

**Our store hours are:**  
**Tuesday - Friday 11:30 - 6:30**  
**Saturday 9 - 4**

**hosting our Farmers Markets at 13 Broad St., New London, CT**

**Spread the word! Build a Co-op; Change the World!**



**First Annual Celebration**

The first annual celebration was held on Saturday, January 31st. It was one year ago on Groundhog Day, February 2, that the first Saturday Fiddleheads Farmer's Market opened. In celebration of that event, ceremonies were held at the store on this day. A large crowd gathered for the day as the celebration ceremonies were held. Beautiful birthday cakes were available for shoppers to enjoy during the day, drawings were held for door prizes, music was provided, and congratulatory ceremonies took place. Representative Joe Courtney spoke shortly after 12 noon and gave his congratulations to Fiddleheads for the positive growth the co-op/farmer's market has provided to the city and region. Many local politicians were also on hand for the ceremonies. State Senator Andrea Stillman, presented a plaque from the Connecticut legislature congratulating Fiddleheads on the positive contributions they have made to the city and region during the past 12 months. The co-op/farmer's market has seen significant sales growth over the past year and hopes to continue this growth into the future. Congratulations to many people for their hard work over the past year and for creating this first annual celebration activity.

### **Fiddleheads Annual Meeting**

The Fiddleheads Annual Meeting will be held on Tuesday May 26, 2009 at 7:00 p.m. The meeting will be held at Fiddleheads. At the meeting a report of the events of the past 12 months will be provided and elections of board members will take place. For the election of board members and any other business at the meeting that requires official action of the membership, voting will take place at the meeting. Each household membership is entitled to one vote. If you are interested in the possibility of serving on the board, please contact a current board member about getting your name placed in nomination. Make plans now to attend the meeting to be part of the official actions of the coop and to then do your coop shopping for the day.



### **Board of Directors:**

<b>President:</b>	Richard Spindler-Virgin --- <a href="mailto:dickspin@comcast.net">dickspin@comcast.net</a>
<b>Vice-President:</b>	Ed DeMuzzio --- <a href="mailto:eed@gocci.com">eed@gocci.com</a>
<b>Treasurer:</b>	David Jensen --- <a href="mailto:dejensent@aol.com">dejensent@aol.com</a>
<b>Secretary:</b>	Allen Longendyke --- <a href="mailto:robynallyn@comcast.net">robynallyn@comcast.net</a>
<b>Director:</b>	Ellen Anthony --- <a href="mailto:ellenanthony@gmail.com">ellenanthony@gmail.com</a>
<b>Director:</b>	Sheila Herbert --- <a href="mailto:sile.herbert@snet.net">sile.herbert@snet.net</a>
<b>Director:</b>	Jim Stidfole --- <a href="mailto:jstidfole@earthlink.net">jstidfole@earthlink.net</a>

## 10/10 Campaign

Tell your friends about the new 10/10 Campaign. People can become members for \$10 plus payments of at least \$10 a month until they pay the full membership (\$175 total). They can make payments as part of their grocery purchase right at the register. It's never been easier or more affordable, so join today and tell all your

## SUMMER MARKET

The New London Farmer's Market will relocate this summer to the parking lot of Fiddleheads. The NL Farmer's Market will continue to be open on Tuesday and Friday from 10 AM -2PM. Vendors will be selling locally grown and produced items at the markets in this new location. The NL Summer Farmer's Market will be open on Friday July 3 and will continue to be open from then until the end of October.

## 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.



**Andy Derr Restoration Carpentry**  
 Old House Repair *Specializing in Small Jobs*

Andy Derr  
 Owner and Master Carpenter

860/961-3839 HIC # 0673777  
[derr.andy@gmail.com](mailto:derr.andy@gmail.com) 16 Cliff Street  
 New London, CT 06320



**CCI, Inc. - One Byte Computers**

51 Route 32  
 Quaker Hill, CT 06375

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

Visit us online at [www.gocci.com](http://www.gocci.com)

**Anthony Forier**  
 Graphic / Website Design

## SUMMER EVENTS

A schedule of special summer events will be provided in our next newsletter. However it is important for members and friends to mark their calendars now for an event that will occur throughout the summer. Beginning on July 3, the New London Farmer's Market will be combining and moving to the parking lot of Fiddleheads. The vendors who used to be open in the parking behind Bank Street stores will be open on Tuesday and Friday in the Fiddleheads parking lot from 10-2. By the first of July, the store will also be open on Tuesday If anyone is interested in working in the store on Tuesday please let us know right away as we will need more volunteers to operate the store for the additional day. As of May 1, the store is open Tuesday thru Saturday. We are thrilled that the New London Farmer's market is joining us at our location. Shoppers should find this combination of resources a positive combination.



