

Mohawk Harvester



Mohawk Harvest Cooperative Market

30 N. Main St., Gloversville, NY 12078

518.706.0681 – mohawkharvest.org – Facebook

MON-FRI / 8AM-7PM — SAT / 8AM-5PM — SUN / 9AM-5PM

OPEN TO ALL

Summer 2019

Happy Birthday to the Co-op—Cheers to 10 Years!

By *Gianna DeLilli*

Yes, it's true! We are celebrating a decade of business in downtown Gloversville. From our humble beginnings at 51 N. Main Street, to our current space at 30 N. Main Street, the Co-op has continued its mission of providing a local shopping experience, supporting our farmers and producers, and helping bring the community together.

The store has grown so much in the last 10 years and I am so proud of what it has become: a shopping destination, a place for great coffee, breakfast, and lunch, and a gathering space welcome to all. And guess what? We could not have done it without YOU!

A huge thank-you to our dedicated

supporters, our current and past staff and board members, and volunteers who have contributed to the success of this store.

Saturday, July 20, we had a huge celebration that was attended by many. We offered 10% off store-wide, we had raffle baskets, and a 50/50 raffle. Our Secret Love Society and Mike Gowans provided musical entertainment. There were product samples and the delicious desserts were



made by in-house baker, Denise Dickson. We also had a champagne toast. Cheers to another year of Mohawk Harvest Cooperative Market!

Message From Our Manager: From Rain to Shine

by *Gianna DeLilli*

We made it through a wet New York spring filled with what seemed like enough rain to last a lifetime. As we swam through a rainy month of May, I'll admit I questioned whether we would see a sunny summer day this year. It seemed the extended forecast showed nothing but rain clouds, but June finally brought the warm summer days I was dreaming of!

The rain not only contributed to my longing of sunshine, but it caused our local growing season to delay for several weeks. What usually comes in May came in early to mid June, and what should have come in early

June took several more weeks to arrive. Though the season came late, we at Mohawk Harvest will never tire of the joy of seeing the first asparagus of the season, the first fresh ripe tomatoes, and the first strawberries, blueberries, and raspberries. I say it every year: it is such a treat to have such amazing local produce available so near to us.

When the first local produce began streaming in, so began our first ever Harvest Box program. Similar to a farm's CSA (community supported agriculture), participants of the Harvest Box invest

money at the start of the season in exchange for a box of locally grown, fresh produce each week. Unlike a CSA, our Harvest Box incorporates produce from a variety of local farms, not just one. Some of the farms we source from include Free Bird Farm (certified organic!), Goderie's Farm, Frasier's Sugar Shack, and some Amish farms in the area. In addition to local abundance, we also include one special surprise item from the Co-op in each box! It has been such a pleasure to put these boxes together and to see the excitement on our customers' faces when they receive

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Annual Meeting - A Call for Help

by Genia Meinhold

The Annual Meeting of the Co-op was held on April 27, at the First Congregational Church.

Members and guests enjoyed a delicious potluck dinner, along with wine and dessert provided by Board members.

After Mayor Vince DeSantis gave an inspiring presentation outlining plans for Gloversville's continued growth and revitalization, Board Member David Pesses delivered a sobering speech about the dire financial state of the Co-op.

Simply put, we need funds and we need volunteers.

Plans for adding staff, renovation, updating equipment and adding new inventory are all on hold.

Following comments and questions, Co-op member Bryan Taylor rallied the attendees, who offered support and made suggestions.

Since then, Member Engagement and Fund-raising committees have been at work.

Some of you may have been contacted already, but if not, please take the time to speak to a Co-op representative when you are contacted. It is vital that we know how our members feel about the Co-op and we want to hear what you will do to help.

In the meantime, if you would like to share

your thoughts and ideas or volunteer some time at the Co-op, you can contact Jim Strickland at jstrickland@nycap.rr.com

If you would like to make a much needed donation, please contact Bryan Taylor at btaylor789@gmail.com

The Co-op celebrated its 10th birthday in July. Your help is vital if we are to grow, succeed and remain on Main Street for many more years to come.

