

\$1 OFF HARVEST ULTIMATE ONE VITAMINS

180 count

Members Only

expires 6/31/08
(PLU #122002)

one coupon per member per month



50¢ OFF

ANY HARVEST DELI SANDWICH

Members Only

expires 6/31/08
(PLU 122003)

one coupon per member per month



50¢ OFF

BEARITOS CORN CHIPS

Members Only

expires 6/31/08
(PLU 122006)

one coupon per member per month



MSCC UPDATE :

Come one, come all to Red Fire Farm

Here is a great opportunity to get reconnected with your food. On June 21st at 6:30PM, Red Fire Farm in Granby, MA is hosting a new event - Strawberry Feast in the Fields. The evening begins with a special dinner menu that celebrates locally grown foods (A hint of the menu: home-made strawberry shortcake). The dinner will take place in tents set up in the strawberry fields. View the menu and purchase tickets at <http://www.redfirefarm.com/news/feast.html> or call 413-467-SOIL.

The MSCC is dedicated to connecting Harvest members with each other through community oriented events that focus on food and healthy living. Please join the MSCC the 4th Thursday of each month from 6-7PM in the Jim O'Connor Community Room in the Cambridge store. Contact Chris Durkin at cdurkin@harvest.coop for more information.



Co-op Calendar

HARVEST EVENTS JUNE 2008

These **FREE** events are held in the Community Room, Harvest Cambridge store unless otherwise specified

Monday, JUNE 2, 7 PM HARVEST BOARD OF DIRECTORS MEETING

Tuesday, June 3, 6-8 PM GOT THE SUGAR BLUES?

Tuesday, JUNE 10, 6-8 PM BRAIN HEALTH FOR DISEASE PREVENTION

★ WEDNESDAY, JUNE 11 – MEMBER APPRECIATION DAY!
ALL HARVEST CO-OP MEMBER-OWNERS RECEIVE
10% DISCOUNT ALL DAY!

Saturday, JUNE 14, 1-5 PM JAPANESE ANIMATION, RATED PG

Tuesday, June 17, 6-8 PM INTRO TO ACUPUNCTURE

Tuesday, JUNE 24, 6-8 PM NATUROPATHIC ROUND TABLE

THURSDAY, JUNE 26, 6-7 PM - MEMBERSHIP AND SOCIAL CONCERNS COMMITTEE

Monday, JULY 7, 7 PM HARVEST BOARD OF DIRECTORS MEETING

Harvest Co-op Market encourages exploration of a variety of approaches to food, nutrition, and health in our classes. However, inclusion in our class offerings does not imply endorsement by the Co-op.

JUNE 2008



HARVEST CO-OP'S

HARVEST TIMES

A publication for members and shoppers at Harvest Co-op Markets

PAPER VS. PLASTIC

By Chris Durkin

Paper vs. plastic. Plastic vs. paper. As you stand in line, you ask yourself which is the "green" choice?

Of course, the answer is neither. Both use significant energy and natural resources to produce, and even if reused or recycled, produce significant pollution. Then why the big movement by politicians to ban plastic bags? This is the result of dubious science, where they decide one is a more popular villain than the other. We get occasional requests to charge for bags rather than give a discount. The effect of that would be to make people shop elsewhere – which won't work for the long-term survival of your co-op.

Paper uses significant amount of natural resources – trees – to make a paper bag. Trees have to be cut, moved from the forest to the plant, then dried for three years before they can be processed. Moving large logs means fossil fuel consumption, either through trucking on roads that also destroy habitats, or in some cases by helicopter. Logging is also a dangerous – and not well-paid – job. Once dried, the wood then has to be cubed, "cooked", then treated with water, sulfuric acid, and bleach to be made into paper pulp. Then it has to be processed, cut, printed, packaged and shipped, using more energy. Some estimate that paper uses 70% more energy, produces more air pollution, and significantly more – up to 50 times more - water pollution than plastic bags. So paper is actually a triple threat – cutting down forests which absorb greenhouse gases; an energy gobbling and polluting process; and at a much higher purchase price – 5 times the cost per bag – than your co-op pays for plastic bags.

