

Fiddleheads Food Cooperative



**Fiddleheads Co-op
13 Broad Street in New London
www.fiddleheadsfood.coop**

Celebrating 7 years of the 7 cooperative principles



**OPEN TO THE PUBLIC
MONDAY-SUNDAY**

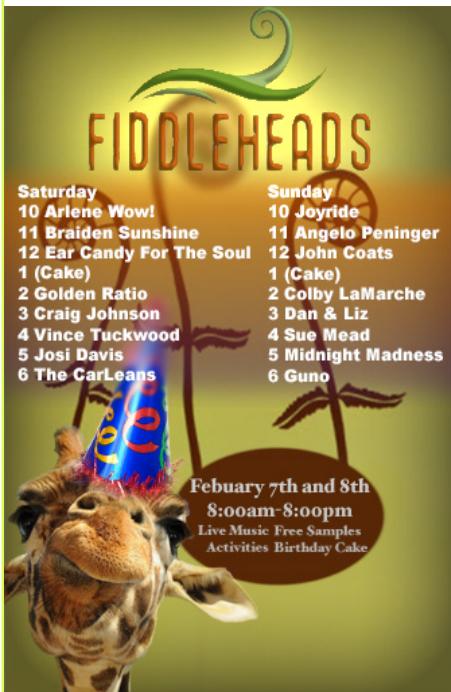
8:00-8:00

13 Broad Street, New London

Contact Us:

(860) 701-9123

www.FiddleheadsFood.coop



Live Music

We have some wonderful, generous local musicians, who have volunteered to perform at our 7th Birthday Party Celebration! What a treat for all of us. You won't want to miss any of this great talent.

We'd like to give a shout out and a big ***THANK YOU*** to ***Rachel Watrous, ArleneWow and Marcus Gram*** for coordinating and promoting the live music for our special celebration!

Educational Workshop with Rachel Sayet: "A Celebration of Land and Sea: Modern Indigenous Cuisine in New England"

