

# ROOTSTOCK

the official newsletter of the BELFAST CO-OP



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

## A Season of Change... @your COOP

BELFAST CO-OP BOARD OF DIRECTORS



The past few months have been a tumultuous yet exciting time for your co-op. After Chris Grigsby, one third of our General Management Team (GMT), accepted the director of operations position with Crown of Maine Organic Cooperative, the board began planning for interim management and an eventual transition to a single General Manager. At that point, the two remaining GMT members, Mylisa Vowles and Joe Jordan, were offered three month contracts with the option to extend or opt out with one month's notice from either side (board or GM).

The board created two committees to strategically plan for change: one to explore our interim management options (Interim Options Committee) and one to launch a search for the next long term General Manager for our co-op. In accordance with recognized co-op "best practices", the board and the GMT had been discussing the possibility of transitioning to a single general manager and how that would affect the co-op's organizational chart. Unfortunately, when the board was only in the early stages of crafting these strategies, Joe Jordan, another member of the GMT, left abruptly.

During all this unrest, we were very fortunate in two regards. One was that Mylisa Vowles, the remaining member of the GMT, did not jump ship and has been invaluable in keeping the Co-op on an even keel through these rough waters. We can't thank Mylisa enough; if you see her in the store please add your appreciation to ours. Thank you, Mylisa!

Our second piece of good luck was that the Interim Options Committee quite quickly found Brittany Baird, a cooperative management consultant from Pennsylvania with a great deal of relevant experience helping food co-ops during abrupt transitions, including navigating financial hardship. Finding Brittany at this point in our evolution was a tremendous boon for the co-op. Not only were we in the midst of restructuring our organizational chart to create a more efficient and welcoming workplace, we were at the peak of our busy season. The extreme weather over this past winter left us closed more often than is advisable for our financial bottom line and that coupled with the mounting changes in the competitive landscape left the co-op in somewhat of a financial hole. She has been instrumental in identifying key areas of inefficiency in our operation that have been holding us back, and with her at the helm we have made some significant improvements in how we meet our ends.

The most pressing task for the board at this moment is the search for our new General Manager. The application deadline was August 31st, and the search committee continues to meet weekly to review resumes, strategize with our co-op consultant, and conduct phone interviews. Once the initial phone interviews are completed, two to three of the best applicants will come to Belfast for in-person interviews and to interact with staff, the board, and our community. Notices of these events will be posted in the Co-op and online. Please send any questions or comments about the process to [GMsearch@belfast.coop](mailto:GMsearch@belfast.coop).

After the downsizing of the board of directors in the last election cycle, some concerns have been raised by board members about our ability to handle all of these changes, but the board has risen to the occasion and is proactively meeting these challenges. With strong interim management in place, a team of dedicated member-owners and worker-owners dedicated to finding our next general manager, and a clearer understanding of the direction that the Co-op needs to head in to survive and thrive, we feel confident that the future of the Co-op looks brighter than ever. Remember this is your co-op. The board of directors consists of folks doing their best to serve both you and the best interests of the co-op. We need your input as we continue to move forward to create a better, more inclusive Belfast Cooperative.

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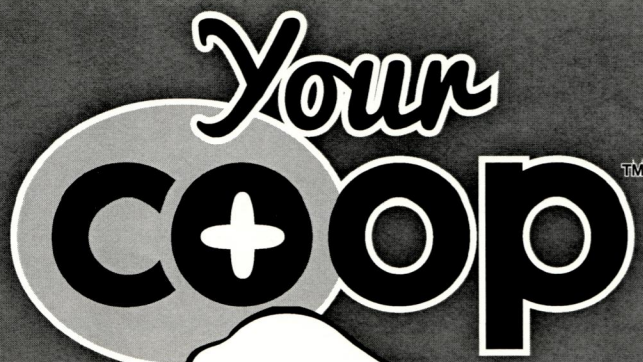
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123 HIGH STREET BELFAST, ME 207.338.2532 7:30AM-8:00PM



# WANTS YOU!

The Belfast Co-op is in the process of recruiting new Board Members, especially those willing and qualified to help guide the co-op toward a productive and sustainable future.

