



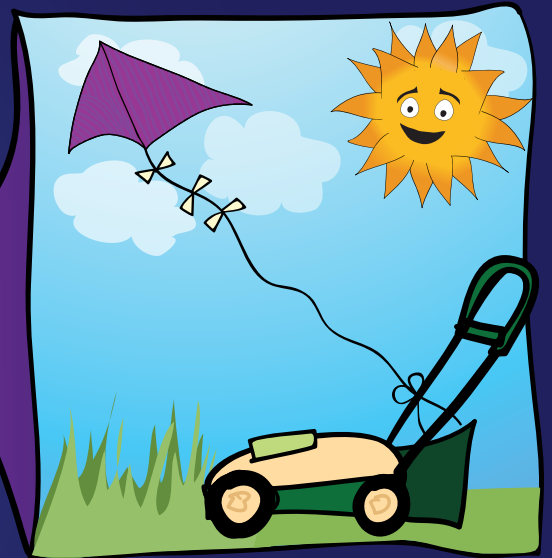
The Onion Skin

Sharing news from the Co-op & the Community



April 2009

Let's Mow down POLLUTION



on APRIL 25th

City Market's 3rd Annual Lawn Mower Exchange

By Christine Parlia,
Outreach Coordinator

As the chill of winter passes by, springtime brings us out to celebrate the earth and its renewal. In the spirit of Earth Day, City Market is encouraging the community to trade in their gas-powered lawnmowers and receive incredible savings on Neuton Battery-Powered Mowers. On April 25 from 9:00 a.m. to 1:00 p.m., City Market will host the 3rd Annual Mow Down Pollution Lawn Mower Exchange. Two models of the Neuton Battery-Powered Mower will be offered at \$120 off retail prices. In addition, support from Green Mountain Power, Burlington Electric Department, Central Vermont Public Service, the Agency of Natural Resources and others is sweetening the deal with an additional \$30 savings for the first 100 customers. Neuton CE 6.2 19 inch mower is only \$349, CE 5.2 14 inch mower is on sale for \$249 and accessories including batteries and trimmers will be 30% off.

City Market encourages its customers and Co-op members to consider using

battery- powered mowers to reduce fuel emission levels. Traditional gas powered lawn mowers are responsible for 5% of the nation's air pollution as Americans burn 800 million gallons of gas each year trimming their yards, according to the Environmental Protection Agency. Conventional two-stroke engine mowers contribute to ground-level ozone concentrations while a single gas mower emits 87 pounds of atmospheric-warming carbon dioxide and 54 pounds of other pollutants into the air every year.

try your luck at winning one of two free mowers

When you mow with the battery-powered mower, you are helping to:

- Eliminate accidental fuel spillage (a major contaminate to our underground water tables)
- Eliminate pollutants and carbon emissions (mowing 1 hour with a gas mower produces the equivalent pollution as driving a car 50 miles)
- Eliminate ear-damaging noise (gas mowers

can damage your hearing and the peace & quiet of your neighborhood!)

Replacing a gas mower with an earth friendly battery-powered mower can also be cost effective. The average cost of operating an electric mower is \$5 for a year which would equate to about 2-3 gallons of gas. In the last two years of the Mow Down Pollution event at City Market 172 electric mowers were sold and 119 gas mowers were exchanged.

You can also, try your luck at winning one of two free mowers thanks to Wolaver's and Neuton. Entries are available at the Customer Service desk and in Aisle 6.

Mark your calendar for April 25, drain your old mower of gas and oil to be recycled, and get ready to help us mow down pollution!



Co-op Members Save the Date!

Spring Member Meeting & Brunch

Saturday May 2

Details on Page 3

Co-op Member Meeting
Page 3

Bees & Bananas
Page 6

Harwick Farm Tour
Page 7

April Events
back page

City Market, Onion River Cooperative, Your Community-Owned Grocery Store

82 S. Winooski Avenue, Burlington VT 05401

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Open 7 a.m. - 11 p.m. every day 802-861-9700 www.citymarket.coop

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Co-op Membership Grows Despite a Recession

By Clem Nilan,
General Manager

"There's something happening here What it is ain't exactly clear" Buffalo Springfield 1967

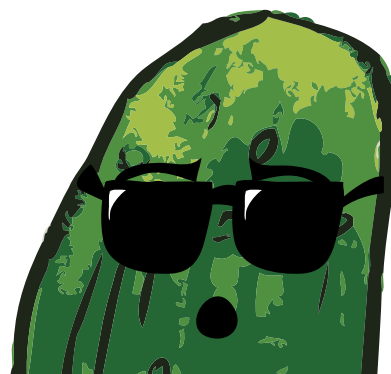
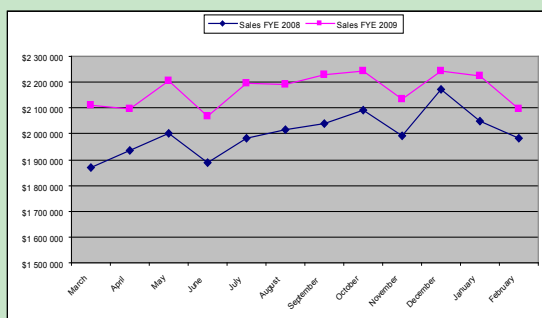
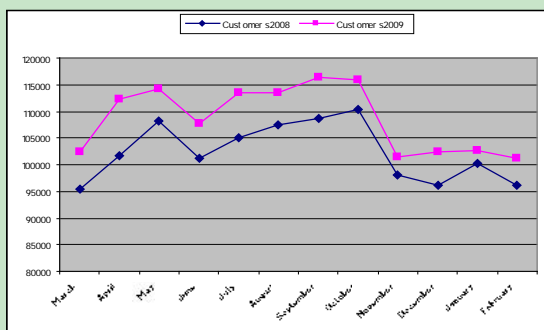
We are in the midst of a deepening recession and it's gratifying to see that our own little Co-op is still successfully swimming against the current. Customers and sales counts have tightened but are better than last year (see charts below).

