Dear Fellow Members:

Since becoming President of the Board a couple months ago, I’ve seen some nice improvements.

Membership has increased during the membership drive to more than 760. Two loans have been forgiven by Board members. More than 1,000 mums were sold for a new record of sales. Early opening for coffee and baked goods has been well received. Branding of Kevin Chamberlain’s coffee beans to that of Upstate Coffee is helping spread the word about the Co-op’s presence and involvement in bringing world-class products to the community as well as local farm goods.

While we need to keep growing and keep the original vision alive of serving the community local farm-fresh foods, offering a warm, friendly haven for coffee, conversation, shopping and learning experiences, we can be proud of being an acknowledged destination in downtown Gloversville.

We are beginning to ask for donations to fund improvements and maintain this forward momentum. As many of you remember from our Annual Meeting, the Co-op’s finances are in a very fragile state and we need some help to stabilize and maintain our initiatives. A separate savings account was opened and the use of the funds will be determined by the donors. Please don’t wait for a phone call to donate! If you have any questions please ask. A membership engagement program is also being pursued by one of our founding members to make sure we serve our member-shareholders and that they are being heard. We hope by pursuing this membership engagement program in conjunction with our fundraiser we can truly incorporate the members into our future goals.

Please make the Co-op your first choice for shopping and a place to meet your friends and family. Encourage your friends to become member-shareholders. Participate in the second Saturday open mic, old time string circles, paint and sip and other in-house group learning sessions.

We are currently open 6 days a week until winter hours are no longer in effect. Check us out on Facebook, Instagram and Twitter. Tell your friends. Bring your family. Together, we can make this community better with positive moves of health, knowledge and family entertainment.

Sincerely, Richard Nilsen

Membership Corner

by Jen Hazzard

This article is for everyone.

If you are not a member of Mohawk Harvest, but visit frequently (or what the heck, infrequently, too), these may be some of the reasons keeping you from becoming one (based on common feedback from real life people):

“It is too expensive to join.”

We do understand that $150 is a lot of money. However, did you know we have payment plans? You can also do a $10 layaway. Both of these options are available through our website or in-store. Please also know that your membership is good for life, and includes your entire household.

Continued on Page 2
Membership (cont’d)

“*I don’t carry cash on me.*”

We accept cash, check, and credit cards!

“*I don’t shop there often enough to want to become a member.*”

I probably hear this reason the most. Being a member of a co-op is so much more than just saving money on food and having access to great products. Many co-ops, including Mohawk Harvest, devote significant time and resources to educational programming, community development and outreach initiatives. For instance, our Co-op offers classes and events such as paint and sips, community dinners, and open mic nights. We participate in most big downtown happenings, like the Southern Adirondack Wine and Food Festival and Bacon Jam. A strong and successful co-op is a hallmark of a thriving community. By supporting your Co-op, you are supporting your community as well.

For current members:

THANK YOU for being a member. We appreciate your membership, however big or small your role as a member-shareholder may be. Are you interested in becoming more involved at Mohawk Harvest? We would love it! Here are some options.

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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.

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Volunteer

Volunteer in the store, at events, or in other ways! Check out our incentive program and earn discounts by volunteering. (Volunteers can earn 10-20% off in-store).

Teach a class

We are currently offering monthly classes on homemade goods, cooking, and other topics. Are you knowledgeable? Do you have a skill you’d like to share with your community? Please, let us know!

Join a committee

Anyone can join a committee and share your skills with the Co-op! Our committees include Marketing and Education, Inventory, Building and Maintenance, and other sub-committees for specific events.

Tell your friends

Do you have a friend who might be interested in joining the Co-op? How about a local young person? Please share our information and our mission, maybe over brunch or a cup of our amazing coffee. Also, a membership makes a great gift!

Be a patron

Please remember to keep us in mind for all your shopping needs. From groceries to baking supplies to gifts to cleaning supplies and toiletries. The variety of products we carry is vast. Our lunch specials are yummy and our lattes are perfection. If you wonder if we carry a product, give us a call. Maybe we can even try to track it down for you.

