



The Dirt

March
April
May
2013



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Board of Directors:

Eric Baeren:
Vice Chair

Wilma Blackman

Michael Brockman

Liz Busch

Lyndsey Chippeway:
Treasurer/Secretary

Mark Fairbrother

Jay Fields: Chair

Talat Halman

Jerry Sundberg

Meet the GreenTree Staff



<Amanda Tomczyk
Produce/Bulk Buyer

Amelia Cortez>
Deli assistant



<Chris Wiesman
Baker

Dave Whitney>
Storekeeper



<Dawn Sandahl
Wellness Buyer

Erin Astley>
Storekeeper



<Kelsey Thompson
Storekeeper

Jacqueline
Grimshaw-Aldrich>
Storekeeper



<Jeff Kuhns
Produce Assistant
Storekeeper

Laura Coffee>
Marketing & Owner
Services Manager



<Leigh Jajuga
Storekeeper

Lindsey Merkel>
Deli Coordinator



<Rachel Cromell
Storekeeper

Reeva Ripley>
Deli Assistant



<Sarah Christensen
General Manager

Sirah Dowell>
Produce Assistant
Storekeeper



<Stacy Saul
Grocery Buyer/
Merchandising
Manager

Vani Murthy>
Deli Assistant



Staff Favorite:



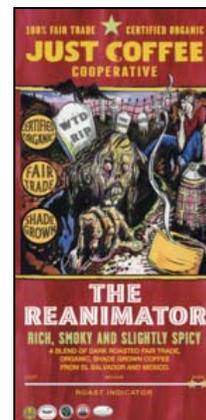
Jeff loves
the Eggless
Salad
sandwich.

Why does he love it?

“It’s what I always wanted
from an egg salad sandwich
but never got. It’s especially
excellent when it’s toasted!”

Staff Favorite:

Rachel loves Just
Coffee’s
Reanimator.



Why does
she love it?

“Because it has
a bold rich
flavor with a
smoky finish!”

Staff Favorite:

Laura loves
toasted
sesame oil.

Why does she
love it?

“Just a little bit
adds a whole new
layer of flavor. It’s
great with sautéed
vegetables!”



Website: www.greentree.coop

Phone: (989) 772-3221

Email: general@greentree.coop

The Co-op Scoop

By Sarah Christensen, General Manager, Co-op Owner



It's only February, but we've already done some exciting things in 2013 and we've got a lot more planned. To begin, our Board of Directors and I spent a Saturday visiting the People's Food Co-op of Kalamazoo. We went there to learn more about their expansion/relocation process specifically related to Board participation. (They opened a new store in May of 2011-quadruple their previous size.) We wanted to hear how they incorporated input from Owners into tangible things in the store, how they decided on a site, and what made their Owner loan campaign so successful. We took lots of notes and, more importantly, we know we can call them at any point to ask questions or seek advice. Cooperation among Cooperatives—it's a beautiful thing.

So what else is in store for your store in 2013, you ask? You've likely noticed that we rearranged the front of the store a little bit. We wanted to carve out more space for Co+op Deals and other great sale items. We've also changed our Owner Deals program. The list is shorter, but the prices are better. Be sure to pick up a



flier next time you're in.

Beginning in March, we'll extend our Owner Appreciation Day hours and we'll be open from 9am-9pm. We hope this gives you some extra time to squeeze us into your busy day and get great deals while you're at it. As always, we are open to feedback. If it proves to be worth your while, we'll continue to stay open later on Owner Appreciation Days for the rest of the year.

On March 21st we'll celebrate our 43rd Anniversary! During that week (March 18th-24th) you can take 10% off the shopping trip of your choice. Be sure to check in during that time for other celebration details. We plan to have some fun with this one.

Each day we get one step closer to making our expansion/relocation dream come true. As a staff we're focused on professional development as well as updating our systems. We're looking ahead and

planning and planning and planning. In the meantime, we want to continue to provide you with the best customer service possible. We look forward to seeing you in 2013!



Good for You Greens: All Hail Kale!

By Amanda Tomczyk, Produce Buyer, Bulk Buyer, Co-op Owner

The beautiful leaves of the kale plant provide an earthy flavor and more nutritional value for fewer calories than almost any other food around. Although it can be found in our produce department throughout the year, it is in season from the middle of winter through the beginning of spring when it has a sweeter taste.

