

The Onion Skin

FREE

Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

August 2010

Do you know a Co-op Hero?

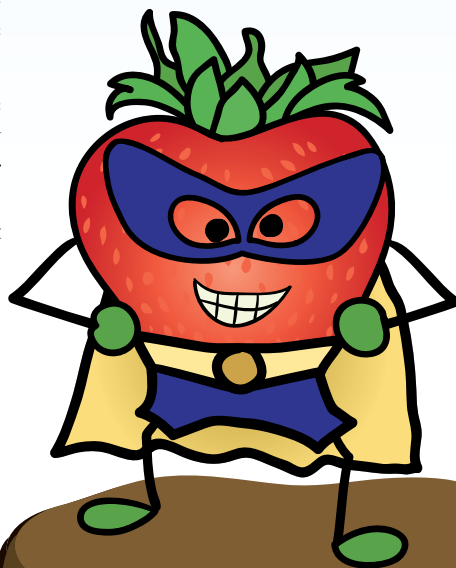
Don Schramm Award nominations are due!

If you want to recognize the outstanding contribution to our community by a Co-op Member, please submit a nomination form for the Don Schramm Community Service Award.

The City Market Board of Directors will accept nominations until August 11th and will present the award at the Fall Member Meeting on Saturday, October 2. Past winners include Donald L. Schramm, Bonnie Acker, Janet Hicks, Michael Healy, Beverly Keim, Andy Jones and Abbie Nelson.

Nominees for the Don Schramm Community Service Award must be active members of the Co-op and show an outstanding commitment to cooperative principles, visionary leadership, or service to the community.

Nomination forms are available online at www.CityMarket.coop. Any questions? Email General Manager Clem Nilan at cnilan@citymarket.coop. Nominations are accepted via email or at the Customer Service desk. Go Co-op!



Co-op Board of Directors Elections



We Need You!

City Market/Onion River Co-op Board of Directors elections will be held in October. There will be three open seats on the Board this year. Board terms begin in January and run for three years. Think you might have what it takes to help set policy for the Co-op? Keep an eye out for further details in future issues of the Onion Skin as to how to apply and when! Go Co-op!

eatlocalweek

September 11 - 19

Savor the Dates! September 11 - 19

Celebrating local farms and flavors!

A whole week of workshops, local food tastings, and more! Complete an Eat Local Week Scorecard and be entered to win \$250 of groceries at City Market or a Winter CSA Share from the Intervale Center. Check out eatlocalvt.com for all the details as they are announced!

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In White River Junction... A Tale of Two Co-ops Co-operation in the Junction

By Clem Nilan,
General Manager

One of my pleasures traveling through Vermont is the opportunity to visit other food co-ops. Vermont is famous for having more food co-ops (15 total) per capita than any other state in the union.

There are food co-ops in Adamant, Brattleboro, Hardwick (Buffalo Mountain), Burlington (yours truly City Market/ORC), East Warren, Montpelier (Hunger Mountain), Middlebury, Plainfield, Putney, Rutland, Springfield, South Royalton, St. Johnsbury, White River Junction (Upper Valley) and recently, on June 23rd, the newest one opened in White River Junction.

Whoa! White River Junction? Isn't there a co-op already there... the Upper Valley Co-op?

Yes, it's true... the Upper Valley Food Co-op is no longer the only retail food co-op in White River Junction.

What gives? Is this a case of one co-op too many?

The newcomer is a satellite store of the Hanover Consumer Cooperative Society. Hanover operates three other co-ops and one service center in New Hampshire just across the Connecticut River from White River Junction.

The story goes this way. Recently the P&C grocery store in White River Junction went bankrupt. The Pomerleau family, owners of the property, inquired first if the Upper Valley Food Co-op was interested in the location (they weren't). The Pomerleaus then inquired if Hanover was interested. Hanover has a superb reputation for running first rate co-ops.

Although Upper Valley and Hanover are both retail food co-ops, the two operate in distinct niches. They are very different businesses, especially in their product mix. This difference dates back to their origins.

Upper Valley Co-op began in 1976 out of a desire to obtain natural food, a progression of the ideas and philosophies of the 1960s counterculture. One of a number of so-called new-wave (or second generation) co-ops, the Upper Valley was opened by idealistic members, and rooted in beliefs of equality and social justice. Nationally, most of the new co-ops founded in this time focused on whole, unrefined, and bulk foods. These co-ops, including the Upper Valley, were pioneers in a growing the "natural foods" industry. From a peak of over 700 second generation co-ops in the '70's, there's are less than a third left today. The surviving ones are well-established and overwhelmingly strong. The Upper Valley Co-op remains today a small vibrant natural foods store, owned by approximately 1,100 community members.

In contrast, the Hanover Consumer Cooperative Society was founded in 1936, during the Great Depression, and is among the oldest and best examples of a first-generation co-op. The first members pooled orders for potatoes, oranges, and maple syrup

and arranged for discounts on gasoline and fuel oil with local suppliers. Over the years Hanover grew in size and opened new stores. Today, membership in the Hanover Consumer Cooperative Society comprises over 30,000 individuals. Virtually everyone in Hanover, New Hampshire is a member of the co-op. If you visited one of the Hanover stores today, you would notice right away that the product mix is more similar to a Hannaford's than a strictly natural food co-op like Upper Valley or Middlebury.

