

The Plainfield Co-op Newsletter

Spring 2019

Responding to Climate Change



Hours: *7 days a week 9AM–8PM*

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Advertise in the Newsletter: Spread the word about your business! Support the co-op!

Deadline for the Summer issue is May 15, to be published in mid-June. This newsletter is published quarterly in a black & white paper version and in color online.

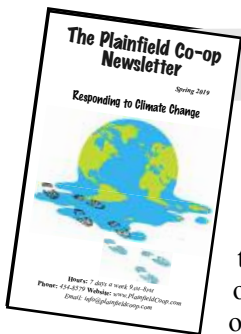
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About This Newsletter

The problem of climate change weighs heavily on many people's minds these days. It can feel overwhelming. What is our response? What are

we doing and what more can we do—as individuals and as a co-op—to minimize our contributions to the suffering and destruction of life on Earth? Read on.

One of the drivers of climate change is runaway consumerism, generated by capitalist economics. Co-ops offer a different economic model, one not motivated by profit or exploitive of human and natural resources. As an organization, and as one of many such organizations, co-ops make an impact. For example, last year 15% of Vermont's sales of local food and beverages came through Vermont's 15 food co-ops. Buying local is one way to protest an industrialized agriculture that contributes significantly to climate change.

Our co-op, and other food co-ops, provide us with products that are ecological and as far as possible local. The buyers have done the research for us and supplied the store's shelves accordingly.

Your Co-op purchases support a healthier environment. Your work for the Co-op supports a system that says "no" to often cut-throat competition and greed, and "yes" to working together for a humane society in which we respect each other and the earth. This is no small thing.

We welcome your contributions to this newsletter--art work, photos, letters, articles, relevant poems, questions, memories, suggestions. Submissions are due to the editor by May 15 for the summer issue.

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Preserve Your Memories

An Economical Way to Preserve your old:

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Alan Taplow — 802-454-4675 — ataplow@gmail.com

<http://preserve-your-memories.info>

President's Report

by Jean Hamilton,

This past week, I had an opportunity to sit down with two Co-op members in a conversation about climate change. Jan and Henry have supported and led countless initiatives to raise consciousness at the citizen, corporate, and policy level about the critical importance of acting NOW to mitigate the impending climate crisis. These kinds of conversations often feel scary and tragic to me, feelings that can lead me to avoid them altogether. But ignoring problems doesn't make them go away and through this edition of the newsletter we are hoping to consider the climate and our community.

Perhaps the hardest thing for me about climate change is the feeling of not knowing what to do. Watching humanity speed towards these ever nearing cliffs of ecosystem decline, melting ice, rising sea water, drought, and mass migration feels particularly hard because it is unclear which levers to throw my body and mind into. I look for guidance from organizations like *Project Drawdown* and the *Natural Resource Defense Council*, which provide some good tips in helping to reduce our personal impact. (Yikes—According to the NRDC, Americans produce 4 times the global average carbon production at 21 tons/year.) Many of us already strive for some of these actions like reducing food waste, weath-



erizing our homes and eating from our local farmers. But everyone who knows agrees: These personal actions cannot substitute for the systemic policy and market shifts that must take place to make a meaningful impact.

The challenge with the systems shift is it requires collaboration and shared leadership between stakeholders who often disagree: opposing countries, industries, and classes. Can we surmount our smallest tribes and find shared alliances that serve our bigger hopes and needs as humans? At the most recent NOFA-VT conference, long time director Enid Wonnacott was remembered for her incredible leadership. Of all of her accomplishments, Enid is best remembered for her heartfelt leadership in building community. Someone honoring her asked attendees to “Be the leader we want to see in others.” In this time, when our elected leaders are doing so little to improve our climate outcomes, how can we act more like we want them to?

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Annual Meeting: Save the Date!

April 28. Location TBD.

Consider running for the Board

My conversation with Jan and Henry circled around personal actions and systemic change, broad scale collaborations and personal care. Something that rang especially true for me was the profound civic and personal value of cultivating community resiliency and practicing gratitude. These challenges may not be solved by the sweeping policy changes, but I know we will be better prepared at every level if we are well accustomed to celebrating what gifts we have and being in daily practice of sharing those with our neighbors and friends.

