



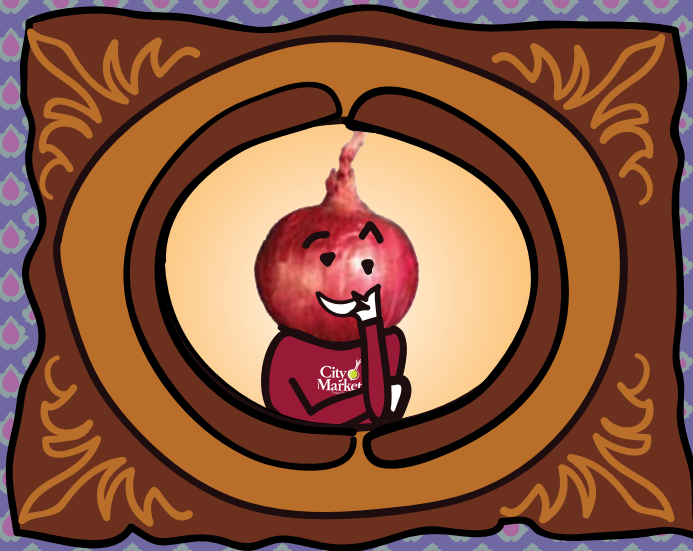
The Onion Skin

Sharing news from the Co-op & the Community



February 2009

Who's in your Household?



Help Us Keep Co-op Member Information Up to Date

By Leila Cosgrove,
Member Services and BOD Coordinator

It's the New Year and membership is booming at City Market! With over 3,300 memberships, we are posed with a question: Who's in your household? Unlike many other co-op's across the country, City Market accepts household memberships. For only \$15 per year, you and your household can shop under the same membership. With the purchase of equity, members receive many benefits including:

- Eligibility for a Patronage Refund
- Bi-annual membership meetings
- The opportunity to participate in governance through board meetings, elections, proposals, referenda, and eligibility for Board positions
- Updates about City Market news and events via email
- Discounts at locally-owned businesses through our Community Connections Program

- Free water from the reverse osmosis machine
- Reduced advertising rates in the Onion Skin monthly newsletter
- Display art in our Café Gallery
- Check writing with up to \$20 over purchase amount at the register
- The option to become a working member for an additional discount on purchases

In order to provide the best quality service to you, our members, we need to keep your information up to date. This includes any contact info, as well as who is shopping under your membership. It's easy to keep us informed with any changes to your account. Call our Member Services Coordinator at (802) 861-9707, email memberservices@citymarket.coop, or visit www.onionriver.org. This Web site is set up specifically to take member information.

City Market works as a non-profit to its members. In years that we are profitable, members receive a portion of our profits based on their spending in the form of a check.

Patronage Refund checks are mailed each fall. This year, many checks were returned because of an insufficient address. By keeping us up to date with any address changes, you'll be sure to receive your check.

A similar situation tends to occur each year when City Market members run for the Co-op Board of Directors. Members are encouraged to run for the Board, as well as vote. Per our By-Laws, members are allotted one vote per household. Information about the candidates, as well as a ballot may be mailed to the membership. Although members also have the option of voting in-store, a mailed ballot and information can be beneficial as well. A valid mailing address is essential to receive information about the people that will represent our membership.

As you can see, we need your help. Whether it's an invitation to one of our member meetings, or an email about exciting member worker opportunities, we at City Market need to be able to reach our members. Please take a minute to visit www.onionriver.org, email

memberservices@citymarket.coop, or call (802) 861-9707 and update your household members and contact information today!



Happy 7th Birthday City Market!

On the anniversary of the opening of our downtown Burlington location, we'd like to say thank you to all of our members and customers for your continued support.

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

82 S. Winooski Avenue, Burlington VT 05401

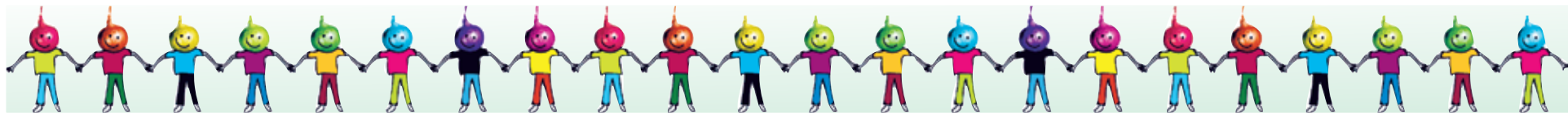
We welcome EBT, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons

Open 7 a.m. - 11 p.m. every day

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www.citymarket.coop

RETURN SERVICE REQUESTED



Taking Stock of the Economic Downturn and its Effects on the Co-op

By Clem Nilan,
General Manager

I am frequently asked about the current economic recession and its effect on our Co-op. We just reached an important milestone—the halfway point in our fiscal year—and I can share some news with our Co-op members. Sales are right on budget. We predicted that we would achieve \$13.2 million in sales and we reached exactly \$13.2 million. This is excellent news in this economy. What's troubling though is that we performed way ahead of the budget in the summer but by the early fall our growth progressively slowed down. Our sales growth in December was barely above sales for last December. This seems to mirror the national co-op pattern. In a recent survey of co-op sales growth in December, 60% of all responding co-ops reported sales growth was less than 5%. This is in contrast to the system's 12% sales growth for the last fiscal year.

Despite the challenges, our staff and managers have done a really good job controlling costs. Our net income is ahead of budget. In this tough economic climate, seeing that we have the flexibility to tighten our belt is very good news.

We've noticed a shift in buying patterns and an adoption of a 'recessionary mindset.' Attitudes and behaviors are measurably changing in regards to overall spending and actual product choices. We call the trend "beer & bulk" as both departments are way up. All co-ops I've heard from are reporting increases in bulk; there's great savings by buying bulk. I'll let you draw your own conclusions as to why beer sales are increasing.

