-4374.

Apartment for rent: Clean first floor-2 Bdr, owner-occupied on the canal, "Patch" section, Turners Falls. Quiet neighborhood, excellent neighbors, garden space, off-street parking, porches, animal friendly. Must be vegetarian, non-negotiable! Snow removal, lawn care provided by responsive owner. \$650 plus utilities. 863-2227.

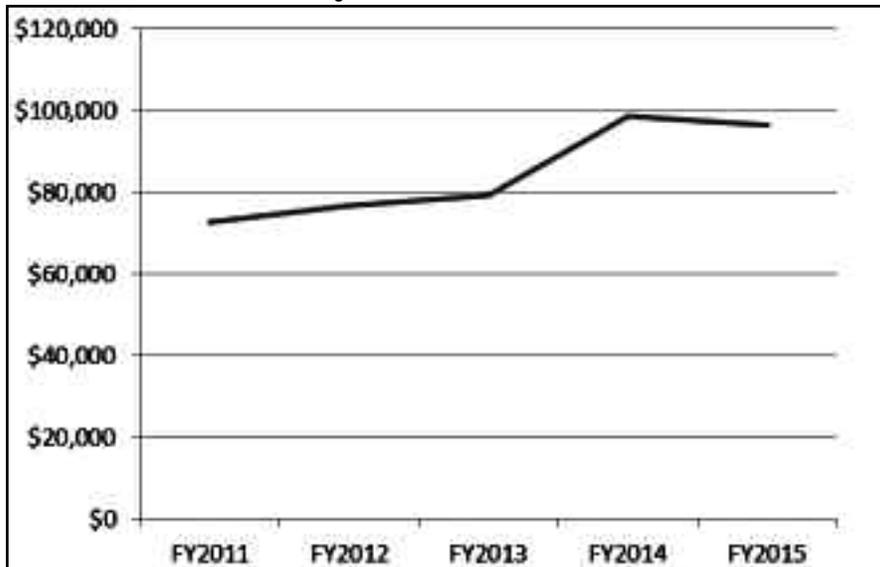
Alzheimer's to ADD, cancer to insomnia, fatigue to tinnitus: all have been linked to electrosmog exposure, which has never been proven safe. Two suggestions: reduce exposure, install Swiss Harmony. www.swissharmony.com, jogo@swissharmony.com

more classifieds page 8

Treasurer continued from page 1.

labor, operating expenses (etc.) are all the responsibility of the General Manager and staff. John Williams, our current General Manager, and staff are working diligently on efficiencies to help balance our budget. However, there are things that

Member/Owners can do. At the forum held Oct 28 ("Our Co-op Economy in Our Local Economy"), the Treasurer, General Manager and member/owners brainstormed on topics important to the financial health of the co-op. I will share these ideas in future *New Beet* articles.



FY2011	FY2012	FY2013	FY2014	FY2015
\$72,506	\$76,582	\$79,077	\$98,386	\$96,152

CO-OP continued from page 1.

Attendees were then invited to reflect on how our co-ops contribute to movements for a more just and sustainable future in our own time.

"The gathering was both amazing and inspiring," said Thompson. "I could feel the energy and pride rising in the participants as the day unfolded."

Special guests included Pat Sterner, COO of the National Cooperative Business Association, and Roger Noonan, President of the New England Farmers Union (NEFU), who updated attendees on key policy issues in the co-operative community and food system. Activities during the day included opportunities for collaboration on everything from planning a successful expansion and healthy food access to planning successful capital campaigns. Afternoon workshops addressed how co-ops can use Co-operative Community Funds to engage their communities, helping start-ups communicate the co-op difference to local development organizations, and sharing effective strategies for thriving in an increasingly competitive marketplace.

Executive Director Erbin Crowell announced the NFCA's collaboration with regional distributor Associated Buyers to offer more affordable natural products to member co-ops, and the re-launch of the NFCA's Farm to Freezer program, a line of Northeast grown frozen fruits and vegetables available exclusively through member co-ops (see them in our stores freezer section). NFCA Membership and Outreach Coordinator Bonnie Hudspeth reminded attendees to save the dates for CCMA, the national conference for food co-ops, which will be hosted by the NFCA (and our co-op!) in Amherst, MA, June 9-11, 2016.

