

Fall 2024

Free

The New Beet



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RECIPES**

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**LEARN
ABOUT
CHEESE!**

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**FOOD MARGINS:
LESSONS FROM AN
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**FRANKLIN COMMUNITY
CO-OP**

GREEN FIELDS MARKET - MCCUSKER'S MARKET



Fall Issue

September – November 2024

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FRANKLIN COMMUNITY CO-OP

Green Fields Market

Mon-Sat 8 a.m. – 8 p.m.

Sun 10 a.m. – 5 p.m.

144 Main St.

Greenfield, MA 01301

413-773-9567

McCusker's Market

8 a.m. – 8 p.m. daily

3 State St.

Shelburne Falls, MA 01370

413-625-2548

For store information visit
franklincommunity.coop



**FRANKLIN COMMUNITY
CO-OP**
GREEN FIELDS MARKET – MCCUSKER'S MARKET



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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.

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 the Franklin Community Co-op.



GREETINGS, EVERYONE!

BOARD PRESIDENT'S REPORT • FALL 2024



Peaches and parsley, basil and blueberries will make way for pumpkins and potatoes, broccoli and butternut squash as this edition of *The New Beet* circulates. A few months in, our newly constituted group (5 of 11 board members were elected for the first time this March) is settling in as a more and more cohesive board. Graunt Kruger recently stepped down due to increased work demands; we're grateful for his energy and enthusiasm during his time on the board and hope there will be other opportunities for his involvement in the future.

One of the most difficult things about our board work, especially during this period of expansion, is how many things we'd love to address but simply can't while we remain focused on our current priorities. On the other hand, how compelling and exciting it is to be shepherding our incredible community-owned business through a project so vital to the vibrancy of downtown Greenfield and our wider region!

We receive monthly updates from General Manager John Williams regarding the development of design and construction plans, negotiations with project partners, city and state officials, and potential funding sources. In June, we explored nationwide grocery trends to help us better understand the larger context in which our co-op is operating. In July, we met with our National Co-op Grocers consultant to study the overarching financial assumptions for Green Fields Market expansion projections. We also reviewed the history and complexity of the project in order to prepare for decision points ahead. Part of that review included a tour of the former Wilson's space and of present-day Green Fields Market.

At our August board meeting, we approved a staff and board Communications Working Group which will regularly update our member-owners (and the wider community) about the expansion project. As one board member eloquently described the journey recently: "It's intriguing, maddening, and joyful!" So stay tuned: we look forward to sharing

news and hearing your thoughts.

The Consumer Cooperatives Management Association (CCMA) annual conference held in Portland, Maine in May was an interesting glimpse at a cross-section of cooperatives from around the country. Our co-op was well represented, with two staff members (Finance Manager David Russell and Outreach & Communications Manager Caitlin von Schmidt) and three board members (Tori Luksha, George Touloumtzis and myself) in attendance. Tours of various aspects of Portland area food systems, informal conversation over meals, general and break-out sessions each day—with topics such as aligning vision and values, effective strategies for democratic leadership, and cooperative ingredients for a transformed food system—provided plenty of food for thought.

In this exciting period for the board and for our co-op as a whole, it's not too soon to think about running for the board yourself in the coming year! (See more information elsewhere in this newsletter.) Take a moment to chat with board members as we host "5 Minutes with the Board" opportunities in both stores, as well as at other area events in the coming months. And please encourage friends or acquaintances who are not already member-owners to consider joining our co-op in this unique and vibrant time. Let's celebrate and support our local economy, food systems, and community!



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

*As always, we welcome
hearing from you and
encourage you to stay in touch.*

Email: bod@franklincommunity.coop

Member-owners can find information about
expansion and other Board activities here:

Member Forum: franklincommunity.coop/forum/

FCC: franklincommunity.coop

STAFF PICKS

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



WHAT: Dental Lace Dental Floss

WHY: Refillable glass container, silk floss is 100% compostable, contains no PFAS. Woman-owned company in Maine, please see their website below!

