



The Real Cost of Food Discussion with Jack Kittredge

by Sharin Alpert, member

On a late September evening, about two dozen co-op members joined Jack Kittredge and Julie Rawson for "The Real Cost of Food," a discussion about why healthy, wholesome foods cost more than standard supermarket products. Jack started the conversation by asking audience members why they had come. Some of the responses:

"It's a real commitment to keep buying something that costs more, and we need to keep getting in touch with why."

"I don't think food costs enough!"

"We had to return to healthy eating in order to restore our health."

"How can the co-op balance selling food that is healthy, organic, and non-GMO with ensuring that everyone can afford it?"

Jack told us that consumers in most other first world countries spend 11%-12% of their income on food, while Americans spend about 6%. Residents of other countries would see the amount we spend for natural foods in the U.S., which we perceive to be too high, as the norm: that's what their food costs, too.

Corporate food is less expensive, Jack explained, due to government subsidies to agribusiness. Agribusiness and the food industry keep their prices low by externalizing costs. But those

costs still exist, even if they're not reflected in the price consumers pay at the store. As one participant said, "Our government subsidizes the wrong kind of food. There's a widespread perception that healthy food is too expensive. In fact it's the opposite: unhealthy food is cheaper than it should be."

The externalized costs of inexpensive food include:

- Decreased nutritional value due to degraded soil
- Health problems (e.g. diabetes, obesity, allergies, osteoporosis, resistance to antibiotics)
- Environmental damage (e.g. pollution, loss of topsoil, and decreased biodiversity)

- Agricultural workers' exposure to dangerous chemicals and other hazardous conditions

- Mistreatment of livestock

- Wasted food

- Destabilization of other countries' economies and diets ("How can we stabilize those countries?" Jack asked. "Let them have their agriculture back!")

According to Jack, small farm agriculture is the best way to feed the world. "The answers are there," he told us. "The problem is the scale. I don't see how you can solve the problem without totally dismantling the scale." And, he said, "It's not too late to turn it around."

Jack also

Real continued on p. 3

Co-op News!

Planning Council

The first meeting of the Franklin Community Co-op Planning Council was Wed., Oct. 5 at our 170 Main St. meeting space. A diverse group of community leaders, business owners, writers, co-op members, artists, food entrepreneurs, educational leaders, and co-op staff members gathered to begin the advisory visioning process to help our General Manager, John Williams, craft a way forward for the future of our co-operative. The Multi-Year Plan, as it evolves, will reflect the desires of our stakeholders, as the GM and the Council work together to envision the evolution of our community co-operative. Initial reflections on our current state encompassed our commitment to our ends, the desire to be truly representative of Franklin County residents, expanding our membership to underserved portions of our population, and strengthening our commitment to community enterprise and collaboration. The council is committed to inviting member feedback and participation in this process; there will be a series of Member Forums on TBA dates in which all members will be welcome to participate. We're thrilled to begin this vital conversation, and look forward to reporting on subsequent findings!

First Season of the Tuesday Market A Student-Led Success!

The first year of the new Greenfield Tuesday Farmers' Market was a co-operative success during a challenging agricultural season. Vendors report feeling a wonderful sense of community and camaraderie between suppliers and shoppers at this fledgling downtown venture, and greatly

News continued on p. 3



Julie Rawson and Jack Kittredge, photo by Oliver Scott Shure

Join us for Our Co-op Community Forum: Wednesday, November 30th, 6 p.m.

**Franklin Community Co-operative
Board of Directors**

Andy Grant '19
 Gary Seldon '19 (Clerk)
 Lynn Benander '18 (Vice President)
 Norm Hirschfeld '17
 David Paysnick '17
 Stephan Gordon '17
 Judy Draper '19
 George Touloumtzis '19 (President)
 Emma Morgan '17
 Jeanne Douillard '17 (Treasurer)
 Peter Garbus '18

The co-op board meets monthly, (generally 2nd Wed.) at 6:30 p.m. The agenda and minutes from previous meetings are posted in both stores and on our website. Meetings are open to all co-op members. Board mailboxes are at our Greenfield store where message can be left or via email: bod@franklincommunity.coop

**Co-op Managers
413.773.9567**

General Manager
John Williams x1009

Marketing & Member Services

Suzette Snow-Cobb x1017

Events & Outreach

Sarah Kanabay x1003

Human Resources

Gretchen Tucker x1004

Information Services

David Russell x1001

Prepared Foods

Chris Opalenick x1008

Bakery

Micheal Shersnow x1007

Produce

Victor Signore x1015

Perishables (Meat, Cheese, Dairy, Frozen)