"This year's fall gathering was one of my favorites," said Board President Kari Bradley, General Manager of Hunger Mountain Co-op in Montpelier, VT. "It was inspiring to talk with so many dedicated co-operators and learn from experts within our community. Thanks to all of the presenters and participants who made the day such a success."

The Neighboring Food Co-op Association includes more than 35 food co-ops and start-up initiatives, locally owned by over 90,000 people across New England. For more information, please visit www.nfca.coop.

Holiday foods continued from page 1

can order anything from turkey to sides to dessert” – a whole meal or any parts you may want. Both departments focus on the most popular foods for each holiday, with special variations.

Chris and Michael say we sell an enormous amount of pre-made food for Thanksgiving and Christmas. “We take orders from the beginning of November until the Sunday before Thanksgiving,” Michael explained, “and have plenty on hand in the stores right until the holiday,” so if you come into the store the day before Thanksgiving, you can still buy fixings for your holiday meal. If you want to make sure to get exactly what you want, pre-ordering is recommended, but baked goods, turkey, and side dishes—including family-size containers—will be available in the store the week before the holiday.

Thanksgiving menu from our co-op.

For dinner:

- Sliced all-natural turkey, oven-roasted in our store with traditional New England spices (you may specify white or dark meat)
- Two kinds of New England herb stuffing (traditional or the gluten-free, vegan version)
- Traditional gravy or the vegan shiitake version
- Our own orange-cranberry sauce
- Maple sweet potatoes, traditional mashed potatoes, butternut squash
- Winter salads, including a Brussels sprout salad

Breads:

Sourdough French bread, country Levain bread, cranberry-walnut bread, sweet potato bread, three kinds of dinner rolls

Dessert:

Pumpkin falls cake, pumpkin cheesecake, cranberry apricot tart and, of course, pies: apple, pumpkin, chocolate cream, and pecan

For Christmas:

While we don't offer pre-orders for Christmas, these items will be available in the deli, bakery, and grab-and-go cases:

For dinner: Same items as listed above for Thanksgiving

Breads: Braided holiday wreath bread, cardamom bread, cranberry-orange swirl bread

November's Featured Cave to Co-op Cheese

Spanning the rolling hills of Vermont's Champlain Valley and easternmost Washington County, New York, 300-acre Consider Bardwell Farm was the first cheese-making co-op in Vermont, founded in 1864 by Consider Stebbins Bardwell. A century later, Angela Miller and Russell Glover are revitalizing the tradition with goat milk from our herd of Oberhaslis and cow milk from our two neighbor farm partners—the Brooks and the Browes. Rotational grazing on pesticide-free and fertilizer-free pastures produces the sweetest milk and the tastiest cheese. All cheeses are made by hand in small batches from whole, fresh milk that is antibiotic and hormone free. Only microbial (non-animal) rennet is used in the cheese making. All of the cheeses are aged on the farm in an extensive system of caves.

cave to co-op



Dorset



*raw Jersey cow milk
washed rind
lush, buttery, creamy*

**Consider Bardwell Farm
Pawlet, Vermont**

special price \$13.99/pound

Cave to Co-op is a partnership between Provision International and the Neighboring Food Co-op Association (NFCA) to support local, artisanal cheese producers in our region and make their products more easily available to co-op shoppers.

Dorset is a washed-rind, raw Jersey cow cheese with a rich, buttery texture and seasonally influenced pungency. Earthy and complex with a beautiful basket weave rind, Dorset is a savory, nutty and earthy delight that is perfect for November; great on a cheese plate and useful in the kitchen.

Dessert: Our bakery's uniquely decorated Yule log chocolate cake with mocha butter cream frosting, several kinds of pie, and spicy gingerbread cake

Remember – place your Thanksgiving orders by **Sunday, November 22, 6 p.m.** to be sure you get what you want!

