

FIDDLEHEADS

13 Broad Street | New London | (860) 701-9123

Locally-Owned

Fiddleheads Cooperative offers our community a full-service Member-owned market. We are committed to strengthening our community through education, social outreach programs, and food bank donations.

Board Meetings

Fiddleheads Board of Directors meetings are held on the third Tuesday of every month, at 6:30 pm, on the first floor of 105 Huntington Street, New London. The building is one door north of Byles Funeral Home. Parking is available on the street. You can also park in the Co-op parking lot and walk a short distance to the meeting location. Member-Owners are welcome and encouraged to attend meetings! There is always time allocated for Member-Owners to address the Board of Directors. Learn more about how your Cooperative is governed and getting involved in strategic visioning for our future.



Attend the Annual Meeting!

Annual Meeting will be held on **Sunday, May 4, beginning at 4:00 pm**. The meeting this year will be held at All Souls Church, at 19 Jay Street. Parking will be available at the church and in the courthouse parking lot. We will begin with the presentation of the award winning video "Food For Change." This video carries an inspiring message about co-ops and their importance in the food world. The screening will be followed by the annual business meeting. In keeping with our family-friendly values, childcare activities will be provided during the video and business meeting. We will conclude with our famous pot luck dinner, recognition of working members, and we will again have a drawing for a bicycle!



News from your Board of Directors

by Susan Zimmerman, President, Fiddleheads Board of Directors

I was pleased to be asked to contribute a column from the board of directors to the newsletter. We are the folks you elected to represent your interests in running our coop. Our cooperative is growing and ever changing. The wildly successful fifth birthday party on February 2nd (aren't we glad our party was the first Saturday in February and not the second) was a celebration of what we have done as owner-members to grow our wonderful store. It is a tribute to the place we have made in the community that several government and business leaders attended our very special celebration.

When we think about how cooperatives differ from other business models, the commitment to democratic principles is first and foremost. Along with the democratic principles, there is also recognition that education is key for these principles to work. One of the ways the idea of education is being put into practice is to invest resources in development of the Fiddleheads Board of Directors. This year the board has joined the Cooperative Board Leadership Development (CBLD) program, which means we are participating with cooperatives across the country in training and strategic seminars.

On a very cold day in late January, eight of our twelve board members and our GM travelled to Brattleboro VT to learn board basics and develop leadership skills. The day of training included discussion of cooperative principles, board roles and responsibilities, and reading financial statements. In the Leadership Training we discussed the principles of servant leadership and how to have strategic conversations between the board and the GM. We have established a Board

Governance Committee to oversee these opportunities for board member development and to reach out to owner-members who are interested in board service.

In March, several board members and employees attended a CBLD Cooperative Cafe Meeting, to consider the impact that greater participation has on our communities. We learned that there are four ways that people participate in co-ops: People own, use, serve and belong to their co-ops. We will be presenting what we learned, and how we hope to apply it in our Fiddleheads community, at a board meeting and a staff meeting in the near future.

Another initiative that we have undertaken as a board is to implement policy governance. The goal is to create a set of governing principles that support the board to be an owner-accountable organization. We started last October at a whole board retreat facilitated by our CBLD consultant to write these principles. Ongoing discussions at board meetings have continued to refine these principles. We look forward to sharing more information about our policy governance model with our owner-members over the next few months.

Communicating in the newsletter is one of the ways the board is letting our owner-members know how we are representing you. Another is to remind you that our board meetings on the third Tuesday of the month at 6:30 p.m. are open to all owner-members or you can check out our board minutes on the Fiddleheads web site. I look forward to sharing more of the board's activities with you in future newsletters.

Neighboring Food Co-ops Celebrate Our Third Annual Meeting!



On March 29th, the Neighboring Food Co-op Association (NFCA) held its Third Annual Meeting, hosted by the Putney Food Co-op at the Putney School in Vermont. The meeting brought together a record 100 co-operators from more than 40 food co-ops, start-up initiatives and partner organizations from across our region including reps from farmer co-ops, co-op support organizations, food security organizations, and Fiddleheads Natural Food Cooperative. Guests at the gathering included representatives from the Cabot Creamery Co-op, CDS Consulting Co-op, Cooperative Fund of New England, Cooperative Grocers Network, Food Co-op Initiative, Hunger Free Vermont, National Cooperative Business Association, National Cooperative Grocers Association, New England Farmers Union, and the UMASS Five College Federal Credit Union.

