



Farmer Photos

"It's so nice to see my friends on your walls!"

More than one visitor to the co-op's offices at 170 Main Street has expressed delight over the portraits of local suppliers taken this spring by board member and Just Roots outreach coordinator Andy Grant. Now the photos hang at both our McCusker's and Green Fields locations and the joy of those familiar faces can spread even further! We're honored to be able to support so many of our local growers and producers, and to

help customers connect their food to the faces of those who grow it.

As a long-time supporter of farming in the hill-towns and greater Pioneer Valley, it was an important step in our long-term revitalization and expansion plan to visually highlight the community partnerships that help us thrive. We're delighted that Andy lent his artistic talent, patience, and vision to this project, and recognize how special it is that our local farm community allowed us to capture images of their families when New England growers faced



the beginning of yet another uncertain season. It's a privilege to be able to partner with suppliers whose tenacity in the face of the unique challenges of our region results in such food richness. We hope you'll be reminded of these valuable connections as we celebrate our local farms with this portrait series.

Member Drive, Join in September!

In the June/July issue of *The New Beet* members were asked what they could do to help encourage more members of our community to join the co-op.

Here are some of the things they committed to:

- Talk to a friend about joining.
- Tell everyone about the wonderful food!
- Talk to shoppers while in the check-out line.
- Mention benefits to new tenants moving to the

area and new local residents.

- Continue to talk passionately about our wonderful co-op.
- Talk to neighbors.
- Tell people how easy it is to join.
- Share positive experiences.
- Bring new neighbors to tour the co-op.
- Give membership as a gift!
- Let my co-workers know the benefits.

JOIN continued on p. 6

Staff Vignettes

by Hazel Dawkins, member

Here are three staff vignettes: Siblings **Keyedrya Jacobs** and **Tyler Jacobs**, who work at GFM, and **Marcia King** at McCuskers. Keyedrya is one of Green Fields Market's cashiers and until recently Tyler was one of the prep staffers for our marvelous salad bar, which is the only salad bar in town. Marcia has been on staff at GFM and is now at McCuskers.

"I really enjoy the customers, as well as having a say and being part of a wonderful community," GFM cashier Keyedrya explains. "People here knew my name even before I became a member. That's not the norm in most places." A cashier since September of 2015, Keyedrya's shopping and cooking habits have changed significantly. "Green Fields has been a positive influence on my lifestyle. One simple but important change is that instead of thinking of what I can't have, I focus on what I can have."

VIGNETTS continued on p. 4

From The Treasurer

About a year ago, the Finance Committee & the MPCircle held a forum to examine the coop's financial situation. It was a brainstorming session with no discussion.

All ideas were welcomed.

In this issue is the third and final installment, containing member/owner reflections on two questions.

TREASURER continued on p. 6

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

- Andy Grant '19
- Gary Seldon '19 (Clerk)
- Lynn Benander '18 (Vice President)
- Norm Hirschfeld '17
- David Paysnick '17
- Stephan Gordon '17
- Judy Draper '19
- George Touloumtzis '19 (President)
- Emma Morgan '17
- Jeanne Douillard '17 (Treasurer)
- Peter Garbus '18

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
Human Resources

Gretchen Tucker x1004

Information Services
David Russell x1001

Prepared Foods

Chris Opalenick x1008
Bakery

Micheal Shersnow x1007

Produce

Victor Signore x1015

Perishables (Meat, Cheese, Dairy, Frozen)

Kim Nyiri x1020

Green Fields Market Store Manager

Pat Donohoe x1014

Front-End/Cashiers (GFM)

Jeremy Starpoli x1013

McCusker's Store Manager

Alec Goodwin x2001

McCusker's Market

413.625.9411

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Eveline MacDougall, member
www.franklincommunity.coop

Illustrations:

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Masthead Art Work:

Karen Gaudette

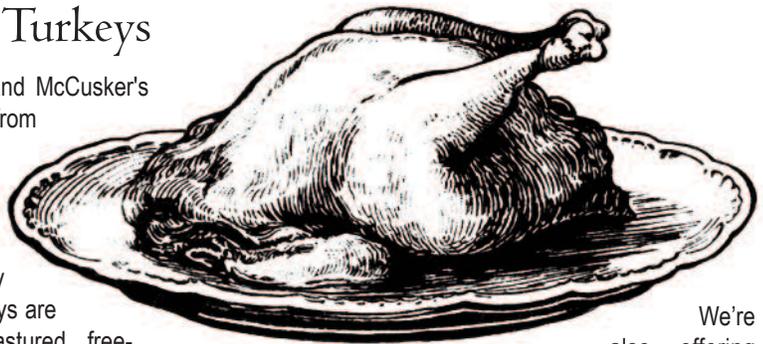
Holiday Turkeys

Green Fields Market and McCusker's Market will offer turkeys from Diemand Farm, Robariah Farms and Mary's Turkeys.