This cruciferous veggie packs a powerful punch of nutrition into your day, providing

excellent amounts of Vitamin K, Vitamin C, Vitamin A, and Manganese. Kale is said to provide cholesterol-lowering benefits if you steam it, and in just one cup, you can get over 88.8% of your daily vitamin C and over 10% of your daily fiber! Kale contains so much Vitamin K that it could



change blood viscosity. This should not stop you from drinking kale juice; however, you should ask your health care provider first if you are on blood thinners.

For those who want to try juicing with kale, here are a few simple recipes to get you started:

Calcium Ka-pow!

- 3 kale leaves
- handful of parsley
- 3 carrots
- 2 apples

Power Punch

- 1 apple
- 3 leaves of kale
- 4-5 celery stalks
- 1 grapefruit
- 1/4 cucumber
- 1 lime

Kale was added to the EWG "Dirty Dozen" in 2012, so be sure to buy organic! Not to worry, GreenTree has you covered. We only carry organic produce—even our local produce is grown with pride by our local farmers, using sustainable practices!



The Clandestine Cleanse

By Dawn Sandahl, Wellness Buyer, Co-op Owner

What is a cleanse? Why would someone want to do one?

Before I began working here in spring of 2011, I had heard of the elusive cleanses as a holy grail for “eliminating toxins” and I didn’t understand what that meant. Recently, I attended a webinar (seminar conference over the internet) from Renew Life, maker of our cleanse line such as First Cleanse, CleanseSmart, ParaGone, and Smoker’s Cleanse. They provided some insight that I will share, as well as my first-hand experience with the First Cleanse.

Many people do a cleanse at the beginning of the year as part of a New Year’s resolution, spring cleaning, or yearly maintenance. Most do a cleanse to begin a weight loss regimen, according to the experts at Renew Life. Here’s why: Every day, we are exposed to toxins in our environment, personal care products, and foods that overload the body’s capacity to expel them. Some examples are carbon monoxide, pesticides, metals, preservatives, and even naturally-occurring byproducts of our own metabolic functions. GreenTree products provide a way to avoid toxins as much as possible, but exposure is inevitable.

Some toxins are water soluble, some are fat soluble. The belief held by the experts at Renew Life is that the body

will respond to the burden of more toxins than the liver or kidneys can handle by diluting them. This means retaining water and retaining fat. This is why cleanses are often used to begin a weight loss program – shedding those toxins means shedding excess bloat.

If you read the labels of the cleanses we carry, they contain aloe (in CleanseSmart), a blend of different herbs to stimulate the liver and kidneys, reduce inflammation, and calm the digestive tract, which has a soothing and laxative effect for speedy elimination. First Cleanse only has fiber for the “elimination” portion, in case you are apprehensive about cleansing for the first time and how many trips to the bathroom that might entail. The products contain a warning that says to discontinue use if you have abdominal cramps or diarrhea, so that shouldn’t be part of the normal cleansing process. Like anything, listen to your own body. If you are uncomfortable or feeling sick, it’s probably best to stop or slow down.

I did a First Cleanse starting on February 1st. The regimen included taking two capsules of cleansing herbs in the morning on an empty stomach,



and two fiber capsules at night for a total of 15 days. That was it. It was incredibly easy. The only dietary changes I made were to drink more water (good anyway) and eat more leafy greens (even better).

The only discomfort I experienced was a tiny bit of nausea in the evening of the second night, right after taking the fiber formula and going to bed. That may be chalked up to a late, carb-overload dinner, also. I didn’t feel like I went to the bathroom more than usual, and I didn’t lose any weight (which is a positive for me).

The benefits I experienced were increased energy. Really, I was chipper and waking up at dawn, when normally I don’t wake up until 9:30 or 10am if I don’t have to work in the morning. I also got a compliment on my skin. Other members of GreenTree staff thought I was wearing makeup. When I replied that no, I wasn’t, they all agreed that my skin was radiant.

All in all, it was rather uneventful in terms of negative stereotypes and I feel better after having done the cleanse. Personally, I would recommend it to anyone seeking a little peace of mind, or as part of regular bodily maintenance, and especially if you have been exposed to something and are worried about it.

