



**FREE!**

# The Beet

The Putney Food Co-op • PO Box 730 Putney, VT 05346 • 802-387-5866 January 2012

## The Putney Co-op Celebrates 70 Years of Service to the Community of Putney, Vermont

Each year, I present a report to our Board of Directors that shows how we have met our Ends Statement:

Because of all that we do, Putney will have an inspiring and sustainable community marketplace benefiting members and stakeholders.

1. New check outs were the most visible improvement made this past year, but there were many others from kitchen equipment to building improvements, for a total of \$68,000.
2. NFCA, our regional Co-op Association, incorporated, and our first big project, frozen fruit and vegetables are now available. I have been on the Board of the NFCA since its beginnings and I am so proud to have been part of this project.
3. Putney Food Co-op is an active supporter of the work of Transition Town Putney. Staff from the Co-op participates in planning and hosting meetings, presentations and projects.
4. Financial goals for FY 2011 were met, with net profit exceeding the budget by 30%.
5. Putney Food Co-op purchased almost \$700,000 worth of goods from local suppliers, proving that we really can make a difference to our local economy!
6. Patronage Dividends in the amount of \$5500 from FY 2010 were returned to members.
7. We joined a cooperative grocery supplier, Associated Grocers of New England, in order to secure better selection and pricing for our customers.
8. Putney Co-op Education and Outreach Coordinator, Kristina Israel, teaches healthy cooking classes available to kids in the Oasis After School Program and as part of the Putney Central School curriculum. She also worked with a team of kids from their middle school who competed in the Vermont Jr. Iron Chef Contest in March. We plan to support this event every year.
9. As a member of the Putney Farmers' Market Board, I am proud that the 23 week season running from May 8th to Oct. 9th was successful, bringing in \$52,000 to local producers. The Putney Co-op supports the Farmers' Market.

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Emily McAdoo and Cara Trezise at the Annual Meeting check in

PHOTOGRAPHS BY CO-OP EMPLOYEES KRISTINA ISRAEL AND LUCY LOVERING  
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## Grafton Cheesemaker Dane Huebner to visit Co-op in February

The newest member of the Grafton Village Cheese family made a real splash in the cheesemaking world back in Wisconsin and, more recently, Georgia, winning awards for his cheeses that combine daring flavor combinations (Aztec chili and chocolate cheese, anyone?). So it's no surprise that Dane Huebner would arrive on the scene at the 2011 World Cheese Awards and walk away with five medals for Grafton.

Or is it? According to an interview he did with *Culture* magazine back in the summer, "Even winning anything at that event is amazing. To win five? It's mind-blowing."

Since he took the job as Grafton's Master Cheesemaker back in June of 2010, Dane has introduced five new cheeses to the cave-aged line, each distinctively flavored

and most of them using raw sheep's milk—something until now unheard of at the famous cheddar-maker's plant. The co-op currently stocks three of these in our cheese case: the Vermont Bismark and Truffled Bismark are named after a famous ram from the 19th century. The truffled version is stealing the hearts of gourmards everywhere, and it only gets better with age. Vermont Leyden is a raw cow's milk laced with cumin seeds—perfect melted on a homemade Reuben sandwich!

Dane's expert hand is in evidence with each of these new gems, which is why we're so excited to have him come for an in-store tasting in February. As of this printing, we have yet to decide the date. So keep an eye on our blog, facebook



page, and the Google calendar on our website, [www.putneyfood.coop](http://www.putneyfood.coop). We'll also announce the tasting with flyers in the store. It'll be a special event that none of you cheese lovers will want to miss! ■

## NOFA-VT 30th Annual Winter Conference, February 10–12 at UVM Burlington

For many of us here at the Co-op, the NOFA (Northeast Organic Farming Association) winter conference is one event that we look more and more forward to each year. Not only is it a great excuse to travel to Burlington for a weekend of great food and companionship; it's a learning opportunity that keeps us talking and planning and dreaming long after the ride home is over.