Diemand Farm in Wendell, MA is family owned since 1936. Turkeys are raised indoor/outdoor pastured, free-range, provided with deep-spring well water and are hormone- and antibiotic-free.

Pasture-raised kosher turkeys from **Robariah Farms in Deerfield, MA** are a slow-growing, broad-breasted variety hatched at a family-owned hatchery and small-scale farm specializing in pastured poultry. A daily ration of 100% certified GMO-free grain provides a sustainable source of energy. They use rotational grazing practices so turkeys access fresh pasture every day and receive plenty of exercise and sunlight. No antibiotics or hormones are used.

"We focus on the full life-cycle, and our kosher processing practices ensure that our turkeys are processed, cleaned, and prepared based on a framework of high ethical principles and practices."



We're also offering non-GMO and organic **Mary's Free-Range Turkeys**. Family owned operated since 1954, Mary's takes to heart the importance of animal husbandry and the responsibility to protect the welfare of animals. The turkeys are raised on healthful grains and are free to move about. Their high-protein diet provides the optimal amount of nutrients for the birds to grow bigger and more flavorful.

Pre-order sheets will be available as early as October 1 at our customer service desk. Orders are on a first-come, first-served basis.

For additional information, please contact our meat department and leave a message for Kim, (413) 325-8819.

Crafty Co-op Members' Fair

Friday, December 2nd, 3 to 6:30 p.m.

Saturday, December 3rd, 10 to 4 p.m.

First Friday Children's Jingle Fest Activities too!

*Calling all Crafty
Co-op Members!*

Members' Craft Fair will

be in our co-op space at

170 Main Street, Greenfield

Easy access for shoppers walking on Main St.

Contact us ASAP for your 6 x 4 space.

Rachel: robertsm1@verizon.net

or Hazel: teamdawkins@aol.com

**Deadline for reserving
a space: October 31st**

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.

Co-op Information

Introducing the Co-op Explorers!

Starting this October, kids ages 12 and under are invited to become Co-op Explorers and be eligible to receive one free banana each per visit! To become a card-carrying Co-op Explorer, kids simply need to bring a parent or supervising adult to the Member/Customer Service Desk or front register. Each child will be issued their very own super official Co-op

Explorers card!

Once kids are signed up, here's how it works:

1. Kids and parents stop by the customer service counter where we keep the designated Co-op Explorers banana basket. Next to the banana basket, you'll find a smaller basket

containing Co + o p



Explorers stickers. Take a sticker and put it

on your child's shirt or jacket (so staff will know your child or children are banana-eating Co-op Explorers, and can account for it at the checkout counter. Each child is eligible to take one banana and enjoy eating it while you shop.

A is for apple



2. Deposit peels in the compost bin in the deli seating area.

3. When you check out, please remind the cashier that your child or children ate a free banana as part of Co-op Explorers so we can track participation in the program.

That's all there is to it! If you have any questions, please ask any staff member.



by Sharin Alpert, member

We hear a lot about local heroes, so most of us are familiar with reasons for buying local goods. Locally produced foods are fresher and when we purchase them, or other locally produced items, we support the local economy rather than distant manufacturers and the transportation industry. One of our co-op's goals (from our Statement of Ends) is that "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 website's new Local page (www.franklincommunity.coop/local/) includes a list of growers and manufacturers located within 100 or so miles of our stores and whose products we carry. We're currently developing a system to track our sales of these products; according to Marketing and Membership Manager, Suzette Snow-Cobb, this will provide more accurate data about how many local products we sell, and will be shared with the membership.

I've been a fan of local buying for a long time, but when I recently visited Green Fields Market [and McCusker's] specifically looking for locally produced items, I was surprised by how many I found! Everyone knows about our outstanding selection of locally-grown fruits and vegetables, dairy and eggs, poultry and meats – right? (Wait, did you also know that we recently expanded the selection of meat and poultry in the frozen case?)

