



The Onion Skin

Sharing news from the Co-op & the Community



June 2009



photos by - Ben Sarle

Burlington Celebrates World Fair Trade Day

By Courtney Lang,
Demonstration Coordinator

The Queen City's first annual World Fair Trade Day Celebration may have witnessed a monsoon but the few moments of sunshine brought a wealth of positive vibes. Burlington's Fair Trade Town Committee, which is backed by over 15 local businesses, organizations, and individuals, planned this event to coincide with the Farmers' Market kickoff in City Hall Park. World Fair Trade Day is an international celebration of Fair Trade with events that take place in over 80 countries. While we were being graced with a performance by Burlington's own Jeh Kulu Dance and Drum, Vermont U.S. Senator Bernie Sanders and Mayor Bob Kiss stopped by to show their support. To document the success of our event we gathered approximately 75 people in the rain for a Fair Trade Coffee Break, cheers to that!

Burlington's Fair Trade Town Committee, of which City Market has played a key role, has been working since February 2009 for the official designation of Fair Trade Town. With four out of five goals accomplished, the final step is to have City Council pass a resolution

supporting Fair Trade and the local campaign. The initiative brings together businesses and the community to grow the Fair Trade movement by increasing awareness of and demand for Fair Trade products. Our motto is "Buy Fair, Buy Local" which stresses that the consumers hold power within their dollar. By passing the resolution, Burlington will choose to be fair to all – local farmers, impoverished producers, and ourselves. The trickiest step of the process is to strengthen communities near and far.

What this means for Burlington becoming a Fair Trade Town is not to say that from now on anything to be bought or sold in this town has to be certified fair trade. Instead we want local businesses and farmers to use this as a marketing and educational tool. As the committee continues to move forward, we will hold workshops, discussion panels and events in an effort to educate local consumers. In doing so, local businesses that support fair trade will be able to raise awareness of the

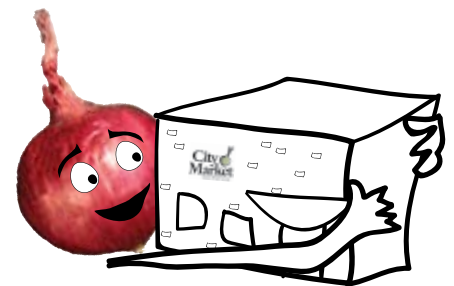
"events that take place in over 80 countries"

issues behind current market economies that are suffering due to over produced and under priced commodities.

In July, the committee will be ready to unroll the resolution to Burlington council members. We plan to present a full list of Fair Trade products available in Burlington, businesses who sell Fair Trade products, and local organizations that support our efforts. Along with these lists will be a proclamation addressing Fair Trade principles that can be utilized by small farmers all over the world. It will further state that we, as a city, support buying local and when that is not possible the product is fair trade.

If you would like to support our initiative, look for a date in July's Onion Skin, as City Council meetings are open to the public. Thanks again to our World Fair Trade Day volunteers and all who support our mission of making Burlington the next Fair Trade Town.

For more information about the Burlington Fair Trade Town Committee, go to our Web site at www.CityMarket.coop.



Co-op Membership Surpasses 4,000!

City Market/Onion River Co-op has reached a major milestone. We are proud to report that we now have over 4,000 actively participating members! Thanks to all of you. Remember that by being a member, you become an owner of a cooperative whose existence strives to be central to a thriving and healthy community where consumers have local access to progressive social, environment and healthful choices and where residents enjoy an enhanced quality of life, all while strengthening the local food system. We are so thankful to be a part of this wonderful community!

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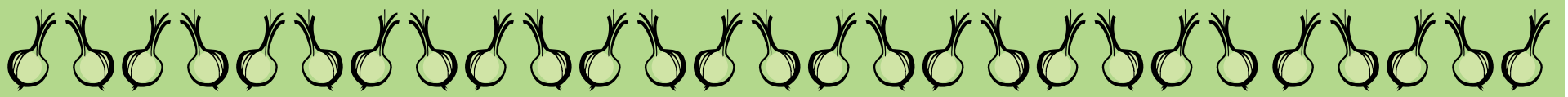
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Pandemic Planning—Part Two

By Clem Nilan,
General Manager

The Vermont Health Commissioner, Dr. Wendy Davis, has advised Vermonters they may not be able to go out in public during a pandemic. For up to two weeks. Dr. Davis recommends preparing for a pandemic by stocking our pantry, buying the dried food items we stock in our bulk department. “A lot of the items on our list are dried foods, things that have a long shelf life.”

It makes sense to understand the history and use of grains and legumes, the role they play in nutrition as well as safe storage techniques.

In the history of our species a romantic notion pictures early humans hunting down the woolly mammoth. Food anthropologists tell us a different story. The survival of the species had more to do with gathering grains and legumes. Somewhere around 10,000 years ago with the advent of agriculture these grains (cereals, plants in the grass family, i.e. rice, wheat, barley) and legumes (bearing seeds in a pod, i.e., beans, lentils) were brought under a modicum of human control. Continuing until even today, grains and legumes continue to supply the bulk of calories ingested by the human race.

