CONSPIRACY NEWS

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FREE!

co-ops
grow
communities
From the Back of the Editor’s Mind:

Kelly Watters, Conspiracy News Editor

It’s finally fall in the Old Pueblo. It feels like each summer gets longer and October comes later and later every year. For Food Conspiracy, food co-ops across the country, and others working in the cooperative movement, October is a time to celebrate what it means to be a cooperative. As a long-time part of the Tucson community, we at Food Conspiracy invite our community members to join in the celebration.

October marks the Co-op’s annual ownership drive, during which we encourage people to become Food Conspiracy members, thereby making an investment towards food and community. We believe that cooperation means working together for the greater good and that we all benefit from each individual contribution to the whole of the community.

The purpose of a cooperative is to facilitate beneficial exchanges on multiple levels—economically, socially, and ecologically. Food Conspiracy does this in a variety of ways: through our Round Up program to benefit local non-profits; by purchasing safe, high quality products from local farms and producers; by investing in local farmers through our Farmer Loan Program; by providing competitive wages and benefits to our staff; by offering educational opportunities for local students; by engaging community members in the annual Pie Party; by purchasing from other local co-ops, such as DouglaPrieta Works; and by hiring local businesses for day-to-day operations in the co-op. We also do this by joining together with other food co-ops in the National Cooperative Grocers. This allows us to make purchases collectively and to receive the best prices and savings to pass onto you. We do this by purchasing from co-ops globally and bringing co-op exclusive items to Food Conspiracy, such as La Riojana wine produced in Argentina.

This issue of the newsletter is focused on cooperation. It illustrates how partnerships and cooperatives have worked over time, and how they exist today in Tucson and in the greater world. Your participation in Food Conspiracy is an investment in our community, and we hope this issue of Conspiracy News moves you to join us in celebrating the important work that we do together in Tucson.

Looking for Leaders

Food Conspiracy is seeking new leaders for the Co-op’s Board of Directors. Board elections are in February 2017. Interested candidates must be at least 18 years of age or more, have been an owner for at least six months, and have attended two Board meetings. Deadline for application submissions is Tuesday, November 1st. Pick up a Board application packet in the store or online at www.foodconspiracy.coop/about-us/board-of-directors/
Board Report

Gratitude For Our Conspiracy

Gontran Zepeda, Food Conspiracy Board Member

The history of our cooperative, as illustrated by Paul Rubin in the Jan/Feb issue of this newsletter is glorious. Our cooperative has the rare quality of finding it’s genesis from the same fire which forged the Tucson Marxist-Leninist Collective. Our cultural roots are sincere and reflected to this day in our Principles, Values and Ends. I am tremendously grateful for this legacy we have received as members. Since becoming a Board Member, I have been busy this year doing my best to participate in the organization in such a way that we might realize the promise of our origins and generate real positive social benefit for our workers, ourselves, and our community, all the while maintaining alignment with our Values.

I remain dedicated to our community. I’m concerned for our homeless population and for the people who live nearby, but who are not able to shop at our store. I would like to see us express more unrestrained generosity, but we are reasonably constrained by policy to maintain our operation as a profitable business. I’m happy to be participating alongside Michael DeSantis and Guru Das Bock on the Alternative Proposals Committee where, in a nutshell, our task is to define, refine and divine new products, services and expansion concepts. While the historical interpretation of expansion within our organization has been one of place, I believe this interpretation may be too narrow for the road ahead of us. The concept of expansion, to me, translates to growth for and in our membership.

Love is paramount for peace as food is for well-being. Let’s sow the seeds of peace by focusing on food security for every member as a goal. From there, our mission could radiate from the cooperative and into the community, logically and methodologically.

I suggest to you, my partners in our cooperative, my comrades, that it’s time to leap together as far as we might in order to create a forbearance against the inevitable challenges which will present themselves to us in the future. Let’s band together now to create enfranchisement for our workers, our membership and our youth by providing a participatory framework with which to enjoy and understand positive social collaboration. Like the Conspiracy Garden, let’s create additional value together by generating other services and goods. Let’s create work competencies for our workers and members by organizing apprenticeship programs through new enterprise. Let’s teach ourselves and our children to make and not to take.

Arm in arm, let’s close ranks, stand tall, loud and proud for the values that we share and make our cooperative the center of the change we seek. I believe that this is imperative if we are to survive together in a future where corporate grocery and profit centered business will almost certainly be intending to steal our lunch in order to sell it back to us. Let’s blaze a trail where, should the corporations follow, they will be serving the greater good and our Ends by predicate.

Serving on the Board I know that we cannot do this alone. We must have member input and participation to succeed. Without you, we are a rudderless ship adrift in a sea of commercial competition and economic pressures. Join us with your presence, your suggestions and your hearts, so that we might have guidance. Let’s become stronger together!

I want to conspire with you. Reach me by email at gontran@general-delivery.xyz

Food Conspiracy Board Meetings are held at 6:30 p.m. at the Hoff Building, located behind the Co-op at 425 E. 7th St. A light dinner is served at 6:00 p.m. All owners are welcome. Stay involved in Co-op decision making. (Co-op owners in attendance receive 5% discount for one shopping trip in the month meeting is held).

The next Board meetings are:

WEDNESDAY, OCTOBER 5
WEDNESDAY, NOVEMBER 2
WEDNESDAY, DECEMBER 7
SUGGESTIONS
QUESTIONS
COMMENTS

One of the ways the Co-op receives input from owners and shoppers is through cards titled: Suggestions, Questions, Comments. The Co-op management team reviews each card and responds. If you want to make a comment, suggest a product, or ask a question look for our customer comment area at the front of the store.

Butternut Squash Lasagna (Modified from Cooking Light)
Submitted by Yong Rueb, Forever Yong Farm

Ingredients:
2 1/2 to 3 1/3 pounds butternut squash, whole
1/4 cup butter
1 1/3 cup all-purpose flour
4 cups warm milk (prefer whole milk, but 2% will do, or skim milk and add 1/2 & 1/2 according to your taste)
Pinch of nutmeg
12 lasagna noodles cooked according to package direction (No-boil lasagna noodles can be used also)
2 1/2 cups shredded mozzarella, more if you like cheesy.
2/3 cup Parmesan, grated, more if you like cheesy.

Preparation:
To cook butternut squash: Preheat oven to 400 degrees. Place whole butternut squash on a cookie sheet or pan. Bake about 45 minutes until soft when inserted with a fork. Cool.

