



Membership Meeting Scheduled for June 2nd

Short business meeting & discussion to be followed by potluck supper social

The Spring Membership Meeting is coming up! Scheduled for Sunday, June 2nd at the Brieman building (adjacent to Cambridge United Presbyterian Church at 81 E. Main) and beginning at 4 p.m., the gathering will include a short business meeting followed by a potluck supper.

The meeting agenda will include updates from Co-op committees, and a presentation by Co-op Co-Manager Shannon Woodcock. A full agenda is included below.

Members are strongly encouraged to attend this meeting. "The Co-op is a democratically run organization, which means we depend on member input at these meetings and throughout the year," explained Board Vice President Kathleen Quinn. "The more participation we have, the stronger our Co-op becomes."

Please bring a dish to share at the potluck supper following the meeting. The supper will be a "just about zero" waste event—members are asked to bring their own plate and cutlery. Beverages will be provided.

AGENDA

I. Review of Minutes of Special Membership Meeting, March 2019

II. Proposed Change to Member Policies

III. Committee Updates

IV. Managers' Report

V. Adjournment

VI. Potluck!



Members enjoyed productive seed-starting workshop with Janet Britt.

Co-op Events Draw Interest

Diverse event topics attract members and non-members alike

Movies, seeds, walks, tours, classes—the Co-op is offering a little bit of everything this year. The Co-op's most recent event, a seed-starting workshop hosted by Board Secretary Janet Britt, boasted a large enthusiastic turnout and resulted in vigorous plant starts for its participants. "We talked about

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Co-op Staff Makes Special Ordering, Bulk Ordering Easy

Ordering in bulk saves money, can reduce packaging waste

Have you been in the Co-op lately? If so, you will have noticed an expanded bulk section with more bins, more offerings, and less pre-packed bulk foods. “We had an opportunity to obtain more bulk bins with the recent closure of the Poultney Food Co-op,” explained Co-Manager Melissa Carll. “This has allowed us to increase our bulk offerings.” More bulk means less packaging waste, too. “Using more bulk bins means we can make progress towards our goal of reducing plastic packaging,” added Carll.

But availing yourself of the bulk offerings is not the only way to save money and packaging at the Co-op. “We’ve made it much easier for Co-op members to special order the items we don’t carry and to buy what we do carry in larger quantities if they want to,” explained Co-manager Shannon Woodcock. It’s as easy as filling out a little form found outside the Co-op office and then working with the managers to make sure the Co-op can get what you want at a price that works.

Some of the products that are routinely special- or bulk-ordered are as diverse as 25 lb. bags of gluten-free rolled oats to cases of specialty shampoo to 9 lb. tubs of peanut butter. Members who take advantage of this program will receive “concierge-style” service as well as quantity pricing—something that the larger grocery store chains can’t do. “It’s just one more way we can differentiate ourselves from the competition,” added Woodcock. Stop in to place your bulk order today!

New Member Management Software to Streamline Membership Information, Renewal

Over the years, the Co-op’s simple spreadsheet of members has grown into a cumbersome unwieldy database of members, working members, supporting members, life-time members, former members, spouses, partners, and family members of members, along with contact info, old contact info, wrong contact info, preferred contact info—you get the idea. Enter Wild Apricot, a new member management program that will help streamline member information and communication and cut down on record keeping errors and redundancy.

“Instead of having to enter member information into a spreadsheet, then 2 email programs, then Quickbooks, we will now be able to enter and manage member information in one place, which will cut down on staff and volunteer time,” explained Co-op Co-Manager Shannon Woodcock. “It will also reduce the likelihood of record-keeping errors, which has been an issue for some time.”

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sources for seeds and supplies and what conditions are needed to grow healthy plants. Then we had some fun sowing seeds and potting up a tomato to take home,” explained Britt. “People enjoyed the hands-on nature of the class and getting to bring something home too.”

The next event will be the Wild Herb Walk around the village, offered by Beth Record, clinical herbalist and Director of the Earth School for Better Living, coming up on June 2nd, beginning at 9:30 a.m. at the Co-op. This event is free for members (\$5 for non-members) but registration is re-



quired—stop in at the Co-op to sign up!

CAMBRIDGE FOOD CO-OP

**@ Picnic
Railroad Park**



Sunday, August 18, 2019

5:00 pm

6 BROAD STREET | CAMBRIDGE, NY

(on the green by Argyle Brewing Company)

**Join us for a fabulous feast
celebrating our local food producers!**

PLUS live music & silent auction

ALL ARE WELCOME!

SUGGESTED DONATION: \$40 ADULTS | \$10 KIDS UNDER 12
reserve at the Cambridge Food Co-op

SPONSORED BY THE CAMBRIDGE FOOD CO-OP & ARGYLE BREWING COMPANY



Food for Change, Food for Thought

Co-op member Fern Bradley shares her thoughts and insights on the Co-op's recent screening of "*Food for Change*"

As I munched on popcorn with other Cambridge Food Co-op members while watching the documentary *Food for Change* at the Lovejoy Building, I enjoyed happy memories of my personal co-op past and learned some fascinating history of the co-op movement. The film gave me a renewed sense of resolve to continue supporting co-ops, and especially the Cambridge Food Co-op.

