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# Onion & Skin

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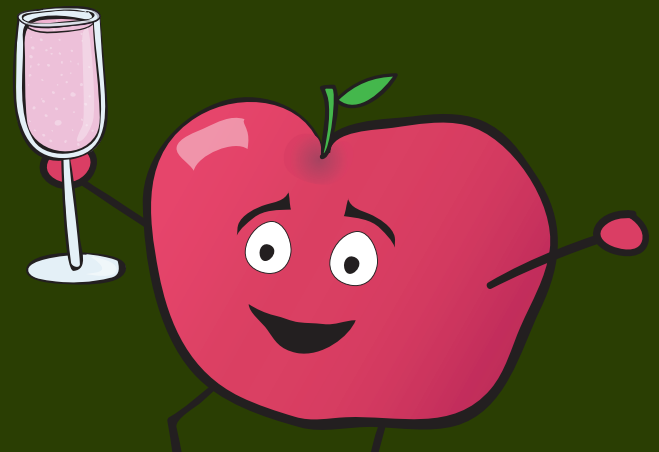
Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

January 2011

# HAPPY NEW YEAR!



## New Year, Newsletter Changes

Allison Weinbagen,  
Director of Member Services

For many years, we've brought our members and customers a printed monthly newsletter, The Onion Skin. The format and length may have changed over time, but it's always been filled with notes from our General Manager and Board of Directors, educational articles, delicious recipes, local producer profiles, monthly herb highlights, customers' comments, among other items. Here at the Co-op, we're dedicated to communicating with you on a variety of different levels – How are we strengthening our local food system? What new, local products do we have in the store? What classes are we offering? What community organizations do we support? How do you use the local, seasonal produce we sell?

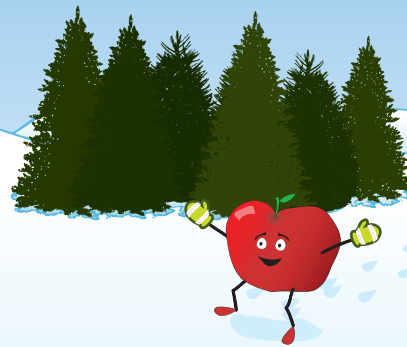
The Onion Skin, in its print version, has helped us in these educational efforts for many years. In the last few years, we've upgraded the means by which we communicate with our members and the community: email, a new website, social media and in-store signage, in addition to our printed newsletter. In 2011,

we're embarking on a journey to try something new. Our members and customers are best served when we use our resources in the best possible manner – whether that's staff resources or paper and ink resources. While the printed version of our newsletter serves an educational purpose, for the time and cost spent creating it, it doesn't have the benefit of the reach it once did.

Our members and participants in our classes have told us that they receive information from us primarily through email, through our website and through in-store signage. In order to communicate with a broader audience, we'll be retiring the printed newsletter. In its place, we'll be communicating with you via a monthly email newsletter. You'll recognize many of your favorite monthly pieces along with some new additions. And rather than stopping in at the store to pick up a copy, you'll receive it right in your inbox every month. You'll be able to access the monthly recipe offerings from your computer, you'll have the latest information on this week's sales, and you'll learn what City Market is doing to support our community.

We hope you'll be as excited as we are about this change for the New Year! We will retire the printed newsletter with the February 2011 edition. In March, we'll introduce a new and improved online Onion Skin for your reading pleasure. As always, if you have any questions or suggestions for content, please let me know ([aweinhagen@citymarket.coop](mailto:aweinhagen@citymarket.coop) or 861-9750).

## COTS Trees Update



We raised over \$8,800 for those most in need in our community!

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### Your Community-Owned Grocery Store

82 S. Winooski Avenue, Burlington VT 05401

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## Legislative Preview: Bill Proposes Repeal of Vermont's Bottle Tax

We're all familiar with Vermont's bottle law. Under this act passed in 1972, shoppers at the Co-op (and other retail locations in Vermont) pay a 5 cent deposit on beer and carbonated soda and beverages. Shoppers can receive their deposit back when they return the empty bottles to the Co-op or other redemption centers.

Currently there is a bill in the Vermont Legislature, supported by the Vermont Product Stewardship Council, to end the bottle tax. House bill H.696 would repeal the current bottle law and replace it with a new recycling strategy. The responsibility of recycling would shift from taxpayers to producers. If passed, producers would finance the collection, transportation, and responsible reuse, recycling or disposal of covered products.

The bill's proponents state that recycling rates in Vermont have plateaued at approximately 20% and have remained at that level for many years. Significant improvements in material recycling have been seen throughout the United States and the world by instituting producer responsibility acts such as this.

Since 1972, when curbside recycling didn't exist, there's been a huge cultural shift. The H.696 sponsors feel that recycling programs have matured enough to repeal the current bottle law and gain efficiencies for wholesalers, retailers and households.

Co-op members I've asked have told me they think eliminating returning empty bottles would have no adverse effect on recycling and would simplify their lives. Many already put their deposit bottles in with the rest of their recycling. For them it's a hassle to bring bottles back for the deposit.

The Co-op's Front End (our Customer Service area and registers) would love to see the end of the deposit bill, if only to provide better customer service. Because of space constraints, the Co-op limits returns to 24 bottles. This has presented hardships to both our members and staff. Two local redemption centers (Pearl Street Beverage and Burlington Beverage Center & Bottle Redemption) have reduced their hours. This presents complications for our members who are trying to redeem larger quantities of bottles and cans.

Vermont residents living in the Connecticut Valley have long chafed under the

bottle law and the sales tax over the last four decades. A recent study titled *The Unintended Consequences of Public Policy Choices: The Connecticut River Valley Economy as a Case Study*, by Arthur Woolf, Ph.D., "analyzes the long term economic impacts of public policy choices made by Vermont over the past four decades by focusing on retailing in the Vermont and New Hampshire counties bordering the Connecticut River." It concludes that Vermont's sales tax and Vermont's bottle deposit law have "dramatically changed the pattern of retailing and the location of retail activity" in the counties that border the Connecticut River, leading to a significant loss of the retail market. The study says the bottle redemption act may have been introduced for worthwhile purposes but it had a major unanticipated consequence—essentially destroying what was once a thriving retail sector in Vermont's Connecticut River Valley.

