



Join us for a Farm Tour!

Zack Woods Herb Farm * Elmore Mountain Farm * Boyden Valley Winery

Visit the Wellness Farms! July Co-op Farm Tour to Focus on Medicinal Herbs and Natural Soaps

By Meg Klepack,
Local Food Coordinator

Co-op Farm Tour

Sunday, July 11th, 8:30 a.m. - 6:00 p.m.

Tour is free for City Market, Onion River Co-op Members

Medicinal herbs, creamy goat's milk soaps, and a decadent lunch pairing local wines and cheeses will be some of the highlights of July's Onion River Co-op farm tour. Wellness products are not ones that we typically think of when we think of farm tours, but we're excited to get out and see the fields of medicinal flowers blooming at Zack Woods Herb Farm and meet the goats at Elmore Mountain Farm that produce the soft, great smelling soaps of Elmore Mountain Farm.

The tour will leave City Market at 8:30 a.m. with transportation provided by the Co-op. Our first stop will be Zack Woods Herb Farm (www.zackwoodsherbs.com), a ten-acre certified organic medicinal herb farm and botanical sanctuary located in the heart of the green mountains of northern Vermont.

The Co-op sells Zack Woods medicinal herbs including calendula flowers, nettle, raspberry, and lemon balm through our Bulk Department.

Lunch will be served at Boyden Valley Winery (www.boydenvalley.com). The winery is located in a restored 1875 carriage barn on their family farm and is steeped in the culture and agricultural heritage of Vermont's Green Mountains. We will have a tour of the vineyard, enjoy lunch on the terrace, and, of course, taste the award-winning wines while at Boyden Valley. Lunch at Boyden is optional and costs \$16.95.

Our final tour stop will be Elmore Mountain Farm (www.elmoremountainfarm.com) which produces goat's milk soaps from their 200-year-old farmhouse tucked up against the side of Elmore Mountain. At City Market, we love having Elmore Mountain's Natural Goat's Milk Lotion, All-Natural Shampoo, and their sudsy moisturizing Goat's Milk Soap on our Wellness shelves. Visit the goats and hear about the process used to make their natural soaps.

The tour is free but space is limited to 20 participants. Registration is open to City Market, Onion River Co-op members on a first-come first-serve basis. Non-members will be placed on a waiting list (or you can join the Co-op for only \$15!). To register, please contact Meg Klepack, Local Food Coordinator at City Market at (802) 861-9753 or mklepack@citymarket.coop. Transportation and a light breakfast will be provided. Lunch is not included. Previous tours have been quite popular and have filled up quickly so register early to reserve your spot!



Save the dates and your taste buds for a tempting week focused on local food and farms! Fun workshops, cooking classes, farm tours, and more, Burlington wide! More details coming soon. Check out www.EatLocalVT.com for all the details as they are announced.

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!

School Garden Grant
Page 3

Community Cooking Classes
Page 5

Summer Food Safety
Page 6

July Events
back page



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Roundtable Discussion with Former FDA Director Dr. David Kessler

By Clem Nilan,
General Manager

I was recently honored to participate in a roundtable discussion with former Director of the Food and Drug Administration, Dr. David Kessler, and author of *The End of Overeating*. The assembly of 20 included University professors, students, government officials, food writers, and business people. The group gathered for two hours in the University of Vermont's Waterman Building to discuss and trade ideas with Dr. Kessler on America's crisis of obesity and Type II diabetes.

You may remember Dr. Kessler's tenure at the FDA. He played David and took on the Goliath of big tobacco. Later Dr. Kessler introduced nutritional food labeling to the retail food industry. He told an amusing anecdote about the time when he fought for and defended nutritional labeling to then-President George Bush Senior. The Secretary of Agriculture strongly opposed food labeling – he believed it was too expensive for the retail food industry – and he developed a strategy to take down Dr. Kessler's proposal by bringing the fight directly to the President. Called to defend his plan in the Oval Office, Dr. Kessler pulled from his sleeve a McDonald's paper tray cover that had nutritional information. He showed it to the President and remarked, "If McDonald's can do it so can the rest of America." President Bush agreed and so was born nutritional food labeling for the grocery industry.

Dr. Kessler was trained as both a lawyer and a physician. He recalled that in his residency doctors were trained to treat Type II diabetes in 50-year-old patients. The goal was to treat the severe side effects of this malady the rest of their lives - in these cases what amounted to a couple of decades. Today's physicians are seeing Type II diabetes in 12-year-olds and younger. Dr. Kessler pointed out that today's youth are going to have to live with these severe side effects for 60 years and more. And at what cost to our country?

America's out-of-control eating habits are the root cause of today's obesity problem, says Dr. Kessler. America's crisis has its roots around 1970 when the food industry realized profits were there to be made on hyping fat, sugar and salt. Food laden with these highly reinforcing stimuli delivers momentary pleasure and creates new neuron pathways. While the food and the availability of the food have changed, the social norms around food have also changed. Today it is socially acceptable to eat at any time of the day – not just at meals. These highly addictive foods are today available 24/7 on every street corner and Dr. Kessler sees people eating in their cars, in airports, strolling down the street. Americans no longer eat for hunger – they eat for stimulation. Dr. Kessler remarked that 30 years ago the average amount of chews before swallowing was 20 to 30; today it is two. The speed at which we are

able to intake massive amounts of calories is faster than our ability to feel satiety- the feeling of fullness. As a result America is suffering from a crisis of obesity. And the public health consequences are enormous.

The critical question Dr. Kessler posed to our group was, "How do we fix this problem? Can we move this country back several decades to real food?"

Many in our group believed that we have crossed the Rubicon and it is impossible to return to the eating habits of our parents and grandparents. Dr. Kessler himself admitted he has not eaten a home-cooked meal with his wife in over 30 years of marriage. As two professionals travelling all the time, they are way too busy.

Dr. Kessler challenged the group to consider whether there is good food and bad food. If so, should we ban bad food? Is it reasonable to put a tax on sugary beverages like soda? There was no consensus within the group.

In this past session of the Vermont Legislature, there was a bill which would tax sodas. It didn't go anywhere this term but it's sure to come up again. Chuck Ross, U.S. Senator Patrick Leahy's Chief of Staff, remarked that in all probability it will be passed to back fill the budget rather than to promote good health.