The Board of Directors serves a critical role in overseeing and guiding our success. Serving on the Board is the most responsible position that a Member-Owner can assume.

Election of board candidates will commence at the Belfast Co-op Annual Meeting next March. Interested Member-Owners should contact us at [boardelections@belfast.coop](mailto:boardelections@belfast.coop)

*Thank you for your cooperation!*



## GLOBAL ENDS STATEMENT

**The Belfast Co-op exists so that our member-owners and our community will have:**

A thriving, just, and sustainable local food economy

A source of healthy, affordable food

An efficiently managed, democratically governed cooperative retail store

A greater understanding of health, food systems, and economic & environmental sustainability

An invested, engaged, and empowered staff that thrive in a safe, respectful, inclusive, and equitable workplace.



*for the next*

BOARD OF DIRECTORS *meeting*

**September 24 & October 22**

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

### GENERAL MANAGEMENT

Brittany Baird

### BOARD OF DIRECTORS

Ron Braybrook, president  
Alessandra Martinelli, vice president  
Jerry Savitz, treasurer  
Phil Prince, secretary  
Bindy Pendleton  
Debbi Lasky  
Betsy Garrold  
Kip Penney  
Zafra Whitcomb  
Doug Johnson, staff rep.  
Judith O'Donovan, staff rep.

### BOARD COMMITTEES

Finance Committee  
[boardfinance@belfast.coop](mailto:boardfinance@belfast.coop)  
Membership Committee  
[boardmembership@belfast.coop](mailto:boardmembership@belfast.coop)  
Board Development Committee  
[boarddevelopment@belfast.coop](mailto:boarddevelopment@belfast.coop)  
Long Range Planning Committee  
[boardlongrange@belfast.coop](mailto:boardlongrange@belfast.coop)  
Elections and Nominations Committee  
[boardelections@belfast.coop](mailto:boardelections@belfast.coop)  
Annual Meeting Committee  
Ad hoc  
Public Interaction Committee  
Ad hoc  
Bylaws Committee  
Ad hoc



# a decade of service

reflections on my years with the Belfast Co-op

by Mylisa Kovles

Former Belfast Co-op General Manager



My journey with the Co-op began back in 2005, part-time initially, while I worked as a Registered Maine Guide in Stonington. I couldn't have asked for a better way to meet like-minded folks and become quickly and easily adopted into the community. A lot has happened in the last ten years and it's been a joy to work with so many wonderful people and be of service to such a great community. As my tenure draws to a close and I begin preparing for my next great adventure, I bid you all a fond farewell and look forward to being simply a loyal customer as I have always been since moving back to my home state and to Belfast in 2004. I have some parting words I'd like to share, with the goal of leaving you with some things to ponder.

In the May-June issue of Rootstock, Chris Grigsby, Crown O'Maine Organic Cooperative's new director of operations, raised the issue that the economic climate for food co-ops across the country is changing as we experience reduced growth in sales. He spoke of the success of food co-ops in influencing more and more people to choose healthier foods, giving preference to locally produced and organic. However, as demand for these products has grown, big box grocery chains are increasingly bringing in many of the same products consumers once needed to visit food co-ops and independent health food stores to purchase. This growth in demand is increasingly surpassing our distributors ability to reliably fill smaller food co-ops orders, resulting in empty shelf space and disappointed customers. As part of our membership with National Co+op Grocers, a nationwide business services cooperative for retail food co-ops, we are exploring means to become more competitive through our shared buying power.

As someone who very consciously chose to live in Belfast, of all the lovely coastal towns in Maine, because it is home to this co-op, I encourage you to consider increasing your commitment to do more of your purchasing here, at our community-owned co-op! For me, there is no question. I chose Belfast because of its food co-op, and when I need to purchase food, I go to the Belfast Co-op.

