

FALL 2023

FREE



THE NEW BEET

**FALLING
FOR LOCAL**



FRANKLIN COMMUNITY CO-OP



The New Beet is our Co-op magazine, published seasonally, four times a year. We welcome recipes, classifieds, event announcements, letters to the editor, and articles from our members. Submissions are due the 15th of the month prior to the next publication date. The New Beet comes out in September, December, March and June. Please send submissions to amybritt@fcc.org.

Articles about health and nutrition are for informational purposes only. We recommend that you consult a health care professional for medical advice.

Opinions expressed in this publication are those of the writers and not necessarily the views and/or policies of Franklin Community Co-op.

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IN THIS ISSUE

President's Report.....	3
Recipes.....	4
Round Up Organizations.....	6
Working Members: A Community Investment.....	7
Climate Change & Farming.....	9
FCC Book Club	10
Nature Notes.....	11
LivingPoetry.....	11
Co-op Workshops & Events.....	12
Member/Customer Survey.....	13
Become a Member!.....	13
October is National Co-op Month.....	14
Butternut and Beyond!.....	15
A Farewell to Loaves.....	15
Classifieds.....	16



FRANKLIN COMMUNITY CO-OP

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Amy Britt • Outreach and Communications Manager
Alec Goodwin • McCusker's Market Store Manager
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Tim Gorts • GFM Customer Service Manager
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Michael Shersnow • GFM Bakery Manager
Tera Tippet • GFM Prepared Foods Manager
Bryan Gillig • GFM Produce Manager

GREETINGS FELLOW MEMBERS!

As the hint of autumn coolness begins to peek around the edges of hot summer days, many of us are especially aware of the devastation experienced by numerous local farms due to recent flash flooding and storms, as well as a significant late spring frost. One of our Co-op's primary functions is to connect all of us in this region: food-eaters, food-growers, food-makers, food-sellers. As our climate becomes more unpredictable, it is even more critical for us to know, do business with, and otherwise support those in our community who provide our food.

Expansion continues to be a main focus of our Board's attention. At each Board meeting we receive detailed updates from our General Manager John Williams, provide input as needed, and keep abreast of factors that will weigh into Board-level decisions in the near future. Board members were able to tour the Wilson's building and get an in-person sense of the structural challenges and complexity of the space (which is composed of four separate buildings). John regularly shares design and project progress, including Zoning approval (yay!), traffic and parking proposals, and engineering reports. We're excited by the potential for a spacious community room with a teaching kitchen, and we're looking forward to John's sharing the design ideas with you all - and getting your input - at member forums in the coming months.

We're delighted by the response to our member loan capital campaign and are excited to see if we can reach our ultimate goal of \$1.5 million. Up to this point over 150 member-owners have participated, with roughly \$1,200,000 in loans so far, as well as roughly \$12,500 in donations. THANK YOU! Staff are also looking into securing a fiscal sponsor for the Co-op in order to facilitate accepting grants and donations from other organizations.

At our June meeting, the Board spent time getting grounded in the purpose of an Ends policy, using as a starting point an excerpt of a Columinate webinar on "Demystifying Ends: Understanding Ends and their Role in Policy Governance." It clarified the difference between an Ends Policy and a mission statement. While the "mission" is the reason for existing, Ends are policies – the tools used to clearly express the desired outcome of all the Co-op's

activities. Ends policies focus on "for whom," "for what result" and "at what cost." It was noted that many Co-ops are working on redefining identity at present, and revising their Ends policies to reflect changing times, circumstances, communities and members served. The Board intends to continue its focus on Ends at its retreat this fall, with the goal of seeking broader input thereafter.

In hopes of being realistic about our capacity and focusing our energy constructively on the priorities we've identified, the Board has decided to pause for the remainder of this year the work of the Healthy Food Access Committee (HFAC) and the Policy & Bylaw Revision Committee (P&BRC), and limit the Board Development Committee (BDC) work to recruitment, self-monitoring and Board member orientation. The Membership Engagement Committee (MEC) and Finance Committee will continue to meet as usual, and may receive specific delegations from the Board pertaining to expansion and/or Ends Policy revisions.

Meanwhile, the Board is moving forward with Annual Meeting planning (mark your calendars for Sunday, March 3, 2024!) and with other opportunities for connecting with all of you. If you haven't already chatted with one of our Board members (and sometimes even their canine companions!) at Greenfield's Farmers Market, do stop by and say hello. And invite any of your friends or acquaintances who are not already member-owners to consider joining our Co-op in this unique and exciting time. We each have a chance to buoy up the health and well-being of our community by supporting the local economy, food systems, and downtowns of Greenfield and Shelburne Falls.

**With hope,
Margaret Cooley, Board President**

As always, we welcome hearing from you and encourage you to stay in touch via the on-line Member Forum. Information about Board meetings and committees (meeting schedules, current chairs, etc.) is available in the "From the Board" section of the forum. On the FCC homepage, you can also find direct links to member information on expansion and other Board activities.