The Plainfield Co-op is such a special community resource. A place we can pick up local milk, flour, tempeh, craft beer, and local apples (just to name a few!). An outpost where we see our

neighbors and share stories at the check out counter. A community center where we have birthday parties, show movies, and raise our voices together. I am deeply grateful for this abundance in our town and I know how important it is to building the kind of community resiliency that will serve us well no matter what the future brings.

How do you lead your community? How else can the Co-op cultivate the kind of leadership we wish to see in others? Please send me your thoughts, so that I can share them with the board and staff. And thank you for being a wonderful community!

Email:
Jean.myung.hamilton@gmail.com ♦



Treasurer's Year-End Report

by *Giordano Checchi*

Compared to previous quarterly reports, the year end did not show a change of trend and we had to post a loss. The events that changed the way our Co-op is being managed, starting around the end of 2017 through the whole of 2018 are now reflected in the end-of-year results.

This is a difficult time for our Co-op, nonetheless we have now a wonderful team in place, and I can assure that at all levels--staff, managers, and board--we are actively working at bettering this picture. Yet we also need to include all our members and our community to support the Co-op, and through these lines I, once again, renew my invitation to the whole community to favor our Co-op when purchasing your food and groceries. Our Co-op is now very well stocked, the prices are competitive, and most of what the Co-op offers is local, organic, and of great quality.

One of the changes implemented during the course of 2018 has been to provide a fair compensation of our staff and our managers, which in turn reduced the turnover of personnel and stabilized and motivated our staff. This was the major investment made in 2018. The board knew in advance the cost of it. To see the beneficial effects of this change requires time, and your support.

Fortunately we received financial support from our lenders, CFNE in particular, and thanks to them, we will be able to bridge over this period until we will see a turn around in the numbers.

Here below is a short picture of the situation at the end of 2018.

Apart from some minor fluctuations in the "Expenses," the difference shown below is mostly in the better wages and wage-related benefits. ♦

	2018				2017
	Q1	Q1+Q2	Q1+Q2+Q3	Year End	Year End
Sales	279,506	578,442	901,441	1,190,626	1,159,975
COGS	181,663	387,056	605,042	799,468	780,646
Gross Profit	97,843	191,386	296,399	391,158	379,330
Expenses	105,298	209,919	333,710	435,577	377,434
Net Profit	(7,455)	(18,533)	(37,311)	(47,268)	(1,676)

What's the cleanest form of energy?

The cleanest and safest form of energy is
the energy that we don't use in the first place.

How Our Co-op Combats Climate Change

by Rose London

Many of us have already taken steps in our personal lives to counteract the negative effects of climate change. Here at the Plainfield Co-op we are aware of how our choices impact not just our community, but others across a multitude of regional scales. I want to share what we are doing and working towards.

We source local products and vendors whenever possible. Whether onions from Owl Hill Farm or eggs from Nuiss Farm, there are always local items in stock. Kombucha, pickled goods and bread are a few of our current selections from several vendors here in Vermont. Some of our paper goods are delivered regularly from St. Johnsbury Paper Company. Our local rep checks our supply weekly to ensure we have a little bit of everything. Offering local products and utilizing local vendors reduces the carbon footprint, increases freshness, and promotes our local economy.

We compost daily and mostly recycle. This reduces waste in landfills, feeds animals and really helps to upcycle our waste and condense trash pick-up costs. The giant dumpster in our delivery area is for Casella's 'no-sort recycling' program we participate in. By filtering glass, paper, plastic and other properly labelled recyclables, we can reuse and conserve our natural resources resulting in our ecosystems thriving.

We offer as little plastic as possible. Through having staples such as flours, oats, oils, soaps, and other essentials in bulk, products can be shipped in larger easier to recycle packaging. Shoppers are encouraged to bring in re-useable con-

tainers, and an assortment of donated containers are available. Boxes and paper bags are available if you don't have a re-useable bag when checking out. Many items are offered in non-plastic packaging, such as the milk in glass bottles.

These few things are not all that is being considered when it comes to our environmental impact. It is an on-going reflection of where we can do things differently and maintain product integrity and quality.

