



Exciting Things are Happening at Fiddleheads for the Holidays

- Open Sundays 10 to 4 - In response to your requests for greater member and customer service, we now have Sunday store hours.
- Saturday Farmers Market in Full Swing - Featuring: Philomel Gardens, Olive & Oud, Bread and Cookies, Maria's Country Kitchen, Lazizah, Carol Monnerat Artisan Truffles, 4 Mile River Farms, Local Author Glenn Chaney, and Perennial Harmony's plants, and seasonal wreaths.
- More Display Equipment Set Up and Functioning.
- New Fiddleheads Website Soon to be Launched - (More user friendly for everyone - much thanks to volunteer Ellen Clinesmith)
- Farm to Freezer Coop Veggies Now Available at Fiddleheads - see story on page 5.
- La Tienda Spanish Food Speciality Imports Now Featured - Cheeses and other delights from the heart of Spain. This vendor was found to assist a customer request for Manchego Cheese.
- Membership and Facebook "Likes" are growing - Over 1,300 Family, Business Partner, Service Member/Family, and Student Memberships. Over 575 Facebook "Likes".

The Fiddleheads Board of Directors has developed and approved the following product guidelines:

Product Guidelines of the Fiddleheads Natural Foods Co-op

The following guidelines dictate the co-ops product selection:

WE EMPHASIZE

- Basic, whole foods available in bulk
- Organically grown products
- Locally harvested produce
- Foods that accommodate limited and specific diets
- High-quality nutritional supplements
- Natural household and personal products
- Freshness and value

WE MINIMIZE

- Unnecessary preservatives and additives
- Highly processed and refined foods
- Environmentally hazardous products
- Products tested on animals
- Genetically engineered foods
- Excessive packaging
- Recombinant bovine growth hormones

THE FOLLOWING PRODUCTS AND INGREDIENTS WILL NOT KNOWINGLY BE PURCHASED OR OFFERED FOR SALE BY FIDDLEHEADS

- Tobacco products
- Artificial flavors
- High-fructose corn syrup
- Trans fats
- Hydrogenated oils
- Nitrites



Farm Profile - Terra Firma Farm - 330 Al Harvey Rd.

Stonington CT. Opened by Brianna Casadei and Ethan Grimes in 2004 on an 1740's era farm property leased from an historic trust, Terra Firma Farm serves not only as a model for sustainable farming but as an educational program to teach children about farming, food sources, and working together. The summer day camp at Terra Firma is 11 weeks long and the participants can see the plants and animals grow over the course of the season. During



the summer Terra Firma has many animals, sheep, goats, pigs, rabbits, ducks, and chickens. When winter comes it's down to pigs, ducks, rabbits and chickens. Hens are the mainstay; on December 10th there were over 2,000 egg laying hens in the fields above the farm house and barns. Two large white Italian Maremma dogs serve as the chicken's guardians and companions, not only keeping out coyotes, foxes, and raccoons, but even chasing away hawks. Brianna said the only predators that sometimes get past the dogs are owls, and not if the owl awakens the chickens. The dog's presence allows the chickens to be kept in a large open field, free to roam. The pigs are also kept outside in all reasonable weather, in a large portable pen surrounded by a solar charged electric wire. This fall, due to the high ground water level, the pigs have to be moved almost daily to avoid creating unmanageable mud slicks where ever they are pastured. Muscovy and Black Swede ducks provide roast duck, while a chorus line of Indian



Runner Ducks provide duck eggs. The rabbits stay in rabbit hutches inside a pavillion barn along a with a pet donkey and two breeding sheep. The informal farm store in a small barn across the driveway from the house has an honor system self-service shop for eggs, frozen roaster/fryer chickens, Baldwin Brook Dairy milk, and Sleepy Moon soap (from North Franklin CT). Terra Firma provides the lard for the soap and Brianna helps Sleepy Moon owner Winter Caplanson with soap making. The other meat products are available seasonally or upon request. For more information on Terra Firma visit the farm website at www.terrafirmafarm.org .

Inventory Help Needed

Inventory will be taking place at the store on Sunday, January 8th from 3pm to 6pm. We will count everything in the store and have pizza when it's complete! Please RSVP to Claire at claire.e.anthony@gmail.com .

First Sunday Opened

November 27th. Although not crowded it was not a slow day in the store either. The scene below shows some afternoon check-out business as two of our volunteers work at the register.



Farm to Freezer: Neighboring Food Co-ops Launch Frozen Fruit & Vegetable Pilot

By Erbin Crowell

Your food co-op works hard to source products that strengthen the local economy, support sustainable agriculture and grow the co-operative movement. Food co-ops have been innovators in the food system, from organic and fairly traded goods to rebuilding local and regional economies.

The Neighboring Food Co-op Association (NFCA), a network of more than 20 food co-ops in New England has identified a range of products that could be grown, processed and consumed closer to home. Among the most compelling are frozen fruits and vegetables. While our region has a vibrant tradition of family farms and agricultural co-ops, much of the frozen produce on our shelves is grown on large, industrial farms, and processed by distant corporations.

What would it take to change this situation? The NFCA has partnered with Sunrise Orchards in Cornwall, Vermont, to find out. “We are excited, in a year of so many challenges for farmers, to release a line of regionally sourced, family farmed frozen produce,” said David Dolginow of Sunrise Orchards. “And it wouldn't have happened without the partnership of the Neighboring Food Co-op Association.”

Working in collaboration with family farmers, farmer co-ops such as Deep Root Organic Co-op and the Pioneer Valley Growers Association, and processors including Farm to Table Co-Packers, the Vermont Food Venture Center and Green Mountain College's Mobile Flash Freezer, the NFCA and Sunrise Orchards are piloting products that are grown, processed and packaged right here in the Northeast, including:

Blueberries. Our delicious highbush blueberries were grown by Green Mountain Orchards and Harlow's Sugar House in Putney, VT. The growers practice Integrated Pest Management (IPM) to control insect pests, weeds and diseases in their fields.

Green Beans. John Farm in Sauquoit, NY, has been growing a variety of produce in New York State since the 1950s. The farm uses Integrated Pest Management (IPM) to produce the Caprice, Labrador and Lewis bean varieties for our frozen green beans.

Sweet Corn. Our delicious, non-GMO sweet corn is grown by Gill Farm in New York State. First planted by John Gill's grandfather in 1937, the farm now produces a wide variety of produce using Integrated Pest Management (IPM) methods.

Broccoli. Founded in 1986, Deep Root Organic Co-op is a pioneer in regionally grown organic produce, offering a wide variety of vegetables from their 14 member farms in Vermont and Southern Québec. Their co-op supplies our food co-ops with organically grown broccoli.

“We have really appreciated the opportunity to work with the NFCA on this project,” says Anthony Mirisciotta, Deep Root Organic Co-op's general manager. “This collaboration has produced some great, regionally sourced frozen foods that can be enjoyed year round, as fresh as the day they were picked. This is what really excites us!”

We hope that you're excited, too, and will look for these products in your co-op's freezer, try them out, and tell us what you think. Neighboring Food Co-op Association frozen fruits & vegetables are easy to find — they're packed in a clear package so you can easily see what's inside. For more information, please visit www.nfca.coop/farmtofreezer.

Erbin Crowell serves as Executive Director of the Neighboring Food Co-op Association, a network of more than 20 food co-ops — including yours! — community-owned by more than 90,000 people. Together, we are building a thriving regional economy, rooted in a healthy, just and sustainable food system and a vibrant community of co-operative enterprise. For more information and a map of member food co-ops, please visit www.nfca.coop.

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are:

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**Happy
Chanukah**