We also carry locally produced grocery items including condiments, sauces, dressings, energy snacks, and bottled applesauce; pickles, hummus, miso, and vegan hotdogs and sausages in the refrigerator case; coffee and kombucha; grains and granola; and personal care products like soap, essential oils, skin care products, and herbal remedies. There's more: ice cream, sorbet, honey, maple products...

Co-op member and local food advocate Mary McClintock says, "Green Fields Market is my primary food source. I shop there every week, along with farm stands and farmers markets. Why buy something from who-knows-where grown by who-knows-who when you can get food grown by our western Mass and New England neighbors? I'm always thrilled to see new products and new suppliers represented on the co-op's shelves. I look forward to learning more about what's available. I hope the co-op will offer even more locally grown or produced products."

B is for banana



Website

We've revamped our website! As we ramp up to our 40th Anniversary Celebration—next year!—the is right to refresh our online presence. Please visit our new department pages, browse our blog, enjoy the front-page sale updates, and to get your co-op content in a new format. Soon we'll also have a member forum to help facilitate discussion amongst member-owners, staff members, and board members.

C is for co-op explorers



Find the new face of the FCC at our familiar web

address:

<http://www.franklincommunity.coop>

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: October 12 & November 9
- * Talk to a current board member (listed p.2)
- * Go to our co-op's website and review the b.o.d. information and past newsletter articles from the board: www.franklincommunity.coop

Elections happen in conjunction with our Annual Meeting, March 5, 2017 Deadline for nomination: February 5, 2017

Vignettes continued from page 1

In July, Keyedrya initiated monthly meetings (held at, though not sponsored by, GFM) on topics from racism and police brutality to the legalization of medical marijuana. "It's basically a social group where we can sit down and talk about issues affecting the community, which on a bigger scale, affect the world."

"This is my first real job and I like working with the customers. It's fast-paced and never dull. The staff is great, we have a lot of good people here." Tyler says. He started at the co-op in September 2012. Although he and his sister were born in Greenfield, Tyler spent a lot of



Tyler and Keyedrya.

time with his grandparents in the Fort Bragg area of North Carolina. He returned to Greenfield to help his mother when she was ill. "You can cut grass and rake lawns all year long

in North Carolina and that's what my cousin and I did." Tyler said. "When I started at GFM, my job was putting together the ingredients for the salad bar, but I recently moved to making sandwiches and I like the change a lot." Tyler's interested in a committee that may form to plan events for staff. Between his time at FCC and playing basketball with friends, Tyler marvels when he returns home at how his baby son has grown in some way. "It's amazing what he can learn in a day."

McCusker's staffer Marcia King says, "When I'm not on the job, I love working in the garden behind the building. I hope to

add more plants to attract butterflies and bees." She began at the Greenfield co-op in in 1998 and worked there in a variety of positions for about seven years, from cashiering to the deli to Health & Wellness and—as she puts

photo by Lindy Whilton

it—"everything in between." She was hired within a week of returning from 15 years in Trinidad, where she made and sold jewelry and even built a house. Marcia left the co-op in 2005

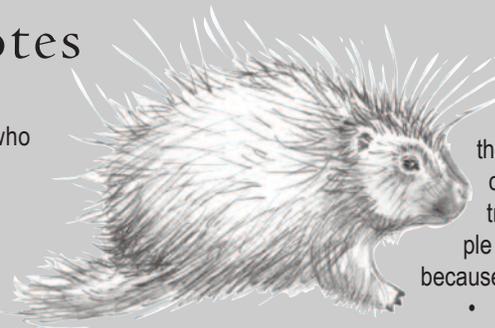


Marcia in the McCusker's garden.

and for two years worked as a PCA. Later, she subbed at Green Fields Market and was employed at UMass, helping in the various small stores on the campus. A resident of Charlemont, Marcia has been at McCusker's for eight years. Marcia is certain her love of travel comes from her father's life as a medic with the Air Force, flying helicopters on rescue missions.