Archival footage of people in jeans and tie-dye amid crates and bags of food took me back to my first co-op experience as a college student, gathering with dozens of folks for the weekly sorting of mountains of food. I had no idea then—or until I watched *Food for Change*--that co-ops first came to prominence in the United States during the Depression. There were food co-ops aplenty, and also co-op banks, electrical power co-ops, co-ops for farm machinery. The film portrayed co-operatives as a source of hope, giving people a sense of control in a time of economic hardship and loss. Following World War II, though, co-operatives hit opposition from corporate America, co-ops were painted as un-American because they didn't pay taxes the way "regular" businesses do. Which was not only disingenuous, it was untrue.

The co-op I belonged to in the 70s was part of a countercultural co-op resurgence. Again, people sought autonomy through food co-ops, but also better quality food, including organic food. And again, after a large growth surge, many co-ops subsequently shut down, and more continue to close today. Also, the nature of food co-ops has changed, and it's not always been an easy shift from the good-old buying club model to the storefront model.

Since joining the co-op board, I've learned even more about the behind-the-scenes layers of work, management, planning, and budgeting that are necessary to run a co-op. It's a lot less fun than sorting piles of fresh and fragrant food, but the spirit that motivates the work remains the same: to provide high-quality and organic food and to lessen the impact of our food consumption on the environment by sourcing food locally when possible and providing bulk options. There is also the goal to ensure

that the staff is fairly treated, given the opportunity to thrive, and shown appreciation for their good work and dedication. It's a more challenging time than ever to maintain a food co-op, with increased competition from large food store chains, more regulation to comply with, a wider range of products to manage, and all the details of minding a complex business that is open seven days a week.

Food for Change nudged me to remember that though the form may have changed, the essential value of the Cambridge Food Co-op remains. As well as it can in this time of globalization, the co-op offers a locally determined source of access to food, one in which every member has the opportunity to participate in keeping the co-op whole and participating in decisions about how the co-op is run and what its future holds.



Food For Change drew a large and enthusiastic crowd.



THE CAMBRIDGE FOOD CO-OP

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

Not Bad, Just Different

“What’s happened to the Humboldt Fog? Has it gone bad?”

We hear comments like this in the cheese department from customers who aren’t completely familiar with how cheeses ripen. Even in the refrigerator, bacteria and enzymes continue to work, changing the way cheeses look and taste. This is especially the case with fresh-ripened cheeses such as bries and washed-rind cheeses like Taleggio.

Humboldt Fog, a brie made from goat milk, when fresh has the look of snow-white cheese cake. It is soft but also crumbly. Over a period of weeks, however, the cheese continues to ripen. The interior paste becomes more molten from the outside-in, turning a dull ivory color. The rind may begin to separate from the paste, and the flavor definitely grows more assertive.



Most people prefer Humboldt Fog in its more mature state. It hasn’t gone bad, just shape-shifted. But how do you know when a cheese has passed its prime? One sign is a putrid odor or a strong smell of ammonia. But even a somewhat ammoniated cheese might still be edible if you unwrap it and let it air out.

One of the best cheeses we tasted last year was a Jasper Hill Moses Sleeper brie that was on its last legs. The one-pound wheel looked like it had been dropped from a great height: The rind was cracked, but we couldn’t resist the ridiculously low sale price. And were we ever rewarded. Released from its plastic wrapping, this gnarly specimen filled our house with the aroma of—wait for it—roasted cauliflower! Sublime.

--Ed Bruske



(New Management Program, continued from page 2)

With data being entered into so many places, often by multiple staff, or working or board members, it’s easy to see where mistakes can happen. “Members have been incredibly patient with problems around renewals and record keeping,” added Membership Committee Chair Kathleen Quinn. “The addition of this program will really help the Co-op professionalize its information management and increase record keeping efficiency.”

In the next few weeks, all members will be sent an invitation to join this program, which is very easy to enroll in

and use. Once enrolled, members manage their own profile, which means they can make any changes to contact info and preferences as the need arises. Renewal notices will be automated, resulting in fewer “dropped members.” And members who do not renew will be sent an exit survey to try to capture important information on how the Co-op might improve its operations going forward.

Questions about the new program? Email Co-op Co-manager Shannon Woodcock at cambridgecoop.membership@gmail.com.



THE CAMBRIDGE FOOD CO-OP

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

Thanks to our local, regional & national vendors for supporting the Building Campaign!

Dan's Chocolates – John C. Reed

Nuns of New Skete

Effie's Homemade, LLC

Cambridge Auto Parts

Harry's Honey House

Jeff Suite Plumbing & Heating, Inc.

D Alan Wrigley Jr. Esq.

Mark Green

Jones Business Services, Inc.

Badalonis Masonry & Landscape, LLC

King's Car Care Center, Inc.

Mocha Joe's

The Monks of New Skete, Inc.

Primelink

Worlds Best Cheeses

Cambridge Valley Chamber of Commerce

Office for Rent

Sunny and Bright Office in Heart of Cambridge Village
2nd Floor above the Cambridge Food Coop

Rent Includes

Heat & Electricity
Air Conditioner

High-Speed Fiber-Optic Internet

Office Rent: \$300/ month.

Contact: Charlie Reiss
917-328-7384
charlesreiss5643@gmail.com



New Co-op Hours!!

Monday-Saturday, 9-6

Thursdays 9-8

Sundays 9-4

Board of Advisors 2019

Meetings

The upcoming Co-op Board meeting dates are listed below. All meetings are held in Room 4 upstairs at the Co-op unless otherwise noted, and begin at 6:30 p.m. Dates are subject to change. Members are welcome and encouraged to attend!

June 26, July 24, Aug. 28, Sept. 25, Oct. 23,
Nov. 20, Dec. 8