We can't do it without your help!

Manager (cont'd)

their box.

All new, this March gave way to our very first Farm to Fork Dinner. As the name suggests, this dinner consists of locally grown, farm fresh food served to our guests at the Co-op. Chef Andrew Dench of the Nigra Arts Center prepared a delicious three-course meal of grilled balsamic asparagus with hollandaise, slow roasted pork belly, and homemade vanilla ice cream with berry coulis. An evening of good food, good people, and community feelings – what more could you ask for?

To fulfill our mission of educating the public, we have begun offering more classes through the spring and into the summer. Some classes offered were: Sowing Seeds: How to Start your Seeds Indoors; Beginner Kombucha Brewing Class; and a Paint and Sip. Visit our website (which was recently redesigned!) at www.mohawkharvest.org to see our schedule of events each month, or stop in to see what's happening!

As always, we appreciate every one of our customers and look forward to serving our community each and every day. As we kick off this summer season, we are jointly kicking off our Summer 2019 Membership Drive. Consider joining the Co-op as a member-shareholder and join us in our mission to support local farmers and producers!

Mohawk Harvest Cooperative Market

30 North Main Street
Gloversville, NY 12078
(518) 706-0681

www.mohawkharvest.org

Staff

Gianna DeLilli, General Manager
Korinna Marino, Assistant Manager
Joe Chittenden
Denise Dickson
Alan Harris
Janelle Krause
Dan Lentini
Maria Licciardi

The Board

President: Richard Nilsen
Vice President: Jessie Bolster
Treasurer: Nicole Dench
Secretary: Genia Meinhold

Nicole Campbell
Peter Feldstein
Bruce Frasier
Carole Gottung
Jen Hazzard
Matt Myers
David Pesses
Mitch Rogers
Chris Stanyon
Bobbi Trudel

Committees

Personnel

Chair: Richard Nilsen

Finance

Chair: Jessie Bolster

Marketing and Education

Chair: Genia Meinhold

Farmers Outreach

Chair: Jessie Bolster & Bruce Frasier

Webmaster

Ruth Levinton

Mohawk Harvester

Editors

Genia Meinhold & Lindsay M. Hinkle

Composition and Layout

Lindsay M. Hinkle

Board meetings are held the 3rd Thursday of each month at 6:30pm. Check Facebook for location. Any member-shareholder is welcome to attend.

Mohawk Harvest Cooperative Market Mission Statement

As consumer, producer and farmer members of a cooperative, we are committed to the creation of a healthy, sustainable community by providing wholesome foods, empowering artisans and fostering lifelong learning.

As a community-owned organization, Mohawk Harvest Cooperative Market is committed to complete transparency, especially in managerial and financial matters. If you have any questions or concerns, please contact any officer or board member or email us at info@mohawkharvest.org.

Meet Your New Board Members!

by Genia Meinhold

Richard H. Nilsen, President

Richard grew up on a dairy farm outside Johnstown and went to JHS, FMCC and got an MA and MFA from the University of Arkansas. While most of his years were in human services, including Executive Director of Big Brothers Big Sisters for 10 years, he is semi-retired, writes books, is historian for the Town of Caroga, writes a column for The Leader-Herald called My Adirondack Korner and hangs out a lot at Mohawk Harvest since the death of his life-partner Kathryn Spira last year. The staff and friends at the Co-op have become like family and the positive atmosphere there has become a cherished oasis. He published the Adirondack mystery "An Old Fashioned Shooting," at Amazon.com in Dec. 2014 where it has earned a 4.5 star rating out of 5 by readers. It was followed up with two sequels, An Old-Fashioned Hanging and An Old-Fashioned Drowning. His young adult fantasy "The Book of Power" appeared in June 2015. He has authored 10 books to date and has been published in a variety of magazines such as Christianity Today, Eternity, Guideposts, Bookstore Journal, Cornell University's EPOCH and Poetry Now, California.

