




BLOOMINGNEWS
Fall 2021
Celebrating 45 Years





BLOOMINGFOODS
CO-OP MARKET

BloomingNews is a quarterly publication providing up-to-date information on Bloomingfoods, the cooperative movement, healthful food, nutrition, and local community. Sign up to receive a copy in your inbox at www.bloomingfoods.coop

LEADERSHIP TEAM

GENERAL MANAGER TEAM

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Phil Phillipy

EAST
STORE MANAGER
Nancy Flynn-Hert

NEAR WEST
STORE MANAGER
Phil Phillipy

EDITOR

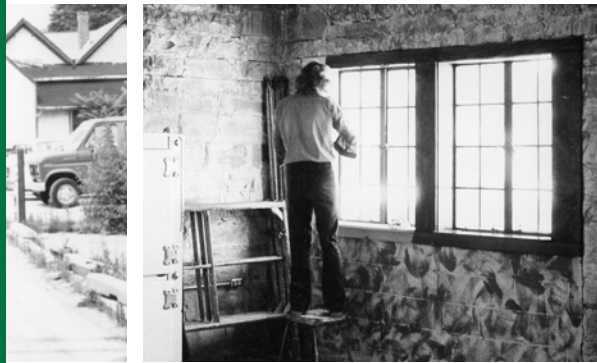
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from your Board of Directors



For those of us of a certain age, it is hard to imagine life without a local food co-op. When I was in graduate school in New York in the early 1970s, I joined my first co-op—a group of dedicated volunteers in the Bronx who shopped for the group and prepared items such as cheese for member pickup. We were way too disorganized to run an actual store. When I moved to Williamstown, Massachusetts, I joined Wild Oats, which had an actual store and was run largely by member-workers. My assignment was to clean the vestibule every Sunday morning. I called it my “entry” level job (get it?). When I moved to Bloomington in 2018, the first thing I did was to join Bloomingfoods.

Since my spouse is from Bloomington and has family here, I was no stranger to Bloomingfoods, having shopped at the store on regular trips to town since the mid-eighties. But to fully appreciate the history of Bloomingfoods since its opening in 1976, I took a whirlwind tour of the newspaper coverage of the store over the years. The timeline of major institutional changes became clear: the opening of the Eastside store in 1991, the acquisition of the Encore Café in 2002 and its evolution into the Near West Side store in 2007, the unfortunate history of the Elm Heights project in 2016, and the reemergence of a healthy Bloomingfoods in 2021. But enriching this list of historical markers are all the smaller, more intimate enterprises that show Bloomingfoods’ role as a community center. Such things as the

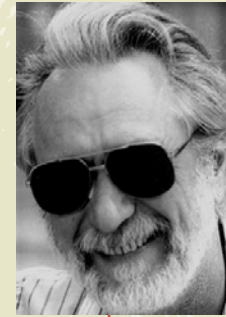
Theater Café (the concessions at the Buskirk-Chumley Theater), the annual salsa contest, the art exhibitions once called Bloomingarts and now called Gallery B, the many hiking, birdwatching, and other groups assembling in the Eastside parking lot for the beginning of their outings. The people involved as board and staff members, the farmers, mushroom hunters, and honey providers all are mentioned in due course in the forty-five year history of the store. I particularly noticed the mentions of Bill Krejci, who was a beloved staff member, and after whom an award for service to Bloomingfoods was named. My favorites, however, were the couples who told of meeting in Bloomingfoods in their wedding announcements. It became clear to me as never before that the story of Bloomingfoods is the story of extraordinary people. In my mind it represents my own motto for this enterprise—eat well and do good.

As I look forward to new chapters in the story of the Co-op, I picture the extraordinary people to come and the interesting ways we can work together toward our Ends. I will take this opportunity to encourage everyone to get involved—run for the board or even just attend board meetings, definitely vote and attend our annual meeting, and finally keep shopping and using Bloomingfoods as the community center it always has been. I’ll see you there!

Nancy Mathews
Board Treasurer

CELEBRATING 45 YEARS

A co-op timeline



November 1975

In November 1975, our founders received a \$30,000 loan from local resident, Kathy Canada, to open a member-owned food cooperative.

