

989-772-3221

214 N. Franklin Ave. Mt. Pleasant, MI

48858

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- 3 Owner Appreciation Day
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December:

- 5 Owner Appreciation Day
- 16 Board Meeting
- 24 Closed at 3pm
- 25 Closed

The Co-op Scoop

Sarah Christensen,
Co-op Owner, GreenTree General Manager



Change is inevitable and the co-op is no exception. We've changed a lot of things this year- the layout of the store, the ownership structure, and owner appreciation day, just to name a few. And believe it or not we are not done yet.

If you've been shopping in the last two weeks I am sure you've noticed that we've been working on the front landscape. Our plan is to add a new bike rack, a new seating area, and make some updates to the paths. We will be transplanting some of the plants we removed and others we will give away. Our goal is to have low maintenance landscaping. Let us know what you think.

We've made the decision to get rid of the children's play area in the store. As a mother of two, I often said over the years the children's area is good while you're here and bad when its time to go. Parents you know what I mean. However, the main reason we decided to remodel the area is because of ongoing safety concerns and the desire to better display some of our books and general merchandise. We have added a large bookshelf to that corner of the store, and put in an additional table for customers to use while they check out some of our resources. We will keep the ever so popular children's carts and plan to invest in some more for the store. We hope that you understand that the removal of the kids' area doesn't mean we are any less child friendly.

In the personnel department we've said goodbye to two of our longest serving employees, Mary Rozga and Matt Himmelspach. They will surely be missed and we wish them the best in their future endeavors. On that note, Stacy Saul has accepted our Grocery Manager position. Welcome to the team, Stacy! You'll also some new faces at the register. Owen, Jamie, and Christian are our new storekeepers!

In product news, GreenTree will be introducing a new line of packaged grocery products to our shelves from a company called Field Day. Be watching for their canned beans, tomatoes, pasta, salad dressings and paper products over the next few months. This UNFI brand is exclusive to co-ops and independent retailers. It is competitively priced and many of the items are organic.

As always, your input on these and any other Co-op happenings is welcome and appreciated. You can contact the store with your comments, questions, concerns and appreciations. You're also welcome to attend the GreenTree Co-op board meetings, the 3rd Wednesday of the month at Max & Emily's.

GreenTree Staff

MANAGEMENT/ BUYING TEAM:

Sarah Christensen

General Manager

Stacy Saul

Grocery Buyer/
Merchandising Manager

Angie Pohlman

Storekeeper Team Leader/
Wellness Buyer

Liz Busch

Produce Buyer/ Outreach &
Events Coordinator

STOREKEEPERS:

Bobby Bates

Laura Coffee

Graphics & Branding
Coordinator

Christian Colombini

Welcome to the team!

Jamie Florida

Jessica Gibbons

Josh Johnson

Mari Potter

Owner Services Coordinator/
Owner Worker Coordinator /

Grace Rollins

Owen Silver

Welcome to the team!



A word from the Board:

Did you hear the one about the guy, the potluck, and the silent auction? No? Well, then obviously you didn't attend this year's Annual Ownership Meeting.

We held this year's meeting on a lovely late May evening at Chipp-A-Waters Park. There was pleasant music. There was good food. There was enjoyable company.

The timing of the meeting was different than in previous years. Last year, the Ownership approved an amendment to the bylaws that permits the board to set the annual meeting's date later into the year. This allowed the board the flexibility to build upon its previous efforts to make the meeting less like a formal business meeting and more like a gathering of friends. Based on feedback from those who attended, it's a popular approach.

The purpose of holding the meetings at this time isn't just to make them more enjoyable, but part of a strategy to get Owners more involved in the Co-op. The end desire is to get more people involved in Co-op decision making, a greater diversity of the Ownership to run for board seats, and more people voting for board members. To sum up, you should get involved because it will be fun.

At this year's meeting, Owners helped provide input on where the Co-op should generally go. The fruits of that input will be realized at board meetings in the near future as the board discusses our vision for what the Co-op should seek to become.

