

THE NATURAL BUZZ

March - April 2024



A Letter from the GM

We are coming out of winter soon (I hope) and preparing for warmer seasons ahead. The recent months have seen successful sales, despite the winter weather. There are many new faces joining the Co-op, both among staff and customers. If you haven't already, please take a moment to give them a warm Co-op welcome.

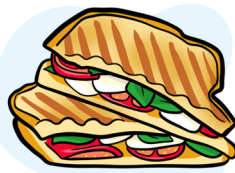
Check out some of the happenings here at the Co-op:

- We're now serving *freshly made paninis* in the deli as part of our lunch offerings. Spearheaded by our talented Deli Lead, Lydia, this new program is quickly gaining popularity.
- You may have noticed some changes in the store recently. There have been *resets in both the Grocery and Frozen* sections, expertly handled overnight by our dedicated employees Josh and Joe.
- We're excited to announce that Chef Kenny and the crew are planning to open the *hot bar on Saturdays* beginning March 2nd.
- Be on the lookout - there have been reports of Leprechauns in the store, hiding shamrocks in preparation for *St. Paddy's Day*. This event will be live on March 16th and 17th. Stay tuned for more information.
- Both our locations will be *closed for the Easter Holiday* on Sunday, March 31st. Please enjoy the time with your family.

See y'all at the Co-op,

Garland

Interim General Manager



A Message from the Board

In February, the Board of Directors voted on a new slate of officers. These are the key leadership positions that ensure the Board does its job in the right way and at the right time.

I'm pleased to announce these positions are:

- President: Shawn Menard
- Vice President: Krista Helmboldt
- Treasurer: Pete Engel
- Secretary: Joe York

Across these four individuals you will find a diverse professional background that includes retail management, land conservation, banking, and community food systems. These, and many skills from our five other board members, give the board as a whole a strong foundation to lead the co-op forward.

One of the most impactful roles of a Co-op board is to hire and oversee performance of the General Manager. We reported in the last newsletter that we are currently hiring a new GM. The varied professional experiences across our board not only enrich our leadership but also uniquely equip us to identify an exceptional GM who aligns with the various strengths of our cooperative community. Our Hiring Committee has been busy reviewing applications and conducting interviews.

We look forward to finishing the last part of the process and selecting the next GM to lead our Co-op. In the meantime, we hope you continue enjoying the improvements being made under the leadership of our Interim GM, Garland. See you at the Co-op.

Shawn

Co-op Board President



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

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

NEW! Grilled Paninis

Paninis are now made-to-order at our deli counter! Available Monday through Friday from 11 am to 2 pm. Choose from caprese, chicken caprese, chipotle chicken, pear & goat cheese, chicken bacon ranch, tuna melt, and cubano - yum!



Avocado Smoothie

Avocados are not just for guacamole. Their rich, sweet flesh blends right into this green wonder, with a touch of vanilla and the hidden hydration of cucumber. Add some honey to taste, if you want it a little sweeter.

Ingredients

- 1 large cucumber, peeled
- ½ large avocado
- ½ teaspoon matcha powder (optional)
- 1 large frozen banana
- ½ cup vanilla yogurt
- ¼ teaspoon vanilla extract
- Honey to taste, optional



Preparation

Combine the ingredients in the blender and puree. Take a little taste and add honey if necessary to sweeten it. Serve immediately.

We're Hiring!

We're looking to fill multiple positions at our Concord location

**General Manager • Parking Lot Attendant/Driver
Baker • Produce Clerk • Cashier • Prep Cook**

Eligible employees enjoy a 25% employee discount, member benefits, paid meal breaks, generous paid time off, 401K with employer match, company paid holidays, medical, dental, vision & more!



www.ConcordFoodCoop.coop/Employment

Staff Picks

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



"Love Bachan's Japanese BBQ Sauce - it's a great marinade and full of wonderful deliciousness!"
-Nick, Data Integrity Manager



"Colvard & Co. sausages are one of my favorites. Great quality and great flavor."
-Joe, Frozen, Meat, and Dairy Buyer



"I love Honey Mama's - especially the chocolate cake flavor! It's a treat I can feel good about eating."
-Carly, Produce Clerk



"The Co-op Bakery's chocolate croissant bread pudding is delicious!"
-Jared, Finance Manager

Organics and Pollinators: Making Food Happen

By: Claudia Broman



A simple lunchtime meal could look drastically different without bees. We can thank these pollinators for about one out of every three bites of food we eat, including many of our favorite fruits like blueberries, peaches, blackberries, grapefruit, raspberries, oranges, pears and plums.

