

# The Onion & Skin

**FREE**

Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

December 2010

		
<b>6,000</b> members	<b>6,000</b> members	<b>6,000</b> members
		

## The Centerpiece of the Holiday Table

By Meg Klepack,  
Local Food Coordinator, City Market

The centerpiece of many holiday tables is often a ham, leg of lamb or chuck roast. In my opinion, knowing the land and the farm where that animal was raised makes the meat and the holidays even more special.

I visited three of City Market's local farmers raising animals for our tables: LaPlatte River Angus Farm raises grass-fed beef, Sugar Mountain Farm raises pastured pork, and Tamarack Tunis raises grass-fed lamb. All three farmers do amazing work year-round keeping their animals outside and all three farmers love what they do. Here are their stories.

### LaPlatte River Angus Farm

When Jim Kleptz started LaPlatte River Angus Farm as a hobby in 1973, not only was there no demand for local food, the term "local" was nonexistent. Jim and his sons went door-to-door to sell their "native" beef (as "local" was then called). Unfortunately, the term turned many people off, as it raised connotations of the tough meat from old dairy cows.

The farm was also competing for land. Located on Spear Street in Shelburne, a farm today would be competing for space with subdivisions and houses. At that time, however, milk prices were high and dairy farmers were doing well – Jim found he couldn't compete for land with these dairy farms! No one had ever heard of grass-fed beef and few farmers were using rotational grazing practices that decades later would prove to produce meat healthier for the consumer and healthier for the environment.

How times have changed. Jim, now 79, has been selling grass-fed Angus beef for decades with the help of his three sons. They farm grass-fed beef on 650 acres in Charlotte and Shelburne, an amazing success for the working landscape of Chittenden County during decades of development pressure. The animals are on pasture every month of the year and are never fed hormones. Antibiotics are only used for treating sick animals. Special holiday meals in the Kleptz family center around a chuck roast cooked up with potatoes, carrots and gravy.

*Continued on page 5*

## We've Hit 6,000

Your Co-op is now 6,000 members strong! Last year at this time, we had about 4,600 members. Our current numbers reflect a 30% increase! Thank you to all of our members for continuing to support your Co-op as we expand our membership, provide great benefits like the Patronage Refund, offer a wide variety of products including many local and organic, and work with a variety of community partners to eradicate childhood hunger and strengthen the local food economy.



**LaPlatte River Angus Farm**  
Jim Kleptz

**Patronage Refunds**  
Page 3

**Holiday Gift Guide**  
Page 4 - 5

**Baking Substitutions**  
Pages 6

**December Events**  
back page



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## On Food and Choice

Clem Nilan,  
General Manager

My daughter's favorite bumper sticker is, "I'm a Vermonter cause I do what I wanna." We Vermonters hold on dearly to our reputation for independence- we each pride ourselves on charting our own course individually. This fierce individualism defines us as a state. According to historian Will Randall, one of Ethan Allen's major contributions was making Vermont the first place to host free trade. Place names like Smugglers' Notch remind us of our heritage.

Vermonters tend to get prickly when someone limits our freedom to choose. Recently there have been a few interesting cases involving food and choice.

**Case Study #1-** Do we want our government making food choices for us...like banning potatoes from the WIC Supplemental Fruits and Vegetables Program?

Although we know that our influence in Washington is limited, the federal government's ban on white potatoes in the WIC Program (Special Supplemental Nutrition Program for Women, Infants, and Children) still gets under our skin (I couldn't resist). The WIC Program's mission is to safeguard the health of low-income women, infants, & children who are at nutritional risk by providing nutritious foods to supplement diets. Participants can purchase vegetables and fruits in selected retail stores (like our Co-op) to supplement their diet...any vegetable or fruit but the white potato.

The USDA believes Americans are eating too many potatoes. These are apparently our favorite plant food with the typical American eating 140 pounds a year (the second most eaten is tomatoes at 55 lbs). So the USDA decided to force participants to diversify by banning the white potato.

So we're all a bit puzzled and are asking ourselves, "What's the problem with white potatoes?" Caroline Homan, City Market's Food Education Coordinator, comments, "Part of the problem with the American diet is overconsumption. The food industry has become adept at processing foods in certain ways to keep us coming back for more (french fries, anyone?). Take that same potato and roast it or mash it, and your body naturally knows when to stop eating."

**Case Study #2-** Do we want to oversimplify nutritional education to the point where our government is telling our children a potato is bad for you?

The USDA's expected changes in the school lunch program will again target the potato. The Associated Press reports consternation and confusion among school

children. The message being sent is that there's something nefarious with America's favorite food.

