

THE natural buzz



Concord Food Co-op, Concord and New London - August Edition 2017

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Interested in reading more Co-op content? Check out our blog!

You can find garden updates with Stacey Cooper, our radio show with Peter St. James, tips on wellness and green living, and much more!



Visit concordfoodcoop.coop/blog to check it out.

Missed our past issues?

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Find us online at concordfoodcoop.coop and on...





Co-op update

By Chris Gilbert,
Co-op General Manager



Summer is in full swing here at the Co-op, and we're celebrating the warm weather with plenty of fresh, local produce, and Grillin' & Chillin' at both of our locations! Join us at our New London store from 11 a.m.-2 p.m. on Friday, August 11, and at our Concord store from 11 a.m.-2 p.m., on Wednesday, August 16, for gourmet burgers, hot dogs, chips and cold drinks. Visit the website for the menu and to check out more upcoming events.

You may notice things look a little different the next time you stop in. We've improved the signage in our produce department with new chalkboard-style signage.

We've also continued to increase the variety in the produce department, and right now, more local farmers have been

delivering products into the store. We have 38 different local items just in our produce section alone!

As general manager, I am constantly working with vendors to bring our customers the best prices and variety. We have been getting some great pricing on produce items weekly. Cantaloupes, corn, strawberries and peaches have been among some of the most recent deals.

There are many ways to save while

shopping at the Co-op.

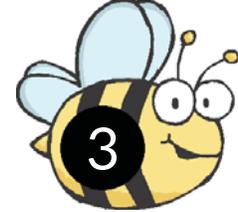
In addition to our monthly Buyer's Picks from



which everyone can benefit (and which include more than \$3 off per pound of bulk almond butter and bulk granola), we have monthly Member Perks! In the last month, we've jumped from having 800 sale items in store, to 1,020 and climbing.

This month, members can pick up a





variety of Farmhouse Culture Kraut Crisps at 2 for \$4, North Family Farm's dark maple syrup for \$5.39 per pound, and 17 oz. of Evolution coarse Himalayan salt for \$6.69, just to name a few of the deals we've got running through August.

In our Health & Beauty department, 6 different brands are 20-25% off this month, including Weleda, Sustain and Bluebonnet, so make sure to keep an eye out for red tags in the aisles.

Speaking of health, there are a few wellness and cooking classes offered through the Co-op this month, check them out on page 10 and visit <http://concordfoodcoop.coop/classes/> for more information. As an additional bonus, whenever you attend a class, you receive a coupon for 10% off your next shopping trip at either store or online!

Hopefully by now you're aware that we offer e-shopping. Just visit <http://concordfoodcoop.coop/eshop/>, select your items, check out, select in-store pick up, put on shoes, come get your groceries, and go about your day. This service also helps to free up parking lot space more quickly.

Our parking lot will be getting some more use next month when we host our Annual Member Celebration on September 16. Find more details about the big event on page 4 or at <http://concordfoodcoop.coop/annual-member-celebration>.

Another reason to celebrate: Themed Thursdays on our hot bar continue through August with Mexican food on August 3, Middle Eastern on August 10,

Made in NH Brands

Micro Mama's Fermented Veggies
North Family Farm Maple Syrup
Hillside Apiaries Honey
White Mountain Forager
Maple Nut Kitchen
MegaFood
YaYa Naturals
Herbal Energetics
Badger
Granite Ledge Coffee
Miles Smith
Farm Beef
Robie Farm Beef
Vegeta Ball's Farm
Pesto
Bread Peddler
The Good Loaf
Dave's Best Batch Salsa
Walpole Creamery Ice Cream

Local Farms We Carry

Generation Farm
Kearsarge Gore
Brookford Farm
Micro Mama's
Owen Farm
Shaker Organic Gardens
Vegetable Ranch
Middlebranch Farm
M & E Farm

a Thanksgiving theme on August 17 and Mediterranean flavors August 24.

Suffice to say, there's a lot happening at the Co-op this month and we've got even more in store. Stay tuned for more updates on our website, on Facebook, or stop by the communication center at one of our stores.

Here at the Co-op we are always looking for better ways to serve you and welcome any comments, suggestions or concerns. Visit www.concordfoodcoop.coop/leadership for our email contacts or fill out the online feedback form at www.concordfoodcoop.coop/contact.

