

# ROOTSTOCK

the official newsletter of the BELFAST CO-OP



## REDEFINING HEALTH FOOD

[www.belfast.coop](http://www.belfast.coop)



by John Bagnulo MPH, PhD

With today's constant marketing, and television shows like Dr. Oz, it's really easy to focus on "super foods," exotic fruits, and other magic bullets. While many of these foods are amazing in their own right, whether it be their anti-inflammatory effects or just their taste, it is probably best for us to take a step back and examine what the foundational foods of a healthy, traditional human diet really are.

If you travel around the world and look closely at the staple foods of any population who are even remotely following an ancestral way of eating, they are almost always very high fat, nutrient-dense, and contain virtually no anti-nutrients. Examples of these foods would be coconut (most Pacific Islanders get more than 50% of their calories from this largely saturated fat source), seal or whale blubber, bone marrow, organ meats such as brain or liver (all traditional hunter-gatherer populations), and pasture-raised butter and minimally processed olive oil in more contemporary European (Swiss, French, and Northern Italian) and Mediterranean populations (Greek Islands for instance). From all perspectives (except that of the American Heart Association and the Academy of Dietetics, formerly known as the American Dietetic Association) these sources of high quality fat make total sense as the best way to get a major percentage of our energy.

The best place to start in understanding why these foods are so compatible with human physiology is by looking at what we are primarily made up of: fat and other lipids. Most people think of our percentage of fat and lipids as our "body fat percentage" but that figure is really misleading. Not looking at water or bone, it would be more like 65-70% fat if we add up all of the various compartments, membranes and organs that are mostly fat, cholesterol and other lipids (for example, those lipids important throughout the central nervous system and those in the phospholipid membranes that encompass every cell), on top of our intramuscular fatty acids, subcutaneous and brown adipose tissue. The 30% remaining is made up of carbohydrates and proteins. When we fast or have to catabolize or "burn" tissue to meet our energy needs, we tend to break down macronutrients in these same ratios, depending upon the intensity of exercise or the duration of the fast, mostly fat but also some skeletal muscle and, of course, stored glycogen.

An equally insightful clue as to what our diet should really be is the fat content of breast milk. Again, the majority of energy comes from saturated fats, with smaller amounts of mono- and much smaller amounts of poly-unsaturated fats, and less than 40% of the energy (depending upon the diet of the mother and the time of day) coming from lactose (milk sugar) and protein. Therefore, whether it is through the lens of anthropology, anatomy and physiology, pediatrics, or epidemiology (where the fun really begins!) it is clear that we should be getting more than half of our calories from high quality fats.

*CONTINUED ON P5*

## GOING TO THE ANNUAL MEETING?

SUNDAY MARCH 22 -at the- WALDO COUNTY SHRINE CLUB

for more information  
*check out page 6!*

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123 HIGH STREET BELFAST, ME 207.338.2532 7:30AM-8:00PM

# DO YOUR SHARE!

## Director Election, Bylaw Amendments & our Annual Election Ballot

*by Philip Prince*

Belfast Co-op Board of Directors Member

The Co-op board is working to build a strong, effective, and accountable board to help steer the Co-op towards a bright, just, and prosperous future. Your vote will help direct us towards that future.

The 2015 Co-op board election began February 16 and runs through Sunday, March 22, the date of our annual meeting.

This year's election has one director candidate on the ballot, Ron Braybrook, who is finishing his first term and seeking another three-year term. Candidate bio, photograph, and statement can be viewed at the ballot box adjacent to customer service, and on the Co-op website; [www.belfast.coop](http://www.belfast.coop).

The following four bylaw amendments are also on the ballot for approval by membership.

### **BYLAW AMENDMENTS:**

The board determined that the Co-op's bylaws are in need of updating. The proposed bylaw amendments are the result of some of the work done by the Bylaws Committee this year. The board has selected and recommended the following bylaw amendments for member-owner consideration and approval on this year's ballot.