Regarding school lunches, Caroline Homan notes, "Young children are ill equipped to make the right nutritional choices. Adult guidance is necessary. But of all the foods to restrict, banning potatoes is ridiculous."

Mary Ellen Carmire has spent the past 21 years researching potatoes, dietary supplements and other foods, and she conducts nutritional evaluation of potato varieties with University of Maine Cooperative Extension specialists. Carmire said that the justification for excluding white potatoes from the government programs, "just isn't there. It is what you do to a potato that makes it bad for you," she said. "A plain baked potato is a great source of nutrients like potassium and vitamin C. But if you load it with butter and cheese and bacon, it is no longer so healthy."

On October 1st, the Executive Director for the Washington State Potato Commission, Chris Voigt, started his diet of eating nothing but potatoes for 60 straight days aiming to show he can remain healthy.

**Case Study #3-** When is it OK to impose boycotts in our co-ops for political reasons?

Boycotts hit a little closer to home because they are self-imposed limitations on choice. A boycott on Israeli products was proposed to West Coast co-ops this year by activist groups (and proposed to our Co-op last year). The Olympia Co-op in Washington enacted a controversial ban on Israeli products. A recent proposal asked Onion River Co-op to boycott Hershey products because of reputed child labor practices sourcing the cocoa beans in Africa.

Regarding boycotts in co-ops, Terry Appleby, venerable General Manager of the Hanover Lebanon Co-op writes me, "We actually had a "no boycott" policy, which the Board adopted in 2003 and subsequently dropped. In essence it said that we have a diverse membership and it would be difficult to reflect their views in developing boycotts. Instead, they required management to provide members with information on products to allow them to make choices. That had actually been our practice dating back many years, after a very divisive debate among the membership in the early 70s about whether to carry non-union grapes and lettuce. I believe our Board still feels it is preferable to provide unbiased information and let consumers make the product choice. The Board did take action on one area of the product line, however. In 2008 they voted to suspend the sale and use of tobacco at all Hanover Co-op facilities. The rationale there was that tobacco was an instance where, unlike any other product we sold, any use of the product (no matter how minimal) was injurious to health."

**Case Study #4-** When should a co-op restrict food choices... do we need food restriction policies?

It's a moot point for Onion River Co-op as our lease with the City of Burlington requires us "to carry a wide variety of basic and conventional products to serve the full range of residents." Recently an internet blogger posted this on the social networking

website Yelp, "The grocery aisles are stocked with many standard grocery store brands such as Kraft Mac-n-cheese, for example. I don't see the point. Who goes to an organic co-op grocery store for crap like that?!" This blogger clearly is missing a bit of Onion River Co-op history but raises an interesting point.

Most food coops in our nation were formed to offer members more food choices. Ironically, many have enacted Food Restriction Policies to ban the sale of certain products - effectively taking decision making out of the hands of the members. Several co-ops, including some in Vermont, ban products containing high fructose corn syrup. The rationale is this is a highly refined product, devoid of nutrients and may contribute to diabetes along with detrimental environmental effects including soil depletion, nitrogen runoff and use of GMOs.

Regarding banning high fructose corn syrup, Marion Nestle, a professor in New York University's Department of Nutrition and a longtime food industry critic, says that Americans consume too much of all types of sugar, but that there is no meaningful biochemical difference between table sugar and high fructose corn syrup.

There's a long-term grocery axiom that goes, "Pay the grocer today or pay the doctor tomorrow." The underlying principle is good food choices contribute to overall good health. But who determines what is good? Onion River Co-op will continue to provide unbiased educational information so that our members may make informed product choices based on their own individual priorities and needs.

## 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

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For an ad information sheet, please e-mail Allison Weinhagen at [AWeinhagen@citymarket.coop](mailto:AWeinhagen@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.



This month on Serving up Vermont: We're cooking holiday treats and gifts. Look online for a wonderful German recipe for Salzteig (salt dough), that is pretty to sculpt and bake for gifts. In the edible department, Grandma's snowflake cookies (called "hairy apes" in her day) will be making an appearance, perhaps on a snowy day...



## Patronage Refunds – a valuable membership benefit

Allison Weinbagen,  
Director of Member Services &  
Jennifer Kennelly,  
Controller

By now, eligible members should have received their annual Patronage Refund checks mailed on November 10th. Please remember that you have until February 10, 2011 to cash your check.

This check represents a return of 4 cents on every dollar that eligible members spent at City Market during our 2010 fiscal year (July 1, 2009 through June 30, 2010). Our Patronage Refund program sent \$389,161 back into the community during a time when many think about charitable contributions.

