

# The Onion Skin

FREE

Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

February 2010

# We



# OUR Farmers!



is a PROUD sponsor of:

## Northeast Organic Farming Association Conference

February 13 & 14  
University of Vermont

### Celebrating the Heart of Organic 28th Annual NOFA Vermont Winter Conference

By Meg Klepack,  
Local Foods Coordinator

The Northeast Organic Farming Association of Vermont is holding its annual Winter Conference on February 13 and 14 and City Market is proud to be a sponsor. While the name may make it sound like just another trade group gathering, the NOFA Winter Conference is the largest local foods conference in New England with over 1,500 farmers, localvores, gardeners, homesteaders, policy makers, educators, eaters, and children making it the pre-eminent gathering of Vermont's local food community. It is truly a conference writer Wendell Berry would mark with his wise words, "eating is an agricultural act." Recognizing that eaters as well as farmers shape our agricultural landscape, this conference gathers both ends of the food system, from the farm to the plate.

**NOFA Winter Conference is the largest local foods conference in New England with over 1,500 farmers, localvores, gardeners, homesteaders, policy makers, educators, eaters, and children**

This year's conference, Celebrating the Heart of Organic, will revisit core organic principles and explore how local and organic agriculture provide a response to current climate challenges, inequities in food access, and increased demand for food grown closer to home. The conference has gained such respect and popularity that the top U.S. official on agriculture issues, Secretary of the United States Department of Agriculture, Tom Vilsack, is planning to join the conference this year, along with Vermont Senators Patrick Leahy and Bernie Sanders.

Saturday, LaDonna Redmond will give a keynote address based on her experience as President, CEO, and Founder of the Institute for Community Resource Development, a non-profit organization that works on the development and implementation of local food systems in urban communities based in

Chicago, IL. The Institute's projects include building grocery stores that bring access to sustainable products to urban Chicago communities, organizing farmers markets, converting vacant lots to urban farm sites, and distributing local grown produce to restaurants, showing in the end that food is more than something to eat, it is a testament to the values, culture, and history of people.

Sunday, the grandfather of the Vermont organic dairy industry, Jack Lazor of Butterworks Farm in Westfield, will give a keynote address entitled, Thirty-five Years of Organic Farming in Vermont- A Personal Perspective. Jack and Anne Lazor have been on the land, farming holistically and organically since arriving in Vermont in May of 1975. Together they have dedicated their lives to the ongoing process of nurturing the microbial life in the soil, growing grains, beans, oil, healthy crops for their cows, and processing their milk into yogurt.

The conference does host technical workshops for farmers, but localvores, and gardeners who care about where their

*continued on page 2*



**Happy 8th Birthday  
City Market**

It's been eight years since the opening of our downtown Burlington location! We'd like to thank all of our Co-op Members and customers for your continued support. Go Co-op!

## Co-op Members Don't Forget to Cash Your Check!

The Patronage Refund checks for the fiscal year ending June 30, 2009 were mailed to over 3,500 Co-op Members on November 10, 2009. Per IRS regulations, Patronage Refund checks are only valid for 90 days! Checks MUST be cashed before **February 10, 2010**, so cash your check today. Check out the list of names on page 4 to see if you or someone you know is on it

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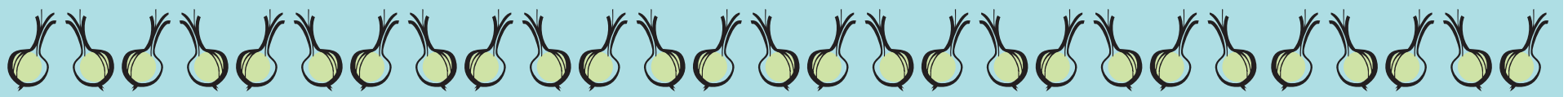


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## Onion River Co-op Staff Presented to The Burlington City Council on January 5th

By Clem Nilan,  
General Manager

The Co-op makes an annual presentation to the Burlington City Council as part of our land lease agreement with the city. When the Co-op first opened, the city of Burlington and the Co-op agreed to the so-called supermarket principles. These principles can be summarized to say that the Onion River Co-op will meet the needs of the low to moderate income members of the community and support local food by offering at least 1,000 Vermont items for sale.

### Excerpts from the presentation:

This past year has been a difficult one in Burlington and the nation. We've heard of increased pressure on the Chittenden Emergency Food Shelf. We know our community is struggling with maintaining jobs and paying bills. And we know that childhood hunger continues to be an issue in Vermont. Our records indicate that 3SquaresVT (formerly Food Stamps) usage is at an all-time high. Food stamp use increased at the Co-op from \$425,000 in 2008 to \$736,000 in 2009, an astounding increase of 72%.

Our Food for All Member program gives an additional 10% discount to recipients of Food Stamps, WIC or Members that qualify for disability assistance. In fiscal year 2009, Food for All Member sales accounted for \$590,000. In the first six months of this fiscal year, our Food for All Member sales are already at \$580,000.

Membership in the Co-op is increasing rapidly and reflecting a new economic diversity. Last December the Co-op had 3,300 Members. This December membership rose to over 4,800. Membership is up 50% from a year ago and one out of every five Members participates in The Food for All Member program.

The Co-op's outreach efforts have ramped up to meet our community needs. In the last three years, the Co-op has contributed over \$200,000 to the Chittenden Emergency Food Shelf. The Co-op has served over 900 meals at no charge to Burlington's senior citizens.

A new initiative that we are excited about is providing essential funding to support the Boys and Girls Club of Burlington's popular Kids Café. Over 1,400 meals have been served to 160 Club members with the help of City Market.

Holiday tree sales have raised over \$52,000 for COTS since 1998 and \$8,500 this year alone. Rita Markley, COTS Executive Director, calls this money a lifeline for those who would otherwise be unsheltered during these harsh winter months.

The Co-op is also a great place to work. We currently employ 173 people, 75% of which are full-time and 65% live in Burlington. Co-op employees earn on average of 25% more in wages than their conventional supermarket counterparts. The Co-op pays 100% of the healthcare premiums for full-time employees. Employees receive four weeks paid time off in the first year and the Co-op matches 100% of employee contributions to their 401(k) plan up to 6%.

The Co-op sold over 1,700 different Vermont products in November of 2009. \$.65 of every dollar spent at City Market stays in Vermont. Each year the Co-op purchases over \$4 million in Vermont products.

In 2009, our customers helped us to use 14% fewer plastic bags. We also provided over \$14,000 in five cents refunds to customers that brought their own cloth bags.

