

Spring 2024



Free

SPRING INTO COMMUNITY

Recipes,
workshops,
gardening tips,
& more!





Welcome! The New Beet is our free 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 March, June, September and December. Please send submissions to communications@franklincommunity.coop.



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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<i>GFM Store Manager</i>	

GREETINGS, EVERYONE!

ANNUAL MEETING PRESIDENT'S REPORT • SPRING 2024

It's been quite a year, hasn't it?!? And our world hasn't gotten any simpler since March of 2023. Indeed, the state of our country, our world, is no less than sobering. Despite all of that, there is cause for celebration and gratitude. For one thing, look at us! Here we are gathered in person again! AND we're virtual! Thank you for being here, in person and on-line.

Thank you for caring about our farmers and cashiers, bulk buyers and shelf-stockers, delivery truck drivers and bulletin board tenders, cheese makers and bread bakers, hummus mixers and produce pickers, coffee brewers and toilet cleaners, number crunchers and community partners....

As shown in the staff's annual Ends report to the Board last month (and distributed to members via a link in the recent Annual Meeting email), the Co-op engages in a staggering number of community partnerships: from Stone Soup, the Food Bank, Oak Courts, and Just Roots, to New England Farmers' Union, NELCWIT, Nolumbeka Project, Franklin County Pride, and many, many, many more.

This past year – with its flash floods, early thaws, and late freezes – demonstrated just how important it is to have a strong network of support for and knowledge of local agriculture and food production. What a huge ecosystem our stores, McCusker's and Green Fields Market, represent. And each and every one of us is part of that ecosystem. By being a member, by showing up here today, you are helping to ensure the health of our local community.

Over the past twelve months, the Board has been prioritizing expansion and identity. In light of the Board's job (informed by member input) to set strategic direction for the Co-op as a whole, we've made time for generative conversations. The Board also experimented with more flexible committee work. We temporarily suspended two standing committees, reduced the focus of a third, and delegated detailed research and assessment of several specific issues to short-term working groups.

And, as you know if you read the Annual Meeting materials closely, the Board has also begun review of the Co-op's current Ends policy. An Ends Policy articulates the Co-op's overall purpose in "a meaningful and clear enough way to provide long-term direction for the management [the staff] to plan and work toward" (per our cooperative consultants from Columinate). There have been multiple stages and chapters of growth in our Co-op's history. As we envision and live into this next chapter of expansion, once again building for future generations, it is an appropriate moment to re-examine our Ends.

We recognize that change often has the combined effect of embracing a positive and of accepting a loss. (I, myself, anticipate with the Green Fields Market move to Wilson's that, while I will delight in a wider product selection and wider aisles, I will also very much miss the compactness and ok, yes, just plain scrappiness of our current Greenfield location.) I trust that, as our Co-op community collectively progresses on this journey, we will strive for what is best for the Co-op as a whole and for Franklin County at large.

So...speaking of expansion... Wow! This Wilson's project is exciting! Thanks to so many of you for stepping up with your own excitement to offer member loans to help make it a reality. This project is also SO, SO, SO complex. It's an incredibly complex physical space, for one thing. If you happen to have attended a Board meeting recently or have been following General Manager John Williams' monthly expansion updates (available to all members through the FCC website), you've possibly learned more than you ever wanted to know about steel beams and electrical loads. And it's a very complex real estate transaction, with multiple partnerships and stakeholders, including Mass Development (the current owner of the building), The Community Builders (the prospective owner of the upper stories housing development), the current tenants leasing the storefront sections of the first floor, granting and government agencies, just to name a few.

Due to all of this complexity, an exact timeline continues to be somewhat elusive – and you'll hear more from John about that in his report. It is the Board's intention to continue to keep as much as possible of our expansion discussions in open session at Board meetings, and to limit what is discussed in executive session to a portion of the financial details that require confidentiality due to the other parties involved. As the decision of accepting an overall financial package approaches, the Board intends to share with members a summary of the Board's assessment of expected investments, returns, and risks (complemented by operations' business plan, pro forma, and other materials). We will keep members informed of the meeting at which we expect voting on this momentous decision will be taking place. As stated in our bylaws, any Co-op member in attendance at a Board meeting may vote.