How does having a second co-op in White River Junction sit with the Upper Valley Food Co-op? Upper Valley board member Sharon Mueller remarked that some members are asking questions and are concerned about the new co-op's effect on Upper Valley's sales. Sharon says that store buyers are definitely closely monitoring their sales numbers and so far sales remain strong.

Early on when considering whether to open in White River Junction, Terry Appleby, the General Manager of Hanover, wanted to make absolutely sure that Upper Valley would not be adversely affected. Terry called Kai Cochran, the general manager of Upper Valley Co-op, to determine whether two co-ops could coexist in the same town. They discussed ideas to help ensure the success of both stores.

Hanover recognized the strengths of Upper Valley and decided to differentiate the stores by changing the format of their White River Junction store. The new store would carry fewer organic items (with the exception of Equal Exchange bananas and produce from local growers who already had a relationship with the organization). They also chose not to have a bulk food department (with the exception of Equal Exchange coffee). Customers requesting bulk are being directed to Upper Valley Co-op by a sign in the front of the store. The White River store will also not feature natural products in the wellness department. The general managers continue to discuss ways to promote their businesses to their mutual benefit.

In addition, Terry and his board president attended an Upper Valley board meeting and Kai and her board president attended a Hanover board meeting. The two boards are discussing coming up with a policy that would be mutually beneficial to both co-ops. "Having Kai and Brienne come to the Hanover Board meeting and welcome our Co-op to their town was a truly inspirational event for me", Terry said later. "They expressed the importance of expanding the ideal of cooperation to a bigger audience. They were looking at the opportunity to spread cooperation and that inspires me to work hard to guard our common success."

No one wants to infringe on the little guy or see the little guy infringed upon.

It benefits all co-ops to strengthen our co-op economy both in Vermont and our region. This White River Junction expansion is a major symbolic step forward. After all, it was only a matter of time before a Hannaford's or Price Chopper conventional grocery store moved in. What would have been better for the community? From my point of view, this is a great fit!



By-Laws update

Amid the latest heat wave, the board recently finished preliminary work on a revision of the by-laws. The document is undergoing review by our Co-op's lawyer Kerin Stackpole, to make sure it conforms to Vermont state statutes.

During the next stage of the by-law revision process, we will host member forums to provide members with opportunities to comment on the proposed changes to the by-laws. Please stay tuned for e-mail updates and in-store signage notifying Co-op members when the forums will take place.

Board elections

On another note, if you support the work of City Market and would like to be more involved at the level of "the big picture," please consider running for the Board of Directors. Similarly, if you know a Co-op member who might enjoy working at that level, please encourage him or her to run. It is a great way to serve the Co-op, and the broader community. The Co-op is accepting applications until September 10th. Application packets are available at the front desk and on the Co-op website.

As always, please do not hesitate to contact me or other board members with questions or concerns, or come to our next board meeting.

Sincerely,
Susan Munkres
Board President

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

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Advertising Information:

For an ad information sheet, please e-mail Allison Weinbagen at AWeinbagen@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.

Join us!

The next Board meeting is
August 23, 2010
 6 P.M. to 9 P.M.
 in the
City Market Conference Room.

We welcomed
207
 new members
 in June!



Co+op Deals Newsletter

Starting in September, you'll notice some changes to our sales flyer, coupon books and other materials provided by National Cooperative Grocers Association (NCGA), the national association of which we're a member. NCGA provides these resources as a benefit of membership, allowing us to focus our time and energy on other areas that provide value to our shoppers, members and local community.

NCGA is launching a new brand, **Co+op, Stronger Together**. Besides the new logo and fresh new look, you'll see more deals, more often, with quarterly coupon books and twice the number of sales flyers. So what's the deal? It's Co+op, stronger together!



Onion River Co-op Members Sign Up For the Arethusa Farm Member Benefit

To all City Market members: There are still slots left! City Market, Onion River Co-op members can take home fresh produce after working a morning in the fields at Arethusa Farm. Every Friday morning through September 10, Onion River Co-op members have the opportunity to participate in Arethusa Farm's Work-Share Program. As part of the program, Co-op members work on the farm every Friday from 8:00 a.m. – 12:00 p.m. At the end of a morning's work, members are free to walk the fields and harvest a share of vegetables. To sign up or for more information, contact Leila Cosgrove at (802) 861-9707, lcogrove@citymarket.coop (limit of four weeks per membership). Please note—this is a Co-op member benefit, not a member worker opportunity. Members will receive a produce share instead of worker credit.



The Green Side is a locally-owned eco-friendly lawn care company located in downtown Burlington. Our mission is to provide superior lawn care service to our customers that will benefit their households and communities by using environmentally friendly equipment and practices. The Green Side accomplishes this by using battery-powered and hand equipment, so there is NO oil, NO gas, NO noise, and NO air pollution emitted. The services we currently offer include mowing, edging, trimming, weeding, and seasonal clean-ups, but we are more than willing to work on other lawn care projects within our capabilities. The Green Side is excited to be working with the Co-op and its members, and we are looking forward to doing our part to help make your neighborhood a healthier place to live. Check us out on Facebook, or contact Scott at 881-2515 or greensidevt@hotmail.com. Throughout the month of August, City Market members can enter to win a \$50 gift certificate to The Green Side. Stop by Customer Service to enter today!



