

The Onion Skin

FREE

Sharing news from the Co-op and the community

The Onion Skin

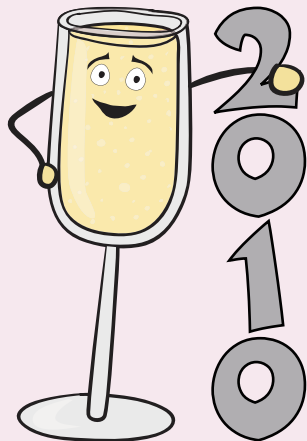
City Market, Onion River Co-op

January 2010

Souper Bowl Challenge!



Happy New Year!



Calling ALL Soup Lovers—Take the Souper Bowl Challenge

By Meg Klepack,
Local Foods Coordinator

January is always the month of resolutions. Thousands of Vermonters will resolve to eat healthier, trim their waists, or perhaps vow to pay off the looming holiday debt. We've had a tradition at the Co-op each New Year of taking stock of our local foods and featuring ways our customers' can add more of them into their diets. In order to do that, we are launching a new way to incorporate more local food to each table with the Souper Bowl Challenge. This event will help to promote local foods and healthy cooking as well as provide much needed support for the Chittenden Emergency Food Shelf.

City Market customers and Co-op Members can submit a soup recipe between December 27 and January 8 in the drop box

located in the Produce Department. The recipe should use at least one of five local ingredients in order to be part of the Souper Bowl Challenge. The recipes will be reviewed and three will be chosen for testing by City Market's Food Education Coordinator.

The soups should feature one of the following five local ingredients: potatoes, carrots, squash, beets, or dairy. Recipes will be judged based on 1) use of local ingredients, 2) simplicity, and 3) taste. Customers attending a Local Soup Making class on January 12 will judge the soups after learning how to make a delicious soup from scratch using seasonal and local ingredients. The Souper Bowl Challenge winner will be announced on January 15 and will receive a \$50 City Market gift card.

Once the winning recipe is chosen, the Souper Bowl Challenge soup will be featured on City Market's hot bar and sampled at the Burlington Winter Farmers' Market on January 16. In addition, a number of soup kits will be prepared by Co-op Member Workers and presented to the Chittenden Emergency Food shelf with ingredients and the winning recipe. Want to try out all the local soup recipes at home? Recipes will be posted to www.eatlocalvt.com!

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.

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Start of the Vermont Legislative Session and the Co-op

By Clem Nilan,
General Manager

A news story recently described a campaign against bottled water at the University of Vermont. A group of students presented a petition to ban water campus vending machines and dining halls. The purpose of the ban is to reduce greenhouse gas emissions.

While we can all applaud the efforts to reduce greenhouse emissions, it makes one wonder what is left in the vending machines if water is banned. Wouldn't the only selection be soda? How does Coca-Cola rate a free pass? Isn't water the healthiest choice in a vending machine? The unintended consequence of a wider ban on bottled water in vending machines is a lineup of only sugary beverages. Isn't diabetes one of the worst threats to present health in America? The link between sugary soft drinks and diabetes is pretty clear. The United States spends some \$147 billion -- nine percent of all health care expenditures -- on medical costs associated with overweight and obesity.

On a related subject, the Vermont Legislature which convenes in early January is considering a tax on soda. The ongoing financial crisis has Vermont officials scrambling to make up for lost tax revenue. Presently there are 33 states that have sales taxes applying to

soda. A New England Journal of Medicine article reports these taxes generally are too low to affect consumption. The consensus at the Vermont Grocers' Association is that any proposed soda tax is primarily designed to reduce budget shortfalls... not to improve health care. Considering the State's revenue shortfalls it's fair to ask how much (if any) proposed soda tax might be dedicated exclusively for diabetes research and care.

The Legislature is also sure to take up again the issue of plastic bag use at retail stores. I wouldn't be surprised if a tax on plastic and paper bags is proposed. A similar tax on plastic shopping bags in the Republic of Ireland has cut their use by more than 90% and raised millions of euros in revenue, the Irish government reported. The tax of 15 cents per bag was introduced five months ago in an attempt to curb litter, and the improvement had been immediate and "plain to see," said Environment Minister Martin Cullen. Co-op shopper Yves Bradley was in Ireland recently and commented to me that the Irish have been quickly trained to bring their cloth bags when they shop.

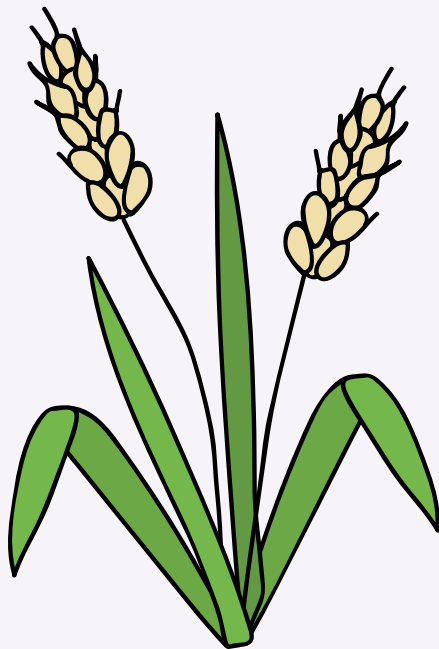
Could America adopt an Irish style plan? Paper and plastic bags are very expensive and an ecological train wreck. Perhaps the only thing standing in our way is resistance to change.