Nicole Dench, Treasurer

Nicole studied Accounting and Management in Auckland, New Zealand where she resided for 9 years. After moving to the United States in 2013, she worked for numerous businesses in Albany. Currently, she works for Lexington Arc as their Financial Analyst and has been there since 2015. She lives in Johnstown with her husband and daughter on a gorgeous property where they keep their own chickens and have plans to cover a large plot with some impressive gardens. You can catch Nicole and her family at the Co-op very often, whether they are grabbing brunch or volunteering their time. She is also an avid CrossFit athlete at CrossFit Axis in Johnstown.

Mitch Rogers, Director

Mitch has lived in Johnstown his entire life

and recently bought a home in the Town of Johnstown. He is the third generation at Rogers Family Orchard, and plans to continue the family business. Rogers is a highly diverse farm primarily growing apples. Mitch started a hard cider operation called Rogers' Cideryard about three years ago, and they operate right at the orchard. He also grows turkeys, chickens, and pigs for meat with a pasture based focus. He graduated from FMCC, and continued to SUNY Cobleskill where he completed his bachelors in Agricultural Business Management. He has a deep passion for our food systems and wildlife conservation, which greatly inspires his style of farming.

Jen Hazzard, Director

Jen is a chemistry and physics teacher at Gloversville High School and FMCC. She discovered the Co-op when she wandered in after her job interview at the high school, and has been a regular, and a member, ever since. A native to the area, she is very passionate about the Co-op's mission, and is always teaching about the importance of responsible food sources/products/waste management in her classes, and has even brought classes in for field trips. She firmly believes in a bright future for Gloversville, feels the Co-op is a cornerstone of that movement, and is honored to be part of that by serving on the Board. She is also an avid hiker, a competitive power lifter, and spends most of her free time taking her five-year-old son on adventures.

Chris Stanyon, Auxiliary Member

Chris is a lifelong resident of Gloversville, a 2008 Gloversville High School graduate, and currently practices law at Abdella Law Offices in Gloversville. He firmly believes that the Co-op is playing an instrumental role in revitalizing our downtown community.

Nicole Campbell, Auxiliary Member

Nicole was born and raised in Gloversville. She is a nature enthusiast and wildlife biologist, currently a graduate student and always involved in the music community as well as

supporting local veterans. She also served in the U.S. Navy for 3 years. She has been involved with the Co-op since 2010 and worked during the expansion into the current location. Nicole is very enthusiastic about the Adirondacks and the importance of local and organic food as well as the ecological and sociological benefits that investing in our communities can have.

In the Spice Aisle

by Ginni Mazur

After reading the last issue of the Mohawk Harvester, I was reminded that many people make the Co-op happen. This is also true of a certain section of the Co-op known as the Spice Aisle. The "Spice Girls," as we are often called, make that aisle happen although we are not often visible. Many of us have been volunteers since the Co-op opened, and now we work with both spices and teas. Our job includes bagging the spices and teas, filling and re-filling jars, creating labels, ordering when necessary, and recording prices and order dates.

Your "Spice Girls" are:

Anne, a Broadalbin resident, a retired Gloversville teacher, and a mother of six!

Barb, from Meco, is a retired Gloversville teacher, and she travels A LOT!

Joelle, from Gloversville, is retired from the Probation Department, and she also travels a lot!

Corky, from Gloversville, travels to see her kids in several states, and gets out of "Dodge" in the winter to enjoy the south!

Patti is a retired Gloversville teacher, proud grandmother of two, and also is in charge of the teas, having double duty!

Ginni, from Meco, is a retired teacher, and travels too, often between Vermont and the 1000 Islands!