But that's not all. We've now fully transitioned to the new Ownership model that relies on end-of-year rebates rather than a discount at the cash register. Although it's still very premature to know what the Co-op will have at the end of the year, we have two basic options – either return profits to

Owners based on how much they spent, or re-invest that money back into something the Ownership would like to see at the store. It's not a decision board members will want to make without input from Owners, because it means investing your money in something that will directly benefit you.

If you made it to this year's Annual Ownership Meeting or voted in this year's election, you've already taken your first step towards getting involved. Next, consider coming to a board meeting to get a better idea of how your investment in GreenTree is managed.

The board will meet at 6 p.m. on the third Wednesday of the month. Meetings are held at Max & Emily's in downtown Mt. Pleasant.

GreenTree's Current Board of Directors:

Eric Baerren, Chair

Michael Brockman, Vice Chair, Secretary

Ryan Doran-Fisher, Treasurer

Wilma Blackman

Julie Stevens

Chris Wiesman

Penny Lew

Our Vision

We seek to promote a healthier world where people engage in sustainable lifestyles with a reduced need for petroleum and where cooperative enterprise is the foundation of a sustainable economy.

Meet your new Grocery Buyer!

By Stacy Saul, Co-op Owner, Merchandising Manager and Grocery Buyer



Chances are that you have seen me in the aisles of GreenTree for a few months now! Who am I? My name is Stacy Saul and I am the new grocery buyer for the Co-op! On June 2, I started working at GreenTree and took over the buyer position in just the past few weeks. I have lived in Mt. Pleasant since 1987 and have shopped here since 1998. I have a huge love of all types of food, from vegetarian to sushi. I love to cook too, and to-date, I have over 140 cookbooks in my kitchen.

My new job is exciting and a little overwhelming! How do I carry all the great products that people want with such limited space? It's a challenge, and I welcome your suggestions. If there are any interesting grocery, bread, dairy, frozen or refrigerated products that you want me to know about, please let me know! I would love to learn what you are interested in eating. After all, it's YOUR Co-op!

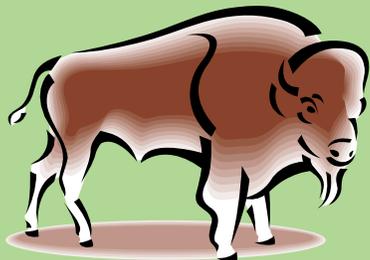
And don't forget, October is Fair Trade month here at GreenTree! Be sure to look around for all the great products that we carry such as Fair Trade chocolates, teas, and coffees. What is Fair Trade you ask? Fair trade is an organized social movement and market based approach that aims to help producers in developing countries and promote sustainability. It advocates the payment of a higher price to producers as well as social and environmental standards in areas related to the production of a wide variety of goods. In 2008, Fair Trade certified sales amounted to approximately \$4.08 billion worldwide, a 22% year-to-year increase! In June 2008, it was estimated that over 7.5 million producers and their families were benefiting from Fair Trade funded infrastructure, technical assistance and community development projects. So when you choose fair trade products, you know you are helping to make a difference! What is your favorite Fair Trade product that we carry? Stop by and let me know!

How a Trip to Yellowstone National Park inspired Pohl Bison:

One year ago Jim and Krista Pohl would never have guessed that they would be in the bison business. But on a 25th wedding anniversary trip to Yellowstone National Park in Jackson Hole, Wyoming, they took one look at the magnificent creatures roaming free, and they were hooked. They came home from the trip and started planning their new business, Pohl Bison, which opened June 6th at their home North of Rosebush. Customers can see their growing herd at the farm. They offer a wide variety of bison meats such as burger, steaks, brats, jerky, roasts and much more available by the pound. They also have a small gift shop that features heads, hides, other bison themed items, and gift certificates.

Both Jim and Krista have extensive backgrounds with animals and they agree this is the most intriguing animal they have known. Bison, America's largest land animal, are known for their "healthy" red meat which is low in fat, calories, cholesterol and is nutrient dense.