One piece of the answer to this national crisis is our children's food education. Being able to make good food choices is essential to a child's healthy future. With pride I related our Co-op's program to introduce Burlington's elementary students to good local food. Our dedicated staff and volunteers teach them how to recognize good food and understand that it is affordable, tasty and accessible... and above all – healthy.



Dear Onion River Co-op Members,

As I mentioned in the May Onion Skin newsletter, The Board of Directors is in the middle of a major overhaul of the Onion River Co-op By-laws. So far, the process has been productive as well as challenging. We are working our way section by section through both our old by-laws and through a draft of new by-laws provided for us by Thane Joyal, a consultant hired by the Co-op to assist with revisions. This new version reflects current best practices, and having it side by side with our existing by-laws has helped us clarify our goals and simplify how those goals are reflected in the text. We are currently working to synthesize what is distinctive about our old by-laws with what is useful in the draft that she has created.

Each month we work through one specific section of the by-laws. So far, we have tackled the sections on membership, member meetings, and the Board of Directors. Often, the revisions simply involve accepting new or clearer language. Sometimes we make changes that are needed to bring our by-laws into agreement with state statute. For example, the state of Vermont requires that we mail meeting notices to members (rather than using email or other electronic media).

In other instances, we are making significant decisions about how the Co-op functions: for instance, we have decided to continue the practice of allowing two employees of the Co-op to serve on the Board at any given time. We have also decided to extend term limits to three terms, while requiring that vacancies that are filled by appointment be only until the next election. In these decisions, we have been guided by the principle that members should have as significant a role as possible in the selection of the Board of Directors.

These changes will be presented to the Co-op membership at the fall Annual Meeting. We will be holding public forums in the late summer and early fall to provide opportunities for people to learn about the proposals and offer feedback. If you have thoughts that you would like to share before then, though, please feel free to contact me or to come to our monthly meetings, which are always open to any member.

Sincerely,
Susan Munkres
Board President

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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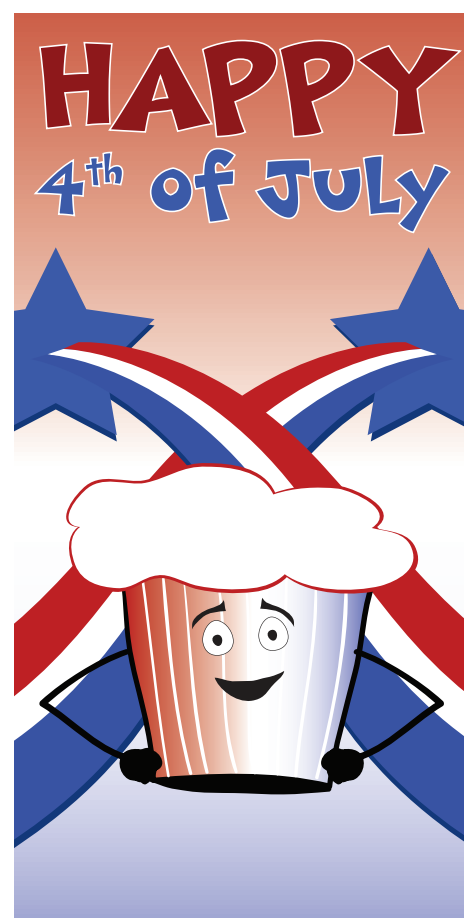
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Advertising Information:

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

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



Join Us!

The next Board
meeting is

July 26, 2010

6 P.M. to 9 P.M.

in the

**City Market
Conference Room.**



City Market represented well at CCMA

By Molly O'Brien,
Board of Directors

On June 10-12, General Manager Clem Nilan, Operations Manager Pat Burns, Member Services Program Coordinator Leila Cosgrove, and Board members Molly O'Brien and Nancy Nesbitt attended the Consumer Cooperative Management Association (CCMA) conference in Bloomington, Indiana. This is an annual event at which people involved in food co-ops all over the country gather for workshops, networking, and sharing ideas. City Market is known in the greater co-op community as a place that is doing a lot of important things well. For example, all five of us found ourselves in informal conversations in which we were being asked about programs such as Food for All Member Program and Community Connections. Members of Deep Roots Co-op in Greensboro, North Carolina were considering relocating into a downtown location and specifically requested a chance to sit down with us and hear about City Market's expansion into its current location (in 2002) and the relationship we have formed with the City of Burlington.

The Feldenkrais Method® is a form of somatic education that uses gentle movement and directed attention to improve movement and enhance human functioning. It is named after its originator, Dr. Moshe Feldenkrais, D.Sc. (1904-1984), a physicist, judo expert, mechanical engineer and educator. He developed this learning method based on principles of physics, biomechanics and an empirical understanding of learning and human development.

Feldenkrais is taught in two formats: group classes called Awareness through Movement®, where the teacher leads you verbally through a sequence of gentle movements, and private lessons called Functional Integration®, which are tailored to each student's individual learning needs.

In a Feldenkrais class the student become more aware of their habitual neuromuscular patterns and rigidities and expands options for new ways of moving. Feldenkrais is beneficial for those experiencing chronic or acute pain of the back, neck, shoulder, hip, legs and knee, as well as for healthy individuals who wish to improve their flexibility and coordination. Anyone – young or old, physically challenged or physically fit – can benefit from the Method.

Uwe Mester is a Guild Certified Feldenkrais Practitioner® and a member of the Feldenkrais Guild® of North America and Germany. He obtained his license in a 4-year training course with Dr. Chava Shelhav in Germany.

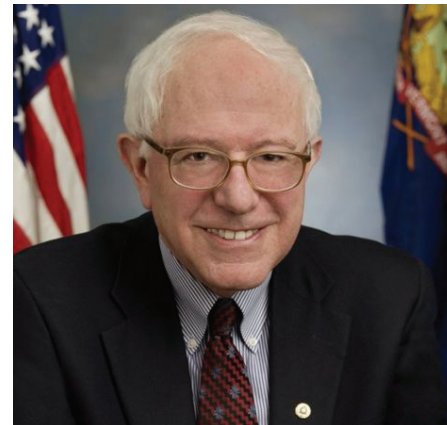
Uwe will teach two free group classes at City Market on July 14 at 5:30 p.m. and July 24 at 10:30 a.m. For further information, testimonials, etc., please visit Uwe's website at www.vermontfeldenkrais.com or (802) 735-3770.