NFCA President Glenn Lower, General Manager at Middlebury Natural Foods Co-op (VT), welcomed attendees. "As Chair of the Board, it's thrilling to see such a large gathering, and especially so many new co-ops," said Lower. "It is very exciting to see how far we've come in creating a sustainable organization that connects our co-ops in so many ways."

Roger Noonan, President of the New England Farmers Union (NEFU), was keynote for the gathering, emphasizing the collaboration between NEFU and the member co-ops of the Neighboring Food Co-op Association to influence policies affecting family farmers and fishermen in our region. "The NFCA and its members represent some the best advocates for local and regional food," said Noonan. "And we look forward to continuing and expanding this partnership between producers and consumers to create positive change in our food system and communities."

Executive Director Erbin Crowell and Bonnie Hudspeth, Marketing and Outreach Manager, reported on the activities of the past year, and NFCA's priorities moving forward. Some highlights included NFCA's growth, with two new member co-ops joining in early 2014; an update on the "Cave to Co-op" partnership with Provisions International that promotes local artisan cheese makers and has moved 14 tons of regionally produced cheeses through our neighboring food co-ops over the past five years; and progress on healthy food access work, with three NFCA co-ops launching new programs making healthy food and co-op ownership more affordable to low-income community members. Also, NFCA's work with the UMASS Co-operative Enterprise Collaborative to develop classes on co-ops and a certificate program at the University of Massachusetts, Amherst.

Small groups considered a call by the International Co-operative Alliance for feedback on the core co-op principles of Member Economic Participation; Education, Training and Information; and Concern for Community. Lunch topic tables gave attendees the opportunity for networking on everything from managing successful member loan campaigns to collaboration among co-op board members, from linking existing food co-ops with start-ups to organizing truckload sales and managing store expansions.

Afternoon workshops offered an opportunity for food co-ops and partner organizations to dig deeper into the topics of GMO labeling and co-op programs making healthy food and co-op ownership more accessible to low-income community members. Suzi Carter of Food Co-op Initiative offered a session on membership development for the start-up members of the NFCA.

"It is exciting to see so much energy and enthusiasm among New England's food co-ops," said Pat Sterner of the National Cooperative Business Association, a special guest at the meeting. "The collaborative thinking on future trends and issues for food-coops is impressive. We're looking forward to continuing to work together as we grow the co-operative economy across the country."

Featured Local Provider: Hunts Brook Farm

By Diane McCarthy

Rob Schacht, better known as "Digga," and his wife, Teresa are the owners and farmers of Hunts Brook Farm in Quaker Hill, CT. They are one of the first farmers to sell their produce at the Fiddleheads Coop in New London. When asking about how they got started farming they use the term "accidental farmer." It wasn't something that they outright set out to do but more of something that slowly evolved and developed as they listened to the land. They were gifted 3 acres of land with a burnt out farm house connected to a much larger piece of family owned property back in 1994. Rob had been majoring in environmental studies while attending college when he decided to rebuild the farmhouse. It was while he was on a break from college that he had a vision of a farm. Digga had his own construction business and Teresa her massage therapy practice that enabled them to build the farm one piece at a time, one year at a time.



Rob and Teresa are committed to growing healthy beautiful food using organic practices. They educate themselves on the very real practical side of things such as providing nutrient dense soil for their produce, soil balancing, and quality food shelf life. They also pay attention to the energy that surrounds the produce while farming. So in addition to the very physical concrete side of

planting and growing healthy organic food, it is important to them that the food is grown with love. They make conscious efforts to have positive loving energy while planting, growing, and picking the produce to ensure that it is the best quality possible. They have created a trusting environment for their costumers to feel comfortable with what they are purchasing. They fully understand the importance of buying local and knowing the source of your food. As the saying goes, it is a good thing to "know your farmer."

These "accidental farmers," who have been at it for well over 10 years, built the farm without debt and, now, employ seasonal help. The last 5 years have been very successful, where they have doubled their production every year. They continue to grow and learn with great humility and respect for the land. In a time where there is so much economic hardship and unemployment, these farmers shine a bright light on what the future holds for people who can persevere and believe in what is good and right.