This year we made it easy for members to donate to two organizations with whom the Co-op works closely: The Intervale Center and The Vermont Campaign to End Childhood Hunger. As of November 23rd, members had already donated almost \$1,200 worth of Patronage Refund checks to these two organizations! In addition, members have the option of applying their check toward outstanding equity or, of course, simply cashing or depositing the check with their local bank or credit union.

Plenty of information was included with the Patronage Refund checks and we've received some inquiries from members on what it all means. Here are some of the frequently asked questions which will aid us in creating next year's information:

### 1) What does "equity balance owed" mean?

Members continue to have the option to pay toward a full share of equity (\$200) in annual installments of \$15. The field "equity balance owed" indicates how much equity you have left to pay toward that full share of \$200.

### 2) What does "total eligible shop" represent?

This number represents the eligible amount of money you (or your member household) spent at the Co-op during the 2010 fiscal year. Your Patronage Refund check was paid on this "total eligible shop" figure. Each time you shop, please remember to give your Membership Card to your cashier to scan. This will ensure that your "total eligible shop" for each year is an accurate figure.

### 3) What is the "retained patronage balance"?

Per the By-Laws of the Co-op and IRS regulations, the Board of Directors determines the portion of patronage dividends that are distributed in cash. This year the Board of Directors elected to issue 50% of the patronage dividend in cash. The remaining 50% of the patronage dividend (also known as "retained patronage") is held in the name of each member at the Co-op and is used for reinvestment in the Co-op and our community. Retained patronage can only be released to members at the discretion of the Board of Directors once all other debts of the Co-op have been satisfied.

This year, some of our projects include efficient lighting upgrades, a remodel of our receiving dock, and an upgrade to our computerized point-of-sale system. The Co-op will also continue its investments in support of the local food system, eradicating childhood hunger, and supporting the cooperative movement.

Thank you for your continued support of the Co-op! Your patronage allows us to be successful and allows us to partner with local food producers and community organizations.

The not-for-profit Vermont Center for Integrative Herbalism (VCIH) was founded in 2007 in Montpelier to educate the public on the safe and effective use of medicinal plants.

Co-directors Betzy Bancroft, Larken Bunce and Guido Masé provide the clinical and educational experience needed to achieve this mission, drawing on their rich and diverse backgrounds and incorporating both traditional and scientific knowledge into their teaching and clinical practices.

VCIH provides free and sliding-scale individualized consultations; staffs and supervises student herbal clinics in Montpelier and Burlington; and offers rigorous 1 and 3-year herbalist training programs. Clients at the clinics receive personalized consultations and access to VCIH's stocked apothecary of herbal remedies. Students in their training programs experience the abundance of Vermont's ecology in learning to harvest, process, and apply plant remedies while also undergoing comprehensive training in modern pathophysiology and traditional energetic assessment.

Over the last year, demand for these services has been growing and VCIH recently expanded, more than doubling the size of its clinic and school. The organization is also working to increase the amount of locally-harvested and produced herbs that it stocks in the apothecary. It is a member-driven 501(c)(3) non-profit, and always welcomes questions and support! For more information on becoming a member, scheduling an appointment for clinical services, attending community classes, or joining the comprehensive training programs, please call (802) 224-7100 or visit [www.vtherbcenter.org](http://www.vtherbcenter.org).

VCIH - Growing green healthcare in the heart of our community!

Throughout the month of December, City Market members can enter to win a personal medicine set valued at \$50. Stop by City Market to enter today!



## Remembering Carol Winfield

Allison Weinbagen,  
Director of Member Services

The day we received our printed November Onion Skin in the store was the day we found out that our longtime member, friend and View from Ninety author, Carol Winfield, had passed away.

For many, many months, Carol has written the View from Ninety column for our newsletter on a variety of timely topics. What follows is a highlight of some of her musings for you to enjoy one last time. Thank you for educating and entertaining us, Carol: We'll miss you!

### Carol on water conservation:

"Then we come to the controversial matter of dish-washing by hand: Once you have decided whose job it is, please pay attention to running water during the entire process. Don't do it! Fill a pan, bucket, or sink: one for washing, another for rinsing. Follow similar water conservation for your teeth: Wet the brush, turn off the water, brush your teeth (being sure not to neglect those way in the back), then turn on the water for a good rinse, which my dentist told me was almost as successful as a thorough flossing. Please note, in no way am I suggesting that you stop flossing."

### On writing her own column:

"Now that I write my View from Ninety column, however, I'm lots more happy. Writing, after all, was/is my profession, my thing. It definitely brings happiness for I am not only gainfully occupied, but also giving a service to a cause in which I believe."

### On aging:

"Handicapped old body that I am, I suddenly realize I actually can reach toward others, can communicate in a way previously denied. The very fact of my longevity grants privileges never before permitted. Because of my crone state, permission has been granted to get away with excuses, requests, and demands even denied you youngsters out there. How about that, now!"