Plastic bags are made as a byproduct – polyethylene - of the oil refining process. Although they use less energy than paper to produce, the process is the highly toxic result of non-renewable source. According to the Environmental Protection Agency (EPA), plastic

production uses 5 of the 6 top listed chemicals that generate toxic waste. (Which leads to another question for another time – why are these chemicals still being used? – OK, we all know who runs the EPA). Over 380 billion plastic bags are used in the US each year. None of these facts take into account the effects of oil spills and the occasional military action.

What happens after these bags are used? Paper can be recycled; but that process is energy, resource (water again) and chemically intensive. Most paper bags that are recycled are made into cardboard. If paper bags end up as trash, it is not as toxic as plastic, but since most landfills are capped, paper doesn't get the light, air and water necessary for decomposition. Plastic recycling uses less resources, and takes up less space in landfills, but will not decompose at all. A lot of plastic ends up getting burned for energy, releasing deadly dioxin into the ecosystem.

So there you have it. We aren't trying to answer the "paper vs. plastic" debate, just giving you some information to make your own decision; which is better is up to you. The only truly green solution is to bring your own bags. We have now (permanently, not just for Earth Month as a competitor did) doubled the bag refund to 10¢ per bag when you bring your own bag. We have sold over 3,500 reusable bags since we started almost 2 years ago, and given out many more to new members when they join Harvest. In the last fiscal year which ended April 26, 2008, Harvest gave back over \$7,000 in bag refunds. Now that we have doubled the bag discount to 10¢ per bag when you bring your own bag, it makes more sense to bring your own bag(s) when you shop at Harvest.

Information from the Environmental Literacy Council, Greenfeet.net, and the Washington Post <http://tinyurl.com/2kany9> were used in this article.

JUNE, 2008

VOL 9, NO. 6

If you'd like to have this newsletter emailed to you, contact cdurkin@harvest.coop

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BOTTLED WATER BAN

By Chris Durkin

There is growing controversy – and we have had a couple member and customer suggestions – concerning selling bottled water. No one can argue with the fact that bottled water usage is high in energy consumption and pollution, clogs up the waste stream due to lack of recycling, and, since our tap water is often as clean or cleaner than bottled water, is of dubious value. At the same time, sales have grown exponentially – doubling in sales over the past 10 years.

Why don't we just stop selling it at Harvest? Harvest Co-op's urban history – actually, Boston Food Co-op's and Cambridge Food Co-op's histories – are different from many food co-ops started in the 70's. Because of what we sell, we are known in the co-op world as a "hybrid" co-op. When we started in the early 1970's, commercial supermarkets had abandoned the city for the more affluent suburbs. The Board of Directors decided that rather than becoming an exclusive natural food store that catered only to the organic and natural consumer, we would be inclusive - serving the whole community. Our mission was to educate about, not dictate, food choices. The boycott policy reads in part "For the most part, Harvest chooses to inform and educate rather than dictate shopping choices to its members and customers. In that manner, shoppers can decide what boycotts they wish to participate in. The policy of education and



individual choice allows for a greater level of awareness, while not forcing members to either passively support a boycott they may not agree with, or shop elsewhere for a product they want." That is why you see the Boycott Book up front in both stores. The only Harvest boycott now in effect is on Genetically

Engineered seafood. While we promote – through coupon books, specials and product placement - natural and organic food choices, we also have products on the shelves that you would not see in most "health food" stores.

Harvest General Manager Mike St. Clair, replying to an email from a customer, wrote recently "As the GM, one of my roles is to help Harvest provide the goods and services that our members and customers desire at prices and service levels that will attract them as repetitive customers. This way, the Co-op will be sustainable and survive to be able to continue its overall mission. In this respect, we are often about making compromises and concessions, as our customers and their desires are quite diverse. With regards to water consumption, then, we offer a few options, including bottled water in single serve and larger sizes, filtered "tap" water for self service in reusable jugs (or BYOJ), and a water cooler with hot and cold filtered tap water in the breakroom for our associates. In the Clear Conscience Cafe at the front of the store, the only water served is Cambridge's finest out of the tap. While not eliminating completely the bottled water option, which would certainly result in lost sales/market share to the big chains for those customers who demand it, we do provide alternatives for both customers and associates alike."