**#1 BYLAW ADDITION** of Article XI: This bylaw addition pertains to the Patronage Dividend. We are not changing the Patronage Dividend policy— just adding the policy to the bylaws. This addition will bring us into compliance with state and federal cooperative law and establish the Patronage Dividend pre-existing obligation in our bylaws.

**#2 BYLAW CHANGE** pertains to changing bylaw language about board decision-making to reflect the board's current decision-making process. Our current bylaws reflect a majority vote process – the board has transitioned to modified consensus decision-making. Modified consensus decision making is a process by which the input from all stakeholders is considered. This method of decision making helps develop as much agreement as possible. The board also uses a supermajority of 2/3rds to break any impasse on important or time sensitive issues, otherwise consensus is the rule.

We hope to change the present bylaw language which limits and specifies a particular method of decision-making and allow the board to make decisions as the board sees fit.

*CONTINUED ON P5*



for the next  
BOARD OF DIRECTORS meeting  
**March 26 & April 23**

6:30PM AT WATERFALL ARTS, 256 HIGH ST, BELFAST, ME

## BOARD OF DIRECTORS

Bindy Pendleton, president  
Debbi Lasky, vice president  
Jerry Savitz, treasurer  
Phil Prince, secretary  
Doug Johnson, staff rep.  
Nixie Bombardier  
Ron Braybrook  
Cindy Canavan  
Betsy Garrold  
Chris Groden  
Jean Lenderking  
Alessandra Martinelli  
Kip Penney  
Janis Stone  
Zafra Whitcomb

## BOARD COMMITTEES

### Finance Committee

3rd Tuesday of the month, 3pm  
Belfast Co-op conference room  
[boardfinance@belfast.coop](mailto:boardfinance@belfast.coop)

### Membership Committee

1st Tuesday of the month, 11:30am  
Belfast Co-op conference room  
[boardmembership@belfast.coop](mailto:boardmembership@belfast.coop)

### Board Development Committee

2nd Tuesday of the month, 9:30am  
Belfast Co-op conference room  
[boarddevelopment@belfast.coop](mailto:boarddevelopment@belfast.coop)

### Long Range Planning Committee

1st Friday of the month, 11:30am  
Belfast Co-op conference room  
[boardlongrange@belfast.coop](mailto:boardlongrange@belfast.coop)

### Elections and Nominations Committee

Ad hoc  
[boardelections@belfast.coop](mailto:boardelections@belfast.coop)

### Annual Meeting Committee

Ad hoc

### Public Interaction Committee

Ad hoc

### Bylaws Committee

Ad hoc



GM Corner by Chris Grigsby

We sometimes refer to winter here at the Co-op as our “slow time”, because it is when we have the lowest sales volume of the year. For the worker-owners, however, the winter is anything but slow. It is our time to update systems and develop programs that we simply don’t have time for during our busy summer season. The following is a small sampling of programs and enhancements we have been working on as we strive to improve your co-op:

- **Market Feasibility Study** - By the time this newsletter goes to print, many of you will have already experienced the first stage of our Market Study, which will be conducted throughout 2015. This research, combined with census tract information, is essential for the Board and General Management Team to effectively plan for the next 10-20 years.
- **Point-of-Sale (POS) enhancements** – We continue to fine tune our POS system to improve your shopping experience, and reduce our environmental impact. We are rolling out a cash back option for all customers utilizing a debit transaction, along with the capability to automatically email receipts to member-owners. We are finalizing an automated member-owner senior discount which will be tied to member numbers, affording our senior member-owners the flexibility to choose the day of the week they would like to receive their discount.
- **New Website** – Yes, you heard right! We plan to launch our new website by late March. We are very excited about the new site and its capabilities, including being adaptable for any device. It will be much more interactive and flexible enough for us to perform in-house edits, keeping the site fresh and current. Items of note include blog posts, recipe listings (including the ability for recipe submissions), member-owner business directory, food news feed, department page upgrades, and much more.