## Web Site Overview

Our website is active — Check it out!

[www.fiddleheadsfood.coop](http://www.fiddleheadsfood.coop)

### Calendar of Events

For information on Fiddleheads Co-op events

[www.fiddleheadsfood.coop/events.htm](http://www.fiddleheadsfood.coop/events.htm)

### Meeting Minutes

For Published Minutes of Fiddleheads Co-op meetings

[www.fiddleheadsfood.coop/boardmeetings.htm](http://www.fiddleheadsfood.coop/boardmeetings.htm)

### Need More Info?

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

[www.fiddleheadsfood.coop/faq.htm](http://www.fiddleheadsfood.coop/faq.htm)

## Couscous

Couscous is a yellow grain, right? Wrong. Although couscous looks like a grain (it especially looks like millet), is often used like a grain, and is even often *referred to* as a grain, it is not a grain.

All couscous, whether the tiny granular type, or the larger pearl-like type, is actually a form of pasta. We generally think of pasta as Italian in origin, but couscous originated in the Arab speaking countries of Northern Africa and the countries bordering on the Mediterranean Sea. Here, groups of women would spend a week or more making couscous by hand, rubbing a small amount of salt water together with semolina flour until a “grain” of the desired size formed, and then drying the grains in the sun. These days, the process is much more mechanized.

The process of making couscous may be mechanized but the traditional methods of preparing it still apply in many countries. In kitchens of Northern Africa and elsewhere, couscous is prepared the traditional way, in a time-consuming, multiple steaming process. Special double pots, called *kiskas* in Arabic, *couscoussière* in French, are used. Each steamer has a large chamber on the bottom where a stew bubbles, and a smaller chamber fitting over the first where the couscous sits, absorbing the steaming juices of meat, vegetables, and spices. The couscous might be steamed two or three times in this manner, until it achieves the right consistency and doneness. Couscous prepared in the traditional manner must be deeply satisfying to make and especially delicious to eat. In the west we must be satisfied with the pre-steamed and dried couscous available to us. What might be lost in traditional flavor is made up for in time. Most couscous is easily cooked in 5 minutes. For the tiny couscous, simply bring a pot of water to boil, pour an amount of boiling water over the couscous (see recipes below) and cover with a tightly fitting lid. Allow to steam for 5 minutes, remove lid and fluff with a fork. Israeli couscous take a little longer to cook, as you will see in the recipes below

You can find lots of recipes for couscous by googling it on the internet, but try the following recipes for starters. Enjoy!

### Pearl Couscous with Olives and Roasted Tomatoes

*Gourmet, September 2002* Makes 6 servings

#### For roasted tomatoes and dressing

- 2 pt red grape or cherry tomatoes (1 1/2 lb)
- 3 large garlic cloves, left unpeeled
- 1/4 cup extra-virgin olive oil
- 1/4 cup warm water
- 1 teaspoon fresh lemon juice
- 1 teaspoon salt, 1/4 teaspoon black pepper



#### For couscous

- 2 3/4 cups chicken broth
- 2 1/4 cups pearl (Israeli) couscous
- 1 tablespoon olive oil
- 1/2 cup Kalamata or other brine-cured black olives, pitted and chopped
- 1/3 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh mint (optional)
- 1 teaspoon chopped fresh thyme

#### Directions

Preheat oven to 250°F. Halve tomatoes and place in a large shallow (1-inch-deep) baking pan. Add garlic to pan. Roast vegetables in middle of oven until tomatoes are slightly shriveled around edges, about 1 hour. Peel garlic and puree with oil, water, lemon juice, salt, pepper, and 1/2 cup roasted tomatoes in a blender until dressing is very smooth.

**For couscous:** Bring broth to a boil in a 3-quart heavy saucepan and stir in couscous, then simmer, uncovered, 6 minutes. Cover pan and remove from heat. Let stand 10 minutes.

Spread couscous on a baking sheet to cool. (Spreading them out prevents them from sticking together). Then transfer to a bowl and stir in remaining ingredients, dressing, roasted tomatoes, and salt and pepper to taste.