You can find their produce at Fiddleheads or you can visit Digga and Teresa at their farm at 108 Hunts Brook Road, Quaker Hill, CT or call 860-443-1770. The farm speaks for itself. Enjoy some healthy delicious produce and get to know your farmer.

Hunts Brook Farm's 2nd Annual Seedling Sale is a great time to visit! Saturday, May 17 from 9:00-4:00 and Sunday, May 18 from 9:00-2:00.

Gluten-free with Kids?!?—Getting the Kids on Board

By Bonnie Tompkins

Gluten-free with kids?!?! Yep. It is possible. As the parents of a gluten-free household with seven children, we have certainly struggled in our transition to being gluten-free. Our hope is to share some of what we have learned along the way. There were many roadblocks to being gluten-free: emotional, logistical, and financial. We will discuss all of these in future articles but today we wanted to focus on the biggest, most difficult roadblock of all, the Mount Everest of all roadblocks: How do we get the kids on board?!



Although our decision to be a gluten-free household was based upon the need for me (Mom) to be gluten-free, our children offered to jump on board in a naïve act of solidarity to help make things easier. But having the children agree to be gluten-free is completely different than actually going gluten-free or, even yet, remaining gluten-free. To help in the battle, there were three tools we used: discussion, choices, and teamwork.

Discussion: Our first plan of attack was to try to explain to the children why Mom needed to be gluten-free. We talked about allergens and how sensitivity to gluten might affect someone. We discussed in some basic terms how gluten causes inflammation in a body and the problems inflammation can cause. (Any chance to get in some

science!) We talked about what areas of my life the issue affected: being tired, not being able to think clearly, sleep apnea, being cranky (at least we hoped that was because of the gluten – otherwise...well, we just didn't go there!) We related these issues to the long term health consequences they create. The kicker of all kickers, though, was connecting how this affected them. If Mom has more energy, we can do more things. If Mom can think clearly, we might not miss events like that last basketball game Mom completely forget was changed to Monday. In addition to the way my improvements would benefit them, we talked about how being gluten-free themselves might benefit them. Would they have more energy? Be able to concentrate better? Be better at sports? Play music better? Be less cranky? Wouldn't it be interesting to find out?

Our second strategy focused on involving the children in as many choices as possible. We spent some extra time in the grocery store and looked at labels. How do we know if something has gluten in it? They became like detectives, helping us to hunt out the better options for our family. We also brought choices into the menu. We found recipes and let the children have a say in what would be for dinner, what snacks looked most appealing, and most importantly, what we would have for desert. Not only did they enjoy this part of the process, but it also helped them to see that being gluten-free didn't have to mean giving up their favorites. For those of the children with culinary talent, we even allowed them to help create some neat recipes or try substitution attempts.

Lastly, to help get the children on board we relied on good old fashioned teamwork. We wanted each of the children to commit to being gluten-free. But we knew that they would struggle, whether at parties, during withdrawals or when

staying at Grandma's. (We will touch upon withdrawals and relative pressures in a future article title Roadblocks!) So, we developed a plan that would encourage the children to encourage each other. There was a chart (we have a lot of charts in our house!) and a plan:

Step #1: Brainstorm a list of our favorite activities. Going to the library, ice skating, mini-golf, a game of baseball at the park, bike ride at Bluff Point, a night at the movies, a "free-chore" day....the list was quite long.

Step 2: Rate each event. We then rated each of the events as an A, B, or C. An "A" was a BIG deal, like an entire day at the beach with friends. A "C" was something simple, such as an hour of play at the park.

Step 3: Make the chart. The chart had a column for each day of the week for each family member. If a child (or parent) was able to stay gluten-free the entire day, he or she would get a check. Here is where the encouragement part comes in: we earn treats as a group. Two conditions were needed to earn a treat: If any person had 5 or more checks for the week, they earned a star. (All 7 checks earned 2 stars!!) If at least 4 family members have a star, we earned a "C" treat. If 5 or 6 people earned a star, we earned a "B" treat. And if more than 6 earned stars, we earned an "A" treat!

