



Harvest Co-op's

Harvest Times

July / 2017



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



Happy Summer to our Harvest members, staff and community,

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This summer is a busy and exciting time for our co-op, full of changes and new faces. We are thrilled to welcome to Harvest our new General Manger, Brian Peat! Brian joins us from First Alternative Co-op in Oregon and will be making the cross-country drive to join our team, arriving and hitting the ground running in July. We celebrate his arrival and know that it is also bitter sweet, as it means that Wynston Estis, our indomitable Interim General Manager, will be leaving our community. For all that you have done for us Wynston, a big, heartfelt thank you. You will be deeply missed.

Our board of directors is also busy. Summer marks the start of our yearly board election season. Our Election Committee will be creating and sharing out election materials with our membership and we encourage our passionate and engaged members interested in taking on a leadership role, to attend an information session at one of our upcoming board meetings:

Monday, August 7th @ 6-6:30 pm at The Hope Lodge in Jamaica Plain

Monday, September 11th @ 6-6:30pm at CCTV in Cambridge

Stay tuned for more information from our Election Committee and mark your calendar for our Annual Meeting on October 25th. We look forward to seeing you all there!

As we move ahead through summer, we are staying focused on what really matters for Harvest – strong member engagement and participation, robust election processes, heavy sales focus and sound financial oversight. Each dollar counts, so we ask you to please shop the co-op – take advantage of summer's bounty in our stores and take a break from the heat. We can't wait to see you inside.

Enjoy!
Meghan Strauchon

Special Holiday hours

**Independence Day,
Tuesday, July 4th**

**Open regular at 7 a.m.,
CLOSED EARLY at 7 p.m.**

One Member
One Vote
One Co-op

Change and Community Connection

By Wynston Estis

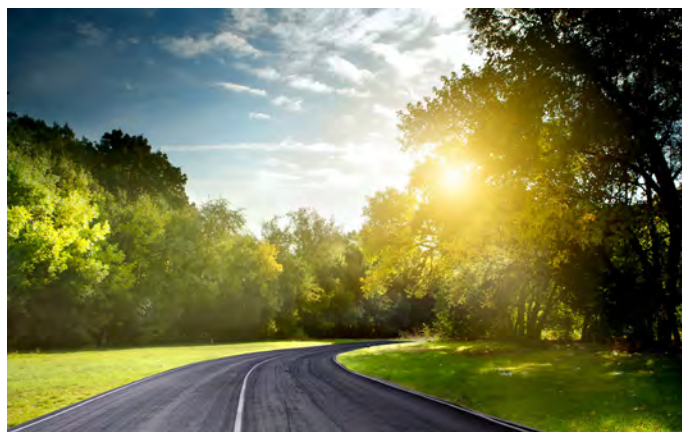
David Bowie's 'Changes' was my senior class song. I don't know if choosing a class song is still a tradition, or a tradition in the New England area, but it was a pretty enjoyable task for my class to arrive at one song that stated our view for all of us collectively as we looked toward one of the biggest changes in our young lives, graduation. Looking at the lyrics now, I'm not sure they all apply but the overall sentiment of the fact that we have to face change is clearly true. How we face those changes is what adds character and value to the journey for ourselves and those we share our journey with.

Choosing to be a member of a Co-op means choosing to be a member of a community with a focus on facing change and the future together. A diversity of values, vision and talents is part of what makes acting decisively and quickly a challenge but it also enriches the ultimate decision of how to move forward together immensely.

The Owner Engagement Committee has been doing some fantastic work. This committee is working on supporting the Co-op's efforts to become sustainable in the following ways:

- Strategic planning
- Community outreach
- Marketing and Community Relations
- Harvest Member/ Owner drive now and big push in the fall
- Harvest Member/ Owner loan campaign in fall 2017 (just 2 months from now)

In addition to the enormous news of Amazon entering the natural foods market place through its purchase of



Whole Foods Market, Harvest will be changing leadership this month with your new General Manager, Brian Peat, taking the reigns and my departure. Brian and I are in communication regarding current efforts to support the Co-op through summer and we plan to have a week of overlap once he arrives to insure a smooth transition.

Harvest will also be working without a few long term staff members who have taken new opportunities to live and work in new communities. Karla Andino, Purchasing Manager, has moved to a new state and Angelo Magaletta, Produce Specialist, will be taking a role with a home repair company. Both of these staff members have worked tirelessly to support and implement massive turn-around improvements in the last few months. We wish them success and ease in their transition to their new opportunities.

As hard as it is though, change also presents opportunity for growth and letting go of 'old ways' that may no longer serve the Co-op. We have been working to plan for all of the transitions to insure smooth operations for you, our owners and customers.