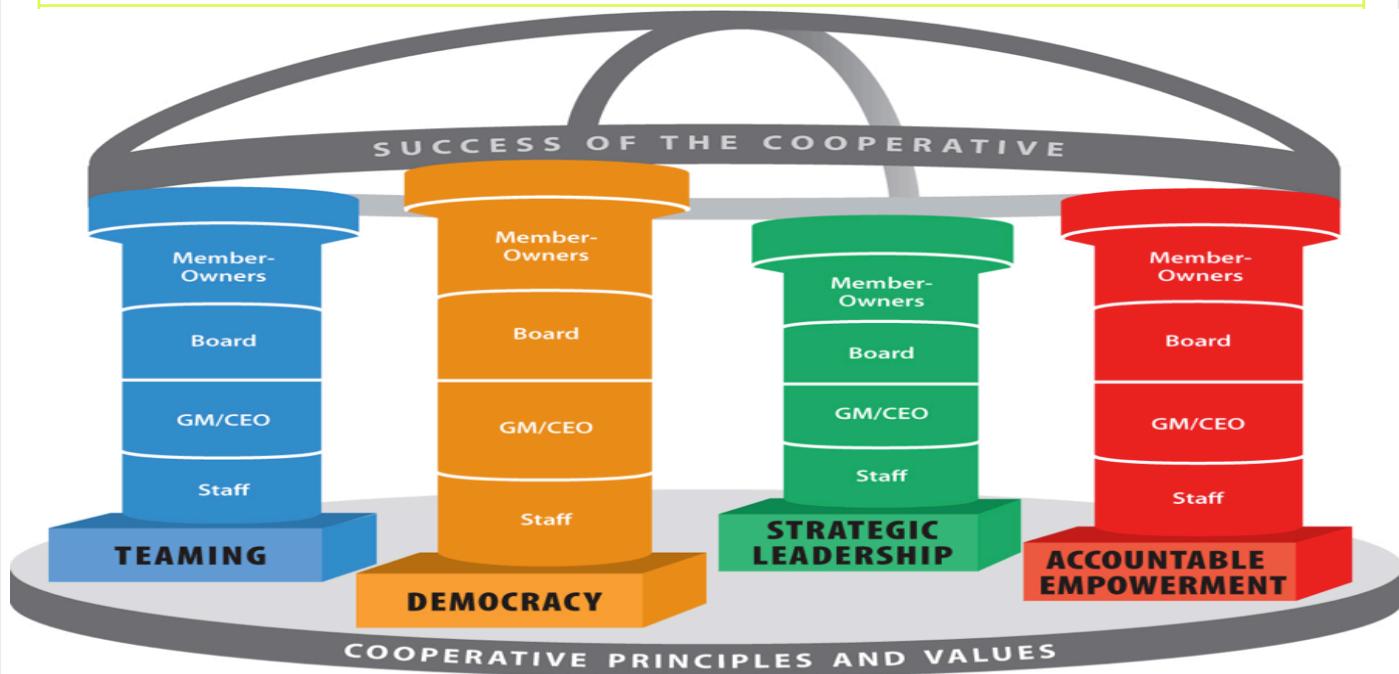
Sunday, February 22, 3:00-4:00

New England is a region often overlooked in Native American studies. Due to its long history of colonization and assimilation, the myth of the vanishing Indian is most prominent here. Many Americans only learn about the first Thanksgiving, and then Native Americans in New England disappear from history. However, the Native American people of New England never truly "vanished," and many cultures have flourished throughout the region's complex history.

Contemporary American food culture has similarly elided its indebtedness to the indigenous people of New England. Traditionally, food here was hunted, planted, caught, and harvested seasonally. Stories and celebrations about food went along with those seasons, and were a way of bringing communities together. Today, indigenous chefs in New England utilize local ingredients such as clams, deer, and corn to create both traditional and modern dishes, which are celebrated at events such as Cranberry Day in Massachusetts and the

Hammonasset Festival in Connecticut. Some Native American chefs still use traditional cookware and are much sought after for their clam cakes and Johnnycakes, as well as other indigenous foods.

This study will focus on contemporary Mashpee Wampanoag, Abenaki, Mohegan, and Narragansett cooks living in New England and their approach to Native American cuisine. Through interviews with cookbook writers, food journalists, powwow cooks, and restaurant owners, I will demonstrate how the Native American people of New England have continued to use the same ingredients that were available at the time of the much misunderstood "first Thanksgiving" to create their own modern indigenous cuisine.



Four Pillars of Cooperative Governance

News from the Board of Directors

Greetings to the Member-Owners of Fiddleheads from our Board of Directors. **How exciting for all of us to celebrate our 7th Birthday on February 7-8, 2015!**

Together we have built a very small start-up into a vibrant store that serves a regional community interested in healthy food. Much thanks goes out to our founders for their vision.

Our board has met frequently over the last several months. We have had extensive discussions on expansion plans. We reviewed a market study and a feasibility study of proposed expansion plans. After review, the board reluctantly decided that we should not move forward with a proposed Parcel J store project at this time. Instead we will concentrate on taking full advantage of our existing store space. Already our staff has created a second

cooler to better serve our customers with increased produce and bulk storage.

Our board also has had several discussions on the management of our cooperative. We are pleased to have hired our two new co-managers Sheila Hebert and Kristin DeMuzzio both of whom are well known to you. Under their leadership, we are looking forward to an exciting store experience for all our shoppers.

Our board continues to work on implementing best practices in cooperative governance. As in past years, we participate in the Cooperative Board Development Leadership program. This program gives us access to being trained on best practices and to consulting with experienced coop leaders. Our goal is to provide good governance on your behalf to achieve the

outcomes you have for Fiddleheads.

Our relationship with the co-managers is the foundation for good governance. Our model is the Four Pillars of Cooperative Governance depicted above.

The Four Pillars of Cooperative Governance are:

- **Teaming:** successfully working together to achieve common purpose.
- **Accountable Empowerment:** successfully empowering people while at the same time holding them accountable for the power granted.
- **Strategic Leadership:** successfully articulating the cooperative's direction/purpose and setting up the organization for movement in this direction.
- **Democracy:** successfully sustaining a culture in which people choose meaningful ways to participate for both individual or common good.