So is it time to move on to a new system?

The national non-profit Campaign for Recycling opposes the new legislation on the grounds that it might not achieve recycling rates as high as the present system. Several of the people I spoke to feel like a high rate of recycling would still continue here in Chittenden County, where curbside recycling is part of the culture. They wonder though about the level of recycling in the rest of the state.

Some of you may remember the Onion River Co-op's brief foray into machines that accepted deposit bottles. Because we don't have a large heated foyer (a necessity for these machines in the winter) there were constant problems and very upset members. The machines were popular with one subgroup, the folks who make a living collecting and returning bottles. They would arrive from all over with shopping baskets filled with bottles, way beyond the ability of the machine to process. The program was a spectacular crash-and-burn.

A repeal of the bottle law would certainly affect the revenue stream of bottle collectors, many of whom are homeless. In my Burlington neighborhood, we are regularly visited by people who sort through our recycling for deposit bottles. A year or two ago these folks used shopping carts or bags, but in the last year (a result of the recession?) more collectors are using their vehicles. Other Co-op members report the same activity.

What would be the effect of repealing the law on folks who depend on collecting bottles for part of their income? Opinions are divided. I've heard from angry local business people whose concern is that the Burlington is a magnet for the homeless because of bottle law and level of social services. Others believe that as a culture we need to be showing compassion towards the homeless and the repeal of the bottle law would be heartless.

If, through the vetting process of this bill, it is clearly demonstrated to our legislators that a new recycling strategy would be beneficial to recycling and promote efficiencies, do the social implications warrant derailing it?

## Have You Seen Your Patronage Check?

Do you know any of the following members? Their Patronage Refund checks were returned to City Market. Updated addresses will allow us to resend the checks and make sure they get to their rightful owners. If you know someone on the list, please ask them to give us a call. If you'd like to update your own address with us, please email Leila at [lcosgrove@citymarket.coop](mailto:lcosgrove@citymarket.coop) or call her at 861-9707.

Name	Member Number
Bennett, C	11289
Budnik, K	8448
Conrad, S	2295
Dann, K	9579
Galloway, A	2527
Gassret, C	10879
Gray, D	6667
Guarnaccia, R	7537
Hadsel, K	6894
Howard, B	4855
Knight, W	2852
Lukarcic, C	10807
Marasch, M	2973
Nichelson, J	3123
Phillips, E	11940
Poutre, D	7239
Romani, D	7728
Townsend, T	8276
Wheeler, L	11336

### 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

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### Advertising Information:

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

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



You'll notice more voices on *Serving Up Vermont!* City Market's Local Food Coordinator, Meg Klepack, will be joining our Food Education Coordinator, Caroline Homan. Together, they'll reward you with stories and information surrounding our local food system. So keep an eye on City Market's blog and let us know what you think!

**We welcomed  
189  
new members  
in November!**

**Join us!**  
 The next Board meeting is  
**January 24, 2011**  
**6 p.m. to 9 p.m.**  
 in the  
**City Market Conference Room.**

## Thank you, Nathan and Alan!

With deep appreciation, please join us in thanking Alan Matson and Nathan Caswell, whose Board terms ended on December 31, 2010. Nathan is the Co-op's former Board President and Alan served as our Treasurer. We are grateful for their commitment to City Market and its members. Please thank them for their service to the Co-op the next time you see them!



Alan Matson



Nathan Caswell



Kevin Duniho



Julia Curry



Rachael Jolly

## Meet your new Board Members!

You elected three members to the Board of Directors during the Co-op's October elections. Rachel Jolly was elected to another three year term on the Board and most recently served as its Vice President. On her election application, Rachel mentioned that she "came to the Board with a background in environmental and experiential education, fifteen years experience in program coordination, and a passion for healthy and local eating for my family and myself." Congratulations on your re-election, Rachel!

Both Julia Curry and Kevin Duniho were elected to three year terms as new Board members. To help you get to know them a little bit, we asked them each a few questions:

### Julia Curry

**1. How long have you been a member of the Co-op? What do you like best about being a member of the Co-op? Have you been a member of other Co-ops?**

Member for 10 years; I've also been part of an informal co-op (food-buying group). What I like best about being a member is taking part in something that strengthens our community in so many ways.

**2. Tell us a little bit about your family.**

Locally I have a sister, brother-in-law and two fabulous nephews; another sister in Rochester, NY; parents in New Hampshire, and the newest member is my godson Zair.

**3. What do you like to do in your free time?**

Cook for friends, hike and snowshoe, do local politics, and play mah jongg.

**4. What interested you about running for the Board and playing a different role at the Co-op?**

I'm excited understand the big picture of this major local business, and to help keep it running well.

**5. What's your favorite food item sold at the Co-op?**

I can't choose just one: love the seasonal local produce, pomegranate molasses and samosas.

### Kevin Duniho

**1. How long have you been a member of the Co-op? What do you like best about being a member of the Co-op? Have you been a member of other Co-ops?**

Less than a year.

I like being involved with what's happening. It helps me feel more connected to my grocery store and to the community to be involved with things.

I was a working member of the North Country Food Co-op in Plattsburgh, NY many years ago.

**2. Tell us a little bit about your family.**

I have two boys. Rowen is 6 and Kit is 8. They're the motivation for everything I do.

**3. What do you like to do in your free time?**

I try to get outside and bicycle, hike, snowboard, nordic ski, splitboard, canoe, and train for possible triathlons this coming summer.

