

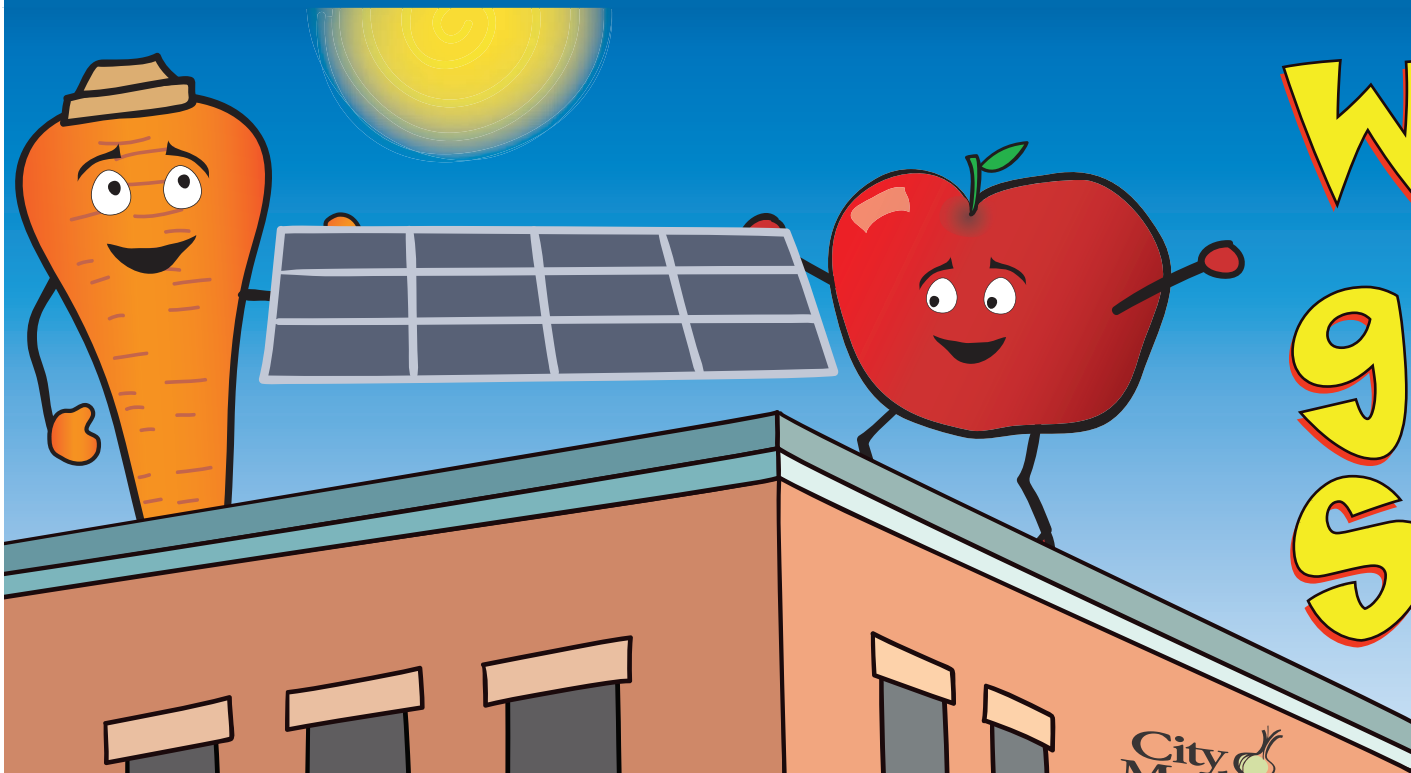


The Onion Skin

Sharing news from the Co-op & the Community



December 2009



We're going SOLAR!

Solar Power Comes to the Onion River Co-op!

By Clem Nilan,
General Manager

This January, snow won't be the only new addition to the roof of City Market, Onion River Co-op. 154 solar panels will be installed on our Co-op's roof to begin generating home-grown electricity! City Market signed an

"154 solar panels will be installed"

agreement with White River based groSolar to install the photovoltaic system. The 154 panels will generate 30.8 Kw (kilowatts) of electricity.

It is designed as net metering, which means the Co-op will be selling power back to the grid.

Our system is anticipated to provide enough electricity to power over 60 Burlington homes. The average Burlington home uses 5520 KWh (kilowatts hours) per year, and the projected KWh generation from the Co-op's solar panels is calculated to be around 332,640 KWh per year.

The solar generated electricity will supply

an estimated 3% of the Co-op's energy needs. While this percentage seems low, grocery stores (including co-ops) are relatively mega-users of power.

"Grocery stores are full of energy gobbling refrigeration and freezers," said Operations Assistant Manager Chris Lyon. "Our Prepared Foods Department has a commercial kitchen that's a virtual factory. Not to mention, the energy using element of moving people in and out of our doors presents challenges when over 3,000 enter the front and exit the back doors each day!"

