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chatham REAL! FOOD market

a local co-op

SUMMER IS HERE!

Here in the Co-op we have been enjoying the full bounty of berries, fruit & produce we are lucky enough to have from our dedicated farmer/vendors- we hope you're all having a wonderful Summer, and that you too are enjoying the fruits of this season.

Keep reading to hear more about our Annual Member-Owner Meeting in September, we hope many of you are able to attend.

We are happy to announce a new program in our store called 'Double Up Food Bucks', which is an incentive to support community members who have an EBT Card.

In this issue we are highlighting one of our amazing meat suppliers, Shadowbrook Farm, who are situated right up the road in New Lebanon, plus we have news of two Yoga classes in our Community Room that we think you may be interested in.

There's a lot happening, and we are very glad that you are a part of it. See you at the Co-op!

INTRODUCING THE 'DOUBLE UP FOOD BUCKS' INCENTIVE NOW AVAILABLE IN THE STORE

DOUBLE UP™ NEW YORK

A PROGRAM OF FIELD & FORK NETWORK

We're thrilled to announce a new program at Chatham Co-op to help individuals with SNAP benefits stretch their food budgets and access fresh local produce!

Double Up Food Bucks NY is a statewide nutrition incentive program, administered by Field & Fork Network, fueled by the State of New York, USDA's National Institute of Food and Agriculture, and the many New York partners who bring Double Up to life in their communities. The program provides SNAP (formerly food stamp) participants with a dollar-for-dollar match to increase affordability and access to fresh healthy foods at farmers markets, farm stands, mobile markets, and grocery stores. In New York State, Double Up has contributed to 4.8 million pounds of healthy food sales to over 38,000 customers, at more than 180 sites spanning 29 counties. To learn more about Double Up Food Bucks and a complete list of participating sites, please visit the program website and social media sites, or call 1-800-682-5016.
www.doubleupnys.com | Facebook | Instagram

We're excited to be the second grocery store in Columbia County (our friends at The Rolling Grocer in Hudson are the first) to introduce Double Up Food Bucks, a healthy foods incentive program that provides SNAP shoppers with a dollar for dollar match on fresh, whole produce.

Here's the scoop:

- **Spend $1 and earn $1, up to $20 per day!**
- **Applies only to fresh, whole produce** (ex. apples, lettuce, carrots, avocados)
- **Signing up is simple and quick, and there are no strings attached.** Simply ask one of our cashiers to sign you up into the program, and we will enroll you in our POS system.
- As you shop at the Co-op, remember to bring your SNAP/EBT card and to tell us at the register that you are a part of the Double Up Program, then we can be sure to accrue your Double Up Bucks and you can be sure to spend your earned Double Up Food Bucks.

Remember: you don't have to be a Member/Owner to shop at the Co-op- All are welcome, and we're open from 10am to 6pm Monday-Saturday.

- **Frequently Asked Questions (this link will send you to the Double Up Food Bucks NYS website)**

We want to make sure everyone in our community knows about this food access program!
If you or someone you know would be able to help distribute information about our Double Up Food Bucks program, please contact Lucy at lucy@chatham.coop or by phone at 518-392 3353.

There will be a Press release and Media Launch happening during the week following Labor Day, please keep your eyes & ears open and SPREAD THE WORD!

Here at the Co-op we feel we are perfectly aligned with our Mission as we begin this program;
Our Mission-
'The Chatham Real Food Market will strengthen our rural community, develop our food security, and help build a healthy local economy in our County.
The Market will be a cooperatively-owned outlet for the products of our local farms and kitchens, will provide education about Columbia County agriculture, and will promote a more localized food system.'

This Program benefits many, not only the customer. Our local produce farmers will be selling more of their produce, and the Co-op will be able to welcome new customers to the Store- it's a win, win, win all round!

LINK TO DUFB WEBSITE

ANNUAL MEMBER-OWNER MEETING

SAVE THE DATE-SEPTEMBER 18TH!

We are looking forward to celebrating our Co-op with you, along with some of our Vendors. You will be able to participate in our Annual Member-Owner Meeting with our Council, from 1:00-2:00 pm, where you will hear updates about the store. Our Annual Financial Report will be shared and discussed, as well as plans for the future. This is a great opportunity to ask questions, give input, and be involved! After the meeting, there will be a chance to visit Vendors stalls, find out more about their great products and hopefully sample some of their fine fare! There will be food and drinks available, and live acoustic music will be offered by local musician, Peter Madsen, and friends. We hope to see as many of our Members (& friends) there as possible! Please RSVP via the button below.