Cut open and discard seeds/skin. Transfer the squash to a mixing bowl. Season the squash puree with salt and pepper.

Melt butter in a large pan over medium heat. Add flour and whisk continuously, for about 5 minutes. (You don’t want to thicken the sauce too much). Add nutmeg, and season with salt and pepper.

Preheat oven to 375 degrees. Lightly butter or olive oil a 13 x 9 x 2 or deeper baking dish. Spread 3/4 cup of the sauce on bottom, and cover with one layer of lasagna noodles. Spread half of the squash puree over the noodles. Sprinkle 1 cup of mozzarella cheese, 1/4 cup Parmesan, and then drizzle 1/2 cup of sauce over the cheese. Repeat layering once more, finishing with a layer of noodles covered only by white sauce. (The key is to cover the lasagna noodles completely; otherwise the noodles get rubbery when cooked) Sprinkle the rest of mozzarella and Parmesan.

Tightly cover with 2 layers of aluminum and bake for 40 minutes. Remove cover and continue baking until the sauce bubbles and the top is golden, about 15 minutes longer. Let the lasagna stand for 10-15 minutes before serving.
Roasted Heritage Turkey

By Sandra Kay Miller. Source: www.localharvest.org/features/cooking-turkeys.jsp

Besides the fact that most old-fashioned Heritage turkeys are also raised the old-fashioned way—plenty of grass and sunshine—they need to be cooked quite differently than their modern, factory-farmed counterparts. This tried and true recipe (which serves 10-12 people) will make the best of your Heritage bird this year.

**Ingredients:**
- 15-pound fresh heritage turkey at room temperature
- Kosher or sea salt & fresh ground pepper
- 4 cups giblet broth (cont’d on page 7)
- Rosemary Maple Butter (cont’d on page 7)
- Oiled parchment paper

**Preparation:**
1. Rub turkey inside and out with salt and pepper.
2. Loosen the skin around the breast with your fingers and insert Rosemary Maple Butter between the meat and the skin as well as on the inside of the bird’s cavity.
3. Set bird in deep roasting pan. Use a wire rack to lift the bird off the bottom of the pan.
4. Add the giblet broth to the bottom of the pan. Using a sheet of oiled parchment paper, tent the roasting pan with the oiled parch-

Roasted Squash and Lentil Salad with Goat Cheese

by Robin Asbell, www.strongertogether.coop

Serves 8   Servings: 4
Total Time: 45 minutes, 15 minutes active

Sweet roasted squash, with savory goat cheese and earthy lentils makes a tasty and satisfying dish.

**Ingredients:**
- 1 cup French lentils
- 1 pound acorn squash
- 1/4 cup extra virgin olive oil, divided
- 2 tablespoons red wine vinegar
- 3/4 teaspoon salt, divided
- 1/2 teaspoon cracked black pepper
- 4 ounces arugula, about 4 cups
- 2 ounces chevre cheese, crumbled
- 1/2 cup toasted pumpkin seeds

**Preparation:**
In a one quart pot, measure the lentils and cover with plenty of water. It should be about three inches above the level of the lentils. Over high heat, bring to a boil, then reduce the heat to a simmer. Cook, stirring occasionally, for 20-30 minutes, until the lentils are just tender, but not falling apart. Drain and rinse gently with cool water, and let the lentils cool.

Preheat the oven to 400 F. Cut the squash in half and scoop out the seeds, then cut the squash in wedges. Peel then cut in bite-sized cubes. Drizzle with 1 tablespoon of the olive oil, sprinkle with 1/4 teaspoon salt, then toss to coat. Roast for 20-25 minutes, until the squash is tender when pierced with a paring knife. Cool on a rack.

In a small bowl or cup, whisk the remaining 3 tablespoons olive oil, red wine vinegar, remaining salt and black pepper. Put the lentils in a large bowl and drizzle with the oil mixture, toss gently to coat.

To serve, use either four medium plates or one big platter. Spread the arugula on the plates, then measure 1/2 cup of lentils on top of each, then top with crumbled chevre and toasted pumpkin seeds. Add the roasted squash. Serve at room temperature.

**Nutritional Information**
Calories: 461, Fat: 22 g, Cholesterol: 5 mg, Sodium: 524 mg, Carbohydrate: 43 g, Dietary Fiber: 18 g, Protein: 22 g
Connect Coworking is a non-traditional shared and private office space located at the corner of Fifth Avenue & Congress Street in Downtown Tucson. Connect is the home to over 90 different enterprises including Fortune 500 companies, remote workers, non-profits, universities, and local-based startups. In fitting with the theme of “Cooperation” for this quarter’s Conspiracy News, we’ve invited Co-op Owner and Community Ambassador Danielle Schiess from Connect Coworking to share more about this exciting new downtown space.

Coworking, while a mature concept, is just now becoming more prominent. When we mention Coworking, only about 50% of people are familiar with the term or concept.

By definition, Coworking is “the use of an office or other working environment by people who are self-employed or working for different employers, typically so as to share equipment, ideas, and knowledge.”

We don’t believe the definition does it much justice. When you step into Connect Coworking, it’s like entering a new realm. When we give tours of the building, we often catch visitors with their mouths dropped open—in awe of the physical space we’ve created, as well as the concept. They often voice being upset that they weren’t privy to the coworking concept until now.

Coworking redefines “work” as people typically think of it. Play and work are often thought of as two very separate concepts. Work is where we go to make money for play. Play is what we get to enjoy after we have worked. But why can’t the two intersect? Why must they be considered like “water and oil”?

We believe that work and play can coincide with one another. And that’s exactly what they do at Connect.

We are always thrilled when someone wants to tour the space, or when one of our members wants to bring in a family member or friend to show off their office or desk. Growing up, my father never took me to his office to play ping pong or foosball, or to hang out with people in the community.

But here at Connect, our members bring in their loved ones to enjoy a beer on the deck. They bring their children to play on our upstairs patio, which, as mentioned, includes a foosball and ping pong tables, as well as a swinging bed. Our members are also able to bring their furry canine family members to Connect.

At any given moment at Connect, there are several different engaging conversations happening between members. They might be sharing concepts, ideas, thoughts, or even closing a business deal. We are home to multiple different entrepreneurs, startups, artists, non-profits, fortune 500’s, freelancers, companies, as well as prominent organizations in our community (such as the University of Arizona) working out of the space. As such, it only makes sense that they utilize one another when opportunities present.