Union Contract 2010

By Meredith O'Neill,
Human Resources Director

On Tuesday, July 6 Onion River Co-op Board of Directors ratified a three-year labor contract between the Co-op and the United Electrical, Radio and Machine Workers Union representing the Co-op's hourly employees.

The union and management teams worked hard to create a new wage scale that meets our goals of accelerating the pathway to livable wages while continuing to maintain fiscal responsibility and sustainability. Effective next July, all employees will be paid a livable wage within one year of employment. This has been our goal for some time now, and we are very proud of the wage package we are able to offer to our employees.

Through thoughtful and diligent negotiations, the Co-op was able to maintain fully paid single medical coverage for all full-time employees which affect the majority of City Market employees. City Market pays 75% of the single medical premium for part-time employees, up from 65% in prior years. The Co-op medical benefits continue to exceed those offered by competitors and other area employers according to the 2009 Hickok & Boardman benefits survey. The Co-op also plans to provide an annual wage increase to employees and profit sharing based on quarterly sales growth.

"City Market continues to provide for the wellbeing of our employees by offering livable wages and access to great benefits in a fiscally prudent and sustainable manner," said Clem Nilan, Co-op General Manager. "City Market staff continues to achieve excellence in cost control allowing us to provide these options. This recent contract renewal reaffirms our commitment to our employees and to the community."

In addition to healthcare, a wage increase and profit sharing, the Co-op also offers the following employee benefits:

- Four weeks of Paid Time Off (PTO) for new employees and up to six weeks of PTO after four years of employment
- A six percent match (dollar for dollar) on our 401(k) plan after one year
- 15% store discount (except for beer & wine)
- Free coffee and tea while working
- Free bus passes
- Bicycle commuter benefits
- Free Employee Assistance Program
- Paid breaks
- Anniversary gifts
- Discounts at area businesses
- City Market charge account
- Wellness programs

For more information on employment at City Market, visit www.CityMarket.coop.



Share Your Produce!

Stop by Produce for the People food drives and share some extra produce from your garden! In August there will be TWO fresh food drives each week, where your veggies can be donated! Produce collected from community and home gardeners will be taken to a beneficiary agency, where the food will be prepared for our Burlington neighbors in need.

Fresh Food Drives:

- | | |
|------------|---|
| August 5: | Thursdays at the Intervale
5:30-7:30pm |
| August 8: | North Beach Shelter
4:00-6:00pm |
| August 12: | Thursdays at the Intervale
5:30-7:30pm |
| August 14: | Starr Farm
4:00- 6:00pm |
| August 19: | Thursdays at the Intervale
5:30-7:30pm |
| August 21: | Tommy Thompson Farm
4:00-6:00pm |
| August 26: | Thursdays at the Intervale
5:30-7:30pm |
| August 28: | Ethan Allen Homestead
4:00-6:00pm |

Fresh food drive tables are staffed by member workers and there are still some shifts available! Please contact Lisa at lcoven@ci.burlington.vt.us to sign up!



Star Chef Food & Wine Show

Saturday, August 21, 2010
12pm-5pm
Topnotch Resort & Spa, Stowe
\$45 per person

The Star Chef Food & Wine Show is an annual "round-up" of top U.S. culinary talent at a spectacular tasting event to benefit the Vermont Campaign to End Childhood Hunger, hosted by Topnotch Resort and Spa in Stowe, Vermont. Now in its second year, the event draws renowned stars of the restaurant world from Vermont and beyond, each creating signature dishes in a stand-out showcase of effortless, delicious and memorable meals. The event will also spotlight a number of national and international winemakers.

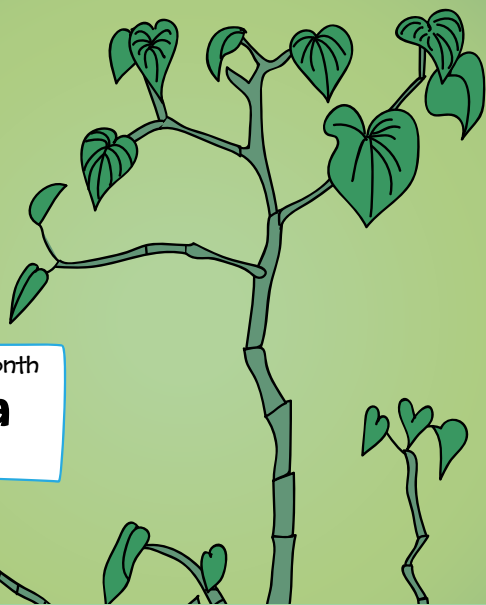
City Market is proud to be a sponsor of the Star Chef Food & Wine Show.

Tickets can be purchased at City Market, online at www.vtnohunger.org, or by calling Topnotch at (800) 451-8686.

I'm back!!
in the meat department

City Market Signature Burgers are back!

