



BLOOMINGFOODS  
CO-OP MARKET

# BLOOMINGNEWS

## SEPTEMBER 2019

**SEPTEMBER IS  
EAT LOCAL  
MONTH!**

**PLUS:**

**2019 ANNUAL ELECTION &  
ANNUAL MEETING DETAILS  
...AND SO MUCH MORE!**



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**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

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##### 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

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Natascha  
Buehnerkemper Jacob  
Maggie Sullivan  
Dee Bohler  
Phil Phillippy  
Glenn Herrera

# Board Report

## from Maggie Sullivan

### Board President

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September brings cool weather, crisp apples, hordes of students, and... the Bloomingfoods Annual Election!! Yes, I know there are many other elections to think about, but I encourage you to exercise your right to vote at Bloomingfoods and support our second cooperative principle - Democratic Member Control. As a cooperative, we look to our members for guidance on how to operate our business. This election gives you the opportunity (and the responsibility) to choose who serves on the Board of Directors. The Directors in turn make decisions for the cooperative. So please take the time to review the candidates and select the owner-members who you would like to see directing the future of Bloomingfoods. Voting takes place September 19 - October 10 online and in the stores.

I also invite you to join in our Annual Meeting on October 10th as we celebrate another year of rebuilding and another year of modest profitability. I continue to be very proud of our General Management team and with all our staff members who have worked diligently to pull us through the hard times and set us up for future growth. Every month we grow stronger and more cohesive as we look to the future. The Annual Meeting is a great opportunity for strengthening our community bonds and I hope to see you there.

**maggie@bloomingfoods.coop**  
812-345-1592



Dale and Pat Conard (center) with Dee & Phil, our GM Team

# Thank You



Dale and Pat Conard

Back in early August when the City of Bloomington suspended our local Farmers' Market, we at the co-op wanted to help. Through the hard work of a few individuals, organized as the Monroe County Growers Association, we were able to host two very successful alternative markets for those displaced by the suspension. Hundreds of community members participated. That would not have been possible without the support of our East side landlords, Dale and Pat Conard. As farmers themselves, they understood the significance of the market suspension, and approved our use of the adjacent vacant lot - once farmed by Dale's grandfather as Latimer Farm - without hesitation.

We would like to extend a heartfelt "Thank You" to Pat and Dale. We are proud to have you as members of our co-op community!

Dee Bohler & Phil Phillip, Bloomingfoods General Management Team

OFFICIAL NOTICE OF MEETING:

# 2019 BLOOMINGFOODS ANNUAL MEETING

**THURSDAY, OCTOBER 10**  
**Doors @ 6 pm**  
**Meeting @ 6:30 pm**

**The Clubhouse at the Fields**  
**1333 S Fenbrook Ln**  
**Bloomington, IN 47401**

**Bloomingfoods owner-members: Join us to hear  
about the year in review as well as what lies  
ahead for your co-op!**

**FREE FOOD**  
**CASH BAR**  
**LAST CHANCE TO VOTE**

**RSVP by Thursday, October 3 at**  
**[www.bloomingfoods.coop/2019rsvp](http://www.bloomingfoods.coop/2019rsvp)**

# MEET BAILEY

Near West  
Assistant  
Deli Manager



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

I've been working at Bloomingfoods for a little over a year now, and I am the Assistant Deli Manager at the Near West store.

## What brought you to the co-op?

All of the vegetarian products originally brought me to the co-op. I love our selection of plant based foods and wellness items.

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

My favorite thing about working at Bloomingfoods is working with all of the local vendors and their products. There are so many amazing things in town that I never would have found without exploring the co-op.

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

When I am not working at the co-op, I am happiest trying out new recipes, gardening, or spending time with my dog.

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

Most people don't know that I have been teaching myself yoga for two and a half years.

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

My favorite co-op item is Kind Kombucha because they have awesome flavors, including some with CBD!

## Any insider tips or recommendations for this product?

I love that they have both decaffeinated and caffeinated CBD Kombucha.





# ANNUAL ELECTION

**September 19**

**October 10**

Voting is one of the most important responsibilities owner-members have and it's a vitally important role to govern their business. No distant shareholders pull the strings of power. We elect our fellow owner-members to hire management and steer the future of our co-op.

Voting in your co-op election is a serious act of democracy. Whomever you elect, and whichever Positive Change recipients you choose, the most important thing is that you do it.

In this election period, there are two important matters you have the opportunity and responsibility to vote on: 5 new board members and the 2020 Positive Change roster. Elect, decide, choose. This is real, tangible power you hold as a member of this co-op. Thank you for voting!

