

Summer 2024

Free

# The New Beet



## TASTE OF SUMMER



FRANKLIN COMMUNITY  
**CO-OP**

GREEN FIELDS MARKET • MCCORMICKS MARKET





**Welcome!** The New Beet is our free Co-op magazine, published seasonally in March, June, September, and December. We welcome recipes, classifieds, and event announcements from our members-owners; submissions are due on February 15, May 15, August 15, and November 15 for the corresponding issue. Please send submissions to [communications@franklincommunity.coop](mailto: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.*

**TABLE OF CONTENTS**

President's Report.....	3	Poem by Marian Kelner.....	10
Staff Picks.....	4	Wanna Get Engaged?.....	11
A Message from Wendy Sibbison .....	4	Workshops & Events.....	12
A Visit with Jim McGovern.....	5	Round Up .....	13
Harvest Supper: Then and Now .....	6	Faith Dickhaut Kindness .....	13
Co-op Demo Program .....	6	Federal Street Book Club.....	14
Healthy Food .....	7	Co-op Catering.....	15
Recipes .....	8-9	Classifieds.....	16
Nature Notes .....	10		

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**GREETINGS, EVERYONE!**

**BOARD PRESIDENT'S REPORT • SUMMER 2024**

As lawns turn green, t-shirt weather emerges, and produce shelves fill up with fresh local bounty, the Franklin Community Co-op Board is busily tending its governance garden.

We are excited to have wonderful new additions to the board as of Annual Meeting elections in March: Josh Bell, Graunt Kruger, Tori Luksha, Jeni Ollis, Wendy Sibbison, and (re-elected) Jonathan Daen. With a strong depth and breadth of expertise in various areas, the 'newbies' have been diving in with enthusiasm and commitment.

As our new board cycle got underway this spring, we re-affirmed two priorities for our work this year: expansion and identity (particularly a review of the Ends policy, the statement of overall purpose used to guide the co-op's operations). We were pleased to have input from those of you who joined in the Ends dialogue at the Annual Meeting. A working group is planning further opportunities for members to give feedback in the fall.

While the complexity of the Green Fields Market expansion can be daunting, the significance of the project's benefits to downtown Greenfield, to the wider community, and to the co-op itself, continues to spur us on. We're looking forward to updated projections and pro forma from General Manager John Williams and National Co-op Grocers consultants this summer.

At our May board meeting, we heard a report from CPA Joe Wolkowicz on the audit for the fiscal year ending September 30, 2023. The audit found no cause for concern in the management of FCC's finances, and the CPA spoke highly of our

finance staff as well as of the accounting improvements he has seen over recent years.

In addition to the serious aspects of our work, we do our best to live up to the board's policy of 'having fun'! Recent meetings have included little-known facts about ourselves, as well as creating soap opera names and sharing something about our learning environments at the age of 16. You, too, could be part of this eclectic and energetic bunch...

We hope that many of you will take a moment to chat with board members informally as we host "5 Minutes with the Board" opportunities in both stores, as well as at local farmers' markets and other events in the area, in the coming months. We also hope that you'll take a second or two - the next time you're shopping - to appreciate the FCC staff, who work so hard to strengthen our local community and to keep our stores running smoothly!



**See you in the aisles,**  
**Margaret Cooley**  
**Board President**

*As always, we welcome hearing from you and encourage you to stay in touch. On the FCC website and Member Forum, you can find information about expansion and other Board activities.*

**Email:** [bod@franklincommunity.coop](mailto:bod@franklincommunity.coop)  
**Member Forum:** [franklincommunity.coop/forum/](http://franklincommunity.coop/forum/)  
**FCC:** [franklincommunity.coop](http://franklincommunity.coop)



## STAFF PICKS

*Want to try something new? Wondering where to start? Try one of these staff picks!*



**WHAT:** Hawaiian Flatbread

**WHY:** Consistent and as sweet as it is savory. Hot, delicious, and crispy at a good price point.

**WHEN:** For putting in my face at lunchtime.

**WHO:** Kim Fulks, HR Manager

**WHAT:** Diemand Turkey Pot Pie

**WHY:** It is an excellent, quick, ready-made dinner made with good-quality ingredients that comes in several serving sizes. It's a comfort-food-type of meal that is really tasty and we love that it is locally produced.

