



THE CAMBRIDGE FOOD CO-OP

Wholesome, affordable foods in a spirit of respect for each other and our world

NEWSLETTER JULY 2014

NEWS FROM THE CO-OP MANAGER

Early Opening Experiment

8:00 a.m. Monday - Friday, starting July 14, 2014

In response to many inquiries, we will experiment with opening two hours earlier on weekdays. Weekend hours will remain the same. The new schedule will run from July 14 to mid-October. Our purpose will be to provide more hours to shop for the early risers among us, and to provide a greater variety of shift choices for our expanding working membership. During these months we will seek to discover if this earlier opening will be helpful to members, and to our customers in general. The extra two hours of open time will need to be self-supporting. In other words, the program must pay for itself.



Come in for a free cup of coffee between 8 and 10 a.m. during our first Early Opening Week—July 14 through July 18!

Welcome, Shannon

Our former cashier and working member, Shannon Woodcock, rejoins our staff team this month. Shannon took time off last August to tend to her growing family. She will train as a part-time Shift Supervisor and will welcome early shoppers to the Co-op on Monday, Wednesday, and Friday.

Working Shifts

This spring, as competition increased for working slots on the shift calendar, Cory has informally added a “**swing shift**” here and there to help a working member with a difficult schedule meet the monthly work commitment. This practice has been helpful both to the workers and to the store—there is so much work to do! Cory has proposed adding a swing shift each weekday as long as we have workers to fill it. The calendar system to manage this is being tested. In the meantime, please speak to Cory if you need to do a swing shift or wish to volunteer for one.

Training

Our little cooperative business has been deepening and broadening over the past year. We accept more and more local vendors (especially of produce) and seek to provide more personalized service in the form of preordering. With the increasing complexity of the work comes the need for some revisions in our training. Cory, our trainers, and the shift supervisors will review and revise the training program.

WORKING MEMBERS: Please watch for announcements via email and in the store.

Submitted by Cory McMillan, Manager

Please send questions or comments to villcoop@gmail.com or call Cory at 677-5731

NOTES FROM THE CO-OP BOARD

Building Task Force

The Board of Advisers met on June 25, 2014. Extensive discussion was devoted to the ongoing work of the Building Task Force and to securing a future home for our business. The Board resolved that our task force should continue in talks with the building owners to achieve an agreement which would be fair for all parties. Once the Board has a better idea of exact costs, it will hold a series of meetings to present this information to the Membership.

Finance

After a slow and snowy winter, sales have increased significantly for May and June over our 2013 figures. The staff has managed to keep the store well-stocked and have increased the fresh produce line. We are ready for the summer tourist season. The Finance Committee and Cory are conducting a review of the 2014 Budget projections in comparison with year-to-date real numbers.

Outreach

Some members of this committee are working to develop new public information materials. Melissa Carle has developed a prototype brochure and Charis Kotfila has volunteered to design a postcard-size flyer which can be attached to bulletin boards around the community. Susan Sullivan has suggested that a set of draft standards be developed to guide these and all future Co-op publications. These standards would reflect our Co-op mission statement and provide more specific guidance to anyone who is presenting information on behalf of the Co-op. The Outreach Committee welcomes all input for this effort. Offers of help or opinion should be sent to Susan (contact information at end of this section).

Survey

Our Co-op wishes to stay in close touch with our members. We also seek to know the interests and needs of our shoppers who are not members. To this end, the Membership Committee has designed two surveys.

The first is an **in-store survey of all Co-op customers**. This will be available for ALL shoppers to complete, beginning on July 14, 2014. Customers may take the survey home and return it next time they shop, if that is easier for them.

The second survey will be for Co-op members only, and will be sent to the Membership online next month. Those members who do not have an email account will be given an opportunity to take the survey in the store.

Remember...

PLEASE TAKE OUR SURVEY AND EARN A 10% DISCOUNT COUPON

WORKING MEMBERS: Beginning July 14, please help out by urging ALL shoppers to take the survey—and by taking it yourself.



Contributed by Susan Sullivan, Board Chair

Please contact Susan with feedback and questions at 518-677-5064 or asusansullivan@gmail.com

SAVE THE DATE

August 2, 2014

Hunger Awareness Day in Cambridge

Sponsored by EnRicH (End Rural Hunger)

ENRICHNY.ORG

Members of the Co-op Outreach Committee have been working with the EnRicH coalition to help plan a community-wide event for Hunger Awareness Day on Saturday, August 2. Activities will be held on the lawn of the Cambridge United Presbyterian Church, 81 E. Main Street in Cambridge.

EnRicH (End Rural Hunger) is a coalition of people who live and work in Southern Washington County and share a concern about rural hunger. The goal of the coalition is to increase awareness of issues that surround rural hunger, while highlighting practical and effective responses to food insecurity.

According to the planning committee, August 2 will be "a day for fun, learning, and making a difference." Activities will include:

- a roundtable discussion with candidates running for the US House of Representatives in New York's 21st Congressional District.
- a panel discussion on food insecurity with local experts
- a showing of the critically acclaimed film, *A Place at the Table* booths set up by local vendors
- a silent auction
- a Pig Roast and community potluck dinner (Bring a Co-op inspired dish to share.)
- a benefit concert by Harold Ford and much more.

