



BLOOMINGFOODS
CO-OP MARKET

BLOOMINGNEWS

JULY 2019

NEW OWNER BENEFITS

PLUS:

**SUMMER
PICNIC
GUIDE**

**CELEBRATING
43 YEARS OF
COOPERATION**

**AND SO
MUCH MORE!**



BLOOMINGFOODS CO-OP MARKET

BloomingNews is a monthly digital publication providing up-to-date information on Bloomingfoods, the cooperative movement, healthful food, nutrition, and local community. Sign up to receive a copy in your inbox at www.bloomington.coop!

LEADERSHIP TEAM

GENERAL MANAGER TEAM

Dee Bohler
Phil Phillippy

EAST
STORE MANAGER
Nancy Flynn-Hert

NEAR WEST
STORE MANAGER
Phil Phillippy

IVY TECH
STORE MANAGER
LS Weyers

CONTRIBUTORS

Natascha
Buehnerkemper Jacob

Maggie Sullivan

National Co-op Grocers



Meet Your GM Team

Dee & Phil, our General Management team, have been working hard to build leadership at Bloomingfoods, improve staff morale, and foster a strong sense of teamwork throughout the organization. This month, let's learn a bit more about Dee!

How long have you been with the co-op and in which roles have you served before now?

I began working for the co-op during the opening of Elm Heights. My past includes several restaurant openings and I know they are exciting, challenging and an opportunity to work more with people throughout an organization. I became Front End manager at Elm Heights, was an employee board member, member of the negotiating team for both Union contracts, and assistant store manager at West.

What are you happiest doing when you're not working at Bloomingfoods?

I love working in the yard and dreaming what it's going to look like some day.

Do you have any skills, hobbies, or talents that most people don't know about?

I did custom design work for about 15 years in my previous life.

What's your favorite band/musician?

It changes often. I like most types of music with the exception of rap.

What's your favorite co-op item and why?

In season, local produce. Those first of the season deliveries are really the best!

What's your favorite food or meal in general?

Brunch - The day, the time, the food.

What are your goals for the co-op and what do you hope to contribute in your role as GM?

I want Bloomingfoods to be a healthy organization offering meaningful employment to the community. I hope to continue our presence on the East side of town, and expand and explore new ways to work with our local partners.

Introducing a new perk to owning the co-op:

OWNER ADVANTAGE

We've added a new owner -member benefit to give you more reasons to support the co-op you love! Every time you shop, you help support our efforts to provide a thriving, local co-op to the Bloomington community.

Starting July 1, look for the orange **Owner Advantage** tags throughout the store to find everyday low prices on a selection of over 50 staples from every department, just for owner-members!



Don't forget about these other amazing ownership benefits:

- The awesome feeling you get by supporting a democratically-run business that keeps your dollars local!
- 5% off the day you sign up
- 5% off an additional shopping trip of your choice every month
- Exclusive discounts at participating local businesses through our Community Partners Program
- 10% case discount on pre-orders
- The ability to vote in annual elections, run to serve on the Board of Directors, or serve on advisory committees
- Patronage rebates in profitable years

Board Report

from Maggie Sullivan

Board President



In June, I had the pleasure of attending CCMA, a conference for cooperative grocery stores across the country. It is always inspiring to hear from other co-ops and I greatly appreciate how willing they are to share their experiences and resources. This year I returned as a speaker, sharing what I have learned as board president during a challenging time in Bloomingfoods' history.

CCMA 2019



COOPERATIVE TAPESTRY
Fostering Democracy and Equity in Our Communities

I am under no illusion that I have any magical solutions to offer and I'm the first to admit we have many struggles still to overcome. However, I wanted to share my experience in the hopes it might help another co-op.

The conversation was lively and ranged across many topics but we always seemed to come back to communication, transparency, and respect.