The plan worked well, but, again, we wanted to encourage encouragement. So, we decided stars could also be given randomly. If one of us overheard someone encouraging another, a star was given. If someone was able to resist the double-decker gluten-filled chocolate cake at the birthday party that looked oh-so-good, he or she might earn a star for resisting such tremendous temptation. If someone struggled, empathy was dispatched. We were all in this rockin' boat together and it is easier to be empathetic when you are suffering through the same struggles!

Using all three strategies: discussion, choices, and teamwork allowed for the opportunity to not only succeed in becoming

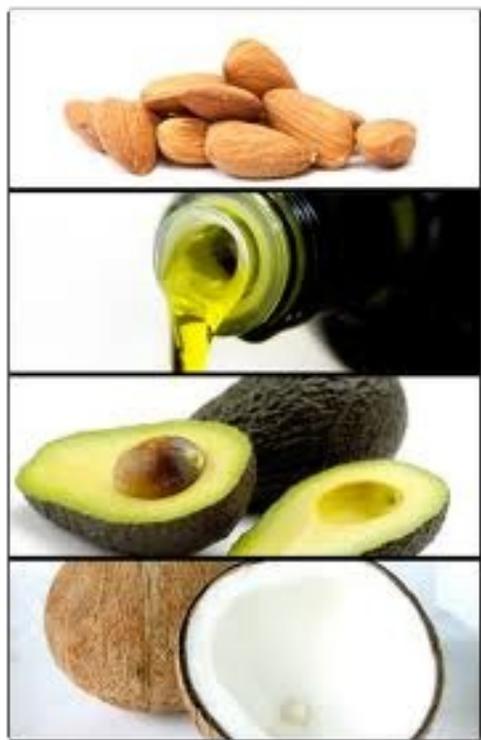
and remaining gluten-free, but also provided fertile ground to educate the children on an issue that could affect their lifelong health. It gave us a chance to conquer something as a family, encouraging one another and relying on empathy and compassion – all good things. Perhaps some of these ideas might work for your family!

Lastly, we would like to share some ideas for gluten-free breakfast meals and drinks. What is your favorite meal for breakfast: Eggs, pancakes, oatmeal, bagels, muffins? All are easy to conquer gluten-free! Eggs, non-instant oatmeal, fruit, and juice are all gluten-free naturally. There are some great gluten-free muffins and bagels on the market now. Our kids love the freshly-made Mangetout muffins sold at Fiddleheads and Udi's Double Chocolate Muffins for a take-home treat. Pamela's baking mix has a recipe for pancakes and muffins when you want (or need) the smell of something yummy baking in the oven! In regards to bagels and English muffins, there are multiple brands available, many of which we have taste tested with great pleasure! I must be honest, we have yet to find a fresh made bagel in this area that is gluten-free, but Against the Grain and Udi's offer some wonderful frozen versions and Glutino makes a gluten-free English muffin we use for our eggs benedict mornings! Obviously, fresh squeezed juices are gluten-free, but if it is a hot-chocolate kind of morning, you will need to check some packaged brands just to be sure. Homemade hot chocolate, coffee, and tea are always gluten-free!

In our next article, Roadblocks!!!, we'll get into some of the difficult aspects such as birthday parties and extended family concerns, as well as discussing how to handle gluten withdrawals (yep, there is such a thing!) Thanks for reading and be sure to join us for our FREE presentations, at Fiddleheads, to learn of more meal ideas and tips!

Mark your calendar!