If you see us and need help, don't hesitate to speak to us or ask for a specific spice or tea. And a big thanks to the "Spice Girls" for all their work and dedication!

New Products Corner

by Terry Swierzowski

Your great Co-op staff is hard at work bringing you the best products for your eating/cooking/snacking pleasure! Check out these great products...ask your knowledgeable staff all about them, or about something you'd like to try!

CAULIFLOWER STALKS (From the Ground Up Snacks)

From the Ground Up is rooted in the belief that food should be tasty and nutritious. Their mission is to create balanced snacks for everyone to enjoy. They bring you familiar snacks with a plant-based twist. We currently stock Cauliflower Stalks, in Cheddar Cheese and Sea Salt flavors.



MADECASSE PURE DARK CHOCOLATE

Almost 70% of the world's cocoa comes from Africa, but less than 1% of the world's chocolate is made there. Madecasse's mission is to make chocolate entirely in Madagascar. To date, they have made over 4 million bars from start to finish in Madagascar.



Madagascar's cocoa crop contains earth's original (heirloom) cocoa variety. The result is a chocolate bar that simply has more flavor. We carry the 92% cocoa Pure Dark Chocolate bar, which is dark and intense for you dark chocolate lovers. It is for the "bold and daring" or for those who want less sugar and more antioxidants.

MADHAVA ORGANIC AMBER RAW BLUE AGAVE

In their pursuit of purity, Madhava has partnered with the Clean Label Project to double check that their methods prevent environmental and industrial



contaminants from getting in, resulting in natural, organic, rich flavors you can trust. Madhava's ongoing commitment has made them the purest and most awarded food company across honey, agave, coconut sugar, and olive oil products.

D'VASH SWEET POTATO NECTAR

Vegan and non-GMO, this nectar is made entirely from organic Carolina Sweet Potatoes. The first product of its kind, the nectar's naturally sweet and crisp flavor will enhance any dish, sweet or savory. This is a uniquely delicious and healthy alternative to honey, sugar and agave and can be used to sweeten coffee or tea, drizzle on pancakes or yogurt, marinate chicken and meats, dress salads, bake delicious desserts and much more.



JUICE DRINKS



JHONEST KIDS is organic juice drinks and we have bottles and pouches of different flavors. They are sweetened with only fruit juice and have 1/2 the sugar of other kids' juice drinks.

TROPICANA KIDS is also sweetened with real juice and have no artificial flavors. Pick some up today!

AGAINST THE GRAIN BAKING MIXES

These baking mixes are free from gluten, grains, dairy, gums, soy and corn. Against The Grain is committed to baking gluten free products using the natural properties of real foods. They combine innovative, artisan baking techniques with naturally gluten free ingredients to stabilize, bind, and leaven their breads. They don't use a single



ingredient that you couldn't find in your own pantry. The result is a line of products with no compromise in taste, quality, and texture. They are a celiac-owned family business based in Brattleboro, VT.

CALIFIA FARMS MILKS

Califia Farms is returning food to its original, nourishing purpose. They apply creativity and innovation to craft a wide assortment of delicious plant-based products including plant milks, dairy free creamers, cold brew coffees, probiotic dairy-free yogurts and citrus juice. Made with real ingredients, Califia is committed to reducing sugar. In fact, Califia has reduced sugar by 57% since 2014 through new unsweetened offerings and lowering sugar in existing products. In the refrigerated dairy case, we carry Unsweetened and Unsweetened Vanilla Uber Oat Milk (plant milk) and Unsweetened Oat Milk. The ingredients in these products are all sustainably sourced and totally natural. It's everything you thought milk never could be, including dairy-free, soy-free, gluten-free, carrageenan-free, non-GMO and BPA-free. It's even kosher and vegan-friendly, and it has 50 percent more calcium than milk.