What’s the Deal with Greek Yogurt?

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

You may have noticed the popularity of Greek yogurt and the abundant selection that GreenTree has offered over the past couple of years. Greek yogurt is one of the fastest growing categories in grocery stores today! So you may ask, what makes this yogurt different and so special from the other yogurts on the market? Greek yogurt is also known as strained yogurt, yogurt cheese, labaneh or dahi. Greek yogurt, even fat-free Greek



yogurt, is higher in protein, thicker and richer than traditional fat-free yogurt. It contains probiotics, which are healthy active cultures that aid digestion, as well as other nutrients found in traditional yogurt, such as calcium and phosphorus.

Fat-free Greek yogurt has a consistency between that of traditional yogurt and cheese. This is because, during processing, it is strained in a cloth or filter,

traditionally made of muslin, to remove most of the whey. Yet Greek yogurt still retains its distinctive sour taste. This versatile fermented dairy product is appropriate for eating plain or using in sweet or savory dishes.

Greek yogurts contain twice as much protein as traditional yogurts because it takes more milk to make 1 pound of Greek yogurt versus the same amount of traditional yogurt.



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Hearty Grilled Vegetable Soup

By Amanda Tomczyk,
Produce Buyer, Co-op Owner

Ingredients:

- 1 Japanese eggplant
- 1 zucchini
- 1 yellow squash
- 1 medium sweet onion, peeled
- 1 large red bell pepper, seeds and ribs removed
- 1/4 cup olive oil
- 2 cloves garlic, peeled and minced
- 4 C chicken stock or 4 C broth. (Try Frontier's vegetarian chicken flavored broth powder. You can find it in our bulk herbs and spices section.)
- 1 can (14.5oz) diced tomatoes, drained
- 1/4 C chopped fresh parsley
- 2 Tbsp chopped fresh oregano or 2 tsp dried
- Salt, to taste
- freshly ground black pepper, to taste



Directions:

Prepare a medium-hot grill. Cut eggplant, zucchini, yellow squash, onion, and bell pepper lengthwise into 1/2-inch slices. Brush with olive oil, reserving 1 Tbsp. Sprinkle vegetables with salt and pepper.

Grill vegetables, covered, for 8 minutes, turning them once. Remove from grill. Peel pepper, and then cut all vegetables into a 1/2-inch dice.

 Heat remaining oil in a heavy 2-quart saucepan over medium-high heat. Add garlic, and cook, stirring constantly, for 1 minute. Add stock, tomatoes, parsley, oregano, and diced vegetables, and bring to a boil. Reduce the heat to low, and simmer soup, uncovered, for 15 minutes, stirring occasionally. Serve immediately.

Tip: This soup can be made up to 2 days in advance and refrigerated, tightly covered. Reheat soup slowly to 165°, but do not let it boil or reduce.

Recipe adapted from the Frontier Co-op website.

One Little Thing

By Laura Coffee, Marketing & Owner Services Manager, Co-op Owner



So many of us begin a new year with the best of intentions, only to be side-tracked by the demands of our daily lives. By March, all that's left of our well-laid plans are some crumpled gym clothes in the back of the closet, a pile of stuff we "really are going to organize later," and some dried up veggies in the back of the fridge.

Personally, I've never been very good at keeping those pesky New Year's Resolutions, but over the years I have found a way to achieve results without biting off more than I can chew. Let's call it the One Little Thing approach.

Eventually, all of those little changes are going to add up to something truly amazing.

A big goal like eat healthier, exercise more, or get organized can be daunting. When the goal is so vague we get overwhelmed, don't know where to start, or can't find the time in our schedules. So instead of trying to take on the big goal all at once, I pick one simple project and make it a priority.

If the goal were to eat healthier, I might choose to have one leafy green every day. It could be a spinach omelet for breakfast, a big salad at lunch time, or kale baked into a casserole for dinner. More exercise could be as simple as doing a dozen jumping jacks every morning, or walking up and down the stairs an extra time when I get home. Organizing has been my biggest hurdle, but by spending just 15-20 minutes on one project every week, I've made a huge improvement in my space!