The really intriguing trend is our Co-op's ability to attract new members. Since March of 2008 total membership has increased amazingly from 2500 to over 3600. All types of membership have increased including paid-in-full (members w/\$200 equity), members making \$15 annual equity payments and non-shareholding members (predominately Food for All members).

Total membership and sales to members are at an all time high. So what's going on?

- Mary Manghis, Produce Buyer, believes that members value how our Co-op connects them to their local food source.
- Pat Burns, Operations Manager, credits the increase in members with the Patronage Refund program.
- Deirdre Burns, Administrative Coordinator, often hears that reducing our annual equity installment to \$15 was a huge incentive to join the Co-op.
- Bonnie Acker, long-time Co-op member, believes customers are loyal to the Co-op because of all the good things we do in the community.
- Matt Landi, Produce Manager, believes that free water (reverse osmosis) to members is the incentive to join the Co-op.
- My neighbor Susan stopped me on the street to thank me for our member work program, which allowed her to reduce her grocery bill.
- Leila Cosgrove, Member Services Coordinator, believes that happy members are encouraging their family and friends to join.

So is this a good thing? Is growing membership important? In the co-op world everybody's opinion counts and over 3600 of you believe the answer is yes.



"COOL" as a Cucumber

By Christopher Lyon,
Assistant Operations Manager

Knowing where your food comes from is important. Despite the individual efforts of many people and businesses (like City Market and our customers) to buy and shop locally the reality is that many products are not readily available in the local market. Blame this on our national food system, seasonality of products or some combination of both and we face a challenge in identifying where our food hails from. As part of a long term goal to establish transparency in food systems (as written into the 2008 Farm Bill), the USDA implemented the County of Origin Labeling (COOL) Program on March 16, 2009.

COOL extends the previous labeling requirements placed upon seafood and shellfish enacted by the 2002 Farm Bill. Although the 2002 Farm Bill cited meat and perishable agricultural products (produce and frozen fruits and veggies) to be included in labeling requirements, their implementation was stalled until the 2008 Farm Bill was passed. Because of City Market's size, we are required to comply based upon the criteria set forth by the USDA.

While many retailers have been struggling to "get into shape" we are lucky enough to have already started this practice in our early days as a Co-op by labeling our produce with origin information thereby strengthening the ties to the source of our food. We see the COOL program as a natural extension of what we already do well. What this means for our customers is that they will see the same declaration of origin in our Meat department and Bulk department as they have been seeing in Produce and Seafood. In the Bulk department, COOL will apply to raw nuts (peanuts, macadamia nuts) and ginseng.

Within the past few years we have seen multiple large scale recalls (think peppers and peanuts) which have made it painfully clear that the USDA and FDA have difficulty tracing back origins of affected products. Given our current Federal Administration's strong support of sustainable and safe food systems, we can expect to see more programs like COOL in the future, most likely mirroring the food safety and origin model of Europe.

In true Co-op fashion we will continue to highlight the positive attributes of local and domestic food and always aim to exhibit transparency to our customers when it comes to food origins. If you have any questions or comments please feel free to ask any staff member.

Cooperative Principles

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

Board of Directors

- Donna Bister - 658-4562
 Susan Munkres - Susannah3@gmail.com
 Nathan Caswell - 347-277-7129
 Adele Dienno - 862-2595
 Rachel Jolly - 863-6390
 Wayne Warnken - warnken@medscape.com
 Alan Matson - amatson@gmail.com
 Nancy Nesbitt - nancyjnes@gmail.com
 Molly O'Brien - msobrien@live.com

Onion Skin Editorial Staff

- Editor : Nicole Fenton
 Production Coordinator : Nicole Fenton
 Illustration : Aaron Toth, Becky Rouleau
 Layout: Aaron Toth

Advertising Information:

For an ad information sheet, please e-mail Nicole Fenton at NFenton@citymarket.coop (City Market members receive a discount on ads.)

The Onion Skin is the official newsletter of The Onion River Cooperative. Submission deadline is the 5th of the month prior to publishing (e.g., May submissions due April 5th). Submissions are encouraged and may be edited for clarity, style, or length. The editorial staff reserves the right to accept or reject articles. Views expressed are those of each individual author and do not necessarily reflect City Market policy.



We have 100% organic free range movies

**370 Shelburne Rd.
802-660-6646**



We welcomed

141

new members
in February!



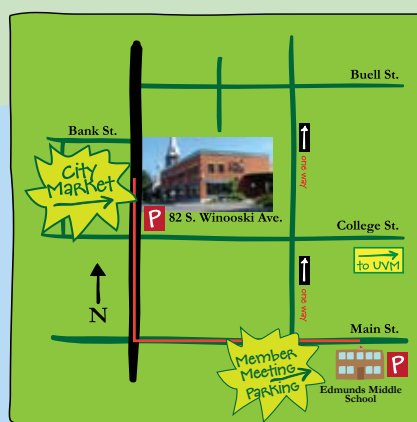
Make it a Co-op Member Weekend! May 2 + 3

Join a Co-op Member Green-up Day Team

Saturday, May 2 10:00 a.m. to 12:00 p.m. (Registration at 9:30 a.m.)



Earn 2 hours of member work—which equals to a 7% store discount—while helping to green-up Burlington. Participants and team leaders are needed. To join a Co-op Green-Up team contact Nicole Losch at nlosch@ci.burlington.vt.us



Onion River Co-op

Semi-Annual Member Meeting

Saturday, May 2 12:00 p.m. to 2:30 p.m.