None of these social and environmental programs would be possible without strong community support. For the fourth year in a row over one million customers have come through the Co-op doors. The Burlington Free Press survey has shown that the Co-op competes very well in the marketplace. Sales continue to increase so much so that Burlington is now home to the second largest single store Co-op in the country.

The Co-op exists as a non-profit towards its Members and returns excess profits in the form of the Patronage Refund program. This Patronage Refund checks to over 3,500 Co-op Members averaged \$77 as compared to \$27 the previous year. In total, the Co-op returned over \$250,000 in cash to our Members.

And finally, the Co-op is good for the city of Burlington. In addition to these indirect benefits listed above, the Co-op pays the city over \$175,000 a year in rent and taxes.

The City Council was extremely pleased with the presentation and very complementary to the spirit of civic mindedness demonstrated by our Co-op and to our vibrant and generous membership.

## 28th Annual NOFA Vermont Winter Conference continued

food comes from have plenty of engaging workshops to choose from. With over 75 workshops, topics range from the 'Do It Yourself' variety, including 'Grow and Make Your Own Medicine' and 'Building Your Own Wood Fired Oven', to workshops focused on the policy of local food, farm to school issues, and food for all.

In conjunction with the adult conference, the NOFA Vermont's Winter Children's

Conference offering children two full days of engaging activities featuring hands-on farm and food-based activities including worm composting, seed saving, sugaring, and sheep shearing.

For a full conference brochure and more information, visit [www.nofavt.org](http://www.nofavt.org). If you're attending the conference, please make sure to stop by City Market's table to say hello!

## An Open Letter to Our Members:

Recently a group of members brought a petition for a referendum — a request that an item be put to the full co-op membership for a vote — to the Co-op for consideration. This proposed referendum asked the membership to require the Co-op to provide payment to a specific employee for a particular medical treatment not currently authorized for coverage under the Co-op's health insurance plan. The referendum proposes that this payment would last as long as the employee worked at the Co-op, regardless of any future changes in insurance for the entire staff.

Because the Board of Directors represents the membership — the member-owners of the Coop — we saw it as our job to educate ourselves about the situation and its broader context before making a decision. We consulted with the Co-op's lawyer and benefits administrator. We learned more about the health care coverage the Co-op offers. We reviewed the bargaining agreement between the Co-op and the UE, the union which represents about 140 of the Coop's employees. Finally, we re-read the Co-op's By-Laws and Articles of Incorporation, which specify who has what kind of authority regarding the various aspects of the Co-op's operation.

Ultimately, we decided not to accept this petition, and we will therefore not be putting this referendum up for a vote by the membership. Because this is an important issue, and because the roles and rights of members are central to the purpose and the functioning of the Co-op, we are offering a more detailed explanation below. If you have any questions or concerns after reading the information below, please feel free to contact Susan Munkres, the current Board President, or Clem Nilan, the General Manager.

The referendum was not appropriate to place on a ballot to the membership for three primary reasons. First, the referendum sought to address a personnel matter, whereas referenda by Co-op members are explicitly restricted to major policy issues. Second, the referendum, if passed, would have undermined the Co-op's collective bargaining agreement with the union, which governs the terms and conditions of employment for approximately 140 employees, and therefore might have resulted in the breach of applicable labor laws. And finally, since the referendum referenced a specific medical condition of a specific employee, putting this referendum out to vote might have violated federal confidentiality laws that protect Co-op employees from the disclosure of information about the employee's health.

### The Rights & Duties of Members and the Board

The rights, responsibilities and obligations of members of our Co-op and of the Co-op's Board are guided by four basic sources: the law, our articles of incorporation, our By-laws and our Policy Register. Together, these documents make it clear that members can indeed place referenda on a ballot to the general membership. However, referenda must be concerned with "major policy changes,"

*continued on page 3*

### Cooperative Principles

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

### Board of Directors

Susan Munkres - [susan.munkres@gmail.com](mailto:susan.munkres@gmail.com)  
Alan Matson - [amatson@gmail.com](mailto:amatson@gmail.com)  
Rachel Jolly - [racheljolly@yahoo.com](mailto:racheljolly@yahoo.com)  
Nancy Nesbitt - [nancyjnes@gmail.com](mailto:nancyjnes@gmail.com)  
Molly O'Brien - [msobrien@live.com](mailto:msobrien@live.com)  
Wayne Warnken - [warnken@medscape.com](mailto:warnken@medscape.com)  
Patrick Brown - [patbw@hotmail.com](mailto:patbw@hotmail.com)  
Maura Finn - [finn.maura@gmail.com](mailto:finn.maura@gmail.com)

### Onion Skin Editorial Staff

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

### Advertising Information:

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

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

# Join Us!

The next Board  
meeting is  
**February 22, 2010**  
**6 P.M. to 9 P.M.**  
in the  
City Market  
Conference Room.



## Open Letter Continued...

such as relocation, changes in membership rights, merger, consolidation, or dissolution of the Co-op. Personnel issues by definition cannot be addressed via a referendum, as such issues are not under the authority of the membership. Such “operational” matters, including employment and labor relations issues and fiscal issues, are the responsibility of the Board of Directors.

### Delegation to the General Manager

For a number of years, the Board of Directors of this Co-op has chosen to delegate its authority over operational matters such as those listed above to the General Manager, who is required by our Policies to provide “compensation and benefits that are internally and externally” equitable. The benefits offered by the Co-op are the result of the negotiation of a collective bargaining agreement with the UE, and they are excellent. For example, a comparison conducted recently revealed that the deductibles and co-pays are among the lowest among area businesses. The out-of pocket maximums are also quite low.

But most significant is the fact that the Co-op covers the entire premium for all its full-time employees. That’s right, full-time employees contribute nothing towards their health care premiums. No other area business offers this level of benefit. Thus, the coverage clearly exceeds the requirement that it be “externally equitable.” Just as important, it is also “internally” equitable, as the same benefits are offered to all employees in the collective bargaining unit (more about this below).

If the General Manager had violated our Policies by providing inequitable or unfair coverage, the Board would absolutely intervene. However, the coverage offered is exceptionally generous and available to all on equal terms. The referendum, by contrast, would make our benefits inequitable in that it would result in special benefits being offered to one particular employee.

### Relations with Our Employees and the UE

As I explained above, benefits are negotiated in a collective bargaining agreement with the UE. The General Manager and the UE are the sole representatives of the Co-op and the employees, respectively. The membership does not have the right to interfere in these negotiations, nor does the Board.