For more details and exact times of specific events please go to EnrichNy.org

Proceeds from daytime activities and events will be divided among the food pantries in Washington County. Tickets sales for the Harold Ford concert at 7 p.m. will support the Loaves and Fishes Food Pantry in Cambridge. (Tickets may be purchased prior to the concert at Loaves and Fishes Pantry, Noble Ace Hardware, O'Hearn's Pharmacy, Country Gals Café, Foggy Notions, Kevin's Sport's Bar, Bennington, or by calling 677-3863 ext. 13.)

Please contact Co-op member Sarah McMillan (smcmillan@burrburton.org) for more information. If you would like to become a vendor, contact Charis Kotfila at <mailto:kotfic3@gmail.com> or 518-727-0718.

Support the August 2 Hunger Awareness Day in Cambridge:

- **Volunteer to work with the planning committee.**
- **Donate items or services (e.g., two hours of cleaning or handiwork) for the silent auction.**
- **Donate money through our [gofundme.com](https://www.gofundme.com) account.**
- **Volunteer to help with various activities on August 2.**
- **Become a vendor.**
- **Plan to attend Hunger Awareness Day in Cambridge on August 2, and bring your family and friends, ready for a fun, informative day.**



Submitted by Margaret Waterson

PRODUCT SPOTLIGHT

Adirondack Grazers Cooperative: "Quality natural beef from pasture to plate"

Adirondack Grazers Cooperative
5 Washington Street
Cambridge, New York
518-409-5599
adkgrazers@gmail.com

Adirondack Grazers is a group of beef producers who naturally raise and finish beef on more than 30 small-to-mid-scale family farms in New York and Vermont. Membership includes farms from Washington, Rensselaer, and Rutland counties, as well as Columbia, Dutchess, Delaware, Otsego, Chenango, Sullivan, Essex, and Herkimer. All of their cattle are pasture raised, and they offer customers a choice of 100% grass-fed or pasture-raised grain finished beef.

On member farms, sustainable farming methods are a top priority. The Cooperative's "Sustainable Practices Promise" highlights their commitment to the following:

- No high concentration of manure—greatly reduced air and water pollution
- No soil-depleting planting and harvesting practices
- Rich, varied legumes and grasses
- Less land used for grain production for livestock consumption
- Pasture-grazing rotation actually reduces CO₂

To learn more about how this beef cooperative works, you can browse the ADK Grazers website and visit the newsletter archive, which provides a wealth of information about grass-fed beef. Visitors are welcome at member farms "to ensure transparency and in order to restore a vital link between what we eat and the communities we live in."

The Cambridge Food Co-op carries Adirondack Grazers grass-fed ground beef and varying steak cuts on a regular basis. This beef is sourced locally and processed at Eagle Bridge Custom Meats in Buskirk. Members and customers may also pre-order other cuts of ADK Grazers beef through our Co-op, depending on availability.

RECIPES FROM THE CO-OP

Bolognese Sauce

(makes about 8 cups)

Ingredients

2 medium onions, chopped fine	6 ounces tomato paste
4 celery ribs, chopped fine	1 cup whole milk
2 medium carrots, chopped fine	1 cup dry white wine
5 garlic cloves, thinly sliced	1 cup water
¼ cup extra-virgin olive oil	1 teaspoon thyme leaves
¼ pound pancetta, finely minced	1 ¼ teaspoons sea salt
1 pound ground beef	½ teaspoon black pepper
1 pound ground pork	

Heat oil in a heavy 6-quart pot and saute onions, celery, carrot and garlic over moderate heat, stirring occasionally, until softened, about 5 minutes.

Increase heat slightly and add pancetta, beef, and pork. Cook about 6 minutes, until no longer pink, stirring and breaking up lumps.

Stir in tomato paste, milk, wine, water, and thyme and gently simmer, covered, until sauce is thickened, 1-1 ½ hours. Add salt and pepper and remove from heat.

Cool, uncovered, before refrigerating.

Cook ahead: May be made 2 days ahead; frozen, it keeps for 1 month.

Source: [Adirondack Grazers Cooperative](#)



Perfect Grass-Fed Burgers

(four servings)

Adding onion delivers moisture; forming thicker patties prevents them from cooking too fast and drying out. Both steps are key when working with grass-fed ground beef.

Ingredients

1 small onion, coarsely grated
1 1/2 pound grass-fed ground beef
1 1/4 teaspoon kosher salt, plus more
1/2 teaspoon freshly ground black pepper, plus more
1 tablespoon vegetable oil
hamburger buns and desired toppings for serving

Using your hands, gently mix onion, beef, 1¼ tsp. salt, and ½ tsp. pepper in a medium bowl. Gently shape into four 1½-inch-thick patties (loosely formed patties will be more succulent).



Heat oil in a large skillet, preferably cast iron, over medium-high heat.

Season patties with salt and pepper, place in skillet, and immediately reduce heat to medium. Cook 4-6 minutes per side for medium-rare.

Serve on buns with desired toppings.

Cook ahead: Patties can be formed four hours ahead. Cover and chill

Source: [Bon Appetit Magazine](#)