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48858

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Dates to Remember

December:

- 4 Owner Appreciation Day
- 24 Store Closes at 3 pm
- 25 Closed
- 31 Store Closes at 3 pm

January:

- 1 Closed
- 3 Owner Appreciation Day
- 21 Gluten-Free Cooking Workshop, Special Orders Due
- 31 Board Letters Due

February:

- 7 Owner Appreciation Day
- 18 Vegan/Veg etarian Cooking Workshop

The 'Patronage Rebate' Party

was enjoyed by more than 60 people on the night of November 5th. *Max and Emily's Restaurant* closed early to support the celebration and offer the GreenTree Board of Directors and staff opportunity to set up the plethora of food and beverages that were offered.*

A line to purchase shares formed shortly after 7 and kept us busy for quite a while! Seasoned Board Member, Wilma Blackman, enjoyed the celebratory bell-ringing duty as each of the 29 shares were sold.

The party was an excellent way to celebrate the progress of our Co-op. Thank you to all who attended the event and a special thanks to each individual who contributed to the fluidity and success of the evening.

As we prepare to shift to the Equity Investment system we (the Board of Directors and Management Team) are still working out the details to make the changeover smooth. After the start of the New Year, we should have all of the kinks worked out! Celebrate with us throughout 2009 as we continue to grow and make GreenTree a fun part of your community!

Appreciatively,

Erin Swystun, Co-op Owner, Marketing and Member Services Manager

*Please see page 7, for a list of vendors who donated items for sampling and a complete list of what was offered.



Owner Appreciation Days will fall on the 1st Saturday of each month in 2009.

One of the many benefits of Owner/Membership is receiving an additional 5% off all non-sale items one day a month. Previously we have offered this on the first Thursday of each month. In 2009 we will switch the Owner Appreciation Day (OAD) to The first Saturday of the month. Owners will receive a 10% discount on non-sale items. Owners can look forward to free coffee, free samples, store tours and some fun seasonal activities as the year progresses.

'OAD' to our Owners: January 3, 2009, February 7, 2009

Thank you to the following Owner/Member who have already invested in the Co-op:

Jean Atkin	Barb Wells	Sue Crouch Murphy
Daniel Patterson	Gordon Bloem	Erin Swystun
Meadow Hunt	Ernestine Bintz	Lois Dockery
Michael Brockman	Jennifer Fields	Jetta Radomski
Connie Morrison	Cindy Walz	Lori Hoffman
Miklos Ferber	Mike Kostrzewa	Eric Baerren
Angela Pohlman	Heather Frisch	Brian Radomski
Keryn Anderson	Julie Stevens	Tim Brockman
Mary Rozga	Jamie Florida	Ray Davies
Sarah Christensen	Wilma Blackman	Alice Wilson
Valerie Stephens	Shelly Smith	Susan Sownick

GreenTree Staff

MANAGEMENT/ BUYING TEAM:

Sarah Christensen
General Manager

Mary Rozga
Grocery Buyer/
Merchandising Manager

Angie Pohlman
Storekeeper Team Leader,
Wellness Buyer

Erin Swystun
Marketing and
Member Services Manager

Wendell Banks
Bulk and Refrigerated Buyer,
Greenhouse Keeper

Liz Busch
Produce Buyer

STOREKEEPERS:

Bobby Bates
Laura Coffee
Jessica Gibbons
Josh Johnson
Ana Lacy
Mari Potter
Grace Rollins

Welcome to the GreenTree team, Josh and Grace! Good luck Meadow and thank you to Angie for resuming your Wellness buying position!

The Co-op Scoop

Sarah Christensen,
Co-op Owner GreenTree General Manager



Maximizing your Food Dollars with the Help of your Co-op

Adapted from Liz McMann, Education & Special Projects Manager at Mississippi Natural Foods Market.

We've become accustomed to the roller coaster rise and fall of food prices in recent years, but the latest ride is downright frightening. According to the Consumer Price Index Summary, food prices went up 4.9 percent in the 12 months ending May 2008 and 6 percent in the last three months of that time span. That's about twice the inflation rate. And they show no signs of coming down.