Whether you are a farmer, gardener, homesteader, food activist, policy sleuth, chef, or are just interested to hang out with folks like that, you will fit right in. This year over 1,500 participants will gather at the Davis Center on the UVM campus for what is sure to be the best yet in NOFA's long line of great events.

With 70 workshops sporting titles like, "Farming in a Changing Climate," "Community Gardening 101," and "Growing Local Food Sovereignty," you're likely to have trouble choosing



Wendy Jones is Sunday's Keynote Speaker at the 2012 NOFA-VT Winter Conference

just one out of each session. UVM Extension's Vern Grubinger will present the keynote on Saturday, and Wendy Jones, meditation teacher and author of *Gardening at the Dragon's Gate*, is Sunday's keynote speaker. You can register online, and view detailed workshop descriptions, at [www.nofavt.org/winter-conference](http://www.nofavt.org/winter-conference). ■

## Membership

We closed out 2011 with 1023 members; 130 new members in the calendar year. It's a wonderful testament to how many people are still discovering the importance of the Putney Food Co-op in their lives. A lot of great things happened in 2011 and the Co-op was fully a part of them: the first full year of the Farmer's Market, our segment of the International Year of Co-operatives film series was filmed in July, our 70th Anniversary celebration on September 30th & October 1st, the grand re-opening of the General Store; through the years the Co-op has been there and continues to improve our lives. Let's welcome a new year and all our new members:

Steven Calcagni

Lauren Clarke

Tara Gordon

Eugene Hill-Ferrara

Anne Hunter

Kathleen Huxley

Kathy Leo

Yesenia Major

Jessica Malone

Larry Middleton

Bonnie Northup

Elizabeth Spicer



## NCGA Kicks off UN “International Year of Cooperatives” with Virtual Video Premiere

With the U.N. declaring 2012 the “International Year of Cooperatives,” the National Cooperative Grocers Association (NCGA) will officially kick off its year of celebrations with a “virtual” premiere of an online video series hosted by Kevin Gillespie, co-owner and executive chef at the Woodfire Grill Restaurant in Atlanta and sixth season finalist of the Bravo TV series, “Top Chef.” In the series, Gillespie journeys through farm fields and grocery aisles showing the unique role food co-ops have in building local food systems and their impact in their communities.

The series will premiere on Saturday, Jan. 21, 2012, at 8 p.m. EST at [www.StrongerTogether.coop/premiere](http://www.StrongerTogether.coop/premiere) with the three first episodes in the 13-part series.

Following the premiere, new videos in the series will be released every two weeks beginning February 6th at [www.StrongerTogether.coop](http://www.StrongerTogether.coop), with all videos remaining on the site through the end of the year. The Putney Co-op’s video titled “Three Generations of Cooperation” will premiere on February 6th.

### About the International Year of Cooperatives

On Dec. 18, 2009, the United Nations General Assembly proclaimed 2012 the International Year of Cooperatives. Titled, “Cooperatives in Social Development,” the resolution recognizes the diversity of the cooperative movement around the world, and the economic and social contributions cooperatives make.



For cooperatives everywhere, the International Year of Cooperatives is an opportunity to increase consumer awareness about the abundance of co-ops around them, what co-ops are, how they work, and why they matter to our local and global communities.

The International Year of Cooperatives also aims to bring the many benefits co-ops offer to more communities across the world by securing legislation that fosters the formation, growth and stability of cooperatives. Find more information at [www.2012.coop](http://www.2012.coop).

—[www.NCGA.coop](http://www.NCGA.coop)

## What is Raw Chocolate?

When you think of health foods, I’m sure chocolate doesn’t make your list. Over the years, chocolate has gotten a reputation for making you fat, giving you acne, and being an all-around junk food. In reality, it is not the chocolate itself that is bad for you, but the things added to it: dairy and loads of refined sugar.

In its natural form, chocolate has many healthy benefits. Chocolate comes from the cacao bean, the dried and fermented seed of the *Theobroma Cacao*. When roasted and mixed with additives (dairy and sugar), you get the common chocolate bar.