**4. What interested you about running for the Board and playing a different role at the Co-op?**

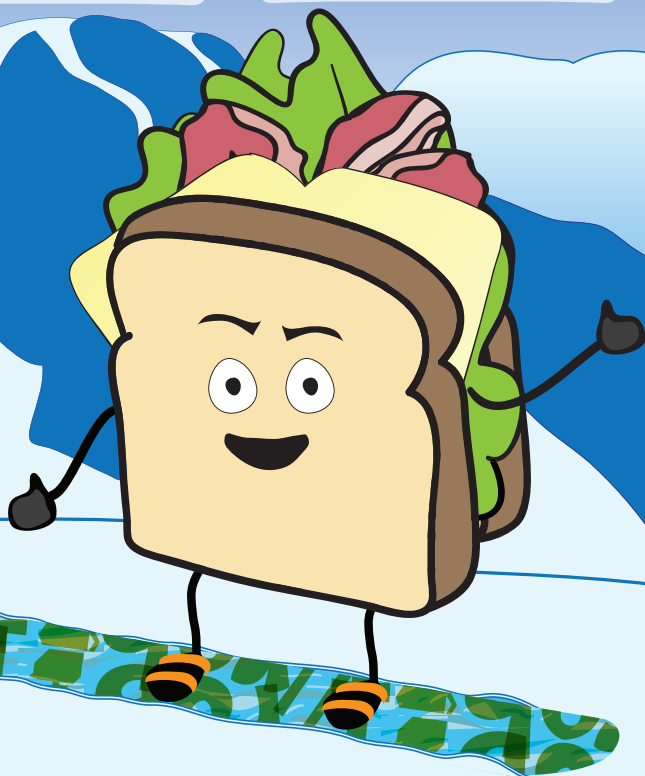
It's really the same thing I like best about the Co-op which is being involved with things and meeting the people behind the scenes. It all helps me feel more connected to the experience of buying and consuming my groceries.

**5. What's your favorite food item sold at the Co-op?**

So many! All the breads and bagels. All the local stuff. One item I love but haven't seen lately is Gringo Jack's flour tortilla chips.

Ski and ride on us  
this winter at  
Sugarbush Resort's

Mt. Ellen  
AT SUGARBUSH



Purchase a Sugarbush "Lookin' Good" wrap —  
Veggie or Carnivore style in the Grab-n-Go cooler.

You'll get a voucher for  
a 2-for-1 lift ticket to Mt. Ellen  
at Sugarbush Resort!



## Introducing City Market's New Cryovac Machine!

By Meg Klepack,  
Local Food Coordinator

City Market's new cryovac machine is destined to change the types of local meats we sell, while simultaneously eliminating waste!

### Here's how:

Most of City Market's meats come in bigger cuts than you would ever want to buy. On the large side, in the meat cooler out back, we have a whole shoulder of beef from LaPlatte River Angus Farm weighing around 50 pounds. On the smaller side, we get in whole chickens from Maple Wind Farm weighing in at 4-6 pounds. We then have 2 employees who cut the meat into the steaks and cuts that you buy at the meat counter.

Until we got the cryovac machine, we



were packaging the meat on Styrofoam trays wrapped in plastic. The Styrofoam and the plastic wrap both had to be thrown away.

Now that we have the cryovac machine, we can seal all our meats in air-tight plastic seals. The cryovac packaging is recyclable (and BPA free!), and it eliminates the use of Styrofoam which lasts forever in the landfill.

The cryovac machine also allows us to sell more local meat!



Maple Wind Farm ([www.maplewindfarm.com](http://www.maplewindfarm.com)) raises poultry in Huntington. You may have met farmers Beth and Bruce at the Burlington Farmers' Market some Saturday morning. The farm raises only 1,000 chickens out on pasture, moving them to fresh grass each day. The birds get up to 70% of their diet straight from grasses, bugs, earthworms, etc, making a delicious meat that is low in saturated fat, and high in Omega-3's.

Here's where the cryovac comes in: Beth and Bruce only sell whole birds, and with each bird running around 5 pounds, at \$5-6 per pound that means each chicken would cost our customers \$25-30. That's a lot of chicken and a lot of money. Until last week, we weren't able to sell their chickens - most people looked at 5 pounds of meat (and, let's be honest, the \$30 price tag) and just walked away.

With the cryovac machine, we can package cuts of meat (wings, drumsticks, breasts, etc) and sell smaller amounts of chicken, allowing more people to buy local pastured chicken!

## Winterizing your Recipes

By Caroline Homan,  
Food Education Coordinator

I thought it would be fun in January to do a little recipe makeover that took a summer recipe and made it over for the winter. This is an issue we sometimes run up against in our family, where our favorite one-pot stew might call for fresh tomatoes, or a curry calls for green beans and bell peppers. Prices on these vegetables often reflect the fact that they are grown and shipped from afar, and the taste lacks that summertime sparkle of fresh and local foods. So here are some ideas for making winter substitutions:

**Celery:** In soups and stews, cubed celeriac can be substituted for celery. If you have a medium-sized celeriac, you can keep it fresh in your crisper drawer for weeks, or even a month. It's a much better value than celery, and more suitable for cool Vermont growing conditions. Simply cut a large slice of celeriac and cut or peel away the gnarly outer peel. Cube and use in place of 2-3 stalks of celery in a soup. The remaining celeriac can be wrapped up and placed back in the crisper, or add it to potatoes the next time you're making mashed potatoes.

**Green beans:** In a recipe that calls for green beans, such as a curry or fried rice (anything where the beans get cooked briefly and play an accompanying role), substitute a cruciferous vegetable with a little crunch, like cabbage (red or green) or broccoli. Got cabbage left over? Grate and use in slaw, soup, or stew (add cabbage toward end of cooking time to retain some of its crunch).

**Red or yellow peppers:** These often provide some color in an otherwise bland-looking dish. Think outside the box here. Are the peppers sautéed for a pasta or pizza topping? Try cubed, roasted winter squash. Are they gracing a Mexican dish? Try caramelized red onions.

**Radishes:** Daikon, a Japanese variety of radish that, as a root crop, does well in Vermont, is white and long, like a carrot, and great sliced or grated in salads when you need a little peppery bite.