In a more formal recognition of the expertise City Market has to share with other co-ops, our General Manager Clem Nilan was asked to speak on a panel called "Where Does Your Money Sleep at Night," exploring the question of how to apply the Cooperative Principles to financial management and investment. Board Member Molly O'Brien, who also serves on the Steering Committee of the Neighboring Food Co-op Association, spoke on a panel about food system development and the role that food co-ops can (and already do) have in the development of sustainable regional economies.

CCMA is a great opportunity for co-op leaders to learn from others in the field. There is a great diversity in terms of size and age of co-ops, geographical location, and store policies, etc. but what we have in common is a commitment to using the Cooperative Principles to provide healthy food to the communities in which we operate. City Market, Onion River Co-op members can feel good about the fact that we were well-represented at CCMA, others were able to learn from us, and we brought back a lot of good ideas from colleagues in an industry that is filled with creative thinking about good food.

Sunscreen Party

City Market's Wellness Dept. is hosting a sunscreen party on Friday July 2nd, from 1 - 4 p.m.! There will be a raffle for both an Aubrey Organics and Badger products gift basket, tons of giveaways, balloons for kids and experts Jeff Minehart and Eros Bongiovanni will be here to answer all of your questions about protecting your skin year-round. In case of rain, we will be in located in Aisle One, otherwise see you at the picnic tables in the City Market parking lot!



U.S. Senator Bernie Sanders Announces Grant for School Community Gardens

Senator Bernie Sanders announced in June the award of a federal grant to support a statewide school community garden initiative in Vermont. The grant funding will provide technical assistance and mini-grants to support 40 new and existing school community gardens which teach Vermont children and youths how to grow fresh produce using land on or adjacent to school campuses.

The Vermont Community Foundation partnered with Friends of Burlington Gardens to submit the federal grant application to the United States Department of Agriculture (USDA) in January 2010. Friends of Burlington Gardens will implement the grant with the support of statewide partners including the Vermont Master Gardener Program, Vermont FEED, Upper Valley Farm to School, Green Mountain Farm to School, and the Vermont Campaign to End Childhood Hunger. The Center for Rural Studies at the University of Vermont will coordinate the research and evaluation component of the grant.

The federal grant will be administered by Friends of Burlington Gardens during an 18 month period beginning July 2010. Applications for mini-grants will be available January 2011 and awarded in early spring. Regional workshops will be held during winter 2011 to assist local garden organizers in planning school community gardens and preparing mini-grant applications.



Businesses Get Local with Strawberry Rhubarb Smoothies!

By Meg Klepack,
Local Food Coordinator

To all the hobnobbing, business card swapping, and networking of the Vermont Business Expo, City Market and the Intervale Center added a little local, light-hearted fun. The annual business to business event held at the Sheraton Hotel has more suits and tie per square foot than the rest of the state combined. The Intervale Center and City Market teamed up for a booth at the Expo to invite those suits and ties to take a spin with our locally-focused values and peddle for our local bike-powered smoothies. The combination of the first of the season strawberries from Adam's Berry Farm, and stewed rhubarb from Craig Reeves, produced the best food in the whole place. Many thanks to Glenn, Joyce, Mark, Travis, Sona, and the rest of the Intervale Center for such a strong partnership not only during the two days of the expo, but all year round!

Try this one at home!

Local Strawberry Rhubarb Smoothie

- ½ Cup -Adam's Berry Farm Strawberries
- ¼ Cup -Craig Reeves Farm Rhubarb
- 1½ Cup -Butterworks Farm Low-Fat Yogurt
- 1½ Cup -Monument Farms Milk

Peel and chop rhubarb. Put rhubarb and 1 cup water in a sauce pan and bring to a boil. Simmer for 25 minutes then remove from heat, strain liquid and cool. Measure and mix yogurt, milk and strawberries in a blender. Once rhubarb is cool add to smoothie mixture and blend. Enjoy!

We welcomed
199
new members
in May!



July Herb of the Month: Raspberry (*Rubus idaeus*)

By *Cristi Nunziata*,
Herbal Education Coordinator

Summer is in full swing and one sure joy of summer is fresh local berries. As tasty as the fruit is, it is medicinal as well. Berries are loaded with antioxidants that protect the body against various diseases. In Traditional Chinese Medicine, dried raspberries are used for frequent urination, bedwetting, and impotence. It is not only the fruit, however, that benefits the body, as raspberry leaf is also a common medicinal herb.

Raspberry leaf is a nutritive tonic that is rich in iron, manganese, and niacin and is also a good source of flavonoids, calcium, phosphorous, potassium, magnesium, and vitamins B, C, and E. These nutrients are particularly beneficial for someone with low energy or someone who is recovering from an illness.

Raspberry's nutritive benefits also make it a wonderful tonic for pregnancy and childbirth, which may be its most common use. In Herbal Therapy and Supplements, raspberry is described as "a pregnancy tonic, as a tea, to strengthen the uterus, reduce morning sickness, and prevent miscarriage." According to the same source, two studies have found that raspberry leaf used throughout pregnancy both shortened the second stage of labor and also eased birthing in cesarean sections. Raspberry leaf is not only beneficial during pregnancy but may be used to treat a variety of female reproductive imbalances as well.

Raspberry leaf is astringent. An astringent herb tonifies tissue and mucous membranes. Because of its astringent property, raspberry is beneficial as a mouthwash for sore inflamed gums, and it is also a remedy for diarrhea.

As you could probably have guessed, raspberry leaf is locally abundant. We are now proudly carrying raspberry leaf from our local herb grower, Zack Woods Herb Farm. Zack Woods Herb Farm is located in Hyde Park Vermont, and we will be taking a farm tour there on July 11th. Look for more details in this issue of the Onion Skin and online at www.CityMarket.coop.