The 2019 Voters' Guide is available now in-store and online.

[Click here to  
view the 2020  
Voters' Guide](#)

# POSITIVE CHANGE

*Thank you for rounding up for*  
**FOUNDATION FOR MCCSC  
FOOD ASSISTANCE FUND**



Once again, Bloomingfoods staff and shoppers have smashed all previous Positive Change records, raising \$10,408.77 for the Foundation for Monroe County Community Schools, helping to ensure that students get a school lunch every day regardless of the status of their lunch account.



Learn more about FMCCS by visiting [www.mccsfoundation.org](http://www.mccsfoundation.org).

# In September, round up for



Small change makes a big impact! Join us in raising funds this month for Bloomington Meals on Wheels. BMOW helps feed those who cannot cook for themselves due to illness, injury, or disability. They deliver 2 nutritious, medically-tailored meals Monday through Friday to help clients maintain their health and remain in their homes.



Like Bloomingfoods, Bloomington Meals on Wheels believes that good food is good medicine. Access to healthy food (medically-tailored meals) helps improve health outcomes for those who are experiencing chronic illness. This program is designed to specifically address the nutritional and social needs of seniors and other vulnerable community members.

To learn more about the great work that the Foundation does, follow them on Facebook or visit [www.bloomingtonmealsonwheels.org](http://www.bloomingtonmealsonwheels.org)!

# Double the Positive Change

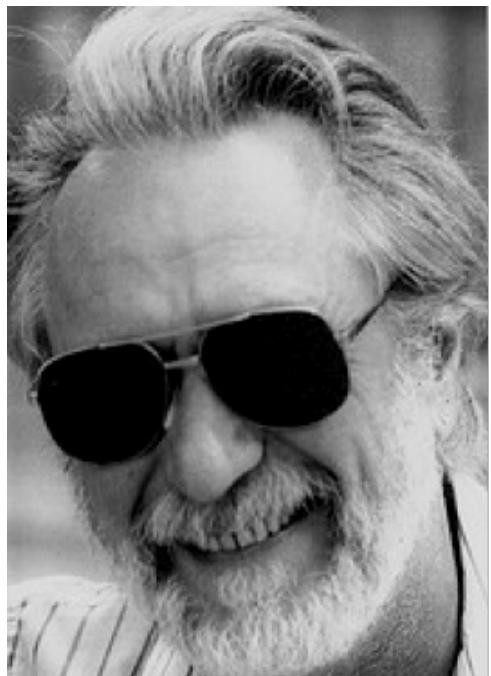
Thanks to an anonymous donor, all  
Positive Change funds raised  
September 1-7  
will be matched  
**up to \$10,000!**

## Now accepting nominations: 2019 Bill Krejci Memorial Award

The Board of Directors is now accepting nominations for the 2019 annual Bill Krejci Memorial Award. Created in 1999, the award honors a Bloomingfoods owner-member, staff member, or past/present director who exemplifies Bill's spirit of giving of themselves to better Bloomingfoods and the cooperative way.

In addition to being recognized on plaques in our stores alongside the generous people honored in previous years, the award comes with a \$150 donation to a charity chosen by the awardee, and \$100 gift. The award will be given at the Annual Meeting to be held on October 10.

If you would like to nominate an individual for the award, please pick up a form in either of our stores or online. Completed nominations should be returned to Bloomingfoods no later than September 20th, 2019.



# September LOCAL FOCUS



This September, join us in celebrating STIR coffee, based out of Bloomington, Indiana! For the entire month, save 20% off on their entire line of cold brew coffees, including their brand-new Lightly Sweetened option, debuting mid-September!

"We create super fresh, ultra-smooth, and very delicious ready-to-drink cold brew coffee and put it in a bottle for you for utmost convenience. We believe we have created an outstanding cold brew blend with our local roaster with optimal water-to-coffee ratios for our ready-to-drink formula. Our best-selling Classic cold brew (no flavoring, no sweetener) comes in both 12 oz. and 32 oz. bottles. We also offer two flavored varieties with our Caramel and Hazelnut cold brew that come in 12 oz. bottles; two coffee mainstays for those who desire a little something extra in their coffee. And of course we can't forget the ever popular Pumpkin Pie seasonal flavor that we release every fall for select months of the year. Our cold brew is produced locally in Bloomington with the same perfected water-to-coffee ratios every single time, slow steeped overnight at a controlled, cool temperature, and bottled the very next day. We liken cold brew coffee to iced tea, but for coffee lovers."