A great advantage grains and legumes have over poultry, meat and dairy products are their ability to resist spoilage. This is not to say they can't spoil, as will shortly be addressed. The disadvantage is that with the exception of super grains like quinoa, most are incomplete sources of protein and must be combined with complementary foods or small sources of animal product to form complete proteins.

There are several advantages in moving from a meat diet to a plant-based diet. It's cheaper to feed one's family this way. Ecologically, counting calories in and calories out, it is more efficient to produce plant calories and then meat calories. Grains and legumes are a source of a wide range of vitamins and minerals that keep us healthy.

So having a supply of grains and legumes on hand in one's larder makes a tremendous amount of sense. Compared to purchasing and storing other foods, “putting up” enough grains and legumes to last several weeks is relatively straightforward. Should a Co-op member find him or herself homebound due to a pandemic,

this supply should prove invaluable. While we hope a pandemic does not come to pass it still makes tremendous good sense to be using grains and legumes regularly as the foundation of one's diet.

In approaching the question of storage we need to understand the structure and composition of the seed of the grain. There is the germ at the base which is the embryo of the new plant. The majority of the grain consists of endosperm. Endosperm is carbohydrate rich storage cells intended to feed the germ as it sprouts and grows. The germ and endosperm are covered with a tough protective layer known as the bran.

The germ and bran contain practically all of the oil, vitamins and fiber of the grain. From very early times grains have been milled to remove the bran and germ to make it easier

a potential storage problem with whole grains

to cook and eat. At first it was done by smashing grain under a rock. Today there are industrialized methods that get the job done. The majority of the grains consumed today have had their bran and germ removed. Food processors love how processed grains (bran and germ removed) last indefinitely. In the kitchen, hurried cooks appreciate their shortened cooking times.

The Achilles' heel of processed food is their diminished nutritional value. One of the silver linings of the recession is the rediscovery of the Bulk Food department at City Market. The sale of whole grains and legumes is way, way up. I believe this is a fundamental re-setting of the values of many Co-op members. Members are rediscovering the joy of cooking whole grains and their hearty complex flavors in addition to nutritional benefits and value. I much prefer whole grains in my cooking for both their flavor and their nutrition.

There is a potential storage problem with whole grains. This mostly has to do with the oil content contained in the bran and the germ along with vitamins and minerals. Oils can go bad. Because plant oils are overwhelmingly unsaturated, they are more chemically susceptible to degrading than saturated fats (fats that are solid at room temperature, e.g., animal fats and hydrogenated fats). Whole grains can and do spoil more quickly than processed grains. When oil spoils we call this rancidity. Co-op members need to be able to identify rancidity. There is only one practical

way (aside from expensive laboratory test). That is by smell. In my ten years teaching in culinary school one of the hardest tasks was to train students to train and trust their nose. The trouble with this technique is that not everyone perceives the smell of rancidity the same way. For most people, rancid grains smell like crayons. Go through pantry and see if you can find some. Find a metaphor (crayons) and use it fearlessly. Rancid grains should be disposed of.

Rancidity is much less an issue with legumes. Energy is saved mostly in the form of carbohydrates, with the exception of soybeans and peanuts (yes peanuts are a legume- not a true nut).

To control rancidity Co-op members need to be familiar with the enemies of oil and fats. The big culprits are heat and light. We can protect our whole grains by keeping them away from both. A refrigerator or freezer is a great place to store whole grains. At my house we always store our whole wheat flour in the fridge. Whole grains can be kept at least one to two months in a cool place or longer in a refrigerator.

Keep grains out of sunlight. Grains may look really pretty in a jar on the shelf, but they will fare better if kept in a dark closet or in a refrigerator. You have to train your nose. Trust your nose. Make sure you give grains a sniff test both when you buy them from the bulk department and again before you cook them. Rotate your grains- use the first in first out rule. It doesn't make a lick of sense to buy a 50 pound bag of brown rice that you intend to use for a whole year and then have to discard part of it.

Storage quantities will depend on your household size. Consult a Bulk staff person if you need help. Here's a list of grains and legumes that I keep on hand for my cooking.

- steel cut oats (my favorite breakfast)
- brown rice
- Gleason Grains whole wheat pastry flour
- French lentils
- local cormeal
- quinoa
- green split peas
- chickpeas
- black beans
- whole wheat couscous

Co-op Member Worker Opportunities

1. The Gleaning Project: teens and Member Workers work side-by-side to harvest produce that would otherwise go to waste from neighboring farms and distribute it to non-profits serving families in need.

2. The Burlington School Food Project: A farm to school program that connects students and their families with whole, fresh, and local foods to improve the health of our community. This year Healthy City is growing 1,000 pounds of beans for the schools and processing additional vegetables weekly.

3. The Youth Farm: For eight weeks, 15 teens will be paid a stipend to grow and harvest produce while attending workshops to prepare them for future employment.

