



Growing Up and Branching Out

*December
January
February
2010*

GreenTree Co-op

214 N. Franklin Ave. Mt. Pleasant, MI 48858

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Important Dates:

December

- 4- Owner Appreciation Day
- 15- Board Meeting
- 18- Kid's Activity
- 24- Closed at 3pm
- 25- Closed
- 31- Closed at 3pm

January

- 1- Closed
- 8- Owner Appreciation Day
- 15- Kid's Activity
- 19- Board Meeting

February

- 5- Owner Appreciation Day
- 16- Board Meeting
- 19- Kid's Activity

Board of Directors:

Eric Baerren:
Chair

Michael Brockman:
Vice Chair

Wilma Blackman

Lyndsey Chippeway:
Treasurer

Talat Halman

Penny Lew

Chris Wiesman: Secretary

GREENTREE STAFF



<Aaron Stauffer
Storekeeper



<Brian Radomski
Storekeeper



<Grace Rollins
Storekeeper



<Josh Johnson
Storekeeper

Angie Pohlman
Storekeeper Team
Leader

Christian Colombini
Bulk Buyer
Produce Assistant

Jeff Kuhns
Storekeeper

Welcome to the team!



<Laura Coffee
Graphics & Branding
Coordinator

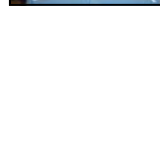
Molly Kampf
Produce Buyer



<Reeva Ripley
Storekeeper
Welcome to the team!



<Stacy Saul
Grocery Buyer/
Merchandising Manager



Sydne Conant
Wellness Buyer



Sarah Christensen
General Manager



<Treslyn Zelenak
Storekeeper



GreenTree's Holiday Shopping List

Savory Starters

Stock up on these to keep everybody happy while they wait for dinner:

- McClure's Pickles- Garlic or Spicy
- Zingerman's Cheeses
- Blue Diamond Nut Thins
- Field Day Water Crackers
- Santa Barbara Olives

Tasty Tapas

Make a couple and call it dinner:
Green Bean Casserole

- Soups from Pacific Natural Foods
- Arrowhead Mills Organic Stuffing
- Grown Right Cranberry Sauce
- Savory Sweet Potatoes (See recipe on page 9)

Magnificent Main Courses

Make your cooking the star of the show:

- Deep-Fried Organic Valley Turkey
- A Tofurky Feast
- Roasted Leg of Kampf's Lamb
- Stuffed and Roasted Acorn Squash

Delicious Desserts

Save room for these, or save them for breakfast:

- Wholly Wholesome Apple, Cherry, Pumpkin, or Vegan Pumpkin Pie
- Or pop your favorite filling into a pre-made Whole Wheat or Graham Cracker Crust
- Alden's Ice Cream- We've got 6 flavors!
- (And top it off with TruWhip!)

Beautiful Beverages

Wash it all down with something special:

- R.W. Knudsen Sparkling Juices
- Hilhof Eggnog
- Silk Soy Nog
- R.W. Knudsen Spritzers
- Field Day Sparkling Water
- Michigan Beer and Wine

Looking for a holiday favorite we missed?

Stop by, we've got more to show you- And if you let us know right away we may even be able to order hard to find items just for you!



Website: www.greentree.coop

Phone: (989) 772-3221

Email: general@greentree.coop

The Co-op Scoop

By Sarah Christensen, General Manager, GreenTree Co-op Owner



It's January 1, 2014, and I am pleased and proud to be GreenTree Co-op's General Manager. One year ago we opened the doors at our new downtown location and things are going great.

We have a full service deli where we make sandwiches, salads, and soup. The deli seating area is a bustling reflection of our community. We meet the diverse dietary needs of our Owners and customers with vegan, vegetarian, gluten free and allergen free options in every category. We've increased our ability to buy from local farmers and producers year round. People come not just to eat, but to meet friends, join a conversation, listen to live music, and participate in a class or demonstration.

We no longer hear customers complain about our high prices. We are *the* place in town to find natural, wholesome, local foods at the best price. Our new location is easy to find and we bring a lot of foot traffic downtown which helps the other businesses around us. People feel comfortable and welcomed when they enter the store. Our dirty, stinky hippie image is a thing of the

past. We are recognized instead for our excellent customer service, our knowledgeable staff, and our innovative staff treatment policies. Business owners seek our advice on Personnel Policies, staff training procedures, and hiring and evaluation practices. We really do have the happiest, best staff around. Most employees are full time and we offer a comprehensive benefits package including health insurance for everyone and a retirement plan.