**WHEN:** I keep in the freezer for those times when we don't feel like or have the time to make dinner.

**WHO:** Janice Boudreau, Board of Directors Administrator



## A MESSAGE FROM WENDY SIBBISON

Hello, members! I'm new to your board of directors and will be available on June 15 from 11 a.m. to noon to chat with anyone who stops by to see me at Green Fields Market.

A little about me: I've lived in Franklin County since 1970 and I'm retired after practicing law for 35 years, specializing in civil and criminal appeals. For 13 years, I represented Precinct 8 on the Greenfield Town Council. I've been a Co-op member since 1993, and last year was on the team that raised \$1.6 million in member loans toward the Co-op's expansion. This work engaged my energy and imagination, and I want to help guide the Co-op into the future at this exciting moment in its history.

For many years, I was active in protecting Greenfield's downtown from corporate sprawl: I was a founder of the Community Development Corporation, was on the front lines in the winning campaign against WalMart, and chaired a joint project of Greenfield's Planning Department and the Greenfield Business Association,

dedicated to tackling blighted areas downtown. In 2021, I published a novel, *Helen in Trouble*, loosely based on my own experience in high school; Kirkus Reviews named it one of the best books of 2022. I started piano lessons in my sixties, am a lifelong gardener, a shape-note singer, a bread baker and decent cook, and mother to 38-year-old Maisie, who was born and raised and—after many years—is living again in Greenfield. Most of my close friendships are decades-old, hatched in the '70s in Franklin County.

*Please stop by, I look forward to meeting you!*

*Watch for more board member profiles in our new, monthly e-newsletter!*



On April 26, we welcomed Rep. Jim McGovern and Regional Manager Koby Gardner-Levine to town. Co-op General Manager John Williams gave a tour of the former Wilson's Department Store building, followed by a conversation in our community room at 170 Main St. about the Green Fields Market Relocation and Expansion Project.

Others included Anne Gobi, director of Rural Affairs; Elena Cohen, district director of the Office of Sen. Jo Comerford; Jesse Lederman, regional director from the Office of Sen. Ed Markey; Christine Kimball, USDA's Rural Development business loan & grant analyst; Winton Pitcoff, MDAR deputy commissioner & legislative & policy director; Greenfield Mayor Ginny Desorgher and her Chief of Staff Keith Barnicle; Amy Cahillane, Greenfield's Community & Economic development director; Anna Meyer of Hart Farm; Eric Debbink of Lombrico Farm; A.J. Bresciano of Greenfield Savings Bank; Greenfield Business Association Director Hannah Rechtschaffen; Clare Higgins, Executive Community Action Pioneer Valley Director; and Franklin Community Co-op board and building committee members.

Presentations described how the project will invigorate the local economy and help revive Greenfield's downtown by occupying the basement



## A VISIT WITH JIM MCGOVERN

*By Caitlin von Schmidt,  
Outreach & Communications Manager*

and first floor of the former Wilson's Department Store. Farmers Anna Meyer and Eric Debbink emphasized how important the expansion will be to our significant local farming economy.

The Co-op is building our relationship with Rep. McGovern and other stakeholders in order to garner federal support and to create potential opportunities for federal and Commonwealth funding resources; we're in the process of applying for federal funding from both McGovern's and Senator Markey's offices.

Said our manager John Williams, "We were excited to show everyone the Wilson's space and tell them what our member-loaners already know: that this project will be transformational for Greenfield and surrounding areas, and

the Commonwealth should follow the lead of the generous people who stepped up during our capital campaign and help bring the project to fruition. We appreciated the enthusiasm of the group and Rep. McGovern's words, 'I'm all in.' "

We extend our deep appreciation to all of our member-loaners for being all in!





# HARVEST SUPPER: THEN AND NOW, MANY HANDS MAKE LIGHT WORK

By Mary McClintock, FCC's Demo/Outreach Coordinator

Juanita Nelson was a practical visionary and long-time Franklin Community Co-op member who lived her values every day. Juanita and Wally Nelson grew a lot of their own food near their cabin on Woolman Hill in Deerfield. Believing everyone should eat locally grown food, they helped start the Greenfield Farmers' Market 50 years ago. At the end of an early Greenfield Farmers' Market season, the farmers organized a harvest supper to celebrate their success with the market.