**Fresh tomatoes:** Though there is no local substitute for a fresh tomato in the winter time, tomatoes are ubiquitous in recipes. Rather than reaching for an out-of-season fresh tomato, canned whole, peeled tomatoes, such as Bionaturae or San Marzano, can be substituted nicely. Substitute one whole, peeled tomato for one fresh tomato in any recipe. The flavor will be slightly more concentrated. Save the tomato juices for the next time you are making soup, or make Basque-style scrambled eggs, where you beat eggs and cook them in tomato puree.

**Basil (in pesto):** If you haven't tried spinach pesto, do! If you can get your hands on overwintered Vermont spinach, or even if you have to wait until the earliest days of spring, try substituting spinach for basil in your favorite pesto recipe. The resemblance is uncanny.

**Other fresh herbs:** Tender and leafy garnishes to a recipe, fresh herbs are in a class by themselves. It is hard to find substitutes for fresh, green herbs. For example, dried

parsley doesn't nearly match the flavor of fresh parsley, and is lacking in valuable nutrients, too, like Vitamin C and beta carotene. In the winter, you can really use that Vitamin C for boosting your immune system and helping to prevent a cold. It's probably one of the reasons that even in cold climates, like Germany, people are liberal with parsley and dill on their many potato dishes.

So in the winter, we try to keep summertime vegetables to a minimum for price, taste, and environmental reasons, but we like to throw handfuls of parsley and cilantro on at the end for their bright green color, flavor, and nutrients.

### Zucchini Ragout with Bacon and Tomato (as published in the August 2010 Onion Skin)

- 4 small zucchini
- Salt
- 2 Tablespoons extra-virgin olive oil
- 2 slices bacon, cut into small pieces
- 1 onion, peeled and diced
- 1 pound tomatoes, seeded, and diced (about 2 large)
- Freshly-ground black pepper
- 2 teaspoons chopped parsley
- 2 teaspoons chopped basil

Clean and cut the ends from the zucchini. Cut into 1/4-inch slices or cubes and toss with a little salt. Place in a colander to drain. Meanwhile, heat olive oil in a heavy-bottomed pan. Add bacon and onion. Cook for 10 minutes, until tender, then add tomatoes. Cook for about 7 minutes or until the tomatoes start to soften. Add the zucchini and cook, stirring occasionally, until the zucchini is tender and the sauce is thick. Season with freshly-ground black pepper, fresh parsley, and basil. Taste for salt, and adjust as needed. Serves 4 as a side dish.

Adapted from The Art of Simple Food

### Delicata Squash Ragout for the Winter

- 1 medium delicata squash
- Salt
- 2 Tablespoons extra-virgin olive oil or local sunflower oil
- 2 slices bacon, cut into small pieces
- 1 onion, peeled and diced
- 2 canned whole, peeled tomatoes, chopped and with their juices (or more for a saucier ragout)
- Freshly-ground black pepper
- 1/4 cup fresh parsley

Slice delicata squash in half lengthwise and remove seeds. Slice into 1/2-inch cubes (do not peel). Meanwhile, heat oil in a heavy-bottomed pan. Add bacon and onion. Cook for 10 minutes, until tender, then add tomatoes. Cook for about 7 minutes, or until the tomatoes start to soften. Add the delicata squash and cook, stirring occasionally, until the squash is tender and the sauce is thick. Season with freshly-ground black pepper and fresh parsley. Taste for salt, and adjust as needed. Serve as a side dish, or with couscous, pasta, or crusty bread rubbed with garlic and briefly toasted.

## Drinks to Warm Up Your Winter

Hand off a hot beverage -- to dinner guests, neighbors who drop by or kids during story time -- and you instantly warm both tummies and hearts. Make sure you treat yourself too; wrapping your hands around a warm mug in the midst of a cold day can help you unwind!

Traditional favorites include hot cider, cocoa, teas and coffees -- all so good there's no need to look for replacements. But by adding just a few of the right spices, you can transform these everyday winter drinks into extraordinary festive fare.

### Tips for Spicing Up a Variety of Hot Drinks

- Mull to be merry. Mulling a beverage simply means heating and spicing it. Sometimes sweeteners and/or other beverages are added, too. Mulled apple juice or cider is classic, but why not mull other favorites, like cherry, raspberry, white grape and cranberry juices, as well as red and white wines? Just be careful not to boil the wine or you'll ruin the taste and evaporate the alcohol. Good mulling spices include allspice, cinnamon, cloves, fenugreek, ginger, lemon peel, nutmeg, orange peel and star anise. Have fun experimenting -- or streamline your routine by stocking up on a mulling spice mix.

- Give the crock a workout. Fill your crock pot with an aromatic and warm spiced beverage and keep it on low throughout the day. You'll have a ready-to-serve treat at any time, and your home will be scented, too.

- Stock up on cinnamon sticks. Indispensable for mulling, cinnamon sticks also spruce up hot party drinks when used as swizzlers.

- Spruce up your black teas. Add cinnamon sticks, orange peel and/or lemon peel to any black tea. Sweeten, if you like, with honey or brown sugar. To richen the flavor even further, add a tablespoon or two of cognac.

- Enliven green teas with crystallized ginger and sliced fruit (like pears).
- Think ethnic. For Spanish flair, add black pepper and chilies or cinnamon to hot chocolate. For French influence, thicken cocoas with cornstarch or arrowroot and stir in some Grand Marnier and vanilla extract. Top with a pinch of freshly ground nutmeg.
- For a mocha drink, simply use strongly brewed coffee in place of some of the liquid in your favorite hot cocoa recipe.
- Add quality flavorings or extracts for an instant flavor boost.

Here's a recipe for deliciously rich toddy that adds delight to any gathering:

### Visions of Sugarplums Toddy

- 4 cups milk, divided in half (dairy, rice, or soy)
- 2 Tablespoons honey
- 1/8 teaspoon cardamom powder
- 4 ounces white baking chocolate, chopped
- 1 teaspoon vanilla extract
- 1/4 teaspoon nutmeg powder
- 4 6-inch cinnamon sticks

Warm 2 cups of the milk, honey, cardamom, and baking chocolate in a saucepan until chocolate is melted. Add remaining milk and heat until warm. Stir in vanilla. Pour into cups, sprinkle with nutmeg and add cinnamon stick stirrers. Substitute almond extract (or another flavoring, like peppermint extract) for the vanilla if you prefer. At a toddler's tuck-in time, serve without the chocolate to induce slumber. Makes about 4 servings.