This co-op will always hold a special place in my heart along with all the wonderful people I have met and had the pleasure to work with. Yes, there have been struggles and sad turns of events throughout my ten years here, but I have high hopes for the sustainability and growth of this co-op. This is my food co-op of choice and while I am moving on to pursue new adventures, I will continue my commitment to support this invaluable business with my purchases and I urge you to join me, if you are not already. The Belfast Co-op is at the heart of this community, which needs to seriously consider what it would be like without it's co-op. I've heard the sad tales from those who have lost their community co-ops about how great that loss is and I don't wish that to ever happen here in Belfast. Like the investment we make in our health by choosing to eat more healthfully, we need to invest in this business which supports our community by serving as an outlet for local farmers and tradesmen to sell their wares and which provides and encourages healthy lifestyle choices for our community.

*Thank you all so very much for being a part of our community.  
I look forward to seeing you in the aisles!*



## Who was Howard Bowers?

Howard Bowers dedicated his life to the consumer cooperative movement. In his five-decade career, he worked for cooperatives throughout the Midwest, mentored hundreds of food co-op workers, and was in large part responsible for reviving the Consumer Cooperative Management Association, which he helped build into the organization for all consumer-owned food co-ops. He also served on the boards of the Cooperative Development Foundation and the National Cooperative Business Association.

We celebrate Howard Bowers Day October 29 in honor of him, and to support groups starting new food co-ops as they continue to spread the cooperative model.

Learn more at [www.cdf.coop/bowersfund](http://www.cdf.coop/bowersfund)



# In the INTERIM

*by Brittany Baird*

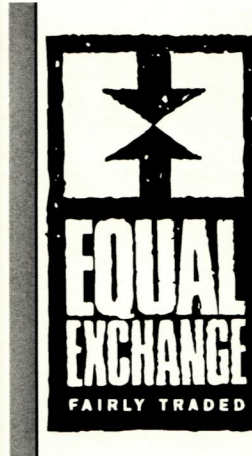
Belfast Co-op Interim General Manager

As I write this it has been nearly a month since I began as Interim General Manager at the Belfast Co-op. I'm a long way from my hometown of Philadelphia and I've been reveling in the clean ocean air and friendly folks here in Belfast. I still do a double-take every time traffic miraculously comes to a halt when I want to cross the street. I have been working with co-ops and natural foods stores for over ten years and part of my specialty is helping businesses who are undergoing significant changes. I was hired by the board to serve in an interim role during the transition from a three person general management team to a single general manager. When I heard that the Belfast Co-op could use some help, I was excited for the opportunity to offer my interim support services.

As the board is diligently searching for a permanent general manager, my job is to oversee the daily operations of the store and utilize my expertise to help implement some positive organizational changes. Cooperative management is my passion in part because I strongly believe in the importance of our food sovereignty and because I have seen the powerful ways that co-ops can serve our communities. Co-ops have a fascinating symbiotic relationship with the people they serve. One of the things I find most inspiring is how they act as an anchor for an entire community by creating jobs, supporting local producers, and serving as a neighborhood meeting place. Co-ops help keep communities alive—and when our member-owners make the conscious choice to shop here, instead of supporting large corporate stores, they in turn, help keep the co-op alive.

At nearly 40 years old, the Belfast Co-op is certainly a well-oiled machine, but that doesn't mean there isn't room for us to improve. I'm grateful to have such a dedicated, veteran staff, and the active support of our membership as we continue to grow and move forward into the future. Thank you for welcoming me to Belfast and please feel free to reach out to me with any questions, comments, or ideas.

*Brittany Baird,*  
Interim General Manager,  
[brittany@belfast.coop](mailto:brittany@belfast.coop)



*by Lynsey Miller*

Sales director at Equal Exchange

Growing coffee on far-flung mountain slopes in ways that respect the earth and build rural communities is quite an accomplishment, there are routine, significant challenges to overcome. Now there is a new threat that is hitting many communities hard all at once.

