



BLOOMINGNEWS

Renewal | Spring 2021



BLOOMINGFOODS
CO-OP MARKET

BloomingNews is a quarterly 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.bloomingtonfoods.coop!

LEADERSHIP TEAM

GENERAL MANAGER TEAM

Dee Bohler
Phil Phillipy

EAST
STORE MANAGER
Nancy Flynn-Hert

NEAR WEST
STORE MANAGER
Phil Phillipy

EDITOR

Nicholas Blewett

CONTRIBUTORS

Rhonda Taylor
Isabelle Daellenbach
Maggie Sullivan

GRAPHIC DESIGN

Rhizome Design Co

from your Board of Directors

“Renewal is a round word. It is cyclical and repetitive -- just like our seasons, our harvests, our meals, and our recreation.”



What does renewal mean to me?

My mind flashes with images of budding blossoms on trees, face masks at a spa, and the library. Rebirth, rejuvenation, and extensions on the books I checked out. A chance to pause, reflect, and get back to it.

Renewal is a round word. It is cyclical and repetitive -- just like our seasons, our harvests, our meals, and our recreation. Spring brings back warmth and sun, beckons us to the outdoors, fills parks with people and picnics, and produces its own unique, fresh fruits and veggies. There is comfort in the regularity of a renewal, and anticipation builds as we know what is on the horizon for us as Bloomington thaws into spring.

Our winter has been far from dormant (the Bloomington staff has been working hard to continue to feed and support our community through a uniquely challenging year), but we can take this opportunity to change our

pace. 'Tis the season to push out from winter hibernation and stretch out our limbs.

I eagerly await warm walks to Bloomington for cold coffee and packing picnics of bread and cheese to eat at the Lake Monroe Cutout. I think about what fresh fruits and veggies will be reaching their peak in the coming months. I look forward to tomatoes, zucchini, and watermelon - grown by myself, friends, and local farmers.

I have a few new recipes in the queue, and some trails marked on my map. I also have hopes for my small side-yard garden. Last spring, in experimenting with DIY raised beds and planting plans, I ended up with tomato stalks (sans the fruit) and incredibly hardy jalapenos, hanging heavy with peppers. Lessons were learned. I look forward to visiting the Garden Center at our East store for seedlings and sage advice from the friendly staff. Maybe I'll see some of you all there too.

Isabelle Daellenbach
Board Member



meet

SUSAN MYERS

east produce manager



Susan has been an invaluable contributor to the Co-op community for more than 30 years. As our East store's Produce Manager, she ensures that our customers have access to the best produce around.

How long have you worked for Bloomingfoods?

I have a pretty long history with Bloomingfoods, both as an employee and as an owner-member. I started working for Bloomingfoods in 1988 when I moved to Bloomington to pursue a B.A. in journalism at Indiana University. I worked at the original Bloomingfoods location (the Kirkwood store) for five years while I got my degree.

I returned and worked part-time as a cashier at the East store from around 2009 until 2014. In 2016 I had to close my business, Needmore Oatcakes. I knew I wanted a job I could feel good about doing. Going back to my radio news career did not seem to be in the cards. When a position opened up at the Co-op I knew I had found my answer. I was lucky enough to get the job of Front-End Manager and I've been here ever since, serving in a variety of roles, including my current position as Produce Manager at the East store.

Why did/do you want to work at Bloomingfoods?

Before I returned to Indiana I had worked at the Briar Patch Co-operative Market in Grass Valley, CA for five years. Co-ops appealed to me in many ways.

My current employment at Bloomingfoods was motivated by the desire to work for a company that I cared about. I also like knowing that my work at the Co-op is contributing something real to the community.

What do you think is special about a co-op market?

I love that co-ops are community-owned. It gives all owner-members an equal stake in ensuring the Co-op is healthy and having a positive impact on the community. The structure of co-ops ensures that no member has more power or control over any other, as we all have the same rights and responsibilities.

I also like the fact that retail co-op markets are a smaller, more human-scale shopping experience where employees and shoppers know each other. Co-ops also do so much to support the local economy and that's good for all of us!

Do you have a favorite memory of working here?

