

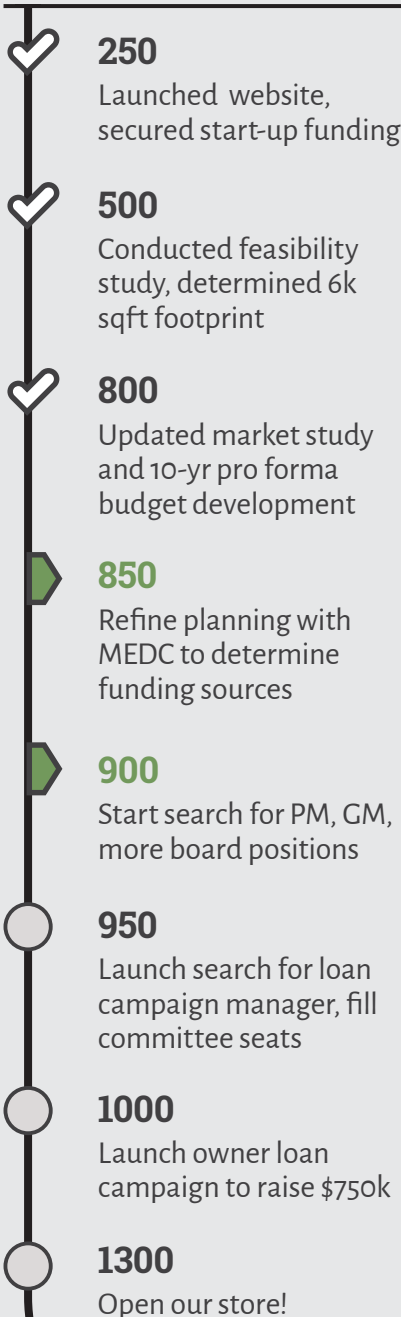


**GREAT RIVER CO-OP**  
NOURISHING OUR COMMUNITY

## Newsletter | July 2021



### MEMBER-OWNER GROWTH GOALS



### MESSAGE FROM THE PRESIDENT

I love living in NH this time of year, when it's so enjoyable to eat fresh and local food. Freshly picked strawberries, crisp and mild garlic scapes, summer squash that you can throw on the grill for a quick and delicious dinner - these treats mean summer has arrived! We've started a new season of Farmers Markets, and this year we can be more relaxed about socializing. I hope you enjoy GRC's new newsletter, and please stay in touch! The strength of the cooperative movement comes from a community working together. Happy summer!



**Gretchen Markiewicz**  
President

*We need to keep growing our membership  
and our pool of volunteers to move us forward.*

### CO-OP STATUS

Building a food co-op is an exercise in patience: most co-ops take many years to open their doors. We've faced a number of obstacles in our planning, but are still holding strong! To help you understand where we are, the graphic to the left shows accomplishments and milestone goals based on the size of our membership. We've reached **872** members, which means we're ready to refine our funding plan with MEDC - and they will be ready to work on new projects early next year. We need to keep growing our membership and our pool of volunteers to move us forward. According to NFCA's research, 1000 members provides a solid base for the member loan campaign, which is a vital component of funding a member-owned co-op. Would you like to help us search for a Project Manager, General Manager, or join the board? Those are steps that will help move us along our path!

*P.S. Please note that the goals are not set in stone - we may need to adjust based on available resources and updated projections.*



## LOCAL FARMER HIGHLIGHT



 **Hemingway Farms**     **Charlestown, NH**

*Hemingway Farms is open every day through Nov 6th, 10am-6pm Mon- Fri and 10am-5pm Sat-Sun. Find them at 1815 Claremont Rd Route 12 in Charlestown.*

Next time you are in Charlestown, be sure to check out Hemingway Farms. Operating since 2002, Hemingway produces a huge variety of fresh fruit and vegetables, as well as ornamental plants and honey. Their beautiful farm stand, (open every day) also offers a wide array of local meat, cheese, baked goods, jams, syrup, pickles, snacks and desserts. Locally created cheese boards, ceramic tiles mirrors and wreaths are available and make great gifts. Looking for a CSA this year? Hemingway Farms offer several options of CSA membership to meet your needs.

