



MAY 2024

At the Store

THE GARDEN SUPPLIES KEEP COMING!

Herb and veggie starts will continue to arrive each week from local farms, as well as **compost** varieties from Vermont Compost Company. We also still have **onion sets and seed potatoes** (which are growing happily and ready to be put in the ground)! Our **seed racks** still have plenty of packets for you to choose from. And if you're looking for **garden tools**, we have those too! Gloves, watering cans, cultivators, and more! Not to mention, some great **books and magazines** all about gardening and homesteading. So make us your first stop for all things gardening!

SAVE THE DATES!

We have some awesome events coming up that are all open to the public!

Coffee Date with the Board

Saturday, May 11th, 9 to 10am
Find them on the porch!

Who Owns Your Grocery Store?

with Jon Steinman, Food Co-op Educator

Friday, June 7th at 4:30pm
Held at the **Bugbee Senior Center** (across the street from UVFC)

This talk is an introduction to (or a reminder of) why food co-ops do what they do (purpose), and why they're so important (values). Jon is the author of "Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants".

Ice Cream Social & Vendor Fair

Saturday, June 22nd, 1 to 3pm
Held outside at the **Upper Valley Food Co-op**

This family-friendly event is open to the public! Meet the people who make the products you love, and enjoy free samples of their products. Just remember to save room for cake and ice cream! (Including a dairy-free option!)





Join our team!

We're still looking for a bookkeeper!
Visit our website for a detailed description of the position:

**Full Charge Bookkeeper**
30-35 hrs/wk
benefits include medical insurance,
paid-time off, and 20% off store
purchases

To Apply:
email Darrion@uppervalleyfood.coop
or pick up an application at the registers







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In the Community

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

-  Mink Meadow Farm
(Etna, NH)
-  Luna Blue Farm
(South Royalton, VT)
-  Root 5 Farm
(Fairlee, VT)
- Sweetland Farm
(Norwich, VT)
-  Sunrise Farm
(White River Junction, VT)
-  Deep Meadow Farm
(Windsor, VT)
-  Honey Field Farm
(Norwich, VT)
- Cedar Mountain Farm
(Hartland, VT)
-  Cedar Circle Farm
(East Thetford, VT)
- Edgewater Farm
(Plainfield, NH)

 = organic

HAVE YOU SIGNED UP FOR YOUR CSA YET?

Spring is here and that means CSA season is just around the corner! Support your local farmers by signing up for a Community Supported Agriculture program. You get fresh, locally-grown veggies as they come into season, and farmers get the early investment they need to grow those delicious veggies!

CSAs come in all shapes and sizes. Whether you're select about the veggies you want or working on a budget, there's a CSA for you!

Here in the Upper Valley we have an abundance of family farms offering CSAs, many of which are certified organic. Check out this list of local farms, and find one that's right for you!



YOUTH PROGRAM IN THE UPPER VALLEY

Every summer, Second Growth offers free camps to middle school aged kids living in Vermont and New Hampshire. These camps were developed to provide prevention education, social-emotional learning, and leadership skills through fun, entertaining, and engaging experiential learning activities.

Registration for these camps is FREE thanks to donations and grants from generous supporters. Consider donating to help support these camps! You can round up your total at the register, or give a lump sum donation! All donations given through Common Cents go directly to community organizations.



Our MAY partner is...



- Support Groups
- Counseling
- Youth Programs
- Suicide Prevention

Second Growth's Mission is to reduce substance misuse and violence for adolescents.

LET YOUR CASHIER KNOW
YOU'D LIKE TO ROUND UP!