## Board Elections and Articles of Incorporation

Co-op members voted during the month of October for three open Board seats and some proposed changes to our Articles of Incorporation. We had five candidates running for the three open Board seats. The candidates receiving the most votes were Rachel Jolly, Julia Curry, and Kevin Duniho. Congratulations! We'll be featuring more information on each of these Board members in the January Onion Skin to coincide with the start of their new terms.

The October ballot also included a proposed amendment to the Co-op's Articles of Incorporation. This amendment passed with 92% of votes cast affirmatively. The Articles will now allow for "future voting by mail or other means, such as electronic balloting, as may be authorized from time to time by the Board of Directors."

## Poached Pears



### Ingredients (Makes 6 servings. Prep time: 45 minutes.)

6 firm pears (not quite ripe), peeled with stems on	1/2 vanilla bean, split in half lengthwise
3 cups red wine	1 star anise
1 cup water	2 tablespoons honey
1 cup sugar	1 tablespoon lemon juice

### Preparation

Choose a cooking pot that will hold the pears snugly. Place red wine, water, and sugar in the pot. Cut the vanilla bean in half lengthwise and scrape the seeds into the pot; add the pods along with star anise, honey, and lemon juice. Bring the liquid to a simmer and cook for about 5 minutes, stirring to make sure the sugar is dissolved. Add the peeled pears, cover, and simmer for about 20 minutes until pears are tender. Remove the pears and continue simmering the liquid until it becomes thick and syrupy. Use this syrup to glaze the pears before serving.

# 2010 HOLIDAYS



**Bellenda Prosecco**  
\$19.99  
**Just So Vermont Local Black Currant Juice**  
\$4.49



**Sunbeam Candles Pillar 60 Hour**  
\$11.29  
**Sunbeam Candles, Egg, Carved**  
\$10.99



**Juniper Ridge Douglas Fir Sachet**  
\$5.99  
Sale 12/1-12/28



**Zum Soap Anise**  
3 oz, assorted scents  
\$4.99  
**Zumbo Kiss lip balm .5 oz**  
\$6.99



**Soothing Touch Bath Salt Peppermint Rosemary 32 OZ**  
\$8.99  
Sale 12/1-12/28



**To Go Ware Classic Tiffin Set 2 Tier**  
\$23.99

City Market has wonderful gift ideas for the holidays! Don't forget to check out our new limited-edition Artist Bag by Katharine Montstream. This is the first in a series and all proceeds benefit the Burlington School Food Project.

# Buy Guide



Northwoods Organic Vermont Honey \$7.69



Champlain Valley Apiaries Honey 8oz Crystallized \$4.49

Andes Fair Trade Hats & Gloves Assorted Prices



Camelbak Stainless Bottles with Bite Valve \$22.99



Olave XVOO 33.8 fl \$19.99



South of France Soap 8.8 OZ, assorted scents \$5.79



Recycle Moe Cassette Wallet, Assorted Styles \$15.79



Recycle Moe Book Journal, Assorted Styles \$16.59



## Baking Substitutions

By Caroline Homan,  
Food Education Coordinator

This time of year, it's easy to overdo it.... ah, in so many ways. But at the top of many people's lists is food, and the countless sweets and cookies we consume on our way to ringing in the New Year.

In response to many customers requests, I'll be writing a regular column about recipe substitutions. We all substitute ingredients from time to time, either because of convenience, food sensitivities, food preferences, or a desire for more nutritious recipes. In my job, I'm frequently looking at recipes and trying to figure out how to adapt them to use local and seasonal ingredients. This is a lens for looking at food that, thankfully, celebrates what we do have instead what not to have.

If I suggest putting some whole grains into a recipe, it's not because I want people to follow a particular diet but because whole grains are pleasurable on many levels – there are a range of tastes, textures, and colors to choose from; new local products to try; and yes, I actually believe that eating healthier is a pleasurable act, because your body simply feels better when it's treated well.

In sum, eating too much white flour and white sugar is boring... when it's not making you a little crazed.

So in this column, we'll explore substitutions like using more whole grains in place of refined grains, using natural sweeteners, using healthy fats and oils, and getting more (local!) fruits and vegetables. And probably topics I haven't thought of yet.

This is a place for starting small, and making those little changes that add up. A little local whole wheat pastry flour here, a little maple syrup there, and before you know it, you've created a delicious new family favorite.

While you can't control the Great Circulation of Sugar that happens this time of year, and you probably wouldn't want to, you can certainly adapt recipes in your home kitchen and make tasty treats you can feel good about... on an abundance of levels.