Finally, I'd like to give a huge thanks to John and all of the staff; to Amy and the Membership Engagement Committee for planning and carrying out this Annual Meeting; to Peter and the entire capital campaign team; and to continuing Board members Tammy Erickson, Amanda Staton, Bill Sweeney, George Touloumtzis, and (hopefully! please vote!) Jonathan Daen. And a major THANK YOU to three Board members completing their service as of this month: KC Ceccarossi, Peter Garbus, and Norm Hirshfeld, as well as Alyssa Robb and Heather Blais, who served on the Board until last summer. Thanks, also, to the six candidates who have stepped up to run for Board seats. And thanks again to all of you for being here.

*With gratitude,
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

Member Forum: franklincommunity.coop/co-ownership/forum/

FCC: franklincommunity.coop

WELCOME, NEW BOARD MEMBERS!



Joshua Bell



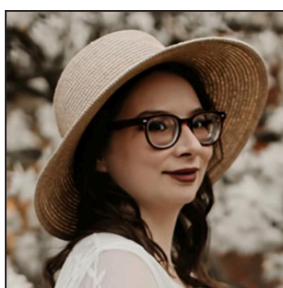
Jonathan Daen



Graunt Kruger



Victoria Luksha



Jenifer Ollis



Wendy Sibbison

We warmly welcome the six new Board of Director members who were voted in at the 2024 Annual Meeting on Sunday, March 6. You can find their full responses to their Board nomination questions in our stores.

NATURE NOTES

I love the term, citizen naturalist. "Professional" naturalist is often used when someone has had a regular job and been paid for their work, but I know many people who are far more knowledgeable than I about parts of the natural world and we enjoy learning from each other. Wherever there is something living, try to notice, be curious, observe and wonder about it. Has the forest suddenly become very quiet? Perhaps a large animal is nearby and the birds, squirrels and chipmunks you had been hearing and seeing are silent and hiding now. Soon, these familiar sounds and sights resume. The bear has moved along without us ever seeing it, but we noticed the abrupt changes and know that someone big has passed by (or perhaps it was us making too much noise or sudden movements). Paying attention to what we don't see puts us fully there, senses wide open for changes. In spring, the sudden silencing of frog choruses around marshes and vernal pools may alert you to something prowling about.

Even close to home, pick a spot you visit often and ask yourself: What plants grow here? What insects, birds and trees? Do you see them, or only the evidence of their presence? What creatures are here in the daytime, or only at night? What interactions occur among them? What human activity goes on here; has it influenced the appearance of this place? What changes happen from day to day, month to month and year to year? How do you imagine this place looked and sounded 50, 100 or 200 years ago? Were there different plants and animals back then? If you have winter feeders up, notice who visits and at what time of day. How do different species of birds

interact at feeders? And which prefer more natural foods in the neighborhood? Oh, it is never boring! The daily surprises can be intriguing, engaging, comforting and fun.

You can make healthy, potent tinctures by following all the best practices, such as harvesting from clean areas at the right time. Here's a simple way to remember when to gather your herbs as each part of a plant emerges: leaves when young; next comes buds and flowers; eventually the seeds; and roots in late fall after a few frosts. An example is making a very potent echinacea formula by first putting up new leaves, then in another jar (usually in 100 proof alcohol) the fresh petals, later, in early fall the seeds are ready, and finally dig the roots in Oct. or Nov. Each of these parts of the plant is infused in separate mother jars and strained after the 2nd full moon. It can take six months for your completed echinacea formula, but it is well worth the effort. Formula proportions vary, and I like the way plants will help us know when and how much to harvest as the seasons and weather vary from year to year. Usually my formula is $\frac{3}{4}$ roots, and $\frac{1}{4}$ of leaves, petals and seeds. A little licorice root tincture added helps to boost the strength of the echinacea and is also good for many ailments.

