



**GOOD
FOODS**
CO-OP

FRESH BITES

OWNER NEWSLETTER
-SEPTEMBER 2017-

TRUCKLOAD SALE

TO CELEBRATE 45 YEARS



OCTOBER
13-15

UP TO
45% OFF
SELECT ITEMS
BY THE CASE

GIVE WHERE YOU LIVE

AMY HAAG
OWNER SERVICES
& OUTREACH
COORDINATOR



Members of the Good Foods family have been literally getting our hands dirty with our Give Where You Live partners.

In June, we helped out in the Hope Center's garden and served dinner to a couple hundred of our neighbors in their cafeteria. In July, we did some yardwork at one of the homes of Refuge for Women clients. In August, we supported Seedleaf by working in one of their community gardens.

Because shoppers like you rounded up at the register, donated bag refunds and made outright donations, we were able to give each organization more than \$3,000!

Keep up the good work and, since we have a volunteer outing every month, keep your eyes peeled for details in your eblasts and on your social media feeds.

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OWNER APPRECIATION

D A Y S

SEPTEMBER 8 – 11, 2017

**SAVE THE DATES FOR OAD 2018:
APRIL 13 – 16 & 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.

Owner-volunteers who sign up for 2-hour shifts to help with stocking and bagging during OAD will receive a free meal from our café! Email billb@goodfoods.coop for details.

SAVE THE DATE

SEPTEMBER

Sept. 2, Sampling Saturday, 11 am - 2 pm

Sept. 4, HAPPY LABOR DAY! Normal Store Hours

Sept. 8 - 11, 20% OFF Owner Appreciation Days

Sept. 15, Outdoor film (rain date): "Ratatouille", 9 pm

OCTOBER

Oct. 7, Sampling Saturday, 11 am - 2 pm

Oct. 13 - 15, 45th Anniversary Truckload Sale

Oct. 15, Owner Town Hall, 7 pm

NOVEMBER

Nov. 3 - 5, Thanksgiving Sampling, Friday: 5-7 pm, Saturday & Sunday: 11 am - 2 pm

Nov. 23, HAPPY THANKSGIVING! Store Hours: 9 am - 5 pm, Buffet Hours: 10 am - 4 pm



CLASSES AT THE CO-OP



LAUREN GAWTHROP
MARKETING MANAGER

This year, it's not just the kiddos headed back to school. Classes are returning at the Co-op, too! Starting September 6, we'll be learning a new topic each Wednesday night. Our first month of offerings already cover quite a few topics!

September 6 - Budget Bites: How to Create Great Meals Without Spending a Fortune

September 13 - Eat Less Sugar (You're Sweet Enough Already)

September 20 - Aromatherapy 101: Safety and Basics of Blending

September 27 - Vegan Nepal Presents "Spice It Up"

You can sign up for classes by visiting our Hospitality Desk or finding the class on Eventbrite.com. More details about each topic are also available at both of those locations as well as our Facebook page and website. Have a killer class idea? Send it my way! My email is laureng@goodfoods.coop. Happy learning!



JOEL DIGIROLAMO BOARD PRESIDENT

Board Report: Seeking Clarity at Your Co-op

Deep, direct and clear communication is vital for all relationships—including within groups. My mantra for communications is "seek clarity." And so it is that I want deep, clear and direct communications amongst all of us in our cooperative community. I'd like to discuss communications between you, the owners of the co-op, and the Board of Directors, which represents you.

In the past, the primary place for dialog with the Board was at the Annual Owners Meeting. While this has worked to some extent, the time constraints frequently caused owners to feel frustrated because they couldn't get their questions out there or they received inadequate responses. Board members were also frustrated because they felt that they did not have time for a true dialog or to provide adequate responses.

In an attempt to improve dialog between owners and the Board, several years ago we implemented a policy that offered one-half hour of informal discussion time before each Board meeting (the third Monday of each month) and a ten-minute slot of formal time on the agenda for each Board meeting in order to get discussions in the meeting minutes and on the record. Our hope for this was to provide time for high-quality discussion, but unfortunately very few people have taken advantage of these opportunities.

