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CO-OP

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OWNER NEWSLETTER  
SUMMER 2018



# G W Y L

## GIVE WHERE YOU LIVE

Partners 2018-2019

- May - Hope Center
- June - Seedleaf
- July - Foster Care Council
- August - Lexington Humane Society
- September - GleanKY
- October - Friends of the Library
- November - God's Pantry Food Bank
- December - Good Foods Charitable Foundation
- January - The Nest
- February - Catholic Action Center
- March - Greenhouse17
- April - Ampersand

## ELECTION RESULTS

**AMY HAAG**  
OWNER SERVICES & OUTREACH COORDINATOR



Nearly 300 of our 8000+ owners made their voice heard in our April election and the results are in. In addition to selecting our Give Where You Live partners (above) for the 2018-2019 year, voters also picked who would fill three spots on our Board of Directors. Liz Knapp and Shelby Isert will be stepping in for their first term and incumbent Lisa Williams will be returning for another three-year stint. Thanks to everyone who voted, and if you're interested in running for a spot on the Board in next year's election or if you'd like your non-profit to be a Give Where You Live partner nominee, email [amyh@goodfoods.coop](mailto:amyh@goodfoods.coop).



**SHELBY  
ISERT**



**LIZ  
KNAPP**



**LISA  
WILLIAMS**

## SAVE THE DATE

### JUNE

**June 2**, Sampling Saturday, 11 am-2 pm

**June 2**, Greenfest at the North Family YMCA, 11 am-3 pm

**June 13**, Film Series: "Food Coop", 7 pm

**June 30**, Lexington Pride Festival, 11 am-10 pm

### JULY

**July 4**, HAPPY FOURTH OF JULY! Store hours 8 am-8 pm

**July 7**, Sampling Saturday, 11 am-2 pm

**July 11**, Film Series: "Evolution of Organic", 7 pm

### AUGUST

**August 4**, Sampling Saturday, 11 am-2 pm

**August 8**, Film Series: "Dr. Feelgood", 7 pm

**August 18 & 19**, Woodland Art Fair

## - WOODLAND art Fair -

**AUGUST 18 & 19**

Saturday 10 am-6 pm

Sunday 10 am-5 pm



Stop by our tent for ice cold drinks and healthy, refreshing snacks!

## OWNER APPRECIATION



**SEPTEMBER 14 - 17**

Owners enjoy **20% off ALL PURCHASES!**

Special orders can be made before or during OAD but must be paid for during OAD to receive 20% off.



## nutrition know-how

KATHRYN DICKENS, RDN  
STAFF DIETITIAN

You may have seen me around the store as Sampling Coordinator and more recently, Floor Manager. I'm excited to now be offering dietitian services here at the Co-op!

I graduated from the University of Kentucky in 2015 with a B.S. in Dietetics. Last August, I completed a 7-month dietetic internship with rotations at the Lexington-Fayette County Health Department and Frankfort Regional Medical Center. I passed the Registration Exam for Dietitians this past October. I have spent many years in customer and patient service. I love interacting with folks and doing my best to find solutions that work for them.

### COME SEE ME FOR:

#### SHOPPING ASSISTANCE

Are you trying to eat a more plant-based diet? Would you like to know more about shopping for your diabetes or heart health? Let's shop together and I'll try to point you in the direction of what you're looking for.

#### CO-OP TOURS

Make a date to bring your family, scout troop, sorority, etc. to visit us and check the place out, ask questions and find your new favorite products.

My "office hours" are Wednesdays from 10 am-6 pm (with guaranteed availability from 3-5 pm). Stop in and say hi! Or feel free to email or call me with any questions you might have. Reach me at [kathrynd@goodfoods.coop](mailto:kathrynd@goodfoods.coop) or by phone at 859-278-1813 ext. 232.

ROBERT WALKER  
PRODUCE MANAGER

## GROW YOUR GARDEN WITH US

Winter's prolonged cold temperatures delayed the Kentucky planting season a few weeks this year, so we're just beginning to see an influx of local produce. However, with the sweet smell of season change in the air and warmer temperatures (even scorching!) becoming the norm, it's finally time to dig your toes into the soil and start planting.