RSVP here

Located in New Lebanon, just a 20 minute drive from the Co-op, you will find Shadowbrook Farm. I was lucky enough to visit recently and met with Michael & Joseph Benson, the brothers from the Benson farm who own and steward this special place. Here are some words from Farmer/Owner Michael Benson;

"Shadowbrook Farm is a fourth-generation livestock farm located on the edge of the Berkshires in New Lebanon, New York. Our great grandfather first discovered the farm in 1953 when he saw it for sale while on a fishing trip and bought it the following month, moving his wife and three boys out to the country. One Christmas, our great grandfather gifted his sons one bred dairy cow which spurred their interest in dairy farming. Steadily they grew Shadowbrook Farm into a 70-milker operation from the 1950's into the 1990's. Unfortunately, dairy farming is a very difficult industry to turn profit in, so in the mid-90's our grandfather retired from dairy farming, and the Shadowbrook operation when dormant for almost 15 years. Like many families, our family discovered the horrors of commercial livestock farming exposed in documentaries like "Food, Inc" and we decided we wanted no part of it. Our family wanted to know where our food comes from, and the best way to do so would be to produce as much ourselves as we could. And what a perfect opportunity to do so when living on 100 acres of vacant farmland!

Starting with only twelve bred cows and two dozen chickens, we began our small beef and chicken operation, which at first was intended to supply only our immediate and extended family with good quality meats and eggs. As the years progressed, more and more people would stop into the farm and ask to buy meat, and we were happy to supply it to them! As a result, we have grown our little livestock farm up to 60-70 calves at any given time with hundreds and hundreds of chickens as well. Along the way, we also became interested in sustainably raising pigs. We were fascinated with the idea of whey-feeding pigs, as the liquid whey is a byproduct of cheesemaking, and makes for real nicely marbled pork chops! With what started as 3 piglets, we now have anywhere from two to three dozen pigs rooting around the farm's pastures at any given time.

As we have grown Shadowbrook Farm, the intention of the operation has remained the same. Our mission is to humanely and sustainably raise animals in a manner that effectively mimics a lifestyle as if they were undomesticated. This is possible by raising our cattle on a plethora of pasture, always having access to fresh grass and legumes and never experiencing a feedlot-style system. Our chickens live a complete free-range lifestyle and are never cramped in a dark barn. Our pigs have over 3,000 times more pasture space than the typical pig pen, and have a diverse diet of liquid whey from our local cheesemaker, spent grains from our local brewery, and whatever roots and nuts they can forage out in their pastures. This methodology, in our opinion, offers the absolute best possible life for each and every animal on our farm, and it shows in the quality of our meats. Sustainable and humane livestock farming is a family tradition we hope to see live on for another four generations."

Joseph & Michael Benson

Here is an account of my impressions from my visit to the Farm-
I was immediately struck by the beauty, peace and health that met me. The Farm is impeccably taken care of by Michael & Joseph, who have many tales to tell about its history and legacy.
They take great pride in their family farm, which is apparent the moment you arrive.
The Farm Store is beautifully laid out, with everything you might need to accompany the meat that you are purchasing. Thoughtfully picked out local products compliment their vast array of meat cuts, I have never seen such a great selection.
There is a distinct lack of grocery stores in New Lebanon, so their Farm Store has been a welcomed addition for the local community. The Farm Store also provides the opportunity to get to know ones neighbors, and make meaningful connections with their customers, who return time and time again. Farm to Table is definitely
a thing at Shadowbrook!
The large parking lot in front of the great old barn has plenty of space for customers, visitors, tractors, trailers, dogs & chickens- it is a bustling hub.
I was warmly welcomed by Muta, their giant, shaggy, white Great Pyrenees guard dog. Muta's primary job is to protect the flocks of chickens from predators, which allows the chickens to truly free-range. The chickens are clearly very fond of him. Before Muta arrived on the Farm, many chickens were lost to predators each year- nice job Muta. Hint- don't wear black if you go and visit, as Muta's other (equally important) task, is official greeter and affection giver!

The Farm Store, Muta the Pyrenees Guard dog & some happy chickens.

Most of the pastures can be found on the rolling hills behind the barn. These animals are blessed with great views.The cows rotate through the pastures utilizing intensive rotational grazing patterns, which makes for the best pasture health. During my visit I was able to see a pasture of Rye blowing in the breeze, the purple hue of the Rye glowing in the sun. This is what farming should look like. The cows were very eager to be on that pasture, and who can blame them?

I was able to help feed the young cows (who were very flighty, fun & curious) before heading up the hill to look for the pigs. We didn't have to wait long- they heard us coming and thought we were going to feed them- sorry pigs! They soon got over their disappointment and settled for some scratches behind the ears instead, while others lazed happily in the sun.

The animals are able to live their lives in the habitat that they would naturally live- cows grazing in the pasture, pigs foraging in the woods and making wallows in the earth, and the chickens roaming around pecking, roosting, and taking dust baths. This is such a contrast to the huge Agri-Farms that the majority of meat in the US comes from.

The youngstock, Michael & the pigs, Rye pasture, the view.

Michael & Joseph are committed to humanely & sustainably raising animals in a way that mimics their natural lifestyle, and it shows. Their hard work and dedication to good quality lives for their animals is truly inspiring. We are lucky to have them so close by. Healthy & happy animals make the tastiest and healthiest meat.

We are proud to carry Shadowbrook Farm meat here at the Co-op. Next time you're in the store, please stop by and check out their freezer by the back door. Or, better still, take a drive up to beautiful Shadowbrook Farm and introduce yourself and take a lovely stroll- you definitely won't regret it!