I'll leave you with a wish for a beautiful spring for everyone, filled with blessings and strength from the trees, joy and calm from the singing birds and health and nourishment from our plant sisters.

Kathleen O'Rourke, naturalist/herbalist

BOOK CLUB

with

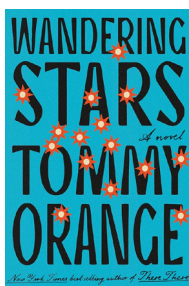


FEDERAL STREET BOOKS

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.

MARCH



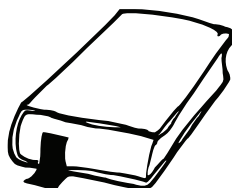
Wandering Stars

By Tommy Orange

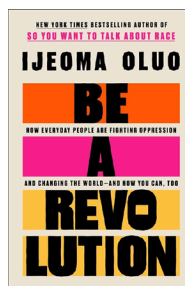
Set in Colorado, 1864. In a novel that is by turns shattering and wondrous, Tommy Orange has conjured the ancestors of the family readers first fell in love with in *There There*--warriors, drunks, outlaws, addicts--asking what it means to be the children and grandchildren of massacre. *Wandering Stars* is a novel about epigenetic and generational trauma that has the force and vision of a modern epic, an exceptionally powerful new book from one of the most exciting writers at work today and soaring confirmation of Tommy Orange's monumental gifts.

\$28.99

hardcover



APRIL



Be A Revolution

By Ijeoma Oluo

From the #1 New York Times - Bestselling Author of So You Want To Talk About Race

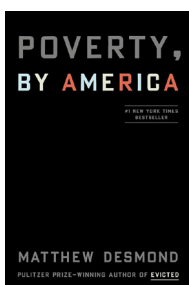
In the #1 New York Times bestseller *So You Want To Talk About Race*, Ijeoma Oluo offered a vital guide for how to talk about important issues of race and racism in society. With *Be A Revolution: How Everyday People are Fighting Oppression and Changing the World--and How You Can, Too*, Oluo aims to show how people across America are working to create real positive change in our structures. Looking at many of our most powerful systems--like education, media, labor, health, housing, policing, and more--she highlights what people are doing to create change for intersectional racial equity.

\$26.99

hardcover



MAY



Poverty, By America

By Matthew Desmond

#1 New York Times Bestseller - A Best Book Of The Year

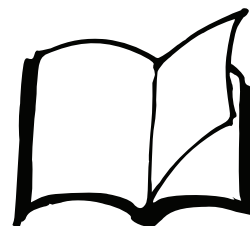
The United States, the richest country on earth, has more poverty than any other advanced democracy. Why? Why does this land of plenty allow one in every eight of its children to go without basic necessities, permit scores of its citizens to live and die on the streets, and authorize its corporations to pay poverty wages?

In this landmark book, acclaimed sociologist Matthew Desmond draws on history, research, and original reporting to show how affluent Americans knowingly and unknowingly keep poor people poor. Those of us who are financially secure exploit the poor, driving down their wages while forcing them to overpay for housing and access to cash and credit. We prioritize the subsidization of our wealth over the alleviation of poverty, designing a welfare state that gives the most to those who need the least. Some lives are made small so that others may grow.

\$24.99

paperback

(available in April)



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



NorthLoop Maple Farm, located in Halifax, Vermont, is a family run maple farm that is owned and operated by Jeff and Lisa Duncan. NorthLoop Maple Farm is new to our co-op this year and just in time for maple season!

NORTHLOOP MAPLE FARM

**Interview with Jeff Duncan, NorthLoop Maple Farm Owner,
by Amy Britt, Outreach and Communications Manager**

Can you tell us about the history of NorthLoop Maple Farm?

I started NorthLoop Maple Farm in 2015 with ten buckets in a neighbors' garage. That first year I made five or six gallons of syrup. I didn't know what I was doing, I didn't know what grade it was or even how to tell different grades of syrup. I asked my friend who had a bigger maple syrup operation about his process. I was working on this tiny evaporator every night until 4:00am. One morning my wife said "If you're going to do this, why don't you get some equipment that is better?" And that was the official start of our maple syrup business.

