

## March 2013

### Reminder!!

Board Meeting  
at Cambridge Co-op,  
upstairs  
March 20, 2013  
6:30 PM

### Reminder! Order your Easter Ham!

Visit us Soon!!

**Members:**  
Please fill out the new  
Proxy card at the register



### African Market Baskets NEW Sizes!!

-you'll find that we've got the  
best price around!

Be part of the Zero Waste philosophy!



### Gift Certificates

Perfect for  
Easter Baskets!

For more information  
visit our [website](#)

Join us on Facebook

[facebook](#)

## Greetings from the Cambridge Co-op!

March is a busy month this year! St. Patty's Day is tomorrow- so get your green on! First Day of Spring on Wed. 3/20- hooray!! Then we have Passover and Easter at the end of the month. If you haven't ordered your hams--be sure to preorder NOW! Here are just a few of happenings that we want to let you know about here at the Cambridge Co-op this month.

### News from the Co-op Board

2012 proved to be another year of growth beyond expectations for the Co-op. Our sales grew and our membership grew. We like to think this is because of the dedicated staff and working members who strive to provide wholesome products and keep the store running efficiently. We suspect we are also benefiting from an increasing demand by the general public for healthy and locally grown food.

Last summer the Board of Advisers undertook a modified strategic planning project to assess and plan for the Co-op's current and future needs. We conducted informal surveys of employees and of the general membership. In January, the feedback from the surveys helped the Board to outline five areas for special attention this year. We will be investigating and assessing many areas of our operation, from our current physical space and staffing design, to our methods of communication with our members and our customers.

We want to know what you think about all of these issues.

Please take a minute to email us: [cambridgefoodcoopmship@gmail.com](mailto:cambridgefoodcoopmship@gmail.com)

Or jot a note and drop it in the new Suggestion Box at the front of the store. We look forward to hearing from you.

### New Product!

#### Real Pickles Fermented Foods!!

#### ORGANIC GARLIC KRAUT

A sauerkraut for garlic enthusiasts, or to keep the vampires at bay. Our popular kraut, with a serious garlic kick. Adds flavor to grilled cheese and other hot sandwiches, or makes a great garlicky snack. Sold in 15 oz glass jars.

100% Organic Ingredients: Cabbage\*, filtered water, garlic\*, unrefined sea salt (rich in trace minerals).

(\* = Northeast-grown)



#### ORGANIC GINGER CARROTS

These colorful carrots have a wonderful gingery zing. Use as a topper with salads, bean dishes, or peanut noodles, or as a filling for spring rolls or nori rolls. Sold in 15 oz glass jars.

## About Us

We are a not-for-profit, member-run, food co-op located in Cambridge, NY. Everyone is welcome to shop at the Co-op, both members and non-members. The Co-op is working to support local food products and agriculture. [Read more.](#)

**1 West Main Street  
Cambridge, NY 12816  
(518) 677-5731**

Monday - Saturday 10 to 6;  
Thursday until 8 pm;  
Sunday 11 to 2:30

Become a member and  
work 3 3/4 hours a month  
and save 15% on all your  
in-store purchases.

100% Organic Ingredients: Carrots\*, ginger\*, filtered water, unrefined sea salt (rich in trace minerals).

(\* = Northeast-grown)

Information from the vendor's website:

Today, Real Pickles is one of a small handful of businesses in the United States producing raw, lactic acid fermented pickles (also known as lacto-fermented or naturally fermented). This traditional pickling process went out of favor with the advent of industrial food production. Modern pickling methods, including use of vinegar (usually in place of fermentation) and pasteurization, produce a uniform, shelf stable product suitable to the needs of the large food corporations. Unfortunately, modern pickles do not offer the authentic flavor or health-promoting qualities of traditional pickles.

## New Product!

**Johanna's Raw Foods out of Oneonta NY**

Come into the Co-op and try our assortment: veggie burger bite, kale and parsley pesto, truffle squares

*Information from the vendor's website:*

What started out as "Johanna's Real Foods" has now become Johanna's Raw Foods. It's a line of 'grab and go' products that everybody loves. These snacks are so accessible to every pallet, that our subtitle is "Delicious Raw Additions to Every Diet." You can safely bring a package or two or a sampler gift basket to any of your meat and potato friends and be sure they too will love these treats.

For more information visit their [website](#).

## BEST SELLER!!

**Harney & Sons Fine Teas**

Read the descriptions from the vendor on following flavors you will find at the Co-op:

**Paris-** It is a fruity black tea with vanilla and caramel flavors, and a hint of lemony Bergamot.

**Midsummer's Peach** - Almost nothing is like ripe peaches in the summer. Enjoy this decaf black tea scented with fresh peach flavors.

**Green tea w/ Thai flowers-** Our Green Tea with Coconut and Ginger is an exotic combination of green teas, coconut, ginger, vanilla, and lemongrass which make a delicious and distinctive tea blend that is both smooth and spicy

**Peppermint** - From Oregon comes a marvelous, brisk peppermint. The peppermint leaves from this area produce a great smelling and crisp tasting tisane.

**Chinese Flower** - A beautiful blend of green teas and three types of flowers accented with citrus flavors

**Tropical Green** - We love the hand-blended green teas and dominant

pineapple flavor that give this tea a marvelous tropical taste

**Red Raspberry** - This tisane is a mixture of rosehips, hibiscus, raspberry leaves and raspberry flavor.

**Decaf Ceylon** - High quality black tea with the caffeine removed, but with the depth of flavor left intact. Our customers tell us this Ceylon is the only Decaf that tastes like "real tea".

*Information from the vendor's website:*

John Harney is master tea blender and owner of Harney & Sons Fine Teas, the preeminent tea distributors in the country, whose clients include Williams-Sonoma, the Ritz-Carlton, Neiman-Marcus, and some of the finest restaurants in the United States. He lives in Salisbury, Connecticut. [Read more](#).