- Sweet Onion
- Cheddar Bacon
- Jalapeno Cheddar
- Bacon Tomato



August Herb of the Month

Kava Kava

Piper methysticum

August Herb of the Month: Kava (Piper Methysticum)

By *Cristi Nunziata*,
Herbal Education Coordinator

“There can be no hate in the heart when one has kava.” Rosemary Gladstar

In our fast-paced society, we all are affected by stress and anxiety from time to time. Hopping on an airplane or speaking in front of a large crowd are a couple of examples of activities that might have your heart beating a little faster. Beyond a racing heart, stress may lead to muscle tension, insomnia, or even a panic attack. Kava is a great remedy for reducing the many uncomfortable symptoms of stress and allowing you to cope with these difficult situations.

Native to the South Pacific, kava is now only cultivated as it no longer grows in the wild. It has a history of use for social and ceremonial gatherings over hundreds of years in its native climates. It calms the mind and body without causing drowsiness when used in moderation.

Before encountering a stressful situation, such as the ones mentioned above, taking some kava may allow you to remain relaxed. In the book *Herbal Therapy and Supplements: A Scientific and Traditional Approach*, the authors point out that “German studies have shown that kava is as effective a treatment for anxiety disorders as tricyclic antidepressants (opripramol) and benzodiazepines, without the side effects and tolerance issues.” However, kava may potentiate the effects of alcohol and pharmaceutical medications, so be sure to consult with a practitioner.

If stress and anxiety are keeping you awake at night, you might try kava. It enhances REM sleep without morning time grogginess. It relaxes skeletal muscles and lessens pain and tension throughout the body, which may also help you relax into a restful sleep. The antispasmodic effects of kava also make it a useful remedy for menstrual cramps.

After consuming kava tea or tincture, you may notice that your tongue becomes numb and your mouth tingles. This is only temporary and due to the active ingredient, kavalactones. Because of this numbing effect, kava may be used for toothaches, sore gums, or sore throats.

Kava has been banned in Europe and many people are concerned about the toxicity. However, as with everything else, when used responsibly, it is far less likely to cause problems. Kava should not be used in excess or for periods of time longer than four to six weeks or by people with liver disease. In the short term, though, kava is a great remedy for keeping cool and collected in the face of our many modern- day stressors.

References

Gladstar, Rosemary. *The Family Herbal*. Story Book Pub, North Adams, MA, 2001.

Kuhn, Merrily A. and David Winston. *Herbal Therapy and Supplements*. Lippincott, Williams, and Wilkens, Philadelphia, PA, 2008.

What's happening on Serving Up Vermont?

This month on Serving Up Vermont... It's all about cooling foods: think chilled soups, homemade pickled cucumbers, melon ice, and more. If these recipes tantalize your taste buds, check out our food blog, Serving Up Vermont: citymarket.coop/blog.

SERVING UP
VERMONT



Bulk and you

By *Lynn Ellen Schimoler*,
Grocery & Wellness Manager

With an increasing awareness of the impact of consumers and packaging on the environment, there is an ever increasing desire to shop for products in bulk departments. Why shop in bulk? City Market carries a wide variety of grains, nuts, beans, herbs and spices in the bulk department. For example, we have more than 15 types of rice in the bulk department, so the wide variety at times offers more choices than the packaged goods, in our Dry Goods section. It is very handy to purchase only two or three bay leaves for a soup recipe as opposed to an entire jar. Besides the ability to purchase an exact amount of product for a specific recipe, this is also an example of the added value and opportunity to save money when buying in bulk, and the added freshness. Buying in bulk is greener as well – instead of paying for the packaging (plastic, cans, paper), bringing your own glass jar and reusing it definitely decreases carbon footprint.

In addition to bringing as many local products as we can to bulk, we are also adding some new educational components. These will help introduce customers to the concept of buying in bulk and also answer some of the frequently asked questions. We recently created some large posters with information on different grains. In response to regular questions about storage, flavor and ideal recipes for grains, we created a “quinoa card” (a popular grain in our bulk department). Please stop by bulk to pick up a copy of our quinoa card (information below) or one of many other informational pamphlets available.

Community Cooking Classes Come to the Old North End

By *Caroline Homan*,
Food Education Coordinator

On June 29th, I had the opportunity to teach the first community cooking class at the Chubby Muffin on homemade yogurt making. By the time this comes out August 1st, I will have taught two more classes, on canning jam and making your own pickles using the lacto-fermentation method. These classes have proven to be quite popular.

Using the Chubby Muffin's kitchen was a big step up from teaching classes in our conference room. The space is brand new with a nicely tiled floor, excellent kitchen equipment, and a spacious feel. With the industrial-grade stove, it will be possible to teach canning and food preservation classes to about a dozen people per class. Look for a class on tomato canning and one on basil pesto and other forms of herb preservation in August (see calendar on back page). One purpose for these classes is to provide a hands-on experience with local food preservation and, where possible, to make enough product for people to bring some home. In so doing, we hope to provide a gathering place for people who are interested in strengthening their relationship to the local food system.

Sign-ups for these classes are currently at the Customer Service Desk at City Market, or 861-9700 x.0. We ask that you contact us if you must cancel, as space is limited and demand is quite high. The classes themselves are taught at the Chubby Muffin located at the corner of Oak Street and Intervale Avenue.

Quinoa

The ancient Incan “supergrain” quinoa has a fluffy texture and expands to several times its size when cooked. High in protein, calcium, iron, and all nine amino acids, quinoa is considered a “complete protein”. Quinoa is also gluten free, making it ideal for those with gluten sensitivity.