## Networking Luncheons for Vermont Healers

By Jason Pugliese,  
Vermont Healers

The Vermont Healers Networking Luncheons are free monthly events for service professionals and small business owners to connect and grow their businesses together. The events began in Montpelier in October of 2010 and came from a request from our members to create a regular meeting platform for networking, community, and professional development.

Due to their success and popularity, we're excited to announce that they are expanding into Burlington in January! The first three luncheons of 2011 will be held in City Market's Community Room. Bring a bag lunch, marketing materials, and a friend! Each event includes an opportunity to network with peers, followed by a business development workshop.

### Topics for the first three luncheons in Burlington will be:

- January 20th – Define Your Purpose, Mission, and Vision
- February 17th – How to Create a Marketing and Promotional Plan for Your Business
- March 17th – Components of a High Impact Website

These events are unlike any other networking or business development events you've attended. Each workshop begins with a guided meditation or visualization exercise related to the specific workshop topic. Then, there will be discussion and exercises based on the topic. For more information about these luncheons, please visit [www.mindfulbusinessdevelopment.com](http://www.mindfulbusinessdevelopment.com), select "Programs and Workshops" from the top menu bar and choose "Vermont Healers Networking Luncheons." The Luncheons are co-sponsored by Vermont Healers ([www.vermonthealers.org](http://www.vermonthealers.org)) and Mindful Business Development.

We look forward to seeing existing members and meeting those interested in membership as we learn about business practices, exchange resources, and inform each other about our ventures.

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

**SATURDAY**  
January 29, 2011

**HIGHER GROUND BALLROOM**  
South Burlington, VT

**TICKETS**  
\$25 in advance  
\$30 day of show

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

**LIVE HOSTS**  
Lesli Blount and Craig Mitchell

PRESENTED BY:

**City Market**  
Union River Co-op

**KeyBank**

**BOYS & GIRLS CLUB OF BURLINGTON**

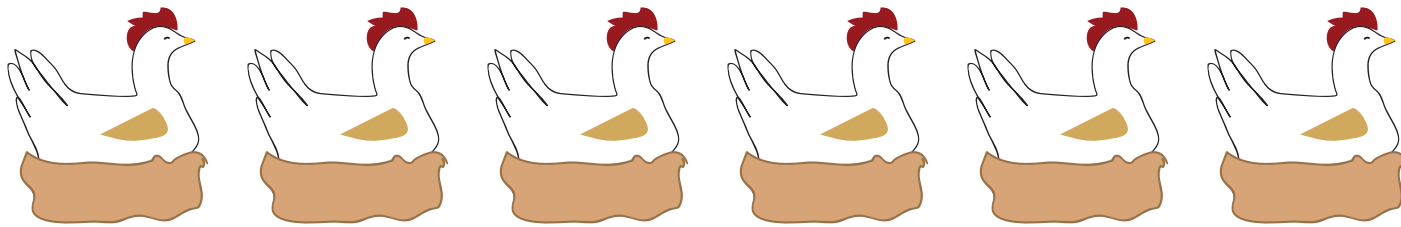
**Community**  
connections

**VERMONT COMMUNITY**  
acupuncture

Julie Suarez Cormier, Licensed Acupuncturist, opened Vermont Community Acupuncture at 2 Church Street in Burlington in August 2010. Her clinic offers sliding scale fees of \$20 - \$40 per treatment, with an additional \$10 paperwork fee at the initial visit. Each patient decides how much s/he can afford to pay within the fee scale at each session. Fees are kept low by offering treatments to multiple patients simultaneously. There are 4 treatment tables separated by low dividing walls in one large room. The majority of acupuncture points used are located below the elbows and knees, as well as on the ears or head, allowing patients to be treated in their street clothes. In addition to acupuncture, Julie prescribes Chinese herbal medicine and employs the use of adjunctive techniques such as electroacupuncture, cupping, and gua sha in her practice.

Julie received her Master of Acupuncture and Oriental Medicine degree from the New England School of Acupuncture in 2001. Prior to that she attended Carnegie Mellon University in Pittsburgh, PA, where she received her B.S. in Biological Sciences with concentrations in Developmental Biology and Genetics. Julie grew up in Plainfield, Vermont, and recently returned to live here after spending nearly 10 years in New York City. She practiced acupuncture as a partner at Acupuncture on Park, LLP, in Manhattan, and later at her own private clinic there. She opened NYC's first community acupuncture clinic in Astoria, Queens in 2007. Julie is very excited to bring affordable acupuncture back to her home state. For more information, please visit [www.vtcommunityacupuncture.org](http://www.vtcommunityacupuncture.org).

Throughout the month of January, City Market members can enter to win two free sessions from Vermont Community Acupuncture. Stop by Customer Service to enter today!



## How Would You Like Your Eggs? A Sunnyside Up Look at City Market's Egg Case

By Meg Klepack,  
Local Food Coordinator

City Market's egg shelf has no less than 9 different options! If you lined up those 9 brown eggs next to one another, you couldn't tell the difference between them just by looking. Not only does one brown egg look like the next, but we also only carry eggs from Vermont and New Hampshire, so even "local," while a wonderful characteristic that we're proud to offer, isn't very helpful in making a choice of which carton to purchase.

When making egg choices, then, it's helpful to know a bit about the farms where the eggs came from and how those laying hens are raised. We've added new signs in our egg case that help sort out these choices but here's the bigger story beyond the few words we can fit on a shelf tag.