The solar project will cost \$187,912. But that's not entirely what the Co-op will pay. The Vermont Clean Energy Development Fund awarded us a \$53,900 grant. These grant funds come from the American Recovery and Reinvestment Act. This year was a fiercely competitive one for grants and City Market's application was one of only a handful approved

in the State of Vermont. In addition to the grant, the Co-op is eligible to receive a \$40,204 federal tax credit (30% of our investment in the project.) This will bring down our out-of-pocket costs for the project to \$93,808.

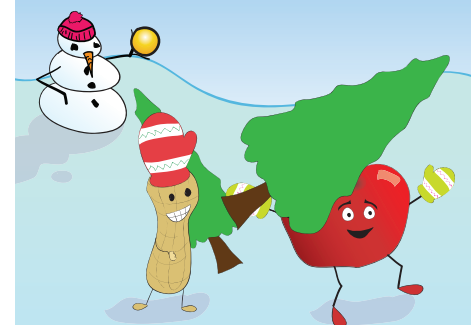
While our hearts may tell us that investing in solar is the right thing to do, this solar project also makes solid business sense. With a return on investment of over 13% and a payback of less than five years, this is a sure bet and a hedge against electric rate inflation. As we all know there is considerable uncertainty surrounding Vermont's energy future. Most energy experts project increasing price of electricity due to expiring contracts at Vermont Yankee and the Hydro Quebec. Solar fits perfectly with our

Co-op's environmental goals of sustainability and a greener planet. We're excited to reduce our Co-op's greenhouse gas emissions and promote our local green economy. So starting in January, our motto won't only be Go Co-op, but also Go Solar!

"provide enough electricity to power over 60 Burlington homes."

The Holiday Trees to benefit COTS are coming!

MARK YOUR CALENDAR to pick up YOUR HOLIDAY TREE at City Market starting December 9. More details on page 3.



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

82 S. Winooski Avenue, Burlington VT 05401

We welcome EBT, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons

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

RETURN SERVICE REQUESTED



The Results are in— The 2009 Board of Directors Elections

Please congratulate and welcome the three Co-op Members elected to the Board of Directors: Maura Finn, Patrick Brown and Molly O'Brien. The new Board of Directors will begin their three-year terms on January 1.

Molly O'Brien served on the Board for the past year and is currently the Co-op Board Secretary and member of the Thriving and Healthy Community Committee.

Patrick Brown brings to his first term on the Co-op Board a set of skills and experience from many years of service on boards and community involvement.

Maura Finn has been a Co-op member for almost 30 years. She is a registered nurse and a local food advocate who grows her own vegetables, eggs and chickens.

Two current Board of Directors, Nathan Caswell and Adele Dienno, are stepping down on December 31. Both Caswell and Dienno

served a full three-year term on the Board. Caswell most recently served as President of the Board and Dienno as Vice President.

"On behalf of our members, I want to thank Nathan and Adele for generously volunteering their time as board members," said General Manager Clem Nilan. "During their tenure, the Onion River Co-op won the national award for excellence and Co-op membership more than doubled."

The pool of candidates for the Board also included Charles Baldridge, Stephanie Hainley, Wayne Turiansky, Mandy Davis, and Nathan Caswell. The Board elections were held in the Co-op from October 1 through 22. Ballots were counted on October 25 under the supervision of Board Members Susan Munkres and Nancy Nesbitt. For more information about the Board elections, visit www.CityMarket.coop/membership.

Co-op Members— 2009 Patronage Refund Checks are in the Mail!

The Patronage Refund checks for the fiscal year ending June 30, 2009 were mailed to over 3,500 Co-op Members on November 10, 2009. Per IRS regulations, Patronage Refund checks are only valid for 90 days! Checks MUST be cashed before February 10, 2010.

Basic Information on 2009 Patronage Refund

We are pleased to announce that the Co-op made a net profit before taxes and patronage of 5.7%. Member purchases totaled 29.09% of total sales and the Co-op declared a patronage dividend of \$446,894. The Board of Directors set this year's cash distribution at 60%.

Individual patronage checks are a refund on profit relative to Member purchases when Co-op Member equity was current. Due to the cost of printing checks and postage, Patronage Refund checks less than \$1.00 were not issued. Patronage checks were issued to over 3,500 members, ranging from \$1.03 to \$946.45.

Options for your refund check:

1. Cash your check and spend it. Please remember the checks are valid for 90 days.
2. Members can apply the patronage refund check to remaining equity balance. Members continue to have the option to pay towards a full share in yearly installments of \$15. If Members choose to return the Patronage

Refund check to apply towards equity, please endorse the back "payable to Onion River Co-op." Checks can be sent to:

City Market
Attn: Member Services
82 South Winooski Ave
Burlington, VT 05401

3. Co-op Members have the option of making a donation to the Vermont Local Food and Farms Fund administered through the Vermont Community Foundation. Donations to the fund are tax-deductible. Members should make donations by debit/credit card through the Foundation's secure website, vermontcf.org/localfood.