We also host events for such organizations as the Tucson Hispanic Chamber of Commerce, Arizona Small Business Association, Tucson American Marketing Association, AZ Tech & Council, and others.

We’re not all business either. We host events for our members, such as wine tastings, ping pong tournaments, movie nights, coffee tastings, and more. Connect is also very passionate about connecting (no pun intended) with local businesses. We have utilized the Co-op for our popcorn supply during movie night, and we connect our conference room reservations with catering services from both Johnny Gibson’s Downtown Market and the Co-op. We have a deal with The Independent Distillery to create our personalized cocktail (which changes monthly and is absolutely delicious). Playground is our go-to for all events hosted outside of Connect. In keeping with our spirit of work and play, we also have a signature cocktail that changes
monthly with Playground. Each Friday, members get a special discount at HUB Ice-cream, but it’s top secret, and we can’t tell you what it is.

Our friendly and welcoming staff is always thrilled to share more about Connect. We are happy to introduce visitors to our community, while also providing tours of our historic Rialto building in the heart of downtown.

www.connectcoworking.com, 33 S. 5th Avenue Tucson, AZ. Open Monday-Friday 8:00-5:00, email hello@connectcoworking.com

Food Conspiracy Owner & Connect Coworking Member Martha Retallick on discovering Connect

Before joining Connect, I tried two other coworking spaces. At the first one, I felt a certain chill because I was having trouble connecting to the WiFi while using a PC laptop. Silly me. I was supposed to be using a Mac. Coolness police, please come and arrest Martha.

I found the second coworking space to be very white, male, and tech. A little lacking in the diversity department, wouldn’t you say? So, with great trepidation, I decided to give Connect a try. I put that oh-so-offensive PC laptop into a milk crate, attached the crate to my bike, and rode down to 33 South 5th Avenue. And what did I find? A place that takes all comers! It’s like going to work without all the office politics. You can attach your nose to the grindstone and get work done. Or you can be social. It’s up to you!

When I’m not working, I like to take walks. One of my favorite destinations is the Food Conspiracy Co-op on 4th Avenue. Another place that takes all comers, and what’s not to like about that? I’ve been a Food Conspiracy member since 1987.

A word about basting (cont’d from page 5)
Quick roasting at high temperatures means the oven temperature needs to be maintained and frequent basting defeats that purpose. By adding butter under the skin, the bird is self-basted. Baste the bird when you remove the parchment tent. If there is not enough liquid for basting, add either more water or wine.

Giblet Broth
- 2 cups white wine (a deep, oaky chardonnay lends a wonder taste)
- 2 cups water
- Giblets & neck
- Bay leaf
Simmer everything in a small saucepan for 15 minutes. Discard bay leaf and neck. Giblets can be discarded if they aren’t your type of thing or they can be finely chopped and added to the broth.

Rosemary Maple Butter
- 1/2 pound butter
- 1/2 cup pure maple syrup
- 1 tablespoon fresh minced rosemary
Bring butter to room temperature and whip all ingredients together.

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When Liane Hernandez, a Tucson-based chef with years of experience in the kitchen, joined the YWCA of Southern Arizona, she brought a deep passion for food, social justice, and community empowerment. As the YWCA Community Life Director and Executive Chef, she spearheaded The Cafe, a YWCA “social enterprise,” which provides employment and training opportunities for women. Hernandez describes the Cafe’s purpose as two-fold: to improve community wellbeing, and to generate an income stream that can be reinvested in the organization.

The original Cafe, which is located inside the YWCA’s Bonita Avenue location, provides hot, cold, and specialty beverages, pastries, and lunch foods, as well as catering services for events and conferences. In February 2016, Hernandez oversaw the opening of a second Cafe in El Rio Medical Center. Hernandez says each item on the menu is made from scratch and is designed around seasonal ingredients.

In February 2016, Hernandez oversaw the opening of a second Cafe in El Rio Medical Center. Hernandez says each item on the menu is made from scratch and is designed around seasonal ingredients.

We sat down with Liane Hernandez to discuss her upcoming role as curator of the Tucson Meet Yourself City of Gastronomy Kitchen Stadium, as well as how food and agriculture can play a role in addressing issues of racism and economic development in our community.

You’ll have an important role in Tucson Meet Yourself this year as curator of the City of Gastronomy Kitchen Stadium. Can you tell us more about that?

I want attendees to have a “lizard brain moment.” I want them to taste, touch, and smell food. I’m an eater. That’s how I understand the world. Some people read, some people listen to music—and I eat. I have this opportunity through the City of Gastronomy Kitchen Stadium to tell another side of our story. As a community member, I wonder: Whose stories are part of this City of Gastronomy? Who has the power to tell their stories—and who doesn’t? I wanted to pull together producers, activists, and concerned folks working in food (including the Food Conspiracy Co-op). The larger questions are: What does Tucson cuisine look like? What does it feel like? And what will the City of Gastronomy designation ultimately mean for our region and our city?

How can we use food to address issues of economic development in our community?

We need to be super intentional. We need to look at how we are investing in programs that are addressing the issue of economy. How do we fund more programs like the Community Food Bank’s Las Milpitas? How do we invest not just dollars, but time and energy, to make sure that all people in all neighborhoods have access to healthy, nutritious, whole foods? How do we make space for people who want to pursue food production or food preparation as a lifestyle?

I think it’s all good and well to have garden projects, but we have to make sure people are able to sell the products they’re growing, or gain access to a kitchen to make value-added products that allow them to enter into the economic system. It’s profound to have interactions with the earth and the soil and to foster those relationships—it’s critical consciousness-raising happening there—but we have to look at how we facilitate economic development through that as well. Not through building another mall or big box store, but through investments that foster a real living economy.

Part of the YWCA’s mission is eliminating racism. How do you think that agriculture and food justice can support the dismantling of racism?

For so many years, historical trauma was happening for people of color in relationship to the earth and the way in which we till with the dirt. We have been systematically isolated from our position with the soil. So having our hands in the dirt can be painful. But there’s this profound remembering. Gloria Anzaldua talks about that relationship—when you sink your hands in the dirt, you remember. Not because of the trauma that happened in the dirt, but because of the connection to it. We are all of the land, and all humans have a connection to place. Real trauma has occurred for folks of color in separating them from the dirt. And that’s the profound nature of community gardens in inner cities. Green spaces are important spaces for community healing. To get our hands in the dirt and remember that we have a relationship that’s much more profound than just having grassfed beef. When we lay down seeds and foster the growth of a plant, that’s our way of saying we’re here and we’re staying. There is something courageous about saying we are here.

