

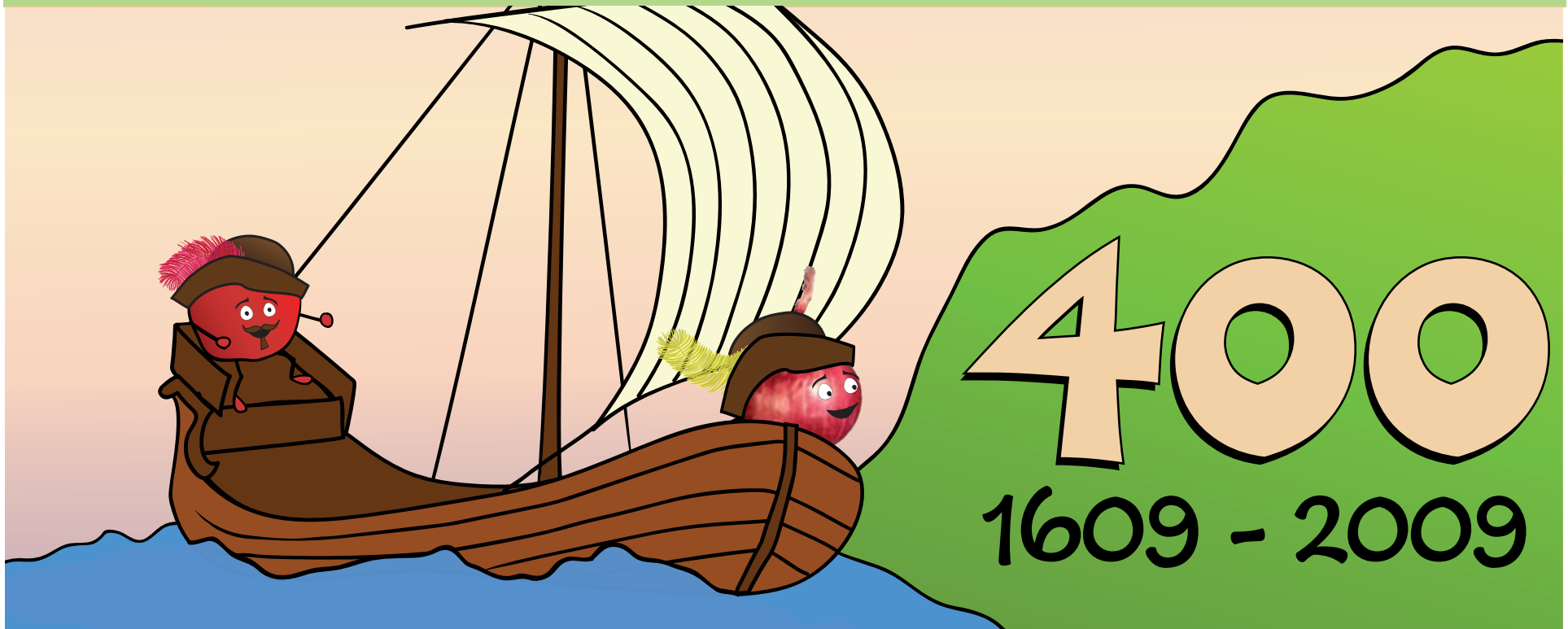


# The Onion Skin

Sharing news from the Co-op & the Community



July 2009



## Burlington Prepares to Celebrate The Quadricentennial and The International Waterfront Festival

By Nicole L'Huillier Fenton,  
Marketing Manager

Burlington has been buzzing with energy and excitement surrounding the International Waterfront Festival as part of the Quadricentennial Celebration happening this summer July 2 – 14. The celebration will honor the 400th anniversary of Samuel de Champlain's exploration of the lake that bears his name. Burlington intends to host an unforgettable thirteen-day extravaganza with music, comedy, film, theater, writers, dancers, food, discussion, and so much more.

City Market is proud to sponsor the five day Taste of Champlain Food Festival that presents a variety of tasting and dining experiences that combine American, Native American, and French cultures. Several of the events are ticketed but many are free and open for all visitors to enjoy.

The Vermont-France Terroir Exchange: Workshops & Tastings on July 8 will include seminars, tastings, and discussions with French and Vermont experts on the origins of

products. That evening will commence with a Tasting Event at the Firehouse Gallery that will explore unique pairings of outstanding French and Vermont cheeses, wines and delicious seasonal tapas. Tickets which can be purchased at City Market are \$50.

Another Food Festival event that might be easier on the wallet is the Community Dinners for \$35 held at Magnolia's Bistro. Two dinners featuring cuisine from Franco-American and Native-American will be combined with music and education as to the origins of the food. There are two seatings for each meal at 5:30 and 7:30 p.m.

On Saturday, July 11 a mammoth parade and day-long celebration will culminate in a stunning pageant and international fireworks spectacular. From 8:30 a.m. to 2:00 p.m., the Taste of Champlain will partner with the Burlington Farmers' Market for the City Market Specialty Food Fair showcasing fresh gourmet foods from honey and cheese to rare specialties. A Strawberry Festival will also be on tap that day with over 1500 strawberry shortcakes planned as well as strawberries dipped in Lake

Champlain Chocolate. The proceeds from the Strawberry Festival will benefit Burlington City Arts' Education and Scholarship Program.

The Family Day at the Intervale on Sunday, July 12 is a free event that will include a tour of the Intervale's Abenaki Traditional Garden, a "wheat to bread" workshop and freshly baked flatbreads from American Flatbread.

The Taste of Champlain Food Festival is just one component of the larger Quadricentennial celebrations but it's an opportunity for locals and visitors to experience the very best of Vermont growers, guest French and Quebec chefs and culinary experts for an unparalleled cross-cultural experience. We hope that you'll join in the fun. For a complete list of events, go to [www.CelebrateChamplain.org](http://www.CelebrateChamplain.org). A variety of shows, performances and food event tickets are on sale at the Customer Service desk. Stop by and purchase your tickets today. Festival questions can also be answered by calling the Waterfront Festival office at 802-264-0766 or stopping by the store and office at 90 Church Street.



**Co-op Board  
of Directors  
Elections—  
We Need You!**

City Market/Onion River Co-op Board of Directors elections will be held in October. There will be three open seats on the Board this year. Board terms begin in January and run for three years. Think you might have what it takes to help set policy for the Co-op? Keep an eye out for further details in future issues of the Onion Skin as to how to apply and when! Go Co-op!

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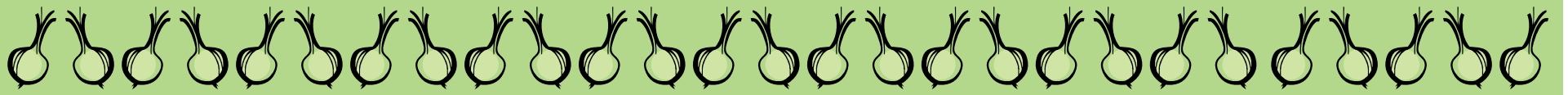
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## 1st Anniversary Review of Food for ALL Program

By Clem Nilan,  
General Manager

Note on the Program: The Food for All program began in May of 2008. The Onion River Co-op (ORC) gives a 10% discount to any member (regardless of ability to pay for membership) if the member is disabled, participates in the WIC or 3SquaresVT Program (formerly Food Stamps) and applies for the Food for All program.