Whether you're planning to plant a vegetable, fruit or flower garden, Good Foods Co-op has everything to make your plan a reality, and it's not too late to get it going. We have a large variety of organic and local options for starter plants, hanging tomato plants, flower bulbs and fruit bushes. We even have a selection of trees, including local native species, from Oakland Farm Trees out of Paris.

If planting is just not your thing, but you love the colors and smells of the season, we have a wide variety of potted flowers and hanging baskets from Halverson Family Farm in Jackson County. These are perfect for inside or outside your home.

Good Foods Co-op has you covered no matter how you choose to celebrate the season. See you at the Co-op!



Celebrate summer with a leisurely picnic. Our simple recipes and tips will help you plan an outing that's delicious, fun and bug-free!

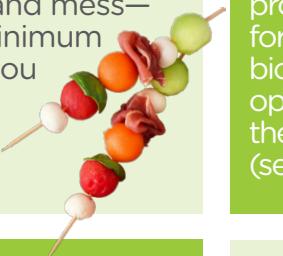


# PICNIC PERFECT

Here are some easy ways to make your picnic a success

## Prep everything ahead of time

This may seem like a no-brainer, but putting in the time to chop your veggies, assemble your kebabs or slice your baguette before leaving the house will keep the fuss—and mess—to a minimum once you get outside.



## Keep it earth-friendly

Bring reusable napkins (you'll not only avoid fly-away paper napkins, but cloth napkins can also be used to wrap food and bottles for transport). If you are using disposable products, look for recycled and biodegradable options at the Co-op. (see page 10)



## Stay bug-free

Bring small citronella candles to place along your picnic table. If you're picnicking on a blanket (where fire isn't the friendliest option), pack a bottle of chemical-free mosquito repellent from the body care section of your Co-op.



## Avoid foods that spoil easily

That means mayo, cream-based dips and fresh cheeses are best left at home—unless you're planning to transport them a short distance on ice and eat them immediately. Any leftovers should be thrown away (so plan your portions carefully!).



## Practice food safety

Take care to make sure all raw meats are wrapped separately, and transport them on ice. Use separate cutting boards and utensils for handling raw meat (bring an extra plastic bag to keep them in), and wash your hands as often as possible. Hand sanitizer is a must.



## Cook meat with care

If you're grilling outdoors, keep raw meats below cooked meats on the grill at all times, and make sure they're cooked thoroughly before eating (a meat thermometer can confirm doneness). Hamburgers should be cooked to 160°F, poultry to 170°F, and beef, veal, and lamb cuts to 145°F.





# PICNIC FAVORITES

## Shish Tawook

Serves 4-6. Total Time: 4 hours (20 minutes active).

1 cup Greek yogurt, nonfat  
½ cup lemon juice  
¼ cup chopped fresh garlic (about 12 cloves)  
⅓ cup olive oil  
¼ cup apple cider vinegar  
2 Tbsp tomato paste  
½ tsp ground ginger  
¼ cup chopped fresh mint  
1 tsp paprika  
½ tsp cayenne pepper  
2 pounds boneless, skinless chicken breast, cut into 2-inch cubes  
1 red bell pepper  
1 green bell pepper  
1 small eggplant  
8 ounces whole fresh mushrooms, rinsed and halved

A lemony, garlicky, minty yogurt marinade makes for out-of-this-world shish tawook.

1. In a medium-sized bowl, mix together the yogurt, lemon juice, garlic, olive oil, vinegar, tomato paste and spices. Add the cubed chicken to the marinade and refrigerate for at least 4 hours or overnight.
2. Heat the grill (or oven) to 375°F.
3. Seed peppers and cut into approximately 2-inch squares. Slice the eggplant crosswise into  $\frac{1}{4}$ -inch thick slices. When the grill (or oven) is hot, remove chicken from the marinade and place on skewers, alternating with the cubed peppers, eggplant slices and mushrooms. Place kebabs on grill and cook, covered with grill lid, for 10 to 12 minutes or until chicken is done and vegetables are tender, turning occasionally. Let stand 5 minutes before serving.

## Mediterranean Cucumber Tomato Salad

Serves 4. Prep time: 15 minutes.

This simple, refreshing salad is perfect for picnics or any summer meal.