There is no nutritional difference between red and white quinoa, but red quinoa has a slightly nuttier taste. Both use the same cooking method.

Cooking tips

- Even though our quinoa arrives pre-washed, we recommend soaking it for 15 to 30 minutes prior to cooking. This ensures that the protective outer coating of saponin is removed. The Incans would use this residue as soap and if not fully removed, it can give quinoa a bitter taste. If you are pressed for time, use hot water and soak for five minutes.

- Rinse well using a mesh strainer.

- Simmer quinoa (1 part quinoa / 2 parts liquid) for 15 minutes. You'll know it's done when the liquid is absorbed and the grain turns slightly transparent. There will be a curly string-like germ that unfolds and makes the grains look a bit like Saturn.

- Quinoa tastes great in soups, stews, and other side dishes. Quinoa is an easy alternative to rice, and its subtle taste works well with a wide range of flavors.

Storage tips:

Keep quinoa stored in an airtight container in a cool, dry place for up to one year.



FAQ About BULK

What is sulfur used for in dried fruits, and is it good or bad?

The process of drying fruit naturally has a preservative effect, although sulfur dioxide (a common preservative) can help increase the shelf life. Sulfur is often added to dried fruit to protect the color and taste from oxidation. In this way, adding sulfur to dried fruit is primarily a cosmetic choice because it keeps the fruit brighter.

What makes King Arthur White Whole Wheat white in color as opposed to darker like other whole wheat flours?

The flour is made from a wheat variety that has seeds with white hulls.

Does City Market carry shredded coconut in bulk? Can one use this as breading?

Yes. Here is a recipe for breaded Tilapia. Finely shredded coconut is in a bin along with the flours and other baking goods; Larger coconut chips are in bags opposite of bulk coffee bins.

Ingredients

- 1 egg
- Dash of milk
- 6 x 4oz tilapia filets
- 1/2 cup of Panko breadcrumbs
- 1/2 oz of sweetened coconut flakes

Directions:

Beat 1 egg and dash of milk together. Combine coconut and breadcrumbs together in separate bowl.

Roll tilapia in milk/egg mix and coat thoroughly with breadcrumb and coconut mix....

Bake in 350 degree oven for 12 mins till flaky.

Number of Servings: 6

Does City Market carry hemp seeds? Why would I want to eat these?

Yes. They are located opposite the flours in the cooler on the top shelf. Hemp seeds are one of the most nutritious foods on earth. Tasting similar to pine nuts and sunflower seeds, hempseeds can be used in many recipes. In terms of nutrient content, shelled hemp seed is basically 34% protein, 46% fat, and 11% carbohydrate. For diabetics, the glycemic index of shelled hempseed is considered low because of its low carbohydrate content. They are also full of nutrients that moderate blood sugar. Since most of the carbohydrate content is in the hull, shelled hemp seed is therefore preferred.



Finding the Fields of Wellness

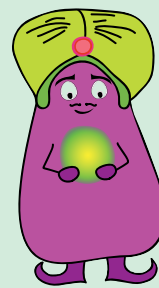
By Meg Klepack,
Local Food Coordinator

Zack Woods Herb Farm is the only farm in the state focused solely on growing medicinal herbs. When Jeff and Melanie Carpenter bought the land over a decade ago, the soils were degraded, the land was eroded, and the farm was a mess. But through patient cover cropping, careful planning, and thoughtful management, Jeff and Melanie have created a thriving medicinal herb business on land that positively glows with vibrant crops. Even after drying, their calendula has a sunset orange color just a few shades dimmer than the flowers in the field. As large wellness and tea companies begin to understand that high quality herbs are an essential ingredient in their health products, Zack Woods' herbs are highly sought after. As the only herb farm in the state, they can't begin to meet the demand for their high quality calendula, nettle, goldenseal, and more and have to just laugh when orders for a few tons of certain crops come in.

Zack Woods was our first stop on the Summer Farm Tour focused on visiting producers who create high quality products for our Wellness Department. Thirteen City Market members got an exclusive tour through Zack Woods' fields, into the vineyards of Boyden Valley Winery and ending with the baby goats at Elmore Mountain Farm. Elmore Mountain turns their fresh goat milk into sudsy soaps. We got a peek at their soap making process and enjoyed meeting Bunny the soap maker along with her 6 baby goats.

City Market will be organizing a Fall Farm Tour and we're excited to give more City Market, Onion River Co-op members the chance to get out and meet the people and the places that produce our food. Look for more information on upcoming Farm Tours online at www.CityMarket.coop and in the Onion Skin newsletter.

ASK the Health Genie



Dear Health Genie,

I took a hike last week and think I may have walked through some poison ivy; my legs are red and blistered and I can't stop itching! What are some tips to deal with the itch and how can I keep this from happening again?

Ms. Blistered and Bumpy

Dear Ms. Blistered,

Well, the bad news is it does sound to me like you had an encounter with poison ivy or another member of the family Anacardiaceae. The good news? I most definitely do have some tips for you to avoid it in the future and to keep you from scratching.