That year we cleared some land and built a dedicated sugar house and I upgraded to a professional evaporator. I upgraded from a small single pan to a 2'x6' and then 2'x8' and this year I use a 3'x10' evaporator. I am on my fourth evaporator machine since 2015. The one I currently am using produces about 8 gallons per hour.



NorthLoop Maple uses a reverse osmosis system to help remove some of the water from the sap before it is boiled. This reduces the boiling time and saves fuel. Syrup is 98% water when it comes out of the trees and is a slightly sweet crystal clear liquid.

Can you describe the flavor of your syrup?

Our syrup has a nice buttery, vanilla flavor to it which people really like. There are no additives or preservatives where typical conventional maple syrup is often flavored corn syrup. Real maple syrup has a low glycemic index. The quality of the ingredients and using high quality equipment makes the difference in flavor along with paying attention to technique. There's a lot of details and technical things related to cleaning equipment that can impact the effect of the quality of the syrup.

What is the most popular grade of syrup?

The most popular grade of syrup is Amber because it has a nice medium flavor. Dark syrup is generally easier to find at the end of the season. Golden grade, which is very light, is generally available at the beginning of the season. Sometimes people ask for dark syrup because it's harder to find.

In Vermont we have three grades, delicate, amber, and dark. During the beginning of the season when it's cold and the trees are cold, you'll make a lighter grade of syrup because there's less bacteria in the lines. Bacteria is what causes the darker grades. The bacteria eats the sap which lowers the sugar content, so you boil it longer. The bacteria doesn't affect the sap because it's heated to high temperatures and is filtered. Darker syrup has a deeper flavor and is often preferred for cooking.

What is your favorite way to use maple syrup?

My kids love it and eat it with their yogurt for breakfast and we cook with it. The other day my daughter was at the table and poured it on her yogurt in the morning. She was focused on getting every last bit of syrup from the container.

I like to roast butternut squash with maple syrup and make maple candied walnuts. I also make granulated maple sugar that my family uses instead of granulated sugar.

What is something you want our customers to know?

To make a quality product it is very labor and time intensive. It is hard and a lot of work to make one gallon of syrup. Maple syrup is a very expensive product to produce because it takes a long time to turn the sap into syrup. The ratio of sap to syrup is about 50 to 1; it takes 50 gallons of sap to make one gallon of syrup. The equipment is expensive, the time spent on clean up and spent in the woods maintaining the equipment and trees. This is a labor of love for me. I boil my sap every single night; I don't let my sap sit. During the sugaring season, on Saturdays I work all day and have a full time job outside of running my maple farm.



Vermont is the largest maple syrup producer in the U.S. People making syrup do it because they love it. It's important to support local and small businesses because people work hard to create a nice product that customers love. We (NorthLoop Maple Farm) are all about sustainability and recently switched from wood to propane. It's clean and more efficient with a smaller production of greenhouse gasses. We try hard to be environmentally conscious.

What is your favorite part about having a maple farm?

The first boil of the season and my second favorite is the last boil of the season! You're so excited for the first one and then towards the end of the season, because it's such a time intensive process, everyone and everything is so tired. The pans are tired, the equipment is tired, I'm tired.

How can people get in touch?

People can call to make an appointment to visit our sugar house and see how our syrup is made. People can also find us on Facebook and Instagram @NorthloopMaple

MAKE YOUR OWN GRANULATED MAPLE SUGAR!

Pour NorthLoop Maple Farm syrup into a tall, heavy bottom stock pot and boil it until it reaches a temperature that is 45-50 degrees above the boiling point of water. (The boiling point of water varies by elevation and pressure.) Jeff boils his syrup to about 260 degrees. Stir it until it turns into sugar and then sift. Use a candy thermometer to keep track of the temperature.