A silver lining to the economic downturn (and a trend to celebrate) is our that Co-op's Membership is way up. Member sales really took off after we distributed our first patronage dividend and then reduced the annual equity payment to \$15 in October. Member sales, 21% at the time of our patronage refund topped 30% in December!

Dollars spent in the Food for All Program, our 10% discount program for the disabled,

WIC and 4Square (formerly Food Stamp) participants, has climbed each month and reached \$40,000 in December as the recession deepened. Likewise 4Square sales were much higher than a year ago.

Economists predict that it's going to get worse before it gets better. I recently attended the joint meeting of the Chittenden and Washington County Hunger Councils on January 12th. I would like to share some sobering information with you.

- 19,000 Vermont children are living in poverty or living in homes where adequate food is not always available.

- Participant numbers are at record high at emergency food shelves. This year 1000 new households have signed up for food aid at the Chittenden County Food Shelf. With unprecedented increases in family participation with one and sometimes two full-time wage earners.

- Since 2000, the percent of Vermont households considered "food insecure with hunger" has more than doubled- the highest percent increase of any other state. Food insecure with hunger is defined as when adults and children are frequently going without food.

- 16.9% of Vermont pre-school children (< 5 years) live in poverty.

- 10% of all children in Vermont live in poverty.

- Children under 5 years of age are more affected by poverty than others as brain development is critical at this stage.

Now more than ever reducing childhood hunger makes sense as one of our top outreach goals. We will continue to focus our efforts where appropriate and continue our support of the Food Shelf and COTS, both of which has expressed their thanks for what we as a Co-op and our members are able to do for each organization.

Learning what it means to be a Co-op Board Member



By Susan Munkres,
Board of Directors

This past weekend, I traveled to Brattleboro for a day of training specifically targeted to new members of co-op boards. In the company of folks from a diversity of co-ops, we covered topics ranging from the practical—how to read a balance sheet—to the theoretical: what is the nature of the co-op board as a single voice communicating the wishes of the member-owners? And the hands-on parts made the day fly by: the aforementioned balance sheets were illustrated with lego blocks, and we made sculptures of balloons, pipe cleaners and clay to illustrate our visions of the ideal co-op.

It was really fun to get a sense of the food co-op movement across New England and to meet others who are also trying to make sense of their new responsibility and work as Board members. Wayne Warnken and I successfully completed our lego-block model of City Market's most recent three balance sheets (go us!), which gave us a sense of where we stand in relationship to other co-ops in terms of our financial health. When my group's pipe-cleaner sculpture fell apart, I saw something about how difficult it is to implement the grand visions many co-ops strive for.

But most importantly, I learned more about what a board actually is and does. One participant who also works at the co-op where she serves on the board said that she had thought she could "be a voice for the staff on the board." And yet the mandate of a board is to represent all of the owner-members. Our facilitator explained that we do not represent constituencies on the board: instead, we are the subset of the member-owners that represent the member-owners' needs and wants. Therefore, the question we are always to be asking ourselves is, "What best serves the interests of the member-owners of this co-op?"

So this is reassuring: I don't have to know everything about how a co-op is run, or be a total whiz at learning. And at the same time, it is humbling to be reminded that I was elected not so much for what I think or who I am, but because the member-owners who voted for me thought that I could represent them well. In this light, my own personal qualifications matter far less than my ability to listen, do my homework, and think as well as I can about the hugely diverse needs of the member-owners as a group. I'm looking forward to it!

Cooperative Principles

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

Board of Directors

- Donna Bister - 658-4562
Susan Munkres - Susannah3@gmail.com
Nathan Caswell - 347-277-7129
Adele Dienno - 862-2595
Rachel Jolly - 863-6390
Wayne Warnken - warken@medscape.com
Alan Matson - amatson@gmail.com

Onion Skin Editorial Staff

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

Advertising Information:

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

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



City Market & Jay Peak Team up for Fresh Food & Winter Fun

Get Fresh with City Market and Jay Peak Resort this winter with a delicious sandwich and two for one voucher to ski or ride. Pick up the Jay Peak Club wrap sandwich from City Market's grab and go section and we'll give you a two for one voucher to ski Jay Peak Resort with the most snow in the eastern

North America. The Jay Peak Club wraps up delicious McKenzie turkey, bacon, creamy Cabot Cheddar cheese, ripe tomatoes, fresh greens, mayo, and onions. Talk about fresh! The Jay Peak Club wrap is available from now until March.

Join Us!

The next Board meeting is
6 P.M. to 9 P.M.
February 23, 2009
in the
City Market Conference Room.



Enter to Win Free Groceries at the Co-op

City Market is offering customers two chances to win free groceries in February.

The Co-op has teamed up with Small Planet Foods for a Groceries for a Year (a value of \$5,000) sweepstakes. In addition, the Co-op is giving Groceries for a Month (a \$250 gift card). No purchase is necessary to enter or win either of the sweepstakes, which run begins on February 1 and ends February 28.

Groceries for a Year Sweepstakes

Customers can enter two ways: by mailing a standard sized (3" x 5") postcard with name, complete address, age and daytime phone number to SPF Groceries for a Year Sweepstakes, PO Box 623, Norcross, GA 30091-0623. All entries must be postmarked by 2/28/09 and received by 3/6/09. Or pick up an entry form at City Market when you purchase any five Muir Glen or Cascadian Farm products in one shopping visit. Fill out the official entry form and mail it with your cash register receipt to SPF Groceries for a Year Sweepstakes, PO Box 623, Norcross, GA 30091-0623.

Groceries for a Month Sweepstakes

Customers can enter two ways: by mailing a standard sized (3" x 5") postcard with name, complete address, age and daytime phone number to Groceries for a Month Sweepstakes, City Market, 82 South Winooski Ave, Burlington, VT 05401. All entries must be postmarked by 2/28/09 and received by 3/6/09. Or fill out an entry form at City Market's Customer Service desk the next time you shop.