In 2008, the health care plan was changed by management, as allowed by the union contract. Those changes improved benefits for the employees as a whole. This change was in the best interests of the Co-op, and of the employees as a group. The employee in question has some increased costs under the new plan, but this effect is unique to this employee’s treatment. The Co-op is not and should not be in the position of making decisions about specific treatments. These decisions are clearly in the purview of the patient, their physician and the insurer. After the change, the employee in question

followed a formal grievance process through the insurance company and also through the union. In the end, a legally binding agreement was reached between the Co-op and the UE, resolving the issue as it related to this particular employee and this particular situation.

The proposed referendum would both violate this legally binding agreement and would interfere with the rights of the union as the representative of this employee, as well as with the operation of the collective bargaining agreement. The Board concluded that the Co-op could not allow a petition that adversely affects the co-op’s legal and contractual obligations to go forward.

### Employee Privacy Rights

A last area of important consideration is the fact that the referendum was specific to one employee. It identified the employee by name and it discussed this employee’s use of a particular benefit program. Disclosure of such information

may violate federal laws dealing with protected health information and employee privacy rights regarding health matters. We could not allow such violations, as they would create significant liability for the Co-op.

### Summary

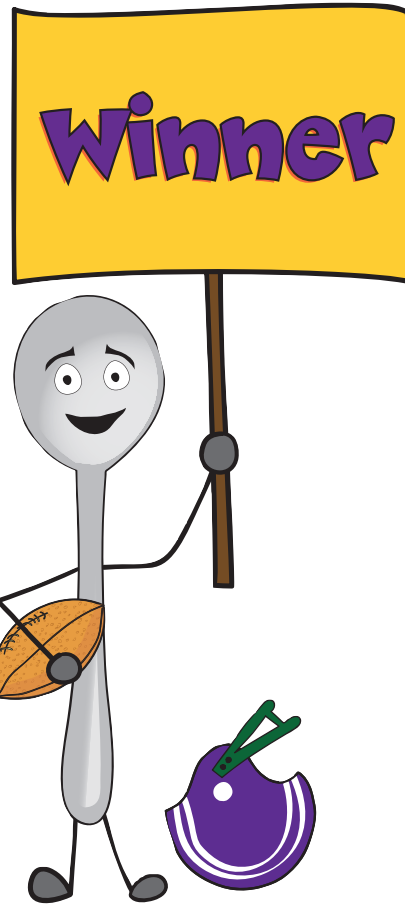
This situation is a difficult one, for the employee in question and for the Co-op. Our job as directors is to serve the interests of the membership as a whole. After much research and deliberation, we concluded that the membership’s interest is best served by continuing to direct the General Manager to treat all employees equitably and well, by honoring our agreements with the union, and by respecting the privacy of our employees. Allowing the petition to go to the membership for a vote would violate all three of these important principles.

We are proud that the Co-op has a long history of providing generous benefits for its employees and of treating all employees fairly and equitably. We are proud of our good working relationship with the UE, and of the fact that we have honored every commitment we have made to the UE’s membership through the various contracts we have negotiated with them. Finally, we are proud of the fact that the General Manager and the Co-op’s administration have consistently acted with integrity in how they handle individual employee concerns and broader labor relations issues.

The health care system in our country is clearly broken, and everyone knows someone who has suffered from its inadequacies. But the Co-op cannot be responsible for fixing all that is wrong with the health care system. The best the Co-op can do is to provide high quality coverage at the lowest possible cost to our employees. This it does, and it does so better than almost anyone. And that is something we can all be proud of.

Sincerely,

*Susan Munkres,*  
Interim Board President



## Souper Bowl Challenge Winner Announced!

By Meg Klepack,  
Local Foods Coordinator

It has been raining soup recipes in City Market ever since the start of the Souper Bowl Challenge! We had a wonderful showing of entries, with many of you letting us know that you’re cooking with butternut squash. Could this be our signature winter localvore crop? Never mind a chicken in every pot... How about in Burlington, we have a butternut squash in every pot?

Congratulations to Linda Glenn of Burlington who submitted the winning Souper Bowl Recipe! Hearty Kale and Kielbasa Soup was the favorite among three recipes made by the participants of the local soup making class held January 12. A meatless version of the soup was made into 100 soup kits and donated to the Chittenden Emergency Food Shelf at the end of January.

Thanks to all who entered. You can see all the Souper Bowl Challenge recipes and the winning recipe at [www.eatlocalvt.com](http://www.eatlocalvt.com).



photo by Ben Sarle

## City Market Donates \$8,500 to COTS From the Holiday Tree Sale



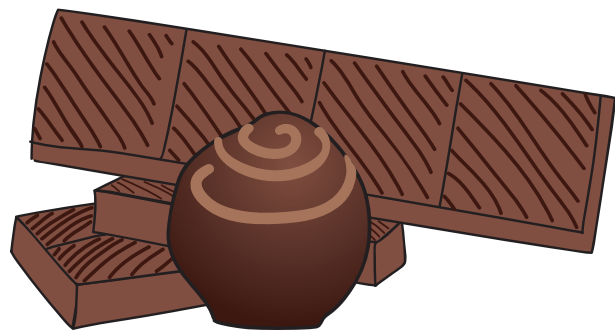
By Christine Parlia,  
Communications Outreach Coordinator

City Market donated the proceeds from its 12th annual Holiday Tree sale to the Committee on Temporary Shelter (COTS). Co-op staff presented the check totaling \$8,500 to COTS Director of Development Kim Borsavage. The annual tree sale to benefit COTS has been held at the Co-op for the past 12 years, bringing the total donation to over \$52,000.

“We are so grateful to City Market for this annual event, these are difficult times for many struggling Vermonters and the number of families turning to COTS for shelter has increased dramatically,” said Borsavage. The funds raised through the Holiday Tree Sale will go directly to providing a warm, safe refuge for those who have no place left to turn.”

City Market staff, Co-op Members and community volunteers assisted customers with trees throughout the sale. The fresh, local trees were delivered from Moffatt’s Farm in Craftsbury and 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.

Thank you to all of our customers that purchased their tree at City Market to help a neighbor in need!



## The Health Benefits of Chocolate

By Dr. Robert Luby,  
Co-op Member

Nutritional research from the past decade is rediscovering what aboriginal peoples have known for millennia. Chocolate is medicinal. This comes as a surprise to the modern consumer who has become accustomed to thinking of chocolate only as a dessert, and a highly processed and caloric one at that. But we forget that chocolate comes from a plant (cacao), and like many plants, offers a wide range of highly nutritional compounds.

