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chatham REAL! FOOD market

a local co-op

MARCH NEWS FROM YOUR CO-OP

Beautiful Purple-Top Turnips from Blue Star Farm.

March is here, and with it comes longer days & shorter nights~ the light is returning.
The smell of Spring is in the air, and we find ourselves turning outwards again, and welcoming the new potential and growth that beckons us.
Still, the temperatures get cold, and the wind can be cruel, but we know that change is coming which of course makes everything a little easier.
It is the time of year when the gardening season resumes, and our local growers are busy with the first vegetables from their greenhouses. Thank you to our farmers for all your hard work and for providing us with the best local & organic produce that Columbia County has to offer.
We have many great Farms that provide us with produce year round, and this month we will be highlighting two of them-
Blue Star Farm in Stuyvesant NY
and
Honey Dog farm in Hillsdale NY.
We hope you enjoy learning more about where your food comes from.
It is always a pleasure to see you all in the store, thanks for making the Co-op great!

BLUE STAR FARM, STUYVESANT, NY

"Blue Star Farm is located in Stuyvesant, NY in beautiful Columbia County. We are 3 miles east of the Hudson River and enjoy spectacular sunsets over the Catskill mountains. We grow over 130 different varieties of vegetables and herbs. We farm in Stuyvesant at two locations. Currently we sell at farmer's markets and wholesale.

Great cooking starts with great ingredients, and great ingredients start with great soil. At Blue Star Farm we are aiming for nutrient-dense foods through sustainable farming practices that enrich the soil, protect our water supplies and offer people healthier food choices. Our crops are herbicide and pesticide-free. We use compost, natural rock minerals and mulches to fortify the soils, along with crop rotation and green manures.

We are Certified Naturally Grown. To be granted the CNG certification, farmers don’t use any synthetic herbicides, pesticides, fertilizers, antibiotics, hormones, or genetically modified organisms. Carrying out an inspection is an annual requirement of the CNG program.

CNG was born of a commitment to healthy food and healthy soils, and grew out of the belief that they could create something uniquely valuable to small farmers and the communities they feed. CNG was founded when the National Organic Program (NOP) took effect in 2002.

Their certification model encourages collaboration, transparency, and community involvement. Their programs are based on the highest ideals of organic farming, and the requirements are reasonable."

Find out more about this Blue Star Farm **HERE.**

HONEY DOG FARM, HILLSDALE, NY

"Honey Dog Farm is an eco-friendly farm dedicated to sustainable, local agriculture. We are located in the charming hills of upstate New York, where the Taconics and the Berkshires merge.

Started in 1999 by Jim Chambers, Honey Dog Farm is an environmentally friendly farm that aims to cultivate a diversified, balanced ecosystem. We are people of the dirt. Trained Bio-dynamically originally; our team has expanded to include a greenhouse scientist, dairy farmers, mechanics, carpenters, nurses, students, farmers and gardeners.

Our mission is to improve the earth by nurturing the soil including the water and the air conjunctly. This will generate health and fertility, and produce delicious, all-natural fruits and vegetables grown without any environmentally damaging substances.

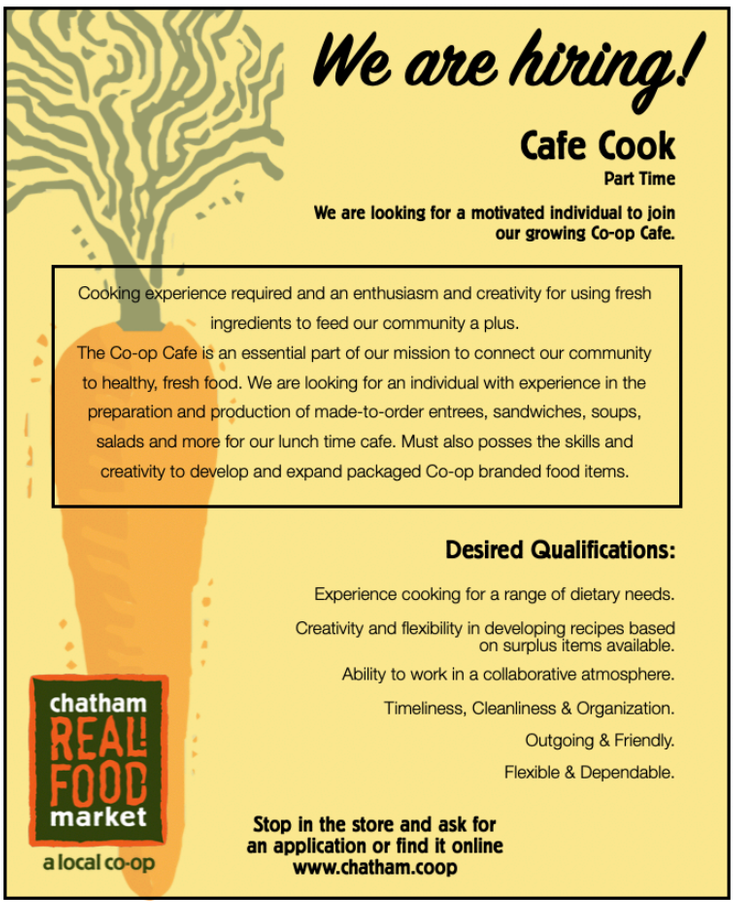
We take a spiritual, ethical, and ecological approach to farming, which includes caring about your health, and the health of the planet.