Here are some things shoppers and members do:

- Bring in their own jars for bulk products
- Provide their own re-useable bags at check out
- Walk to the Co-op
- Return egg cartons and milk bottles
- Drop off and pick up Co-op goods en route to their final destination
- Donate bags and other clean re-useable containers
- Maintain the Co-op garden in seasonal months ♦



Paper & Forests & Climate Change & You

adapted from NRDC.org report: The Issue with Tissue

Tissue products such as toilet paper, paper towels, paper napkins, and facial tissue are cheap and convenient—but they cost the planet a great deal. The vast majority of the tissue products found in our homes are made from wood pulp, the use of which drives the degradation of forests around the world. Their everyday consumption facilitates a “tree-to-toilet pipeline,” whereby centuries-old trees are hewn from the ground, converted into tissue pulp, rolled into perforated sheets or stuffed into boxes, and flushed or thrown away. The consequences for Indigenous Peoples, treasured wildlife, and the global climate are devastating.

These impacts are compounded by the fact that the United States is a particularly voracious consumer of tissue products. Americans, who make up just over 4 percent of the world’s population, account for over 20 percent of global tissue consumption.

Much of the tissue pulp in the United States comes from the boreal forest of Canada. This vast landscape of coniferous, birch, and aspen trees contains some of the last of the world’s remaining intact forests, and is home to over 600 Indigenous communities, as well as boreal caribou, pine marten, and billions of migrating songbirds. Yet, industrial logging claims more than a million acres of boreal forest every year, equivalent to seven National Hockey League rinks

each minute, in part to meet demand for tissue products in the United States.

Maintaining an intact boreal forest, which acts as a massive storehouse for climate-altering carbon, is also vital to avoiding the worst impacts of climate change. Tissue products made from virgin fiber pulp, which comes from trees, are a clear threat to our climate. When the boreal and other forests are degraded, their capacity to absorb man-made greenhouse gas emissions declines. In addition, the carbon that had been safely stored in the forests’ soil and vegetation is released into the atmosphere, dramatically undermining international efforts to reduce greenhouse gas emissions.

Fortunately, solutions to the tree-to-toilet pipeline already exist. Instead of relying on virgin pulp, tissue companies can use recycled content or sustainably sourced alternative fibers such as wheat straw and bamboo. Use of these materials to create tissue can dramatically reduce our destructive impact on the boreal and other forests around the world. Some companies have already begun incorporating these far more sustainable materials into their products.

When purchasing paper products, check that they contain recycled or alternative material. Seventh Generation paper products do. You can buy them at the Co-op, and they’re a Vermont company.

Consider using cloth table napkins, and cloths instead of paper towels where practicable.

When using paper products, remember where they came from. ♦





Greening the Newsletter—we need to hear from you!

Right now our quarterly newsletter is published in 3 versions:

1. a paper copy that is mailed to members who request it. Paper copies are also available in the store (near the door) for anyone to pick up.
2. an electronic facsimile of the print version, but in color. Members who have requested electronic newsletters are notified by email when a new issue is available and given a link to it. This version is posted on the Co-op website plainfieldcoop.com
3. a reformatted version of the newsletter that enables individual articles, recipes, etc. to be easily printed separately. This version is also on the Co-op website.

Currently, we mail newsletters to approximately 150 members. Postage is now \$.55 at a cost of about \$330. a year. We want to reach as many Co-op members and customers as possible, but we are

also concerned about trees and money. IF YOU CURRENTLY RECEIVE THIS NEWSLETTER BY MAIL, how would you feel about picking up your newsletter in the store rather than in your mailbox, or receiving the electronic versions instead of the printed copy? WE ARE CONSIDERING DISCONTINUING MAILING THE NEWSLETTER AND WANT TO HEAR FROM OUR PRINT SUBSCRIBERS AS WE DECIDE.

How to respond:

- Contact Glenda Bissex, newsletter editor, by phone (454-7895) or email (songboat@vtlink.net)
- When you're in the Co-op, tell the staff member at the register that you want or don't want to switch from snail mailed to electronic newsletter. She or he will pass the message along to Rosemond, who keeps track of the mailing lists. ♦

- Seeking Newsletter Ad Co-ordinator -

Get 7% discount and other working member benefits by soliciting ads from local businesses to help support this newsletter. Very flexible hours.

We need someone to make contacts, bring in several more ads, keep track of and communicate with advertisers about expirations, renewals, and changes to ads. You send billing info. to the Co-op office that invoices and keeps track of payments. If new advertisers want help in creating ads, we already have people who can do that.

