



BLOOMINGFOODS  
CO-OP MARKET

# BLOOMINGNEWS

## DE(EMBER 2019





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.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

Jenn Sova  
Natascha B Jacob  
Pam Weaver  
Rosie Sill

# Board Report

from Pam Weaver  
Board President

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October and November are transitional months for the Bloomingfoods Board of Directors. Incoming board members join outgoing members at the October board meeting for their first real taste of what they can expect during their three-year term. At this year's October meeting we said grateful goodbyes to Maggie Sullivan, Gerry Hays, and David Parkhurst and welcomed Nancy Mathews, Michelle Robison, and Guthrie Taylor to the team.

It's a little-known fact that the Kelley School MBA program encourages its students to volunteer as fellows for local organizations and, no surprise to us, Bloomingfoods is one of the most sought-after fellowships. Each year we usually have three fellows working with us, but this year Tom Steward returned for a second year and he recruited three new fellows, Julia Vela, Vishi Singh, and Geervani Koneti.

In November, these fellows joined the rest of the board for a new member orientation retreat. Smooth transitions every year are something we're able to accomplish thanks to many decades of practice and experience shared by former boards. New officers are elected, committees are formed, and the annual calendar is finalized. This year, Bobbi Boos agreed to stay on as Treasurer, Jacob Schumacher continued as Secretary, Angela Babb took over my role as Vice President, and I took over as President to replace Maggie Sullivan.

In addition to orientation, an important part of our November retreat is a review of the previous year and brainstorming for the future. While last year the board had to focus on bringing the organization's budget into a solid equilibrium and weathering two competitor grocery stores opening near our East side location, the coming year holds the exciting prospect of finding a new East side home and moving into it. We're also excited to rededicate the organization to local food, the role food plays in our local economy, and the education and advocacy goals found in our Ends Statement. Stay tuned for more information and opportunities to be involved!

**Pam Weaver**  
Board President  
[pamw@bloomingfoods.coop](mailto:pamw@bloomingfoods.coop)



# From Your New Marketing Team

Dear readers,

We are excited to share that our marketing team has grown! Natascha Jacob has guided the marketing department for the past 2 years and is now transitioning to Graphic Designer which allows her to focus on finishing her Studio Art/Graphic Design degree at IU.

Natascha is joined by Nicholas Blewett as our new Marketing, Outreach, and Engagement Manager. Nicholas has an extensive background in marketing and communications. Our newest addition is Jennifer Sova, Marketing and Outreach Coordinator, who recently moved back to Bloomington (her hometown) from living in Chicago for the past 10 years. Jennifer's background is in visual arts, marketing, and community outreach.

Our team is working on and towards several key promotions, projects, and programs aimed at growing the co-op through increased employee, owner-member, and customer engagement. Keep an eye out for these changes! Cheers to a happy and healthy 2020. Sincerely, Natascha, Nicholas, & Jenn

## 2019 Holiday Hours

Bloomingfoods will have adjusted hours during the holiday season in order to allow staff to enjoy time with loved ones. Happy Holidays to you and yours!