Polyphenols represent the broad family of beneficial nutrients which are so abundant in the cacao plant. Flavonoids are the most important type of polyphenol found in chocolate, with catechins being the most important flavonoid. These compounds are known to have antioxidant properties, protecting us from the harmful effects of free radicals which antagonize many physiological processes in the body. Therefore, polyphenols have a positive effect on all our bodily systems, but recent research strongly suggests their most important contribution is to our cardiovascular health.

The flavonoids in cacao increase levels of nitric oxide which is critical for optimal functioning of blood vessels. This is believed to be the mechanism of the blood-pressure lowering effects of dark chocolate in clinical studies. Also, like aspirin, the flavonoids in chocolate have an effect on blood platelets which prevent the blood from clotting so readily. They have also been found to increase levels of HDL (the "good cholesterol") and reduce levels of the harmful lipids in the blood.

Another little-known benefit of chocolate is its low glycemic index. The glycemic index is the measure of a food's impact on blood sugar levels. Maintaining normal blood sugar levels lessens the likelihood of developing insulin resistance, diabetes, and heart disease. Finally, chocolate is a good source of the important heart mineral, magnesium, which regulates its rhythm and contractility.

Beyond the beneficial health and medicinal effects, chocolate is a mood enhancer and a mild stimulant. The compounds involved here are phenylethylamine, theobromine, and caffeine. The former two appear to be involved in endorphin release from the brain. The latter is familiar to us from coffee and tea, although a typical serving of dark chocolate contains only 10 - 20 % of the caffeine in a 12 ounce serving of coffee.

There are, however, caveats and considerations when consuming chocolate on a regular basis. To begin with, chocolate remains a highly caloric food and is almost always sweetened. Introducing chocolate into one's diet requires reducing carbohydrate and fat calories from other sources.

Second, not all chocolate is equally beneficial. It is the cocoa content of chocolate which determines the flavonoid content. Therefore, the higher the percentage of cocoa, the more nutritious the chocolate will be. Studies show the flavonoid content decreases in the following order: natural cocoa powder, unsweetened baking chocolates, dark chocolates, semisweet baking chips, milk chocolate, and finally, the once in a while, chocolate syrup. As an example, cocoa powder will contain 10-15 times more flavonoid than a milk chocolate bar on a weight-for-weight basis. Finally, never feed chocolate to non-human mammals such as dogs because they lack enzymes to metabolize theobromine. This will tend to have an over-stimulating effect on your pets.

Be sure to visit City Market in the month of February, when many chocolate products with high cocoa content will be featured. Polyphenols are a wonderful way to show your loved ones you care.

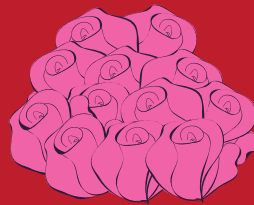
### References:

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- 4) Asia Pac J Clin Nutr. 2008;17 Suppl 1:284-7.
- 5) Curr Pharm Des. 2009;15(10):1072-84.
- 6) J Am Coll Cardiol. 2008 Jun 3;51(22):2141-9.
- 7) Nutr Cancer. 2009;61(5):573-9.
- 8) J Agric Food Chem. 2009 Oct 14;57(19):9169-80.
- 9) J Agric Food Chem. 2006 May 31;54(11):4057-61.
- 10) J Agric Food Chem. 2006 May 31;54(11):4062-8.
- 11) J Agric Food Chem. 2008 Jan 9;56(1):260-5.

## Happy Valentine's Day

Making your Valentine a special dinner is better than buying one!

## Fair Trade Roses



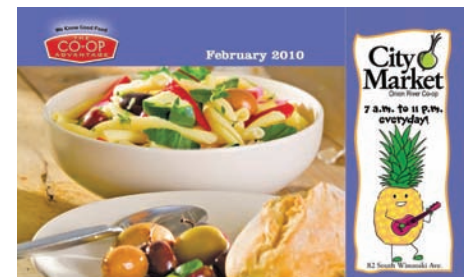
\$30 dozen  
Order early!  
Call (802)-861-9710



### Is Your Name on the List?

If you were an active Co-op member as of July 1, 2008 - June 30, 2009 and did not receive your Patronage Refund check, it's possible we have it for you at the Customer Service desk. Checks must be cashed by February 10, 2010! Please take a minute to review the list of names. The following info includes the first initials/last names of Members with checks waiting for them at our Customer Service desk. If you are on the list or know a Member on the list, stop by the Customer Service desk to pick up your check or call Member Services Program Coordinator Leila Cosgrove at 802-861-9707. Please also be sure to update your mailing information with Leila so that our member records are up to date.

C. Byrne	L. Scott
G. Rossi	B. Dunn
R. Kelly	K. Charette
N. Lyford	J. Scott
M. Gable	A. Galloway
C. Heise	S. DeLuca
A. Mulhern	M. Marasch
M. Brown	E. Hankins
W. Knight	A. Wick
T. Juvan	J. St. Don
M. Greaney	N. Clap
A. Demetrowitz	G. Unangst-Rfenacht
K. Smith	G. Davis
T. Gaspard	T. Novak



## February's CAP Sales Flyer Featured Recipe

### Sun Dried Tomato Puttanesca Sauce

Warm and hearty for the coldest nights of February, this Puttanesca sauce is surprisingly quick and easy to make. Versatile, it can be served over white flaky fish, grilled meat, or simple pasta. Serves 4-6.

### Ingredients

- ¼ Cup Olive Oil
- 1 Cup Onions, chopped
- 3 Tablespoons Fresh, Minced Garlic
- ½ Teaspoon Dried Oregano
- ½ Teaspoon Crushed Red Pepper Flakes (optional)
- 8 Sun-Dried Tomatoes, softened and chopped
- 1 Tablespoon Capers
- 23 oz. Can Diced Tomatoes
- 1/3 Cup Kalamata Olives, pitted and quartered

### Preparation

In a small saucepan, sauté onions until limp, then add the garlic, red pepper and oregano. Continue to sauté for a couple minutes and add the diced and sun-dried tomatoes, capers, and olives. Simmer covered for 5-10 minutes, stirring often. (Optional: add cooked chicken or shrimp to the sauce while simmering and serve over pasta.)

Sample this recipe in the store on Saturday, February 20 from 1:30 - 3:00 p.m.