Email: bod@franklincommunity.coop

RECIPES



BEET BROWNIES

From Trouble Mandeson

Ingredients

1 large beet, roasted in foil in a 400° oven for an hour or steamed until tender, peeled

¼ c. buttermilk (no buttermilk? Make your own by adding ½ tsp. apple cider vinegar to ¼ c. of milk and allow it to rest for 10 minutes until foamy) (Field Day apple cider vinegar \$5.49)

8 Tbsp. unsalted butter

1 ¼ c. sugar (Field Day cane sugar \$5.99)

¾ unsweetened Dutch cocoa powder (Field Day cocoa powder \$5.99)

½ t. kosher salt

2 eggs

2 t. vanilla (Field Day vanilla extract \$9.99)

¾ c. flour (Field Day organic all purpose flour \$6.99, or use gluten-free)

t. baking powder (Field Day baking powder \$2.29)

½ c. chocolate chips (Field Day semisweet chocolate chips \$4.99)

Preparation

1. Preheat oven to 325 and grease an 8x8x2 metal pan or line with parchment or foil.
2. Begin by blending the beets with just enough buttermilk to form a smooth purée.
3. Melt butter in a small saucepan, stirring frequently, until it bubbles and brown specks form, it will smell like a nutty caramel, remove from heat.

LEMON-SAGE FOIL-GRILLED SQUASH

Reprinted from Co+op

Total Time: 45 minutes; 20 minutes active

Servings: 4

Try this easy technique for making tender, roasted squash on the grill. A foil packet holds in the moisture from the squash so that it steams in its own juices, concentrating the sweet, earthy flavor. A sprinkle of lemon zest and black pepper makes this dish irresistible.

4. Add sugar, cocoa powder and salt to the melted butter.
5. Beat eggs in a separate bowl and after butter mix has cooled, add to mixture, stirring constantly.
6. Add vanilla and 1 cup of beet purée, stir well.
7. Add flour, baking powder and stir, then add chocolate chips.
8. Pour into baking pan and bake for 25-35 minutes until toothpick comes out clean and top no longer looks wet.

Beets are a very versatile vegetable. Not only are they good steamed, boiled, baked, roasted or eaten raw in salads, coleslaw or sauerkraut, but they have a wonderful natural sweetness which lends itself to baked dishes too. Beet brownies are one of those recipes parents use to make sure their kids are getting vegetables... without them knowing!



Ingredients

4 cups butternut or other winter squash, peeled and cubed

2 tablespoons fresh sage leaves, slivered

2 tablespoons extra virgin olive oil

1 teaspoon fresh lemon zest

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper



Preparation

1. Preheat the grill (or preheat the oven to 425 F, if using instead of a grill).
2. In a large bowl, combine the squash cubes, sage, olive oil, lemon zest, salt and pepper; toss to coat.
3. Lay out a sheet of heavy-duty foil about 16 inches long, then place another sheet the same size on top of the first sheet. Place the squash mixture on the foil, scraping all the oil and herbs out onto the squash. Form a rectangle of squash pieces in the middle of the foil and pull the top sheet up at the sides to enclose the squash, but don't crimp or fold. Wrap the remaining sheet up and over and crimp the edges by joining the edges and then folding and compressing.
4. Place the packet on the grill for about 20 minutes, then open and pierce a squash cube with a paring knife. If it is not tender, re-fold the foil and return to the grill for five minutes. Serve when tender.

Tips and Notes

To roast in the oven, place the foil packet on a sheet pan and roast for about 24 minutes before testing for tenderness.

Serving Suggestion

This dish goes well with pastas, as well as grilled or roasted chicken and fish.

Nutritional Information

140 calories, 7 g. fat, 0 mg. cholesterol, 310 mg. sodium, 22 g. carbohydrate, 4 g. fiber, 2 g. protein



ORANGE GLAZED BRUSSELS SPROUTS

Reprinted from Co+op

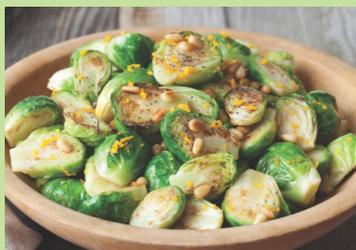
Total Time: 30 minutes

Servings: 4

Enjoy these Brussels as a side or double the glaze and toss with cooked linguini for a delicious main dish.