Kim Nyiri x1020

Green Fields Market Store Manager

Pat Donohoe x1014

Front-End/Cashiers (GFM)

Jeremy Starpoli x1013

McCusker's Store Manager

Alec Goodwin x2001

McCusker's Market

413.625.9411

New Beet Editors:

Suzette Snow-Cobb, staff
 Eveline MacDougall, member
www.franklincommunity.coop

Illustrations:

Jessica Larkin, member

Masthead Art Work:

Karen Gaudette

Crafty Co-op Members' Fair

Friday, 12/2, from 3-6:30pm
 Saturday, 12/3, from 10am-4pm

170
Main St

Arts
&
Crafts

jewelry
 ornaments
 planters
 pottery
 rice packs
 cards
 photos
 cutting boards
 books

Marilyn Beal & Al Ladd

Marty Espinola

Phyllis Brooks

M. Griswold

Annie Collins

Faith Kindness

H. Dawkins

Deirdre Lapenna

Eveline MacDougall

D. MacIver

Sarah Neelon

Kathy O'Rourke

Helene Powers

Lynn Stowe Tomb

Rhonda Wainhillbaum

Johanna Weinstein

Free
Door Prize
Drawing
Sat @ 3

Host to First Friday Jingle Fest Children's Craft

The New Beet is the newsletter published 6-7 times each year by Franklin Community Co-operative.

Articles about health or nutrition are for informational purposes only. We recommend that you consult a health care professional for medical advice. Opinions expressed in this newsletter are those of the writers and not necessarily the views or policies of FCC.

The deadline for classified ads, letters, recipes or article submissions is the 15th of the month prior to publication. All submissions must include author's name and phone number, and conform to the following guidelines:

Recipes: We welcome original recipes from members.

Classifieds: Members' classifieds are free (40 word limit) Drop off at the member/customer desk (typed

or very clearly written) or e-mail; we print as space allows. suzette@franklincommunity.coop

Letters to the Editor: We welcome letters; they must be signed and include a phone number for author verification. We will withhold name if requested. We reserve the right to edit for grammatical errors, clarity, and length. 300 words maximum.

Via email: suzette@franklincommunity.coop
Submissions on paper: Typed and double-spaced. The editor may reject letters and articles that are illegible, too long, or inappropriate. We also welcome original poetry, photographs and drawings.

Our Ends (What we are working toward):

Global: The co-op will be an innovator and collaborator in the process of creating a regenerative and sustainable local community, economy,

and food system.

- Our community will be educated about our food, food systems, health and ecology.
- The co-op will supply healthy, reasonably-priced foods--and other goods and services--that benefit the lives of the members, community, and all those who worked to bring these goods to us.
- The co-op will provide a central place for the members and community to congregate and strengthen the social fabric of our community.
- The co-op will foster a positive working environment for all staff while providing a living wage, and excellent treatment of all workers.
- Customers will have a positive experience with each visit.
- The co-op will be an outstanding example of the Co-operative Principles and Values.



Community Forum

Our Co-op is asking some big questions about how we'd like Green Fields Market to grow and expand. We're busting out at the seams, especially in the food prep areas. Our Managers have some great ideas, and we want to hear from you - our members, shoppers, staff, farmers, producers, and community leaders. What are your assumptions about our co-op's growth or expansion, and what would work best for you, for your family, for our co-op and for our community? What are your hopes and concerns? What principles would you like the Board of Directors to use as they consider the options before us? Come share your thoughts and ideas!! Please RSVP (see the link on our website) to help us prepare for our time together!

This Community Form is the first in a monthly series I am hosting to help draft a plan for our Co-op for the next 3-5 years. You can contact Sarah (sarah.kanabay@franklincommunity.coop) if you have any questions!

Hope to see you November 30th!!

In cooperation,
John Williams, General Manager

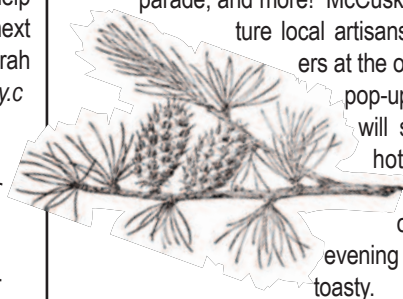
News continued from page 1

appreciate support of both the Co-op and the work from the Greenfield Community College interns throughout the outdoor season. We anticipate returning next year with an even better selection of goods and services, full SNAP capability for the entire market, and skill-share classes and demonstrations! If you still need your Tuesday Market fix as the temperature drops, visit the indoor version at 170 Main Street starting November 1st! Please check the Co-op Event Calendar on our website for additional dates and times during November and December. See you at the market!