Nothing Earth-shattering and yet extremely challenging to implement consistently and effectively. It was great to hear both the successes and the failures from co-ops around the country. I shared my experience of pushing for an all-staff meeting only to learn that it caused a minor panic because the only previous all-staff meeting had been to announce the closing of Elm Heights. Doh! We talked about what it takes to keep members informed and engaged, and I was delighted to hear that there are folks from co-ops in other states that read our newsletter to follow our story and cheer us on. It was a great conference overall and renewed my spirits in a much-needed way.

In more local news, we will be celebrating Bloomingfoods' 43rd birthday on Tuesday, July 23rd in both the East and Near West Side stores. Look for board members serving mini cupcakes between 11:00 and 1:30 at the Near West Side and between 5:00 and 7:00 at both stores. I hope we can all take a moment to celebrate Bloomingfoods, a Bloomington institution for nearly half a century.

Happy Birthday, Cooperators.

Maggie Sullivan
Bloomingfoods Board President
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ARTIST SHOWCASE



Bloomingfoods welcomes local artist Mark Blaney to our Near West and East artist showcase spaces. Stop in and admire his stunning paintings at both locations now through September! From the artist himself:

"Painting and sculpting help with seeing closely into the world around me. I simply get pleasure from the many forms lit by the sun. The movement and interactions among people, plants, animals, and weather are reason enough to make symbols. Working in two and three dimensional media helps me hold onto thoughts for awhile and to share them. The variations and descriptive qualities of line and color hold my interest and every new painting is a chance at working and playing in form and color. The trading of time between sculpture and painting strengthens both efforts."

To learn more and inquire about purchasing his work, visit www.markblaneyart.com.

Bloomingfoods Wellness Wednesday Workshop presents:

CBD APPLICATIONS

with Kind Kombucha

Wednesday, July 17

6:00 - 7:00 PM

Bloomingfoods East
Patio Room

FREE!

Cannabidiol is an all-natural anti-inflammatory that helps many reduce pain and anxiety. Join Eliza & Donte' as they cover the benefits of water soluble CBD, applying CBD topically vs ingesting, and answer audience questions.

POSITIVE CHANGE

Thank you for rounding up for **SYCAMORE LAND TRUST**

We challenged our community to break \$9k for Sycamore Land Trust, and you rose to that challenge and then some! THANK YOU to all our shoppers and staff for helping us raise \$9,400.10 in June for Positive Change!

"Sycamore is overwhelmed by the generosity of Bloomingfoods shoppers. Positive Change is a wonderful program that parallels the way Sycamore works to improve our environment. Handfuls of change add up to acres of nature protected, and together we make a lasting impact on this land we call home. Thanks to all of you, Sycamore continues to build on our strong legacy of habitat restoration and environmental education for future generations."

John Lawrence, Executive Director

Learn more about Sycamore Land Trust by visiting www.sycamorelandtrust.org.



In July, round up for



AREA 10
AGENCY ON AGING

Join us in raising funds this month for Area 10 Agency on Aging, our July Positive Change recipient. Based in Ellettsville, Area 10 provides resources for older adults and persons with disabilities in Monroe and Owen Counties. Annually, Area 10 provides case management to more than 500 clients, delivers more than 67,000 nutritious meals to homes and neighborhood meal sites, answers more than 6,500 calls from those seeking health and human services, matches 450 adults with meaningful volunteer opportunities, provides 200,000 rides through the Rural Transit bus service, and houses 100 seniors in three affordable apartment complexes.

That's pretty amazing and well worth every penny we can raise for them! Small change makes a huge impact, so let's go big for Area 10 in July!

You can learn more about the amazing work Area 10 does every day by visiting www.area10agency.org.



POSITIVE CHANGE

update!

Our Positive Change register round-up program has been an incredible success, allowing us to raise more than \$274,000 for community organizations since its inception in 2016. And starting this next co-op election cycle, Bloomingfoods is opening up the program to include more types of organizations on the ballot!