UVM and City Market Tackle the Sustainability of Local Grains

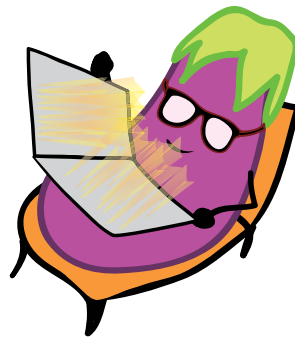
By Ryan Donnelly, Tyler Hall, Julian Post, James Billman, and Dave Donahue

A group of University of Vermont students in a service-learning course titled, "Systems Thinking for Sustainability" has been working closely with City Market over the past semester. The work included helping to establish a localized grain food system within Vermont. The goal is to reduce Vermont's dependence on importing grains from out of state and revitalize the local economy. Though not all of the necessary steps have been reached to fully achieve a localized system within the grain market, many have been. This is not only exciting for Vermont farmers and residents, but could also be very beneficial, both economically and environmentally.

A huller, which is a piece of farm machinery needed in the processing of grain, has already been purchased by Jack Lazor, a farmer and owner of Butterworks Farm in Weston, VT. Lazor is a well known player in this localized grain movement. Though this movement is still in its beginning stages, members of the Systems Thinking group as well as those at City Market feel extremely confident that a strong groundwork has been provided.



The next step that is needed is the cooperation between farmers to centralize a local grain effort and supply City Market and other surrounding food co-ops. Time is needed to develop farmland to this service as well as establish relationships between farmers working toward this goal. The Systems Thinking group is excited to see the first stages of development in a movement to provide a strong local grain economy within Vermont that will help provide a wider variety of local products for the Co-op's bulk food section while creating new opportunities for Vermont farmers.



Correction: Solar Power at the Co-op

We apologize that our statistic of 60 homes was reported inaccurately in our December issue of the *Onion Skin*. The correct number for equivalent homes offset in Burlington is 6.02 homes not "over 60" as reported. The remainder of statistics is correct as reported. A breakout of the correct numbers is listed below.

Total System Potential Generation: 33,264 Kwh

Average home use in Burlington (Provided by Burlington Electric): 5,520 Kwh per year

Equivalent Electricity Produced (# of homes): 33,264 Kwh / 5,520 Kwh = 6.02 homes



Students — The 3rd Annual Jr. Iron Chef Competition Needs You!

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

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

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

Check out the Burlington Winter Farmers' Market!

Saturday, January 16
Memorial Auditorium
10:00 a.m. to 2:00 p.m.

For more information check out www.burlingtonfarmersmarket.org

Cooperative Principles

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

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Advertising Information:

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

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

Join us!

The next Board meeting is
January 25, 2010
6 p.m. to 9 p.m.
in the
City Market
Conference Room.



Solving the Supply Barriers: The Farm to Plate Initiative Plans for Vermont's Food Future

By Meg Klepack,
Local Food Coordinator

Vermont is known far and wide for its support of local farmers. Markets for our farmer's products are so strong, in fact, that demand often exceeds supply. Come into City Market on any given day and it might be hard, for example, to find the bulk bins full of local oats or dry beans. With many Vermonters eager to support their local farmers, reduce their food miles, and know where their food is coming from, the Co-op is working hard to increase the supply of local foods coming from local farms.

The issues with supply are oftentimes complex. Farmers run into processing, storage, and distribution problems. A few examples: The equipment needed to turn a field of oats into a bowl of oatmeal is a pricey investment. Vegetable farmers often don't have adequate cold storage facilities to store a whole winter's worth of vegetables. Slaughterhouses are notoriously backed up and farmers often must make appointments six months in advance.

Seeing such barriers to strengthening local food, the Vermont State Legislature approved the Farm to Plate Initiative in June. The Initiative asks The Vermont Sustainable Jobs Fund (VSJF) to develop a ten year strategic plan for Vermont's farm and food sector. The plan is ambitious: it will lay out various options for increasing local production to have Vermonters eating between 10 and 25% local food by 2020 (we're currently down around 3%).

To lay out a plan to get to these ambitious targets, the Initiative will inventory Vermont's current food system, identify gaps in infrastructure and distribution systems, and identify ways to address these gaps, in the end increasing access to healthy, affordable food for all Vermonters, fostering economic development, and growing jobs.

As part of its information gathering process, the VSJF hosted a series of Local Food Summits around the state in November and December, gathering input from farmers, businesses, educators, institutions, and consumers. Clem Nilan, General Manager at City Market, and I attended the Chittenden, Grand Isle, and Franklin Counties Summit in mid-November at the Milton Grange Hall. The summit asked us to identify the strengths, weaknesses, opportunities, and threats to the food and farming sector in the three counties before breaking us up into groups to focus on topics ranging from "Farmland Access for New farmers" to "Local Food Aggregation, Storage, and Distribution Needs" and more.

In the end, this process will produce a living document that City Market can take to guide our work to increase the availability of local foods.

To find out more about The Farm to Plate Initiative, visit www.vsjf.org.

Speed Dating with Locals

By Lynn Ellen Schimoler,
Grocery & Wellness Manager

On a rainy Wednesday in October, the Store Merchandiser – David Anderson - and I drove down to Windsor, VT to participate in the annual 'Matchmaker Event' at Juniper Hill Inn. Located within minutes of Woodstock, VT, this historic Inn with its fireplaces, claw foot bath tubs, and private patios served as the perfect setting for the day. We arrived and were greeted by Kim of Vermont Fresh Network. Coffee and beautiful displays of fresh produce, cheeses, and several kinds of condiments, jams, sauces, mustards and bread filled the room. One of the first people that I encountered was Annie Harlow. With her usual infectious enthusiasm, she led us over to the table to sample product from Norris Berry Farm. This 200 acre farm is owned by Nora Norris and the primary crops are strawberries, raspberries and heirloom tomatoes. The farm is well known for pick-your own fruit, in addition to growing the specialty San Marzano plum tomatoes.

