



BLOOMINGFOODS
CO-OP MARKET

BLOOMINGNEWS

WINTER 2020

**HOW TO
BULK**

**MEMBER
RECIPES**

**PLUS:
YOUR 2019
POSITIVE
CHANGE
RECAP**





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.bloomingfoods.coop!

LEADERSHIP TEAM

GENERAL MANAGER TEAM

Dee Bohler
Phil Phillipy

EAST

STORE MANAGER
Nancy Flynn-Hert

NEAR WEST
STORE MANAGER
Phil Phillipy

IVY TECH
STORE MANAGER
LS Weyers

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Board Report

from Guthrie Taylor
Staff Board Member



Happy New Year!

When the call was made for a volunteer to write the first Board of Directors article of 2020, I jumped at the opportunity to introduce myself to you all.

My name is Guthrie Taylor and this is my first year on the Board. If my name or face seems familiar, you probably know me from the East store. I moved to Bloomington from Portland, OR in July 2017, and was hired by Bloomingfoods the same month. I've been the Front End Manager here for two years.

I'm new to the grocery business, but not to the world of co-ops. Some of my earliest memories are of my mom taking me to the Community Market in Sebastopol, CA, where she'd buy me carob energy nuggets out of the bulk bins. I enjoy healthy food and support the cooperative business model, so it feels like I'm in the right place here at Bloomingfoods.

A large part of my job is ensuring that the check-out experience is swift and pleasant, any customer issues are resolved to everyone's satisfaction, and Front End staff are hired, trained, and scheduled appropriately. Before coming to Bloomingfoods, I worked for ten years as a used book buyer at Powell's Books, the country's largest independent bookstore.

I chose to run for the Board of Directors because I believe it's important that the perspectives of our employees and customers are represented on the Board, and I intend to represent them the best I can.

So far, I'm glad I decided to run. The other Board members have been welcoming and helpful, answering my many questions with patience and understanding. Our new Board President, Pam Weaver, has stepped into her new role seamlessly. And of course I've been working closely with our General Manager Team, Dee and Phil, for a while now. I'm proud of everything they've accomplished over the last two years.

I can be reached by email at guthrie@bloomingfoods.coop, or just come by the store and say hello. I currently work Wednesday through Sunday evenings, and am not hard to find!

In the Spirit of Cooperation,
Guthrie

From Your Marketing Team



L to R, your Marketing Team:
Jenn Sova, Nicholas Blewett, Natascha Buehnerkemper Jacob

Hello Bloomingfoods Community and Happy New Year!

As we transition into a new decade, I feel ecstatic about the position that we're in as a co-op and as a marketing, communications, and engagement team. Looking forward, we have several exciting changes, events, and activities on the horizon. One of those changes pertains to our very own newsletter.

BloomingNews has been a staple of our communications approach for some time and has served us well as a useful outlet to update our owner-members and loyal patrons. However, like anything else we must continue to innovate and evolve to meet the needs of our owner-members, customers, and community. Over the past year there have been a couple of trends that have made us reflect on our approach. One of those trends was a decline in our subscribers while the other was a decline in our open rates.

Our goal is to provide you with meaningful, engaging, and high quality content that reflects our Ends Statement and the values that are at the heart of our co-op. With that said, we plan to now scale back on the production and distribution of the BloomingNews newsletter from monthly to quarterly. Doing so will allow us to further focus our efforts on providing a more substantive and higher quality product. Furthermore, this will also allow us to explore the option of a more extended print distribution as well.

In between newsletters we will continue to keep you informed about all the important happenings and promotions that fall between our quarterly issues. This will include various updates on monthly programs (i.e. Positive Change, Local Focus, and Wellness Wednesdays), promotions (i.e. Fresh Deals), upcoming community events, and educational tips around sustainability.

We're very excited by this change, and hope you will be as well. If you have any questions, comments, or concerns, please email me at: nicholas@bloomingfoods.coop

Nicholas Blewett
Marketing, Communications, and Engagement Manager



From Your GM

from Phil Phillipy
Co-General Manager

Hello, Bloomingfoods-

As the year inexorably draws to an end, making way for the birth of a new decade, we look back at 2019 with feelings of gratitude. Our Co-op has not only weathered another year, but finds itself well positioned for continued health and stability in 2020. And we owe it all to you.

