

The Turning Point



March 2010

Newsletter of Good Tern Natural Foods

Spring Issue

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*The Board meets on the fourth
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Members always welcome to attend.*

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NEWSLETTER

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The Value of Nostalgia

— Ellen Leidenthal

For the past several weeks, I've been asking members what they want in their co-op, what they'd like to get from their co-op, where they'd like to see their co-op go, and where they see themselves in the whole operation.

Quite often, my questions prompt a lovely kind of nostalgia. People remember when the Co-op was so brand new it was almost in utero. There were no other ways to get organic and bulk foods, and local produce was only available at farm stands. Products were basic; the operation had no frills. Children were young, and usually running around while raisins and wheat berries and dulce were being bagged. There were just a few dozen members and decisions were made by consensus and occasional heated arguments. Members were of like mind, they knew each other and they cooperated.

Now things are different. Apparently every store, even those at gas stations, carries organic products. There are many natural food options in Rockland and in neighboring towns, not to mention online. The Co-op has

nearly 1,000 members, and many don't know one another. The stock on the shelves changes due to requests from different shoppers with wildly different needs and tastes. Sometimes, long time standard products expire because people don't buy them anymore. Or at least they don't buy them here.

It's not that people are grumbling, exactly. I would say most members are still very attached to the Co-op, its values, and its reason for being. There are times, however, when we long for the past, the way it used to be, the "real" Co-op – the one where everyone got what they wanted because they ordered it.

We have an answer, and it's called Share the Value. The brainchild of Lisa Burke, Share the Value is a system where you can join with other members and order a case of anything you want, and get at least a 10 percent discount. There are no high-tech hoops you have to jump through; you simply put your name on a clipboard at the store.

Suppose your true desire is for 10 pounds of organic black soybeans. This is the sort of a thing that comes in 25-pound bags. Under

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See **Nostalgia** on page 5
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From the Coop President

— Connie Evans

Here we are, in our 30th year as a coop. I was not a part of starting this Co-op but at the time this one started I was helping to start one in Frederick, Maryland. We started in a similar manner, as a buying club for organic grains and vegetables.

My girls have memories (fond, I hope) of spending Saturdays in a small warehouse area dividing 20-pound bags of rice, produce and cheese. Then we starting selling some of the extra to friends who came in, and finally we got a register and then a storefront. At

first we were small enough that the ordering was a simple matter, because we all wanted pretty much the same things and the options were limited.

As more people got involved and we had a storefront and bills to pay, things got more complicated. Ordering was delegated to a manager, and the tasks of dividing orders and attending to the register were performed by staff and volunteers. As time went on, we couldn't always count on finding exactly what we
See **President** on page 4
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The Gift of Gab

—Kate Hassett

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Dan Hughes is the exuberant man behind A Wee Bit Farm. He provides stores up and down the coast of Maine, and into New Hampshire, with grass-fed beef and pork. Every two weeks he does the delivery drive that takes him two days. But Dan does a lot more than raise cattle and deliver meat.

Besides being a storyteller with a deep sense of Irish pride, he is a gift giver. Farming is his vehicle for sharing and expressing care to individuals and the larger community. He currently has three Highland cattle living on his own property. These cows are his friends, the ones he brings for walks, the cows who accompany him to fairs and who will not be used for meat.

The cattle that are raised for beef are a few towns over from Dan's home in Orland. I

recently took a Sunday to go up to the farm and photograph Dan's operation.

We drove to Hamden where some of his herd is living on the grass and hay at a halfway house for men fresh from prison or rehab. The transitory nature of the halfway house isn't a good fit for a full-blown farm operation with gardens, milking cows and structured chores. But the self-sufficiency of the hardy Highlands is a perfect fit. The men make sure the cattle have enough hay, water and a few mineral-rich salt licks, and they pass the duties on to other men as the revolving door continually changes the landscape of the halfway house community. When Dan goes to check on the cattle, he brings the men a cooler full of meat, ready to eat.

Dan's pigs are kept in one of the numbered territories



of Maine. The families that keep the pigs for him have been pig farmers for a long time. In the past they had been making nearly no money from their farming because the slaughterhouse absorbed much of the profits. Someone introduced these farmers to Dan and now they house Dan's pigs, raising them the way that Dan demands and getting an equal share of the profits. Dan makes it worthwhile for them. They are now able to survive as pig farmers.