There are too many to mention. Most recently my favorite memory is how everyone on the Bloomingfoods' staff has pulled together to navigate the pandemic and help the Co-op grow in the process.



knows of a local vendor they would like us to do business with, just let me or a produce team member know and we'll see what we can do.

What are some of your favorite foods, products, or vendors in our stores?

My new favorite thing is the Thai Noodle Salad from our deli. It's so good! It's light, yet filling and flavorful. It's also vegan and gluten-free.

I love the local products we carry at Bloomingfoods in general. In the produce department, my favorite local vendors and products are; local sweet corn grown by Dan McCollough, local peaches grown by Daniel Graber, local tomatoes grown by Rising Moon Acres, local butternut squash from Strangers Hill Organics, local, organic salad mixes from New Ground Farm, and local melons grown by a variety of producers.

Year-round we offer living lettuces, basil, and oyster mushrooms from local vendor Good Life Farms.

What do you enjoy doing in your free time?

My favorite activities are kayaking and hiking. I do both every chance I get during spring, summer, and fall.

Would you like to share any other thoughts or feelings about Bloomingfoods?

“It is gratifying to see Bloomingfoods thriving once again.”

Bloomingfoods has been through its share of ups and downs in my more than 30 years here. For me, it's an institution that is indispensable to this community. It is gratifying to see Bloomingfoods thriving once again. A group of very dedicated employees worked really hard to make this happen and I am proud of every individual who engaged in the fight to make the Co-op strong again. We could not have done it without our shoppers and owner-members, too. Their support has been invaluable. 🌱

Are we carrying any new or unique items in produce?

Citrus season is still happening and we brought in a conventional Gold Nugget Mandarin, which we don't usually carry. They are delicious! They are easy to peel, seedless, sweet, and juicy. If you would like to try a sample (of anything), just ask me or one of our produce clerks.

This item isn't exactly new, but a couple of years ago we brought in a line of organic herb purees from Shenandoah Growers. They are 100% organic, have a good, clean ingredient list, and are shelf-stable. I love the convenience these herb purees offer. They are available in five flavors; Garlic, Ginger, Basil, Italian Herbs, and Sun-Dried Tomato.

Can customers request that we carry a new item or vendor?

Customers can always request a new item by talking to me or one of my team members, so please let us know if there is something you would like us to carry!

We have established relationships with our main vendors, but if a shopper

Hit the Trails

These portable, protein-packed snacks will give you the energy you need for your outdoor adventures.



Nut Butter and Flax Powerballs

Servings: 15. Prep time: 20 minutes.

- 1 ½ cups almond butter
- 1 banana, peeled and mashed
- 2 tablespoons ground flaxseed
- 2 tablespoons whey protein powder
- 2 tablespoons cocoa powder
- 1 tablespoon honey
- ½ cup almonds, finely chopped

1. In a mixing bowl, stir together the almond butter, banana, flax, protein powder, cocoa powder and honey. Blend until smooth.
2. Line a plate or pan with parchment paper. Roll the mixture into 1- to 2-inch balls and place on parchment paper. Next, roll each ball in the chopped almonds and return to parchment paper. Place in the refrigerator or freezer until firm.



No-Bake Apricot Cashew Energy Bars

Servings: Makes 14 bars. Prep time: 1 hour, 15 minutes; 15 minutes active.

- 1 ½ cups chopped dried apricots
- ½ cup cashews
- ½ cup almonds
- ½ cup cashew butter
- ½ cup peanut butter
- 1 cup flaked coconut
- ½ cup shelled hemp seeds
- ½ cup chia seeds
- 3 tablespoons cacao powder
- 1 tablespoon maca powder

1. Place the apricots, cashews, almonds and cashew butter in a food processor and mix until the apricots are finely chopped and the ingredients have come together. The mixture will still be coarse.
2. Transfer to a mixing bowl and add the remaining ingredients. Stir until the mixture takes on the consistency of a very thick dough. Line a loaf pan with parchment paper and press mixture firmly into the bottom of the pan. Chill in the refrigerator for at least one hour, then check to make sure it has set. When set, turn the mixture out onto a cutting board and slice into 14 pieces. Keeps refrigerated up to 5 days.