Join the Second Season of the Pothole Pop-Up Shop

For the second year, McCusker's Market will be hosting the Pothole Pop-Up Shop at Moonlight Magic! Join hundreds of people who flood Shelburne Falls for this beloved annual event on November 25th, from 4 to 9 p.m., for local gifts, local food, trolley rides, a float parade, and more! McCusker's will feature local artisans and growers

at the one-day-only pop-up shop, and will sample free hot chocolate throughout the evening to keep you toasty.



Real Food continued from page 1

described how new work in soil science is showing that complex communities of microbial organisms in the soil around plant roots interact with and support the green plants on which we depend.

It's a more complete picture of the carbon cycle: plants take carbon dioxide from the air; with the energy of sunlight, they break the bonds of carbon dioxide and water and form new molecules of carbon and hydrogen. Those carbohydrates fuel our life.

Plants also release much of this carbon from the air into the soil. This attracts and feeds the microbes they depend on to help them get water and minerals, fight disease, ward off predators and inhibit competition with other plants. Much of this carbon stays in the soil as long as the community of microbe life is healthy. But conventional agricultural practices, such as chemical insecticide and herbicide use and leaving land bare after harvest, can disrupt this underground life. As a result the stored carbon is released into the atmosphere and becomes a problem instead of a resource for life. This direct tie between agricultural practice and global warming is new information for us.

The issues mentioned here are complex. To learn more, see articles by Jack and others in the spring 2015 issue of *The Natural Farmer*, entitled *The Real Cost of Food*, <http://thenaturalfarmer.org/issue/spring-2015/>

Jack Kittredge and Julie Rawson raise certified organic chicken, turkey, pork, and beef at Many Hands Farm and CSA in Barre, MA. Both are active in the Northeast Organic Farmers Association. Jack is editor of NOFA's quarterly publication, *The Natural Farmer*.



Nature Notes

- Sometimes, while walking in the woods, we come upon something unusual, like pieces of wood stained a beautiful blue-green. A small fungus with a big name, *Chlorosplenium aeruginosum*, is responsible for this unique coloring. Its mycelium—the main body of the fungus, a branching web of threads that absorb nutrients and are below the soil or inside the wood—penetrates fallen branches or broken trunks of trees, mainly oak. The visible fruiting bodies are so small that we may not spot these teeny mushrooms on a rotting log. Local woodworkers are probably familiar with this stained wood; in the nineteenth century it was highly valued for making inlaid wooden products, known as Turnbridge ware.

- The larch tree (also known as tamarack) is the only conifer that drops all of its short needles in the fall, after they turn golden. This deciduous tree grows in large stands out west where it germinates abundantly in forests, especially

after fires have come through. It's usually an indicator of moist acid soil, but around here we often see this tree in cemeteries, fields and yards where a young sapling has been transplanted. The tamarack is unusually hearty, growing slowly as it ages, creating a dense wood able to fend off rot, blight and insects, and is often able to survive in severe conditions like wind and fire. Perhaps by shedding its needles and resting for half the year, they're able to age more slowly and retain strength. The natural world is full of reminders for us; let's try to emulate the larch as we head into winter. Rest is healing for all living things.

-Kathleen O'Rourke, Naturalist/herbalist

Staff Vignettes

by Hazel Dawkins, Member

Here are Staff Vignettes, about **Sara Terrill** at McCusker's, and **Nancy Harriman** and **Jeremy Starpoli** at Green Fields Market.

"I have a vivid memory of the day FCC bought McCusker's," **Sara Terrill** says. "I'd worked for Mike McCusker for two years as his office manager. The day FCC become the new owner, I punched out of the McCusker's time clock and gave my card to Mike and promptly punched in for FCC." That was August 2007. Sara started as a cashier for FCC at McCusker's and worked her way up so that she is now the Customer Service Team Leader and a supervisor; her position is similar to that of an assistant store manager. She can pretty much do everything that needs to be done to keep McCusker's running smoothly, from ordering goods, running the cash register and managing staff shifts. No small task, given there are eight staff (one is part-time, the rest are full-time) and one sub.