Women's Tonic Tea

From Rosemary Gladstar's Family Herbal
2 parts lemon balm
2 parts nettle
2 parts mint
2 parts raspberry leaf
1 part milky oats
Stevia

Using 4-6 Tablespoons per quart of water, pour hot water over herbs in a quart Mason jar and let sit for at least 40 minutes. Strain and add stevia to taste

High -Calcium Children's Tea

From Rosemary Gladstar's Family Herbal
3 parts rose hips
2 parts lemon balm
2 parts lemon grass
2 parts oats
1 part nettle
1 part raspberry leaf
½ part cinnamon
Stevia

Using 4-6 Tablespoons per quart of water, pour hot water over herbs in a quart Mason jar and let sit for at least 40 minutes. Strain and add stevia to taste

References

Gladstar, Rosemary. *The Family Herbal, Story Book* Pub, North Adams, MA, 2001.

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



Intervale Food Hub and one Revolution Partner to Deliver CSA Shares by Bicycle

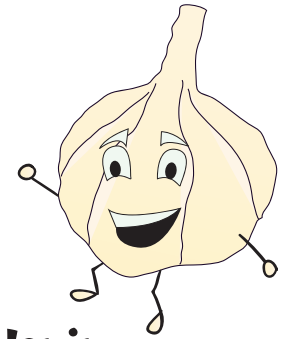
The Intervale Food Hub launched its summer 2010 CSA delivery service in partnership with One Revolution LLC, a Burlington-based bicycle delivery service. The first delivery in June brought fresh local foods from 24 Vermont farmers to over 300 eager CSA members in the greater Burlington region.

"We are very excited about our partnership with One Revolution," said Food Hub Manager Sona Desai. "Not only are we supporting a new community endeavor, but we are also increasing the efficiency and environmental sustainability of the Food Hub at the same time."

One Revolution LLC is a member-owned bike delivery service located in Burlington offering bike pick-up, delivery and advertising services. Says member owner Mark Bromley, "We're very proud to partner with the Intervale Food Hub and be a part of their great program. Our team of riders is ready and eager to begin pedaling with our bikes and trailers, are looking forward to meeting CSA members, and are excited about a great season of delivery and service with new friends!"

The Food Hub, an enterprise of Burlington's Intervale Center, links local farmers and the local marketplace by aggregating, marketing and distributing vegetables, fruits, meats, eggs, cheeses and specialty products. It serves individuals, businesses, retailers, restaurants and institutions through a multi-farm community-supported agriculture program (CSA) and through wholesale marketing and distribution. Desai said of the enterprise, "Our goal is to make it more convenient for the local community to access high-quality foods while ensuring that a fair price is returned to local farmers."

The Intervale Center strengthens community food systems. Since 1988, the Intervale Center has been supporting viable farms, increasing access to local, organic food, improving soil fertility, protecting water quality through stream bank restoration and educating people about agriculture and healthy food. Through these efforts, it has established an exceptional agricultural and recreational resource within the city limits of Burlington and earned a national reputation as a leader in the sustainable agriculture movement.



Gardening Tip of the Month

Excerpt taken from *The Lawn-to-Garden News*,
June 2010

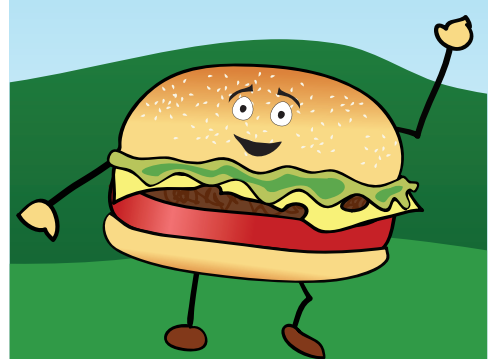
Garlic does more than keep vampires away: it drives off all kinds of bugs, too! Bugs of all stripes and spots hate garlic. Plant garlic around your trees, veggies, and flowers, or spray it right on the plants. It works--naturally!

(Note: Don't overdo it, too much garlic oil can kill leaves and flower petals. Experiment with what works best for your garden.)

How to make a Basic Garlic Spray:

- Soak 4 ounces of finely chopped garlic bulbs in enough water to cover for 24 hours.
- Dissolve one teaspoon of fish emulsion in one pint of water.
- Mix this with the garlic-water solution. Filter this liquid into in a glass container (not metal!) for storage.
- To use, dilute one part of the solution to 20 parts of water. This clears out mosquitoes, aphids, red ants and onion flies.

City Market Signature Burgers are back!



- Jalapeno Cheddar
- Bacon Tomato
- Sweet Onion
- Cheddar Bacon



produce for the people

Produce for the People: It's time to start sharing!

By Christine Parlia,
Community Outreach Coordinator

Summer is in full swing and there are veggies to harvest in our gardens! Do you have extra greens, squash, or other freshly-grown goodies that you would like to share? Consider donating at one of the upcoming Produce for the People fresh food drives! Produce for the People is a partnership campaign to ensure everyone has access to fresh, local food by collecting and dispersing produce grown by gardeners and farmers that would otherwise be wasted.

Fresh food drives beginning in July:

Thursdays at the Intervale:

July 8 – August 26th

Receive a City Market coupon with your produce donation!

Fresh food garden drives at Burlington Community Gardens in August:

August 8: 4:00 – 6:00 p.m.

North Beach Shelter

August 14: 4:00 – 6:00 p.m.

Starr Farm

August 21: 4:00 – 6:00 p.m.

Tommy Thompson

August 28: 4:00 – 6:00 p.m.

Ethan Allen Homestead

Collected produce will be distributed to organizations that provide food support to the community, including Chittenden Food Shelf, Campus Kitchen, and Sara Holbrook Center,

Would you like to volunteer with Produce for the People? Onion River Co-op member workers can receive credit hours, please contact: Carrie McLane, (802) 540-0115 or cmclane@ci.burlington.vt.us.

City Market offers New Community Cooking Classes at the Chubby Muffin



By Caroline Homan,
Food Education Coordinator

A few months ago, we heard about a new venture happening in Burlington's Old North End. The owners of Skinny Pancake, the crepe enterprise that dishes up creations with a cornucopia of local ingredients in Burlington and Montpelier, were planning to open a coffee shop in the Old North End after buying and refurbishing an old deli on Oak Street. The part that caught our attention? The whole enterprise was based on their need for a large prep kitchen to help process ingredients for their busy restaurants. Sitting within shouting distance of the Intervale (practically), at the top of Intervale Ave., the owners also hoped to open up the kitchen to farmers for local food processing and instructors for community cooking classes.