Thank you to our Owners and customers. Your support, passion, and kind words are invaluable. It is a pleasure and a privilege to work for you.

Thank you to our amazing Co-op employees. You make it happen. We are grateful for all of your hard work, and for keeping things interesting. We thoroughly enjoy working with you.

Thank you to our Board of Directors, both past and present. You have worked earnestly and fearlessly to help guide our Co-op through some very difficult times.

Thank you to our Local Vendors. Your unique, high-quality products make the Co-op a destination for those seeking something different and authentic, and add character to our stores.

Thank you to our Community. We are grateful to be a part of your day-to-day, and look forward to being a part of your next decade. Maggie Sullivan was right; Co-op people really are the best people. Thank you all so much.

galleryB

inside Bloomingfoods Near West

Gallery B inside Bloomingfoods Near West shows local and regional artists that work across diverse mediums. We believe that supporting and collaborating with artists enhances our community while also furthering our cooperative values. Gallery B holds quarterly exhibitions and participate in monthly First Friday gallery walks. We are proud members of the Bloomington Gallery Walk.

UPCOMING COMMUNITY OPENINGS

Friday, February 7th | 5pm - 8pm | Community Opening with Artist Caroline Gerberick
Friday, March 6th | 5pm - 8pm | Community Opening
Friday, April 3rd | 5pm - 8pm | Community Opening

THANK YOU

for helping us raise

\$112,199.40

in 2019!

JANUARY - STEPPING STONES - \$8,182.02

FEBRUARY - MOTHER HUBBARD'S CUPBOARD - \$8,853.13

MARCH - SHALOM COMMUNITY CENTER - \$8,916.09

APRIL - COMMUNITY KITCHEN - \$10,005.87

MAY- HOOSIER HILLS FOOD BANK - \$9,583.15

JUNE - SYCAMORE LAND TRUST - \$9,400.10

JULY - AREA 10 AGENCY ON AGING - \$8,852.88

AUGUST - MCCSC FOOD ASSISTANCE FOUNDATION - \$10,408.77

SEPTEMBER - BLOOMINGTON MEALS ON WHEELS - \$13,608.67

OCTOBER - COOPERATIVE COMMUNITY FUND - \$8,047.35

NOVEMBER - MOTHER HUBBARD'S CUPBOARD - \$9,409.91

DECEMBER - SHALOM COMMUNITY CENTER - \$9,705.37

Upcoming Positive Change Recipients

January • Indiana Forest Alliance

Indiana Forest Alliance works to preserve and restore Indiana's native hardwood ecosystem for the enjoyment of all. Funds will be used through IFA's Wild Indiana program to support the creation of 13 Wild Areas that prevents logging in Indiana to allow future generations to enjoy wild nature throughout the state.



February • Area 10 Agency on Aging

Area 10 Agency on Aging provides a home delivery meal program and mobile food pantry for home-bound citizens as well as a raised-bed garden in partnership with Edgewood Primary School students. The seasonal produce from the garden augments home deliveries with organic, healthful options for seniors, persons with disabilities, and family caregivers.

March • Mother Hubbard's Cupboard

The Hub aims to ensure that all people in Bloomington and surrounding areas have access to healthful, whole foods and to provide opportunities to build community through food. Their programs include a client-choice food pantry and free educational programs on nutrition and gardening. Funds will go towards purchasing food for the pantry, helping them serve the 25,390 food insecure individuals in Monroe County and thousands more in surrounding areas.



ALL ABOUT BULK

by Nancy Flynn-Hert
East Store Manager

The bulk section has always been my favorite part of shopping at Bloomingfoods. Years ago when Bloomingfoods first began I loved to go to the little store in the alley off of Kirkwood and browse through all of the options that the bulk section provided. Sometimes I would shop with a list but most of the time I would just browse the shelves for the less familiar. I would go to the library to search for recipes that were very different than the foods I grew up eating. Of course this was in the late 70's and early 80's, pre-internet and before any other grocery store in Bloomington carried the things that were available at Bloomingfoods. This was a time of learning for me; new recipes, new ingredients. I'm sure a great many of our members and customers can also remember this time period.