Chocolate Matcha Energy Balls

Servings: Makes 16. Prep time: 15 minutes.

- ½ cup raw cashews
- ¼ cup raw walnuts
- 1 cup pitted dates
- 1 tablespoon maple syrup or honey
- 2 tablespoons unsweetened cocoa
- 1 tablespoon plus 1 teaspoon matcha, divided
- Pinch of salt

1. Place cashews and walnuts in the food processor and grind the nuts to a fine mince, then scrape them to the center of the container. Add the dates, maple syrup or honey, cocoa, 1 tablespoon matcha and salt. Process until the dates form a thick paste and the mixture holds together if you squeeze a bit of it.
2. Scoop out a tablespoon of the mixture, form into a ball and place into a medium bowl; repeat until all of the mixture has been used. Use a wire mesh strainer to sift the remaining matcha over the balls. Roll the balls around to coat. Store, tightly wrapped, in the refrigerator for up to a month.



Chewy Cocoa Granola Bars

Servings: Makes 12. Prep time: 20 minutes active; 50 minutes total.

- 2 cups rolled oats, thick
- ½ cup raisins, dried cherries or other dried fruit
- ½ cup coarsely chopped almonds, walnuts or peanuts
- ¼ cup cocoa
- ¼ teaspoon salt
- ¾ cup applesauce
- ½ cup honey or agave syrup
- 1 teaspoon vanilla

1. Preheat the oven to 350°F. Cut a piece of parchment paper 8 inches wide, and place it in an 8" x 8" baking pan, with the edges hanging over to make handles for easy removal of the finished bars.
2. On a sheet pan, spread the oats and toast them in the oven for about 10 minutes, until fragrant and lightly golden in spots. Let cool on a rack.
3. Place the cooled oats in a large bowl and add the dried fruit, nuts, cocoa and salt and stir to mix well.
4. In a medium bowl, combine the applesauce, honey and vanilla. Stir until smooth, then pour over the oat mixture. Stir until well mixed, then spread in the prepared pan. Using a spatula, press the mixture firmly and evenly in the pan.
5. Bake for 30 minutes, until the bars feel firm when pressed. Cool on a rack for 10 minutes, then use the parchment to lift the bars out and let cool completely. Cut 3-by-4 to make 12 bars. Store, tightly wrapped, for up to 4 days at room temperature or a week in the refrigerator.



Get to Know an Owner-Member

MAGGIE SULLIVAN



Maggie is a mom, an environmentalist, and a long-time Bloomingfoods owner-member. Over the years Maggie has worked several positions at the Co-op, served on the Bloomingfoods board, and continues to be actively involved in the Owner Member Communications Committee.

I grew up on the outskirts of Bloomington in a neighborhood where the kids ran free through the woods and creeks. It was a glorious childhood with homegrown tomatoes, Velveeta, and Kool-Aid. Bloomingfoods was not on my family's radar though I do remember eating at Po Folks restaurant before it became Bloomingfoods East.

I left for college, a year abroad in France, five years as an environmental consultant, and six months studying permaculture at an intentional community in Oregon. I had always been an environmentalist and in 2005 I was swept up into the sustainability craze. I moved back to my hometown and began attending

meetings and pestering local activists in a quest to find a sustainability-related career. All inquiries seemed to lead back to Bloomingfoods. Who would help sponsor sustainability events? Bloomingfoods. Who had connections with the city government? Bloomingfoods. Where could we see solar panels in action? Bloomingfoods. I soon joined the board of the Center for Sustainable Living and began attending meetings of the newly formed Local Growers Guild (at Bloomingfoods). Not long after I was hired to help the Local Growers Guild launch a local food campaign and to help Middle Way House build an incubator kitchen that would jumpstart local food processing.

I joined Bloomingfoods shortly after moving back into town and discovering the role it played in connecting like-minded community members, sponsoring new sustainability initiatives, and coordinating efforts across groups. The groceries were fine, of course, but that wasn't why I joined. I was equal parts fascinated by and scared of the bulk section. It was a long time before I was willing to eat magic tofu.