Dan was a policemen in South Boston most of his life. He moved to Orland seven years ago and learned much of what he knows about farming from his friend, Harold, born and raised in Maine. Dan brought me to meet Harold, who greeted us in silence, standing in his doorway waiting for us to notice him as Dan and I cooed over his chicken coop. It's hard to be welcomed into

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See Gift on page 5
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CHECKING IN FROM THE CHECK OUT

—Teisha Jones

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I've just been clearing the way for spring. In addition to purging my house, I've been also cleaning my body.

A few short months ago I was 'treating' myself to three sugars in every coffee, sometimes up to four coffees in a day. I was snacking on Pammy's unbelievably delicious espresso chip cookies every day at work, and eating winter baked goods topped with ice cream.

Hello. My name is Teisha and I'm a sugar addict. I guess one could say I hit bottom just before my 36th birthday in December. I was feeling uncomfortable in my clothes, uncomfortable in my body, and uncomfortable in my mind.

My body didn't provide me with enough energy to do my life well. I was more than tired. I felt fatigued at the end of every day, yet I was waking up to 15 times a night. My mind was muddled to the consistency of flour and water. I felt like I was wading through that, just doing my daily life.

My good friend Jenna Labbe-Watson, an herbalist and a dedicated Co-op member, offered me an employee discount on some wellness counseling. Expecting some encouragement and maybe a supplement that would energize me, I didn't know her offer would change the course of my life.

Very, very slowly, with some extremely hard work and a lot of support, I have broken free of my insulin sensitivity.

Part of this process was a detoxification and cleansing of my organs. One herb also worked to release old emotions that felt trapped in my body. Dr. Aimee Davis helped me move them on out, creating space for balance and light.

The food part has been the biggest challenge. I knew my dependence on food was an emotional one, and now I know the depth of this dependence. Learning to consume food as fuel has been difficult but fun.

The reasons I eat are many, and few of the reasons have had to do with hunger. But I'm a work in progress. Some milestones have been huge challenges and some of the changes have appeared to me as grace notes.

The communication between

my brain and my body now has a clear path to travel. I am more productive at home and at work. I have fun going to the gym. My posture is improved. Breathing deeply doesn't hurt anymore. There are strong muscles under the softness. Laughing comes more easily and I walk around with less baggage.

If I'd known in advance how hard this would be, I would have run in the other direction. In hindsight, this is not even close to the hardest thing I've ever done. I did it. I am doing it.

Thank you to my community for love, patience, and support.

Jenna Labbe-Watson of Deep Roots Herbology can be reached at 593-9208. Dr. Aimee Davis can be reached at 594-6666.

Good Tern Members Plan Permaculture Garden

— Jason Rawn

It's a happy coincidence that this year marks the Good Tern Co-op's 30th anniversary, and it seems appropriate to take steps toward realizing some of our long-term visions.

For years, some of us have been talking about growing a garden at the Co-op. Recent conversations have touched upon food security, local food, sustainability, and education and outreach.

In 2008 the Good Tern's Board of Directors published its 2-year and 10-year visions for the Co-op. These visions included a garden and the installation of photovoltaic panels on the roof in order to "become a model for sustainable living".

While the possibility of installing solar panels may still lie in the future, the option of transforming the Co-op's barren Main Street lawn into a visually striking, largely self-sustaining edible ecosystem is immediately available to us.

Jesse Watson and I have addressed this option very specifically in a proposal we presented, which aims to design and install a permaculture garden in the form of a mini-forest garden. Many of those present contributed to a discussion that

was scheduled to last 10 to 15 minutes had had to be cut short after a half hour.

Our collective visions for the Co-op are quite extraordinary. We're excited to think of what favorite flower could bloom here, what berries belong there. I'm sure there

"Always ask of any proposed change or innovation: What will this do to our community? How will this affect our common wealth?"

—Wendell Berry, *17 Rules for a Sustainable Economy*

are more than a few of us who have painted some pretty mental pictures of the site.

We wonder if the Co-op could provide a thriving example of an economic model that not only allows, but requires, direct participation of its owners and members. Can a permaculture garden we plan and plant allow us to produce some of the fruit, nuts, flowers, and berries we sell? How will this garden fortify our individual and collective skill sets and increase our awareness and agency in the world? What

will be the effects of being the first Main Street business in Rockland to convert dull, underutilized lawn into lush, delicious gardens of eating?

The transformation will begin in earnest at a design charette that will take place in the Co-op's café in early spring. Your ideas are welcome at this garden planning session, which will involve the presentation of Jesse's initial design sketch, the site's topography, soil test results, and suggested soil amendments. We will collaborate by discussing specific species, identifying available resources, setting the schedule for installation, and planning for posterity.