- **Co+Efficient - Sustainability Impact Measurement Software (SIMS)** – We are partnering with this National Co+op Grocers program which will allow us to both monitor our outputs, and compare them with those of other co-ops of similar size and/or in our region. This software will guide us in reducing our environmental impacts, or footprint.
- **HowGood** – This food producer rating system will help us with our work of updating our purchasing policy. You will begin to see the ratings throughout the store on many of your favorite products. The rating system is based on a multitude of criteria including ingredient sourcing, company history, treatment of workers, USDA violations, and environmental impacts. We are excited about this partnership, and about continuing to educate our community about the products we carry in an ever changing marketplace.
- **Co-op Explorers** – Our “future cooperators” program is a free fruit program for children 12 and under who sign up, receive a member card, and are then eligible to select one piece of healthy fruit each time they shop with their parent or guardian. We launched the program in December, and have 150 Explorers signed up to date. We are very excited to offer this program to our community of youngsters!

### THE NUMBERS ARE IN!

**Our 2014 fiscal year (October 1, 2013-September 30, 2014) was a profitable one. We will be distributing the patronage dividend in early June. This year the Board has allocated 100% of the net profit from member-owner activity, and will distribute 30% of that allocation. The remaining 70% will be retained by the Co-op for an unspecified amount of time to use for capital investments. We retain records of each member-owner and their allocation, which has the potential to be paid out at a future date. This year's distribution is \$29,134.**

In closing, we would like to thank all of our customers for the patience and understanding you have shown with all our winter weather closures of late. It's not something we like to do, but we are committed to getting our worker-owners home safely. Here's hoping for an early spring...and as always, thanks for supporting your co-op!

## OUR MISSION

The Belfast Co-op is a membership owned and controlled organization that operates a retail outlet for whole natural foods and other goods and provisions. We strive to offer and promote the continued availability of a wide selection of products organically produced and locally sourced whenever available, at reasonable prices, to support healthy lifestyle choices for both our members and the general public. Our intent is to be a resource for information and action concerning health, nutrition, and the source of our products, as well as for building community.

(Approved April 22, 2010)

## OUR VALUES

The Belfast Co-op is a member-owned market and café that seeks to foster community, support local producers and educate for healthier food production and consumption. To these ends we hold the following values:

**Transparency in operating our business. We work for an atmosphere of honesty, respect and inclusiveness, with open communication among members, employees and management.**

**Encouraging participation, building an organization that acquires and transfers knowledge, promotes from within, and creates a positive work environment.**

**Exercising ecological and social responsibility.**



# FOOD CO-OPS + FARMER CO-OPS

## a Natural Partnership

*by Kate Snyder*

Director of Membership and Programs NEFU

You're a member of a cooperative, and you no doubt see the benefits of this community-centered way of buying your groceries. Food co-ops are undeniably local: they support regional farmers and fellow local businesses, pay workers a living wage, and provide affordable options for shoppers on a budget.

New England Farmers Union, an organization committed to supporting family farmers in the region, also sees the value of food co-ops—and cooperatives on a broader scale. Recently, Farmers Union gathered experts on agricultural co-ops at the Maine Agricultural Trades Show in Augusta for a workshop for farmers on marketing cooperatives, which, like food co-ops, can provide benefits to their farmer members.

Using New England Farmers Union's *Growing a Food System for the Future: A Manual for Cooperative Enterprise Development*, Ned Porter, a consultant for the Farmers Union, provided a brief overview of cooperatives, how they work and how they benefit producers.

ALEX JUGGLING SNAX!



Steve Getz, New England East Region Pool Manager for Organic Valley, and Dean Churchill, Business-Cooperative Programs Director for USDA's Rural Development in Maine, joined Porter on the panel. Getz provided insights based on his hands-on experience with both food and farmer co-ops. Churchill talked about the USDA grant and financing programs available to farmer co-ops.

"The audience was engaged. We had some good give and take," Porter said. "I am looking forward to some follow up with a few of them who were keen to learn more."