Saturday, May 10, 4:00–Snacks and Desserts



Healthy Fats

By Lindsay D'Amato, Registered Dietitian

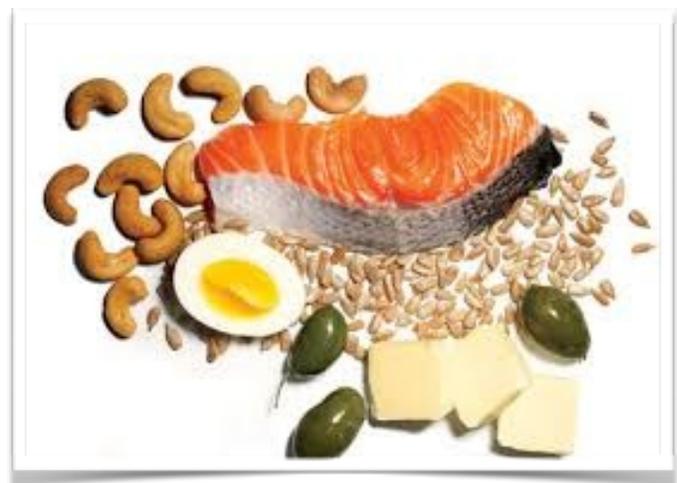
One of the biggest dieting mistakes you can make is following a very low fat diet. Fat is an essential nutrient necessary for good health. We need adequate fat to absorb vitamins A, D and E, which are all essential to a good functioning immune system. Fats also provide essential fatty acids contributing to soft skin and providing adequate energy. Dietary fat is used to make hormones that regulate many of the body's functions.

Many people trying to cut calories reduce their dietary fat intake. This strategy does make sense because dietary fat contains more calories per gram than protein and carbohydrate. However, including adequate fat in your diet can actually help with weight loss by allowing food to stay in the stomach longer and increasing food satisfaction. Additionally, some fats can actually increase your

metabolism and burn fat. Following a low fat can also cause intense food cravings, especially for sugar.

Which type of fats should we be consuming? This question has many controversial answers. Let's start with the recommendation to reduce saturated fat. Recent research by the American Journal of Clinical Nutrition found that saturated fat was not associated with increased risk of heart disease, although there is a clear association with added sweeteners and processed carbohydrates and heart disease. There also seems to be some benefit to consuming saturated fat, especially from organic, pastured raised animals. A recent study found that eating low fat dairy products reduces a women's fertility and conversely, women who ate full fat dairy has a 25% reduced risk of infertility. I recommend consuming organic, grass fed meat and dairy in moderation.

Coconut oil is another controversial fat that many health experts recommend avoiding because of its saturated fat content. However, coconut oil is an excellent source of medium chain triglycerides, which are easily digested and used for energy. Coconut oil also has antibacterial, antiviral and anti-fungal properties. Other sources of good fats



include omega 3 fatty acids and monounsaturated fats. Omega 3 fatty acids are found in fatty fish, flaxseeds and walnuts. They provide protection from chronic disease, ease

inflammation, boost your mood and improve memory. Monounsaturated fats are found in nuts, avocados, eggs, chocolate and olive oil. The Mediterranean diet, which emphasizes monounsaturated fats, has been associated with numerous health benefits.

One recommendation where all experts can agree is to avoid trans fatty acids, which is the most dangerous fat because it promotes inflammation and increases your risk of disease. Trans fatty acid is formed by hydrogenating oils to make them more solid. Manufacturers like to use them because they extend the shelf life of products. They are found mostly in baked, packaged goods such as donuts, pastries, margarine, crackers, and cookies. Avoid any product that contains the words "partially hydrogenated".

I generally recommend consuming 25-30% of your daily calories from fat, but this recommendation can be more or less depending on your nutritional needs. This is usually best achieved by including small amounts of healthy fats at each meal and snack. Long gone are the days when I had to go all the way to Whole Foods to stock up on healthy fats. Fiddleheads carries a variety of organic nuts in the bulk aisle, organic cold pressed oils and many brands of pastured raised meat and dairy products.

Lindsay D'Amato is a Registered Dietician and holds a Masters in Public Health. Lindsay holds a specialty in Intuitive and Mindful Eating. She has been practicing for over 15 years and offer nutrition counseling for a range of health care needs including weight management, digestive disorders and food allergies.

Plan to attend Lindsay's FREE Healthy Fats Workshop on Saturday, May 17, at 4:00, at Fiddleheads.

Did you know?

You can use your SNAP (Supplemental Nutritional Assistance Program) Benefits at Fiddleheads! Ask about our Healthy Food Access Program.



Fiddleheads will be offering delivery service to both Fishers Island and Block Island, this summer! Please call the store for details.

Fiddleheads Loves Local Farmers!