These activities may not sound like much on their own, but as human beings, we're creatures of habit. If we pick something little and do it every day, it will start to make a big difference. Once your first project becomes a part of your routine, you can add on a second one. By forming good habits a little at a time, we can change the shape of our lives.

I know the whole thing seems a bit silly, but it can work. Eight or nine years ago I was a bit overweight, way out of shape, and a terrible procrastinator. I wanted to lose a little weight, get stronger, and get more done. For me, the first step was just to stop buying anything made by Hostess or Little Debbie. (I used to have a cupboard for that stuff.) I found that if it wasn't in the house, I wouldn't eat it. Over the next eight years, I gave up pop and coffee, started eating more vegetables, began exercising regularly, and, after some trial and error, figured out what I wanted to do with my life and started doing it. If I'd tried to do all of those things at once I never could have made it stick. For me at least, doing One Little Thing has made a *huge* difference.

Co-ops are a bit like people in that way. We (That's right, you're a part of this Co-op too!) find ourselves making changes all the time in order to improve. Mostly it's the small things that get us where we want to go—figuring out a more efficient way to stock a department, bringing in a new line of products, or listening to each other to make sure we're all on the same page. Please bear with us as we try out each new solution. Eventually, all of those little changes are going to add up to something truly amazing. So whether you want to learn a language, get in shape, clean your house, or build a bigger and better Co-op, all you need to do is figure out the first step.

Merkel's Marvelous Menu!

By Lindsey Merkel R.D., Deli Coordinator, Co-op Owner



2013 arrived bearing lots of new plans for the year ahead, especially

seating as well as trash and recycling receptacles would make dining here more accessible.

By popular demand, we are revamping the item of the month program and making the deal just a bit sweeter: The item of the month will also be on sale for Co-op Owners at 20-30% off!

We are also working on developing some options that are geared towards dinner. Think: noodle bowls, fully-

cooked chicken breasts and family-sized salads for time-saving solutions. Please, let me know if you have any suggestions or ideas for items you would like to see us feature.

We have big plans for this year, and hope to keep growing and expanding to offer you the best convenience food in town! Email me at deli@greentree.coop with any suggestions you have or comments you would like to share.

here in GreenTree's Deli. As always, our mission is to serve healthy food that delights the appetites and lifestyles of our community. We like to offer both variety and consistency, and with this in mind we have come out with a soup schedule. We will offer a featured soup every day and rotate other soups throughout the week. Here is our soup schedule that will run through the end of March:

- Monday:** Ginger Chicken Chili
- Tuesday:** Moroccan Chickpea Stew
- Wednesday:** Laksa
- Thursday:** Dilly Potato Gouda
- Friday:** Italian Vegetable Stew
- Saturday:** Bison Chili
- Sunday:** Greek Garbanzo

You can always call the store at (989)-772-3221 to see what our other soups of the day are, or visit our Facebook page, where we post our soup offerings daily.

Another plan for improving the Deli is to expand our outdoor seating area in June. We would like to enhance the experience of stopping to eat at GreenTree; and we feel that more

March Soup Menu

(Clip—or print—and save!)

- Monday:** Ginger Chicken Chili
- Tuesday:** Moroccan Chickpea Stew
- Wednesday:** Laksa
- Thursday:** Dilly Potato Gouda
- Friday:** Italian Vegetable Stew
- Saturday:** Bison Chili
- Sunday:** Greek Garbanzo

(GreenTree Cooperative Grocery, March 2013)

Trouble Making It to Owner Appreciation Day?



Not anymore! We're giving you more time to save.

Starting in March 2013 we will be open an extra hour at night (That's 9am-9pm!) on

every Owner Appreciation Day.

Now you'll have 12 full hours to shop the Co-op on the first Saturday of every month. And we'll make sure there's enough free coffee to last through all of them!



The Spa Space

Learn to Make an Herb-Infused Salve

(Abridged and altered from frontiercoop.com/learn/herbalsalves.php)

You will need:

- 1 cup liquid oil (sweet almond, jojoba, olive, etc.)
- 1/4 cup beeswax
- Herbs of choice and any desired essential oils
- Sterilized containers

1. Go to Frontier.coop to learn how to make a no-cook herbal infusion or a quicker stovetop infusion. (It will take from 2 days to 4 weeks).
2. Select the herbs you would like for the purpose of your salve – different herbs have different properties, such as chamomile, comfrey, lavender, peppermint, rosemary, parsley, echinacea, and many others.
3. Select which oil you want to use. Pretty much any liquid vegetable oil will work well. (Coconut is a liquid at 76 degrees, and may be better left for an infusion until summer.)