The Food for All program started from a brainstorming session. Last year at this time our Community Outreach Coordinator was inundated by requests for donations. The requests were from every type of group imaginable, softball teams, Girl Scouts, church groups and community activists. We needed a focus in a big way.

Our first step was to look at the Co-op's goals. Our Global Ends policy states that ORC

will be central to a thriving healthy community. We asked ourselves the question, what's the biggest block to this?

The answer was right in front of our noses. In Burlington, Vermont, in a city anointed this year as the healthiest in the United States, has many hungry children living in poverty.

The Campaign to End Childhood Hunger reports that in Vermont approximately 26,000 households and over 70,600 individuals, including 20,400 children, are hungry or "food insecure." (Food insecurity is defined as a condition in which a family or an individual is unable to obtain enough safe and nutritious food from socially acceptable sources in order to lead an active and healthy life.) One in five children in Burlington is food insecure. In the Old North End, the number is two out of five.

Even when enough food is available, Rob Meehan the Director of Chittenden Emergency Food Shelf reports that too many Vermonters live on a white diet, a carbohydrate rich diet of poor quality which lacks nutrients important for growth and good health. A good trend is that there are more Vermont students receiving school meals, but there still are currently 5,600 children in Vermont who do not have access to breakfast or lunch at school.

We're told by the experts that children living with even occasional hunger have more health problems and do not do as well in school. For children living with food insecurity on a

regular basis, the effects can be devastating: stunted growth, cognitive dysfunction, increased aggression, and frequent infections. Hunger robs a child of the chance to reach his or her fullest potential.

Poverty is the strongest predictor of hunger and food insecurity. Lack of affordable housing, low wages, high unemployment, a decrease in the number of local, affordable grocery stores, and lack of public transportation all contribute to hunger and food insecurity in Vermont.

We decided to attack the problem of childhood hunger directly with the Food for All program. The program is very simple. Become a member of the Co-op either by paying \$15 or requesting a hardship waiver and apply for Food for All by showing proof of a disability, receiving WIC or Food Stamps (recently renamed the 3SquaresVT Program).

Food for All recipients receive 10% off their purchases (except for wine and beer) when they swipe their membership card.

How is the program doing? In the last year ORC delivered \$54,700 in discounts through the Food for All program. This directly benefited the nutrition food-insecure families in our community. By stretching purchasing power we helped alleviate childhood hunger. The program has brought over 500 new members into the Co-op, many who previously thought the Co-op was too expensive.

### 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.

locally and seasonally in the Champlain Valley; and trust me; no one will go away hungry.

One of our first stops, Shelburne Farms, is a nonprofit environmental education center and National Historic Landmark. The 400 acre farm was created as a model agricultural estate in 1886 by William Seward and Lila Vanderbilt Webb. While Tour de Farm's cyclists navigate dirt pathways of the farm, grass pastures will be dotted with purebred, Brown Swiss cows. Their milk is then transformed into the award-winning Certified Humane Shelburne Farms cheddar cheese. Groups will meet the cheese makers of Shelburne Farms while tasting their well known delicacies.

After enjoying lunch, prepared with farm fresh ingredients, we'll make one last stop at O Bread before heading to our next destination. O Bread, a family-owned and operated bakery at Shelburne Farms, has been a part of the community for over 25 years. They offer European-style breads, made with organic whole grain flours milled and baked onsite in a hearth oven. They supply world-class breads to stores, restaurants, and individuals around Vermont and the country. Taste your way through Shelburne Farms and on to the next stop, New Village Farm.

The most recent addition to Shelburne's innovative farm-scene is the New Village Farm. Michaela Ryan, farm operator, is transitioning the land to biodynamics, which she believes to be the best possible method of farming. While committed to the management of these animals, she also shares her experience with children. Ryan offers multiple summer programs that connect our youth to the healthiest places on earth: farms and forests.

Here, Tour de Farm bicyclists will learn about the complex techniques behind biodynamic farming.

Last stop before a scrumptious dinner celebration at Shelburne Orchards is the Vineyard. Shelburne Vineyards planted their first vines in 1998 and the first harvest was in the fall of 2000. They have maintained organic certification by NOFA-VT and their new winery, which opened in 2007, contains state of the art equipment. Experience tasteful wines with owners Ken and Gale Albert and then continue on to the Orchard.

Nick Cowles, proud owner of Shelburne Orchards, will be hosting the Tour de Farm localvore dinner on his 80 acre farm. The orchard has been in the family since the 1950's and ten of those acres were certified organic in 1990. The euphoric landscape of this orchard will be the site of our dinner, which will be sourced entirely from the visited farms. Each of the 40 participants will be given the chance to invite a guest to the dinner.

Once again, the Tour de Farm bike tour will be held on Saturday, July 18th. This will be a full day worth of activity, and biking experience is recommended. Pre-registration through Tour de Farm coordinator is required. The tour is open to Co-op Members on a first-come, first-serve basis, and space is limited to 40 participants who can sign up by contacting Courtney Lang directly at 802-861-9753. All details and requirements will be given upon registration. Register early for this tour as our previous farm tours booked quickly. This tour is entirely free except for lunch at Shelburne Farms.

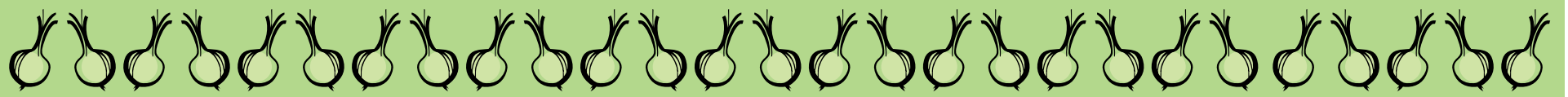


By Courtney Lang,  
Product Demonstration Coordinator

This month City Market Co-op Members are invited to register for an agricultural exploration of Shelburne, all by bicycle—called Tour de Farm! The ten-mile bike & farm tour is scheduled, rain or shine, for Saturday, July 18. Four groups of ten cyclists will navigate dirt and paved roads, making stops at O Bread, Shelburne Farms Cheese, New Village Farm, Shelburne Vineyards, and Shelburne Orchards. The guided tour will give riders a glimpse of Shelburne's landscape while creating connections to the food that is grown

**Join us!**

The next Board meeting is  
**6 P.M. to 9 P.M.**  
**July 27, 2009**  
 in the  
**City Market Conference Room.**



## City Market Customers Donate over 500 Lbs of Food for Local Food Shelf

By Nicole L'Huillier Fenton,  
Marketing Manager

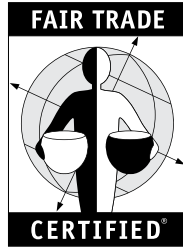
City Market customers helped to donate 530lbs of food to the Chittenden Emergency Food Shelf at the first of three Fill a Truck for Hunger food drives. The Vermont Foodbank was on hand at the Co-op to collect food from 1:00 to 6:00 p.m. on Monday, June 1. A variety of non-perishable food items were collected and donated to the Chittenden Emergency Food Shelf.