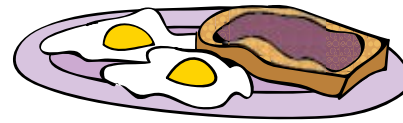
I also connected with some of our popular neighbors – Jack Lazor of Butterworks Farm (exploring the thought of kefir), and took the time to again thank Bill Suhr for providing the Co-op with an abundance of cider and apples - reminding him we would be interested if he wanted to make cider vinegar.

The Vermont Food Matchmaker is based on a model currently used successfully by organizations such as the U.S. Department of Defense to connect small businesses with potential government contracts. The primary goal of the annual Matchmaker Event is to facilitate connections between Vermont's food producers and retail/restaurant/commercial buyers.*

Essentially a 'speed dating' event, there were dozens of pre-assigned tables for all of the retailers, hospitals or restaurants. Each vendor interested in connecting with the business, signed up in advance, and was designated a time slot. We were then given ten minutes to taste, smell and examine attributes of the product, such as label, shape of the container, etc. Business cards get exchanged, as well as price lists, terms, distribution or any other myriad of operational and merchandising topics that may come up. What I gleaned from the experience for City Market was in the exploration of a one-on-one 'timed meeting.' This provided an excellent opportunity to bring structured questions from both sides: the personalization – eye contact, small talk, and laughter only deepened the understanding of the necessity for human interaction while negotiating food 'deals.'

Just as a shopper needs to enjoy their shopping experience (visually, tangible) – munching at an in-store food demo; the sampling, as we connected about the business aspects only informed and inspired both sides. There were many products that we already carry in the store, but definitely some that we'll start to carry in January, and I will certainly return to the event next year with the hopes of making more Vermont connections.

* VT Dept. of Agriculture



Feeding Chittenden County

By Caroline Homan,
Food Education Coordinator

Beth McKellips' cousins still farm the family land in South Dakota. That might be why she got into farmland preservation, and from there, it was just a short step to studying food systems. Beth, a graduate student in urban planning at the University of Pennsylvania, spent this past summer interning at the Intervale Center and researching how Chittenden and five neighboring counties feed themselves, sifting through mountains of data and crunching numbers to give us a snapshot of what we put in our mouths - and how it got there.

Beth's conclusions are fascinating. Using data from the USDA and other surveys, she takes different foodstuffs – fruits, vegetables, dairy, meat, and grain – and analyzes how much we consume and how much we produce locally. Take fruit, for example. Just 9% of the fruit we report consuming is apples (40% is citrus juice, and another 19% is non-citrus juice – whoa!), but a whopping 91% of local fruit production is in apples. We have more than enough apples to meet local demand, and then some. In fact, if people shifted half of their fruit consumption to local apples, we wouldn't have to send any out of our region.

As for vegetables, we consume 65 million pounds of vegetables but produce a not too shabby 19 million pounds (and our favorites are by far potatoes, followed by tomatoes). Beth estimates we would need another 1,415 acres to meet vegetable demand, which is an attainable goal if we make land conservation for vegetable production a priority.

We're doing well with dairy and eggs. The number of eggs produced is roughly twice the local demand. We also have almost 80,000 more cows beyond what we need to supply milk for our morning cereal and cheese for our sandwiches. As for meat, we raise about 1/3 of the beef for local consumption, but far fewer hogs, and nowhere near enough chickens (we raise a little over 3,000 chickens for the more than one million that we consume).

Not surprisingly, we are not the land of amber waves of grain: Less than 2% of all the land we use for food production goes toward corn, wheat, or oats that make their way onto our plates.

Beth sees a need for more local activism in land conservation and government subsidies toward that effect. "As land continues to have more value for housing than for farming, we have a real problem on our hands," says Beth. Raised by parents who were members of their local food co-op, Beth believes that providing markets for local food is key, because every local purchase is a vote for more local food. "Vermont has the potential to be a model for the rest of the country," she says.

Working to Ensure that No Family Goes Hungry

By Rachel Moss, Development and
Communications Director, Chittenden
Emergency Food Shelf

Now that winter is upon us, the waiting room at the Chittenden Emergency Food Shelf is full for most of the day. You could look in at any point and see a mother with two children in her stroller, a homeless man, three generations of a family of refugees, and the list could go on. If there is one thing that has become clear during this recession, it is that hunger has no specific face. Anyone could lose their job, fall into debt due to a medical problem, or be simply overwhelmed by rising heat and fuel prices so they are no longer able to make ends meet. And the Food Shelf is here to help- no matter what circumstances bring people to its doors.

The Chittenden Emergency Food Shelf now serves over 12,000 people on annual basis, providing groceries, hot meals and culinary job training to our community. The tough times have affected the Food Shelf in many ways- not just the increased number of people accessing our services. Many donors have been affected by the recession as well. The annual food drives brought in over 50% less food than in previous years. Large supermarkets are selling day-old food that used to be donated to us. And historically, the Food Shelf relies on the generosity of this community to fund this important hunger reliefwork, with individual donations making up over 60% of the operating budget.