### Shortbread Cookies

In this recipe, we switch out the white flour for a combination of whole-grain flours, making the most of our local rye flour from Butterworks Farm. This recipe substitution was suggested by Heidi Swanson on her website, 101 Cookbooks, to make what she calls a "Swedish Rye Cookie."

### Traditional Shortbread Cookies (from The Joy of Baking)

- 2 cups all-purpose flour
- ¼ teaspoon salt
- 1 cup unsalted butter, room temperature
- ½ cup powdered sugar
- 1 teaspoon vanilla

### Swedish Rye Cookies

- 1 cup local rye flour
- 1 cup whole wheat pastry flour (or use all-purpose flour, or a combination of both)
- ½ teaspoon salt
- ½ cup cream cheese, room temperature
- ½ cup unsalted butter, room temperature
- ½ cup fine-grain natural cane sugar
- 1 teaspoon vanilla (optional)
- Extra sugar for sprinkling (optional)
- Maple glaze (below, optional)

Line a baking sheet with parchment paper.

In a medium-sized bowl, combine the flours and salt. Set aside. Beat the cream cheese and butter until light and fluffy. Beat in the sugar and optional vanilla and mix until well incorporated. Add the flour mixture to the butter mixture and stir only long enough to combine the two. Turn the dough out onto the counter, knead once or twice to bring it together, shape into a ball, flatten, wrap in plastic and chill it in a refrigerator.

Preheat oven to 350°F. Roll out cookie dough on a lightly floured work surface to ¼-inch thickness. Cut into shapes with the cookie cutter of your choice. Place on the prepared baking sheets and sprinkle each cookie with a bit of sugar, if desired. Bake for about 10 minutes, until cookies are golden at the edges. Allow to cool, and brush or drizzle with a little maple glaze, if desired.

*Adapted from 101 Cookbooks*

### Maple Glaze (optional)

- 2 Tablespoons unsalted butter
- ¼ cup pure maple syrup
- 1 cup confectioners' sugar

In a small saucepan, melt butter and syrup together over medium heat. Whisk confectioners' sugar into hot mixture until smooth. Brush or drizzle on cookies.

### Cranberry-Orange Bread

This recipe already uses two nutritious ingredients, orange juice and fresh cranberries. We make it even healthier by substituting half of the all-purpose flour with whole wheat pastry flour and switching out the sugar for maple syrup and reducing it by 1/3.

### Traditional Cranberry-Orange Bread (from The Joy of Baking)

- 2 cups all-purpose flour
- 1 cup granulated white sugar
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 Tablespoon orange zest
- 4 Tablespoons butter
- 1 large egg, well beaten
- ¾ cup freshly squeezed orange juice
- 1 teaspoon pure vanilla extract
- 1 cup cranberries, coarsely chopped
- ½ cup walnuts

### Cranberry Orange Bread with Maple Syrup

- 1 cup whole wheat pastry flour
- 1 cup all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 Tablespoon orange zest
- 4 Tablespoons melted butter or canola oil
- 1 large egg, well beaten
- ¾ cup freshly squeezed orange juice
- 1 teaspoon pure vanilla extract
- 2/3 cup maple syrup
- 1 cup cranberries
- ½ cup walnuts

Preheat oven to 350°F. Grease a 9 x 5-inch loaf pan.

Mix together flours, baking powder, baking soda, and salt in a medium mixing bowl. In a separate bowl, combine orange zest, melted butter, egg, orange juice, vanilla, and maple syrup. Mix until well blended. Stir in cranberries and nuts. Spread evenly in loaf pan.

Bake for 55 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely before slicing.

## New Local and Vermont-Made Items at the Co-op!

### In the Bakery:

From the Ground Up is Burlington's new gluten-free bakery. Co-owners Matt Tucker and Abby Knapp grind their own grains and create tasty treats even by the standards of those of us not avoiding gluten. Look for their Blueberry Muffins, Popovers, Chocolate Chip Cookies, & Zucchini Bread in the bakery section by the deli!

**August First Bakery's** Whole Wheat Bread & Seeded Baguette

### Cheese:

**Vermont Butter & Cheese's** Coupole is an aged goat cheese.

### In the Freezer:

**"Fall in Love"** is Vermont Cookie Love's seasonal cookie dough with pumpkin, chocolate and spice.

**Genoise Cake's** Whipped Cream, Vermont Homemade

**Strafford Organic Creamery's** Sweet Cream Ice Cream

### Meat & Seafood:

**Winding Brook Farm** in Morrisville is now supplying us with pork loin, ground pork and bacon.

**Tamarack Tunis** in Corinth produces grass-fed heritage-breed lamb. Their sheep are out on pasture through the growing season and are never fed antibiotics or hormones.

