



BLOOMINGFOODS  
CO-OP MARKET

# BLOOMINGNEWS

AUGUST 2019



**OWN IT  
IN AUGUST!**

Bloomingfoods' Annual  
Owner Drive  
August 11 - 24



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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.bloomingfoods.coop](http://www.bloomingfoods.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  
Nancy Lethem  
Cathy Spiaggia  
Ryan Conway

# OWN IT IN AUGUST!



## Ready to own a grocery store with your friends?

There's no better time than now! There are lots of ways it pays to be an owner-member, but it's not all about what you get - it's also about what you do:

- Support local farms
- Give back to the community
- Stimulate the local economy
- Make good food fun
- Guide the direction of the co-op
- Walk around like you own the place - because you DO!

From August 11 - 24, the first 75 new owner-members to join the co-op will receive a free logo bag filled with coupons, samples, and other goodies!

New owner-members will also be automatically entered into a drawing to win a \$100 co-op gift card. Now that's a lot of avocados!

Already a member? Refer a friend to the co-op and receive a \$10 gift card!

Join the co-op today - anything else is just grocery shopping!

# Board Report

from Maggie Sullivan

Board President

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A big thank you to all who came out to our East side farmers' market this past Saturday. I have been reflecting on the shared history of the Bloomington Community Farmers' Market and Bloomingfoods. The Farmers' Market opened in July 1975, just a year before Bloomingfoods opened its first store down the alley off Kirkwood, and featured many of the same movers and shakers who were making things happen in the local food scene. The Farmers' Market and Bloomingfoods are both centered around the buying and selling of food and they both also stand for much more. Some of the larger goals are captured in Bloomingfoods' ends statement - providing a market for local products, building a sustainable local food economy, and educating about the interconnectedness of food, health, and the environment. There are also less tangible benefits provided by both institutions that I struggle to put into words. Both provide a place for people to gather, to share ideas, to strengthen relationships, and to celebrate life in community.

More and more I see the value in simply providing a place for human interactions. The Internet now allows us to order almost anything we need and have it delivered to our doorstep without ever talking to another human being. It is powerful technology and yet ultimately we all require human touch, human smiles, and the chance to interact face-to-face with our community members.

I believe that has been the hardest part about the suspension of the Bloomington Community Farmers' Market for many of us. I am hopeful that our community will find a long-term solution to allow the return of a market that provides a place to buy and sell local food but also a place where people come together to talk, to laugh, to touch, to celebrate and yes, even to debate, to protest, and to disagree. It needs to be a place where we can all feel safe and welcome and respected. It is a hard thing to do but in this day and age we need to make an extra effort. I am proud of the role that Bloomingfoods has been able to play in meeting that need through the presence of our existing stores and through supporting a temporary alternative farmers' market venue. I am grateful for everyone who chipped in to make the alternative market happen and for all the community members who were enthusiastic and patient with the inevitable hiccups. It takes a huge amount of work to organize a market and Bloomington has enjoyed one of the best farmers' markets in the country for many years. I look forward to Bloomingfoods and the Bloomington Community Farmers' Market providing gathering places for our community to grow and thrive for another 40 years.

maggie@bloomingfoods.coop  
812-345-1592

# POSITIVE CHANGE

Thank you for rounding up for AREA 10 AGENCY ON AGING



Even in our slowest month of the year, our shoppers still managed to raise \$8,852.88 in Positive Change funds in July for Area 10 Agency on Aging!! Thanks to our shoppers and staff for helping us help our community!

"The support of Bloomingfoods' staff and patrons through this Positive Change directly reaches some of our most vulnerable neighbors. Our Mobile Food Pantry can incorporate fresh, organic produce from our raised garden bed into our monthly grocery deliveries to home bound individuals. We also provide hot home delivered meals two to five days a week throughout Monroe and Owen counties. Positive Change really fills the holes where there is no other funding source. Emergency calls for older adults who have no food and haven't for days - our staff makes time to pull together food and drive it to them that day, and then works to get them ongoing supports! The collective chain of communal impact is wrapping a hug around all of these individuals, and Area 10 thanks you!"

Chris Myers, Chief Executive Officer



Learn more about Area 10 Agency on Aging by visiting [www.area10agency.org](http://www.area10agency.org).

# *In August, round up for*



Small change makes a big impact! Join us in raising funds this month for Foundation of Monroe County Community Schools, our August Positive Change recipient. The Foundation accepts donations for MCCSC's food assistance program, which ensures all students are provided a regular school lunch, even when there is a negative balance in the student's lunch account. Last school year, more than 1,800 students benefited from this program!