Know of a local non-profit addressing issues related to food access, agriculture, environmental sustainability, education, or public health? Let them know about our program! Applications will be accepted through Wednesday, July 31. Learn more at www.bloomingfoods.coop/positive-change

[click here to access the 2019 Positive Change Application](#)

LOCAL FOCUS

This July, meet the folks from Switts & Ritts Vegan Ice Cream & Treats, straight out of Bloomington, Indiana! Steve & Jody create hand-crafted, plant-based goodies free of soy, dairy, gluten, and processed and artificial sugars. Their packaging is even 100% plant-based! What's not to love?



Every day in July, all Bfoods shoppers can save 20% on the entire Switts & Ritts line of frozen goodness! Stop in at the times listed below to catch them sampling:

EAST

- July 11 5-7pm
- July 20 1-3pm
- July 25 5-7pm

NEAR WEST

- July 3 5-7pm
- July 13 11am-1pm
- July 31 5-7pm

Celebrate summer with a leisurely picnic. Our simple recipes and tips will help you plan a picnic that's delicious, fun and bug-free!



Picnic Perfect

Here are some easy ways to make your picnic a success

Prep everything ahead of time

This may seem like a no-brainer, but putting in the time to chop your veggies, assemble your kebabs, or slice your baguette before leaving the house will keep the fuss—and mess—to a minimum once you get outside.



Keep it earth-friendly

Bring reusable napkins (you'll not only avoid fly-away paper napkins, but cloth napkins can also be used to wrap food and bottles for transport). If you are using disposable products, look for recycled and biodegradable options at the co-op.



Stay bug-free

Bring small citronella candles to place along your picnic table. If you're picnicking on a blanket (where fire isn't the friendliest option), pack a bottle of chemical-free mosquito repellent from the body care section of your co-op.



Avoid foods that spoil easily

That means mayo, cream-based dips, and fresh cheeses are best left at home—unless you're planning to transport them a short distance on ice and eat them immediately. Any leftovers should be thrown away (so plan your portions carefully!).



Practice food safety

Take care to make sure all raw meats are wrapped separately, and transport them on ice. Use separate cutting boards and utensils for handling raw meat (bring an extra plastic bag to keep them in), and wash your hands as often as possible. Hand sanitizer is a must.



Cook meat with care

If you're grilling outdoors, keep raw meats below cooked meats on the grill at all times, and make sure they're cooked thoroughly before eating (a meat thermometer can confirm doneness). Hamburgers should be cooked to 160 degrees, poultry to 170 degrees, and beef, veal, and lamb cuts to 145 degrees.





Picnic Favorites

Shish Tawook

Serves 4-6. Total Time: 4 hours (20 minutes active).

1 cup Greek yogurt, nonfat
½ cup lemon juice
¼ cup chopped fresh garlic (about 12 cloves)
⅓ cup olive oil
¼ cup apple cider vinegar
2 tablespoons tomato paste
½ teaspoon ground ginger
¼ cup chopped fresh mint
1 teaspoon paprika
½ teaspoon cayenne pepper
2 pounds boneless, skinless chicken breast,
cut into 2-inch cubes
1 red bell pepper
1 green bell pepper
1 small eggplant
8 ounces whole fresh mushrooms, rinsed and halved

1. In a medium-sized bowl, mix together the yogurt, lemon juice, garlic, olive oil, vinegar, tomato paste and spices. Add the cubed chicken to the marinade and refrigerate for at least 4 hours or overnight.
2. Heat the grill to 375°F.
3. Seed peppers and cut into approximately 2-inch squares. Slice the eggplant crosswise into ¼-inch thick slices. When the grill or oven is hot, remove chicken from the marinade and place on skewers, alternating with the cubed peppers, eggplant slices and mushrooms. Place kabobs on grill, and cook, covered with grill lid, for 10 to 12 minutes or until chicken is done and vegetables are tender, turning occasionally. Let stand 5 minutes before serving.