All participants must be 18 years of age or older at time of entry. All mailed entries must be postmarked by 2/28/09 and received by 3/6/09. Limit one (1) entry per person and per household. Prizes will be chosen on or about March 10. Winners will be notified by mail or phone.

Official Contest Rules are available at the Co-op, or by sending a self-addressed, stamped envelope to: SPF Groceries for a Year Sweepstakes, 1775 Woodstock Road, Suite 200, Roswell, GA 30075 by 2/28/09.

Co-op Enhances Non-Profit Member Discount

Great news! The Co-op has improved the discount program offered to non-profit organizations. Programs that are geared toward alleviating childhood hunger or supporting sustainable agriculture are now provided a 15% discount on purchases. Applications for the non-profit discount are available at the Customer Service desk. More information is also available by email MemberServices@CityMarket.coop.



Buy a Heart for the Arts!

In February, purchase a Heart for \$1 at City Market cash registers to support Art From the Heart, a Burlington City Arts community program that brings art supplies and volunteers to Vermont Children's Hospital. Art From the Heart helps children on the pediatric ward heal and grow by providing them with the space, time, and materials to experience the joys of painting and creative work.

Many of these children are seriously ill, some terminally. Some are away from their home and school environments for weeklong medical treatments each month. The children, their families, and the hospital staff value the program, which helps relieve stress, not only for the children involved, but also for parents and siblings who often participate in the arts activities. The only program of its kind in Vermont and a model used by pediatric wards in other states, Art From The Heart now operates seven days a week and serves 1000 children annually.

Visit www.burlingtoncityarts.com to learn more about the Art From the Heart Valentine's Event and Raffle February 10 at the Firehouse Center. Raffle tickets are \$25 each and prizes include VIP tickets to sporting events, certificates for local shops and activities, and concert tickets.

To learn more about Art From the Heart program and opportunities to volunteer, visit www.burlingtoncityarts.com.

On Thursday, February 5 from 3:00 – 6:00 p.m. and Sunday, February 8 from 10:00 a.m. – 2:00 p.m. BCA staff and volunteers will be at City Market to answer questions about Art from the Heart. Enter to win a Vermont Teddy Bear on Thursday and come make a Valentine at the Art from the Heart Valentine Creation Station on Sunday.

*The Burlington City Arts Event and Raffle for Art from the Heart is February 10, 2009 from 5:30 - 7:30 p.m. at the Firehouse Center for the Visual Arts. Raffle prizes include Knicks and Rangers skybox tickets, VIP seats at the Boston Bruins and Celtics, and a variety of local gifts and experiences. Visit www.burlingtoncityarts.com to see a full list of prizes and purchase your tickets online. Your raffle ticket purchase includes admission to the event, however you do not need to be present at the event to win a prize. Raffle tickets make a great Valentine's Day gift!

Connections: Fair Trade Roses for Change

By Matt Landi,
Produce Manager

While market driven philosophies took a hit in 2008, one such movement that continues to thrive as a force for positive change in the world is Fair Trade. Over the past decade much of the focus for Fair Trade consumers has been on edible crops, bananas, coffee, chocolate, sugar and rice to name of few. However, recently another large global industry has been slowly brought into the mix: flowers. This November, for the first time, a consistent supply of Fair Trade Certified Roses became available to us at City Market.

Right now 70% of all cut flowers sold in the United States are grown in Africa or South America. Fair Trade is no different; we currently receive roses from 11 different fair trade certified growers, eight in Ecuador, two in Kenya, and one in Columbia. All are imported through a small company in Albuquerque, New Mexico called One World Flowers.

Growing operations vary in size but have one thing in common: they are certified by Transfair USA. This international organization guarantees consumers that strict environmental, social and economic conditions were met in the production and trade of these roses. Historically there have been widely reported abuses within the global floral industry jeopardizing the health and well being of workers, and the places in which they live. Fair Trade certification empowers local investment by paying a minimum floor price as well as an additional fair trade premium. As with bananas and other fair trade crops the premium is typically used for community and workplace improvements decided upon in a democratic manner by farm workers. Here is a list of just some of the programs funded by fair trade premiums on these flower farms: computer training centers, scholarships

for dependant education and management training, dental health centers, reforestation, help with home gardens, low interest loans, support for orphans of the AIDS epidemic, construction of schools, a maternity ward, and larger training center and clean drinking water systems.

One of the larger growers in this program is located in Kenya. Oserian or, "Place of Peace", is the largest flower farm of its kind in Africa. With a production rate of over 300 million stems per year, Oserian was Fair Trade certified in 2002. The scale of this operation allows it to be a massive force for change in the region. Fair trade premiums have been used to build a kindergarten, primary and secondary schools, full scholarships to all children of Oserian workers, construction of a training center that provides training in financial management, computer skills, knitting and tailoring, creation of a reliable water supply for livestock, a rainy day fund for times of draught, tree seedlings and other infrastructure improvements such as road building and providing electricity to 200 area families.

As you can see, one market force has assisted in the creation of positive change in the world of fairly traded commodities. That force is all of us. Our seemingly small scale choices can continue to make a large difference in the lives of people all across our planet. In the month of February, when we traditionally sell more cut flowers than any other month, I hope you will support our Fair Trade Flower program.

Order Your Fair Trade Roses \$30/ dozen today! Call the Floral Department at 802-861-9710.



City Market Donates over \$8,000 to COTS.

City Market donated the proceeds from its annual Holiday Tree sale to the Committee on Temporary Shelter (COTS). City Market staff presented the check totaling \$8,384.00 to COTS Director of Development Kim Borsavage and COTS Board Chair Anne Cramer on Friday, December 19. The annual tree sale to benefit COTS has been held at the Co-op for the past 11 years, bringing the total donation to over \$44,000.