## “Stop and Smell the Roses”

Rose Rosa spp. February Herb of the Month



By *Cristi Nunziata*,  
Herbal Education Coordinator

When stocking the Bulk Herbs section, I always admire the herb-filled jars. Each jar is like a piece of art, the delicate lavender flowers, the bright calendula blossoms, and simply the variation from one jar to the next. The scents also strike me, as each scent is so unique. As I pour the roses, the fragrance is like a wave of calmness washing over me, and my heart feels lighter. As Valentine’s Day approaches, I ponder how the rose became a symbol of love and besides opening the heart, what other medicinal properties this flower possesses.

The rose originated in Persia and then spread to Turkey, Greece, Italy, and the rest of Europe. It may be most celebrated flower of folklore and symbolism. There are varying legends from around the world telling how the rose came to be. In *The Complete Floral Healer*, Anne McIntyre shares the Greek legend “According to Greek myth the goddess of flowers, Chloris, one day found the body of a beautiful nymph and asked the help of the Three Graces to create a very special flower out of the lifeless body of the nymph. The

Graces gave the flower joy, brightness, and charm. Then she asked Aphrodite, the goddess of love to give the flower beauty, Dionysus, the goddess of wine to add a special nectar to create a beautiful perfume, and Zephyr the wind god to blow away the clouds so the precious flower could open her petals to the sun. Thus, the rose was born and crowned the Queen of Flowers, the emblem of Venus, and the symbol of love.”

A symbol of love it is, but the medicinal benefits extend beyond the heart. In the nervous system, rose works to relieve insomnia, irritability, anger, and depression. For both men and women, rose can be used as a reproductive tonic, relieving heavy or irregular periods, PMS and menopausal symptoms in women and in men, emotional stresses which may lead to impotence. With high amounts of Vitamin C, the hips, or seeds, can boost immunity to ward off colds. The next time you are in the Wellness Department, look at how many Vitamin C supplements contain rose hips. Not only are roses one of the highest plant-based sources of Vitamin C, but they also contain vitamins A, B, and K.

Externally, rose is used in calming bath blends and rose water is used to cleanse and tone the skin. Rose water is anti-inflammatory and astringent and can soothe irritations of the skin ranging from blemishes, boils and abscesses. A splash of rosewater on the temples also may relieve headaches and tension.

To bring this fragrant and healing flower into your life this month, stop by the Bulk Medicinal Herbs section, it may be as simple as tossing a handful of flowers into your bath, or try the tea and syrup recipe below. City Market’s Produce Department will also be selling Fair Trade roses from One World Flowers. Remember as you go about your busy life this month, to do something that you may not have previously considered medicinal, to stop and smell the roses!

### Reference:

McIntyre, Anne. *The Complete Floral Healer*. Sterling Publishing Co, Inc, New York, NY 1996.

### Rose Tea

- 3 Tablespoons dried hibiscus flowers
- 2 Tablespoons dried rose flowers
- 1 Tablespoon dried orange peel
- Pinch of licorice root

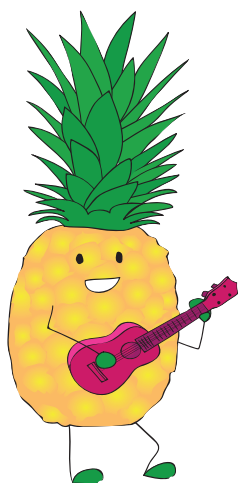
Infuse all ingredients in a quart of hot water for 2-3 hours. Strain and enjoy hot or cold with rose love syrup.

### Rose Love Syrup

Recipe from *Botanica Erotice*, by Diana De Luca

- 1/2 cup honey
- 1/2 cup of rose water

Warm the honey very gently. Then, add the rose water, stirring until mixed completely. Add a couple tablespoons to carbonated mineral water, juice, tea, or wine or drizzle over pastries.



## Join City Market in a Tropical Fair Trade Day Celebration!

Saturday, February 6

11:00 a.m. – 3:00 p.m.

With citrus at the peak of its season, come in from the to cold get a taste of the tropics. Did you know Fair Trade extends far beyond coffee and bananas at City Market? Depending on availability, our produce department carries Fair Trade avocados, mangos, pineapples, and bananas! Join us and taste:

- Guacamole with Fair Trade avocados.
- Mango salsa with Fair Trade mangos.
- Fresh Fruit station with Fair Trade pineapples and citrus from Eagle’s Nest Farm in Florida.
- Bike Powered Smoothies with Fair Trade bananas. Delicious!
- Dip Fair Trade bananas in the Equal Exchange Chocolate Fondue Fountain. Mmmm...



Community  
connections

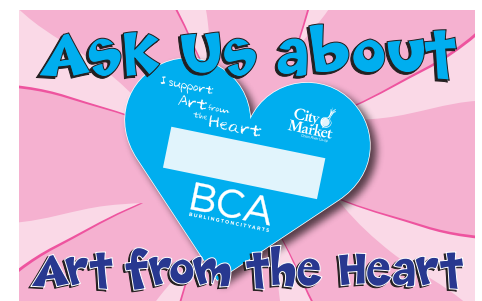
## The Power of Harmony: Aikido of Champlain Valley and the Samurai Youth Program

Located at 257 Pine Street in Burlington, Aikido of Champlain Valley (ACV) teaches the Japanese martial art of Aikido to adults, teenagers and children. Aikido means “the way of harmony with vital energy.” Aikido’s circular, blending movements and philosophy cultivate a peaceful ethos unique among the martial arts. The flowing movements of Aikido become a powerful metaphor to help people find more harmony in their everyday lives. Aikido is also dynamic, aerobic and physically challenging.

A federal non-profit organization, ACV recently received a generous grant to fund the Samurai Youth Program. Scholarships allow eligible youth ages 7-18 the chance to practice Aikido and embody its philosophy of peaceful conflict resolution by learning how to creatively confront bullies and stressful situations without fighting. ACV also offers a mentoring program, encouraging members to actively become involved in the program, and in so doing not only transform their lives but also the community we live in.

Visitors are always welcome. For more information about Aikido of Champlain Valley and The Samurai Youth Program, please visit the website, [www.aikidovt.org](http://www.aikidovt.org) or call 951-8900. Or better yet, come in and watch a class.

City Market Members receive 10% off all purchases of uniforms and equipment and also will have a chance to win one, three month Adult gift certificate(\$160) or one, three month Child gift certificate (\$210) through the February raffle. Stop by Customer Service to enter today!



