

Our store hours are:
Tuesday - Friday 10:00 a.m. - 6:30 p.m.
Saturday 9:00 a.m. - 4:00 p.m.

Hosting in the Market:
Fiddleheads Farmers Market—Saturdays
Friday Crafts Vendors—Fridays
Hosting in the Fiddleheads parking lot:
New London Farmers Market—Tuesdays & Fridays for the remainder of the Summer.
All at 13 Broad St., New London, CT

Spread the word! Build a Coop; Change the World!

Kombucha

Old timers like me who were around in the 1970's remember Mr. Whipple from TV ads. The mustachioed grocer was very concerned that his store patrons would drift off into an ecstatic trance while squeezing the Charmin toilet tissue. He usually was drifting and squeezing too by the end of the commercial. If the beloved Mr. Whipple was around in a Natural Foods Grocery today his new mantra for the consumer might be "Please don't shake the Kombucha!" Why? If you shake it spray and foam will erupt all over as soon as the bottle is opened. Many people think it is a fruit juice that needs to be swirled up to drink. Wrong approach!

Well, just what is Kombucha anyway? Kombucha is a fermented sweet tea drink that sometimes forms a cloudy mushroom shape in its center. The fermentation is caused by a cluster of microorganisms including Acetobacter bacteria and a variety of yeasts living in a symbiotic relationship. The cluster is the "mushroom".

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Newsletter Credits:

Outgoing Editor—Bob Bunting (buntent@sbcglobal.net)

Incoming Editor—Mary Howard (noki85@gmail.com)

Fiddleheads.News@gmail.com

Submittal Deadlines for 2009 are 6/1,9/1,12/1

Planned Publication date is the 15th of the last month of the quarter.

Board of Directors:

President: Richard Spindler-Virgin --- 64serieschamps@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: Suzanne Cattanaach --- sccat@ct.metrocast.net
Director: Ned Ruete --- esruete@gmail.com
Director: Jim Stidfole --- jstidfole@earthlink.net



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The history of Kombucha use dates back at least as far as the Qin Dynasty in China around 250 BC. The Chinese called it "The Immortal Health Elixir". It was also used in Japan and Korea around 415 AD and it is said the root of it's name was a Korean physician to the Japanese Emperor named Kombu. His name became combined with the word cha meaning tea. Kombu also means Kelp in Japanese and Kombucha is known in Japan as kocha kinoko which means tea mushroom. The popular use of Kombucha spread to Russia and the Ukraine in the early middle ages and the modern methods of brewing Kombucha were developed in Russia around 1900.

Kombucha contains active enzymes, amino acids, and polyphenols. Although there are many health claims made about Kombucha, recent research seems to indicate that the glucaric acid present in Kombucha helps friendly bacteria in the digestive tract eliminate wastes from the body in an efficient manner, blocking their reabsorption. Glucaric acid is also present in fruits and vegetables and is being explored as a possible cancer preventative agent.

The drink itself is an acquired taste for most people and has a vinegar essence to it. However the GT's brand Kombucha flavors Multi-Green and Gingerade are among the top selling products carried by United Natural Foods Distributors. There are at least four brands of Kombucha available, High Country, Kombucha Wonder Drink, Katalyst, and GT's. Fiddleheads has carried them all at different times. The most important thing remains "Please don't shake the Kombucha."



Submitted by Allen Longendyke

Web Site Overview

Our website is active — Check it out!

www.fiddleheadsfood.coop

Calendar of Events

Meeting Minutes

More Info

Vendor Profile

Bassam Salahi is the jovial owner of Lazizah's market in Yantic and is a regular vendor at the Fiddleheads Farmer's Market. Bassam was born in Beirut, Lebanon where he worked as a journalist in a large newspaper. In 1977 when civil war erupted in Lebanon, Bassam's father brought his family to the United States. Bassam his wife and daughter settled in the Norwich after shortly

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Advertising in the Newsletter

Fiddleheads is now accepting advertising in the Newsletter.

Business card sized ads will be \$15.00, double business card size will be \$25, quarter page ads will be \$65.00.