### Israeli-style Couscous

#### Ingredients:

- 1 pound dry Israeli-style couscous
- 1 large onion chopped
- 1 tablespoon olive oil
- 2 cups chicken broth
- 1/2 cup dried chopped cranberries, apricots or raisins (optional)
- 1/2 cup chopped nuts (almonds, pecans etc. also optional)
- Chopped fresh parsley for garnish

In sauce pot, sauté the onion in the oil until tender. Stir in the couscous and cook and stir until couscous are lightly toasted. Cover with the broth and bring to a boil and simmer 10 minutes or until couscous has absorbed the liquid. Stir in the cranberries and nuts. Remove from heat and let stand covered 10 minutes. Fluff with fork. Season with salt and pepper.

Collected from : <http://www.ochef.com/38.htm>

Submitted by Laurie Gorham

## Looking at the Old Craft of Making Maple Syrup Brought to 2009

When I think of a Maple Syrup operation I think of galvanized steel taps and buckets and some sort of big kettle boiling over a wood fire. Recently I learned first hand during a visit to our store Maple Syrup provider, Bat's of Bedlam, that my thoughts were a bit out of date for a modern syrup producing operation. Bob and Pat Dubos began making Maple Syrup and related products shortly after they bought their home on Bedlam Road near Chaplin Connecticut in 1971. Bob was a Biology graduate student at UCONN and was studying bats, hence the business name. They noticed their land just beyond the back door contained an excellent grove of sugar maples (sugar bush) and Bob decided to try his hand at making syrup. At that point in time it was buckets and a welded heated sap cooker.



In 2009 there are no more metal buckets. The taps go directly into hoses that lead right into the sugarhouse. The only buckets used are now large plastic pails used where trees cannot be linked to the boiler. The syrup cooker at Bat's is still wood fired, but the distillation process involves the maple sap going through several levels of boiling to steam off the water and make what is a vaguely sweet water/sap from the tree into dark maple syrup. Hydraulic pressure/sap level levers take the sap down through the levels of boiling with the finished product, when cool, being drained directly into a sealed container for sale or a storage. Water from the distillation process in a closed area in the center of the boiler drains off to provide a steady source of heated, distilled, purified water. The whole process produces a warm sweet maple smelling steam that rises out through the vents in the roof of the sugarhouse.



There is only a six week window to produce syrup, when days begin to warm, but nights are cold producing maximum movement of sap up between the bark and wood of the tree. Amazingly, the tapping process does not hurt the tree, in fact the tap holes heal over in a few weeks. Sugar Maples can easily live for 300 years and are thus able to produce a sustainable agricultural product for generations. Maple Syrup, although a sugar, has some antioxidant properties and is rich in minerals, in short Maple Syrup is better for you than commercial cane sugar or corn syrup, both of which are not good for you at all.



In addition to Maple Syrup Bat's makes Maple Butter, Maple Candy, Maple Coated Peanuts, and Maple Vinegar. All but the Vinegar are available at Fiddleheads.

Submitted by Allen Longendyke



## Fiddleheads Mid-Way Co-op

### Suppliers

Presently, the major distributors for Fiddleheads Store are Associated Buyers, UNFI (United Natural Foods, Inc. - [www.UNFI.com](http://www.UNFI.com)), Albert's Organics (Produce), and Goya. We have more regional and local suppliers of specialty products including Whit Davis'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 Current 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, Oyster Creek Mushrooms, 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 Volunteer 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, or work one of the registers in the Co-op.

[volunteerwithfiddleheads@gmail.com](mailto: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](mailto:volunteerwithfiddleheads@gmail.com);

Laura Cordes, Volunteer Coordinator;  
 Betty Stecher, Publicity Coordinator.

## 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 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.

### MAKING SHOPPING EASIER

Fiddleheads Natural Food Coop is now able to accept credit cards, debit cards, and EBT cards. This allows shoppers to purchase fine foods in three new methods that have not been available until now. We are pleased that these shopping opportunities are now open to our members and non-member customers.

### 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](mailto:newsletter@fiddleheadsfood.coop).

### Newsletter Credits:

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Submittal Deadlines for 2009 are 6/1,9/1,12/1  
 Planned Publication date is the 15th of the last

month of the quarter

(March, June, September, December)