Nature Notes

- **Porcupines** are gentle, slow-moving animals who make their homes in dens created by rocks or trees. With only their sharp quills for defense, their most lethal predator is usually a vehicle, or the quick and aggressive frontal attack by a fisher cat. Most wild animals learn not to mess with porcupines, but dogs can be very slow learners, sometimes causing injury to themselves as well as the porky. They cannot throw their quills but getting too close will cause the animal to turn its backside toward the threat and raise its quills as a warning. Most animals have their unique ways of signaling "Stay back!" So enjoy their company by following at a polite distance. If you find one dead or a pile of



quills in fur, you can gather the largest ones, wash briefly in vinegar and baking soda, dry well (outside, on a sunny, dry day) then cut off the pointed tips. To make quill jewelry use a long thin needle and fishing line, or for art, flatten the quills with a credit card or other tool, then glue to a board or canvas, or bind with thread onto leather or fabric. The Ute tribes were known for beautiful dyed quill designs, but the people learned not to rely on flattening the quills with their teeth because too much white pith is toxic.

- **Crickets** are sometimes referred to as "children of the earth." To make their music, the males' wings carry a very special instrument with two parts: a file, which consists of a row of tiny peg-like bumps, and a hardened bar of skin called the scraper. When the scraper on one wing is rubbed against the file on the other, out comes a sharp, sweet chirp. What special instrument do you use to make your unique music? Singing? Whistling? Laughter? A soothing voice?

-Kathleen O'Rourke, naturalist/herbalist

President's Report

Greetings, fellow co-operators! Updates from the last few months:

It's time to start planning ahead to the next Annual Meeting. The Board voted to approve three recommendations of the Membership Engagement Committee (MEC) to frame our March 2017 gathering:

To keep the primary focus on the Multi-Year Plan that is in the process of being developed. Your opportunities to contribute to this visioning process via surveys and focus groups will soon be scheduled, so be alert for announcements!

Having presented several bylaw changes at each of the last two Annual Meetings, no bylaw changes will be proposed unless they're determined to be of significant strategic importance.

In an attempt to increase attendance, and encourage involvement of a broader range of membership (including young families), we will shorten the length, as long as there's sufficient time to conduct all necessary business.

We are moving closer to **adding online voting** with the intent to increase owner participation -- "democracy" being one of the ten Cooperative Values and "democratic member control" being one of the seven Cooperative Principles (as listed in our Ends policies). The MEC polled four nearby co-ops regarding their online voting practices (one doesn't do any, one does it in-house, two use third-party vendors) and presented this research to the Board. The Board voted to empower management to plan how to implement an online system, and GM John Williams & staff quickly came back with a proposal, specifically selecting a third-party vendor that **will include a paper ballot option as well** for maximum inclusiveness of owners preferring various methods of voting.

On the financial front, Bob Wigmore of the Finance Committee provided a presentation on "Understanding Quarterly Reports" in June, primarily targeting new Board members. Thank you Bob! In August, CPA Joe Wolkowicz presented his financial review of the fiscal year ending 9/30/15. The conclusion of this review -- which analyzes the financial data without crafting an opinion -- was that there were no apparent modifications that should be made to the financial statements for them to be in keeping with accepted accounting principles. Joe also completed the more rigorous audit process for us of the previous fiscal year. It was further discussed that typically organizations schedule the more expensive audit process every few years.

Our **co-op's new website is up and running!**

As with any such launch, some kinks are being worked out and content gradually built up. One exciting new aspect: **a member portal will be added**. For example, the financial review just discussed could not be posted on the old website as part of the Board packet because this confidential document could be seen by the general public. With the new portal, owners will sign in and therefore have access to such members-only documents -- an important new tool for increased transparency.

The Board held its July meeting at **McCusker's**. With our lease recently renewed, **the Board held its first Strategic Conversation** there as well, with the topic of Expanding Membership. Our guest was Carmela Lanza-Weil, Executive Director of the Greater Shelburne Falls Area Business Association, who graciously and generously gave of her time. She offered her perspective on the community and business

We are moving closer to adding online voting with the intent to increase owner participation...

dynamics in the area surrounding our hilltown store. There were also presentations by staffers Sarah Kanabay and Suzette Snow-Cobb, who provided an impressive amount of historical and demographic information on FCC membership. The Board listened with an ear toward how McCusker's might become more integrated into the fabric of the Shelburne Falls community and West County. As noted in my previous report, a significant part of these Strategic Conversations is knowledge-building to incrementally inform future decision making. The next Board meeting to be held at McCusker's will be on October 19th.