Farmers Union will hold a similar discussion on farmer co-ops at Harvest New England in February with panelists from co-ops from the western side of New England. Deep Root Organic Cooperative, founded in 1986, is one of the oldest organic-vegetable-growing co-ops in the country, and will share its experience on the panel. Deep Root sources produce from 25 farms throughout Vermont and eastern Canada. The co-op gives farmers a ready market for their produce at a fair price.

Deep Root provides a model for farmers considering forming a cooperative. Before achieving financial stability, the co-op had taken lines of credit out in the late winter to tide them over until they could harvest and sell the next season's crops. Today, Deep Root enjoys financial stability and has not needed to borrow, and doesn't expect to need to. This means that Deep Root is stable and sustainable. Although it has taken advantage of grants to focus on supply chains and logistics, the organization generally prides itself on being financially independent.

One of the challenges facing the cooperative is maintaining the right membership to ensure its longevity and to stay committed to the spirit of its founding. Trying to find the next generation of farmers to maintain the cooperative has become increasingly difficult when the average age of farmers in New England is 57.6 and steadily increasing. Additionally, land prices continue to rise, presenting even more challenges for finding the next generation to continue the cooperative.

Efficiently trucking products to market has also proven challenging. Deep Root sees reliant trucking as essential to its success. The priority topic at all planning meetings is how best to manage trucking. This includes conversations about budgeting, scheduling, and finding the right number of drivers.

Northern Vermont creates particular challenges for trucking. The routes and destinations are often spread out (as Mainers can relate to) and require driving through mountain passes. Weather can also create problems for the efficient delivery of produce. Customers need to be able to rely on the delivery of product or the cooperative's reputation may suffer. Despite these challenges, Deep Root serves as a model of success for efficient trucking. Large and small growers alike have success selling through Deep Root.

Deep Root has concerns about food safety and traceability as the Food Safety Modernization Act (FSMA) moves into implementation. These regulations set up certain food safety requirements that would stretch the cooperative too thin. Traceability requirements may force the cooperative to purchase and implement new computer software. Deep Root may also require technical assistance to further implement new traceability procedures.

As a food co-op member, you are supporting farmer co-ops such as Deep Root because your co-op, Belfast Co-op, is a member of the New England Farmers Union. Want to do more? You can become an individual member and support our work to increase farmer viability.

Join at our website, [www.newenglandfarmersunion.org](http://www.newenglandfarmersunion.org).

These fats are not the margarines, shortenings, or highly polyunsaturated fats that we have been sold since the start of the saturated fat-cholesterol-heart disease myth that still persists today. Better for us are the fats from grass-fed animals, their organs, oily fish, predominantly saturated or monounsaturated-rich nuts or fruits (coconuts, macadamia nuts, avocados), or the fat from grass-fed dairy animals. In addition to having the right type of fat for our cell membranes and brains, they also contain a variety of molecules and micronutrients such as medium-chain triglycerides, conjugated linoleic acid, selenium, or vitamin K2. When we avoid these fats because we have been told that they cause disease, we run into all of the health issues that result from nutrient depletion or compromised immune function.

After 35 years of misinformation and bad science, it is difficult for many of us to embrace butter or coconut oil. However, just in the past week alone there have been numerous studies and papers debunking the previous paradigm, showing for example that most people who have heart attacks have "normal cholesterol levels," that increased saturated fat increases the size of our LDL cholesterol therefore offers protection against heart disease, and that the routinely prescribed statins actually cause heart disease in many individuals as they deplete the heart muscle of critical antioxidants and generate higher rates of atherosclerotic plaques and higher levels of coronary calcification. In summary, think about your favorite sources of high quality saturated fat and use them to replace as much of the sugar and refined carbohydrates that you can. You can enjoy the transition without guilt or fear and hopefully it opens up an entirely new book of recipes.