My time in Oregon had really driven home the idea that we all desperately need community and Bloomingfoods was a huge part of my community. It wasn't long

before I could count on running into friends every time I entered the store and even outside the store. Everyone I knew had a Bloomingfoods connection. I spent several years juggling multiple part-time jobs and every single one of my employers was a Bloomingfoods member, employee, or vendor.

Fast forward a few years and I was ready to return to the world of full-time employment and health insurance. It seemed like everyone I knew had worked at Bloomingfoods at some point so I took a job at the East store. I started off stocking the perishables shelves. The early morning hours were tough at first

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MAGGIE AND BEN BARHAM, WEST STORE CENTER STORE LEAD



but I soon got into a rhythm. I enjoyed having a physical job instead of sitting behind a desk (and the side effect of dropping a couple of clothing sizes). My co-workers were fun and interesting. Paul Shoulberg was screenwriting on the side and a few years later filmed “The Good Catholic” here in Bloomington. Many of my fellow employees were in bands. At least two became trained paramedics.

As time went on I slowly took on other responsibilities like repackaging salmon and organizing

backstock. I learned how to place orders from our distributors and how to replace missing shelf tags. Martha put me in charge of expanding our pet product section and I got to attend a pet food trade show where I won a TV in one of the promotional raffles.

My second year working at the store I became pregnant. I planned to resign when Madeleine was born but I discovered too late that I have a blood clotting disorder and she died before she was born, two months premature. Bloomingfoods

was incredibly accommodating as I took time to grieve and recover before returning to work. Six months later I became pregnant again, this time with daily injections of blood thinner and extra visits to the OB to make sure everything was going smoothly. I also switched roles, working as a cashier. It was nice to get the perspective of working both the front end and the back end. I enjoyed the customer interactions working as a cashier and getting to know people a little bit.

My son Oliver was born in December 2014. I stayed home with him for a couple years and then Janice Lilly asked if I might consider running for the Bloomingfoods board. I was ready for a grown up activity and I knew that the Co-op was struggling, though I didn't realize how badly until I was several months into my first year. I am eternally grateful that Caroline Beebe was the board president at the time and she immediately started training me to become the next president. By the end of my first year Caroline was the only one who remained from the previous board. Then our General Manager announced his resignation just as I was voted in as board president at the end of 2017.

hard times in the past but by golly it has been sunshine and rainbows since then! That's simply not true and I think we do a disservice by ignoring the struggles. I am an optimistic person by nature so I remain committed to the idea that we will continue to evolve and grow in whatever direction is needed to keep the cooperative spirit alive.

I find it both challenging and exciting to think about spring and renewal after a long year of isolation, fear, and uncertainty. It feels very weird to make plans. Can we really go out and do things? Like in the before times? I'm still not totally convinced but I sure like the idea. The warm weather and blooming flowers also help boost my spirits and get me in the mood for some spring cleaning, gardening, and new projects. I look forward to getting outside and getting back into the community - whatever that looks like. Maybe I'll be ready for coffee at the Co-op this summer. Until then I'm excited to serve on the Owner Member Communications Committee dreaming up ways for us to interact and inspire each other whether virtually or in person. Summer is coming. 🌞

“My remaining two years on the board were extremely challenging and extremely rewarding. I think we often try too hard to gloss over the hard times, whether we're thinking about Bloomingfoods or our own personal lives.”

MAGGIE & HER SON OLIVER



My remaining two years on the board were extremely challenging and extremely rewarding. I think we often try too hard to gloss over the hard times, whether we're thinking about Bloomingfoods or our own personal lives. It is so tempting to tell a story of perpetual growth and prosperity. Yeah, maybe there were

A LOCAL CONSPIRACY



One of our favorite local partners is a lovely 46-acre farm and creamery on the east side of Bloomington. While this farm specializes in artisan cheeses and goat milk soaps, there is so much more to know about the great team of four friends who started a conspiracy... The Goat Conspiracy... where together they conspire for a better world, one goat at a time.



When these friends started talking about owning a farm together, no one in the group knew how to raise goats or chickens, let alone how to milk goats and then turn that milk into top-quality cheeses and soaps. They talked about it for a year before they decided to start the business. The group purchased about a dozen goats and set out to learn everything they needed to know in order to grow a proper farm and creamery with emphasis on both sustainability and community engagement.