Thank you,
Chris Gilbert,
General Manager



Member Celebration plans underway

By Beth Eisenberg,
Co-op Marketing Specialist



It's that time of year again! The Concord Food Co-op's Annual Member Celebration is just around the corner, set for 1:30-4:30 p.m. Saturday, September 16, in the Co-op parking lot.

Members are invited to enjoy an afternoon full of live music, locally sourced food, samples from area vendors, beer and wine. Be sure to arrive early, as the first 250 members will receive a bag packed with goodies from the Co-op and vendors!

Ballot results will be announced at the end of the event. Balloting for the Board of Directors will begin August 17 and ends at 2 p.m., September 16. Learn more about the candidates at www.concordfoodcoop.coop.

Member Celebration schedule

- 1:30 p.m.: Gates Open
- 1:30 p.m.: Become a Member Sign up Table Opens – Meet the Board of Directors
- 1:45 p.m.: Welcome & Business Meeting Begins
- 2:00 p.m.: Board Balloting Closes
- 2:00 p.m.: Meet the Farmers Tent Opens
- 2:00 p.m.: Vendor Tables Open
- 2:00 p.m.: Strings & Things Band
- 2:30 p.m.: Local sourced barbecue style menu provided by the Co-op
- 4:30 p.m.: Ballot Results are Announced
- 4:30 p.m.: Gates Close

ConcordFoodCoop.coop and look for the ballot soon. Ballots also will be available at the Concord and New London stores.

To learn more about membership and to sign up to become a member, visit <http://concordfoodcoop.coop/membership>.

New Marketing Specialist joins Co-op team

Beth Eisenberg recently joined the marketing team here at the Co-op. A native New Yorker, Beth has lived in New Hampshire for more than 20 years, save

for a brief stint in Massachusetts. She has worked in journalism and design for nearly 15 years and is continuing her education in Communications at SNHU. Beth resides in Concord with her cats. She is a fan of globetrotting, waterfalls and Star Wars.



Introducing: Turkey Bucks

By Greg Lessard

Co-op Director of Development



something special for the holiday; introducing Turkey Bucks.

From Monday, September 4, through November 14, whenever you purchase groceries at the Concord Food Co-op in Concord, New London, or online, you will earn Turkey Bucks. Each time you spend \$10, you will have your Turkey Bucks booklet stamped. Starting November 15, for every 20 stamps you collect, you get \$5 off your Thanksgiving turkey,

The wife of the Co-op's general manager recently confided that Chris talks in his sleep.

She said he has been heard to say, "Slash prices. More discount. Not good enough. We need a better price."

In addition to Chris's crusade to find great deals for shoppers, he is always trying to say thank you to the Co-op's loyal customers.

Chris has decided that the perfect time to say thanks is Thanksgiving, and he just wrapped negotiations for Thanksgiving turkey pricing.

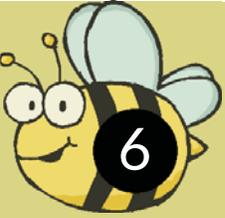
Last year, turkeys were priced at \$3.69 per pound. This year they will be available for only \$2.99 per pound. And, as always, these turkeys are raised naturally, without antibiotics or hormones.

In addition to a great price on turkeys, Chris wants to give everyone a little



tofu turkey, turkey sides, fresh bakery pies, or your Thanksgiving groceries. During the first week of September, look for your wallet sized Turkey Bucks booklet at the Co-op Information Center, or just ask one of our customer service representatives about it.

(Turkey Bucks must be redeemed in 10 stamp increments between November 15-22. Turkeys must be preordered. The Co-op suggests that you order early for best selection. A \$25 deposit is required. Organic turkeys are available for \$3.99 lb.)



Berry Delicious Road Trip

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To view the original article and more like it,
[click here.](#)



Ah, the magical world of berries. Used in ancient remedies and revered in Pokémon and the real world alike for their (antioxidant) powers, berries are, in the words of Janie Hibler, “Mother Nature’s edible little pills.”

Not to mention delicious. Easy to eat, easy to preserve, and perfect for all sorts of cooking, these tiny gems won’t let you down.