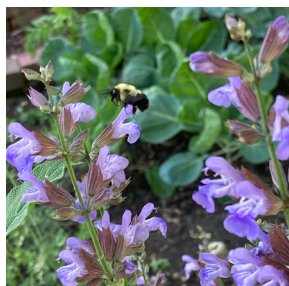


CONTAINER GARDENING

By Suzette Snow-Cobb, Co-Coordinator, Great Falls Community Garden

Grow food everywhere! I love this provocative phrase promoted by Seeds of Solidarity Education Center folks with their mission of inspiring the love of food, growing, and creating healthy communities.

When I think of container gardening, I'm reminded of our ability to grow food in a variety of places and containers, just about anywhere! Whole books have been dedicated to the ins and outs of container gardening, and people have utilized sunny balconies, patios, and windowsills for ages. The internet offers a plethora of advice for container gardening.



A recent addition to my garden book library is *The Vegetable Gardener's Container Bible* by Edward C. Smith. Chapters include information on compost and soil mix, managing pests and diseases, watering, and matching the right container with the type of plant. But you can start with a few containers and bagged soil mix while keeping in mind a few basics. Here are some tips if you want to get started.

Sun. Observe how the sun travels throughout the day and choose a spot for your containers where they'll get at least six hours of sun per day. Some plants can handle partial sun or fewer hours. At my home, we grow lots of nasturtiums in containers. They like full sun but do OK with partial sun. You might see fewer flower blooms, but the peppery-tasting edible leaves are a great addition to salads.

For soil, not all bagged potting soil is equal! Look for one that has a mix of peat, limestone, and vermiculite or perlite. Whatever your container, traditional pots, buckets or the old tin

tea pot, you'll need drainage. Containers tend to dry out faster than in-ground plantings, so keep an eye on the moisture level. If it is windy, containers can dry out fast. Your plants will need to be fed, as well. A liquid fertilizer of fish and seaweed like Neptune's Harvest is what we use along with adding some well composted soil mix.

Growing herbs is a great way to start. We're fortunate to have multiple farmers markets, farm stores and of course the co-op which offer a selection of herb plants, so you don't have to start with seed. And lettuce- we eat lots of salads, so we grow as much lettuce as possible. There are many varieties to choose from, we've found the speckled or "Trout Back" variety or an oak leaf are good for containers.

What I've seen many times over in the community garden is the enthusiastic planter taking on planting lots of different seeds and plant starts. They don't realize that they'll need consistent tending and attention, and that initial enthusiasm turns to being overwhelmed with maintenance or they just give up. Don't overdo it. You don't want your gardening to be a burden.

One of the attractions of container gardening is the adaptable scale. Even if you have a tiny space, you can enjoy growing, adding to your culinary experience and plant world connection.

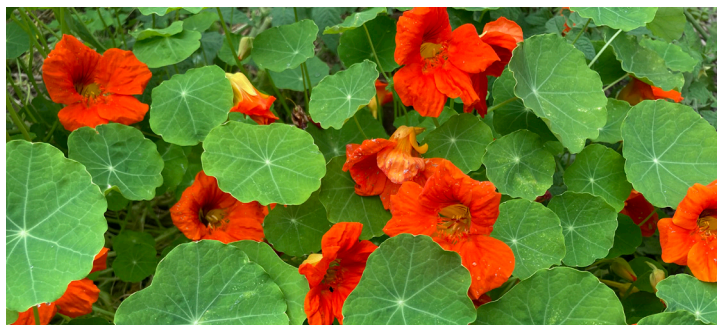




Photo Courtesy: Co+op Kitchen

ASPARAGUS RISOTTO

By Co+op Kitchen

Total Time: 45 minutes; 35 minutes active

Servings: 4

Celebrate asparagus season with a creamy risotto. Making risotto is all about the stirring — stir in the warm stock a little at a time, encouraging the rice to share its starches and create a light sauce around the grains. Asparagus stems infuse the rice with their flavor and adding the tips at the end keeps them from overcooking.