WHO: Peg Pucino, Accounts Payable



WHAT: Dosa Kitchen's Dosa Mix

WHY: I love South Indian food and it's hard to find around here. This dosa mix is so easy to make (like a pancake!) and goes with

Indian curry, especially with samber which we also sell.

WHEN: Monchin and Snackin.

WHO: Wendi Byther, Grocery Buyer

PLANTING A SEED


At our Annual Meeting each year in early March, member-owners of our co-op choose several fellow member-owners to join the Board of Directors. The Board serves a vital role in representing ownership and overseeing the general manager's operation of the organization. It's an exciting and challenging time to serve, given that we're in the midst of the process of seeking to relocate Green Fields Market to the former Wilson's department store.


Please consider if YOU might have the desire and capacity to serve on the Board.


Nomination paperwork to become a candidate – available in December – is due by late January. You must have been a member-owner for at least four months prior

to the Annual Meeting (by November 2). Here are some ways to help your decision-making process and increase your readiness to serve:

Test the waters by experiencing FCC's governance in action!

 **Attend a Board meeting** (at 170 Main St the second Wednesday of each month, 6:30-9 p.m., with a social gathering at 6 p.m.). Coming up: Sept. 11, Oct. 9, Nov. 13, Dec. 11, and in January, it's on the third Wednesday, the 15th.

 **Check out a committee meeting.** Current Board standing committees: Membership Engagement Committee (MEC), Board Development Committee (BDC), and Finance Committee.

 **Participate in a Cooperative Board Leadership 101 training** (free for potential Board candidates), offered in-person (in Keene, NH) on October 19 and virtually on October 26, both from 11 a.m.-2:30 p.m. Provided by Columinate, the Board's co-op consultant, the training is an overview of cooperative governance, co-op finances, roles & responsibilities, and co-op principles & values. Let us know if you're interested and we'll sign you up!

Reach out to current Board members to get more info or set up a time to chat: bod@franklincommunity.coop

This is your co-op – dip a toe in, the water's fine. ;-)

Presented by The Board Development Committee

From Pasture to Plate: Jasper Hill's Cheese Camp

By Mikhaela Flynn
FCC Staff



In May, I had the privilege of attending Jasper Hill's 2024 Cheese Camp. Experiences included witnessing cheese making processes, classes with Zoe Brickley, interactive workshops, and cheese tastings. We also attended tours of Bridgeman Hill Farm and Von Trapp Farmstead.



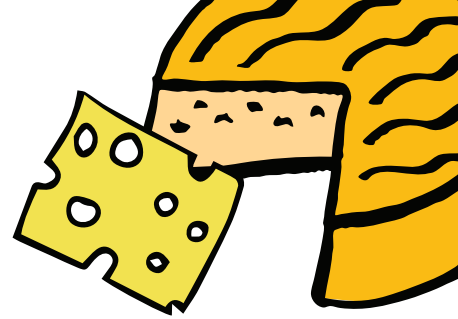
Everything begins with the cows – the species of cow and the traits the cows are bred for.

The way they're cared for, their food, and their living spaces are all chosen in order to have comfortable, happy cows as well as quality milk for cheese. While visiting Jasper Hill's pasture and cropping center, we learned about the work that goes into making optimal food for the cows. Elements like soil nutrients, pH, season, life stages of plants, and biodiversity of the field all come together to provide the cows with a diet that balances deliciousness and nutrient content. From the beginning, the cows contribute to the microbiome that will later impact the cheese. A cow's four-chamber stomach, particularly the rumen, is where fermentation magic happens while grass is digested. About 80% of microflora comes from the skin of the cow's teat during milking. Even the microbial interactions between the cow's saliva and grass is important to the process.

The quality of the milk, the cultures and rennet, the environmental conditions of the creamery, and the way the milk and curds are cared for greatly impact cheese quality.



At Jasper Hill's creamery, we learned about the beginning stages of cheesemaking. Each cheese is made with a unique curd shape, size, and texture at



the beginning stages; these conditions are met using specific vat types, methods of curd cutting, as well as how the curds are turned, stirred, and washed.