“While we don’t often think of summer as a time of high food insecurity, as children recess for the summer, many families are left scrambling to fill the void left when school meals are no longer available,” said John Sayles, Vermont Foodbank CEO. “Hunger knows no season, so programs like Grow an Extra-Row and the City Market Fill a Truck offer much needed assistance for Vermonters in need of food.”

Rachel Moss, Development and Communications Director at the Chittenden Emergency Food Shelf, says that in the past year, they have seen over 1,000 new people needing food assistance services. And unfortunately, due to the economic crisis, their donations are down across the board. The Food Shelf works to alleviate hunger by feeding people and cultivating opportunities. As the largest direct service emergency food provider in Vermont, CEFS serves over 11,300 people each year.

City Market and the Vermont Foodbank plan to hold two more Fill a Truck for Hunger events on August 5 and October 1. More details can be found at [www.CityMarket.coop](http://www.CityMarket.coop).

Non-perishable food items that are most needed: tuna fish, peanut butter, cereal, meals in a box (mac & cheese, hamburger helper, etc.), canned fruit, canned vegetables, pet food, diapers, and baby food.



## Burlington Fair Trade Town Resolution

By Courtney Lang,  
Product Demonstration Coordinator

The Fair Trade Town initiative, which began nationwide in 2006, was formed by Fair Trade supporters from a range of constituencies that were inspired by the success of a similar campaign in Europe. Groups have been coming together ever since to pass Fair Trade resolutions in their cities, raise awareness and declare communities as Fair Trade municipalities. Burlington’s own Fair Trade Town Committee marked its first move in February 2009 and credits Brattleboro, Vermont, which was the second Fair Trade Town in the United States, for its model and insight.

The Committee will present its resolution to council members on July 13, at 7:00 p.m. in City Hall, Room 20 and we ask for your help by attending the meeting. The Resolution declares the City of Burlington a “Fair Trade Town” and supports the consumption of Fair Trade and local goods. The general message of our proclamation stands within the Committee’s motto, “Buy Fair Buy Local”, stressing that the consumers hold power within their dollar. If you would like more information on Burlington’s Fair Trade Town Committee and Resolution contact committee member Courtney Lang at 802-861-9753. You can also view the resolution and sign a petition at City Market, showing your support on: July 2, 11:00 a.m. – 1:00 p.m. July 3, 5:00 – 7:00 p.m. July 10, 11:00 – 1:00 p.m.

## Soymilk Alert

By Caroline Homan,  
Food Education Coordinator

Your soymilk may not be what you think it is. A report released last month by the Cornucopia Institute concludes that the leading soymilk on the market, the Silk brand, has outsourced its soybeans to China since being acquired by Dean Foods and quietly dropped its organic label while keeping the same price point. Silk soymilk, sold in the refrigerated case, has seen a steady gain in sales at City Market that is mirrored in the rest of the country, compared to sales of shelf-stable soymilk sold in the rectangular tetra packs.

Consumers buying soymilk for environmental or personal health values may be surprised to discover that their soymilk originates in China. Chinese soybeans are now widely being imported throughout the soy industry for so-called “natural” soy products sold in the U.S. Even more alarming, most conventional soybeans headed into soy products like protein bars, frozen dinners,

soybean oil, and even infant formula start out with a hexane bath to separate the different components of the bean for different purposes. Hexane is a chemical produced as a byproduct of gasoline refining that has been labeled a neurotoxin and environmental pollutant.

Fortunately, there are some alternatives. Vermont Soy Company offers great-tasting local and organic soymilk in the refrigerated case. Organic Valley, a cooperative of family farms, also offers organic soymilk. Over in the grocery aisle, you’ll find some new products springing up: check out hemp milk from two different suppliers, and new oat milk and hazelnut milk from Pacific Foods. For those who are eschewing dairy, it makes sense to read labels and choose organic and local when possible.

To read the whole report from the Cornucopia Institute, go to [www.cornucopia.org](http://www.cornucopia.org) and click on “Soy Report and Scorecard.”



## Community Outreach Partner: Grow Team ONE

By Christine Parlia,  
Community Outreach Coordinator

Grow Team ONE is a grassroots community organization that aims to increase garden access and food security in Burlington’s Old North End.

Grow Team ONE established the Archibald Neighborhood Garden in 2007. Located at the intersection of Archibald and Walnut streets, across from H.O. Wheeler School, the garden has 19 plots, 30 gardeners and a team of mentors who hold gardening and wellness workshops at the site.

Space for the garden has been provided by the Visiting Nurse Association of Chittenden & Grand Isle Counties and Intervale Compost Products donated all the raised-bed mix. The independently run garden is sponsored by Burlington Parks & Recreation Department and receives guidance from Friends of Burlington Gardens.

Grow Team ONE, in partnership with Burlington Housing Authority, is currently planning a second garden behind the BHA property on Riverside Avenue. The Riverside Neighborhood Garden will be open to community members in 2010. Six demonstration plots will be established this year for outreach and garden education.

City Market Member Workers can earn hours at both garden sites by helping with general garden upkeep, hosting workshops, assisting with events, providing administrative assistance, and coordinating special projects, such as garden tool donation drives.

For more information, check out the Member Worker Binder at the City Market Customer Service desk, contact Jess Hyman at [growteam@yahoo.com](mailto:growteam@yahoo.com) or 598-3139, or visit [www.growteamvt.com](http://www.growteamvt.com).

## Community Sailing Center

The Community Sailing Center is a local nonprofit dedicated to encouraging and celebrating the responsible use and long term stewardship of Lake Champlain by fostering educational and recreational opportunities for all members of our community. The freedom experienced through wind and human powered boating on Lake Champlain is an unmatched experience and the Community Sailing Center (CSC) exists to extend the possibility of that experience to everyone.

Youth camps, adult instruction and clinics, sailboat/kayak rentals and storage provide the opportunity for recreation. CSC works with a number of community organizations to give all children and adults access to experiences that will help them lead healthy, caring, responsible and productive lives. The Community Sailing Center’s new experiential learning initiative - WAVES, informs youth and adults alike about the exciting ecosystems of the Lake Champlain through interactive science lessons and recreation. This type of hands-on learning and on-the-water activity will engage and empower people to become future stewards of Lake Champlain. Everyone who participates in a Community Sailing Center program is taught valuable life lessons that help instill a sense of ownership in Vermont’s most valuable natural resource — Lake Champlain. For more information please visit: [www.communitysailingcenter.org](http://www.communitysailingcenter.org).

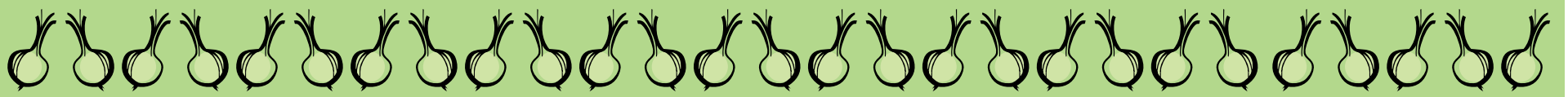
Throughout the month of July, City Market members can enter to win a \$25 gift certificate to the Community Sailing Center. Stop by Customer Service to enter today!