### East

#### CHRISTMAS EVE

8am - 5pm

Deli/Hot Bar closes 4pm

#### CHRISTMAS DAY

Closed

#### NEW YEAR'S EVE

8am - 6pm

Deli/Hot Bar closes 5pm

#### NEW YEAR'S DAY

10am - 8pm

Deli/Hot Bar closes 7pm

### Near West

#### CHRISTMAS EVE

7:30am - 4pm

Deli/Hot Bar closes 3pm

#### CHRISTMAS DAY

Closed

#### NEW YEAR'S EVE

7:30am - 6pm

Deli/Hot Bar closes 5pm

#### NEW YEAR'S DAY

10am - 8pm

Deli/Hot Bar closes 7pm

12/15 - 12/30: Deli & Kitchen closes 8pm

### Ivy Tech

#### DECEMBER 23

8am - 1pm

#### DEC 24 - JAN 1

Closed

#### JANUARY 2 & 3

8am - 2pm

#### JANUARY 6

Regular Hours Resume

# POSITIVE CHANGE

*Thank you* for rounding up for

## MOTHER HUBBARD'S CUPBOARD



**Bloomingfoods shoppers raised an amazing \$9,409.91 to support Mother Hubbard's Cupboard in November.**

"At Mother Hubbard's Cupboard, we believe that access to healthy food is a basic human right. It is with this in mind that we work towards actualizing a community in which all members have access to food, waste is minimized, and all members are healthy, self-sufficient, and empowered. This endeavor aligns with the Boomingfood's End Statement by combining principles of local, sustainable, and fair community practices that increase access to food and that emphasize the interrelation of food and health.

Our pantry program receives food through our partnership with Hoosier Hills Foodbank and from local farmers and gardeners. In this way we redistribute resources in the community so that they reach those that need them, helping to create a food system that is both more sustainable and equitable. Furthermore, our gardening, nutrition, and advocacy programs aim to teach community members about growing and preparing healthy food, thereby building self-sufficiency, and about how they can access local resources and take part in policy building. With these programs we seek to provide a vibrant and welcoming community space in which adults and children can both shop for healthy groceries free of charge and experience the excitement of growing, harvesting, and preparing fresh foods alongside other community members."

Learn more about Mother Hubbard's Cupboard at <https://www.mhcfoodpantry.org/>

# *In December, round up for* SHALOM COMMUNITY CENTER



Join us this December in raising funds for Shalom Community Center. SCC supports people experiencing hunger and homelessness in our community. The goals of their Hunger Relief program are to ensure that people have access to two hot meals a day - seven days a week, as well as emergency groceries as needed.



Shalom Community Center envisions a community that honors every person's fundamental right to sustenance, a safe home, quality health care, and meaningful work. We see ourselves as a key leader in providing the full range of support and services for people dealing with poverty and homelessness in South Central Indiana.

To learn more about the important work that SCC does, follow them on Facebook or visit them at <http://shalomcommunitycenter.org>



# Fresh Produce at Your Fingertips

by Rosie Sill



The air is crisp, the leaves have fallen, and the earth dresses in her crystal frost gown each night, adorned with the morning rays of the soft winter sun. This is the time of year to stay inside around the fire, to reflect on what this past year has brought into our lives, and to begin planning for what lies ahead. As the seasons change, so do the things we eat. Tomatoes, corn, melons, and peppers make way for winter squash, kale, spinach and those delicious root crops. Those hardy vegetables, dense with vitamins and minerals, are exactly what our bodies need and often crave this time of year. As

we plan our winter menus, we wonder how to get fresh, nourishing produce when a blanket of snow covers the ground.

Fresh, local produce is available December through March at the Bloomington Winter Farmers' Market, a local non-profit organization. The BWFM is the oldest winter market in Indiana as it enters its 16th year serving the community of Bloomington. The Winter Market has a diversity of vendors and products including fresh produce, local meat and poultry, dairy products, eggs, maple syrup, honey products, breads, baked goods, jams and sauces, prepared foods, locally roasted coffee, cut flowers, seeds and plants and many other items. You can find everything you need for nourishing winter meals along with local crafts. In addition, the market features live music from a variety of talented local musicians.



The Bloomington Winter Farmers' Market provides Monroe and surrounding counties with a farmers' market year round. The BWFM is excited to announce our move to the Switchyard Park Pavilion on South Rogers Street this year! There will be free parking, a more spacious venue, customer seating, no stairs, and additional vendors. The market runs every Saturday morning from December through March, from 9am to 12:30pm.

Customers can use their food stamp cards to purchase as many tokens as they'd like. Tokens are available in \$1 increments and can be used like cash to buy farm products from market vendors. You can double the value of your SNAP (food stamp) purchase, up to \$18/week. For every \$1 in SNAP benefits you exchange, you will receive \$2 in tokens! Draw up to \$18 in SNAP benefits, and receive up to \$36 in tokens to buy fresh from the farm, healthy, locally grown food at the Winter Farmers' Market.