We want our member-shareholders, current and future, to be happy, and we are always open to feedback. If you feel there is something we can do to make being a member even more awesome, please shoot us an email.

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Follow Us!

Mohawk Harvest Cooperative Market
30 North Main Street
Gloversville, NY 12078
(518) 706-0681
www.mohawkharvest.org

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Rain Hunt, General Manager
Korinna Marino, Assistant Manager
Jordan Baxter
Joshua Fonda
Kyle Fonda
Dan Lentini
Andi Thatcher

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Chair: Jessie Bolster & Bruce Frasier
Webmaster
Ruth Levinton

Mohawk Harvester
Editors
Nicole Campbell & Lindsay M. Hinkle
Composition and Layout
Lindsay M. Hinkle

Board meetings are held the 3rd Thursday of each month at 6:30pm. Inquire with the General Manager for location. Any member-shareholder is welcome to attend.
Meet Your Market Spotlight: Frasier’s Sugar Shack

by Nicole Campbell

Growing food is no easy task and takes a lot of knowledge, patience, time, and labor. This is as true for one single tomato plant in a pot on your front porch as it is for large-scale farming operations. You might instinctively think that if we are selling a food item, it must come from someone with a large farm and a lot of time to dedicate to it. In our community, which revolves around networking and inclusiveness, we are able to source goods from small-scale farms as well as some larger producing farms.

Meet Bruce Frasier. Bruce is a New York native raised in St. Johnsville where he currently resides with his family. He has been involved with the Co-op from the beginning. Three years after the Co-op began, he was elected to be a board member to provide input, feedback, and support to the Co-op’s functioning. He worked for Agway full-time for 32 years, then a gas company, and currently at Blue Flame Gas Co. until retirement this December all while maintaining his side gig of maple production and blueberry farming.

Bruce started making maple syrup around the age of 12 with his grandparents and began tapping maple trees for syrup in 1972, alongside his father after his grandparents gave him some buckets of his own. His operation began with 200 taps and has since expanded to 4000 taps. The trees tapped include both hard and soft maples. The soft maples still produce sap even if it’s not quite as sweet and a little darker in appearance. For one gallon of syrup, 55-60 gallons of sap is needed and his setup allowed him to go from collecting 200 gallons to 600 gallons within a couple of years. Needless to say, he needed a bigger place to set up the processing tanks and equipment, thus the birth of the Sugar Shack. In the Co-op you can find his maple syrups and occasionally some other goodies such as maple candies and maple sugar!

Have you tried the delicious fresh picked blueberries we sell? Bruce, with the help of his mother, have been growing and harvesting blueberries for 12 years and have gone from a few blueberry bushes to 500! All blueberries sold at the Co-op are hand-picked and brought down the next morning to be sold to our customers! I was given specific detail on the hand-picking process his mother conducts, which included making sure the blueberries were the perfect ripeness by shaking the bush and only taking what was left on it, as the ones that fall are too soft. With that level of attention to detail and pride in quality you should make it a point to get some of the fresh blueberries when the season arrives this summer from mid-July to mid-August! Find Frasier’s Sugar Shack on Facebook for more details!

Volunteer News

by Robin Lair

Mohawk Harvest continues to rely heavily on the support of its many volunteers. In 2019, a team of regular weekly and monthly volunteers donated hundreds of hours and endless energy to the Co-op. Their consistent efforts help Mohawk Harvest pursue its mission to create a healthy, sustainable community.

Perhaps you’ve considered becoming a volunteer, but you’re not sure what that might entail. In the coming months, this column will offer some insight into the wonderful world of volunteering at the Co-op. Let’s begin with how you can become a volunteer. All interested persons are required to complete a “Volunteer Interest Form,” which is available at the checkout counter at the Co-op; just ask a staff member for one. This form can also be viewed and downloaded online at the Co-op’s website: www.MohawkHarvest.org.

The “Volunteer Interest Form” provides a basic description of possible volunteer duties in various Co-op departments and asks potential volunteers to provide contact information, their approximate availability, and their preferred areas of volunteer interest. Completed forms should be submitted to a Co-op staff member, who forwards them to the Volunteer Coordinator. Potential volunteers are then contacted via email or telephone in order to schedule a volunteer orientation.