How do you think the Co-op and other Tucson-based organizations are important to creating and sustaining our local food system?

We have amazing models in Tucson. The Food Conspiracy is one of them. The Community Food Bank is another—consolidating growers through the Abundant Harvest Cooperative, in order to have some push in the market. So, as a community member, I ask: How can we use our buying power to highlight local growers? Could the Food Conspiracy partner with Tierra Y Libertad to have an outlet for what they’re producing? Could the Food Conspiracy’s model be replicated in neighborhoods? There was so much learning that took place with the development of the Food Conspiracy as a structure—both pain points and pleasure points—and I think we can use that experience and information to help foster more collective thinking.
CONSPIRACY KITCHEN

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Tucson Meets Itself through Culture and Cooperation: Celebrating Tucson Meet Yourself Folklife Festival

Kimi Eisele, Food Conspiracy Owner

Every year since 1974, Tucson gets to spend three days downtown meeting itself. That is, experiencing the food, music, dance, folk arts, and more, of the many cultures represented here through the Tucson Meet Yourself Folklife Festival.

Now in its 43rd year, TMY offers a living social experiment of cooperation and diversity as vendors, artists, performers, volunteers, staff, and visitors share public space in downtown Tucson.

The Festival was founded by folklorist “Big Jim” Griffith who believed that sharing food was a vehicle for cross-cultural dialogue. It is produced by the Southwest Folklife Alliance, a nonprofit organization that helps support, honor and promote the traditional arts and heritage practices of the region and that compliment the festival year-round.

City of Gastronomy

TMY has long celebrated the intersections of food and culture, and this year highlights those connections in the City of Gastronomy Kitchen Stadium, a large area in Jacome Plaza, where cultural leaders, chefs, scholars, food justice advocates and others will demonstrate the many reasons for Tucson’s recent designation as a UNESCO City of Gastronomy.

TMY has offered food demonstration arenas and cultural heritage performances for decades, but the Kitchen Stadium moves these expressions to a bigger area, offering educational programming for longer hours and for all three days of the festival, said Maribel Alvarez, TMY’s executive director.

Food producers and makers will come together to tell the stories of Tucson many foodways and its distinctly “Tucson cuisine,” said Liane Hernandez, Kitchen Stadium coordinator.

Presenters include students from Pima Community College Culinary program, Arizona’s wine and cheese producers, Mission Gardens, gleaners from Ishkashitaa, and more. Food justice organizations, such as the Community Food Bank and Flowers and Bullets, will also share their work, Hernandez said.

A public exhibit designed to answer the question “Why Tucson?” produced in partnership with the City of Tucson and UA/College of Social and Behavioral Sciences and Center for Regional Food Studies will complement the Stadium.

The exhibit will highlight the “real strength” of Tucson’s food system, such as water harvesting, arid lands crops, conservation, food journalism, innovation, micro-enterprises, diversity and food justice, “which often lie behind the scenes,” said exhibit curator Dena Cowan.

Come for the Food, Stay for the Culture

Colloquially, TMY is known as “Tucson EAT Yourself,” and it’s certainly true that you can eat your way across the globe visiting food booths with delicacies from Costa Rica, Thailand, Turkey, and beyond.

But in surveys conducted on site among festival attendees for three consecutive years, 65% of the public considered “culture and education” to be the most valuable part of the event.

“Year after year, nearly all of the food vendors at the Festival say the reason they come is to share their culture,” Alvarez said. “The role of food at the festival goes beyond, selling, sampling or satiating cultural curiosity.” she added.

TMY audiences not only drink in that culture, but also reflect it. In fact, TMY audiences are unique in their diversity. Cliff Murphy, director of the Folk Arts program with the National Endowment for the Arts, observed, “The breadth and diversity of the participants is stunning; and the makeup of the audience mirrors the makeup of the groups presented. While I have been to many well-produced folklife festivals over the past decade, I have not seen this kind of mirroring elsewhere.”

TMY also creates economic opportunities for food vendors and cultural groups. Collectively food vendors raise over $350,000 over the three-day Festival.

Half of the Festival’s vendors are small entrepreneurs, families, or ethnic and regional food businesses. The other half is comprised of nonprofit clubs, churches, temples, and associations, who report using the revenue for cultural activities such as travel, heritage workshops, scholarships and performances, some of which can be seen and experienced at the Festival.

Volunteers: The Backbone of TMY

Tucson Meet Yourself relies on volunteers to keep vendors hydrated, ensure performers arrive at the proper stages, and help visitors find their way around, among other tasks.

This year, Festival organizers hope to sign up 600 volunteers to help
with the Festival, said volunteer coordinator Jessica Escobedo. She calls volunteers the “backbone” of TMY, providing support to artists, performers, vendors, and the TMY staff.

Volunteers must commit to one, four-hour shift, though many sign up for two or three shifts, Escobedo said. Duties include everything from tending to vendors, handing out programs, assisting stage performances, and more.

Escobedo is looking for volunteers of all ages and abilities but has a special place for “happy people” who are willing to collect donations from visitors. Donations help sustain the Festival, which is free and open to the public.

This year an orientation video will help prepare volunteers for their duties and help them understand how the Festival works, Escobedo said.

During the Festival volunteers have access to a break area with snacks and cold drinks. They are also invited to stay and enjoy the Festival after their shifts and are gifted vouchers to try some of the vendors’ offerings. “We make them feel that they’re part of a team,” Escobedo said.

Sign up to volunteer for Tucson Meet Yourself on the Festival website: www.tucsonmeetyourself.org/volunteer/

By the Numbers

Every year at TMY:
100 traditional folk artists demonstrate their craftsmanship.
300 heritage dancers and musicians share their unique living arts.
60 small, ethnic and regional food businesses, cultural clubs and churches raise funds for their families.
75 community agencies educate and reach potential new clients and customers.
350 volunteers, the majority of which are youth, give back to their community.
120,000 attendees cross cultural boundaries and gain respect for one another.
$3.5 million is reinvested into the local Tucson economy over 3 days.
65% of festival attendees surveyed named “cultural diversity” and “education” as the most valuable aspects of the event.