The Mt. Pleasant Food Project has helped launch Campus Grow, The Pine Street Community Garden, The Commission on Aging Community Garden, and gardens at every Mt. Pleasant Public School. Children actively participate in growing food and as a community we've taken some big steps to reduce our food mileage. The school garden projects were just the beginning in starting a conversation with the contracted school lunch provider who now works with local farmers year round to bring fresh food into the cafeteria. The Mt. Pleasant Farm to School Program is one of the best in the state. We are closer than

ever to being a food secure community....

This is a small part of my vision for GreenTree's future; how we can grow as a Co-op and how we can impact our community. While we are a long way from some of these goals, we are laying out the groundwork. You've seen it in our first season with the Pine Street Community Garden. Campus Grow is celebrating its 2nd year as an active organization. Last year we kicked off our Green Sprouts program, our owner equity is growing with every dollar you invest; the list goes on and the possibilities are endless.

In December 2010, GreenTree's Board of Directors will spend a few evenings with Bill Gessner, an expansion and relocation consultant from Cooperative Development Services. His work will help lay out the process for an expansion or relocation of the Co-op. This consultation is the first step in a long, decision laden, and hopefully owner-input driven process.

Stay tuned for breaking Co-op News...

Organic Body Care Update

-By Angela Pohlman, Wellness Buyer and Storekeeper Team-Leader, Co-op Owner

As the debate about standards and labeling of Organic body care continues consumers and retailers have been increasing the pressure on offending manufacturers. In the last newsletter, we talked about how Whole Foods and the Organic Consumers Association



challenged Co-ops to boycott falsely labeled organic body care products; and how the National Cooperative Grocers Association (NCGA) responded with a plan to not promote those products through our Co-op Deals program. GreenTree's plan has been to reduce the number of fakers

along with a general plan to reduce the amount of "dirty" products in the store.

NCGA has finalized the plan they put forth last newsletter, and has received commitments from all of the companies they contacted to either get certified Organic or to remove the organic claims from their labels. This is great news for maintaining Organic standards and extending them to body care!

As far as GreenTree's efforts to create product standards for our body care, progress is slow, but I'm sure you've noticed that we've been trying some new brands and products such as Badger and Alaffia. We are continuing to weed out products that aren't doing well for us, and any replacements are checked to make sure they rate low (clean) on Skin Deep's Cosmetic Database. Stay tuned for updates!



Beating the Winter Blues

-By Angela Pohlman, Wellness Buyer and Storekeeper Team-Leader, Co-op Owner

Many of us struggle with depression and Seasonal Affective Disorder once winter sets in. Whether it's because of the shorter days, the general stress of the holidays, or a chronic condition, winter can be a challenging season. For me, knowing how challenging the holiday season can be helps me plan out healthy ways to get through it. Here are some of the tips I've read about and experienced.

During any stressful time, it's easy to not eat regularly, let alone eat a balanced meal. I tend to not eat all day, then binge on lots of simple carbohydrates and fats in the evening. Not good choices. I think that having routines and keeping meals to a basic schedule is good for me mentally as well as physically. What we choose for those meals is just as important. Based on the research I've done, I try to focus on foods that are lower in fats, high in fiber, whole grain, colorful, and enjoyable. I try and make sure I have something green at every meal - we hear so much good about dark leafy greens!

There has been a lot of research on the effects of nutrient deficiencies and depression. Researchers have found a connection between depression and reduced levels of vitamin B folate and B12. Dark leafy greens and beans are rich sources of folate, among many other nutrients. B12 is produced by a bacteria. We used to get enough B12 by drinking fresh water but we've begun to chlorinate our water supply, killing the bacteria. So we don't get nutrients through our water (but we don't get cholera either). Now our main sources are supplements, enriched packaged foods, and products from the bodies of animals who had the bacteria growing in their intestinal tract.

Vitamin D has also gotten a lot of press lately, and the recommended daily value has been steadily increasing. They are finding D useful for treating depression, immunity and general decreased

mortality. For our latitude, I've seen suggested doses of 2,000 to 5,000 I.U. of Vitamin D3. If you are vegetarian, D2 is gathered from a source that is not of animal origin, but it is not as absorbable as D3, so we need to take a higher dose to get the same effects.

It can be challenging and sometimes overwhelming to make sure you are getting all the nutrients you need from your diet. So you may consider taking a multivitamin to supplement your diet and make sure you are getting your daily value of the essentials.

Another study found that the lignans in flax seed have been found to reduce blood pressure. (Rising blood pressure is one of the bodies natural responses to stress.) Try three tablespoons of the ground seed per day. There has also been discussion of the role of essential fatty acids like Omega 3 found in flax seed in treating depression, not to mention all of the heart and brain health benefits of the oil. Dr. Weil recommends taking 1,000 to 2,000 mg of fish oil a day. If you are avoiding fish or are concerned about contaminants or over-fishing, Dr. Michael Greger suggests taking 250mg of algae based DHA every day.