In their efforts to maximize sustainability, the farm has solar panels on the roof, they make chicken coops out of extra pieces and parts of things laying around the farm, they hay their fields to feed the goats, give whey to their chickens and to other farmers, and they truly care about the welfare of their animals.

Nicole, who is the artisan cheesemaker and soap maker said, "Happy goats and chickens make really good cheese and eggs." Nicole also manages the beautiful cabin on the farm that is a vacation rental. They were very lucky to acquire the cabin when they purchased their current farm. It is the perfect place for a staycation!



The other members of the original team include Tonya, who is the goat whisperer. She tends to all of the goats needs, including being the goat midwife. Tonya knows all

of the goats by name and knows their individual personalities. She can toss out goat facts faster than notes can be taken. Josh is the handyman who takes care of all maintenance issues and can herd goats like no other. Mark is the finance and business leader, which is a very important piece of the farm puzzle.

Now with around 200 goats and who knows how many chickens, they continue to grow as the farm expands, their number of employees and volunteers grows (called their 'family'), and their line of products keeps getting bigger. At the farm they also host Goat Yoga classes, allow visitors to schedule tours and play with baby goats, and plan to add soap making classes again soon.



Jordan, who is part of the family, has some ideas for events he hopes to host at the farm also. Jordan has been a vet tech for about seven years and is passionate about goats. He helps with milking, trimming hooves, and keeping the animals in great physical health.



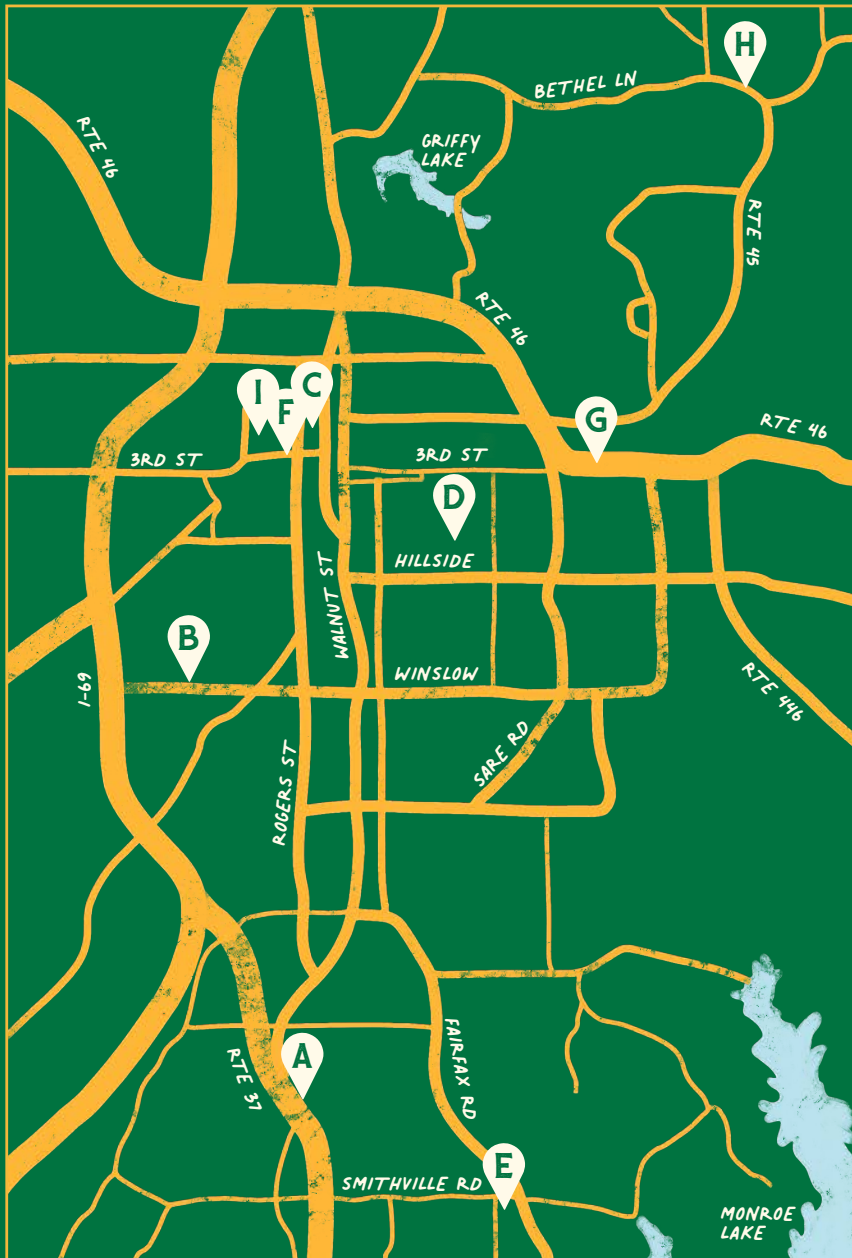
Nicole said one thing that truly sets them apart from others is that many creameries get their milk from other farms. The Goat Conspiracy knows everything about their goats from start to finish. They birth the babies, know what they eat, how they are loved, and know they produce the best quality milk to use in their cheeses and soaps. They make everything in small batches with care and patience. At the farm they want to promote a slower, more humane pace of life to leave room for community, relationships, and a conscious connection with the earth.

