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HARVEST BRAND VITAMINS AND MINERALS



Members Only expires 5/30/12



one coupon per member per month

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NEW HARVEST ORGANIC JUTE BAG



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HARVEST SUSHI



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one coupon per member per month

HARVEST BOARD OF DIRECTORS SYNOPSIS

Christina Lively, President, Harvest BoD

The Board welcomed two Harvest members to the April meeting as guests. We looked at finances to see that business was profitable. In his April report, the GM mentioned that the Arboretum project is going well, and that Harvest may be able to open its location around December 2012/January 2013.

The Referendum committee offered a proposal for policies around referenda, and the Board agreed that the policies needed more refinement before approval.

We launched the 2012 election season by re-instating the election committee. Election packets are due the first Tuesday in September. Any member interested in running for a seat on the Board is welcome to contact committee

chair Stephanie Golas at sgolas@harvest.coop

The Board discussed preliminary results from the member/customer feedback questionnaire. The Board is preparing a more thorough report which we hope to share in the Harvest Times. We also took care of some administrative issues, examining our policy around how our agenda is created and we approved a new Board sub-committee which will examine our policies (in under system of policy governance) going forward.

The Membership and Social Concerns Committee (MSCC) offered an update on their outreach work, and the Board concluded the meeting by discussing an article on how to continue exploring raising capital through member loans.

PAPER VS. PLASTIC

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out many more to new members when they join Harvest. In the last fiscal year which ended April 26, 2008, Harvest gave back over \$7,000 in bag refunds. Now that we have

doubled the bag discount to 10¢ per bag when you bring your own bag, it makes more sense to bring your own bag(s) when you shop at Harvest.

Information from the Environmental Literacy Council, Greenfeet.net, and the Washington Post <http://tinyurl.com/2kany9> were used in this article.

Co-op Calendar

MAY 2012

MONDAY, MAY 7, 7 PM., Harvest Board of Directors Meeting

TUESDAY, MAY 8, 6-8 PM., ROOTS, SHOOTS, AND LEAVES: WILD FOODS OF SPRING

WEDNESDAY, MAY 9
MEMBER APPRECIATION DAY!
ALL HARVEST CO-OP MEMBERS RECEIVE 10% DISCOUNT ALL DAY!

SATURDAY, MAY 12, 1-5 PM., JAPANESE ANIMATION, RATED PG

MONDAY, MAY 28, 6:30 – 7:30 MEMBERSHIP AND SOCIAL CONCERNS COMMITTEE

MONDAY, JUNE 4, 7 PM., Harvest Board of Directors Meeting

Harvest Co-op Market encourages exploration of a variety of approaches to food, nutrition, and health in our classes. However, inclusion in our class offerings does not imply endorsement by the Co-op.



HARVEST CO-OP'S

HARVEST TIMES

A publication for members and shoppers at Harvest Co-op Markets

HARVEST AT THE CO-OP CAFE

By Chris Durkin

On a snowy Saturday in late March (well, there were flurries – that's our "snowy day" in this new climate change era), we got up early and headed west to Brattleboro, Vermont for a gathering of food co-ops. We got together to discuss "IYC - International Year of the Co-op – 2012", and how we can work together to maximize this benefit.

This was the Northeast Regional Co-op Strategy Seminar, with co-ops from New England and New York sending representatives. Sponsored by the NCGA, the National Co-op Grocers Assn. and CDS Consulting Co-op, staff and board members from 26 co-ops gathered to hear video and live presentations, and discuss what we had heard in small groups. We discussed how we could strengthen our co-op, and continue to build a cooperative economy.

We started with a video from Charles Gould, Director General of the International Cooperative Alliance, speaking about IYC 2012, and their plans to create a broader vision of this decade as "A Cooperative Decade". While many people are feeling a disconnect with typical businesses, we need to get the word out that co-ops are a serious business model. We are about member control, and are value based rather than profit based. This was followed by Pam Mehert and Robynn Schrader from NCGA, and Alex Gyori, the General Manager of Brattleboro Food Co-op. We heard from Erbin Crowell, the Executive Director of the Neighborhood Food Co-op Assn., mostly Pioneer Valley (central Mass, Vermont and New Hampshire) participants. Harvest is considering joining NFCA – we are talking logistics now.