## Buy a \$1 Heart for the Arts!

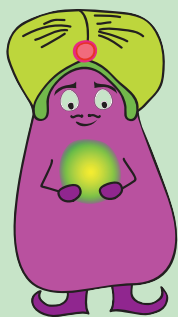
Purchase a heart for \$1 at the register now through February 14th and 100% of the proceeds will benefit Art From the Heart, a Burlington City Arts community program that brings art supplies and volunteers to Vermont Children’s Hospital seven days a week.

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.

To learn more about Art From the Heart program and opportunities to volunteer, please visit [www.burlingtoncityarts.com](http://www.burlingtoncityarts.com) or call Melissa Stiebert at 865-9163. Purchase a \$1 heart today to help a child tomorrow.



# ASK The Health Genie



Dear Genie

*This Christmas, I gave my sister-in-law a wide variety of baby items – rattle, sippy cup, plastic bib, bottles, etc. I just received a box in the mail from my brother claiming that the products are not safe enough for him – he says that there is too much ‘BPA’ in them. What is he talking about? I know they need these items – what do I do?*

Now I am Broke

Dear Broke,

BPA has been suspected of being hazardous to humans for many decades. Concerns about BPA in consumer products made headlines in 2008 when several governments released reports casting much doubt on its safety. Bisphenol A (BPA) is a chemical building block that is primarily used to make polycarbonate plastics and epoxy resins. We do know that scratched and worn polycarbonate feeding bottles will leach this chemical into liquids. Since babies are exceptionally vulnerable to hazardous agents like BPA, using glass bottles is an alternative – there are also companies now making items specifically BPA free. Check out your local food co-op for items like this – usually found with paper goods and general merchandise. Priced reasonably, this kind of gift is the one that has both practical and ethical value. Good luck.

Best in Health,

Genie

# SERVING UP VERMONT

## What's happening on Serving Up Vermont?

This month, check out our food blog, Serving Up Vermont, as Caroline Homan blogs about delicious recipes featuring the best of local ingredients and tropical citrus, coconut, and ginger from afar. Look for recipes like Apple Ginger Chutney and Coconut Potato Curry as Caroline continues her budget themed recipes using local ingredients with a tropical twist.

## The Burlington School Food Project

By Bobby Young,  
Farm to School Coordinator

The Burlington School Food Project is Vermont's largest Farm to School program ([www.farmtoschool.org](http://www.farmtoschool.org)), encompassing the entire Burlington School District. It is widely recognized as a model program for the rest of the state and country. Its mission is to connect students and their families with whole, fresh, and local foods to improve the health of the community. The district-wide effort employs a farm to school coordinator for its food service program and benefits from the varied input of multiple community partners: Burlington School District, City of Burlington Legacy Project, Shelburne Farms' Sustainable Schools Project, Friends of Burlington Gardens and the Healthy City Youth Initiative, City Market/Onion River Co-op, Vermont Food Education Every Day (VT FEED), and many dedicated community volunteers.

Originally funded with a USDA Community Food Project Grant in 2003, the city has been able to continue and expand on the work that the grant seeded for four years now past the grant's original ending date of 2006. The district's food service sources local food both directly from growers and indirectly through its regular distributors; taking time to process local foods in season that can then be stored for use throughout the school year.

Food Service also spearheads a state-wide food purchasing group, affording smaller schools food service's access to greater buying power, as well as a district based CSA program to expand the local foods market, generate alternative sources of funding and strengthen connections between district employees and the district's child nutrition program. Shelburne Farms' Sustainable Schools Project integrates education on local food and agriculture into the broader curriculum in Burlington, which "helps schools use sustainability as an integrating context for curriculum, community

partnerships, and campus practices."

The Healthy City Youth Initiative, as part of Friends of Burlington Gardens, helps support school gardens across the city, while providing an eight week summer program for teens. Since its founding in 2002, the HCYI has provided summer employment and life training skills to more than 200 at-risk youths, ages 13 to 16, creating a community of teens and adults dedicated to growing fresh nutritious food.

As for City Market's involvement? Since this past fall, City Market Member Workers have provided the labor necessary to process over 400 lbs. of fresh vegetables every week for all schools' salad bars in the district! In addition, students from Edmunds Middle School have been visiting the Co-op every month for the past three years. Led by Food Education Coordinator Caroline Homan, students integrate food, farming and nutrition education into their math curriculum, and explore issues around food quality, such as taste, cost and environmental impact. And we can't forget City Market being a major sponsor (for a third year in a row) of the 3rd Annual Jr. Iron Chef Vermont event ([jronchefvt.org](http://jronchefvt.org)), taking place on March 27th, 2010 at the Champlain Valley Fairgrounds.

So how can you get involved? As a City Market Member Worker, or just a superstar volunteer, there are weekly opportunities to help out with BSFP's initiatives both in the kitchen and outside on the farm and in the garden (we'll have to wait till spring for that of course...). No time to work? There are also fundraising and sponsorship opportunities to help us achieve our goals. If you would like to get involved or have any questions about the project, please contact Farm to School Coordinator, Bobby Young at [ryoung@bsdvt.org](mailto:ryoung@bsdvt.org) or 864-8415. Thanks so much to all City Market staff, Members and customers for making such a huge impact on school food in Burlington!

**“City Market  
Member Workers  
have provided the  
labor necessary to  
process over 400 lbs.  
of fresh vegetables  
every week...”**

## Customer Comments

Dear City Market,

*Love the Gluten-free signs and brochure. Some stuff is not marked, Pacific Organic Broth is Gluten-free, Annie's Ketchup, etc. It is on the bottle, but it is helpful to have the sign too. Thank you.*

Angela

Dear Angela,

Thank you for your comment and suggestions. We update the signs and brochure as often as possible. We'll be sure to add signs to these products. The Pacific Organic Broth is listed in the brochure but we'll add the additional products as well. We also hold a Gluten-free tour of the store; keep an eye out for the next tour date in our *Onion Skin* newsletter.



## Wine Picks for Under \$10

By Alison Miner,  
Beer & Wine Buyer

The wines of **Puerto Viejo** are hearty, full bodied reds that are perfect for sipping after coming in from the February cold. Two of our favorites are the **Carménère** and the **Malbec**; both are \$9.99 every day.