But it's not all bad news. Partnerships and innovations have kept the Food Shelf afloat during the recession and allow us to continue to meet the needs of the people served. City Market donates food, hosts creative food drives like Grow an Extra Row and Fill a Truck and sends members to volunteer at the Food Shelf. The Vermont Foodbank partners with the Food Shelf to offer the culinary job training program, Community Kitchen, allowing us to capture and process more rescued food than ever before, all while addressing the root causes of poverty and hunger. Senator Bernie Sanders has requested federal funds to expand the Food Shelf facility, helping us meet the growing need well into the future. The bottom line is, The Chittenden Emergency Food Shelf wouldn't be here without you. Whether you put a jar of peanut butter in the share bin at City Market from time to time, complete your Member Worker hours by volunteering at our facility, or send a check during the holidays, The Food Shelf staff and clients can't thank you enough. Together, we are ensuring that no family goes hungry in our community.



Cold & Flu Remedy Favorites From City Market Wellness Staff

Sarah Smith, Wellness Staff

- Gaia Echinacea/Propolis throat spray
- Zinc lozenges
- Making immune boosting teas with any number of dried herbs such as: Echinacea, Ginger, Mint, Astragalus, and Licorice. I think tea making can be therapeutic on so many levels.

Tree Cleary, Wellness Staff

- City Market D3 1000mg
- Our lovely, colorful Neti pots
- Olbas oils
- Quantum cold& flu formula
- New Chapter whole foods zinc
- Shelburne Farms ginger jack
- For kids, here is what I love:*
- Hylands sniffles and sneezes
- Chestal from Boiron
- Kid's Childlife liquid D3
- Kids Herbal compound from Herbalist and Alchemist

Steffanie Borst, Assistant Wellness Manager

- Elderberry capsules (Gaia) and syrup (Honey Garden Apiaries)
- Lemon Balm/Elderflower/Nettle Loose Tea Blend
- Boiron Oscilloccinum
- Boiron ColdCalm
- B&T cough & bronchial syrups
- New Chapter B Complex
- Miso, Ginger, Garlic, Astragalus Broth
- Source Naturals Wellness Formula
- Quantum Super Immune Formula
- Quantum Cold & Flu Formula
- Quantum Anti-Viral Formula

Cristi Nunziata, Wellness Staff & Herbal Education Coordinator

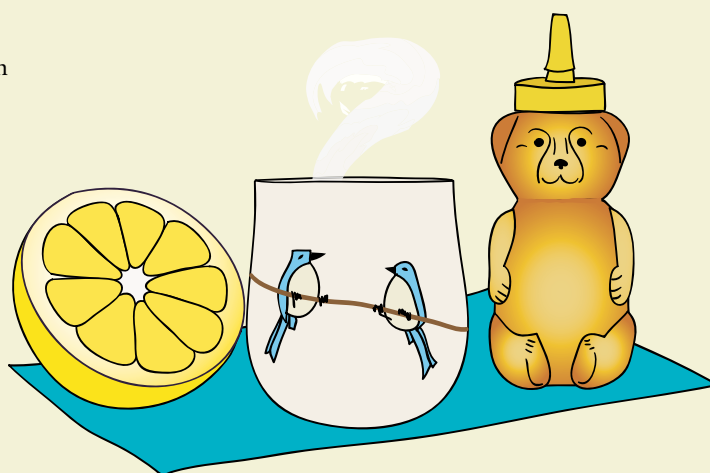
- Wellness Formula- seems to boost immunity and relieve symptoms
- Elderberry (Honey Gardens Syrup and New Chapter Immunity Take Care) Elderberry is purported to stop the mechanism that allows viruses to enter and hijack our cells.
- Thyme- antiseptic to respiratory system (I like to throw it in some hot water and inhale the steam)
- Garlic - Antimicrobial when it is fresh (make guacamole, dip bread in garlic and oil, etc)
- Ginger – in food or tea help to sweat out the toxins
- Fermented foods like Miso and Kimchi to build immunity
- Probiotics- I like to soak rosehips in apple juice and all flora powder overnight. In the a.m. I have a medicinal jam that I can add cinnamon, ginger, etc to and have for breakfast.
- Planetary Herbals- Old Indian Wild Cherry Bark Syrup 8 fl oz
- New Chapter- Immunity Take Care Lozenges
- Thayer's- Cherry Flavored Slippery Elm Lozenges
- Gaia-Echinacea/Goldenseal/Propolis Throat Spray 1 fl oz
- Traditional Medicinals- Throat Coat Tea

Alli Luneau, Wellness Team Leader/ Buyer

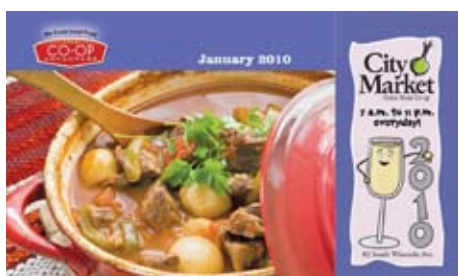
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- Thayer's- Cherry Flavored Slippery Elm Lozenges
- Gaia-Echinacea/Goldenseal/Propolis Throat Spray 1 fl oz
- Traditional Medicinals- Throat Coat Tea

Lynn Ellen Schimoler, Grocery/ Wellness Manager

- Alacer Emergen-C packets in Gerolsteiner bottles water - something about the effervescence makes me cheery.
- City Market Brand Vitamin D 1000 mg.
- City Market Advanced Antioxidant Complex – combats free radicals
- Quantum Cold & Flu Formula
- Traditional Medicinals Breathe Easy tea
- Enzymatic Therapy Esberitox
- Boiron Chestal Rub
- Herbs for Kids Eldertussin
- Onion 'tea' – Slice an organic onion, and steep in a cup of hot water
- Onion 'chest pack' Bake an onion, leave in peel. Let cool slightly, wrap in a clean cloth, pressing onion flat, and tie to chest. One can wear this overnight, excellent for small children.
- Miso broth, vegetable or chicken soups and water
- Zand Cherry Echinacea/Zinc Lozenges



January GAP Sales Flyer Featured Recipe



Avocado Salsa

— Perfect for Super Bowl Parties!