Mixing the salve

Sterilize equipment to prevent mold. Combine the infused herbal oil and beeswax (We carry Michigan beeswax in bulk.) in a non-Teflon saucepan, and heat gently until the wax is melted. Alternatively, heat in the microwave in a glass container in 30-second bursts. Remove from heat and stir in optional ingredients like essential oils or whole dried herbs. Pour into sterilized containers and let cool.



Multi-Purpose Balm

- 1/2 cup olive oil infused with lavender flowers
- 1/2 cup olive oil infused with comfrey leaf
- 1/4 cup beeswax shavings or beads
- 1 drop lavender or tea tree essential oil

Ad Rates:

Small ad: 3.5" wide by 2.0" high: \$45 per issue (\$40 per issue for GreenTree Owners)

Large ad: 3.5" wide by 4" high: \$85 (\$75 per issue for GreenTree Owners).

Space in the Summer 2013 newsletter must be reserved by May 15th. Ad spaces are based on a first-come, first-serve basis depending on the layout of each newsletter. Payment must be received with camera-ready or high resolution electronic copy (jpg, pdf, or gif) at the time of reservation.

A Word from the Board

By Talat Halman, Board Member, Co-op Owner



GreenTree Board visits Kalamazoo's recently relocated and expanded People's Food Co-op:

What a big, bright, beautiful – and green – store! On Saturday, January 12th, a group

of GreenTree Board Members visited People's Food Coop (PFC) in Kalamazoo, MI. Sarah Christensen, Jay Fields, Wilma Blackman, Mark Fairbrother, Liz Busch, and I journeyed to PFC to learn from their Board Members and General Manager how PFC had successfully relocated and expanded so that GreenTree might follow in their footsteps. We were welcomed by PFC's General Manager Chris Dilley and Board Members Hether Frayer, Elizabeth Forest, and Jo Ann Mundy.

Kalamazoo's PFC is about twice GreenTree's size. (GreenTree has about 1,100 members and our store is 1,600 sq ft. PFC has 2,008 members and 3100 sq ft.) Our group twice toured—and shopped in—this beautifully open and clean store, which features so many more products than GreenTree can offer in our present space.

Chris and Hether outlined the formula that made PFC's relocation and expansion possible: (1) The Board developed a rubric for site determination; (2) They wrote up an Expansion Policy; (3) They joined and received expert guidance from CBLD (Cooperative Board Leadership Development). Chris and Hether explained how essential it was for them that CBLD guided their process in envisioning and effecting a relocation and expansion, not only by providing on-going consultation, but especially by guiding their Board and General Manager in a one-day retreat; (4) PFC raised \$580,000 in interest-bearing Owner loans (which some Owners waived), which helped to pay the building costs of \$1.5 million; and (5) Their members formed a Design Committee to provide input on architecture and paint colors.

Hearing our story, Chris and Hether affirmed that GreenTree has enough owners to successfully relocate and expand. While PFC's process began in 2006 and they opened at the new location in May of 2011, from the moment they selected their new site, it only took one year to complete the transition. And by constructing a new building they were able to use special eco-friendly lighting and to build and insulate walls thick enough to make a green difference in lowering utility costs.

Continued on Page 8...



Community Partner: Whitford Chiropractic

By Rachel Cromell, Storekeeper, Co-op Owner

For many, the concept of natural medicine may conjure images of dried herbs, murky tinctures, and steaming cups of bitter tea, but there are many more facets to the practice than jars of leaves and supplements.

In Mount Pleasant, Whitford Chiropractic clinic has been providing natural medicine in the form of chiropractic care since 1993. The clinic has served the community for over 20 years, and has treated patients spanning three generations. Dr. Whitford, a graduate of the Logan College of Chiropractic in Missouri, describes chiropractic treatment as “A natural form of health care. It focuses on disorders of the musculoskeletal and nervous systems and the effects these disorders have on general health.”