Be sure to stop in, say hi, and catch Alex and Chaz sampling at Bloomingfoods East, Near West, and Ivy Tech this month! Learn more at [www.stirmobilecoffee.com](http://www.stirmobilecoffee.com)

# Power Up Your Breakfast

Rise and shine! Fuel your day with these healthy, high-protein breakfast options.



## Kale and Chickpea Mini Frittatas

Servings: 12. Prep time: 45 minutes; 15 minutes active.

12 large egg whites  
½ teaspoon salt  
1 15-ounce can chickpeas  
4 leaves kale, chopped finely  
1 large tomato, chopped  
¼ cup chopped fresh parsley  
1 teaspoon dried thyme

1. Heat the oven to 350°F. Line a 12-cup muffin pan with paper liners, or grease with shortening or butter, and set aside. (The egg whites will stick if you don't line or grease the pan well.)
2. Whisk the egg whites and salt in a medium bowl; reserve.
3. Drain the chickpeas in a wire strainer and place in a large bowl. Add the kale and tomatoes to the chickpeas. Add the parsley and thyme and mix well, then divide mixture between the muffin cups, placing the items loosely so the egg whites can flow around them. Divide the egg whites between the muffin cups, about ¼ cup of egg per muffin. Tap the pan on the counter to settle the ingredients.
4. Bake for 25 to 30 minutes, until the eggs are set and firm. Cool on a rack before refrigerating or freezing in an airtight container or plastic freezer bag.

*Bake these low-fat frittatas ahead of time and store them in the fridge. They're easy to take along as you run out the door on a busy morning!*

## Peanut Butter Berry Smoothie Bowl

Servings: 2. Total time: 15 minutes.

1 cup plain nonfat Greek yogurt  
¼ cup peanut butter  
1 large frozen banana  
1 cup frozen strawberries  
2 tablespoons strawberry jam

### Toppings

2 cups fresh strawberries, sliced  
1 cup granola  
2 tablespoons chopped roasted peanuts  
2 tablespoon chia seeds

1. Place the yogurt, peanut butter, banana, strawberries and jam in a blender, and secure the lid. Puree until smooth. Divide the smoothie between two low, wide bowls and spread mixture evenly. Arrange the sliced strawberries on each bowl, then garnish with the granola, peanuts and chia seeds. Serve immediately.

*A bowl so delicious, it's almost like having ice cream for breakfast — but with nutritious protein and fruit you can feel good about eating.*





## Avocado and Egg Brown Rice Bowl

Servings: 2. Prep time: 15 minutes.

1 ½ cups leftover cooked brown rice

2 teaspoons canola oil or butter

2 large eggs

1 large avocado

Optional garnishes: Sliced pickled ginger, kimchi, toasted sesame seeds, sautéed greens or leftover cooked vegetables, shredded cheese, hot sauce

- I. Reheat rice gently in a small pan with a few drops of water, or in the microwave. Divide the heated rice between two wide bowls. Heat a cast iron or non-stick sauté pan over medium heat for a minute, then add the oil or butter

to the hot pan. Crack each egg into the pan and reduce the heat to medium-low. Cover the pan and let cook for about 2 minutes, until the whites are set and the yolk is jiggly when you shake the pan gently.

2. While the eggs cook, cut the avocado in half lengthwise, and remove the pit. Use a paring knife to slice each avocado half in the shell, then scoop the slices out with a spoon. Fan half of the avocado slices over each bowl of rice, and place a cooked egg on each bowl. Serve with optional garnishes for a hearty breakfast or lunch.

*For an even heartier breakfast, add sausage, cubed tofu or bacon crumbles to this whole-grain dish.*

## Peanut Butter Pancakes

Servings: 4 (12 pancakes). Prep time: 30 minutes.

1 cup whole-wheat pastry flour  
1 tablespoon sugar  
½ teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 large egg  
½ cup creamy peanut butter, divided  
½ cup nonfat Greek yogurt  
1 ¼ cup milk or almond milk, divided  
1 teaspoon vanilla  
3 tablespoons maple syrup  
1 teaspoon coconut oil  
Bananas, grapes, strawberries or  
lightly sweetened cranberries

1. Heat the oven to 200°F, to keep the pancakes warm while you finish cooking.
2. In a large bowl, combine the flour, sugar, baking powder, baking soda and salt, and whisk to mix well. In a medium bowl, combine the egg, ¼ cup peanut butter, and yogurt and stir to a smooth paste. Whisk in a cup of the milk gradually, then

the vanilla, until smooth. Stir the egg mixture into the flour mixture, just until combined.

