

Marsh River Co-op Newsletter

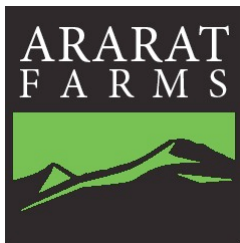
5 VETERANS' HIGHWAY (PO BOX 217), BROOKS MAINE 04921

MARCH 2015

Featured Products in the Store

Greetings! It is March, and spring is definitely on its way. Here at the co-op we are getting excited for the warm times, the upcoming growing season, and all the fresh produce that is sure to arrive in the coming months. But that isn't to say that we don't have quality local produce even now at the tail end of winter!

Here are some local products currently available at the Co-op:



**Spinach and
White Globe Turnips:**
Ararat Farms, Lincolnville

Fresh Pea Shoots: Moosehead Trail Farm, Waldo

Carrots: Teltane Farm, Monroe

Fresh bread and pastries: Coastal Cafe & Bakery,
Searsport (delivered every Wednesday and Saturday)

As always, we keep Stone Fox Farm Creamery **Ice Cream**
stocked to warm your spirit on those cold snowy days.



Upcoming Events at the Co-op

**Gallery Exhibit Opening:
Women Who Are
March 28th, 4:00 to 6:00pm**

Artist Sara Gagan of Hope, Maine will display a series of portraits of women representing various stages of life, the subjects ranging in age from 12 to 92, who are strong of character, independent, unapologetic, caring, authentic, self-reliant, and self-possessed

**Teamsters' Round Table
March 31st, 5:30 to 7:30pm**

Join local teamsters in a lively conversation about working horses and oxen on the farm and in the woods. Topics vary, and are directed by the attendees.

**MOFGA Open House
April 11th, 5:30-7:30pm**

- *Learn about MOFGA's \$1 million Partridge Foundation Challenge Grant
- *Meet your local Co-op farmers
- *Meet MOFGA's new Executive Director, Ted Quaday
- *Learn about MOFGA's Farmer Training Programs
- *Hear how you can become involved with the Marsh River Co-op

Co-op Producer of the Month: Murphy Family Farm

The Marsh River Co-op is proud to spotlight local Murphy Family Farm of Freedom in our new monthly feature, where we will present short bios of Co-op producer members. Co-owner/operators of Murphy Family Farm, Sean Murphy and Anna Mueller (right), provide fresh produce to the Co-op.

Here's what they have to say:



“This will be our second season growing on our new family farm in Freedom. We will be growing on approximately 1 ½ acres. The farm currently produces veggies for sale through direct to consumer outlets, a collaborative home delivery CSA in greater Bangor, and co-ops and other wholesale accounts throughout mid-Maine.

Sustainability is at the core of our farm and every decision that we make. We are always working to improve our soils and the biodiversity of our small slice of Maine. During our first season we accumulated over 25 tons of organic matter to add to our soils, over 96% of which was sourced from Maine fields, forests, and seas.

We have planted and tended to hundreds of trees on a landscape that had been used by a commercial dairy for green-chop hay and genetically modified corn production. The transformation is alive and well, and just getting started. We sprayed absolutely nothing on the farm last year, except for water, and we intend to keep it that way.

We are proud to be a part of the burgeoning local economy here in Waldo county. Our property straddles the 10-mile mark as dictated in the Marsh River Co-Op bylaws, and we can actually point to the spot where the co-op sits from our hilltop property. The co-op is our new grocery store, where we go each week to resupply our freezer, fridge and cupboards. We couldn't be happier to be a part of this community.”

You Can Get Involved!

Volunteers make the Co-op run, and keep our prices reasonable. We can always use more volunteers to lighten the load on the dedicated individuals who continue to put in a lot of time to keep the doors open. Volunteer shifts are 2 hours long; a 12-hour per month commitment earns you an extra 10% above the regular 5% member discount! But, we'll be happy to have you volunteer any amount of time that you are able. You can sign up for a regular weekly shift, or sign up on a shift-by-shift basis, by visiting the store. We can use help with numerous tasks, including pricing and stocking items, straightening the store, and running the cash register for the retail oriented, and re-stocking grain and farm supply items for the heavy lifters. We'll train you to a task you're comfortable with when you come in. You need not be a member to volunteer.

The Marsh River Co-op Newsletter is a volunteer effort. Want to get involved? Have an article submission or suggestion?

Contact us at : (207) 722-3053 or marshrivercooperative@gmail.com

The **Events & Education Committee** is looking for more volunteers... contact us for more information!

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