In January of 2000, Dr. Whitford was awarded a fellowship from the International Chiropractic Pediatric Association (ICPA), and has also earned a Pregnancy and Pediatric Certificate of Proficiency. Additionally, he is certified and proficient in the Webster Technique adjustment, a



procedure that the Whitford Chiropractic website describes as “a specific analysis and adjustment used for pregnant mothers.” It is used to help get a baby in the best possible position for birth.

Dr. Whitford stated that chiropractic care is a drug-and-surgery free, hands-on system of health care that respects the body's ability to heal itself. He said, “Chiropractors diagnose injuries and other conditions of the nervous and

musculoskeletal system and care for patients with pain, such as: back and neck pain, tension, migraine and other headaches, sciatica, joint pain and postural issues. Chiropractic care has also been shown to be helpful in maintaining general health and well-being and is appropriate for all ages.”

Whitford Chiropractic most commonly treats disorders such as back pain, headaches, swollen disks, and leg or arm pain. The clinic offers specialized treatment methods in specific areas. One is gentle-adjustment prenatal care for expectant mothers. Others include treatment for more complex cases such as failure to thrive in children and certain behavioral issues like Attention Deficit Hyperactivity Disorder (ADHD).

Kerrie McCallister, a Chiropractic Assistant at the clinic, said that Whitford Chiropractic chose to become a Community Partner with GreenTree Cooperative Grocery because of shared values. She said, “We are all for good, clean food and healthy bodies.” Being a positive part of the community is important to Whitford employees, and care for the health and well-being of patients is their primary value. The goal of the clinic as stated on its website is, “to provide competent, quality care that allows the body to reach full expression of its potential without interference and to provide a genuine understanding of health and wellness to as many people as humanly possible.”

As a GreenTree Community Partner, Whitford Chiropractic offers a free initial consultation and a free initial exam with the presentation of a GreenTree Owner card. The clinic is located at 625 N Main St. in Mt. Pleasant, Michigan. The phone number is 989-773-2534, and more information can be found by visiting the website at www.whitfordchiropractic.com.

Who are GreenTree's Community Partners?

The Book Shelf- GreenTree Owners receive 5% off any magazine purchase. Phone: 989-317-3067, Located at: 1014 S Mission Rd

Buckley's Canoes- GreenTree Owners get \$5 off any weekday canoe rental or \$3 off any weekday kayak rental. Phone: 989-772-5437, E-mail: info@buckleyscanoe.com

Crystal Mountain Lotus Moon- GreenTree Owners receive 10% off all body work services. Offer excludes foot detox and other specials. Phone: 989-817-2860, E-mail: crystalmountainlotusmoon@gmail.com

Inner Light, LLC- Provides massage, Reiki, aromatherapy, and counseling services. GreenTree Owners enjoy a \$5 discount on their first session and on regular sessions! Offer cannot be combined with bundle pricing. Phone: 989-621-5171, Website: www.myinnerlight.net

Lavana Shurtliff Jewelry- GreenTree Owners receive 10% off any merchandise purchased at Lavana Shurtliff Jewelry. Contact Lavana at 989-773-3801 or www.lavana.com

McLaren Fitness- Will wave initial sign-up fee for GreenTree Owners. Phone: 989-779-5602, Website: www.wcfitness.org

Simmons Enterprises- Offers a 10% discount on labor (plumbing and contracting) to GreenTree Owners. Phone: 989-400-5762 E-mail: simmonsenterprises8415@yahoo.com

The Triangle Motel- Offers a 5% discount on room rentals to GreenTree Owners and visiting family members. (Not to be combined with any other offer.) Phone: 989-463-2296 Website: www.thetrianglemotel.com

Whitford Chiropractic Clinic- GreenTree Owners get a free initial consultation and exam on their first visit. Phone: 989-773-2534, Website: whitfordchiropractic.com

If you have your own business in the Mt. Pleasant area and are interested in becoming a GreenTree Community Partner, please contact us by calling 989-772-3221 or sending an email to laura@greentree.coop

Staff in the Spotlight

Featuring: Dave Whitney, Storekeeper, Co-op Owner



Where are you from?
Shepherd, MI

How did you first find the Co-op?