Many members of Anacardiaceae family such as poison ivy, poison oak and poison sumac produce an oil called urushiol which causes the rash we so often associate with them. The best way to avoid contact with these plants is to know what they all look like. While the simple little rhyme "leaves of three, let them be" is great for poison ivy and oak, sumac has groupings of between 7 and 13 leaves so it's not a totally foolproof method. To better familiarize yourself with what these plants each look like and where they grow check out www.poison-ivy.org or www.poisonivy.aesir.com.

If you do come into contact with urushiol, your best bet at preventing a reaction is to immediately clean the affected areas with alcohol or with cold water and a jewelweed soap such as Burt's Bees Poison Ivy Soap. It's also important that you clean any articles of clothing or other possessions that may have come in contact with the plant with alcohol, or boil them in water as urushiol can stay active on an object for months and even years. If you are unable to clean away the urushiol before a rash appears or if you unknowingly walk through a patch of poison ivy here are some tips for treatment:

- Be gentle, especially if you have sensitive skin. Many topical creams for poison ivy have drying ingredients and for someone with sensitive or already dry skin this may make things more painful.
- If you are looking to dry things out, try a diluted application of tea tree oil or gently clean the affected area with alcohol.

- Apply a cream or ointment with a high concentration of comfrey, calendula or aloe to soothe the red and blistered area. Homeopathic Rhus Tox or a remedy like the Hyland's brand "Poison Oak and Ivy" are also worth trying to help speed healing and relieve any itching or burning you may experience.

- To help control the constant itch, take hot baths or apply pastes of colloidal oatmeal or baking soda. I also like to keep a bottle of propolis spray like Honey Garden Apiaries to help with healing as well as taking away a little of the itch when I am on the go.

- If none of these cause any relief or if your rash worsens or lasts longer than several weeks go to your doctor or naturopath for medical assistance.

I hope these tips help and that you have many happy hikes in your future!

The Health Genie.

Kombucha Kraze

By Chris Lyon,
Assistant to the Operations Manager

On a sunny day at a conference in Minneapolis a few Co-op employees received news that kombucha shipments were being suspended by our natural foods distributor due to concerns over alcohol content. Thanks to the wonders of the internet, twitter and mid-conference texting it took less than five minutes for the word to spread amongst the participants, as the tables telephoned the message back and forth and a frenzied buzz of concern emerged.

We immediately began investigating the cause of our distributor's decision and started our communications to our customers. Over a month later more details have surfaced and while we haven't received our first shipments back in the store we hope to by the time you read this article. While the news focused on the national scope for Kombucha brewers, we have been fortunate here in Vermont to have our own local company. While other national manufacturers struggled to provide documentation of testing we found the well-prepared folks at Aqua Vitea had already been testing their products. While this was certainly

good news for locals, Aqua Vitea was also forthcoming about their inability to keep up with the projected increased demand; a good problem to have nonetheless.

In recent weeks a second layer of concern has been raised concerning the continued fermentation of Kombucha while on the shelf, resulting in a higher alcohol concentration than permitted by law. Most manufacturers have not yet embraced pasteurization as active cultures are one of the touted benefits of the beverage. In response the FDA has now launched an official inquiry into the alcohol concentrations of Kombucha and is currently debating whether it should be controlled as an alcoholic beverage. While the jury is still out as to the future of Kombucha the industry is expected to adopt flash pasteurization as the method to assure compliance.

One assurance we would like to provide to our customers is that we will continue to sell our local Kombucha as long as it is available. One important distinction to recognize is that this is a preventative measure most likely made to avoid liability associated with the illegal transportation of alcohol by distributors, not a FDA sanctioned recall. We expect to have some form of closure soon and will make sure to pass along news on our website as we hear it.

The Gulf oil spill, and its impact on the seafood industry.

By Jamie Lewis:
Meat & Seafood Manager.

Most of us are aware of the catastrophic environmental disaster that occurred on April 20th of this year in the Gulf of Mexico, when an offshore oil rig exploded causing a deluge of crude oil to spill into the ocean water from an undersea well. This tragedy continues while U.S. Government and B.P. work to solve the problem. Estimates are that 88 to 184 million gallons have spilled into the ocean to date. Efforts are being made to contain the spread and clean as much of the oil up as possible.

In addition to the environmental consequences, many are concerned with what impact the oil spill will have on the domestic seafood market. When news first broke on this disaster some speculated that there would be an immediate and long lasting impact upon the U.S. fishing industry. The fishing areas affected include the coasts of Louisiana, Alabama, and Mississippi. Louisiana is the top provider of shrimp, oysters, crab and crayfish in the United States, providing about a third of what is consumed. The oil spill in the Gulf has devastated Louisiana's fishing industry and spiked prices for oysters and some other items, but has yet to create a broad ranging seafood shortage. About 17 percent of the seafood Americans eat comes from domestic sources and, of that, just over 2 percent of that comes from the Gulf, so the majority of our seafood is sourced internationally.

The oil spill has had an impact on seafood prices in general. For example, the price of wild caught Mexican white shrimp from the Gulf spiked sharply even though there hasn't been a direct impact upon wild harvests of these shrimp. The demands of the market and speculation about future shrimp harvest, in conjunction with global shrimp markets being tight, have contributed to this price inflation. Oyster beds, on the other hand, have been directly affected causing prices for shucked gallons to increase by a whopping 37 percent since May.