But, when left unroasted, the cacao beans are packed with vitamins: Iron, Omega-6, Chromium, Magnesium, and Vitamin C are among the most highly concentrated. Cacao also has high levels of antioxidants; nutrients that may help protect your cells from free radicals. Another added benefit to raw chocolate: Phenylethylamines, the chemical that makes your brain feel “in love.”

Unfortunately, these benefits are almost non-existent in the common chocolate bars. The cooking process kills many of the nutrients because of the high temperature. Once the sugar and dairy are added, the chocolate goes from being a health food, to being nothing more than a sugary treat.

You may be asking yourself, “Where can I get my hands on some raw chocolate?” Raw cacao nibs are an excellent choice, but are very bitter (cacao is naturally unsweetened). If you’d prefer a sweeter treat with all the benefits I’ve discussed, then I recommend a raw chocolate bar. We sell two different brands of raw

chocolate bars at the Co-op; Shakti and Liberty.

The Shakti Chocolate comes from North Carolina. It is free of all animal products, and is sweetened with coconut palm sugar, a low-glycemic sweetener. They pride themselves on supporting equitable-trade by purchasing their cacao beans directly from small-scale farmers, and sustainably using wild-harvest herbs. For more information, please check out their website: [rawshaktichocolate.com](http://rawshaktichocolate.com)

Liberty Chocolate is a local raw chocolate from Northfield, Vermont. They are sweetened with local raw honey instead of refined sugars. Their cacao beans are sun-dried to help release more of the nutrients. For more information, please visit their website: [libertychocolates.com](http://libertychocolates.com)

So the next time you find yourself craving a chocolate treat, reach for a raw bar instead, and reap the benefits of raw cacao.  
—Assistant Grocery Manager Kim Lefebvre

## CAVE TO CO-OP CHEESE FOR JANUARY

## Reading

### Raw Cow Milk Cheese

Spring Brook Farm, Reading, Vermont

In May of 2010, with help and expertise from a French cheese making consultant, Spring Brook Farm produced its first make of Reading. Utilizing the same copper vats and cheese making equipment used for their award winning Tarentaise, Reading is a semi-soft cheese ideally suited for melting over vegetables, breads or meats, yet it can stand alone on any cheese plate. It offers a creamy, nutty flavor that is again unique to this cheese coming from cows grazing in Vermont pastures. Reading is aged at least three months and given the same loving and patient care and nurturing the cheesemakers show towards their Tarentaise.

#### Farms for City Kids Foundation

Tarentaise and Reading are made at the same farm that houses the Farms for City Kids Foundation. This non-profit has been in operation since 1994, bringing groups of children to the farm for a week at a time to experience a farm based curriculum. Besides learning to



take care of farm animals and helping with making maple syrup (in season), the educational mission also includes helping with the aging of cheeses. The cheese house is designed to allow students and visitors to view the cheese making process through windows over the make room and offers a venue for students to study economics, chemistry, microbiology, food preservation, health and nutrition. All funds from the sale of Spring Brook Farm cheese go to support the Farms for City Kids Foundation.

“We are extremely proud of our Vermont made cheeses, the award winning Tarentaise and Reading, but we are even more proud of the work we do at Spring Brook Farm with the city kids. Their enthusiasm and sense of pride for everything they help with on the farm is priceless!”

*Karli Hagedorn,  
Chair of the Board of Directors,  
Farms for City Kids Foundation*



## Simple French Onion Soup with Reading

serves 4

#### Ingredients:

5 large sweet onions  
3 tablespoons of unsalted butter  
1 cup of white wine  
1 cup chicken broth  
1 cup beef broth

1 cup fresh apple cider  
1 bay leaf  
1 sprig of fresh thyme  
optional splash of cognac  
4 to 8 toasted bread rounds  
1 cup grated Reading cheese



#### Directions:

Peel and trim the onions, slice in half and then into half rounds. Melt the butter in a medium skillet over medium heat and sauté the onions without stirring for 15 minutes. Then stir occasionally until the onions are caramelized and reduced. This will take at least 45 minutes. Add the wine, turn the heat to high and cook until the liquid has reduced to a thick syrup. Add the herbs, the broths and cider. Reduce the heat and simmer for 15 to 20 minutes. Pre-heat the broiler. Season the soup with a few drops of cognac, salt and pepper. Ladle into 4-oven proof bowls, top with bread rounds and the grated cheese. Broil until bubbly and golden, watching carefully, about 2 minutes. Serve.