### Perishables:

**Polymeadows Farm** Chocolate Goat Milk & Maple Smoothies

**Vermont Hummus Company** Black Bean Chipotle & Caramelized Onion Hummus

### Beer & Wine:

**Harpoon's** Grateful Harvest Cranberry Ale 6pks & Leviathan Triticus 4pks

**McNeill's** Dark Angel Stout 22oz

**Shelburne Vineyard's** Marquette

### Wellness:

**Whisper Hill's** Ease Tension Bath Fizz



## Wine Picks for Under \$10

By Alison Miner,  
Beer & Wine Buyer

The wine department is featuring lots of fun sparkling wines this December, many of which are on sale! Two of our favorites are Santa Julia Brut Rosé and Kraemer Blanc de Blancs.

Santa Julia Brut Rosé is a sparkling wine from Mendoza. Made from 100% Pinot Noir, it shows an elegant light pink color with delicate strawberry and baked rhubarb aromas and flavors. It's dry, crisp and very nicely balanced. Try it as an aperitif or with just about any holiday food or dessert! Santa Julia Brut Rosé is on sale for \$9.99 in December.

Kraemer Blanc de Blancs is a mellow, easy sipping French sparkling wine that is semi dry. Excellent as a champagne cocktail, Kraemer has green apple and pear aromas and flavors and a fine mousse. On sale for only \$7.99, Kramer Blanc de Blancs is an excellent value. Be sure to stock up for holiday celebrations!

The Centerpiece, continued from cover



Tamarack Tunis



Sugar Mountain

**Sugar Mountain Farm**

Sugar Mountain Farm is the home of Walter and Holly Jeffries and their three children in West Topsham. Walter and Holly started raising sheep in 1989 but switched to pigs in 2003, explaining the switch as, “Sheep don’t pay the mortgage.” The sheep, however, did earn their keep. When the Jeffries started raising pigs, they wanted to avoid feeding grain as much as possible. I have trouble believing it, but Walter claims the sheep taught the pigs that grass and hay are good to eat!

The hillside of Sugar Mountain is now home to 300 pigs, rotationally grazed on 73 acres. The pigs eat only pasture, hay, pumpkins (grown at the farm) and whey (mostly from Vermont Butter & Cheese Company). When asked why he started farming, Walter explained that there were no meats available that he felt comfortable feeding his children. By raising his own animals, he could guarantee that the meat was produced without hormones, antibiotics or genetically modified organisms and that the animals were raised humanely. Can there be a higher testament to quality than meat the farmer raises to feed his own children?

**Tamarack Tunis**

Ben Machin and Grace Bowmer of Tamarack Tunis are City Market’s newest farmers. They raise grass-fed lamb from the heritage Tunis breed sheep on land they purchased just a year ago in Corinth.

Tunis is one of the oldest American livestock breeds. The first were brought to America from the Gulf of Tunis in Tunisia to be given to George Washington. John Adams kept Tunis sheep and the breed was popular up until the Civil War when, for various reasons, it was almost completely lost.

Ben’s grandfather started raising Tunis in the 1920s and became widely known for his efforts to keep the breed alive at Tamarack Farm in Greenwich, New York. When Ben’s grandfather died in 2006, Ben decided to buy the flock, thus carrying on the family legacy and helping preserve the breed.

Ben and Grace took me on a walk through the pasture in mid-November, and while it was a gray afternoon, the grassy hillside still seemed vibrant with life. The sheep are rotated to fresh pasture each day during the growing season and will live in a new timber-framed barn this winter!

Thanks to all of our farmers for the hard work they do, raising animals in dignified conditions, being excellent stewards of their land, and growing products that allow us to celebrate delicious holidays.



**Sippin’ on Chamomile**

**Matricaria recutita: December Herb of the Month**

By *Cristi Nunziata*,  
*Herbal Education Coordinator*

A very popular beverage and medicinal tea herb, chamomile has recently moved from the Bulk loose tea section to the Bulk medicinal herbs section at City Market. While chamomile makes a tasty tea, it also has a great many medicinal benefits.

Many people are familiar with chamomile as a relaxing tea before bedtime. Part of why chamomile is great sleep enhancer is because of its anti-inflammatory and antispasmodic properties. It calms down tension in the belly, back, and neck, which may make it easier to drift off to sleep.

Aside from chamomile’s ability to help one sleep, it is a great remedy for women and children. Chamomile tea can be used to lessen menstrual cramps and premenstrual anxiety. Also, when a new mother drinks the tea, it passes in her breast milk to her baby and can help relieve colic. Lastly, homeopathic chamomile is used in teething tablets.