Mateo Kehler, a Jasper Hill founder, showed us around the cellars where we learned about the importance of affinage.

Affinage refers to the process of taking young, squeaky portions of freshly pressed curds that have little personality and transforming them over time and with special attention into many varieties of cheese. "Affinage" means "to refine" in French.

Here, they're extra careful about what visitors might add to the microbiome when stepping inside. Everyone puts on sanitary clothing and phones aren't allowed in order to keep the environment as clean as possible. Through each step of cheesemaking, much emphasis is put on caring for the microbiome in and around the cheese. As stated by Zoe, "The potential of the cheese is established in the vat; that potential is realized in the cave." A lot of care goes into ensuring the cheese is able to thrive. Temperature, humidity, air exchange, time, microflora, sanitation, and tool selection are all factors that go into producing high quality cheese.

There are several vaults in the cellars, and each has specific conditions for the cheese aging in the vault. While aging, the cheeses are washed, turned, and brushed on a schedule based on the needs of each cheese.

This was an experience I won't ever forget. I was able to learn so much from incredibly knowledgeable people who love what they do. I am truly grateful to everyone at Jasper Hill, to the co-op for sending me to cheese camp, and to my manager, Kim Nyiri, for fostering my love for cheese.





LAUNCH OF "YEAR OF CO-OPS" CELEBRATED AT UNITED NATIONS

On Tuesday, July 9, Neighboring Food Co-op Association Executive Director Erbin Crowell joined the National Cooperative Business Association, the International Cooperative Alliance, and representatives from co-ops and credit unions around the world at the United Nations in New York City to celebrate the declaration of 2025 as the Second International Year of Co-operatives.



"It was such an honor to represent our Neighboring Food Co-ops at the UN. Our co-ops have a profound impact in our local communities, but we often forget how important our movement is internationally, as well." – Erbin Crowell

The theme for the year, Co-operatives Build a Better World, was chosen to highlight how co-ops of all types are key partners in achieving the UN's 2030 Agenda for Sustainable Development. A "plan of action for people, planet and prosperity," the Agenda includes many priorities important to food co-ops such as building a more inclusive economy, addressing climate change, and ensuring access to healthy food.

"Our business model is rooted in community, empowering people to work together to make positive change. The International Year of Co-ops will be a powerful opportunity to tell our story to consumers, policy makers, and young people interested in building a better future for everyone."

– Erbin Crowell

For example, the NFCA includes more than 40 food co-ops and start-ups that are locally owned by over

185,000 members, provide 2,545 local jobs, and generate \$442 million in annual revenue. On average, local products comprise more than 25% of sales, helping to foster more resilient and sustainable food systems and communities.

The NFCA was a leader in promoting the first International Year of Co-operatives in 2012, sharing how food co-ops contribute to local economies, environmental sustainability, and food security. Last fall, the United Nations General Assembly approved a resolution establishing 2025 as a second International Year of Co-operatives, recognizing the significant contributions of co-ops to communities around the world, calling on the co-op movement to expand efforts to increase public awareness, and encouraging governments to create a better policy environment for co-op development. Guided by the shared Values and Principles enshrined in the ICA's 1995 Statement on the Cooperative Identity, co-ops and credit unions offer an alternative, people-centered business model that's proven and successful.

In addition to his role as NFCA executive director, Crowell also serves on the board of directors of the National Cooperative Business Association and the Cooperative Identity Advisory Group of the ICA, and is an adjunct professor with the International Centre for Co-operative Management at Saint Mary's University in Nova Scotia, Canada.

For more information, visit nfca.coop.

Contact: Erbin Crowell, Executive Director
Neighboring Food Co-op Association
Tel: 401-419-0381
Email: erbin@nfca.coop



Nature Notes

By Kathleen O'Rourke

This morning, a tiny bird is singing with a very loud voice; babies and small children also have the talent of projecting loudly, which I find fascinating and magical. The sun is shining brightly, illuminating moss on one side of the dark wet trunk of a tall oak. A daddy-long-legs provides several minutes of wonder and peace as each leg slowly feels its way along the top leaves of a wild lettuce plant. Try to find your own places of calm and connection; it doesn't take long to be nourished and grateful for the day. An old saying goes something like this: "Wonder is sufficient, for existence opens from wonder into wonder."