There's also the possibility of creative documentary work based around the project, with poets, painters, and flower arrangers working together on a cooperative history of the as-yet unnamed gardens. At the very least, and perhaps most appropriately, these creative works might be shown in our own gallery.

Please be on the lookout for signs, posted at least two weeks prior to the event, announcing the date and time of the design charette. For more information, contact Jason Rawn at 785-6248 or rawnjason@gmail.com, or Jesse Watson at 593-9208 or watson@midcoastpermaculture.com.

MEMBERSHIP

Commitee Report

—Chris Bly

On Jan. 16 a meeting was held in the Co-op café to share thoughts and suggestions about the Good Tern. Approximately 25 people including members, staff, and Board members were present. The following is a list of topics that were raised in the discussion.

Consensus

Shopping at the Co-op is political statement.

The Co-op is a community and culture.

Problems

Many people view the Co-op as an exclusive club.

There is limited space for products and storage.

Parking is limited.

A core group does most of the work.

Store hours are limited.

Strengths

The Good Tern offers a healthy discount for working members.

There is a personal relationship between staff and patrons.

The Co-op is a source of healthy food and products.

Member ownership and community values are important.

Suggestions

More education and outreach are needed regarding sustainable healthy food and food sources.

Increase the in-store reference library and provide an internet-connected computer for research.

Look for back up for clean safe storage of case lots.

Let the public know that all are welcome through advertising, signage, etc.

Use lunch specials to invite people into the store.

Look into stimulus money regarding energy efficiency of the building.

Consider limited Sunday hours and opening one hour earlier on other days.

Distinguish the store as a cooperative—not the cheapest place to shop, but clean, safe, sustainable, healthful, and reasonably priced food.

Use the Good Tern's Web site to expand the community with articles on health care, childcare, menus, etc.

Put a survey on the Web site with the newsletter.

Consider making discounts performance-based.

Redesign the bulk area.

Increase support for local food producers.

Currently the Board is reviewing these suggestions and considering what to prioritize and implement. Look for updates on the Web and in future issues of *The Tarning Point*, or speak to a board member with your ideas and suggestions.

wanted, as we could in the early days, but there was an advantage of being able to choose my Saturday morning activity, and shop at my convenience. There has been a similar pattern here at the Good Tern, and the growth has brought a wonderful diversity of members as well as of requests and views on how things should be run.

The Board, along with our manager Ellen Leidental, is in the process of soliciting members' views of the current operation and ideas for the future. The Annual Meeting is a great time to get updated on the Co-op and share your views. This year, it is tentatively scheduled for Saturday, April 17 at the Rockland Congregational Church. Following a potluck supper at 6 p.m., there will be a meeting. We may hear from a speaker afterward. During the meeting, members will vote on proposed changes to the mission statement and discuss plans for the Co-op's future.

Several seats on the Board will be coming vacant, so if you have ever thought, "I wish the Board would consider this," or "I wish the Co-op were moving

more in this direction," serving on the Board provides an opportunity to have a direct influence on the workings of the Co-op, and to earn a 15-percent discount on purchases. The ideal board member is someone who is committed to the Co-op, has good listening and communication skills, enjoys collaborative and creative problem solving and has time for two or more meetings a month.

If this is you, I hope you will take your turn and consider running for a Board position at the annual meeting. If you are interested, please contact any Board member or leave a note in my box at the Co-op. Any staff member can direct you to my box by the office door. The membership committee puts a ballot together for approval or vote at the annual meeting. Nominations can also be made from the floor, prior to the start of voting, and members are welcome to nominate themselves.

We are on the cusp of several new projects.

- Renovation of the cafe,

• The inauguration of the Share the Value Program, and

• A proposal for a working garden in the yard outside the co-op.

In addition, we are working on a product policy which would specify the priority among local, organic, natural/sustainably produced and price. This has been tricky because we have had diverse input from the membership on this. The consensus is clear that if high quality, local and organic products are available at a reasonable price, that would be the preference. Of course, if we used those criteria alone, we would have very sparsely stocked shelves. Given that reality, many members surveyed suggested also offering a lower priced, good quality alternative when possible.

The question is, what is the definition of "good quality" and what is the minimum standard we can count on in products purchased at our Co-op? Should our stock be limited non-GMO, not produced by a multinational corporation, organic, sustainably produced, low spray, natural ingredients, minimally packaged, not tested on animals, irradiated etc.? How would you vote on this? There will be a survey posted on our Web site at goodtern.com soon so you can register your opinion.

