

Dear Fiddleheads Friends:

What an exciting time for our co-op. We had an awesome dinner on the farm on Saturday, September 13, which showcased great food and drink from SECT and local entertainment as well. This past week we put the finishing touches on our floor project. Last Saturday we had a fantastic books and media sale and in a few weeks we plan to be opening the midway store four days a week. Saturday, October 4 Bean and Leaf is hosting a Benefit for Fiddleheads (See Pg.4)

Yes, we are moving from the mini-Fiddleheads store to a midway store that will feature more space, more equipment and, best of all, more products. This is our mid-step toward going to a full store. We are getting the cooler and freezer equipment operational and stocking these cases. We will also be putting up additional shelving to accommodate more products. We actually have a lot more shelving that we can stock with products as soon as we raise more capital. This can happen in two ways. One is by more members shopping at the store on a regular basis. The second is through helping in our upcoming capital campaign. More about that later.

Our new floor is a three-coat epoxy sealer and coating. The floor didn't turn out to be the exact color that members had selected as their first choice. This had to be modified to select among available colors. But it gives us a sealer on the floor that should eliminate so much of the dust that has been part of our existence the past 8 months. It will also give us a floor that we can clean with some ease that should be gratifying to all of us.

The dinner, the floor, the book sale, the opening of the store to four days are all part of the volunteer effort which has been such a vibrant part of Fiddleheads throughout its life. We are deeply indebted to all who put forth such great effort to make these and all other progressive steps of the coop happen. A special thanks to Laura Cordes for recruiting and scheduling volunteers for all of our endeavors.

Be sure to shop with us regularly as the coop operations keep growing week by week.

Your President,
 Richard Spindler-Virgin

At Beltane Farm Goats Do Roam

In traveling about the region this summer to procure products for the Fiddleheads Mini-Store, one of the most peaceful locations I have found is Beltane Farm in Lebanon, Connecticut. Beltane



Farm owner Paul Trubey grew up in Massachusetts and went into an initial career in Social Work but he learned a love of farming from his grandfather who farmed and he also always liked goats. Eleven years ago Paul started a goat dairy at Highwater farm in Glastonbury and in 2002 purchased the present Beltane Farm. Named for it's May Day real estate closing in relationship to the ancient Celtic Beltane holiday, which happens to include consuming fresh cheese as part of celebrating all things

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Board of Directors:

President:	Richard Spindler-Virgin --- dickspin@comcast.net
Vice-President:	Ed DeMuzzio --- eed@gocci.com
Treasurer:	David Jensen --- dejensenct@aol.com
Secretary:	Allen Longendyke --- robynallyn@comcast.net
Director:	Ellen Anthony --- ellenanthony@gmail.com
Director:	Sheila Herbert --- sile.herbert@snet.net
Director:	Jim Stidfole --- jstidfole@earthlink.net

THANK YOU!

Floor volunteers
 The following people helped
 install the new floor:

- Ellen Anthony
- Bob Lavoie
- Bill Hall
- Paul Shaffer
- Chris Marquette
- Nerissa Burdick
- Kathy Spindler-Virgin
- Andy Derr
- Allen Longendyke
- Dick Spindler-Virgin

THANK YOU!

Dinner on the Farm contributors

- | | |
|-----------------------------------|--------------------------------|
| Farmer's Cow | Lighthouse Bakery |
| Four Mile River Farm | Lazizah's Bakery |
| Hunts Brook Farm | Chester's Barbeque |
| Valchris Farm | Gumpel's Delicious |
| Groton Family Farm | Maria's Kitchen Crafts |
| Brown Paper Bag Harry Farm | Bread and Cookies LLC |
| FRESH Farm | Flavours of Life |
| Voluntown Peace Trust's Farm | EMCOR- New England Mechanicals |
| Hidden Brook Farm | Holmberg Orchard |
| Woodbridge Farm | The Waterford Country School |
| Cato Corner Farm | SNS Electric |
| Beltane Farm | Luciano's Limoncello |
| Beaver Brook Farm | Swampcashe Apiaries |
| Stonington Seafood Harvesters-The | Gourmet Galley |
| Bombster Family | Richard Zack |
| Cottrell Brewing Company | Bob and Ronna Stuller |
| Sioux Mackey- Sharp Hill Winery | Richard Spindler-Virgin |



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regenerated and new. Today Paul and the Beltane staff make fresh Chevre with herb rolled varieties, two aged goat cheeses, goat feta, goat yogurt, and both raw and pasteurized goat's milk. Beltane's business partner farm, Oak Leaf Dairy, produces 35 varieties of Goat Milk Soap.

Beltane has a herd of 61 milking goats, 16 on the farm and 45 at larger accommodations in Oak Leaf Dairy. Additionally there are seven bucks at Beltane for breeding and numerous groups of this year's offspring. There are also a few retired and special needs goats around, as well as 7 cats, 2 dogs, 10 hens, 1 turkey (who definitely believes he is the farm CEO), 1 donkey and 1 pony. Humane and loving treatment of animals is part of the Beltane values and it can be seen in how content and friendly the animals are. Beltane's goat herd is fed on local hay and are not given any growth hormones or antibiotics. A truly sick goat will be treated with antibiotics but will also be taken off milking.



Around the globe goat milk is the historical and more popular choice of humanity over cow's milk. It is often tolerated easily by people who cannot tolerate cow's milk. Goat's milk is an excellent source of potassium, calcium, protein, and riboflavin. Goats also leave much less of a carbon foot print than the bovine crew. So you can come to Fiddleheads and get your goat cheese and yogurt. If you would like the Coop to carry raw and/or pasteurized goat milk from Beltane Farm, please let us know when you stop by the store or on the Fiddleheads Website Blog.