The DEETS

This year’s Tucson Meet Yourself Folklife Festival takes place on Oct. 7, 8 & 9
Times: Friday and Saturday, 11am to 10pm; Sunday 11am to 6pm (Recess on performance stages on Friday from 2-4pm)
Where: Downtown Tucson - Downtown Public Library, Jacomé Plaza, El Presidio Park
Cost: Free. Donations gladly accepted.
www.TucsonMeetYourself.org

Additional 2016 TMY Festival Highlights:
City of Gastronomy Kitchen Stadium and Exhibit
Display of Korean lanterns
Car show organized by The Dukes, a lowrider/oldies club
Saturday night performance by the Yellow Bird Indian Dancers company, national champions blending Apache and Northern Plains traditions.

Co-op at City of Gastronomy Stadium

Food Conspiracy will be telling the co-op story along with San Xavier Coop Farm and Local First Arizona 1-2 p.m. on Sunday.
Intern Insights

Elizabeth Pietrack, University of Arizona Sustainable Built Environment Major and Outreach + Education Intern

Upon becoming an intern in the Education and Outreach division of the Co-op, I was astonished to see the incredible diversity of interns at working here at Food Conspiracy. While I spend most of my days working on the sustainability metrics of the Co-op, other interns are busily mixing dough and ensuring that the Co-op always has made-from-scratch products. The diversity of Co-op interns also reigns true in our educational backgrounds—while I’m a student at the University of Arizona, others come from Tucson High School or Pima Community College. As a result of these differences, I wanted to highlight the stories of individual interns to show how interns experience the Co-op from different perspectives.

In order to do this, I asked a few questions to fellow interns to grasp how they have viewed the Co-op over the course of their internships.

• What initially interested you in an internship position at the Co-op?
• What is a day in the life of an intern like?
• Since interning at the Co-op, what has been your favorite learning experience?
• What product/event at the Co-op is your favorite?

Selene  
Kitchen Intern, Pima Community College

• While Selene originally had trial internships at a few different places, she found that many places do not make their baked goods from scratch—a necessary skill to master for her culinary degree. A tip from fellow intern Lupita brought her to the Co-op, where she had already been shopping for years.
• Because she needs to rise as early as the dough to make fresh muffins, scones, and bagels for the morning rush, Selene’s day starts at 5:00 am. She continues making brownies and cookies to be packaged for sale before ending her day at 11:00 am.
• While Selene has been cooking/baking since she was in 5th grade, she still finds herself enjoying the experience of baking from scratch, especially because it’s so rare in the food industry.
• Selene enjoys using the herbs in the bulk section in her cooking. She drinks hibiscus tea from the Co-op to relax in her free time.

Alex  
Kitchen Intern, Tucson High School

• Alex became interested in interning at the Co-op in order to learn how to cook and to gain job experience, since he has never worked before his experience at Food Conspiracy.
• Alex starts his day at the Co-op around noon after his classes at Tucson High School and spends most of the day cleaning dishes and helping to prepare food for the Conspiracy Kitchen hot bar.
• Alex’s most rewarding learning experience has been learning how to cook. Before his Co-op internship, he had little experience with cooking, and now he finds himself more knowledgeable about many different cooking processes.
• By far Alex’s favorite treats at the Co-op are the made-from-scratch brownies.

While as interns we experience parts of the Co-op differently, we all share a passion for the values of the Food Conspiracy and strive to support them in our work.

My Co-op pick is the Rising Moon Butternut Squash Raviolis, because they are delicious and easy to make!

Call for Contributors & Creatives

We are seeking your contributions to Conspiracy News! Formats solicited include but are not limited to: recipes, poems, cover photos or original art, personal essays, and reported stories. Next deadline for writing submissions and assignments is December 1. Theme is New Year, New Growth. Contact the Editor at outreach@foodconspiracy.coop for more details and compensation. Artwork & Ad deadline: December 10. If you have a service or offering and you would like to advertise, contact us for rates or visit www.foodconspiracy.coop
THANKSGIVING SALE

Saturday, November 19

10% off everyone
Great prices on natural, organic and local ReZoNation heritage turkeys.
While supplies last.

Discount does not include gift cards, special orders, and classes.

WINE SALE

NOVEMBER 2-15
10% OFF wine for everyone
buy any six bottles & save additional 10%

FOOD CONSPIRACY CO-OP

Get the mobile app!

Just go to Google Play and search for Downtown Radio!
Picture a day like this: You wake up and head to your job at a small company you own and manage together with your fellow workers, doing high-tech, advanced manufacturing that’s too specialized for bigger factories. For lunch, you swing by a restaurant owned by another worker cooperative, this one a national-scale firm that serves millions of customers each year. Back at work, you’ve got a meeting with a local agricultural co-op that’s contracted your company to help design some more efficient processing material for the food they produce and export across the world. Afterward, you meet up with your partner, who works in a social cooperative jointly owned by caregivers and the elders who live and receive care there. The two of you swing by the local grocery store—part of a national chain owned by its millions of customers—and pick up a bottle of co-op-produced wine. This is a day in the life of the cooperative economy in Northern Italy’s Emilia Romagna region.

Emilia Romagna, a region with nearly 4.5 million people whose capital is the medieval university city of Bologna, has one of the densest cooperative economies in the world. About two out of every three inhabitants are co-op members, together producing around 30 percent of the region’s GDP.

**Emilia Romagna’s co-op economy is a product of organizing going back to at least the 1850s...**

Doing business through co-ops is one of the clearest ways to democratize our economic institutions. But as anyone who has developed or worked in a cooperative will tell you, co-ops aren’t magic. Building institutions that go against the grain of corporate capitalism while managing to survive in the markets it creates is not easy to pull off. There’s plenty of room to fail, and even more room to do better. While cooperatives in the United States claim about 130 million memberships, these are by and large within consumer- and producer-owned co-ops, not cooperative workplaces. Only around 7,000 people nationwide are part of worker co-ops.

That’s why it’s helpful to learn from countries where the cooperative economy is more developed and more densely integrated than in the United States—not because they’re utopian, post-capitalist wonderlands, but because they’ve got the hard-won experience that can teach other co-op creators how to scale up the community-owned economy effectively and creatively.