Consumers need to be careful not to overcook bison as its low fat content makes it cook faster. A limited selection of Pohl Bison is now available at GreenTree Co-operative Grocery.



Phone: 989-433-5841

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, October 21, 2009, 6-8 p.m.
Gluten Free Harvest Party!

Wednesday, November 18, 2009, 6-8 p.m.
Have a Vegan/Vegetarian Holiday!

Wednesday, January 20, 2010, 6-8 p.m.
Topic to be determined.

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



Who do you call your community?

To me, a strong community is one of the most important parts of human life. When I am looking for support, answers, a laugh, or even a recipe I feel very lucky to have many great friends and, of course, GreenTree to turn to. I also find myself more and more turning to friends I have never met before, on the internet.

Now I am one of those people that when working on the computer encountered error messages or functions unknown to tech-support. But there is a side of the digital world that is warm, inviting and even savory. That is the online movement towards Local Food.

It is no secret that local food is what is hot right now. Just in the past month GreenTree has sponsored the Eat Local! Mount Pleasant Challenge, an Eat Local Booth at the Mount Pleasant Discovery Museum Discovery Day and through the Mount Pleasant Food Project co-sponsored with The Naturopathic Community Center a showing of the nationally released movie "Fresh".

If you do a search for Michigan food blogs on-line you will find pages of blogs about food from Michigan alone. For a nice list of different ones to browse go to locavorious.wordpress.com/michigan-food-blogs-etc/. For a real local look at food blogs try midmifoodie.blogspot.com/.

There are also good resources to searching your area for local food happenings. I get updates from localharvest.org. I entered my zip-code and can search for new listings or get them automatically sent to my email. GreenTree has their events publicized on this website and several of the local farmers we work with also have information on the site.

Other interesting sites are www.slowfoodusa.org/, a national site dedicated to helping people support a movement towards "slow food" or www.farmtoschool.org which provides all the latest news and support for getting local, healthier food into schools.

GreenTree of course is on the internet with updates about sales, events, newsletter, and bi-weekly e-news on our website. We have a fun Facebook page where members can directly interact with each other through messages and pictures. There is so much more we can be doing with this cyber-space, it is the one space we are not likely to outgrow! Let us know what you would like to see more of from your GreenTree web community.

The views expressed on the blogs sited in this article are not necessarily those of GreenTree

-By Liz Busch, Produce Buyer, Outreach Coordinator, and Co-op Owner



Angie ponders the new canvas GreenTree bags.



Josh and Stacy look stylish in their new, locally printed, Organic cotton t-shirts!



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With new shirts, aprons, and Organic cotton totes, GreenTree is looking good!

You may see storekeepers pointing things out in their new GreenTree aprons.



An apple for teacher: And more!

-By Angela Pohlman, Wellness Buyer and Storekeeper Team-Leader

It's the end of summer, and our community is clambering to prepare for school to start. The Wellness department has got you covered on some basics.

Here is some of what we offer:

LapTop Lunches – A reusable packed lunch system created by two moms. Fun and convenient, it is free of phthalates, bisphenol A, and Lead! Several colors and styles available; all for under \$40. definitely not just for kids; packing a lunch is a great way to save money and control portion sizes for us adults!

Klean Kanteens – Stainless steel water bottles, available in several sizes and colors.

Debbie Brown Sebastian Bags – Reversible, beautiful bags that are big enough to carry books and notebooks for class. Locally made!

We also have hand sanitizer, lotions, multi-vitamins, sleep aids, Emergen-C, and all of your other needs!

Need ideas for what to pack for lunch? We carry a wide variety of cookbooks; some for kids lunches, college students, allergy issues, vegan/vegetarian, local, and much more.

Here are a few sample recipes from Jennifer McCann's book **Vegan Lunch Box**:



Cheesy Roasted Chickpeas

Here's a delicious snack and a great way to get your kids to eat their beans.