*John Bagnulo MPH, PhD, holds a doctorate in Nutrition and Food Science, is a faculty member of Kripalu Healthy Living Programs, and has a private practice at 39 Main Street in downtown Belfast.*

*For more information, visit John's website at:*

**johnbagnulo.com**

## DO YOUR SHARE!

CONTINUED FROM P2

**#3 BYLAW CHANGE** pertains to bylaw Article V. regarding the maximum number of directors on the board.

### ARTICLE V. Directors

Section 1. Directors: Number, Qualification. The Board will consist of no fewer than nine (9) and no more than seventeen (17) Co-op members [directors]...

The board is proposing to change and lower the maximum number of directors to thirteen (13).

The board believes it can more effectively represent member-owners and govern the Co-op with a smaller number of directors. This change, to a maximum of thirteen directors, would also be in alignment with observed best practices of co-op boards.

Best practices aim at improving an organization's performance through additional accountability, compliance, and transparency. When defined, a best practice is known as a technique, method, process, activity or incentive which has proven to be most effective in providing a certain outcome.



**NEW FACES**  
@YOUR **coop**

**Marcie Wilde**  
**Belfast Co-op Deli Manager**

"I came to Belfast after working with Quincy Natural Foods Co-op in Quincy, CA as the Front End and Member Services Manager. I previously worked as a General Manager at an organic, locally owned restaurant called Pangaea Café & Pub, also in Quincy. I am originally from Rhode Island, where all my family still resides. After living in California for ten years, I yearned for home. I love the sense of community I feel in Belfast, and I am very happy to call the Belfast Co-op Deli home!"

**#4 BYLAW CHANGE** establishes board director term limits. The current bylaws do not specify any term limits for directors. The board believes this proposal will result in better Co-op governance and again be in alignment with generally observed best practices of co-op boards.

This bylaw change would commence in 2016 and would not affect board incumbents. All present directors and those voted to the board in 2016 would from that point on be subject to term limits. The decision to commence with the 2016 election was made to focus the decision of the bylaw change on its merits, rather than on any consideration of sitting directors.

### BALLOT VOTE INFORMATION

At least 10% of eligible member-owners [presently 3756] must cast ballots for the election to be valid. Your vote does help and is needed!

Board candidates must be selected by at least 25% of the total ballots cast to be approved and elected.

All adult members whose membership accounts are current are eligible to vote.

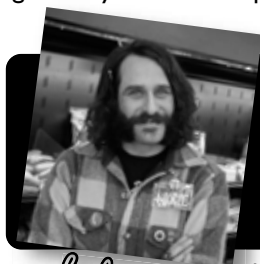
Ballots, ballot box, and supporting material can be found in the Co-op adjacent to Customer Service. Downloadable ballots and supporting material can also be found on our website [www.belfast.coop](http://www.belfast.coop). These ballots can be printed and placed in ballot box or mailed to: Belfast Co-op Elections Committee, 123 High St, Belfast, ME 04915.

BELFAST  
CO-OP

2015 ANNUAL MEETING+  
MEMBER-OWNER  
*Dinner*  
by Cindy Canavan

Belfast Co-op Board of Directors Member

Ever wonder what exactly happens at the Annual Meeting? Well, the Belfast Co-op Store 2015 Annual Meeting is going to be a bit different this year and here is the reason why. Our co-op boasts almost 4,000 members and yet, each year only about 30 people go to the Annual Meeting. This meeting is the one time each year that members can have some real input as to how our store is run and share with others what they like and don't like about the business and what direction it is going in. For the past few years, the Membership Committee has tried a few new approaches to get more folks to show up. Last year, we had some of our local vendors showing off and sharing their products with us and we introduced the new Director of MOFGA, Ted Quaday. Once again, only a handful of people showed up.