This is where City Market, Onion River Co-op comes in. After seeing the sparkling new space, we are launching new cooking classes at the "Community Kitchen at the Chubby Muffin." We will be offering twice-monthly cooking classes focused on local food preservation. Thanks to the fully equipped kitchen, we will be able to offer hands-on cooking classes, canning and food preservation workshops, as well as a regular gathering place for people interested in improving food, health, and community. We believe the site will be popular for anyone, young or old, to learn about how to make the most of seasonally available foods.

In July, we will offer classes on canning jam and making lacto-fermented pickles. Look for classes on canning tomatoes, blanching and freezing summer produce and canning applesauce as the summer progresses. Classes will be listed on the calendar page of the Onion Skin, on our Web site, and in 7-Days and the Free Press calendar sections.

For questions, contact Caroline Homan at choman@citymarket.coop.

Community outreach Partner

Healthy City Youth Farm

At daybreak in early May, Pat and Cathy Palmer eased their team of Percheron draft horses into a trailer, loaded on a horse drawn plow, and headed north to Hunt Middle School in Burlington. Their job for the morning was to delight students by preparing a quarter acre of land between the baseball field and track for the new Healthy City Youth Farm.

While Pat nimbly guided Butch and Jerry along the plow furrows, classes of intrigued students circulated between hands-on learning stations. Burlington School Food Project partners brought students spring salad greens with homemade vinaigrette; chopped spinach balls flavored with garlic and Vermont cheddar; and fruit and yogurt smoothies made with City Market's bicycle powered blender. Taste tests help to introduce the kids to the flavors and fun of eating fresh local foods.

Meanwhile students explored artistic renderings of the diverse crops to be grown at the new school garden and worked at matching containers of seeds with their corresponding fruits and vegetables. Over 20 community members helped to make the farm launch a success. And although it's not everyday that horses are on Burlington school grounds, we are thankful that it is an everyday occurrence to have the help and support of City Market member workers.

From planting to harvest, the new Healthy City Youth Farm provides a place where youth and adults can work side-by-side growing healthy food and community. Co-op member workers can volunteer with the Healthy City Youth Farm this summer and fall. Please contact Friends of Burlington Gardens Program Director Jenn McGowan: jenn@burlingtongardens.org or 861-4769.



Wine Picks for Under \$10

By Alison Miner,
Beer & Wine Buyer

We love well made rosé wines and you will too if you give them a chance. Just remember, this is not your grandmother's "White Zinfandel!" Tell your guests the same when they ask, "Pink wine? Are you serious?" Yes, we're serious.

Rosé wines are made from red grapes that see minimal contact with the grape skins during pressing. They should be fruity and not sweet, with mouth-watering acidity. **Charles & Charles Rosé** is a Washington Syrah rosé crafted through a joint effort between Charles Smith and renowned French rosé producer Charles Bieler of Provence. This dry pink wine is fresh and delicious when served well-chilled. At \$9.99, it is perfect for picnics, burgers, salad with goat cheese or a mixed fruit platter. Charles & Charles Rosé is tart, crisp and refreshing. Subtle floral aromas lead to strawberry and melon flavors with a hint of lime.

France is known for producing elegant and delightful rosés. **Domaine Carrel Rosé** of the Savoie region is a light and flavorful rosé with charming white peach, strawberry and pear flavors. Also \$9.99, it is versatile and fun. Serve before dinner on a warm evening on its own, paired with almost any summery foods or with strawberry cheese-cake for dessert.

Customer Comment

Dear City Market,

A thought: A City Market Kitchen cafeteria-style dining in the New North End—Ethan Allen Shopping Center? We need tasty, beautiful food there.

S. Rittenhouse

Dear S. Rittenhouse

Thank you for your comment and question. Great suggestion! We are always exploring new ways to bring healthy food to the community. We'll look into this one too!

Dear City Market,

Kudos to Mary (produce buyer), Meg & Chris (tour guides) for helping create a fabulous tour to Hardwick. Chris and everything about the day equaled excellent! Mary drove our van and did a great job in the rain. Many thanks.

Linda

Dear Linda,

We are so glad to hear that you enjoyed the recent farm tour to Hardwick. Each quarter we plan a tour of local or regional farms and offer the tour free to our Co-op members. Look for details on a tour this July to some of our Wellness Department vendors and a local vineyard. Keep the suggestions coming of other farms that you would like to visit as well.

Dear City Market,

I like the new (for me) bulk grain signs on Wheat and Rice. Informative.

Serrill

Dear Serrill,

Thank you for your comment. We are proud to share information about how to choose the right Bulk Department products for our customers' needs. The posters are a way to help customers know which products we carry in Bulk and how to best use them.

SERVING UP VERMONT

What's happening on Serving Up Vermont?

Things heat up in the kitchen as temperatures pop outside. In this month's Serving Up Vermont, City Market's food blog, Caroline Homan will be blogging about the new food preservation classes starting this summer, as well as delicious seasonal recipes, from fresh salads to cooling desserts. Visit www.CityMarket.coop/blog to see what's new and fresh.



Thursdays at the Intervale: Local Food, Live Music, Family Fun!

By Joyce Cellars,
Development Coordinator, Intervale Center

Join us in the Intervale every Thursday for our annual celebration of local food and farms!

Thursdays at the Intervale: Summer of Taste 2010 kicks off July 8th and continues weekly through August 26th. Each evening features live music, Slow Food Vermont tastings, kids' activities and local food from the American Flatbread onsite hearth (along with their famous gravity-brewed beer on tap!) and neighborhood eateries Bluebird Tavern, the Skinny Pancake, Sugarsnap, and the Nomadic Oven. Now in its seventh season, this beloved series is a fun and safe way for you and your family to enjoy the best of Burlington's downtown farmland.