FMCCS also provides resources to educators and students to support programs and educational experiences that go beyond the limits of school budgets. The foundation supports more than 11,100 students attending 23 public schools spanning PreK-12 and also includes adult learners working on high school equivalency. They believe that investing in education for students will build a strong future for our community, and we agree!

Access to nutritional foods is crucial for quality learning, so let's go big for FMCCS this back-to-school month!

To learn more about the great work that the Foundation does, follow them on Facebook!



BLOOMINGFOODS  
CO-OP MARKET

# PLASTIC-FREE PRODUCE STORAGE

*Tips and tricks to extend the life of your produce without plastic.*

## APPLES

- Store in a cool, dark place like a kitchen counter or shelf
- Can also be refrigerated for long-term storage
- 2 weeks to several months



## CITRUS

- Store in a cool, dark place like a kitchen counter or shelf
- It's important to keep them cool and maintain good air flow
- 3-5 days



## BERRIES

- Store in a single layer in the refrigerator or in a paper bag; don't wash until ready to eat
- Raspberries should be eaten within 2 days, strawberries with 3, and blueberries within a week



## CHERRIES

- Keep refrigerated or in an airtight container
- Don't wash until ready to eat
- 4 - 10 days



## HERBS

- Store in a closed container in the fridge
- Store basil in a jar loosely packed with damp paper on the counter
- 1 week max for fresh herbs; try drying to extend life



## LETTUCE/GREENS

- Remove bands and twist ties
- Refrigerate in an airtight container with a damp cloth
- 3 - 10 days depending on the type of green



## MELONS

- Store in a cool, dark place like a kitchen counter or shelf
- Don't refrigerate until ripe
- Store cut fruit in the refrigerator upside down on a plate



## POTATOES/ONIONS/GARLIC

- Store each vegetable separately in a cool, dry, and dark place, loose or in a box or paper bag
- Good air circulation will maintain longevity
- Potatoes, 1 - 2 weeks  
Onions/Garlic, 2 - 4 weeks



## ROOT VEGETABLES

- Remove the greens and store separately
- Store in an open container with a damp cloth
- 1 - 2 weeks



## STONE FRUIT

- Should be stored on the counter until ripe; store in a paper bag to accelerate ripening
- Can be refrigerated for 1-2 days once ripe
- 3 - 5 days



## TOMATOES

- Store on the counter until ripe; can store in paper bag with ethylene-emitting fruits to accelerate ripening
- Never refrigerate unless cut
- Up to two weeks depending on ripeness



## ASPARAGUS/CELERY

- Stand upright in Place in a bowl or cup full of water
- Store on the counter top at room temperature
- 5 - 7 days for asparagus, 2 - 3 weeks for celery



The co-op is on a mission to find feasible alternatives to plastic in our Produce department, but shoppers can begin eschewing plastic right now! Enjoy these tips for plastic-free produce storage.

## CARROTS

- Cut off greens, and place in a container with lid and cover completely in water
- Keep container in the refrigerator, changing the water every 4-5 days
- Up to a month



## BROCCOLI

- Mist the heads, wrap loosely in damp paper towels
- Keep in the refrigerator
- 2-5 days



## TIPS:

- Don't mix fruits & veggies – fruits emit ethylene as they ripen; pairing them with veggies will result in premature spoilage.
- Keeping produce cool slows the rate of respiration, which in turn helps keep items fresher, longer.
- Paper bags can draw moisture from fruits, so they are not a great long-term storage solution except where noted
- A clean dishtowel is a great substitute for items you're used to storing in plastic bags.
- Water can damage delicate produce, so avoid washing your fruits and vegetables until you're ready to consume them.
- Cut the green, leafy tops from radishes, carrots, beets, turnips, etc. They draw moisture out of the vegetables, causing them to go limp and lose flavor. Store the greens separately in a mesh bag.
- Pack vegetables loosely in the refrigerator. The closer they are, the quicker they will rot.