Recipe courtesy of Jill Webster, Valley Natural Foods, Burnsville, MN

Ingredients

- 2 large ripe avocados, pitted and diced
- 1 lime, juiced
- 1 tablespoon olive oil
- 1/2 small red onion, diced
- 1/4 red bell pepper, diced
- 3 jalapeno peppers, minced
- 1 tomato, seeded and diced
- 1 tablespoon fresh cilantro, chopped
- 2 cloves fresh garlic, minced
- Salt and pepper to taste

Preparation

In a medium mixing bowl, toss the diced avocado with the lime juice and olive oil.

Stir in remainder of ingredients.

Season with salt and pepper to taste.

Serve over cooked shrimp as a cocktail sauce, with shrimp tostadas or with your favorite veggie or chips.

Sample this delicious recipe in store on Saturday, January 23 from 12:30 to 3:00 p.m.



Thank you for Growing an Extra Row

Many Vermonters are still eating through their winter crops or the root vegetables that were grown this past summer and fall. In addition, to the local vegetables that still line many tables, local food shelves also benefited from the generosity of area gardeners. In the spring of 2009, City Market was proud to partner with High Mowing Organic Seeds, WCAX TV, The Vermont Department of Agriculture, and the Vermont Food Bank in the Grow an Extra Row program.

The essence of the Grow an Extra Row Campaign was to encourage Co-op members and community residents to plant an extra row of vegetables in their garden. The harvest was earmarked for the neediest members of our community. Rachel Moss, Development and Communications Director at the Chittenden Emergency Food Shelf, commented recently that while tracking of product donations is often difficult, overall they saw an increase in fresh produce this growing season. So, thank you for making room in your garden this past summer for your neighbors. Please consider keeping that space available this coming spring or even adding to it as the Food Shelf is looking forward to continuing to provide its clients with the freshest that Vermont can offer.

Farm to School Awareness Day

Join VT FEED in celebrating Vermont's growing farm to school movement! On January 14, 2010 from 4:00 - 5:30 p.m. the VT Agency of Agriculture, VT FEED, and other statewide partners will announce the 2010 Grant Recipients, honor 2009 grant successes (with taste tests and displays of their work), and unveil exciting, new farm to school initiatives. This event will take place in the Vermont Statehouse cafeteria.

New Video Project Highlights How People are Preparing for the Heating Season - and our Energy Future

Are you prepared for the winter? Have higher gas prices changed how you get to work? A new video project is exploring how the recession and fluctuating fuel prices are changing how people in Chittenden County generate, use and save energy. City Market's own Chris Lyon discusses how the Co-op works to save energy in this new project.

"The previous heating seasons, combined with the recession, were a wake-up call," says Barry Lampke, Director of the Champlain Initiative. "Through our Changing Face of Chittenden County project, we are asking people if they are changing how they heat their homes, get to work and plan for our energy future."

The Champlain Initiative's Changing Face of Chittenden County project makes connections between the issues of health, energy, change population and information technologies, tells the stories people embracing changes, and provides resources for you to take action. Visit www.champlaininitiative.com to hear how the Co-op works to save energy, share your opinion or story about energy issues, see what others think, and learn how you can take action at home, work and in your community.



Holiday Trees for COTS off to a great start

City Market's 12th Annual Holiday Tree Sale to benefit COTS (Committee on Temporary Shelter) kicked off with holiday excitement! COTS staff, member workers, and even Champ arrived to help unload trees as snowflakes enhanced the spirit!



What's New on Serving Up Vermont?

This month, check out our food blog Serving Up Vermont as we gear up for the first annual Souper Bowl Challenge to benefit the Chittenden Emergency Food Shelf. Caroline will be testing promising recipes from entrants in our local soup competition to prepare for the final selection on January 12... who knows, you might even see your soup up there! If you do, thanks for entering, and you'll be hearing from us! See what's new on Serving Up Vermont at www.CityMarket.coop/blog today.

The ONE Fashion Event
to benefit the Boys & Girls Club of Burlington

Saturday, January 23, 2010
Higher Ground Ballroom
South Burlington, VT

 **The ONE Fashion Event**

Tickets \$25 in advance
\$30 day of show
highergroundmusic.com

Doors open at 7pm
Show at 8pm
DJ at 9pm


BOYS & GIRLS CLUB OF BURLINGTON

Presented By:  

photo by Jos Cousins 2009

peace justice store

Buy Local This Holiday Season

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



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802-863-2345x2

Boys and Girls Club of Burlington—2010 ONE Fashion Event

City Market is proud to sponsor the upcoming ONE Fashion Event, a major fundraiser for the Boys and Girls Club of Burlington. The event is taking place on Saturday, January 23 at Higher Ground in South Burlington.