November 1, 1991

Ready to expand, Bloomingfoods East opened for business to a positive community and owner-member reception. Becoming the Co-op's second store, the building was remodeled from its previous use as a restaurant.

1999

The Annual Bill Krejci Award was created in 1999. The award honors a Bloomingfoods owner-member, staff member, or past/present director who exemplifies Bill's spirit of giving of themselves to better Bloomingfoods and the cooperative way.

July 4, 2007

With the support of owner-members and the community, Bloomingfoods Near West is opened to serve a growing number of downtown residents and neighborhoods west of downtown.



July 24, 1976

Bloomingfoods officially opens at 419 East Kirkwood Avenue. A group of nearly 150 people spent 8 months converting a vacant two-story limestone garage into a grocery store.



1992

In 1992, owner-members approved the change that would require each new member-owner to invest a \$90 refundable equity deposit in the Co-op. This investment provided the Co-op with a base of capital upon which its future could be built.

May 2002

The Co-op purchased the Encore Café on West Sixth Street. Several months later, Bloomingfoods began operating the Theater Café at the Buskirk-Chumley Theater. Encore Café was used as a food production facility for the Kirkwood Store and the Theater Café.



April 22, 2013

Serving as an example of community partnership, Bloomingfoods Ivy Tech Café is opened. Bloomingfoods and Ivy Tech shared the development costs, and, as part of the partnership, Bloomingfoods agreed to participate in the educational mission of Ivy-Tech Bloomington by providing staff support to train and educate students in nutrition and other related subjects.

February 2015

Bloomingfoods Kirkwood store closure

August 2015

The first staff union contract is ratified.

August 2017

Bloomingfoods for All is launched as a Co-op affordability program that offers a standing 10% discount on all merchandise (excluding equity payments, gift cards, or beer & wine) for any owner-member who is currently enrolled in SNAP (EBT Food Stamps) or WIC (Women, Infants, & Children nutrition program).

July 24, 2021

Bloomingfoods celebrates its 45th birthday with live music, goat petting, and free refreshments.



August 2013

Bloomingfoods Elm Heights is opened to service Elm Heights and the surrounding neighborhoods.

January 2016

Bloomingfoods introduced our Positive Change register roundup program as a community-driven fundraising campaign that offers shoppers the opportunity to round their purchase to the nearest dollar, or donate more if they wish. It is so incredibly inspiring to see how small change can make such a big impact!

December 2020

Bloomingfoods Positive Change Roundup Program surpasses \$500,000 raised for local non-profits!



October 2011

20 solar modules are installed on the roof at Bloomingfoods Near West.



Stay tuned for a more detailed timeline. Our Co-op has a rich history and this is only a small accounting of the historic events. As part of the Bloomingfoods Memory Collection Project, a more complete timeline is being developed and will be available at bloomingfoods.coop. Interested in sharing memories? Reach out to us at info@bloomingfoods.coop.



meet

JACOB WITTMAN

east store assistant manager



The Co-op has been lucky to have this well-rounded employee, family man, and talented creative.



Jacob first started working at Bloomingfoods in the early 2000s. He left for a short time and returned in 2008. Since that time he has had several positions at the Co-op, including Center Store Manager for quite a few years. This year Jacob was promoted to Assistant Store Manager at Bloomingfoods East.

Bloomingfoods was always a place he loved and when he became an employee he grew to love it even more. One of the most important things to him when he chose a place to work was the local and community impact of the business. He

believes it is important to feel positively about the way a business you are tied to is conducting themselves. Bloomingfoods is a positive force in the community in many ways and Jacob feels proud to be part of something that nurtures on a very local level.

Working at Bloomingfoods has afforded Jacob many beneficial things throughout his life, the most important being some of the most significant relationships he has ever had. He has made lifelong friends at the Co-op and cannot imagine life without many of these people.



Some of Jacob's best memories come from friends and people he has met through the Co-op. He has had more good times than he can count, especially when he was a younger fellow. He has seen many waves of change at the Co-op over the years and has been part of a variety of different eras at Bloomingfoods. Each era has brought a new set of good memories and interesting times!