How did Northern Italy’s complex, intertwined, and resilient cooperative network develop and grow? That’s the question Vera Zamagni, professor of economic history at the University of Bologna, has been trying to answer throughout her career as one of Emilia Romagna’s foremost cooperative scholars.

In her work, Zamagni shows that Emilia Romagna’s co-op economy is a product of organizing going back to at least the 1850s, developing in conjunction with a rich, high-value-added agricultural tradition and surviving despite a brutal historical encounter with fascism.

When an Italian dairy cooperative can raise more than $6 million in financing by issuing bonds backed by aging wheels of Parmesan cheese—as one did earlier this year when the Parmesan market proved too uncertain for banks—it’s easy to feel like we’ve fallen through the looking glass. We can’t exactly replicate what the people of Emilia Romagna have created, but there’s plenty we can learn. Here are six key lessons for building a cooperative-rich economy.

1. **Build ecosystems, not monoliths.**

For many U.S. co-op advocates, the Basque Country’s Mondragon—which has tens of thousands of worker-owners and cooperative businesses linked into a single, giant cooperative corporation—is the go-to reference for convincing people that co-ops can scale. Not for Zamagni. “North America is fond of the Mondragon corporation because it resembles more closely the typical American corporation in size, but with different management principles,” she says. But it’s a unique case that has never been replicated elsewhere.

In Emilia Romagna, the cooperative movement is more a networked ecosystem than a single, overarching corporation. This has key advantages. If you can’t build a giant firm because the sector you are working in requires flexibility and specialization, or if the people involved are simply uninterested in being part of a giant corporation, then, Zamagni says, the network form can give you all the advantages of scale without overcentralization. In Italy, the cooperative movement is not a single company, but a whole interwoven fabric of “horizontal, vertical, [and] complementary networks” that support each other financially.

For those aspiring to build co-ops in the United States, the ecosystem pattern—in which different cooperative businesses and development efforts interact in a loose web of mutual support—is likely a much better place to start than trying to replicate the more monolithic approach of an initiative like Mondragon. A networked ecosystem—decentralized and resilient—can harness energy and interest at different levels and in different sectors to develop, grow, and thrive.

2. **Raise capital from customers.**

If the amount of worker cooperatives in Emilia Romagna is impressive, the scale of consumer cooperatives in Italy’s retail sector is awe-inspiring. Coop is the largest retail chain in Italy, with its supermarkets and “hypermarkets” claiming close to 20 percent of market share, and the whole enterprise is owned by its 7.4 million consumer members across the country. How did it get so big?

The answer is, as it turns out, crowdfunding. According to Zamagni, in the wake of a 1971 law that exempted co-ops from certain kinds of banking limitations, Coop was able to raise a lot of money in small amounts from many, many members. Coop became the Italian retail leader in part because it could tap its already sizable membership base for the loans it needed to expand. This kind of bottom-up lending covered more than half the funds Coop needed for a critical two-decade-long expansion effort in the ’80s and ’90s.
3. Tap the care work market.

Many people worry—with good reason—that cooperatives won’t be able to compete with traditional corporations without abandoning their social mission. But focusing on cooperatives as market-driven enterprises might be a mistake. In Italy, social co-ops are on the rise, not as a way to produce goods and services for sale, but as a way to more effectively deliver social services.

Zamagni explains that bureaucratic welfare services were high-cost and low-quality, so citizens started self-organizing to deliver key care-related services themselves, which the government then helped formalize with new laws for multi-stakeholder cooperatives. This allowed caregivers and those receiving care to work together to govern the delivery of services.

The results have been impressive. In Bologna, for instance, as much as 85 percent of the city’s social services are provided through social co-ops. Some of the most interesting segments in the film WEconomics: Italy, which profiles Bologna’s co-op economy, revolve around social co-ops. The filmmakers take us inside a child care cooperative and an equally vibrant elder care cooperative. Both are workplaces built around compassion—not profit—and are designed with the interests of workers and those receiving care in mind. Here, cooperatives are community institutions that humanize social services in a way that neither state nor market mechanisms alone could.

Care work is already a key sector for the much smaller U.S. worker-co-op movement, accounting for somewhere close to a third of the 7,000 or so worker-owners in the United States. But the Italian example shows we can think a lot bigger.

4. Politics matter.

The growth of Italian co-ops has been fueled by deep connections to broader sets of political commitments and values. The largest two federations, Legacoop and Confcooperative, are organized with strong historic ties to the Italian Communist Party and the Catholic Church. For Zamagni, these “strong communitarian ideologies” helped people set up businesses grounded in solidarity rather than pure profit.

Interestingly, because Italy has had two or three competing cooperative foundations with different sets of political values since the period after World War II, funding cooperatives has not been identified with one particular political camp. By law, cooperatives in Italy have to contribute a share of their profits to a cooperative federation to fund the further development of more cooperatives, but they get to pick which one. The pluralism here is worth noting—people have different reasons for wanting to democratize the economy, and it might be OK if they build parallel organizations to do so.

5. Policy matters too.

In a video released this February, Carrier workers in Indianapolis confront a seemingly heartless corporate functionary who explains that their jobs are being eliminated for the good of the company’s bottom line. In the United States, that’s usually the end of the story, but Italian cooperative law opens up more possibilities.

Under the Marcora Law, the money due to workers as unemployment insurance can be used as capital to cooperatize their workplace instead. With the help of the law, more than 9,000 workers who would have otherwise been out of a job have instead created 257 new worker-owned businesses in the past 30 years, like WBO Italcables in Naples, a steel factory cooperatized in December 2015 after its multinational owners shuttered the plant.

With a suite of complementary policies facilitating access to capital, cooperatives in Italy have been able to expand far more than they would have if they were playing by the same rules as non-cooperative enterprises. Zamagni highlights in particular the 1977 bill that exempted profits saved by cooperatives from corporate taxation and the law that obligated cooperatives to shift 3 percent of profits to one of the cooperative development funds managed by major co-op umbrella federations, greatly accelerating both the amount of money co-ops could reinvest in themselves and the larger movement. The Marcora Law to save jobs by turning companies into co-ops doesn’t make sense in isolation. It only works in conjunction with a robust, well-funded cooperative development ecosystem and with the policies that make cooperatives recognizable under the laws that support them with public subsidies.