## Putney Farmers' Market 2011 Wrap-up



With our first full season under our belts and the winter holidays behind us, the board of the Putney Farmers' Market has added two new members to its ranks with a winter's worth of planning ahead. We're happy to welcome Marisa Miller of Lost Barn Farm and Chance McNiff of High Meadows Farm to our board. It feels like a real accomplishment to have the contributions of two young farmers to the market, and we look forward to the perspective they will doubtlessly offer. Thanks to all of you who came to shop at the market this year, and to the Darrow family at Green Mountain Orchards for hosting the Winter Farmers' Market again this year. We look forward to seeing you again in 2012!

It's not news at this point that the changing climate beset our farmers with real challenges and substantial crop loss in 2011. It's my prediction that 2012 will prove a crucial year for the financial feasibility of farming for several of our vendors at the market. This means that, if you are concerned with building regional food sovereignty here in Southern Vermont, supporting farmers

in the direct retail market is more important than ever. Buying directly from farmers not only cuts the middle-man out of their profit equation; it shows them the support of their community on a weekly basis that they don't get out in the fields. And by shopping the Putney Farmers' Market, you help us to provide a direct marketing outlet for farmers that live right here in our corner of Windham County. That means that we've given them the option to stay closer to home on Sundays, rather than travel further afield to sell at market.

Buying directly from farmers  
not only cuts the middle-man  
out of their profit equation;  
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community on a weekly basis that  
they don't get out in the fields.

Thanks to those of you who participated in the farmers' market survey conducted

by Transition Putney Intern, Sombat Moontha. Not only did your input contribute to our understanding of the market from the community's perspective; you also helped Sombat compile research for his Capstone project at SIT. He will present his findings to our board of directors at our next meeting on January 19th, and we are excited to use the information provided to improve operations at the market.

We hope to complete many capital improvements before we reopen in the spring, including permanent signage at our summer location and a more structured parking situation. You can always stay in touch with the farmers' market via our facebook page, or by visiting our website, [putneyfarmersmarket.org](http://putneyfarmersmarket.org). The application period for 2012 vendors will begin in March. If you're interested in becoming a vendor, you can always e-mail me with questions, [pcoopmarketing@gmail.com](mailto:pcoopmarketing@gmail.com).

—Kristina Israel,  
Market Manager

## A Day In The Deli

Though it may seem like the day begins when the doors open at 7:30 am (or 8:00 am, if you're coming on a Sunday), for the people who open the Co-op the day starts a bit earlier. The doors open at 7:00 am, and everyone stumbles in, still sleepy and most clutching cups of coffee like they were lifelines. Some start to stock, some open produce, and there's always someone there to open the registers. But an important group head over to the deli, to start preparing for the day ahead.

My mom, Joan, is one of the openers. She starts making coffees, trying to get as many of our 8 kinds of coffee ready before the doors open. While she is doing that, Dona is normally opening the sandwich case, stocking, and making sure that everything is ready. In the kitchen Sarah, Kyla, or Bryan are starting to warm up soups, prep for lunch, and make the delicious breakfast wraps that so many people have come to expect each morning. At the same time, the delicious pastries are being baked off, so many that there will soon be no room on the counter.

By the time the doors open there is so much food waiting for everyone. Bagels, croissants, danishes, breakfast wraps, cinnamon buns, muffins, turnovers, scones, vegan, gluten free...everything that you could imagine. Soon there are tons of yellow slips hanging and mom, Dona or Sarah are working to fill everyone's order. I love coming in for breakfast, because there are so many things that you can order, and most people can find exactly what they are looking for.