Jacob has many favorite products and vendors at our stores. He really enjoys our beer selection with the nicely curated selection of staples and a fun rotational cast of brews to choose from. He thinks we also have the best quality produce and our local meat is top notch. He also really loves the local Blustone salsa and pesto, which he says are absolutely delicious. And Rhodes Family Farm eggs are a must-have at his house!

The pandemic has been a struggle for everyone and Jacob tries to remember that it hits everyone differently and for a wide variety of reasons. He feels it is important to remind ourselves that no

matter your stance on the pandemic or your personal situation, everyone is dealing with this in their own way and we need to be as understanding with each other as we can possibly be.

In his spare time he enjoys spending time with his family, gardening, painting and drawing, and riding bikes and skateboarding with his kids. He also really enjoys listening to music and creating it, as well..

And in his final words Jacob would like to add, "Co-ops are cool, and kids – stay in school!" 🇺🇸



Jacob feels proud to be part of something that nurtures on a very local level.

Get to Know an ² Owner-Member_s

DEDAIMIA WHITNEY



Dedaimia has been involved with the Co-op for many years. She became an owner-member in 1977 when she and her first husband, Bill Krejci, moved to Bloomington. She has served on the Board of Directors twice, including a stint in the late '80s/early '90s and again from 2013-2016.

My husband Bill and I both worked at Whole Earth (cooperative) in Wisconsin before we moved to Bloomington. It was the only place that had the food we wanted to eat. We moved to Bloomington partly because the Co-op was forming and we only wanted to live somewhere with a co-op. Co-ops had clean, whole food with a political agenda. We wanted to avoid the agro-industrial food system.

I took a job at Sunflower Bakery in 1977. Bloomingfoods had opened their store in the carriage house behind Kirkwood in 1976 and the

Earth Kitchen opened shortly after, subletting space and purchasing many of their ingredients from Bloomingfoods. Then Sunflower Bakery opened in the tiny space between Earth Kitchen and the main Bloomingfoods. I started off baking and then shifted to delivery. I had an ongoing feud with the Wonderbread delivery man at Kroger, who would fill my designated shelf space with Wonderbread. I had to get the manager to intervene so I could stock Sunflower Bakery bread. Around 1979 or 1980, the Earth Kitchen burned down and never reopened. I couldn't go into the

building right after it happened because the smell gave me flashbacks to a house fire I had experienced in Wisconsin. I left Sunflower Bakery in 1980 or 1981. The bakery shut down several years later.

Originally the upstairs portion of the Kirkwood store was just an office and a pile of lumber. For a while Bill was financial manager and had his desk up there. I think the space was also occasionally rented out for things like massage workshops.

I was on the Bloomingfoods board twice, once around the time the East store opened, and then again around 2013, which was when it became clear that Bloomingfoods had some serious problems. Bloomingfoods members started coming to board meetings

and emphasizing the importance of the Co-op and restoring it. I believe that member participation was key in breaking the isolation and secrecy that had surrounded the issues facing Bloomingfoods. Ultimately Bloomingfoods closed the administrative space, closed the Kirkwood store, and closed Elm Heights but we survived.

My favorite Bloomingfoods memories are of meeting with friends and colleagues off-premises. Caroline Beebe and I had Friday strategy meetings for Bloomingfoods while we were on the board together. We would sit at the kitchen table and e-mail things back and forth as we brainstormed. When I left the board, I missed those interactions so Caroline and I started having regular quilting meetings. Caroline was initially reluctant to step into leadership

DEDAIMIA LEADS A GAME OF DUCK DUCK GOOSE, 1980



but she just didn't want to lose everything that was good about the Co-op. She dove in, overcoming her fear of public speaking. She started by speaking at board meetings and then ran for the board in a special

election, quickly being recruited to take the role of board president. She was a deep thinker, thinking on multiple levels at the same time – spiritual, practical, political, organizational. 🌱



CATHY SPIAGGIA



Cathy has been involved with Bloomingfoods since the '70s. At the Co-op, she found a group of like-minded people who shared a common interest in healthy, sustainable food.