In early 2005, Juanita told some friends, "Many years ago, the Greenfield Farmers' Market had a harvest supper. We should do that again."

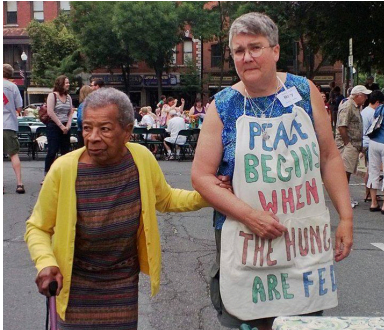
I was one of dozens of people who said "Sure! Let's do it!"

Maggie and Jim Zaccara and Evelyn Wulfkuhle pulled together a meeting at their then-restaurant Bottle of Bread in Shelburne Falls and Juanita and a large ad hoc group started planning what became the first Free Harvest Supper of Locally Grown Food for August 2005.

What does it take to feed over 1,000 people? MANY local farmers donating food and MANY volunteers. Since 2005, dozens of local farmers have donated food and hundreds of volunteers have staffed the

Harvest Supper—preparing and serving food, setting up tables and chairs, sorting compost and recyclables, and more. Farmers who are FCC members-owners have been core donors of food to the Harvest Supper since 2005. Many of the Harvest Supper volunteers

are FCC working-members who volunteer for community organizations and events and receive discounts when they shop at the Co-op's stores Green Fields Market and McCusker's Market. In recent years, the Stone Soup Café has organized the Annual Harvest Supper Celebration each August.



Juanita Nelson and Mary McClintock

## Want to be part of a tasty community tradition?

This year's Harvest Supper is on August 24. Visit Stone Soup's website to sign up to volunteer: [thestonesoupcafe.org/p/13/Volunteer](http://thestonesoupcafe.org/p/13/Volunteer)

## Want to be an FCC working-member and receive a discount at our stores?


Visit [franklincommunity.coop/](http://franklincommunity.coop/) working-member-program/ to learn more and sign up!





## "WOULD YOU LIKE A TASTE OF...?" OUR CO-OP'S DEMO PROGRAM

By Mary McClintock, FCC's Demo/Outreach Coordinator



If you're like me, sometimes you want to taste something before you buy it. That's part of why Franklin Community Co-op has a demo program to offer samples of some of our products. In the past year-plus that I've worked at the Co-op, I've offered samples of new cheeses from New England cheesemakers, scrumptious baked goodies from the Co-op's bakery, fermented veggies from local suppliers like Real Pickles, and lots more. Often, staff from the food or beverage producer

offer samples, like a recent demo of dosa batter made into waffles by the folks from Dosa Kitchen in Brattleboro, VT or this upcoming summer's McCusker's beer tastings by local breweries.

## Want to know what's on our demo calendar?

Check out the Co-op's website: [franklincommunity.coop/events/](http://franklincommunity.coop/events/) and look for the "Free Samples Today" signs.



# HEALTHY FOOD

By Bill Sweeney, FCC Board Member

If you were at the Co-op's Annual Meeting in March, you heard keynote speaker Gabby Davis from National



Gabby Davis

Co+op Grocers address the topic of healthy food. Gabby revealed many perspectives about healthy food, and it turns out it's not always what we think it is.

What exactly is "healthy"?

Let's start by asking, healthy for whom? What is considered healthy for one person may not be considered healthy for another.

That organic, sprouted-wheat bread that sounds wholesome to some would make those following a gluten-free diet unwell. A thick, juicy, grass-fed ribeye would not be the choice of a vegetarian. And haven't we all needed to get something on the table quickly? The kids are hungry, you're late coming home from work, and you're just too tired to prepare a full meal. You reach for a can, a jar, or a prepared meal, and it's good enough. Maybe food from a familiar box brings you back to your childhood or cultural roots and is just the thing to brighten a sad day. And for someone who's food-insecure, maybe any food is healthy food.

