



MARCH 2023

At the Store

WORDS OF APPRECIATION

BY ROBERT LUCAS, PRODUCE MANAGER

It goes without saying, that the last three years have been difficult and challenging for most all of us. Here at the Upper Valley Food Coop, we have done our best to meet those challenges in the retail environment, managing to survive the onslaught of pandemic, rising inflation and, recently, extremes in the weather.

Through all of this, our customers have stood alongside us. Not only with their patronage, but with words of encouragement and thanks.

This support has been crucial to our store and the real reason we are still standing after the aforementioned tests of time. As produce manager, I cannot tell you how much I appreciate you guys. A catch phrase I use with a vast majority of customers when I see them in the store is: "Thanks for coming in," My comment is a reflection of the way I feel, and I know that sentiment extends from our General Management Team as well as all the staff here at the Upper Valley Food Coop.

In closing, please never forget how appreciated you all are. We are here now and will continue to be here in the future, and it's all because of our wonderful, thoughtful and supportive customers. Bless you all.

THE GM SEARCH IS UNDERWAY!

BY TINA BARNEY, GM SEARCH COMMITTEE MEMBER

This week we have begun posting the GM job in multiple outlets. We have polled the employees and the Board for what they feel we should consider most important as we review applications, and this week it's the membership's turn to identify priorities for candidates, as well as let us know the challenges you foresee our next GM needing to manage.

You can see our job description and job posting on our website: www.uppervalleyfood.coop/employment

The member survey is available on paper near the checkout at the store, and online at: <https://tinyurl.com/uvfcsearchinput>

Member Perk!

INVENTORY SALE!

March 30th & 31st

Save 5% on purchases of \$50-99
Save 10% on purchases of \$100-199
Save 15% on purchases of \$200 and over

This sale is for CURRENT UVFC MEMBERS ONLY

SEW-OP
AT THE COOP

Our Sew-op volunteers will be on-hand to help you with your sewing projects. Bring a machine or use one of ours!

March Schedule

Every Tuesday & Wednesday
1-3pm *X Except March 22!*

Saturdays: March 11
1-3pm

Masks are Required
Use Courtyard entrance to access Sew-op Room

COMMON CENTS

Our MARCH partner is...

"Gleaning" is the time-honored tradition of sharing the extra food left in a field after the harvest.

Willing Hands gleaners visit local partner farms and orchards to collect fresh vegetables, berries, apples and mixed produce directly from the fields.



In the Community

WHAT IS A CSA ANYWAY?

BY JENNY SPRAGUE, CO-OP MEMBER

For those of you who are not familiar with this eating model, C.S.A. stands for Community Supported Agriculture. The objective of a CSA is to create a way for the farmer to sell future food to the community. This is important because it generates an income during the winter months when there is no other money coming in. Very little produce grows in the Upper Valley during January, February, March, etc, which means there is nothing to sell.

We at Edgewater Farm rely on our CSA winter income to pay bills, buy in seeds, run paychecks, crop plan, etc... but the most sincere thing I can say about our CSA, and why we keep coming back to it and love it as a farming model- it's a pretty cool thing to join your tables weekly. For you to fill your kitchen with crops. The hope is for us all to eat in-season, good grown food, and to learn something along the way. There is community in that and it is an honest joy to be a part of it.

Here are just a few of the many local CSAs that you can join:

Edgewater Farm (Plainfield, NH)
www.edgewaterfarm.com/csa



 Mink Meadow Farm (Etna, NH)
www.minkmeadowfarm.com/csa

 Luna Blue Farm (South Royalton, VT)
www.lunablefarm.org/csa

 Root 5 Farm (Fairlee, VT)
www.root5farm.com/about-our-csa-shares.html

Sweetland Farm (Norwich, VT)
www.sweetlandfarmvt.com/csa/options-and-pricing/

 Sunrise Farm (White River Junction, VT)
www.sunrisefarmvt.com/2023csa

 Deep Meadow Farm (Windsor, VT)
www.deepmeadowfarm.net/farm-direct/

 Honey Field Farm (Norwich, VT)
www.honeyfieldfarmvt.com/csa

Cedar Mountain Farm (Hartland, VT)
www.cedarmountainfarm.org/community-supported-agriculture-shares

 Cedar Circle Farm (East Thetford, VT)
www.cedarcirclefarm.org/csa

Local Classes!




Community Learning




Basket Weaving

Date: Saturday, March 18th @ 9am-4pm
Cost: \$175 Registration closes one week prior to event date
Hosted by: **CraftStudies**
In person at **A Lucky Girl Studio in Norwich, VT**



Community Learning



"Early Industry" in West Windsor Sugar Houses

Date: Sunday, March 19th @ 2pm
Cost: FREE! No registration required
In person at **THE GRANGE in Brownsville, VT**



Community Learning



Pruning and Grafting Fruit Trees

Date: Saturday, March 25th @ 1-4pm
or Sunday, March 26th @ 1-4pm
Cost: \$30 Registration required
In person at the **Justin Morrill State Historic Site**