For more information on Member Worker times at Healthy City, check out the Member Worker Binder at the Customer Service desk or contact Brianna Farver at Brianna@intervale.org or 802-660-0440 x111. To learn about becoming a Co-op Member Worker, sign up for a Member Worker Orientation held each week on Wednesday and Friday.

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.)

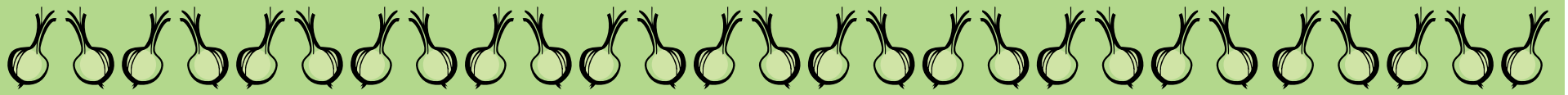
The Onion Skin is the official newsletter of The Onion River Cooperative. Submission deadline is the 5th of the month prior to publishing (e.g., May submissions due April 5th). Submissions are encouraged and may be edited for clarity, style, or length. The editorial staff reserves the right to accept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

Community outreach Partner: Healthy City

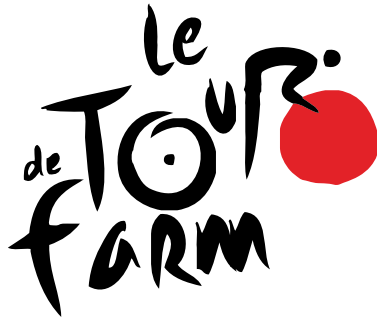
Healthy City - a youth farm and community food security program located in Burlington's Intervale - is gearing up once again for a busy season filled with plenty of vegetables and sunshine. And as always, there are many opportunities for City Market Co-op Member Workers to get involved through three project areas. Co-op Member Workers earn a 7% discount for two hours of work each month and a 12% discount for four hours.

Join us!

The next Board meeting is
6 P.M. to 9 P.M.
June 22, 2009
 in the
City Market Conference Room.



Community connections



Colette's EcoSmart Lawn & Yard

Lawn and yard care services as delivered by today's models are significant contributors to greenhouse gases and other pollutants. The impact of noise caused by the myriad of combustion-engined tools used for yard maintenance is noticeable and intrusive. Colette's EcoSmart Lawn & Yard Services offers an alternative model. They pledge to use tools that are emission free and less noisy. Their lawn mowers are powered by batteries, which in turn are charged through electricity supplied by renewable sources.

Colette's EcoSmart Lawn & Yard Service will transport the tools and labor for mowing to your home using a full electric light truck. That is their carbon neutral pledge: We offer yard care services using battery powered tools and a full-electric truck, charged through the electric grid, with energy supplied back to the grid using renewables.

If you would like help maintaining your outdoor space and wish to do it with a service provider who truly loves the great outdoors and wants to help make a difference, call Colette's at 802-324-7336 or online at www.colettesecosmart.com.

Throughout the month of June, City Market Co-op Members can enter to win a \$50 gift certificate. Stop by Customer Service to enter today!

City Market's Tour de Farm: Shelburne Preview

By Courtney Lang,
Demonstration Coordinator

City Market's Tour de Farm will take adventurous eaters right to the source of their food celebrating local farmers and the art of sustainable cultivation. An extra special day will be held to combine the love of cycling and the love of agriculture to create the Tour de Farm: Shelburne. Participants will reconnect with the agricultural landscapes of Shelburne and the food grown locally and seasonally within our region all while riding their bicycles.

In mid-July City Market's third Farm Tour will head south; with up to five locations to visit including Shelburne Orchards, Shelburne Farms, Shelburne Vineyards, and New Village Farm. Offering a day packed with guided tours to view cider pressing, cheese making and wine making you'll be meeting some of the people behind the food that you have been enjoying all these years at City Market! Space will be limited and sign up will begin in July, so keep your eyes peeled for the next edition of the Onion Skin where all the details will be shed!

Feel free to connect with Tour de Farm: Shelburne Coordinator Courtney Lang at 802-861-9753 or clang@citymarket.coop for more details.

New Butterworks Farm Buttermilk

By Caroline Homan,
Food Education Coordinator

Shoppers now have another product to select from Jack and Anne Lazor of Butterworks Farm, best known for their Butterworks Farm yogurt and heavy whipping cream. The family farm has been experimenting with diverse crops, bringing us our favorite local cornmeal and dried beans in season, as well as fresh-pressed sunflower oil. Now they have turned their attention back to dairy, with fresh, nonfat cultured buttermilk from their herd of Jersey cows. The taste is cool and refreshing for the summertime, and tastes delicious in salad dressing for greens and coleslaw, smoothies, ice cream, and lest we forget that June favorite – buttermilk biscuits!

