



THE CAMBRIDGE FOOD CO-OP

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

NEWSLETTER SEPTEMBER 2014

Message from the Board

A Home for our Co-op?

We have an important decision to make as a Co-op.

We have a chance to purchase our historic building and establish a permanent home for our Co-op. This is a golden opportunity for us to do many wonderful things for our Co-op community. It is also a major step in our 38-year life.

Should we do it? The Board unanimously recommends that we purchase our current building.

NOW IT IS UP TO THE MEMBERS TO DECIDE. Please, please read the [Report of the Building Task Force](#), a copy of which was sent to every member. We are including a copy of the report summary at the end of this message.

We've set up several ways for members to learn more about the proposal, ask questions, and talk with each other:

Drop-in Q&A Informational Sessions upstairs over the Co-op

Sunday, September 7, from 10 a.m. to 2:30 p.m.

Monday, September 8, from 4:30 p.m. to 7 p.m.

Thursday, September 11, from 4:30 p.m. to 7 p.m.

Saturday, September 13, from 10 a.m. to 2:30 p.m.

Special Membership Meeting--Discuss Proposal and Vote

Wednesday, September 17, at 6:30 p.m.

Studio Building, Hubbard Hall Freight Yard

Every member's opinion matters. Please share in this decision. This is very important to our Co-op and the community. Thank you all for caring about our wonderful amazing Cambridge Food Co-op. Please come to the meeting and vote.

Keep in touch,

Your Co-op Board of Advisers

Susan Sullivan, Isaac Labish, Hannah Stevens, Ron Anderson

Cheryl Baldwin, Connie Carle, Kendal Dwyer, Marcia Reiss, Kathleen

Ward, Peg Winship



Cambridge Food Co-Op Building Task Force

In the fall of 2013, in anticipation of the expiration of its five-year lease at One West Main Street, the Cambridge Food Co-op Board of Advisers established a Building Task Force charged to explore all appropriate options for a future location for our Co-op.

Task Force members are Marcia Reiss (Chair), Bill Figlozzi, Cory McMillan, Charlie Reiss, Hannah Stevens, Susan Sullivan, and Peg Winship. Of invaluable assistance is Alan Wrigley.

The task force spent the next nine months in negotiations with our landlord, inspecting the current building and other buildings for sale or rent, consulting building experts and attorneys, and meeting with the Community Loan Fund (to which the Co-op belongs). We renewed our lease with rent frozen at the 2013 level for one year, with option to buy. Below is a summary outline of the Task Force's report and recommendation.

Building Task Force Report Summary

- Options:**
1. Renew five-year lease
 2. Rent or purchase another building
 3. Purchase current building

Option 1. Renew five-year lease

- Pro:** - Majority of members like this location
- Co-op has grown in membership and sales at this location

- Con:** - Leaking roof
- Limited space--no room to meet, no room for more stock
- Lack of control over our own space--can't improve, can't repair

Option 2. Rent or purchase another building

- Pro:** - Opportunity to procure larger space adapted to all Co-op needs

- Con:** - Survey of all available buildings revealed high rents, high purchase prices, great levels of disrepair, and need for expensive renovation at each location.
- Although the Co-op's move five years ago had an overall positive effect on the business, moving a second time in five years could tax membership resources and cause detrimental disruption to the Co-op business.

Option 3. Purchase One West Main Street--*Recommended by Task Force

- Pro:** - After 38 years, commit to a permanent home for the Co-op
- Obtain control over our own larger space
- Save rent money; receive rental income; build equity through ownership
- Ability to renovate and make green upgrades
- Ability to expand to meet future needs
- Ability to get grants and fundraise
- Preserve a historic Main Street building
- Become an anchor for economic stability on Main Street

- Con:** - Commitment to a permanent home for the Co-op
- New roles and responsibilities of building ownership

Summary

The Building Task Force recommended Option 3: The Co-op would benefit by the purchase of One West Main Street. The Board of Advisers has voted to accept the recommendation and set a date for a discussion and vote by the General Membership. That date is **Wednesday, September 17, at 6:30 p.m.**, at the Studio Building in the Hubbard Hall Freight Yard, behind Main Street in Cambridge, NY.

Other News from the Board

Early Opening Experiment

When the Co-op began its experiment with earlier opening on July 14, our Manager, Cory knew that many people would be happy to be able to start their day with a stop at the Co-op. However, he did not anticipate just how helpful it would be to many people on tight work schedules. Our trial 8:00 a.m. opening has not only been popular--it has more than paid for itself without taking business away from the rest of the day.

Cooler Policy

We are very grateful to all members for your patience in complying with the new policy limiting access to the walk-in cooler. We are sorry for the inconvenience to our members, and appreciate your willingness to help. Again, if you need something out of the walk-in cooler or wish to check the free bin, just ask the member who's on shift to bring it out for you. They will be happy to help.

Medical Leave Policy

Cory brought it to the attention of the Board that currently we have no leave of absence policy for working members who encounter long term illness. Formerly, the manager could grant an "emergency leave" to a worker who, because of a medical situation, fell behind on his or her shifts. For some unknown reason, that provision was omitted from the policies which were revised and approved in November 2012. At its meeting on August 27, the Board approved a proposal to instate on a trial basis a medical leave policy as outlined below. At the Semi-Annual General Membership Meeting this fall, the effectiveness of this trial will be reviewed. Then the Membership can decide if the medical leave policy should become permanent.