Slow Food Vermont tastings, created by Mara and Spencer Welton of Intervale farm Half Pint Farm, start at 5:30 p.m. and are followed by a wide range of fun and tasty activities including programs related to each week's theme. Try your hand at local food-themed games, get your face painted, or sign up for special tours of the Intervale Center and lands.

Produce for the People, a partnership campaign that increases access to fresh, local food by collecting and dispersing produce grown by gardeners and farmers, will be present at each Thursday. City Market will offer a coupon for every pound of produce that home gardeners bring in to donate.

If you are a City Market, Onion River Co-op worker member, you can also receive hours

by volunteering at a Thursday event. Please contact Sara Novak at sara@intervale.org for more information.

Thursdays at the Intervale are held at the Calkins Community Barn on Intervale Road and are made possible in part through the contributions of great local businesses like City Market. Limited parking available – please walk or ride your bike! \$5 suggested donation per family; season passes available for \$35. For a full summer schedule, please visit our blog at www.intervalecenter.wordpress.com.

July 8: Know Your Neighbors
Tasting: Yak meat
Music: Phineas Gage

July 15: Local Business, Living Economies
Tasting: beer and radishes
Music: Eames Brothers Band

July 22: Kids Circus Thursday
Tasting: Greens
Music: Community Open Mic night.
To sign up, please contact Christine Ellis at (802) 999-5831.

July 29: Eat Well, Be Well
Tasting: Artisanal chocolate
Music: Young Tradition VT Showcase

August 5: Gleaning & Hunger in VT
Tasting: Heritage pork
Music: The Move: Robin Sunquiet and Greg Alexander Project

August 12: Green Farms, Blue Lakes
Tasting: Sweeteners
Music: Anna Pardenik & the Holy Smoke Off

August 19: Introducing the Food Hub
Tasting: Apples
Music: Left Ear Trio

August 26: Farmer Appreciation Day
Tasting: Heirloom tomatoes
Music: Barn dance with Streak O'Lean

Why Does Your Co-op Rock?

The My Co-op Rocks Video Contest is back! For the second year, City Market, Onion River Co-op is excited to kick off this nationwide contest where you can show the world why your Co-op rocks by making an original online video. Starting July 1, head to www.MyCoopRocks.coop to submit your original online video showing all the ways your Co-op rocks, and put in your two cents on others' videos with comments and ratings—people's choice winners and judges' favorites will be in for some super sweet prizes!

There's no limit to the ways you can rock out your video. Unleash your sense of humor, show off your guitar god skills, or take on a full-scale Co-op action adventure—just go wherever your imagination takes you in two minutes or less. Be ready to share your masterpiece with the world starting July 1, because the sooner you enter, the more votes you can receive!

Run with your own idea, or get inspired by one of these suggestions:

- Top 10 Reasons My Co-op Rocks
- My Co-op: The Rock Musical
- Love and Lettuce: A Co-op Romance
- An Amazing Race Through My Co-op
- Rocking Around the Co-op: A Singalong

Stay tuned and check back often at www.MyCoopRocks.coop for contest details and updates.



Summer Food Safety Tips

By Caroline Homan,
Food Education Coordinator

Keep your picnics and potlucks safe this summer with these food safety tips:

Keep hot foods hot (140 F), cold foods cold (40 F) until serving time. Hot foods such as casseroles can be kept in an oven at a low temperature of 200-250 degrees covered with aluminum foil to stay at the optimal temperature. Cold foods should be refrigerated or kept in a cooler with cold packs, covered tightly.

The two-hour rule: Perishable foods should not sit at room temperature for more than two hours (or one hour if the temperature is 85 degrees or above). When in doubt, throw it out! Perishable foods include meat and sandwich meats, chicken, fish, eggs, dairy products, salads, and cut fruit.

Some other tips:

Shopping:

When shopping, put meat and poultry in your shopping cart last. Do not transport your meat in the rear of your car, where it's hottest. Refrigerate meat and poultry as soon as arriving home.

Preparation:

Keep food prep surfaces extra clean in the summer time. Wash knives and cutting boards well between uses.

Thaw any frozen meat in the refrigerator; never defrost on the counter. Marinate your meat and poultry in the refrigerator.

Cooking:

Cook meat and poultry completely before serving – do not partially cook foods ahead of time to save time, as bacteria that grow may not subsequently be destroyed.

Use separate plates for raw and cooked meat. Use separate tongs/forks/spatulas for placing raw meat on the grill and removing cooked meat from the grill.

Cook all meat and poultry to a safe internal temperature (use a meat thermometer):

Beef, veal, and lamb steaks, roasts and chops may be cooked to 145 F

All cuts of pork to 160 F

Ground beef, veal, and lamb to 160 F

All poultry to 165 F

Hot dogs to 165 F

Serving:

Consider setting out several small platters of foods on the buffet table rather than one large platter. Always replace empty platters rather than adding fresh food to a dish that already had food on it.

Use a separate cooler for drinks so the one containing food won't be constantly opened and closed.

If you are bringing whole watermelon to a picnic, wash the outer rind so any bacteria from the skin of the melon won't cross-contaminate the inside or the cutting board and knife.

Sources

University of Nebraska, Lincoln Extension

USDA Food Safety and Inspection Service

What's Cooking America

Let City Market Cater your next event!

OUR catering department is staffed by a team of chefs and catering professionals. Fantastic-tasting food prepared with the freshest, local ingredients. See the menu online at www.CityMarket.coop/market/catering OR CALL 802-861-9736 to speak to our catering representative today.



Investing in Community Slow Money Style

By Meg Klepack,
Local Food Coordinator

I vote with my dollars, supporting our local farms and businesses with every purchase I make whenever possible. That works pretty well for things like cabbages and bicycles; I even save my money at a member-owned local credit union. But the one sphere of my life where I feel disconnected is in my retirement savings. By investing in a 401(k), even the ‘socially responsible’ version, my dollars are suddenly leaving my community and supporting multinational corporations, working against the values that I spend the rest of my life supporting!

Enter the Slow Money Alliance whose National Gathering I attended for two days in June at Shelburne Farms. Slow Money believes in creating investment strategies designed not around maximizing profit, but enhancing food security, food safety and food access; improving nutrition and health; promoting cultural, ecological and economic diversity; and accelerating the transition from an economy based on extraction and consumption to an economy based on preservation and restoration. People came from literally all over the world – I was standing in line for lunch next to a man from Tokyo – to learn about the Slow Money principles and begin the discussion of putting these big ideas into reality.