Coffee Leaf Rust, or roya in Spanish, is a fungus that starts with visible spots on the coffee tree's leaves. As it progresses, Rust renders the leaves unable to photosynthesize, essentially choking the plant. The fungus spreads from tree to tree, farm to farm, community to community. Its range has reached across continents. Its spread is fast and impact severe. Some farmer co-ops have seen production levels drop 80% in a span of 3 years.

The cause of this plague is due to a variety of factors, but likely one of the most significant is climate change, specifically an increase in temperature in higher altitudes where this fungus previously could not have thrived. This is an example of how unsustainable use of resources in industrialized countries contributes to climate changes that leave some of the most vulnerable communities to bear the biggest burden.

For some farmers, the solution to Rust is chemical. But the most effective fungicides are not organic and are unrealistic solutions for our farmer partners. For farmers committed to small-scale, organic production, the answers need to fit that model. Through their own field tests, farmers report that the best results come from bolstering soil health and replacing diseased trees.

Equal Exchange has responded in two ways. The first is to continue doing what we do: focusing not just on a product, but on the people and infrastructure that grow the product. We provide pre-harvest financing, support replanting projects and facilitate info-sharing between farmers. We have also dedicated \$150,000 this year to directly fund Coffee Leaf Rust projects that farmers are managing in Mexico, El Salvador, Peru, and Guatemala.

Equal Exchange products will be on sale in October and we hope to draw attention both to the serious challenge of Coffee Leaf Rust, and to the perseverance and leadership of small farmers in finding better solutions. With your help and your purchases, together we continue to fuel an alternative trade model that does more than just trade.

For more thoughts and analysis on this ongoing work, please visit our website and blog:

[www.equalexchange.coop](http://www.equalexchange.coop)  
[www.smallfarmersbigchange.coop](http://www.smallfarmersbigchange.coop)

# MY PILGRIMAGE TO THE ROCHDALE PIONEERS MUSEUM



A visit to the Rochdale Pioneers Museum is much like starting and operating a cooperative; you have to really want to do it. On the other hand it is worth the effort. Tucked up a side street of one of the United Kingdom's rust belt cities, the journey to the birthplace of the cooperative movement is a long rail and tram journey from anywhere.

The museum itself, however, is a little gem. Opened in 1931 and built around the actual storefront where the mill workers of Rochdale opened the first grocery and dry goods store, the small, three-story museum tells the tale of these brave souls. It was truly a pilgrimage for me to go and stand on the same stone floor where these bold, visionary people had taken a stand for their right to have access to good, wholesome food, and control the flow of their own capital.

The Rochdale Society of Equitable Pioneers (RSEP) or Cooperative Workers Society was founded by working class people who took their health, welfare and financial future into their own hands. After four months of pooling resources one to three pennies at a time from their 28 members, on December 21, 1844 they took their 28 pounds-sterling and purchased butter, sugar, flour, oatmeal, and a few candles. They had to travel out of town to buy their initial stock as no local grocer would sell to them. The Pioneers opened their storefront at 31 Toad Lane in Rochdale and soon sold out of the first lot of goods. Within three months their reputation for selling unadulterated goods at fair weight allowed them to expand their inventory to include tea and tobacco.

During the 1840s and 50s, the number of cooperatives expanded markedly reaching 1000 and by 1863 they merged to form the Cooperative Wholesale Society. Fast forward 100 years and The Cooperative Group was distributing private label brand merchandise to it's 3750 Cooperative stores across the nation. Their cooperative business endeavors include food, banking, pharmacy, travel, funeral care, legal services, insurance, electrical appliances, energy supply, and property management. I found a Co-operative Foods and often, nearby, a Cooperative Bank in just about every town I visited during my journey from the small farming village of Middleton-in-Teesdale to London, which is home to fifty Co-operative Foods; the UK's fifth biggest food retailer.