Back when people churned their own butter, buttermilk was the liquid that remained after the butter was made (you can try this yourself if you take a pint of Butterworks Farm heavy whipping cream and pour some into a glass jar and shake it vigorously until

the butterfat solidifies and separates from the liquid). Women sometimes washed their faces with it, because the small flecks of butter that remained in the liquid made their skin smooth and soft. But if you want really moist and tender baked goods, buttermilk is the secret. Since buttermilk has a tangy flavor and is slightly acidic, buttermilk recipes call for a bit of baking soda in the batter. The baking soda is alkaline and reacts with the acid, forming bubbles of carbon dioxide. As the batter bakes, the bubbles expand and give the recipe - be it biscuits, pancakes, or muffins - that special lift as well as bit of tanginess.

Look for the pint-size containers of Butterworks Farm yogurt in the Perishables cooler. For recipe ideas, check out the recipe cards inside. For more information on Butterworks Farm and other local vendors, check out www.CityMarket.coop.

"Sweet Melissa"

June Herb of the Month Lemon Balm –
Melissa officinalis

By Cristi Nunziata,
Herbal Education Coordinator

If you've ever tasted lemon balm, you know that is one of the most delicious herbs! Luckily, it, like all mint family plants, is incredibly easy to grow. Mint-family plants are identifiable by square stems and opposite leaves, but more importantly by their minty flavor and by their abundance in the garden. Lemon balm is distinguishable from other mints by a subtle lemony taste. Lemon Balm is so tasty that it's easy to take on a regular basis and it greatly benefits the body in many ways.

Lemon Balm is calmative to both adults and children. Overstressed people who suffer from nervousness, butterflies in the stomach, headaches, or depression might consider giving lemon balm a try. Over-excited babies and children will also enjoy lemon balm tea, especially for the relief of colic, teething, irritability, and sleeplessness.

Lemon Balm also has antiviral properties, making it a useful tea for flu prevention. Because of its antiviral properties and its affinity for the nervous system, Lemon Balm is commonly used for the Herpes virus. Herpes is a virus that lies dormant in the nervous system, and often flares up during cold and flu season and during stressful times. Lemon Balm

can be used to prevent herpes flare ups and also to lessen the effects. It is used internally, in tea or tincture form, and topically lemon balm reduces the symptoms and promotes healing of cold sores.

If Lemon Balm isn't already one of your favorite herbs, once you experience its calming effects and unique flavor, it's likely to top your list. As abundant as this plant is in the garden, you'll find Lemon Balm is also quite abundant at City Market. If you'd like to grow lemon balm, seeds from High Mowing Organic Seeds are available in the Produce department.

The plants, from Red Wagon Plants, are also sold in Produce. The dried herb, used for tea or culinary recipes, is located in the Bulk Medicinal section. In Wellness, there are an array of products such as Wise Ways Lemon Balm Cream and tinctures by Grian Herbs and Herb Pharm. Also, to learn more about this plant check out City Market's book section, where you'll find many reference books on medicinal herbs. The best way to learn about this plant, though, is first-hand, so may the lemon balm be abundant in your garden this year!

Lemon Balm- Licorice Infusion

This is delicious served cold in the summer time.

- 5 TBS Lemon Balm
- 1 TBS Licorice root

Pour hot water over herbs in a quart Mason jar and let sit for at least 40 minutes. Strain and enjoy.



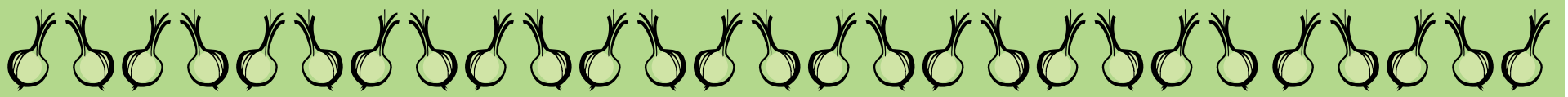
Mow Down Pollution Lawn Mower Exchange was a Green Success!

By Christine Parlia,
Outreach Coordinator

It's become an annual tradition at City Market to encourage local residents to help Mow Down Pollution by exchanging a gas-guzzling, air-polluting, lawn mower for a battery-powered mower. Teaming up for the third year in a row with Neuton Mowers, 113 battery-powered mowers were sold on Saturday, April 25.

In addition, working in connection with partner All Cycle, 82 gas-powered mowers were collected and recycled for free, bringing the total mowers recycled over the past three years to 201. That's a reduction of over 16,000 pounds of carbon dioxide in our atmosphere each year.

Special thanks to our partners: Neuton, 10% Challenge, All Cycle, Central Vermont Public Service, Green Mountain Power Company, and Burlington Electric Company.



Customer Comments:

Dear City Market,

Please let it be known that #5 plastic (yogurt, etc) is recyclable in this county. Thanks. It is a relatively new (1-2 years) policy.

Anonymous

Dear Anonymous,

Thank you for your comment and the information. I'm sure our customers appreciate knowing what types of items can be recycled. You can also find out more at Chittenden Solid Waste District's Web site at www.cswd.net/recycling.

Dear City Market,

How about adding into the cheese labels, instead of contains milk, but rather, contains cow's milk, sheep's milk, or goat's milk. It matters to some people.