About The Vermont Local Food and Farm Fund

The Vermont Community Foundation (VCF) is working with City Market, Onion River Co-op to support the efforts of a large number of innovative farmers and entrepreneurs and a network of organizations, food co-ops, and farmers markets that are reshaping the agricultural landscape and creating a food system in Vermont that will be sustainable, environmentally sound, and economically viable. The VCF works closely with local organizations like the Intervale Center to think strategically about how we can bring local food to the state's residents. If we can increase our consumption of local food from 3% to 20% over the next decade, we will add \$800 million to Vermont's economy! To learn more about our Local Food and Farms Fund, or to make a donation, visit vermontcf.org/localfood or contact Ryan Torres at (802) 388-3355 x289.

Volunteers Needed for the Annual Tree Sale to Benefit COTS

Last year with the help of volunteers, City Market was able to provide The Committee on Temporary Shelter (COTS) with a check for over \$8,000. This event can only happen with great volunteers that lend a hand and once again this year, we need your help. We are looking for volunteers to help with tying trees to cars, unloading trees on delivery days, and assisting customers. It's a great chance to meet your neighbors, get into the holiday spirit and know that you are helping to ensure that everyone in Burlington has shelter during the winter. Co-op Member Workers can sign up for multiple shifts and bank hours for future discounts.

Choose from two or four hour shifts:

December 9, Wednesday:

9:00 a.m. – 8:00 p.m.
(*Tree unloading 9:00 – 11:00 a.m.)

December 10, Thursday:

4:00 – 8:00 p.m.

December 11, Friday:

9:00 a.m. – 8:00 p.m.
(*Tree unloading 9:00 – 11:00 a.m.)

December 12, Saturday:

9:00 a.m. – 8:00 p.m.

December 13, Sunday:

10:00 a.m. - 6:00 p.m.

December 14, Monday:

9:00 a.m. – 8:00 p.m.
(*Tree unloading 9:00 – 11:00 a.m.)

December 15, Tuesday:

4:00 – 8:00 p.m.

December 16, Wednesday:

4:00 – 8:00 p.m.

December 17, Thursday:

4:00 – 8:00 p.m.

December 18, Friday:

9:00 a.m. – 8:00 p.m.
(*Tree unloading 9:00 – 11:00 a.m.)

December 19, Saturday:

9:00 a.m. – 8:00 p.m.
(pending tree supplies)

December 20, Sunday:

10:00 a.m. – 6:00 p.m.
(pending tree supplies)

All volunteers will be entered to win a \$50 City Market gift card! To sign up or for more details, please contact Christine Parlia cparlia@citymarket.coop or 861-9735.

Check out the Burlington Winter Farmers' Market!

Saturday, December 19

Memorial Auditorium

10:00 a.m. to 2:00 p.m.

For more information check out
www.burlingtonfarmersmarket.org

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

Susan Munkres - Susannah3@gmail.com

Nathan Caswell - 347-277-7129

Adele Dienno - 862-2595

Rachel Jolly - 863-6390

Wayne Warnken - warken@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: Aaron Toth

Layout: Aaron Toth

Illustration : Aaron Toth, Becky Rouleau

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.

Join us!

The next Board
meeting is
December 21, 2009
6 p.m. to 9 p.m.
in the
City Market
Conference Room.



Month one Check-in: WIC Fruit and Veggie Program

City Market is one of the grocer partners who helped to launch the WIC (Women, Infants and Children) Fruit and Veggie Card in Vermont. The program enhances the continuing WIC home delivery program by adding the option to purchase fruit and vegetables in participating retail outlets. Here are a few statewide statistics for the first month of the program:

Initial Cards Mailed:.....12,000 (Sept 9-15)

New Cards Issued after the mailing: Approx 1100 new cards issued during Sept/Oct

First Day Sales:.....\$1200

Daily Sales:\$1100 - \$1700 per day

October Total Sales: \$40,021.52 (about 1/2 of what was authorized)

For more information on the WIC Vermont program, go to www.healthvermont.gov/wic.



Jivana Holistic Spa

Jivana Holistic Spa, located on College Street above Leunig's Café, opened eight months ago to offer truly healing therapies in a spa environment. Our philosophy is that the health of an individual is largely determined by the ability to detoxify. At Jivana Holistic Spa, our ancient and traditional spa treatments are designed to balance your body through detoxifying your system, while providing deep relaxation and rejuvenation.

We offer unique treatments, such as Balinese Massage, Traditional Hammam Experience and Mongolian Hot Milk Massage, as well as Deep Tissue and Hot Stone Therapy, Floating Mud Wraps, Colon Hydrotherapy, Infrared Sauna, Ion Cleanse Detox Footbaths, and much more. Jivana is a "green spa" with a strong environmental commitment to incorporating sustainable practices. We use 100% organic and natural products known for their healing properties, with consistent and effective results. Visit online at www.jivanaspa.com or call 802-660-4772 for appointments, gift certificates or information about achieving your individual wellness goals.

Throughout the month of December, City Market members can enter to win a \$50 gift certificate to Jivana Holistic Spa. Stop by Customer Service to enter today!



Purchase a Holiday Tree for COTS, Because Everyone Deserves a Home.