The Board has also been working to refine the mission statement and articulate the Co-op's guiding principles and future vision. We propose to adding a Buy Local emphasis to the mission statement. This would reflect support for local economic vitality and sustainability by connecting our members and customers to producers in our local community. The desired outcome is not only to keep money and jobs in our community, but also to model a way to minimize impact on the environment through food and product choices.

Please check the Web site for proposed changes to the mission statement and possible options for guiding principles, and to offer your input.

I look forward to seeing you at the annual meeting and to your input on the Web surveys. And between now and April 17, please consider the possibility of taking a turn serving on the Board of Directors of Good Tern Natural Foods.

Enjoy your spring.

Co-op Employee Benefits

The following local service businesses offer a discount to Good Tern Natural Foods employees. Please contact Connie Evans at 594-5553 if you would like to add your services to the list.

ACUPUNCTURE

Abby Morrison
Red Bird Acupuncture
594-4766

Connie Evans
Inner Works Acupuncture
594-5553

COUNSELING/PSYCHOTHERAPY

Patricia Wintyr
Wisdom Resources
Internal Family Systems Therapy
236-3959

WESTERN HERBALISM

Deb Soule
Avena Botanical Herbalist
594-0694

AURVEDIC HERBALISM

Jenna Labbe-Watson
Deep Roots Herbology
593-9208

MASSAGE THERAPY

Willow Hall
Hands of Change Holistic Center
975-2771

Antje Roitzsch
Hands of Change Holistic Center
542-4285

Susan Wind
Therapeutic Massage and Reiki
542-2283

PLUMBING REPAIR SERVICE

George Baggett
785-5442

TRAGER PRACTITIONER

Lou McGregor
542-8668

NATUROPATHIC MEDICINE

Dr. Deb Moskowitz, N.D.
The Wellness Center, 230-1131

If your business isn't on this list and should be, please contact Connie Evans at qiworks@gwi.net.

Gift from Page 2

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a real Maine scene of deeply set roots and rugged self-reliance. But through his sense of honest respect, an excited willingness to learn, and an unending appreciation of the ingenuity of Maine creativity (which isn't always pretty, but it works), Dan is embraced by Harold and others who want to keep teaching him what they know about farming and real communities.

Visiting farms such as Dan's — the farms where true cooperation is born — reminds me of the importance of the Co-op, beyond the walls of the physical store owned by our members.

Our place in the process begins in the four compartments of a cow's stomach. While they are ruminant creatures who regurgitate and chew on their cud, we process and reprocess our conversations, thoughts and ideas. It's a time-consuming process. And we've got to keep eating.

Nostalgia from Page 1

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the new program, you would sign up for your 10 pounds. Someone else would see this and sign up for five pounds. The next week, another person might want to get in on the soybean action and tack on another five. The Co-op would buy the rest, just to get things moving and before anyone was fully aware of what had happened, you would have your beans. And you get a 10 percent discount just for being so cooperative.

Our distributors offer bulk sales at the beginning of every month. After we list them on a board near the register, I suspect you will all begin to crave discounted Turkish figs and organic cashews. There will be a particular minimum amount for each sale item, because we will need to order full cases before the sale ends at the end of the month. You can speed up the process by calling your friends and alerting them to this bulk buying opportunity. Non-members get the 10 percent discount too, in addition to the sale price.

And what about the things that aren't exactly bulk but come in cases too big for us to stock? Things like soy yogurt — a product I truly feel we should have, a product people request, and one that consistently spoils before we can sell all of it. You can sign up for this on the Share the Value board. I'll sign up too, and before you know it, we'll have our soy yogurt. The discount applies to that, too!

The Co-op is developing, growing and adapting to the ever-changing needs of its constituency and its own solvency. This is not a completely clear road. But I am heartened by the interest and enthusiasm for Share the Value. When I tell people about it, they invariably say something like, "Oh! It's like an old time buyer's club." It is. And it feels like it belongs here with us now.

Food for thought

—Shlomit Auciello

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Recently, we at *The Tarning Point* tried to designate a seasonal theme for our issues. This quarter's topic was supposed to be fasting and cleansing diets. As you can see, if you've been reading along, we Co-operators are not an easy bunch to wrangle.

Like the food many of us prefer to eat and the gardens from which it comes, we are a homegrown and unpredictable lot.