Visiting the Bloomington Winter Farmers' Market is a wonderful family activity and a way to keep community connections during the coldest months of the year. Sit down to breakfast and a cup of coffee with neighbors while enjoying some local music. Fill your basket with local food to feed your family for the week and support local farms and businesses.

When you go to the Bloomington Winter Farmers' Market you have the opportunity

to look into the eyes of the farmer who worked hard to grow your food or the baker who skillfully combined ingredients to offer you delectable goods. You have the opportunity to build a lasting, unique relationship in which you will both become entwined in each other's lives. You have the opportunity to keep your money local, strengthening southern Indiana's local food economy, supporting small family farms and businesses, and putting dollars behind wise agricultural practices. You have the opportunity to vote with your fork at a time when our food system is dominated by big agribusiness. Above all, you have the opportunity to build community relationships.

For a list of vendors, the musician calendar, and to learn more about the Bloomington Winter Farmers' Market visit [www.bloomingtonwinterfarmersmarket.com](http://www.bloomingtonwinterfarmersmarket.com) or contact Addison Lively, the market master, at 812-870-3484 or [bloomingtonwinterfarmersmarket@gmail.com](mailto:bloomingtonwinterfarmersmarket@gmail.com).







# Sugar & Spice

*Spice up your holiday spread with these much-loved classic treats.*

Recipes by Robin Asbell




## Gingerbread Cookies

Makes 48 3-inch cookies. Prep time: 1 hour

- 
- 1 ½ cups unbleached flour
  - 1 cup whole wheat pastry flour
  - ½ teaspoon baking soda
  - ¼ teaspoon baking powder
  - ½ teaspoon salt
  - 1 teaspoon ground ginger
  - 1 teaspoon ground cinnamon
  - ¼ teaspoon ground nutmeg
  - ¼ teaspoon ground cloves
  - 1 stick unsalted butter, softened
  - ¼ cup light brown sugar
  - ½ cup molasses
  - 1 large egg

### Royal Icing

- 2 cups powdered sugar, approximately
- 1 large pasteurized egg white or
  - 2 ½ tablespoons meringue powder
- ¼ teaspoon lemon juice
- 2 tablespoons water, approximately

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1. In a large bowl, mix together flours, baking soda, baking powder, salt and spices. Using a stand mixer or an electric beater, cream butter until soft, then add brown sugar and beat until well-mixed. Add molasses and beat, scrape down and add egg, beat again until combined. Stir in the flour mixture. Divide dough into four rectangular pieces, place between sheets of parchment and roll out ¼" thick. Stack sheets of dough on a baking pan and chill for 3 hours.
  2. Preheat oven to 350°F. Lay sheets of dough on counter; remove top layer of parchment and use a cookie cutter to cut into shapes. Using a thin spatula, transfer cookies to parchment-lined baking sheets. Repeat process with scraps.
  3. Bake 12 minutes, switching the pans between oven racks halfway through. When cookies are puffed and look dry, remove and cool on the pan for five minutes, then move cookies to a cooling rack.
  4. Using a stand mixer or electric beater, mix powdered sugar with egg white or meringue powder. Mix in lemon juice and water, a tablespoon at a time, to reach desired consistency. Transfer icing to a piping bag with a small round tip and use to draw outlines on the cookies.





### Poppy Seed Rugelach

Makes 24 cookies. Prep time: 6 hours (includes chilling); 1 hour active

- 1 ½ sticks butter, room temperature
- 8 ounces cream cheese, room temperature
- 2 cups flour
- ½ cup sugar
- ¼ teaspoon salt
- ½ cup poppy seeds
- ¼ cup milk
- 3 tablespoons honey
- 2 tablespoons raisins, chopped
- ½ teaspoon lemon zest