At Edmunds School Cafeteria

After all your hard work greening-up Burlington, come enjoy a delicious brunch and learn about new Co-op initiatives. Brunch will be served from 12:00 to 12:30 p.m. Guest speaker will be Tom Stearns from High Mowing Organic Seeds!

Onion River Co-op Semi-Annual Member Meeting

Time	TOPIC/ACTION/OUTCOME
12:00 -12:30 p.m.	Member Brunch
12:30 -12:40 p.m.	Welcome/Meet the Board/Review Agenda
12:40 -1:30 p.m.	Guest Speaker: Tom Stearns (Tom Stearns is the founder of High Mowing Organic Seeds and president of Board of Directors for the Center for an Agricultural Economy. Stearns has been vital in leading a wonderful resurgent of agriculture in Hardwick and innovative enterprises including Pete's Greens, Vermont Soy, Claire's Restaurant, and more. Stearns is also teaming up with City Market on a new Grow an Extra Row Campaign.)
1:30 -1:50 p.m.	Town Hall: Open Member Time
1:50 -2:10 p.m.	Store Report: Weathering the Recession
2:10 -2:30 p.m.	Discussion "What makes a thriving and healthy community?"
2:30 p.m.	Wrap up/ Adjourn

Article III: Member Meetings and Referenda

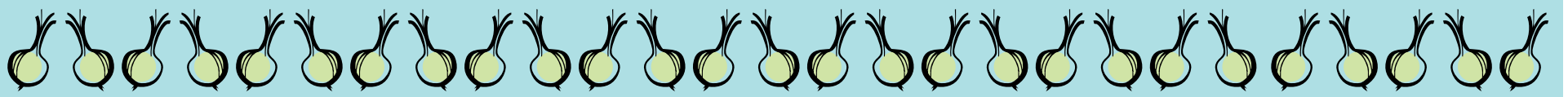
3.1 REGULAR MEETINGS. Members shall meet as an assembly twice yearly at a date, time and place determined by the board of directors. The purpose of such meetings shall be to receive a report on the finances and operations of the cooperative including especially matters related to policies and directions of the cooperative, and to be a general informational, educational and discussion forum. Decisions on all issues at assembly meetings shall be advisory only. One meeting per year shall also be considered an annual meeting for the purposes of preparing an annual report for submission to the Secretary of State. Child care will be provided at all regular meetings.

Support COTS by walking 3-miles to raise funds for the homeless shelters and services.

Sunday, May 3, 2:00 p.m. (Registration @ 1:30 p.m.) at Battery Park

Register to walk today at www.firstgiving.com/COTS or call (802) 864-7402





Spring is the perfect time for detoxification

By Lynn Ellen Schimoler,
Grocery and Wellness Manager

Just as you would clean your home, car or studio space, the body also needs periodic attention. While detoxification is a natural function, our elimination channels can become clogged due to poor diet and general toxic overload. To improve functioning, we always want to include some form of regimen that allows the body to heal and renew itself. This regimen is often thought of once the busy eating holidays are over, but it is important to remember that planning a cleanse can and should happen at any time of the year.

Cleansing and detoxification can be done in the form of saunas, teas, fasting, tweaking your existing diet, or supplementing the diet with different herbs or vitamins. We have been using different methods of detoxification for centuries across many cultures. It is nothing new to utilize natural remedies such as fasting, mud masks/body scrubs or meditation even as a way to cleanse and rejuvenate ourselves.

There are two essential forms of detoxification that we are continually reminded of each day courtesy of our kidneys and colon helping to facilitate expelling of wastes. However, there are several other elimination methods that actually can be toxic to our delicate organs. Respiration/breathing via dust particles on the tiny hairs in our noses, and sweating – our lymphatic system is responsible for the transportation of excess fluids and toxins released through our skin. We want to nourish all the elements of our elimination pathways as safely and as frequently as possible. Which parts of the body are the elimination channels?

1. Lungs - with every exhaled breath, the lungs are dispelling carbon dioxide, a by-product of the body's' release of energy: respiration.
2. Liver – A major organ of elimination, this is often referred to as the manager of the elimination system in the body
3. Colon – Final spot where waste in the body travels before elimination
4. Kidneys - Filters water soluble wastes
5. Skin – The protective blanket for the body, it helps prevent toxins from entering the body. Actually eliminates more than the colon and kidneys combined
6. Blood – Transports nutrients and oxygen to the cells, flushes away waste products and toxins
7. Lymph – this clears fluid is filled with immune cells. Lymph delivers nutrients in addition to collecting cellular waste/aid in destroying pathogens.

Energizing the body, mind and spirit by getting exercise is one of the best ways to purify the body. Increased stamina, flexibility, mental focus and stress reduction are just some

of the benefits. Deep breathing and stretching/strengthening regimens provided through yoga, dance or Pilates are excellent avenues in which to energize the body. Adding foods such as plums, apples, grapefruit, lemons, raw beets, parsley, artichoke, cruciferous vegetables (broccoli, cabbage, and cauliflower), garlic, and seaweeds to your normal diet can be very helpful to the overall functioning of all of the above organs. The less cooked these items are, the better.

There are certain foods that either provide nutrients to the liver, or help to detoxify the body in other ways. It is important to recognize however that the Brassica family (includes broccoli, cabbage, brussel sprouts, and mushrooms), contain raffinose. When raffinose ferments in the digestive tract, it may cause gas and bloating. Taking a digestive supplement before eating these veggies can help to ease digestion. Remember to eat slowly, drink appropriate amounts of water, watch your portions, and above all consult your naturopathic or allopathic physician before you embark on any detoxification regimens on your own.