I was pregnant with my third child when I moved from Tallahassee, Florida to Bloomington in 1970 so my husband could start grad school. Two years later I was a single mom with three children. Bloomington had a vibrant community of young adults exploring alternative lifestyles and I had found my people. We established cooperative daycare centers where we took turns watching each other's kids. We ordered whole grain flours and

grains in bulk, distributing them from our homes. Since the mid sixties I had been exploring nutrition, reading Adele Davis, making bread, getting rid of white sugar, and eating whole food. Joining the Bloomingfoods Co-op was a natural extension of my political, social and nutritional interests. It was the only storefront where you could buy whole wheat bread and other clean, whole foods. In 1978 I worked part-time as a baker at the Sunflower Bakery. It

was located within the original Bloomingfoods on Kirkwood but was an independent business that sold bread all around town. Around 1981 I landed a full-time professional job, but continued as a working member of Bloomingfoods. One shift I was working in the bulk food section and it was a mess. There was very little signage – just little scribbles on masking tape. I offered to develop a signage system and everyone thought it was a great idea. I had been playing around with calligraphy, so I hand-wrote labels in India ink and covered them with plastic folder tabs. Bloomingfoods used them for several years.

I love the way Bloomingfoods has always supported local efforts. I

remember there used to be a CD section and when I approached the manager about carrying my CD's he said "Of course, yes!" Not surprisingly, my CD's didn't 'fly off the shelves', but the manager always kept them in stock.

One of my favorite memories is being in the Kirkwood store and looking out at a celebration in the alley. Brian Lapin and his Not Too Bad Bluegrass Band were playing for a Bloomingfoods anniversary or something. I just remember everyone dancing their butts off, and particularly recall seeing my now long time friend, Nancy Lethem - with her long hair flying – for the first time. 🌱

CATHY AND CHILDREN, 1973



GREEN TURTLE BOTANICALS

Susan Clearwater of Green Turtle Botanicals is a Mother Kahuna of the plants and the plants speak to her.

Susan Clearwater moved to Bloomington from Connecticut at the age of 18 to attend Indiana University. She quickly realized that college life was not where she was supposed to be at that time so she left school and moved to the country with some friends. One day she woke up with a terrible cold and a friend made some fresh Goldenseal tea for her to drink. The next day Susan felt much better and was instantly hooked on the herbal way of life. She began a lifetime of intensive research and foraging for medicinal plants.

In 1980 she moved to the property where she still lives in Brown County. Soon after, she decided to return to college and graduated from the IU School of Nursing in 1988 intending to have a holistic nursing practice. She worked at Bloomington Hospital for four years then started her private practice. She saw clients in Bloomington for 30 years and now continues her nursing practice out of her home with many appointments on her front porch.

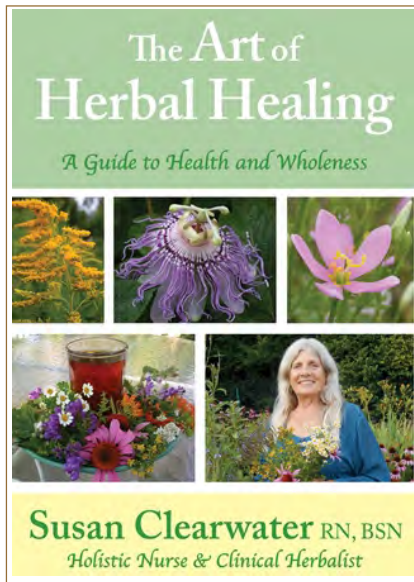
Susan loved herbs so much that she started her organic botanical gardens in the 1980s. She wanted to share her love of herbs so she began teaching one-day classes that soon turned into apprenticeships that ran from spring through autumn. The



classroom was her huge herb garden, which provided enough plants for each student to make teas, salves, poultices, and tinctures (alcohol extracts) of many herbs. In addition to creating their own large pharmacy, students were given seeds and young herb plants to take home to develop their own gardens.

Before harvesting plants, Susan suggested to her students that they sit quietly with the plant having an open heart and quiet mind, ask the plant's permission to be harvested and used for medicine, and then listen to the plant's response. This was a ritual that indigenous people practiced and one that Susan adapted to her way of harvesting and interacting with the plants.

After many years, Susan has retired from teaching but has provided all of her knowledge in her amazing book *The Art of Herbal Healing: A Guide to Health and Wholeness*. It



includes all of the class information plus so much more! It was published in 2018 and contains 700 pages of information on herbal history, botany, organic cultivation, harvesting, drying and storing, creating many types of herbal preparations, formulas, calculating dosages, herbal safety, and the chemical constituents in plants. And that's just Section One!