2 Tbsp olive oil  
1 garlic clove, peeled and minced  
Juice of 1 lemon  
¼ cup chopped fresh mint  
¼ cup chopped fresh parsley  
½ cup diced red onion  
2 cups diced cucumber  
2 cups diced tomatoes  
Salt and pepper to taste

1. In a large mixing bowl, gently toss together all of the ingredients. Add salt and pepper to taste.
2. Let sit 10-15 minutes before serving to allow the flavors to meld.

*This chopped salad is amenable to all sorts of variations. Add Kalamata olives, feta cheese, cubes of watermelon or cantaloupe, or just about any other seasonal diced veggies you like. Serve on a bed of fresh spinach or cooked leftover grains.*

## Crockpot Calico Beans

Serves 10. Prep time: 15 minutes active; 5 hours, 15 minutes total.

Not too sweet, not too tangy, these just-right beans are the perfect side dish.

1 Tbsp olive oil  
1 yellow onion, diced  
1 red bell pepper, diced  
2 garlic cloves, minced  
1 15-ounce can pinto beans  
1 15-ounce can butter or cannellini beans  
1 15-ounce can kidney beans  
1 15-ounce can crushed tomatoes  
⅓ cup ketchup  
3 Tbsp maple syrup  
2 Tbsp tamari  
1 Tbsp apple cider vinegar  
2 tsp Worcestershire sauce  
Salt and pepper to taste

1. Rinse and drain the beans.
2. Heat olive oil in a skillet over medium-high heat and sauté the onion, pepper and garlic for 5-10 minutes until tender.
3. Add the onions and peppers to a crockpot along with the rest of the ingredients and stir well.
4. Turn the crockpot to low and cook for 5 hours. Taste for salt and pepper. Serve warm.



# HAVE A SAFE SKIN SUMMER

**MATTHEW SULLIVAN**  
WELLNESS MANAGER

**It's that time of year when we start spending more and more hours outside in the warmer weather, vacationing on a beach, enjoying nature or maybe just lounging beside the pool in the bright sunlight. All great ways to spend one's day, but while enjoying the warm summer sun, we can't forget to protect ourselves from its damaging rays.**

A good sunscreen is vital, but knowing which one is the best choice can be a task in and of itself. While there are many different brands to choose from, a good natural sunscreen can be your best and safest choice.

Many of the commercially produced sunscreens contain oxybenzone, octinoxate, homosalate and octocrylene, which may require up to 20 minutes to become effective and have been linked to health issues from allergies to infertility. Natural sunscreens, however, are formulated with ingredients like zinc oxide and titanium dioxide. Both are mineral-based and not absorbed into the bloodstream, yet still provide an effective barrier between your skin and the sun.

Zinc contains anti-viral and anti-inflammatory properties and provides protection for all types of skin. Aloe vera, tea tree oil, vitamin E and green tea extracts are other beneficial ingredients often found in natural suncare products.

Natural sunblocks are also a good choice for people suffering from allergies. Brands such as Alba Botanica, Goddess Garden, Badger Balm and Kiss My Face offer a wide variety of safe and natural sunscreens. Just stop by the Wellness Department and we can help you find the sunscreen that's best for you and your skin.




# WHERE THE GRILLS AT?

**DACIA WILLIAMSON**  
GROCERY MANAGER

When the grilling season begins, millions of Americans will partake in the ritual of gathering together outdoors to enjoy friends, food and summer fun. It is no wonder that this annual pastime has become such an unchanging element of our culture. With most traditions come the evolution of how we choose to achieve them based on the ever-changing world around us.

Single use plastics and chemical-laced charcoal have become a growing concern for many who want to avoid the impact to their health and the environment. If you are looking to grill green this season, we have some great options that can help you achieve your goal while keeping you on budget.

In the past ten years, we humans have produced and consumed more plastic than during the entire 20th century. Repurpose is a line of sustainable tableware that looks out for your health and the health of the planet. They make products exclusively from plants and are on a mission to reduce the amount of plastics in our environment. Their line of guilt-free alternatives is also high-quality and durable.

Since these products are renewable, non-toxic, BPA-free and 100% made from plants (not petroleum) you don't have to worry about harmful ingredients sneaking into your foods. Ask a friendly Good Foods crew member where you can find our selection of plates, bowls, cutlery, cups and straws.

(continued on next page)





## WHERE THE GRILLS AT? CONT.



One of the most important questions when it comes to grilling is “propane or charcoal?” Fire & Flavor is a company started by a wife and husband team with a love for healthy grilling and the delicious complex flavors that can be achieved. We offer a selection of their charcoal, fire starters, grilling planks, cedar wraps and chips.