The reasons for the rise include oil prices, of course, which drive up both the cost of food production and the cost to transport the food to market. But that's not the only culprit. A demand for ethanol and biodiesel means that more land is being devoted to corn and soybeans for fuel sources than food sources, causing corn prices to more than double and soybean prices to nearly triple in recent years. (Subsidies entice many farmers to grow crops for ethanol rather than food.) And poor wheat harvests—due in part to bad weather—have caused those prices to soar as well. At the same time, a high global demand for food and a weak U.S. dollar have driven investors to buy commodities, increasing demand and causing prices on those commodities—like wheat, corn, soybeans and milk—to rise.

Corn, wheat, and soybeans are key crops for feeding livestock and for making many staples—like flour, oils, and sweeteners. Hardest hit, you've likely noticed while shopping, are basics like bread, milk, cereal, meat, poultry, and eggs. (The average price for a dozen eggs in 2006 was \$1.45; today it's \$2.18.)

While much attention is given to price hikes at the gas pump, for many of us the hike in food prices is more serious. Food is our personal fuel—the basis for our health and well being. Rising food prices are a significant cause of concern for 73 percent of consumers, according to a USA Today/Gallup poll. In fact, almost half of Americans say that food inflation has caused a hardship for their households.

The good news is that you don't need to compromise the healthfulness of your diet while tightening your budget. In fact, with the help of your co-op, and by spending just a little more time planning your meals, shopping, and cooking, you can eat better—and more frugally—than ever.

See page 8 for some suggestions on realistic ways to maximize your food dollars.

Call for LETTERS OF INTENT:



Please submit your letters of intent for the GreenTree Board of Directors by **January 30th, 2009**. Submit letters to advertising@greentree.coop to be posted in the newsletter.

From The GreenTree Board of Directors

So, you thought that the business of democracy was passed us yet again for another two years? Ha, ha, ha, ha, ha, ha ... fooled ya.

We're privileged to live in a country where democracy is all around us, from the big to the small. In fact, one of those small is GreenTree Grocery's very own Board of Directors.

In 2009, a full one-third of the board's nine spots are open for election, and we're hoping that you, the Member/Owner will consider tossing your hat into the ring. The only qualification is that you be a Member/Owner in good standing (which is to say that you're current on your Equity Investment Payments). That is, if you call yourself Joe the Plumber, but it turns out that your name isn't Joe and that you're not a plumber, you can still run as long as you possess an active Member/Ownership.

The seats will be decided in an election preceding, and taking place at, our Annual Membership Meeting, the date for which will be set by the board in the upcoming year. However to get a jump on things and give candidates a chance to better introduce themselves to the GreenTree community, we're asking that letters of intent be submitted to the store by January 30, 2009 so that they're run in the first quarter newsletter, and so that there is time to make arrangements for a photo.

If you are unable to submit your letter of intent by Jan. 30, 2009 but later decide that you'd like to run, this is okay, too. A final deadline will be established sometime in the New Year.



Eric Baerran,
Co-op Owner, Board Chair



GreenTree Holiday Hours:

December 24

Open 9-3 pm

Closed December 25

December 31

Open 9-3 pm

Closed January 1, 2009

Happy New Year!

Hungry?

Let's Cook, Let's Eat!

Cooking Workshop Schedule

in collaboration with the Saginaw Chippewa Indian Tribe, 7th Generation Program and Nimkee Memorial Wellness Center

Wednesday, January 21, 2009, 6-8 p.m.

Gluten Free & Still Tasty!

.....

Wednesday, February 18, 2009, 6-8 p.m.

Vegan & Vegetarian Fare

.....

*Classes are free and will be held at the
7th Generation Program's*

New Kitchen at

7957 East Remus Rd.

in Mt. Pleasant.

Space is limited.