Section Two discusses how to use herbs for healing and daily health care and provides in-depth information about 50 individual herbs, including teachings from the Devas, which are the intelligent blueprint of each plant. Section Three provides an index of health issues and herbal recommendations. Throughout the book, step-by-step instructions and colored illustrations enable safe

and responsible use of medicinal herbs, while highlighting the holistic perspective of healing.

Susan has traveled the world to study herbs and is a member of the American Botanic Council and United Plant Savers. She studied in the Himalayas for nine months and has also learned so much from her Native American friends over the years. It was when she took a class from Paul Strauss on tinctures and salves that she decided to start creating her own from her herb garden.

Susan's popular Green Turtle Healing Salve contains 20 herbs and is good for almost everything external including chapped lips, cuts, wounds, bruises, burns, bites and stings, dermatitis and rashes.

Tinctures are potent herbal medicines. They are prepared by soaking chopped up roots, leaves or flowers in a water/alcohol base. Susan uses grain alcohol, which is the purest form of alcohol, mixed with distilled water to provide a pure solvent that extracts medicinal chemicals out of plants. Tinctures are predigested and can get into the bloodstream in minutes. They are sterile due to the alcohol content which prevents mold or bacterial growth and tinctures do not expire.

Susan's favorite plant is Scullcap

(*Scutellaria lateriflora*). It is the main ingredient in her Nerve Tonic & Insomnia Relief tincture which calms the central nervous system and is helpful for many types of anxiety. It is her most popular tincture and works well for almost everyone.

Boneset (*Eupatorium perfoliatum*) is another one of Susan's favorites. A 1985 study showed it to be 10x stronger than Echinacea in stimulating the immune system, making it helpful for bacterial and viral infections. During the 1918 Spanish Flu, it was said to have lessened symptoms. Susan likes to combine Boneset with Echinacea to strengthen immunity and fight serious infections.

Most herbal manufacturers order

plant material from growers, which has to be dried for shipping. Dried herbs deteriorate over time and tend not to be as potent as fresh herbs. For this reason, Susan suggests growing and making your own herbal medicine, or buying herbal products from a company that grows the herbs and makes the products themselves. This way the herbs can be harvested at their peak when chemical constituents are at their highest concentration and are prepared fresh rather than dried. This is how Susan is able to make superior products.

Susan Clearwater's Green Turtle Botanical salve and tinctures and her book *The Art of Herbal Healing: A Guide to Health and Wholeness* are available at both Bloomingfoods locations.



Take the chill off a cold day with a warm bowl of hearty soup or stew that features beans, greens and a variety of fresh vegetables.

Soups & Stews



Right: The Three Sisters is an ancient Native American technique for growing corn, squash and beans together in a way that builds on the strengths of each individual plant and enables them to nurture one another. Cooked together, these ingredients make a nutritious soup that celebrates the harvest season.

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Three Sisters Soup

Serves 8 to 10. Prep time: 1 hour, 10 minutes to 2 hours, 10 minutes.

- 2 pounds of your favorite winter squash (butternut, acorn, kabocha)
- 2 to 3 tablespoons olive oil
- 1 yellow onion, diced
- ¼ cup garlic, chopped
- 2 quarts vegetable stock or water
- ½ cup white wine
- 2 teaspoons dried thyme
- 1 large bay leaf
- 1 pound fresh or frozen corn kernels
- 2 15.5-ounce cans cannellini beans, drained
- ½ bunch green onions, sliced
- Salt and pepper to taste

1. Preheat the oven to 350°F. Halve the squash and scoop out the seeds. Place the squash halves skin-side down on a lightly oiled baking sheet, and then roast until cooked through and soft, anywhere from 30 to 90 minutes. (Approximate cooking times: acorn squash, 30 to 45 minutes; kabocha squash, 40 to 50 minutes; butternut squash, 60 to 90 minutes.) Remove from the oven and allow to cool.
2. Scoop the flesh of the squash into a large bowl, saving any liquid. Puree the cooled squash with a blender or food processor, adding some of the reserved liquid if needed.
3. In a large stockpot, heat the oil over medium heat and sauté the onions until they begin to brown. Add the garlic and cook, stirring often, until the garlic turns light brown in color.
4. Add the stock or water, wine, thyme, bay leaf and pureed squash and bring to a simmer. Stir in the remaining ingredients and simmer for 15 to 20 minutes. Taste and adjust seasoning as needed.