"... I want deep, clear and direct communications amongst all of us."

So we wanted to offer another time for more in-depth discussion. About a year ago we committed to offering at least three town hall meetings each year with Board members and your General Manager. These meetings have resulted in very fruitful and frank discussions.

Lastly, you can always e-mail your Board at board@goodfoods.coop. We want to know where you think the co-op should be going, what you like and don't like about the co-op, suggestions you have and more. One of the things I love most about being on the co-op Board is hearing the passion in each and every one of your voices.

I can tell that you care about the co-op. Please come speak with us. Together we can nurture our baby.

**YOU'RE
INVITED!**

JOIN THE DISCUSSION – GRAB A BITE

Owners who attend the next Town Hall meeting on

Sunday, October 15 at 7 pm will enjoy 20% off their meal at the café.



BILL BICKFORD
GENERAL MANAGER

Let's Have Lunch!

"I would like to take the opportunity to meet with more of you informally."

Fall is just around the corner, which is an especially busy time for your co-op. We have our 20% Owner Appreciation Days in September, a Truckload Sale in celebration of our 45th Anniversary in October and, of course, the most important food holiday of the year in Thanksgiving. I hope you'll join us for each of these events as we work to offer our owners as much value as possible.

October is also National Co-op Month as well as the month I will celebrate my third anniversary as General Manager here at Good Foods Co-op. I've had an opportunity to meet and get to know many of you during those three years, but if I'm being honest with myself, I still haven't gotten to know nearly enough. I'd like to rectify that. So in honor of Co-op Month and our 45th Anniversary, as well as the cooperative principle of Concern for Community, I would like to

take the opportunity to meet with more of you informally. In fact, I'd like to buy you lunch!

Each Wednesday in October I'm setting aside time to have lunch with fellow co-op owners, in particular those I either haven't met or haven't had much direct interaction with yet. I'd like to hear about your history with the co-op, what first inspired you to become an owner, any concerns you might have and how the co-op can serve you better going forward. If you're interested in joining me, please email billb@goodfoods.coop to introduce yourself and specify your preferred date in October. Seats will be filled on a first-come, first-served basis, so please don't delay. I look forward to our lunch date!

And as we enter my favorite season of the year, I wish you all a happy Co-op Month and a happy 45th anniversary!



TIFFANY D. DAVIDSON

HEALTH WRITER

Easy Dinner Solutions

September marks the migration back to the classroom! With this comes more planning, more hustling and way less down time in the evenings as homework and projects must be completed and bedtimes met.

So we decided to help you out by coming up with easy dinner solutions that are quick, not very involved (just go give a swift stir here and there), easy to customize based on your family's dietary preferences and most importantly – nourishing!
Trust us – you can do this!



PASTA NIGHT

You'll need:

- a box of your favorite pasta
- pitted Kalamata olives
- cherry tomatoes
- fresh or frozen broccoli
- extra-virgin olive oil
- sea salt & pepper
- one jar of pesto

Cook the pasta following instructions on the box. Steam the broccoli in a separate pot. Meanwhile, chop olives and tomatoes. Drain pasta and broccoli once they've finished cooking. In a large bowl, combine all ingredients (don't forget the olive oil, sea salt, pepper, and pesto). Et voilà! Dish out onto separate plates and enjoy!

BURGER NIGHT

You'll need:

- ground meat (beef, lamb, bison...)
- your favorite spices (garlic, sage, thyme, pepper...)
- your favorite toppings (tomatoes, onions, lettuce, ketchup, mustard, sauerkraut, cheese...)
- burger buns (the Co-op has great gluten-free options)



In a large bowl, use your hands to combine the ground meat and spices. Form into patties. Place patties in an oiled skillet over medium heat. Flip from time to time until cooked thoroughly. Serve up with toppings of choice and a big bowl of salad for a balanced and super simple dinner!