While Slow Money is just getting off the ground, the idea is to create investment opportunities that work for, not against, our values. Seeing that 1) we all need to eat; 2) we must put carbon back in the soil to avoid the worst consequences of global warming; and 3) the current economic system is not working; Slow Money centers its alternative investing work on the creation of local food systems. Slow Money’s mission is to develop new



slow money

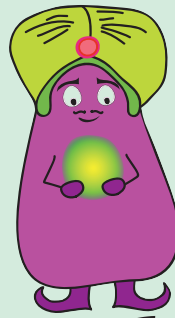
financial products and services that invest in small food enterprises and local food systems, and connect investors to their local economies. The conference, among many other sessions, featured an ‘Entrepreneur’s Showcase’, 25 entrepreneurs starting up or expanding farms or local food businesses (including some familiar names: Champlain Orchards, Vermont Smoke and Cure, Hardwick Beef, etc). These are precisely the kinds of start up businesses that deserve our investment, but there is no good way currently to support their work. Slow Money aims to fix that.

While these ideas may seem idealistic, Slow Money has real traction with some of the brightest thinkers on sustainability, investing, and business. Consider the speaker list of the conference: Bill McKibben, founder of 350.org, led off the conference giving us the global context for why this work is so important – the root causes of global warming as well as the social implications both mandate that we move to a Slow Money approach. Bill was followed by Gary Hirschberg, Founder and CE-Yo of Stonyfield Farm, farmer Joel Salatin (of The Omnivore’s Dilemma fame), farmer Elliot Coleman, and Robert Zevin, a leading pioneer in the socially responsible investing world, among many, many others spoke (over 600 people attended the conference).

Given this work, I am very hopeful that one day soon we will be able to invest money in the local community, where, in addition to financial returns, we will realize a strong local communities complete with economically successful farmers, and healthy soils.

To find out more about the Slow Money Alliance visit www.slowmoneyalliance.org.

ASK The Health Genie



Dear Health Genie,

Everyday I see a new report on sunscreen. Between the numerous lists of which one’s are safest or most effective; how am I supposed to absorb all this information and choose a product that is safe for me and my family?

Help!
Scared of the Sun

Dear Scared,

I can relate to your dilemma. Every year around this time when the newest articles, lists and reports on sunscreens are released, I try to wade through the flood of information and separate fact from fiction so that I too can choose the “best” sunscreen. While it is hard, it doesn’t have to be impossible; here are some facts to help you choose safe and effective sun protection.

- SPF or “Sun Protection Factor” is a numerical rating of a sunscreens ability to reflect or absorb UV Rays. It is generally recommended that you select an SPF no lower than 15. In recent years there has also been some question of the increased efficacy of products with an SPF higher than 40, so you’re best bet is to select a product somewhere within that range.

- There are currently 17 active ingredients recognized by the FDA for use in sunscreens. 15 of these are chemical sunscreens which work by forming a thin layer on top of the skin and absorbing the UV rays. The other two are Zinc Oxide and Titanium Dioxide which are mineral sunscreens which reflect UV light away from the skin. Personally I prefer mineral sunscreens, especially in light of recent news that some chemical based products combined with retinyl palmitate might be just as harmful for you as the sun that you are trying to avoid.

- There are two types of Ultra Violet (or UV) rays that affect us, UVA and UVB. UVA, which is the more intense of the two is present fairly equally year round regardless of your geographic location and time of day. It is also strong enough to penetrate glass and clouds. UVB though less intense is more damaging to the skins top layers, or epidermis. It is UVB that is responsible for sun burns.

The reason it’s important to know the difference between the types of UV rays is that not all of the active ingredients in sunscreens protect against both. So while your sunscreen may protect you from getting a burn it might not protect you from the long term damage caused by UVA rays. It is important to make sure that your sunscreen has multiple active ingredients and states that it is affective against both UVA and UVB rays.

I hope this information will help you make an educated decision regarding what product is right for your family so you can get out and safely enjoy the sun this summer!

Be Well,
The Health Genie

Heart of the Islands Bike Tour

City Market is proud to sponsor The Heart of the Islands Bike Tour which offers cyclists of all levels the opportunity to explore Champlain Islands’ farms, art studios, food venues, and vineyards during a leisurely (and spectacular) 10, 24, or 35-mile ride. Entry fees are \$35 adult and \$15 youth. Saturday July 10, 10:00 a.m. - 4:00 p.m. at Snow Farm Vineyard, South Hero, VT. www.VermontFarmTours.com to register today.

Going With the Local Grain

By Meg Klepack,
Local Food Coordinator

We were excited to get local white flour for the first time in City Market’s Bulk Department in May. The wheat was grown on Aurora Farm down in Charlotte. Red Hen has been using the flour for months now in their Cyrus Pringle Bread so we invited Randy George, owner of Red Hen, to teach us how to best bake with the new local flour. The workshop was a ‘welcome party’ of sorts for the new local flour and we had a great time, but we also found out that the story doesn’t end with the local white flour.

White flour, of course, is produced by removing the bran and the germ from the grain. I was excited to hear from Randy that local wheat bran, produced when the local flour was milled, is also available! We filled a bulk bin with the bran in mid-June and it’s amazing. Matt Labare, our wonderful Co-op baker, made extraordinary muffins using the bran. Here’s his recipe.

Honey Bran Muffins

Makes 18 Muffins

2 cups local wheat bran

2 cups all-purpose flour (the new local white flour would work well)

1/8 teaspoon salt

1 teaspoon baking soda

1/2 cup light brown sugar

3 local eggs

1 cup local milk

1/2 cup oil

1/2 cup local honey

1 cup raisins

Heat oven to 400°. In a large bowl, combine wheat bran, flour, salt, baking soda, and brown sugar. Set aside. In another bowl combine eggs, milk, oil, and honey. Whisk together. Add the egg mixture to the flour mixture and gently fold together using a spatula. Stir in the raisins. Fill greased muffin tins. Bake for 18-20 minutes.