**MY Fun Friends Family Community...**

**SIGN UP NOW FOR A FAMILY MEMBERSHIP AT THE GREATER BURLINGTON YMCA & ENJOY ADDITIONAL DISCOUNTS ON ALL Y PROGRAMS. FOR A LITTLE AS \$259, YOU'LL RECEIVE A MEMBERSHIP UNTIL AUGUST 31, 2009 ...A SAVINGS OF OVER \$150!**

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## Customer Comments:

Dear City Market,

The Delivery Program is a vital resource and one of the many fantastic features of the store. I was in an accident and couldn't leave the house. Thank you. Thank you for delivery my groceries.

Anonymous

Dear Anonymous,

Thank you for your comment and we hope you are recovering well! Our Delivery Program at City Market is used by resident in and around Burlington. It's really easy to use, just call our Delivery driver, Greg at 802-999-4176, he'll take your order, shop for you and deliver the groceries to your door!

Dear City Market,

I took the kitchen garden class. Great class. Thank you!

Anonymous

Dear Anonymous,

Thank you for your comment. The Kitchen Gardening series has been hugely popular! The classes will be back on the schedule starting in August.

Dear City Market,

Grading Edmunds Middle School Cafeteria experiment for the Spring Co-op Member Meeting: A+!

Sincerely,

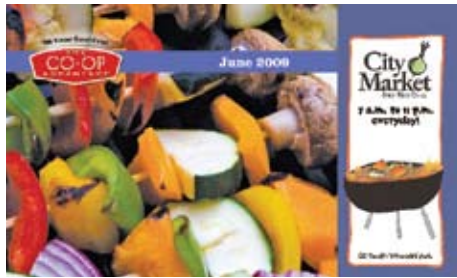
J. Cunavelis

J. Cunavelis,

Thank you for your feedback. This past spring we held our Co-op Member Meeting at Edmunds school for the first time. Nearly 200 Members joined in to enjoy a delicious brunch, catch up with old friends and hear about new initiatives at the Co-op, like the Grow an Extra Row campaign. So far the feedback as been positive, so we'll likely use Edmunds again in the spring. However, to coincide with our annual Harvest Celebration, the fall Co-op Member Meeting will be in the big white tent in the City Market parking lot. Stay tuned for details coming soon.



Thanks for visiting us at the Vermont Business Expo!



## July's CAP Sales Flyer Featured Recipe

Sample this recipe in store on Friday, July 10 from 12:30 – 2:00 p.m.

### Cucumber Salad with Fresh Dill

This simple, classic summer salad has lots of crunch and holds up well for picnics. Its tangy, pickle-like flavor tastes delicious with dark breads, hearty sandwiches or burgers. Use smaller, tender cucumbers for their thinner, less-bitter skin and seeds. Serves 6. Prep time 20 minutes, plus two hours chill time before serving.

#### Ingredients

- 3 small cucumbers, thinly sliced
- 3 small white onions, peeled and thinly julienned
- 1/3 cup cider vinegar
- 3-4 tablespoons water
- 2 teaspoons sugar (optional)
- 1 teaspoon fresh garlic, peeled and minced (optional)
- 1/4 cup fresh dill, chopped

#### Instructions

In a glass or stainless steel bowl, combine the sliced cucumbers and onions. Sprinkle with a large pinch of salt, mix well and let it all stand in a cool place for 10-15 minutes.

Add the cider vinegar, 3-4 tablespoons of water and chopped dill to the cucumber mix. Toss all ingredients together well and marinate them in the refrigerator for a few hours. Serve cool and enjoy!



## Save the Date— August 22!

Rising Star Chef Food & Wine Show

(A benefit for Vermont Campaign to End Childhood Hunger)

August 22, 2009

Noon – 5:00 p.m. at Topnotch Resort

This event will feature top chefs from Vermont and around the country to provide a variety of food to sample.

Advance tickets \$25, \$30 day of event

Tickets can be purchased at City Market beginning August 1.

For more info and to purchase tickets: 802-253-6947 or concierge@topnotchresort.com



## View from Ninety

By Carol L. Winfield,  
City Market Member

Why Can't Vermont –and its women--Be the First!

This past May, May 31st, to be precise, Senator Bernie Sanders chaired a meeting on health care reform at the Unitarian-Universalist Church in Burlington. T.R. Reid, a journalist with The Washington Post, was guest speaker. Three Burlington area physicians were also on the panel: Deborah Richter, Monika Romanko and James Taylor, president of the Fletcher Allen Medical Association

All emphasized the desperate need for change due to out of control soaring costs and in many areas, diminishing quality of care. A dire predicament, it is time to find a better solution; time we face the facts head on. Too many of us continue to myopically reinforce the myth –and it is a myth – that the United States has better medicine, better facilities, and better doctors than anywhere else in the world. In point of proven fact, except for the very rich, we have trouble ranking Third World.

Before continuing further, I make a strong demurrer: In Vermont we have more than our share of dedicated, top-quality physicians, most of whom labor long, hard and with integrity to keep our people in excellent health. Which may well be why I label this article: "Why Can't Vermont Be the First!"

But back to May 31st. I would hazard most of the large audience that night went along with the single payer system our fearless Senator Saunders is trying to introduce into Congress. But, as he said (I do not quote him precisely), by and large they are a conservative group, regardless of party. He is wary about its passage. T.R. Reid, author and initiator of a documentary on world-wide health care systems, explained Canada's workable program and how it came to pass: In 1957 in the province of Saskatchewan, a Dr. Tommy Douglas, introduced a bill The Saskatchewan Hospitalization Act, which gave health care to everyone in the province. It passed. It worked. More and more provinces signed on. Before you could say "I don't believe it!" three times, the entire country had voted for and now maintains its remarkably capable program. Reid also told us about a toll in Canada seeking the nation's most valuable citizen throughout all its history. Do I get bets on the answer? Right, Tommy Douglas!

I have a brother and friends living in Canada. Through their experiences I know

first hand how well the Canadian system works. Ya-de-da-de-da-de-dah! And let's throw in an extra ho-hum for good measure! For years we have been hearing America's nay-sayers, throwing brick bats at the Canadian system, warning about the prolonged waits and careless care integral to that plan. Plus, of course, the ridiculous wail about not being able to choose one's physician.

Oh? Are these choices available here? Just yesterday I called a doctor's office and was told "she is no longer taking new patients, especially those on Medicare." Then, too, how long do we Americans wait for an appointment with, say, an ophthalmologist, dermatologist, internist? How many of us come away feeling properly treated as we are micro-waved through our appointments in order to stick to the allotted fifteen minute at most doctor-visit time? My physician husband used to tell me he learned more from knowing his patients family lives, looking into their eyes, talking to them in their own surroundings, than he did from tests.

Through the years, my above-mentioned brother had two serious and several not so serious medical operations and procedures. Now 96, if not the picture of health certainly the picture of contentment for the consistently first rate medical attention and tender-loving-care he has received, received I add, without bankrupting himself or his family.

Canadians pay for their privileges, but a pittance compared to U.S. drug, doctor and hospital charges. More, every penny they pay goes toward their health care. Meanwhile, we too often inclined to be smug Americans pay far more in exorbitant insurance premiums, the major, yes major, portion of which reaps greed and greedier profit for the companies and also sends luxury-living lobbyists to Washington.