A lemony, garlicky, minty yogurt marinade makes for out-of-this-world shish tawook.



Mediterranean Cucumber Tomato Salad

Serves 4. Prep time: 15 minutes.

2 tablespoons olive oil
1 garlic clove, peeled and minced
Juice of 1 lemon
¼ cup chopped fresh mint
¼ cup chopped fresh parsley
½ cup diced red onion
2 cups diced cucumber
2 cups diced tomatoes
Salt and pepper to taste

1. In a large mixing bowl, gently toss together all of the ingredients. Add salt and pepper to taste.
2. Let sit 10-15 minutes before serving to allow the flavors to meld.

This chopped salad is amenable to all sorts of variations. Add Kalamata olives, feta cheese, cubes of watermelon or cantaloupe, or just about any other seasonal diced veggies you like. Serve on a bed of fresh spinach or cooked leftover grains.

This simple, refreshing salad is perfect for picnics or any summer meal.



Crockpot Calico Beans

Serves 10. Prep time: 15 minutes active; 5 hours, 15 minutes total.

1 tablespoon olive oil
1 yellow onion, diced
1 red bell pepper, diced
2 garlic cloves, minced
1 15-ounce can pinto beans
1 15-ounce can butter or cannellini beans
1 15-ounce can kidney beans
1 15-ounce can crushed tomatoes
⅓ cup ketchup
3 tablespoons maple syrup
2 tablespoons tamari
1 tablespoon apple cider vinegar
2 teaspoons Worcestershire sauce
Salt and pepper to taste

1. Rinse and drain the canned beans.
2. Heat olive oil in a skillet over medium-high heat and sauté the onion, pepper and garlic for 5-10 minutes until tender.
3. Add the onions and peppers to a crockpot along with the rest of the ingredients and stir well.
4. Turn the crockpot to low and cook for 5 hours. Taste for salt and pepper. Serve warm.

Not too sweet, not too tangy, these just-right beans are the perfect dinner, party or potluck side.

Homegrown Indiana Farm Tour

Spend a Sunday getting closer to your food at Living Roots Farm & Sustainable Living Center!

Sunday, July 14
4:30pm - 8:15pm
\$50/person
Register by July 9

Living Roots Farm & Sustainable Living Center is a 75-acre diversified chemical-free farm that produces over 80,000 pounds of produce per year, 10,000 pounds of pastured meat, and 55,000 free range eggs. It's a "live-in farm" where most of the staff live in off-the-grid cabins. Housing on the farm includes an earthen dome, a \$500 tiny house, and an earthship-inspired passive solar house. The farm also operates a CSA, an Organic Farm School, has workshops for the general public, and teaches healing arts.

The evening will begin with a tour of this beautiful farm and culminate in a farm-to-fork dinner and live music. Chefs from Oona, Sazon, and Bloomingfoods are creating taste sensations featuring ingredients from Living Roots Farm. Beer & wine will be provided by Bloomington Brewing Company and Oliver Winery.

Farm Tour Menu

Appetizers by Bloomingfoods

Bruschetta with fig glazed beets and whipped goat cheese
Vegetable fritters (potato, onion, zucchini, garlic) with rainbow chard summer slaw
Roasted squash and bacon filled tarts topped with dates and candied pistachios

Entrees and Salads by Oona & Sazon

Rubbed and grilled New York beef roast to be sliced and plattered with chimichurri or salsa verde
Grilled cauliflower steaks with a cherry tomato garlic sauce, olives, and feta
Marinated and grilled assorted summer squash with goat cheese buttermilk dressing, brown butter almonds, and oregano
Cabbage and kale slaw
Potato and grilled green beans and onions with bacon fat dressing

Dessert by Oona & Sazon

Fig leaf tres leches cake with macerated blackberries

For more information, call Marcia Veldman at 812-349-3738.