Gabby revealed many perspectives about what constitutes healthy food, and shared excerpts from people she's interviewed:

*"For almost a year, I was only able to keep down bean burritos from Taco Bell and bologna sandwiches on white bread."*

*~Co-op employee living with Lupus. She was pregnant at that time and struggled to gain weight. Her baby wasn't gaining weight either. She chose to eat for her life and her baby's life.*

*"My mom said to always eat more fruits & veggies more than anything else because we had to be strong & healthy. And I did it too. All the way until I was 21. I was a vegetarian & talked some of my friends into trying it. When I was 21, I found out I had leukemia. My immune system was really low since I was getting chemo and I had to be put on a neutropenic diet. Blew my entire idea of healthy food to pieces and realized I had been a judgmental prick to the people around me."*

*~26-year-old cancer survivor celebrating their 5th year as an omnivore.*

*"My parents had moved in so my dad could have help taking care of my mom. She has end-stage dementia, and we were told she maybe had lil over a month to live. My house is strictly natural and organic. My family only eats fish and veggies and my youngest has never had fast food. Every once and a while, my mom would repeatedly ask for McDonald's, specifically a Big Mac. My dad said their first date was at McDonald's and that he would love to share that meal with his wife. I told him 'no' and explained how bad that stuff was. I laid in bed that night and put myself in his shoes. The next day, my wife set up a 'date night' for them & I served them Big Mac meals. Eating healthy is making sure my parents were happy even if it was just for one more night. My dad still talks about that date & my mom has been gone for two years."*

*~CCMA attendee, leader in the cooperative sector*

*"In the '50s and '60s, actually having food to eat would've been my answer. Now it's having food I can make independently."*

*~70-year-old woman residing in Detroit, blind since 1996.*



The Co-op will continue to provide you with information you need so that you can choose what's best for you.

If you're struggling to afford food or experiencing food insecurity, the Co-op can help. Learn about our Food For All discount program at [franklincommunity.coop/food-for-all-program](http://franklincommunity.coop/food-for-all-program).



Or consider our Working Member discount program: [franklincommunity.coop/working-member-program](http://franklincommunity.coop/working-member-program). And check out our "Co-op Basics" (lower-cost, basic items in the store marked with special tags).



In the end, as always, it will be up to you to decide what is healthy and what works for you.

Thank you and happy eating!



# SUMMERTIME THREE (OR MORE) BEAN SALAD

By Trouble Mandeson



This three bean salad is perfect for summer barbecues, picnics, potlucks, and parties. Tangy and tart with a hint of sugar, it's full of flavor, texture, and color. The longer it marinates, the better it becomes.

**Ingredients** Field Day Basics

## VINAIGRETTE:

⅓ cup red wine vinegar  
 2 teaspoons cane sugar \$3.99  
 1 teaspoon salt  
 1 teaspoon Dijon mustard  
 ½ teaspoon fresh ground black pepper  
 ⅔ cup extra virgin olive oil  
 \$7.99/\$13.49/\$22.99

## SALAD:

1 can cannellini beans \$1.49  
 1 can kidney and/or black beans \$3.49  
 1 can garbanzo beans  
 1 can cut green beans or 1 cup fresh green beans \$2.19  
 1 large red onion, thinly sliced

## Instructions

- Using a blender or a bowl with a wire whisk, add together the vinaigrette ingredients except for the olive oil. Next, slowly add the oil while blending/whisking until the dressing is thick and creamy. Set aside. You can also make this the day before and refrigerate or use your own favorite homemade or store-bought vinaigrette.
- Drain and rinse the beans. If you're using fresh green beans instead of the canned variety, trim, cut, and blanch them in boiling water, ending with a dip in ice water. Mix beans and onion in a large bowl, cover with vinaigrette and refrigerate overnight. Some prefer a lighter coating, I like to completely submerge my salad in dressing.
- If you're not a raw onion lover, omit them or use to marinate the salad overnight and remove before serving. Get creative with this classic dish. Although not classic, you can add in cubes of your favorite summer vegetables like carrots, celery, summer squash, sweet peppers and radish.
- Use any variety and configuration of canned beans that appeal to you, make it a three, four or five-bean salad and serve up a rainbow of flavors, textures, and colors. Remember that beans are a source of complex carbohydrates, protein, and fiber.

# SIMPLE KALE SALAD

By Marsha Hirschfeld

## Ingredients

1 bunch kale (I prefer Lacinato, but you can use what you like)  
 ¼ cup hemp seeds  
 ¼ cup nutritional yeast  
**DRESSING:**  
 Mix all together in a small bowl - adjust to your taste.  
 2 tablespoons olive oil  
 2 tablespoons apple cider vinegar  
 ½ teaspoon salt & pepper  
 ½ teaspoon cumin & coriander

## Instructions

- Pour over kale and give it a good massage.
- Add the hemp seeds and nutritional yeast and stir to mix.
- Add maple syrup to taste, cut up avocados, and pumpkin seeds (optional).