Ingredients

- 1 pound fresh Brussels sprouts
- 1 clove garlic, minced
- 2 tablespoons butter
- 1/2 cup water or vegetable broth
- 2 tablespoons apple cider vinegar
- 1 tablespoon brown sugar
- 2 tablespoons orange juice
- Zest of one orange
- Pinch of salt and ground black pepper
- 2 tablespoons toasted pine nuts



2. In a large skillet, melt the butter over medium-high heat. Add the halved Brussels sprouts and saute for about 4 minutes, then add the garlic and saute 1 minute more until the Brussels sprouts start to brown on the edges. Add the water or broth, cover the skillet, and let the Brussels sprouts steam for 5 minutes.
3. While the sprouts are steaming, prepare the glaze by stirring together the apple cider vinegar, brown sugar, orange juice, orange zest, salt and pepper in a small mixing bowl. Remove lid from the Brussels sprouts and add the glaze ingredients. Cook on high for about two minutes or until the glaze becomes syrupy, stirring or tossing the Brussels sprouts until well coated. Sprinkle the Brussels sprouts with the toasted pine nuts and serve warm.

Serving Suggestion

This is a perfect side dish for pork, chicken or salmon, especially when those proteins are seasoned with Asian spices or marinades. Try doubling the glaze recipe and toss the sprouts and glaze with cooked linguini noodles to make a nice pasta dish.

Nutritional Information

144 calories, 9 g. fat, 15 mg. cholesterol, 94 mg. sodium, 15 g. carbohydrate, 5 g. fiber, 5 g. protein

Preparation

1. To prepare the Brussels sprouts, rinse them in cold water, trim the stems, remove the outer leaves, (including any torn or ragged ones) and cut them in half from top to bottom (choose smaller Brussels sprouts with tightly-closed heads).

SOUTHWESTERN STUFFED PEPPERS

Reprinted from Co+op

Total Time: 35 minutes

Servings: 8

Tex-Mex flavors spice up this crowd-pleaser that's equally at home as a weeknight family friendly meal or for dinner guests.

Ingredients

- 4 medium to large green peppers
- 2 cups frozen corn kernels
- 1 (15-ounce) can of cooked beans, drained and rinsed (black, pinto, or black-eyed peas)
- 1 cup shredded cheddar cheese or smoked cheddar
- 1/2 teaspoon salt
- 1 fresh or pickled jalapeno pepper, diced
- 1 tablespoon fresh cilantro, chopped
- 1 cup salsa
- 1 cup cooked rice (optional)
- 1 tablespoon butter
- 1 teaspoon paprika or smoked paprika



Preparation

1. Preheat the oven to 375°F, and bring a stockpot of water to a boil.
2. Cut the green peppers in half through the stems, or leave whole and remove the tops. Remove seeds and thick inner ribs. Blanch peppers for 4 minutes. Remove and reserve.
3. In a large bowl, combine the corn, beans or black-eyed peas, cheese, salt, jalapeno, cilantro, salsa, and rice (if using).
4. Stuff each pepper or pepper half with an equal amount of the filling and place in a baking dish.
5. Add enough water to fill the bottom of the baking dish. Top each pepper or pepper half with a dab of butter and a pinch of paprika and bake 20 minutes.

Serving Suggestion

Top with salsa, sour cream, or guacamole and serve with tortilla chips.

Nutritional Information

221 calories, 7 g. fat, 19 mg. cholesterol, 31 g. carbohydrate, 6 g. dietary fiber, 11 g. protein 386 mg. sodium.



Round up when you shop at either of our stores and your change will be donated to the following organizations.



SEEDS OF SOLIDARITY

SEPTEMBER & OCTOBER

Awakens the Power to Grow Food Everywhere to transform hunger to health, and create resilient lives and communities.



FCCMP

FRANKLIN COUNTY COMMUNITY MEALS PROGRAM

NOVEMBER & DECEMBER

They provide meals and home supplies for the food insecure in our community in Franklin County, Massachusetts. They organize four meal sites in Orange, Turners Falls, Greenfield, and Northfield, Massachusetts. We also organize three food pantries: the Orange Food Pantry, the GCC Food Pantry, and the Turners Falls Mobile Food Bank.

WORKING-MEMBERS: A COMMUNITY INVESTMENT

WITH JORIE MORGAN

In 2022, FCC co-op working-members volunteered over 2,500 hours of service helping local nonprofits, community gardens, public libraries, and preparing meals to feed people in our community. Our co-op provides working-members with a 10% or 15% discount based on the number of hours they volunteer each month. If you want to join our working-member program, contact Amy at amy.britt@franklincommunity.coop

How long have you been a co-op member? A co-op working-member?

I joined the co-op within the first month of moving to the area in 2013. I've been a member of co-ops starting with the food co-op at my college and when I lived in Cambridge. I started as a working member within the first year of joining the co-op and have been doing it for about 9 years, all at Stone Soup. Being a working member really sealed the deal for me and radically changed my involvement in Stone Soup and the community.

How long have you been volunteering at Stone Soup? How often do you volunteer?

I've been a Stone Soup volunteer since 2013 and volunteer a couple of times a month. I try to do it every week. Currently, I'm a delivery driver, bringing food to people who can't come to the café in person. I've also been a food prep volunteer on Friday evenings: we called it Chop Chop. A friend who was involved in the organization said that I should volunteer during the community meal (which is served on Saturday), so I started volunteering as a server. (Before COVID, meals were shared on-site, but now we are pick-up or delivery.) I also volunteer to serve food for Stone Soup at different community events like the Pocumtuck Festival, Juneteenth, and also at the Free Harvest Supper.