I like this quote from an article in the November-December issue of *Cooperative Grocer*:

Cooperative governance is the act of steering cooperatively owned enterprises toward economic, social, and cultural success. It consists of answering key questions, defining roles and responsibilities, and establishing processes for setting expectations and ensuring accountability.

More information about the Four Pillars of Cooperative Governance is available in the *Cooperative Grocer* and on the CBL website cdsconsulting.centraldesktop.com/cbld/doc/3154572/w-Library.

Our board will be discussing goals for 2015 at our upcoming February meeting. I anticipate we will be talking about more time with our Member-Owners. Wouldn't it be great to create opportunities for Saturday morning coffee or small focus group discussions?

Our board also plans to take advantage of opportunities to spend time with other cooperatives.

Upcoming events include board member, co-manger, and staff participation in a discussion of "Thriving in the New Competitive Landscape" on March 7. Board, co-managers and staff will also attend the annual meeting of the Neighboring Food Coop Association, an association of northeast cooperatives, on March 21.

We encourage all of our Member-Owners to read our board minutes on the website. Our board meets the third Tuesday of the month at 6:30 PM in the boardroom at 105 Huntington Street. Our guideline for Owner-Member Participation is found in this newsletter. Get in touch with me if you have ideas you would like us to discuss. We look forward to continuing to serve your interests.

Susan Zimmerman

Board President





Member-Owners of Fiddleheads Food Cooperative are welcome to participate in monthly Board of Directors Meetings. The Fiddleheads Board of Directors meets regularly, on the 3rd Tuesday of every month, at 6:30 pm, on the first floor of 105 Huntington Street. These meetings are not open to the general public. Because of the large amount of work that must be completed at the monthly meetings, we have established some guidelines for Member-Owner participation. You can find the full explanation on our website: http://fiddleheadsfood.weebly.com/uploads/9/7/4/6/9746562/owner_participation_in_fiddleheads_board_meetings.pdf

- Please plan to arrive by 6:15 pm and identify yourself as an Owner when attendance is taken.

- Please sit in the chairs that are identified for guests.
- The Board President is responsible for facilitating the meeting in a timely and efficient manner. Please wait to be called upon before speaking.
- If you would like to address the Board about a particular issue, the Directors request that you please submit a written summary to the Board President at least ten (10) days prior to the next scheduled Board Meeting. You may contact the President by email at susanpzimmerman@sbcglobal.net

We hope to see you soon, Cooperators!



WORKING-OWNERS: WANT TO TAKE A MORE ACTIVE ROLE IN YOUR COOPERATIVE?

Seeking dedicated cooperators to join our Outreach and Membership Leadership Committees. Participants will be asked to attend monthly meetings and assist at events in the store and in the community. Please contact Jessica or Amelia with your questions and plan to attend

one of the first meetings in February, depending on your interest:

**Membership Committee Meeting
Wednesday, February 25, 6:30-7:30 pm**

**Outreach Committee Meeting
Saturday, February 28, 4:30-6:30 pm**

Local Delight: Bats of Bedlam Maple Farm

Founded in 1968, Bats Of Bedlam Maple Farm is a 48-acre farm run by Bob and Pat Dubos. Every winter, they collect 41,000 gallons of sap from 1500 taps and make 550 gallons of maple syrup. The sap is pre-concentrated in a reverse osmosis machine before it is boiled down to maple syrup.

Bob and Pat Dubos are premier sugar makers. Try some of their maple syrup, maple cream, maple butter, maple sugar, maple sugarcoated peanuts, and maple vinegar at their Maple Farm in Chaplin or at your favorite food Co-op! Why use maple syrup as your sweetener? It's filled with vitamins, minerals and antioxidants.

Bats of Bedlam Maple Farm generously donated maple syrup for our Small Business Saturday Pancake Breakfast and it was a hit! Please mark your calendars for our next Pancake Breakfast on ***Saturday, April 25, from 8:00-11:00.*** Working-Owners eat for FREE!