Submitted by Allen Longendyke

Fiddleheads Mini-Store

Suppliers

Presently, the major distributor for Fiddleheads Mini-Store is UNFI (United Natural Foods, Inc. - www.UNFI.com). We have begun to have a few local suppliers of specialty products including Whit Davis's Indian White Corn, Brush Hill Dairy's Raw Cow's Milk., Nature's Edge (Soaps), Stonewall Apiary (Honey), Meadowstone Farm (Cheese), Associated Buyers, and Lighthouse Bakery (Bread) .

When we "Open The Doors" of Fiddleheads as a full service grocery store, we will have a plethora of suppliers.

Most customer requests for products can be filled now!, but some products will not be available until later in the year, mainly because our distributor may not have the requested item. As the store grows we will increase our resources and therefore will be able to engage more distributors and direct suppliers. We will emphasize local suppliers and the regional economy.

so.....

Keep Patronizing the Mini-Store!

Keep those product requests coming!

With each other's support we'll "Open the Doors" of our full service grocery store.

Fiddleheads Volunteer Opportunities ABOUND!

Thanks to the dozens of FH volunteers that have been making the Saturday markets run so successfully!

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Here are some REALLY exciting OPPORTUNITIES where YOU can BECOME more INVOLVED...

Fiddleheads Markets

We have some market volunteers in place, BUT we need to make sure that we have VOLUNTEERS for the future. Please check your calendar and let us know if you can help greet and count customers, work at the membership & information table, or work the register in the Mini-Store.

RSVP to Laura laura.cordes@gmail.com.

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Have you picked up your membership card yet? You can do so at the market and also get your FH discount at the Mini-Store.

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In addition to the regular Market volunteers needed, we are participating in projects and community events that require many hands...

Contact a Board Member to "Table" at these events.

Newsletter Feedback

The Fiddleheads Newsletter team would like to hear from you about our latest issue. Did it contain useful information? Did you enjoy the recipes? Was there a particular article that caught your attention? What would you like to see in future issues of the newsletter? We would appreciate any comments you might have and suggestions for future editions - we want to make this newsletter something that you look forward to reading and can turn to for information. Please send your thoughts to

newsletter@fiddleheadsfood.coop.

Membership has Benefits!

1. As a member you can use a paid pre-order to purchase a case or bulk package of any item supplied by our distributors for only 20% more than the wholesale price. The shelf price of most grocery items in any store is at least 40% above wholesale.
2. As a member, if you volunteer 5 hours per week to Fiddleheads, you will receive 5% off you store purchases the following month. If you volunteer 10 or more hours per week, you will receive 10% off your store purchases the following month. Please note, this does not apply to the pre-orders discount listed above and is INSTEAD OF the 2% member discount, not on top of it.

See

Sheila, Ellen, Allen, or Paul for details on these benefits.

Newsletter Credits:

Editor—Bob Bunting (Fiddleheads.News@gmail.com)

Submittal Deadline is the 1st of the month

Planned Publication date is the 15th of the month

Contact via email at

newsletter@fiddleheadsfood.coop

**Local Events Listing **

Local Non-Profit type Events may be submitted to the newsletter editor (Fiddleheads.News@gmail.com - Subject: Local Events) for inclusion here.

Date/Time	Event		Info (Location, prices, etc.)
Gallery Hours— Thurs 11am to 3pm; Fri 11am to 6pm; Sat 11am to 6pm; Sunday Noon to 3pm	Various Events (see website)	HYGIENIC GALLERIES	More details on the Web at www.hygienic.org 79-83 Bank Street, New London Call: 443-8001
Saturday, Oct 4 7—10:30 pm	A Hoot For Fiddleheads (Benefit)	The Crew, The Rivergods, Paul Brockett, Kevin Kane, Dogbite, Maggie's Guitar, Steve Fagin	Bean and Leaf Café, Washington St, New London
Oct. 25(Pumpkin), Nov. 22 (Apple), Dec. 27(Pecan), Jan. 24(Chocolate) 8-11 p.m.	Contra Dance— "The Pie Dances"	Mystic Contra Dance	Frohsinn Hall (German Club) RT 27 Mystic - across from Mystic Seaport. Call: 961-9321, 401/487-9713
Saturday, Nov. 8 10 am—2pm	Thai Yoga Therapy Sessions at Saturday Market	10-15 minute sessions @ \$1/minute—Proceeds to benefit Fiddleheads	To be provided by Tricia McAvoy Founder/Director of Yoga Blissworks Yoga & Healing Arts www.blissworksyoga.org

Third Annual Forever Families Gala

Garde Arts Theater

Saturday, November 8, 2008

Oliver: The Musical

Reception with food and live music: 6:00

Performance: 8:00

Tickets: \$75.00

Call 444-0553

For tickets or additional information.



All proceeds benefit
Project Connecticut's Child

**CARA's program for finding permanent homes
for children in Connecticut state foster care.**

Web Site Overview

Our website is active — Check it out!

www.fiddleheadsfood.coop

Calendar of Events

For information on Fiddleheads Co-op events

www.fiddleheadsfood.coop/events.htm

Meeting Minutes

For Published Minutes of Fiddleheads Co-op meetings
check out our website

www.fiddleheadsfood.coop/boardmeetings.htm

Need More Info?

For general information on Fiddleheads Co-op
check out our website

www.fiddleheadsfood.coop/faq.htm

Fiddleheads Message Board

User id= member, password= 4445678

www.fiddleheadsfood.coop/messageboard.asp