The **next Strategic Conversation** will be held at the September 14th Board meeting, and will be a continuation of the Expanding Membership theme. Our guest will be Abdoul Samaké, Resident Services Coordinator at Leyden Woods Apartments in Greenfield, who has been very active around food access issues. We expect him to offer additional perspective on how FCC is perceived by those currently uninvolved with the co-op and what barriers he sees to our being more widely relevant and accessible. Co-op staff will also provide some framing data on Franklin County demographics.

Request from a co-op member-owner: Noting that she's also a member of Racial Justice Rising, Sharin Alpert e-mailed General

Manager John Williams offering to provide "Black Lives Matter" signs and asking that they be put in the windows of both stores. John passed this request along to the Board for its thoughts as well. With Sharin unavailable, Cate Woolner -- also a member of both organizations -- was invited to a Board meeting and made an articulate presentation. After due consideration, John came to the conclusion that such window displays are not an effective or sustainable way to support causes championed by our passionate membership. Instead, as he put it in his monthly report to the Board, John advocates that "we work together to pursue change in a way that travels beyond print and into action". **Actions in support of racial justice** include our expanding Food For All program, a monthly Local Food Clinic (in partnership with Just Roots and the Food Bank of Western Mass) centering on food access/food justice, and a new monthly community forum discussing race issues ("Let's Be Honest") run by a co-op employee. The Board affirmed John making the decision regarding the sign request, and offered encouragement for these various activities that the co-op is supporting. In the context of this request as well as recent incidents at the national and local level, two members of the Board also volunteered to work with John and his staff on drafting an organizational statement with regard to this important issue.

Future Board meetings will be taking place at 170 Main St., an accessible space near our flagship store (with the exception of our current pattern of meeting three times a year at McCusker's). **A hearty thank you! to the Franklin County Community Development Corporation (CDC)** for accommodating our Board meetings for the past three years. The CDC of course has a long history as an incubator and friend of cooperatives, and they have been collaborative and flexible hosts.

in service,
George Touloumtzis
Board President

Working

for a Co-operative Economy

LUSCIOUS
CO-OP
BODYCARE



VAWC

WWW.VALLEYWORKER.ORG • 888-682-4801

The REAL Cost of Food

MPCircle Event Focused on Our Co-op's Planning Process

What's the REAL cost of food? Jack Kittredge, long-time editor of the Northeast Organic Farming Association (NOFA) publication, *The Natural Farmer*, "Carbon Specialist" and retired Policy Director for NOFAMass, will speak about this September 28, 6:30 to 8:30 p.m. at our co-op's 170 Main Street space.

The answers to this question are important to organic farmers, who must explain to consumers why their products cost more than those from conventional farms. And they're important to us as co-op members. We've been trained, as consumers, to use price as an important consideration when deciding what to buy. But price comparisons work only when we know what we're paying for. Knowing more about the real costs of the food offered for sale in the different markets around us puts the prices we encounter in context and it helps us gauge the importance of sustaining our co-op.

More than three decades after our co-op was started, the market for organic and "healthy" food is the fastest growing sector of the U.S. food industry. A new wave of stores has arisen to join the older, Whole Foods era chains in competing for this business. The old giants like Stop & Shop and Big Y are also now selling organic and "natural" foods. With so many big institutions in the marketplace, it's in our best interest to be very clear about what needs we wish to meet by having our co-op. Only a commitment that grows from such clarity will sustain us in this competitive environment.

To renew our common vision, our co-op's Board and General Manager, John Williams, dedicate this year to a planning process to engage members and staff and the surrounding community, in thinking and talking about what needs we want. The process will result in a multi-year plan identifying three to five issues on which we choose to focus our energies. After a year spent stabilizing the business and re-establishing profitability, now we're making choices

about changes that will allow us to maintain profitability.

The MPCircle invites you to come on September 28, have refreshments, hear Jack speak, ask questions, and discuss what this information means for us.

This is one of a series of events to help members become involved in our co-op's planning process.

At the MPCircle's July 21st event, John Williams spoke about the need to refocus our vision in response to more intense competition. He talked about the process of reestablishing the co-op's profitability over the past year and the recognition that the stores are not sustainable in their current form. He identified areas where growth is most possible, especially prepared foods and bulk. We can do more to help customers shop on a limited budget and learn to prepare produce and bulk foods.