So far we have not seen a direct upset in East Coast seafood supplies or prices due to the spill. We must, however, consider this as a possibility, especially if the oil well isn't capped successfully. It is not possible for scientists to predict a definite path of the oil flow. What scientists can do is estimate a range of possible trajectories, based on the best understanding of how ocean currents transport material. The oil trajectory that actually occurs will depend both on the short-term evolution of the Gulf Loop Current, which feeds into the Gulf Stream, and on the state of the overlying atmosphere. At that point, speeds pick up to about 40 miles per day, and when the liquid enters the Atlantic's Gulf Stream it can travel at speeds up to about 100 miles per day, or 3,000 miles per month. Several scientific simulations all predict the oil to head to south Florida and then up the East Coast under different conditions and timelines.

Hopefully the recent well cap will hold and cleanup and containment efforts will move quickly enough to avoid further damage up the coast. We will all be closely monitoring this event as news continues to unfold about the ultimate impact upon the environment, seafood markets and the economy.

Let City Market cater your next event!

OUR CATERING DEPARTMENT IS STAFFED BY A TEAM OF CHEFS AND CATERING PROFESSIONALS. FANTASTIC-TASTING FOOD PREPARED WITH THE FRESHEST, LOCAL INGREDIENTS. SEE THE MENU ONLINE AT www.CityMarket.coop/market/catering OR CALL 802-861-9736 TO SPEAK TO OUR CATERING REPRESENTATIVE TODAY.

Catering
by
City Market
menu



BPA-Free Zone

By Chris Lyon:
Assistant to the Operations Manager

Recently our friends at VPIRG asked us to formally support legislation introduced by Senator Ginny Lyons to ban the use of Bisphenol-A (BPA) in the manufacture of reusable food and beverage containers as well as baby bottles, jars and cans. Without hesitation we pledged our support for the bill and in May it passed into law. While BPA has been a buzzword for the last few years, the concern of BPA exposure has steadily increased as the federal government has acknowledged a definitive link between the presence of BPA and various forms of cancer, birth defects and other ailments. The law makes Vermont the sixth state to create a ban on the use of BPAs in certain applications.

Upon the effective date it will be illegal to manufacture, distribute or sell specific items containing BPA.

- Effective January 15, 2012: The Vermont Department of Health must provide a report outlining solutions for inclusion of BPA-free containers in Vermont's WIC Program.

- Effective July 1, 2012: Reusable food or beverage containers (think reusable water bottles) using BPA cannot be manufactured, sold or distributed in Vermont.

- Effective July 1, 2012: Any baby food/formula stored in plastic or jars containing BPA cannot be manufactured, sold or distributed in Vermont.

- Effective July 1, 2014: The earlier ban on baby food/formula containers extends to include canned baby food.

The dangers of BPA will likely continue to pop up in other products beyond those protected by the new law; here's a look at what we've done in the store to limit potential exposure to BPA:

- Switched our register receipt paper to BPA-free at almost no additional cost

- Switched our old reusable polycarbonate water bottles to BPA-free alternatives.

- Our new Reverse Osmosis water storage tank and the reusable bottles we sell are all BPA-free.

- The National Cooperative Grocers Association (NCGA) is currently lobbying for BPA ban legislation on the federal level as well as encouraging sanctions against manufacturers of food storage containers that continue to use BPA.

While the jury is out as to when we might see a federal ban on BPA use in manufacturing, rest assured that we are making every effort to not only offer alternatives to BPA containers, but also to keep you in the know as more information on BPA continues to develop. For more great information, as well the source data for this article, visit www.vpirg.org/node/304.



Why Does Your Co-op Rock?

The My Co-op Rocks Video Contest is back! For the second year, City Market, Onion River Co-op is excited to kick off this nationwide contest where you can show the world why your Co-op rocks by making an original online video. Head to www.MyCoopRocks.coop to submit your original online video showing all the ways your Co-op rocks, and put in your two cents on others' videos with comments and ratings—people's choice winners and judges' favorites will be in for some super sweet prizes!

There's no limit to the ways you can rock out your video. Unleash your sense of humor, show off your guitar god skills, or take on a full-scale Co-op action adventure—just go wherever your imagination takes you in two minutes or less. Be ready to share your masterpiece with the world, because the sooner you enter, the more votes you can receive!

Run with your own idea, or get inspired by one of these suggestions:

- Top 10 Reasons My Co-op Rocks
- My Co-op: The Rock Musical
- Love and Lettuce: A Co-op Romance
- An Amazing Race Through My Co-op
- Rocking Around the Co-op: A Singalong

Stay tuned and check back often at www.MyCoopRocks.coop for contest details and updates.

Photos from OUR Latest Events



Wine Picks for Under \$10

By Alison Miner,
Beer & Wine Buyer

Our recently expanded wine department is bigger, better, and more shopper-friendly than ever! We have expanded our selection of French reds and whites, Malbec, Spanish whites, Rosés – the list goes on!

Many of our new Spanish whites are crisp, citrusy and dry – perfect for summer picnics and grilling. **Con Class Rueda** is a Verdejo blend, on sale for \$9.99 in August. Grapefruit and grass aromas lead to hints of pineapple. The light-bodied, tart, citrus flavors and fresh herb nuances of Con Class pair perfectly with fish, chicken and fresh veggie dishes.