Would you like to know more about the local farms that grow some of the beautiful produce you buy at your Co-op? In the Produce Department, watch for green signs to indicate locally-grown products. We are lucky to have great relationships with several local farms in our area. Most of the farmers are open to visitors, if you call ahead and make an appointment. Planting season is a very busy time! Two of our local farmers are planning Open Farm events in May and we hope you will take this opportunity to shake the hands of the people who grow our food. Farmers are passionate about what they do, but we all know that a "thank you" goes a really long way. Please mark your calendars for Saturday, May 17, at Provider Farm, in Salem, and Sunday, May 18 at Aiki Farms, in Ledyard. Let us know if you are interested in helping to organize some Fall Farm Tours!

Provider Farm
Spring Open House
 Farm Tour & Potluck

Saturday May 17th - 4pm - 30 woodbridge rd
 Salem, CT

All Are Welcome!
 BYOB - Bring a dish to share!
 facebook.com/providerfarm
 www.providerfarm.com

HOW DOES YOUR GROCERY STORE CHECK OUT?

	CO-OP (CONSUMER OWNED)	CONVENTIONAL (PRIVATELY OR INVESTOR OWNED)
LOCAL IMPACT	157 LOCAL FARMERS AND PRODUCT PRODUCERS WORKING WITH EACH STORE	65
	20% LOCALLY SOURCED PRODUCTS SOLD	6%
	13% PERCENTAGE OF INCOME DEVOTED TO CHARITABLE DONATIONS	4%
	38% REVENUE SPENT LOCALLY	24%
HEALTHY & SUSTAINABLE FOODS	82% ORGANICS AS A PERCENTAGE OF PRODUCE SALES	12%
	48% ORGANICS AS A PERCENTAGE OF ALL GROCERY SALES	2%
EMPLOYEES	\$14.31 AVERAGE EMPLOYEE EARNINGS, INCLUDING BONUS AND PROFIT SHARING	\$13.35
	68% EMPLOYEES ELIGIBLE FOR HEALTH INSURANCE	56%
	19% REVENUE SPENT ON LOCAL WAGES AND BENEFITS	13%
ENVIRONMENTAL IMPACT	96% RECYCLING RATES	91%
	81% CARDBOARD	29%
	74% PLASTICS	36%
	82% FOOD WASTE	50%
	AVERAGE ENERGY STAR SCORE OUT OF 100	

www.STRONGERTOGETHER.coop

A HIGH NUTRITION, HEALTH & SPIRITUAL SEMINAR

Sunday, May 18, 2014 • 1:00 pm

Presented by
 Aiki Farms, Whole Foods,
 Aikido International Foundation and Fiddleheads Food Co-op

Featuring
 Japanese Zen Tea Ceremony • Aikido Demonstrations
 Detail Sprouting Seminar (Seed Sources)
 Raw Food Pot Luck Featuring Aiki-Sprouting

Tea Ceremony
 Led by Heiwa (Warrior of Peace) practicing Zen Monk and Aiki Farms Chaplain

Raw food preparation • Values will be shared • If musical, bring instruments for jam

AIKI FARMS • 769 SHEWVILLE RD • LEDYARD, CT 06339
 (860) 536-6407 • aiki.ledyard@gmail.com

Munch Madness!

We had so much fun celebrating Spring at Much Madness. One of the best parts of the day was the Spring Cake Decorating Contest! We had five beautiful entries. The creativity in our Cooperative is incredible! Thank you to everyone who participated either by entering a cake into the contest or by voting for your favorite cake. You helped us to raise over \$200.00 for our Refrigeration Fund!

First Prize was awarded to Brenda De Los Santos for her Community Garden Cake



Second Prize was awarded to Shannon Funk for her Bundle of Asparagus Cake



Third Prize was awarded to Lacy Dunn for her Daisy Cake



Zoe Madden made a lovely Butterflies and Fiddleheads Cake



Brian Straub and his children made a beautiful vegan cake

Mark Your Calendars!

****Watch for your new Member-Owner Card, in the mail!****

FREE Local Samples: Mystic Cheese
Saturday, April 19, 12:00-2:00

FREE Workshop: DIY Compost, with Bob Stuller
Saturday, April 26, 11:00 & 2:00

Member Appreciation Day
Tuesday, April 15
All Member-Owners save 5%!