NATURE'S PATH ORGANIC LOVE CRUNCH CEREAL

Made with exquisite organic ingredients like Fair Trade dark chocolate, red berries and crunchy peanuts – Love Crunch products are the stuff daydreams are made of. And for every Love Crunch product sold the equivalent is donated to food banks in need. So not only do you get to indulge in delicious granola, you help to give back with every bite.



Continued on next page

Coffee Talk with our Roaster

by Kevin Chamberlain

We are back with the Mohawk Harvest Coffee series, talking all about the different factors of why the coffee at your Co-op tastes so good. The last article in this series was talking about our baristas and their importance, I hope you were able to give some thanks to all our wonderful staff. Now lets talk about where the coffee comes from, how it is chosen and why that all plays a big part in quality and flavor.

There are many factors that go into producing quality coffee beans, such as: soil conditions, water frequency, sun exposure, elevation, and weather. Similar to wine, there are certain parts of the world and farmers, that grow coffee crops better than others. Some regions, while capable of growing coffee, may not have ideal conditions for growing coffee with desirable flavors. This is why origin of bean is so important for coffee.

As previously mentioned, the conditions produce is grown in affects the flavor. Coffee that is grown in Guatemala will typically have a sweeter, fruity taste, whereas coffee grown in Sumatra will be likely to have a more earthy flavor. When you buy your coffee beans or choose your morning cup, you may notice that almost all of the coffees we offer at Mohawk Harvest have one country of origin listed. This is called, single origin coffee. The coffee's origin often plays a significant role in its character and knowing the coffee's origin can give you a sense of what it may taste like.

Furthermore, knowing the origin and source

of your beans is a great way to find out the ethical and sustainability practices of that region. Are the workers on the farms being treated and paid fairly? What is the effect on the environment? Are harmful chemicals being used? What is the effect on the community? With this in mind, there are even opportunities where I might buy coffee from a region of the world because of the economic stimulus it will bring to areas that are in need. Examples of this would be purchasing coffee from Puerto Rico to help farmers after the hurricane or to help impoverished countries like Honduras, in part caused from income inequality.

Currently one of my favorite stories to tell in regard to our single origin coffee, is about our Honduras beans. The farm in Honduras where I source from is a micro farm owned and operated entirely by women. I fell in love with the story of the farm and wanted to help support an organization that was helping to empower women. Women in Honduras that have ownership of a business and run the entirety of the farm and transactions is very rare. I wanted to support this while still providing a exceptionally good tasting coffee. The Honduras coffee is one of my all time favorite coffees that I have ever had. Please feel free to ask me about this coffee and I will tell you all about the amazing farm. Through research and getting to know the markets, the origin and location of the the beans, we are able to provide exceptional, sustainable and socially con-

scious options in our Mohawk Harvest Co-op. When a coffee is brought to our coffee shop in the way of the Honduras, it is known as, single source coffee.



Now, that we know more about the origin, let's talk about blends. A blend is when coffee beans from different countries of origin are mixed to create a new flavor with unique or purposeful profiles. In this instance, myself as the roaster

need to know the flavor profiles of the beans, and the roasting information that will best bring out the flavors in the new mix. Right now, the only blend we have at the co-op is our Sumatra. This is the coffee that we use for our espresso and espresso drinks. With this blend, I chose beans that would go well in lattes and cappuccinos (we'll have to talk about coffee pairings another time), while tasting delicious in a stand alone espresso shot. I personally find blends fun to make because it gives me a chance to explore and test new ideas, bring together different qualities of single origin coffees and offer a little more of my personal touch to the cafe.

So the next time you're wandering through the grocery store and picking out your coffee, pay attention to the origin and blend. You might be surprised by the good that one cup of coffee can do.

Mugs up!,

Kevin

New Products (cont'd)

THEO PEANUT BUTTER CUPS

Theo's partnered with CB's Nuts to create a delicious take on a classic combination.

The result is the very first Fair-Trade peanut butter cup. Made with 45% milk chocolate and a special roast of peanut butter, these peanut butter cups are



soy and palm oil free – and totally delicious! They are also organic, gluten free and kosher!

