

Fiddleheads Food Co-op

A member-owned, full service market, dedicated to providing wholesome natural foods. Open to the public!

13 Broad Street, New London, CT 06320

(860) 701-9123



Spring 2013 Newsletter

Mark Your Calendar!

- | | |
|---------------------|---|
| Sunday,
May 05 | Fiddleheads Food Co-op's Annual Meeting, on the 11 th floor of the Mohican Apartment Building! |
| Saturday,
May 11 | Register to join the new Riverside Park Community Garden, from 10:00-2:00. |
| Saturday,
May 18 | Bike New London Bike Repair Workshop, 11:00 am, outside the Co-op. |
| Tuesday,
May 21 | Board of Directors Meeting, 6:30 pm. All member-owners welcome!* |

Earth Day at Fiddleheads

On Saturday, April 20, we celebrated Earth Day at Fiddleheads! A very special thank you to those who helped to make it a fun and successful event! Pat Dadonna lent her new sound system to all of the musicians and stayed all day to help everyone use it. All of our shoppers were treated to the live performance talent of Phil Newland, Nancy Parent, Pat Dadonna & Mike Ball, and John "Woody" Wood. It was a full day of acoustic delight!

Martina Bottinelli led special children's art activities for our youngest members and shoppers, from 10:00 am to 2:00 pm. We have quite a talented young membership of budding artists! On Saturday afternoon, member-owner Amanda Bourassa treated us to a demonstration of how to make our own "green" cleaning supplies. If you missed this great workshop, don't worry! Amanda has generously shared her recipes for this issue of the newsletter! Keep reading... Remember to try to make everyday Earth Day.



*All Member-Owners are welcome at Board Meetings!

Fiddleheads Board of Directors meetings are held on the third Tuesday of each month, at 6:30 pm, at 105 Huntington Street, New London, on the first floor. Attend a meeting to learn more about your Cooperative and how you can get involved!



Sugar, by Dr. Bulk (aka Ellen Anthony)

The Bulk Department has SIX kinds of sugar: white, brown, rapadura, demerera, coconut and organic cane.

Others sugars that we don't have, at least not in bulk: caster, date, turbinado, beet, confectioner's jaggery, muscovado, pearl, panela, maple, sorghum, corn, Sucanat, crystal, loaf, cube...

Sugar starts its life as a plant. A number of plants have a relatively high concentration of sugar in their makeup. The juice or sap of the plant has to be separated from the solids, then water removed from the sap to the point where it becomes

solid/granular/crystallized. Let's start with sugar cane, the most common sugar in the bulk department (5 of the 6):

1. Get the leaves off the plant by burning or stripping mechanically. Burned leaves cause air pollution and lung disease. Stripped leaves can be composted and returned to the field, burned to produce energy, or made into other products.
2. Squeeze out the juice by putting the bare canes through an oversized,

powered laundry wringer. In the old days, draft animals provided the power.

3. Remove impurities with sieves and filters.

4. Boil it until

4a. It becomes a supersaturated liquid that will crystallize at the drop of a catalyst (more crystals). Or

4b. It has so little liquid left in it that it is about to solidify, then stir and beat it like crazy until it is cool

What kind of sugar do you like to use?

and composed of small grains. Sounds dangerous to me.

Some people pour the almost-solid syrup into wooden or metal molds where the sugar cools and hardens into a lump. This is loaf sugar or jaggery or panela, and must be cut up in some way before using. This is also how maple sugar leaves are formed.

Coconut sugar is made from the sap of the coconut palm tree. Quite a fascinating process: a farmer climbs up a coconut tree in the morning and cuts a slit in a flower. Then s/he hangs a little cup under the slit to catch the nectar that oozes out. Then the farmer climbs down from that tree and climbs up the next to do the same thing. The cups collect



the sap all day, and in the evening, the farmer climbs the tree again to collect the day's drippings. Then the same is cooked down to make sugar. The co-op's coconut sugar is from Java. As the importer (in Vermont) tells

A Recipe from Dr. Bulk!

Spring means strawberries... Strawberry Shortcake is one of the most delightful desserts of springtime! And, Ellen Anthony always shares the very best recipes. Enjoy making this treat with fresh ingredients from your very own Fiddleheads Food Cooperative.



tells me, the farms are not certified organic, but traditional non-chemical methods are used throughout.