Exercise is recommended by all the sources that I have seen, here's what Dr. Weil says on the subject:

"For more immediate, symptomatic depression treatment, there is no better method than regular aerobic exercise. Numerous studies have demonstrated the efficacy of a daily workout for improving emotional health and boosting self confidence. I recommend thirty minutes of continuous activity, at least five days a week for best results."

From my own experience, exercise is essential. When I fit working out into my routine, (even just daily long walks with my dog) especially when I am

eating well, I feel great! Walks and working out are also great times to work through things in your head.

I have also had a lot of success with meditation and mindfulness. If you are new to mindfulness, I recommend reading "The Miracle of Mindfulness"

by Thich Nhat Hahn. Mindfulness has been an essential part of my depression therapies, it is grounding and reassuring. I may not know what is going to happen tomorrow, but I know where I am right now.

As far as supplements go, my mood boosting, head clearing supplement of choice lately is holy basil, or Tulsi. I prefer it in tea form, but we also have it in capsules. Tulsi is an ayurvedic herb and has been used by East Indian folks for thousands of years. It is thought of as an adaptogenic herb which will help your body respond to stress better over time. When I drink it, I generally experience what I like to describe as an emotional deep breath. I calm down, things come into perspective, and I can focus. I often like to combine it with Yerba Mate, which gives me energy without the jitters.

Another supplement that I have tired and enjoyed is 5HTP, a natural precursor to serotonin. It worked really well for me for a long time, and it was pretty effective right away. I also use Rescue Remedy on a regular basis for anxiety and I also take it when I am anticipating possible stress. It works best for me when I take it at the beginning of an anxiety attack.

I think that knowing ourselves is the most important first step in preparing for potentially hard times. It is also important to remember that it doesn't always have to be this way. You don't always have to sink into a depression once we have less than 8 hours of daylight - every year, every day can be better than the last. It's all about what you bring to the table.

Studies have shown the efficacy of a daily workout for improving emotional health.



Fresh Produce All Winter Long

-By Molly Kampf, Produce Buyer, Co-op Owner

Winter in Mt. Pleasant can present us with many new challenges. For the farmers and gardener- snow preparation. For parents- time management and food organization. For students- friends and new winter mittens. For me- it is the perfect time for a fire outside, big boots and warm cider. Collectively we share the understanding that once the cold arrives, snow will soon follow. We have been lucky this year- the fall was warm and bright. Today is a different story. This very grey day reminds me that, until spring comes, I should walk on the sunny side of the street. Meanwhile, I will continue to enjoy all the enticing things Mt. Pleasant and Green Tree Co-op have to offer.

- ◆ Local mushrooms and sprouts
- ◆ Smoothie bananas
- ◆ Beer, hot chocolate and cider
- ◆ Unique spices for delicious foods like samosas
- ◆ Recipe Board
- ◆ Samples almost every day
- ◆ Fair trade coffee, tea, jewelry, gloves, hats and scarves
- ◆ Frozen compost
- ◆ Leonard's Sledding Hill
- ◆ Bicycle racks
- ◆ Orchesis Dance Performance
- ◆ Growing energy for a dog park
- ◆ Everybody knows your name

WOW! We are so lucky to live in Michigan and close to a Co-op!!!! Now, how can we remind ourselves everyday how lucky we are? I have a few ideas:

Quinoa with Greens and Shiitake Mushrooms

Serves 2 as entrée, 3 as side

Ingredients:

- ◆ 1/2 cup quinoa (If you like colorful food, try using red quinoa instead.)
- ◆ 2 + 1/4 cups water or vegetable broth
- ◆ 1 1/2 tsp olive oil
- ◆ 1 shallot (2 cloves), minced
- ◆ 2 Tbsp fresh ginger, diced
- ◆ 2 dried red chilies (pinky finger sized)
- ◆ 4 cups cooking greens (approx. 1/2 lb)
- ◆ 2 oz shiitake mushrooms, thickly sliced



(Tip: Kale and collards are perfect for this dish, but you can also use a spicy green, like mustard, or a delicate one, like spinach.)

1) Rinse quinoa well and add to saucepan with 2 cups of boiling water or vegetable broth. Cook for about 15 minutes, or until rings separate from the seeds. Drain and set aside. Reserve excess cooking liquid.

2) Prep vegetables. Mince shallots, wash and remove hard stems from greens. It's okay if they are still wet from washing. Cut into wide ribbons. Remove dirt from mushrooms with a napkin or towel. Cut into wide slices.