### Chicken Health?

All the eggs that City Market carries are antibiotic and hormone free. Federal regulations prohibit the use of hormones (that might be used to enhance growth) when raising poultry. While some industrial agricultural systems feed antibiotics to their animals on a routine basis to encourage growth and prevent illness, all of our producers reported to us they also don't use antibiotics. Occasionally one of our non-certified organic farmers will use antibiotics to treat a sick bird, but those occurrences are extremely limited. Even one of our largest egg producers, Maple Meadows, hasn't used any antibiotics in years, keeping chickens healthy using preventive practices such as ordering chicks from a trusted hatchery and keeping the hen houses clean.

### Living Conditions?

Our producers either house their birds indoors in big barns or outside in chicken coops or chicken "tractors."

If the chickens are living indoors, they may be confined to cages or they may be roaming around on the floor of the building

(the buzz word here is "cage free" eggs). Some producers raise chickens indoors but allow them to go outside (if you ever see "free-range" on an egg carton, this is what they're referring to).

Many of our small scale local producers choose to house their chickens outside in chicken coops or chicken "tractors." The farmer will often rotate the birds from pasture to pasture, providing a fresh patch of grass and bugs for the chickens to forage on while also spreading their fertile manure to enrich the soil on different parts of the farm. During the winter time, these pastured chickens are often moved into hoop houses. These hoop houses grow tomatoes during the summer months, so the chickens help to clean out any remaining vegetation and fertilize the soil for the next planting season. The word to look for on these egg signs is "pastured."

### Feed?

Chickens, even those running around outside eating bugs and worms, are fed a mixture of grains (mostly soybeans and corn) along with various vitamins and minerals.

Organic producers are required to feed their chickens organic grain, grown without the use of herbicides and fungicides from non-genetically modified seed.

Conventional producers feed their chickens conventional grain. Conventional grain has undergone big changes in the past few decades with the advent of genetic engineering. As of May 2010, 91% of the soybeans and 85% of the corn grown in the U.S. were genetically modified. Producers unfortunately don't have information about whether they're buying a genetically modified grain, so it's likely that 9 times out of 10 they're feeding their chickens genetically modified feed, if they're choosing conventional.

A few years ago the price of organic grain sky rocketed. Several local growers who were producing certified organic eggs dropped their certification to raise their birds using organic housing methods while substituting in conventional feed. This change meant they could

sell their eggs for \$4-5 per dozen rather than \$6 per dozen the certified organic growers were now forced to charge.

### Certified Organic?

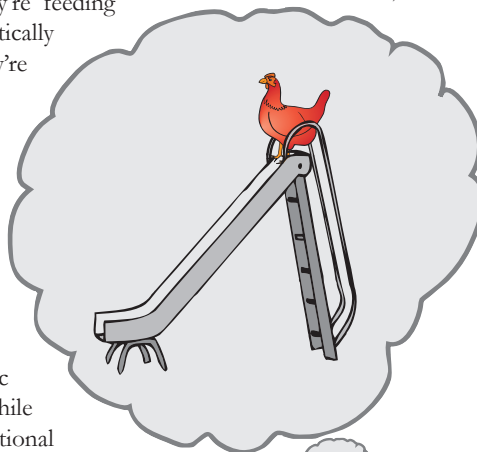
For an egg to be certified organic, the chicken must be fed organic feed, containing no GMOs and grown without the use of synthetic fertilizers and pesticides. Housing must allow the bird access to the outdoors, shade, shelter, exercise areas, fresh air and direct sunlight year round. Farmers are required to keep extensive records of their management practices, and an inspector visits the farm each year to verify the farm is meeting organic standards.

The organic standards always impress me with their thorough attention to detail and egg standards turn out to be no exception. I won't go into them all here (you can read them online at [nofavt.org](http://nofavt.org)), but here are a few interesting examples: Chicken bedding must be certified organic. Chicken coops and fencing may not be built with pressure treated lumber (which contains arsenic). Eggs, due to their permeable nature, can only be cleaned using a select few egg washes. Farms with erosion problems must demonstrate that they are making efforts to address the erosion in order to maintain their certification.

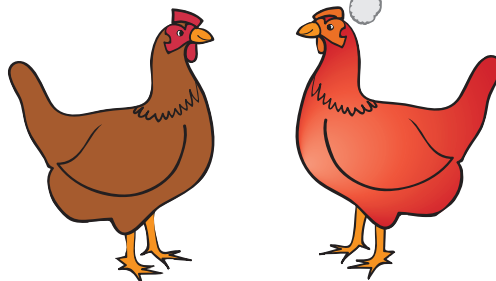
### Further Questions?

If you have any further questions about City Market's eggs, please feel free, as always, to ask one of our staff (or you can reach me directly at 861-9753 or [mklepack@citymarket.coop](mailto:mklepack@citymarket.coop)).

Given the complicated and nuanced matters of the chicken and the egg, I think it's only appropriate to end with a light hearted joke.



*Why did the chicken cross the playground?*



*To get to the other slide!*



## Where are those Bordeaux?

By Alison Miner,  
Beer & Wine Buyer

In November's Onion Skin, we mentioned five red Bordeaux wines that were set to arrive that month. Due to the unpredictable nature of beer and wine availability, we were never shipped those great value Bordeaux wines.

The good news for the new year: they finally arrived and we will be offering them at the same great sale prices. Look for them to trickle in throughout January. They have good aging potential, so these 2009 wines didn't suffer from a little more time in the bottle!

Here's what we featured in November's Onion Skin:

- Château La Roche-Pressac Castillon Côtes de Bordeaux 2009 is soft and earthy with a harmonious balance of fruity and leathery nuances. Though still young, it has a mature personality. Regularly \$16.99, La Roche-Pressac will be on sale for \$9.99 and we think it will disappear fast!

- Château Haut Lailion Bordeaux 2009 has warm blackberry and cassis aromas with exotic black fruit flavors and a long lingering finish. Château Haut Lailion is on sale for only \$8.99 and shows a \$7 savings! These two and their 2009 Bordeaux counterparts may be in limited supply so get them while you can! They are expected to age well.