Join City Market in raising much needed funds for the Committee on Temporary Shelter (COTS) this holiday season. Purchase a holiday tree for only \$30 (all sizes) starting Wednesday, December 9. All proceeds from the tree sale will benefit COTS. Last year, City Market was able to donate over \$8,000.

The fresh Vermont balsams are grown in Craftsbury and delivered to City Market several times throughout December. The trees are on sale outside of the Co-op from 7 a.m. to 11 p.m. Customer service is provided for tree-tying assistance during the evening hours and on weekends. Sugarbush Resort is sweetening the deal by providing a 2 for 1 voucher to ride Sugarbush Resort's Mt. Ellen free with every tree purchased.

How else can you help?

Light a candle during the annual **COTS Candlelight Vigil** on Wednesday, December 16 at 5:30 p.m. outside City Hall on Church Street. Every year, during the week of the winter solstice, people in Burlington pause to reflect on those who are homeless in our community. Advocates and people who are homeless read names, ages and brief vignettes about some of the people who have turned to COTS for help this year.

Join in the **Coolest Lunch for COTS** on Friday, December 18. You can't beat the outdoor dining scene on the Church Street Marketplace. But what about in the middle of December?

For a minimum donation of \$20, diners can experience a one-of-a-kind wintry lunch on Church Street at participating restaurants. All proceeds go directly to COTS.

COTS has a variety of different volunteering opportunities throughout the year. Volunteers are placed based on both the need of the organization and the skill set of the individual. In the past, Member Workers have helped by preparing a noontime meal for about 50 adults in the Daystation, planning activities for children or families in Family Shelter, or participating in our November/December Phonathon or May COTS Walk. Contact Mary Beth Jenssen at marybethj@cotsonline.org or (802) 864-7402 for volunteer scheduling. Volunteering opportunities at COTS are constantly changing. Check online at www.cotsonline.org or find COTS on Facebook to keep up to date on the ways you can get involved.

Join your Local Regional Food Summit

The Sustainable Agriculture Council and the Vermont Sustainable Jobs Fund are coordinating with local groups to hold a series of regional meetings to gather input for the Farm to Plate Initiative's ten-year strategic plan to strengthen Vermont's food system. Participate in your area to learn more about regional efforts related to farms, food production, and food security. For more information on the Farm to Plate Initiative, visit www.vsjf.org.

Regional Food Summits

Northeast Kingdom:

December 3, 3:00 - 7:00 p.m., Lake Union High School, Orleans

Addison County:

December 8, 11:30 a.m. - 3:30 p.m., American Legion Hall, Middlebury

Central Vermont:

December 10, 5:30 - 8:30 p.m., Montpelier High School Cafeteria, Montpelier



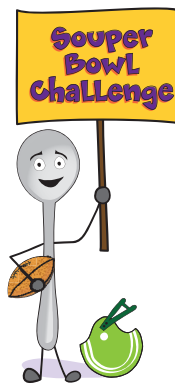
Kids CAN HELP Food Drive Raises 9,439 Lbs of Food for Local Shelters

City Market, Citizens Bank, the Burlington Free Press, Vermont Lake Monsters, and Campus Kitchen partnered for the fourth year in a Kids CAN Help food drive to help raise awareness about hunger in Vermont and the year-round struggle for many families in our communities. The campaign, which ran from October 12 to 16 at participating schools, was also a contest to see which school could collect the most non-perishable items.

The winning school was Albert D. Lawton Middle School in Essex Junction, where children collected 2,430 pounds of non-perishable items – more than seven pounds per student. Physical education teacher Ruth McGowan, who has taught at the school for 32 years, led the students who organized this year's campaign. "We assigned boxes to homerooms and asked them to collect for the food drive and whatever homeroom wins gets a pancake breakfast served to them," student Marie Reed said. The non-perishables items were distributed to 170 needy families in the greater Essex Junction community.

Thank you to all of the participating schools:

Albert D. Lawton School, Allen Brook School, Burlington High School's Interact Club, Cambridge Elementary School, Champlain Valley Union High School, Ferrisburgh Central School, Hinesburg Community School, Jericho Elementary School, Lawrence Barnes Elementary School's Sustainability Academy, Mallets Bay School, Milton Elementary School, Milton Jr./Sr. High School, Morristown Elementary School, Mt. Abraham Union High School, People's Academy – Middle Level and Upper Level, Richford Elementary School, Rock Point School, Robinson Elementary School, Sheldon Elementary School, St. Joseph School, Thomas Fleming School, Twinfield Union School, Weybridge Elementary School, Williston Central School, and Winooski Middle School.

