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FEBRUARY NEWSLETTER



Hello Friends,

Here we are in the time of deep mid-winter~ we hope you are all staying warm and nourished.

The Co-op has been bustling with warm activity~ the chefs are cooking up delicious meals and soups, the produce department is always busy receiving deliveries and keeping our coolers stocked with healthful fruits & vegetables from our wonderful suppliers, our shelves are full thanks to the efforts of our faithful stocking folks and there is always a warm and welcoming smile from our cheery cashiers, who are here to answer all your questions and make sure you have everything you need.

We feel very grateful to see so many of you on a regular basis in the store, and are always happy to see the new faces too. Thank you for making the Co-op what it is, a unique store that is also a

focal point of our community.

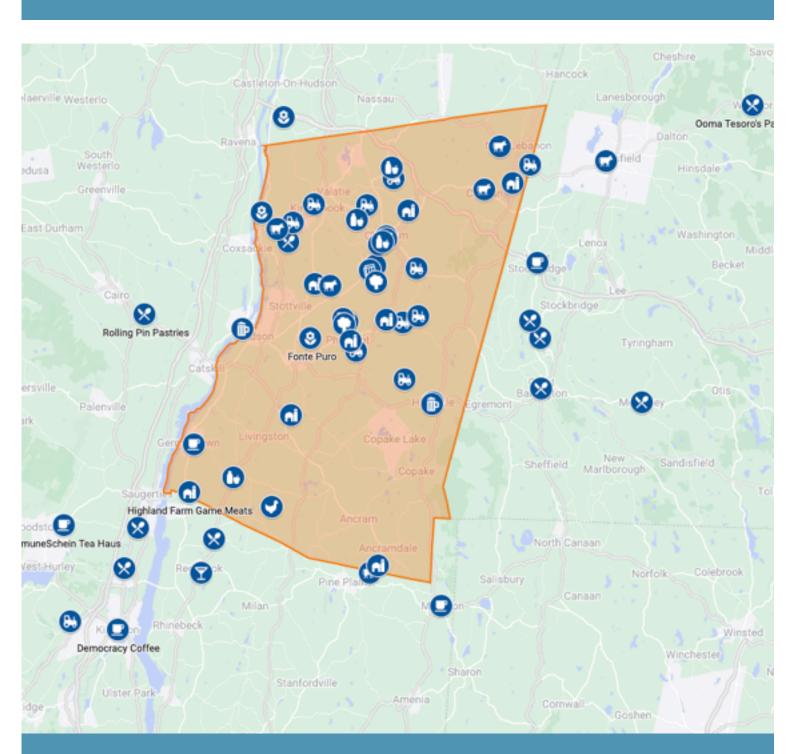
Please read on to find out more about three of our vendors~ Hudson Valley Seed Co~ now's the time to start planning your beautiful garden! Boiron~ fantastic homeopathy to get us through Winter and help strengthen our weary immune systems.

Pig Rock Sausages~ because who doesn't love sausages?

Also featured~ Updated Online Vendor Map, Knife Sharpening is back & news about our Community Room.

Stay warm & well, and we look forward to seeing you in the Co-op!

VENDOR MAP



We have updated our online vendor map! Click on the map image to be re-directed to our website, where you will be able to find out more about our 70+ vendors.

We are thankful to work with these wonderful producers who share our belief that local is best, and are working hard to bring that belief to our community.

SEEDS ARE IN THE STORE!





Starting to plan your garden? Dreaming of flowers & color & warmth & bees buzzing? So are we! We are happy to offer again this year the wonderful seeds~ and beautiful packets ~from Hudson Valley Seed Co. From their website~ "Welcome to the Hudson Valley Seed Company: your source for heirloom and open-pollinated garden seeds and beautiful garden-themed contemporary art. On our site, you'll find photos and artwork that stoke your horticultural imagination~ along with tips to make your garden dreams a reality." Stop by soon to get your seeds. You can find out more about Hudson Valley Seed Co <u>HERE.</u>



Cold & flu season is most definitely upon us and we have all you need to support your immune system and help it through the hump of Winter.We have expanded our Boiron line, and are excited to now be offering four different dilutions of their single dose homeopathic remedies. We have their most popular sellers in 200, 30, 6 & 1 strains.

As well as this, we carry the miraculous Oscillococcinum~ "The moment you feel achy or run down, take Boiron Oscillococcinum and feel like yourself again. Clinical studies show that Oscillococcinum reduces the duration and severity of flu symptoms such as body aches, headache, fever, chills and fatigue.* Easy to take, the melt-away pellets dissolve under the tongue and are recommended for everyone ages 2 and up."