Sara grew up in Shelburne Falls and moved to Charlemont in 2013 and now lives 10 minutes from McCusker's. For some 11 years, Sara was an EMT and volunteer fire fighter for Shelburne Falls. "Depending on your size, the equipment a fire fighter wears can weigh between 50-75 lbs." On her days off, she takes care of her four-year-old niece—that's when she's not at her son Jonathan's high school games. Sara's other son, Michael, is in college.

"This is one of the best places in Franklin County to work," **Nancy Harriman** says. "That's what I tell people who apply for jobs at Green Fields Market. "Every day is different." You'll find



Nancy, who is the Front End Supervisor, at one of the co-op registers in Greenfield and on occasion at McCusker's. Although she began at the co-op in Greenfield in 2008, her connection to FCC is unique and can be traced over many years. In 2000, she started at McCusker's and was the Grocery Buyer. After Franklin Community Co-op bought McCusker's Market, Nancy was asked more than once to transfer to Greenfield. Eventually, lured by the prospect of Customer Service—and also because she lived in Greenfield—Nancy became the first employee transfer between the two stores.

"I was happy in Shelburne Falls and I'm happy in Greenfield, though it was more of a transition than I anticipated. People are more leisurely in Shelburne Falls. In Greenfield, usually people don't have much time to spare." Sometimes, when Nancy is asked to fill in at McCusker's, customers welcome her back and ask, "Where have you been?" Nancy remembers when her daughters were three and seven and arriving to shop at the co-op in strollers. Now they're driving to the co-op. Nancy is exploring adding another dimension to her time at the co-op: she'd like to be a union steward.

"Something keeps me here; certainly the quality of the food is part of the many benefits our co-op offers," says **Jeremy Starpoli**, who started at Franklin Community Co-op in early 2003. He has worn many hats, from cashiering to working in the produce and grocery departments. Jeremy was at McCusker's for six months in 2013 as Interim Store Lead, helping install the new cash registers. Since March 2014,

he has been the Front End Manager and is responsible for scheduling some 15 full-time cashiers plus subs. (FCC now has rolling enrollment for employment; contact jeremy@franklin-community.coop.)

Yet another hat Jeremy sports is that of musician. A trombonist and composer, he's a regular player in the six-member Co-op Jazz that plays on the mezzanine on the first Sunday of the month (Jeremy is always interested in talking to new member musicians about the co-op's music on the mezzanine). Jeremy belongs to the Music Collective GCCC and is a member of the Expandable Brass Band that plays around the Valley; he's also part of the Shokazoba funky dance band that plays several times a month throughout the region. Their musical consultant since it began in 2006, Jeremy collaborates &



plays music with the poets of Vince Tripi's annual Haiku Circle. Jeremy also belongs to Rob Skelton's Pitchfork Band that plays at The Greenfield Farmers' Market on the first Saturday of the month.

Working for a Co-operative Economy

6th Principle of Co-operation: Co-operation Among Co-ops

11 worker co-ops serving the co-operative economy. Contact us to see how we can serve you.

WWW.VALLEYWORKER.ORG · 413-268-5800

President's Report

Hello, fellow owners!

In the May/June edition of *The New Beet* I introduced the prospect of expanding our larger store, Green Fields Market. As I noted, this could take a number of forms: expanding in place, moving food preparation off-site, or relocating the store. I also specified that — based on input from the 2015 member survey — only locations on Main St. or within one block of Main St. would be considered.

At our October Board meeting, we held another Strategic Conversation, a presentation by Finance Manager David Russell entitled “Two-Year Window Until Declining Operational Capacity and Fiscal Jeopardy” — a sobering topic! David highlighted that, while we have returned to profitability, this stabilization is vulnerable to factors such as increased competition. He said that a return to financial losses is “inevitable” without expansion; sustained sales growth “seems to be the only feasible planning option.” He also emphasized, as General Manager John Williams has, that the cramped working conditions at GFM contribute to safety concerns even as our talented staff have increased production despite the challenges.

Also at the October Board meeting, we had an open discussion about the process and roles regarding real estate decisions in a cooperative organization such as ours; I share an overview of that conversation here. Policy L5.7 (“L” for Executive Limitations, i.e., how the Board defines the range of the General Manager’s authority) states: “The GM will not acquire, encumber, rent or dispose of real estate, business entities or new retail space.” Therefore, after finding a promising business/real estate opportunity, the GM needs to come to the Board -- the elected representatives of ownership -- to seek approval before moving forward.