Volteo is a modern style Viura/Sauvignon Blanc/Viognier blend that is on sale for \$7.99. It is pleasantly light and clean, with white fruit and lime aromas and flavors. Volteo is very versatile – simple and tasty on its own and refreshing when served with green salad, grilled fish, spicy fare or rice dishes.

Raspberry Jam Cooking Class at the Chubby Muffin



Wellness Tour With Meg



Back to School!



don't forget to eat healthy

August Class Listings

Free Herbal Clinic

August 2, 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, and 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 an hour and a half and are completely confidential. By appointment.

Urban Herb Walk with Guido Masé

August 9, 5:00-6:00 p.m.

Participants will take a walk through Burlington, learning to identify common medicinal plants pushing their way through the cracks in the sidewalks, filling the lawns in our parks, and lining the streets of our city.

Refreshing Herbal Beverages for Summertime

August 14, 10:30-11:30 a.m.

Join Herbal Education Coordinator, Cristi Nunziata, in preparing refreshing beverages that will help you to cool off during the summer. We will discuss ways to blend herbs and into delicious teas, how to make sun tea, how to mix herbs with various juices and sweeteners to make them cooling and refreshing! Together, we will make and sample delicious beverages such as Lavender-Ginger Lemonade, Cranberry Lavender Sparkler, Citrus Hibiscus Punch, Pomegranate Green Tea, and more!

Free Herbal Clinic

August 16, 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, and 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 an hour and a half and are completely confidential. By appointment.

Women's Wellness with Betzy Bancroft

August 25, 6:30-8:00 p.m.

Herbs are very well suited to nourishing and balancing our female systems. Join us to learn about building blood and bones, supporting the uterus, balancing hormones, increasing pelvic circulation and more. These basic concerns help with a wide range of problems women experience. We'll also discuss great preventive remedies to keep us healthy as we mature.

New:

City Market Community Cooking Classes at the Chubby Muffin!



Classes are at the Chubby Muffin on Oak Street/corner of Intervale Ave. Please sign up at City Market.

Basil Pesto and Herb Preservation

August 10, 6 - 7 p.m.

Making pesto is a wonderful way to preserve and freeze fresh basil when it's most abundant and affordable. Come to this workshop to make a batch of pesto to bring home and also learn tips and tricks for preserving other summer herbs.

Tomato Canning & Freezing

August 24, 6 - 7:30 p.m.

Learn how to preserve tomatoes with canning and freezing for the winter months so you'll keep that fresh tomato taste going. Canning will focus on favorite recipes for tomato condiments; and everyone will take a jar home.

Solar Made Simple Public Seminar in August

On August 24th at 6pm, City Market will host another free educational Solar Made Simple seminar. This workshop provides an overview of the workings of solar power, including how to use state grants and federal tax credits to help pay for a system, as well as guidelines for assessing whether your home or business is right for solar. Bring your recent utility bill and pictures of your roof if you'd like to discuss your home in more detail with a groSolar representative. Free and open to the public; please sign up at the customer service desk.

SAVE THE DATE!

Hardwick Festival

Saturday and Sunday / August 21-22, 2010

Two days of tours, workshops, food, music and festivities!

Join the Center for an Agricultural Economy, High Mowing Organic Seeds, New England Culinary Institute (NECI) and many others in celebrating the region's farmers and food with tours, bonfire and pig roast, a local food showcase, workshops and music. This community wide and family-friendly event is free, with suggested donations or small fees to some of the exclusive events.

This two day event will start with self-guided tours of farms that have opened their doors to the public, including an exclusive tour of the Cellars at Jasper Hill, milking at Bonnieview Farm, a farm/greenhouse tour and pig roast at Pete's Greens. There are several others that will join in this first ever event, so stay tuned as we continue to add folks to our list!

Along with the self-guided tours of the area, there will be a scenic bicycle tour of area farms, led by the Craftsbury Outdoor Center that wends it's way through Greensboro, Craftsbury and East Hardwick.

The second day will start with workshops and tours of High Mowing Seeds' incredible Trial Gardens in Wolcott. The afternoon will end with the Local Foods Showcase created by Jeffrey Ferrell and his student chefs from NECI.

Stay tuned to our Facebook, Twitter and Website/Blog as we continue to update this exciting event. Direct questions to Elena Gustavson at center@hardwickagriculture.org or call 802-472-5840.

August Product Sampling

August 3 -

Naked Juice

10:30 a.m. - 1:30 p.m.

August 6 -

Local Produce

2:00 - 5:00 p.m.

August 6 -

Nordic Naturals

3:00 - 6:00 p.m.

August 7 -

The Inspired Baker

1:00 - 5:00 p.m.

August 11 -

Rockville Market Farm

3:00 - 6:00 p.m.

August 14 -

High Country Kombucha

11:00 a.m. - 7:00 p.m.

August 15 -

High Country Kombucha

11:00 a.m. - 7:00 p.m.

August 20 -

Local Produce

3:30 - 6:30 p.m.

August 22 -

Vermont Peanut Butter Company

1:00 - 4:00 p.m.

August 27 -

Nutty Steph's Magic Chunks

11:00 a.m. - 3:00 p.m.

August 28 -

The Inspired Baker

1:00 - 5:00 p.m.

Sign up at
the Customer Service Desk.
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to the Public

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