Recipe: Strawberry Shortcake

Bowl Number One:

1 lb fresh, organic strawberries, from Fiddleheads: washed, drained, hulled (de-leaf and de-stem) and halved

2 T. sugar

Stir lightly, then let them sit together while you make the biscuits

Bowl Number Two

3 C. flour

3 T. sugar

3 t. baking powder

1 t. salt

1 stick of butter

1 C. of milk

Stir dry ingredients together, then

put in one stick of butter (or other solid fat).

Cut the butter into the flour mixture with pastry blender or with two knives, cutting kind of like scissors, until the butter is pea-sized.

Pour in 1 C. of milk (or a substitute) and quickly and briefly stir it all together.

Pour all of the batter on a floured board or table, and pat it out a bit.

Cut in quarters and pile the quarters on top of each other like a sandwich. Pat out to about one half to three-quarters inch thick. Then cut into squares or circles or triangles, and bake about twenty-five minutes at 350 degrees or until they look perfect.

Bowl Number Three

While the biscuits bake:

1 C. heavy/whipping cream

1 T. sugar

Beat until stiff, but not until it becomes butter.

Bowl Number Four

(four or five or six of them – small ones)

Put a broken biscuit in the bottom.

Pour strawberries from Bowl Number One on it.

Plop a little whipped cream from Bowl Number Three on top of that.

Add a spoon.



Sincerely,
Ellen Anthony

NFCA Co-ops & Partners Ring in the Co-operative Decade

On March 30th, the Neighboring Food Co-op Association (NFCA) held its second Annual Meeting, hosted by the Putney Food Co-op at the Putney School in Vermont. The meeting brought together over 90 co-operators from more than 30 food co-ops and start-up initiatives including Fiddleheads Natural Food Cooperative and 10 partner organizations from Connecticut, Massachusetts, New Hampshire, Rhode Island, and Vermont. Representatives from the Local Organic Food Co-ops Network, a sister co-op association from Ontario, also joined the gathering.

NFCA President Glenn Lower, General Manager at Middlebury Natural Foods Co-op (VT), welcomed attendees and introduced Vermont Secretary of Agriculture Chuck Ross, an honored guest at the gathering, who spoke to the important role that co-ops play in our region:

“Co-ops help democratize our food

system,” Ross said. “They empower people to be more than consumers, and farmers to be more than producers. Co-op ownership enhances their engagement with the food system, amplifies their voices, and shortens the distance in the supply chain from producer to consumer. Food co-ops are on the leading edge of evolving and adapting our food system to meet the needs of the 21st century in providing secure, safe, and equitable distribution of food.”

Secretary Ross’ comments were an inspiring introduction to the activities of the morning, which included a presentation by NFCA Executive Director Erbin Crowell on the International Co-operative Alliance’s “Blueprint for a Co-operative Decade.” This ambitious vision proposes to build on the momentum created by the International Year of Co-ops to make co-ops acknowledged leaders in sustainability, the preferred business model for people around

the world, and the fastest growing form of enterprise by 2020. Attendees worked in small groups to discuss how our co-ops can work together to make this vision a reality, with a focus on the co-operative difference, member participation, sustainability, and the generation co-op capital for development.

“The International Year of Co-ops was an opportunity for us to tell our story to millions of people hungry for an alternative to business as usual,” said Crowell. “In 2020, we want to be able to look back at this moment as the turning point for our movement, when we began to demonstrate our potential to build a more healthy, just and sustainable food system and economy.”

Lunch topic tables offered attendees the opportunity for informal dialog and networking on everything from running a

Fiddleheads meets with regional cooperatives to learn and share best practices

successful deli to board and management succession, healthy food access to supporting new co-ops in the food system. Bonnie Hudspeth, Membership and Outreach Coordinator, and Crowell reported on the progress of NFCA programs, laying the groundwork for afternoon workshops on regional sourcing initiatives, peer-to-peer support for co-op success, and start-up organizing.