Contact Glenda Bissex, newsletter editor
songboat@vtlink.net, 454-7895

Manager's Report

by Kevin Levesque, General Manager

I think it's safe to say this has been a long winter for all of us! However, our produce buyer, Anji, recently held a meeting with our local farms to better plan harvests in 2019. It was an amazing, humbling experience for myself, which I felt honored to be a part of. Attendees included Bob from Harvest Hill, Chris from Owl Hill, Kagen from Littlewood, and Ansel and Justin from Flywheel. Having a meeting like this has been a request from farmers over the years, but this was the first time it was pulled off! Anji was able to provide numbers on local, and non-local produce sold in the growing season, and thus hopefully provide a better picture for all of our local growers on where more opportunity lies. Additionally, farmers were able to discuss everything from growing practices, past experiences, collaborations, and ultimately they were all able to plan the months ahead as a group, and we couldn't be happier about having a part in that!

Our final quarter for 2018 had some highs and lows for us at the Co-op, but we persevere and march on! In quarter 4, we had a higher than our goal shrink rate for multiple departments, which ultimately brought down our store's margin in Q4. Overall, our revenue was up 6.93% in October, 4.36% in November, but down -.55% in December. As we move ahead in 2019, we continue to see more signs of being a convenience grocery store location for the majority of our customers outside of the village (not that that is a bad thing!). Nothing made this fact more obvious than our holiday sales. For example, during the first half

of December, the store's sales were up by 2.23%, but from the 16th to the 31st, sales were down by -3.22%, a swing of 5 percentage points! The same thing was true for Thanksgiving also. As a result, we will have to truly reconsider how the Co-op handles holiday prep in 2019, and see if we can become more of a first stop for our customer base.

The closeout of 2018 and start of 2019 created a need for us do a thorough combing of the store's expenses for the past year+. A countless number of hours were spent digging through the Co-op's books and looking to where we can save money in 2019 and beyond. As a result, we have found various places to save money in 2019: Laundry & Linens is changing from weekly to bi-weekly deliveries (Yearly savings of ~\$2,500), multiple insurance accounts went out to bid for the first time since 2009 (Yearly savings of ~\$2,600), and we are working to move our accounting and bookkeeping in-house, which should save the Co-op upwards of \$6,000 in 2019.

Lastly, when preparing our 2019 budget, reviewing our 2018 average sales/hour, margin targets and labor costs, it was deemed necessary to also look at reducing daily labor. First, hours were reduced overall for the produce department, receiving, and buying. We have been able to streamline a good portion of our receiving through electronic invoice uploading, which has saved us many hours on labor. Second, utilizing the numbers for average sales/hour, we looked to the early afternoon as a time

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with limited customer visits vs. the amount of labor used for the time period. As a result, labor hours were reduced with our floor staff on weekdays (~3 hours/day). We hope these reductions are a temporary necessity as we work through the slower months of the year, and consider expanding store hours to capture missed sales in the morning, or weekend evenings (weekend evenings being one of our busiest times).

Heading into 2019, the Co-op worked with our financial lender, whom we have a long history with, and we received an additional loan of \$30,000. The loan was taken to put the Co-op in a more stable situation with our vendors, and this loan was included as part of the 2019 budget creation. Today, we are continuing to work hard to bring in new, exciting items, remove products that are slow movers, and try to hone in on our top movers to better promote in 2019. Every week, I meet with our buyers to review sales, product trends, margins, pricing, shrink, etc. We've made a lot of progress

these last 6 months, and in 2019 we are up by almost \$9,000 in revenue Year to Date. One reason for this, is our upward trend of average \$ per sale—we are up from \$18.81/sale in October to \$20.50/sale in January. Also, a big shoutout should be given to all of you who have moved to having a Gift Card on file at the Co-op, which saves us money. (Special thanks to Annie for being such a proponent of these!)

If I can end this report on any one note, it is to emphasize that we have an extremely strong, passionate, and strong-willed staff, and that we are undoubtedly fortunate to have our amazing, equally passionate customers. So thank you to our staff, our generous working members, and our faithful customers. There are so many goals, hopes, and plans for 2019, and I look forward to the long future ahead for us, and the building we reside in. In the meantime, please continue to shop local and provide us with feedback as we always look to improve. Thank you. ♦

Co-op Quiz

When was the Plainfield Co-op started?