There are many very good reasons for concern about bottled water and it's effect on the environment. Here in the US, we spent over \$15 billion on bottled water in 2007 – even though our tap water is some of the best drinking water in the world. It is interesting that government standards are higher - and testing more rigorous - for tap water than bottled water. Millions of tons of oil-based plastics are used – and thrown in landfills – to provide us with bottled water. Manufacturing the 29 billion plastic bottles used for water in the United States each year requires the equivalent of more than 17 million barrels of crude oil. That doesn't even take into account the cost – both in dollars and fossil fuels – of shipping the water – some even shipped from other countries. Bottled water can be

Continued on next page

SUGGESTION BOOK



- Q.) When do we get the rebate checks? I thought it was soon.
- A.) The first year of the patronage rebate program just ended with the end of our fiscal year (April 26) so now comes inventory, then the accountants do their stuff, then the auditors check in. The checks should go out be around September – IF WE HAVE YOUR CURRENT ADDRESS! If you have moved since you joined, and not let us know, we can't send you the check. If you are not sure, email me your name and current address at cdurkin@harvest.coop, and I will check to be sure we have the correct address for you. Thanks again for your support!
- Q.) Why don't you CHARGE for bags instead of giving a bag discount?
- A.) The effect of that would be to make people go shop elsewhere where they don't charge for bags, and that wouldn't be good for the health of your co-op – (also, see the article in this issue about paper vs. plastic). In the last fiscal year which ended April 26, 2008, Harvest gave back over \$7,000 in bag refunds. Now that we have doubled the bag discount to 10¢ per bag, it makes more sense to bring your own bag(s) when you shop at Harvest.
- Q.) Where did all the baby stuff go that used to be in aisle 4 (in Cambridge)
- A.) The food went to the closest endcap (that's grocery store lingo for the shelves at the end of the aisle),

along with the Tushies (I just wanted to use the word Tushies) . The personal care stuff (bubble bath, shampoo, etc.) is in the personal care aisle near the end on the right as you face the back of the store. With the growing interest in green cleaners, detergents, etc., we had to expand the cleaning section.

- Q.) I got the Co-op coupon book in the mail last month (April), and I am trying to cut down on the junk mail I get (nothing personal). Can I please get off the mailing list? I can pick up a coupon book when I come in the store.
- A.) No offence taken. I can relate. I have just "un-joined" a couple groups – one for too much mail, and another for giving my info to another group. I can put your mailing address on the "limited" list, which means the only mail you get will be the patronage rebate check going out this fall, and the Annual Member Dinner and Meeting Announcement (save that date! Wednesday, October 29!). But this is important. If we do not have your current address, you will not get your patronage rebate check. If you are not sure, email me at cdurkin@harvest.coop with your current address. Thanks!

BOTTLED WATER

Continued from page 2

more expensive than gasoline – some over \$8 a gallon. One of my favorite facts is that it can take three times as much water as is in the bottle just to create the bottle.

Soda giants Coke (Dasani) and Pepsi (Aquafina), see the trend of increasing sales as the answer to slumping soda sales. These products are just processed tap water, as is 25% - 40% of bottled water sold. Choosing to drink tap water instead, we can save money and make one more effort to decrease our footprint on mother earth.

We need to address other water related issues as well.

Our water treatment and delivery infrastructure is old; most of it from the beginning of last century, some from even earlier. Despite this, almost every year the federal government has cut funding. Internationally, the privatization – therefore, loss of local control - of water sources is increasing, as are conflicts over water between nations – but those are issues for another time.

To sign the Think Outside the Bottle Campaign pledge, go to http://www.stopcorporateabuse.org/campaign/think_outside_the_bottle_pledge?source=earthpolpl

Material from the Earth Policy Institute, the Environmental Defense Fund, Food and Water Watch, and the Worldwatch Institute was used in this article.

HARVEST TIMES

JUNE

2008

VOLUME 9, NO. 6

Published by
Harvest Co-op Markets

Editor
Chris Durkin
*Director of Membership and
Community Relations*

Printer
Red Sun Press, Boston
a worker-owned co-operative



TO YOUR HEALTH!

MADE FRESH TO ORDER

GO ORGANIC!