Buying in bulk is a great option for everyone. It is both a time saver and a money saver. It fits any lifestyle. Do you like to keep a stock of staples on hand so they are always available or do you prefer to only buy what you need for a certain dish you are making today? You can buy as much or as little as needed. If you have a large family or you don't make a lot of trips to the Co-op you may choose to stock up on the staples. Fill your cabinets with all of the ingredients you use on a regular basis. Maybe you don't cook often because of a hectic schedule or perhaps you are like me and you went from cooking for a family of 7 (including 5 boys) to only 2. That certainly changes your buying habits! Then you can simply come in and grab a cup

of this or a teaspoon of that and you're set. I have a wonderful Rustic Italian Bread that I make often, it calls for a combination of up to 12 mixed grains and seeds and I like to use them all. Since I make it often I buy large quantities and mix it ahead and store it in the freezer, however if you are trying it for the first time you would only want to buy enough for one batch. You wouldn't be out all of the money it would take to buy prepackaged items and you would not need to store the leftover quantities. Herbs and Spices are another great use of the bulk section. Buy the things you use in larger quantities and let Bloomingfoods maintain the rest.



maintain the rest. All of us including myself have had jars of spices we use only once or twice and take up valuable space in the cabinet. I learned a long time ago that other than once a year I don't need pumpkin pie spice in my pantry. The bulk section allows you to be creative, you can create a rub for barbeque or your own spice blend for stews and soups. You could make a special tea blend or test homemade herbal remedies. I

I make my own Elderberry Syrup to ward off colds and the flu during the winter months and a tea to relieve congestion for those in my family who didn't take the syrup. I get all of the ingredients for both from the bulk section.

Another wonderful aspect of bulk buying is taking advantage of the ability to reduce prepackaged products and plastic waste in your home. Think reuse. Any container that you have may be something that you could repurpose into a bulk container. Can you wash the container? Then you can reuse it for Bulk.

Oil and vinegar bottles, jam and jelly jars, spice jars, coffee containers, canisters, cloth bags, canning jars the list goes on and on. Have you ever (and we all have) gotten to the store and realized you need something from the bulk section but forgot your container? We also carry a large quantity of canning jars that we sell at cost to purchase if needed.

Is there something that you use in very large quantities? If so, ask our staff about placing a special order. We will place the order, give you a call when it arrives and you can pick it up at your convenience.



HOW TO BULK:

Need a refresher on how to shop the department? Here are some basics:

- 1 Take your reusable container to a cashier and have them give you the tare weight of the container. Use a permanent marker or masking tape to write it on the container.
- 2 Fill your containers with the bulk goods you want and write the PLU# for that product on your container.
- 3 Take your containers with the rest of your groceries to the checkout and the cashier will take care of the rest!

Creamy Curried Pea Soup

from Chris M., Owner-Member since 2002
(adapted from Moosewood Restaurant Cooking for Health)

- 2 tablespoons olive oil
- 1 ½ cups chopped white onions
- 2+ garlic cloves minced
- ¼ teaspoon salt
- 1 cup chopped carrots
- 1 tablespoon curry powder
- ½ teaspoon ground turmeric
- 4 cups veggie broth (we make our own and keep frozen in 2 cup containers)
- 2 cups fresh or frozen green peas
- 3 cups fresh spinach
- ½ cup packed fresh cilantro stems removed
- 1/8 + teaspoon ground black pepper
- 1/8+ teaspoon cayenne (spice to level)
- ¼ cup nonfat plain yogurt, yogurt cheese, or almond milk (orig. calls for Neufchatel)

In soup pot, heat oil on medium high. Add onions, garlic and salt. Stirring until onions soft, about 4 minutes. Add carrots and cook about 3 minutes. Stir in curry and turmeric. Add broth and 1 cup of peas, cover and bring to boil. Reduce heat to simmer and when veggies soft, about 15 minutes.

Remove from heat, stir in spinach, cilantro, black pepper and yogurt/milk. With immersion blender, puree the soup until mostly smooth. If no immersion, transfer to blender and blend. Return and add last cup of peas, turn to low heat until eat or remove from heat and eat.

I find it makes four dinner servings or six lunch. Yum!!!