What about owners’ participation in this decision-making process? The Board is obligated to “educate itself regarding the values held by the members” per G (Governance) policy 2.1. And policy L4.3 states that “The GM will not fail to include members whenever possible in making momentous decisions (such as buying a building, adding or closing a store).” This latter policy, by the way, took language from the resolution passed at the 2008 Annual Meeting in reaction to the decision-making process involved with the purchase of McCusker’s Market.

How are these responsibilities put into practice? Given the speed and discretion often needed to successfully close a desirable rental or purchase, it would rarely seem feasible to call a special ownership meeting -- which per our bylaws requires 30 days notice and a quorum of 5% of membership -- in response to a specific opportunity. Instead, the Board and John are trying to create multiple options and modes for owners to express their opinions about GFM expansion to establish preferred parameters that will inform John’s search and the Board’s decisions.

Here are specific ways owners can weigh in:

The just-completed co-op satisfaction survey included a special section regarding expansion, asking about general level of support for this, plus opinions on the various forms of expansion; anticipated benefits; design features; and interest in making a loan or investment to support such a project.

An in-person forum on the subject of growth and expansion will be held Wed., Nov. 30 from 6-8pm at our 170 Main St. space.

We have a new electronic member forum on the website where members can initiate and participate in dialogue about topics related to expansion.

There are feedback boxes at both stores.

Members are invited to e-mails John or the Board (see website for contact info).

Members may leave written correspondence for the Board or John at GFM.

Speaking of owner input, the Board and staff are preparing for the next Annual Meeting, Sunday, March 5th, once again at Greenfield Community College. As previously noted, we’ll introduce an online voting option this

year in the hopes to expand access and participation. Details are forthcoming, and will be included in the Annual Meeting mailing. Paper ballots will also be available, though they won’t be mailed out.

The Annual Meeting will focus on the Multi-Year Planning Process that’s underway. There will be additional in-person forums and surveys in December, January and February to further solicit owner perspectives and involvement. Watch for details by e-mail, on the website, and via in-store postings. We want to assure that every voice is heard!

In service,
George Touloumtzis
Board President

Note From The Clerk

Hello Cooperators,

What skills would you like to see in your board members? What leadership abilities do you have to help our co-op? Would you like to serve on our Board of Directors? Who do you know who would make a good contribution to our governance? The election at our March 5th annual meeting will decide five Board seats.

Consider this idea: “A contested election for the Board of Directors is a worthy benchmark, showing vigor in our co-op’s democracy.” I’ve found that those serving our dear Co-op’s governance have an abundance of differing views, but this idea stands out as a winner!

Let’s achieve that benchmark and have another contested election. Members can pick up nomination packets at the stores, or get them from the website starting December 1st. They’re due February 2nd.

Employees who are members are eligible; our bylaws allow up to two employees to serve. Currently, there are none.

Attending Board meetings is a fine way to see if serving as a Director is a fit for you. Our bylaws provide members the right to vote at meetings. Agendas and minutes are available in the stores. Members can see them online along with packets on our new member forum at gfm.coop. Please come say hello!

Serving on the Board is interesting, rewarding, and sometimes challenging work. The time commitment is generally at least ten hours per month; Board members receive a 15% working member discount. Candidates are invited to join Board members for a Cooperative Board Leadership training in Keene on January 7th.

Please consider whether you, or any member you know, might be willing to do this valuable work.

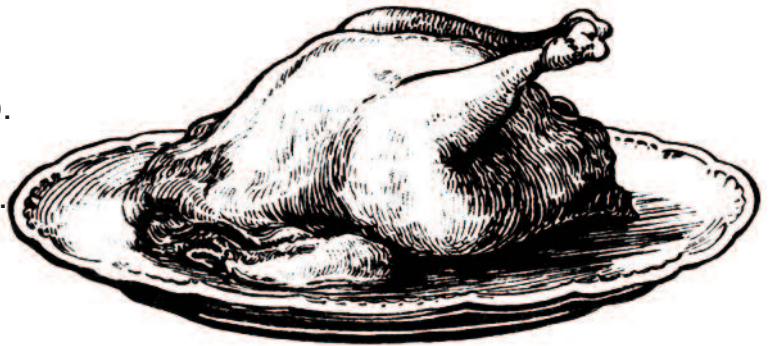
-Gary Seldon, clerk

Thanksgiving Menu

All-natural, hand made dishes and desserts from the Green Fields Market kitchen.