Fire & Flavor uses only 100% sustainably sourced, all natural hardwood from select artisan producers. Their fire starters are crafted from 100% natural, food-grade raw materials; just post-industrial wood biomass combined with non-GMO vegetable wax. No dangerous petrochemicals and no nasty kerosene taste. They are completely non-toxic, non-explosive, safe to store near food and ideal for starting grills, campfires or wood stoves quickly and cleanly.

However you choose to enjoy being outdoors this summer, be it grilling, camping or a day on the lake, have a safe and relaxing season!



**Troy Lee and Michael Euler  
GEORGETOWN, KY**

## CITY ROASTERY

City Roastery is a micro coffee bean roaster in Georgetown whose mission is to bring high-quality, specialty grade coffee to central Kentucky. It's the brainchild of Troy Lee and Michael Euler who bonded over their love of coffee years ago and decided they wanted to pass on that passion in the form of carefully selected and roasted beans from around the world.

Troy had several years of business ownership under his belt along with experience roasting in small batches for his family and friends before setting out to bring some of his favorite flavors to the masses. Michael developed his love of people and coffee by working in restaurants since he was legally able to work.

The pair combined the passions and skills they had been cultivating for a combined total of decades to form City Roastery. Everything they offer is organic and fair-trade and, not only do they carefully select the beans they buy, they also carefully select the groups they buy them from. These include a women-led co-op in Peru, a farm in Sumatra that employs mostly widowed women and a co-op in Honduras that helps teachers and students living in poverty.



# MASTER the grill

One of the best ways to spend your summer days is to fire up the grill and grab a nice, cold beverage. These tips will have you grilling like a pro.

JON REED  
MEAT & SEAFOOD  
MANAGER



**CHOOSE:** Gas or Charcoal? It's the age-old grilling question. Gas burns cleaner, but charcoal imparts more flavor, due, in part, to the particulate matter, soot and excess carbon dioxide it creates.

**HEAT:** You should always preheat your grill, both to ensure that any leftover bacteria is killed and to guarantee the sear and sizzle that will caramelize your foods and make them delicious!



**TEST:** To gauge the temperature of your grill, place your open palm about 5 inches above the grates; the fire is high if you have to move your hand in 2 seconds, medium if it takes 5 seconds and low for 10 seconds.

**PREPARE:** Avoid cross-contamination by using separate cutting boards, utensils and platters for raw and cooked foods; refrigerate foods while marinating; and never baste with the marinade unless you boil it first.



**MARINATE:** It's not just about flavor. According to the American Institute for Cancer Research, marinating can reduce formation of potentially carcinogenic compounds in meat, poultry and fish.

**CHECK:** The easiest way to check internal temperature is with an instant-read thermometer. Know the minimum safe temperature for the meat you are cooking as well as the specific temp for the doneness you desire.



**REST:** Meats should rest on a clean platter, tented with foil, for about 10 minutes before carving so juices can redistribute. The internal temperature will rise a couple more degrees during this resting period.



*Recipe adapted from StrongerTogethercoop*

2 cups fresh parsley and/or cilantro, stems removed, firmly packed

1/4 cup fresh oregano leaves (optional)

3-6 cloves garlic

2 Tbsp onion, chopped

1/2 cup olive oil, plus 1 Tbsp

2 Tbsp red wine vinegar

1 Tbsp lime juice

Salt

Crushed red pepper flakes

Coarsely ground black pepper

Pulse the garlic and onion in a food processor until finely chopped. Add the fresh herbs and pulse briefly, until finely chopped. Transfer herb mixture to separate bowl; add the olive oil, lime juice and vinegar. Stir to combine (the sauce should be chunky, not completely puréed). Season to taste with salt and red pepper flakes.



# CO-OP CONVERSATIONS

with Joel & Bill



**JOEL DIGIROLAMO**  
BOARD PRESIDENT



**BILL BICKFORD**  
GENERAL MANAGER

What's new at the Co-op? Let's have a chat with our board president and general manager for the latest updates.