3) In a heavy skillet or wok, heat oil on medium high and add shallots. Sauté for 2-3 minutes until they start to become clear. Stir in diced ginger and dried

chilies. Reduce heat to medium and continue to sauté for 3 more minutes or until shallots are clear.

4) Add greens and stir to combine. The greens will wilt quickly.

5) Add mushrooms and combine well.

6) If the quinoa is still cooking, carefully scoop about 1/8 cup of broth and add to greens mixture. Otherwise, use 1/8 cup of reserved cooking liquid. Cover and simmer for 5 minutes or so.

7) Toss greens with quinoa and you are good to go. Oh, so good.



Approximate Calories and Fat per Serving

(Totals/2): 257 calories, 6g fat

Recipe adapted from:

www.cheaphealthygood.blogspot.com

It's Exciting, Local and Fun-

By Laura Coffee, Graphics and Branding Coordinator, Storekeeper, Co-op Owner



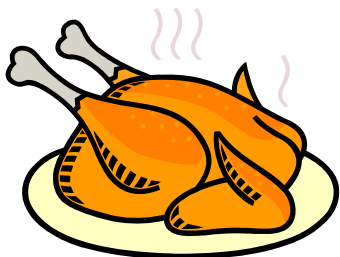
Winter is not the enemy; it's just another season with its own ups and downs. Admittedly- for these ups and downs you need four-wheel drive- but still! Michigan has a lot going for it if you take the time to look. We create an amazing variety of products in this state, and many of them are available year-round. Plus we've thought up more ways to get out and enjoy the snow than you can shake a (hockey) stick at. There are many ways to enjoy and savor Michigan's cold snowy days and dark snowy evenings, and a lot of things we can do to make the downs seem a bit less like getting stuck in the ditch until spring.

Cabin Fever- Maintaining Morale

- Check out these simple winter safety tips and you'll have that much less to worry about: http://www.fema.gov/hazard/winter/wi_before.shtm
- Keep houseplants. The sight of something green and growing can be really encouraging when everything outside is frozen solid. **Bonus:** Keep a little indoor herb garden- it looks nice and it's useful too!
- Play board games, it's a great chance to turn off the TV and spend time with the people you care about. **Bonus:** Family time and energy savings all rolled into one.
- Be social. Host a movie night, cookie party, recipe exchange, stuff swap, potluck, or soup exchange. **Bonus:** A stuff swap helps clean out your house and nets you cool new stuff for free. A soup exchange fills your freezer with a variety of meals, but you only have to cook once.
- Curl up under a warm blanket with some hot coffee, tea or cocoa and make a dent in that unfinished summer reading list. **Bonus:** If the blanket is keeping you warm you can turn the heat down and save energy.
- Take a walk. Not every winter day is a blizzard and getting out and about can really make the season more appealing. Just be sure to dress in layers, this is Michigan after all! **Bonus:** Walking is free entertainment and great exercise.
- Go downhill or cross-country skiing, snowboarding, ice skating, snow-shoeing or play some hockey. These activities are seasonal, so enjoy them while you can. **Bonus:** Winter sports provide a great opportunity to make new friends or reconnect with old ones.

Local Meats

Grahams Organics- Certified Organic chicken, beef, and pork products



Kampf Farm- Naturally raised lamb

Pohl's Bison- Naturally raised bison

Conserve energy- Save money

- Draft-proof your home by applying new weather-stripping, door sweeps or caulking around leaky doors and windows.
- Do a little investigating; you may be able to get a federal income tax rebate for installing insulation.
- Consider replacing old windows with Energy Star models, or thin summer curtains with heat retaining insulated versions.
- Lowering your thermostat by 2-degrees Fahrenheit can decrease your heating costs and reduce your CO₂ emissions by 500lb a year!
- Don't cover up your vents. Moving a large piece of furniture away from a radiator could increase the radiator's efficiency by up to 20%.

Local Coffees

Great Northern Roasting Company- Organic and Directly Traded coffees, roasted in Traverse City

Higher Grounds- Fair Trade Coffee, roasted in Traverse City

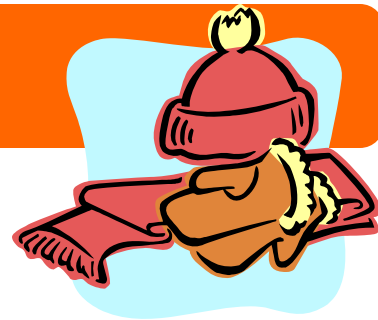


Sweeten them up with local **K&C Honey!**

- Keep curtains/blinds open during the day to collect heat from the sun and closed at night to trap that heat indoors.
- Having dark colored siding or roofing can also help your home retain heat from the sun.
- Replacing 1/4 of your incandescent light bulbs with Compact Fluorescent bulbs could save around 50% on your lighting bill. Get the daylight spectrum version and it's like having extra sunshine when it gets dark early.
- Place lamps next to a light colored wall and the reflected light will make the room seem even brighter.
- Turn off appliances when not in use (don't just let them sit on standby), or plug several devices into a power strip and you can turn off everything at once.
- Don't leave chargers plugged in when not in use. If there is a light on, it's drawing power.