Ingredients

- 4 cups vegetable or chicken stock
- 1 bunch of asparagus
- 1 tablespoon extra virgin olive oil
- 1 small onion, finely chopped
- 1 cup arborio rice
- 1/2 cup white wine or stock
- 1/2 teaspoon salt, to taste
- 1 cup parmesan cheese, shredded
- Freshly ground black pepper

Instructions

1. Pour stock into a 2-quart pan and bring to a boil. Reduce to medium-low heat to keep at a low simmer.
2. Slice the tips of the asparagus about 3 inches long and reserve. Thinly slice the remaining stems of the asparagus, discarding the tough base.
3. In a heavy-bottomed pan, add the oil and saute the onion over medium heat until soft, about 5 minutes. Increase heat to medium-high. Add the rice and saute, stirring to coat with oil. When rice is hot, add the wine or stock and cook until dry. Stir in chopped asparagus stems, reserving the tips.
4. Add a ladle or two of the stock to the rice and cook until absorbed before adding more. Add the asparagus tips after 15 minutes. Start testing the rice for doneness; it should take about 5 minutes longer. When rice is tender to the center, remove from heat and stir in the parmesan. Top with freshly ground black pepper.

Serving Suggestion

Serve with roasted chicken or baked fish or tofu.

Nutritional Information

280 Calories, 10 G. Fat, 20 Mg. Cholesterol, 1000 Mg. Sodium, 28 G. Carbohydrate, 3 G. Fiber, 13 G. Protein

NACHOS

By Trouble Mandeson

Ingredients

- 1 can refried beans
- 1 can diced tomatoes
- 1 tsp. organic onion powder
- 1 tsp. organic garlic powder
- 1/2 tsp. organic chili powder
- 1/2 tsp. organic cumin
- 1 onion, diced
- 2-3 jalapeno, chopped
- 1 bag blue or yellow tortilla chips
- 1 cup cheddar cheese, grated
- 1 cup medium salsa

Instructions

1. Preheat oven to 350 degrees.
2. Combine beans with diced tomatoes. Add in seasonings and mix well.
3. Pour chips onto a baking sheet in one layer and spoon bean mixture over them. Sprinkle with diced onion and jalapeno. Top with cheese and bake until cheese is melted, about 5 minutes.

Serving Suggestion

Serve with sour cream, salsa or pico de gallo, and/or guacamole.



Photo Courtesy: FreePik



Photo Courtesy: Co+op Kitchen

MAPLE CHOCOLATE TOFU PUDDING

By Co+op Kitchen

Total Time: 10 minutes (not including refrigeration time)

Servings: 4

This simple and delicious dessert holds appeal far beyond for tofu lovers.

Ingredients

- 1 package silken tofu, extra firm (12.5 ounces)
- 1/4 cup maple syrup
- 1/3 cup semi sweet chocolate chips
- 1/3 cup toasted sliced almonds
- 1/4 teaspoon vanilla extract

Instructions

1. In a food processor, puree the tofu, maple syrup and vanilla until smooth.
2. Microwave half the chocolate chips for 40-60 seconds and stir to blend. Add the melted chocolate and half the sliced almonds to the tofu mixture and blend until smooth. Remove from the food processor and stir in the remaining almonds and chocolate chips.
3. Refrigerate 30 minutes until firm. Serve as a dessert or topping.

Nutritional Information

277 Calories, 14 G. Fat, 0 Mg. Cholesterol, 7 Mg. Sodium, 34 G. Carbohydrates, 3 G. Fiber, 7 G. Protein

WORKSHOPS & EVENTS

SPRING 2024

**APRIL
15-21**

ART FOR EARTH DAY: SUSTAINABLE SPRING

Join us for our third annual Art for Earth Day Contest! We're looking for 10

member owners who want to design a reusable tote bag inspired by Spring into Sustainability for Earth Day. You can vote for your favorite tote bag between April 15-21; the bag that receives the most votes will receive free sustainable goodies for Earth Day along with an FCC Klean Kanteen tumbler. Sign up to claim a tote bag by emailing us at communications@franklincommunity.coop.