Tom Webb, a professor from St. Mary's University in Halifax, Nova Scotia, and the Executive Director, Masters in Management – Cooperatives and Credit Unions, spoke next. He also spoke on the state of the

economy, and how co-ops are the right way to move forward. Since a co-op is created to meet member and community needs, as opposed to typical businesses are in business to maximize shareholder value, we are poised to meet needs better than typical businesses. Will this co-op economy work? The answer is YES, since it already does. Co-ops and Credit Unions have more than 1 billion members worldwide.

Since the economy is a human creation, we must take responsibility for what we create. That attitude is not shared by typical businesses. To quote George Soros, "As a market participant, I don't need to be concerned with the consequences of my action". Or as Milton Friedman said, "The Business of Business is Business."

We next heard excerpts from Brett Fairbairn, from the University of Saskatchewan. He discussed the "WE" vs. "ME" economy. WE is about working together (think Co-ops), while ME brings to mind the Reagan years of the 1980's when greed was good and Social Darwinism was the rule - "every person for themselves". Old friend Walden Swanson, former Harvest member, CDS consultant, and part of a startup group for a food co-op in the Merrimack Valley, continued with the ME vs. WE analogy. He discussed how there have been three great waves of food co-op growth: Depression era (1940's); Natural Foods era, (1960's/70's), and now currently a third wave, based on a desire for local control and community. There are over 350 new food co-ops in the US – many in Massachusetts. Connecticut has gone from one food co-op to four in the past few years.

Next, a section titled "Co-ops and Community" featured two stories about how communities and governments can – and do – support co-ops. City Market in Burlington VT was one story, where the downtown supermarket closed, and the city helped Onion River Co-op become City Market. Mayor

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If you'd like to have this newsletter emailed to you, contact cdurkin@harvest.coop

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Photos courtesy of miyukiutada

PAPER VS. PLASTIC

By Chris Durkin

Reprinted from Harvest Times, June 2008. Harvest Co-op has, in last fiscal year refunded over \$25,000 in bag rebates, saving 250,000 – that's a quarter million bags. WOW!

Paper vs. plastic. Plastic vs. paper. As you stand in line, you ask yourself which is the "green" choice?

Of course, the answer is neither. Both use significant energy and natural resources to produce, and even if reused or recycled, produce significant pollution. Then why the big movement by politicians to ban plastic bags? This is the result of dubious science, where they decide one is a more popular villain than the other. We get occasional requests to charge for bags rather than give a discount. The effect of that would be to make people shop elsewhere – which won't work for the long-term survival of your co-op.

Paper uses significant amount of natural resources – trees – to make a paper bag. Trees have to be cut, moved from the forest to the plant, then dried for three years before they can be processed. Moving large logs means fossil fuel consumption, either through trucking on roads that also destroy habitats, or in some cases by helicopter. Logging is also a dangerous – and not well-paid – job. Once dried, the wood then has to be cubed, "cooked", and then treated with water, sulfuric acid, and bleach to be made into paper pulp. Then it has to be processed, cut, printed, packaged and shipped, using more energy. Some estimate that paper uses 70% more energy, produces more air pollution, and significantly more – up to 50 times more - water pollution than plastic bags. So paper is actually a triple threat – cutting down forests which absorb greenhouse gases; an energy gobbling and polluting process; and at a much higher purchase price – 5 times the cost per bag – than your co-op pays for plastic bags.

Plastic bags are made as a byproduct – polyethylene - of the oil refining process. Although they use less energy than paper to produce, the process is the highly toxic result of non-renewable source. According to the Environmental Protection Agency (EPA), plastic production uses 5 of the 6 top listed chemicals that generate toxic waste. (Which leads to another question for another time – why are these chemicals still being used? – OK, we all know who runs the EPA). Over 380 billion plastic bags are used in the US each year. None of these facts take into account the effects oil spills and the occasional military action.

What happens after these bags are used? Paper can be recycled; but that process is energy, resource (water again) and chemically intensive. Most paper bags that are recycled are made into cardboard. If paper bags end up as trash, it is not as toxic as plastic, but since most landfills are capped, paper doesn't get the light, air and water necessary for decomposition. Plastic recycling uses less resources, and takes up less space in landfills, but will not decompose at all. A lot of plastic ends up getting burned for energy, releasing deadly dioxin into the ecosystem.