Sunset on the Farm

Shadowbrook Farm Website

COMMUNITY ROOM HAPPENINGS

COMMUNITY ROOM CALENDAR

August 2022

Monday 15th & 29th	8:30-9:30am Yoga w/Rachel Wood
Tuesday 16th	8:15-9:15am Yoga w/Rachel Wood
Wednesday 17th & 31st	8:30-9:30am Yoga w/Rachel Wood
Thursday 18th	8:15-9:15am Yoga w/Rachel Wood
Saturday 20th & 27th	9:30-10:45am Yoga w/Mary Flinn
Saturday 27th	1:00-3:00pm Fermentation 101 w/Eckhart Kiesel **(sign-up required)**
Monday 29th	12:00-6:00pm H.A.N.D.L.E
Tuesday 30th	12:00-6:00pm With
Thursday 1st	12:00-6:00pm Elizabeth Frishkoff
	(Pre-registration required)

Some words from Rachel about her Yoga classes-
This is a class suitable for beginners and those with more experience. We will practice “Ashtanga Yoga”, which is a style with a set sequence which allows students to learn it over time. We will also hold poses for 5 breaths, focus on the breath and work on maintaining a steady gaze.
Rachel began practicing Ashtanga in 2009 while living in South Africa. She’s certified as a 500-hour teacher and has studied and traveled around the world. Rachel lives in Austerlitz and is raising two small ninjas with her partner.
Please email Rachel directly HERE for more information.

Gentle Yoga with Mary Flinn

Mary has been teaching yoga since 1995. She has been trained in many styles and incorporates them into her eclectic classes. She is also an artist.

Beginning July 2, 2022 ; 9:00-10:15am
Where: Chatham Coop 15 Church Street,Chatham NY.
Fee: $15 per class or $50 for the month. (This also includes 3 zoom classes with Mary during the week.)

This all levels class is great for beginners and seasoned practitioners who want to slow down, connect with the breath and loosen the body. All classes will introduce yoga stretches and postures, meditation, and breathing exercises, followed by deep relaxation. Modifications will be given. Please bring your own mat and any props you may need.
Call Mary for more information: 267-252-2389

Please email Mary HERE for more information.

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Fermentation 101 with Eckhart Kiesel

Learn how to make your own Lactic Fermented Vegetables (Sauerkraut, Sour Carrots & Kimchi), Kombucha and Yoghurt!

When: Saturday August 27th 1:00-3:00pm

Where: Upstairs Community Room

Cost: FREE!

What you need: Bring **two** 1-quart mason jars and **one** of the following:

- 1-2 lbs regular white cabbage
- 1-2 lbs red beets
- 1-2 lbs carrots
- Your favorite sharp knife & cutting board

Also bring a Napa Cabbage if you are interested in making Kimchi

For questions please email eckhart@fairpoint.net

(minimum 5 participants) please sign up in store or via email

Please email Eckhart directly HERE for more information, and to reserve your place.

Freeing Potential

A unique approach to mental, physical and behavioral life and learning issues

One in seven children in America have recognizable differences in their behavioral, mental or physical development. Many feel overwhelmed, impacting sleep, focus and productivity.
Discover effective tools for freeing the energy necessary to learn, engage and enjoy life.

August 29 & 30, 2022

Mon & Tues 1:00 – 6:00 PM

Level 2 Certificate Option:
Activity session Thursday
September 1, 1:00-5:00 PM
Chatham Real Food Market
15 Church St. Chatham, NY

Sliding Scale: $200-$300
Space is limited, Advanced Registration Recommended

413-528-0477 or efrish@sover.net

Holistic
Approach to
Neuro
Development and
Learning
Efficiency

This 14-hour course teaches the Foundations and Applications of HANDLE through the lens of **an array of life and learning challenges, affecting young children to elderly.** Follow founder Judith Bluestone's process to develop theories on Attention and Autism and begin to see behaviors as communication with new "HANDLE eyes".

Discover the interconnected relationship of nutrition, neurophysiology, healthy movement and more. Students will learn unique HANDLE activities and will explore how the activities can be applied and adapted to support individuals with a wide range of ages, sensitivities, and challenges. **No one is too old for HANDLE.**

HANDLE is a unique, gentle, non-drug movement therapy that is beneficial for individuals of all ages and abilities.

Level 1 offers an overview of the HANDLE paradigm, and Gentle Enhancement® including instruction in some unique HANDLE activities.
Level 2 builds upon the Level 1 with an in-depth look at sensory processing systems. Students learn more activities and different applications for a variety of presenting concerns.

Elizabeth Frishkoff, MSW, Certified HANDLE Practitioner and Instructor, has been working with the HANDLE Approach for 25 years in clinical, school and home-based settings. From preschool students to nursing home residents, she serves clients with a wide range of life and learning challenges.

Please email Elizabeth directly HERE for more information and to reserve your place.

Thank you for reading this long Newsletter- there is much happening at the Co-op. We are happy to share that with you and are feeling excited about the future. May the rest of your Summer be bountiful and full of all things good!

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