Anonymous

Dear Anonymous,

Thank you for your comment. We've used icons in the past to differentiate the type of milk, but they were often hard to decipher with the small size of the cheese signs. We'll continue to review how to best communicate the type of milk included in each cheese product. You can always ask our knowledgeable Cheese dept. staff, they would be happy to answer any questions!

Dear City Market,

Compost for the people! Why not in the eating area?

Sincerely,

B. Ottman

Dear B. Ottman,

Thanks for your suggestion. We would love to have compost bins in the Café area, but the Vermont Department of Health prohibits it currently. We'll add a compost bin if that changes!



June's CAP Sales Flyer Featured Recipe

Sample this recipe in store on Thursday, June 11, at 12:30 p.m.

Chimichurri Sauce

(For grilled chicken, beef, or vegetables)

Chimichurri is a thick, highly seasoned and slightly spicy South American herb sauce made of finely chopped parsley and garlic. It is easy to make and traditionally served with grilled meats and poultry, but also tastes great on grilled vegetables. Makes 4 -6 servings.

Ingredients

- 1 cup flat leaf parsley, chopped and finely packed
- ½ cup red wine vinegar
- 3 cloves fresh garlic
- ½ cup olive oil
- ¼ cup fresh oregano, chopped
- 1 lemon, zest and juice (zest optional)
- ½ teaspoon ground cumin
- ½ teaspoon paprika or smoke paprika
- ½ teaspoon salt
- Ground black pepper to taste

Instructions

Using a food processor or blender, process all ingredients until well-blended – chunky, like pesto, rather than smooth. Serve on grilled chicken, steak or vegetables. Enjoy!

Partnering with City Market on Healthy Choices

By Stephen Alajajian, Jessica Bean, and Danielle Bois, UVM Dietetics

This past semester, we three students in Dietetics at UVM had the chance to take a leap into our future field by teaching food and nutrition classes to people spanning several generations. Meeting every few weeks with Caroline Homan, Food Education Coordinator at City Market, we learned a lot about the Bulk department and eating on a budget and incorporated these ideas into the classes we taught at three local agencies: the Lund Family Center, the Joseph's House, and the Boys and Girls Club. Our goal was to help the Campus Kitchens project at the University of Vermont develop teaching relationships with these community organizations to help increase food knowledge and access in our community (the Campus Kitchens project cooks meals with recovered cafeteria food in the dining kitchens and engages student volunteers to cook and serve these meals at the Food Shelf).

The classes were tailored to the individual needs of each non-profit organization, but all the classes stressed using nutritious foods that are easily accessible. At Lund Family Center, young mothers learned new recipes that use foods available through WIC and the importance of children's nutrition and healthy food choices. At the Joseph's House, participants practiced cooking using foods available at the Food Shelf and local gardens. At the Boys and Girls Club, children demonstrated making kid-friendly foods with a nutritional twist.

City Market played a critical role in advising the students in planning the classes and supplying resources. In the future, we hope that further collaborations between City Market and college students will continue to benefit the Burlington community in increasingly exciting ways.



By Carol L. Winfield, City Market Member

Lost

Oh for goodness gracious sakes
What am I to do?
My mind has gone entirely blank
And I have a column that's due!
I don't mean for a minute
I don't mean for a day.
My mind has gone completely blank
For a week I've found nothing to say!

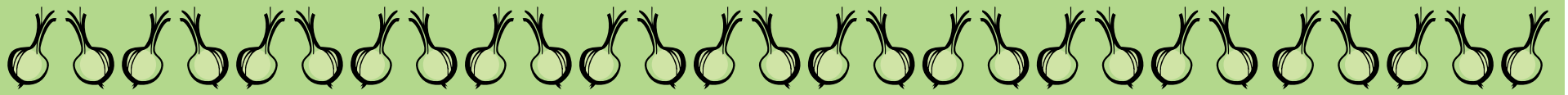
Am I growing gently senile?
Gone quite over the hill?
Has my brain decided to vanish
When there's yet a column to fill?
It isn't exactly pleasant.
It certainly wasn't planned
But here I am with Writer's Block
And a brain filled only with sand.

There isn't time, there isn't time!
And there's much I want to impart
About the Annual Meeting
But I've no inkling where even to start
It isn't that nothing happened
It isn't that I was bored
It's just that now, with a deadline to fill
My brain's been thoroughly gored.

I ask you all to forgive me
To recognize my plight.
To pretend this lapse did not happen
By July she'll have seen the light.
Please understand
Please bear with me.
I'm in a dreadful, most terrible fix
Just remember you're all at the top of
my Queue when signing on for Netflix!

1. Go to www.CityMarket.coop
2. Click on Work with Us
3. Click on Open Positions
4. Complete and submit your application!

If you need assistance, contact the Human Resources Department at 802-861-9739.



Vitamin K and Bone Health: “Got Leafy Greens?”