Traditionally, herbs have been grown for use in cooking, not only for flavor, but also for medicinal qualities. **Herbal infusions** are easy to make and are a great way to get needed healthful fluids that are free of sugar. To make an infusion: put a big handful of fresh chopped herbs (or a small handful if dried) into a quart canning jar, pour in water that was boiled a few minutes earlier, with the water coming almost to the top. Cap and let it sit for one to several hours. Strain, refrigerate, and enjoy this vitamin-packed, medicinal-strength tea throughout your day.

Many of us remember the early days of co-ops housed in barns and church basements, then later in storefronts. Now we are growing again! "May the long time sun shine upon us, all love surrounds us, and the pure light within us will lead our way on."

Fall is a time of hustle and bustle, and getting ready for winter. Animals too, are busy, storing away food, finding safe places to hibernate or retreat to, and some are pretty feisty during their mating season. **Moose** are on the loose! This largest member of the deer family — usually docile — is now in rut. Mating season means the males are unpredictable, aggressive, and territorial. Watch for them (as well as deer) crossing roads, especially near wetlands; they can run at 35 miles an hour. Listen for grunting and mooing in the woods, and stand behind a large tree if a moose comes crashing through trees and brush. Give the males plenty of space during this more active time of year when they fight each other for the cows that will eventually give birth to twin calves next May.

Prepare soil for planting garlic this month. Dig in compost, choosing the healthiest and largest cloves to plant 3 or 4 inches deep in October, then mulch after a heavy frost or freeze. Save the best of your harvest each year for planting and you'll have your own strain, hardy and adapted to your soil.

The invasive asiatic **bittersweet vine** can cause contact dermatitis in the fall. If you are cutting it down or pulling it up, be sure to wear protective gloves and a long-sleeve shirt. Years ago, one of our hill-town farmers developed cardiac problems from the vine's sap. Luckily, an ER doctor was aware of the possibility of contact dermatitis rash causing heart problems. The farmer recovered, but is very cautious in the fall.

Spaghetti all'Ascolana with Olives and Tuna

By Trouble Mandeson



Photo Courtesy The Pasta Project

Ingredients

FD = Field Day

- 14 oz spaghetti (FD Organic spaghetti)
- 12 oz pureed or crushed tomatoes
- 7 oz tuna in olive oil (FD Skipjack Tuna, No Salt)
- 7 oz pitted green olives (FD Olives Green Pitted CA Ripe)
- 4-6 anchovy fillets in oil, drained and chopped
- 2 garlic cloves, peeled
- Handful fresh parsley, chopped
- ½ tsp. red pepper flakes
- Salt for pasta and to taste
- Freshly ground black pepper
- 4-5 tbsp. extra virgin olive oil (FD Extra Virgin Olive Oil)



Instructions

1. Drain the tuna and anchovies and chop them up. Peel garlic cloves, leave whole. Cut olives into halves or rounds, chop the parsley, and set all aside.
2. Heat olive oil and sauté the whole garlic cloves with red pepper flakes in a heavy pan. Add olives and allow to fry for a few minutes. Mix in tomato purée, salt, and pepper, cover and cook for about 10 minutes.
3. Add tuna, anchovies, and parsley. Stir and cook for about 10 minutes. Remove whole garlic cloves.
4. Boil a large pot of water for the pasta, adding salt once it begins to boil. Cook the pasta al dente.
5. When draining, save some of the water to add to the sauce if it seems dry. Serve with more of the chopped parsley.

From the Ascoli Piceno province in Italy, the stars of this dish are the green olives, originally Ascolana olives for which the province is famous, but you can substitute any green olives. It's easy to make and ready in about 30 minutes.



Ingredients cont.