"We are so grateful for your over ten years of sponsorship," said COTS Executive Director Rita Markley. "The proceeds from the tree sale will go far in helping us this winter season."

City Market staff, Co-op members and community volunteers assisted customers with trees throughout the sale. Over 500 fresh, local trees from Moffatt's Farm in Craftsbury were sold for only \$30. According to COTS, \$18 covers a night of emergency shelter for an adult at the Waystation. \$50 pays for two new backpacks and school supplies for two children in their family shelters.



Making the Switch to Natural Sweeteners

By Caroline Homan,
Food Education Coordinator

In the past few years, maple syrup consumption has increased 50%, while maple syrup production has dropped due to poor weather conditions for syrup. This has created a unmet demand for the natural sweetener that is reflected in the prices.* Never low to begin with, the price of maple syrup also reflects the reality of the energy that goes into producing the sap, on nature's end, and the syrup, on the farmer's end. The price of maple syrup is humbling in its realness, in an age where most of the calories people consume daily come through commodities like soy and corn whose prices have been kept artificially low through government subsidies.

The average American, Michael Pollen writes, consumes 158 pounds of added sugar per year. Added sugars are those that make their way into our foodstuffs to sweeten them and keep us coming back for more, not the naturally occurring sugars found in, say, a piece of whole fruit. It's easy to consume these sugars, because they often slide down easily in the form of sweetened drinks. When I host middle school students here at the Co-op for tours, I like to do a label-reading exercise with them. Look at how many grams of sugar are in 32-oz soft drink. Now divide that by 4. That's how many teaspoons of sugar are in that beverage. Sometimes we measure the teaspoons out. Even middle school students, never the first to be grossed-out, gag at the thought of eating the 10 teaspoons of sugar, or almost ¼ cup, it would take to consume the same amount in a soft drink (imagine yourself doing it – your body balks). The problem is, sugar is hidden, (artificially) cheap, and ubiquitous. And in some weird way, it even seems wholesome, evoking an image of grandma's cupboard and the Domino's box. (Never mind that half the supply of granulated sugar being produced in our country is now from GMO-enhanced beets, and the major sweetener in our food supply, high fructose corn syrup, is also GMO).

The problem is that sugar isn't just "empty calories." It's a nutrient thief, robbing our bodies of their own reserves of vitamins, minerals, and enzymes in order to process and

digest them. That's where making the switch to natural sweeteners, like many Americans are doing with maple syrup, has many advantages. Natural sweeteners, being less refined, still contain some minerals and enzymes – molasses, of course, is high in iron, and honey contains amylase, an enzyme that helps break down carbohydrates (so it comes with its own enzyme to digest it – or the toast you put it on). They are often sweeter than table sugar, so you can use less (you can use just 2/3 the amount of maple syrup as sugar in recipes – or even less, if you adapt your palette to less sweet foods). Like maple syrup, other natural sweeteners like honey, molasses, or rapadura have a distinctive flavor that actually heightens the flavor of baked goods and adds a level of complexity not found with white sugar. Since they are naturally more liquid, they also add moisture to many baked goods. And being more expensive, we use less of them, and become conscious of how precious the honeybee's larder, or the maple tree's sap, really are.

Besides using natural sweeteners, this could also be the year of using fewer sweeteners. When you eat balanced meals and get plenty of sleep, your body actually doesn't have that craving for a quick energy fix. And plenty of whole foods are sweet as they are. There's a reason why short-grain brown rice is sometimes called "sweet brown rice," or unsalted butter is called "sweet cream butter." Mashed bananas, dates, applesauce... these are all naturally sweet foods that are also good for us. So today, when you are in the aisles, pretend you're a middle school student, and read that label on the box you're buying. Look at the grams of sugar, and divide by 4. Think about whether you want to eat that many teaspoons of sugar and take that many more nutrients from your body. And maybe reach for something naturally sweetened instead.

For information on different kinds of natural sweeteners and how to bake with them, please go to our Web site, www.citymarket.coop.

*"Maple Syrup Prices Jump," Rutland Herald, January 11, 2009



New BPA-Free Water Jugs

In response to several customer requests, one gallon BPA-free water jugs are now available for sale next to the Reverse Osmosis Bulk Water machine in the Produce department. The reusable one gallon bottle is produce by Enviro Products.



View from Ninety

By Carol L. Winfield,
City Market Member

American's disregard for precious water should not be tolerated. Within the next 20 years or so, we'll likely have a national drought. Last year, some Southern States suffered through one for two or three months. I am glad to be as old as I am, but sad for my offspring, all three generations of them.

Several weeks ago, I was in a home where the toilet had two different flushes. Would that all toilets were now so installed! It should become a national issue. Old time Vermonters remember the directive: "yellow is mellow. Brown flush it down." That directive should be the practice beginning today, and every day hereafter, whether public toilets or not. And back to the two-style flush mentioned above, obviously, without going into intimate detail, I am sure you're savvy to determine as to which one is Little Flush and which one is Big Flush!

Then we come to the controversial matter of dish washing: once you have decided who does have the job, please pay attention to running water during the entire process. Don't! Open pan, or skin-full, for washing, another for rinsing. As for teeth, follow the same process: 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 dentists told me was almost as successful as a thorough flossing.

Give some thought about wasting water when showering. Many of us love letting that lovely hot water run and run over our tired

bodies, especially in this cold weather. But if you save today, tomorrow, when your children will be grown or even their children, they won't need to be made to dutifully ration it. Think about.

How about the dishwasher too? They are a flagrant water waste. If you are committed, at the very least fill the dishwasher completely with dirty dishes and try using it no more than once a day. For no extra charge, here's an energy tip: turn off the dishwasher for the drying cycle. The washing water is sufficiently hot as is the inside of the machine. The dishes, even the silverware, will dry quite satisfactorily.

We have grown careless, lazy, and even arrogant in our disregard for the valuable resource that is water. Take expansive, green lawns. Do we need so much and so many of them? What about extending flower and certainly vegetable gardens? Don't they make more sense?