JULY CLASS LISTINGS

Free Herbal Clinic

JULY 5, 4:00 - 7:00 p.m.

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

First Aid Part 2: Making Your Own First Aid Products

JULY 10, 10:30 - 11:30 a.m.

Join City Market's Herbal Education Coordinator, Cristi Nunziata, in preparing first-aid products such as bug spray, after-sun spray, and sore muscle rub. Everyone will take home a few products to get their first-aid kits started.

Ethan Allen Herb Walk with Guido Masé

JULY 12, 5:00 - 6:00 p.m.

Join herbalist Guido Masé for a plant walk and learn about the many beautiful plants growing in the marshy and woody areas of the park. Meet at the shelter.

Feldenkrais with Uwe Mester: Awareness through Movement® Class

JULY 14, 5:30 - 6:30 p.m.

In this introductory class, Uwe will teach a Feldenkrais lesson that will improve your balance in standing and your ability to turn your trunk, pelvis and neck with more ease and comfort. In daily life, we constantly use our whole self doing turning movements without being aware of them. Learn to improve this important function without effort or any form of stretching. Most of this class will be taught lying on the side, so please bring a mat or blanket and wear comfortable clothes.

Cooking with Kids: Biscuits & Jam

JULY 18, 10:30 a.m. - noon

It's berry season! Kids, come and make fresh, honey-sweetened jam and homemade biscuits. Each child will get to take home a jar of jam for the freezer. (Type of fresh fruit for the jam to be determined closer to the class date depending on seasonal availability.) Children 6 and under accompanied by an adult, please.

Free Herbal Clinic

JULY 19, 4:00 - 7:00 p.m.

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

Solar Made Simple Seminars

JULY 20, 6:00 - 7:30 p.m.

The Solar Made Simple workshop provides an overview of the workings of solar power, including how to use state grants and federal tax credits to help pay for a system, as well as guidelines for assessing whether your home or business is right for solar. Bring your recent utility bill and pictures of your roof if you'd like to discuss your home in more detail with a groSolar representative.

Herbs and Supplements to Protect Your Mind, Heart, Bones, and Overall Health with Suzanna Bliss

JULY 22, 6:30 - 8:00 p.m.

Experienced wellness practitioner, Suzanna Bliss, M.Ed., Clinical Herbalist/Nutritionist, and Founding Director of the Rooted Wisdom Center in Middlesex, will share how nutritious foods, dietary supplements, healthy lifestyle choices, and natural therapies help prevent Alzheimer's Disease, High Cholesterol, Stroke, Hypertension, and Osteoporosis.

Feldenkrais with Uwe Mester: Awareness through Movement® Class

JULY 24, 10:30 - 11:30 a.m.

Over the course of the day we are constantly sitting in various chairs. We do that without paying much attention, often until we experience some form of pain. We have little knowledge of how our skeleton can provide support in sitting. In this introductory class Uwe will teach a Feldenkrais lesson that will improve the way you are sitting in a chair without discomfort and strain. Discover how these gentle movements can make a difference in your life.

New: City Market Community Cooking Classes at the Chubby Muffin!

Classes are at the Chubby Muffin on Oak Street/corner of Intervale Ave. Please sign up at City Market.

Canning 101: Jam

JULY 13, 6:00 - 7:30 p.m.

Learn all the steps of making and canning no-sugar and low-sugar jam. We will use seasonal fruit and follow recipes from Pomona Pectin to make delicious jam and take a jar home.

Preserving 101: Lacto-Fermented Pickles

JULY 27, 6:00 - 7:00 p.m.

Do you like the crunch and taste of old-fashioned cucumber pickles cured with sea salt? Learn how to pickle cucumbers using lacto-fermentation. Lacto-fermented cucumbers are easy to prepare and don't require canning. Participants will prepare their own mason jar with pickling cucumbers to take home.

Please Note: The Eating Well on a Budget class is on vacation in July and August. We will resume in September.

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

Eat Local Week

September 11-18

Save the dates and your taste buds for a tempting week focused on local food and farms! Fun workshops, cooking classes, farm tours, and more, Burlington wide! More details coming soon. Check out www.EatLocalVT.com for all the details as they are announced.

Solar Made Simple Public Seminars Continue in July

The next free educational Solar Made Simple seminar featured at the Co-op is scheduled for July 20. The workshop provides an overview of the workings of solar power, including how to use state grants and federal tax credits to help pay for a system, as well as guidelines for assessing whether your home or business is right for solar. Bring your recent utility bill and pictures of your roof if you'd like to discuss your home in more detail with a groSolar representative. Free and open to the public.

July Product Sampling

JULY 2 - Sunscreen Party
1:00 - 4:00 p.m.

JULY 2 - Local Produce
3:30 - 6:30 p.m.

JULY 5 - KIND Fruit + Nut Bars
3:00 - 7:00 p.m.

JULY 9 - Knudsen Very Veggie Juice
10:00 - 2:00 p.m.

JULY 16 - Local Produce
3:30 - 6:30 p.m.

JULY 17 - High Country Kombucha
11:00 a.m. - 7:00 p.m.

JULY 18 - High Country Kombucha
11:00 a.m. - 7:00 p.m.

JULY 23 - Nutty Steph's Magic Chunks
11:00 a.m. - 3:00 p.m.

JULY 24 - The Inspired Baker
1:00 - 5:00 p.m.

JULY 31 - The Last Resort Farm
2:00 - 4:00 p.m.



Onion River Co-op Members Sign Up For the Arethusa Farm Member Benefit

City Market, Onion River Co-op members can take home fresh produce after working a morning in the fields at Arethusa Farm. On Friday mornings from May 21 through September 10, Onion River Co-op members have the opportunity to participate in Arethusa Farm's Work-Share Program. As part of the program, Co-op members work on the farm every Friday from 8:00 a.m. - 12:00 p.m. At the end of a morning's work, members are free to walk the fields and harvest a share of vegetables. To sign up or for more information, contact Leila Cosgrove at (802) 861-9707, lcogrove@citymarket.coop (limit of four weeks per membership). Please note—this is a Co-op member benefit, not a member worker opportunity. Members will receive a produce share instead of worker credit.

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