Who's on the Board of the Co-op?

How can I locate and print out a recipe from a past newsletter?

What are the store hours?

Where can I find out what's going on at the Community Center?

How can I become a member?

All answers can be found at our beautiful website:

www.PlainfieldCoop.com

Thank you, Bob Fancher, our wonderful webmaster!

The Rewards of Working Membership

by Charlotte Domino, Membership Coordinator

Hey, members! The Co-op invites our working members to come in for a warming cup of free coffee, tea or hot cocoa. Working membership is when a member, (just like you!) comes in and helps out the Co-op for an hour or two a week. In exchange for being an amazing human being who is actively making your community a better place by supporting this local resource, you get a register discount, special order discount, Community Center rental discount, and a free hot bevvy.

What jobs does the Co-op need right now? We need a filer, to keep our paperwork in check. We need a repacker, to keep snacks bagged and ready to go; a produce helper to keep all our local beauties looking their best; and stockers to keep the shelves full so we can stay in business. We are also seeking an Ad Coordinator for the newsletter to solicit and keep track of ads from local businesses. There are plenty of things the Co-op needs your help with!

Our membership is full of talented, dedicated people who have deep love and commitment to the community. Do you have a skill you want to lend to your community? Do you see something about the Co-op you want to help with? Then please, let us know!

This is a specific project I'd like to do,

that I need a volunteer to help me with: Our Co-op has a reputation of being expensive, and I'd like to work on breaking that wall. I want to assemble a few meals—fun, themed Meals Under \$20, Food Under \$30. This requires a little running around in the store, price checking items, recipe research, some computer work assembling a flyer or pamphlet, and talking about distribution and/or advertising for our work. Let's grab a clipboard, potato, cup of coffee and help the hungry people shop local.

Thanks for considering, and if you can't volunteer right now, don't worry! You're helping every time you shop with us.

The Co-op also has a small wish list of things we need donated:

- **A computer.** Did you know the Co-op has only one computer for all the employees? If you have an old computer or laptop to donate, you'll receive a 7% register discount for a month, as well as the other working member benefits.
- **A straight edge paper cutter.** This poor sucker doesn't get a ton of use, but it's tough when you need it and don't have it.

Thanks everybody! See you all at the Co-op, and shop local! We have your remedies for scratchy throats, coughs, and immune boosters. Stay healthy lovely people. ♦



Paint the Co-op: Memorial Day work party to spruce up the joint. Come one come all, Come paint!

Building Committee Report

by Mike Brosky



After taking a few months off over the holidays, the Building Committee has recently re-focused efforts in the backstock area of the store. Having completed the installation of a hand-washing sink last fall, attention has shifted to upgrading the produce preparation

area. Original wooden counters, installed as part of an extensive remodeling project in 2011, have begun to show their age and are now in need of replacement. Some options considered were rebuilding the existing counters or re-surfacing them, but to ensure the area continues to conform to VT Health codes, the committee decided the best course of action was to purchase and install stainless steel counters and shelving units.

Fortunately, the existing stainless prep sink can be reused which will save precious capital for other projects around the building. In addition to the counters, we'll take advantage of the demolition to install water-proof plastic panels to ensure the wall behind the sink and counters is protected well into the future. Finally, the committee is looking to add more shelving above the counters to enable the staff to organize the space more efficiently. The Committee plans to have this project complete by the end of March this year.

As winter begins to wind down and spring is around the corner, the Committee recently brainstormed on which exterior projects should take priority and the need to paint the building

quickly rose to the top of the list. One of the major factors in the discussion was the need to improve the overall appearance of the building and to improve the visibility of the building for new customers. However due to the need to make the most with limited capital funds, the committee will be organizing a work party for the late spring or early summer where volunteers will scrape and paint the lower half of the building facing the parking lot and town office. The upper half will be hired out to a local painter. Additionally, depending on any permits that may be required, the committee would like to have a sign painted on the gable side facing the parking lot. The sign should increase the visibility of the Co-Op for new shoppers, tourists and out-of-towners who may not know exactly where the store is. More details of this exciting project will be provided at the next member meeting. Also, look for a signup sheet for the work party near the register in the near future for those interested in helping.