And all of this began when a small group of weavers in a northern industrial town became disgusted with the quality and price of the food that was available to them and promulgated the following principles:

**That capital should be of their own providing and bear a fixed rate of interest.**

**That only the purest provisions procurable should be supplied to members.**

**That full weight and measure should be given.**

**That market prices should be charged and no credit given nor asked.**

**That profits should be divided pro rata upon the amount of purchases made by each member.**

**That the principle of 'one member one vote' should obtain in government and the equality of the sexes in membership.**

**That the management should be in the hands of officers and committee elected periodically.**

**That a definite percentage of profits should be allotted to education.**

**That frequent statements and balance sheets should be presented to members.**

Over the years these original principles have been refined into the current seven cooperative principles of the International Cooperative Alliance. These principles, which provide the guidelines by which we operate our own co-op, represent a tradition of which we should all be proud.



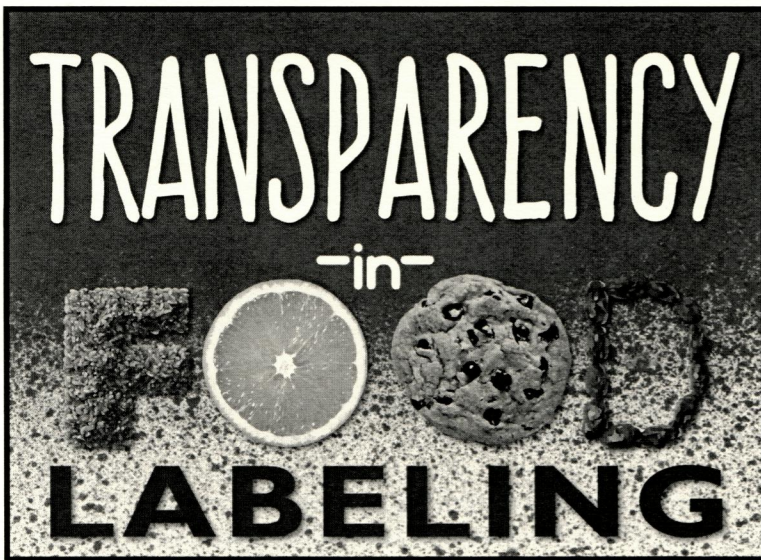
## CELEBRATE OCTOBEER 2

A NON-GMO MONTH BEER TASTING & ART OPENING

**FRIDAY OCTOBER 30 6-8pm**

you must be 21 or older to attend OctoBEER

# TRANSPARENCY -in- LABELING



by *Kate Snyder*

Director of Membership and Programs NEFU

You may have seen references to “COOL” in the news or in social media lately, perhaps alongside a photo of cellophane-wrapped meat at the grocery store. What exactly is COOL, and why should you care about it? Well, as with many agricultural policy issues, this one isn’t simple, but COOL does make a big difference to farmers and consumers alike. Recent movement toward voluntary labeling seems to be the way forward.

**Overview:** In 2002 and 2008, Congress passed mandatory Country-of-Origin Labeling (COOL), a popular labeling law that says muscle cuts of meat, and fruits and vegetables, must be labeled with the country’s name where they were produced. Mexico and Canada subsequently filed claims at the World Trade Organization (WTO) charging that COOL was causing a decrease in volume of their livestock exports to the U.S. The WTO has repeatedly taken issue with the way COOL has been implemented, and arbitration is currently underway. While National Farmers Union (NFU) remains steadfast in its support of COOL, Congress is likely to take action prior to the conclusion of arbitration. Responding to the threat of retaliatory tariffs, the U.S. House of Representatives recently voted to repeal COOL, and the issue is now before the Senate.