Please call GreenTree to

register: 989-772-3221



Color in Winter



Liz Busch, Co-op Owner, Produce Buyer



The change of seasons brings about new feelings and sensory experiences wherever we turn. I believe that nowhere are those changes as magical as on our taste buds! After an abundant season of local delights, winter can seem discouraging for us food enthusiasts, but there are still plenty of savory experiences that are unique to winter and start right here in GreenTree's produce department.

To highlight some of the opportunities for fun in the kitchen the produce department is displaying a "Green Recipe Board" that shows off some of our favorite culinary successes. Of course in the winter we will feature warming comfort foods like "Gingered Yams", "Creamy Coconut Rutabagas", and "Potato Mushroom, and Roasted Garlic Soup". We'd love to keep the recipes changing so if you've tried a great new way to mash up Yukon potatoes let us know. Please email them to produce@greentree.coop; if you don't have access to email, I'll be happy to look them over if you drop-off at the store. This recipe board should be especially fun as we enter the holiday season. Let's share some family traditions with our GreenTree family! I'll be offering up Boston Brown Bread and Schwab Salad with Prejudices. You'll have to stop by the board to see.

Another change in GreenTree's produce department is yours truly! You may recognize me as Liz from behind the registers and I have been the produce assistant for a year. As the new produce buyer I am enjoying learning about and meeting all of the challenges of this exciting position. I love feedback! Please let me know what you think and look for changes as I find new ways to bring better produce to all of us in the GreenTree community. I look forward to hearing from you and to you tempting me with your recipes!

Michigan Food Co-ops + Local Fruit = Fair Harvest Jam!

When you enter the front door of GreenTree, you will find a great new product on the shelves: Fair Harvest Jams. These jams are made from locally grown fruit, and support the values of our cooperative: vibrant local economies, clean environment, strong community, and healthy lifestyles.

Fair Harvest Preserves is a collaborative effort of the eleven Co-ops in the Great Lakes Region along with the help and expertise of Food for Thought in Honor, MI.

These preserves are certified Fair Trade, certified organic, and produced from regional fruit. Fair Harvest is also a wonderful example of the 6th Cooperative Principle in action: Cooperation among Cooperatives.

By purchasing these preserves, you can feel confident that you are demonstrating your support for the domestic fair trade movement. Domestic fair trade is a movement rooted in the principles of international Fair Trade which states farmers are paid a fair and just wage. Domestic Fair Trade takes it one step beyond. It is based on the belief that together, we may help create a more holistic model of commerce by building on the values of Fair Trade as well as the values of the organic and sustainable agricultural movements.

**Enjoy a product of the highest integrity
and eat local all year round!**



The GreenTree Board of Directors has approved the purchase of a new produce cooler, YAY!

In 2009 GreenTree customers can look forward to well-lit, well cared for produce!

Liz will be stocking more produce, so you'll have more options that will provide a more comprehensive shopping experience.



This is undoubtedly a time of economic hardship. Retirement funds and checking accounts are running low, and as the holiday gift season approaches, anxieties are running a tad high. People are expecting gifts! Guests are expecting food! And beverage! And holiday cheer! What's a conscious shopper to do? Many a Decembers, I have simply looked the other way from the bright lights of national chains and pretended I wasn't a co-oper or shopped in a socially responsible manner and pretended I wasn't poor. Both options are becoming less feasible. I'm guessing many of you feel the same way.

So, in the name of wrapping the year up in a manner that won't make us all drown in guilt or debt, I propose a balance; Let us each try to find a couple of ways this season to shift our buying practices to local, fair-trade, responsible gift purchasing.

Perhaps you can think of a friend who would like a little smaller gift purchased downtown to a larger gift bought at *The-Place-That-Should-Not-Be-Named*. Our delicious and decadent chocolate bars would compliment any of the variety of Michigan products we carry from honey to salsa, jam, wine, body care and decorative reusable bags from Yana Dee.

In the name of supporting workers internationally and impressing you're extended family at breakfast, buy a half a pound of Equal Exchange or Higher Grounds coffee. It's a great way to start any day but especially time with family reflecting on the year and celebrating the season!