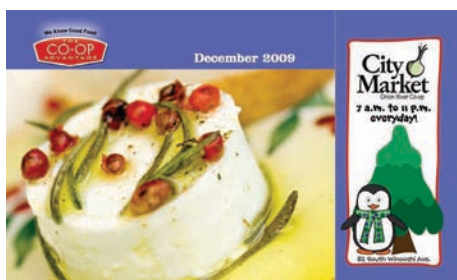


Take the Souper Bowl Challenge

Calling all soup makers—this contest is for you! City Market is launching a new recipe contest on December 27--The Souper Bowl Challenge. The Challenge will combine local foods, healthy cooking and support for the Chittenden Emergency Food Shelf. Customers can enter their favorite soup recipe from December 27 to January 8 and be entered in to win a \$50 gift certificate to the Co-op. But here's the catch... each soup recipe must use a at least one local ingredients. The recipes will be reviewed and three will be chosen for testing by City Market's Food Education Coordinator.

The soups need to contain one of the following five local ingredients: potatoes, carrots, squash, beets, or dairy. Recipes will be judged based on 1) use of local ingredients, 2) simplicity, and 3) taste. Customers attending a Local Soup Making class on January 12 will judge the soups after learning how to make a delicious soup from scratch using seasonal and local ingredients. The Souper Bowl Challenge winner will be announced on January 15.

The winning recipe will then be sampled by City Market at the Burlington Winter Farmers' Market, featured on our Hot Bar lunch buffet and be prepared in "soup kits" to be distributed to the Chittenden Emergency Food Shelf. So dust off those soup recipes and take the Souper Bowl Challenge.



December CAP Sales Flyer Featured Recipe

Sample this delicious recipe in store on Monday, December 21 from 12:30 to 2:00 p.m.

Almond Shortbread

Recipe courtesy of Wholesome Sweeteners

Ingredients

- 1 1/2 cups sliced almonds
- 1 cup whole wheat pastry flour, divided
- 1 cup unbleached white flour
- 1-3/4 sticks (7 oz.) unsalted organic butter, room temperature
- 1/2 cup organic sugar (try Fair Trade!)

Preparation

Preheat oven to 375 degree F. Lightly butter a sheet pan.

In a food processor, blend the almonds and 4 tables of the whole wheat pastry flour until finely ground. Transfer to a bowl and add the remaining wheat and white flours; stir to combine.

Using a mixer, beat the butter until smooth, about 1 minute. Add the sugar and beat until the mixture is lighter in color, about 2 minutes. Using the paddle attachment, fold the flour mixture in gently to form a stiff dough – do not over mix!

Roll out the dough to roughly 1/3 inch thick. Use a festive cookie cutter to cut out your cookies. Re-roll and re-use any excess dough.

Bake until the edges are lightly browned, about 15-18 minutes. Smaller cookies will take less time. Cool on a wire rack for 5 minutes before icing or decorating. Enjoy! Happy Holidays!



Students Invited to Participate in 3rd Annual Jr. Iron Chef Competition

Applications are now being accepted for the 3rd annual Jr. Iron Chef Competition on March 27, 2010 at the Champlain Valley Exposition in Essex Junction.

The event is a fundraiser for VT FEED and the Burlington School Food Project to fund work that will strengthen Farm to School programs across the state, supporting the health of families and farms in our communities.

Visit the Jr. Iron Chef website www.JrIronChefVT.org for more info and to apply to compete for the title of Vermont's 2010 Jr. Iron Chefs!

Customer Comments:

Dear City Market,

What happened to the Organic Cow of Vermont milk? I don't see it on your shelves.

Thanks.

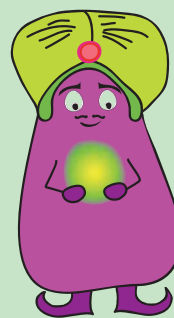
Anonymous

Dear Anonymous,

The Organic Cow of Vermont was a great feel-good start-up story. The Tunbridge dairy began bottling and selling organic milk in 1990 sourced entirely from their single herd of Jersey cows. But in 1997 the Organic Cow was sold to HP Hood.

Then in 1999 Hood sold the brand to Dean Foods, which markets under the Horizon brand. Dean Foods expanded distribution. What percentage, if any, of their milk that comes from Vermont is unknown. Dean Foods operates under a veil of secrecy and has been criticized for producing milk in factory style farms. When the Vermont Milk Commission asked dairy processors to attend a meeting to help farmers struggling with low milk prices, Texas-based Dean Foods didn't show up. Recently the Co-op successfully worked with cooperatively owned producer Organic Valley to offer organic milk in half gallons at the same price we were selling the Organic Cow.

ASK the Health Genie



Dear Health Genie,

I struggle with sluggishness and weight gain. It is difficult to keep in shape – I have just joined the gym, and am of course, trying to adjust my diet. I have a friend who is a professional dancer and she claims that taking CLA has helped her to reduce body fat. What is CLA?

Thanks,

Tiedra Slower

Dear Tiedra,

Conjugated Linolenic Acid is a compound typically found in safflower or sunflower oil. It is available in capsules and can be found in most health food stores. Some of the many benefits of CLA can include:

Increases metabolic rate -- Benefit for inactive thyroid as hypothyroidism -- even when treated -- can reduce the metabolic rate in some people.

Decreases abdominal fat -- Again, because of the importance of the thyroid gland, adrenal imbalances and hormonal shifts common to a disfunctioning thyroid frequently cause rapid accumulation of abdominal fat, so this benefit could be quite helpful.