Makes about 1 ½ cups

- 1 (15 – ounce) can chickpeas, rinsed and drained
- 1 tablespoon canola oil
- 1 ½ teaspoons nutritional yeast flakes
- ½ teaspoon salt or to taste

Preheat the oven to 400F. Line a baking sheet with parchment paper. Toss the chickpeas in a medium bowl with the oil, yeast flakes, and salt. Spread in a single layer on the baking sheet. Roast for 30 minutes, stirring occasionally, until golden and slightly crispy. Once cooled, store in an airtight container.

Quick Peanut Sauce

A very delicious and kid friendly sauce for dipping veggies or over pasta! Can't do peanut butter? Try it with any nut butter you like!

Makes About 1 cup.

- ½ cup natural peanut butter
- 1 teaspoon toasted sesame oil
- 2 tablespoons tamari
- 2 teaspoons brown sugar or Sucanat
- 1 tablespoon brown rice vinegar
- 1 clove garlic, minced
- Hot sauce or cayenne pepper, to taste (optional)
- Salt, to taste

In a small bowl, mix all the ingredients together. Slowly add ¼ to ½ cup of warm water or more to achieve desired consistency.

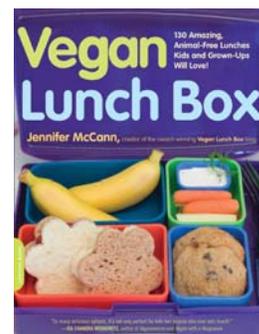
Honey Bee No Bakes

Adorable and delicious; these high fiber, high protein snacks are a great lunch addition!

Makes about 33 honeybees

- 1 ½ cups oat bran
- 1 cup very finely shredded coconut flakes or macaroon
- 1/8 cup cocoa powder (or carob powder), plus more for decorating.
- 1 tablespoon vanilla extract
- ¼ cup almond butter
- ½ cup maple syrup, brown rice syrup, agave nectar or honey
- Sliced almonds

Line a baking sheet with parchment paper and spray with non stick spray. Set aside. In a large mixing bowl, combine the oat bran, coconut, 1/8 cup cocoa powder, vanilla, almond butter, and liquid sweetener. Knead well with your hands until the mixture holds together. Pinch off bits of dough (about 2 teaspoons), roll them into ovals, and place them on the baking sheet. Dip your fingers in into a bowl of water, if necessary, to keep the dough from sticking. Dip a toothpick into the cocoa powder and press two or three lines into the top of each honeybee to create stripes. Gently insert an almond slice into each side to resemble wings. Store in the refrigerator.



Thinking about your Co-op.

A community center or a grocery store; how do you think about GreenTree? Yes, GreenTree serves the Mt. Pleasant community as a grocery store, but it's also something more than that. As I'm sure you know, GreenTree is also a Co-operative. When people hear the word co-operative they often think hippies, spotty produce, and tasteless "crunchy granola" food. Those of us who have a bit more experience in the Co-op environment may think of delicious seasonal fruits and veggies, bulk products, or quality locally produced items. But a well-stocked environmentally conscious grocery store is still just a grocery store. Grocery stores are intended to provide goods to consumers and profits to owners and shareholders. Co-operatives are meant to be flexible and responsive, providing for the needs of a specific community, and able to change as those needs change. That's why we have tools like the "Product Request List", where we keep track of what new items our customers would like to see on the shelves. In addition we have an email, general@greentree.com, where you can offer more specific feedback, in your own words, about our products, practices and storefront. Want to get a bit more interactive? Find us on Facebook under GreenTree Cooperative Grocery! And of course you can always speak to the board directly by attending their monthly meeting. It is held on the third Wednesday of every month at 6:00pm in Max & Emily's.