When meal planning, consider ordering a holiday turkey from Graham's Organics or purchase a Shelton's turkey from the Co-op. And in your selection of celebratory beverages for a party, remember, we can order almost anything you'd want at the GreenTree, even if we don't carry it. Maybe we can all do one or two things to ensure not only that we have gifts to share with our loved ones, but also that we are doing something to remedy the economic hardship in our community by supporting Mt. Pleasant businesses.

That being said, we at GreenTree are going to try our darndest to supply you with everything we can think of that you'd possibly need. For both November and December we'll feature the following items and more on sale: flavor extracts, corn starch and corn syrup, yeast, sweetened condensed milk, various baking chips, shortening, baking cocoa, broths, canned veggies, sugars, flours, crackers, frozen pies, sour cream, butter, and stuffing. We have many, many other holiday food items on sale in either November or December.

...And don't even get me started on the gift ideas such as planners, cookbooks, t-shirts, mittens, candles, and baskets (Warning: If gifts are all opened at the same time, you're family may catch on that you've one stopped shopped). If you want something that you don't see, please do not hesitate to ask us. We may be able to get it. Let us know what we can do!

Mary Rozga
Co-op Owner, Merchandising Manager and Grocery Buyer



All's Well in Wellness

by Angela Pohlman,

Co-op Owner, Wellness Buyer/Storekeeper Team Leader

Have you visited the Wellness section of GreenTree lately? The Wellness Section consists of five departments: Supplements, Health and Beauty, Cleaners and Paper Products, Books and Cards, and General Merchandise. Here you'll find much of what you need for gift giving and all your other daily needs. We are ready and rearing to go this season!

The Wellness section is quite the hub of products! We have added a few more Cold Season supplements, so we can continue to be your "natural" illness prevention and treatment center! Don't forget digestive aids such as enzymes, fiber powders, and probiotics to help with all of the irregular eating you may partake in this season.

During the gift giving season, we'll have a lot of new items to choose from! Here are some great gift-giving ideas:

- ◆ The Fair Trade African Market baskets in all their colorful splendor make a terrific gift alone or a beautiful gift basket to fill!
- ◆ In December, we will have gift baskets displayed with themes to help give you ideas!

Continued on page 6...

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News and New Moo's!

From the Refrigerated and Bulk Buyer

Wellness continued...

- ◆ Fill baskets with Michigan products from Lotus Body Botanicals, Carters

I am excited to announce a few new additions to our refrigerated section! Besides presenting new and fun food options that will nourish your body while they tickle your soul, each of them also reflects our ongoing commitment to “localize” our food system.

In response to Owner/Member requests for some ready-to-eat foods, we are now carrying pre-packaged meal items from *Good to Go* here in Mt Pleasant. We are currently stocking a Greek Salad as well as their signature Lemongrass Salad. In addition, we are carrying their Thai-Peanut Noodles, Spinach Pie, and their amazing Multi-Grain Pilaf with confetti vegetables.



For those of you not familiar with **Good to Go**, chef/owners Cindy and Bill Walz specialize in made-from-scratch, freshly prepared foods. If you have any requests, let us know.

Next up is the new milk from **Hilhof Dairy Farm** in Hersey, Michigan. **YES!!!!!!** We are able to offer **FRESH, LOCAL, CERTIFIED ORGANIC MILK.....and.....it's in returnable GLASS BOTTLES!!!!** There is a \$2.00 deposit on each bottle. No need to recycle, just rinse and return them on your next visit to the 'tree. Our plan is to replace our Organic Valley milks (except during sale months) with Hilhof half %, 2% ,and whole milk. The milk is pasteurized but not homogenized, so don't forget to give it a shake! The flavor is amazing! If you haven't ever had glass-bottle milk you'll immediately know the difference and if you have, you will be pleased to revisit the good flavor! Pick up a quart or half gallon on your next visit.