Enhances muscle growth -- Muscle burns fat, contributing to increased metabolism, useful in weight loss and management, and hopefully increases lean muscle mass.

Remember to exercise, get lots of rest, and adequate amounts of water!

Good Luck,

Genie



Wine Picks for Under \$10

By Alison Miner,

Beer & Wine Buyer

We love to enjoy sparkling wines as versatile everyday sippers, and December provides us with ample occasions to pop some corks and enjoy some of our favorite sparklers.

Villa Rosa Moscato d'Asti is a lovely Italian white that is effervescent with a hint of sweetness. This 100% Italian Moscato has delicate floral aromas with hints of honeysuckle. The sweetness is clean and fresh, not lingering, and the finish is crisp. Try Villa Rosa Moscato d'Asti with just about any dessert, such as apple pie, crème brûlée or special holiday breads.

Jean Louis Brut Blanc de Blanc is a refreshing dry French sparkling wine made in the traditional champagne method. Baked apple, toast, and nutty aromas lead to green apple, pear, and white peach flavors. The bright, tangy acidity pairs well with rich little appetizers!

Both of our December wine recommendations are great value alternatives to Champagne. Be sure to check out our rotating selection of Proseccos, Cavas, Sparkling Wines and Champagnes this month. We will have lots of fun wines to choose from this holiday season and many great wines on sale! Happy Holidays from the Beer & Wine Department.

First Night Burlington Buttons on Sale @ City Market.



Adults — \$15 in advance

\$20 day of

Children — \$5 all the way through
(for kids from three to 12 years of age).



November Herb of the Month: ASTRAGALUS

By *Cristi Nunziata*,
Herbal Education Coordinator

This time of year, as the weather becomes cooler many of us warm up with a bowl of soup in the evenings. When preparing your soup, you could consider what foods can also serve as medicine, especially to ward off seasonal colds and flues. Many of the culinary herbs such as garlic, oregano, and thyme have medicinal benefits, particularly to the immune and respiratory systems. Astragalus, too, can be incorporated into a warming soup that will strengthen your immune system against winter illness.

Astragalus, a member of the pea family, is native to China, Korea and Japan, where it has traditionally been used to increase health and vitality in Traditional Chinese Medicine, it has also been used to strengthen the lungs and prevent colds.

Currently, there is research involving Astragalus' use for cancer and AIDS support. It is said that Astragalus can strengthen the immune system against infections for people undergoing chemotherapy and radiation. It stimulates white blood cells and increases the production of antibodies and interferon.

Found in the Bulk Department of City Market, these roots resemble tongue depressors. The roots take on this appearance after being steamed with honey and water, which is said to make the roots more tonifying. To use Astragalus, add a couple of roots to your rice, soup, or stew. It should be simmered for at least a half hour, but preferably for many hours. Be sure to remove the roots before consuming the meal, as they have a fibrous texture that would be difficult to chew. Astragalus is best taken between bouts of illness, rather than during an active infection.

If you'd like to give Astragalus a try, it can be found both in the Bulk Herbs section, and in capsules and tinctures form in the Wellness Department. Remember this fall and winter, as you seek remedies to build your immune system, the words of Hippocrates "Let thy food be thy medicine and thy medicine be thy food."

5-Herb Long-Life Soup

Adapted from Rosemary Gladstar's Family Herbal "7-Herb Long Life Soup"

- Extra virgin olive oil
- 2 onions, sliced or chopped
- 2 or 3 cloves of garlic
- 3 quarts water
- 8 large shitake mushrooms (fresh or dried), chopped
- 4 oz fresh burdock root (or 2 ounces dried) thinly sliced
- 4 oz dandelion root (or 2 ounces dried) thinly sliced
- 1 ounce Astragalus thinly sliced
- 1 tablespoon fresh grated ginger root
- Miso paste

1. Heat enough olive oil to coat the bottom of a large pot. Add the onions and garlic and sauté until tender and golden
2. Add the water and bring to a boil
3. Add the mushrooms and herbs; turn down the heat, and simmer for several hours.
4. When the roots are tender, turn off the heat and strain out the herbs. Add the miso paste to taste. Do not boil the miso, as heat destroys the valuable enzymes. Add other seasonings or chopped veggies, as desired.

SERVING UP VERMONT City Market Launches New Food Blog

Debuting this month, our new food blog, *Serving Up Vermont*, will be featured on our web site, www.citymarket.coop/servingupvermont. Food Education Coordinator Caroline Homan takes you into her home kitchen for recipes and stories about making the most of local ingredients from City Market and our larger food system. This month, read about how to use delicious, cheaper cuts of meat like short ribs with our Meat and Seafood Manager Jamie Lewis and try a hearty recipe for Short Rib Stew with Brown Ale... online only! Check out this story with pictures and more.