You can find their fine artisan cheeses and soaps at Bloomingfoods, local markets, and other local retailers. Follow them on social media to learn about new products, upcoming events, and when goats are for sale (yes, you can buy a pet goat)! 🐐

**Visit their website to learn much more:
thegoatconspiracy.com.**



BLOOMINGTON MARKETS & FARMSTOPS



A GOLDLEAF FARMERS' MARKET
 6520 South Empire Road
 Saturdays 10:00 AM - 2:00 PM
www.facebook.com/goldleafhydro

B BLOOMINGTON WOOLERY FARMERS' MARKET
 2250 West Sunstone Drive
 Saturdays 8:00 AM - 12:00 PM
<https://bloomingtonwinterfarmersmarket.com/>

C BLOOMINGTON COMMUNITY FARMERS' MARKET
 401 North Morton Street
 8:00 AM - 1:00 PM
 Saturdays April - November
www.facebook.com/Bloomington-Community-Farmers-Market-130635957114110

D PEOPLE'S COOPERATIVE MARKET
 New Hope for Families, 303 West 2nd Street
 Saturdays 11:00 AM - 1:00 PM
<https://www.peoplesmarketbtown.org/>

E SMITHVILLE FARMERS MARKET
 7555 South Strain Ridge Road
 8:00 AM - 12:00 PM
 Saturdays April - October
<https://www.facebook.com/smithvilleindianafarmersmarket>

F EL MERCADO
 The Banneker Center, 930 West 7th Street
 Sundays 12:00 - 4:00 PM
www.elmercadobtown.com/

G MONROE COUNTY GROWERS FARMERS MARKET
 Bloomingfoods East parking lot, 3220 E 3rd St
 Wednesdays 8:00 AM - 1:00 PM

H BETHEL LANE FARM STOP
 4741 East Bethel Lane
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 (812) 318-2538

I ROSE HILL FARM STOP
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 Every Day Beginning Summer 2021
www.rosehillfarmstop.com

ENCHANTING IMPRESSIONS: An Inspiring Visual Journey

Juliana Burrell at Gallery B - May through July



Juliana has always been an artist. Since she was a small child growing up in South America she can remember looking at the world through different lenses, seeing amazing connections in the ordinary. She enrolled in painting lessons at the age of 16 and with her mother's encouragement and support it gave her the permission to believe in herself as an artist.

After moving to Bloomington at the age of 17 and graduating from BHSN then completing multiple degrees at Indiana University, Juliana joined a professional circus troupe as an aerialist and toured nationally for



four years. She returned to Indiana to continue her art and begin teaching. Juliana opened Asabela Studio, a Circus Arts School and is also an Adjunct Professor at IU, teaching Aerial Dance.