At the beginning of COVID, I was a part of Stone Soup's outdoor services helping to figure out a new system to deliver meals and helping to create Stone Soup's free store. This became a way for me to see other people and



Meet Jorie!

Jorie has been a co-op member since they moved to the area in 2013 and joined our co-op within the first month of living here. They have been a working-member for 9 years at Stone Soup Cafe which provides nutritious meals prepared from scratch on a pay what you can basis.

be in community safely during COVID. For many people, this was critical time to be with people, safely, and not feel isolated. For people who are older and have mobility issues, the community connections are so critical. Human contact means a lot. (During deliveries) people will show me their garden, share their chocolate with me, and people are really appreciative. Someone has lovingly prepared food for them, and for people who don't want to have contact, they still get to experience the connection.

The delivery system is so efficient: if you sign up as a delivery driver you get a text with all your stops, numbers, etc. They design a route that will put you back in the area you live. You need to be prepared to go further afield, based on location of need, and it's all done through an app.

What drew you to volunteering at Stone Soup Cafe?

When I first moved to the area I wanted to get involved in Meals on Wheels, and I've always loved food. I have been involved in community cooking and community food preparation for a long time. My spouse and I both spent time working as cooks in France at an art program.

The food is all healthy, diverse, donated by local farms and really impacts people. There are many studies showing how healthy foods impact our bodies and health. Food isn't just about food on a plate; it's about full health.

Stone Soup is all about community, no matter what your background, income, or experience... and that's true for the volunteers, too. Housed, unhoused, their "pay what you can" system includes labor. If you don't have dollars or cents, you can contribute time.

This is a great area for the food community. We get our CSA at Just Roots, are working members at Stone Soup, and are co-op members.

What is one thing you would tell other co-op members, or people thinking about joining the co-op, about our working-member program?

It's great for anybody, but especially if you're newer to the area. It's a great way to meet people. You can expand your community network quickly; it's really lovely. One of the reasons we wanted to move to the area was because we didn't feel like we had enough community where we were. We happened to be here when COVID hit and we already had a community built in.

Stone Soup's delivery program is also a great way to learn about your new regional community and routes. I've learned some sneaky ways to get around being a delivery driver!

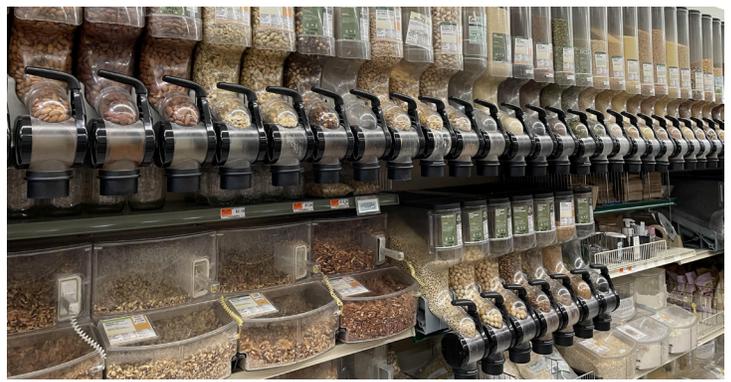
What's the best way for people to get involved and help?

Stop by and get a meal, eat the food, and see how you feel about the food and the community. People often think that they have to give before they can receive but you should show up and join the community and then figure out how you want to serve and get involved. Wander over and interact; don't be scared. Or if you're scared, be honest about it. We need to know how to interact with our entire community and everyone who lives here.

It's a really fun, active way to be in community.

There's a volunteer job for everyone, they have lots of different kinds of jobs there. You can challenge your comfort zone or be in your comfort zone. Their volunteer coordinator can help match people to jobs.

Volunteers of all ages are welcome and kids can help out, too. Stone Soup works with school groups. That's another way you can help: get a group together to come in and help with prep work. Someone had a group of people together for a birthday to volunteer.



What's your favorite thing about the co-op?

I really appreciate the bulk section. I'm such a fan of being able to pour rice into a paper bag, get home, pour it into a glass jar and then compost the bag. Having minimal food packaging is big for me.

What would you say to someone thinking about joining the co-op?

It's a great way to connect with the community. Outside of the CSA season, the produce at FCC is the best. I love the deli half-wraps. Pretty much everything I need is right here.

Nutritionists recommend that, when you're at the grocery store, shop the perimeter. But you can shop the whole store here and find healthy foods. It's different from a traditional grocery store: you can go down every aisle and not end up with a bunch of junk in your basket.