- 1 tsp. lemon juice
- ¼ cup extra virgin olive oil
- 1 tsp. balsamic vinegar
- Pinch of salt and ground black pepper
- 2 tbsp. minced fresh herbs (choose from basil, mint or parsley)

This healthful and satisfying salad showcases the flavors of fall with crunchy vegetables and chewy wheatberries.

Instructions

1. Wheatberries:

- Start with 2-3 cups of dried wheatberries. Rinse well, cover with clean water and let soak overnight. Drain, add them to a soup pot and cover with clean water (at least one inch above the berries). Stir in a few pinches of salt. Cook on medium-low heat, covered, for about an hour. To test for doneness, taste a kernel. It should be chewy but not hard. Drain and set aside. Note: you may prepare the wheatberries up to 3 days ahead of time. Refrigerate or freeze unused wheatberries for later use.

2. Salad:

- In a large mixing bowl, combine the wheatberries, apple, celery, cucumber, bell pepper, green onions dried cranberries and pistachios and feta cheese. Set aside.
- In a small bowl, whisk together the vinegar, lemon juice, oil, salt and pepper. Pour over the wheatberry salad. Stir in the fresh herbs. Refrigerate at least 30 minutes before serving. Garnish with additional fresh herbs and dried cranberries.



Apple and Date-stuffed Butternut Squash

By Co+op

Total Time: 1 hour 20 minutes; 40 minutes active

Servings: 6

Ingredients

- 1 medium butternut squash, halved lengthwise, seeds removed
- 2 tbsp. extra virgin olive oil
- 1 large onion, chopped
- 2 medium sweet apples, peeled and chopped
- 6 large dates, pitted and chopped
- 1 tsp. cinnamon
- ½ tsp. salt
- ¼ cup honey
- ½ cup fresh mint leaves, slivered
- ¼ cup pomegranate seeds

Instructions

1. Preheat the oven to 400°F. Lightly oil a sheet pan, and place the squash, cut side down, on the pan. Bake for 30 minutes. It will not be completely soft. Place on a cooling rack until cool.
2. While the squash bakes, place a large saute pan over medium-high heat. Drizzle in the olive oil and add the onion. Stir for five minutes, add the apples and stir until hot, then reduce to medium heat for about 10 minutes to soften the apples. Add the dates, cinnamon and salt, and stir. Turn to low heat while the squash cools.
3. When the squash is cool enough to handle, use a paring knife to cut out the flesh, leaving about ¼ to ½ inch lining the shell. Place the shells on the baking pan, cut side up. Chop the flesh in ½ inch pieces. Add the squash to the apple mixture. Drizzle with the honey and stir to mix well, then spoon the mixture into the reserved squash shells. Gently pat down to compress.
4. Bake at 400°F for 30 minutes. Serve sprinkled with mint and pomegranate seeds.



Photo Courtesy Co+op

Autumn Wheatberry Salad

By Shefaly Ravula

Total Time: 45 minutes, 15 minutes active

Servings: 4

Ingredients

- 1 cup cooked wheatberries
- ½ cup diced Granny Smith apple
- ½ cup diced celery
- ½ cup diced cucumber
- ½ cup roasted red bell pepper, coarsely chopped
- 2 green onions, chopped (green tops only)
- ½ cup dried cranberries
- ½ cup crumbled feta cheese
- ⅓ cup shelled pistachios



Photo Courtesy Co+op

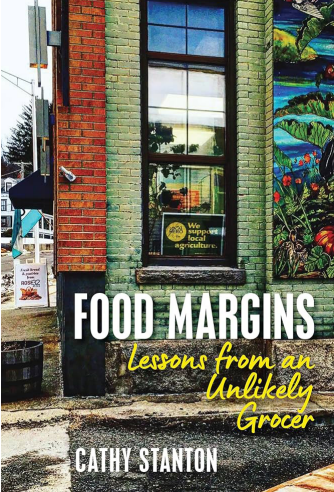


Food Margins: Lessons from an Unlikely Grocer

By Cathy Stanton

I knew a lot about the modern food system when I got involved in the leadership at Quabbin Harvest Food Co-op in Orange eight years ago. But I knew next to nothing about the grocery business. Getting into the economic guts of the system that feeds me has been challenging and often uncomfortable. I recently wrote a book about it, because *I think more eaters—especially those who want to support so-called alternative food ventures—need to have a clearer sense of why it’s so hard to make really deep change in how we get our food.*