Winner Announced on Earth Day

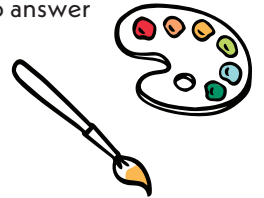


**APRIL
26**

KIDS ART WORKSHOP & RECEPTION WITH ARTSPACE

FCC Community Room, 170 Main Street, Greenfield

What's better than locally made art created by kids? We are excited to collaborate with ArtSpace on a kids art workshop and art reception. Light appetizers and beverages will be provided and the artists will be on hand to answer your questions and share their inspiration for their work.



**MAY
9**

CAKE DECORATING WORKSHOP

**FCC Community Room
170 Main Street, Greenfield**

Come learn some cake decorating techniques with Micah! During this hands-on class, participants will learn some piping techniques to decorate your cakes with style. All supplies will be provided and everyone will take home some cupcakes they decorated.

This class is limited to 12 participants. Registration is required.

Please RSVP to communications@franklincommunity.coop.



TBA

COMMUNI-TEA: ACCESSIBILITY

**Online Event
Date TBA**

What is the state of accessibility in our community? What do we mean by "accessible"? What are your concerns about accessibility? Join other community members for an informal conversation via Zoom. Whether we currently have disabilities or have friends and family members with disabilities, we'll discuss our concerns and share information about community resources related to accessibility and how we can advocate for accessibility in our community.

Please RSVP to communications@franklincommunity.coop.

You do not need to be a member to come to most of our workshops or to shop in our stores—our co-op is here for everyone in the community! If you're interested in exploring membership, you can ask for a form in either store, or join on our website.

ROUND UP FOR THE COMMUNITY

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



GREAT FALLS COMMUNITY GARDEN

MARCH & APRIL

Started by a group of residents in 1997, the first Great Falls Community Garden was created on 4th and L, Turners Falls. There is no annual fee for gardeners, as we didn't want to have a financial barrier to having a plot. Gardeners are asked to use only organic methods and participate in work days and snow clearing as they are able. The 3rd and L Street land is owned by Franklin County Regional Housing Authority.



JUST ROOTS

MAY & JUNE

Just Roots creates equitable access to healthy local food in Western Massachusetts, and works toward just, vibrant, and sustainable farm and food systems everywhere.

POEM FOR THOSE WHO FORGET

By Marian Kelner

I had 'em, just had 'em, just had 'em, I know.
I know that I had 'em now where did they go?
The keys to my car, where can they be?
Well, here are my glasses, at least I can see!



Can they be in a pocket or still in the car,
under some papers or somewhere bizarre?
And my money, my money, I remember it well
in my hand at the store by the arnica gel.



My life is now a mystery game
though I've got to remember never to blame
myself for this sign of aging in place

but welcome it all with calmness and grace.
Now where is the coffee I left on the table?

I know it was there, but now I am able
to see it beside the recycling bin
on the floor by the door where I just came in.



I had it, just had it, just had it, I know.
Will this be my mantra 'til the day that I go
to the Great Beyond just beyond the bend?
Now where in the world did I leave my pen?

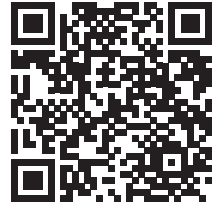


I need it to finish this poem I wrote.
I had it, just had it, just had it, I know.

LET US COOK FOR YOU

Our catering team craft delicious holiday treats for Easter, Passover, and Mother's Day.

Visit our website to view the menus and place your order.



*let us first nourish the land
so that in return it may nourish us,
for any sustainable culture has its roots in the earth*

Community Supported Agriculture

**Conway, MA
(413) 369-4269
naturalroots.com**

We are a horse-powered CSA farm located along the South River in Conway, MA. Become part of our vibrant community of members and enjoy our beautiful, bountiful farm. We offer flexible 10 week or full-season 22 week CSA shares! We would love to have you join us. For more information, please see our website, or come by the farm. Our farm store is open year-round. We offer eggs from our own pastured hens as well as other local items including beef, chicken, pork, dairy, baked goods, honey, maple products, coffee, tea, ice cream, snacks, beverages and more!



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