We believe in the dirt. We hope you will, too.

We offer a bounty of fresh honey, sunflowers, garlic, and delicious farm-fresh vegetables, including beans, peas, carrots, celery, cucumbers, eggplant, leeks, and more!"

Find out more about beautiful Honey Dog Farm

COME AND JOIN OUR TEAM!



DOUBLE UP FOOD BUCKS

Don't forget about the Double Up Food Bucks initiative that we offer in the store!
If you use EBT/SNAP, you can earn up to $20 per day to redeem against the cost of fresh fruit & produce.
It's quick and easy to sign up- just ask one of our cashiers the next time you are in the store.
PLEASE SPREAD THE WORD~WE WOULD LIKE AS MANY PEOPLE AS POSSIBLE TO BENEFIT FROM THIS GREAT INITIATIVE.

Find out more about Double Up Food Bucks HERE

SAVE THE DATES

Bonnie, from Baker Addiction, will be in the store on
Friday March 17th (St Patrick's Day) from 12:30-2:30pm,
and will have a nice selection of her delicious treats for you to try.
Bonnie's baked goods have become Co-op staples and customer favorites.
She offers Gluten Free, Sugar Free and Vegan treats that are delicious and very very popular.
You don't want to miss this!

TUNA OF THE TREE

Peter Destler who created the wonderful Vegan Tuna alternative- Tuna of the Tree.
Peter will be in the store with samples of his tasty product on Friday March 31st from 12:30pm-2:30pm.
We hope to see you!

NEW~ REGULAR IMPROV CLASS HAPPENING AT THE CO-OP

Spark your creative superpowers with improvisation.
Open to all levels and abilities.

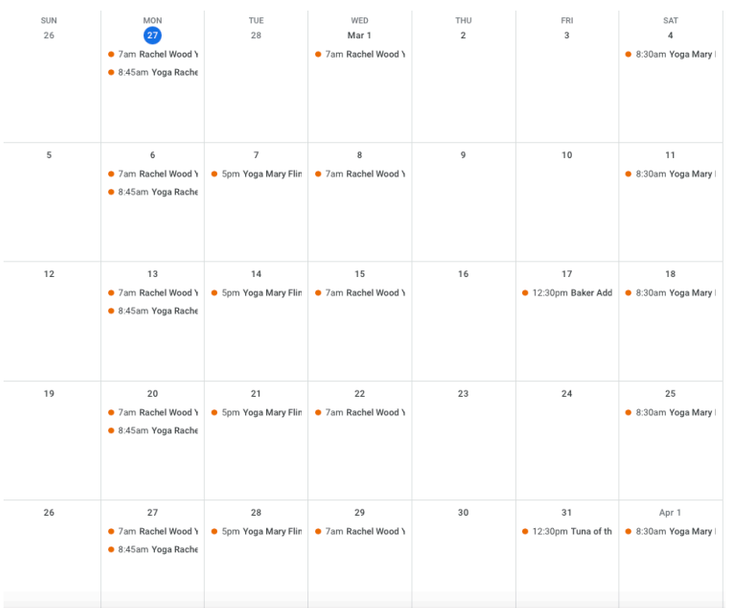
WORKSHOP: $25 per class or 4 classes for $80
(If cost is an issue, sliding scale is available)

TIME: Wednesdays from 3:15pm-4:15pm

EMAIL: 2improv4improv@gmail.com

ABOUT: "Improvisation has been a lifeline to "plan" throughout my professional acting career. I've been a member of The Spolin Players from California for 30+ years. I was a founding member of 'Off-Leash' in The Hudson Valley, NY. I'm the Improv Club Advisor at Chatham High School. Presently, I'm involved with a local group of very talented actors/improvisors." - Eddie Allen.

MARCH CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
26	27 7am Rachel Wood \ 8:45am Yoga Rache	28	Mar 1 7am Rachel Wood \	2	3	4 8:30am Yoga Mary \
5	6 7am Rachel Wood \ 8:45am Yoga Rache	7 5pm Yoga Mary Flin	8 7am Rachel Wood \	9	10	11 8:30am Yoga Mary \
12	13 7am Rachel Wood \ 8:45am Yoga Rache	14 5pm Yoga Mary Flin	15 7am Rachel Wood \	16	17 12:30pm Baker Add	18 8:30am Yoga Mary \
19	20 7am Rachel Wood \ 8:45am Yoga Rache	21 5pm Yoga Mary Flin	22 7am Rachel Wood \	23	24	25 8:30am Yoga Mary \
26	27 7am Rachel Wood \ 8:45am Yoga Rache	28 5pm Yoga Mary Flin	29 7am Rachel Wood \	30	31 12:30pm Tuna of th	Apr 1 8:30am Yoga Mary \

Click on the calendar image to be re-directed to our online calendar.
Questions about any classes? Email Lucy HERE

IT'S NICE AND BUSY IN THE CO-OP, WE HOPE TO SEE YOU SOON!

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