Volunteer orientation takes place at Mohawk Harvest and lasts about 30 minutes or less. It offers an overview of the volunteer experience, so that new volunteers will have an idea what to expect when they actually begin volunteering. It’s

Continued on Page 8
New Products Corner

by Terry Swierzowski

The Co-op is always looking for new products for its customers, and here is a selection of the newest. Want to try something that you don’t see in the store? Is there a special diet that you are following that calls for products you are having a hard time finding? Your knowledgeable Co-op staff is there to help – they can help find it in the store or order it for you! You truly can get everything you need for your needs – let them help!

**SWERVE**

Swerve is the ultimate sugar replacement – zero-calorie, non-glycemic and measures cup-for-cup like sugar. It’s sweet, safe and natural. It’s made from ingredients found in select fruits and starchy root vegetables, and contains no artificial ingredients, preservatives or flavors. It is especially great for those with diabetes since it has no effect on blood glucose or insulin levels. It is also keto friendly! And unlike other natural sweeteners like stevia, it has no bitter aftertaste and measures like sugar. It’s also the only sugar replacement of its kind that browns and caramelizes just like sugar. We carry the brown, confectioners and white swerve. Try it today!

**SCARVES**

The Co-op is carrying some beautiful scarves from Terra Natural Designs. When it comes to shopping for fashion accessories, there are plenty of options; however, not every option has a positive impact on society or the planet. These scarves are real handmade indigenous products made with natural and intelligent materials by women artisans from all over the world. Terra Natural Designs is a family company started in 2008 to share these products with the western world. Protecting the planet from damaging practices is done with every choice the company makes, little or small. They have learned from indigenous cultures how their ways always consider the Pachamama (Mother Earth & the Cosmos), and they have brought that vision to you through their beautiful products.

**CBD PRODUCTS**

The Co-op is carrying a variety of CBD products, such as Full Spectrum CBD Oil. CBD is one of many compounds, known as cannabinoids, in the cannabis plant. CBD does not change a person’s state of mind when they use it. However, CBD does appear to produce significant changes in the body, and some research suggests that it has medical benefits. Some people use CBD as a natural alternative for pain relief and can have anti-inflammatory properties. There is also some evidence that CBD use may help people to quit smoking, may help to reduce anxiety, as an acne treatment and more. If you’re interested, ask a staff member to explain the products that the store carries and which may be right for you.

**JUSTIN’S CASHEW BUTTER**

Justin began his company in his home kitchen when he was looking for alternatives to peanut butter and nut butters that had become a staple in his diet. He dreamt up his own flavors and started experimenting on his own. His family and friends encouraged him to start selling his creations at his local Boulder, CO Farmers Market where they were an instant hit. All of his products are all natural, with responsibly-sourced ingredients and always ensuring the highest quality.

**BOB’S RED MILL PROTEIN POWDER**

Bob’s Red Mill Protein Powder Nutritional Boosters are an excellent way to get 20 grams of protein on the go! This complete source of protein features delicious flavors (like the chocolate that the Co-op currently has in stock) and is made with pea protein powder, chicory root fiber, chia seeds, beneficial probiotics and monk fruit extract. And it carries the Bob’s Red Mill brand name that you have come to trust and love.

**SPECTRUM NATURALS BRAND**

Spectrum Brads was founded in Petaluma, CA to bring nutrition and quality into the vegetable oil market. They are a leading innovator in the development of expeller-pressed and certified organic vegetable oils, as well as a leading proponent of testing and verifying the absence of genetically modified organisms in its culinary oils. Their brand offers 30 varieties of non-GMO Project Verified culinary oils, sourced from worldwide geographies including Spain and Italy.