Holiday savings from our co-op bakery

<p style="text-align: center;">Thanksgiving Special:</p> <p style="text-align: center;">Buy 1 Apple Pie and 1 Sourdough French Bread and save \$4.00</p> <div style="display: flex; justify-content: space-between; align-items: center;">  <p style="font-size: small;">Regular price \$19.99, you pay \$15.99 with this coupon!</p> <p style="font-size: x-small;">Price valid Nov 23-28 only</p> </div>	<p style="text-align: center;">Winter Holiday Special:</p> <p style="text-align: center;">Buy 1 French Baguette and 1 Pecan Pie and save \$2.00</p> <div style="display: flex; justify-content: space-between; align-items: center;">  <p style="font-size: small;">Regular price \$21.50, you pay \$19.50 with this coupon!</p> <p style="font-size: x-small;">Price valid Dec 21-27</p> </div>
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Co-op Classified Ads

Furnished room for rent \$500/month in Heath, MA. It is a BIG house on 100 acres of land. Heat and hot water included, use of yard, share kitchen, washer/dryer, and cable. Ask for Cindy (413) 522-0797.

Green Power Juicer Used, twin gear, white in color, Model #GP-E1503. Works perfectly. \$200, all parts included. Linda: (413) 337-8338.

Explore Your Flowing, Knowing Soul! A talk with Zayne: Spiritual counseling, psychotherapy, Qigong integration of mind, body, emotions and spirit. Sliding scale. Qigong for health, healing and happiness with Zayne, Wednesdays, 10:45-11:45 a.m., Green River Yoga and Movement, 158 Main St (above World Eye Bookstore). \$8 -12 Sliding. Greenfield. Co-op member discounts, only \$2, First and third Weds. of each month.

Artspace Gallery Show: Grok This Art – An exhibit of new works by current visual art students at GCC. Dec. 3-30. Opening reception 12/4, 5 – 7 pm. Special evening of "mini" talks 12/18, 7 – 10 pm in upstairs studio. 772-6811 for more info.

Her Wild Roots offers nature-based programs for women who wish to cultivate a deeper connection with the natural world. Now accepting applications for the 2016 Intensive, beginning in February. Group size limited to 8, register by December 1st to receive an early bird discount! Contact Jeannie Bergstrom or Kathy Dean at herwildroots@herwildroots.com

droots.com or visit www.herwildroots.com.

Beautiful and serene office sublet available in Shelburne Falls for 1-2 days per week. Office suite has two treatment rooms, a waiting room and a separate office area. Appropriate for body workers or therapists. Contact Kathy Dean, Licensed Acupuncturist at (413) 625-2550 or email kathrynadean@yahoo.com if interested.

What I've Seen: Animal, Nature and Ranger Tales. A new book by Kathleen O'Rourke available in December at local bookstores, libraries, and from the author. 625-9426.

Free Classified Ads for FCC Member/Owners. Email your 40-word or less announcement to suzette@franklincommunity.coop. Please put "Classified" in the subject line. Deadline for the Jan/Feb newsletter is December 15.

Writing, Art and Yoga for your healing and creativity. www.pamroberts.net (413) 625-2402.

Looking to buy or sell a house in Franklin or Hampshire County? I'm a realtor and co-op member and would be happy to help you! Laura Sandvik, (413) 376-4812; laura@fitzgerald-realestate.com

Orton-Gillingham tutor Certified to address all reading difficulties, especially dyslexia, using a highly systematic, multisensory, phonetic

approach. Simultaneously builds reading, writing and spelling skills, including phonological awareness and reading fluency. 25+ years of teaching experience. Catherine Coutu M.Ed. rcrcathy@comcast.net (413) 522-6685.

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.

Display Your Work: We love having art on our store walls! The displays rotate monthly and have included photography, paintings, quilting, ceramic, collage and children's work. Contact art space coordinator Eileen Rauch for displaying at McCusker's, rauch10@verizon.net/ (413) 625-9877 or Steve Earp, (413) 625-0105/ sepottery@comcast.net if you would like to display work at Green Fields Market.

Piti Theatre Multi-Arts Classes: winter - spring programming includes Musical Theatre class for "Olde Coleraine" at SYRUP Festival 3/19, Soap Stone Carving, Sing and Dance in French, for all ages! www.ptco.org/classes, info@ptco.org

more classifieds page 6

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

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