It seems like it has always been here, I first ate “buyer’s club” lentils in ‘78.

How long have you been working here?

Since June of 2012.

What is the best part of your job?

Helping our customers.

Do you like to cook?

Some days more than others, never anything too “fussy”.

Describe your perfect breakfast.

Pastured duck eggs, uncured bacon, and strong coffee.

What is your favorite GreenTree product?

Kale, kale, a thousand times kale!

Favorite movie?

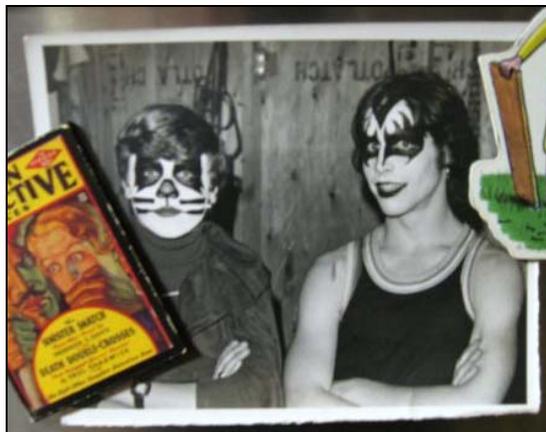
Forrest Gump, a great portrayal of the Daoist concept of the “uncarved block”.

What’s your favorite thing to do in Mt. Pleasant?

Hang out at Motorless Motion and talk bikes.

Tell us something about yourself others might not know.

- A) I have a “secret” desire to finish the “Leadville 100”.
- B) I want to travel the American West as a “rubber tramp”.



Where are some of your favorite travel destinations?

Lake Michigan’s shoreline and coastal Oregon.

What are your hobbies?

Bicycling, running, kayaking.

What music is playing in your car, home or head?

Mellow Gold album by Beck.

Where do you see yourself in 10 years?

In Eugene or Portland, Oregon running the trails and assisting people with Nutritional Therapy.



A Word from the Board, *Continued from page 6...*

They even created a rain capture system for watering their garden. PFC’s relocation and expansion into their new store was exciting and inspiring to behold.



After our meeting and our tour we joined Hether and Elizabeth for lunch at the nearby Bell’s Restaurant. Part of our lunch discussion focused on what we like about GreenTree. People mentioned the location, the friendly staff, the feeling of community, and our outreach educational programs. From our visit I gained an increased appreciation of belonging to a Co-op community-based culture and movement; as well as the knowledge that GreenTree can indeed follow in PFC’s footsteps and relocate and expand.

What’s the Deal with Greek Yogurt?, *Continued from page 3...*

Yet Greek yogurt is lower in sodium, carbohydrates and sugars because they are removed along with the excess whey. Protein-rich foods are satisfying, which is helpful for weight management, and fat-free Greek yogurt is a beneficial choice for those monitoring their carbohydrate, sugar or sodium intake. Similar to traditional yogurt, Greek yogurt contains live active cultures that promote digestive health. Because it is not as runny as traditional fat-free yogurt, Greek yogurt makes a suitable healthy substitute for sour cream. Try making dips such as French onion for a lower calorie snack with your favorite chip.

GreenTree offers several brands such as The Greek Gods, Chobani, Liberté, and Brown Cow. Many of these brands offer flavored yogurts such as maple, blueberry, strawberry, or honey vanilla. One of these brands is usually on sale at least once a month during our Co+op Deals sales.

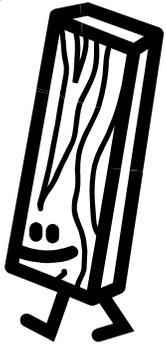
Stop in and pick up some Greek yogurt, you won't be disappointed!





214 N Franklin
Mt. Pleasant, MI 48858
www.greentree.coop

myFood. myCommunity. myCo-op.



Run for the Board!

We know you love your Co-op, and that's why we think you might want to run for the Board of Directors! Every May GreenTree Co-op has an Annual Owner meeting and holds elections for open seats on the Co-op's Board of Directors. This year there will be 3 open seats. All GreenTree Owners who are current on their share payments are eligible to run for the board. Who will be the next Co-op Board Member?

It could be you!