Special thanks to committee members Joe John and Jason Mallory who have dedicated many hours of their time to make the recent

Building Committee projects happen. Also, welcome to new members Adam Krakowski and Ian Maas! The Building Committee is always looking for new members—if you're interested in joining please reach out to Mike Brosky at 454-1460, or email: michael_a_brosky@yahoo.com. ♦



Featured Products

by Kevin Levesque

Bien Fait – We have been adding more products from Bien Fait’s catalog – We now have Muffins, cakes, pies, and cookies being delivered fresh every week! We just added their bulk granola, Caspian Crunch, too. Also, 100% of their profits are donated to charities in the Greensboro, VT area.

Patchwork Farm & Bakery – Now being delivered twice a week, Tuesday & Friday, their fresh bread being delivered is a highlight of our week at the Co-op. Look for their Anna Rosie’s Country French, or a staff favorite, the Jalapeño Polenta.



Vermont Petfood Warehouse – Recently, we added this local vendor to our portfolio. Most of our pet food is now locally sourced, with an ongoing effort to move our whole catalog through this local vendor. As a result, we have been able to expand our pet food offerings, and at cheaper prices – including Eagle Pack dry dog food for only \$1.99/lb, and Triumph cat food cans for only \$1.39/each.

Quill Pig Farm – We are extremely excited to now be offering Quill Pig Farm as our pork supplier. Quill Pig is based in Plainfield! You



can find hock, chops, bacon, and ground pork located in our freezer section.

Wunderkammer Brewing – Based in Greensboro, VT, Wunderkammer brewing is owned and operated by Vasilios Gletsos. Vasilios is also the assistant brewer of the famed Hill Farmstead Brewery. Vasilios takes the time to forage many of the ingredients used in his beer, making for a unique expression of the local land.

Local Body Care – Recently, our buyer Laura made a highlighted space for locally produced body care products. In fact, some of these products are made by our own staff!

Bulk Maple Syrup – Don’t look now, but our bulk maple syrup section has doubled!

We now offer Amber & Dark maple syrup from Caledonia Farm, in Walden, VT.



Garukabars – Based out of Burlington, VT, these bars are made with wholesome ingredients, they’re super delicious, and a portion of profit is donated to gorilla conservation programs.

Dried Fruit & Hard Red Winter Wheatberries – Now available by popular demand, we have expanded our dried fruit section in the produce cooler; We have recently brought in dried blueberries, dried peaches and dried pineapple rings. Additionally, we now have Hard Red Winter Wheatberries in our bulk section. ♦

EAST HILL TREE FARM

Nursery for Fruit Trees, Nuts, and Berries



3499 East Hill Rd. Plainfield, VT
Check: www.easthilltreefarm.com

Quick and Easy Collard Greens

I love good collard greens. When you don't have time (which I never do) to cook them southern style this recipe is a good substitute.

Ingredients:

1 large bunch collard greens	kosher salt
2 tablespoons olive oil	ground black pepper
3 cloves garlic, minced	1/4 cup chicken broth
1/2 teaspoon red pepper flakes	cider vinegar (optional)

Directions:

Wash collard greens thoroughly. Remove the stems that run down the center by holding the leaf in one hand and stripping the leaf down with the other hand. The tender young leaves in the heart of the collards don't need to be stripped. Stack 6–8 leaves on top of one another, roll up, and slice into 1/2" thick slices. Heat a large pan over medium high heat and add the olive oil. Once hot, sauté the garlic and red pepper flakes. Add the collard greens, and saute until bright green, about 4 minutes. Season with salt and pepper. Stir in the chicken broth and cook until the liquid evaporates. Before eating, drip a bit of cider vinegar on top for more flavor.

Vermont Food Co-ops Support Local

(excerpt from an article by Kari Bradley, Hunger Mt. Co-op Manager)

Recently, I had the opportunity to testify for the House Agriculture Committee on the topic of how food co-ops support our state's local food system. They wanted to hear from a co-op because of the recent great news from the 2018 Farm To Plate Annual Report: last year, \$289 million or 12.9% of Vermont's food and beverage sales were from local sources, an impressive increase from 5% in 2010. Moreover 15% of the total came through Vermont's food co-ops which speaks to the significant role that co-ops play in our local food system.