Restaurants and bars can give pause about water, too. Does City Market? We can ask them about that. It is my hope that everyone, everywhere will begin to pay more and more careful attention about using water. It is no problem for me at 90-years-old but if we don't start thinking about water now, those presently 20 or below will sorrowfully remember these words when they reach 80 or above! That's my final exclamation point of the day!

We welcomed

148
new members
in December!

**City Market
Deli has new
extended hours!**

**It is now open
until 10:00 p.m.
7 days a week.**



1	How about a FREE cup of COFFEE?	FREE!			
2	Buy 10, Get One Large Coffee FREE!	9			
3	Buy 10, Get One Large Coffee FREE!	8			
	4	5	6	7	

Fair Trade Towns: Is Burlington Next?

By Courtney Lang,
Demo Coordinator

Fair Trade products are becoming more common in local stores, restaurants, businesses, and places of worship. To help promote these products, a few of your neighbors are working to make Burlington a "Fair Trade Town." Many of you are probably asking, "what does that mean?" It is a voluntary designation that is found in hundreds of communities and schools throughout the UK and Europe. It began not too long ago in the U.S., with Brattleboro, Vermont which became the second town to meet the criteria for this designation.

There are five goals to be met before Burlington can declare itself a Fair Trade Town. They are: form a local steering committee; offer a range of Fair Trade products through local businesses; have Fair Trade products used by a number of local organizations; organize a campaign supporting Fair Trade and the local foods movement; and have the City Council pass a resolution supporting the Fair Trade and local food campaign. The efforts of this committee are not governed or monitored by any special body; this is simply a way for communities that value Fair Trade ideals to receive special recognition.

The purpose of achieving this title is to bring the community together through a grassroots campaign to help the Fair Trade movement. Now you may be asking yourself, "Doesn't this create competition for our local farmers?" The answer is no, this model supports the motto, "Buy Local and Buy Fair Trade." We are asking that local Fair Trade also be included in our resolution. For products that are not grown locally, like coffee, tea, cocoa, and bananas, buying Fair Trade supports sustainable models of production at all levels. It works to ensure that not only communities are getting more support through better wages and premiums, but also that the environment is taken care of through organic and sustainable growing practices. If you're interested, find out more at the information table in Aisle one on City Market's Tropical Fair Trade Day February 21st from 11:00 a.m. - 4:00 p.m. You can also contact Courtney Lang at (802)-961-9753 for more information.

Food Shelf to create a welcoming, community atmosphere and hope to host future events. And food that is not used for the monthly meals will be given to the Food Shelf to be used in their new Community Kitchens Program, a partnership with Sodexo that trains members of the community to work in the culinary field.

**We have 100% organic
free range movies**



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



More improvements to City Market's Coffee Program

A few months ago, we upgraded our popular coffee program to include the new state of the art Fetco Coffee System. This system guarantees the freshest coffee served at proper temperatures.

In addition to the system upgrade each coffee now has its own unique profile: from the City Market Blend that is smooth and balanced, to the Ethiopian Moka Harrar that has a hint of chocolate. Besides being organic and fair trade, all coffee brewed at City Market is now 100% roasted by Vermont roasters. The Vermont roasters include Vermont Coffee Company, Awake, Capital Grounds, Artisan, and Fresh Coffee Now. Each of the local coffee is also available for purchase in our Bulk department.

Next time you are in for a cup of Joe; don't forget to grab a Coffee Club card. With the card, if you purchase ten cups of coffee, you'll receive a free large coffee. Drink up and feel good about the cup your coffee is in because our new coffee cups are compostable!

UVM Students Launch New Campus Kitchen Program

The Campus Kitchen at the University of Vermont is a student led non-profit organization that salvages unused food from the university, prepares it into a meal, and serves that meal at the Chittenden Emergency Food Shelf. All of the organization's activities are student run, with the support of a full-time staff coordinator. Campus Kitchen served its first meal on November 18 as part of the Food Shelf's annual turkey distribution program. Over 100 clients enjoyed food donated by local restaurants, farms and UVM Dining Services. The Campus Kitchen will begin to serve regular Saturday afternoon meals beginning in January 2009.

In addition to its meals program, the Campus Kitchen is in the process of working with City Market to expand the Co-op's nutrition education program. Students from the Campus Kitchen's club, as well as Nutrition and Food Science students, will be trained on how to lead a nutrition and cooking class as well as hold nutrition workshops for members of the community. The classes will focus on cooking with in-season fruits and vegetables, as well as with dried-good staples like lentils, grains and beans.

The Campus Kitchen staff and volunteers also plan to redecorate the dining area of the



Farmers' Markets Move Indoors Across Vermont

Farmers' markets throughout Vermont are going year-round this winter. The Northeast Organic Farming Association (NOFA) says there are 11 year-round farmers' markets in the state, as well as a number of holiday winter markets this winter. This marks a significant increase over last year, almost doubling the number of winter markets from 2007.

As interest in eating more local food has grown, farmers have found creative strategies to stretch the bounty of the fall harvest over the winter months. Farmers are offering both products traditionally available in the winter (such as meats, eggs, cheese, maple syrup, jams, wines, and root vegetables) as well as working with season extension techniques, such as greenhouses, to produce fresh vegetables late into the winter months. Some farmers are also offering products such as local tomato sauces and frozen strawberries.

Weekly farmers' markets will be held throughout the winter in Rutland, Morrisville, and Dorset while other communities will hold bi-monthly or monthly markets. Dates, times, and locations of the markets can be found online at www.CityMarket.coop. Here is a quick snapshot of the markets across the state.

2009 Vermont Winter Farmers' Markets

Brattleboro Winter Farmers' Market

Location: The River Garden, in the heart of downtown Brattleboro.