CCI, Inc. - One Byte Computers

51 Route 32
 Quaker Hill, CT 06375

Tel: (860) 443-4623
 Fax: (860) 444-1945
 Email: aforier@gocci.com

Visit us online at www.gocci.com

Anthony Forier
 Graphic / Website Design

Andy Derr Restoration Carpentry
 Old House Repair

Specializing In Small Jobs

Andy Derr
 Owner and Master Carpenter

860/961-3839
 derr.andy@gmail.com

HIC # 0673777
 16 Cliff Street
 New London, CT 06320

Annual Meeting Summary

The Fiddleheads Annual Meeting was held on Tuesday May 26th at 7:00 p.m. at the Coop. There were 32 voting members present along with three non-voting members. The meeting opened with Fiddleheads Board President Richard Spindler-Virgin's report on the accomplishments and challenges of the past year. Fiddleheads accomplishments included the acquisition of donated shelving, bulk bins, a walk-in dairy cooler, an eight door display freezer, large and small coolers, and two small ice cream freezers from a Natural Foods market in Ridgefield CT that was relocating. Fiddleheads was then able to get the freezer and large cooler installed through donated labor from the Plumbers/HVAC Guild. Coop member volunteer labor resulted in the "dustbowl" cement floor being sealed and painted. The Hygienic Art's Board donated the former restaurant booths from their building which had been reupholstered but never reinstalled due to lack of room. The product line of Fiddleheads expanded to include produce and bulk. Store hours expanded from two to five days a week, all still depending on volunteer labor from members and friends. Fiddleheads is also now able accept credit, debit, and EBT cards.

For the coming year the first new step will be expanding the weekday opening hours to 10:00 a.m. to match the opening of the New London Farmers Market which will be in the store parking lot. Fiddleheads will also begin developing an in-store reference library on health, nutrition, organic and sustainable food production and other related topics. The Coop is planning to apply for a license to sell local and organic beer and wine. Capital improvement projects would include replacement of the side windows and the front door, installation of appropriate lighting in the store and installation of the walk-in dairy cooler that came from Ridgefield without a compressor.

Vice President Ed DeMuzzio gave a financial report on the Coop. The attached report shows a balance between assets and liabilities, both totaling \$365,363. Ed also presented a graph (attached) showing the straight increase in monthly sales which follows a pattern of about a 20% increase each month.

Secretary Allen Longendyke reported that the Cooperative now has 930 members, an increase from 803 at the time of last year's annual meeting.

Board Election Coordinator Andy Derr then spoke regarding election of three Board members. The candidates were: Allen Longendyke, running for an additional term of three years, Jim Stidfole also running for an additional term of three years, and Edward (Ned) Ruete running for an initial term of three years. Each candidate gave a brief statement regarding their motivations for candidacy. Andy suggested that since there were openings on the Board for all three (plus more if there were more candidates), that the vote be for them as a slate. The slate was moved and approved unanimously.

Several Coop Members shared ideas and comments, including former Board Member John Sargent. John expressing his thanks to the Board for working together and achieving all that has been accomplished in the past year. The meeting adjourned at approximately 8:15.

Fiddleheads Natural Food Cooperative, Inc.
Balance Sheet
5/1/2009

Assets

Current Assets:

Dime Bank - Savings	\$4,536	
Dime Bank - Checking	\$6,763	
Accounts Receivable	\$45	
Less: Reserve for Bad Debts	\$0	\$45
Merchandise Inventory		\$21,000
Prepaid Expenses		\$0
Savings Institute - Savings		\$84,674
Savings Institute - Checking		\$0
Total Current Assets		\$117,018

Fixed Assets:

Equipment	\$100,000	
Less: Accumulated Depreciation	\$0	\$100,000
Furniture and Fixtures	\$0	
Less: Accumulated Depreciation	\$0	\$0
Leasehold Improvements	\$53,500	
Less: Accumulated Depreciation	\$0	\$53,500
Business Purchase	\$90,000	
Less: Accumulated Amortization	\$0	\$90,000
Land		\$0
Total Fixed Assets		\$243,500

Other Assets:

Pledges, Donations and Loan Receivable		\$4,845
Goodwill		\$0
Total Other Assets		\$4,845

Total Assets

\$365,363

Liabilities and Capital

Current Liabilities:

Accounts Payable		\$10,700
Sales Taxes Payable		\$91
Accrued Payroll Payable		
Rents Payable		\$8,000
Deferred Rents		\$32,000
Unearned Revenues (refunds requested but unpaid)		\$175
Savings Institute		\$80,000
Short Term Member Loans		\$14,498
Total Current Liabilities		\$145,464

Long-Term Liabilities:

Sprout Fund		\$25,000
New London Revolving Loan Fund		\$25,000
HEDCO Loan		\$25,000
Member Loans		\$60,100
Total Long-Term Liabilities		\$135,100

Total Liabilities

\$280,564

Stockholders' equity:

Common Stock, Class A, \$25.00 par value, 5,000 shares authorized, 915 shares issued and outstanding 05/01/09		\$22,875
Preferred Stock, Class B, \$0.00 par value, 15,000 shares authorized, none issued or outstanding.		\$0
Additional paid-in capital		\$0
Retained Earnings		\$61,924
Total Stockholders' equity		\$84,799

Total Liabilities and Stockholders' equity

\$365,363

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after arriving in the United States. While Bassam had been a noted international journalist in Lebanon, he chose to take a different career path in the US. He worked in the production areas of Pfizer where he retired after being employed there 27 years. His wife had a career in medical technology at Backus Hospital until her retirement. When they retired they opened a business that was mostly comprised of making and selling baklava. They sold the baked items locally, did some catering and shipped their products to many locations from sales generated from their websites.