As we go to press, I am in the process of selecting cheeses from **Zingerman's Creamery** in Ann Arbor. These are artisanal cheeses of the highest quality. They are made from milk from local sources and contain no rBGH growth hormones. Look for raw and pasteurized goat and cow's milk cheeses, as

well as the best cream cheese you will ever eat. These cheeses are perfect for your holiday parties and go great with a bottle of one of our Michigan wines.

Finally....If you're looking for a taste sensation to share with your guests this holiday season, I would like to share an appetizer idea that was discovered and enjoyed by many at our recent Patronage Rebate party. Simple, easy, and oh so good:

Just find your favorite crackers and top them with a piece of our delicious Lummi Island smoked salmon and a forkful of our curried kraut from Leelanau Cultured Veggies. (I told you it was easy!)

A whole days worth of flavor in just one bite. Yum!

Happy Holidays!



6 Wendell Banks, Co-op Owner

- Soaps, Wild Weed Soaps, and Yana Dee Bags; to name a few!
- ◆ LapTop Lunches inspire more home-made lunches and are perfect for traveling families (no more expensive, nutrition-less airport food)!
- ◆ Cookbooks make great gifts. We have a wide selection of cookbook topics, from Gluten-Free to Vegan to Local!
- ◆ Use a Fair Trade oven mitt instead of a stocking this year!
- ◆ Borealis Press greeting cards -both funny and cute!
- ◆ Kleen Kanteen stainless steel water bottles!
- ◆ Shea butter products from Alaffia!
- ◆ Multivitamins make a great stocking stuffer!
- ◆ Wool Hats and Mittens from a Nepalese Women's Cooperative!
- ◆ Look for gift sets from Lotus Body, Trillium, Burt's Bees and more!
- ◆ Don't forget chocolate! Not technically in Wellness, but an essential supplement none-the-less.
- ◆ Other gift bag ideas: Sunbeam Candles, DermaE Microdermabrasion Scrub, Ecco Bella Chocolate Mask, Maggies Organic Cotton Socks, a "Support Local" t-shirt, a We'Moon datebook, or Fair Trade jewelry from World of Good, and much more!

Can't decide? GreenTree Gift Cards can fit everyone's budget!

The Wellness Section will be here long after the gift giving season is over, and I love to get recommendations on what to carry! Please be vocal about what you like and what you would like to see. If there are enough requests, we'll try it!

As always, if you have any questions, we have many resources to help you choose supplements, and we have access to many other products from the Wellness Section. If we don't have it in stock, we are happy to special order! Just give us about one week notice and I will contact you to let you know if the product is available through our distributors. Thank you and have a great winter!

Thank you to the following Vendors for their supportive donations to the Patronage Rebate Party:

Lummi Island Wild · Leelanau Cultured Veggies · Food For Thought · Swier Family Farm · Yasmeen Bakery ·

Attendees enjoyed the following menu:

Smoked Salmon, Baked Pesto Salmon Filets, Baguettes, Crackers, Cheeses and Hummus. P.B. & J's, Bean Salad, Sorbet, Apple Cider, Beer, Wine, Hard cider, Coffee, Hot tea

Thank you to Max and Emily's for your ongoing support of GreenTree, to Mike Brockman for covering the rental fee and the entire GreenTree Board of Directors for your dedication to the growth and wellbeing of GreenTree!

Maximizing Your Food Dollars (continued from page 3...)

Plan



- ◆ Take stock. Before developing meal plans and shopping lists (both crucial steps), take a good look in your cupboards and refrigerator. Then build your menus around what's on hand—And if the greens in the refrigerator are just starting to show their age, be sure to schedule it on a menu soon.
- ◆ If you have a garden, of course you'll want to take full advantage of its bounty. But even if you don't, keep a keen eye on what's in season, because that's what will be most affordable at the co-op. Don't forget to take advantage of the Farmers' Market and CSA (community supported agriculture) in Mt. Pleasant.
- ◆ Keep a copy of GreenTree's newsletter, sales flyer, and coupon books on hand while developing your menus and shopping lists, so you can include what's on special.
- ◆ Be open to new possibilities. Substitute inexpensive vegetarian options (like vegetarian soups, casseroles, and omelets) for some of your more expensive meat-based dinners. Look for inexpensive alternatives to your usual snacks and beverages.
- ◆ Make (and stick to) an easy to use shopping list. Print a list of which staples you keep on hand, then simply circle those you need before heading to the co-op. (You can add what else you'll be buying to the list as you develop your menus.) Remember to include food for making bring-your-own lunches for school and/or work.