Another tool we use to focus the inherent flexibility of Co-ops is the list of International Co-operative Principles: 1. Voluntary and Open Membership, 2. Democratic Member Control, 3. Member Economic Participation, 4. Autonomy and Independence, 5. Education, Training and Information, 6. Cooperation Among Cooperatives, and 7. Concern for Community. Many of these principles are easily explained, Voluntary and Open Membership means anyone can join, and Democratic Member Control means everyone gets a vote. Some are more complicated; Member Economic Participation entails knowing that you are in fact an owner of your Co-op then shopping and voting in ways that will help the Co-op grow in a positive direction. Autonomy and Independence is something we achieve by making sure that any agreements or contracts with other groups don't compromise the ability of Owners to maintain democratic control of the Co-op. We pursue Education, Training and Information by providing useful brochures, cooking classes, Farm Tours, and by having a well-informed staff to answer questions. Our membership in the NCGA, or National Co-operative Grocers Association, indicates our commitment to Cooperation Among Co-operatives, as does our support of cooperative vendors, like Equal Exchange. Finally we have principle number seven, Concern for Community.

GreenTree, as an organization, shows its concern for community in many ways. We sponsor and encourage groups and organizations like the Mount Pleasant Food Project, and the Mt. Pleasant Discovery Museum. We attend events like the campus Earth Day celebration, and participate in the yearly downtown Chair Affair. And whenever possible we choose to work with local businesses rather than large chains. In the end however, community is something that is built by people, not organizations. When you walk in the door and see an old friend, or make a new one while attending a cooking workshop, or an event posted on the community board, then GreenTree becomes a community center. When you choose a product made or grown in the Mt. Pleasant area instead of one shipped here from thousands of miles away, then you are supporting your community. When you host a potluck dinner or plant a neighborhood garden, then you are building community. So say hello to your neighbors, plant a few extra tomatoes in the front yard, find out where your food comes from, and help us make this local Co-op more than just a grocery store!

The Spa Space

Have too many cucumbers or tomatoes this season? Why not set a few aside and pamper yourself with these lovely (and delicious) skin care recipes!

Cucumber Lemon Mask

(For oily skin)



1/2 cucumber, chopped
1 Tbsp Lemon Juice
1 tsp fresh mint

In a blender or food processor, blend together the cucumbers, lemon juice, and mint until well-mixed. Refrigerate for 10 minutes. Apply mixture to your face and leave on for 10-15 minutes. Rinse with warm, then cool, water.

Blemished Skin Mask

(Note that tomatoes are highly acidic so be careful using this cleanser if you have sensitive skin.)

1 tomato, finely chopped
1 tsp lemon juice
1 Tbsp cooked oatmeal



In a blender or food processor, blend together the tomatoes, lemon juice, and oatmeal until well mixed. Apply mixture to your face, making sure it is thick enough to stay on blemished areas: cheeks, forehead, or chin. Leave on for 5-10 minutes, then scrub off with a clean washcloth dipped in warm water.

Have sensitive skin? Try this scrub instead!

Oatmeal Almond Facial Scrub



1/4 cup rolled oat flakes
1/4 cup almonds
Water

In a food Processor, grind the oat flakes and almonds to a fine consistency. Slowly add water until it becomes a paste. Apply mixture to your face and massage. Rinse with cool water.

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All these delightful recipes (and more!) can be found in the book "How it all Vegan!" by Tanya Barnard & Sarah Kramer, available at GreenTree.



October is Fair Trade Month and Co-op Month:

But anytime is a good time to celebrate Fair Trade and Co-operative business at GreenTree! Some of the most commonly available Fair Trade products are Coffee and Chocolate, other products to look for include tea, herbs, fresh fruit, sugar, rice, and vanilla. Many other items, like body care products, jewelry, kitchenware, and bags, can also be certified as Fair Trade. Just look for the label pictured on the left. (Additional labels apply to goods produced and sold in other countries.) At GreenTree we are proud to carry many Fair Trade items, from responsible companies like Equal Exchange, World of Good, Traditional Medicinals, Alaffia, Frontier, and more! Some, like Equal Exchange and Fair Harvest, are also Co-ops themselves. Others, like Just Coffee and Alaffia buy their raw materials from Co-operatives run and owned by the workers who produce them. When you buy Fair Trade you ensure that the products you enjoy were made or grown by people who were treated and paid fairly, and produced with respect for the Earth. If you want to learn more about Co-ops or Fair Trade, check out these links: <http://coopsrock.coop> or <http://fairwww.fairtradefederation.org/>.