Bob and Pat Dubos
101 Bedlam Rd., Chaplin, CT
860-455-9200
bob_dubos@charter.net



More Ways to Get Involved!

SPRING FOOD STROLL



Mark your calendar for the evening of Wednesday, May 13

Working-Owners Needed!

Exercise your culinary creativity and join our Food Stroll Committee. Please contact Amelia to sign up.

amelia.fiddleheads@gmail.com

MEMBER-OWNER ORIENTATIONS

Friday, February 6, 11:00-1:00 pm
Saturday, February 28, 4:30-6:30 pm
Tuesday, March 3, 10:00-12:00 pm

Additional Orientations are scheduled as needed. Please feel free to contact our Member Outreach Coordinator if you are unable to attend a scheduled orientation. We will be happy to meet with you at a more convenient time! Orientations are required before owners can become Working-Owners, to earn discounts when they shop. There are many opportunities to share your skills and talents with your cooperative. Orientations are also a great way to learn about what it means to be a co-op owner and how to take advantage of all of your owner benefits. Have your questions answered, enjoy some samples and have a detailed tour of our beautiful store.

RSVP today! jessicajames-carnes@fiddleheadsfood.coop

13 BROAD STREET, NEW LONDON

(860) 701-9123

January 2015



CULINARY TOUR

SATURDAY, FEBRUARY 21, 3:00-4:30 PM

THURSDAY, MARCH 26, 5:30-7:00 PM

SATURDAY, APRIL 25, 4:00-5:30 PM

13 Broad Street, New London (860) 701-9123 www.FiddleheadsFood.coop

Join Amelia Lord, Community Connections Coordinator, Certified Holistic Health Coach and Culinary Instructor on a delicious, seasonal tour of the Co-op. Taste regional delicacies, heirloom produce and unique cheeses. Learn how to incorporate fresh, exotic spices for the best flavor. Go home with recipes and shopping lists to invigorate your winter meals! Space is limited.



CULINARY TOUR REGISTRATION

Please check your preferred date:

SATURDAY, FEBRUARY 21, 3:00-4:30 PM

THURSDAY, MARCH 26, 5:30-7:00 PM

SATURDAY, APRIL 25, 4:00-5:30 PM

Culinary Tour Fee is \$15 per person. You will receive a \$5 Fiddleheads Gift Card at the conclusion of the event. Please bring this form and your payment to the register.

Name: _____

Email: _____ Phone Number: _____

Mailing Address: _____

Are you an Owner? YES / NO Owner Number: _____

Store Use:

Registration Fee Paid? YES / NO

Staff Name: _____ Staff Signature: _____

February

Open to the Public!