## SEASONAL RECIPE

### Kale Sautéed with Bacon, Garlic Scapes and Lemon

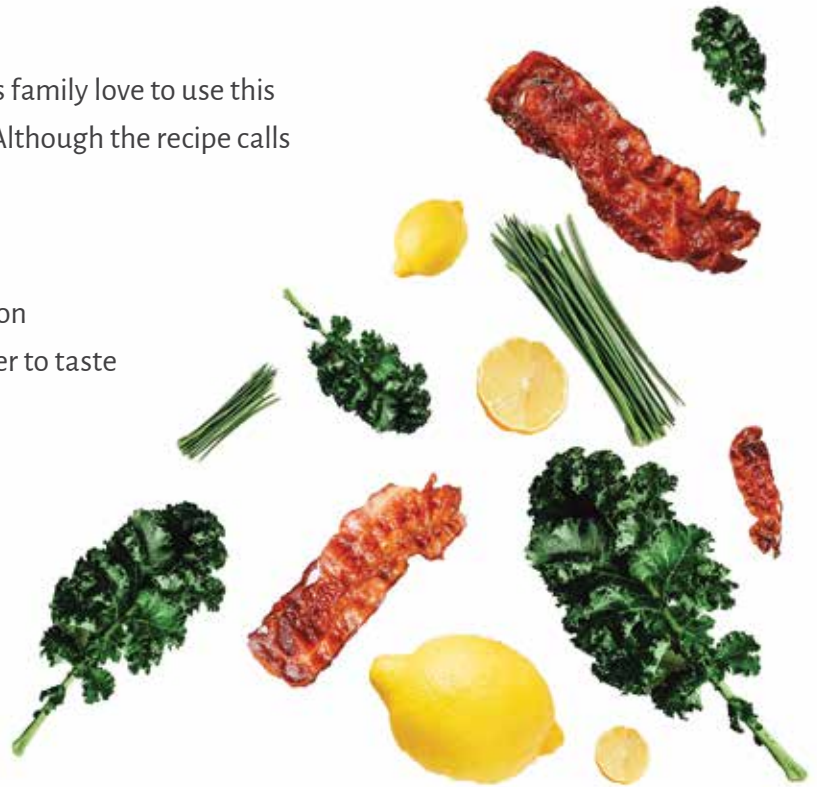
This recipe was sent in by member Chris M. He and his family love to use this recipe with the leafy greens they get from their CSA. Although the recipe calls for kale, it is also great with swiss chard.

#### Ingredients:

- ½ lb kale, coarsely chopped
- 2 slices bacon, chopped
- 2-3 garlic scapes, chopped
- Juice of ½ lemon
- Salt and pepper to taste

#### Directions:

Cook bacon in a large skillet. Drain excess fat.  
Add scapes to the pan, then kale.  
Cook 3 minutes or until kale is wilted and tender.  
Season to taste with salt and pepper.  
Squeeze lemon on top just before serving.



## OUR MISSION

The Great River Co-op serves as a leading resource for community, environmental, economic, physical and social well-being within the Great Falls region.

## SEASONAL ACTIVITIES

Few activities epitomize summertime more than berry picking. Whether you go for the photo op, family/friend time or to score volumes of fresh-as-it-gets produce, berry picking is a beloved pastime of many in rural New England. July is the time for raspberries, blueberries and more, and several local farms offer u-pick berries.



**Alyson's Orchard**  
*raspberries, blueberries*

Walpole, NH  
[alysonorchard.com](http://alysonorchard.com)



**Blueberry Acres**  
*blueberries*

Acworth, NH  
[facebook.com/blueberrystand](https://facebook.com/blueberrystand)



**Dutton Berry Farm**  
*raspberries, blueberries*

Newfane, VT  
[duttonberryfarm.com](http://duttonberryfarm.com)



**Green Mountain Orchards**  
*blueberries*

Putney, VT  
[greenmountainorchards.com](http://greenmountainorchards.com)



**Harlow Farm**  
*blueberries*

Westminster, VT  
[harlowfarm.com](http://harlowfarm.com)



**Monadnock Berries**  
*gooseberries, currants, raspberries, blueberries*

Troy, NH  
[monadnockberries.com](http://monadnockberries.com)

## U-PICK SUPPLIES

Seasoned pickers know to gear up appropriately before heading to the fields. **Be sure to bring:**

**Dark clothes**

Stains don't show

**Long sleeves/Pants**

Protection against raspberry and blackberry thorns

**Buckets**

Your farm may not have enough

**Sunscreen**

Shade is extremely limited

**Water**

It gets hot out there!

