

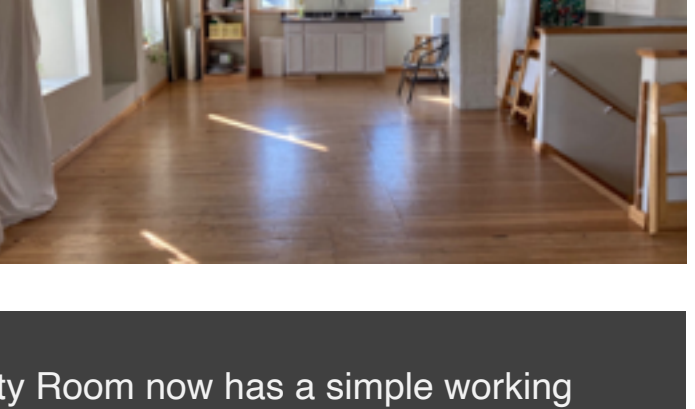
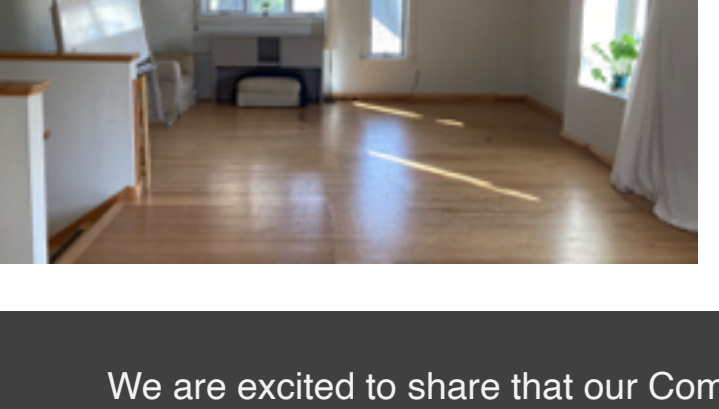


a local co-op

## WELCOME TO OUR MARCH NEWSLETTER- HERE'S WHAT'S NEW AT YOUR LOCAL CO-OP.



Our Community Room now has a new kitchen! Many thanks to Eckhart (Council President) and Leandra & Chris (Store Managers) for making this dream a reality.



We are excited to share that our Community Room now has a simple working kitchen. We hope that this development will increase the amount of events that take place in the Co-op, and diversify the type of events.

One of the missions of the Co-op is to develop Community involvement and relationships, and our Community Room is a big asset in that area.

It is a great venue for meetings, talks, workshops, classes, parties, music/drama/storytelling, game nights and unique events such as our Bi-monthly Knife sharpening.

Rental includes the following: sound system, projector & screen, large white board, kitchen, plates & utensils, bathroom, tables & chairs.

We offer a discounted rental fee to our members, and are working on a half day and full day fee.

Please do spread the word to your friends, family & business contacts, we would love for this space to be utilized as much as possible!

For more information, please contact [Lucy](#) at the Co-op.



Spring is on it's way! Don't forget to pick up seeds for your vegetable garden planning, plus we have some beautiful flower varieties, along with an edible flower mix, from [Hudson Valley Seed Company](#). The packets themselves are a work of art, let them inspire you to make your garden a work of art!



## SAVE THE DATE!

**SATURDAY APRIL 2nd 10AM-4PM-** Knife sharpening with Spijk from Rocky Hill Forge.

**SATURDAY MAY 8TH (Time tbc)-** Storytelling with Laurie Portocarrero.

**SUNDAY SEPTEMBER 18TH-** Co-op Annual Member Meeting, more details to follow, but please mark your calendars! If you are a vendor and you'd like to showcase your product at our event, please email Lucy.

We are thrilled to be able to offer another Storytelling afternoon in the Co-op with Laurie Storyteller. The last one was very well attended by both adults and children, and everyone enjoyed the stories and mood of calm that Laurie so beautifully created.

Please spread the word!



Laurie Portocarrero is an actress, storyteller and drama teacher, and long-time resident of Columbia County. She brings her backgrounds in drama, speech and movement to her work with Walking the dog Theater Co, The Actors' Ensemble, and Shakespeare on the Green, appearing in many plays and original works as well as directing and teaching adults and children of all ages both locally and abroad.

She has her roots in Waldorf education, and began by teaching kindergarten, telling stories to young children, with songs and a lighted candle and the hush of reverence....

For years she has built on and brought that storytelling to communities far and wide, creating, in a hectic, busy, and technological world, a space of quiet and reverence together, where the imagination and spoken word enliven and nourish children and grownups alike.

[RSVP HERE](#)

## NEW PRODUCTS!



You asked-we delivered. We received so much good feedback from you all about how delicious Tony's chocolate is, we ordered new varieties and a smaller bar too. Great Belgian Chocolate, fun flavor combinations, small & large bars-you can't really go wrong. Tony's is a great company, one to support. Their mission is to eradicate slavery & child slavery from the Cocoa production industry in Africa, and they are slowly achieving that goal, one chocolate bar at a time. Take a look at their website [here](#), they are an inspiring company.

Pick up a bar the next time you're in the Co-op, and let us know what you think!



### NEW-HOT SAUCE AND FIELD SALT FROM COMMON HANDS FARM IN PHILMONT, NY.

Delicious and healthful local products from our friends down the road in Philmont. You will find the Hot Sauce in our cooler, and the Field Salt with the other salts, and also with the bulk Herbs & Spices.

Common Hands Farm is a Bio-Dynamic/Organic Farm and offers year long produce, CSA shares, volunteering opportunities and much more. Check out their website [HERE](#).

Their mission-  
Common Hands Farm's mission is to provide healthy, affordable food access to our community (both locally and regionally) by way of bringing small farming into the future.

Biodynamic farming seeks to put more into the earth than it takes out of it.

Our mission is brought to life by our community. We strive to create a strong and supportive community surrounding the farm, which is enabled by inviting one and all to join us.

We are equal opportunity and allow anyone to participate in the act of farming and learning through our volunteer program. We believe that everyone has the capacity to farm if they have the passion and determination to do so.

We believe that an appreciation of agriculture in a community brings it to life and gives it a higher state of gratitude and connection to nature.