A June 4, Burlington Free Press article wrote about Bernie's efforts to establish a five-state pilot program providing state-sponsored universal health. He cited the example of Canada and Saskatchewan, explained above.

The article set me to wondering, wondering aloud: Why cannot Vermont lead the way! Why cannot we be the first to inaugurate such a reasonable, common-sense, honorable program right here in our reasonable, common-sense, honorable Green Mountains. We can, you know. Stealing a quote from a recent presidential campaign, "Yes, we can!" We can overcome blind-sided die hards with their scare tactics. Push comes to shove; our once justifiably heralded health care way of life is now available only to the rich, the very rich. As Mr. Reid succinctly made evident, universal health care is not a medical, not a political, not a financial issue. It is a moral one. Let me repeat that, a moral one.

Granted, as poll taker I'm no Gallup, but I'll step out onto a betting limb to hazard that this State's health care providers and its citizenry will rally round such a program.

Hey, Vermonters?: Are you ready to Stand up and Be Counted!



## A Fond Farewell to the Onion River Family

By Matt Landi,  
Produce Manager

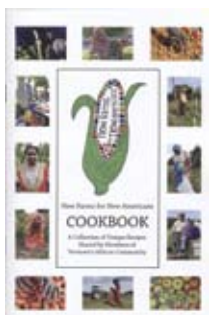
I arrive at 6 a.m. to help set up the Produce department, just as I have so many mornings during my time here. It's going to be one of those near perfect Vermont days. The air is crisp yet warm, the sun has just risen over Camel's Hump and I am greeted by a smiling face passing by. A truly special place and one that is very dear to my family and I.

Perhaps equally as important to us is Onion River Co-op. A thriving community market, filled with folks who are extraordinarily passionate about food. Especially locally grown food. It's a given that I have had the opportunity to work alongside some dedicated people, not only fellow market employees, but a legion of local growers striving to be connected to each customer. What makes it all possible is that many of the people that walk through those doors are ready to equate eating with any other agricultural act. Striving for a deeper connection with food, it is that group of people that helps sustain and grow the local food economy. Again, it's a truly special place.

Perhaps you can see where I'm going with this. Walking away from a place that you love, doing something you're passionate about with a group of people that you consider family seems

nuts to me. Yet that's exactly what I'm doing. It's time for me to go see what this California place is all about. By the time most of you read this, my family and I will have embarked on a new adventure. I have taken a position with New Leaf Community Market in Half Moon Bay, California. It's a bittersweet moment for a produce guy. Seduced all winter long by boxes of luscious California produce, yet holding a deep appreciation for the scale and enthusiasm of what we have here in Vermont.

The real purpose of my writing today, is not only to say goodbye, but to express a heartfelt thank you to everyone in the Onion River community. For your kindness, for your energy and for sharing an ongoing conversation about something that connects us all, food. We've made many lasting connections together and we've savored and appreciated some of the best tasting, most nutritious food on the planet. If you ever happen to be in Half Moon Bay, feel free to stop by and see me. I'll be sure to take out my produce knife and offer a sample of the local fare while we share a moment of appreciation. In the mean time, I know you'll keep visiting City Market. There's a fantastic group of people here, and they have produce knives too.



## New Farms for New Americans Cookbook on Sale Now!

An innovative farming project that involved new Americans in Burlington and

The Onion Skin

Winooski has now come out of the fields and into a new cookbook. The New Farms for New Americans cookbook is now on sale at City Market for \$5.99, with proceeds of the sale helping to support the continuation of the refugee farming.

Last summer 27 African farmers of the New Farms for New Americans Project cultivated individual plots of land in the Winooski Valley Park District bringing fresh food to local markets, tables and wholesale markets.

New Farms for New Americans is a workforce development project of the Association of Africans Living in Vermont ([www.africansinvermont.org](http://www.africansinvermont.org)), with partner, the Intervale Center.

## July Herb of the Month- Oats, Avena Sativa

By Cristi Nunziata,  
Herbal Education Coordinator

Many people are quite familiar with oats as a food, enjoying products like oatmeal, oat bread, and oatmeal cookies. As much as these may be considered "comfort foods" oat tea also provides a comforting remedy.

During stressful times, it's wise to eat lots of oats and also drink oat tea. Oats act as a food for the nervous system. They are a tonic that taken over long periods of time can nourish and rebuild frazzled nervous systems. The oats, referred to here, are not in the form of rolled oats. Rather, whole oats that are harvested for medicinal use when still green and with a white milky substance inside the seed pod. They are then dried for tea, which you can find in the Bulk medicinal tea section, or made into tincture, which is available in the Wellness section. Try combining oats with other calmativie herbs such as lemon balm, skullcap, or passionflower.

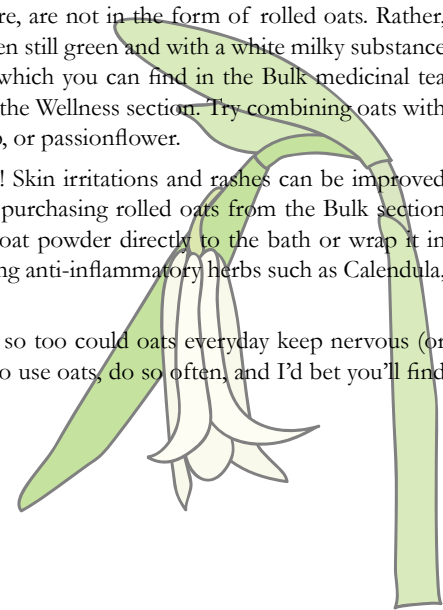
Oats soothe nerves, indeed, but also the skin! Skin irritations and rashes can be improved by taking a bath with oats. For this use, I suggest purchasing rolled oats from the Bulk section and processing them in a blender. Then, add the oat powder directly to the bath or wrap it in cheesecloth. You may also include other skin calming anti-inflammatory herbs such as Calendula, Chamomile, or Lavender.

As an apple a day may keep the doctor away, so too could oats everyday keep nervous (or skin) irritation at bay. Which ever way you decide to use oats, do so often, and I'd bet you'll find yourself more calm and collected than ever!

### Skin-Soother Bath Blend

- 1 part Oats
- 1 part Calendula
- 1 part Chamomile
- ½ part Lavender

Powder all ingredients in a blender. Add directly to the bath or put in cheesecloth.