Learn to cook.

Some very basic cooking knowledge can net big gains on food purchases. If you don't know how, learn to cook inexpensive, versatile staples like beans and grains.

Yes, cooking from scratch sometimes requires a bit more organization (you may want to soak those beans ahead, for example). But it takes surprisingly little extra time at the stove. And if you enjoy your time in the kitchen, you may want to broaden your skills—by learning to bake bread or by exploring a new ethnic cuisine, for example. Then you'll save money on groceries and enrich your life at the same time! Check out our upcoming cooking classes to expand your repertoire.



Shop your co-op.

GreenTree is the best place to invest your food dollars. It's where you'll find the most healthful food, food in bulk, and local, seasonal fare. To make the most of your shopping expedition:

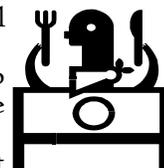


- ◆ Buy meat and poultry that's not pre-cut; cutting these foods yourself will save about a dollar per pound.
- ◆ Emphasize whole, natural foods rather than convenience foods. Packaging is expensive (for you and for the environment).
- ◆ Choose organic as much as possible; it's a wise investment in your health, your family, and the environment. While the gap between organic and non-organic prices will hopefully continue to close, there may still be instances when your budget doesn't permit you to choose a more expensive organic option. In that case, prioritize. According to Environmental Working Group, you can lower your pesticide exposure by almost 90 percent by avoiding the top twelve most contaminated fruits and vegetables: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce, and potatoes. (The twelve least contaminated foods are: onions, avocados, frozen sweet corn, pineapples, mango, asparagus, frozen sweet peas, kiwi fruit, bananas, cabbage, broccoli, and papaya.) Organic meat, poultry, eggs, and dairy are also well worth the investment.
- ◆ Consider stocking up on—and canning or freezing—seasonal produce when it's harvested (and at the best price).
- ◆ Remember to bring your own bags!

Don't Waste Food. It doesn't make any sense to save money on purchases and then throw away food. To avoid waste, post a list on your refrigerator of the perishables inside so they aren't forgotten. Keep items within sight. Open bowls of fruit in the refrigerator, washed carrots and celery, and cheese cut into handy chunks will invite healthful snacking, for example. Label containers for easy identification and retrieval.

Plan to use all the food you purchase—in meals or for snacks. And schedule a day for leftovers so everything gets eaten. Use that leftover millet in your soup or stew, and that bowl of rice for making rice burgers, a stir-fry, or rice pudding, for example.

Making conscientious use of natural foods—the foods GreenTree specializes in—is the most economical, healthful, delicious, and fulfilling way to cope with rising food prices.



Let's Heat UP the Greenhouse this winter!!

GreenTree General Manager Sarah Christensen has been cooking

up some ideas to better utilize the greenhouse in week

up some ideas to better utilize the greenhouse in 2009!

To expand GreenTree's Outreach Program, we are interested in putting together a committee of community members to facilitate a *School Garden Project* to get children involved in the sprouting, planting and farming process. We hope that this will put children in closer contact with our food system, better utilize the greenhouse space and create greater community connectedness.

We are thinking of one of the following dates in January for an initial planning meeting:

Thursday Jan. 8 at 6 pm or Saturday Jan. 10 at 11 am.

Here are some inspiring links to check out:

www.vtfeed.org, www.tworiverscenter.org



214 N. FRANKLIN AVE.
MT PLEASANT, MI 48858

Locally Grown

Community Owned

WWW.GREENTREE.COOP