

THE NATURAL BUZZ

January - February 2024



A Letter from the GM

It is that time of year: Winter. I have been told that it has been mild, but to a Georgia boy, a cold winter is when it gets below freezing only a few times a season.

Since arriving in Concord, I have received a warm welcome and nothing but cooperation from the staff. It is quite obvious that your Co-op has a caring staff and a loyal following from the membership. I began in your Co-op at the beginning of the holiday season, and it was very enjoyable for me to see our staff in action during some of the most hectic times of the year. In true Co-op form, the staff performed well, and this was the best holiday season since pre-covid.

I have met many of you and look forward to meeting others as you shop in our Co-op. While in the store, look around for some exciting changes. We have begun the process of expanding our food offerings in several ways. Some of the changes will be whole baked chickens, expanded hot bar options, panini sandwiches, hot bar service on weekends, and breakfast offerings, to name a few. There will also be changes and/or updates in other departments.

Our goal is to make our Co-op the best choice for the best products and have a good time making it happen. We want to make your shopping experience pleasant and fun, not just another boring trip to the store. Look for exciting times in the near future and I look forward to meeting more members.

See y'all at the Co-op,

Garland

Interim General Manager



Just in! Co-op Mugs

Take a trip down memory lane with a retro Co-op mug - featuring one of our logos from yesteryear!

Only \$10.99 each

New at the Co-op

You've probably seen a lot of new faces around the Co-op lately - so let's give a big, warm welcome to the Co-op's newest hires! All the way from Georgia, we have our Interim General Manager, Garland, who joined our team back in November. Joining us in the deli department we have Steve, Lydia, Sam, Michael, and Quinn. Hunter is our newest grocery clerk, and we have Katrina in our produce department. Up front you'll find our new cashier, Clay, and at our New London store we have a new store clerk, Alex! Interested in working at the Co-op? We're always on the search for great folks to join our team.

Visit www.ConcordFoodCoop.coop/employment to learn more and to view our open job positions.

Interested in contributing to *The Natural Buzz*?

Send us an email: marketing@concordfoodcoop.coop



Concord Food Co-op • 24 South Main Street • Concord, NH 03301

Kearsarge Cooperative Grocer • 52 Newport Road • New London, NH 03257

A Message from our Board

Dear Members:

In our last communication, we shared that the Co-op would be undergoing a leadership change as we continue to adjust to the changing economic landscape that we are encountering. During that time, Garland McQueen has been supporting us as Interim General Manager while we search for the General Manager who will lead the Co-op into the future.

From the Board level, there are two parallel courses of action that are currently taking place. In the time since our Annual Meeting, we have been seeking applications for a permanent GM. We have now started to interview candidates as we begin to narrow down the dozens of applications that we have received. We will, however, continue to accept new applications until we have found the right person.

The remainder of our attention is focused on using this interim time as an opportunity to put our future GM in the best possible situation to succeed. Garland has served in this role for countless Co-ops, and to risk an overused phrase, has "seen it all". Over the past two-and-a-half months we have seen an influx of fresh, new ideas come into our store, and we very much look forward to what the coming months will bring.

The Board is committed to finding the absolute best person to lead our beloved Co-op, and we thank you all for your continued support.

Jaran

Board of Directors

Round-It-Up at the Register

Round-It-Up at the Register is a program which empowers our shoppers to round their purchase to the nearest dollar and donate the difference to our partnered nonprofit organization of the month.



\$165,514

Raised for local nonprofits since April 2019

January Recipient:

Fellowship Housing Opportunities

Fellowship Housing provides decent, safe, affordable housing with support to members of our community who live with mental illness. Visit www.fellowshiphousing.org to learn more.

February Recipient:

Family Promise of Greater Concord

Family Promise empowers families experiencing homelessness, and low-income families to achieve lasting independence through community-based support, utilizing their shelter, diversion/prevention, and stabilization programs. Visit www.familypromisecnh.org to learn more.

Learn more: www.ConcordFoodCoop.coop/round-it-up

Staff Picks

We asked our staff members what their favorite Co-op finds are. Here's what they said...



"My current favorite is Lenny & Larry's Complete Cookie. As a vegan, it's a great source of protein - 16g!"

-Abby, Customer Service Manager



Available in our grocery dept and bulk dept!

"Equal Exchange French Roast - I've tried it in every state and it never fails to satisfy!"

-Garland, Interim General Manager



"NOBL Cold Brew is one of my favorites! I love that it's local, dairy-free, and not too sweet."

-Kacie, Marketing Specialist



"I love the salad bar! It has a great variety of veggies, proteins, and nuts!"