Member-owned co-ops are great; it's a useful tool in our society to have things that are member-owned. I've been in places without co-ops where your choices about what you can buy are decided by large corporations. You think you have choices but you really don't. If you look at the umbrella corporations, it's all the same. There's not often a real choice about what is good for me, for my body.



CLIMATE CHANGE AND FARMING

BY LISA GOODRICH, CISA COMMUNICATIONS COORDINATOR

Locally, residents have felt the impacts of climate change this year with cold snaps in February and May, smoky days from wildfires, and heavy rain and catastrophic flooding in July.

"As farmers, we're on the front lines of climate change," Red Fire Farm co-owner Sarah Voiland explains. "After excessive rain in 2021 and drought in 2022, 2023 began with losing peaches in February, then losing apples and pears in May. This weather leaves us wondering, 'what will happen next?'"



The temperature extremes that eliminated fruit crops at Montague's Red Fire Farm were

widespread, impacting grapes, blueberries, and tree fruits. Other farms saw devastation from flooding and heavy rains. Conway's Natural Roots Farm and over 100 other Massachusetts farms were flooded in mid-July.

Natural Roots farmer David Fisher reflects, "The weather this summer has been unprecedented. We were in emergency flood response mode for July and still have a lot of work to do before returning to growing vegetables. The magnitude of these weather events and the power of the flooding we've experienced brings a lot of perspective on this moment, as a community, and ultimately as humans on earth."



The public response to these events was swift and impressive. Volunteers dug out farms covered by mud, individuals contributed generously to crowd-funding campaigns, and two new funds were established at the state level, offering farm disaster assistance now and in the future. These include \$20M included in a state supplemental budget and the public/private Massachusetts Farm Resiliency Fund. A federal disaster declaration allows low-interest federal loans. Additionally, CISA opened our Emergency Farm Fund,

offering no-interest loans up to \$25,000, in partnership with the Franklin County CDC. To participate in these efforts, find donation opportunities at buylocalfood.org.

"Farms need a nimble and robust emergency response system so when crisis hits, they receive the support needed to keep growing food for the communities they serve," said CISA's Executive Director Philip Korman. "The multi-layered response to this summer's disasters provides a blueprint for the future."



Fisher adds, "Given that farms are essential for our survival, supporting our farms is essential for our collective future. The magnitude of the weather events we're experiencing is far greater than any farm can bear on its own. Farms need support when we have food to offer, and when our crops are decimated, if we are to keep feeding our communities."

Want to learn more?

- See ways to support local farms through climate change at buylocalfood.org/climateaction
- Attend a Climate Change and Farming Week Event, hosted by CISA and partners (Like meeting Sarah Voiland at "Local Farming in the Climate Crisis," in Greenfield on Sunday, September 17, 11am-12:30pm, at the Episcopal Church of Saints James and Andrew.

Voiland notes, "This is an opportunity for people to get involved in supporting agriculture's future. There's huge potential for farming to be part of the climate solution. Starting with the current Farm Bill, Massachusetts is poised to help lead the national conversation about farming and climate change."

Lisa Goodrich is communications coordinator for Community Involved in Sustaining Agriculture, (CISA). Learn more about local farms, food, and markets in our online guide at buylocalfood.org.

BOOK CLUB

with

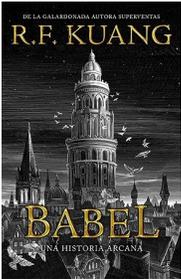


FEDERAL STREET BOOKS

MEMBER BENEFIT

Shop local and save! Buy 1-4 copies of the monthly picks and save 10%, buy 5+ copies save 15%. Email communications@franklincommunity.coop for the code.

SEPTEMBER PICK



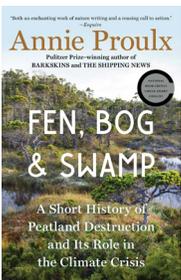
RF Kuang - INSTANT #1 NEW YORK TIMES BESTSELLER

From award-winning author R. F. Kuang comes *Babel*, a thematic response to *The Secret History* and a tonal retort to *Jonathan Strange & Mr. Norrell* that grapples with student revolutions, colonial resistance, and the use of language and translation as the dominating tool of the British empire.

\$20

paperback

OCTOBER PICK



Annie Proulx - NAMED BEST BOOK OF THE YEAR BY THE NEW YORKER

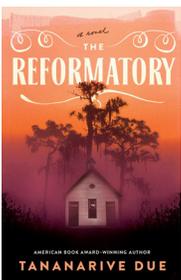
A lifelong acolyte of the natural world, Proulx brings her witness and research to the subject of wetlands and the vitally important role they play in preserving the environment- by storing the carbon emissions that accelerate climate change. Fens, bogs, swamps, and marine estuaries are crucial to the earth's survival, and in four illuminating parts, Proulx documents their systemic destruction in pursuit of profit.

\$17.99

paperback

In a vivid and revelatory journey through history, Proulx describes the fens of 16th-century England, Canada's Hudson Bay lowlands, Russia's Great Vasyugan Mire, and America's Okefenokee National Wildlife Refuge.