For more tips like these check out *How to Reduce Your Carbon Footprint* by Joanna Yarrow, now available at GreenTree.

Yeah, we're talking about winter!



Local in Grocery

Make your PB&J Michigan style with peanut or almond Butter from **Naturally Nutty**, **Food For Thought** preserves, and **Stonehouse Bread**.



Vita Spelt pastas and flours are the perfect solution for those avoiding wheat but looking for local.



Eden makes a wide variety of products, including beans, applesauce and soy milk. Plus their cans are BPA free!

Clear Space- Get Things Done

- Organize. Go through the things you don't use often and divide them into three piles: 1) Keep, 2) Give away or Donate, 3) Toss or Recycle. Then label the stuff you want to keep and take care of the rest right away. **Bonus:** You have more room to enjoy the things you decided to keep.

- Finish projects. We all have those half-finished projects lying around the house. Winter is the perfect time to

organize your supplies and get things done. **Bonus:** The sense of accomplishment you get from finishing things can be a real morale booster.

- Cook ahead. Make a week's worth of meals in one night (or on your day off) and pop them in the freezer. When you get home late

and don't feel like cooking all you have to do is pop dinner in the oven or microwave. **Bonus:** If dinner is ready made you're not as likely to order a less healthy take-out option.



- Use a crockpot. This is great option for several reasons; it uses up odds and ends to make space in your kitchen, you can make big batches of stuff and save the extra for later, once it's in the pot all you have to do is wait, and there's no constant checking and tweaking. **Bonus:** You can start dinner hours early and work on other projects while your food is cooking.

Be a Locavore- Invest in Your Community

- Shop locally. According to the 3/50 Project website, "For every \$100 spent in locally owned independent stores, \$68 returns to the community through taxes, payroll, and other expenditures. If you spend that in a national chain, only \$43 stays here. Spend it online and nothing comes home."

- Volunteer. You'll get to meet people, help people, and make the world a better place- all at the same time!

- Take classes. It's a great way to learn something new, and you're encouraging skilled individuals to come to (and stay in) your community. Teachers need students after all!

Local in the Fridge



Hilhof Milk- Organic, non-homogenized Michigan milk and cream

Diversity Eggs- Free-range eggs from Morely, Michigan



Michigan Beer and Mead- A wide variety of products from several breweries. Keep an eye out for the flavor of the month!

Local Body Care

These Michigan companies all make wonderful body products that let you pamper yourself and support a local business at the same time.



Bees Knees
Lotus Body
Jen's Naturals
Scents You Remember

Here are some great resources if you want to learn more about what's going on in the area:

3/50 Project- <http://www.the350project.net/home.html>

CMU- <http://events.cmich.edu/>

City of Mt. Pleasant- <http://www.mt-pleasant.org/calendar.html>

Veterans Memorial Library- <http://207.75.101.12/evanced/lib/eventcalendar.asp?ln=ALL&>

Isabella County- <http://www.isabellacounty.org/>



So get outside (or get cozy), get cleaning, shoveling, cooking, skiing, crafting, napping or reading. Get down to the Co-op and enjoy some great local flavors. Create a new Snowy Day tradition of your own. Do a little or do it all, but whatever you do get optimistic about winter in Michigan!

Where do we go from here?

By Laura Coffee, Storekeeper, Graphics and Branding Coordinator, Co-op Owner



Making the decision to include or exclude Genetically Modified (GM) food from your diet can be complicated. Advocates on both sides of the debate are emphatic that their position is the correct one. The FDA has approved many of these crops for public consumption, and the companies who produce them claim that they are safe. Others, including some doctors and scientists, believe that the long term consequences of GMO consumption on our environment and health aren't worth the risk. Ultimately the decision is a personal one and I won't attempt to make it for you. But if you do decide to avoid GMO products I have a few tips to make the process easier.

Unfortunately companies who use GM ingredients in their products are not required to tell you. The FDA has decided that these foods are functionally equivalent to their non-GMO relatives and as such they do not require special labeling. And cross-contamination through pollination or during shipping only adds to the difficulty of avoiding GMOs. In the end the easiest route may be to search out products that clearly do not contain GMOs, rather than trying to figure out which products do.