Building a Co-operative Economy Together

~By Scott Patterson, Equal Exchange

A co-owner of mine recently shared an interesting interaction. A woman came up to her at a Co-op event that we were sponsoring and said that she had been a passionate Equal Exchange supporter in our early days, but assumed that after nearly 25 years we had sold out to grow or survive.

Given the current climate of corporate bailouts and the long list of disappointments from Green & Black's, Tom's, Burt's, Kashi, Dagoba, Honest Tea and more, it's easy to arrive at that conclusion. When we shared that Equal Exchange is a worker-owned Co-operative and that, like at her food Co-op, the values of transparency and democracy are the rules by which we govern - and, aren't just pretty words - the landscape shifted.

There is some grey area here; it is, of course, possible for Co-ops to be broken, sold or poorly managed. But when done well, the one member, one vote and profit sharing backbone of Co-ops protects against greed and promotes ethical entrepreneurialism better than any business model I have seen to date. In the case of Equal Exchange, imagine 91 people who have a genuine financial stake in seeing their work succeed. Our recent jump into bananas exemplifies this spirit.

Last December, the worker-owners at Equal Exchange voted to take on a daunting challenge. The banana industry is totally dominated by Dole, Chiquita and Del Monte. Who in their right mind would try this? But remember we aren't just talking about one company. The origins and success of Fair Trade coffee can almost exclusively be traced to a powerful chain of cooperators. Picture it: small farmers => Equal Exchange => natural foods Co-ops around the country => you.

Together, both with international and local farmers, our collective work is one of creating food chains that stand for our values. The beauty of Co-ops and these supply chains is that they are transparent; you can get to know something real about the 80 farmers who are growing your bananas. And with shared ownership and decision making, when you as a shopper support cooperatively owned companies on the shelves of your store, you are sharing your power and creating authentic change.

Traditionally, October's Co-op month has been about celebration and we have many successes to enjoy. At the same time, we have a lot of work ahead. While we've seen copycats repackage our work and call it things like "direct trade," we do need to reinvigorate and step up our game when Frito Lay and Wal-Mart tout their "relationships" with farmers. No wonder most shoppers are skeptical. And the risk is that when we can no longer distinguish between real efforts and marketing, we lose our ability to create true change.

So, how do we move forward together? Well, for Equal Exchange's part, in addition to jumping into the banana industry, we are committing to doing a better job of sharing both why small-scale farmer organizations are valuable and to letting you all get to know us. I suggest that natural foods Co-ops embrace the debate about who owns the companies behind the products on your shelves, share this with your member-owners and do even more to actively promote cooperatively owned companies.

In addition to local, organic and Fair Trade labeling, let's identify and be proud of our business models. On the part of shoppers, hang in there! I know you are stretched for time and money but if you've read this far you must see value in building these connections! I ask for your amazing, continued loyalty to your Co-op and to Equal Exchange, and that you join us in holding our collective feet to the fire. Remember, your grocery store has been an innovator and is able to carry the products you want *because* it is a Co-op! As you shop the aisles of *your* natural foods store and think about your routine purchases, why not keep asking for more companies that are cooperatively owned - and in this way remove the incentive for companies to sell out.





214 N. FRANKLIN AVE.
MT PLEASANT, MI 48858

WWW.GREENTREE.COOP

Locally Grown

Community Owned

Farm Tour Scholarship winners!

Congratulations winners of our first Farm Tour Kids Scholarships; Rebecca Collins-Pfeiffer, Megan Salchert and Myra Salchert! A big thank you goes out to our other entries. Although due to cancellation of the tour, our three winners didn't get to hop on the bus, they did all enjoy a \$25 shopping spree thanks to the generous donations of our GreenTree shoppers.