The View from Ninety: Write About What You Know

By *Carol Winfield*,
Co-op Member

Stated in every writing class ever given, Write About What You Know! It's the truth if ever there was a truth about writing. Well, what I know these days is pain, plain, unadulterated, boring pain, emotional, physical, and spiritual. I am going through one rotten spell after another. No matter what I do, nothing seems to help.

My yoga, my meditation, the uplift tapes, etc., etc! How much is due to the lethal medication I take for my spinal stenosis, well; there's no way of telling; certainly the doctors don't have a clue. As for me, the eyes grow weaker, the hearing deteriorates, and appetite abates so that I'm down to 89 pounds according to the scale at the doctor's yesterday. The weight goes down, the blood pressure up.

Doesn't this fascinate you? Aren't you intrigued to the point of wanting me to write more, more, and even more? No one wants to hear complaints, about one's endless aches, particularly as we age, yet it occupies at least 50% of one's time. As for talking about it in public, well it's like the old mother-in-law jokes, it's not nice to berate a mother-in-law. It's not nice to talk about pain. That goes for the hacking cough, the throat-clearing moments, the side effect of the blood-pressure medication. Aren't you on pins and needles waiting to hear about side effects? I've got a million of 'em, maybe, in this age of big numbers, a billion!

It has become impossible to watch television for any length of time, even the most good-humored. Reading books, the best of thrillers, no longer retains my attention. I listen

to the radio and the pain blocks recognition of what is being said.

Do people generally write this honestly about pain? Has it been handled as a subject for a column before? I doubt it and yet it is omnipresent among many, all too many, quietly, timidly wending their ways among the crowd never daring to speak up. All these walking zombies unable to express the insidious, consuming way these feelings absorb one's psyche, infiltrate one's spirit, destroy one's sense of humor. Humor! What ever became of my once ever-present humor or downright, unadulterated joy for that matter? I used to be filled with joy, yet now even grandchildren fail to make their customary cheerful impact.

What's to be done? How is one to cope with the isolation, the loneliness, the constant taking of medications? I who lived for almost 80 years without ever taking any kind of pill what so ever I am suddenly confronted with a boxful. But it's the narcotic that depresses me most. I tried living without it, with skipping periods, all to no effect. The agony returned three-fold so I find myself avidly, greedily reaching for the comforting drug. I see therapists, physical, spiritual, and psychological. I go to chiropractors, acupuncturists, and masseuse practitioners. They all end up prescribing yet another medication, all which fails to bring happiness.

Ah well! Enough! There you have it: a confessional confession, an honest one written in one, mad, and free-flow dash. Amen! Hey, now that I've gotten it off my chest, why shouldn't I throw in one rip-roaring HALLELUIJAH!

Dr. Hauschka Skin Care Dr. Hauschka Event—December 21 at City Market

We are very pleased to announce that on December 21, from 1:00 – 4:00 p.m., we will be hosting our third event with Dr. Hauschka. One of the most respected skin care lines on the planet, since 1967 Dr. Hauschka has dedicated quality product ingredients and education by utilizing the most holistic approach to cosmetic skin care. Please stop by the Wellness Department to take advantage of some holiday specials, and get a free consultation with local esthetician Eros Bongiovanni.

peace justice store

Buy Local This Holiday Season

Crafty Cutting Boards & Ornaments

Magnificent Maple Syrup & Candy

Jolly Journals & Notebooks

Luxurious Lotions & Soaps

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FAIR TRADE FEDERATION MEMBER



2009 HOLIDAY

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Jasper Hill Farm Cheese
\$22.79/lb



Vermont Ice Wine
\$9.99



Salsa from the Gut
\$3.99



Assorted Vermont Honey
\$2.99 - \$26.99



Grafton Village Cheese Co.
\$6.19



Hillsboro Sugarworks
\$10.79

Fair Trade Gifts



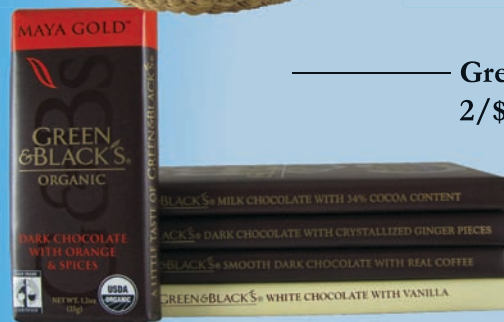
Tres Mariposas
Vt Coffee Co.
\$8.29



World of Good
Fair Trade Ornaments
\$10 - \$20



Fair Trade African Baskets
\$15 - \$30



Green & Black's Chocolates
2/\$5



Y Gift Guide



Indulgence Gifts

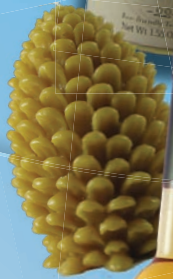
Assorted Juniper Ridge Incense and Sage under \$10