When you take this approach, things begin to get a bit simpler. There are several easy to find labels that will indicate a food is free from genetically modified ingredients. The first is the USDA Organic seal. "The NOP (National Organic Program) regulations prohibit the use of genetic

engineering, ionizing radiation, and sewage sludge in organic production and handling." Any food carrying this label will therefore be free of genetically modified ingredients. (It will also be produced without sewage sludge. Though, personally, I was a little disturbed to find out that they would need to specify that!)

Another indication that a product is GMO free is Fair Trade certification. According to the FLO (Fair Trade Labeling Organizations), "The Fairtrade environmental criteria includes reducing chemical fertilizers and pesticides, no slash and burn or genetically modified products, protecting water and natural resources, and waste prevention and recycling." There are several groups that do this certification, but in the U.S. most Fair Trade products will be marked with the familiar black and white TransFair label.

Aside from these guaranteed GMO-free indicators you will sometimes find single products, or lines of products, from large brand-name companies that do not contain GMOs. These products are usually clearly labeled with the phrase "Does not contain GMO ingredients," or something similar. They can be a bit harder to find though as there is currently no standard label or seal to help identify these products. The easiest way to find them is to read labels. You can start by looking for items marked "natural" or "made with organic ingredients", but read the label carefully! Use of the term natural is not regulated by the FDA so you'll need to judge each product individually.

You might also consider calling the product information number for any company you routinely buy from. This number is usually located on the back panel or below the ingredient and nutrition labeling. It might take a little time to get an answer this way, but by contacting the company you are letting them know that people really do want

to know whether or not their food contains GMOs.

You may also want to grow your own non-GMO food. When you start a plant in your own home you can choose the seeds, the soil, and the pest control measures yourself. By purchasing certified organic seeds you can be sure your vegetables will not be genetically modified. And if you are feeling adventurous you might want to explore the world of heirloom varieties. These beautiful "old-fashioned" varieties not only look and taste great, but growing them contributes to the genetic diversity of our food supply as well. If gardening is your thing you may even wish to connect with others via a program like the Seed Savers Exchange to improve access to non-GMO seeds.

Genetic Diversity in our food system is actually very important. In planting monocultures you risk large scale famine if a new disease or pest arises. Also the practice of copyrighting GM seeds, especially when they constitute so much of the corn and soy produced in this country, puts farmers and consumers at the mercy of a few large corporations. This topic is simply too large to address here but there are many resources available if you would like to learn more. I suggest checking out the film *The Future of Food* which you can watch for free online.

I hope you've found this series of articles to be interesting and useful. The question of what role GMOs should and will play in our food system has yet to be decided. It's only by getting educated that we, as consumers, can truly play an informed part in the making of that decision.

For more info check out these links:

Fair Trade info: <http://www.fairtrade.net/>

National Organic Program: <http://www.ams.usda.gov/AMSv1.o/nop>

Seed saving: <http://www.seedsavers.org/>

Future of food: <http://www.thefutureoffood.com/onlinevideo.html>



Look for these labels when trying to find GMO free products!

The Spa Space

STRESS RELIEF

Winter in Michigan can be a stressful time of year, between the short days, cold weather, and holidays, it's hard to know which way is up! That's why it's extra important to take good care of yourself. And in case you're at a loss, here are a few tips on doing just that.



Smooth-as-Silk Oatmeal Exfoliant, Cleanser, and Mask

Recommended for: All skin types, no exceptions

- 1 Tbsp oat flour or finely ground oatmeal
- Purified water

In a small bowl combine oats with enough water to form a smooth, spreadable paste. Allow the mixture to thicken for 1 minute. Add more liquid if texture is too thick or oats if too thin.

Application Tips: Using your fingers, massage onto the face and throat. Rinse.

Mellow Yellow Banana Cream Mask

Recommended for: Normal, dry, dehydrated, sensitive, sunburned, windburned, environmentally damaged, mature, or irritated skin



- 1 2-inch hunk of very ripe banana
- Cream, light or heavy

Using a mortar and pestle or a small bowl and fork, mash the banana with just enough cream until a smooth, spreadable paste forms.

Application Tips: Safeguard hair and clothing prior to applying this potentially runny mask. Using your fingers, spread onto the face and throat, and recline for 20-30 minutes (mask will not dry). Rinse.

These recipes (and 173 more) can be found in *Organic Body Care Recipes* by Stephanie Tourles. Now available at GreenTree.

A Word From the Board

By Eric Baerren, Board Chair, Co-op Owner



It has been a stated goal of GreenTree's board the last several years to get the ownership more involved in Co-op matters. Why? Simple. Because we like people.