They then decided to open a business offering more Mediterranean foods. After looking throughout the southeastern Connecticut area they settled in Yantic as they fell in love with the village. They began to expand their food line specializing in Mediterranean foods all of which are made with fresh locally grown products.

Bassam makes it clear that the making and selling of quality food is a number one goal of Lazizah. He also loves to educate customers about foods and how his products are made. Sam feels it is important to help people develop healthy eating habits so he strives to educate customers about nutritious eating, healthy foods, and care of the environment. He sees residents of southeastern Connecticut demonstrating much more interest in good, natural foods, and eating healthy. He sees the general public in our area wanting to become more aware of the foods of their heritage.

Bassam, whose name means good smiley man, finds great joy in working with people and helping them have a more healthy and enjoyable life. Through his efforts at Lazizah, which means delicious, he seeks to expand the opportunities for residents of southeastern Connecticut to eat well, find the joys of good eating and of fine fellowship.



Submitted by Richard Spindler-Virgin

Fiddleheads Working Members Opportunities ABOUND!

Thanks to the dozens of FH volunteers that have been making the Tuesday—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 customers, work at the membership & information table, work one of the registers in the Co-op, or on the Produce or Bulk Team.

volunteerwithfiddleheads@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 Co-op.

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We are also participating in projects and community events that require many hands...

To "Table" at these events, contact volunteerwithfiddleheads@gmail.com;

Laura Cordes, Volunteer Coordinator;

Betty Stecher, Publicity Coordinator.

Fiddleheads Suppliers

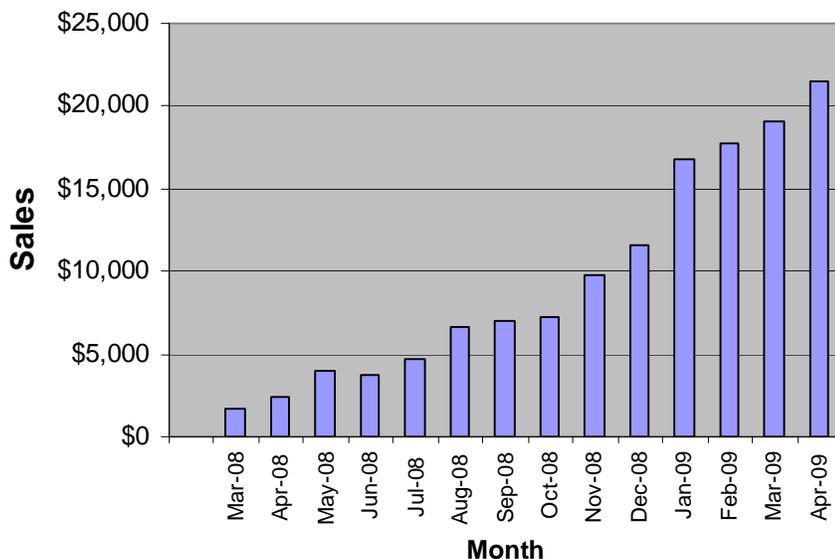
Presently, the major distributors for Fiddleheads Store are Associated Buyers, UNFI (United Natural Foods, Inc. - www.UNFI.com), Albert's Organics (Produce), and Goya. We have more regional and local suppliers of specialty products including Harry Record's Indian White Corn Meal, Brush Hill Dairy's Raw Cow's Milk, Nature's Edge (Soaps), Cato Corners Farm (Cheese) Fabled Foods (Bread), Maple Lane Farm (Black Currant Juice), Grossman's (Seafood), Stonyledge Farm (Pork), Pine Knoll (Eggs) and Perkins Farms (Eggs), Maple Syrup from Bat's of Bedlam, Helyn's Clean Solutions (cleaning products), Beltane Farm (goat's milk, yogurt and cheese), The Bridge (tofu, seitan, amasake), The Farmer's Cow (milk, half & half), Bean & Leaf (local-roasted coffee), Full Bloom Apiary, and J & K Greeting Cards.

Most customer requests for products can be filled now! 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 Co-op!
 Keep those product requests coming!

Fiddleheads Gross Sales



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 is at least 40% above wholesale.)
2. As a member, if you volunteer 5 hours per week to Fiddleheads, you will receive 5% off your 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 Feedback

The Fiddleheads Newsletter team would like to hear from you about our latest issue. Did it contain useful information? 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.