

LESSON 18

Convenience Stores, Co-ops, and Farmers' Markets



milk beverages coffee chicken
vegetables lettuce squash butter cheese
jam maple syrup honey eggs

Most people do most of their food shopping at supermarkets, but not everyone gets their **groceries** at those big stores. Smaller stores meet the needs and desires of people in many different ways.

Convenience stores are often located on corners in heavily populated areas, so they're convenient to get to. And they tend to be open twenty-four hours a day. So, if you need milk or snacks or **beverages** at 3:00 a.m., the convenience store is there for you. They may charge a little more, but these mini-groceries offer a valuable service for people on irregular schedules.

Co-op markets usually serve a different kind of customer. They are not open all night, and they may not even sell the most popular soft drinks or a pack of cigarettes. They don't have bright neon lights, and they don't sell coffee in Styrofoam cups or soft drinks in 64-ounce containers. They try to offer natural and **organic** food products that have not been processed or grown with chemicals.

Those are some reasons why many people like co-ops. In addition, they are owned by members. In fact, some of the workers **stocking** the shelves may be members who are "paying" their membership fees by working.

A co-op may take ethical positions on social issues or food policy. Its members may decide that the co-op should stock organic food whenever possible, and use only **certified organic suppliers** of coffee. It may sell only **free-range** chickens and organic vegetables. It may buy from **local** suppliers or contribute part of its profit to a local charity. The customers are willing to pay more to support the co-op's policies.

When the weather is warm enough, in the spring, summer, or fall, all sorts of people flock to their local farmers' markets. These days, farmers' markets are in every town and in most neighborhoods of big cities. Usually, each one is scheduled for a morning or afternoon each week.

The food at farmers' markets is **seasonal** and local. It is fresh, **picked** or harvested recently, and usually grown by the seller. People who buy from a farmers' market are proud to be **locavores**. They buy and eat locally grown food to reduce transportation energy costs.

At a big farmers' market, you may see a dozen kinds of apples. In the spring, you may see five types of lettuce, and in the fall five types of squash. Any time of year, you may find farm butter and cheese, jam, maple syrup, honey, eggs, and much more – all local and delicious. And you have the added pleasure of supporting **growers** who are your neighbors. (434)

I. Match the phrase on the left with a phrase on the right.

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| 1. We get most of our _____ | A. have formed a cooperative. |
| 2. If it's organic, _____ | B. look for them in a cooler. |
| 3. These strawberries were _____ | C. are happy and healthy. |
| 4. If you want cold beverages, _____ | D. taste much, much better. |
| 5. A convenience store _____ | E. usually seasonal. |
| 6. It takes a few hours to _____ | F. supplies from a local supplier. |
| 7. I think local veggies _____ | G. your products certified as organic. |
| 8. The apple growers _____ | H. It is grown naturally. |
| 9. Farmers' markets are _____ | I. picked this morning. |
| 10. Free-range chickens _____ | J. carries groceries. |
| 11. It's important to have _____ | K. buys locally. |
| 12. A locavore _____ | L. stock all the shelves. |

II. Fill in each blank with a form of a key word.

groceries beverages stocked supplies local Free-range
certified organic season pickers growers locavore

1. A _____ may or may not also be a carnivore.
2. These beans are _____ as organic and fair trade.
3. I buy almost all my _____ at SuperMart.
4. Although they sell _____, they don't sell beer.
5. The cold weather has hurt the orange _____.
6. The apple _____ from Jamaica have arrived.
7. Summer is the right _____ for local strawberries.
8. We _____ the bread shelf this morning, and it's almost all gone.
9. Black River Naturals _____ our organic veggies.
10. Bronson's Egg Farm is _____ – just five miles from here.
11. _____ beef tastes better because the cattle eat grass.
12. More and more farmers are turning to _____ methods.

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III. Fill in each blank with a form of a key word.

1. The apple _____ need _____ workers. They are here about two months. They are also fast _____ .
2. A. J. Brown is a major _____ of _____ – soft drinks and beer.
3. We sold a lot of _____ yesterday; so that means we've got a lot of _____ to do.
4. It's not easy to be a _____ in the winter.
5. I know _____ meat and _____ food costs more, but I want to eat natural foods.
6. This stamp _____ that this meat processing plant has been inspected by the USDA.
7. "Eat _____" is a slogan that you will often see around here.

IV. Fill in each blank with a form of a key word.

I know, I know. Buying _____ fruit and vegetables costs more, and _____ chicken and eggs do too, but eating _____ organic food is better for you. And yes, our co-op can't buy huge quantities, so I pay more for my _____, and the _____ section is a bit limited; they don't have a lot of craft beer. But I enjoy being part of the co-op and putting in my weekly hours of _____ and cleaning. And I know that when corn is in _____, the coop will have it immediately. It will be _____ that morning at Miller's Farm and on the shelf 30 minutes later. You can't get more _____ than that! I even know some of our local _____ and _____, like the Hatfields with their wildflower honey, and the Silvestris who raise the best pigs in the county. So call me a _____. I'm proud of it.