Trial Addition to "Policies, Membership, Item 10": A Medical Leave of Absence may be granted to a working member who becomes unable to fulfill his/her shift obligations for physical reasons. The worker may retain full working member benefits while on medical leave and will not accrue shift arrears. Such leave may be granted by the manager, who will use his or her best judgment to determine the need for and the length of the leave. The manager and the worker may choose to consult with the Membership Committee or the Board in making this request and/or determination.

Submitted by Susan Sullivan, Chair, Board of Advisers. Please contact Susan with your thoughts about this article and any or all things Co-op: asusansullivan@gmail.com, or 677-5064.

Product Spotlight

Advice for all those who are sad to see the signs that summer is coming to an end: Take a look at the Co-op local produce inventory these days--both in the cooler and on the produce shelves. Our local suppliers are keeping us well-stocked with beautiful, seasonal, freshly-harvested produce. And they expect to be able to do so for many weeks to come. Just look for the pink labels which identify local produce.



Our main local producers for September, October, and into November are:

Crandalls Corners Farm
567 County Route 54
Easton, NY 12154
[website](#)

Crandalls Corners Farm is a small family farm run by Stephen Holbrook and Julie Callahan. They grow a wide variety of vegetables--over 150 varieties of 40 different vegetables—and use sustainable farming methods, with no pesticides, herbicides, or chemical fertilizers. They are a 50-share, four-season CSA farm.

Long Days Farm
Natural Vegetables and Eggs
42 Durfee Road
Buskirk, New York 12028
[longdaysfarm.com](#)

Long Days Farm, a small family farm located in South Cambridge, is owned and operated by Debby Jaffe, Edwin Schiele, & Daughters. They began as home gardeners and still love to experiment with new and unusual varieties, searching for the vegetables with the best flavor. This farm only uses pesticides and fertilizers that are approved for organic production. On the farm web site, Debby and Edwin provide a brief description of the ecological farming practices they follow to control soil fertility, weeds, pests, and disease.

Owl Wood Farm
763 Turnpike Road
Eagle Bridge, New York 12057
[owlwood.weebly.com](#)

Owl Wood Farm is a diverse mixed-vegetable operation located south of Cambridge, with three acres of fields located along the Owl Kill and the rest of the 42-acre homestead extending up a wooded hillside. Growers Mark Bascom and Lindsay Fisk have apprenticed on farms in New York and New Hampshire, and managed a historical farm for two years in New Hampshire. They produce naturally grown, no-spray vegetables that are as healthy as possible for themselves, the land, and the community. Although they are not yet certified, they report that everything is organically grown. Mark and Lindsay are renting the land from Cambridge Food Co-op member Tom Lapham , who bought the property in 2013.

Ruocco Family Farm
Wholesale Certified Organic Produce
3826 Sandgate Road
Sandgate, Vermont 05250
[ruoccofamilyfarm.com](#)

Farmer/Manager Jesse Ruocco operates this family farm, which has been a certified organic producer since 2011. The farm sells specialty root crops and other specialty produce to a variety of markets, including Whole Foods, Inc., local restaurants, co-ops, and direct sales at the farm. Currently there are eight acres in production, with plans to increase production next year.

In September, local produce at the Cambridge Food Co-op will include:

cherry tomatoes and melons (early in the month)
peppers (sweet and hot)
potatoes (a few varieties), onions, scallions, beets, and leeks
pea shoots
chard, kale, salad mix
baby bok choy
eggplant
raspberries
husk cherries
garlic, parsley, cilantro, and other herbs

In October and into November, our local producers expect to supply the Co-op with:

winter squash (including acorn, delicata, spaghetti, and butternut)
kale (a few varieties), spinach, collards, lettuce
broccoli, cabbage, kohlrabi, cauliflower, Brussels sprouts
potatoes, onions, leeks, beets, parsnips, carrots, rutabaga, and turnips
Asian and watermelon radishes
pumpkins (a few varieties)
garlic and parsley



Compiled by Margaret Waterson from the producers and their web sites.

***Guidelines for Produce to Be Sold at the Cambridge Food Co-op
(For Vendors and for Member Donations)***

Produce accepted for sale at the Cambridge Food Co-op must be:

- in a large enough quantity for a number of sales / to fill a bin
- ready to sell--bunched (if appropriate), washed, and cooled
- of good quality--not overripe, or overgrown, or with insect or other damage
- not already in stock
- packaged and labeled, so it is ready to go straight into the walk-in cooler for storage and so it can be easily identified.

Guidelines for Donating Produce to Be Sold at the Co-op

A number of Co-op members have generously offered to donate excess produce from their gardens for the Co-op to sell to customers. While we appreciate the spirit of community behind these offers, it is important for donations to fit into the overall produce program. The staff carefully plans out and orders produce from local farmers and from other northeast distributors to meet our customers needs for high quality organic and naturally grown basic and seasonal produce.

Unexpected donations of varying quality and amounts can be hard to accommodate in our limited produce display area and in the walk-in cooler. For this reason, we ask that members check with Co-op staff before making a donation. We will occasionally have to refuse donations that don't meet our produce guidelines. We suggest that members consider donating their excess produce to a local food pantry, where other community members will surely appreciate it.

In Cambridge, the Loaves & Fishes food pantry is located at 81 East Main Street, in the Lower Brieman Activity Building of the Cambridge United Presbyterian Church. For more information, you can call Jim or Vicki Bartholomew at 677-7008.