Art from the Heart Promotion Provides \$300 Worth of Art Supplies

Thank you to everyone who bought a \$1 heart to support Art from the Heart, a partnership between City Market and Burlington City Arts that brings art supplies and volunteers to Vermont Children's Hospital seven days a week. The \$300 raised will purchase some of the patients' favorite art supplies- glitter glue and felt. Please visit www.burlingtoncityarts.com to learn more about Art from the Heart and how to get involved.



By Carol L. Winfield,
City Market Member

Have a nice day.

Don't know about you but I find the check out boys and girls (from the Ninety View, they are boys and girls) at City Market generally a genial lot. What's especially genial, though, is their individuality. Each carries his or her special aura. The way they cut or color their hair, for example, and the ornaments they choose to put therein! Take a look at their way of dressing. Not a one like another. Some leave me breathless with the audacity of their taste, their flare, some of which is rather dashing. Even with so mundane an act as unloading purchases, you find their way of greeting you is singular.

Most of us pick the check-out line where we believe the wait will be shortest, but recently I have been looking more carefully, selecting the line where I will stand according to my mood and attitude toward the appearance of the cashier. As I began examining them more carefully, I became increasingly fascinated even with the different manner with which they pick up the merchandise, scan it, and place it in the shopping bag. Some are serious and silent, some smiley and silent; some greet you with a clarion call of welcome, while others hardly notice, not rude, just busy about their business.

Sometimes, when the lines are all full the stress must be abrasive, yet they never fail to maintain polite attention. There is an eight hour day, eight hours on their feet. It cannot be easy especially with some customers, like me, for example, who takes forever getting her stuff together, wallet, change, cane, zipping up,

finding hat, gloves! Yet, I have never noticed them grow impatient or irritated. That takes doing.

I know of someone who says he hates going to City Market because he thinks the cashiers don't know their business. I would like to go with him sometime to see which ones are failing. I know there are people in the area who think a Co-op odd. It is my belief these types would find fault no matter what.

But there you are. Just as the Co-op employees vary so dramatically in their dress, so too do attitudes. Which circuitously brings me back to the title of this column: short or tall, wildly adorned or be-ribboned, a long line

appearance of the cashier

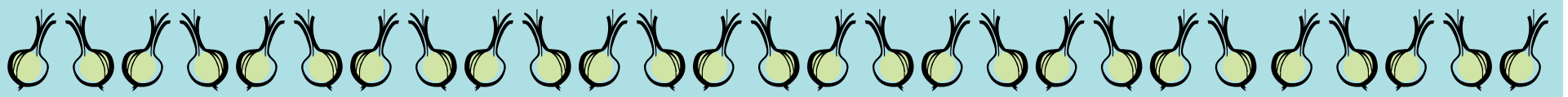
waiting or no one in the store each customer gets sent off with one form or another of, "have a nice day!" I don't know how the custom began, I do know becoming aware of it when my children were teenagers in the early sixties. Here and there one would hear the send-off until now, you cannot go anywhere, do anything without being wished a "have a nice day," even total strangers on a telephone with whom you have just been having an unpleasant discussion about a telephone bill, perhaps. The conversation ends with an automatic "have a nice day!" Every once in a while, when I'm feeling grouchy I want to look them in the face and say, "Quite frankly, I feel rotten. I am not having a nice day," but know better. Maybe though, just once when an impish impulse sweeps over me, I may try it.

City Market's Sugar on Snow Event- April 18

Join our annual maple sugaring celebration on APRIL 18 (Saturday) 11:00 a.m. – 3:00 p.m.

- Sugar Shack – Sugar on snow featuring Purinton Maple syrup.
- Profoun Salsa – Sweet and Sassy – made with Vermont maple syrup.
- Maple Milk – Made with local milk and syrup
- Boyden Valley Winery – Taste Boyden's unique Vermont Maple Reserve Apple Wine and Gold Leaf.





Customer Comments:

Dear City Market,

I learned so much from your "Eating on a Budget" workshop! My husband and I attended in July. Since then, we've viewed the weekly specials online to plan our meals. We buy in bulk whenever possible. We rarely purchase prepackaged items (e.g., now we cook dried beans). Both my husband and I work, and we've found *Moosewood Cooks at Home* provides plenty of delicious, quick meals. As do many recipes on the City Market Web site. Also - thanks for introducing us to quinoa! The salad we had at the workshop continues to be one of my favorites.

Sincerely,

Lisa Farrell

Thanks Lisa!

We are so happy that you've been able to utilize all of the information presented in the very popular Eating Well on a Budget class. It's been so popular that we've decided to offer the class twice a month starting in April. The class will be offered on a weeknight as well as on a Sunday. Check the Back Page for dates and times.

Dear City Market,

Please bring in Meyer's cleaning products.

Anonymous

Dear Anonymous,

Great news! Mrs. Meyer's cleaning products are now in stock. You can find them in Aisle 3.

Dear City Market,

Please bring back the tofu scrambler, powered spice packet.

Sincerely,

T. Lorenz

Dear T. Lorenz,

Unfortunately, the company that made the tofu scramble spice packet, Fantastic Foods, has discontinued the product. We also like it and have found two great tofu scramble recipes from *Vegetarian Times* that we've posted on our Web site. Go to www.CityMarket.coop and click on Health and Recipes. You'll find it there. Enjoy!