Tickets can be purchased at Higher Ground or by calling 888-512-SHOW.

Community connections

City Market Members—start saving money today! One of the great benefits of Co-op Membership at City Market is our Community Connections Program in which members can take advantage of discounts at local businesses. Check out the discounts below!

Agapé Hypnotherapy

802-233-8064
www.agapehypnotherapy.com
\$20 off 1st session

Aikido of Champlain Valley

802-951-8900
www.aikidovt.org
10% off uniforms and equipment

ALL Wellness

802-863-9900
www.pilatesspace.net
\$15 off any service

Auntie Dee Dee's Doggie Daycare

802-454-4660
50% off your first day with a week's boarding

Balanced Living & Wellness

802-453-7358
www.balanced-living-hc.com
15% off program

Battery Street Jeans

802-865-6223
10% discount

Bebop Baby Shop

802-288-1002
www.bebopbabyshop.com
5% off total purchase

Botanical Bodywork

802-578-1217
10% off

Burlington City Arts

802-865-7158
www.burlingtoncityarts.com
BCA Membership for \$50 (usually \$125)

Capitol Grounds Café & Roastery

802-223-7800
www.capitolgrounds.com
5% off

Cochran's Ski Area

802-434-2479
www.cochranskiarea.com
10% off lift tickets plus one free hot cocoa per person

Colette's EcoSmart Lawn & Yard

802-324-7336
www.colettesecosmart.com
10% off hourly rate

Danu Therapeutic Massage

802-999-0610
www.danu.abmp.com
15% off a one hour massage

Dianne Mallik, Licensed Acupuncturist

802-864-9344
www.burlington-vermont-acupuncture.com
\$25 off initial visit, \$10 off follow-up visits

Family First Chiropractic

802-383-0335
www.familyfirstchiro.com
Free initial consultation & exam (\$120 value)

Greenview Window Washing

802-399-2569
http://sites.google.com/site/greenviewservicesllc/
15% off regular price

Harmony at Last

802-660-7977
www.harmonyatlast.com
5% off

Hydrangea Too

802-862-0707
www.hydrangeatoo.com
10% off

Joy of Being Healing Arts

802-434-4447
10% on all services

Lake Champlain Community Sailing Center

802-864-2499
www.communitysailingcenter.org
10% off all rentals and adult instruction

Lakeside Pharmacy

802-862-1491
www.lakerx.org
10% on over-the-counter & cash prescriptions

DR. Lorilee Schoenbeck, ND

802-860-3366
www.drlorilee.com
\$25 off first visit, \$10 off return visits

Meg Freebern, Childbirth Doula

802-434-8639
www.meg.freebern.net/doula/
10% off

Mindy Cohen, MSPT

802-865-9500
10% off

NeuroConnections, Ctr. For Neurofeedback Training

802-343-5128
www.neuroconnections.com
10% off

Nik Gruswitz, Oriental Medicine

802-233-5111
\$10 First treatment & 10% off Community Supported Healing Membership

Organic Bodybuilding

802-999-1779
www.organicbodybuilding.com
2 weeks of online personal training

Petra Cliffs Climbing Center

802-657-3872
www.petracliffs.com
20% discount on day passes & rental gear

PhotoGarden

802-863-1256
www.thephotogarden.com
10% off on photo processing services

Planet Hardwood

802-482-4404
www.planethardwood.com
3% off wood, 5% off everything else

Red Wagon Plants

802-482-4060
www.redwagonplants.com
1 free 4" plant with every purchase at our retail store

Rushford Family Chiropractic

802-860-3336
www.rushfordchiropractic.com
10% off every visit, not valid with other offers

Sunglow Literacy Consulting

802-879-0898
www.sunglowliteracyconsulting.com
10% off evaluation or tutoring

Vermont Farm Tours

802-922-7346
www.vermontfarmtours.com
10% off all tours

Vermont Fiddle Heads

802-223-2111
www.vt-fiddle.com
10% off all classes

Vermont Massage & Wellness

802-233-4070
www.vermontmassageandwellness.com
15% off all massage services

Viva Espresso

802-660-8482
Free 12 oz coffee w/ purchase of an egg sandwich

Well.Balanced.

802-233-8664
www.wellbalancedcoaching.com
Free introductory coaching session

The Woolen Mill Health Club

802-655-2399
www.twmhealthclub.com
Corporate discount rate

If you would like your business to be a Community Connection, please contact Member Services Program Coordinator, Leila Cosgrove at 802-861-9707 or by email at MemberServices@citymarket.coop. Applications for 2010 are currently being



JourneyWorks
11 Kilburn Street
Burlington, VT 05401
802-860-6203
journeyworks@hotmail.com
www.journeyworksvt.com

Journey Works is the combined practice of Jennie Kristel and Michael Watson. Their goal is to provide support, guidance, and training to people and organizations engaged in personal and social healing. Their work is based in spirit: Jennie is a Reiki Master, and Michael has worked with shamans and healers from many cultures. They offer psychotherapy, shamanic healing, Reiki, and a range of creative arts based therapies, many of which may be covered by insurance.

The offices of Journey Works provides a setting where individuals, families, and groups can safely address difficult issues. There is a comfortable nook for conversation, space to move and play, and a room for art making. Clients are often encouraged to delve deeply into creativity and the arts, as exploring life experiences through the arts can open the doors to profound comfort and healing.

To learn more about Journey Works, please visit us at www.journeyworksvt.com, 802-860-6203; or email: journeyworks@hotmail.com.