So say you’re on a summer road trip. You may want to hearken back to the good old days of berry picking because doesn’t it sound beautiful and pastoral? Or maybe you just want to know which berries are native to your ‘hood for flavorful summer cooking and snacking.

For all that and more, welcome to our jammin’ cross-country guide to regional berries. Though these berries can be found in numerous regions, we’ve focused on where they’re most known across North America. Remember: when scavenging for these tasty treats, don’t pick berries you don’t recognize. That said... gotta catch ‘em all!

STRAWBERRY

The belle of the berry ball, everyone loves strawberries. With its bright color, sweet aroma and juicy texture, the strawberry is harvested seasonally across the country but is known to be most “fruitful” in California, and is best there right now in June. Used to treat depressive illness in 14th-century Europe and planted for royalty, it is indeed a joy-inducing diva of a fruit.

- Sweet: Creamy Strawberry Panna Cotta
- Savory: Grilled Duck with Strawberry Fig Sauce

Native to: The West coast. Strawberries are increasingly produced in Southern states.

BLACKBERRY

Welcome to the dark side of your palate. A major ingredient in jams, pies, and wine, blackberries are also great eaten raw with some whipped topping. And due to its widespread growth, the blackberry is easy to find! High in Vitamin C and anthocyanin, blackberries have been linked to disease prevention.

Native treasure finds: Pacific Northwest, especially Oregon.

SALMONBERRY

Edible wild berries that grow from California to Alaska, salmonberries look like yellow raspberries and are made into jams, candies, jellies and wines. Traditionally, these berries were an important food for Native Americans, who ate them with salmon. Try it!

Native treasure finds: The West coast.

ELDERBERRY

These small, dark berries grow in clusters and are used in jams, cake mix, and muffins. Although found in the Northern U.S., they are most known for their use in European syrups, extracts, teas, and liqueurs. Très chic.

Native treasure finds: Across the Northern Midwest states.

THIMBLEBERRY

A tart red berry similar to the raspberry, the thimbleberry becomes soft and flat when picked. Because of its mushy texture, thimbleberries are best for jam.

Native treasure finds: Around the Great Lakes regions, especially Michigan.

CRANBERRY

We are fans of the crans. Although their season is late autumn, they preserve well in the freezer and add tanginess to summer drinks. Cranberries are white when unripe and then blush to gorgeous red. They are high in Vitamin C, dietary fiber, antioxidants.

- Sweet: Cranberry-Orange Galette or Cranberry Orange Walnut Bars
- Savory: Wild Rice Cranberry Apple Pilaf

Native treasure finds: Across the Northern Midwest states.

BLUEBERRY

Remember when Willy Wonka turns Violet into a blueberry?

While we're not sure we'd want to turn into a blueberry, we sure like to eat them. A classic ingredient, blueberries can be used in just about anything.

- Sweet: Blueberry Coconut Macadamia Muffins or Blueberry Pie
- Savory: Blueberry Barbeque Grilled Pork Chops

Native treasure finds: Around the U.S., especially Eastern and Northern states.

SERVICEBERRIES

Serviceberries (also known as juneberries or sugarplum) taste like blueberries with a hint of almond. Sweet and fragrant, they are excellent to eat raw. Track them by their white to pink flowers.

Native treasure finds: Red serviceberries are found in the Northeast, blue serviceberries are found in the Pacific Northwest.

BLACK CHERRY

Classy and delicious, black cherries have that irresistible sweet-sour thing going on. Awesome flavoring for sodas, ice cream, jams, and pies, contrast the black cherry's sharpness with some dark chocolate.

Native treasure finds: The East coast.

CONCORD GRAPES

Ah, concord grapes: accessible, edible little balls of happiness. Try freezing grapes for the ultimate pop-in-your-mouth summer refreshment. If you associate concord grapes with your childhood (juice boxes, anyone?), grow those babies up by incorporating them into salads, slaws, and rice dishes.

Native treasure finds: The Eastern Great Lakes area and New England.





What's cooking

By Keith McCormack,
Co-op Executive Chef



Hello from the kitchen! Keith McCormack here, Executive Chef

of the cafe at the Co-op. I wanted to talk about some of the cool events we have coming up in the near future!

First off, we have gotten great feedback on our Themed Thursday events! We will continue cranking out inspired, diverse menus for everyone's enjoyment every Thursday. These events

are also great for the kitchen because we have a lot of fun writing special menus and working on different prep projects. Thanks for all of the continued input!