Planning the Co-op's Produce, One Farmer at a Time

By Mary Mangbis,
Produce Buyer

Many people are concerned about our current food system. Whether that concern is based on issues of environmental degradation, resource use, health effects in our population, food safety, the threat of monocultures to biodiversity, personal disconnection to our food sources, or the social inequalities and cultural impact of industrial food production, one thing many of us can agree on is that strengthening our local food systems is a large step in the right direction. The goals of the Co-op's Produce department are to build on the relationships that have established in order to provide our Co-op community with access to fresh, nourishing and delicious local produce. In addition to nurturing new grower (farms) relationships.

As we experience (perhaps) the last snowstorm of the season in Vermont, our Produce department is meeting with local growers to plan for the 2009 growing season, a season that finds some farms expanding into new projects and others contracting to offer fewer crops. At times these meetings have found us perusing seed catalogues together to choose specific tomato and melon varieties, discussing delivery days or learning about the particular micro-climate and soil conditions that will determine the crops and growing season of a farm.

As unpredictable as this business can be, we try to offer each other a basis for planning. One farm has been determining labor and input costs for each crop and making business

decisions about which crops make sense for them. Another has been implementing changes based on the lessons of last year's challenging weather conditions and their soil characteristics. Some will be taking some of their land out of crop rotation to plant with cover crops to enrich their soil and break the weed cycles. Some will be trying out exciting new options for getting their produce to people's tables and another is making crop decisions based on family needs. All these are means to the same end - a sustainable system that offers fresh local food and provides those that grow it fair compensation and a fulfilling livelihood.

I don't believe we can shop our way out of all our problems, but we can take a step away from corporate control of our food systems by supporting our neighboring farms and celebrating the fruits of their labor. As Wendell Berry reminds us "...eating is an agricultural act... (which) ends the annual drama of the food economy that begins with planting and birth."

We'll be able to enjoy the mouth-watering flavors of local produce that will begin anew this month with fiddleheads, ramps and overwintered spinach and soon move on to asparagus and spring lettuce in May. It's also a chance to take the time to savor this connection and rejoice in the simplicity of those freshest of flavors, knowing that acting together we may be able to change the direction of food production one delicious mouthful at a time.



Learn to garden and grow your community

The Community Teaching Garden at Ethan Allen Homestead is a hands-on gardening program designed to teach beginners how to plant, cultivate, harvest, and preserve fresh organic vegetables. Since the program began in 2003, more than 100 participants have completed the 20 week organic gardening course.

2009 classes will be held at the CTG site on Monday and Thursday evenings from May 4 to September 28. Classes begin at 7:00 p.m. in May, June, July, and August, and at 6:30 p.m. in September.

The 2009 course fee for the Community Teaching Garden is \$120 per person if sharing a raised bed, or \$200 per person for an individual raised bed. The course fee covers 40 class sessions of instruction, seeds, plants, supplies,

water, use of garden tools and raised beds, and all the delicious fresh produce participants can grow. The Frank W. Way Memorial Scholarship Fund has been established to provide limited income participants with scholarships covering up to 50% of the course fee.

The Community Teaching Garden program is geared toward adults ages 18 through seniors, with special consideration given to gardeners in limited income situations. Participants garden in individual and group raised beds. Like the UVM Extension Master Gardener program, CTG graduates also make a volunteer commitment to use their gardening skills in service to the community.

To learn more about the Community Teaching Garden, please call 802-861-GROW or visit online at www.burlingtongardens.org.



April's CAP Sales Flyer Featured Recipe

Sample this recipe in-store on Thursday, April 16, at 12:30 p.m.

Mango and Bean Salad

It goes great with grilled chicken or beef, fried plantains or corn chips.

Ingredients

- 15 oz canned black beans, rinsed and drained
- 15 oz canned white beans, rinsed and drained
- 3/4 c frozen corn, caramelized
- 1 T brown sugar or sucanat
- 1 small mango
- 1/2 red bell pepper, diced
- 1/2 small jalapeno pepper, minced
- 1/4 bn fresh cilantro, chopped
- 1/2 avocado, peeled and diced
- 1/4 c red onion, thinly sliced and marinated
- 1 T olive or canola oil
- 2 1/2 T lime juice (about 1 fresh lime)
- 1 t lime zest (about 1 fresh lime)
- 1 t minced garlic
- salt to taste

Instructions

Marinate the sliced red onion in the lime juice and lime zest for 30 minutes. Meanwhile, caramelize the corn by heating a sauté pan over medium-high heat with 1-tablespoon olive or canola oil. Add the corn and the sugar and sauté until the corn is golden brown. Remove from heat and let cool. Combine all of the salad ingredients with the marinated onions and cooled corn. Toss gently and add salt to taste.

Congratulations
to **Wendy Simpe** - winner
of the **Co-op's Groceries**
for a **month promotion**.
Thank you to everyone that
entered the contest.

Eating Well on a Budget Workshop Twice a Month



You'll now have two opportunities each month to learn how to eat well on a budget at City Market with our most popular workshop. Check the Back Page of the Onion Skin each month or online at www.CityMarket.coop to learn which dates the free class is offered. Sign up is available at the Customer Service desk.



What do Bee's and Banana's Have in Common?

By Courtney Lang,
Demonstration Coordinator

Sadly, we may witness the disappearance of both bees and bananas! Currently banana barons like Chiquita are going bananas, well, over bananas. As we all know, rising gas prices have given way to increasing costs for just about every good you can imagine including the banana. For a product so dependent upon petroleum based transportation, it could be assumed that this is the biggest concern of the major banana companies. However there is an even bigger threat looming over the banana industry, the threat of the extinction of the world's favorite banana variety.

The first banana to be mass-produced for the U.S. market was the Gros Michel. In the 1950's, the Cavendish Banana replaced the Gros Michel and it is probably the only banana that most consumers have ever eaten. The reason for its introduction was that the Gros Michel was wiped out by Panama Disease, which is a fungus that attacks the banana plant causing rotten and withered fruit. Cavendish bananas and bananas in general, are especially susceptible to disease because the

plants are all clones of one another. Bananas can be propagated through a process similar to replanting cuttings from a rose bush. As a result, all the Cavendish Bananas are genetically identical.