# Greenview

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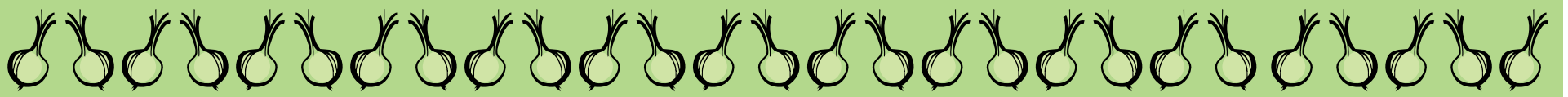
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## Conference Participants Raise their Voices: Get More Local Food in the National School Lunch Program

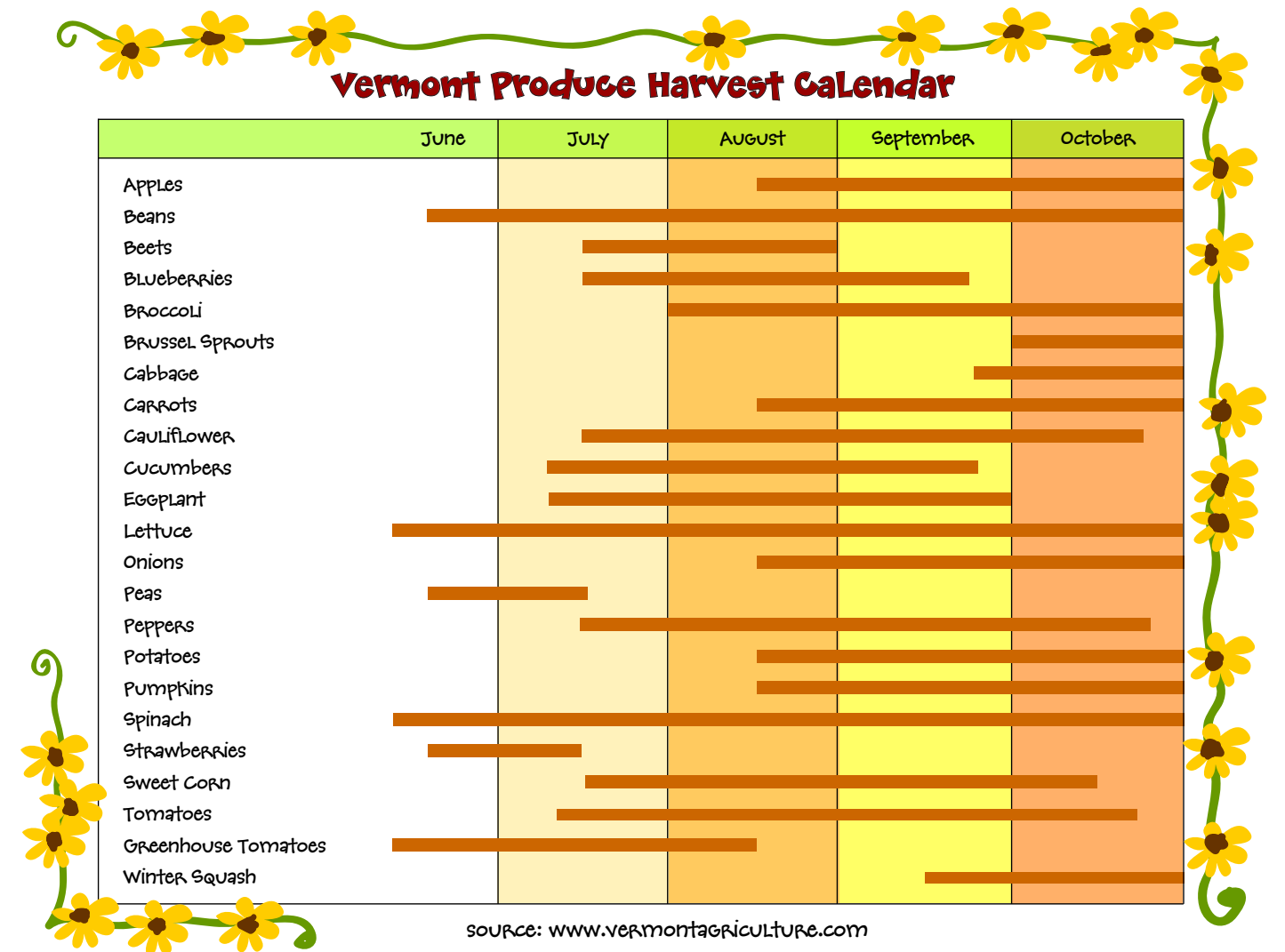
By Caroline Homan,  
Food Education Coordinator

Every few years, the Child Nutrition program is overhauled (this is the program that decides what kinds of meals get served to kids in your local school). The current Child Nutrition Act is set to expire in September, and Congress is moving quickly to define the scope of the next version. Like the Farm Bill, this is a bill that has big ramifications for the way Americans eat.

Parents, teachers, farmers, and school food service staff who attended the June Northeast Farm-to-School conference, "Cooking up Connections," drawing 300 attendees from nine states and Quebec, are raising their voices to ensure that the next version includes more policies to support locally grown foods in the national school lunch program. City Market was a stop on a tour about the Burlington School Food Project (the oldest farm-to-school program in the country) as well as hosting a workshop on how schools can connect with their local food co-ops for field trips.

Farm-to-school efforts were written into law for the first time in 2004 with the National Farm to School Program, designed to provide support and funding for greater access to local foods within the National School Lunch Program. Since then, however, the program has not received any federal funding. Still, the movement took off, and there are currently over 2,000 schools across the U.S. that have started farm-to-school programs. Funding is the missing piece. A big push is needed at the federal level to make a real difference in childhood nutrition, local agriculture, and the health of our local economies.

To follow the debate this summer over the Child Nutrition Act, go to [www.farmtoschool.org/policies](http://www.farmtoschool.org/policies).



## City Market Farm Feature: Stony Loam Farm

By Courtney Lang,  
Product Demonstration Coordinator

Dave Quickel, owner of Stony Loam Farm in Charlotte, is no stranger to the model of Community Supported Agriculture (CSA). After living in Portland, Oregon running a CSA program in 1996-1997, he couldn't deny compatibility of the system in Burlington's community. A UVM graduate in Political Science, Dave was familiar with the land and came back to the Green Mountains. He worked for Jay Vogler of Bigham Brook Farm in Charlotte, who at the time was selling wholesale mesclun, head lettuce and cherry tomatoes to the Onion River Co-op. After depositing five years of effort and building numerous relationships around town, Dave's next step was moving to North Hampton, Massachusetts disassembling old barns.

Though many people don't realize it, the number of CSA's in Vermont is actually higher than the number of Farmers' Markets. Charlotte townies realized the significance of this and asked Dave to make his way back to Vermont. The community-wide effort to help Dave and his growing family was truly unique; five pieces of vacant land in town were inspected and one would begin a land trust process. Although this sounds so simple, it took about two years for the deal to close. While the kinks were being worked out, Dave

and his family were able to live affordably in a generous neighbor's house in exchange for vegetables.

CSA's are where it's at when talking about farmer consumer relationships; they require consistent communication between the two. As a conscious farmer who continues to focus on diversification and accessibility he's enthusiastic about sharing his knowledge and experience. Aside from the CSA program, Stony Loam has a farm stand outside Jay Vogler's new production, Pizza on Earth, in Charlotte on Hinesburg Road. Pizza on Earth is open in the summer on Thursdays and Fridays from 4:00 to 7:30 p.m. selling fresh pies using Stony Loam vegetables. Another connection that remains with Jay is that Dave's greenhouses, used to start all his seed's, and a few acres are rented on a section of Jay's land.

This season, City Market will be stocking the shelves with Stony Loam peppers, onions, tomatoes, a few lettuce varieties, leeks and more. Crunch your way through some Boston lettuce next time you stop by for salad greens; Dave says the winds coming off of Lake Champlain give the body an extra lift.

Also, meet Dave at City Market's A Taste of Vermont class on Sunday July 19 at 10:00 a.m., Sign up at the Customer Service desk.