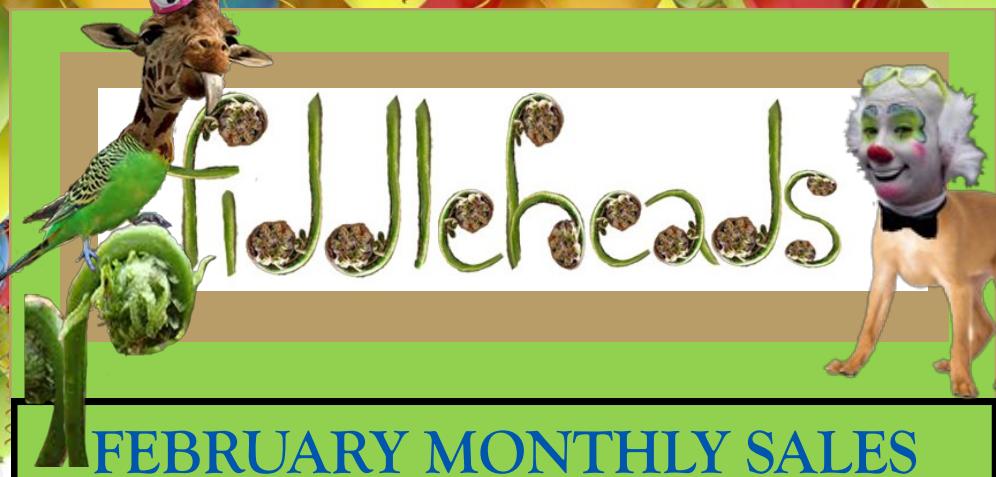
Monday-Sunday **2015**

13 Broad Street, New London

(860) 701-9123 www.FiddleheadsFood.coop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Chocolate Lovers Month Happy 7th Birthday, Fiddleheads! 7 years of the 7 Cooperative Principles in SECT!	2 10% off for EVERYONE Free Samples, Live Music, Giveaways, Children's Crafts	3 UNFI Afternoon Delivery FREE Samples 5:00-6:30 Member-Owner Orientation 6:00-8:00	4 UNFI Afternoon Delivery FREE Samples 5:00-6:30 Member-Owner Orientation 6:00-8:00	5 UNFI Afternoon Delivery FREE Samples 5:00-6:30 Member-Owner Orientation 1:00 UNFI Afternoon Delivery	6 Birthday Celebration! 10% off for EVERYONE Free Samples, Live Music, Giveaways, Children's Crafts	7 Birthday Celebration! 10% off for EVERYONE Free Samples, Live Music, Giveaways, Children's Crafts
8 Birthday Celebration! 10% off for EVERYONE Free Samples, Live Music, Giveaways, Children's Crafts	9 UNFI Afternoon Delivery FREE Samples 5:00-6:30	10 UNFI Afternoon Delivery FREE Samples 5:00-6:30	11 UNFI Afternoon Delivery FREE Samples 5:00-6:30	12 UNFI Afternoon Delivery FREE Samples 5:00-6:30	13 Valentine's Day Heart Healthy Demos Artisan Market 10-2	14 UNFI Afternoon Delivery FREE Samples 5:00-6:30
15 President's Day	16 Board of Directors Meeting 6:30 pm, 105 Huntington Street	17 UNFI Afternoon Delivery FREE Samples 5:00-6:30	18 UNFI Afternoon Delivery FREE Samples 5:00-6:30	19 UNFI Afternoon Delivery	20 Co-op Culinary Tour 3:00-4:30, \$15 per person	21 Co-op Culinary Tour 3:00-4:30, \$15 per person
22 Storytime with Martina 2:30 Workshop, with Rachel Sayet: "A Celebration of Land and Sea: Modern Indigenous Cuisine in New England"	23 UNFI Afternoon Delivery FREE Samples 5:00-6:30 Membership Committee Meeting 6:30	24 UNFI Afternoon Delivery FREE Samples 5:00-6:30 Membership Committee Meeting 6:30	25 UNFI Afternoon Delivery FREE Samples 5:00-6:30 Membership Committee Meeting 6:30	26 UNFI Afternoon Delivery Movie Night: "Symphony of the Soil" 6:00	27 Artisan Market 10-2 Member-Owner Orientation 4:30-6:30 Outreach Committee Meeting 6:30	28 Artisan Market 10-2 Member-Owner Orientation 4:30-6:30 Outreach Committee Meeting 6:30

All workshops and events are free and open to the public, unless otherwise noted. If you would like to become a Working Owner, have questions, concerns, suggestions about programming, ownership or benefits, please contact our Member Outreach Coordinator: JessicaJames-Carnes@fiddleheadsfood.coop



FEBRUARY MONTHLY SALES

GROCERY

BOB'S RED MILL GF Quick Cook Oats

SALE PRICE: \$6.09

Save **\$1.60!**

32oz

SMART JUICE Organic Juices (Asst Flavors)