I say “so-called” because the kinds of food retailing that food co-ops do—locally-owned and oriented, built around stand-alone stores instead of giant chains, sourcing from nearby as well as from the long-distance supply streams that have been taking shape over the



past 100 plus years—were of course mainstream until the 1960s or 70s, when supermarkets really started to become the norm nearly everywhere. At Quabbin Harvest we’ve been trying to bring back that older style and scale of marketing in a downtown area that’s economically-struggling. The center of Orange is technically a “food desert” in USDA parlance, but the area does have three large chain supermarkets for those with the means to access them. The hard work of trying to counter and undo some of the expectations created by supermarkets’ year-round abundance has helped me understand why food system problems often seem confusing and intractable.

In many ways, it’s quite simple, and it’s one of the reasons my book is called Food Margins. Even in inflationary eras like the one we’ve been in for the past couple of years, there’s not much profit margin in the grocery business. Even for successful supermarket chains, the norm is 1-3% annually. The reasons are tangled up in capitalist markets, industrial technologies, and colonial relationships. The story of the Minute Tapioca Company—founded in Orange and now lost within the giant conglomerate currently known as Kraft Heinz—gave me a way to untangle some of that in the book. Our co-op actually incubated inside the former Minute Tapioca Company, so there was a sense of things coming full circle.

Other meaning of “margins” relate to race and class, and about my own growing awareness of how much of the modern food system—and the modern world—is set up to cater to my wants and needs as a middle-class white person.

Trying to keep the co-op alive in Orange has taught me what it’s like to be within a system that’s actively hostile to my ability to flourish, and what kinds of emotional, economic, and social commitments it takes to hang in there.

Food Margins: Lessons from an Unlikely Grocer is published by the University of Massachusetts Press. There’s an audio version coming out very soon. Cathy Stanton teaches anthropology and environmental studies at Tufts University in Boston and lives in Wendell. She’s proud to be a member of six co-ops, including FCC.

IT TAKES A COMMUNITY

By Mary McClintock
FCC Demo/Outreach Coordinator

As one Co-op with two stores, Franklin Community Co-op is active across the county. McCusker’s Market, a community hub in downtown Shelburne Falls, serves shoppers from across West County and the region.

It truly takes a community to create a free fridge. Anna Meyer of Hart Farm in Conway and Co-op members Gayle Davidson, Emily Gopen, and Jane Wegscheider along with other local residents helped get the community fridge into its new home. FCC provided food and paper products for the grand opening



of the community fridge and McCusker’s Market donates food for the fridge several times a week.

Everyone is welcome to access free food 24/7 at a newly reinstalled Shelburne Falls Common Good community fridge next to Buckland Town Hall, thanks to the vision and efforts of many community members and Common Good.

On October 30, our Co-op will support the 2nd annual West County Community Resource Fair at Mohawk Trail Regional School with a donation of brownies, bars, and cookies baked by our Co-op bakery. At our Co-op’s info table, we’ll hand out free goodies and share information about the Co-op, including membership and our Food For All and Working Member discount programs, through which member-owners can get up to 15% off on every shop. The Resource Fair runs from 3-7pm and features free food, fun, activities for kids, and information about community resources, including fuel assistance, SNAP, services for seniors, and lots more. We hope you’ll come enjoy and learn at the Resource Fair and stop by the Co-op table!

The community fridge is open for everyone to take what you need and leave what you can.

The Saloon at Midnight

By Marian Kelner

The cat leans against me,
one arm slung over my leg
like a cowboy asking for a drink
at the bar.

Every night
after a day in the wilderness
of the backyard

she laps libations of love
from my hands
until she weaves her way
to the end of the bed
and passes out until morning.

Then, wide-eyed and sober,
she eats her breakfast
and heads out the door
to roam the land, and
inspect the fences.