**Solution:** A bipartisan Senate compromise bill – known as the Voluntary COOL and Trade Enhancement Act and sponsored by Senators Stabenow, D-Michigan, and Hoeven, R-North Dakota – completely repeals mandatory COOL, thus putting to rest the complaint by Canada and Mexico, and puts in its place a voluntary labeling system that could allow consumers to know the origin of their food. The U.S. Trade Representative has noted that repealing the mandatory requirement and replacing it with a voluntary system has the “potential to constitute compliance with U.S. WTO obligations.” This is a win-win scenario for all parties involved because:

- **Canada and Mexico Win:** Canada and Mexico have made clear that a voluntary labeling system in the U.S. would be a working solution. During the 2012 WTO Appellate Body Report, Canada and Mexico both suggested voluntary labeling as a way to resolve the issue. “When its mandatory it creates that segregation and discriminatory price system,” said Canadian Minister of Agriculture Gerry Ritz in August of 2014. “If you do a voluntary label, which we do in Canada under product of Canada, you don’t have that trade sanctioned problem.”

- **U.S. Consumers Win:** The new voluntary system maintains integrity of the ‘Made in the USA’ brand and will prevent meat packers from deliberately deceiving consumers as they have in the past. A decade’s worth of polling shows unequivocal strong support among consumers for food labeling.

NFU President Roger Johnson points out that NFU has championed mandatory COOL for three decades, so this clearly wasn’t an easy pill to swallow. “But it is the only way to retain some semblance of clear and accurate food labeling that allows consumers to know where their food comes from, and it offers farmers and ranchers an avenue to allow that to happen.

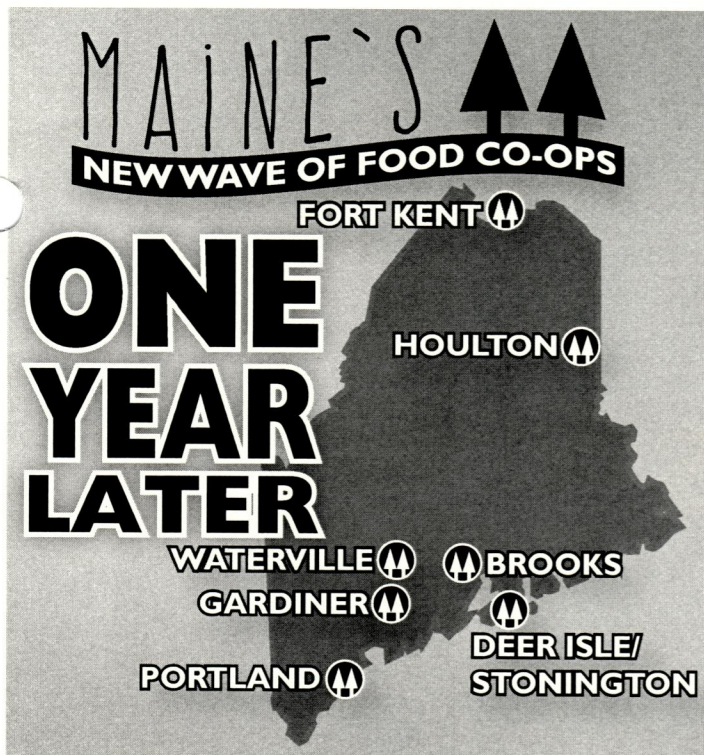
“For those who champion country-of-origin food labeling, this is the only game in town. The bill is the only politically viable means of preventing Congress from completely stripping away a clear national label for livestock born, raised, and slaughtered in the U.S.”

Johnson points out that COOL is one of the organization’s signature issues, having spent tens of thousands of dollars defending it in the courts and educating the public about the benefits of knowing where your food comes from.

“And it will remain one of our top priorities until the optional labeling law is finalized and these new labels are being used on meat products across the country.”

**Kate Snyder is Director of Membership and Programs for NEFU, a membership based organization committed to protect and enhance the economic well-being and quality of life of family farmers, foresters, nursery growers and consumers in all six New England states.**





*by Hannah Kreitzer*

Belfast Co-op Worker-owner

One year ago in Rootstock, we highlighted the growing wave of food co-ops in Maine. A lot can happen in a single circuit around the sun, of course, so what better time than National Cooperative Month to check in and see how our fellow co-ops have grown and changed?