Burlington Winter Farmers' Market

Location: Memorial Auditorium, Corner of Main St and S. Union in downtown Burlington

Chelsea Grange Winter Farmers' Market

Location: The Grange Hall is located at 260 VT Route 110 in Chelsea.

Champlain Islands Winter Farmers Market

Location: South Hero Congregational Church basement

Dorset Winter Farmers' Market

Location: J.K. Adams Kitchen Store and Factory on Rte 30 in Dorset

Lamoille Valley Year Round Farmers Artisan Market

Location: Pleasant St, Downtown Morrisville

Montpelier Capital City Winter Farmers' Market

Dates & Location: VT College Gym

Middlebury Winter Farmer's Market

Location: Town Hall Theatre

Norwich Winter Farmers' Market

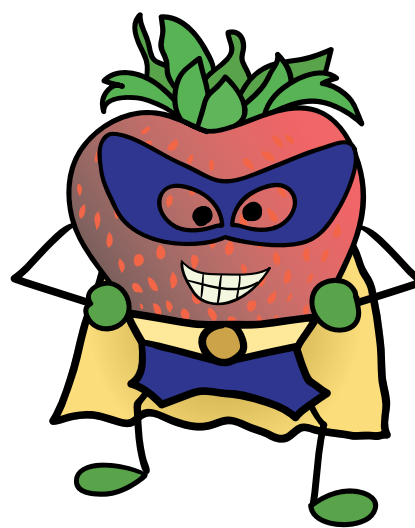
Location: Tracy Hall, on the green

Rutland Winter Farmers' Market

Location: The Old Strand Theater behind the Rutland Natural Food Market

Williston Farmer's Market Off-Season Market

Location: Located in the meeting room of the Old Brick Church across from the Town Hall



Digger's Mirth Farmer Named Local Food Hero

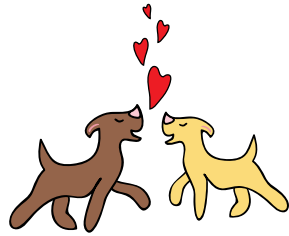
Congratulations to Digger's Mirth farmer Dylan Zeitlyn recipient of the Local Food Hero award. The annual Local Food Hero award is presented to a citizen in recognition of their tireless effort and commitment to the production or promotion of healthy, local food to Burlington residents and their families. Zeitlyn is credited with gratuitously sharing his time and knowledge with numerous Burlington school children and for being instrumental in forwarding the work of the Barnes Elementary school garden.



Join City Market in a Tropical Fair Trade Day Celebration!

Saturday Feb 21st 11 a.m. – 4 p.m.

- Bike Powered Smoothies with Fair Trade Oke bananas, pineapples and milk. Delicious!
- Dip Fair Trade bananas in the Fair Trade Chocolate Fondue Fountain.
- Explore the beautiful Fair Trade Hope for Women cards in Aisle 6.
- Learn about how Burlington can become a Fair Trade Town in Aisle 1
- Savor a scrumptious Fair Trade banana treat on the Hot Bar.
- Snag an Equal Exchange mini chocolate with Fair Trade facts when you check out.



Dodge the doghouse this Valentine's Day with great gifts from Wellness

- Way Out Wax Escentual Love Candles (pillars, votives, tins)
- Weleda Wild Rose Facial Care Line (cleansing cream, moisture cream, eye cream)
- Dr Hauschka's Rose Line (Day cream, Body moisturizer, Body oil, Body wash)
- Mole Hollow Candles
- Kuumba Fragrance Oils Honeysuckle Rose, Arabian Rose
- Honeybee Soaps Essence My Love bar Soap
- Dr Bronner's Rose Castile Soap
- Love & Tea Bath Products
- Assorted Aura Cacia Mineral & Foam Bath 2.5oz
- Assorted Weleda Facial Care



Meet February's Community Connections Partner: Sunglow Literacy Consulting

Sunglow Literacy Consulting is an educational consulting business run by Jan Ellis-Clements who has over 25 years of experience working with students of all ages in private and public schools. Sunglow provides reading coaching to schools, tutoring services and evaluations/assessments for students with learning and language disabilities and impairments in the area of literacy (math, reading, and writing). Sunglow supports home-schoolers and home school networks by providing consultations, evaluations, and supplemental literacy services.

Sunglow also provides theme based summer literacy camps for grades 3-8 to provide quality reading and writing instruction for students requiring supplemental services to meet state educational standards. Contact Sunglow at 802-879-0898 or www.SunglowLiteracyConsulting.com.

A City Market member will receive either one hour of free consultation or one free hour of tutoring. Enter to win at the Customer Service desk today.



Where Science and Spirit Meet™

Pamper Yourself with Dr. Hauschka!

A trained Dr Hauschka esthetician will be at City Market on February 11 from 12 to 3.

She'll be focusing on skin care, offering free consultations and samples as well as focusing on rose products just in time for Valentine's Day. Rose products are also really great for winter!

Vermont Soy Company Discontinues BULK Tofu

Citing cost concerns, VT Soy Company has chosen to discontinue selling tofu in 20# buckets. While this means that we will no longer be able to offer local bulk tofu in our produce department, we will continue to offer both Soy Boy bulk organic tofu (mostly from NY State, Ontario and Northern Michigan) in produce and 14 oz. packages of VT Soy in our perishables dept.

For more info on Soy Boy log onto to www.soyboy.com or VT Soy: www.vtsoy.com.

Business Loans for only 4.99%

City Market and Opportunities Credit Union (OCU) create a new business Loan fund.



City Market and OCU are committed to not only the sustainability of local agriculture but also of our local economy. A new City Market Loan Fund with the below market rate of 4.99% is offered to organizations that have an existing relationship with City Market (vendors, farmers, etc.) or that have been referred to OCU by City Market.