After the breakfast rush is over, there is usually a little bit of a breather before the lunch rush starts. But that doesn't mean that there is any less work to be done. The cooks are busy making the hot bar lunch, as well as all of the salads that we sell in our deli case. Out front tomatoes are being sliced, grab'n'go's are being made, and coffees are being replenished. There is never really a spare moment, always something that needs to be done before the next rush.

The lunch rush is really the big rush of the day. It can get really crazy, with tons of slips hanging, people wanting to order, have their food weighed, or have drinks made. This tends to be where my shift starts, so I slip on an apron and jump into the fray. Everyone has their own part in the routine, with one person taking orders, one person making the sandwich middles, and another person putting them all together. It doesn't seem like it would work, but it does. While it is really busy like this, it might seem like things are being ignored, or overlooked, but I can promise you that they're not. Everyone is working as fast as they can to give the best product that they can.

After the lunch rush is over, there's time for everyone to take a breath. This is the time that the stocking gets done, the coffees get topped off, and everything gets wiped down and restocked. People start to break away from the board and go work on their own projects, so where an hour ago you might have found four people, now you will find one or two. Now that most of the stress is out of the way, this is when people start to relax. Paige is in the kitchen baking all of her delicious goodies for the next day, the



music gets a little louder (though hopefully not too loud), someone starts grinding coffee, and after a while there is a subtle shift in the general mood. We are no longer preparing for the day and the rush ahead, but rather starting to close, to prepare things for the openers tomorrow. It starts with the hot bar coming in, then the salad bar, then the coffees. We go from having eight kinds of coffee to four, and finally the soups come in. At 7:00 pm we close up for the night and concentrate on cleaning, stocking and sweeping. Normally the lights are off by 8:00 pm, the deli put to bed until tomorrow brings the hustle and bustle of a new day.

— *Deli Worker and Cashier*  
Amanda Lefevre-Bort



Cara Trezise, Amanda Lefevre-Bort, Gillian Love-Mitchell and Shad Payne-Meyer horse around on Thanksgiving Eve

## Eat Your Greens, or Your Gut Gets It

While Big Food rams its Tater Tots and frozen pizza school lunch agenda through Congress, we're learning more about the effects of diets high in starchy foods and low in green vegetables. And it's not pretty.

A recent Harvard study finds that heavy consumption of potatoes—even in nonfried forms—leads to unhealthy weight gain.

Now, from UK scientists, comes a study suggesting that green vegetables may have even more dietary importance than we previously thought. The researchers subjected mice to a diet stripped of vegetables and found that after just three weeks, the mice lost 70 to 80 percent of a kind of white blood cell called intraepithelial lymphocytes, which, the press release states, “play a critical role in monitoring the large number of microorganisms present in the intestine, keeping infections at bay and maintaining a healthy gut.”

The researchers posit that a substance known as indole-3-carbinol, prominent in leafy greens, is responsible for maintaining these white blood cells. Take it out of the diet, apparently, and the cells die.



One of the researchers, Marc Veldhoen, remarked that, “since the new diet contained all other known essential ingredients such as minerals and vitamins,” the results surprised him.

But I'm not surprised at all. Foodstuffs are complex; they are not the sum of their vitamins and minerals, calories and fiber, fat and protein, or any other isolated substance currently being fetishized or demonized by the food industry. As this study shows, you can't calculate the level of vitamins and minerals found in leafy greens, synthesize them, combine them in a vitamin pill, and then happily dispense with leafy greens. Whole foods interact with our bodies in ways we are only beginning to understand.

I predict someone will be inspired by this study to isolate indole-3-carbinol, synthesize it for a mass-produced pill, and market it as an immune-enhancing wonder supplement. If it happens, I'm willing to bet that researchers will find that indole-3-carbinol supplements don't do the work of leafy greens, either. Recall that when scientists discovered the benefits of antioxidants found in fruits and vegetables, the supplement industry rushed out with all manner of antioxidant potions—which proved to be worthless. It turns out that isolated beta-carotene added to a pill or a can of soda doesn't offer the same benefits as beta-carotene in the context of a carrot. Unfortunately, a recent Centers for Disease Control and Prevention study found that more than two-thirds of US adults fail to meet the recommended daily intake of at least five fruits and vegetables per day.