**SADIE’S NEW AND IMPROVED BEESWAX WRAPS**

Sade’s Earth Essentials, made by our own Sade Dwyer, takes pride in taking care of your health. She puts lots of thoughts into all of her products to bring you the highest quality ingredients that are not only good for you but life changing! Sade’s new and improved beeswax food wraps are great for covering dishware, wrapping food items, and folding in a variety of ways to carry, store and preserve your food goods. All while making a great effort to reduce plastic waste. The 3pks include a 9”, 10” and 11” square wraps.
In the Spice Aisle—Finding the Perfect Blend

by Ginni Mazur

Last newsletter’s report from the Spice Department was about making your own spice blends. I hope you’ve tried some. If you didn’t have time to find some on the computer, there is a list of some that I’ve gathered hanging in the Spice Aisle.

I came across a very interesting read about Lior Lev Sercarz. Never heard of him, you say? Neither had I, but he is a true “spiceologist” and “spice therapist!” He is the owner of a Manhattan-based spice emporium, “LaBoîte” in Hell’s Kitchen, opened in 2011. His background is unusual…

He was born in Israel, went to school in France, but eventually wanted to re-locate to New York City, so that’s what he did. He studied under Chef Olivier Roellinger where he learned the importance of spices. So in 2002, he began his career as a sous chef for four years and also ran a catering business. He came to the realization that he wanted more than the restaurant business. While he was the chef for Citicorp, he began experimenting with spice blends in his basement at night and after taking on his first clients, his business grew essentially by word of mouth.

Lior believes people should know where spices come from, how they grow, and what they look like in their natural environment. So he has traveled the world to learn of many cultures and the importance of the spices they grow.

In case I’ve sparked your interest and you want to learn more, he DOES teach an Intro to Spice Blending class, as well as, other classes. But be sure to plan ahead as all classes are SOLD OUT until at least September! But don’t be discouraged. He has several books you can read and learn lots more, like I have!

See you in the Spice Aisle in your co-op!

Products (cont’d)

EZEMIEL 4:9 SPROUTED WHOLE GRAIN ENGLISH MUFFINS
Different from most English muffins today, these are made from freshly sprouted live grains and contain absolutely no flour. They believe in sprouting the grains they use in their English muffins because sprouting is the best way to release all of the vital nutrients stored in whole grains. Their exclusive sprouting process not only significantly increases vitamins and minerals such as vitamin A, vitamin C, B vitamins, calcium, iron, magnesium and potassium but also causes a natural change that allows the protein and carbohydrates to be assimilated by the body more efficiently. Even better still, their exclusive baking process preserves these valuable nutrients and retains the important natural fiber and bran. Talk about good for you.

Soup Contest

Saturday, February 22
11am-2pm
LOOKING FOR SOUP MAKERS AND TASTERS/JUDGES!
Prizes will be awarded in each of two categories – vegetarian and non-vegetarian.

For those making a soup for the event, your creation can be vegetarian or include meat, but there must be at least ONE MAIN INGREDIENT for the soup purchased at the Co-op. The Co-op is even offering 10% off of any ingredients that you buy for your soup if you enter the contest! Deadline to enter 2/15, maximum of 15 entrants. Register at the Co-op or to gkm0828@gmail.com and include email address, phone number and a copy of your recipe—note vegan/vegetarian if applicable.

Soups should be delivered PIPING hot in a crock pot (at least 4 quarts of soup needed) to the Co-op by 10:30am on February 22, tastings will take place from 11am-2pm.

Cost to sample all soups and cast a ballot is $5 per person
Questions? Ask Rain at the Co-op or email gkm0828@gmail.com
Nutrition Nibbles—Beets
by Nancy Ackerbauer, RDN

If you’ve never tasted a freshly roasted beet, you’ve been missing out. Beets are known for their earthy taste, as would be expected since they grow in the earth. Roasting them brings out their natural sweetness, and is one of the preferred methods of cooking them. Beets can also be boiled, steamed, eaten raw (try shredding them for a salad!) or even juiced. They should be well scrubbed and rinsed, even if you choose to peel them.

The preparation of beets can be a little messy, due to their bright ruby color. This vibrant pigment comes from antioxidants called betalains. As you may know, beets easily stain hands, cutting boards and counter tops. Being quick with the clean up helps to minimize this. After eating beets, you may notice a reddish color to urine or stools. This is nothing to worry about; it’s simply the pigment passing through the body. In fact, the coloring is so intense it is often used as a natural red food colorant, as an alternative to artificial dyes such as Red 40. The nutritional benefits of betalains outweigh any kitchen mess. Betalains interfere with the formation of plaque in the arteries, known as atherosclerosis, and may also fight inflammation and suppress the growth of cancer cells.