Personally, I've always been a little suspicious of intentional communities. For a long time, I pretty much condemned private schooling as the creation of false societies that remove children from the larger culture of which they are a part. I felt that parents who devoted hours and dollars to private schools were cheating on their social contract — depriving the general population of the benefits of contributions that would otherwise go to the education of all children, regardless of wealth or cultural opportunity.

I softened on that stance for the sake of one of my children but, even when we made the effort and squeezed out the cash to be part of a private school, I only felt a part of the intentional community that remained at the core of that institution for brief periods. In the end, I preferred to let my volunteer commitments and opportunities for charitable contribution make themselves known in the way that true friends do, without a plan or a mission statement, filling a gap on a committee here and a board there, singing in a chorus now and then.

The easiest way to avoid conflict and frustration is to choose the unknown. It's only in the presence of expectation that we are disappointed. Like most intimate relationships, Community Supported Agriculture and Community Supported Fisheries are not for those with a clear picture of what the future should look like.

Membership in a food cooperative, as in a CSA or CSF, is unpredictable. The urges that bring me to the cash register may differ vastly from the appetites of the man or woman who sets food on the counter just after I check out. One can only control culinary destiny — or social engineering — so far.

This is not to say that one should not live with intention. I know that I'll dilute the quality of Amy's Vegetable Barley if I eat as I write. But today the choice is to either slurp my soup or squeeze the essence out of a good night's sleep or the work I must do tomorrow. Given the options, I choose to write this as well as I can and to savor the small moments of supper in between. It's just possible that one of the qualities of canned soup that I value is the fact that it was designed, in part, for moments just like this one. Late on a Wednesday evening, sandwiched between a long workday, a volunteer gig and some precious time with my one and only, it's a convenient and comforting meal. If not what I planned, certainly what I need.

So I choose to fully experience canned soup and a few more hours at the keyboard.

What do I want Good Tern Natural Foods to be? I want it to be a part of my community as well as the store that feeds it. How do I make that intention a reality? By buying and eating good food, and by greeting every face in the place as though you were just the person I was hoping for. Knowing my capacity for moodiness, that won't always happen, so while I'm reaching for my equilibrium tell me, What do you want Food Tern Natural Foods to be?



Gentle Approaches to Detoxification

—Abbi Morrison

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With the tendency to load up on rich foods during the winter months, many are anxious to cleanse their systems come springtime. Perhaps the aging New Year's resolution is coming to the fore once again.

In my view, there's an overemphasis placed on clearing our system, whether it be the colon or liver. Spring comes slowly and teasingly to Maine and, as I have said before, raw foods are hard work for our digestion. Purging diets can tire our digestive system as well. A more gradual, tonifying, method better suits most of us, as we tend to be a little worn down at the end of the winter. Something that is a tasty part of our diet will be more likely to be incorporated naturally and become a regular practice. Of course, regular movement practice, such as qigong, is a prime way to detoxify the year around.

In the Taoist tradition I study, one of the greatest

detoxifiers is a combination of miso and basmati rice, cooked with a variety of vegetables, preferably of different colors, and from the root, stem, and leaves of plants. Your choice of protein can be included as well. Do be sure to use organic basmati rice, whether white or brown, as the cheap stuff from India is loaded with pesticides.

There are a number of high quality misos available at the Good Tern, in bulk below the dried fruits, and jarred on the right side of the dairy cooler. It is a salted condiment originally from Asia, made from beans and sometimes grains as well, ranging from dark brown to light beige. The darker ones are better for cold weather, the sweeter, lighter ones for summer.

A bit of local kelp, or the related kombu or wakame, are nice additions to a soup you can create according to your tastes. Seaweeds are slightly cooling and aid the body in eliminating excess fluids, which tend to accumulate with

rich and sweet foods. For a simple soup you might precook the basmati rice and beans with some seaweed, which also adds digestibility, while lightly frying some vegetables such as onions, carrots, and a dark leafy green. Use your imagination. Add plenty of water for a soup and simmer 15 minutes or so before adding miso. Take a little stock out of the pot to dissolve the miso in before mixing it back into the pot. Avoid overcooking at this point to preserve the natural enzymes in this fermented food. Paul Pitchford, in his classic "Healing with Whole Foods", recommends two to three tablespoons of miso for four cups of water.

As far as other additions go, any kind of mushroom will help the body eliminate excess internal damp. Shiitake mushrooms in particular support the immune system with their natural interferon, and ability to improve cellular oxygenation. Parsley is a nice garnish and potent

source of vitamins, and helps drain internal dampness, especially with bladder or kidney problems. If any upper respiratory congestion lingers, the antibiotic, anti viral and fungal properties of raw garlic would be a good addition. Chop garlic finely.