Chamomile is also widely used in topical products. It is said to highlight blonde hair, and its anti-inflammatory effects benefit the skin. It is widely used for eczema, hemorrhoids, and mastitis.

While we carry German chamomile in our medicinal herbs section, there are in fact two species of chamomile that you may come across in the marketplace: German and Roman. They are slightly different. For digestive complaints, German chamomile is said to be more potent than Roman; however, Roman chamomile is believed to have more powerful antispasmodic properties. Another difference is that German chamomile is safe and effective during pregnancy, while Roman chamomile should be avoided. (People who are allergic to the Asteracea family of plants should avoid chamomile in both internal and topical preparations.)

As you can see, chamomile tea is a great sleepy-time tea and so much more. If you haven’t tried it as a remedy for one of the complaints mentioned in this article, give it a try. You’ll find an array of products that contain chamomile in Wellness and it is on sale in the Bulk medicinal herbs section all month.

**Chamomile Soothing Tea Blend**

- 4 Tablespoons chamomile
- 2 Tablespoons lemon balm
- 3 teaspoons licorice root
- 3 teaspoons lavender

Steep for ten to fifteen minutes, strain, and enjoy.

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**The Trees are Coming!!**  
**COTS Tree Sale: Dec 10 - 19**

City Market is gearing up for our annual tree sale to benefit the Committee on Temporary Shelter (COTS). The fresh balsams are grown in Craftsbury by Moffatt’s Tree Farm and will be on sale for \$30 (all sizes). Purchase a tree to support COTS and receive a buy-one, get-one lift voucher to ride Sugarbush Resort’s Mt. Ellen!

The Committee on Temporary Shelter provides emergency shelter, services, and housing for people who are homeless or marginally housed in Vermont. COTS advocates for long-term solutions to end homelessness. Learn more at [www.cotsonline.org](http://www.cotsonline.org).

**Member Workers Needed: Dec. 10-19th**

We are looking for volunteers to help outside with tying trees to cars, unloading trees on delivery days, and assisting customers.

Member workers can sign up for multiple shifts and bank hours.

If you are interested in helping with trees, please sign up for open shifts in the Member Worker binder at the Customer Service Desk.

For more details, please contact Christine Parlia at [cparlia@citymarket.coop](mailto:cparlia@citymarket.coop), or 861-9735.

# December Class Listings

**Cooking with Kids: Homemade Gingerbread Cookies at Chubby Muffin**  
December 1, 5:00-6:30 p.m.



We will make real molasses gingerbread cookies with whole grains using an easy, kid-friendly dough. Come help make them, bake them, and bring a bag home. (Kids accompanied by an adult, please). Please note: this class has space reserved for members of the Boys & Girls Club of Burlington. Please sign up early to secure a spot!

**Free Herbal Clinic**  
December 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, 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.

**Grow your own Gourmet Mushrooms**  
December 7, 7:00-9:00 p.m.

Co-hosted by City Market and Burlington Permaculture

Join Alissa White for an introduction to the basics of gourmet mushroom cultivation. Mushrooms revered for culinary and medicinal qualities can easily be grown in your apartment, home or backyard. Learn the basics of mushroom life cycles, cultivation techniques, their ecological role and potential, and go home with materials to grow your own gourmet mushrooms. \$20 donation covers materials for a home grown gourmet mushroom kit. Space is limited. Pre-registration required by e-mail [burlingtonpermaculture@gmail.com](mailto:burlingtonpermaculture@gmail.com) or call 999-2768.

**Festivals of Lights: Potato Latkes & Applesauce, Holiday Cookies at Chubby Muffin**  
December 8, 6:00-7:30 p.m.



Make homemade potato latkes and applesauce and festive holiday cookies as we celebrate the season for lighting our candles and spirits with good food and good cheer. Please note: this class has space reserved for members of the Boys & Girls Club of Burlington. Please sign up early to secure a spot!

**Candle Making**  
December 8, 6:00-7:00 p.m.

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

**Women's Heart Health Class**  
December 9, 6:30-7:30 p.m.

Join Brandy Barga, RN, student Nurse Practitioner and Brooke Larmie, RN, student Nurse Practitioner to learn more about women's heart health. We'll discuss signs of heart disease and ways to help prevent it, nutritional advice for a healthy body, and the most important vitamins for women. Get a free blood pressure screening at the end of the class.

**Herbal Facials**  
December 11, 12:00-1:30 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!

**Enhancing Immunity to Prevent Winter Illness with Guido Masé**  
December 13, 5:00-6:00 p.m.

A stitch in time saves nine: in matters of health, enhancing the physiological 'field' can dramatically improve quality of life in those prone to recurrent or lingering winter infections. Learn how to strengthen immunity and vitality to prevent debilitating illness rather than treating it after the fact.