When the Panama Disease struck, the Cavendish variety appeared to be immune, and quickly replaced the Gros Michel. This original assumption of immunity has turned out to be incorrect. The Cavendish Banana was only immune to the particular strain of Panama Disease that destroyed the Gros Michel. In the wake of increasing globalization, the Cavendish variety is now grown in countries all across the globe. When banana plantations in Malaysia began to experience blight on their plants, it turned out that a new strain of the fungus, more virulent than the last, was again attacking the bananas. In 2004 the disease had already spread into Pakistan, the Philippines, Malaysia, and parts of Africa. The continued spread of the disease would be a tragedy indeed, due to the fact that in many parts of the world, the banana is an important staple food. While banana companies search for either a cure, or a new resistant variety, it is possible that in 5 to 10 years this tasty strain could disappear.

For more information you can read Dan Koeppel's book, Banana: The Fate of the Fruit that Changed the World.

Community connections

Hydrangea Too

City Market Members can win a \$50 gift certificate.

Hydrangea Too, a locally owned business, located at 199 College St in Burlington, specializes in women's accessories and home décor. Hydrangea strives to provide customers with an eclectic selection of "accessories for the body & home" made both locally and internationally. Store owner, Leah Martin, believes that it doesn't have to cost a lot to look good and to stay current with your style. She loves to help customers with a blank slate (whether it is an outfit or a home) and help to decorate at a reasonable price.

Stop by Hydrangea during the month of April and receive 15% off your entire purchase with proof of your Co-op membership or check them out on online at www.HydrangeaToo.com. City Market Members can sign up to win a \$50 gift certificate to Hydrangea at the Customer Service desk in April.

Green-up Your Spring Cleaning

By Courtney Lang,
Demonstration Coordinator

In April, as spring begins to appear the air will be crisp and fresh. With all of that fresh air comes motivation, for even the messiest among us, to get moving on the annual spring scrub-down. Unfortunately, as the average consumer cleans they don't take into consideration the plethora of chemicals in their cleaners. Although these cleaners are great at what they do, the impact they have on the health of our families and the environment are long-term. If you think your home is a retreat from pollutants, guess again. Due to the chemicals in our cleaning supplies, the air in our homes is up to 100 times more toxic than the air outside.

So, how can you tackle spring cleaning without using harmful chemicals and generating needless waste? To begin, if the weather decides to cooperate, open a window and let those toxins out. Most importantly, start by properly getting rid of all your conventional cleaning products that annihilate everything in their path.

Next step is to sign up for City Market's Green Cleaning Workshop. We have paired up with Seventh Generation to help you make your home green while you clean. Sign up at the Customer Service desk for Green and Clean: Natural Solution to Spring Cleaning Workshop which will be held on Saturday April 25 at 11:00 a.m. We will provide a step-by-step guide to better cleaning while using non-toxic, eco-friendly products and offer tips and simple recipes to make your home healthy.

RECRUITING NOW! Free to qualified applicants.

Step Up to Carpentry

Six-week, job-training program for women interested in careers in carpentry & construction.

Classes start in April.

We've Gone Green!

Sustainable topics included



VERMONT WORKS FOR WOMEN

www.vtworksforwomen.org

For more info: 802.655.8900 ext. 106 / 1.800.639.1472

rjolly@vtworksforwomen.org



Banana Man and Chocolate Fondue Fountain—all in the name of Tropical Fair Trade Day

By Courtney Lang,
Demonstration Coordinator

City Market annually celebrates Fair Trade tropical fruit in the middle of winter when the tropical fruit season is flourishing. One of our featured products, Oke Fair Trade bananas, are from a cooperative called El Guabo in southwestern Ecuador. This cooperative features Cavendish bananas, which are presently the only banana you see on the market. These bananas have a fascinating story which isn't known by most consumers. You can learn more about this topic in the article: What do Bees and Bananas have in Common?



NFCA offers First Sale at Regional Co-ops

With the help of the Neighboring Food Cooperative Association (NFCA) the first product sale is being offered at all 17 neighboring co-ops. Working together to build a strong local food economy, NFCA has secured the sale price of \$15.99/lb (reg. \$23.99/lb) on Bourree's Dancing Cow cheese for the month of April. The Dancing Cow cheese is made on a 243 acre organic farm in Bridport, Vermont. Dancing Cow Bourree is washed with brine and aged for a minimum of sixty days. Bourree has a smooth and silky texture with an excellent balance of saltiness and unique flavor. Pick some up in the Cheese department today.



Wine Picks for Under \$10

South Africa has been producing fine wines since the 1650's, and ranks in the top ten for wine production worldwide. South Africa's wine industry has received great press in the last few years regarding their advancements in winemaking technology, and for increasing educational and economic opportunities for the nation's winemakers. South African wines are unique and accessible. This month we are featuring some great values from South Africa- Ken Forrester Petite Chenin Blanc and Graham Beck Shiraz/Cabernet.

Ken Forrester Petite Chenin Blanc is a mellow yet refreshing medium bodied white that is \$8.99 every day. You may already be familiar with its French counterpart, Vouvray, which is also Chenin Blanc. Ken Forrester Petite Chenin Blanc has aromas and flavors of ripe melon, honeysuckle and hints of lemon. It is perfect with shellfish or light veggie fare and is also pleasing enough to sip on its own.