Also on our shelves you will find Cold Calm~

"Cold Calm targets specific cold symptoms at the onset, established and resolution stages of the common cold. These non-drowsy, meltaway tablets are easy to take at the first sign to relieve sneezing, runny nose, nasal congestions, and minor sore throat pain.*"

We are also carrying Throat Calm~ "Instead of merely numbing pain, Boiron Throat Calm tablets relieve minor sore throat associated with colds and hoarseness from overused vocal chords.* The homeopathic tablets melt in the mouth, causing no additional pain to swallow."

Last, but not least, we are carrying two different Boiron Cough Syrups, one for adults and one for children. Plus- we have some great FREE guides to homeopathy. Take a look next time you are in the store!

To find out more about Homeopathy, and all of their great wellness products, please visit their website.

<u>www.boironusa.com</u> *Claims based on traditional homeopathic practice, not accepted medical evidence.





Have you tried the Pig Rock Sausages yet? Once you have, you won't turn back~ we promise! Our Café regularly features their Sweet Italian flavor on our menu, and we believe that all of the varieties are the tastiest we've ever had.

Currently in stock-

Sweet Italian Turkey & Cranberry Chicken & Maple Chicken and Spinach Find them in the freezer!

From their website~

"Pig Rock Sausages is the brainchild of longtime Boston chef Art Welch. After months of sampling various sausages for the restaurants he runs, Art felt there was a need in the restaurant market for a quality sausage that would satisfy not only diners but chefs as well. Sixteen months after the idea was sparked, Art fired up the grinder and the first batch of Pig Rock Sausages was made.

The focus of Pig Rock Sausages is using fresh, quality ingredients to produce the highest quality line of sausages. We do not have any additives or preservatives. What is on our label is what is in our sausages."

Find out more about Pig Rock Sausages HERE.





KNIFE SHARPENING IS BACK!





Spijk from Rocky Hill Forge will be upstairs in our Community Room on Saturday February 18th, from 11:30am-3:30pm.

Spijk uses the traditional Japanese Whetstone method that keeps your knives sharper for longer.

Prices are as follows~ \$2.00 per blade inch

\$2.50 per serrated blade inch (with a 2 or 3 day turn around time)
\$3.00 for minor blade repair
\$8.00 for major blade repair
\$12.00 for tip repair

Spijk has built his own Forge on May Hill in Ghent, and is very popular at all the other co-ops and farmers markets in the area. Find out more about Spijk, and what he does <u>HERE</u>

FEBRUARY EVENTS

Please click on the image to view our online calendar.

SUN 29	MON 30 • 7am Rachel Wood Y • 8:45am Yoga Rache	TUE 31	WED Feb 1 • 7am Rachel Wood \	THU 2	FRI 3	SAT 4 • 8:30am Yoga Mary
5	6 ● 7am Rachel Wood ૧ ● 8:45am Yoga Rache	7	8 • 7am Rachel Wood ۱	9	10	11 ● 8:30am Yoga Mary
12	13 • 7am Rachel Wood \ • 8:45am Yoga Rache	14	15 • 7am Rachel Wood)	16	17	18 ● 8:30am Yoga Mary ● 11:30am Knife Shar
19	20 • 7am Rachel Wood Y • 8:45am Yoga Rache	21	22 • 7am Rachel Wood \	23	24	25 • 8:30am Yoga Mary • 2pm Weston A Price
26	27 • 7am Rachel Wood \ • 8:45am Yoga Rache	28	Mar 1 • 7am Rachel Wood \	2	3	4 ● 8:30am Yoga Mary

COMMUNITY ROOM RENTAL



If you are interested in renting our Community Room, feel free to stop by the store to take a look. You can email~

lucy@chatham.coop

or call us!

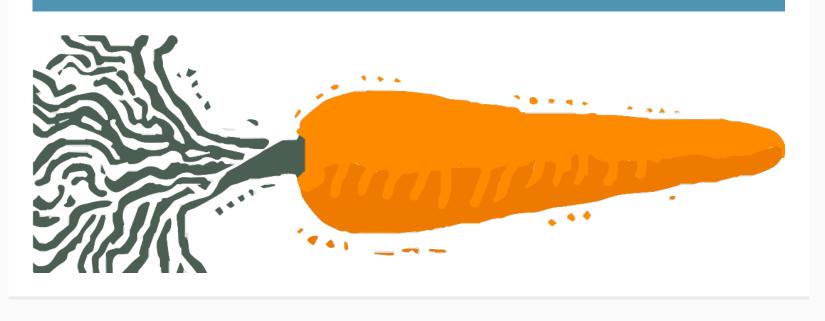
518 392 3353

It is a light filled, multi-functional space that can be used for many different activities- meetings, workshops, wellness, teaching, movement & healing, cooking classes, celebrations, movies and more!

The rental rates are reasonable~

\$20 per hour for members or \$30 per hour for non-members.We have half day and full day rates available too, upon request.

Thanks for reading, we look forward to seeing you at the Co-op!





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