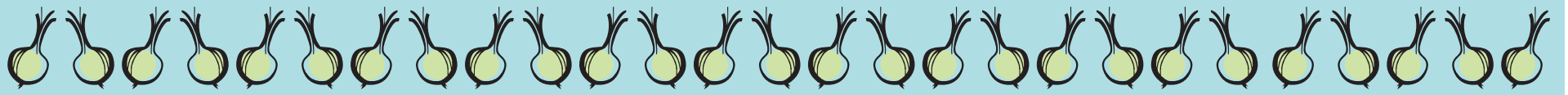
**Carménère** is quickly gaining popularity as a smooth and accessible red that appeals to all types of red drinkers. A relative of Cabernet Sauvignon, Carménère is generally a bit smoother and rounder than Cabernet, almost Merlot-like. Puerto Viejo Carménère, sourced from Chile, has intense blackberry aromas with hints of caramel and tobacco. Ripe plum and dark berry flavors are smooth and supple with a touch of oak on the finish.

Puerto Viejo **Malbec** is sourced from over 50 year old Argentine vines. Concentrated fruit flavors are accented by hints of chocolate, cinnamon, minerals and spice. Both are tasty on their own or with a variety of foods such as steak, spicy red sauces or hard cheeses.

**Ski and ride on us this winter  
at Sugarbush Resort's Mt. Ellen**

Purchase a SUGARBUSH "Lookin' Good" WRAP –  
VEGGIE OR CARNIVORE style in the Grab-n-Go COOLER.

**You'll get a FREE 2-for-1 lift ticket to Mt. ELLEN at Sugarbush Resort!**  
More details at [www.citymarket.coop/sugarbush-wrap-sandwich](http://www.citymarket.coop/sugarbush-wrap-sandwich)



## Burlington Electric's New "POWER" Program to be considered on March Ballot

By Mary Sullivan,  
Communications Coordinator  
Burlington Electric Department

A question will be placed on the March ballot in Burlington asking City voters to approve the creation of a Clean Energy Assessment District ("CEAD"), called the Burlington POWER program ("Property Owners Win with Efficiency and Renewables").

As voters know, Burlington Electric Department and Vermont Gas Company have been promoting energy efficiency for a long time. BED's efforts have resulted in the city as a whole using just one percent more electricity than it did in 1989, the year before the Energy Efficiency Bond was approved by the voters. Energy efficiency costs a fraction of the cost of new generation, keeps dollars local and is a great economic development tool.

Nonetheless, property owners can do much more to increase the heating and electrical efficiency of their buildings and support Burlington's greenhouse gas reduction efforts. Solar electric panels can help them reduce our carbon footprint. For many property owners, the initial cost required to make these investments is insurmountable. CEADs, which were enabled by the 2009 Legislature in Act 45, are a tool towns can use to provide longer-term financing for properties that opt in to a special assessment district. The repayment obligation is associated with the property, not the owner, and is collected as an assessment on the property tax bill. This type of financing can be attractive to owners of rental property as

well as businesses and homeowners.

In order for a municipality to establish a CEAD, Vermont law requires voter approval. If bonding is needed to fund the program, voters must approve that as well. Once a municipality approves creation of the CEAD, property owners can choose to opt in to the district. The municipality funds the district through a variety possible financing mechanisms, and the participating property owner can access funding for eligible energy efficiency and renewable energy projects. They can then pay back the cost as a regular municipal assessment on their property tax bill.

It is important to note that Vermont Law also requires that the cost of the CEAD program be borne solely by the participating property owners and not as an added cost to city services. Repayments are calculated to recover the costs of the project over a term that is up to 20 years in length. This lowers the monthly cost of the improvement to an affordable level. These repayments along with a participant funded reserve will cover the City's expenses for the program, so that the City's finances are not negatively impacted.

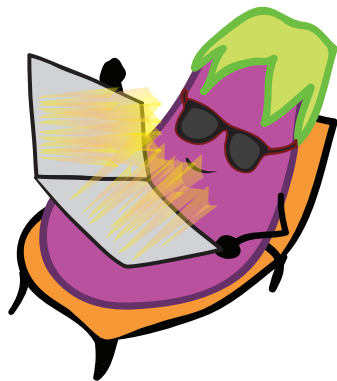
If the ballot item passes in March, BED would operate the program and interested property owners would be able to enroll projects by the summer of 2010. For more information, visit [www.burlingtonelectric.com](http://www.burlingtonelectric.com) and look under "Energy Efficiency" for CEAD.

# ROCK FOR RESOURCE!

**SATURDAY, FEBRUARY 6**  
**HIGHER GROUND**  
**8:00P - Midnight**  
**A BENEFIT CONCERT FOR**  
**ReSOURCE: A Nonprofit**  
**Community Enterprise**

**ALL AGES**  
\$20 advance | \$25 at door  
\$10 student ticket  
Purchase tickets online:  
[www.highergroundmusic.com](http://www.highergroundmusic.com)

Sponsored by:  
S.L.M. FINE ART CONSERVATION, LLC.  
Metal & Light  
FLOOR COVERING  
SPECIAL THANKS TO RAGGED GLORY



## City Market Prepares to groSolar!

Our exciting new solar power project at City Market is finally getting off the ground! After a delay due to the large snow storm, the installation of the panels is scheduled to begin in February. As the project gains momentum we've already had a change in plans regarding our panels and Kilowatt output; groSolar of White River Junction will be providing more power from fewer panels; 31.28kw from just 136 panels. This solar generated electricity will produce the equivalent of over 3% of the Co-op's energy needs or enough electricity to power over six Burlington homes.

Though designed as a straight net metering project, we're hoping to partner with Burlington Electric to sell directly back to the grid at a premium to further enhance the

payback to our store; a first of its kind "Feed in Tariff" of sorts for Burlington Electric. We will release more detailed information as it becomes available and keep you apprised of the progress and any changes to the plan on our Web site at [www.CityMarket.coop/SolarPower](http://www.CityMarket.coop/SolarPower).

In addition to the new solar panels, City Market and groSolar are partnering to offer free monthly "Solar Made Simple" seminars later this winter, to help educate local residents and business owners about the new economics of solar power. Check out our Web site for regular project updates, photos and workshop schedules. Go Co-op and groSolar!

### peace justice store

Buy Local This Holiday Season

sock monkey recommends:

**Crafty Cutting Boards & Ornaments**  
**Magnificent Maple Syrup & Candy**  
**Jolly Journals & Notebooks**  
**Luxurious Lotions & Soaps**

**OPEN SEVEN DAYS**  
Lake & College Streets, Burlington  
802-863-2345x2

FAIR TRADE FEDERATION

# 1% Sales Day Nets over \$900 for Haiti Relief... Co-Op Plans Three More 1% Days

Nearly 4,000 generous Co-op shoppers swarmed the store on Saturday, January 23. Many of whom were aware their sales supported much needed relief to the earthquake struck island. 1% of the \$92,000 in sale proceeds will be donated to the Co-op Haiti Relief Fund.