3. Preheat a griddle or a large non-stick or cast iron skillet over medium heat. When hot, brush lightly with oil. Use a ¼ cup measure to scoop portions of batter into the pan, leaving space between the rounds of batter. As the pancakes start to form bubbles on top, reduce the heat to medium-low. Cook for about 2 minutes on the first side, until the edges look cooked and the top is bubbled. Carefully flip each cake and cook for about 2 minutes longer. Transfer to a large, heavy platter and place in the oven as you finish the remaining pancakes.
4. Before serving, combine the remaining peanut butter, coconut oil, remaining ¼ cup of milk and maple syrup and stir over low heat just until warmed and pourable. Stack three pancakes, top with the peanut butter sauce and add sliced or whole fruit.



# **Gift Card Blackout Dates & Transition**



Beginning in October, Bloomingfoods will begin transitioning to a self-hosted gift card program. From October 15th - 17th we will not be able to issue, redeem, or lookup existing gift card balances.

## **What does that mean for current gift card holders?**

In order to complete this transition, our cashiers will be processing gift card exchanges at the register to transfer existing card balances from our old cards to our new Bloomingfoods branded gift

cards. Simply bring your current gift cards into any of our stores beginning October 18th and request an exchange for a new card. Our cashiers will then look up your current balance and add that to a new gift card. Easy!

## **Why are we making this transition?**

- Primarily cost. The cost of processing gift cards through a third-party has increased over the years and this move will immediately alleviate that cost. The amount saved is substantial annually and is one of many steps being taken to curb the rising costs of payment processing.
- Brand recognition. Our new gift cards will have unique Bloomingfoods designs that are easily identifiable to gift card recipients.

For any questions or concerns, please reach out to [support@bloomingfoods.coop](mailto:support@bloomingfoods.coop).

**Owner-members:  
LOAD  
UP  
ON  
LOCAL!**

**save 15% on all  
local products  
every Friday in  
September!**



# Community Connections

## Boys & Girls Club Volunteers Needed!

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

**Saturday, 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, September 19 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, September 19 (the third Thursday of the month, May through October)**

4-6pm

Mother Hubbard's Cupboard

1100 W Allen Street, Bloomington

## Saturday Farmers' Markets

Bloomingfoods East parking lot - through October

8am - 1pm

Showers Commons - through November

8am - 1pm

## Tuesday Farmers' Market

Every Tuesday, June through September

4-7pm

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

## Wednesday Morning Farmers' Market

every Wednesday in Summer

8am - 12pm

Bloomingfoods East Parking Lot

## Biggest Little Farm Film Screening

The City of Bloomington is partnering with the Buskirk-Chumley Theater to screen the newly released film, Biggest Little Farm. This will be a free, unticketed event open to the public as part of the ongoing celebration of City of Bloomington's Year of Food. The screening will be followed by a Q&A session with local farmers and a reception in the lobby.

**Friday, September 20**

Doors at 6:30, film starts at 7pm

Buskirk-Chumley Theater

# Co-op Events Calendar

## 2019 BOARD OF DIRECTORS

MAGGIE SULLIVAN

President

PAM WEAVER

Vice President

BOBBI BOOS

Treasurer

JACOB SCHUMACHER

Secretary

ANGELA BABB

CORBIN BAIRD

GERRY HAYS

TOSH LEWIS-YOUNG

DAVID PARKHURST

## NEW CONTACT INFO?

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



## Load Up On Local!

Bloomingfoods Owner-members save 15% of all local products!

Every Friday in September

## Wellness Wednesday Workshop

How To Raise Your Vibrational Frequency to Increase Your Health, Happiness, Joy, & Prosperity  
with Charlene Marsh

Bloomingfoods East Community Room

September 18 6-7pm

## Board Election

Vote in-store or online for 5 new board members and decide on our 2020 slate of Positive Change recipients

[Click here](#) to view our 2019 Voters' Guide or view in-store!

September 19 - October 10

## Win FREE Rhodes Eggs For a Year!

Enter online or in-store to win a year's supply of Local Rhodes Family Farm eggs!

September 20 - 27

## BCS Board of Directors Meeting

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

September 26 6pm

## International Coffee Day

Bring your own cup and get FREE COFFEE! (valid for 16 oz or smaller)  
Sunday, September 29 open-noon

## LOCATIONS

EAST

3220 E 3rd Street

NEAR WEST

316 W 6th Street

IVY TECH

200 Daniels Way  
Room D109