MEET A  
WORKER-OWNER

by Roger Quehl, BELFAST CO-OP worker-owner

featuring  
NIXIE BOMBARDIER

Nicholas Leon Bombardier walked through the doors of the Belfast Co-op almost six years ago. I remember when he first

started. I swear one day he would have long hair and the next it would be short. One day he would have a full beard, the next day just a mustache, and then he would be clean shaven. He likes to mix it up to keep you on your toes. I recall as well that Nixie had an iPod loaded with a diverse array of music that he had playing down the produce 'alley' whenever possible. I remember thinking that he immediately felt like an old friend. Nick, or Nixie as he is affectionately known to his fellow worker-owners and friends, is this issue of our newsletter's interviewee.

Nixie is the Assistant Produce Buying Manager for the Belfast Cooperative. He moved to Maine from Boston, Massachusetts in June of 2009. Nixie states that he was ready for a change and the midcoast of Maine felt like a great place, and a significant change from Boston. He was born and raised in Abington, Massachusetts, the youngest of three boys. Nixie's fondest memories are of the family camping in North Conway, New Hampshire, and finds that living in midcoast Maine replicates these memories to a certain degree.

Upon graduating from high school, Nixie pursued his interest in the arts, an interest he shared with his two older brothers who encouraged Nixie to draw. Of course having a father who is an architectural engineer cannot hurt either. Nixie's two older brothers were also a major influence in his love of music. His oldest brother, Cooper, took him to see the 80's gothic band The Cure

This year, we have decided to give back to our members and add one more perk to the short list of why you might be a co-op member aside from the obvious reasons. We all know this has to incorporate a business meeting but why can't it be fun? Why can't it be something we can all enjoy and why can't we all get together for some good food, live music and general merriment? We can!

This year the 2015 Belfast Co-op Annual Meeting is taking place on Sunday, March 22nd starting at 4 pm at the Shrine Club in Belfast- easy to get to, lots of parking and some folks can actually walk there. There will be a Social Hour from 4-5 pm with live music by local trio, Shades of Blue with Ezra Rugg, Julian Gardener and Chris Poulin. Appetizers will be served along with wine and beer for a small donation for those who wish to imbibe. At 5 pm, we will hold our regular business meeting with our Board President, Bindy Pendleton, introducing the rest of the board and the General Managers and letting you, the membership, know what's new and what has happened this past year. All Board candidates will be introduced and say a few words too so you know who you are voting for if you have not already done so. There will also be a question and answer period for anyone who wants to know something or voice a brief opinion.

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when Nixie was in the fourth grade. Chris, his second oldest brother, was more into heavy metal, played the guitar and played in a few bands. Tragically Chris' life ended abruptly when Nixie was eleven years old, but this in no way diminished Chris' influence on Nixie and his love of playing guitar. Yes, that is what I thought. Nick, you play the guitar? Nixie took lessons for three years from age sixteen to eighteen.

Nixie worked many different types of jobs after high school including delivery service for grocery, pizza, and Chinese food businesses, taking personal ads for a nationally syndicated newspaper, and three years as a pin spotter at a bowling alley nightclub. He then went to work for the Cambridge Bicycle Shop. Nixie loves to bike, which he found to be the easiest way to get around the city of Boston. He currently has four bikes and continues to use them as a means of transportation as well as for leisure. He used to race but has not done so in a while. He also realigned bicycles for the Seven Cycles custom bicycle builder in Watertown, Massachusetts.

Nixie next went to work at Trader Joe's, which he said provided a very professional work environment, and gave him experience in the retail food business. He then moved to Belfast, Maine, where he became employed at the Belfast Co-op within two months.

Nixie did not have to think about who the biggest influences have been in his life. He responded immediately that they were his older brother Chris and his oldest brother Cooper, who lives in Oregon. He added that growing up his parents always had music playing in the house ranging from 60's oldies, to Elton John and Billy Joel. Nixie continues to seek out new music, and loves old vinyl, which reminds me of someone else in the produce department. I asked Nixie where he sees himself in five years. He hesitated to define his future. As much as he loves the Belfast area, he would also like to explore the Pacific Northwest. And yes, he will do the majority of that exploring pedaling one of his many bicycles. Keep on riding Nixie!



