

Another Market Day!

**Fiddleheads is now hosting Farmers Markets on 2 days,
 Wednesdays and Saturdays.**

Wednesday Markets started on March 26th and will be open from 2:30 to 6:30 PM.

Saturday Markets are continuing from 10 AM to 2 PM

Our mini-store will be open for business on both days.

A great opportunity for folks who can't make it to the markets on Saturdays!

**A great opportunity for those who work in the area to shop
 and see our present offerings and future potential!**

Spread the word!

"Shop Fiddleheads!" - Help Pay the Rent!

Every month Fiddleheads has to meet expenses. While we develop into a fully open store, meeting monthly operational expenses can be difficult. We need more sources of income at this point. Some things will help.....
 fundraisers, Farmers Markets, increased membership, patronizing the Mini-Store.

**Make shopping at Fiddleheads part of your food-buying routine!
 "Shop Fiddleheads" and encourage your friends, co-workers, etc. to become members.
 And.....
 volunteer to help.**



Pancake Breakfasts

Fiddleheads has been hosting an occasional Pancake Breakfast, as a fundraiser and a start to your Saturday in New London. Check the website often to catch the announcement for the next one!
 — See Pictures throughout the Newsletter

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

Tree Hugger Salon Provides Hair and Grooming Care Alternatives



Fiddleheads member Gina Pressler chose the name "Tree Hugger" for her salon because her husband was always calling her a 'tree hugging hippie' due to her insistence in trying to keep a mostly organic household. Not that he is strictly status quo in his social and economic thinking himself, he is very interested in alternate energy systems in construction. In addition to running Tree Hugger, Gina home schools her son who is often around the salon. At home she also has a toddler daughter, a step son, three dogs, two adult cats, and a recent litter of kittens. Additionally Gina makes baby slings and washable diapers, which are leak free. If she is not in the Salon you can often find Gina shopping in Fiddleheads during market days, and her husband loves the tables in the front of the store as a place to sit and hold interesting discussions with other patrons.

Gina, who grew up in East Lyme but has "deep New London roots" has known since she was 10 that she wanted to be a hair stylist. In her high school chemistry class Gina often experimented with color mixes for dyes. When getting an organic salon together, Gina discovered the most difficult hair care products to find were colors which did not have artificial chemical ingredients. She did manage to find them, as well as the space to open her salon next to Bean and Leaf Coffeehouse in the New London Market building. Thanks to Gina's persistence in following her dream and ideals, New London has the alternative of an organic salon.

Submitted by Allen Longendyke

NEWS RELEASE

DATE: May 24, 2008

Fiddleheads Mural Has Many Artists

NEW LONDON —

There's a new mural in town, and artists from several towns painted it. The broad and beautiful new painting hangs over the Fiddleheads' Mini-Store at 13 Broad St. in New London. The scene, a typical old Connecticut farmers market, is perfectly appropriate for the place it hangs — at the scene of today's farmers market at Fiddleheads Natural Foods Cooperative.

The initial sketch for the mural was drawn out by Sara Sargent, a senior at the Williams School, and Mariette Brown, of Old Saybrook. Two local artists, Sara and John Sargent, of Quaker Hill, helped with the concept and sketching and later led the painting.

Also helping with the painting were Kristin DeMuzzio and her son Gianni, both of Norwich; Mary Turner, of Old Saybrook; Gretchen VanderLyke, from New London; Judy Archer and her son Drew, of Old Lyme; and Mike and Nick Strollo, students in Waterford.

The mural is painted on Tyvek with left-over house paint and acrylic art paint. The Fiddleheads Farmers Market takes place every Saturday, 10:00 – 2:00 and Wednesday, 2:30 — 6:30. The Saturday market has become one of the largest in eastern Connecticut, with 20-30 vendors selling an astonishingly wide variety of locally grown or locally made products. The number of customers coming to the market has been a boon to merchants in New London's historic waterfront district.

The Fiddleheads T-Shirt is coming soon!