I've appreciated working for your Co-op in the last several months. You have been very open about your challenges and kind to me as I worked with you to address them. The Co-op didn't get in such a 'bog' overnight though, it's going to take steady, hard work to get it healthy again.

Face the change together, you can do it.

HARVEST
CO-OP MARKETS
owner's choice
10% SAVINGS
ANY PURCHASE
EVERY MONTH

10% off any purchase of your choosing once a month, every month exclusively for owners.
discount not applicable to beer and wine

Harvest Times Featured Vendor July

Locally brewed beer is here to stay. Jack's Abby from Framingham Massachusetts is doing a fantastic job of making that an enjoyable reality for folks in the Boston and Cambridge area. I just last week tried the Hopmonius Union IPL (India Pale Lager) and discovered it to be really great. Light, crisp, and not malty. Some people enjoy malt but I'm not the biggest fan. I liked it so much I wanted to learn more about the brewery and its story.

Jack's Abby is owned and operated by three brothers, one of which is named Jack who is the brewer and his brothers Eric and Sam. Jack's Abby brews just lagers—not ales. They not only love the taste of the lager, but also its rich history. Over 200 years ago in Bavaria, lagers were first created by storing large casks in cool caves high in the Alps. Low temperatures slowed the fermentation—while ales normally ferment for a week, brewers were seeking fermentation times upwards of 4-6 weeks, which became known as 'lagering'.

The result of the lagering process created a smoother, fuller, more complete flavored beer. This radical change in taste and thinking pushed lagers to the forefront of Bavarian beer culture, surpassing the common ale and becoming the dominant beer of choice in the region, soon dominating all of Europe.

Jack's Abby brews lagers, and only lagers, to give Americans the opportunity to love a beer that is loved the world over. They want to bring lager back—with



quality, locally sourced ingredients and mindful brewing practices—to make lagers the beer lover's first choice once again.

It certainly appears that they know what they are doing given all of the awards they've racked up in the short time they've been in business. For the last three years voted Best Brewer Tap Room in Massachusetts, winning entries to the Great International Beer Festival four years running and many others that make them a local brewing treasure.

In the month of July, it's going to be hot and if the weather of the last few weeks is any indication- sticky. Harvest if going to feature at least two of Jack's Abby lagers in 12 packs for all of your summer bar-b-cue and other gathering needs. As always, drink responsibly while enjoying this season and all of the local bounty it provides.

Cooking with Jack's Abby: Smoke & Dagger Beer-B-Q Sauce from Jenn Donovan

Use Peanut Butter Smoke & Dagger to create a delicious Beer-B-Q sauce to marinate chicken breasts for your BBQ. You can also make this recipe using the regular Smoke & Dagger, which is equally delicious. See recipe below and enjoy!

Ingredients:

- * 1 cup of warm J&A beer
- * 1 cup ketchup
- * 1/4 cup white vinegar
- * 1/4 cup Worcestershire sauce
- * 1 tablespoon onion powder
- * 1 teaspoon dry mustard
- * 1/4 cup brown sugar, packed
- * 1/2 cup finely chopped onion (optional)



Directions:

1. Mix all but the chopped onions in a heavy pot and bring to a boil. Let this simmer for 10 minutes.
2. Add the onion and lemon zest. Simmer for 5 minutes.
3. Blend using a mixer if you like yours chunky or a blender to puree it making it smooth.

Don't miss our Pie Tasting Event at both Arboretum and Cambridge locations:

**July 15th, 11:00 am - 2:00 pm:
Pie Guy versus Nique's Vegan deserts**

We are going to have samples of the Pie Guy pies traditionally made fruit and cream pies to taste and compare to Nique's vegan pie desserts. We will be taking an informal survey of which desserts are judged to be the most popular and will publish the winners to Facebook and other social media. We hope to provide good guidance to owners and shoppers on which desserts they can rely on for all of their summer social needs when it's your turn to bring dessert.



sustainablesabs Bring in the summer with this delicious #vegan watermelon millet salad!

Ingredients:

1 cup cooked millet
1/2 cup chickpeas
1 small vine tomato, chopped
1/2 cup chopped watermelon
2 tablespoons chopped red onion
Juice of 1/2 lime

Salt and pepper, to taste

Method:

Prepare ingredients and mix it all together in a bowl.
Garnish with fresh mint if you'd like - enjoy!

**Congratulations
to our
Best Summer Recipe
Winner,**

**Sabrina Katz
from Allston, MA**

**Thank you for participating in our contest!
We're looking forward to the next contest!**

Special Holiday hours Tuesday, July 4th: 7 a.m. - 7 p.m.

**Harvest Co-op Markets
www.harvest.coop**

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