Throughout the month of January, City Market Members can enter to win a \$50 gift certificate to Journey Works. Stop by Customer Service to enter today!

Wine Picks for Under \$10

By Alison Miner,
Beer & Wine Buyer



In the New Year, you can feel good about supporting Parducci wines. Parducci is the first carbon neutral winery in the United States. Parducci Winery uses solar power, sustainable and organic farming practices, earth friendly packaging, soy based ink and "tree free" paper for all printing purposes- and the list goes on.

Parducci Sustainable Red is a diverse blend that includes organically grown Merlot, Cabernet Sauvignon, Syrah, Zinfandel, and Petite Sirah. Bright red berry aromas and flavors lead to a smooth lighter bodied palate. It's a versatile food wine that pairs with everything from spicy Asian to veggie fare.

Parducci Sustainable White is also an organically grown blend that includes Sauvignon Blanc, Muscat, and Viognier. Lovely floral and tropical fruit aromas lead to a grassy, citrusy aromas and flavors. The mouth-feel is rich with just a whisper of sweetness and a smooth finish. Both of these tasty wines are on sale in January for \$8.99, a \$2 savings.

Customer Comments

Dear City Market,

Thank you to all of the cashiers for being so cool with Food Stamps. When I use an EBT card elsewhere it can be stigmatizing. Thanks.

Zach

Dear Zach,

Thank you for your comment. We strive to provide excellent customer service to all of our customers at the Co-op and treat everyone with respect. We appreciate your continued patronage of the Co-op.

Dear City Market,

The dog area rocks.

Thanks,

S. Taylor

Dear S. Taylor,

We are so glad that you like the new Dog Area which is located across from the Co-op entrance, indicated with the purple paw. We love animals and wanted to make sure that they had a safe place to hang out while our customers shop.

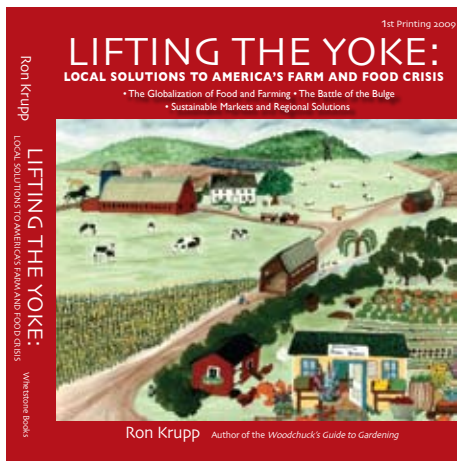
Dear City Market,

I really like the "pet parking" areas and the different varieties of heirloom apples—we're trying new ones every week.

Anonymous

Dear Anonymous,

Vermont's heirloom apples are certainly the gems of the Produce Department at this time of year. Each apple also includes a sign about the variety, its flavor and recommended uses. Enjoy!



Special Presentation: Lifting the Yoke: Local Solutions to America's Farm and Food Crisis

With RON KRUPP
January 14, 7:00 – 9:00 p.m.

Ron Krupp is a local legend when it comes to Vermont agriculture as the author of *The Woodchuck's Guide to Gardening* and Vermont Public Radio's *Garden and Farm Commentator*. Now out with his second book, *Lifting the Yoke: Local Solutions to America's Farm and Food Crisis*, we're please to have Ron join us for a visual tour of his new book followed by a facilitated discussion.

In *Lifting the Yoke*, Ron reacts to global issues, including hunger, obesity, and globalization, with Vermont's impressive local foods revitalization. He delves into examples of grassroots movements, sustainable businesses, and local farms that are pushing the envelop in re-developing Vermont's local food system. Refreshments will be offered. Please contact the Customer Service Desk to sign up.



St. Michael's Lacrosse and City Market Team Up to Donate a Turkey to the Chittenden Emergency Food Shelf

Valerian –January Herb of the Month Valeriana officinalis

By Cristi Nunziata, Herbal Education Coordinator

Like a hibernating animal or dormant plant, it is natural to slow down and get more rest during the winter. Sometimes, though, many of us we have difficulty leaving a stressful day behind and drifting off to sleep. Luckily there are many herbs that can help promote a restful sleep.

If you are having trouble sleeping, you are not alone. "About a third of Americans experience insomnia regularly, and up to ten million rely on sedative prescriptions to help them fall asleep," according to *The Green Pharmacy*, James A Duke Ph.D. The most common herb that people take for sleep is Valerian, which may improve sleep quality and reduce the chances of waking up at night, without day-time side effects. In Europe, there are over 80 over the counter sleep remedies that contain Valerian, and studies show that Valerian is as effective as Valium-family pharmaceuticals.

Most often, Valerian is combined with other herbs such as Chamomile, Passionflower, Skullcap, Lemon Balm, and Hops. As Valerian alone is not a tasty herb, try combining it those herbs to make a palatable tea. Otherwise, Valerian is available in tincture or capsule form. For a small percentage of people, Valerian is stimulating, and thus should be avoided. In that case, instead try the herbs listed above.

Valerian is not only "the premiere sleep herb," but also has many other uses. It has calming effects to the nervous system. Try it

for concerns like anxiety, tension headaches, nervous stomach, and irritability. It also relieves muscle pain and spasms, gastric spasms, menstrual cramping, and restless leg syndrome.

Valerian can be found in the Wellness section in tincture and capsule form and also as a part of most sleep formulas. City Market carries Valerian in the Medicinal Bulk Herbs Section, too. To learn more strategies for enhancing sleep, join us for the Herbal Remedies for Sleep Workshop on January 9.