## AVOCADO

- Place in a paper bag at room temperature
- Put an apple in the bag with avocados to speed ripening
- 2-3 days



## CUCUMBER

- Wrap in a moist towel
- Store in the refrigerator
- 2-4 days



## EGGPLANT

- If you don't intend to eat the eggplant within 2 days, it should be wrapped in a paper towel and placed in the crisper of your refrigerator
- 7 - 10 days



## SQUASH

- Summer squash may be left on a cool counter for a few days or wrapped in a cloth and refrigerated
- Winter squash should be stored in a dark, cool ventilated space
- (Whole) Winter squash, 1 - 2 weeks  
Summer squash, 5 - 7 days



## BELL PEPPERS

- Refrigerate peppers, unwashed, in a reusable or paper bag in the vegetable drawer; keep dry
- Red and yellow peppers will last 4 to 5 days; green, about a week



## MUSHROOMS

- Store in an open paper bag in the refrigerator out of crisper drawers
- 4 - 7 days



# August

## LOCAL FOCUS



This August, meet the folks from Primally Inspired Eats from right here in Bloomington! Brandi and family run a micro bakery providing authentic handmade, gluten free, and primal/paleo inspired artisan goods. In a food culture dominated by goods overflowing with sugar, flour, soy, and processed oils, their goal is to supply nutritionally dense, whole food based alternatives.

Remember Middle Way House Foodworks gluten free bread? Well, it's back! Primally Inspired Eats now bakes and sells this iconic Bloomington staple and was present for the official ceremonial naming of Toby Strout Way in honor of Middle Way House's longtime executive director, Toby Strout, in March.

Primally Inspired Eats' entire line of breads, seed loaves, and other beautiful artisan baked goods is available for 20% off every day, all month long! Be sure to stop in, say hi, and catch them sampling at Bloomingfoods East and Near West this month!





# GIVE WHERE YOU LIVE

BLOOMINGFOODS COOPERATIVE COMMUNITY FUND

## **Our Annual Cooperative Community Fund Grant Amount Has Doubled!**

The Bloomingfoods Cooperative Community Fund will double the grant award this year from \$1000 to \$2000! This year's theme is **Creating and Nurturing Community**. The award will go to a local non-profit 501(c)(3) in support of an initiative that fosters stronger community connections for people in Monroe County.

The Fund is generated by interest earned on an endowment that was set up by Bloomingfoods in 2005. Shoppers at Bloomingfoods also help build the endowment through October's in-store "Positive Change" program by rounding up when they check out at the cash register.

**Applications for the annual 2019 gift are currently being accepted through August 30th.**

Apply on-line at [www.bloomingfoods.coop/bccf](http://www.bloomingfoods.coop/bccf), or pick up an application at Bloomingfoods store locations. Completed applications may be submitted in-store or by email to [info@bloomingfoods.coop](mailto:info@bloomingfoods.coop).

Spread the word! Do you know a non-profit whose good work could use a boost? Tell them about Bloomingfoods' grant.

# THE EARTHKEEPERS: *Green Camino* Beyond Composting



Nothing in nature works alone: from the microbes supporting our digestion to the mycelial networks connecting vast forests, we perceive -- and feel -- that cooperation is vital for the thriving of life. Cooperation nurtures us, sustains us, and makes us resilient. At Fable Farms Indiana, we see proof of that every day: our 150+ flock of chickens help shred food and reveal contaminants in the compost, trillions of microbes work with our cover crops to fix nutrients in our high tunnel, and hundreds of community members support building a sustainable foodwaste recycling system, right here in Monroe County, by subscribing for composting services through Green Camino, Bloomington's first and only organics-dedicated waste hauler.

When a 2018 study of the local waste system revealed that almost 40% of our community's waste could be composted instead of landfilled, Fable Farms was in a good position to help, as we had recently received IDEM registration for the compost side of our operation...A move we had only pursued because we were too broke to import good compost for the farm!

In 2017, we broke the bank to get our acreage, so when several farmy-friends shared the price tag on the black-gold they used, we knew we only had one solution: get really good at composting. And why not? We needed it; we learned of a general demand for a quality, local product; we had sciencey backgrounds; and, as longtime leaders of local nonprofits, the Center for Sustainable Living and the Bloomington Food Policy Council, the values and goals were already baked into our work and our dreams for this community's health and resilience.

Now we feel like we tapped into something -- through a synchronicity of happenstances -- and it's gotten us so hooked that we can't help but spread the news. It helps that composting is a near-magical process, in its ability to turn the stinkiest and slimeiest of waste into a fine, fresh soil amendment, rich with life and fertile futures. It's easy to get excited about making it!