Graham Beck Shiraz/Cabernet was a customer favorite back in December, and it has returned! At \$9.99 this blend is rich and plummy with hints of earth and spice, a defining characteristic of many South African reds. Brambly fruit flavors are well integrated with mocha and smoky oak which pair well with lamb or stew. Try them both this month, and look for more South African wines arriving in our wine department soon.



City Market Farm Feature: Red Wagon Plants

Throughout the State of Vermont the economic downturn has ignited the awareness of money saving techniques such as home gardening. Julie Rubaud, owner and operator of Red Wagon Plants in Hinesburg, is thrilled to be a part of this growing interest. It "feeds my soul" she says, knowing that the herbs and plants she grows are in thousands of gardens around Chittenden County.

Julie began her studies at UVM, which led her to work at The Intervale with the collective farm Diggers Mirth until 2001. She then began her current year round business, Red Wagon Plants, in Starksboro in 2005. Since then, the company has moved to Hinesburg and has continued to sell the highest quality organic plants with a special emphasis on heirloom varieties, kitchen gardens, and container plants, which you can find at City Market.

Their growing methods are simple and wholesome – they start with good potting soil, seeds, and planting stock. They maintain healthy growth with careful watering, and let the sun do the rest. Because they start plants organically, in a compost-based potting mix, the seedlings experience little or no transplant shock as they travel from pot to earth. The plants are hardened off before you buy them, and have a stocky and sturdy quality not usually seen in nurseries and garden centers.

Their staff is also what makes Red Wagon Plants unique. They are a crew of fun and hard-working people who are always ready to answer questions and talk gardening. You can often catch them outside City Market pruning the plants in summer months. In April join City Market and Red Wagon Plants in The Kitchen Garden Workshop on April 4 (Saturday) from 11:00 – noon. The class will take an in-depth look at garden planning and is for all levels of gardeners.

City Market Farm Tour Recap: Hardwick, VT

By Courtney Lang,
Demonstration Coordinator

Special thanks goes out to our hosts High Mowing Organic Seeds, Jasper Hill Farm, Claire's Restaurant, and Vermont Soy Company for creating an inspiring event! Our trip to Hardwick was quite exciting from seed cleaning and cheese caves to a delicious local meal and a peak at Vermont Soy's production facility. Our next tour is scheduled for July and is rumored to be a bike tour of Shelburne. Keep yourself updated on the next Farm Tour through City Market's newsletter the Onion Skin.



Andrew Meyer, owner of Vermont Soy Co., gave us a taste of their new line of flavored tofu soon to hit City Market's shelves.



One of seven cheese caves at Jasper Hill Farm's new state-of-the-art facility, got cheese?

Ask the Health Genie

Dear Health Genie

I had read somewhere that methylcobalamin is essential for vegetarians to supplement their diet with. Is this true?

Thanks,
Vanessa Vegan

Dear Vanessa,

Methylcobalamin is Vitamin B-12. Indeed, this vitamin is found heavily in red meats and most animal sources – there are no known sources of this vitamin in

vegetables. Vitamin B-12 is a key dietary supplement because it helps to support nerve and red blood cell health. Methylcobalamin is the predominant form of B-12 in the body and is instrumental in breaking down homocysteine into the benign amino acid methionine. High levels of homocysteine are said to have a negative impact on the cardiovascular system.

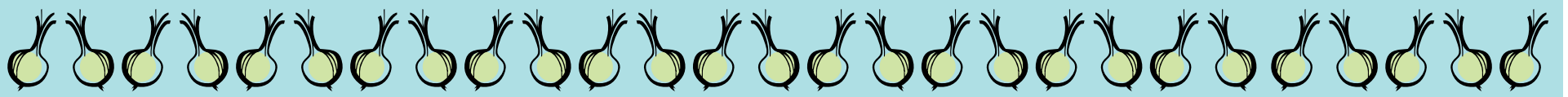
Good luck,
Health Genie



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April Product Sampling

April 1 - Dr Kracker
1:00 - 3:00p.m.

April 3 - BarLeans - Omega Swirls, Total Omega
noon - 3:00 p.m.

Soyatoo- Soy Whipped Topping
5:00 - 7:00 p.m.

April 4 - Red Wagon Plants - Herb Salad
noon - 1:00 p.m.

April 6 - Mimosas
4:00 - 7:00 p.m.

April 7 - Produce Day - Taste Something fresh!
4:00 - 7:00 p.m.

April 8 - Drew's Salasa
5:00 - 7:00 p.m.

April 10 - Late July Crackers
11:00 a.m. - 1:00 p.m.

Nordic Naturals- Fish Oils, Nordic Berries and Omega 3 Gummies
noon - 3:00 p.m.

April 11 - Bakery of the Farmhouse Kitchen
11:00 a.m. - 3:00 p.m.

Dan's Chocolate
4:00 - 7:00 p.m.

April 12 - BULK Herb Demo - Tulsi Tea
3:00 - 5:00 p.m.

April 13 - Wellness Day
4:00 - 7:00 p.m.

April 15 - Naked Juice
4:00 - 7:00 p.m.

April 18 - Sugar on Snow!
11:00 a.m. - 4:00 p.m.

April 19 - Maple Day
11:00 a.m. - 4:00 p.m.

April 21 - Produce Day - Taste something fresh!
4:00 - 7:00 p.m.

April 22 - Citrasolve
5:00 - 7:00 p.m.

April 24 - Rustic Crust
5:00 - 7:00 p.m.

April 25 - New Chapter- Immunity Take Care
noon - 3:00 p.m.

Produce Cooking Demo
1:00 - 3:00 p.m.

April 26 - BULK Herb Demo - Tulsi Tea
3:00 - 5:00 p.m.

April 27 - Wellness Day
4:00 p.m. - 7:00 p.m.