## Baked Potato Soup with Bacon

**Ingredients (Makes 4-6 servings. Prep time: 45 minutes.)**

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| 4 russet potatoes, baked until tender | 1 teaspoon dried basil               |
| 6 strips bacon                        | ¼ teaspoon smoked paprika            |
| 1 ½ tablespoons oil or butter         | 4 green onions, diced                |
| 1 small yellow onion, diced           | 2 ounces hot pepper cheese, shredded |
| 2 garlic cloves, minced               | 2 ounces cheddar cheese, shredded    |
| ¼ cup flour                           | 1 cup milk                           |
| 3 cups chicken broth                  | Salt and pepper to taste             |
| 1 teaspoon dried thyme                |                                      |

### Preparation

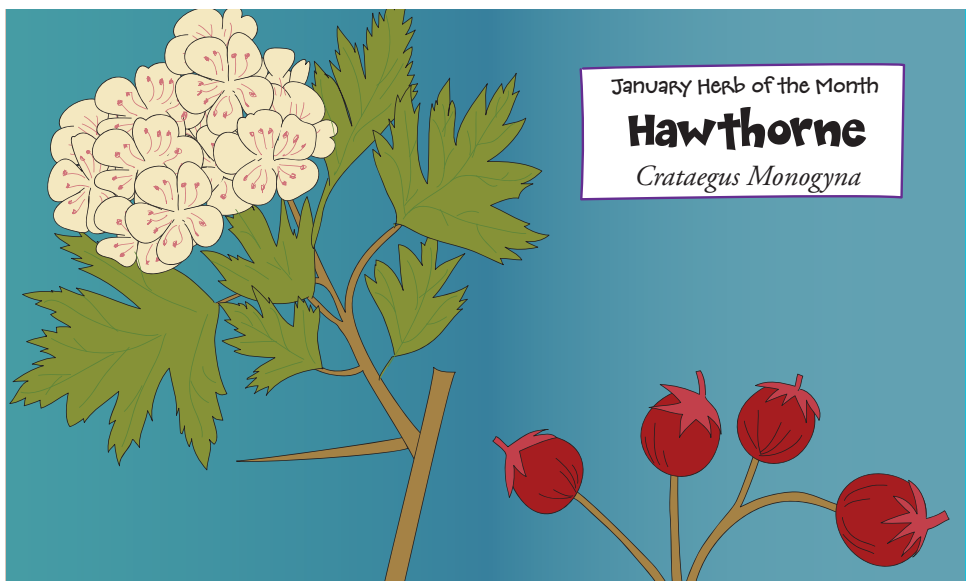
In a large skillet, cook bacon until browned and crisp. Drain, let cool, and chop or crumble and set aside. Cut the baked potatoes in half lengthwise and then in half again. Gently scoop out the potato while reserving the skins for later.

In a stockpot, heat the oil or butter over medium heat. Add the yellow onion and garlic and cook for about 10 minutes until the onions are soft and translucent. Stir in the flour and gradually add the chicken broth. Bring to a boil and add the potatoes, thyme, basil, and smoked paprika. Cook for 5 to 10 more minutes and then turn off the heat. Add the green onions, cheeses, milk, and bacon. Stir until the cheese is melted. Season with salt and pepper and garnish with extra cheese or bacon.

If desired, place the potato skins on a sheet pan. Sprinkle with salt, pepper, and smoked paprika and top each with a thin pat of butter. Place the sheet pan under the broiler for a few minutes until skins are crisp. Serve as a garnish with the soup.

Vegetarian option: substitute vegetable broth for chicken broth, omit the bacon, and use smoked cheddar cheese. Garnish with bac'un bits when serving.

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January Herb of the Month  
**Hawthorne**  
*Crataegus Monogyna*

## Hawthorne *Crataegus monogyna*

January Herb of the Month

By *Cristi Nunziata*,  
Herbal Education Coordinator

Heart disease is the number one killer in the United States. In addition to exercising and eating well, people may use herbs to support their cardiovascular health. One of the most popular remedies for heart health is Hawthorne, which has a long history of use for this purpose.

Native to Europe, Hawthorne is a small tree with white flowers that turn to bright red berries. The flowers, leaves, and berries are used medicinally. Hawthorne has been used as a healing herb since the Middle Ages and has a history of use in symbolizing fertility in Mayday and wedding celebrations.

Anne McIntyre is a Fellow of the National Institute of Medicinal Herbalists, a member of the Ayurvedic Practitioners' Association, the current President of the Herb Society, and has been practicing herbal medicine for over 25 years. According to Ms. McIntyre, "Hawthorne is veritably the best remedy for the heart and circulation. The flowers, leaves and berries all act as a wonderful heart tonic and have a vasodilatory effect, opening the arteries and thus improving blood supply to all tissues." Hawthorne may be used for palpitations and arrhythmias and to balance blood pressure and cholesterol. If you are currently taking medications for cardiovascular disease, seek advice from your health care provider before taking Hawthorne.

In addition to being an excellent remedy for the heart function, this rose family plant may also help to heal a broken heart. The flower essence is for just that. It is also said to open the heart chakra and may be used when there is trouble giving or receiving love.

Hawthorne isn't only for the heart. Hawthorne is high in vitamin C and is a potent antioxidant. The berries are astringent and may be used for diarrhea and to relax the stomach. It is also diuretic, which is helpful for water retention. Hawthorne also has a relaxing effect on the nervous system, which makes it helpful for anxiety, restlessness, and insomnia. Typically, it may be used as a gargle for sore throats or a lotion for blotchy rosaceous skin.

Hawthorne is available in capsule or tincture form in the Wellness department at City Market. You can also find the dried berries in the Bulk Medicinal Herbs section, where it is on sale all month.

### To make tea with Hawthorne berries:

Simmer 1-2 tsp. of dried berries in 8 oz. of water for 10 to 15 minutes.

### References:

Gladstar, Rosemary. Rosemary Gladstar's Family Herbal. North Adams: Story Book Pub, 2001. Print.

McIntyre, Anne. The Complete Floral Healer. New York: Sterling Publishing Co., 2007. Print.