Zhena Gypsy's Tea \$5.69



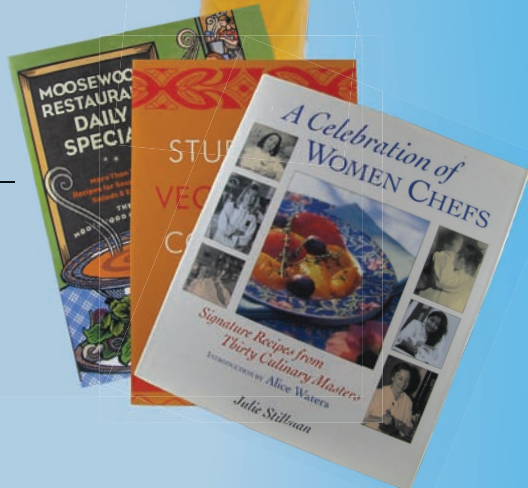
Sunbeam Candle \$15.19



Eden Vt Ice Cider \$24.99



Assorted Cookbooks \$15 - \$40



Cozy Gifts

Andes Fair Trade Animal Mittens \$19.99



Andes Fair Trade Finger Puppets \$2.99



Andes Fair Trade Mittens - \$15.99
Hats - \$15.99



Ricki's Cheesemaking Kit \$24.99





December Product Sampling

**Saturday, December 5 -
Cafe Indigo**
11:00 a.m. - 2:00 p.m.

**Sunday, December 6 -
Produce cooking demo**
2:00 - 4:00 p.m.

**Saturday, December 12 -
JJ Twister Sports Bars**
11:00 a.m. - 2:00 p.m.

**Sunday, December 13 -
Produce cooking demo**
2:00 - 4:00 p.m.

**Wednesday, December 16 -
Shelburne Farms Cheddar**
4:00 - 6:00 p.m.

**Friday, December 18 -
Shelburne Farms Cheddar**
11:00 a.m. - 2:00 p.m.

**Sunday, December 20 -
Produce cooking demo**
2:00 - 4:00 p.m.

**Monday, December 21 -
December GAP Sales Flyer
Featured Recipe**
12:30 - 2:00 p.m.

**Sunday, December 27 -
Produce cooking demo**
2:00 - 4:00 p.m.

December Class Listings

Free Herbal Clinic
December 7, 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 only.

Eating Well on a Budget
December 8, 5:30 - 6:30 p.m.

Learn time and money saving tips for cooking and eating well on a budget. Learn how to cook with winter produce, use less familiar ingredients in the Bulk department, make delicious recipes with traditionally cheap cuts of meat, and find savings throughout the store.

Herbal Skin Care
December 12, noon - 1:30 p.m.

Beat seasonal stress and dry skin all at once! Everyone will give themselves a facial and take home herbal skin care goodies. Making your own facial care products can be both inexpensive and fun, and these products can make excellent gifts!

Cooking with Kids: Gingerbread Cookies
December 13, 10:00 - 11:30 a.m.

Kids, join Food Education Coordinator Caroline Homan for seasonal cooking! This month, we will make real molasses gingerbread cookies with whole grains using an easy, kid-friendly dough. Come help roll them out, bake, and decorate them. (Kids 5 and under accompanied by adult, please). Free.

Herbal Research and Strategies for Cancer Support Part 2 with Guido Masé
December 14, 5:00 - 6:00 p.m.

Traditional knowledge and modern research have identified a number of key herbal and nutritional factors essential for prevention and support in a wide range of cancerous conditions. We will review some of the most specific, as well as discuss the interface between modern approaches and "alternative" strategies. Can antioxidants be used during chemotherapeutic regimes? How can we counteract blood deficiencies associated with conventional treatment? What are the roles of immunity, liver metabolism, and digestion in cancer prevention and treatment, and how do herbs and diet affect these? Bring your questions. This class is the second of a two part series; however, all are welcome, regardless of whether you attended part one.

Biscotti Making with Adele Pienno
December 15, 6:00 - 7:30 p.m.

Learn a tried and true recipe for making delicious homemade biscotti for friends and family. Adele will go through the steps of this easy Italian cookie and then show variations to this festive dough. These cookies store and travel well!

Candle Making with Clem Nilan
December 17, 5:30 - 7:30 p.m.

You are invited to a very special event - a Candle Making Workshop, using Vermont Beeswax with Co-op General Manager, Clem Nilan. Just in time for the holidays, everyone will learn to make and take home their own candles.

Art Showing

Throughout the month of December, the Boys & Girls Club of Burlington will exhibit pieces of art at City Market that represent the Club's Heritage Wall. The Heritage Wall at the Club features art children create based on something that they like about themselves. The children's names, positive attribute and piece of art are hung on the Heritage Wall. The Boys & Girls Club of Burlington has approximately 520 active Club members who are children and youth from kindergarten through high school. Stop by City Market's Café Gallery throughout the month of December to view the Boy's & Girls Club exhibit.



**Sign up at the
Customer Service Desk.**
**ALL Classes are
FREE & open
to the Public**

We welcomed

217

**new members
in October!**

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Holiday Hours

11/25

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

11/26

Closed

11/27

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

12/24

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

12/25

closed

12/26

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

12/31

7 a.m. - 10:00 p.m.

1/1

9 a.m. - 9:00 p.m.