Red Lentil Stew with Kale

Serves: 4. Prep time: 45 minutes; 20 minutes active.

- 1 cup red lentils
- 4 cups water
- 2 cups cauliflower, chopped
- 1 small red bell pepper, chopped
- ½ teaspoon salt
- 1 bunch kale, stems and leaves, chopped
- 1 tablespoon ghee or coconut oil
- 1 large onion, chopped
- 1 tablespoon fresh ginger, chopped
- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seeds
- 1 large jalapeño, seeded and chopped
- ½ teaspoon ground turmeric

1. Rinse the lentils, then put in a pot with the water, cauliflower, red bell pepper and salt. Place over medium-high heat and bring to a boil, then reduce the heat to low, place a lid on the pot, slightly ajar, and cook, stirring occasionally, for about 20 minutes. Stir in the kale and cook for about 10 minutes longer, until the lentils are soft and falling apart.
2. While the lentils cook, drizzle the ghee or oil in a large sauté pan and place over medium-high heat. Add the onion, ginger, mustard seeds and cumin seeds and sauté until they start to sizzle, then reduce the heat to medium-low and stir occasionally. Add the jalapeño and turmeric and stir for a few minutes before stirring into the lentils.
3. Add the sauté to the cooked lentils and let simmer for 5 minutes to meld the flavors.



Hearty Kale and White Bean Stew

Serves 6. Prep time: 50 minutes; 20 minutes active.

- 3 tablespoons olive oil
- 2 cups diced red onion
- 2 cups diced carrot
- 2 tablespoons minced garlic
- 2 cups diced peeled butternut squash
- 2 cups sliced button mushrooms
- 4 cups vegetable or chicken stock
- 4 cups chopped kale, stems removed
- 1 12-ounce can white beans
- 1 14.5-ounce can diced tomatoes
- 2 tablespoons Dijon mustard
- 1 teaspoon chopped fresh rosemary
- ½ teaspoon red pepper flakes
- 1 cup shredded Romano cheese (optional)

1. Heat the olive oil in a large frying pan, add the onions, carrots, garlic, squash and mushrooms and sauté for 5 to 10 minutes.
2. Transfer the vegetables to an 8-quart stock pot and add the stock, kale, beans, tomatoes, Dijon mustard, fresh rosemary and red pepper flakes. Cover the pot and let cook for additional 20 minutes or until the kale is soft. Top with shredded Romano cheese if desired before serving.

Hearty autumn vegetables plus dark green kale make for a beautiful bowl of stew. Serve with brown bread or rye crackers.



Sausage and Potato Soup

Serves: 6. Prep time: 30 minutes; 20 minutes active.

- ½ pound sweet or hot Italian bulk sausage
- 1 small onion, diced
- 2 large potatoes, cubed to make 3 cups
- 1 large carrot, chopped
- 1 clove garlic, crushed
- 1 14.5-ounce can chicken broth
- 1 15-ounce can diced tomatoes with juice
- ½ bunch kale, sliced
- ½ teaspoon dried oregano, crushed
- ½ teaspoon dried marjoram, crushed
- ½ teaspoon salt
- 1 pinch crushed red pepper flakes, to taste

1. Place a large pot or Dutch oven over medium-high heat and crumble the sausage into the pan. Stir as the sausage starts to sizzle, then add the onion. Cook, stirring occasionally, for about 4 minutes, until sausage is browned and cooked through. Add the potatoes, carrot, garlic, chicken broth, tomatoes, kale, oregano, marjoram and salt. If desired, add red pepper flakes.
2. Cover and bring to a boil, then reduce the heat to low and simmer for about 10 minutes. When the potatoes are tender, serve.

Italian sausage infuses this simple soup with flavor. Choose hot or sweet sausage, depending on your taste for heat.