*by Betsy Garrold*

ThePopulistFarmer.wordpress.com

Jeff Wolovitz worked on farms for three years prior to beginning his brief career as a high school science teacher. He soon realized that his heart was in the local food movement and began “looking for an entry point”, as he puts it. He heard about a local guy who had been producing tofu in the 80’s and 90’s and was looking to sell his barn full of production equipment. Jeff had done the market research and knew that this was a niche that wasn’t being filled, so in 2008 when he began producing tofu in a Camden garage bay, Heiwa Tofu was born.

For the first few years he continued to teach part-time and, in fact, produced his first batch of tofu during the first week of school in 2008. He distributed locally in the Rockland to Belfast corridor, then found someone who could deliver further down the coast. Within nine months his tofu was being distributed to a wider customer base by Crown of Maine Organic Cooperative. After four years in Camden, Jeff moved to Northport and installed his equipment in the then Coastal Farms and Foods (CFF) facility in Belfast. He says it is a bit of a miracle that he is still producing in that same kitchen. The CFF venture helped him tremendously with infrastructure, all the accouterments of a licensed kitchen, plus electrical and plumbing hook ups. It was a rough transition this past summer when CFF went under, but even with all the turmoil over what was going to happen with that facility, Jeff only lost half a week of production. He feels pretty good about that, although sad that the CFF experiment did not work out as well for everyone involved.

The rebuilding of the local food system in Maine has many moving parts and Jeff is getting to know all of them intimately. From sourcing raw materials to product development to marketing and distribution, each step in the process has its own ups and downs. His recent venture into soymilk is a prime example. He has the ability to produce up to 500 bottles a day but was only able to find a market for about 100. This led him to shut down that portion of his production for now, but he still has a lot of packaging with Heiwa Soymilk printed on it, so may re-enter that market sometime in the future.

Sourcing local organic soybeans has not been a major problem, however. He has a farmer near Skowhegan who supplies 95% of his need. This past growing cycle he estimates he used 14 tons. He is adding a farmer in Benedicta, Maine. Should these growers ever fall short, he has back up sources in Vermont and New York. He expects that his need for raw product may grow to as much as 18 tons now that he is producing a packaged tofu product.

His newest line of one pound blocks of tofu which are vacuum packed in plastic have greatly increased the ease of shipment, and allow for a longer shelf life than the previous delivery method of packing the cubes in buckets of water for transport and storage. He will also be packaging six pound blocks for sale to food service operations. He employs a half-time assistant to do pack out and clean up and his wife, Maho, does the labeling. Other than that he is a one man show, something he is looking to change in the near future when he hopes to add an employee in the production end.

As with all of our local producers here at the Belfast Co-op, Jeff is passionate about his product. He waxes poetical when he talks about the fine balance he tries to achieve between firmness, moistness, tenderness and a smooth custardy tofu that holds together well and fries up with a crisp outer coat and a soft smooth middle. “It’s an art to find the balance. I like making tofu, it could have been anything, but it is what it is and I am happy that the quality is getting more and more consistent. The pendulum swings between firm and soft are getting smaller and smaller.”

WE’RE TURNING 40!

In 2016, we will celebrate our  
**40<sup>th</sup> ANNIVERSARY**  
and we're seeking any memorabilia  
you may have about the



(photos, news clippings, stories, etc.)


Please contact: **40th@belfast.coop**  
to let us know about your treasures, which we promise to  
take the utmost care of and return quickly.

*Thank you, in advance, for sharing*

Then from 6 -7:30 pm, we all get to sit back, relax and enjoy a full meal provided by the Co-op, free of charge, as a thank you to members for being just that- members of a productive cooperative, a vital mainstay of our local community. We also get to listen to Shades of Blue a bit more during dinner. Dinner options include meat lasagna, vegetarian lasagna, and vegan gluten-free enchiladas with salads and breads and other goodies. Of course, a selection of desserts will be on hand to finish off the meal.