1. Cream butter and cream cheese together until fluffy. Add flour, sugar, salt and beat to combine. Form 2 disks, wrap in plastic wrap; chill 4 hours.
2. In a coffee grinder, grind poppy seeds coarsely then heat in a pan with milk, honey, raisins and zest. Stir over medium-low until thickened, approx. 20 minutes, then cool completely.
3. Preheat oven to 325°F and line two sheet pans with parchment. Roll out dough to make two 12" rounds about ⅛" thick, then spread each with half the filling. Use a pizza cutter to cut each round in 12 wedges. Roll up each piece from the wide end, bend in tips to make a crescent. Place on pan, chill 1 hour.
4. Bake for 40 minutes, switching the pans between
5. oven racks halfway through. When done, cool cookies on pan for 10 minutes, then transfer to cooling racks.

*Rugelach, a traditional Jewish treat, can also be filled with chocolate chips, walnuts, marzipan or fruit preserves.*



### Chocolate Glazed Nut Brittle

Servings: Makes 2 ½ lbs. (approx. 27 servings). Prep time: 1 hour; 20 minutes active

- 2 cups sugar
- ½ cup water
- 1 stick unsalted butter
- ⅓ cup light corn syrup
- ½ teaspoon baking soda
- 2 ½ cups roasted salted peanuts or cashews plus an optional ¼ cup, finely chopped
- 8 ounces dark chocolate, melted

1. Line a large sheet pan with a rim with parchment paper.
2. In a 2-quart saucepan, combine the sugar, water, butter and corn syrup and bring to a boil to create caramel. Cook over moderately high heat, stirring occasionally, until the caramel is light brown and registers 300°F on a candy thermometer, about 10 minutes. Remove from the heat and carefully stir in the baking soda. The mixture will bubble. Stir in the nuts, then immediately scrape the brittle onto the prepared baking sheet. Using the back of a large spoon (oil it lightly if it sticks), spread the brittle into a thin, even layer. Let cool completely, about 30 minutes.
3. Spread melted chocolate over the brittle, sprinkle with the finely chopped nuts, if using, then chill. Break the brittle into large shards. Store in airtight containers for up to two weeks.

*A recipe of decadent brittle makes wonderful gifts, a little goes a long way! Portion and package festively for teachers, coworkers and friends.*



# December LOCAL FOCUS



You know it, you love it!! This December we are celebrating Musgrave Orchard, based out of Bloomington, Indiana! For the entire month, save 20% off their delicious cider!

Just off of old 37 in Bloomington and run by Amy & Andy Hamilton, Musgrave Orchard is home to award-winning, fresh-pressed, delicious apple cider. Aside from fresh apples, the orchard also features local honey, persimmon pulp, pumpkins, and a CSA. Bloomingfoods shoppers can save 20% off every day in December on their amazing sought-after cider!

## Canned Food Drive

Today kicks off our Winter canned food drive for Monroe County Community Kitchen! Pop your donations into either of our Bloomingfoods wrapped boxes at our East and Near West locations anytime between now and Saturday, January 4th. Be sure to check out our buy 4, give 1 canned food sale running throughout the drive too, offering an easy way to give this season.





# Community Connections

## Saturday Farmers' Markets

Bloomingfoods East Community Room

9am - 1pm

Bloomington Winter Farmers' Market

9am - 12:30pm

## Shalom Center Volunteer Orientation

Saturday, December 14

10am - 11:45 am

Wednesday, December 18

2pm - 3:45 pm

## Co-op Events Calendar

## BCS Board of Directors Meeting

Thursday, January 16 6pm

Bloomington Transit Meeting Room

3rd & Walnut



## 2019 BOARD OF DIRECTORS

PAM WEAVER

President

ANGELA BABB

Vice President

BOBBI BOOS

Treasurer

JACOB SCHUMACHER

Secretary

CORBIN BAIRD

TOSH LEWIS-YOUNG

GUTHRIE TAYLOR

MICHELE ROBISON

NANCY MATHEWS

## 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

EAST

3220 E 3rd Street

NEAR WEST

316 W 6th Street

IVY TECH

200 Daniels Way  
Room D109