No, I'm just kidding. One of our guiding notions is that GreenTree be run according to democratic principles. That doesn't mean we will get together a group of owners and start vetoing product pricing or anything like that. But, it does mean getting owners involved in the decision making process at the top, where the big questions are answered.

You, the owner, might not think about that. You go buy your smoked salmon, your chocolate bars, your coffee, your beer, and your dried beans, and walk out feeling generally good.

Someone has to make the decisions, and while that person is usually the general manager, everyone is accountable to someone and in our case she is accountable to the Ownership via the board of directors. Board members are elected from among the Owners.

Every exercise in democracy works better if the electorate is engaged in the decision making process. That means not just holding an elected body accountable, but also helping it to make wise decisions.

One way to do this is by casting educated votes. Another is participation at Board Meetings. Sometime in the future, perhaps within a year, the board will make a big decision about the future of GreenTree. The one clear piece of input from owners over the last few years is a desire for more services and products, and we'd like to make that happen.

We are in the infancy of a process that will lead to either an internal expansion or a relocation. In fact, everything is on the table. Something (or nothing) will happen, and it will be decided by a vote from the board.

During this process, we will continue to solicit input, both to measure the Ownership's desires and to make sure that we operate with great care and concern for GreenTree's continued success.

Your involvement will be important. Just as it is too early to flesh out what we might do, it's also too early to talk about how we will do this. But, it should matter to you, and maybe even excite you, so it's not too early to get engaged. The board meets, by the way, at 6:30 p.m. the third Wednesday of the month in Mt. Pleasant's Max & Emily's.

There is another way to help. The board also needs assistance to execute its mission. And, I am happy to announce an opportunity to do just that: the board member whose job it is to plan and organize the Annual Ownership Meeting (me) wants your help in pulling off the 2011 meeting. You may drop me a line at ebaerren@gmail.com to find out how.

Ad Rates:

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

Large ad: 3.5" wide by 4" high: \$ 85 (\$75 GreenTree Owner-members).

Space in the Spring 2011 newsletter must be reserved by February 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.

Community Partner: Lavana Shurtliff Jewelry

By Christian Colombini, Bulk Buyer, Produce Assistant, Co-op Owner



I think I can safely say I am not an expert on jewelry. But when offered a chance to write this article featuring Lavana Shurtliff Jewelry, a member of the GreenTree Community Partners program, I saw it as an opportunity to broaden my knowledge about this craft.

Lavana began making jewelry nearly 27 years ago and has traveled across the country as a vendor at music and arts and craft festivals. She has even been featured in galleries across the nation, including San Francisco, Chicago and New York City. You may have even stopped by her booth at the Wheatland Music Organization Festival this past September. Lavana is also internationally recognized for her talents and is especially proud that her work was shown in a gallery in Tokyo, Japan. One of the more memorable spots that she's been to sell her wares was Fort Worth, Texas, which she described as having "a really great attitude" and was "a fun place to work." Lavana says she got started making jewelry by necessity when she didn't have pierced ears but wanted to wear the cool earrings she saw other students wearing that were so fashionable. To get over this obstacle she made her own clip-on earrings that she and others could wear without having to pierce their ears. Even men came to her wanting large, rough clip-on earrings to compliment their punk personas.

Through the years Lavana Shurtliff's style has evolved- incorporating many different materials and techniques- leaving a distinct impression of the artist behind it. With beautiful beads of colored glass wrapped in delicate coils of metal she creates a totally unique array of jewelry that makes it easy to pick the perfect accessory for any occasion. Today you can find her work on display for sale at Main Frame gallery and framing shop on Main St. in downtown Mt. Pleasant.

Prospective customers may also contact Lavana by phone (989-773-3801) and schedule an appointment to visit her studio where she keeps the majority of her work. You can also visit her on the web at www.lavana.com. Having trouble thinking of great gift ideas this holiday season? At the website you can check out pictures of Lavana's growing selection of handmade jewelry and help support a local vendor in the process.

As a little incentive, Greentree Grocery owners receive **20% off** any merchandise at Lavanna Shurtliff Jewelry as part of the GreenTree Community Partners program. This is part of a recent effort of local businesses working together to encourage cooperative growth and strengthening community ties. As a part of Mt. Pleasant's downtown community for over 40 years, GreenTree is invested in the area's continued success and we hope the GreenTree Community Partners can help build a stronger voice for local business in Mount Pleasant. Interested businesses should contact Sarah Christensen for more information- membership is free and your business will be advertised in our New Member Packets, Newsletter, bi-weekly E-news and through links to your business on our active Facebook page.



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Annette Pratt and
Linda Spyke
Bakers

Bonus Recipe!