Farmhouse Bean Soup

Serves 6. Prep time: 30 minutes; 15 minutes active.

- 2 tablespoons olive oil
- 1 yellow onion, diced
- 1 large carrot, peeled and diced
- 3 parsnips, peeled and diced
- 3 cloves garlic, peeled and minced
- 1 15-ounce can diced tomatoes
- 4 cups vegetable broth
- 3 to 4 sprigs each of fresh rosemary and thyme
- 1 15-ounce can northern beans, drained and rinsed
- 1 15-ounce can pinto beans, drained and rinsed
- 1 15-ounce can kidney beans, drained and rinsed
- 5 cups fresh spinach, chopped
- Salt and black pepper to taste

1. In a large pot, heat the oil over medium-high heat. Add the onion, carrot, parsnips and garlic and sauté 5 to 7 minutes.
2. Add the tomatoes, broth and herbs and bring to a boil.
3. Add the beans, reduce heat to simmer and cook 20 to 30 minutes until vegetables are tender. Stir in the spinach and season with salt and pepper to taste. Serve warm.

Canned beans are nutritious and convenient, making this soup a healthy, fast and tasty option for a weeknight meal at home.

Meet Your 2021

Visit bloomingfoods.coop for full candidate statements and the latest election information!

Board Candidates



Liz Barnhart

I am deeply invested in the relationship between food and community. I believe in creating a better, more equitable environment for workers, co-op members, and community. I can facilitate better connections with people so that I can advocate on their behalf.



Brianne Jamerson

I shop at Bloomingfoods several times a week. It is my “go to” for everything. I am interested in knowing more about the Co-op from a different aspect, meeting new people and being involved with its education and growth in our community.

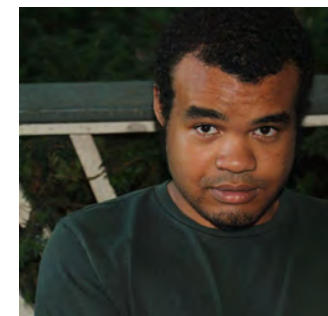
Stacey Giroux

I think cooperatives and self-governance are important to build community and can be very effective. Bloomingfoods is such an asset to the community, and if I can help make it stronger I will.



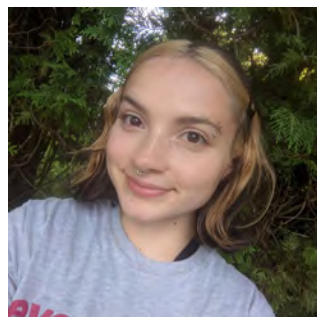
Tosh Lewis (incumbent)

I want to continue to represent the interests of my fellow owners-members as well as those of my coworkers.



Gerry Hayes

I'm interested in serving on the board of BCS to ensure Bloomington and surrounding communities have a vibrant locally sourced food system consistent with values such as sustainability and community. Everybody must eat, but where they spend their dollars is a habit. We need to change habits.



Patty Moon

I have been shopping at Bloomingfoods since I was a little girl, and I have always connected with its mission. I think that I would be a valuable addition to the board with my unique perspective as a staff member and my education in sustainable business.



The Board of Directors is now accepting nominations for the

2021 Annual Bill Krejci Memorial Award!

Created in 1999, the award honors a Bloomingfoods owner-member, staff member, or past/present director who exemplifies Bill's spirit of giving of themselves to better Bloomingfoods and the cooperative way.

In addition to being recognized on plaques in our stores alongside the generous people honored in previous years, the award comes with a \$150 donation to a charity chosen by the awardee, and a \$100 gift.

The award will be given at the Annual Meeting to be held on Tuesday, October 21st.

If you would like to nominate an individual for the award, please pick up a form in either of our stores or fill it out online at: <https://www.bloomingfoods.coop/bill-krejci-memorial-award>

Completed nominations should be returned to Bloomingfoods no later than October 3rd.



2021 Bloomingfoods Annual Meeting

**Online via Zoom
Thursday, October 21
7:00 pm**

Owner-Members:
Join us to hear about the year
in review as well as what lies
ahead for your co-op!

**VOTE on
Board of Directors
and Positive Change
candidates!**

In-store and online

9/27 - 10/21

www.votebloomingfoods.com

Gallery B Featured Artist Lynn Barrett

Everyone needs a mentor and Lynn loves to be that inspiration.