Organic cotton
Printed in New England
Various Sizes & styles
\$16 each

Contact Ellen
ellenanthony@gmail.com



The more you do your shopping at Fiddleheads Mini-Store
 The more we can get the products that you request.
 The money that is used to cover purchases of stock for
 Fiddleheads Mini-Store comes from the money we make from
 sales in the Mini-Store. So, if we sell \$500 worth of goods we
 have \$500 to spend. If we sell \$1000 worth of goods we have
 \$1000 to spend.
 (Note: The generosity of one of our members allowed us to start
 with about \$2000 worth of basic goods for store stock.)
 On some orders we can fulfill almost all customer requests. On
 others we have to wait for awhile because we don't have the
 money.
 So, remember.....

Shop the Mini-Store!, help it grow!

We are looking for someone to fill the role of an active publicity Coordinator.
Please contact any Board Member for Details!
A great opportunity to participate for the right person!

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.

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

Fiddleheads Volunteer Opportunities ABOUND!

Thanks to the dozens of FH volunteers that have been making the Saturday markets run so successfully! Our membership has grown to 830+ and we are averaging 500+ shoppers in the market each week.

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.

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.

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.

Look for periodic e-blasts, check the web site, or attend a Board Meeting for late breaking opportunities.

WISH LIST:

*Are you looking for something?
 Do you have something you want to give away?
 List it here!*



Musings on Unnecessary Degrees of Separation

While on a recent journey to attend a wedding in Western Pennsylvania we got off the Penn Turnpike at a particularly scenic yet isolated rural location to get lunch and gas. There was a rather worn and shabby looking diner right off the exit, you know, the kind that still keeps a weathered condom dispenser on the men's room wall. We passed the diner by and kept going a little ways because it was magnificent farm country and certainly something else would show up. About less than a mile away we passed some Amish farms. One had a small honor system stand with eggs, radishes and rhubarb. A small brown goat stood in the front of the house providing lawn care services. After six miles with no sign of other food and no towns close by we went back to the diner and had lunch; an processed hamburger and a not okay salad - iceberg lettuce, dried out carrot scrapings, a smidgen of red onion slices, commercial dressing that probably comes in a gallon jar. So what is wrong with this picture? The diner, the only place to eat for miles as it turned out, is less than one mile from wholesome natural farms. If the farms did not have spring varietal lettuces and greens, surely could raise them for their neighbor the diner, as well as perhaps some growth hormone and anti-biotic free meat choices. But they might as well have been a million miles away from the diner and it's boring, non-nutritious, trucked in salad.

A good portion of America's heartlands appear to need to be educated in how engage in local commerce and what to eat. But there is hope. The April 2008 Oprah Magazine features an article about urban farming in Detroit. Detroit now has plenty of open land within the city, and the article highlights how gardening and community building go hand in hand. Factor in the rapidly rising cost of shipping, now is the time when society needs to look at local and sustainable first. As columnist Thomas Friedman has stated, "Green is the new red, white, and blue." One of the first tenets has to

be the ability to build local sustainable connections with regard to food choices. To do this we need to educate ourselves and our neighbors about what is possible, and what changes we can encourage and ask for as consumers, and how we can bring local vitality back to the pre-big box store and shopping mall level. We will follow up with more on this topic in future Fiddleheads newsletter issues.

Submitted by Allen Longendyke

Members-to-Members

Have you come across some information that you want to share with other members that relates to the purposes of our Co-op? Send it in and we'll list it here.

We'll also list recipes and events of interest!

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

The Minutes of the 2008 Annual meeting are posted on our website.

<http://www.fiddleheadsfood.coop/annualmeetingminutes053108.pdf>

**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	Sponsor	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
August 23, 8-11 p.m.	Contra Dance— “The Pie Dances”	Mystic Contra Dance	Frohsinn Hall (German Club) RT 27 Mystic - across from Mystic Seaport. Pie Flavor of the month: Blueberry Caller: Bob Golder Band: White Squall— Andrew Grover, Ned Quist, Alice Pace Call: 961-9321, 401/487-9713 Email: ipaigeg@gmail.com

FRESH New London to Partner with Fiddleheads

FRESH New London, a not for profit community building organization centered on agricultural and gardening projects will become part of the Saturday Farmers Market this June. FRESH was founded in 2005 as a means to educate, encourage, and empower the people of New London County towards personal wellness, community health, and environmental stewardship. Since that time FRESH has developed youth programs, community garden plots, organically grown vegetables to New London residents who otherwise might not have the means to obtain them, and strong relationships with area farms. We welcome FRESH partnering with Fiddleheads to continue building community and sustainability in New London and Southeastern Connecticut.



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.