As pollinators, bees flitting around apple orchards and cranberry bogs move pollen from the male parts of trees and plants to the female parts. This shift of pollen allows the flowers to produce fruit. Many crops, like almonds, avocados, cucumbers and even onions, wouldn't produce much, if anything, without the help of bees. In the U.S. alone, bee pollinators annually contribute to about \$20 billion of products people use every day.

Recent scientific studies show that bee pollination is directly connected to human health. People need to consume a variety of nutrients to stay healthy. Globally, the crops that provide these nutrients vary widely from place to place, with developing regions of the world being more dependent on particular fruits and vegetables than others. Were these crops to fail on account of a decline in pollinators, it could result in a global malnutrition problem.

Unfortunately, researchers have seen declines in the success of wild and commercial bee colonies over the past 50 years. This drop in bee numbers in the U.S. is attributed in part to an increase in private and commercial pesticide use. Other conditions contributing to the struggling numbers are habitat loss due to development, monoculture agriculture (growing just one crop, like corn, year after year), animal grazing and the introduction of non-native insect species. Cumulatively these conditions have crop farmers concerned about whether there will be enough honeybees to pollinate their fields, and beekeepers concerned about collapsing honeybee colonies.

Despite the challenges honeybees are facing, there is hope. Scientists confirm that the diverse ecosystems found on organic farms provide friendly places for bees to nest and roam. Organic farmers often grow more than one type of crop which provides bees with a varied and nutritious diet, and they don't use the types of synthetic pesticides that have been connected with bee population declines. Organic farms are helping the bees that eaters rely upon for meals every day,

whether a person chooses to eat organic food or not.

Though the plight of bees may seem overwhelming, there are steps people can take to protect these precious pollinators.

Support organic farms. By choosing organic products over conventional counterparts you can limit the amount of pesticides being used for commercial crop production.

Buy untreated seeds and seedlings. Neonicotinoids are insecticides applied to seeds and soil that can persist in the environment, rather than degrade. These chemicals are connected to bee colony declines. Instead, opt for organic seeds and seedlings when prepping for your coming gardening season.

Support small, local farms. Small farms tend to be more diverse in their fruit and vegetable production, and that diversity is associated with the presence of more pollinators—like bees!

Plant a garden for pollinators. Set aside space in your yard or garden specifically for native flowering plants that help provide food and shelter for bees, butterflies, and other pollinators. But be aware that even plants marketed as "bee-friendly" are often treated with neonicotinoids. Ask nursery staff or check the label to find out if plants have been treated.

Start a hive. Provide bees with nesting options in your backyard. The University of Minnesota offers a tutorial for how to build different types of homes for bees.

Learn more. Watch Queen of the Sun—a movie about the global bee crisis. Educate yourself and your friends with the help of The Xerces Society, a non-profit dedicated to the health of bees and other invertebrates.

Reprinted by permission from Grocery.coop. Find articles about your food and where it comes from, recipes and a whole lot more at www.Grocery.Coop



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.

\$170,885 Raised for Local Nonprofits



March Recipient: Five Rivers Conservation Trust

Five Rivers Conservation Trust conserves local farms, recreation lands, and the landscape around us in partnership with landowners and local communities. Through conservation easements and other means, Five Rivers is doing its part as an active land trust to help keep those places intact for future generations. Visit 5rct.org to learn more.

April Recipient: Merrimack River Greenway Trail

The Merrimack River Greenway Trail is intended to be a 4-season, continuous, off-street paved trail in Concord, which follows the Merrimack River and provides safe, inviting transportation/recreation opportunities as well as access to the river and open space. Visit www.merrimackrivergreenwaytrail.org to learn more.

Learn more about our Round-It-Up at the Register program by visiting www.ConcordFoodCoop.coop/round-it-up

Join our Email List

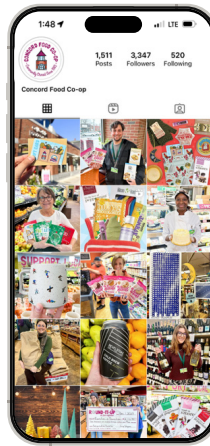
Scan to sign up!

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

- March 8, 2024 · Co-op Class: Cook-Along (Meal Prep) 🍳
- March 10, 2024 · Daylight Savings 🕒
- March 17, 2024 · St. Patrick's Day 🍀
- March 19, 2024 · Board of Directors Meeting 📅
- March 31, 2024 · Easter 🐰 Co-op CLOSED
- April 2, 2024 · Co-op Class: Herbs for Sleep 🌿
- April 16, 2024 · Board of Directors Meeting 📅
- April 22, 2024 · Earth Day 🌍



Concord Food Co-op · 24 South Main Street · Concord, NH 03301
Kearsarge Cooperative Grocer · 52 Newport Road · New London, NH 03257

