

a local co-op

**Welcome March!** 

It's the time for new beginnings and fresh starts. Here at the Co-op we are hard at work reimagining our retail space and planning a reset of the store. You may have noticed changes taking place already. In April the store will have a fresh feel and new vibe, just in time for Spring.

March is when we are planning the changes, imagining the space, and thinking ahead with some important factors in

mind-1) Reduce, reuse, recycle- We are committed to continue to reduce single use plastic in the store. 2) Bulk department-we will expand our selection of bulk items in the store in order to meet the demands of the community.

3) Product development- we are reviewing all of our products, we want to carry what you want. Now's a good time to let us know about products that you'd love to see in the store, and would purchase regularly. Let us know when you're next here!

4) Prepared foods- Customers love our cafe and grab & go items, so we are developing and expanding our offerings. 4) More space- to shop, to browse, to eat- more space for all the good things.

All of these topics are at the forefront of our minds as we imagine the future.

Change is in the air, and we are excited to be be making our Co-op even better.

MARCH PRODUCE FEATURE-

SPINACH!



full of fiber. grams of protein too.

Spinach is rich in nutrients, Vitamins A, C & K, along with

Iron, Folate, Potassium and Magnesium. It is also chock

sautéed side dish, smoothies, soups, omelettes &stir fries.

A 100 gram bunch of this good green plant contains 2.9 Spinach is highly versatile- use in salads, quiches, as a

Here's the simplest recipe to make the most delicious sautéed spinach. All of these ingredients can be found in the Co-op, of course!

Sautéed Spinach Recipe Ingredients Here's what you need to make this sautéed spinach

### 5 ounces fresh Spinach, of course! You can use baby spinach to make this recipe, though mature

recipe:

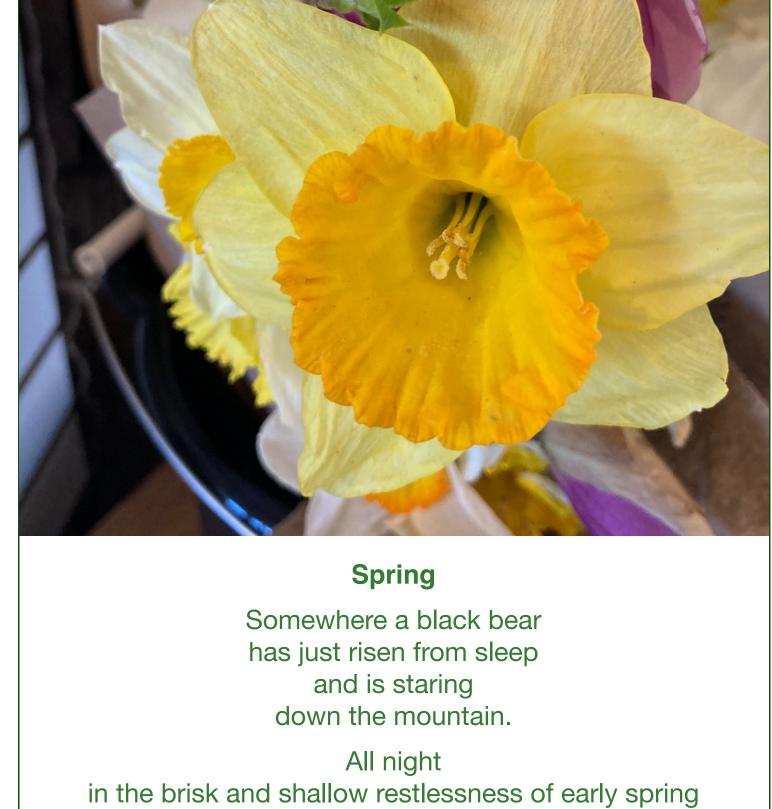
spinach works nicely too. If you have larger spinach leaves, make sure to remove any thick, tough stems

before proceeding with the recipe. Extra-Virgin Olive Oil, 2 teaspoons – It helps the spinach become tender and silky as it cooks. **1 Garlic Clove chopped** – It adds savory bite. Freshly squeezed lemon wedge – For brightness. Salt and Pepper (about a quarter of a teaspoon

each) - To make all the flavors pop!

Heat the olive oil in a large skillet over medium heat. Add the garlic and cook until fragrant, about 30 seconds, then add the spinach and salt, and cook, stirring, until the spinach is just wilted, 1 to 2 minutes. Remove the pan from the heat, and toss the greens with a squeeze of lemon.

Then, season to taste with salt and pepper. That's it!



# I think of her, her four black fists flicking the gravel,

her tongue like a red fire touching the grass, the cold water. There is only one question: how to love this world.

I think of her rising like a black and leafy ledge to sharpen her claws against the silence of the trees.

Whatever else my life is with its poems and its music and its glass cities,

it is also this dazzling darkness coming down the mountain, breathing and tasting; all day I think of her her white teeth, her wordlessness,

her perfect love.