Register at bloomington.in.gov/homegrown-tour or at the Parks & Recreation office, City Hall, 401 N Morton Street Suite 250

MEET CHRIS

East Center
Store Clerk



My first exposure to Bloomingsfoods was in 1989. I had just moved to this area and was working nights at Marsh (where Lucky's is now). Bfoods was still in its original location in the alleyway just off of Kirkwood. I had never heard of such a grocery store, and I loved the concept. So I was very excited when the East store opened - I started making early morning stops there on my way home from work for some of that unusual, delicious, and healthy food.

By 1995, I had left Marsh behind and was encouraged by friends to apply for work at Bloomingsfoods (it is in the top five list of the most important decisions I've made in my life). I was hired in by Sharlee Davis who ran the admin office with Dean Deckard. This was what is now the managers' office at the East store. My first supervisor was Joe Davis. (How crazy is that!).

I immediately felt at home. The work was familiar, but the vibe was way different, and way better. Bloomingsfoods attracts a very progressive and artistic crowd of customer and employee. As a songwriter and musician myself this has been delightful and inspiring through the years. I've jammed with and been in bands with a lot of friends I've met through Bfoods.

I've seen prosperous and hard times come and go, and when they got hard I've always felt we would pull through, and we have.

I've worked with a lot of people here who have moved on to other opportunities and years later have returned and been so happy to be back. I've seen a lot of youngsters become adults & build families, and I've watched their kids grow up, and now, those kids are coming here and getting jobs. (How crazy is that!)

-Chris Little



ZERO-WASTE SHOPPING TIP:

You can now buy Oberweis milk from the East store in glass bottles! Skip the landfill and return the bottles when you're finished - no deposit required!

CELEBRATING 43 YEARS OF COOPERATION

HAPPY BIRTHDAY TO OUR CO-OP COMMUNITY!

Every year on July 23, the co-op celebrates another year of being the only locally-owned grocery in Bloomington. This year, we'll celebrate our 43rd! Join us at our East and Near West side stores where Board members will be serving free mini cupcakes. Share some love by signing our giant birthday cards.

As Chris L said in this month's staff profile, the co-op has seen hard times and it has seen good times. Thanks to our community's support, we've made it through a difficult year and can see a bright future ahead of us. Here's to providing an alternative to corporate grocery to Bloomington, Monroe County, and Southern Indiana for 43 more years (and beyond)!



art by Ned Shaw

ENTER THE
31ST ANNUAL
**SALSA
CONTEST**

held by
**BLOOMINGFOODS &
CITY OF BLOOMINGTON**

It's time to kick up the heat with the City of Bloomington and Bloomingfoods 31st annual Salsa Contest!

Take part in the food showdown of the year with your own locally-crafted salsa recipes. Entries for the city's best homemade salsa will be evaluated by a panel of expert judges.

Even if you don't enter, plan on joining the fun! You'll have a chance to taste the contest salsas (while supplies last) as well as some salsas made by Bivi's Tamales. The folks at Upland Brewing Company will provide a salsa-making demonstration at 10:15 a.m.

Salsa Dance Demonstration and Party at 11 am!
Presented in cooperation with Arthur Murray Dance Center, Latin rhythms and lively dancing take place on Showers Plaza in conjunction with the Salsa Contest. Look cool; dance HOT! For more information call 812-334-0553.

Contestants can purchase entry packets now for \$5 at Bloomingfoods East (3220 E 3rd St) or Bloomingfoods Near West (316 W 6th St).

Entry packets include:

- An entry form with space to include your best salsa recipe
- Two 16 oz containers for salsa
- A bag to place them in
- A \$5 Bloomingfoods gift card to help you get started buying your salsa ingredients

Entry packets must be returned to Bfoods East or West no later than 8pm on Friday, August 2.

Contest Rules: Salsas should be entirely handmade with fresh ingredients; no additives, preservatives, artificial flavors, or processed sauces allowed.