SALE PRICE: \$6.89

Save **\$1.00!**

33.8oz

SPECTRUM Org Balsamic Vinegar

SALE PRICE: \$9.25

Save **\$1.30!**

16.9oz

CHOCOLOVE XOXOX Org Choc Bars

*Select flavors

SALE PRICE: \$3.85

Save **\$0.50!**

3.2oz

SPECTRUM Org Vir Coconut Oil

SALE PRICE: \$18.49

Save **\$2.60!**

29oz

WHOLESOME SWEETENERS Org Raw Agave

SALE PRICE: \$6.95

Save **\$1.40!**

23.5oz

REFRIDGERATED & FROZEN

FIELD ROAST Veg. Meat Loaf

SALE PRICE: \$6.69

Save **\$1.50**

1 lb

WALLABY YOGURT Org Low Fat Yogurt

*Select flavors

SALE PRICE: \$1.25

Save **\$0.20!**

6oz

UDI'S GF Whole Grain Bagels

SALE PRICE: \$5.85

Save **\$0.80!**

13.9oz

SAFFRON ROAD Lemongrass Basil Chicken

SALE PRICE: \$4.70

Save **\$1.45!**

11oz

EDA-ZEN Edamame In-Pod

SALE PRICE: \$3.69

Save **\$0.20!**

16oz

LUNA&LARRY'S Org Coconut Bliss Ice cream

*Select flavors

SALE PRICE: \$6.25

Save **\$1.00!**

pint

BULK

Honey-Nut-Seed Crunch

SALE PRICE: \$4.50/lb

Save **\$0.50/lb!**

Organic Mission Figs

SALE PRICE: \$6.10/lb

Save **\$0.75/lb!**

BOLA Granola

SALE PRICE: \$6.00/lb

Save **\$0.85/lb!**

Organic Hull-less Barley

SALE PRICE: \$1.40/lb

Save **\$0.30/lb!**

Organic Sunflower Seeds

SALE PRICE: \$3.60/lb

Save **\$0.40/lb!**

Org & Fair Trade Roadhouse Blend Coffee

SALE PRICE: \$10.50/lb

Save **\$1.30/lb!**

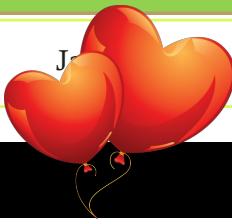
Sale prices valid February 1, 2015 through February 28, 2015

MORE SALES FOUND IN EVERY AISLE!



101 STATE STREET, NEW LONDON

(860) 701-9123



TEA & SPICE

Organic Whole Bay Leaves

SALE PRICE: \$26.00/lb

Save \$2.00/lb!

Organic Echinacea

SALE PRICE: \$56.00/lb

Save \$4.00/lb!

Chlorella Powder

SALE PRICE: \$55.00/lb

Save \$3.00/lb!

Organic Dandelion Root

SALE PRICE: \$34.00/lb

Save \$2.00/lb!

Organic Eucalyptus Leaf

SALE PRICE: \$30.00/lb

Save \$2.00/lb!

Organic Rosemary Leaf

SALE PRICE: \$14.00/lb

Save \$2.00/lb!

HEALTH & WELLNESS

KISS MY FACE Moisturizers, Asst. 16oz

SALE PRICE: \$9.29

Save \$1.50!

16 oz.

AVALON Org CoQ10 Facial Cleansing Milk

SALE PRICE: \$10.50

Save \$2.00!

8.5oz

SPECTRUM ESSENTIALS Org Flax Oil

SALE PRICE: \$26.99

Save \$2.20!

16 oz.

YERBA PRIMA Colon Care Capsules

SALE PRICE: \$26.99

Save \$4.00!

180 ct.

ALACER EMERGEN-C Drink Mix Raspberry

SALE PRICE: \$13.29

Save \$1.30!

30 ct. box

NATURE'S GATE Shampoo Asst. Varieties

SALE PRICE: \$6.69

Save \$0.80!

18oz

PRODUCE



Organic Grapefruits

SALE PRICE: \$1.29 each

Save \$0.30

Organic Lemons

SALE PRICE: \$0.55 each

Save \$0.30

GENERAL MERCH



SERRV Fair Trade Heart Wreath

SALE PRICE: \$6.95

Save \$3.00

Organic Russet Potatoes

SALE PRICE: \$0.79/lb

Save \$0.20/lb

*Join us February 7 & 8 for our 7th Birthday Celebration
and get 10% off EVERYTHING!*



Open Every Day 8am -8pm

860-701-9123 www.fiddleheadsfood.coop