When we met the original owners of Green Camino, we let them drop the foodwaste at Fable Farms without charging a dumping-fee: it felt right to help subsidize an allied business and to get the mid-scale-collection/mid-scale-processing circuit of the local foodwaste recycling system connected and functioning...And we were all the happier that we did, when those allies moved on to other opportunities and knew right where to find us, to take up the helm!

After my wife Andrea and I took ownership of Green Camino, in March, we knew we wanted to fuse our deep sustainability focus with the novel service the business offers: we wanted to find more ways to build-up a local composting system and a local composting culture. But before we could look outward, we had to look inward: what would be our business culture? How could our business reflect our social values?



It helped that the original owners had undergone the process to certify us as a Benefit Corporation: simply put, a corporation with a social bottom line and sustainable financials. Andrea is the CEO, CFO, and supermajority shareholder, so we comport with the original Woman Owned Business status...But what more could we do? How else could we communicate -- and enact -- our value-commitments?

Thanks to the connection of our friend, Kate O'Shea, we met our future workforce: the men and women of Made Up Mind (MUM), a wrap-around support, job-training, and community-building program for Indiana men and women recently released from incarceration. We knew right away that these were people we could work with and rely on. See, to be accepted into MUM, an applicant has to be referred, demonstrate self-improvement work in prison, be interviewed by the board, and complete a probationary period in the program that all comes together to demonstrate that a MUM member has made up their mind that they are going to do whatever it takes, for as long as it takes, to rebuild their lives, to reintegrate with their communities, and to stay out of prison, for good.

To us, it seems like the old logic of foodwaste is similar to the old logic of prison and recidivism: "the mistakes and the ugliness are too much; they just need to go away; they'll never change, it's just a waste and always will be..." But, to us, it seems like a new mindset is warranted: often, it's better to be open to forgiveness and newness, to bring it close, to sit with it, to work on it with intention, to turn it over...and over...and over...and that, through close attention and loving work, old & broken lives, like old & broken food, can be transformed and renewed through a hope that's more like a knowing, like a trusting...and most certainly a loving and a doing.



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Coming together with MUM made something \*click\*. A new organizational approach called for a new name, a name to represent the many dimensions of the work, the workers, and the community of supporters that are the wind in our sails: we are the EarthKeepers.

As EarthKeepers, our goal is to model sustainable and socially-just entrepreneurship while meeting unmet community needs for foodwaste and compostables recycling. Our employees start at a \$15/hr living-wage and we consistently offer pro bono community classes on backyard composting, make finished compost donations to our friends at Mother Hubbard's Cupboard and the Neighborhood Planting Project, give pro bono service for the Shalom Center, and offer vouchers for our services to be auctioned or raffled at Edible Lotus and the Hub's Garden Gala.

But we couldn't do any of it without our subscribers, corporate clients, and community supporters. These are the visionaries that see what our garbage system is doing to the planet and to other people. They see what's happened to our recycling system and why prioritizing "easy" and "free" services ends up costing us more, down the line (cf national recycling crisis). They invest in us and they work with us to build a sustainably functional, local foodwaste recycling system, spreading the news through their friends, their staff, and their clients.

Our community supporters are the family, friends, neighbors, and community organizations that

are just as excited as us and that help us get the message out to their networks. The Unitarian Universalist Church of Bloomington was our first nonprofit community supporter: from May to July, they hosted the EarthKeepers at their Fellowship Hall and allowed us to start a compost drop-off service for their congregation, at their church, a model we'll continue to spread!

Our subscribers deserve a lot of thanks and applause: they're the original investors, the bedrock, in this budding, local foodwaste recycling system; they're visionaries because they can see the ecological and economic value of the service, as well as the community value our business adds through our social commitments. Our corporate clients -- Aver's Pizza, Alpha Delta Pi, Alpha Phi, City of Bloomington, COOK, Envisage Technologies, Hopscotch Coffee, Marlin Elementary, PFS/SCI, and Solution Tree -- all deserve applause for doing the heaviest lifting to move the needle on local foodwaste recycling: reworking a corporate process isn't easy and being receptive to programs aimed to serve their staff and clients is impressive modelling of their commitments to corporate social responsibility. All our clients are making it possible for us to finally begin hiring MUM members, helping us bring the EarthKeepers dream to life.

In all of this, we are especially grateful to Bloomingfoods: for letting us share our story with you and for letting us maintain foodwaste drop-off services at both their Near-West store and (with Ramsay Harik, at the Deep Roots Garden Center!) their East-side store. Further still (drumroll, please), Bloomingfoods has, just this July, joined the EarthKeepers! Composting both produce and deli foodwaste, our community-owned grocer took a giant leap to set a great example to other grocers and food service businesses in the area...and we couldn't be prouder to be member-owners! To top it off, we're even collecting their compostable flatwear, bringing them ever closer to the zero-waste future.