So there you have it. We aren't trying to answer the "paper vs. plastic" debate, just giving you some information to make your own decision; which is better is up to you. The only truly green solution is to bring your own bags. We have now (permanently, not just for Earth Month as a competitor did) doubled the bag refund to 10¢ per bag when you bring your own bag. We have sold over 3,500 reusable bags since we started almost 2 years ago, and given

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MSCC UPDATE

By Kanishka Azimi

Veteran Membership and Social Concerns Committee member Vidya came back after being gone awhile, to educate us about the wonders of Sans Serif font and soda fountains. After the shock wore off, we started off by discussing the design proposal for the International Year of the Coop banner. We have been working on more transparency of board decisions, so that led us into discussing what email and/or newsletter channels through which to deliver the new board meeting synopsis. We concluded with discussing what the GMO reaction advisory committee will be considering and narrowing down further our volunteer day date for the Food Project. It is hard to get that balance between each person voicing their opinion fully and everybody getting a chance to speak their mind, but we are getting closer, as we each become more in tune with each other's communication style. It felt like a happy family dinner, at least how I imagine them to be.



SUGGESTION BOOK

- Q.) Why are the Harvest vitamins so inexpensive? Are they not as good as others?
- A.) Au contraire! They are made for us by Vitamer, well known for high quality, premium ingredients. Vitamer annually receives third party certification for Good Manufacturing Practices by the Natural Products Association (NPA). They are less expensive because we sell a lot of Harvest brand vitamins and supplements, and since we buy in quantity, we get a deep discount, which we pass on to you! We also have negotiated discounts from other companies on some basic items, including New Chapter Every Woman's and Every Man's daily vitamins, Co-Enzyme B and Bone Strength supplements.
- Q.) I see a lot more on Genetically Modified foods. What is happening now? Where does Harvest stand?
- A.) We have been taking part in the "just label it" <http://justlabelit.org/> campaign by posting information on Facebook and twitter. There are many issues with the safety of GM products, but since few studies have been done, there are open questions about their safety. Other issues include freedom for farmers to grow what they want, and for vegetarians, how do you know what you buy has not been "modified" with animal products? We should have the right to know what is in our food. For more info, go to the Organic Consumers website, <http://www.organicconsumers.org/gelink.cfm>
- Q.) Would you please stock Annie's Organic Pretzel Bunnies? They are in the co-op deals flier but I could not find them on the shelves.
- A.) Thanks for the feedback. We don't carry everything in the flier – I don't think any of the 300+ co-ops that use the flier do. Working with all those other co-op nationally get us – and you – much better prices. I will let Karla know you requested this
- Q.) I am outraged that there were no Reggie Burgers last Friday!
- A.) Sorry – I will talk to Reggie about that.
- Q.) You need a pen at the suggestion book; and your beer selection is too eclectic. Please stock more popular brands (Sam Adams, Harpoon, etc.)
- A.) We do have a pen there – OK, we did. See that silver chain? That's where it was, but it keeps walking away (maybe with some human assistance). We try to carry smaller and more locally brewed Craft brewed beers, rather than beer you can get at any liquor store.
- Q.) I love the Hippo bags! I reuse plastic anyway at home, but these are these are large and durable. Thanks for using them!
- A.) Thanks! Even though these are more expensive, they are very strong, and made from natural gas, not oil. Thanks for noticing, and we hope you reuse them at Harvest!
- Q.) There was no Hardwick beef today. Please tell me you just ran out!! We love the Hardwick beef!
- A.) OK – we just ran out. Since Food, Inc. was on PBS, sales of Hardwick have skyrocketed! I will remind the meat manager to increase the order - again. Thanks.

CO-OP CAFE

Continued from page 1

Madeline Rogero of Knoxville, TN. spoke about the City – Co-op partnership with Three Rivers Market that helped the Three Rivers move and expand. We had a short presentation from the local US Dept. of Agriculture rep who spoke about what they can do to make co-ops and their communities more viable. He said he liked working with co-ops because "communities thrive when they have champions, and co-ops are champions in many of their communities". Bill Gessner of CDC spoke on co-ops and community just before a great lunch from our friends at the Brattleboro Co-op.

After lunch, we split up into rotating small 4 person groups based on the concept of "The World Café", a "powerful technology for engaging people in conversations that matter". Subjects ranged from education, economic viability, and cooperation among co-ops, the Ownership Society, as well as working with community leaders, government and schools.

It's always interesting to get together with a great group of people who do more than "work a job" - they work for the good of all. While we work together on a daily basis using email, it's nice to sit down and catch up with old friends and meet new friends face-to-face. New ideas and old are shared, rehashed and brought up to date. It's the work we do every day – it's just nice to do it in a different location with fresh faces.

TO YOUR HEALTH!

REUSE IT!

MADE FRESH DAILY

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