--Mary Oliver

REDUCE, REUSE, RECYCLE

FRONTIER Cinnamon Sticks

culinary herbs & spices

1.69/02

FRONTIER .

CONTRACTOR OF THE PARTY OF THE FRONTIER

Cinnamon Powder



1) Frontier Organic Culinary Herbs, Spices, **Supplements, Baking Ingredients and Teas.** 2) Organic Extra Virgin Olive Oil 3) Organic Grains, Legumes & Sugar 4) Organic Nuts, Seeds, Chocolate Chips & Coconut **Flakes** 5) Dr. Bronner's Sal Suds (multi purpose cleaner) and Dr. Bronner's Peppermint Liquid Castille Soap. Bulk buying is not only great for the environment, but it's great for your pocket too! Items are significantly cheaper as you are not paying for the branded packaging and

production costs. It's really a win win situation.

We will be expanding our Bulk offerings soon, watch this

space for more information.

Bulk buying is easy- bring your containers to the register

to be weighed, then fill them with your favorites. If there's

something we don't carry in bulk that you know you would

regularly buy if we did, please let us know!

We have a wide variety of Bulk Products to choose from-

**SATURDAY MARCH 16TH** 12:30-2:30PM Join Bonnie from Baker Addiction, Ghent NY for sweet treats! A firm favorite in the Co-op, Bonnie's baked goods are delicious, with creative flavor combinations and artistic flair.

Gluten Free, Vegan & Refined Sugar Free

options too.

There will be festive St.Patrick's Day

offerings!

**COMING UP!** 

## The focus of the meeting will be to establish our group for the protection of Nature. This event is open to the public and is free.

**SATURDAY MARCH 23RD** 

1:00-5:00PM

Gainen Shield (Nature is Our Truth) will be

holding its second monthly meeting at the

Chatham Real Food Market.

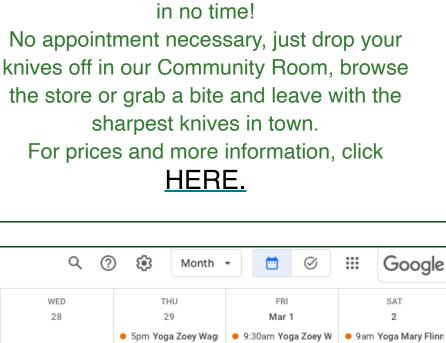
**Knife Sharpening with Spijk from Rocky** Using the traditional whetstone method, Spijk will have your knives sharpened and like new

March 2024

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9:30am Yoga Zoey W

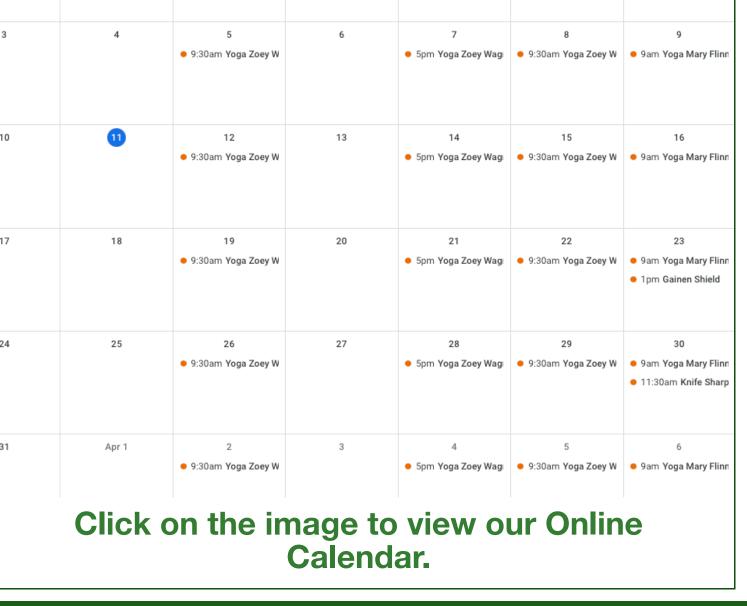
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**SATURDAY MARCH 30TH** 

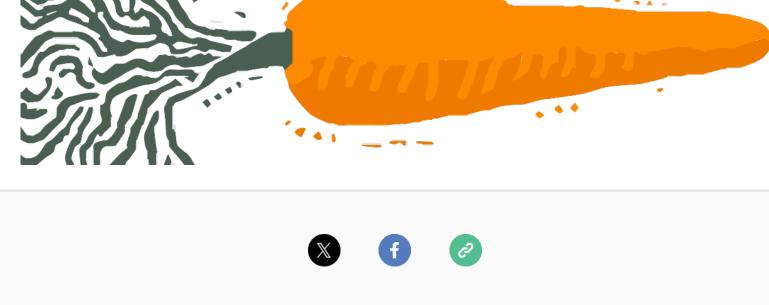
11:30AM-3:30PM

Hill Forge.



**MARCH SALES FLYER** 





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Our mailing address is: marketing@chatham.coop

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