Side Dishes

- Roast Turkey Slices.....\$14.99/lb.
- New England Bread Stuffing.....\$8.99/lb.
- Vegan, Gluten-Free Stuffing.....\$8.99/lb.
- Traditional Butternut Squash.....\$7.99/lb.
- Traditional Mashed Potato.....\$7.99/lb.
- Mashed Maple Yams.....\$7.99/lb.
- Autumn Squash Soup Pint.....\$3.99
- Autumn Squash Soup Quart.....\$7.99
- Roast Turkey Gravy Pint.....\$5.99
- Roast Turkey Gravy Quart.....\$9.99
- Shiitake Gravy Pint.....\$7.99
- Shiitake Gravy Quart.....\$14.99



- Cranberry-Orange Sauce ½ Pint.....\$4.99
- Cranberry-Orange Sauce Pint..... \$8.99
- Cranberry-Orange Sauce Quart.....\$17.99

Breads

- Soft Dinner Roll 6-pack.....\$3.99
- Crusty French Rolls 6-pack.....\$3.99
- French Baguette.....\$3.75
- Cranberry Walnut Wheat Loaf...\$6.99
- Sourdough Rosemary.....\$5.49
- Sweet Potato Bread.....\$4.99
- Sourdough French.....\$4.99

Desserts

- Apple Pie.....\$15.00
- Pumpkin Pie.....\$16.00
- Pecan Pie.....\$18.00
- Chocolate Cream Pie.....\$15.00
- Cranberry Apricot Tart.....\$17.00
- Apple Crumb Cheesecake.....\$18.00
- Pumpkin Falls Cake.....\$20.00



TO PLACE AN ORDER

Visit our Green Fields Market deli counter or call
(413) 773-9576 x 2.

Deadline for all orders: Sunday, November 20.

Postpartum Herbs



by Cathy
Whitely, member

My sisters-in-law recently had their baby, so postpartum herbal support is on my mind. I've written about this before, but want to share a few ideas for easy-to-make herbal formulas.

For perineal tears, sitz bath herbs are a must. There are many toning, antibacterial and / or wound-healing herbs, including yarrow, comfrey, calendula, plantain and witch hazel along with lavender essential oil and sea salt. Mix half a cup of each herb and the sea salt (hold off on the essential oil) in a bowl and store in a jar (or two). If you're using already distilled witch hazel, add that later. Use for a sitz bath (a bowl you sit in that fits on the toilet seat), take a full bath, use a squirt bottle (whenever you pee) or use as a compress (soak a washcloth in the tea and apply to your perineum). When you're ready to use, make a strong infusion: if you're taking a full bath, add a cup of the herbs to two quarts boiling water and steep for 20-30 minutes. Strain and add to bath water along with half-cup distilled witch hazel and 5-10 drops of lavender essential oil (this isn't essential, but lavender is calming and healing, so it's a great addition). Soak (with your baby, if you like!) for 15-20 minutes. The same ratio and timing works for the sitz bath. If you can't fit it all into the bowl, store it in the fridge for a couple of days to use as a compress or in a squirt bottle. You can also soak pads in the infusion and freeze, applying to your perineum when frozen. Make a quar-

ter or half this amount if you want to use it in a squirt bottle or for compresses. Add a 1/4-1/2 cup witch hazel and 5 drops lavender essential oil to each quart of infusion and keep in the fridge. I mostly used the squirt bottle and compresses. A heat lamp—or, even better, direct sunlight—speeds healing.

This is an important time to remember self-care, which is more likely to happen if it's as easy as possible. Herbal infusions are a great way to nourish and soothe new mamas. If you're a meat eater, this is a perfect time for bone broth soups, too. For herbs, I'll mention just a few of the many possibilities. One combination is nettles (of course!), oats and oat straw, red raspberry leaf, dandelion leaf, lemon balm, and rose hips. Nettles are simply one of the best all-around nutritive herbs—full of vitamins and minerals which increase milk supply. Oats are packed with nutrients and great for the nervous system, which needs extra support during the postpartum period. Red raspberry leaf is a uterine toner and strengthener, increases milk, and is packed with nutrients. Dandelion leaf is nutritive as well as adding extra support for the liver and kidneys and increasing milk supply. Lemon balm is excellent for the nervous and digestive systems, and tastes great. Rose hips add flavor and vitamin C. Mix equal parts and store in a jar. For an infusion, steep two tablespoons in a pint of boiling water for at least 30-45 minutes; strain and drink.