UPCOMING EVENTS

FALL 2024

SEP 17 NATIONAL VOTER REGISTRATION DAY

Stop by Green Fields Market or McCusker's Market to find out about registering to vote or to check your current registration status. It's time to rise up and register! Check our calendar for times.



SEP 28-29 GARLIC AND ARTS FESTIVAL

10 a.m. - 5 p.m., Forster's Farm, 60 Chestnut Hill Road, Orange, MA

We're excited to be a vendor at the 26th Garlic and Arts Festival! We will be selling mapled iced coffee and lemonade, our freshly made brownies and garlic biscotti, pie, breadsticks, turkey wraps, and roasted-garlic hummus wraps.

Visit garlicandarts.org for additional information.



OCT 12-13 GREENFIELD VINTAGE DAYS

FCC Community Room
170 Main St., Greenfield

Pop by the Franklin Community Co-op Community Room at 170 Main St. in Greenfield during Vintage Days weekend to get info about the event, including a map of participating businesses and of the greater Franklin County area. The Greenfield Business Association will be set up all weekend to help guide folks through Vintage Days activities and celebrate with raffle prizes and special treats. There will also be Co-op fun; watch our calendar for details!



OCT 19 FRANKLIN COUNTY FALL FOOD FESTIVAL

Franklin County Fairgrounds
89 Wisdom Way, Greenfield

Visit us at our tent at the Franklin County Fall Food Festival where we'll be selling delicious butternut squash lasagna and autumn bisque! You can also talk to us about becoming a member or joining our Food for All or Working Member programs, and kids (or kids-at-heart) can decorate a Halloween treat bag to get ready for the holiday!



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 when you shop at either of our stores and your change will be donated to these excellent organizations.

September & October

By Cara Michelle Silverberg of Rachel's Table

The mission of Rachel's Table of Western Massachusetts (RTWM) is to alleviate hunger and reduce the waste of food resources in Western Massachusetts. RTWM takes a holistic and collaborative approach toward food security by supporting an intergenerational volunteer effort to feed and nourish our local communities. We operate four programs (Rescue, Purchase, Glean, Grow) that target both immediate hunger crises and long-term solutions to hunger. Our Teen Board engages youth in peer-to-peer learning and advocacy. All that we do is made possible by a network of over 350 volunteers who help six days per week to collect and distribute food across Hampshire, Hampden, and Franklin Counties.



November & December

The People's Medicine Project is a small grassroots health justice organization. They offer programs and resources that increase access to complementary healthcare and plant medicine. They work in communities across the Nipmuc, Pocumtuc, and Abenaki lands known as Western Massachusetts. They partner with individuals, communities, and organizations that support our goals of health justice, racial justice, and ecological justice work. They provide opportunities for healing practitioners and community volunteers to offer their time and skills to folks in need.

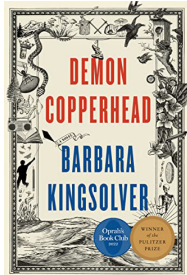
BOOK CLUB

with



FEDERAL STREET BOOKS

SEPTEMBER



Demon Copperhead

By Barbara Kingsolver

Winner of the Pulitzer Prize & Winner of the Women's Prize for Fiction (new in paperback)

Set in the mountains of southern Appalachia, *Demon Copperhead* is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's

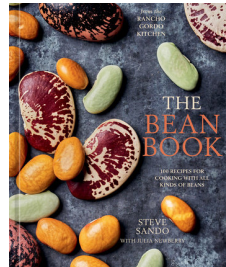
good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. Relayed in his own unsparing voice, *Demon* braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.