Upcoming Themed Thursdays

- August 10 Middle Eastern Cuisine
- August 17 Thanksgiving in August
- August 24 Mediterranean Cuisine

We had an awesome turnout for our FREE pasta cooking class here in Concord (see 1 recipe below, all 3 recipes are available in the store). I really enjoyed

MEXICAN FOOD HOT BAR
AUGUST 3RD
TORTILLA BAKE
TACO SPICED TOFU
PICO DE GALLO
PULLED CHICKEN
GUACAMOLE
& SO MUCH MORE!

MIDDLE EASTERN FOOD HOT BAR
AUGUST 10TH
LAMB KEBABS
FALAFEL WITH RAITA
VEGGIE SKEWERS
WITH TAHINI
MOUSSAKA! &
SO MUCH MORE!

THANKSGIVING ON THE HOT BAR
AUGUST 17TH
TURKEY WITH GRAVY
APPLE CRANBERRY STUFFING
GARLIC MASHED POTATOES
GREEN BEAN CASSEROLE
& SO MUCH MORE!



teaching the class and it was a super fun atmosphere. If you would like to attend our classes, visit <http://concordfoodcoop.coop/classes/> and let us know you'd like to join!

Upcoming Cooking Classes

- Wednesday August 23

Top-Notch Sandwiches in Concord

- Thursday August 24 Top-Notch Sandwiches in New London
- Wednesday September 13 Fast and Easy Desserts in Concord
- Thursday September 14 Fast and Easy Desserts in New London

Classic Done Better

- 1 lb. Delallo organic gemelli
- 1 jar Cucina & Amore Pesto alla Genovese
- 1 jar Laurel Hills grilled artichokes
- 1 pint cherry tomatoes
- 1 pint Maple Brook Farm mozzarella pearls
- Salt and black pepper to taste

In a medium saucepan, boil the Gemelli in salted water until al dente. Drain the pasta and cool it thoroughly under cold running water, then drain again. Halve or quarter the cherry tomatoes, and halve the mozzarella pearls. Cut the artichokes into bite size pieces.

Combine all ingredients in a medium-sized bowl, then season with salt and pepper. Chill for 1 hour and serve.



August Calendar

For event details visit www.concordfoodcoop.coop/calendar

Concord Store

- 8 Book Signing with Anne Sarkisian
- 16 Grillin' & Chillin
- 23 Scrumptious Sandwiches - Cooking Class at the Co-op

New London Store

- 11 Grillin' & Chillin
- 15 Book Signing with Anne Sarkisian
- 24 Scrumptious Sandwiches - Cooking Class at the Co-op

Community

- 5 Shaker Inspiration: A Day of Music & Dance at CSV
- 7 Concord Class: Neck & Shoulder Relief
- 15 Concord Class: Finding the Calm Within
- 16 Board of Directors Meeting

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Shane Smith, Store Manager New
London

Nick Schneider, Operations Manager

Adam Orcutt, Customer Service Manager

Peter Deleault, Finance Manager

Beverly LaPage, Human Resources
Manager

Greg Lessard, Director of Development

Patrick Gale, Produce Manager

Lexi Cartier, Grocery Manager

Amanda Christian, Bakery Manager

Keith McCormack, Executive Chef

Stacey Cooper, Co-op Farm Manager

Our Board of Directors

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Krista Helmboldt, *Vice President*

David Marshall, *Treasurer*

James McConaha, *Secretary*

Tedd Evans

Derek Owen

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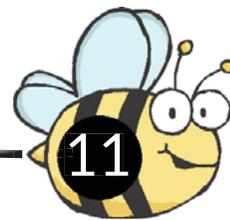
Dr. Madalyn Otto

Jim Readey

Dr. Sam Sanzone, D.C.

Marcia Wyman

Dr. Jacqueline Yang, N.D.



Hours of Operation

Concord Food Co-op

24 South Main Street, Concord

603-225-6840

Monday - Saturday: 8 am to 8 pm

Sunday: 10 am to 6 pm

*Concord Food Co-op
of New London*

52 Newport Road, New London

603-526-6650

Monday - Saturday: 9:30 am to 6 pm

Sunday: 10:30 am to 4 pm

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