Sleepy Tea Blend

- 2 Tbs. Valerian
- 2 Tbs. Skullcap
- 2 Tbs. Lemon Balm
- 2 Tbs. Chamomile
- 1 Tbs. Orange Peel
- 1 Tbs. Lavender
- 1 Tbs. Licorice root

Combine ingredients into a jar and use 1 tablespoon per cup of water.

References:

- Duke, James A Ph.D. *The Green Pharmacy*. Rodale Press, Emmaus, PA, 1997.
- Kuhn, Merrily A. and David Winston. *Winston and Kuhn's, Herbal Therapy and Supplements: A Scientific and Traditional Approach*. Second Edition, Wolters Kluwer, Philadelphia, PA, 2008.




New Member Benefit with CarShare Vermont

City Market has teamed up with CarShare Vermont to provide an exciting new Co-op Member Benefit. CarShare Vermont members who are existing City Market, Onion River Co-op Members or who become new Co-op Members are eligible to receive a \$5 City Market gift card. Simply show your fob at Customer Service. We'll mail your gift card within one month (one gift card per membership account). Go Co-op!




January Product Sampling

Sunday, January 3 
Yellow-Eye Beans
City Market BULK section
2:00 - 3:30 p.m.


Monday, January 4
Vadeboncoeur Nougat
4:00 - 6:00 p.m.


Wednesday, January 6
Shalimar of India Samosas
3:30 - 6:00 p.m.

Saturday, January 9
Dell'Amore Marinara Sauce
11:00 a.m. - 3:00 p.m.


Sunday, January 10 
Black Turtle Beans
City Market BULK section
2:00 - 3:30 p.m.

Wednesday, January 13
Vermont Eggroll Company
11:00 a.m. - 1:00 p.m.


Saturday, January 16 
Localvore Soup from the Souper Bowl Challenge
BURLINGTON Winter Farmers' Market
10:00 a.m. - 2:00 p.m.

Sunday, January 17 
Local Cornmeal
City Market BULK section
2:00 - 3:30 p.m.

Saturday, January 23
January CAP Sales Flyer Featured Recipe (Avocado Salsa)
1:30 - 3:00 p.m.

Sunday, January 24 
Local Whole Wheat Flours
City Market BULK section
2:00 - 3:30 p.m.

Saturday, January 30
Serchan's Samosas
12:00 - 2:00 p.m.

Sunday, January 31 
Local Oats
City Market BULK section
2:00 - 3:30 p.m.

January Class Listings

Herbal Sleep Remedies

January 9, noon - 1:00 p.m.

Join Herbal Education Coordinator, Cristi Nunziata, in discussing and preparing remedies for more restful sleep. We will make a tea blend, relaxing bath blend, dream balm and dream pillow.

Herbal Strategies for Digestive Health with Guido Masé

January 11, 5:00 - 6:00 p.m.

Medicinal plants are excellent adjuncts to a healthy, balanced diet for maintaining optimal digestive wellness. Come learn about some simple herbal supplements, teas, and extracts that can strengthen this vital system and effectively relieve some of its common complaints, from indigestion, bloating, and cramping to more serious conditions such as ulcers, colitis, and 'irritable bowel.'

Local Soup-Making Class

January 12, 6:00 - 7:30 p.m.

It's winter and nothing warms the body and spirits more than a delicious soup simmering on the stove. Come to this soup-making workshop, where we will make soup recipes with local ingredients and pick a winning soup for the first annual Souper Bowl Challenge to benefit the Chittenden Emergency Food Shelf. People new to soups and old hands alike will enjoy cooking soups from scratch and sharing a conversation about access to local food in the wintertime.

Special Presentation: Lifting the Yoke: Local Solutions to America's Farm and Food Crisis

January 14, 7:00 - 9:00 p.m.

Join City Market and local author Ron Krupp for a visual tour of his new book, *Lifting the Yoke: Local Solutions to America's Farm and Food Crisis*, followed by a facilitated discussion.

Free Herbal Clinic

January 18, 4:00 - 7:00 p.m.

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

Eating Well on a Budget - ALL About BULK!

January 17, 11 a.m. - noon

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.

Ayurveda Series Part One: Intro to Ayurveda with Ginna Bourisseau

January 23, noon - 1:30 p.m.

This class will help us gain an understanding of the elements and the doshas of Ayurveda; the key to understanding your unique constitution and bringing the health of your body, mind and spirit into balance. Examining the unique role of each dosha we can learn how to balance doshas with diet and lifestyle choices. This class is the first of a three part series of Ayurvedic workshops.

Coming soon:

Ayurveda Series Part Two: Winter Care and Immunity - FEBRUARY 6

Ayurveda Series Part Three: Ayurvedic Cooking 3 Doshas and 6 Flavors - MARCH 27

Art Showing



Meet January's featured member artist, Jason Pappas. Jason uses a mixture to create his artwork.

He draws inspiration from free things, other people's garbage, rust, metal shelves, music, magnetic tape, analog recording, emotions, vibrations, energy, spirit, musical instruments, old records, light, sound, living, and dying too. Stop by City Market's Café Gallery throughout the month of January to view Jason's work.

Sign up at the Customer Service Desk.

ALL Classes are FREE & open to the Public

Follow us on:

twitter

facebook

We welcomed

165

new members in November!

Saving \$ at City Market is easy. Check out the Daily Specials, Weekly Winners, and Monthly Sales at www.citymarket.coop