6. Co-ops aren’t a magic bullet.

With all of this cooperative energy, you might make the mistake of thinking that the Italian economy is doing amazingly well. It’s not. The Euro debt crisis is still far from over, and youth unemployment in Italy has been staggeringly high at more than 40 percent.

While the youth unemployment rate in Emilia Romagna is still high, it is nowhere near the catastrophic levels in Southern Italy, where in some regions saw nearly 60 percent of people aged 15-24 in the labor force unable to find work.

A 2013 report from the European Research Institute on Cooperative and Social Enterprises showed that “during the course of the crisis … the growth patterns of the various cooperative forms differed greatly from that of other forms of enterprise.” The analysis demonstrated an “anti-cyclical” function of cooperatives.

During the first four years of the ongoing European crisis, the report shows that cooperatives actually created a net increase in jobs. Employment in Italian cooperatives increased by 8 percent between 2007 and 2011. Furthermore, this “anti-cyclical” performance appears to be “caused primarily by the creation of new cooperatives.” In other words, as the global economy crumbled, people in Italy turned to cooperatives for a way forward.

As confidence in the current economic system continues to erode—with 70 percent of Americans believing the economy is rigged against them—we should pay close attention to the lessons Italy can teach us about how cooperatives can be a part of an alternative.
100 Million Years of Food – What Our Ancestors Ate and Why It Matters Today

Glenn Furnier, Food Conspiracy Board Member

Many of us are concerned about the food we eat. The human preoccupation with food goes back to the beginning of our species, but it has evolved considerably over the past couple of centuries, a blink of the eye in evolutionary time. Our ancestors worried about getting enough food and not being poisoned or eaten. Many of us now live with a quantity and variety of food that our ancestors could never have imagined. We have also changed our activity levels and sanitation. The combination of these factors has brought us many benefits, but has also led to a whole new suite of diseases. It has also led us on the quest for the ideal healthy diet.

Stephen Le, a Canadian biological anthropologist, who is the son of Vietnamese immigrants, takes us on a sprawling journey through human diets. His travels around the world are entertaining and informative. Different chapters consider different components of human diets, beginning with insects, something rarely considered in books on human diets. Along the way, Le questions many common beliefs about eating and exercise.

We tend to think that children should have a lot of meat and dairy to get a healthy start in life. When we are older, we cut back on these items over concerns for our health. Le argues that we have this backwards. The diseases that result from consumption of animal protein tend to take a long time to develop. The elderly do not have to worry so much about these diseases developing as a result of what they are eating now. In contrast, young people with diets heavy in animal protein will live long enough to suffer from some of these diseases.

In a world of over seven billion people and facing global warming, vegan diets can leave a much smaller environmental footprint. However, such diets were exceedingly rare among our ancestors and there is little evidence to suggest they are healthier. Our ancestors had to be rather careful with plants, because so many of them developed toxic chemical defenses against being eaten.

There is a tradeoff in diet. Diets with more animal protein tend to result in greater growth and fertility, but lower longevity. This is precisely what evolution selects for, since living to 90 instead of 65 does not usually result in more of your genes being passed on to the next generation. However, that is little consolation when one is dying from cancer or cardiovascular disease at age 65.

Modern sanitation has helped increase life expectancy, but we have become obsessed with antibacterial soaps and wipes and keeping our children in excessively clean environments. Coincidently, the frequency of allergies, including food allergies has increased dramatically in recent times. Some data suggest that our immune system needs challenges from microorganisms to calibrate its response, particularly when we are young. If this does not happen, the immune system can be too sensitive, leading to allergic reactions to food and pollen.

The best of diets will not help us if we ignore our evolutionary history as a very active species. Sitting for long periods of time was unknown to our ancestors and is still unknown in some cultures. These cultures also have very low rates of obesity, cardiovascular diseases, and cancer, even those that consume large amounts of meat and dairy.

Because of our lifestyles and ethical considerations, it is difficult to conduct experiments on humans that yield definitive results, particularly on a subject as complicated as diet. Scientific studies deal with averages and there are usually exceptions. We also tend to focus on the roles of particular nutrients, instead of considering the diet as a whole. There are simply too many variables. That is why Le advocates eating traditional diets, particularly ones that have been around for hundreds of years. They have essentially evolved as long-term experiments in living well with locally available resources, and humans have evolved with those diets, selecting for the abilities to digest certain items. That is why it is important to consider one’s genetic background. In a world where people are increasingly mobile and producing a marvelous rainbow of children, honing in on genetics becomes more and more complicated.

In the end, that one ideal healthy diet does not exist. There are many different diets that can be healthy, depending on your genetic background. But even the healthiest diet will not achieve the desired result if one is sedentary. This book is eminently readable and very well documented. Le makes us think and reconsider common beliefs, something that the best of authors do.

Book Review

100 Million Years of Food – What Our Ancestors Ate and Why It Matters Today

Glenn Furnier, Food Conspiracy Board Member
Choose Your OWN(er) Discount Day
October 1 - October 31st

Food Conspiracy Co-op Owner Appreciation!

Select one shopping trip in October to apply your discount*

The more you shop the more you save!
10% off purchases up to $74.99
15% off purchases of $75-$149.99
20% off purchases $150.00 or more

Available on your account at checkout.
*Discount does not apply to special orders, gift cards and classes. See store for more details.

BULK FOOD & LIQUID SALE
October 5-18

10% off bulk food & bulk liquids
for everyone
While supplies last.

FOOD CONSPIRACY CO-OP
HOLIDAY CLOSURES

THANKSGIVING DAY
THURSDAY, NOVEMBER 24

CHRISTMAS DAY
SUNDAY, DECEMBER 25

NEW YEARS DAY
SUNDAY, JANUARY 1
Conspiracy Classes & Events

Registration for classes must be purchased 24 hours prior to the start of the class. Registration purchases can be made in store or online at www.foodconspiracy.coop/events

*Indicates the class or event will be held in the Hoff Building, 425 E. 7th St.

OCTOBER 1–31

OWNERSHIP DRIVE - JOIN FOOD CONSPIRACY DURING OCTOBER!
The first 35 people to join will receive a unique sampling of Tucson made or grown products available at the Co-op and a reusable shopping bag. First come first served! (see page 19 or in store for more information. (see ad on page 17 & 19)

OCTOBER 1–31

CHOOSE YOUR OWN(ER) DISCOUNT SHOPPING DAY
Chose any day in October for a discount on one shopping trip. Get 10% off purchases up to $74.99, 15% off purchases $75 - $149.99 and 20% off purchases $150 and more. The more you shop, the more you save! This discount is for Food Conspiracy owners only. Valid October 1 through October 31st. Your discount will be applied at checkout.