## New Co-op Member Benefit!

City Market has teamed up with Arethusa Collective Farm with an exciting new Co-op Member benefit. Through the end of September, City Market Members have the opportunity to participate in Arethusa's Work for Food Program. Co-op Members can sign up to work on the farm each Friday from 8:00 a.m. to 12:00 p.m. At the end of the morning's work, members will be able to take home a share of vegetables. This is a great opportunity to get hands-on experience, enjoy the Intervale and walk away with a share of vegetables! Members are limited to four weeks of sign ups per membership.

In order to sign up, Members must contact Member Services Program Coordinator Leila Cosgrove at (802) 861-9707 or [memberservices@citymarket.coop](mailto:memberservices@citymarket.coop).

## New Gluten Free Beer at City Market

City Market's Beer department has found another tasty Gluten free beer! Look for St. Peter's Sorgham beer in the beer bomber cooler. It's \$4.59+ deposit for 16.9 oz bottle-clean and crisp with hoppy citrusy aromas and flavors.



## New Produce Bins offer Versatility

By Matt Landi,  
Produce Manager

Where we choose to spend our money can be one of life's great responsibilities. When it comes to utilizing the financial resources of our Co-op it goes up another notch. We have a Global Ends policy (similar to a mission statement) guiding us to be an organization practicing social and environmental responsibility. When it comes to food our options are somewhat plentiful. We are able to provide access to local, organic and fair trade options throughout much of the year.

On the non-food side we've been able to make many of the same choices but it hasn't always been easy. I'm happy to say that the new produce bins seen as you enter the store are not only of incredible quality and flexibility, but they live up to many of our ethical standards as well.

The bins come from Jefferson State Forest Products located in Hayfork, California. They employ 40 people in a rural area, making high quality retail fixtures. Jefferson State believes in taking the long term approach when it comes to forest management. They work to purchase raw material from small independent saw mills that recognize the importance of forest stewardship.

Aside from being nice to look at and adhering to sound environmental and social ethics, they are highly functional. As a produce guy, this may be the part that excites me the most. These guys are great designers. Each bin changes into three different shapes all set up to create a vibrant and exciting display that sets the tone for an enjoyable visit to the Co-op. For more information on Jefferson State, please check them out on the Web at [www.jeffersonstateproducts.com](http://www.jeffersonstateproducts.com).

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## Ask the Health Genie

Dear Health Genie,

*Living outside of town at times we forget some basic bathroom cabinet items, such as sunscreen for the summer months. Do you have recommendations of home remedies that we could use to prevent sunburn?*

Sincerely,

Straw Hat

Dear Straw Hat,

There are many items in your kitchen cabinet or ice box that can support sun exposed skin. Here is a short list of various home remedies for easing discomfort from both sun and windburn:

- Wet a piece of cloth and immerse in a mixture of 10 ounces non-fat dry milk, 2 tablespoons salt and 25 ounces of water. Apply to skin for 20 minutes.
- Mayonnaise can be used as a skin cream for sunburn.



Good luck,  
Health Genie

• The Aloe plant on your window sill is perfect for burns, especially directly after over exposure.

• In the refrigerator and cupboard your apples, potato and cucumber sliced thinly and then placed on skin (especially chilled) provide sunburn relief or exposure to high, dry winds.

• Plain cold yogurt applied to skin followed by a cold water rinse.

• Combine distilled water, drops of lavender, peppermint and spearmint oils in a spray bottle. Mist as needed for sunburn.

Above all, keep hydrated by drinking plenty of water and wear hats or scarves on your head to protect yourself from the sun!



## Fire up the grill with some new and old grilling favorites!

By Lynn Ellen Schimoler,  
Grocery & Wellness Manager

In terms of cooking, this is truly my favorite time of year. From the abundance of fresh fruits and vegetables, to all of my favorite magazines (*Saveur*, and *Eating Well*) inspiring my homemade meals, shopping for my own family or helping customers find their grilling needs is a pleasure. On one of my days off recently, I was in the Co-op, wandering from dept. to dept. asking co-workers to give me insight/tips with their personal favorite ingredients for the grill. As usual, I stopped in Produce first.

Produce: Portabella or crimini mushrooms, eggplant, fennel, corn, sweet onions, green peppers, and pineapples – I'll add avocado and poblano peppers to this list for my favorite.

Meat & Seafood – Steak (tenderloin, T-bone, porterhouse, skirt steaks, ribs and flank), sausage, salmon, tuna, swordfish, haddock, chicken, shellfish (kebabs) Pork-center-cut loin, ribchops, spareribs, and shoulder.

Perishables/Cheese – Mozzarella, Gouda, soy based 'analogs' such as seitan, veggie dogs, tempeh or pre-marinated tofus'.

In addition to grilling in the most known way, i.e. cooking food over heat supplied by charcoal briquettes, lump charcoal, mesquite or logs, one can grill meat or vegetables by smoke cooking. This is usually done over lower temperatures in a covered container, with

water or other liquid vapors. Dry smoking can be used in stead of water with aromatic wood chips, vine cuttings, and of course – herbs.

There are numerous tools to use when grilling. Some of the important ones are carving boards, drip pans, foils, long handled tongs and forks, meat thermometers and skewers. It is actually not a great idea to use water to extinguish flare-ups –accidents are best prevented by utilizing the proper cooking techniques and knowing your user's guide well. I have seen some cooks sprinkle a little baking soda on flames but it seems unnecessary if you are mindful of temperatures, cooking times and good maintenance of your grill. An inexpensive wire brush is a must for cleaning down the barbeque grill. Residue from food leftover on the grill puts unnecessary wear and tear on equipment and prevents giving an off-taste to later meals.

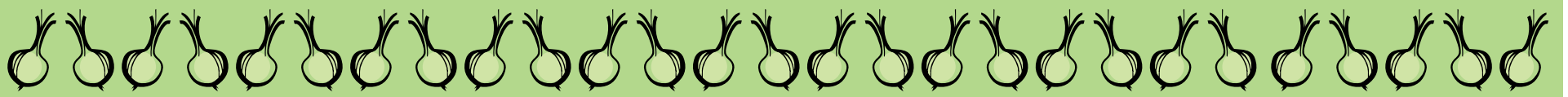
Recently we rearranged the 'hippie' cooler section of the Perishables dept. Shoppers will notice the soy-based items are now all together and we have given lots of room to pesto and tortillas, which are summer favorite accoutrements to grilled chicken or vegetables. On special for the month of July, we'll have organic seasoned tofu, chicken style seitan and smart dogs available. Also look for Knudsen spritzers, chips and salsa, Annie's Goddess Dressing, organic pickles, and lots more summer items in the Grocery department.



## Wine Picks for Under \$10

In celebration of Burlington's Quadracentennial festivities, our Wine department will be featuring some tasty French wines in July. For fans of big, juicy California chardonnays this time of year, be sure to check out **Hob Nob Chardonnay** on sale for \$9.99. A French chardonnay with a Californian personality, Hob Nob is full bodied and rich with loads tropical fruit and green apple flavors and warm notes of vanilla and baking spice. Try it with grilled salmon, shrimp or grilled veggies.

