

THE NATURAL BUZZ

May - June 2024



A Message from the Board

Dear Co-op Members,

I'm sure by now you are aware we've been in a leadership transition over the past six months. Garland McQueen, a consultant with Columinate, has been on-site providing critical leadership and making many necessary changes to store operations since November. During this time, our General Manager (GM) Search Committee has been evaluating many candidates to find our next GM.

The Board of Directors met on March 27th to discuss the GM finalist candidates and reach a decision on how to move forward. While we saw many positive qualities in the finalists, we ultimately decided that neither of them was the right person to lead the Co-op at this time. Upon reaching this conclusion, we discussed what other options we had and ultimately decided on one of these options.

The Board voted unanimously to promote Josh Belanger, our current Grocery Manager, to an Interim General Manager position for 12 months starting on May 1st when Garland's time with us ends. Josh has proven himself to be a strong leader and dedicated staff member to the Co-op. We are excited to learn more about his vision and see what improvements he can make to our Co-op over the next year.

There is a lot of work ahead to ensure a smooth transition but we are excited to give Josh the opportunity to demonstrate his ability to be an effective General Manager. During this interim period, we will not be actively seeking any new candidates and will assess the need to do so in future months. Our goal is to provide Josh the training and resources he needs to become an effective long-term General Manager.

If you have any questions or concerns, feel free to contact me at board@concordfoodcoop.coop.

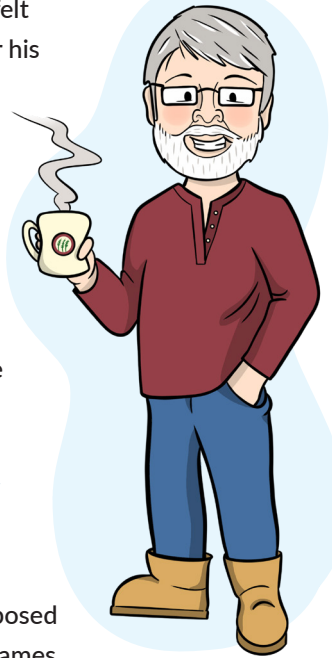
Sincerely,

Shawn Menard, Board President

Co-op Updates

Thank You Garland!

With his time here at the Co-op coming to an end, we want to extend our heartfelt gratitude to Garland McQueen for his outstanding leadership as Interim General Manager at Concord Food Co-op. For the past six months, Garland's dedication and expertise have helped keep us thriving during this time of transition. He will be greatly missed by all, and we wish him the best of luck in his next endeavor!



Thank You General Manager Search Committee!

We want to thank our General Manager Search Committee, composed of Co-op Board Members Krista, James, Chuck, and Sam, along with Garland, for their hard work in searching for our new General Manager. Their dedication to ensuring that we found the right candidate to lead us into the future speaks volumes about their commitment to our cooperative's success. We're thrilled to announce that the Co-op's very own Grocery Manager, Josh Belanger, has been promoted to Interim General Manager. We're excited to see what Josh has planned!

Join our Email List

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 only send one or two emails per month.

Scan to sign up!



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Get to know our new Interim General Manager, Josh!

You've seen Josh around the Co-op throughout the years in numerous roles, and now he's taking on the exciting role of Interim General Manager. We asked Josh a few questions to get to know him better.

How long have you worked at the Co-op and what positions have you held? I've been at the Co-op for just over 7 years. I started as a Parking Lot Attendant, then became a Team Leader on the Co-op's night crew, then a Grocery Buyer, then our Grocery Manager, and now our Interim GM!

What's your favorite part about working at the Co-op? The people, the environment, the atmosphere – all of it.

What about your new role are you most excited about? Solving bigger problems and being more involved on a larger scale.

Local or organic? With organic certification becoming more expensive and less accessible for smaller farmers and businesses, I'd like to focus more on local, but make sure it's still grown in an ethical, all natural way.



Favorite food? Ice Cream and pickles

What's the strangest thing in your fridge? Chicken hearts

Favorite band? Wintersun

Do you have any pets? 2 cats - Bumi and lo 🐱🐾

If you could eliminate one piece of technology from existence, what would it be and why?