Portland Food Co-op (PFC) had its grand opening in December of 2014. This marked the culmination of years of effort, progressing from a volunteer-run buying club to official incorporation as a cooperative business. Open twelve hours a day, seven days a week, PFC is a readily accessible grocery store that seeks to be a go-to source of natural, local and organic products for its home city. Though it is owned by members, PFC is open to anyone who wants to support this vision with their shopping list. In an email exchange, Mary Alice Scott, PFC's Education and Outreach Coordinator reports that: "...so far it's been great! We've been ahead of projections every week, and have grown from about 2100 Member-Owners at the time of opening to over 3300 Member-Owners now. We...already have partnerships with over 250 local farmers and producers (and adding more all the time!) People were so excited for us to open— there were about 15 people waiting for us to open the doors on our first day."

The Marsh River Cooperative celebrated its first anniversary on the 8th of August, marking a full year of bringing local food, crafts, livestock feed and community spirit to the citizens of Brooks. The Co-op has also hosted events, including a roundtable discussion forum for livestock drovers and teamsters, craft sales and workshops, and art gallery openings. Co-op member and volunteer Ed Hamel comments, "The Marsh River Co-op's focus is a 10 mile radius from the store. I see this as a large benefit for the community by reducing travel miles for healthy food, by circulating the money spent at the store back into the local area, and over time making the local communities more secure in food

production. My hope is for the co-op to become a center where local people have many opportunities for food, education, enterprise, entertainment, and all this with local control."

Barrels Community Market in Waterville incorporated as a cooperative food marketplace in July of 2013. As a market, Barrels aims to provide affordable, quality natural foods, locally sourced and seasonal when possible.

It also highlights community-supportive efforts, such as offering a welcoming space for volunteer-based and educational programs. Barrels closed temporarily for the month of August to refocus its vision as a store, and will reopen in September.

The Gardiner Food Co-op, which grew from the efforts of the Kennebec Local Food Initiative buying club, opened to the public in May 2015. It is one of the smaller co-ops in Maine, but membership has increased in the few months it's been in business, and staff and members are optimistic about the months ahead. Though the small size of the Co-op has impeded its ability to purchase comparable volumes of goods as other stores (therefore affecting pricing and variety), community feedback continues to affirm the long-term viability of the Co-op vision. With the help of seasonal interns and a \$25,000 grant from the State Farm Neighborhood Assist Program, education and outreach efforts are increasingly in development. A federally funded Community Development Block Grant and lots of volunteer energy will support continued growth. The Co-op is open seven days a week, offering goods from almost 40 local vendors along with general grocery products, and freshly made food and drink in their cafe.

Moving north, we have the Market Street Co-op in Fort Kent. Springing from the truly grassroots efforts of the Black Bear Buying Club, the Co-op incorporated at the beginning of 2014 and opened its doors just months later with about a hundred member-owners. The Co-op, which shares space in a renovated historic building with a fiber studio and barber shop, maintains the Horseshoe Cafe and aims to grow "a stable market for local farmers and artisans from Maine." This member-owned and operated store has a truly historic setting, upholding the tradition of distributing food from a building that provisioned folks during the St. John Valley's log driving heyday.

Coming back to the coast, The Island Employee Cooperative (IEC) in Stonington is an interesting alternative model. Rather than a single retail outlet, it synthesizes four previously separate stores. When the owner of those businesses wished to sell and failed to find a suitable buyer, employees stepped forward to cooperatively own and run the stores. It was a big leap of faith for the worker-owners, but thus far their innovation seems to be paying off— with a staff of 60, IEC has become the largest worker co-op in the state of Maine. Transitioning from a conventional retail setting to a cooperative is an unconventional approach, but some predict that it could be a sensible strategy for Maine businesses. Our state maintains one of the oldest populations in the nation, and the future of many longtime businesses is uncertain. As IEC produce manager Jo Larrabee explained, "Turning these businesses into a worker cooperative means these jobs and a chance to own a piece of these businesses will be here for the next generation, long after I'm gone." Rob Brown, director of the Business Ownership Solutions program of the Cooperative Development Institute, and one of the cooperative development specialists who executed the IEC conversion, agrees, saying: "Conversion to cooperative ownership is a practical, successful model for Maine's small business owners who want to retire. It keeps the jobs and profits locally rooted and gives the workers an opportunity to build wealth through ownership."