STIR-FRY NIGHT

You'll need:

- cooking oil of choice (butter, coconut, olive)
- choice of protein (cubed chicken, beef, fish, beans...)
- chopped veggies (bell peppers, onion, squash, broccoli, snap peas, cabbage...)
- various flavor injections (minced garlic, slices of lemon, herbs, and spices...)



In a large skillet or wok over medium heat, melt the cooking oil. Add protein and veggies, let cook for about 10 minutes, stirring frequently. Add herbs, spices, and other flavor infusions. Continue to stir often (see where stir-fry gets its name?), adding cooking oil as needed to prevent sticking. It'll be ready to serve in under half an hour!



LAUREN GAWTHROP
MARKETING MANAGER



COME DINE WITH HISTORY

If you haven't noticed the new outdoor seating outside our café, it's worth a look.

Installed in July, the new tables and benches are actually quite old. Both were crafted with reclaimed wood by the skillful hands of local carpenter Bob Pascucci of Pascucci Woodwork & Design. The wood was sourced through Old World Timber, right here in Lexington.

The origins of the reclaimed wood is where it gets really interesting...

The wood for the tables was recovered from the Coney Island boardwalk in Brooklyn, New York after it was destroyed by Superstorm Sandy in October 2012. The planks used for the benches were reclaimed from century-old pickle vats.

After careful selection and craftsmanship, the end result is a comfortable, eye-catching and environmentally-conscious upgrade to our outdoor dining experience. And we're not done yet. Be on the lookout for lighting upgrades coming soon!

LOCAL APPLES PACK IN FLAVOR & NUTRIENTS

Autumn is right around the corner and that means the aroma of Reed Valley Orchard's fresh, local apples is permeating throughout Good Foods.

Whether you're looking for a quick, healthy snack to give you an energy boost prior to your workout, a great addition to your salad or the perfect fruit for your Sunday pie, we're currently stocking four local varieties that will cover your needs.

Have you ever heard the proverb "an apple a day keeps the doctor away"? Why do we say that? Maybe it's because apples are a great source of soluble fiber, antioxidants such as quercetin, and vitamin C.

Medical studies have shown that these nutrients can boost your immune system, aid in weight loss, lower the risk of death from both coronary heart disease and cardiovascular disease as well as lower your risk for diabetes. And that's just the tip of the iceberg. Honestly, I love all of these health benefits but I was hooked at apple pie!

We look forward to serving your needs and offering you additional local varieties of apples as they come available. Also, it won't be long before we have the apple of everyone's eye in stock, Evans Orchard apple cider. I have to admit, this is my favorite time of the year!



ROB WALKER
PRODUCE
MANAGER



MATTHEW SULLIVAN
WELLNESS MANAGER



**SPICE UP
YOUR
CIDER!**

It's getting to be that time of year with shorter days and cool, crisp nights, and one of the best ways to enjoy those cooler evenings is with that perennial favorite, hot cider. We carry Frontier Co-op's Cider Mate, which takes the guesswork out of making this delicious drink. Cider Mate is a mix of cinnamon, allspice, orange and lemon peel, nutmeg, star anise, cloves, fenugreek and ginger. Just heat one quart apple juice or cider with 1/8 cup Cider Mate, let simmer for 20 minutes, strain and serve. Add a cinnamon stick to make it festive, then sit back and enjoy!

Shannon's Apple Slaw

RECIPE



"This is my favorite dish to make once local apples come in season. It's light, colorful and packed with nutrition, plus there are tons of variations you can try to make this dish your own. Enjoy!" - Shannon Willard, Prepared Foods Manager

• INGREDIENTS •

- 4 cups shredded green cabbage
- 4 cups shredded red cabbage
- 2 carrots, peeled and shredded
- 2 apples shredded
(Pink Lady is my favorite)
- 4 Tablespoons red wine vinegar
- 2 Tablespoons sugar
- 1 Tablespoon dry mustard
- 1 Tablespoon salt
- 1 teaspoon black pepper
- 1/2 cup plain yogurt or mayo

• DIRECTIONS •

In a large bowl whisk together the vinegar, sugar, dry mustard, salt, pepper and yogurt. Add shredded vegetables and fruit, mix until well coated in dressing. Chill for 2 hours before serving.