Photo Courtesy Taste As Fit

# BERRY RICOTTA PUFF PANCAKE

By Jessi Smith

## Ingredients

3 tablespoons butter  
 5 large eggs, room temperature  
 1 ½ cup reduced-fat ricotta cheese  
 ½ cup fat-free milk  
 1 ½ teaspoons vanilla extract  
 ½ teaspoon grated lemon zest  
 ¾ cup all-purpose flour  
 ¼ cup sugar  
 ½ teaspoon baking powder  
 ½ teaspoon salt  
 ½ cup fresh blueberries  
 ½ cup fresh raspberries  
 ½ cup sliced, fresh strawberries  
 Confectioners' sugar

## Instructions

- Preheat oven to 400°. Melt butter in a 12-inch, cast-iron or other ovenproof skillet. Swirl to coat evenly.
- Meanwhile, in a blender, process eggs, ricotta, milk, vanilla, and lemon zest until blended. Add flour, sugar, baking powder, and salt and process until blended. Pour into hot skillet. Top with berries.
- Bake until puffed and sides are golden brown and crisp, 25-30 minutes. Remove pancake from oven; sprinkle with confectioners' sugar. Serve immediately.

Photo Courtesy Taste of Home

Photo Courtesy Dinner at the Zoo





## NATURE NOTES

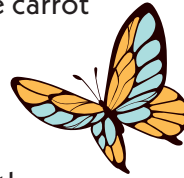
By Kathleen O'Rourke, Naturalist/Herbalist

Learn to identify poison ivy, which grows on woody stems. The small and large plants, shrubs, and vines have irregularly notched leaves of three. There are two lateral (side-by-side) leaves, and one terminal leaf further out on a short stem. Learning to recognize poison ivy in its many stages and forms of growth can be useful if you're trying to avoid contact with it.

The plant jewelweed is a remedy for poison ivy; rub some jewelweed on a rash several times a day. You can even try using jewelweed before you might come in contact with poison ivy's irritating urushiol oil, since it can help establish a barrier on your bare skin. You can also use this succulent plant fresh on athlete's foot, fungal infections, and stings from nettles. Simply mash jewelweed with your hands and rub the juicy plant on your skin. Almost any skin ailment will benefit from this abundant, but not invasive, healing plant.

Caterpillars feed on host plants, while butterflies dine on nectar plants. Both butterflies and moths

change from eggs to caterpillars (larvae) to chrysalis (pupae) and ultimately emerge as adult, winged beauties in that magical process, metamorphosis. The black swallowtail, for instance, lays small, yellowish, oval eggs on host plants of the carrot family. One can find them in gardens on parsley, carrots, parsnips, and dill. Leave these alone, and soon you'll see the beautiful, two-inch caterpillars, green with black bands and yellow spots. Eventually, the large, black (with yellow and blue) butterflies will visit your flower gardens. Protect their plants and habitats, and you'll be well rewarded!



Spittlebugs are fascinating: the nymphs live inside globs of frothy liquid that look like spit on plants' leaves and stems. Kids love this, of course. Get a closer look by gently wiping away the spittle until you see the tiny bug, and then watch it make more spittle, which it needs so it doesn't dehydrate and die. Later in summer they become ordinary brownish bugs, hopping around while eating leaves. Hence, its other name is froghopper.

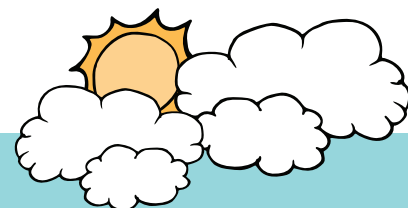


## ONCE HERE

By Marian Kelner

As the rising sun  
infuses orange, yellow, and pink  
in the eastern clouds,  
I realize a sky such as this  
once floated above dinosaurs in this very valley,  
above glaciers a mile high,  
above a vast lake,  
above Native Americans rising to meet the dawn.