For more information contact Greg Huysman, Small Business Lending Manager at 802-865-2003 x125 or ghuysman@oppsvt.org. **Mention this ad and receive a free OCU membership.**



Your Community-Owned Grocery Store

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

82 S. Winooski Ave., Downtown Burlington

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





Revise Your Plate to Eat Light

By Beth Dooley,
NCGA News Service

The leaden days of winter haven't loosened their grip on my spirits—give me warmth, comfort and light; and help me lighten up—literally and figuratively (as in nixing those last five holiday pounds). OK, I know I need more whole grains and vegetables, less fat and fewer calories, but I'm not ready to forgo comfort. So, I've been going through recipes (and cleaning closets). Updating is the name of the game.

It's not hard to revise favorite recipes without sacrificing flavor. I'm not talking about sneaking spinach into brownies or hiding tofu in mashed potatoes. Fresh herbs, interesting seasonings, and good quality ingredients can make up for a lot of the salt and fat that give a dish its appeal. Here are a few tips for revising the plate.

Use the real McCoy. Don't fall for fake ingredients—they simply don't taste as good nor do they have the same cooking properties. If a recipe calls for butter (unless you are vegan) use real butter (just use less) or a good oil (extra-virgin olive oil or cold pressed canola oil). Margarine simply doesn't work quite as well.

Cut back on the amount of butter or oil called for in a vegetable sauté and "butter steam." Here's how: In lieu of using one or two tablespoons of butter or oil for a pound of vegetables, use 1 teaspoon and sauté the vegetables over high heat quickly to coat, then turn the heat down, cover the vegetables and allow them to wilt and release their juices, about 5–10 minutes. Remove the lid and continue cooking until they are "browned." This not only cuts back on the amount of fat absorbed by the vegetables, but leaches and concentrates their juices, rendering them more flavorful.

Finish a dish with chopped fresh herbs. This gives dishes that extra kick, especially if you're cutting back on salt.

Add wine, lemon juice, and/or stock instead of water when cooking mashed potatoes, rice and pasta; these will absorb some of the liquids they are cooked in and you'll use less butter to finish them off.

When making pasta dishes, leave a little of the cooking water in the pot when you drain the pasta. The cooking water is rich with pasta starch and flavor and will enrich sauces without adding fat.

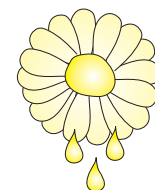
Thicken soups and sauces with mashed or pureed potatoes instead of butter and flour.

Greek strained yogurt (i.e. Fage) is tangy and far lighter than sour cream; the whole-milk version makes nice substitute for sour cream in cooked dishes such as mushroom stroganoff, or creamy pasta sauces. (Note that low- or nonfat yogurts break down in a sauce, so use the whole- milk version.) It's also delicious on top of chili, baked potatoes, tacos, etc.

Add more vegetables, whenever you can—cook cauliflower in potatoes before mashing together, add steamed vegetables to any creamy pasta dish, load sautéed mushrooms and onions into spaghetti sauce, fold spinach into an omelet with cheese.

Don't cut out everything—a tablespoon or two or three of triple-rich, full-fat Green and Black's vanilla ice cream beats a cup of crummy "fat-free, sugar-free" ice milk, any day.

(Beth Dooley is author of several cookbooks including *Savoring the Seasons of the Northern Heartland*. She is a columnist for the *Star Tribune* and writes restaurant reviews for *Mpls/St. Paul* magazine and a number of publications.)



LocalVores: Local Sunflower oil Has Arrived

The popular organic sunflower oil from Butterworks Farm in Westfield, Vermont has finally hit the shelves. Found in Aisle 2 of City Market, it is available in a one liter bottle for \$17.99 while supplies last. Jack Lazor, owner of Butterworks Farm, is famous for his dairy products and his innovative organic farming practices. Pick up the sunflower oil at your next visit, as it usually sells out quickly.

Customer Comments:

Dear City Market,

Thank you for the new dining area. It's wonderful. Could you please add a bit more heating in there?

Anonymous

Dear Anonymous,

We are currently working on balancing our entire store's heating and cooling. We are looking into temporary heat so that we can focus on choosing the right approach with heating. We don't simply want to put a huge unit on the roof that would waste energy. Stay tuned and thanks for your praise of the new café.

Classifieds

Come sing with us! The Second Saturday Sing, an established, casual-yet-organized women's singing group, is always open to new members. No previous musical experience required. We are a friendly, positive group of women who enjoy singing and socializing. Join us for rounds, spirituals and folk tunes. For information and rotating Burlington-area location call 658-5811 (Stef) or email anyschwartz@hotmail.com (Any).



Wine Picks for Under \$10

We are thinking pink for Valentine's Day, and featuring some tasty Rosés in February! Fresh, current vintage Rosés can (and should) be enjoyed year 'round because they are very food friendly and make a mouth watering aperitif.

Folks who enjoy white wine through the winter will appreciate the bold, full flavors of **Vida Organica Malbec Rosé**, which is only \$7.99 every day. Vida Organica Malbec Rosé is fruity, dry, and has a lovely light red hue in the glass, with aromas and flavors of strawberries with a hint of anise.

Not sure if like Rosé? **Toad Hollow Pinot Noir Rosé** is weighty and full bodied. This is Pinot Noir at its most delicate. Dry, with nice tart acidity, aromas of rose petals and violets, and hints of peppery spice, this wine pairs perfectly with spicy Thai or Asian food. At \$9.99 every day, bring this wine to one of your favorite local Thai or Vietnamese restaurants that feature BYOB for a Valentine's Day treat. Cheers!

Ask the Health Genie

Dear Health Genie

My eyes get tired and dry at night, often it seems like my vision is blurry. Do you have any suggestions for eye health? Is it true that pilots who eat bilberry jam have better vision?