We need more space at Green Fields Market. A 2015 survey showed that 64% of members strongly support expansion in the next ten years and another 17% weakly favor this. The expansion option most preferred by far was expansion in the current location.

They're also committed to a pace of change that will allow vigorous engagement with members.

The twenty members who attended the July event brainstormed in response to the question, "What needs are we trying to meet by sustaining our co-op?" Responses included: keeping the dollars we spend in the community; healthy, organic food with no chemicals or GMOs; local, downtown location; a fully developed wellness education program offering resources for learning about wellness and health. You can see the complete results of the brainstorm on the website as well as participants' evaluations of the event.

MPCircle is looking for new members. Regular meetings are the first Wednesday of the month, 5:30 p.m. in the upstairs meeting room at Green Fields Market. Contact us: mpcircle@franklincommunitycoop.

TREASURER continued from page 1.

What are the PROS of the 2% Member Discount?

- Makes people feel good and is an incentive to join and shop at the co-op
- Distinguishes our co-op from other stores
- At the register, it generates interest from non members
- Symbolic reminder of our co-op model
- Lowers prices
- Helps people on limited incomes
- Increases affordability
- "Less aggressive" than Patronage Dividend?

What are the CONS of the 2% Member Discount?

- We're giving away money we don't yet have
- Gives people wrong idea of what a co-op is! makes us look like a "buying club"?
- The money could be more valuable collectively than individually
- Stresses benefit to member rather than community
- Can slow down checkout process
- Separates members from community at register
- Inadequate recognition of full value of membership
- Requires overall increase of prices
- Not a healthy business practice
- Not a financially viable practice now while losing money
- Can prevent us from investing in the business in more meaningful ways
- Isn't in accord with our written policies

I hope you find these insights thought provoking as we work together to make our co-op stronger and better

Respectfully submitted,
Jeanne Douillard, Board of Directors, Treasurer

JOIN continued from page 1

- Talk to everyone we know locally.
- Telling my friends about the yummy nutritional yeast.
- Bring a friend and show them the store.
- Bring samples of trail mix to neighbors.
- Talk to friends about how great the co-op is.

Here are great suggestions for co-op staff (you'll see a number of them implemented soon):

- Upon payment of co-op share, give additional discount with first shopping.
- Love, love, love.
- Create brochure to distribute to social service agencies outlining economic benefits.
- Offer 10% off coupon member can give to a non-member friend.
- Signs in windows, extra discount for first month, raffle prizes for new members, co-op member bumper stickers.
- Bigger signs.
- Sell local wine, cider and beer! (at GFM)
- Have cashier hand out member brochure.
- Remind people to smile.

Fall Roots

by Cathy Whitely, member

As summer comes to a close, days got shorter, nights a bit cooler, and the full, expansive energy of spring and summer winds down. The last of the harvest is reaped, leaves turn brilliant colors and the medicine of perennials and first-year biennial plants return to their roots. This (along with spring) is the time to harvest the roots of medicinal plants. Three wild plants ("weeds") grow in abundance in our area and make fantastic herbal medicine. They're used on their own, with a variety of other herbs and, very frequently, combined with each other: **dandelion**, **burdock** and **yellow/curly dock**.

The roots of all three are bitter, making them useful for stimulating digestion and treating liver and skin conditions. When I began learning about medicinal plants I had eczema especially on my hands. I had tried using prescription hydrocortisone cream, but it didn't do much. After a weekend herb class I made a tincture and an oil from the fresh roots of all three plants. I made a salve from the oil and began taking the tincture (a dropperful, 3 times a day) and applying the salve (a few times a day and always before bed). Within a month my eczema, which I'd had for a couple of years, was gone!

The fact that the roots of all three plants help the liver makes them helpful for skin conditions. (There are other medicinal parts of these plants, but I'm only focusing on the roots.) The liver has the huge task, among other things, of clearing toxins from our bodies. The liver can be overtaxed for many reasons—including environmental toxins, poor diet, prescription drugs, alcohol—and become sluggish and congested. This can lead to a variety of symptoms, including headaches, brain fog, constipation, acne and other skin problems such as eczema. If you help your liver, you'll likely see benefits on your skin.