For a milder style wine, try **Le Pas de la Beaume Côtes du Rhône** white, also only \$9.99. A Grenache Blanc/Clairette/Roussane blend from the left bank, this white Rhône is very clean and light with white peach and apricot flavors, limestone minerality and a soft finish. An easy summer sipper, it's great on its own or with soft cheeses and fruit. Enjoy!



## July Product Sampling

**July 1 - Honeydrop Beverages**  
4:00 - 7:00 p.m.

**July 2 - Knudsens Juice**  
11:00 a.m. - 1:00 p.m.

**July 3 - Quench your Thirst with City Market**  
Sample delicious beverages!  
11:00 a.m. - 2:00 p.m.

**July 7 - Wellness Day**  
11:00 a.m. - 1:00 p.m.

**July 8 - Traditional Medicinal**  
11:00 a.m. - 1:00 p.m.  
**Seventh Generation**  
5:00 - 7:00 p.m.

**July 9 - Honeydrop Beverages**  
4:00 - 7:00 p.m.

**July 10 - GAP Sales Flyer Demo**  
12:30 - 2:00 p.m.

**July 12 - Bulk Herb Demo - Oat Bath Blend**  
3:00 - 5:00 p.m.

**July 14 - Produce Day**  
11:00 a.m. - 1:00 p.m.

**July 17 - Popcorn Indiana**  
11:00 a.m. - 1:00 p.m.

**July 19 - A Taste of Vermont Tour with Stony Loam Farm**  
10:00 - 11:00 a.m.

**July 21 - Wellness Day**  
11:00 a.m. - 1:00 p.m.

**July 23 - Food Should Taste Good**  
11:00 a.m. - 1:00 p.m.

**July 26 - Bulk Herb Demo - Oat Tea Blend**  
3:00 - 5:00 p.m.

**July 28 - Produce Day**  
11:00 a.m. - 1:00 p.m.

**July 30 - Namaste Cake Mix**  
11:00 a.m. - 1:00 p.m.

**July 31 - Honey Gardens Wine Tasting**  
2:00 - 6:00 p.m.

### **Cooking with Kids: The Strawberry Patch** July 5, 10:00 - 11:30 a.m.

Kids, come and make strawberry shortcake with local strawberries, biscuits, and cream that we will whip ourselves. While the biscuits are baking, learn how to make fresh mint iced tea with honey. Kids five and under accompanied by an adult, please.

### **Free Herbal Clinic** July 6, 4:00 - 7:00 p.m.

Have you ever been interested in using herbal medicine to improve your health? Join Betzy Bancroft RH (AHG), Larken Bunce MS, 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 one hour and are completely confidential. By appointment.

### **Herbal Hand and Nail Care for Gardeners** July 11, noon - 1:00 p.m.

Are your hands and nails taking a beating from digging in the dirt? Join Cristi Nunziata, City Market's Herbal Education Coordinator for a handy make over. Participants will make a variety of product to care for gardener's hands and nails.

### **Urban Herb Walk with Guido Masé** July 13, 5:30 - 6:30 p.m.

Participants will take a walk through Burlington, learning to identify common medicinal plants pushing their way through the cracks in the sidewalks, filling the lawns in our parks, and lining the streets of our city.

### **Green-Up Your Household with Seventh Generation** July 15, 6:00 - 7:00 p.m.

Join City Market and Seventh Generation in a discussion of how to select cleaners that are safe and effective to use, how to read cleaning product labels, and see a demonstration of how even "green" cleaners can contain volatile solvents that can diminish air quality in your home. Participants will receive a tote bags stocked with cleaning supplies, recipes and more.

### **A Taste of Vermont with Stony Loam Farm** July 19, 10:00 - 11:00 a.m.

City Market features over 1,700 local items. Take a tour around the Co-op identifying who and where these products come from across Vermont. Afterwards, Dave Quickel of Stony Loam Farm in Charlotte will join the group for a discussion and delicious tasting of your favorite seasonally harvested items in City Market's Conference Room.

### **Free Herbal Clinic** July 20, 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, 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 one hour and are completely confidential. By appointment.

### **Alteris Renewable Energy Workshop** July 22, 6:00 - 7:00 p.m.

Alteris Renewable Inc. is a full service Renewable Energy Integrator. Alteris Inc. provides turn-key renewable energy solutions for Residential, Commercial, and Community scale projects throughout Northeastern United States. Join in a discussion about various technologies such as Solar Electric, Solar Thermal, and Wind Energy. Learn about the various renewable energy programs throughout Vermont that could provide up to 50% of the total cost. What is your renewable energy potential? Join us to learn about the options today.

### **Intro to Traditional Chinese Medicine with Scott Moylan** July 25, noon - 1:30 p.m.

Join Scott Moylan, TCM Practitioner and director of Elements of Healing, for an introduction to Traditional Chinese Medicine. Learn about Yin Yang theory and the Five Elements, and how they relate to food.

### **Eating Well on a Budget - Summer Edition** July 26, noon - 1:00 p.m.

Make the most of summer produce with easy summer recipes and tips on putting food by and get to know a whole new side of the Bulk section with great summer cooking tips that will save you money. Childcare provided.

### **Pickling Cucumbers** July 28, 6:00 - 7:00 p.m.

Do you like the look and taste of old-fashioned crock-cured cucumbers? Learn how to preserve cucumbers in a brine solution. Lacto-fermented cucumbers are easy to prepare, don't require canning, and keep enzymes and beneficial bacteria intact. Participants will take home their own jar to get started.



## Hungry for a Change? Food, Inc.

### Film Comes to Vermont on July 17

In Food, Inc., filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA.

A special screening of Food, Inc. will be held at Merrill's Roxy Theater on July 17. The Film features interviews with such experts as Eric Schlosser (Fast Food Nation), Michael Pollan (The Omnivore's Dilemma, In Defense of Food: An Eater's Manifesto) along with forward thinking social entrepreneurs like Stonyfield's Gary Hirshberg and Polyface Farms' Joel Salatin. Food, Inc. reveals surprising—and often shocking truths—about what we eat, how it's produced, who we have become as a nation and where we are going from here. More information about the Film can be found at [www.foodincmovie.com](http://www.foodincmovie.com).

Food, Inc.

July 17

Merrill's Roxy Theater

Times: 1:00, 3:00, 5:00, 7:00 & 9:30 p.m.

Tickets \$10

A portion of the ticket sales will be donated to the Northeast Organic Farming Association (NOFA). Guest speakers from NOFA will be at various showings!

**Tickets on sale ONLY at City Market starting July 1.**

## Art Showing

July's featured member artist Donna Bister began taking photos semi-seriously in the early 1980s. Bister says her eye is drawn to strong colors and to subjects that most people walk right by every day: parts of machines and vehicles, architectural details, musical instruments, and everyday objects from homes and communities. Early morning and just before sunset evenings are her favorite times for photo expeditions, when the warm, slanted light makes colors glow. Bister has no formal training in art or photography, but became interested in visual arts at an early age. Many of her images can be seen at <http://slantedlight.blogspot.com>. Donna's work will be on display in City Market's Café Gallery throughout the month of July.



We welcomed

153

new members in May!

Sign up at the Customer Service Desk.

ALL Classes are FREE & open to the Public