In addition to antioxidants, beets contain many other heart-healthy components, including nitrates, potassium, fiber and betain, all of which play a role in protecting the cardiovascular system. What’s more, the manganese in beets helps maintain bone density and heal wounds, two things especially important for older adults.

Beets may also help with weight loss as they are high in water and low in calories. A half cup serving of cooked beets has 35 calories and 2 grams of fiber. Its fiber content helps you to feel full, which may reduce the overall amount of food you take in with a meal. For those concerned with the carbohydrate content of beets, one ½ cup serving has only 8 grams of carbs, equal to the carb content of the same volume of cooked carrots, or about half of a diabetic carb exchange.

Ready to try beets? Look for firm beets with smooth skins and fresh, bright leaves that have not wilted. The greens themselves are also nutrient-dense and can be sautéed or added to soups and stews. If you are not up for preparing beets yourself, look for pre-cooked, packaged beets in the produce section (sometimes a bag within a box).

Below is a wonderful, easy recipe, which highlights the delicious flavor of roasted beets!

Sheet Pan Sausage and Roasted Roots (Makes 4 servings)
adapted from Better Homes and Gardens

INGREDIENTS

- 12 oz fresh beets, scrubbed, peeled and coarsely chopped (about 2 medium)
- 12 oz sweet potatoes, scrubbed, peeled and coarsely chopped (about 2 medium)
- 4 shallots, peeled and quartered
- 8 sprigs (single stems) fresh thyme (or herb of choice)
- 2 Tbs olive oil, ¼ tsp salt (optional), and ¼ tsp pepper
- 4 cooked chicken apple sausages, such as Aidells chicken & apple, scored and halved lengthwise
- 1 Granny Smith apple, washed and sliced into thick wedges
- ½ cup low-fat or fat-free, plain Greek yogurt
- 1 Tbs mayonnaise, 1 Tbs prepared horseradish, and ½ tsp Worcestershire sauce

DIRECTIONS

1. Preheat oven to 425F. Place beets, potatoes, and shallots on a foil-lined shallow baking pan. Drizzle with olive oil; sprinkle with salt and pepper; toss to coat. Arrange in a single layer. Roast for 15 minutes.

2. Stir vegetables; push to one side of the pan. Top vegetables with apple wedges and thyme. Place sausage, cut sides down, on the other side of the pan. Roast 10 minutes more or until vegetables are tender. Taste for seasonings.

3. For sauce, stir together yogurt, mayonnaise, horseradish and Worcestershire. Serve with vegetables and sausage.
Micropolis begins 2020 by featuring the work of its very own glass artist, Cheryl Gutmaker. Cheryl brings her newest work to the gallery. She told us, “In 2004, I became a maker of glass art objects and jewelry. Beginning at the torch making glass beads, I quickly turned to fusing in the kiln and eventually to blowing glass.”

“Much of my glass training took place at the Corning Museum of Glass. I owe a great debt of gratitude to the excellent instructors and staff at the studio of the Museum. I take different glass classes as often as possible.”

“My philosophy is that glass is a medium to be actively enjoyed. To that end, much of my work is grounded in functionality. More recently however, I have been making glass to be viewed purely as art. I love pushing the boundaries of the medium, using glass in unexpected ways, but always with the goal of making beautiful glass accessible to all.”

A “Meet the Artists” reception was held at the co-op on January 10. The show will remain on display through February.

March & April
Deborah Angilletta to be Next Guest Artist

“Art is seeing something that was always there before but is being seen now for the first time. Good art shows you something that catches you by surprise and for a moment you feel that sense of wonder you felt as a child.”

These are the words of Deborah Angilletta, an artist who works in both acrylics and oils. On her website she states that to improve skills as a landscape painter one must paint on location. She tries to paint outside as frequently as possible but says that she seldom finishes a painting on location.