“Eat real veggies” is something we could be teaching kids in school cafeterias. Instead, we're going to keep teaching them to scarf down stuff like “potato smiles.”

—Food blogger Tom Philpott for Mother Jones magazine

## That Honey in Your Bear Might Not Be Honey

If you've been feeding your kids spoonfuls of honey for their coughs this fall, you might want to think again about where that honey comes from. Food Safety News, a site set up by food safety lawyer Bill Marler, reports today that lab tests show that most honey sold on supermarket and drug store shelves today isn't really honey, according to safety requirements set by the Food and Drug Administration.

That's because it's been so ultra-filtered that it's largely pollen-free. Pollen is a key ingredient in real honey, and thought by some people to have medicinal and allergy-fighting properties.

But according to Food Safety News, you won't find much pollen in American

store-bought honey. Their tests found that:

- 76 percent of samples bought at groceries had all the pollen removed. These were stores like TOP Food, Safeway, Giant Eagle, QFC, Kroger, Metro Market, Harris Teeter, A&P, Stop & Shop and King Soopers.
- 100 percent of the honey sampled from drugstores like Walgreens, Rite-Aid and CVS Pharmacy had no pollen.
- 77 percent of the honey sampled from big box stores like Costco, Sam's Club, Walmart, Target and H-E-B had the pollen filtered out.
- 100 percent of the honey packaged in the small individual service portions from Smucker, McDonald's and KFC had the pollen removed.

According to FSN, most US distributors are selling pollen-free honey because it's likely coming from China, a country that's gotten into trouble for dumping large quantities of antibiotic-laden, dirt-cheap honey onto the US market and putting American bee keepers out of business. In 2001, the US slapped tariffs on Chinese honey to prevent it from flooding the market. To get around the tariffs, China is reportedly laundering its honey through other countries. Ultra-filtering the pollen ensures the honey that ends up in the US can't be traced back to its country of origin.

If you're looking for real honey, the Putney Food Co-op suggests buying honey at local co-op's or farmer's markets, where the honey has plenty of pollen.

—Stephanie Mancimer

## Annual Meeting Report

We celebrated our 70th Annual Meeting on November 18th at the Putney Community Center. Our board of Directors led an evening of sharing results from the past year and gathering input from our members to inform our decision making as we move into 2012. We had about 60 members plus guests in attendance.

Michael Wells, Board President, opened the evening with a welcome address, speaking with pride about the accomplishments the Co-op has made. From financial stability to community participation and our active involvement with regional and national cooperative associations, we have a lot to be proud of! Michael mentioned the fact that 2012 has been declared by the U.N. as "The International Year of the Cooperative" and pointed out that the cooperative model is a viable one for strengthening and developing local economies. The Putney Food Co-op has been included in a film about food co-ops that will be released on February 6th. Our segment is titled: "Putney Food Co-op, Three Generations of Cooperation". Michael also encouraged members to consider becoming involved by joining the Board of Directors. Board meetings are held the 3rd Thursday of the month at 6:00 pm and are held at the Putney Central School Library. Meetings are open, and attending is a great way to become familiar with our workings.

The annual awards were presented for cooperative excellence in our community. Putney Central School 8th Grader,

Carley Wainwright, was awarded the Clarence Falk Award for academic and community achievement and Next Stage Performing Arts Center was awarded the Carol and Lawrie Brown Award in celebration of service to the community. Both received gift certificates from the Co-op and a framed document.

### Board Elections

Michael Wells and Pip Bannister ran for re-election for 1-year positions. Kirsten Jeppesen ran for election for a 3 year position. Board Vice-President Angela Battisto presented the nominees and they were all unanimously elected by a show of hands. Angela informed members of the board's commitment to expand within the next few months—any member interested should contact Angela or any other board member.