By Dr. Robert Luby,
City Market Member

You are undoubtedly aware of the importance of Vitamin D and calcium for maintaining healthy bones. But new research points to Vitamin K as being equally, if not more important for bone health. Vitamin K has long been known as a crucial factor for the appropriate clotting of blood, as for instance, to stop the bleeding from a wound. Emerging research indicates that newly discovered functions of Vitamin K will necessitate a revision upwards of the currently established recommended daily intakes.

On a biochemical level, the purpose of Vitamin K in the body is to assist enzymes in “carboxylation.” Carboxylation is the process of adding one carbon, one hydrogen, and two oxygen atoms to a recipient molecule. The end result is the activation or inactivation of that molecule. In order to make healthy bones, Vitamin K is necessary for the carboxylation of a bone protein known as “osteocalcin”. Carboxylated, but not uncarboxylated, osteocalcin is able to bind calcium and incorporate it into the bone matrix. Therefore, if your Vitamin K levels are insufficient, you will not be able to make healthy new bone no matter how much calcium you have.

Vitamin K levels in the blood are not a reliable estimate of the total body stores of Vitamin K. Therefore, the best assessment of the need for Vitamin K is to measure the amount of undercarboxylated osteocalcin in the blood. This test is not available through most conventional medical offices, but is beginning to be available from integrative practitioners and specialty laboratories. This test is a valid way of determining your future risk of osteoporosis (weak bones) and bone fractures.

Vitamin K is present in many healthy foods. Therefore, the best way to ensure healthy bones is to include generous amounts of the following foods in your diet (roughly in descending order of Vitamin K content): kale, collards, spinach, turnip greens, beet greens, mustard greens, Brussels sprouts, broccoli, onions, dandelion greens, chard, cabbage, cauliflower, avocado, and kiwi.

Interestingly, Vitamin K is also produced by beneficial bacteria in our intestines and in

fermented foods. These bacteria are collectively known as probiotics. Therefore, you may increase your Vitamin K levels by taking probiotic supplements and by consuming the following types of fermented foods: miso, kimchi, sauerkraut, natto, and tempeh. Correspondingly, courses of antibiotics taken for infectious illnesses will wipe out these helpful bacteria, thus lowering your levels of Vitamin K. It is reasonable to consider taking probiotic supplements and consuming fermented foods whenever antibiotics are necessary.

You may also indirectly assist the Vitamin K production by these probiotic bacteria by consuming “prebiotics”. Prebiotics are food for the probiotic bacteria. Foods high in prebiotic nutrients include: bananas, berries, asparagus, garlic, wheat, oatmeal, barley (and other whole grains), flax seed, tomatoes, Jerusalem artichoke, onions and chicory, greens (especially dandelion greens but also spinach, collard greens, chard, kale, mustard greens, and others), and legumes (lentils, kidney beans, chickpeas, navy beans, white beans, black beans, etc.)

City Market carries many Vitamin-K containing foods, fermented foods, and prebiotics in the produce and refrigerated sections. Many types of probiotic supplements are available in the HABA section. So, if you want to have healthy bones, don't just drink your milk, take care of your intestinal bacteria and eat your green leafy and cruciferous vegetables!

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City Market Farm Feature: Arethusa Collective Farm

By Courtney Lang,
Demonstration Coordinator

One of the longest-running farm operations located within the 120 acres of Burlington's Intervale is Arethusa Collective Farm. Formerly the site of Green Mountain Boy Ethan Allen's homestead, Arethusa occupies 13 acres and runs as a cooperatively owned farm. Founder Thomas Cane purchased the land after moving from Bakersfield, Vermont in 2002 and since then Benner Dana and Danielle Allen have joined as cooperative owners. The farm is unique in its running model and urban location, but also because they hand harvest their entire yield and distribute the majority within 10 miles.

As we move toward the plush Vermont growing season be sure to check out City Market produce shelves this month for kale, and lettuce fresh from the farm. The certified organic vegetable farm will also have rhubarb, cucumbers, zucchini, beets, carrots, leeks, winter squash and more as summer months turn into fall. Catch the farmers once a week at the Burlington Farmers' Market on Saturdays in City Hall Park.

Check out www.citymarket.coop for more farm features.

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Today



Don't Forget Dad!!

Father's Day is Sunday, June 21.

Pick up delicious City Market burgers or local steaks and fire up that grill in honor of dear-old Dad!

Happy Father's Day!



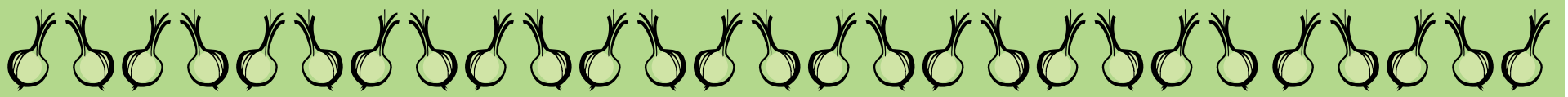
Go Vermont!

Gay Wedding Planners, Gifts,
Marriage Equality stickers,
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peace justice store

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2009 Spring Member Meeting and Brunch





Wine Picks for Under \$10

In June we are featuring Australian wines at great prices that are perfect to kick off backyard barbeque season! **Wolf Blass Chardonnay**, on sale in June for \$8.99, is light and fresh with tropical aromas, green apple and lime notes and hints of oak and spice that pair well with hearty and flavorful foods. Try it with grilled shrimp.