Vermont currently has fifteen food co-ops and start-ups operating 14 storefronts, including Hanover Co-op's White River Junction store. Together, these co-ops had shared revenue of

\$127 million and we sold an estimated \$42.5 million in local products last year. Vermont food co-ops are growing in number (Morrisville), expanding in place (Putney and Middlebury), and opening second locations (City Market). We are also innovating, especially in the realms of prepared foods and healthy food access. Data from 2017 shows four co-ops (including Hunger Mountain) gave over \$280,000 in discounts to low-income shoppers, helping to make fresh, local food more accessible for people with limited incomes. Common to our business models, Vermont food co-ops have demonstrated that local products can be a central piece of a successful retail brand in the hyper-competitive grocery industry. ♦

Whole Meal Green Smoothie

Well, you might want to rename this the Blue-green smoothie as the blueberries may take over the green color. The banana gives the natural sweetness, but you can add maple syrup (or any sweetener you like to suit your taste-buds). SOOOO easy to make.

- ½ cup almond-coconut milk (or almond or coconut milk)
- 1 cup fresh spinach
- 1 medium ripe banana — peeled
- ½ ripe avocado — peeled and pitted
- 1 cup frozen blueberries
- 1 tablespoon ground flaxseed meal
- 1 tablespoon chia seeds
- 1 tablespoon almond butter (optional)
- ¼ teaspoon cinnamon (optional)

Place the ingredients in the blender in order above.



Welcome to our youngest Co-op members



Cyrus
(Laura Conklin)
birthday: Oct. 4th

Elliot Rose
(Kevin Levesque)
birthday: Dec. 6th

Photo credit:
Rosemond London

PLAINFIELD COMMUNITY CENTER



Space available for your:

Classes

Meetings

Parties

Workshops

Art Gallery Exhibitions & Special Events

\$9/hr. for Co-op Members, \$15/hr. for Non-Members

Events: \$35 for Members, \$50 for Non-Members

Scheduling Book at Co-op Register

More Information?

Contact Rosemond London at the Co-op



Using the Community Center benefits The Plainfield Co-op



Vermont Fresh Foods produces:

Fresh Ravioli & Pasta

Pesto & Sauces

Ramen Noodles, Gnocchi & Vegan Options

Serving Pasta Lovers for 27 Years

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News From Upstairs Plainfield Community Center and Art Gallery

by Alexis Smith, Curatrix

Plainfield Community Center Mission Statement

The Plainfield Community Center serves as a bridge to further the relationship between the Plainfield Co-op, its members and the larger community. It provides a community space and encourages diverse activities and events.

Meeting, study, relaxation, gathering and Safe Space open 9am - 8pm daily

- Free WiFi!
- Clean organized Free Boxes!
- Zene library and book share!
- Community health and first aid zone!
- Boot camp Sat. 10am
- Drew's playgroup Thurs. 3:30
- River House yoga Sundays 11:30

Calendar and more info in the Co-op vestibule and on the Co-op website www.PlainfieldCoop.com

Gallery

Thanks to Jesse Azarian for the current amazing perpetually evolving art exhibition!

Thanks to Mark Dannenhauer for the success of the previous exhibition: The 7th annual Bread and Puppet emergent mosaic, "puppet kids" (some pieces still on exhibition)!

Thanks to Charlotte and Co for their collaboration on the upcoming group show in late March !!

Artists interested in exhibiting their work, contact Alexis Smith, Curatrix 802-371-7239 or Freealexis@hotmail.com

Heartfelt Gratitude to:

Andrea Miksic/Salaam for donating the new track gallery lighting !

Chris Thompson, Adam Smith and Winterino electric for their help and electrical wizardry -brilliant!

The cleaning fairies who occasionally make magic !

Wish List:

Handicapped Accessibility

Gooseneck faucet for bathroom sink so the cleaning buckets can fit in to be filled.

New windows

Piano tuning

Stairwell paint job

Reframing of some of Ethan Hubbard's "my co-op is my community" portraits

New vacuum

A regular cleaning fairy who manages free boxes, trash, recycling, vacuuming, cleaning.

PCC Rental:

The Community Center is available for parties, events, meetings, classes, etc.

\$9/hr Co-op members, \$15/hr non-members plus a \$35 refundable cleaning fee & \$10 key deposit.

Applications for use are on the Co-op website, or ask a staff member in the store.

Community Center/Co-op rental sponsorship is available for special events or activities that promote our mission or provide free educational or community enhancing activities and are free and open to the public. ♦