Follow Us!



CONGRATULATIONS to **Janelle Krause**, a Fulton County-based artist and our own barista and baker, as she was awarded a \$2,500 Artist Grant through Saratoga Arts' Community Arts Grant Program for a project entitled, *Subterranean Realities: What Dreams May Come*.

Keto at the Co-op: Gluten Free and Other Dietary Restrictions

by Jessie Bolster

As we go about our busy lives, it's hard to envision adding one more thing to our routines like a restrictive diet, but many people are diving head first into the ketogenic diet. This diet limits the amount of carbs consumed to keep the body in a state of ketosis. Many people praise this diet for its autoimmune fighting, weigh loss stimulating, and energy boosting benefits. It's said to be a difficult diet to transition into because so many of our staples like pasta, pizza, crackers, and even some vegetables are high enough in carbohydrates to pull your body from this ketogenic state. While I'm no nutritionist, I can imagine that pulling together meals, snacks, and grocery lists that follow the ketogenic diet can be very difficult.

Here at the Co-op we feature many items that make following those restrictions



easier. The egg salad at the Co-op is made without any shelf stabilizing additives, which can hide added carbohydrates. Whisps™ are a cracker substitute made of baked Parmesan cheese, which means that no carbs are needed to have a crunchy satisfying snack. Speaking of cheese, the assortment of local and imported cheese in the cooler will keep your taste buds satisfied while

you remove other guilty pleasures from your diet. The cured meats available are all natural and serve as a great source of protein to combine with your cheese and cheese "crackers". Don't forget to grab some olives and you'll have a full ketogenic tapas spread to bring home.

The ketogenic diet often relies heavily on sourcing much of your meal from meat due to meat's high protein and high fat content. Rather than relying on meat that has unknown origins, why not check out our

freezers, which are full of pasture raised, local meats. You can choose between grass-fed beef and pasture raised pork all while supporting local farmers involved in your community. The eggs in the back fridge are from farms right around the corner and the local dairy products are an excellent source of vitamins and fat. Don't forget to check out the pork rinds in the snack aisle on your way out the door to have an emergency ketogenic snack in your glove compartment.

You may not be embracing the ketogenic diet, maybe you're playing with restricting carbohydrates or cutting out gluten. The Co-op carries four different gluten free flour substitutes including Tiger Nut Flour, which allows you to bake without gluten in your baked goods. The cookie bar located in the café often carries one or two gluten free sweets, which are sure to make you smile. So go ahead and start that diet and embrace grocery shopping again. The Co-op has something that will satisfy you, just come take a look

Beetology: The Beat on Beets

by Carole Gottung

The nutritional value of beets comes from their concentration of Folate, Vitamin C, and the minerals Potassium and Manganese. They also include a fair amount of Magnesium and Iron, are low in calories and contain a small amount of protein.

If they are purchased fresh, the nutritional value of beets can be complemented by cooking the greens or using them fresh in salads. Beet greens are a very good source of Vitamins A, C and K. They also contain some Vitamin E and B vitamins, especially B2. Beet greens are high in minerals, especially Potassium and are a good veggie source of Calcium.

Beets are also versatile. You can add them to a recipe to make a healthy, tasty and guilt free treat. My family likes this recipe. Plus it

is gluten free for those who have a gluten sensitivity.

Beet-Coconut Energy Bites

Prep time: 30 minutes

Cook Time: 0 min.

Servings: 12-14 pieces

What You'll Need:

9 Medjool dates, pitted and soaked

1 large cooked beet, chopped (Beetology cooked beets found in produce cooler)

½ cup almond flour

½ cup shredded coconut (plus more for rolling)

¼ cup raw almonds chopped (optional)

½ cup chocolate chips

½ teaspoon pure vanilla extract



What to Do:

Add all the ingredients (except the chocolate chips) for the energy bites to a food processor and turn it on. Process until a thick paste forms. Note: you will need to stop the food processor several times to scrape down the sides with a rubber spatula.