Being a new parent is blissful. It's also overstimulating, stressful and sometimes exhausting. This is a time to ask for help from friends and family. They want to help anyway, so you just have to let them! Let someone clean the bathroom, do the dishes, make you tea or bring you a meal, allowing you more time to snuggle with your baby, relax and maybe take a nap. I napped with my

older son most days and it was just what I needed. There are many herbs for the nervous system. One yummy blend is equal parts chamomile, lemon balm, hibiscus, oat straw and catnip. This blend is also calming for baby and helpful for digestion. Skullcap and hops can be added, although skip hops if there's any depression. To make an infusion, add one tablespoon to one cup boiling water, and steep for 20-30 minutes. A separate tincture made from the fresh milky seeds of oats can be used long-term to calm and restore the nervous system.

If you're looking for additional ways to increase milk supply, quinoa and oatmeal are known to help. Other herbs include blessed thistle, fenugreek and fennel. There are a variety of organic tea blends available in the boxed tea section of the co-op. Make sure you're drinking enough fluids in general!

This is such a special, amazing time; you may need to remind yourself or remind new parents to sometimes skip cleaning up and to snuggle up and relax, nap or just enjoy the wonder of this new life. Rest and sleep are not highly valued in our mainstream culture, but the need for both cannot be over-emphasized right now. It's simply not possible to enjoy this time if you're exhausted. So please give yourself permission and rest, snuggle up and give yourself over to parenthood.



Farm To Freezer Update, Northeast-Grown Frozen Fruits & Vegetables

12 Months & 10,000 Pounds: Extending the Harvest Season for Northeast Produce

Franklin Community Co-op works hard to support local farmers. And by working with other members of the Neighboring Food Co-op Association (NFCA), a network of over 35 food co-ops and start-ups across New England, we are helping to build a more sustainable and resilient regional food system.

In October 2015, the NFCA re-launched "Farm to Freezer," our own line of frozen fruits and vegetables, in collaboration with regional distributor Associated Buyers. Our goal was to use our

shared purchasing power to increase co-op shoppers' access to local fruits and vegetables year-round.

Over the past year, member food co-ops have purchased over 10,000 pounds of Blueberries, Organic Broccoli, Organic Edamame, Organic Green Beans, and non-GMO Sweet Corn. Unlike other frozen products, ours are grown and packaged right here in the Northeast, and sold in the freezer section at your local food co-op. As our harvest season comes to a close, you can con-

tinue to enjoy delicious, regional produce from our region's family farmers!

We invite you to look for our "Northeast Grown" frozen fruits and vegetable in the freezer section at your local NFCA member food co-op. They're easy to find because they're packed in a clear package so you can see what's inside!

For more information on our regional sourcing efforts, please visit <http://www.nfca.coop>.

Co-op Classified Ads

Beautiful, serene space for body workers/therapists in Shelb. Falls 1-2 days/wk. 2 treatment rms, waiting rm, separate office area. Kathy Dean (413) 625-2550 / kathrynadean@yahoo.com

Looking for help with pain from Carpal Tunnel Syndrome, Plantar Fasciitis, other repetitive motion injuries? Massage from Gretchen Wetherby LMT with an office in Shelburne Falls upstairs from the co-op and in Millers Falls, Route 63. (413) 824-7063 www.gretchenwetherby.massagetherapy.com.

Want solar, a cozier home, less wasted energy? Want to help the climate? Sally Pick of SJP Environmental Consulting, LLC helps homeowners explore weatherizing, efficient & renewable energy options including solar, & find energy contractors, new incentives, low-cost financing. <http://SJPconsulting.biz>.

Pet-Sitting: Happy Cats Happy Dogs - Cat, dog and small animal care in your home. Professional, affordable, kind. Serving Grfd and surrounding area. Insured and bonded. Adriene: (413) 824-8269, happycats.greenfield@yahoo.com; www.facebook.com/HappyCatsGreenfield.

Whispering Fields, a log cabin on Canada's Prince Edward Island: For those seeking quiet and private place to write, create art, compose music, or have a meditation retreat. www.whisperingfields.com or 774-2648.

Childcare available Mature, loving nanny available. Excellent references, many years experience, all ages. involvement with horses possible, if interested. Diane: dsuller@comcast.net

Volunteer Training for Long-Term Care Ombudsman: Advocate for elders and people with disabilities in our community! To apply for the next free training, Nov. 16-18, contact Trevor Boeding: 413-773-5555x2241 / tboeding@LifePathMA.org. Apply online: LifePathMA.org.