WEDNESDAY, OCTOBER 5, NOVEMBER 2, DECEMBER 7
BOARD OF DIRECTORS MEETING* (see page 3)
All owners welcome. Stay involved in Co-op decision making. Owners in attendance receive a 5% off coupon for one shopping trip the month of the meeting. A light dinner is served at 6:00 p.m. Meeting starts at 6:30 p.m.

OCTOBER 5–18 10% OFF BULK FOODS AND LIQUIDS (see page 17)

SATURDAY, OCTOBER 15

TURN BACK THE HANDS OF TIME: SKIN CARE FOR DESERT DWELLERS WITH PAULA MORRIS OF SWEET P’S ORGANIC SKIN CARE.*
We will explore the scientifically proven ingredients that help support skin from aging early and regimes that promote healthy skin that ages gracefully. This is a program that applies to 30 years olds and up. Thirty is a big turning point for the aging process. We will discover how companies can make claims that are not backed by science and how desert botanicals can help with this process. This is a FREE presentation however space is limited. 10:00 a.m. - 11:30 a.m. Please RSVP to reserve your seat by calling Kelly at 624-4821 or email outreach@foodconspiracy.coop

TUESDAY, OCTOBER 18

BOARD ENGAGEMENT SERIES. First of Board Engagement Series. Bring your questions, ideas, and hopes for the Co-op. All owners welcome. 7:00 p.m. in Hoff building behind the Co-op. Next event will be in February 2017.

OCTOBER 19–NOVEMBER 1

10% OFF BULK HERBS, SPICES AND TEAS (see page 9)

WEDNESDAY, OCTOBER 19

NUTRITION 101: EVERYTHING YOU WISHED YOU’D LEARNED ABOUT NUTRITION IN SCHOOL WITH ROBIN SCHUETT-HAMES, NTP*
Feel increasingly confused by all of the conflicting diet information out there? Come learn nutrition basics drawn from the universal principles of healthy traditional cultures around the world. We’ll go over carbohydrates, proteins, fats, vitamins and minerals. You will learn the fundamentals so you can develop the right individualized diet for your body and your lifestyle. For more info check out renourishwellness.com This class includes a demonstration of how to make bone broth, a traditional super food! Tickets are available at www.foodconspiracy.coop. Class limited to 20 participants. 6:30 – 8:00 p.m. at the Hoff Building, 425 E. 7th St. Cost: $10

SATURDAY, OCTOBER 22

INTRODUCTION TO WATER HARVESTING WITH DAN DORSEY
This introductory water harvesting workshop will give you the skills, resources, and tools to start constructing your own earthworks to harvest rainwater on your property. The class will begin with a PowerPoint presentation on rainwater harvesting and Tucson’s current water situation, while we discuss some inexpensive rainwater harvesting methods. We will practice using some simple tools, which can be made from materials found at a hardware store, that are effective for laying out water harvesting earthworks. 4:00 - 6:00 p.m. at Southern Arizona Workspace, 403 N. 6th Avenue. Tickets are available at www.foodconspiracy.coop. Cost $12

FRIDAY, OCTOBER 28

SPOOKY KIDS COSTUME PARTY www.fourthavenue.org/events/ 4th Avenue’s annual kids’ costume contest, which includes awesome music, goodie bags, and trick-or-treating up and down the Avenue.

TUESDAY, NOVEMBER 1

DEADLINE FOR APPLICATIONS FOR BOARD OF DIRECTORS Board elections are in February 2017. Interested candidates must have been an owner for at least six months and have attended two Board meetings. Deadline for application submissions is Tuesday, November 1st. Pick up a Board application packet in the store or online at www.foodconspiracy.coop/about-us/board-of-directors/

NOVEMBER 2–15 10% OFF WINE FOR EVERYONE (see page 13)

WEDNESDAY, NOVEMBER 16

GO WITH YOUR GUT: HEAL YOUR DIGESTION, HEAL YOUR LIFE WITH ROBIN SCHUETT-HAMES, NTP*
Many say “it’s not what you eat, but what you can digest!” Learn about what happens during digestion, how it is supposed to work, what often goes wrong. We’ll cover approaches and strategies to heal and improve digestive function through foods. This class will include a live demo of how to make beet kvass. 6:30 – 8:00 p.m. at the Hoff Building, 425 E. 7th St. Tickets are available at www.foodconspiracy.coop. Class limited to 20 participants. Cost: $10

SATURDAY, NOVEMBER 19 (see page 13)

THANKSGIVING SALE!
10% off for everyone. Great deals on natural, organic and local ReZoNation heritage turkeys.

SATURDAY, DECEMBER 3

SAVE THE DATE FOR ANNUAL CHICKEN COOP TOUR!
JOIN IN OCTOBER!
The first 35 people to join in October will receive a sampling of Tucson made or grown products available at the Co-op and a reusable shopping bag.

First come first served!

Permaculture gives us a tool kit for moving from a culture of fear and scarcity to one of love and abundance.

--Toby Hemenway

4TH AVE
STREET FAIR

WEDNESDAY, DECEMBER 7

10% OFF FOR EVERYONE!

Everyone can shop, anyone can join.
Shopper Survey
help us improve Co-op offerings

Food Conspiracy Co-op regularly conducts Shopper Surveys with the assistance of the National Cooperative Grocers. In the 2013 Shopper Survey, we heard prices were a concern for Co-op owners and shoppers. Since then we have introduced the Co-op Basics program, a selection of everyday value-priced products for everyone. In addition, we’ve offered more sales and promotions including the P7 Community Truckload Sale with deeply discounted items, several department specific sales, and the Summer in the City gift card promotion with a 10% bonus on Co-op gift card purchases. Recently, we introduced a weekly Fresh Deals flyer to highlight great values on fresh foods including produce, cheeses, meats, and more!

The next Shopper Survey is coming your way at the end of October 2016. This year’s survey, shorter than prior years, will include questions about expansion. We hope that you will participate if you are selected from the random sample. Survey participants will be entered into a drawing for one of five $50 Co-op gift cards.

The Shopper Survey will be conducted online and notifications will be sent via email. Thank you in advance for your continued support and valuable input.