Add the chocolate chips.

Transfer the mixture to a sealable container and refrigerate for 15 minutes, allowing the mixture time to chill and set up.

Form 12 to 14 balls out of the beet-coconut mixture, then roll the balls in shredded coconut (or chopped nuts if you'd prefer).

Store the Beet-Coconut Energy Bites in a sealed container in your refrigerator for up to 5 days. Enjoy!



MICROPOLIS
Gallery Update



ABOVE: Guest artist Kevin Kuhne talks with visitor during the "Meet the Artist" reception on July 12. Kuhne's show can be seen in the gallery through Labor Day.

Micropolis Turns Eight!

Eight years ago in March, a group of citizens held a meeting to discuss the feasibility of forming a cooperative for area artists. They met inside the soon-to-be new location of Mohawk Harvest while floors were still being sanded and heat was not yet fully functioning. Twenty individuals with questions and ideas arrived carrying their own chairs.

Four months later, on July 27, 2011 the newly formed Micropolis Cooperative, Inc. partnered with the Sacandaga Valley Arts Network (SVAN) to present the first "Art on Main" in downtown Gloversville. It was a celebration of artwork by regional artists held in two locations simultaneously—at the Fulton County Chamber Rotunda Gallery and at Micropolis. Since that first event, the art co-op has held a "Meet the Artists" reception every two months, unveiling a new show and introducing a featured artist.

Because of its location inside Mohawk Harvest, the gallery is fortunate to be open seven days a week enabling Micropolis to carry out its mission to:

- provide artists with an opportunity to exhibit and sell their artwork
- build awareness of and support for the regional art community
- be a part of the revitalization of downtown

Celebrating 8 Years



Come celebrate our community of artists!



ABOVE LEFT: Winter Scene in Canajoharie by Kevin Kuhne; AT RIGHT: Baskets by Anne Marie LaVallee



Guest Artist Kevin Kuhne

Kevin Kuhne is the artist being featured during July and August. Kevin, who lives in Latham, is interested in and inspired by local history, architecture, people, and conservation. While watercolor is his main medium, he also works in mixed media constructions.

Kevin is a member of many organizations including the Oakroom Artists of Schenectady and the Albany Artists Group.

In his Artist's Statement Kevin states, "I most enjoy working plein air, throughout the year, often using my car as my studio. Formally, the beautiful shapes, color patterns, and atmosphere of everyday scenes are what attract me. Working on site allows me to convey the energy and life in the streets and neighborhoods where I find these elements."

Kevin is excited to be returning to show his work in Gloversville after a 40-year absence. He lived in the city from 1978 to 1980, teaching art one year at Estee Middle School, and the following year substitute teaching throughout the area.

SVAN Art Trails

Begin your journey on the SVAN Art Trails in the co-op by picking up a copy of the trail guide and map in the gallery. Then head out to visit the studios of regional artists. Studios are open 10am-4pm on Saturday & Sunday, August 24 & 25. The arts in our region are amazing!!!



ABOVE: Mosaics by Linda Biggers

CLMF Poster on Sale Here

A poster has been created celebrating the eighth season of the Caroga Lake Music Festival. Posters are available for sale at CLMF concerts and in the gallery at Mohawk Harvest.



Money raised from the sale of posters will be shared by the Caroga Arts Collective with the CLMF, Mohawk Harvest and Micropolis.

The design of the poster was donated by Micropolis artist Linda Hinkle. Printing was donated by Miller Printing of Amsterdam.

Support the Caroga Lake Music Festival and the two co-ops by purchasing a poster for \$10.

Welcome to Our New Artist

Micropolis is pleased to announce that **Anne Marie LaVallee** has joined the art co-op!!

Anne Marie is a recently retired registered nurse who struggled with her free time. While browsing Facebook she found a local class on basket weaving and decided to try her hand at it and she was addicted!!!