It's precisely that sort of ownership that makes cooperative businesses a strong artery of the Maine economy. Though co-ops often face similar challenges to other retail outlets, they have the resilience of an invested clientele whose vision and values are reflected in what fills the shelves. With the dedicated effort of member-owners, cooperatives may help sustain our state for generations to come. For more information on the co-ops mentioned in this article, visit their websites and social media pages. Or better yet, swing by in person to see cooperative enterprise in action. We at the Belfast Co-op wish them well in the years ahead.

MORE WAYS TO SAVE  
-with-

**co+op**<sup>TM</sup>  
**basics**

Looking to stretch  
your grocery budget?

So are we!  
That's why we're  
pleased to introduce  
Co+op Basics

Co+op Basics offers everyday low prices on many popular grocery and household items. From milk to beef to cereal, you'll find both new value-priced brands as well as new low prices on some old favorites.

Don't worry, we aren't paying our farmers or workers any less. We're simply committed to improving our selection so that everyone can find more value when shopping the co-op.

**STARTING IN OCTOBER, YOU'LL FIND MORE THAN  
100 **co+op**<sup>TM</sup> basics ITEMS IN THE STORE.**

Don't forget to take advantage of these other great ways to save when shopping the co-op:

*Co+op Deals our biweekly flyer focused on packaged grocery*

*Member+ ownership has its perks; look for our member biweekly flyer*

*Bulk save when buying just what you need; buy a pinch or a pound*

*Quarterly Super Sale Week September 1-7th, Where all members receive 10% off one transaction*

*Love Local Day Where all local products are 10% off. September 25th, October 30th*

CO-OP CALENDAR

## SEPTEMBER

9/1-9/7 Member-Owner Super Sale Week!

Round Up for Community: Belfast Bay Watershed Coalition, Belfast Poetry Festival Featured Artist: Kim Jacobs

9/3 Fermentation Fundamentals with Chef Frank Giglio Thurs. 6-8pm, Belfast Free Library – free presentation about adding fermented foods to your diet.

9/8 Wild Mushrooms; Foraging for Maine's best Functional Food with Greg Marley Tues. 6:30-8pm, Belfast Free Library - free presentation including an introduction to the best edible and medicinal mushrooms in the fall woods of Maine. Co-sponsored with Library.

9/25 Wine Tasting & Art Opening Fri. 7-8pm, Café – Featured wines 10% off during tasting.

9/25 Love LOCAL Day Fri. – featuring Suecakes 10% off all Maine-made products all day.

## OCTOBER

Round Up for Community: Belfast Garden Club, Waldo County TRIAD Featured Artist: Hope Hoffman

10/6 Veggies for All presentation Tues. 6:30-8pm, Belfast Free Library - free presentation with Sara Trunzo, director of Veggies for All, Nurtured by Unity College and several local organizations, Veggies for All is now a part of Maine Farmland Trust. Co-sponsored with Library.

10/20 In Search of the Oldest Apples in Maine Tues. 6:30-8pm, Belfast Free Library- free presentation with apple expert and "fruit explorer" John Bunker, who will give a free presentation about the history of apples in Maine, his adventures tracking down, identifying and preserving rare historic varieties, renaissance of the hard cider industry, an update on the Maine Heritage Orchard in Unity, which he founded. Co-sponsored with Library.

10/30 Peak Beer Tasting & Art Opening Fri. 6-8pm, Café – free sampling of Peak Organic beers & art show opening for Eric Leppanen. Peak beers 10% off all day.

10/30 Love LOCAL Day Fri. – lunch special highlighting local ingredients, 10% off all Maine-made products all day.

**For more information about Co-op events, visit our online calendar at: [www.belfast.coop](http://www.belfast.coop)**