**Gluten Free Series Class Four: Side Dish Recipes at Hunt Middle School**  
December 15, 5:30-7:00 p.m.

This is the fourth class in a six month series to provide education for gluten-free individuals and a forum for discussion. Each week, participants will have the opportunity to submit a recipe for the following class. Then, together we will make and sample one of the recipes. All recipes will be compiled into a gluten free cookbook. In Class 4, we will make and sample side dish recipes and participants may submit their gluten-free main course recipes for the following class.

**Introduction to Ayurveda**  
December 18, 10:00-11:00 a.m.

Ayurvedic Lifestyle Counselor, Tejasinha "Fox" Sivalingam, will introduce us to the cosmic principles of Ayurveda. Attend and receive tools to relate to Vata, Pitta, and Kapha, through tangible analogies, and seasonally appropriate practices.

**Eating Well on a Budget Throughout the Month**

If you would like to schedule a tour for yourself or a group, please contact Caroline Homan at 861-9731 or [choman@citymarket.coop](mailto:choman@citymarket.coop).

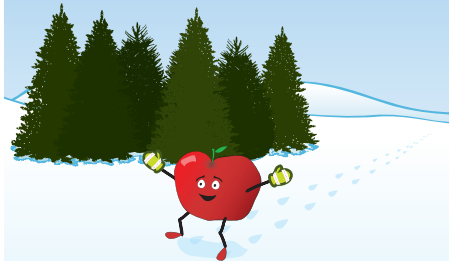


**Local First Vermont Buy Local Resource Guide and Coupon Book**

The Buy Local Resource Guide and Coupon Book, available for sale at City Market, supports local businesses and the Local First movement. This guide and coupon book is filled with \$2,300 in local savings and is available for only \$10. Inside you'll find discounts for local businesses like American Flatbread, Leunig's Bistro, Peace & Justice Center, Shelburne Farms, Shelburne Orchard, Vermont Smoke and Cure, and many more! Please stop by City Market to purchase your copy or go to [www.vbsr.org](http://www.vbsr.org) for more information. Get yours today - they make a great holiday gift and are sure to go fast!

**The Holiday Trees to benefit COTS are coming!**

MARK YOUR CALENDAR to pick up YOUR holiday tree at City Market starting December 10.



**Sugarbush**  
BeBetterHere

Buy any size tree from City Market and receive a voucher for a buy one get one free lift ticket to SUGARBUSH SKI RESORT'S Mt Ellen!

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

## December Product Sampling

**December 3**  
Vermont Butter & Cheese Co.  
4:00 - 7:00 p.m.

**December 4**  
Local Produce  
1:00 - 5:00 p.m.

**December 5**  
Republic of Tea  
11:00 a.m. - 3:00 p.m.

**December 10**  
Taylor Farm Cheese  
4:00 - 7:00 p.m.

**December 11**  
From the Ground Up  
Gluten-Free Bakery  
2:00 - 6:00 p.m.

**December 13**  
Vermont Coffee Company  
10:00 a.m. - noon

**December 17**  
Diamond Hill Farm Potatoes  
4:00 - 7:00 p.m.

**December 30**  
Hey There Cupcake  
11:00 a.m. - 1:00 p.m.

## Meet December's Member-Artist, Danielle Pecor:

"My work has undergone many transformations since I first found wheel-throwing at the University of Vermont. My work started with practical forms, like mugs and bowls, but I felt a little limited with what I could make. That was when I decided to develop my hand-building technique. The desire to make something both beautiful and sculptural brought me to ceramic pendants and my other wall pieces.

In my work, I like to emphasize the imperfections and splendor of the clay body by using tools to place patterns and decorate the surfaces, while still revealing the true nature of the clay. We sometimes over-think and spend too much time on one thing, and in the end the result looks worse because over-working it drains it of all its liveliness. That is why all my decoration is done quickly with no reworking the individual design - I feel that by purposefully creating the pieces to not be perfect, it brings them to life."

Danielle's work will be on display in City Market's Café Gallery throughout the month of December.



## Holiday Hours

Friday, December 24th 7:00 a.m. - 7:00 p.m. (CLOSING EARLY)  
Saturday, December 25th Closed  
Sunday, December 26th 7:00 a.m. - 11:00 p.m. (REGULAR HOURS)  
  
Friday, December 31st 7:00 a.m. - 10:00 p.m. (CLOSING EARLY)  
Saturday, January 1st 9:00 a.m. - 9:00 p.m. (opening late/closing early)

**Please park off site for our classes and events.**