Juliana is very interested in human relationships and emotions. Large canvas and acrylic paintings with bold lines, vivid colors, and defined shapes are the hallmark of her style. Her rich and diverse cultural background is a constant source of inspiration, from her early years in Brazil to the enchantment of circus life.

Her goal with this exhibit is to share colors and images that fill the viewer's hearts with warmth and joy. She relies on her paintings to make dark days less gray.

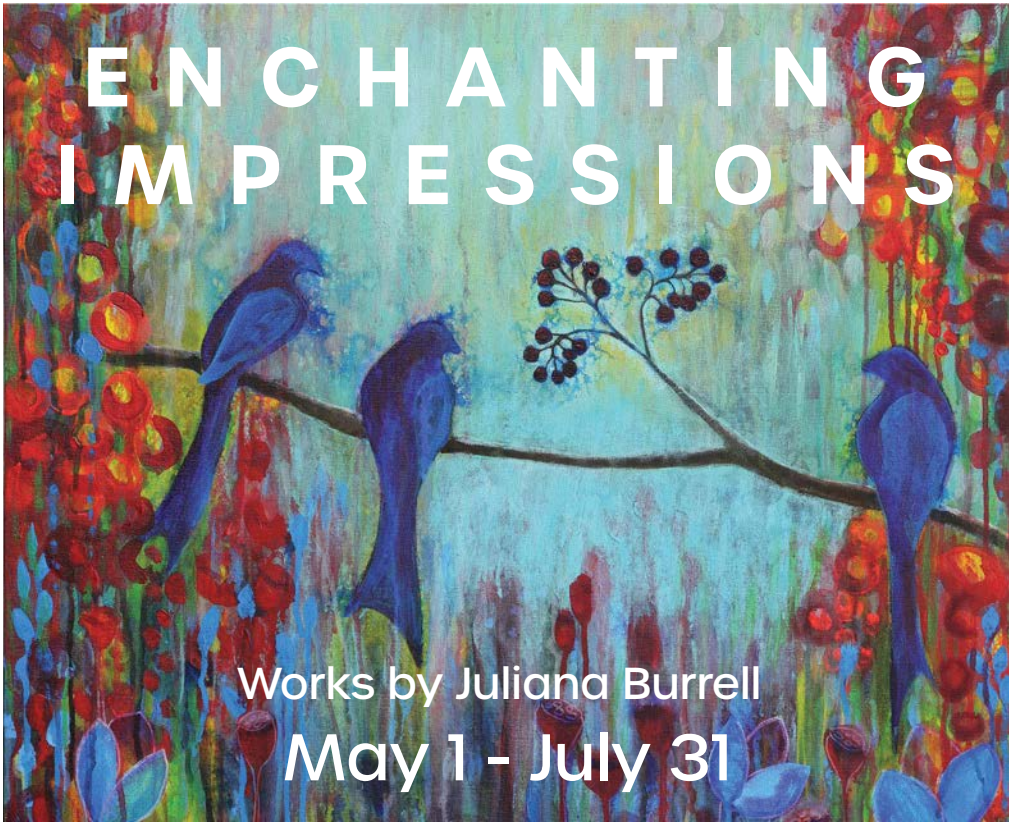
Lately Juliana has been interested



in exploring paint and the amazing journey of art-making by creating more free-style artworks. She is trying new techniques without fear; playing with lines and patterns, dripping paint and watching the painting come to life using a technique called Intuitive Art.

Juliana finds inspiration in other artists such as Degas, with his great sense of movement and lighting effects in the impressionist style, and Matisse, whose bold colors and simple designs are timeless. She is also inspired by the work of children who are able to capture the deepest essence of shape, color, and design.

Several pieces of Juliana's work are on display in private collections in the U.S., South America, and Europe. 🌐



Works by Juliana Burrell
May 1 - July 31

Join us for Bloomington Gallery Walk's First Fridays in May, June, and July in our Near West Store's deli seating area! While the area is closed for dining and we are not currently hosting community events, there is still plenty of space to walk through and enjoy Juliana's work.

At Gallery B
Inside Bloomingfoods Near West
316 W 6th Street
Open & On View
Mon-Sun 7:30am - 10pm



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

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EAST

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the renewal issue