Printers – they always break and never work how they're supposed to. We don't need them. 🖨️🚫

Would you rather fight one horse-sized duck or 100 duck-sized horses?

Easy, 100 duck-sized horses. 🦆🐎

Final and most important question, would you rather be a pirate, knight, or cowboy? Pirate, no explanation needed.

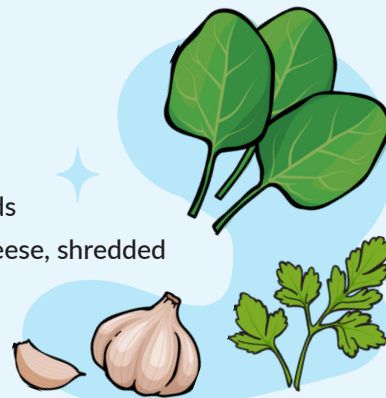


Spinach Parsley Pesto



Ingredients

- 1 cup fresh parsley
- 3 cups fresh spinach
- 2 cloves garlic
- ½ cup pumpkin seeds
- ½ cup Parmesan cheese, shredded
- ¼ cup canola oil
- ½ teaspoon salt



Preparation

Put parsley, spinach, garlic, pumpkin seeds, Parmesan and salt in a food processor. Process until they are finely ground. Drizzle in olive oil gradually, to make a smooth paste.

If not using right away, cover the surface of the pesto with plastic wrap and refrigerate for up to a week. Or freeze pesto in ice cube trays, then transfer to zip-top freezer bags (keeps, frozen, for about 3 months), then use the cubes to stir into soups, pastas, spread on sandwiches, top pizza, and use in veggie sauces.

Nutritional Information

Calories: 124, Fat: 12g, Cholesterol: 3mg, Sodium: 213mg, Carbohydrate: 2g, Dietary Fiber: 1g, Protein: 4g

Recipe courtesy of www.grocery.coop

Staff Picks

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



"Dark chocolate sea salt cashews - they just hit the spot!"
-Doris, Bulk Buyer



"Justin's Dark Chocolate Peanut Butter Cups! They're the best peanut butter cups you can buy in a package."
-Adam, Store Manager



"Any of Jasper Hill Cheeses - they're amazing!"
-Lydia, Deli Lead



"Our Bakery's chocolate chip muffins! They're crispy on top, soft in the middle, and absolutely delicious!"
-Lynn, Bulk Buyer

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.

\$176,631 Raised for Local Nonprofits

May Recipient: Sycamore Community Garden

Sycamore Community Garden provides residents of Concord, particularly new Americans and those with limited incomes, the chance to grow organic food on land accessible by public transportation; and to increase cross-cultural understanding and empathy through gardening together.

Visit www.sycamorecommunitygarden.org to learn more.



Photos courtesy of Sycamore Community Garden's Facebook Page

June Recipient: Equality Health Center

Equality Health Center is a non-profit health care facility that provides individualized and compassionate health care to people throughout New England. They empower their clients and communities through advocacy, education, outreach, and the provision of quality, non-judgmental care.

Visit www.equalityhc.org to learn more.



Photos courtesy of Equality Health Center's Facebook Page

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



Sushi Wednesday



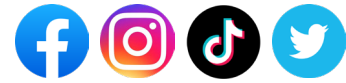
Hissho
SUSHI

Every Wednesday
at the Co-op!
Select varieties
Only \$6.00



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

7 Cooperative Principles

Co-ops are based on values similar to those many of us subscribe to individually, including self-responsibility, democracy, equality, honesty and social responsibility. Seven basic international principles serve as guidelines to provide a democratic structure for co-ops around the world.

1. Voluntary and Open Membership
2. Democratic Member Control
3. Members' Economic Participation
4. Autonomy and Independence
6. Cooperation Among Cooperatives
7. Concern for Community

Calendar of Events

- May 12, 2024 · Happy Mother's Day 🌸
- May 21, 2024 · Board of Directors Meeting 📅
- May 27, 2024 · Memorial Day 🇺🇸 Co-op CLOSED
- May 28, 2024 · Co-op Class: *Navigating Perimenopause* ❤️
- June 16, 2024 · Happy Father's Day ❤️
- June 18, 2024 · Board of Directors Meeting 📅



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