Co-op Members and shoppers unable to attend on Saturday will have three more opportunities to participate in 1% sales days for Haiti. Due to the severity of the crisis the Co-op is planning 1% sales days on Saturday, January 30, February 6 and February 13.

Members unable to shop these Saturdays can make donations anytime they are in the Co-op at the registers. The Co-op is also matching staff contributions up to \$75.



## February Product Sampling

**Tuesday, February 2 – Morse Hillside Farm**  
4:00 – 6:30 p.m.

**Wednesday, February 3 – Kallari Chocolate**  
11:00 a.m. – 1:00 p.m.

**Thursday, February 4 – Deep River Snacks**  
4:00 – 6:30 p.m.

**Thursday, February 4 – Roots Remedies**  
4:00 – 6:00 p.m.

**Friday, February 5 – Champlain Orchards**  
4:00 – 6:30 p.m.

**Saturday, February 6 – Tropical Fair Trade Day**  
11:00 a.m. – 4:00 p.m.

**Sunday, February 7 – Green Mountain Gringo**  
11:30 a.m. – 1:30 p.m.

**Sunday, February 7 – Black Turtle Beans**  
2:00 – 3:30 p.m.

**Monday, February 8 – Vermont Cookie Love**  
4:00 – 6:00 p.m.

**Monday, February 8 – Flack Family Farm**  
4:00 – 7:00 p.m.

**Thursday, February 11 – Fat Toad Farm**  
11:00 a.m. – 1:00 p.m.

**Thursday, February 11 – ChocoLove Chocolate Bars**  
4:30 – 6:30 p.m.

**Friday, February 12 – Barista's Beans**  
10:30 a.m. – 1 p.m.

**Friday, February 12 – Vermont MoonLight Cookies**  
4:00 – 6:00 p.m.

**Saturday, February 13 – Nordic Naturals**  
12:00 – 3:00 p.m.

**Saturday, February 13 – Bakery at the Farmhouse Kitchen**  
3:00 – 6:00 p.m.

**Thursday, February 18 – Amy's Kitchen**  
11:00 a.m. – 1:00 p.m.

**Friday, February 19 – Nutty Steph's Granola**  
11:00 a.m. – 2:00 p.m.

**Saturday, February 20 – GAP Recipe Demo, Putanesca Sauce**  
1:30 – 3:00 p.m.

**Saturday, February 20 – Ploughgate Creamery**  
3:00 – 5:00 p.m.

**Sunday, February 21 – Sonia's SaLea**  
12:00 – 3:00 p.m.

**Sunday, February 21 – Quinoa City Market Bulk Section**  
2:00 – 3:30 p.m.

**Monday, February 22 – Greene's Gourmet Hot Sauce**  
4:00 – 6:00 p.m.

**Thursday, February 25 – Awake Coffee**  
10:00 a.m. – 1:00 p.m.

**Sunday, February 28 – Buckwheat City Market Bulk Section**  
2:00 – 3:30 p.m.

## February Class Listings

**Free Herbal Clinic**  
February 1, 4:00 – 7:00 p.m.

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

**Ayurveda Series Part Two: Winter Care and Immunity**  
February 6, noon – 1:00 p.m.

Winter is an important time to pay attention to your health. In the winter, both the physical and vibratory channels tend to close, giving a better breeding ground for opportune bacteria and viruses. The age old science of Ayurveda gives wisdom of how to balance the cold, hard, drying effects of the Vata season. Learn a basic chai recipe to build immunity and keep the channels open as well as many other strategies for yourself and family.

**Herbal Strategies for Cardiovascular System Health**  
February 8, 5:00 – 6:00 p.m.

February is American Heart Month. Learn to use herbs, nutrition and exercise to support cardiovascular function and protect yourself against heart disease. Specific cardiovascular concerns, such as high blood pressure and high cholesterol, and herbs traditionally used to improve these conditions will be discussed.

**Roses Workshop**  
February 13, noon – 1:00 p.m.

Join Herbal Education Coordinator, Cristi Nunziata, in learning to use roses in a variety of recipes and body care products. We will make and sample delicious deserts with rose and take home goodies. Just in time for Valentine's Day take home treats for yourself or for your sweetheart!

**Free Herbal Clinic**  
February 15, 4:00 – 7:00 p.m.

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

**Coconut Workshop**  
February 16, 6:00 – 7:30 p.m.

Find out all about the nourishing properties of this tropical fruit and the versatile ways to use it. We will make and sample a delicious coconut curry and coconut-banana pudding as we explore many different coconut products available at City Market, from coconut milk to coconut oil.

**Eating Well on a Budget – ALL About BULK!**  
February 21, 11 a.m. – 12 p.m.

Learn time and money saving tips for cooking and eating well on a budget by learning all about our Bulk department. From beans to grains, spices to flour, Bulk has everything you need.

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

## Art Showing

Meet February's Member Artist:  
Bethan Wixey

Growing up on a farm in coastal Wales, Bethan Wixey developed an emotional attachment with animals and the sea that continues with her "Endangered Species" and "Waves" collections. "I hope these paintings will inspire others to have compassion for animals and nature as well," said Wixey.

With her chosen medium of oil on wood and canvas, using recycled materials and a soft realistic color scheme, Wixey hopes to give these works a dreamlike quality, depicting animals in a state of tranquility and showing the ocean in her many awe-inspiring moods. Wixey says her goal is to capture a little bit of the beauty found in nature. Her work will be on display in our Café Gallery throughout the month of February.



**Follow us on:**

twitter & facebook

**We welcomed**

**132**

**new members in December!**

## ART show! Bounty: A Celebration of Vermont's Farming Artists



Image by Pete Guenther

UVM Extension's Center for Sustainable Agriculture is pleased to present this exciting art show highlighting painters, sculptors, photographers, textile and video farming artists from around the state. Please join us for food, music, art and artists talks in 2010 as the exhibition travels to galleries throughout Vermont.

**Artists:** Barbara Flack, Kristan Doolan, Kate Stockman, Nancy Hayden, Pete Guenther, Jenn Colby, George Woodward, Gerianne Smart, Phyllis Bowdish, Diane Petrie and Emily Curtis-Murphy.

The show will be at the following venue:  
**The University of Vermont, Burlington, Davis Center, 4th Floor- February 3rd - 21st**  
(Opening February 11th, 5:00 - 6:30 p.m.)