In just one year she has attempted many patterns but makes most baskets on a whim. She now has family and friends coming to her home to weave whatever they want with some guidance from her. As her husband states, "I've lost my garage!"

Anne Marie will be attending weaving retreats in Idaho and Greece in the coming months to learn new techniques.

She resides in the Ephratah area with her husband Michael. Together they have 3 children and 7 grandchildren. She carries degrees in nursing and medical/legal science. She worked at Nathan Littauer Hospital as a staff RN for 28 years and Mountain Valley Hospice for 8 years.

The Mosaics of Linda Biggers to be Featured in the Fall

Our guest artist in September and October will be **Linda Biggers**. We hope you will join us at the "Meet the Artists" reception after Labor Day.

On her website, Linda states "As a child, I spent every spare minute drawing or painting. For years, I dabbled in photography, painting, sculpture and a huge variety of crafts and worked as a graphic designer for 18 years. In 1998, I discovered eggshell and mixed media mosaic. Mosaic became my medium of choice. With the use of glass, eggshell, natural stone and slate, I am able to create works with the color and intense drama that I enjoy. I love texture, brilliant colors and creating pieces that will evoke feelings and emotions to the viewer."



Like Us on Facebook
www.facebook.com/MicropolisGallery/

Summer 2019 Membership Drive

We are excited to announce our Summer 2019 Membership Drive is going on now!

We are offering special incentives to join the Co-op as a member-shareholder.

Already a member?

Refer a friend! If they sign up to be a member, you receive a \$10 gift card for the store!! Do this as many times as you want during our Membership Drive ending September 30.



Not a member yet?

Join this summer and receive a 20% off coupon that you can re-use through the end of August! How exciting is that? Become a member and start saving now!

What does it mean to be a member?

When you purchase a membership at Mohawk Harvest Cooperative Market, you are purchasing a share of the Co-op, becoming part owner of this store (how cool is that?). Being a member-shareholder means you are privy to certain discounts, you receive a right to vote and attend board meetings, and more! See below under "member-shareholder benefits" for more info on member-shareholder perks.

How to join:

You can join in-store by asking our front-end employees for a membership brochure. It costs \$150.00 for a lifetime membership - that counts for you and everyone in your household. You can join online by visiting our website at <https://mohawkharvest.org/membership/>.



Why Join? Member-Shareholder Benefits:

Reason #1: You are investing in downtown Gloversville and your community.

Reason #2: Isn't the first reason enough?! Just kidding.

Other member-shareholder benefits:

- Receive 5% all purchases (excluding Micropolis Art Gallery)
- Receive discounts on events and specific monthly specials
- Receive 30% off MSRP on bulk ordering/case prices
- A right to vote (one per household) on Co-op matters
- An invitation to our Annual Meeting (held each spring)
- Receive any profit from the Co-op in the form of a dividend
- And did I mention you'll be investing in downtown Gloversville and in your community?



We hope you'll consider joining Mohawk Harvest Cooperative Market and it's mission to support local farmers and producers in our area and to make our community a better place!

DISCOUNTS

@ THE CO-OP

STUDENT DISCOUNT



Present your Student ID and receive **5% off** your entire purchase.

SENIOR DISCOUNT

Are you 62 or older?

On **Tuesdays**, all seniors, members and nonmembers alike, receive **5% off** their entire purchase.



VOLUNTEER OPPORTUNITIES

Have a desire to get more involved in your community?
E-mail Jim Strickland at jstrickland@nycap.rr.com
If you're interested in volunteering in-store or at events!

A special Thank You to Derby for our printing needs!



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Have a question, comment or suggestion for the newsletter?

Or would you like to submit an article? Email us at manager@mohawkharvest.org. Please be sure to include your full name and contact information. Articles should be around 300 words. Articles are printed at the discretion of the Marketing and Education Committee.