Dandelion root improves liver function, stimulates digestion, cleanses the blood and liver, is laxative, and is cooling and anti-inflammatory. Burdock root cleanses the liver, blood and lymphatic system, and is anti-inflammatory. It has been used in cancer formulas. You can also eat burdock root in soups, or steam or sauté with other vegetables. Yellow dock is also a blood and liver cleanser, digestive stimulator and mild laxative. It helps the body use iron and helps pull iron out of herbs and foods it's combined with - it's often combined with nettles or blackstrap molasses during pregnancy.

On to harvesting: make sure you have the correct plant! Burdock and yellow dock grow in similar places, near roadsides and edges of fields. Dandelion can be found in gardens, fields, yards and even sidewalk cracks. Find a spot you know hasn't been sprayed with pesticides, where there are many plants and at least

The liver has the huge task of, among other things, clearing toxins from our bodies. If our liver is overtaxed it becomes sluggish and congested.

15 feet away from the road. You want the first-year roots of burdock and yellow dock, which won't have seed or flower stalks. (Yellow dock roots are yellow-orange, making them easy to identify once harvested.) The roots can be at least a foot long, so you'll want a small shovel or garden fork. Dig down and around the plant to get the whole root. Backfill the hole to leave the area looking as untouched as possible.

Take your roots home and scrub off the dirt without soap. Cut your roots into very small pieces, uniform in size. You can tincture the fresh or dried roots. For fresh, loosely fill a jar with your clean roots, leave a little room at the top and cover



with your alcohol of choice (I like to use organic vodka), cover, shake, put in a dark place and shake everyday (or as often as you remember) for 4-6 weeks, strain and store in a dark place. Ideally herbs are tinctured individually, but I've been lazy and tinctured these three together since I want them combined in the end anyway. Aside from using this combination for the skin and liver, it makes an excellent bitters tonic to stimulate digestion. Try a dropperful 15 minutes before eating.

To dry for later use, dehydrate at 100 degrees until brittle (how long will depend on your dehydrator) or on screens in the oven or in a dark, cool, dry place until dry (usually 5-10 days). Once dry, store in a glass jar in a dark place and make your tinctures or oils when ready. Tinctures from dried roots are made using 1 part roots to 5 parts alcohol.

You can make your oil from the dried roots or from your cleaned, fresh roots left out for 2-3 days on screens to dry out enough not to mold in the oil. Place roots into your jar(s), fill with oil (I use organic olive oil), tamp down with a chopstick or wooden spoon and store in a cool, dry place for 2-4 weeks, stirring daily. Strain and use as is, or make it into a salve by heating 4-5 parts oil and one part beeswax, stirring until combined. Store in glass jars.

That's it! An easy way to get the deep, nourishing, medicinal benefits of fall "weeds."

Co-op Classified Ads

Chronic illness? Rule out electrosmog with Swiss Harmony or exposure reduction. "I didn't tell anyone in the family that the climate tuner had been installed. The first day [our son's symptoms] decreased by about 80%." - N.R., Greenfield. www.ptco.org/swiss harmony; jogo@swiss harmony.com

Beautiful, serene space for body workers/therapists in Shelb. Falls 1-2 days/wk. 2 treatment rms, waiting rm, separate office area. Kathy Dean (413) 625-2550 / kathrynadean@yahoo.com

My Life, My Health: Living Well with Chronic Conditions workshops for those with chronic physical or emotional challenges and their families/caregivers. Exercise, healthy diet, relaxation techniques, improved communication skills can help! Series starts 9/28. Marcus Chiaretto: (413) 773-5555 x2304 / mchiaretto@lifepathma.org.

Basic Mediation Training: Simple steps for dealing with fights or disagreements; gain skills & confidence to handle challenging situations; help others work through conflicts. Whether to be a formal mediator, or to develop skills for use in other professional / personal situations, Basic Mediation Training is a great place to start. Training October 14, 15, 21 and 22 (October 29 optional), 8:30 am to 5:30 pm, Northampton. www.communityaction.us/upcoming-trainings-events. The Mediation & Training Collaborative mediation@communityaction.us (413) 475-1505.

Looking for help with pain from Carpal Tunnel Syndrome, Plantar Fasciitis, other repetitive motion injuries? Massage from Gretchen Wetherby LMT with an office in Shelburne Falls upstairs from the co-op and in Millers Falls, Route 63. (413) 824-7063 www.gretchenwetherby.massagetherapy.com.