\$21.99
new in
paperback

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OCTOBER



THE BEAN BOOK: 100 Recipes for Cooking with All Kinds of Beans, from the Rancho Gordo Kitchen

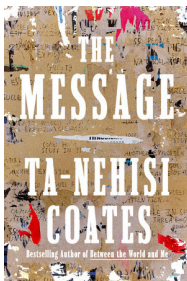
Steve Sando with Julia Newberry

From the founder of the acclaimed Rancho Gordo bean company, an authoritative guide to 50 bean varieties and how to cook with them. With more than 100 recipes,

there are vegan and vegetarian dishes like Fennel, Potato, and White Bean Soup with Saffron and Pizza Beans as well as full-on meat-lovers' meals like Napa Valley Cassoulet, Southwestern Chile con Carne, and Clay-Baked Pacific Cod Gratin with Onions and White Beans. The *Bean Book* includes instructions for cooking beans using multiple methods, then transforming those cooked beans into satisfying dips, soups, salads, mains, sides, and desserts.

\$34.99
hardcover

NOVEMBER



THE MESSAGE, By Ta-Nehisi Coates

Ta-Nehisi Coates originally set out to write a book about writing but found himself grappling with deeper questions about how our stories expose and distort our realities. In the first of the book's three intertwining essays, Coates, on his first trip to Africa, finds himself in two places at once: in Dakar, a modern city in Senegal, and in a mythic kingdom in his mind. In the second he moves to Columbia, South Carolina, where he reports on his own book's banning, but also explores the larger backlash to the nation's recent reckoning with history and the deeply rooted American mythology so visible in that city. Finally, in the book's longest section, Coates travels to Palestine, where he sees with devastating clarity how easily we are misled by nationalist

narratives, and the tragedy that lies in the clash between the stories we tell and the reality of life on the ground.

Written at a dramatic moment in American and global life, this work from one of the country's most important writers is about the urgent need to untangle ourselves from the destructive myths that shape our world—and our own souls—and embrace the liberating power of even the most difficult truths.

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



DID SOMEBODY SAY CATER?



HAVE A SPECIAL EVENT COMING UP? LET US HELP YOU!

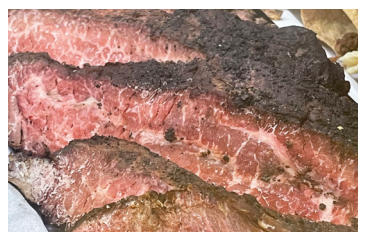
We offer a wide selection of prepared foods for all occasions, including sandwich platters, cheese platters, pasta and chicken salads, morning pastries, and coffee.

PLACE YOUR ORDER TODAY!

Catering orders must be submitted at least three business days prior to your event. We can arrange delivery of your order Monday through Friday before noon in Greenfield and some surrounding towns. Please ask about this service when you order.



Party Platters



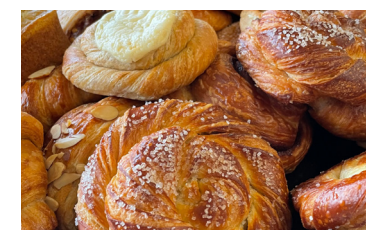
Entrées



Sides



Soups & Salads



Pastries



Desserts

FRANKLIN COMMUNITY COOPERATIVE Co-OP YOGA

BARBARA POLOWY • LOUISE LEGOUIS • LIBBY VOLCKENING

TUESDAYS 12 - 1 PM

MASKS OPTIONAL. PRE-REGISTRATION BY 11:00 AM REQUIRED.



FRANKLIN COMMUNITY CO-OP

Underwritten by Franklin Community Co-op, these classes offer participants a chance to experience a variety of yoga styles and instructors at an affordable price. *Beginners welcome. Mats provided.*

\$5 for FCC members
\$10 for general public
Class cards accepted!

To register for class visit
www.Community-Yoga.com
or use the MindBody app.



COMMUNITY YOGA

16 FEDERAL STREET, 2ND FLOOR, GREENFIELD, MA
WWW.COMMUNITY-YOGA.COM

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Franklin Community Co-op sends out a monthly electronic newsletter! You can find Co-op news, recipes, staff picks, upcoming events, board member profiles, member classifieds, and more.

To keep up with your Co-op, sign up here — you don't need to be a member to subscribe!



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Franklincoop



Franklin Community Co-op



Stay up-to-date on sales, promos, and more!

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