When asked what inspired her to become an artist, Lynn said, “Art makes me feel alive. It has always been my way of expressing myself when I could not put something into words.”

Lynn currently has an exhibit in Gallery B at Bloomingfoods West. She has titled this exhibit “Conversations Within.” She says that her paintings are her inner voice or her soul that has often been afraid to let others see who she is. She can be playful by having marks on the canvas dance in many different directions. She can be dramatic in color or composition.

She can also be quiet with the softness of organic leaves and trees.

She grew up in the rural town of Brazil, Indiana and began painting at the age of 16 in her first painting lesson. Her best friend’s mother was a landscape painter, so she naturally learned in her style. Her high school art teacher then exposed her to more of an abstract way of creating art. This teacher also made the class go outside to draw trees or leaves on the ground when she was frustrated with the class. Lynn laughs about that now because she usually puts one or the other in her paintings and she thinks of that teacher.

Lynn moved from her small hometown to Bloomington around 25 years ago because she wanted her sons to experience an art community and a university setting where they could meet people from around the world.

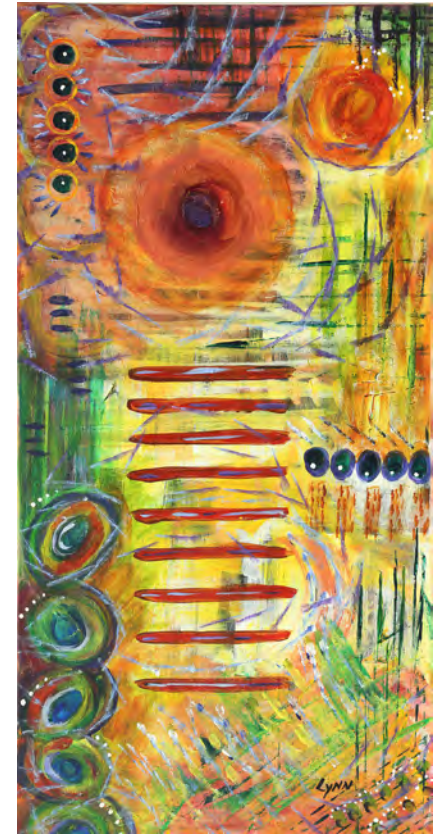
Before leaving Brazil she taught art for five years in the local high school. After her move, she continued teaching art, this time at the elementary level in Martinsville for nearly 20 years. She said, “It was a joy seeing young creative minds express themselves through art, especially special needs students. My students were exposed to many mediums along with art history. I know some of their favorites were painting and ceramics. I also made sure I displayed their art throughout the school building and community

for them to feel like their work was hung in a museum. I may have taught them, but they also taught me.”

Lynn has been trained in several areas of art from college classes and other workshops. The art that she enjoys and practices currently are fiber arts, such as quilting and knitting, collages with mixed media, and ceramics.

Strong women artists who are not afraid to push boundaries and express themselves have always inspired Lynn. Georgia O’Keefe, Frida Kahlo, and current artist Flora Bowley have all had an impact on Lynn. She is thankful to have visited all of their studios. Matisse has also been a favorite with all of his ‘cut-out art’ and the use of color and patterns in his paintings.

Lynn would like to add, “I have often been told by friends or children that being around me inspires them to create. I feel blessed by this. Everyone needs a mentor and



I still enjoy teaching others.” She currently gives art lessons to anyone age four and up.

You can contact Lynn for lessons or to purchase her art at: labarrett2017@gmail.com



CONVERSATIONS WITHIN



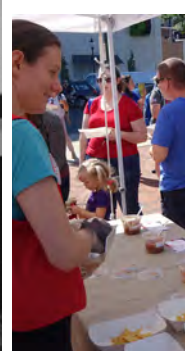
Works by Lynn Barrett

August - October

Join us for Gallery Walk Bloomington's First Friday events in August, September, and October in our Near-West Store's cafe seating area!

At Gallery B
inside Bloomingfoods Near West
316 W 6th Street
Open & on view
Mon-Sun 7:30am - 10pm

gallery WALK



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