Twenty entries in each of the three categories (tomato-based raw, tomato-based cooked and specialty) are accepted on a first-come, first-served basis. All the ingredients in raw salsa must be completely uncooked (no smoking, braising, roasting, etc.) Specialty salsas may include tomatoes, but not as a main ingredient.

Judges and their family members are not eligible to participate. Limit of one entry per category per person. Winners will be announced at the event around 11 a.m.

Judging takes place at the Bloomington Community Farmers' Market at 10 a.m. Saturday, August 3. First, second and third place prizes are awarded in each of the categories.

Community Connections

Boys & Girls Clubs Volunteers Needed!

Are you and/or your organization looking for ways to give back to our community and volunteer your time to change the life of a child? Attend an informational volunteer meeting for the Boys & Girls Clubs!

Saturday, July 27 or September 14

10:00am - 11:00 am

311 S Lincoln Street, Bloomington

Hub Farm Stand

Join Mother Hubbard's Cupboard for their monthly Hub Farm Stand! Stop by on Thursday, July 18 to purchase fresh produce, handicrafts, eggs, seedlings, and more from Hub community members, all at fantastic prices! We'll have live music and freshly-prepared snacks available. All community members are welcome and this event will be family-friendly!

Thursday, July 18 (the third Thursday of the month, May through October)

4-6pm

Mother Hubbard's Cupboard

1100 W Allen Street, Bloomington

Tuesday Farmers' Market

Make your weekdays as fresh and tasty as your weekends! The Tuesday Market offers a second chance to stock up on your favorite farm-grown foods. Stop by on your way home from work to enjoy local produce as well as live music, with free parking in the Showers Common at 401 N Morton St (one block from Tuesday Market) after 5pm. Live music begins at 5pm.

Every Tuesday, June through September

4-7pm

Next to Bloomingfoods Near West at the intersection of Sixth & Madison Streets

Bloomington Community Farmers' Market

The Bloomington Saturday Farmers' Market is a local institution! See your friends, make new ones, and pick up some of the best locally grown farm products and locally-prepared foods money can buy.

Every Saturday, April through November

8am-1pm

Showers Common

Co-op Events Calendar

July 4th Sale

Take 15% off all Meat & Meat Substitutes
Bloomingfoods East & Near West

July 2 - 4

Happy July 4! Specials Hours:

East : 8am-8pm | Near West : 7:30am - 8pm | Ivy Tech: Closed
No \$3 Community Dinner at East

July 4

Blindstitch Together

Join artist Molly Evans & NOISE Gallery in a community quilting project.
Bloomingfoods Near West Patio

July 2 4-7pm; July 3 5-8pm; and July 13 during Saturday Market

Homegrown Indiana Farm Tour

Register by July 9 at bloomington.in.gov/homegrown-tour
Living Roots Farm & Sustainable Living Center

July 14

Wellness Wednesday Workshop

FREE! CBD Applications with Kind Kombucha
Bloomingfoods East Community Room

July 14 6-7pm

Happy 43rd Birthday Bloomingfoods!

Enjoy free mini cupcakes and sign our giant birthday card!
Bloomingfoods East & Near West

July 23, 11-1:30 & 5-7pm at Near West; 5-7pm at East

BCS Board of Directors Meeting

Last Thursday of every month
Dimension Mill (642 N Madison)

July 25 6pm

Deadline for Positive Change Applications

[click here to access the application](#)

July 31

2019 BOARD OF DIRECTORS

MAGGIE SULLIVAN

President

PAM WEAVER

Vice President

BOBBI BOOS

Treasurer

JACOB SCHUMACHER

Secretary

ANGELA BABB

CORBIN BAIRD

GERRY HAYS

TOSH LEWIS-YOUNG

DAVID PARKHURST

NEW CONTACT INFO?

Please email your name, member number, and updated contact information to info@bloomingfoods.coop.

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LOCATIONS

EAST
3220 E 3rd Street

NEAR WEST
316 W 6th Street

IVY TECH
200 Daniels Way
Room D109