Lentil Stew



from Ruthie C., Owner-Member since 2011
(from Ruthie's self-published cookbook)

- 1 large onion, chopped
- 1/4 c. oil
- 5 medium potatoes, peeled and cut into large chunks
- 4 large carrots, peeled and diced
- 8 oz. mushrooms, sliced
- 1/2 c. lentils
- 3 Tbsp. flour
- 4 c. water
- 1/4 c. soy sauce
- salt and freshly ground pepper to taste
- dash of cayenne pepper

Heat a large cast-iron pot. Add onion and oil; saute until onion is softened. Add potatoes, carrots, mushrooms and lentils. Add flour and stir to coat vegetables and lentils. Pour in water and soy sauce. Bring mixture to a boil, then lower the heat and simmer, uncovered, stirring occasionally. Simmer for 30 minutes, until the sauce is thickened. Salt and pepper to taste. For an extra kick, sprinkle on a dash of cayenne. Serves 6.



galleryB

inside Bloomingfoods Near West

Meet Gallery B's current artist, Caroline Gerberick

Join us for Gallery B's first Community Opening on Friday, February 7th from 5-8pm. Pop in to meet Caroline, snack on yummy hors d'oeuvres, and mingle with your Co-op community.

We visited Caroline in her studio to discuss her work, where she looks to for inspiration, and her show, *Adrift*, at Near West Bloomingfood's new Gallery B. Caroline is third year MFA candidate in the Fibers IU and received her BFA in Fiber and Material Studies from The School of the Art Institute of Chicago in 2016. Her work uses various processes and materials such as weaving on a floor loom, screen printing and digitally printing on fabric.

1. Tell us a bit about where you are from and your background a bit?

I'm from suburbs north of Cincinnati and have lived there my whole life up until college. I went to The School of the Art Institute of Chicago for undergrad and started out pursuing a BFAW (emphasis in creative writing) but realized the studio was much more important to me and switched to a BFA. I was focused in the Fiber and Material Studies department where I learned how to weave, screen print, dye, and create soft sculptures. The history of Fiber art and the investment in material investigation is how I found my place in the art world. During undergrad and for a year post graduation I worked as a studio assistant for a few artists. I love working with artists and the problem-solving nature of a studio practice.

2. What brought you to Bloomington?

In 2017 I moved to Bloomington to get my Masters in Fibers from Indiana University. I decided to come here after hearing great things about the faculty and program at IU. After living in Chicago for about five years I was excited to experience a different city and pace. Bloomington is a wonderful place to live while going to graduate school.

3. What are a few things that shaped your interest or ideas of art (from childhood to today)?

Most of my family is artistic in varying ways so I feel like I've always been surrounded by art, music, and reading. My parents, and now my sister as well, are in the field of science and I have always felt



that while different there are so many commonalities between the two and I think that has influenced me as an artist. Coming up with a thesis for a project and proving it, finding solutions, exploring materials and resources are shared between both practices. More currently, film and books constantly shape my interest and ideas for art. Travel has also had a major influence on me. I recently was able to go to Japan through a photography class and it's hard not to say it changed everything for me, it has provided my practice with so much!

4. Tell us about Adrift and how these works are made?

Adrift is a series of pieces made by pouring epoxy resin into a mold and then carefully embedding digitally-printed silk into the resin. After digitally manipulating my photographs a bit they are printed onto silk organza and through these processes they become abstract substrates that are both an image and abstracted color. In the pieces the silk can seem to be sinking, floating, submerged completely, or encased. What is seen is that they are mid transformation or between two states. This place of inbetween speaks to the boundaries of physical and temporal states. When you can be both with and without yourself. The reference to water is to call on the experience of floating in water when you are floating between two worlds and by letting go you are opening up. This work is a manifestation of the inbetween. The cusp of the surface where you can feel both the above and the below. This work suspends a moment in order to see all of the multiplicities that exist.



5. Who are some of your favorite artists or where do you find inspiration?

My favorite artists are constantly shifting but some of the major ones are Agnes Martin, Gerhard Richter, Elena Damiani, and Mimi Jung. Again, film is a major inspiration. Related to my work I'm interested in films that involve memory, how we remember, and the lack of control we have over our memories so this includes things like *Eternal Sunshine of the Spotless Mind*, *Being John Malkovich*, *Tree of Life* and *Mulholland Drive*. I also read a lot of Haruki Murakami because his books feel like a dream and a confusion of what is real and what isn't.