The Kitchen Garden

APRIL 4, 11:00 - noon

Please join Julie Rubaud, from Red Wagon Plants, for an in-depth workshop in garden planning. Learn how to maximize your harvest all season long with some simple planning and time saving tricks. Topics to be covered include season extension, succession plantings, adapting your garden to your tastes and schedule, edible container gardening and simple food preservation for the winter months. This workshop is for gardeners of all levels who would like to learn how to grow more of their own local food right in their back yards, community gardens, and front porches.

Cooking with Kids: The Spring Table

APRIL 5, 10:00 - 11:30 a.m.

Kids, come and help make plant-based dyes and decorate eggs to hang on spring blossoming branches. While the eggs are drying, we will make scrambled eggs and taste-test fresh herbs. Children 5 and under accompanied by adult; 6 and over no adult necessary.

Free Herbal Clinic

APRIL 6, 4:00 - 7:00 p.m.

Have you ever been interested in using herbal medicine to improve your health? Join Betzy Bancroft RH(AHG), Larken Bunce MS, Guido Masé RH (AHG) and students from the Vermont Center for Integrative Herbalism in a free, personalized session focused on your individual constitution and any health conditions you may be experiencing. An incredible opportunity to explore the art of herbal healing with experienced practitioners! All sessions last about one hour and are completely confidential. By appointment.

Incense Making with Joann Darling

APRIL 7, 5:00 - 7:30 p.m.

Our Green Friends possess the "Wisdom" (knowledge) for bringing positive change, not only to our bodies, but also our mind and spirit. Come take a journey with the plants, through the universe to bring balance and harmony into our daily lives. In this workshop we will work with traditionally accepted correspondences of several plants (herbs), and their elemental and astrological associations. Loose and moist blends will be explored. \$5 material fee

A Taste of Vermont

APRIL 11, 11:00 a.m. - noon

City Market boasts over 1,000 local products. Take a tour around the store with Product Demo Coordinator Courtney Lang. Afterwards, join the group in a delicious tasting of your favorite items all for free.

Herbal Preparations

APRIL 11, 12:00 - 1:00 p.m.

Join Cristi Nunziata, Herbal Education Coordinator, on a tour of City Market's bulk herb section, followed by an introduction to herbal preparations workshop, where participants will learn how to prepare herbs in a variety of ways. Recipes will be provided to allow participants to start using bulk herbs at home with ease.

Hydrosols with Guido Masé

APRIL 14, 5:30 - 6:30 p.m.

Herbalist Guido Masé will demonstrate how to make hydrosols. Hydrosols, such as rose water, can be used for body care, medicinal, or culinary purposes. Everyone will take a hydrosol home.

Breakfast Basics

APRIL 14, 6:00 - 7:30 p.m.

Soaking grains overnight is a great way to start the day. Learn how to make breakfast classics a new way with soaked grains from City Market's Bulk section for better nutrition, faster preparation time in the morning, and a fresh and delicious variety of tastes. Help prepare and sample five breakfast foods: coconut almond granola, fresh muesli with fruit, berry muffins, buckwheat pancakes, and hot cereal. No prior cooking experience required. Take home these recipes to get started.

Free Herbal Clinic

APRIL 20, 4:00 - 7:00 p.m.

Have you ever been interested in using herbal medicine to improve your health? Join Betzy Bancroft RH(AHG), Larken Bunce MS, Guido Masé RH (AHG) and students from the Vermont Center for Integrative Herbalism in a free, personalized session focused on your individual constitution and any health conditions you may be experiencing. An incredible opportunity to explore the art of herbal healing with experienced practitioners! All sessions last about one hour and are completely confidential.

Eating WELL on a Budget

APRIL 21, 6:00 - 7:00 p.m.

Learn time and money-saving tips for shopping on a budget with Product Demonstration Coordinator Courtney Lang. Participants will sample recipes, take a tour of the Bulk Department, and take home a tote bag full of recipes, coupons, and tips for getting started.

Green and Clean: Natural Solution to Spring Cleaning Workshop

APRIL 25, 11:00 a.m. - noon

Join City Market and Seventh Generation this month for a spring cleaning workshop. Your home is a place for your bodies to rest and recuperate rather than promote harm. The class will focus on reducing and learning about household toxins, household organization, and waste reduction.

Flower Essences with Maureen Short

APRIL 25, 12:00 - 1:30 p.m.

Flower Essences are gentle remedies used to promote emotional wellbeing. Join Maureen Short in a discussion involving what flower essences are, how they are made, and how you can use abundant local flowers for healing yourself and others.

Eating WELL on a Budget

APRIL 26, noon - 1:00 p.m.

Learn time and money-saving tips for shopping on a budget with Food Education Coordinator Caroline Homan. Participants will sample recipes, take a tour of the Bulk department, and take home a tote bag full of recipes, coupons, and tips for getting started. Childcare provided.

New BULK Herb Brochure Now Available



A new brochure has hit the shelves of City Market offering great how-to tips to learn how to utilize the variety of herbs for herbal preparations, using various mediums for extraction, such as water, oil, vinegar, honey, or alcohol. Buying bulk herbs allows you to decide the amount you purchase, the way the herbs are prepared, and the combination of herbs used. Look for the new brochure in the Bulk Herbs section today.

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Art Showing



City Market member Diana Sette is a printmaker, puppet maker, papermaker, book maker, sculptor, baritone player, sourdough singer and, above all, Cheap Artiste, as inspired by the Cheap Art Manifesto. She is especially interested in revealing garbage's true beauty in a way that works to encourage throwing away the system that seeks to turn every living being into garbage. Currently, she is a full-time puppeteer with Bread and Puppet Theater Company in Glover, VT. Stop by City Market's Café Gallery throughout the month of April to view Diana's exhibit.