As the rising sun  
infuses orange, yellow, and pink  
in the eastern clouds,  
I become aware that everything I now see  
soon enough will no longer be here,  
but will live in the imagination of those  
who look at their sun rise and remember  
that where they now stand  
the sun once rose over this town  
these people, animals, verdant fields  
these rivers, trees, and rolling hills.



## WANNA GET ENGAGED?

Here are a few ways to stay  
informed and get involved

"Membership engagement" – what does that mean? What does that look like? What does that feel like?

We who serve on the Co-op Board's Membership Engagement Committee think about that all the time.

A cooperative like ours is an example of a distinct economic model – owned not by an individual or a family or a distant corporation, but by thousands of us who live here and directly purchase the goods for sale in our two stores.

Shopping at Green Fields Market and McCusker's Market is of course the most basic – and most essential! – form of engagement. This goes for all shoppers, whether members or not. Patronage of the retail business we collectively own is vital to its continued existence!

But as a values-based organization, a cooperative has many additional dimensions. The seven cooperative principles are posted high on the wall at Green Fields Market. But how does a member learn about how these other aspects of our organization and its impacts on the community – how much we support local agriculture, how we strive to provide affordable grocery options while still paying reasonable prices to our suppliers and good wages to Co-op employees, how working-members are given discounts for volunteering at non-profits in the community?



**OUR GOAL** is to provide the opportunity for every member – and potential member – to get the information they want and participate in the way(s) that match their preferences and availability. Let us know how we're doin'! – [mec@fcc.coop](mailto:mec@fcc.coop)

In service, George Toulountzis, Membership Engagement Committee Chair, for MEC members Emily Gopen, Gary Seldon, Wendy Sibbison, and Bill Sweeney (with essential support from Outreach & Communications Manager Caitlin von Schmidt)

- Get this quarterly magazine through email, on the website, or in the stores.
- Look out for a brand-new, monthly member e-newsletter, starting in June.
- Go on the member-owner portal on the website to check out board meeting packets and minutes.
- Read the general manager's annual report on our Ends (our highest level policies) – the most recent one fills 30 pages in February's packet.
- Participate in forums this fall to discuss revising/ updating our Ends.
- Attend a board meeting, held on the second Wednesday monthly, 6:30 p.m. at the Co-op's community room at 170 Main St.
- Watch for board member tabling in the stores doing "5 minutes with a board member" shifts.
- Consider joining a board committee (you only need to be a member).
- Consider joining the board.



# WORKSHOPS & EVENTS

SUMMER 2024

**JUNE 11** **BUTTON-MAKING WORKSHOP**  
5-6:30 p.m., FCC Community Room, 170 Main St., Greenfield

Join the Co-op's Outreach & Communications Manager Caitlin to make some buttons! Use our Pride or Juneteenth materials or bring your own images. We'll be making two sizes of buttons; email us for details.

Workshop is limited to 12 people and registration is required. Please RSVP to [communications@franklincommunity.coop](mailto:communications@franklincommunity.coop).



**JUNE 15** **5 MINUTES WITH A BOARD MEMBER**  
11 a.m.-noon, Green Fields Market, 144 Main St., Greenfield

Come chat with new FCC board member Wendy Sibbison! Wendy has been in Franklin County since 1970 and has been a Co-op member since 1993. Last year she was on the team that raised \$1.6 million in member loans toward the Co-op's expansion.

Says Wendy, "Please stop by, I look forward to meeting you!"



**JUNE 19** **JUNETEENTH**  
Noon-5 p.m., Beacon Field, Greenfield

Visit us at our table at Greenfield's 3rd annual Juneteenth Celebration put on by Moving Mountains at Beacon Field. Enjoy music, dance, speakers, food, vendors, and fun at Beacon Field.

Workshop is limited to 12 people and registration is required. Please RSVP to [communications@franklincommunity.coop](mailto:communications@franklincommunity.coop).



**JUNE** **WATCH FOR OUR NEW E-NEWSLETTER**  
Coming soon!

We're excited to announce the debut of our new, monthly e-newsletter, packed with a variety of content including highlights from New Beets, timely news, events, recipes, vendor profiles, member-submitted event announcements, and member classifieds.

If you're a member who'd like to submit an event, or share a classified, reach out to Outreach & Communications Manager Caitlin at [communications@franklincommunity.coop](mailto:communications@franklincommunity.coop) for info.



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 these excellent organizations.