So keep an eye out for the EarthKeepers: hi-viz green makes us easy to spot around town and you'll start to see the EarthKeepers handprint side-by-side with the Green Camino name, as we slowly change the brand and build the dream, all thanks to your support!

~In SOILidarity,  
Ryan T. Conway  
VP - EarthKeepers / Green Camino Composting



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# MEET TOSH

Near West  
Grocery Lead

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## How long have you been working for Bloomingfoods and what is your current role?

I've been with the co-op for almost five years. I work at the Near West store as Grocery lead as well as serving on the Board of Directors.

## What brought you to the co-op?

My mother has been a member of Bloomingfoods for over 20 years, so the co-op has always been a part of my life. When I found myself back in Bloomington and in need of a job, Bloomingfoods just made sense.

## What's your favorite thing about working at Bloomingfoods?

The people that I work with, probably. I've met dozens of cool and interesting people through the co-op.



## What are you happiest doing when you're not working at the co-op?

I love gaming, video and otherwise, so I'm happiest on the couch or around the table, talking trash with a few friends.

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

I've been doing standup comedy around town on and off for four or five years now, come check me out sometime.

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

As much as it pains me to give the Coca-Cola company a free plug, I'm hopelessly hooked on Topo Chico mineral water.

## Any insider tips or recommendations for this product?

Learn to open the bottle with a lighter. It's a simple party trick, but people will look at you like you just walked on water.

# Bfoods in Photos



Saturday Market vendors New Ground Farm also sell their veggies at the co-op!



Market attendees line up for Dan McCullough's delicious, non-GMO, Roundup-free Sweet Corn



1 of 4 appetizers Bloomingfoods provided at the Homegrown Indiana Farm Tour at Living Roots Farm on July 14



Great turnout at the temporary farmers' market at the parking lot adjacent Bloomingfoods East



Artist Molly Evans in front of her collaborate quilt with fabric dyed using produce from Bloomingfoods



Co-op Board members handed out free vegan cupcakes for our 43rd birthday on July 23

# Community Connections

## Bloomington Winter Farmer's Market: Calling All Vendors!

The BWFM is now accepting vendor applications for the 2019-2020 season! Apply here, or contact Addison Lively, Market Master, at [contact@bloomingtonwinterfarmersmarket.org](mailto:contact@bloomingtonwinterfarmersmarket.org). Applications are open until August 15th.

**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, August 15 (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**

## Wednesday Morning Farmers' Market

Stop by this vendor-run market and pay your local farmer a visit! Between the co-op and the market, your mid-week grocery needs are covered!

**Every Wednesday in Summer**

**8am - 12pm**

**Bloomingfoods East Parking Lot**

# Co-op Events Calendar

## Salsa Contest

Test your skills in our 31st annual Salsa Contest in partnership with the City of Bloomington. Click here for more info!

Bloomington Farmers' Market

**August 3 10am**

## Own It In August!

Our Annual Owner Drive

**August 11 - 24**

## Welcome Weeks Discount

Show your student ID at Bloomingfoods East or Near West and receive 15% off your entire purchase!

**August 19 - September 2**

## Wellness Wednesday Workshop

FREE! Baking with a Bouquet of Flours: Red, White, Hard, Soft, Spelt, & More

Bloomingfoods East Community Room

**August 21 6-7pm**

## BCS Board of Directors Meeting

Last Thursday of every month

Dimension Mill (642 N Madison)

**August 29 6pm**

## Bloomington Pridefest

Bloomingfoods is a sponsor this year!

**August 31**

## Cooperative Community Fund Application Deadline

Click here to access the application

**August 31**

## 2019 BOARD OF DIRECTORS

MAGGIE SULLIVAN

President

PAM WEAVER

Vice President

BOBBI BOOS

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JACOB SCHUMACHER

Secretary

ANGELA BABB

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DAVID PARKHURST

## NEW CONTACT INFO?

Please email your name, member number, and updated contact information to [info@bloomingfoods.coop](mailto:info@bloomingfoods.coop).

## EDITORIAL DISCLAIMER

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[info@bloomingfoods.coop](mailto:info@bloomingfoods.coop).

## LOCATIONS

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