Substitutions:

- Add shredded broccoli, brussels sprouts, celery root or kale in place of cabbage.
- To make vegan, double vinegar and sugar in place of yogurt or mayo.
- Add a shredded golden beet for a pop of color.



"The perfect complement to local apples is, of course, local bacon."
-Jon Reed, Meat & Seafood Manager

- 1 large local apple
(2 if they're smaller in size), sliced
- 6 to 8 strips of LOCAL Stone Cross Farms bacon, cooked to your preferred crispness
- 4 slices of your favorite sandwich bread (or 2 ciabatta rolls, if you prefer), toasted
- Mayo (optional: add a splash of balsamic vinegar before spreading)

Slice and sauté the apples until soft (you can use butter or the leftover bacon grease to sauté). Toast your bread and apply the mayo. Assemble with the brie wedged between the warm apple and warm bacon so it can melt. Makes 2!

Substitutions: Add toasted walnuts for more crunch. Use bleu cheese instead of brie if that floats your boat.

Apple, Bacon, Brie Sandwich



Photo by Natalie at Obsessive Cooking Disorder (www.obsessivecooking.com)

PROST! OKTOBERFEST BEERS ARE HERE

RORY MAGUIRE
GROCERY SHIFT LEAD

The holiday season is still months away, but for lovers of German beer, now is the most wonderful time of the year. You can celebrate Oktoberfest from the comfort of your own home with these local-ish lagers.

Rhinegeist: Franz (ABV 5.4%)
\$9.99 per 6-pack

This malty, Marzen-style brew comes from Cincinnati, the home of the largest Oktoberfest celebration in America, so there's no doubt it's traditional, but it also has a bright-orange color and a little pop of fruit flavor that lets you know it's not boring.



West Sixth Brewing: DankeChain Oktoberfest (ABV 5%)
\$9.99 per 6-pack



This caramel-noted lager has a mostly-German name that highlights its German roots (and references the brewery's support of local non-profit FoodChain). Its deep copper color highlights the feeling of fall that's encompassed in the drinking experience.

Great Lakes Brewing Company: Oktoberfest (ABV 6.5%)
\$9.99 per 6-pack

This smooth, new take on the classic German style is a bit of Bavaria in a bottle. It's light enough to enjoy in the last days of summer, but has just a hint of cinnamon and nutmeg to help you transition into autumn.



These beers will only be around for a limited time, so get your fill now and get pumped up for pumpkin. Our second round of Fall favorites is coming soon.

The Stone & Bell Families GEORGETOWN, KY

ELMWOOD STOCK FARM



For over two decades, Elmwood Stock Farm has offered its produce and pasture-raised meats and eggs to customers in Central Kentucky. Everything Elmwood produces is certified organic and grown by the fifth, sixth and seventh generations of the Bell farm family in Georgetown.

Ann Bell Stone, and husband Mac, are the faces you will likely see at the farmers market, while Ann's brother, John Bell, and father, Cecil Bell, are on the farm tending the animals and raising the crops. All three families live on the farm, sharing the work load with a great support team that pulls it all together.

Elmwood Stock Farm is a solar-powered food production generator. The power of Mother Nature has been unleashed since the farmers went back to their roots farming without herbicides, pesticides, salt-forming fertilizers or genetically engineered seeds.

In addition to attending farmers markets all year long, the farm has a year-round CSA program with a pickup at Good Foods. Elmwood encourages customers to learn about how food gets from farm to plate on scheduled farm tours and are glad to provide custom tours for school, community and family groups.



**GOOD
FOODS**
C O - O P

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