Beating the Block: the Courage to Move Your Manuscript From Back Burner Toward Publication. Fiction writing workshop with leader Amy Laprade, MFA, author, workshop facilitator. Weds. 9/14 to 11/ 30, 6-8 p.m. GFM meeting room. (413) 768-8633 / alprade@gm.slc.edu.

Bedroom available, furnished. Share 1820 farmhouse undergoing renovation. Kitchen rebuilt, bedrooms ready, deck underway, dining room nearly finished, soapstone wood heat, nice grounds, woods, 9 mi. to Gfd. Retired owner occupied. Responsible applicants sought. \$500 inclusive. johnr.white3@gmail.com

Co-op Power partners w/ Smith College, UMass, GCC, New England Grassroots Environment Fund, New England Local Energy Network, MCAN and others for a Sustainability Summit **Sat., 9/17**. Community leaders will consider accomplishments and next steps. Sandra Steingraber, keynote, will examine health and environmental costs of fossil fuel industry and strategies for resistance. Workshops for a more just and sustainable future. 9 am to 4:30 pm, Seeley Hall, Smith College. \$0-\$100 sliding scale. www.coopower.coop

Appt for Rent: Sept, 10 min. from GCC. Includes mostly furnished kitchen/DR/LR, BR w/ bath, shower, woodstove to share. \$500/mo/single (all utilities included), plus help with garden, firewood & snow-shoveling. No smoking or pets please. Betsy (413) 624-8858.

Want solar, a cozier home, less wasted energy? Want to help the climate? Sally Pick of SJP Environmental Consulting, LLC helps homeowners explore weatherizing, efficient & renewable energy options including solar, & find energy contractors, new incentives, low-cost financing. <http://SJPconsulting.biz>.

Breville 800JEXL Juice Fountain Elite 1000-Watt Juice Extractor. Used a few times; works perfectly! All parts, accessories, manual. In original box. Bought new for \$299; Sell for \$225 Firm. acelskus@gmail.com. (207) 290-7409.

Pet-Sitting: Happy Cats Happy Dogs - Cat, dog and small animal care in your home. Professional, affordable, kind. Serving Grfd and surrounding area. Insured and bonded. Adriene: (413) 824-8269 / happycats.greenfield@yahoo.com; www.facebook.com/HappyCatsGreenfield.

Shelburne Falls Youth Theatre Troupe: Kids ages 7 - 12 can develop performance skills while rehearsing new musical "The Towns Around the Bend" for Piti Theatre's SYRUP: One Sweet Performing Arts Festival on 3/19/17 with 2X Grammy winner Bill Harley. Rehearsals begin Jan. Limited to 15. www.ptco.org/syrup, info@ptco.org

Free Introduction to Heart-Conscious Communication with Karen Fogliatti, Ph.D., experienced mediator, educator and counselor. Tues., Sept. 20, 6-8 p.m. Optional 8-week workshop to be held Oct. 18th thru Dec. 6th, 6-8:30 p.m. (413) 773-8303 or karenmf@mindspring.com HeartConsciousCommunication.com.

Valley Time Trade: Saturday, October 1st - 2:30 to 4 p.m. Free orientation required to become a Valley Time Trade member. No registration required, please arrive on time. Bring your laptop or tablet if you have one. Green Fields Market meeting room, 144 Main St., Greenfield. www.valleytime-trade.org

Whispering Fields, a log cabin on Canada's Prince Edward Island: For those seeking quiet and private place to write, create art, compose music, or have a meditation retreat. www.whisperingfields.com or 774-2648.

Order Organic Produce in bulk for storage or parties! Tomatoes, potatoes, onions, cabbage, beets, carrots, turnips, sweet potatoes, and lots more. Pickup at various locations including Red Fire Farm in Montague. See what's available and to order: www.redfirefarm.com.

Childcare available Mature, loving nanny available. Excellent references, many years experience, all ages. involvement with horses possible, if interested. Diane: dsuller@comcast.net

South River Miso Company now hiring for three positions: Shipping & Receiving Associate, Sales Associate, Natural Foods Cook. Become part of a heart-centered team producing artisanal miso in Conway. Your experience and/or interest in natural foods are essential. robin@southrivermiso.com

Watch for notice of our Member Survey Later This Month!

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

Return Service Requested

Co-operatives 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.

Franklin Community Cooperative
144 Main Street
Greenfield, MA 01301

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