So listen carefully...Here is all you need to do for this fun-filled evening. There are sign-up sheets in place at the front registers. We need a head count along with your meal preference so everyone has what they want for dinner. Reservations need to be made by March 8th! Remember, all members and their families are invited to attend, free of charge, free music, free food and drinks, except the alcohol which is by donation.

So don't wait! Mark your calendar! Sign up now or the next time you shop, select your entree choice and get ready to have a most pleasant evening with friends, family, acquaintances and other like-minded folks. You might meet someone new or, at the very least, enjoy what our co-op has to offer, which is great food and camaraderie. Enjoy the power of ownership, food and fun and come break bread with your fellow co-op members on Sunday, March 22nd, starting at 4 pm. And of course, we are Mainers, we're not fools - there is a snow date of March 29th.



**BELFAST CO-OP**

**2015 ANNUAL MEETING + MEMBER-OWNER**

***Dinner***

**SUNDAY MARCH 22**

*-at the-*

**WALDO COUNTY SHRINE CLUB**

SOCIAL HOUR 4:00-5:00 PM  
MEETING 5:00-6:00 PM  
MEMBER-OWNER DINNER 6:00-7:30 PM

## 4TH ANNUAL ORGANIC NATIVE PERENNIAL PLANT SALE



We are partnering with Rebel Hill Farm in Clinton, Maine to offer organic, field-grown native perennials. Catalogs available at our 3/23 native pollinator talk, then in-store and on our website: [www.belfast.coop](http://www.belfast.coop). Pre-order deadline: Monday 5/4; plant delivery Saturday 5/9, 9-11am pick-up at the Co-op, Pendleton Lane side lot.

## CO-OP CALENDAR

### MARCH

3/1-7 Member-Owner Super Sale Week

3/1 Belfast Community Supported Agriculture & Fisheries Fair Sun. 1-3pm, Belfast Free Library – Sponsored with MOFGA.

Round Up for Community recipients: Cornerspring Montessori School, Coastal Mountains Land Trust

Featured Artist: Lexicon of Sustainability photo collages, courtesy of Maine Farmland Trust

3/10 Unique Maine Farms presentation Tues. 6:30pm, Belfast Free Library –Sponsored with the Library.

3/21 Guided Store Tour Sat. 10am – meet at Co-op entrance.

3/22 Annual Meeting Sun. 4-7pm, Waldo County Shrine Club, Northport Ave (across from City Park)

3/23 Native Pollinator presentation Mon. 6:30pm, Belfast Free Library - with Alison Dibble

3/27 Love LOCAL Day Fri – 44 North (Deer Isle) 10% off all Maine-made products all day.

3/27 Musical Art Show Opening for Elsie Gawler Fri. 6:30-8pm, Café – refreshments served.

3/31 John Bagnulo presentation Tues. 6:30pm, Belfast Free Library - free presentation with nutritionist John Bagnulo MPH, PhD. Sponsored with Library

### APRIL

Round Up for Community recipients: H.O.M.E., The Game Loft

Featured Artist: Elsie Gawler

4/8 Grow Your Own Organic Garden workshop Tues. 6pm, Belfast Free Library - with C.J. Walke, of MOFGA.

4/14 Organic Orcharding workshop Tues. 6pm, Belfast Free Library - with C.J. Walke, of MOFGA. S

4/18 Guided Store Tour Sat. 10am - meet at Co-op entrance

4/19 Indigenous Solidarity: Decolonization, Herb Gardens, and Free Clinics presentation Sun. 6pm, Belfast Free Library

4/24 Love LOCAL Day Fri – Troy Howard Middle School Garden Project (Belfast) 10% off all Maine-made products all day.

4/24 Wine Tasting & Art Opening Fri 7-9pm, Café – 10% off during tasting; must be at least 21 to attend.

4/25 Principle Six Gathering Sat. Viles Arboretum, Augusta; [cooperativemaine.org](http://cooperativemaine.org)

4/28 Soils presentation Tues. 6pm, Belfast Free Library - with Mark Fulford of Teltane Farm & Lookfar Ag Service.