Fiddleheads Knitting Circle
Saturdays, 2:00-3:00

Live Music: Uncle Jessi
Saturday, April 26, 2:30-3:30

Board of Directors Meeting
Tuesday, April 15, 6:30 pm
105 Huntington Street

Live Music: The Crazy Celts
Saturday, April 19, 2:00-4:00

The Upcycle Challenge!
Win prizes for creating wearable art from packaging materials!
Saturday, April 26, 4:00-6:00

FREE Local Samples: Wildowsky Chocolate Milk
Thursday, April 17, 5:00-7:00

Member Orientation
Monday, April 21, 1:00-3:00

OFFSITE: L+M Hospital Community Baby Shower
Sunday, April 27, 10:00-1:00

Live Flute Trio
Thursdays, 5:00-6:00 pm

OFFSITE: L+M Hospital Earth Day
Tuesday, April 22, 10:00-4:00

FREE Workshop: Plastic-Free Living, with Jessi Brooks
Sunday, April 27, 12:00-1:00

Indoor Market
Saturdays, 10:00-2:00

OFFSITE: UCONN Avery Point Earth Day
Wednesday, April 23,
12:30-1:30

Live Music: John Coates
Saturday, May 3, Noon

OFFSITE: Connecticut College Sustainable Food Market
Fridays, 11:00-2:00

FREE Samples: Manna Bread
Thursday, April 24, 5:00-7:00

FREE Workshop: Cloth Diapering 101, with Liz Spurr
Saturday, May 3, 1:00-2:00

FREE Workshop: Nature Connections with Red Tail Learning Cooperative
Saturday, April 19, 11:00-1:00

FIDDLEHEADS EARTH DAY CELEBRATION
Saturday, April 26, 10:00-4:00

Member Orientation
Saturday, May 3, 3:30-5:30

OFFSITE: Fiddleheads Annual Meeting

Sunday, May 4, 4:00 pm
19 Jay Street, New London

World Fair Trade Day
Saturday, May 10

FREE Workshop: Eating Gluten-Free with Kids?!...Seriously?! Part 3 of 3
Saturday, May 10, 4:00-5:00

Garden Plant Exchange, in the Fiddleheads Parking Lot
Bring labeled and extra potted plants from your garden. Then take some new plants home!
Cost: \$5, for the Refrigeration Fund
Sunday, May 11, 2:00

Summer Newsletter Submissions Due! Send yours to:
jessica.fiddleheads@gmail.com
Tuesday, May 13

Spring Food Stroll
Wednesday, May 14, 5:30-8:30

Member Appreciation Day
Thursday, May 15
All Member-Owners save 5%!

Member Orientation
Thursday, May 15, 10:30-12:30

FREE Workshop: Bicycle Repair with Bike New London
Saturday, May 17, 10:00-12:00

FREE Workshop: Healthy Fats, with Lindsay D'Amato, RD, MPH
Saturday, May 17, 4:00-5:00

OFFSITE: Hunts Brook Farm 2nd Annual Plant Sale
May 17, 9-4, May 18, 9-2
108 Hunts Brook Road, Quaker Hill

OFFSITE: Provider Farm Spring Open House, Farm Tour & Potluck
Saturday, May 17, 4:00
30 Woodbridge Road, Salem

OFFSITE: Aiki Farms High Nutrition, Health and Spiritual Seminar
Sunday, May 18, 1:00
769 Shewville Road, Ledyard

Member Orientation
Monday, May 19, 5:30-7:30

Board of Directors Meeting
Tuesday, May 20, 6:30 pm
105 Huntington Street

Summer Newsletter Committee Meeting
Thursday, May 22, 12:30-1:30

FREE Workshop: DIY Healthy Salad Dressings, with Amelia Lord
Saturday, May 24, 12:30-1:30

FREE Workshop: The Slow Down Diet for the Highly Sensitive Soul, with Kristen Helal, Certified Eating Psychology and Nutrition Coach
Saturday, May 31, 12:00-1:00

FREE Workshop: Safe Sun and Skin Health, with Liz Spurr
Saturday, June 7, 3:00-4:00

Member Appreciation Day
Sunday, May 15
All Member-Owners save 5%!

Board of Directors Meeting
Tuesday, June 17, 6:30 pm
105 Huntington Street

FIDDLEHEADS SUMMER SOLSTICE CELEBRATION
Saturday, June 21