NOVEMBER PICK



Tananarive Due

A gripping, page-turning novel set in Jim Crow Florida that follows Robert Stephens Jr. as he's sent to a segregated reform school that is a chamber of terrors where he sees the horrors of racism and injustice, for the living, and the dead. Set in fictitious town Gracetown, Florida in June 1950.



\$28.99

hardcover

The Reformatory is a haunting work of historical fiction written as only American Book Award-winning author Tananarive Due could, by piecing together the life of the relative her family never spoke of and bringing his tragedy and those of so many others at the \$28.99 infamous Dozier School for Boys to the light in this riveting novel.

More Book Club info on our website, including member discount code & links to shop Federal Street Books online!

Nature Notes

BY KATHLEEN O'ROURKE, NATURALIST/HERALIST

* **Crows** are noisy, curious and intelligent birds. Known as a messenger and a guide, they are held in high esteem by many cultures, including Native American and Irish. A Navajo legend says crow ("gagee") was the last bird to show up when colors were chosen and so he took what was left: black. My crow Kachina ("angwush") was made by a grandmother and grandfather from the Hopi tribe over 30 years ago; I treasure it and think of that old couple who were so kind to this anglo. Irish say this is a wise bird who knows how to survive hardship who



sits high on a branch of the tallest trees and flies even higher than that. Crow sees many things at once and possesses a strong voice that insists on being heard.

* **Raven** is in the same family (Corvus) as crow, and we are fortunate that they

have been increasing in numbers around here for the past few decades. The birds appear so similar that people often think it is difficult to tell them apart, but there are several easy ways to differentiate these cousins. Raven is a bit larger, with a thicker beak and a wedge-shaped tail; crow's tail is a typical fan shape. Raven soars, often in hilly, mountainous and ledgey areas, while crows flap their wings most of the time and frequent farmland, orchards, woodlands and town. Both birds are capable of a variety of

vocalizations, but the familiar caw, caw, caw made by raven sounds like a crow with a sore throat. When raven calls, pay attention. Where are you? What are you doing or thinking right now? Raven calls us back to be fully in the present moment; such a pleasant, fun reminder. Thank you, friend.

* Dig **herbal roots** now, and until the ground freezes. After several heavy frosts, the energy of the plant is sent back underground and nutrition is sealed in the root through winter months. Dandelion is always good (spring and fall), but use only the first year plants of biennials like burdock and yellow dock (they have no seed-stalks). These herbs are full of minerals and vitamins which help the entire body, from skin to internal organs. Simmer the fresh roots for a healthy tonic or dry some pieces to add to soups this winter. Burdock, especially, has such deeply cleansing abilities for all of our organs; I recommend it to people coming off drugs, chemo, after surgery or illness. It helps to bring the body back into balance in a safe, gentle and thorough way.

* The hundreds of **maple tree sprouts** that we see in town, in lawns and gardens are not our beloved Sugar Maples, but the leaves do look similar. This is a good example of how opportunistic and prolific an invasive species can be. The sprouts are Norway Maples, which can easily be identified by the milky sap from a broken petiole (a leaf stem). So, go ahead, pull them all up.



Living Poetry

My mind tells me
it's time to drive to the library
to listen to and share poems.

My body says nothing
but leads me to a chair
facing flowering lilac bushes
sits me down
before purple exuberance
places me within the sweet scent

glorious warmth and light
of an early spring evening.

Suddenly I am within a poem
unfolding moment by sacred moment
punctuated by bees
and bird calls
until the light fades
and the poem ends.

Marian Kelner

CO-OP WORKSHOPS & EVENTS

SEPTEMBER

DEATH & DYING: CAN WE TALK, *FREE*

Thursday, September 21
6:30-8:30pm
FCC Community Room
170 Main Street, Greenfield, MA

This is an opportunity to participate in an open discussion about death and dying, a topic often considered taboo. Exchange ideas and stories, or simply listen to what others have to say. An informally facilitated conversation open to anyone with an honest curiosity about death. Led by member-owner Trouble Mandeson, longtime hospice volunteer.

OCTOBER

GARLIC & ARTS FESTIVAL

September 30 – October 1
10:00am-5:00pm



We're thrilled to be a vendor at the Garlic and Arts 25th Anniversary Festival! We will

be selling organic iced tea, organic lemonade, our freshly made bakery cookies and garlic biscotti. To celebrate their 25th anniversary, they reduced ticket prices to \$5 per person, kids 12 and under are free.

OUR FAMILY FARMS CO-OP MEMBER TOUR

FOR MEMBERS-ONLY, FREE

Friday, October 13
12:00-1:00pm
Our Family Farms, Leyden, MA

Come tour Our Family Farms! Meet the family that runs this local farm, their beloved cows, tour their new on-site bottling facility, and see the milking robots that help produce the milk we all love. This tour is free and for FCC members only as one of our member benefits.