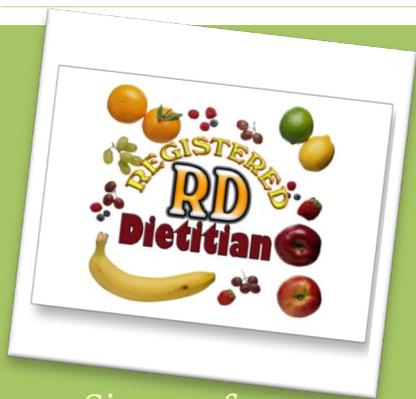
“It was incredibly energizing to

hear the ideas these discussions generated about how our co-ops and partner organizations can work—both as individuals and collectively—to achieve our shared vision,” said Hudspeth. “There is a transformative power of working in collaboration; if we continue this work together, strategically aligning our goals, we will bring the co-operative movement so much further and make a bigger impact.”

“The NFCA Annual Meeting was a

heartwarming homecoming for us both, as representatives of the Local Organic Food Co-ops Network,” said Hannah Renglich of Ontario. “We couldn’t be more pleased to have made this great connection to a sister organization and look forward to partnering and practicing co-operation among co-operatives at the regional and associational level.”

By, Bonnie Hudspeth, NFCA



Sign up for your FREE Nutritional Counseling Session!

On Fridays, through the Spring, Working Member Lindsay D'Amato, RD, is offering her expert services from 10:00 am to 12:00 pm. Lindsay is a Registered Dietitian with a Masters Degree in Public Health. She also holds a specialty in Intuitive and Mindful Eating.



Babies love Lindsay D'Amato, RD, and her healthy shopping advice!

Lindsay has been practicing for over 15 years and offers nutritional counseling for a range of health care needs, including weight management, digestive disorders and food allergies. Please sign up in the store, or just drop by the cafe area on a Friday morning for your FREE 15 minute session!

May Grocery Sales!

AMY & BRIAN Coconut Juice
17.5 oz.
now \$2.39 save 50¢

AMY'S Organic Refried Beans
15.4 oz.
now \$2.45 save 70¢

AMY'S Organic Vegetarian Baked
Beans 15 oz.
now \$2.45 save 70¢

ANNIE CHUN'S Seaweed Snacks .
35 oz.
now \$1.25 save 50¢

ANNIE'S HOMEGROWN Gluten
Free Vanilla Cocoa Bunny Cookies
6.75 oz.
now \$3.99 save \$1.00

ANNIE'S HOMEGROWN Organic
Bunny Crackers 6.75 oz.
now \$2.99 save \$1.00

ANNIE'S HOMEGROWN Organic
Bunny Grahams 7 oz.
now \$2.99 save \$1.00

ANNIE'S HOMEGROWN Rice Pasta
with Cheddar 6 oz.
now \$2.79 save 80¢

ANNIE'S HOMEGROWN Organic
Pasta Dinners 6 oz.
now \$2.39 save 60¢

BEANITOS Bean Chips 6 oz.
now \$2.99 save 60¢

BOB'S Gluten Free Flour 22 oz.
now \$3.49 save \$1.00

BOB'S Gluten Free Pancake Mix
22 oz.
now \$3.49 save \$1.00

CROFTER'S Organic Premium Fruit
Spreads 10 oz.
now \$2.99 save \$1.00

GREEN MOUNTAIN Salsa 16 oz.
now \$3.99 save \$1.26

GREEN MOUNTAIN Organic
Tortilla Strips 8 oz.
now \$2.75 save 70¢

MARY'S GONE CRACKERS
Organic, Gluten Free Cookies
5.5 oz.
now \$3.89 save \$1.00

MARY'S GONE CRACKERS
Organic, Gluten Free 'Sticks &
Twigs' 7.5 oz.
now \$3.69 save \$1.00

NEWMAN'S Organic Twisted
Licorice 5 oz.
now \$2.19 save 50¢

PACIFIC Organic Hemp Milk
32 oz.
now \$2.99 save \$1.36

SO DELICIOUS Organic Coconut
Milk 32 oz.
now \$2.39 save 50¢

NEW!
SMART JUICE Organic
Apricot Peach
Black Mulberry
Tart Cherry
33.8 oz. (1 liter)
now \$5.79 save \$2.00!

Taxable Grocery

CASTOR & POLLUX Organic
Dry Cat Food 5.25 lbs.
now \$15.99 save \$6.00!!

CITRA-SOLV Laundry Liquid 2x
50 oz.
now \$7.99 save \$2.00!

COSHELL CHARCOAL
BRIQUETTES 9 lbs.
now \$4.99 save \$2.00!

Grocery

NEW!

NATURAL GRILLING PRODUCTS 9 lbs.
now \$4.99 save \$2.00!