A lovely dinner was served by the Co-op staff and enjoyed by all. Most of the ingredients for the meal were locally produced. During the meal, members were encouraged to post ideas onto themed sheets that were hung on the walls. These themes reflected areas the Co-op could focus its resources on over the next year in terms of community involvement, local economic resilience, food security, etc. The information gathered will help to inform the Board of Directors decisions in the future.

### Reports

**Financial & Membership:** During the 2010–2011 fiscal year, sales went from \$3,410,000 to \$3,687,000, reflecting an increase of 6.8%.

- Net income exceeded the Annual Business Plan by \$15K
- Long term debt is going down and all loans will be paid off in 2014
- Reinvested 68K back into the Co-op
- 153 new members bringing the total up to 1015 people and increasing our member equity to \$11,544

### Round-Up Decision

Angela Battisto and Pip Bannister led the discussion on Round-Up. The total Round-Up money to be dispersed was \$784.78. Eva Mondon suggested all or most of the money go to Putney Cares. Meredith Wade thanked the membership for past support of the Putney Central School's Healthy Snack Program and asked for continued support. By a show of hands the membership voted for the total amount to be split between Putney Cares (2/3) and Healthy Snacks (1/3). In addition, during the last year \$540 was raised directly for Hurricane Irene aftermath and \$398 for barn roof collapse in heavy snowfall last winter. Donated Patronage Dividends yielded \$203.78 toward Roundup Funds, \$17.31 for the Community Center, \$42.15 for Putney Family Services and \$37.55 for Healthy Snacks.

Other monies were raised over the year for specific causes, affirming once again how much this community cares about each other!

*General Manager Robyn O'Brien*



## Your 2011 Patronage Refund

In 2009 the Putney Co-op changed its bylaws to move from a discount at the registers to a patronage rebate system. The Co-op's decision to return to a patronage dividend system was one of the most important steps it ever took to strengthen its business position. As owners, we need to acknowledge the importance of building the Co-op's equity. This enables us to make improvements to the store, plan for the future and ultimately contribute more to the community at large when we are financially strong.

- The Putney Co-op had sales of \$3,687,483.00 for the fiscal year
- Our net income was \$50,105.00
- Our net income from member sales was \$17,642.00 or 35%, up from 31% last year
- Our net income from non-member sales was \$32,429.00 or 65%
- Of that income we paid taxes of \$5,596.00 for retained earnings of \$26,833.00
- The Putney Co-op distributed 20% of the net income from member sales or 3,535.00 in Patronage Dividends back to its members
- The Putney Co-op retained 80% of the net income from member sales or \$14,141.00
- The Putney Co-op re-invested \$67,836.00 of equity capital back into the Co-op.

As shareholders, it is extremely important that we cash our patronage dividend vouchers. All un-cashed patronage dividends must be, by law, added back into taxable profits, which will increase the co-op's tax liability next year. It is also important as members that you keep the Co-op updated with your current address; this is so we can send you our newsletter and any information regarding your dividend. Whether you cash your voucher at the co-op, spend it on groceries, return it to the co-op for increased equity or sign it over to the Round-Up fund, please spend it as soon as you can. ■

### *Manager's Report continued from page 1*

Market completely, and recognizes how the Market complements the Co-op.