**Cash and/or card**

Check your farm ahead of time for payment options

And most important...

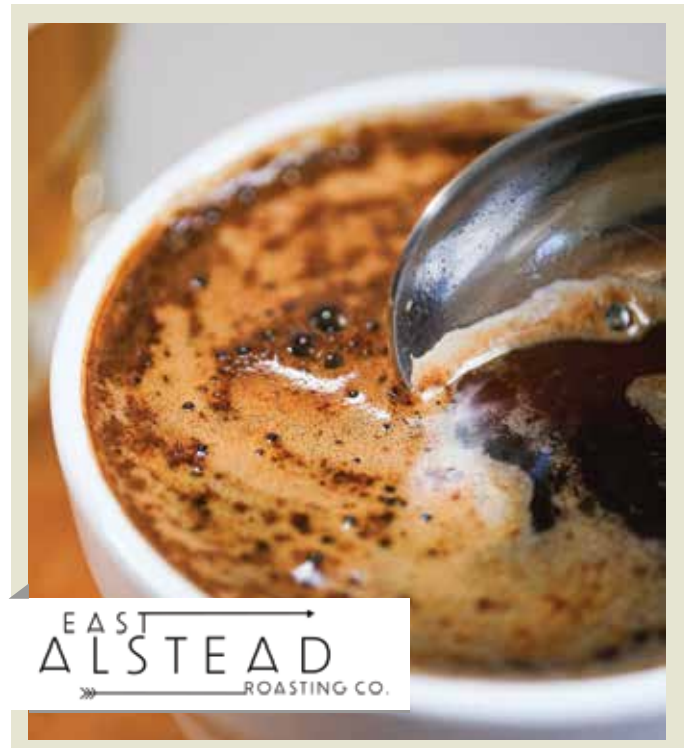
**an appetite!**



## LOCAL PRODUCER HIGHLIGHT

**East Alstead Roasting Co**    **Alstead, NH**

Coffee connoisseurs rejoice- a sustainable, fair trade, artisanal coffee roasting company exists in your own backyard! East Alstead Roasting Company in Alstead roasts microbatches of fair trade, single origin coffee. Committed to justice, sustainability and the environment, Owen Miller, owner of EARC seeks to provide truly exceptional coffee that can be held to the highest of ethical standards. Come down to the Greater Falls Farmers Market to meet Owen and smell EARC coffee in person, or visit his website at [www.EastAlsteadRoastingCo.com](http://www.EastAlsteadRoastingCo.com) to learn the story and process behind the beans you buy.





## VOLUNTEERS NEEDED

GRC needs volunteers to run their booth at the weekly Greater Falls Farmers Markets in Bellows Falls. Duties include answering questions, handing out information and greeting market-goers with a smile. If you are interested, please email Gretchen at [info@greatriverfoodcoop.com](mailto:info@greatriverfoodcoop.com)

## UPCOMING EVENTS

Jul 02	4 - 7 PM	Greater Falls Farmers Market
Jul 09	4 - 7 PM	Greater Falls Farmers Market
Jul 10	9 - 11:30 AM	NFCA Start Up Day, via Zoom
Jul 16	4 - 7 PM	Greater Falls Farmers Market
Jul 19	5 - 6:30 PM	GRC Board Meeting, via Zoom
Jul 23	4-7 PM	Greater Falls Farmers Market
Jul 30	4-7 PM	Greater Falls Farmers Market

Greater Falls Farmers Markets are at 17 Depot St, Bellows Falls, VT  
email [info@greatriverfoodcoop.com](mailto:info@greatriverfoodcoop.com) for links to Zoom meetings



Greater Falls Farmers Market June 2021

## GET INVOLVED



**Come to board meetings.**

GRC is looking for motivated members to join the board, offer ideas and help make the Co-op a reality.



**Spread the word.**

Tell others about GRC. More members are needed to move the project forward!



**Gift memberships.**

Memberships make for great gifts, and help us reach our goal of 1,000 members.

**WANTED:  
YOUR INPUT**

**Do you have ideas for upcoming newsletters? A great recipe using locally sourced food? Spectacular photos of our local food system in action? Send ideas, questions, photos, comments, to Rachel at [greatrivercoopnews@gmail.com](mailto:greatrivercoopnews@gmail.com)**