Valley Time Trade. Free orientation required to become a Valley Time Trade member. Sunday November 13th, 4pm. No registration required, but please arrive on time. Bring your laptop or tablet if you have one. Upstairs meeting room, Green Fields Market. www.valleytimetrade.org

Positive dog training creates better behavior! At Your Service Dog Training offers effective, fun clicker training at pet dog manners and service dog classes in Orange, or private training in your home. Certified Professional Dog Trainer. Sharon@atyour servicedogtraining.com / 978-544-8674 / atyour servicedogtraining.com.

Affordable, scenic, co-working spaces available in Shelburne Falls: Cubicles, workstations, desks or hotspots. Business class WiFi, networked multifunction printer/copier, fax, conference room, kitchen, shower and security. Utilities & maintenance included! Join 25+ others. (413) 834-3477 bridgeoflowwersbusinesscenter.com

Full Circle School Accepting applications, K-6. A place where children play in the woods everyday. Nurturing intelligence, innocence and courage in children. <http://www.fullcircleschool.org> fullcircleschool1973@gmail.com (413) 648-9468

For rent: 433 sq.ft., 4-rm office. NESEA building, first floor, adjacent to the Greenfield Energy Park. \$500/mo., includes utilities, access to common space, and access to the amazing NESEA staff on a daily basis! Contact Diane at nesea@nesea.org or 413.774.6051, ext. 19.

Qigong with Zayne: Weds 10:45-11:45 a.m., Green River Yoga & Movement, (co-op member discount—1st and 3rd Wed). All donations support Zayne's study as a Wisdom Healing Qigong teacher, Mon. class: 5:30-6:30 pm, Sound Healing Saturday, Every 3rd Sat. 1-4:30 Transformational Times Healing Center & the School of the Golden Discs, Colrain. (413) 624-9605, transformationaltimes.com

Attention traditional **Rug Hookers**. I have a large (32" x 67") mostly finished hooked runner, thistle design, in purple, green and off-white, with all the wool needed, for \$50. carr.ann@comcast.net.

Piano Lessons: Nourish your soul! Patient, experienced teacher. Accepting teens and adults for lessons at my beautiful home studio in Greenfield. Taubman Technique specialist: heal or prevent piano-playing injuries/limitations. www.juliabady pianist.com. Julia Bady: 413.774.0102.

Medicine Mammals needs volunteers to help raise orphaned/injured wildlife and prepare them for release. No experience required - just helping hands and a big heart. See FB page for more information or contact Priscilla Caouette 413.773.1978/lostinne1@gmail.com.

College Counseling Services - Need help with the college process for your son or daughter? Neale Gay: 413.522.7712 / nealegay@gmail.com. Reasonable rates and expertise you need.

First time homebuyer opportunity! Don't buy a fixer upper—your first home could be a 2008 3-BR, 1.5 bath, with solar panels in Turners Falls for only \$169,908! Restrictions apply. <https://www.pvhabitat.org/apply-for-a-home/habitat-resale/> or (413) 586-5430.

S.F. Youth Troupe and crowd-sourced play about the Hilltowns, for ages 7 – 12. Rehearse new play with music, "The Towns around the Bend," for Piti Theatre's SYRUP Festival on 3/18 with two-time Grammy winner Bill Harley. Rehearsals begin in Jan. Send us your character/plot ideas; they could end up onstage! www.ptco.org/syrup, info@ptco.org

Chronic illness? Rule out electromog as a contributing factor with Swiss Harmony or EMF exposure reduction. Common symptoms of emf sensitivity include headache, fatigue, sleep disturbance and attention/behavior issues. www.ptco.org/swiss harmony, jogo@swiss harmony.com

Donate Books: Great Falls Books Through Bars sends free books to prisoners. Donation boxes for gently used books at The Brass Buckle, (204 Main St, Grmfd) & The Brick House (24 3rd St, TF, M – F, 2:30 – 6 p.m.). Paperback dictionaries appreciated. greatfallsbooksthroughbars.org, gfbbooksthroughbars@riseup.net.

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity and the ethical values of honesty, openness, social responsibility and caring for others.

Cooperative Principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

Inside:

Real Cost of Food. 1
Staff Vignettes p.4
President's Report p.5
Thanksgiving Menu p.6

Return Service Requested

Franklin Community Cooperative
144 Main Street
Greenfield, MA 01301

Prst Std
US Postage
PAID
Permit 183
Greenfield MA