Kuhn, Merrily A. and David Winston. Herbal Therapy and Supplements. Philadelphia: Lippincott, Williams, and Wilkens, 2008. Print.

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# January Class Listings

## Topical Uses of Herbs

January 8, 12:00-1:00 p.m.

Join Herbal Education Coordinator, Cristi Nunziata, in exploring ways to use herbs topically for relaxation, warmth, bronchial congestion, and to ease aches and pains. Participants will learn about using herbs in compresses, steams, baths and foot baths.

## Indoor Garden Workshop Series- Sunflower Greens

January 16, 1:00-2:00 p.m.

\$10 Materials Fee (payable at the class)

Missing fresh local greens already? Peter Burke, indoor gardening guru, will present simple steps for sprouting sunflowers and great variety of other salad greens. This workshop will focus on growing sunflower greens - big crunchy greens great for salads or wraps. Whether you live in an apartment or have a big homestead kitchen, Peter will show us how to grow the bulk of our salad greens all winter long. The \$10 materials fee covers your own tray of greens to take home!

## Free Herbal Clinic

January 17, 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. Please sign up at the Customer Service Desk.

## Moroccan Dinner

January 18, 5:45-7:15 p.m.

At Burlington's Sustainability Academy (at Lawrence Barnes), 123 North Street

Learn how to make a delicious Moroccan dinner with a fresh grated salad, vegetable tagine, couscous, yogurt, and dessert. Tagine is a Moroccan stew that can be made with a variety of vegetables - sure to become a family favorite.

## Gluten-Free Series Class Five:

Main Course Recipes

January 19, 5:30-7:00 p.m.

At Burlington's Lyman C. Hunt Middle School, 1364 North Avenue

This is class five in a six month series to provide education for gluten-free individuals and a forum for discussion. Each week, participants will have the opportunity to submit a recipe for the following class. Then, together we will make and sample one or more of the recipes. All recipes will be compiled into a gluten-free cookbook. In Class 5, we will make and sample a main course recipe and participants may submit their gluten-free dessert recipes for the last class.

## Vermont Healers Networking Lunch: Define Your Purpose, Mission and Vision

January 20, 11:30 a.m.-1:00 p.m.

Are you a service professional looking to connect, learn, and grow with your business with peers? For January, February and March 2011, Vermont Healers will be holding their networking luncheons on the third Thursday of the month from 11:30 am to 1 pm in City Market's Community Room. Bring a bag lunch, marketing materials, and a friend! Contact Jason at (802) 225-5960 to sign up or visit [www.vermonthealers.org](http://www.vermonthealers.org) for more information.

## Free Film Night: "First Flower"

January 20, 5:30-7:30 p.m.

"First Flower" investigates the discovery of a Chinese fossil, Archaeofructus, which scientists believe to be earliest flower found on Earth. The film takes viewers deep into the lush wilds of China to view a spectacular landscape where several of the world's most beloved flowers originated.

## Free Acupuncture Clinic

January 22, 11:00 a.m.-1:00 p.m.

Julie Suarez Cormier, Lic.Ac., of Vermont Community Acupuncture will be offering introductory acupuncture sessions to City Market customers. By appointment. Please sign up at Customer Service.

## Soup & Homemade Bread

January 25, 5:45-7:15 p.m.

At Burlington's Integrated Arts Academy (at H.O. Wheeler), 6 Archibald Street

Winter is upon us, and nothing spells comfort like homemade soup and bread. Make a hearty batch of soup and homemade bread to take the chill off the season.

## Indoor Garden Workshop Series- Pea Shoots

January 30, 1:00-2:00 p.m.

\$10 Materials Fee (payable at the class)

Missing fresh local greens? Peter Burke, indoor gardening guru, will present simple steps for sprouting pea shoots with methods that can be used to grow a great variety of other salad greens. Ready to harvest in just 7 days pea shoots are versatile, good for fresh salads and to cook in a stir fry! Whether you live in an apartment or have a big homestead kitchen, Peter will show us how to grow the bulk of our salad greens all winter long. The \$10 materials fee covers your own tray of greens to take home!

## Eating Well on a Budget Throughout the Month

Schedule a tour of the store with Caroline Homan, City Market's Food Education Coordinator by contacting her at 861-9731, or [choman@citymarket.coop](mailto:choman@citymarket.coop). These individualized tours will include a discussion of topics specific to your dietary needs (gluten-free, vegetarian, low sodium, etc.), use of City Market's Bulk Department, and products throughout the store.

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

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

# January Product Sampling

January 2

Rockville Market Farm's EGGS  
11:00 a.m. - 2:00 p.m.

January 7

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

Bread and Butter Farm  
4:00 - 7:00 p.m.

January 8

TRUE NORTH GRANOLA (BRATTLEBORO, VT)  
1:00 - 4:00 p.m.

January 10

Local BLACK BEANS  
4:00 - 7:00 p.m.

January 11

Brad's Raw Chips  
4:00 - 7:00 p.m.

January 13

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

January 14

Republic of Tea  
10:00 a.m. - 1:00 p.m.

January 15

Earth Balance Soy Milk  
11:00 a.m. - 2:00 p.m.

January 16

Vermont Bean Crafters  
12 noon - 3:00 p.m.

January 17

Food Should Taste Good  
3:00 - 7:00 p.m.

January 18

Local YELLOW EYE BEANS  
4:00 - 7:00 p.m.

January 21

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

January 26

Local SOLDIER BEANS  
4:00 - 7:00 p.m.

January 31

Local JACOB'S CATTLE BEANS  
4:00 - 7:00 p.m.



## Local Dessert Baking Competition to Profess Your Love for Local Food.

February 12-20

Attention bakers! What treats can you concoct using only local ingredients (and a few leavening and spicy exceptions)?

Stay tuned for details at [citymarket.coop](http://citymarket.coop)!

**CALLING ALL Artists**



Every month, City Market features a member artist in our Café Gallery. Interested in showing your work? Contact Leila Cosgrove at [lcogrove@citymarket.coop](mailto:lcogrove@citymarket.coop).