Generous Co-op shoppers donated \$1,200 to NELCWIT in January and February, and \$989 to Great Falls Community Garden in March and April. Thank you!



**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.

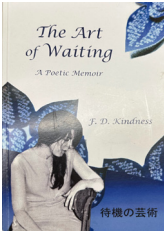


**YOUTH CLIMATE ACTION NOW**  
JULY & AUGUST

Youth Climate Action Now is a Western-Massachusetts based, movement-driven group with a goal to empower other young people to add their voices to the fight against the climate crisis through intersectional, creative, nonviolent direct action.

### FAITH DICKHAUT KINDNESS JAN. 6, 1946 - NOV. 16, 2023

Faith Kindness was a longtime resident of Western Massachusetts, and a visual artist whose talents ranged from stained glass to poetry. Her life path included time as a teacher and a librarian. Also a writer, Faith was published in multiple journals. "The Art of Waiting, A Poetic Memoir," Faith's book of evocative poetry, artful sketches, and photos, was published in 2018; it traced the time from 1968 to 1969 when Faith lived in Okinawa with her husband during his U.S. military service.



Faith shared her deep love of creation with a legion of friends, and participated in poetry and memoir-

writing groups both as a member and a leader.

In addition to enjoying concerts, Faith and friends spent many summers in Maine and Cape Cod. Faith explored life with boundless enthusiasm, including yoga, tai chi classes, cooking vegetarian meals, and singalongs with Rise Up Singing. She also loved her orchids. Faith's loving spirit and legacy will live on in many whose lives she touched.

Faith joined our Co-op in 1998 and was a staff member, as well. We're honored to have Faith's untitled memoir collage hanging in our mezzanine. She will be fondly remembered in our Co-op community.



Faith Kindness' Memoir Collage



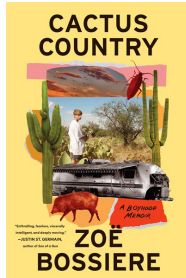
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## JUNE



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### Cactus Country By Zoë Bossiere

A striking literary memoir of genderfluidity, class, masculinity, and the American Southwest that captures the author's experience coming of age in a Tucson, Arizona, trailer park.

Although Zoë doesn't have the words to express it, he experiences life as a trans boy—and in Cactus Country, others begin to see him as a boy, too.

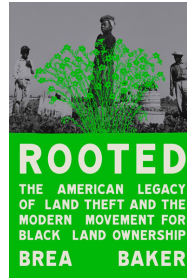
Equal parts harsh and tender, "Cactus Country" is an invitation for readers to

consider how we find our place in a world that insists on stark binaries, and a precisely rendered journey of self-determination that will resonate with anyone who's ever had to fight to be themselves.

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### ROOTED: The American Legacy of Land Theft and the Modern Movement for Black Land Ownership

By Brea Baker

Why is less than 1% of rural land in the U.S. owned by Black people? An acclaimed writer and activist explores the impact of land theft and violent

displacement on racial wealth gaps, arguing that justice stems from the literal roots of the earth.

A testament to the Black farmers who dreamed of feeding, housing, and tending to their communities, "Rooted" bears witness to their commitment to freedom and reciprocal care for the land. By returning equity to a dispossessed people, we can heal both the land and our nation's soul.

## AUGUST



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### Fire Exit By Morgan Talty

From the porch of his home, Charles Lamosway has watched the life he might have had unfold across the river on Maine's Penobscot Reservation. On the far bank, he caught brief moments of his neighbor Elizabeth's life—from the day she came home from the hospital to her early twenties. But there's always been something deeper and more dangerous than the river that divides him from her and the rest of the tribal community. It's the secret that Elizabeth is his daughter, a secret Charles is no longer willing to keep.

From the award-winning author of Night of the Living Rez, Morgan Talty's debut novel, "Fire Exit," is a masterful and unforgettable story of family, legacy, bloodlines, culture and inheritance, and what, if anything, we owe one another.

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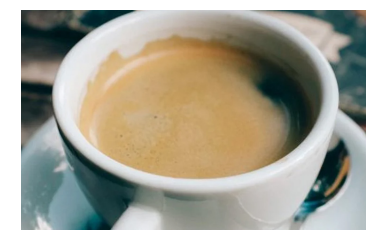
Entrées



Sides



Soups & Salads



Beverages




Desserts





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