PETGUARD Cat Food 5.5 oz.
now \$1.39 save 50

Bulk Grocery
Organic Golden Flax Seed now \$1.50 lb; you save 25¢/lb

Organic Raw Mixed Nuts now \$11.50/lb; you save \$1.30/lb

Organic Medium Coconut now \$4.45/lb; you save 80¢/lb

Perishable May Sale

Chobani Yogurts - continue at 1.29 each - save 50 cents.

Organic Valley Four Cheese Italian Blend Shreds and Mexican Blend Shreds - \$4.69 save \$1.00.

Reds Burritos (Turkey, Chicken Teriyaki, Chicken Parmesan, and BBQ Chicken) - \$2.89 each, save \$2.00

Rudi's Whole Wheat Hamburger Buns - now \$3.89 - save \$1.50

Rudi's Whole Wheat Hot Dog Buns - now \$2.89 - save \$1.50

Stahlbush Farms frozen Raspberries and frozen Strawberries - \$ 3.89 each - save \$1.00

Udi's White and Multigrain Gluten Free Breads - \$ 3.69 - save \$2.00

May Sales Continued...

Health and Beauty sales for May

Snowspun Organic Skin Products from Vermont 20% off! In stock only

Baby Snow 2oz was \$9.49
Sale price \$7.49 you save \$2

Snow Lotion 8oz was \$12.49
Sale price \$9.99 you save \$2.50

Snow Spray 2oz was \$6.49
Sale price \$5.19 you save \$1.30

Snow Remedy was \$9.49
Sale price \$7.49 you save \$2

Snow Cream was \$16.99
Sale price \$13.59 you save \$3.40

Bulk Herbs and Spices May sales

Cardamom Seed, decorticated, Organic
Now \$39/lb, save \$25

Lemon Pepper, conventional,
Now \$13.60/lb, save \$6

Hickory salt (while supplies last)
Now \$8.20/lb,
save \$2

Za'atar, conventional, Now \$13.60/lb
save \$3.40

Chamomile Flowers, Organic
Now \$21.60 save \$5.40

Nettle Leaf, Organic
Now \$16 save \$4

Tea Indian Spice
Now \$18.40 save \$4.60

Your savings are in the bag!

Fiddleheads
food co-op



Do you enjoy writing, researching, editing or print layout?

Consider joining the newsletter committee! You can earn credit for your working member hours right on your home computer. We are always looking for interesting articles and quality photographs. The newsletter helps to keep our member-owners informed of co-op happenings and also gives us a forum to reach out to new shoppers and community members. Help support your cooperative, just by sharing your talents!

Please contact Jessica, Member Outreach Coordinator

volunteerwithfiddleheads@gmail.com



How to make your own “green” cleaning supplies!

By Amanda Bourassa

Laundry Soap:

1 bar grated Dr. Bronner’s Soap
½ cup Washing Soda
½ cup Baking Soda
Place all in a bowl and mix together.
Use 1 tablespoon per load of laundry

Liquid Dish Washing Soap (for washing dishes by hand)

2-1/2 cups hot water
1 tablespoon washing soda
2 tablespoons white distilled vinegar
1/2 cup liquid castile soap
10 drops essential oil (optional)
Mixing bowl
Measuring cups and spoons
Whisk
Plastic or glass container

Put all ingredients in a bowl, whisk together. Let cool and put in a container of your choice

Homemade Dishwasher Detergent:

1/4 cup soap shavings or soap flakes
1-2 tablespoon distilled white vinegar or lemon juice
2 Cups Water

Citrus Disinfectant

If you like pricey commercial orange cleaners, you’ll love this fresh citrus-scented vinegar spray that is easy to make and costs less than a dollar. You can also deodorize a room by setting out a small bowl of citrus vinegar.

Peel from 1 orange, grapefruit, lemon, or lime
3 cups white vinegar
1 clean quart jar with lid
1 clean 32-ounce spray bottle

1. Combine the citrus peel and vinegar in the quart jar. Fasten the lid on the jar and store the mixture in a cupboard for two weeks, giving it an occasional shake.

2. Remove the peel from the jar, strain the vinegar, and return it to the jar.

3. To use as a spray cleaner, pour 1 cup of citrus vinegar in the spray bottle and fill with water.

4. To clean linoleum floors, add 1 cup citrus vinegar to 2 gallons water.