Banrock Shiraz, another customer favorite, is on sale for only \$5.99 in June. A lighter bodied Shiraz, Banrock is a good choice for a warm weather red. Fruity and dry with just a little spice, it is smooth enough to sip on its own and is also great with burgers or barbecued chicken. Delicious!

Ask the Health Genie

Dear Genie:

What is the recent buzz about Vitamin D? Should I consider adding this to my daily regimen? I'm trying hard to lose weight and keep my bones strong. I do take a multivitamin - I am in my mid forties, am currently about 30 pounds overweight and have a mild case of IBS...Puzzled but determined. Please help.

Dear Puzzled:

There are some significant risk factors for you associated with your current state of health, so therefore consideration of additional Vitamin D is a good idea.

It is interesting that you query about issue with IBS (Irritable Bowel Syndrome). There is a fascinating study at Penn State that started in May, due to the fact that the incidence of autoimmune diseases like inflammatory bowel disease (IBS) has increased in developed countries over the last 50 years.

Their proposal states that decreased outdoor activity and increased pollution and diets that lack adequate Vitamin D have combined to create large fluctuations in Vitamin D status in developed countries and especially in populations that experience winter. The Vitamin D hypothesis proposes that Vitamin D regulates the development and function of the immune system and that change in Vitamin D status affect the development of the resultant immune response and the development of diseases like IBS.

The study goes on to say that because of low dietary Vitamin D intakes and malabsorption of many nutrients, Crohn's patients will have low circulating Vitamin D levels that are detrimental for their health. Crohn's patients will receive 1000 IU of Vitamin

D/d and determine whether this dose is well tolerated, induces an increase in circulating Vitamin D levels and has any additional health benefits (improved bone markers, Crohn's disease activity scores, inflammatory markers).

Michael Holick, a Vitamin D expert in the Department of Endocrinology, Nutrition, and Diabetes at Boston University Medical Center New England Journal of Medicine recently reviewed the abundant and convincing laboratory and clinical research that supports the role of adequate Vitamin D levels both in bone health and in cutting the risk of chronic disease, including many cancers. Here are two of his points to keep in mind:

1. Unfortunately most Americans are Vitamin D and calcium deficient. For individuals that are elderly, at high risk for obesity and those who have little or no sun exposure you may be particularly deficient. Studies were conducted in both Europe and in the U.S., and preliminary estimates of insufficiency in Vitamin D levels among those studied range from 40 percent to 100 percent of participants.

2. To avoid Vitamin D deficiency, Holick recommends that most adults take 800 to 1,000 IU of Vitamin D daily. Under certain circumstances—like pregnancy, obesity, or particular forms of kidney or gastrointestinal disease—the ideal dose might double.

I hope this information is useful to you. Remember to stop by the Co-op for a wide variety of dosages (in addition to vegan) Vitamin D2 & Vitamin D3.

Health Genie



The signs
of a healthier Vermont

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Catamount BlueSM

"When I graduated from school, I also graduated from my parents' health plan. I'm a snowboarder, so I didn't want to go uncovered. A broken leg could cost me 50 thousand dollars!

Fortunately, Blue Cross and Blue Shield of Vermont teamed up with the State to offer me Catamount Blue. I only pay \$60 dollars a month* and the coverage is awesome."

If you've just left school or lost your job, Catamount Blue could be for you. Visit www.bcbsvt.com/catamountblue or call (888) 445-5805.

www.bcbsvt.com

* For applicants who qualify for premium assistance from the State of Vermont



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June Product Sampling

June 2 - Produce Day
11:00 a.m. - 1:00 p.m.

June 3 - Madhouse Munchies
4:00 - 6:00 p.m.

June 4 - Mary's Gone Crackers
11:00 a.m. - 1:00 p.m.

June 5 - The Portuguese Bun
11:00 a.m. - 1:00 p.m.

June 9 - Dr. Bronner's Bar Soap
11:00 a.m. - 1:00 p.m.

June 10 - The Portuguese Bun
8:00 a.m. - 10:00 a.m.

June 11 - Wholesome Sweeteners - Blue Agave
11:00 a.m. - 1:00 p.m.

June 12 - Zevia Natural Soda
11:00 a.m. - 1:00 p.m.
MoonLight Cookies
3:00 - 5:00 p.m.

June 13 - Strawberries and Cream
11:00 a.m. - 3:00 p.m.

June 14 - BULK Medicinal Herbs - Lemon Balm and Licorice Tea
3:00 - 5:00 p.m.

June 16 - Produce Day
11:00 a.m. - 1:00 p.m.

June 23 - Rainbow Light
11:00 a.m. - 1:00 p.m.

June 24 - Knudsen Juice
4:00 - 6:00 p.m.

June 25 - Stacey's Pita Chips
11:00 a.m. - 1:00 p.m.