## Q: What's new at the Co-op?

**JOEL:** A lot has happened at Good Foods Co-op since our last newsletter—we held two Owner Town Hall Meetings, had another set of Owner Appreciation Days, held our Annual Owner Meeting, watched some food and health movies, held many educational sessions, played some trivia and much, much more. This highlights the vibrant community at Good Foods.

**BILL:** In our last newsletter, we outlined the challenges we are facing in our current market, and recent supermarket and restaurant closings are examples of that pressure, indicating a tight market for both grocery shopping and dining. Your Co-op is continuing to work to strengthen our foothold in this market, and we appreciate the outpouring of support from our community as awareness about these challenges has spread.

## Q: What progress has been made so far?

**JOEL:** We want to start off with our appreciation for the excellent attendance at both town halls, and, more importantly, for your passion and creative ideas. It is clear that many of you care deeply for the Co-op, which is heartening as



well as a bearer of hope for the future of the Co-op. We have recorded all of these ideas and will include them in our planning process.

**BILL:** Almost daily we get questions about a possible move. Right now we are continuing to evaluate our most favorable potential growth opportunities and future positioning with a priority of continuing to meet the needs of our current owners. We have listened to your feedback at these town halls and elsewhere and share the desire to retain our Southland location. I can assure you that we are assessing many potential options and solutions, including those that might allow us to be sustainable for the long term in this location.

**JOEL:** Once again, April's Owner Appreciation Days were a success, based upon the tremendous amount of food all of you purchased. We continue to hear favorable comments about the increased discount and ability to purchase multiple times during that time period.

**BILL:** We continue to hone our staffing, stocking and ordering systems to make Owner Appreciation Days, and shopping in general, a great experience for you. We've been working especially hard on inventory management, including an ordering system that lets our software suggest orders for us. We kicked that off in our Refrigerated Department and were subsequently able to reduce that department's inventory on hand by just under 20%, which we consider a great success and which frees up cash. We're now rolling out that system in our Supplements Department and will be adding more departments moving forward.



## Q: What did we miss if we didn't make it to the Annual Owners Meeting?

**JOEL:** We tried something different with the Annual Owners Meeting this year and are heartened that it seemed to be well-received. We know that the dunking booth was a hit (pun intended) for owners and staff members alike. Having the meeting in the Co-op parking lot helped staff tremendously and provided enough space for the March Madness Marching Band—an energetic staple in our community—to perform.

**BILL:** We also want to thank our valued local vendors who set up at the event. They are at the heart of what we do, and it was truly wonderful to have them at the center of our celebration. We see an opportunity to build on this format in the years to come.

And speaking of the dunk tank, we may need to find a way to heat the water before the event. That first dunk took my breath away! It's also apparent that we have some excellent pitching prospects among our Co-op owners.



## Q: What's ahead for the Co-op?

**JOEL:** We will continue to develop more educational programming for you and are especially looking forward to additional nutrition-related events that our nutritionist, Kathryn Dickens, will be putting together (more from her on page 3). We'd also like to encourage you to join our Ambassador program. This is where you get to utilize your talent and time for the Co-op. If you are a member of a group or two who might benefit from knowing about the Co-op, this will be your official entré into getting them acquainted. Remember that the Community Room is available for meetings and other activities. You can sign up to be an Ambassador on our website. Just go to the drop down menu at the top and click on "Get Involved!".

**BILL:** We're placing a big focus on operational efficiency. Part of that means that we need to reduce the number of different items we offer, dropping products that just aren't earning their keep on the shelves. Doing so will allow us to better manage our product assortment to keep it exciting, while also streamlining ordering and stocking. The time saved can then be used to build appealing displays and create promotions that will drive customer traffic and increase the average transaction.

We also recently introduced owner-only email coupons that have been very well-received, and we continue to expand that program. The coupons are sent out of an entirely different database than our weekly emails, so if you're getting our weekly emails but not the coupons, that's why. See any Cashier or Hospitality Clerk to get enrolled!

## Q: What can owners do to help the Co-op right now?

**JOEL:** Our owner base continues to grow and we know that many of you have been intentional about shopping at the Co-op more. We greatly appreciate these efforts and continue to ask you to reach out to others in the community to remind them what a treasure we have in the Co-op. If 200 individuals purchased just \$30 more per week or started shopping at the Co-op with \$30 per week, it would go a long way toward bringing Good Foods to where it needs to be.

And... as always, stay tuned—there's more to come!