10. The Co-op sponsored May Day Celebrations were a lot of fun, with events like Community Yoga and a Paneurhythmy dance and the raising of a Maypole. The celebrations included the Putney Farmers' Market opening day.
11. Putney Co-op has been supportive of the Next Stage performance space by attending visioning sessions and helping with concessions.
12. Putney and Brattleboro Food Co-ops co-hosted the Strolling of the Heifers cheese pavilion event. Kudos to Kristina Israel from PFC and Alison Mott from BFC for a great job pulling it all together! And loads of appreciation for the many staff members who helped to cut and serve cheese at the Stroll!
13. Filming for the International Year of the Cooperative video series went off without a hitch! The store looked fabulous and there were several fantastic coincidences that added to the content. Peter Shumlin walked in to buy some fruit as we were preparing for the kids cooking class and was interviewed on camera! Within minutes social media had the moment tweeted, face booked and splattered on blogs! The film crew agreed that we were the most welcoming, most prepared and most fun Co-op they had visited yet. And even more importantly, felt that our episode had the "strongest content". Top Chef Kevin Gillespie, who actually did the interviewing, really enjoyed working with us. Many thanks to our staff for totally embracing the excitement. We got a sneak peek at the rough cut of the IYC video and it is wonderful! The store looked great, the stories were heartfelt and rang true for Putney! I am looking forward to getting a copy of the video to share with the community.
14. \$5700 in goods and services were donated to local organizations.
15. Cooking classes that are open to the public at the Putney Cares Barn have begun.
16. The September 9th Community Supper was a collaboration with Transition Town Putney, Christopher Irion, Putney Central School and The Putney Food Coop. The dinner was highlighted by lanterns made from paper paint buckets that were decorated by local kids during the Farmers' Market and at area summer camps. Combined with great food from our kitchens, it was a lovely event and appreciated by all—more than 350 meals served!
17. The 70th anniversary celebrations were wonderful, heartwarming and enjoyed by many. Starting on September 30th with a movie, dinner and dancing, the Co-op threw one of the best parties Putney has ever seen. October 1st was a day of celebration with speakers, music, dancing and of course, FOOD!
18. I am very pleased to report that Sales Growth from FY 2003 to 2011 has been 123%! ■





putney  
FOOD CO-OP  
SUPPORTING LOCAL FARMS SINCE 1941

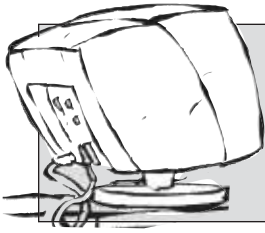
## Calendar

- Jan 16th** Martin Luther King Jr. Day
- Jan 19th** Putney Co-op Board of Directors meeting 6 pm
- Jan 23rd** Our beloved Cara Trezise leaves us for a sojourn in Hawaii
- Feb 2nd** Groundhog Day
- Feb 6th** Premiere of Putney Co-op video on [www.StrongerTogether.coop](http://www.StrongerTogether.coop)
- Feb 14th** Valentine's Day
- Feb 20th** President's Day
- Feb 22nd** Ash Wednesday
- Feb 24th-26th** Landmark College Family Weekend
- Mar 11th** Daylight Saving Time begins (Spring forward!)

## Co-op History Comes Alive!!!!

Apparently, almost everyone who has lived in Putney for any length of time has worked at the Putney Co-op in some form or another and some of the stories I have heard sound wonderful. I would love if you would e-mail me those stories so I could devote a whole issue of *The Beet* to sharing them with our members. I have some old photographs and I'd love to have these great stories accompany them. So, please e-mail me at the Putney Co-op at [ptnyfe@sover.net](mailto:ptnyfe@sover.net) and please include your name and when you worked at the Co-op. Thanks!

—Front End Manager Adrienne Loughlin



We are pleased to announce that we are now offering **free Wi-Fi in our Café**. Please be respectful of the size of our Café and try to limit your computer time during our busy lunches.

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



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## PUTNEY CO-OP MEMBER SPECIALS (JANUARY-MARCH 2012)

- Back to Nature Classic Round Crackers \$2.69 (Reg. \$3.99)
- Once Again Old Fashioned Peanut Butter (Smooth or Crunchy) \$4.79 (Reg. \$5.29)
- Westbrae Organic Black or Garbanzo Beans 4/\$5.00 (Reg. \$2.19 each)
- Dr. Bronner's Bulk Peppermint Castille Soap \$4.69 lb (Reg. \$5.19 lb)
- Organic Valley 1lb Butter \$4.99 (Reg. \$6.99)

ADDRESS SERVICE REQUESTED

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