Savory Mashed Sweet Potatoes

2lb sweet potatoes

1/4 cup sour cream or plain yogurt

Hot green or red chilies
(About 1/4 cup canned- don't drain- or 1 to 2 tsp dried)

Peel and cube sweet potatoes. Boil until cooked through. Drain. Mash by hand or with a stand mixer. Add sour cream and chilies to taste. Tip: For creamier potatoes add 1/3 cup sour cream.

(Thank you to Sydne for this recipe- she prefers the green chilies!)

Good Bye Erin...



GreenTree has just said good-bye to an enthusiastic employee, Erin Bialik. We wish her the best of luck with everything she does.



Have fun out there!
We'll miss you.



Jerry H. Sundberg
Manager

P.O. Box 331
Mt.Pleasant, MI 48804-0331
sunstarlandscaping@gmail.com

Staff in the Spotlight

Featuring: Sydne Conant, Wellness Buyer, Co-op Owner



Where are you from?

Mt. Pleasant. Over the last 10 years I've lived in Jackson Hole WY, New York City, and Madison, WI.

How did you first find the Co-op?

Growing up here I always was aware of the Co-op but shopped here infrequently.

How long have you been working here?

Since January of 2010.

What is the best part of your job?

Being surrounded by delicious food and seeing old friends and neighbors.

Do you like to cook?

I love to cook and bake. Some of my favorite things to make are fruit crisps, veggie soups, and breakfast foods.

Describe your perfect breakfast.

Just Coffee's Las Diosas brewed in my Grandma's percolater, farm fresh eggs, scrambled, with greens (spinach or asparagus especially) topped with melted gorgonzola and my Dad's sweet chili sauce, crispy bacon and wheat toast.



What is your favorite GreenTree product?

Reed's Ginger Beer

Favorite movie?

The Big Lebowski. I've been to two Lebowski Fests and yes- I can quote the whole movie.

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

Walk in the parks downtown.

Tell us something about yourself others might not know.

Two different psychics told me I'd come into money this year... I'm still waiting. I also hate eggplant.

Where are some of your favorite travel destinations?

Beaver Island, Minneapolis, the U.P.- I guess no place warm!

What are your hobbies?

Reading, crocheting, bike rides, going on awkward dates and writing down the stories for my future humorous biography.

Where do you see yourself in 10 years?

Naively thinking 40 will be better than 30.



What's the deal with Co+op Deals?

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



As you may know, GreenTree is a member of the National Cooperative Grocers Association (NCGA). What you may not know is that membership in the NCGA is what lets us bring you our great sales programs. Well, this past September NCGA decided to switch some things up and our monthly Co-op Advantage sales became our bi-monthly Co+op Deals. (That's bi-monthly as in once every two weeks, not once every two months!)

This means more deals- more often- throughout Greentree: You'll find great deals in all our departments,

grocery, frozen, refrigerated, supplements, health and beauty aids, and even bulk!

So, what do you need to know to take advantage of these sales?

Here are the dates for the rest of year:

- ◆ December sales begin December 1st and end on the 14th. The special order deadline is noon on Friday, December 10th.
- ◆ The next sale begins on December 15th and ends on December 28th. The special order deadline is noon on Wednesday December 22nd.



If you want to place a special order but aren't sure how the new deadlines work, here's a simple rule of thumb:

Special orders must be placed by the second Friday of the sale. Still have questions? Just stop on by and we'll find you some answers!



214 N. FRANKLIN AVE.
MT PLEASANT, MI 48858

WWW.GREENTREE.COOP

Locally Grown

Community Owned

Hey Kids!

Are you a Green Sprout yet?

Membership in the GreenTree Green Sprout Kid's Club is free and fun! Sign up today and start getting a free piece of fruit every time you shop in the store. We also have membership cards, birthday greetings, and a special drop-in activity the third Saturday of the month from 2pm-5pm.

And now you can find fun stuff on GreenTree's website! Just grab your parents and go to www.greentree.coop. You can print out your

very own Co-op coloring pages. If you want to bring them into the store when you're done we'll hang them up for everyone to enjoy!



Additional Owner Appreciation Day in December!



It's been another great year here at the Co-op, and we want you to know we appreciate you THIS Much. (Picture big arms while you read that!) So we're having a second

Owner Appreciation Day this December.

When is it? Whenever you want! That's right, you pick the day. (It could be the perfect chance to pick-up gift items!) We know how busy everyone is this time of year, so we're trying something new: Just ask at the register to get 10% off all non-sale items any day in December. (Don't forget to use it—no January rain checks!)

Holiday Hours:

9am-3pm Dec. 24th • Closed Dec. 25th

9am-3pm Dec. 31st • Closed Jan. 1st

**You
pick
the
day!**