-Amy, HR Coordinator

A Perfect Pair

When it comes to timeless duos, there's nothing quite like a classic cheese and wine pairing!



Cabernet Sauvignon & Aged Gouda or Cheddar

Semi-hard cheese with some age to it can help enhance the flavor of the wine while balancing out the tannins that make your mouth feel dry.



Alvarinho & Goat Cheese

Alvarinho's crisp citrus notes enhance the bright and tangy goat cheese, while its acidity balances the creaminess for a harmonious taste.



Chardonnay & Brie

Chardonnay complements Brie's creaminess with its full body, and its bright acidity prevents the richness from becoming overwhelming by cleansing the palate.



Malbec & Gorgonzola

Malbec's boldness complements Gorgonzola's rich flavors, and its tannins cut through the creaminess while matching the cheese's pungency.



GAME DAY Guacamole



This fabulous guacamole is simple to make and is sure to be a crowd pleaser! *Recipe makes 4 servings.*

Ingredients

- 3 Haas avocados, ripe
- 1/4 cup diced fresh tomato (seeded)
- 2 tablespoons diced red onion
- 1 teaspoon chopped garlic (one clove)
- 1 tablespoon fresh squeezed lime juice (half a lime)
- 1 teaspoon ground cumin
- 1 teaspoon chipotle chili powder
- 1 teaspoon fresh cilantro, minced (optional)

Recipe courtesy of www.grocery.coop

Preparation

Slice the avocados lengthwise, remove the pits and scoop the green flesh (discard any brown flesh) into a bowl. Use a fork to mash the avocado pulp to a chunky texture. Add the lime juice, garlic, onion, and spices and mix well. Add the tomatoes and cilantro, mix and serve.

Renewal Compost Program

The Co-op is now a drop-off location for Renewal Compost!

Once you sign up with Renewal, you'll be able to pick up your starter kit here at the Co-op! Drop off your compost as frequently as you need to – Renewal empties the compost bin weekly. They then process the food scraps locally, and each spring customers will receive a bucket of soil-ready compost. Learn more at www.ConcordFoodCoop.coop/renewal

Why Compost?

Close the loop & scrape your scraps

- Your organic waste goes back into the soil to provide nutrients for new plants to grow strong.
- Composting utilizes your resources more effectively to create a more sustainable future.
- Growing vegetables in your community will provide gardening education and food security for you and your neighbors.

Less in landfills

- Divert your organic matter out of landfills and back into the earth.
- Reduce, reuse, recycle. Most people reuse and recycle, but what are you doing to reduce your household garbage waste?
- Give your compost a purpose: providing nutrients for future foods.



Help your community

- Add to the beauty of your community with less in landfills, and more gardens in yards!
- By composting, you are helping to create vegetable gardens and food education for your community.
- Live a healthier lifestyle when reducing waste: eat more fruits and vegetables.

Join our Email List

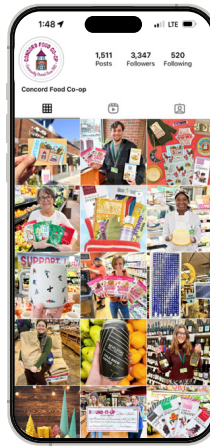
Scan to sign up!

Be the first to know about upcoming classes, sales, events, special announcements and more! ...and don't worry, we won't spam your inbox. We usually only send one or two emails per month.



Get Social

Follow @concordfoodcoop on Facebook, Instagram, TikTok, and Twitter! Stay up-to-date on the newest products, upcoming classes, events, and all things Co-op! Tag us in your Co-op related posts for a chance to be featured on our socials! 😊



Co-op Membership

Everyone is welcome to shop at the Co-op, but becoming a member has its perks! Why become a co-op member? Sure, there are benefits, like discounts and voting rights – but, you'll also find purpose here by belonging to a cooperative business committed to doing good things for the community and the planet. Co-op Membership is a one-time deposit of \$100 – there is no annual fee. Your membership applies to your entire household – though each membership only receives one vote in our elections.

Learn more about Co-op Membership and its benefits by visiting www.ConcordFoodCoop.coop/membership

Calendar of Events

- January 1, 2024 • New Year's Day 🎉
- January 15, 2024 • Martin Luther King Jr. Day
- January 16, 2024 • Board of Directors Meeting 📅
- February 1, 2024 • Co-op Class: *Meal Prep Made Easy* 🍳
- February 14, 2024 • Valentine's Day ❤️
- February 20, 2024 • Board of Directors Meeting 📅
- February 20, 2024 • Co-op Class: *Metabolic Syndrome and Insulin Resistance*



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