OLD FASHIONED FALL FLAVORS & FUN, *FREE*

Saturday, October 14
12:00-1:30pm
FCC Community Room
170 Main Street, Greenfield

Get ready for some old fashioned fun with us during Greenfield's Vintage Days! This fun community event is free and open to everyone. We'll have pumpkin decorating, free samples of our bakery scratch made apple crisp and warm cider, live music and face painting! We're falling in love with all that our community has to offer in autumn.

NOVEMBER

CARD AND ENVELOPE MAKING WORKSHOP, *FREE*

Thursday, November 30
4:00 to 5:30 p.m.
FCC Community Room
170 Main Street, Greenfield

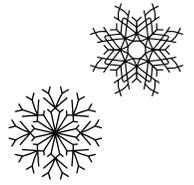


Come create with us at this card and envelope making workshop led by local artist and member-owner Eveline MacDougall of Sweet Pea Cottage Industries! All supplies will be included in this hands-on workshop.

DECEMBER

HOLIDAY POP-UP!

Date TBD
FCC Community Room
170 Main Street, Greenfield



Support local artisans and shop small for the upcoming holiday season! We'll provide samples of our holiday catering and warm beverages to enjoy while you shop.

LEARN HOW TO MAKE FIRE CIDER WITH PEOPLE'S MEDICINE PROJECT, *FREE*

Tuesday, December 12
5:30-7:00pm
FCC Community Room
170 Main Street, Greenfield

Learn how to prepare fire cider at this hands-on workshop with People's Medicine Project! Ingredients and materials will be provided. The fire cider made at this workshop will be used at their Greenfield Healing Clinic, which provides free healing services to our community.

You do not need to be a member to come to most of our workshops or shop in our stores. Our co-op is here for all in our community!

Not a member yet? Ask for a membership form in either store or join on our website.

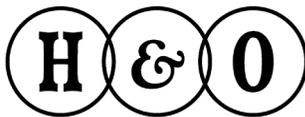
MEMBER/CUSTOMER SURVEY!

COMING SEPTEMBER 11

Please let us know about your shopping experience. You do not need to be a member to participate! \$50 Gift cards to Hope & Olive, People's Pint, and our co-op will be raffled off WEEKLY to survey-takers.

Members, share your perspective as a member-owner!

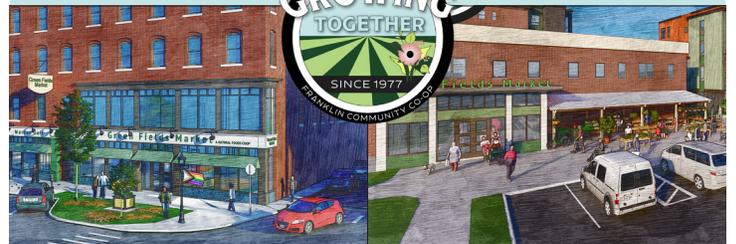
Available online and in our stores. We want to hear from you!



"The co-op embodies all the reasons why I chose to raise a family in Franklin County. It's a community space committed to local agriculture, to healthy food, to the local economy and to real human connection. I am investing in the co-op because it's so precious. We'll get to say we have a locally- owned grocery store on our Main Street. How many other cities can claim that?"

- KC Ceccarossi

BUILDING A BETTER FUTURE FOR OUR CO-OP & GREENFIELD!



\$2.6M

in local sales
in FY2022.



2,500

hours volunteered
by 84 working
members in 2022.



10%

of our members
receive our Food
for All Program
discount.

Invest by 10/1

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OCTOBER IS NATIONAL CO-OP MONTH

By MARY McCLINTOCK, FCC OUTREACH COORDINATOR

Franklin Community Co-op along with Co-ops and their members across the world are working together to build stronger, more inclusive and resilient communities. National Co-op Month is an opportunity to celebrate the contribution that our co-ops make in our communities every day. As we build an economy that works for everyone, our biggest impact comes from embracing the values and principles that make us truly unique.



Franklin Community Co-op has over 5,600 members and \$11M in annual sales and employs over 90 people at our two stores. FCC members do over 2,500 hours of volunteer work in our community. During October, we're having a member drive to encourage more people to join our co-op and be part of strengthening our community. We'll offer free prizes for new members.

As we enjoy summer's bounty and prepare for the arrival of fall color in our region, Co-op Month offers an opportunity to learn more about the many cooperatives that are part of the fabric of our communities. Look for the "Go Co-op" signs on the shelves of Green Fields Market and McCusker's Market that identify co-op made products.

Our co-op's stores feature many co-op made products from local, regional, and national co-op businesses, including milk from Our Family Farms, naturally fermented vegetables from Real Pickles, beverages from Katalyst Kombucha and La Riojana wines, fairly traded coffee, tea, and chocolate from Equal Exchange, cheese from Cabot Creamery, coffee from Dean's Beans, dairy products from Organic Valley, and many more.