“I take digital pictures before I start and use those references along with sketches and notes to complete the painting in my studio. If it looks like it would work as a larger painting I have the smaller piece as my guide to get me started. This is my process,” explains Deborah.

Deborah will be our guest artist for March and April. A “Meet the Artists” reception will be held on March 6 from 5-7pm in the gallery.

Higgins Joins the Art Co-op

Micropolis is pleased to announce that Mayfield resident Alexandra Higgins has joined our co-op. Her paintings are bright and full of life. She describes her work in her artist’s statement below.

“The garden theme is the basis of my work, the combination of natural chaos and order imposed on nature, and the effect of changing seasons when the cycle of creation and destruction is evident in plant life.”

“My work for the past 30 years has been on one theme called “roots” which is about the garden, plants, flowers, women, the physical work involved in gardening and a combination of these. In addition to being an oil painter, I am a cement sculptor and the theme of the garden and the “root” series translates well into this medium.”

“The idea that we are not separate from our environment, but become what we make it (to choose to control or not to), appeals to me on many different levels. My more recent work has moved into the realm of abstraction, combining a somewhat new palette with loosely formed floral shapes and sharper contrasts of value and color.”

Welcome Alex!!

For Your Valentine

Art as Gifts

Paintings, pastels, photographs, fiber art, mixed media, glass, digital art, jewelry, pottery, drawings, woodland assemblages, baskets, collages, & fine art cards

Like Us on Facebook

www.facebook.com/MicropolisGallery/
Hors D’oeuvres, Anyone? Baked Lemon Dill Hummus

by Carole Gottung

I am sure we have all partaken in many tasty hors d’oeuvres this holiday season. I am also sure we are all always searching for something new, tasty and healthy to add to our collection—not to mention easy! This recipe calls for plain hummus but I prefer to be a little more creative and tingle my taste buds opting for the Co-op’s Ithaca Lemon Dill Hummus. Of course, I don’t always stop there. There are so many wonderful flavor varieties we carry, I enjoy experimenting with them all. Let me start with the hummus ingredients: chickpeas, water, organic sunflower oil, fresh lemon juice, tahini, fresh garlic, vinegar, salt, dill, crushed red pepper. Along with the healthy ingredients, this hummus is also vegetarian, vegan and gluten-free. The recipe does call for cheese, but I am sure you creative vegans can either eliminate it or use a tasty substitute.

Baked Hummus

INGREDIENTS

2 – 7 oz. containers plain hummus (live on the wild side and choose your own flavor)
1 ¼ c. feta cheese (or vegan substitute)
2/3 c. chopped kalamata olives
2/3 c. chopped fresh tomatoes
Fresh chopped basil (or try dill for the lemon dill hummus—or be creative—you get the idea!)
2 T. olive oil

DIRECTIONS

Heat oven to 350◦

Spread hummus evenly into an 8x8 square baking dish. Sprinkle with feta cheese being sure to cover evenly. In a separate bowl, gently toss tomatoes, olives, basil (or your choice of herbs) together until well blended. Layer the olive and tomato mixture on top of the feta cheese.

Drizzle with 2 T. olive oil. Bake 15 – 20 minutes

Serve with your favorite crackers or raw veggies. Enjoy!!!!!

Volunteers (cont’d)

also an opportunity for potential volunteers to ask specific questions that may help them decide if volunteering at Mohawk Harvest is right for them.

Once a member completes orientation, she/he/they is ready to begin volunteering. Volunteers set their own work schedule, in cooperation with the Co-op General Manager, and generally provide service only during regular Co-op hours. Volunteers are not required to work any minimum number of hours per week or per month. However, regular, consistent volunteer participation is encouraged and greatly appreciated.

To find out more about how you can begin volunteering at Mohawk Harvest, ask a staff member at the Co-op for more information, visit the Co-op website at: www.MohawkHarvest.org or email the Volunteer Coordinator (me) at: robnrobn2@gmail.com.

 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 DISCOUNT

Volunteer at least 3 hours in a single calendar month and earn 10% off the following calendar month. Volunteer at least 3 hours each week during a single calendar month and earn 20% off the following calendar month.

A special Thank You to Derby for our printing needs!

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.