*Thanks,
Out of Focus*

Dear Out of Focus,

If you think you are having vision problems, especially blurriness, you need to consult your health practitioner first and foremost. Bilberry (*Vaccinium myrtillus*) is a berry shrub indigenous to Europe, but also found in parts of the U.S. Usage of bilberry medicinally dates back to the 16th century but was commonly known to alleviate stomach distress. Indeed, modern use of this plant began during World War II. There are stories of both U.S. and British pilots claiming marked improvement in eye sight during night



mission. There has not been a lot of scientific research to support this, however. We do know that Bilberry fruit is high in compounds called anthocyanosides which help support blood vessels and improve circulation throughout the entire body. Anthocyanidins can boost the production of rhodopsin, a pigment that helps the eye adapt to light changes.

One can find bilberry jam in the Grocery aisle or in an extract form in the Wellness dept. at the Co-op. G

Best wishes,
The Health Genie



January Product Sampling

February 2 -

Wellness Day!

4:00 - 7:00 p.m.

February 4 - ChocoLove

5:00 - 7:00 p.m.

February 7 -

Vermont Coffee Co. and

Vermont Cookie Love

11:00 a.m. - 2:00 p.m.

Honey Gardens Wine Tasting

3:00 - 7:00 p.m. -

February 8 -

Bulk Herbs Demo

5:00 - 7:00 p.m.

Forti Flax and Omega Twin

1:00 - 4:00 p.m.

February 10 - Produce Day -

Taste something fresh!

4:00 - 7:00 p.m. -

February 13 -

Moonlight Cookies

11:00 a.m. - 2:00 p.m.

Nordic Naturals and

Peter Gillham's Calm

11:30 a.m. - 3:30 p.m.

Dan's Chocolates

4:00 - 7:00 p.m.

February 15 -

Berry Greens, Immunity Take Care, and Omega 7

1:00 - 4:00 p.m.

February 16 -

Wellness Day!

4:00 - 7:00 p.m.

February 18 -

Tierra Farms

5:00 - 7:00 p.m.

February 20 -

Late July Crackers

11:00 a.m. - 1:00 p.m.

February 21 -

Tropical Fair Trade Day

11:00 - 4:00 p.m.

February 22 -

Bulk Herbs Demo

5:00 - 7:00 p.m.

February 23 -

Lakewood Juices

5:00 - 7:00 p.m.

Omega Swirls

11:20 - 2:30 p.m.

February 24 - Produce Day -

Taste something fresh!

4:00 - 7:00 p.m.

February 27 -

Wholesome Sugars - Blue Agave

11:00 a.m. - 1:00 p.m.

February 28 -

Produce Cooking Demo

1:00 - 3:00 p.m.

Indoor Garden Workshop Series - Pea

Shoots

February 7 (Saturday),

11:00 a.m. - noon

Learn how to garden indoors all winter with Peter Burke and City Market. No special equipment required. This workshop will focus on growing a steady supply of pea shoots. Ready to harvest in just 7 days pea shoots are versatile, good for fresh salads and to cook in a stir fry! Each workshop will outline general techniques and one specific variety; everyone will plant their own tray of greens to take home!

Free Herbal Clinic

February 9 (Monday),

3:00 - 7:00 p.m.

Have you ever been interested in using herbal medicine to improve your health? Join Guido Masé RH (AHG) and members of 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 between 45 minutes and one hour and are completely confidential. By appointment only.

Fermented Foods and Sauerkraut-Making

Workshop with Doug Flack

February 18 (Wednesday),

6:00 - 7:30 p.m.

Nothing tastes as good as a tangy bite of sauerkraut in the middle of winter. Full of vitamins and enzymes, real sauerkraut is a living, raw food. Learn all about lacto-fermented foods, from raw cheeses and dairy to vegetables with local expert Doug Flack from Flack Family Farm. Make your own sauerkraut with organic and local vegetables and take home a jar to get started.

Indoor Gardening Workshop Series -

Salad Mix

February 22 (Sunday),

11:00 a.m. - noon

Learn how to garden indoors all winter with Peter Burke and City Market. No special equipment required. This workshop will focus on growing a delicious salad mix. Each workshop will outline general techniques and one specific variety; everyone will plant their own tray of greens to take home!

Eating Well on a Budget

February 22 (Sunday),

noon - 1:00 p.m.

Learn tips for shopping and eating well on a budget at this workshop with Food Education Coordinator, Caroline Homan. Sample recipes, take a tour of the Bulk department, and take home one of our new canvas tote bags with lots of ideas for getting started. Childcare provided.

Free Herbal Clinic

February 23 (Monday),

3:00 - 7:00 p.m.

Have you ever been interested in using herbal medicine to improve your health? Join Guido Masé RH (AHG) and members of 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 between 45 minutes and one hour and are completely confidential. By appointment only.

Hydrosols with Guido Masé

February 24 (Tuesday),

5:00 - 6:00 p.m.

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

Kombucha with Sandra Lory

February 28 (Saturday),

12:30 - 2:00 p.m.

It is simple and fascinating to grow and prepare Kombucha. Learn how to make this healing tonic beverage, and about what makes it a unique expression of its home environment like every other local culture (in this case fermented "culture"). Bring a pint or quart size mason jar and lid to take home Kombucha starter.

**Sign up at the
Customer Service Desk.**

**ALL Classes are
FREE & open
to the Public**

Art Showing

Jason Pappas has been a member and employee of the Onion River Co-op for the past six years. During that time he was given the opportunity to travel to Southern Mexico to take part in a Fair Trade delegation that traveled to remote coffee communities on the outskirts of the El Triunfo Bioreserve. The experiences and people he encountered opened his eyes to the politics behind the warm, caffeinated beverage we consume each day. The photographs and information presented document Jason's travels in southern Mexico and will be on display in our Café Gallery throughout the month of February.

JAY PEAK
VERMONT

Join the Club!

**The Jay Peak Club Sandwich
available only at City Market.**

**Get a Two for one voucher to Ski Jay Peak
with every Jay Peak Club Sandwich purchased.**

Sandwich in Grab-n-Go Cooler. Coupon available at check out.