During October, we'll have demos of co-op made products at each of our stores as well as information tables about other co-ops in our local community. Check the FCC website to learn more.

A survey by the Neighboring Food Co-op Association (NFCA) found that grocery co-ops across New England and New York play a key role in supporting our regional economy, selling more than \$112 million in local products annually — or an amazing 25% of total sales. Taken together, the more than 40 food co-ops and start-ups of the NFCA are locally owned by 173,000 members and provide employment for over 2,465 people, more than 60% of whom are also members, sharing in the ownership of their local grocery store.

Credit Unions, with more than 393 million members in 118 countries, will be celebrating the 75th annual International Credit Union Day on October 19. As not-for-profit financial co-operatives, these community based financial institutions are owned by their members, the people who use them for savings and checking accounts, loans, and retirement funds. This year's observation will focus on the proud history of the movement and its continuing efforts to build financial inclusion around the world through the co-operative business model.



BUTTERNUT AND BEYOND!

BY MARY MCCLINTOCK, FCC OUTREACH COORDINATOR

Fall is a perfect time to savor the many varieties of squash you'll find in the produce sections at Green Fields Market and McCusker's Market.



Butternut's smooth tan skin hides a lovely orange flesh. Roasted butternut squash is tasty just mashed with butter and salt or as a base for a creamy soup. Ginger squash soup is perfect for cool fall nights.

Acorn squash has a harder green skin and yellow flesh. Its cup-like shape just asks to be stuffed with your favorite stuffing then roasted until the squash is soft and flavors meld. Varying the herbs and spices in the stuffing can make your meal spicy with curry or chili or savory with thyme and sage.



Delicata squash has lovely yellow and green striped skin and light orange flesh. Try my friend Karen Warren's Squash Smile recipe. Slice squash in half lengthwise. Scoop out seeds and slice squash in ½ inch to 1 inch wide "smiles." Spread out in a baking dish. Roast at 375 degrees until soft. Eat the smiles (skin and all).



Bryan Gillig, Green Fields Market's Produce Manager, told me about several less common varieties of squash we'll carry this fall, including: Tetsukabuto from Red Fire Farm, a butternut-kabocha hybrid; Honeynut, a very sweet squash that looks like a small darker brown butternut; Robin's Koginut, another butternut kabocha hybrid; and Baby Blue Hubbard, great for pie or soup.



A FAREWELL TO LOAVES

BY MICAH ROBERTS

It's been about 15 years since I took over bread baking duties at Franklin Community Co-op. There have been a lot of changes over the years but a few things have remained the same. The Sourdough French and the Sourdough Rosemary, my personal favorite, have remained constant mainstays on our bread menu. Most everything else has gone through some changes, or like our French dough, a complete metamorphosis. Everything about the French is different than when I first started. I would say for the better.

I have fully loved being a Bread Baker at FCC and have taken enormous pride in providing our community with the very best product I could. With the addition of a new bread oven a couple years ago, I feel that our consistency and quality improved, and yet, another change is near on the horizon.

I have been given an opportunity to do something new within the Co-op. Starting this fall, I will be the new Assistant Store Manager

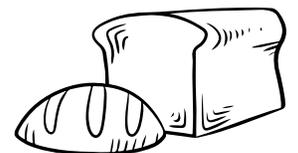


at Green Fields Market where I will be working closely with our Store Manager, Andrew Hernandez and our new Customer Service Manager, to ensure that all customers, member-owners, and staff have the best experience we can provide at Green Fields Market. I am very excited for this new chapter in my work for FCC and, though I will miss my job as a bread baker, I will bring the same level of hard work, integrity and sincerity to my new position. I am confident that my nearly 30 years of experience at the Co-op will help me succeed in my new role.

To all of our loyal bread customers, may your Sourdough French, Sourdough Rosemary and French breads continue to be crusty and delicious, may your Killarney Irish Oatmeal and Buttermilk Wheat continue to be soft, and may your enjoyment of all our breads continue to be met. I thank you all for your ongoing and continued support.

Sincerely,

The Bread Baker Roberts



BECOME A MEMBER!

Own a piece of your locally-owned market!

Become a member during our Co-op Month Member Drive, October 1-31. Everyone who joins during Co-op Month will receive:

- Free New Member FCC tote bag
- Special new member coupons
- Chance to win \$100 FCC gift card
- Chance to win a FREE extended season CSA at Just Roots
- Special coupons for new members
- Discounts at local businesses like Federal Street Books and Community Yoga & Wellness
- Own two thriving markets
- A voice in the future of our co-op & opportunity to run for our Board!

Join on our website or pick up a form in either of our stores.

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NEW!

**Our kitchen and deli now carry
house made dressings and
marinades, pickles, and kraut in
our Grab n' Go cooler! Made from
scratch and packed with flavor.**