June 26 - Late July Cookies
11:00 a.m. - 1:00 p.m.

June 27 - On the Rise Bakery
11:00 a.m. - 2:00 p.m.

June 28 - BULK Medicinal Herbs - Lemon Balm and Licorice Tea
3:00 - 5:00 p.m.

Strawberries and Cream Day-

June 13, 11:00 a.m. - 3:00 p.m.

Come celebrate Dairy Month at City Market with local Strawberries and Cream. Throughout the month we will also be sampling recipes made with local dairy products. Yahoo, for three years of Vermont Co-op milk!



Fill-a-Truck for Hunger Food Drive

June 1, 1:00 - 6:00 p.m.

Help your neighbors in need this summer by donating a non-perishable food item and Fill a Truck for Hunger. The food will be donated to the Vermont Foodbank and the Chittenden Emergency Food Shelf. Staff will be on hand in the City Market parking lot to help with all food donations.

Free Herbal Clinic

June 1, 4:00 - 7:00 p.m.

Have you ever been interested in using herbal medicine to improve your health? Join Betzy Bancroft RH (AHG), Larken Bunce MS, 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 only.

Alteris Renewable Energy Workshop

June 10, 6:00 - 7:00 p.m.

Alteris Renewables provides turn-key solutions for grid ties/off grid Solar Electric, Solar Thermal and Wind systems for residential, commercial, educational, or agricultural applications. Alteris has over 30 years experience providing renewable energy, and has installed over 4 megawatts of PV. Maybe your home could be next! The average Vermont family home can be powered by solar for as little as \$15,000.

Summer First Aid

June 13, noon - 1:00 p.m.

Join Cristi Nunziata, City Market's Herbal Education Coordinator, in making herbal first aid products for summer excursions. Everyone will make and take home goodies such as bug spray, healing salve, and after-sun spray. Participants will also learn the basics for assembling a first-aid kit.

Free Herbal Clinic

June 15, 4:00 - 7:00 p.m.

Have you ever been interested in using herbal medicine to improve your health? Join Betzy Bancroft RH (AHG), Larken Bunce MS, 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 only.

Herbal medicine for outdoor enthusiasts with Guido Masé

June 22, 5:30 - 6:30 p.m.

Learn some simple recipes for salves, infused oils, and other remedies featuring local medicinal herbs that can help with the common cuts, scrapes, bites, bruises, sprains, and strains Vermonters get when working in the garden, hiking in the Green Mountains, or simply increasing their exercise volume during the summer months.

Homemade Yogurt, Cream Cheese, and Crème Fraiche

June 23 6:00 - 7:30 p.m.

June is National Dairy Month. Learn how to make light and refreshing yogurt in simple steps with no special equipment. We will also learn how to make cream cheese and crème fraiche and take home recipes that use these delicious cultured dairy products. Start your own home creamery!

Eating Well on a Budget

June 24, 6:00 - 7:00 p.m.

Learn time and money-saving tips for shopping on a budget with City Market's Demonstration Coordinator Courtney Lang. Participants will sample recipes, take a tour of the Bulk Department, and take home a tote bag full of recipes, coupons, and tips for getting started.

A Taste of Vermont

June 27, noon - 1:00 p.m.

City Market boasts over 1,000 local products. Take a tour around the store with City Market's Demonstration Coordinator Courtney Lang. Afterwards, join the group in a delicious tasting of your favorite items all for free.

Kombucha with Sandra Lory

June 27, 12:30 - 2:00 p.m.

It is simple and fascinating to grow and prepare Kombucha. Learn how to make this healing tonic beverage, and about what makes it a unique expression of its home environment like every other local culture (in this case fermented "culture"). Bring a pint or quart size Mason jar and lid to take home | Kombucha starter.

Eating Well on a Budget

Sunday, June 28 noon - 1 p.m.

Learn time and money saving tips for shopping on a budget with Food Education Coordinator Caroline Homan. Participants will sample recipes, take a tour of the Bulk department, and take home a tote bag full of recipes, coupons, and tips for getting started. Childcare provided.

We welcomed

165

new members in April!

Sign up at the Customer Service Desk.

ALL Classes are FREE & open to the Public

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Art Showing

The Burlington Earth Clock is a permanent educational art installation dedicated to peace on the shores of Lake Champlain above Blanchard Beach. It is designed as a combination, calendar, compass, and sundial demonstrating the natural rhythms and cycles of nature.

The Clock was created by Circles for Peace, a Vermont based non-profit organization, fostering community education through the creation of artistic outdoorspaces that inspire and promote a global vision of peace. The clock will be dedicated to the City and Parks officials and SANBATUCADA will be playing to celebrate on Saturday, June 20th at 2 pm. Bring a friend. Make a new one. For more information visit their Web site at www.circlesforpeace.org. The exhibit focusing on the construction and use of the Earth Clock will be on display in City Market's Café Gallery through the month of June.



Grow an Extra Row for the Food Shelf.

Fill a Truck for Hunger
June 1, 1:00 - 6:00 p.m.
@ City Market