Another gentle way to aid the body's elimination process is through regular intake of [preferably freshly] ground flax seed. The seeds should be raw, and kept frozen or cool to protect the omega 3 oils in them. I like to add a tablespoon or two of ground flax seed to my morning cereal, after it has been cooked. It is a good thickener as well.

May your health flourish and the upsurge of spring energy be relaxed!

In addition to dietary recommendations, herbs and Qigong are an integral part of Abi Morrison's Chinese medicine practice at the Center for Health and Healing, 17 Masonic St., in Rockland.

EDUCATION AND OUTREACH *Committee Report*

—Abi Morrison

The Education and Outreach Committee has been more focused on getting healthy foods out to young people than on Co-op talks this winter, although Jenna Labbe's talk on Ayurvedic medicine drew a small crowd in January.

Through Sasha Kutsy's extension service work, efforts have gone toward supporting a federally funded program that provides fresh veggies and fruits to local schools. So far the Co-op has been supplying the Warren

school twice a week at times, and teachers are reportedly very happy. As logistics are ironed out, more schools, such as those in Rockland, may join the program. Especially exciting is the prospect of leading educational events in schools that focus on food preparation.

We are looking for volunteers, who like working with young people, to lead simple projects that illustrate our connections to food and how it's grown and prepared in healthy ways. There are curricula available, so you

don't have to create one from scratch. People may also be needed to clean and transport fruits and vegetables. For more information or to volunteer, contact Sasha Kutsy at sashakutsy@hotmail.com.

Cathy Caveney is working with Sasha to arrange a sampling of healthy foods, with recipes, for the Toy Library on March 25 and 26, from 9 a.m. to 12 noon, at St. Peter's Church in Rockland. They are also updating the list of top 10 reasons to eat local and adding the names of farms the Co-op buys from.

Cathy and Sasha will also be presenting Co-op goodies at the Children's Museum opening at Sharp's Point South this spring, and would like to learn of other opportunities to offer sample Co-op goodies to area children.

The Education and Outreach Committee is looking ahead to a booth at Rockland's Summer Solstice street fair in June, and would appreciate volunteers for that event.

Finally, on Saturday, March 27, Deb Moscovitz, a naturopath new to the Midcoast, will speak at the Co-op on food allergies.

SPRING IS HERE!

It's time for the Annual Co-op Meeting! Join us for food, community, and **FUN!**



Snowdrops and crocuses herald the coming of spring.



Who knows what's in store?
It all depends on who
leads the dance.

The 2009 annual meeting
combined business
and pleasure.

Join Good Tern Natural Foods
for another good time, and
help guide your Co-op on
April 17.



When spring is here,
can Common Ground Fair be far behind?



A bee visits an early crocus in a Rockland garden.

Good Tern Natural Foods CO-OP & CAFÉ

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www.GoodTern.Com



Co-op ART GALLERY

Upcoming Exhibitions

The following artists are scheduled to show their work in the Good Tern Co-op Café Gallery this spring and Summer.

March - Deborah Winship

April - Jessica Funston

May - Mary Sweet

June - Martin Smith.

July - Audrey McGlashen

The Good Tern Co-op Café Gallery features paintings, photographs, collages, calligraphy, wall sculpture, poetry, mixed media and other creative work of Good Tern Natural Foods members.

Amateurs, professionals, hobbyists and students are welcome to contact Curator Lois Anne for a review your work for possible exhibition. Contact her at 594-0504 or loisanne1001@aol.com.



Red Bird Acupuncture

Abi Morrison, M.Ac., L.Ac.
328 Main St. #302, Rockland, Maine 04841
207-594-4766 or 207-461-4668 (messages)
www.RedBirdAcupuncture.com

Save the date

Good Tern Natural Foods
Annual Meeting.

Saturday, April 17 at 6 p.m.
at the Rockland Congregational Church.

*Define quality for
Good Tern Natural Foods.
Look for the member survey on our
Web site.
www.GoodTern.Com*

Thank You!

On behalf of the family farmers in this country I want to thank and recognize the co-op community. I can't think of a more important ally in this 10-year struggle that has resulted in the Obama administration setting up to crack down on the abuse from factory farms in organic dairy.

This is a big victory and I hope that you and your members will take pride in your important contributions,

Mark Kastel, co-director
The Cornucopia Institute

DEADLINE FOR THE SUMMER NEWSLETTER June 1, '10

The topic is the great outdoors.
Let's see how far our
cooperative intention takes us.