6. What has community looked like for you in Bloomington?

While most of my activities are affiliated with the University I have been able to meet such amazing people from the community. There is a wonderful art community here but specifically there are really special people who have their own dye gardens, textile classes, and Fiber art groups. The Fiber area at IU has worked with Lotus Festival in the past and collaborations like that are always happening here.



7. Where else can folks see your work and what is on your horizon?

My thesis exhibition will be up March 31 - April 11 at the Grunwald Gallery and the reception will be April 3 at 6:00 pm. I graduate with my MFA in May and I am applying to studio coordinator and teaching jobs!

See more of Caroline's work on her website:
www.carolinegerberick.com

MEET MALLORY P

East
Center Store
Clerk



1. How long have you been working with Bloomingfoods and what is your current role?

MP: I started working at Bloomingfoods East as a cashier in January of 2019 and in August of 2019 I transitioned into a Center Store position.

2. What brought you to the co-op?

MP: As I was looking for a job my sophomore year at Indiana University, Bloomingfoods caught my eye because I actually had no idea that there was a co-op in Bloomington and I wanted to check it out!

3. What is your favorite thing about working at Bloomingfoods?

MP: My favorite thing about working at Bloomingfoods is definitely being able to work with the best people. I have made so many friends while working here and everyone is so kind and welcoming, making it a very enjoyable place to work!

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

MP: When I am not at the co-op I am actively pursuing an interior design career through Indiana University. So when I am not restocking shelves, I am working on resumes, my portfolio of work, and all of the studio projects that pile up throughout the semester.

5. Do you have a special skill, hobby, or talent that most people don't know about?

MP: When I have time, I love to paint! It is not very often, but when I get a couple hours to myself I take out my easel and continue whatever painting I am currently working on. Although it can take a really long time for me to finish a painting with my busy schedule, it is one of my favorite activities.

6. What is your favorite co-op item and what makes it your favorite?

MP: There's so many things that I love to buy at Bloomingfoods, but I think my favorite product is the Heritage Store's Rose Petals facial spray. It is my favorite because I love the scent of roses and the spray smells SO GOOD! It's also very good for the skin.

7. Any insider tips or recommendations for this product?

MP: I usually use this product after washing my face and before I put moisturizer on. It helps with brightening my complexion!



Co-op Events Calendar

Soap Making with The Goat Conspiracy

FREE Wellness Wednesday Workshop

Wednesday, February 5, 6-7pm

Bloomingfoods East Community Room

Gallery B Community Opening with Artist

Part of Gallery Walk Bloomington's First Fridays

Friday, February 7, 5-8pm

Bloomingfoods Near West

Community Kitchen Winter Brunch

Sunday, February 16, 11am and 1pm

1515 S Rogers

Purchase tickets: www.monroecommunitykitchen.com

Indiana Forest Alliance - Wild & Scenic Film Festival

Sunday, February 16, 6pm

Buskirk-Chumley Theater

BCS Board of Directors Meeting

Thursday, February 27, 6:30pm

Bloomington Transit Station, 301 N Walnut St

Gallery B Community Opening

Part of Gallery Walk Bloomington's First Fridays

Friday, March 6, 5-8pm

Bloomingfoods Near West

BCS Board of Directors Meeting

Thursday, March 26, 6:30pm

Bloomington Transit Station, 301 N Walnut St

Gallery B Community Opening

Part of Gallery Walk Bloomington's First Fridays

Friday, April 3, 5-8pm

Bloomingfoods Near West

Sycamore Land Trust Arbor Day Tree Giveaway

Friday, April 24th

Bloomingfoods East

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NEW CONTACT INFO?

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

EDITORIAL DISCLAIMER

Opinions expressed herein are solely those of the authors and are not necessarily representative of the newsletter or Bloomingfoods. Nutritional and health information are provided for informational purposes only and are not meant as a substitute for consultation with a licensed health care provider.

Comments on the content of this newsletter are heartily encouraged and may be sent to

info@bloomingfoods.coop.

LOCATIONS

EAST

3220 E 3rd Street

NEAR WEST

316 W 6th Street

IVY TECH

200 Daniels Way

Room D109